

# USA ARTISTIC SWIMMING, INC.

## USA ARTISTIC SWIMMING RULES

### PART ONE

#### CODE OF REGULATIONS (Effective January 1, 2025)

### INTRODUCTION

USA Artistic Swimming, Inc. (“Corporation” or “USAAS”), is the member of the United States Olympic and Paralympic Committee (“USOPC”) for the sport of artistic swimming, and as such is recognized as the National Governing Body (“NGB”) for the sport of artistic swimming in the United States, responsible for the conduct and administration of the sport throughout the country. As a member of the USOPC, the Corporation shall submit to the rules of the American Arbitration Association in any controversy involving its recognition as a NGB as provided in the [USOPC By-Laws](#) or involving the opportunity of any amateur athlete, coach, trainer, manager, administrator or official (Refer to [USAAS Rules](#), Rule IV, Officials and Duties, for categories) to participate in amateur athletic competition, as provided in the USOPC By-Laws. Through its membership in [United States Aquatic Sports](#) (“USAS”; refer to Appendix I), the Corporation is affiliated with World Aquatics (“AQUA”, formerly known as the Federation Internationale de Natation “FINA”), the international federation for the aquatic sports, and the PanAm Aquatics (“PAQ”).

Unless otherwise modified by this Code of Regulations (“USAAS Code”), the [By-Laws of a Zone Artistic Swimming Committee](#) (“Zone”), or the [By-Laws of a Local Artistic Swimming Committee](#) (“LASC”), *Robert’s Rules of Order* shall be the governing procedural rules for all meetings of the Corporation, its Zones, LASCs and committees.

Those who choose to serve the Corporation are held to a high standard of conduct. Compliance with the [USAAS Code of Ethics](#) (Appendix P), [USAAS Conflict of Interest Policy](#) (Appendix U) and [USAAS Confidentiality Policy](#) (Appendix V) is a critical component in ensuring an ethical environment.

The Governance Committee shall be included in all deliberations about changes to the USAAS Code before being printed, posted or distributed electronically to the USAAS membership.

### ARTICLE 1

#### MEMBERSHIP

**1.01 Membership** in the Corporation shall be open, without regard to race, ethnicity, culture, religion, sex (including gender identity, sexual orientation or pregnancy), age, family status, socio-economic status, geographical location, nationality, body shape, beliefs, mental or physical ability or other defining characteristics, to groups, athletes, and individuals who are not athletes, as set forth in this Article 1. The Corporation shall extend this principle to Independent Board of Director members and members of the USAAS Ethics Committee.

**1.02 Group Members:**

A. **Club Member:** An artistic swimming club, educational institution or other organization that participates in competition sanctioned by the Corporation. All of its athletes and coaches must be members of the Corporation. Separate subcategories may be established

by the USAAS Board of Directors (“Board of Directors” or “Directors”). Refer to [USAAS Membership and Fee Schedule](#) (Appendix C).

**1.03 Athlete Members** are persons who join the Corporation in order to participate in events sanctioned by the Corporation. Athletes must meet the rules of eligibility set forth in Article 20 of the [USAAS Administrative Rules](#). Athletes shall join the Corporation in the categories set forth in Article 20 of the USAAS Administrative Rules.

**1.04 Non-Athlete Members:**

A. **Individual:** All coaches, judges, instructors, officials, managers, trainers, and administrators participating in the conduct of artistic swimming. Separate subcategories may be established by the Board of Directors. Refer to Appendix C.

**1.05 Membership Terms:**

- A. Membership in the Corporation shall begin on the first day of September and shall run for a period of one (1) year. Registration with the Corporation may occur up to thirty (30) days prior to, or any time after, the first day of September.
- B. The fee for each category of membership shall be determined by the Board of Directors; such fees are set forth in Appendix C. Each LASC and Zone may add a surcharge to membership fees. All athlete membership fees shall include insurance.
- C. SafeSport certification and National Center for Safety Initiatives (“NCSI”) Background Checks are a requirement of membership as determined by the Board of Directors. For NCSI Background Checks, parental consent is required for minors under eighteen (18) years of age. Refer to Appendix C and [USAAS Athlete Safety Policy](#) (Appendix Q).
- D. No membership costs shall be prorated for members joining after a term begins.

## ARTICLE 2

### BOARD OF GOVERNORS

**2.01 Authority:** The USAAS Board of Governors (“Board of Governors”) shall be the Corporation’s General Assembly. It shall elect the USAAS Officers (“Officers”) of the Corporation and make recommendations to the Board of Directors during the Annual Meeting of the Board of Governors.

**2.02 Composition:** The Board of Governors shall be comprised of the following:

A. USAAS Club Representation:

1. One (1) club representative and one (1) Competitive Athlete Representative per registered club (minimum).
  - For this determination, club members must hold one (1) of the following memberships: Youth Athlete, Adult Athlete, Youth Competitive Athlete, Adult Competitive Athlete, Youth Professional, Adult Professional, Youth Life Member or Adult Life Member.
  - The exact number of club and athlete representatives per club to the Board of Governors will be based on the membership data confirmed by the USAAS National Office (“National Office”) on February 28 of each year.
2. One (1) additional representative from a club is added for each additional fifty (50) members, as determined by the memberships listed above. Refer to Appendix C.
  - Competitive Athlete Representatives will be added to ensure thirty-three and three tenths percent (33.3%) representation from the club.

B. Each Zone may be represented by the Zone, Diversity, Equity and Inclusion, Education, Officials, and Technical Chairs, and that number of Athlete Representatives, elected by

the Zone, who meet the requirements of Section 7.01 B of the USAAS Code, necessary to assure that at least thirty-three and three tenths percent (33.3%) are athletes.

C. All LASC Administrative Chairs.

D. **Automatic Delegates:**

1. All members of the Board of Directors shall be automatic delegates to the Board of Governors.
2. All members of the Athletes Executive Committee (“AEC”) shall be automatic delegates to the Board of Governors.
3. All U.S. members of the AQUA Artistic Swimming Committee (“ASC”) and PAQ ASC shall be automatic delegates to the Board of Governors.
4. Any member of the AQUA Bureau or the PAQ Executive or other international organization, if they are members of USA Artistic Swimming, shall be automatic delegates to the Board of Governors.
5. All past presidents of the Corporation shall be automatic delegates to the Board of Governors.
6. Historians appointed by the USAAS President (“President”) shall be automatic delegates to the Board of Governors.

E. Athlete Representatives as set forth in Section 7.01 of the USAAS Code and who meet the requirements of 7.06 A and B of the USAAS Code, shall equal at least thirty-three and three tenths percent (33.3%) of the voting power at any Board of Governors meeting. The procedure for selecting Athlete Representatives to the Board of Governors is set forth in Section 7.04 and 7.05 of the USAAS Code.

F. At-Large delegates to the Board of Governors shall be elected or appointed as set forth herein to serve a two (2) year term of office. The total number of At-Large delegates shall be twenty-five (25).

1. Up to twenty-five (25) At-Large delegates who are put forth by the Nominating Committee and, at the time of nomination, are unaffiliated with a club, shall be elected at the Annual Meeting of the Board of Governors in even numbered years. Members must be consenting, but need not be present if the Nominating Committee has been notified in writing prior to the Board of Governors meeting.
2. In the event that twenty-five (25) unaffiliated At-Large delegates are not able to be elected at the Annual Meeting of the Board of Governors, the President may appoint that number of unaffiliated At-Large delegates to attain twenty-five (25). The At-Large delegates appointed by the President, as a group, shall be representative of the various LASCs and geographical areas of the country.
3. In the event that an unaffiliated At-Large delegate becomes affiliated with a club during their term, they may continue to serve until their term expires.
4. Any unaffiliated athlete elected by the Board of Governors to serve as an At-Large delegate shall not be included as part of the thirty-three and three tenths percent (33.3%) voting power set forth in Section 2.02 E above. Such unaffiliated athlete shall not have a vote on the Athletes Committee unless otherwise elected by the athletes.
5. Athletes may not simultaneously hold positions as an elected Athlete Representative and as a Board of Governors At-Large delegate. If an athlete, who is a Board of Governors At-Large delegate, is elected an Athlete Representative to fill a vacancy, such athlete must resign from the Board of Governors At-Large delegate position.

G. All delegates to the Board of Governors must be Youth Competitive Athlete, Adult Competitive Athlete, Youth Professional, Adult Professional, Youth Life Member or Adult Life Members of the Corporation. Refer to Appendix C.

H. Alternates to the Board of Governors may be appointed from among eligible members. Alternates and/or additional delegates (from clubs, LASC's or Zones, as appropriate) must present a letter of authorization to the National Office signed by their Club Administrator, LASC Administrative Chair or Zone Chair prior to registration for the Annual Meeting of the Corporation.

**2.03 Quorum:** A quorum for the Board of Governors shall be those delegates in attendance at any duly called meeting.

**2.04 Voting:** Each delegate to the Board of Governors shall have one (1) vote on each matter submitted to the Board of Governors for its vote, consent, waiver, release or other action. There shall be no voting by proxy.

**2.05 Meetings:** The Annual Meeting of the Board of Governors, which is the Annual Meeting of the Corporation, shall be held at such date, time and place as may be fixed in the notice of such meeting. Special meetings of the Board of Governors may also be held at any time, pursuant to a resolution of the Board of Directors. Written notice of all annual and special meetings of the Board of Governors, stating the time and place, shall be given to each delegate by email, or by posting on the [USAAS website](#) with notification of the posting sent by any type of broadly available communication method, not less than thirty (30) days before any such meeting; provided, however, that such notice may be waived in writing by any delegate before or after such meeting. The attendance of a delegate at any meeting without protesting the lack of notice prior to or at the commencement of the meeting shall be deemed a waiver of notice of such meeting.

## ARTICLE 3

### BOARD OF DIRECTORS

**3.01 Authority:** The Board of Directors shall have the ultimate authority over the business, policies, affairs, and activities of the Corporation. It shall:

- maintain a culture of ethical behavior and compliance throughout the Corporation;
- focus on long-term objectives and impacts of the Corporation;
- hire, establish compensation, evaluate, and fire the USAAS Executive Director (“Executive Director”);
- enact or modify all of the rules of the Corporation, including the competitive rules;
- approve the Corporation’s annual budget and provide oversight of financial activities throughout the year by reviewing and approving financial statements, annual reports, financial and control policies;
- review and approve the Corporation’s strategic plan;
- approve the selection of the independent auditors;
- ensure that athlete safety rules, policies and procedures comply with the requirements of the USOPC and U.S. Center for SafeSport; and
- take such other action as is customary for a board of directors of a corporation.

**3.02 Composition:** The Board of Directors shall consist of the following:

- A. The Officers, as defined in Article 4 of the USAAS Code.
- B. The Immediate Past President, serving a one (1) year term as a nonvoting member.
- C. The Secretary, appointed by the President as a nonvoting member.
- D. Four (4) Independent Directors who:
  1. Support the policies, goals and programs of the Corporation;
  2. Have business expertise;
  3. Seek and develop new revenue sources and/or donate personally;
  4. Are willing to accept designated responsibilities; and
  5. Are nominated by the President in collaboration with the Nominating Committee for Board of Directors’ approval. Up to two (2) Independent Directors shall be nominated in each year of the Summer Olympic Games and up to two (2) additional

Independent Directors shall be nominated in the year following the Summer Olympic Games, such that there are four (4) Independent Directors.

- a. The Board of Directors, through its Nominating Committee, shall affirmatively make a determination as to the independence of each Independent Director, and disclose those determinations to the Board of Directors. An "Independent Director" shall be determined to have no material relationship with USAAS, either directly or through an organization that has a material relationship with USAAS. A relationship is "material" if, in the judgment of the Nominating Committee, it would interfere with the director's independent judgment, with the following guidelines applied on a case-by-case basis.
  - b. A Director shall maintain an independent perspective by maintaining the requirements below for their entire term and any successive term. A Director shall not be considered independent if, within the preceding two (2) years:
    - (1) The Director, or an immediate family member of the Director, is/was employed by or held any governance position such as a member of the Board of Directors, other than Independent Director, or Trustee (whether a paid or volunteer position) with USAAS, USAAS Foundation, USOPC, AQUA, or any international or regional federation of artistic swimming; or
    - (2) The Director, or an immediate family member of the Director, is/was affiliated with or employed by USAAS's outside auditor or outside counsel; or
    - (3) The Director is/was a USAAS Athlete member, member of the USAAS AEC, or a USAAS Professional member; or
    - (4) The Director received any compensation, not including expense reimbursements, from USAAS, directly or indirectly; or
    - (5) The Director, or an immediate family member of the Director, is/was an executive officer, controlling shareholder, or partner of a corporation, partnership, or other business entity that does business with USAAS; or
    - (6) The Director is/was the parent or immediate family member or coach of an athlete that has competed in a Protected Competition, as defined in [USAAS Administrative Rules](#), Article 23, Section 23.01.
- c. **Exemption:** A Director is exempt from the requirement prohibiting them from holding any governance position with USAS, PAQ or AQUA, provided the only governance position they hold is their board position or related to their board position (e.g., serving successive terms, serving as a board liaison to AQUA).
- d. Where the guidelines above do not address a particular relationship, the determination of whether the relationship is material, and whether a Director is independent, shall be made by the Nominating Committee.

6. **Term of Service:** The term of Independent Director shall be four (4) years, and shall begin immediately following the approval by the Board of Directors of their nomination. Independent Directors may be reelected to a second term, but may serve no more than eight (8) consecutive years on the Board of Directors. An Independent Director may serve up to an additional four (4) years if elected President immediately after serving as an Independent Director. An Independent Director may vacate the Independent Director position to run for an Officer or Athlete Representative position on the Board of Directors. To be eligible to do so, the Independent Director shall:
  - a. Become a member of USAAS;
  - b. Have only served two (2) years of their first four-year term; and
  - c. Serve no more than one (1) two-year term as an Officer or Athlete Representative on the Board of Directors.

An Independent Director who is replaced or who has reached their maximum term limit must wait as many consecutive years as have been served consecutively, with a maximum of eight (8) years off the Board of Directors before being eligible for reappointment. In the event an Independent Director is selected to fulfill a remainder of a term, which has been vacated, this selection shall not count towards the four (4) years of eligibility. This Independent Director shall have two (2) full terms of eligibility remaining.

E. That number of Athlete Representatives necessary to assure that at least thirty-three and three tenths percent (33.3%) of the Board of Directors are athletes, and one (1) of them shall be a retired athlete. The Athlete Representatives serving on the Board of Directors shall consist of the following:

1. The AEC President;
2. The Corporation's representative to the [Team USA Athletes' Commission](#) ("Team USA AC");
3. The Athlete At-Large Representative;
4. The General Board of Directors Athletes;
5. The Team USA AC Alternate Representative as a nonvoting member; and  
**Exception:** The Team USA AC Alternate Representative shall be a voting member of the Board of Directors when serving in the absence of the Team USA AC Representative.
6. Any member who serves as an athlete representative to the Team USA AC Leadership Group, AQUA, PAQ, IOC, or WADA committees, as a nonvoting member.

For eligibility and election procedures, see Article 7 of the USAAS Code.

F. As required by Section 220522(12) of the [Ted Stevens Olympic and Amateur Sports Act](#), USAAS will provide a board position for an affiliated organization, if said affiliated organization is identified as being qualified to elect such a board member.

### **3.03 Term of Office:**

- A. Other than the Team USA AC Representative, the Team USA AC Alternate Representative and Independent Directors, Directors shall begin their terms immediately following the Annual Meeting of the Corporation in the year in which they are elected/ratified for a two (2) year term.
- B. **Attendance:** When a Board of Directors member has been absent from two (2) consecutive meetings without reasons acceptable to the President, the President shall have the right to declare that such a member has forfeited their position and shall be considered for removal for cause according to Section 3.03 C below. The Board of Directors may then fill the vacancy according to Section 3.04 below.
- C. **Removal:** Directors may be removed for cause at any duly noticed meeting of the Board, and after being provided an opportunity for the Board member to be heard by the Board, upon the affirmative vote of at least two-thirds (2/3) of the voting power of the Directors then in office (excluding the voting power of the Director in question). Any vacancy occurring in the Board shall be filled in accordance with Section 3.04 C below. No Director shall be subject to removal based upon how they vote as a Director, unless such voting is determined to be part of a violation of the USAAS Code of Ethics (Appendix P).

### **3.04 Vacancies:**

- A. Any vacancies that may occur in the Board of Directors shall be filled for the duration of the term by the group responsible for electing/appointing the position initially.
  1. In the case of the elected Officers, the Board of Directors may fill a vacancy in accordance with Section 3.04 C below, until the next meeting of the Board of Governors, at which time an election shall be held.

2. In the case of the Independent Directors, the Board of Directors may fill a vacancy at any time, in accordance with Section 3.04 C below, up to a maximum of four (4) Independent Directors.
3. In the case of the Athlete Representatives, the vacancy of the Athlete Representative positions serving on the Board of Directors shall be filled in accordance with Sections 7.07-7.08 of the USAAS Code.

B. **Timing:** If an elected Officer vacancy occurs within sixty (60) days prior to the Annual Meeting of the Board of Governors, the Nominating Committee shall solicit candidates for election by the Board of Governors in accordance with Section 5.06 A.1 of the USAAS Code. If the elected Officer vacancy does not occur within the sixty (60) day period noted above, the Nominating Committee will follow Section 3.04 C below.

C. **Procedures for Filling a Vacancy:**

1. The Board of Directors shall have the right, but not the obligation, to provide the Nominating Committee with a written description of the qualifications, skills and experiences that the Board of Directors deems beneficial to the Corporation in filling a vacancy.
2. The Nominating Committee shall solicit, review and, if appropriate, interview candidates for vacant Board of Directors position(s) and shall recommend candidates for Board of Directors consideration in accordance with Sections 3.04 C and 5.06 A.1.a.(1)-(3) of the USAAS Code. The Nominating Committee's recommendations shall include a written description which sets forth the opinions of the Nominating Committee regarding each candidate's qualifications, skills and experiences.
3. At a duly noticed meeting, the Board of Directors shall consider new Officers or Independent Directors, with approval requiring a majority vote.
4. In the event that the Board of Directors does not appoint a candidate to fill the vacancy, the Nominating Committee shall provide the Board of Directors with an alternate candidate(s), and a written description of each candidate's qualifications in accordance with Section 3.04 C.2 above. This process shall continue until the positions are filled by either appointment by the Board of Directors or by election by the Board of Governors.

**3.05 Meetings:** Meetings of the Board of Directors shall be held at any time or place, pursuant to a resolution of the Board of Directors or to a call signed by the President or three (3) Directors. Notice of any meeting shall be made in writing to all members of the Board, not less than two (2) weeks in advance of the meeting except for special meetings.

A. **Minutes:** Meeting minutes shall be recorded, approved by the Board, and made available on the USAAS website within thirty (30) days of approval. In addition to standard expectations of meeting minutes (e.g., attendance, summary of discussion topics), minutes shall include conflict declarations and recusals from discussions, votes, or the meeting due to a conflict of interest. For executive session minutes, a summary of high-level topics will be sufficient.

**3.06 Compensation:** No Director shall be entitled to receive compensation for service as a Director. Reimbursement by the Corporation may be made for reasonable expenses incurred in the course of a Director's duties, however, the Corporation will cover travel costs for Athlete Representatives to attend the Board meetings. Directors shall not be disqualified from receiving reasonable compensation for services rendered to or for the benefit of the Corporation in any other capacity, provided that the rendering of such services conforms to the USAAS Conflict of Interest Policy (Appendix U) and the [USAAS Gifts and Entertainment Policy](#) (Appendix X).

**3.07 Quorum:** The presence of a majority of the Directors serving shall constitute a quorum at any meeting of the Board of Directors.

**3.08 Voting:** Each voting member of the Board of Directors shall have one (1) vote on each matter submitted to the Board of Directors for its vote, consent, waiver, release or other action. There shall be no voting by proxy.

**3.09 Representatives to Other Organizations:**

- A. The Board of Directors shall appoint the Corporation's representative to the National Governing Bodies Council ("NGB Council") of the USOPC.
- B. The Board of Directors shall nominate the Corporation's representative to AQUA, PAQ Executive and Artistic Swimming Committees ("ASC") from recommendations provided by the International Relations Committee. The term of office for these positions is as follows:
  1. AQUA ASC Representative: Upon acceptance of the recommendation by AQUA, the position begins at the conclusion of the World Championships immediately following the Summer Olympic Games until a new committee is constituted at the World Championships immediately following the next Summer Olympic Games.
  2. PAQ Executive Representative: Upon acceptance of the recommendation by PAQ, the position begins at the conclusion of the Pan American Games until a new committee is constituted following the next Pan American Games.
  3. PAQ ASC Representative(s): Upon acceptance of the recommendations by PAQ, the position(s) begin(s) at the conclusion of the Pan American Games until a new committee is constituted following the next Pan American Games.
- C. The Board of Directors shall recommend or appoint, dependent on the organization, the Corporation's representative to all other committees and organizations on which the Corporation is entitled to representation.

## ARTICLE 4

### OFFICERS

**4.01 Officers:** The Officers of the Corporation shall be President, Vice President Competitive Programs, Vice President Diversity, Equity and Inclusion, Vice President Member Development, Vice President Olympic International and Treasurer.

- A. Officers of the Corporation are not permitted to be Officers of another NGB.

**4.02 Elections:** Candidates for office must be members of the Corporation, should be consenting and need not be present to be elected. Officers shall be elected at the Annual Meeting of the Board of Governors as follows:

- A. The President, Vice President Diversity, Equity and Inclusion and Vice President Olympic International shall be elected in even numbered years.
- B. The Vice President Competitive Programs, Vice President Member Development and Treasurer shall be elected in odd numbered years.

**4.03 Term of Office:** The term of each office shall be two (2) years, and shall begin immediately following the Annual Meeting of the Corporation, in the year of their election. Officers may be reelected to a second term, but may serve no more than four (4) consecutive years on the Board of Directors. An Officer who is elected President in or following their second (2<sup>nd</sup>) term may serve up to an additional two (2) terms [four (4) additional years] if elected President within one (1) year after serving as an Officer.

- An Officer who is replaced or who has reached their maximum term limit must wait as many consecutive years as have been served consecutively, with a maximum of two (2) years off the Board of Directors before being eligible for office. In the event an Officer is elected to fulfill a remainder of a term of office, which has been vacated, this election shall not count towards the two (2) years of eligibility. This Officer shall have two (2) full terms of eligibility remaining.

**4.04 Role of an Officer:** The role of an Officer shall be to set goals, objectives and policies for the organization, help develop and communicate the organization's long-range plans and serve as liaison between the National Office staff, committees and the general membership. Officers shall delegate tasks, monitor progress and provide support as needed to their committees.

**4.05 President:** The President shall serve as Chair of the Board of Directors. The President shall exercise duties prescribed in the USAAS Code and shall be a non-voting ex-officio member of all committees and subcommittees except the USAAS Ethics, Nominating and Election Committees. The President serves as liaison to other organizations in the absence of designated representatives. The President shall be responsible for the committees listed in Section 5.01 A of the USAAS Code. If the President is unable to fulfill their duties, the President shall appoint an acting President from among the members of the Board of Directors. If the President is unable to appoint an acting President, the Board of Directors shall select an acting President from among its members.

**4.06 Vice President Competitive Programs:** Shall be responsible for the committees listed in Section 5.01 B of the USAAS Code.

**4.07 Vice President Diversity, Equity and Inclusion:** Shall be responsible for the committees listed in Section 5.01 C of the USAAS Code.

**4.08 Vice President Member Development:** Shall be responsible for the committees listed in Section 5.01 D of the USAAS Code.

**4.09 Vice President Olympic International:** Shall be responsible for the committees listed in Section 5.01 E of the USAAS Code.

**4.10 Treasurer:** Shall be the Chief Financial Officer of the Corporation, responsible to the Board of Directors for overseeing financial planning, and providing advice on financial policy as required by the Board of Directors and Article 8 of the USAAS Code. The Treasurer shall not be a member of the Audit Committee.

**4.11 Immediate Past President:** Shall serve one (1) year immediately following their term of office. The Immediate Past President shall serve as an advisor to the new President, with voice but without a vote.

**4.12 Executive Director:**

- A. There shall be an Executive Director who shall serve as the Chief Executive Officer. The Executive Director shall be employed by the Board of Directors for whatever term the Board of Directors deems appropriate and may be removed at any time with or without cause by the Board of Directors without prejudice to their contract rights.
- B. The Executive Director shall not have the status of an Officer of the Corporation, but shall be entitled to attend all meetings of the Board of Directors and shall be a non-voting member of the Standing Committees.
- C. The Executive Director shall sign all contracts entered into by the Corporation in accordance with board policy.

## ARTICLE 5

### COMMITTEES

**5.01 Committees:** The following Standing Committees shall report to the respective Officer:

<p>A. <u>President:</u></p> <ol style="list-style-type: none"><li>1. Nominating</li><li>2. Governance</li><li>3. Audit Committee of the Board of Directors</li><li>4. Ethics</li></ol>	<p>D. <u>Vice President Member Development:</u></p> <ol style="list-style-type: none"><li>1. Membership</li><li>2. Awards</li><li>3. Coaches' Education</li><li>4. Collegiate</li><li>5. Masters</li></ol>
<p>B. <u>Vice President Competitive Programs:</u></p> <ol style="list-style-type: none"><li>1. Rules<ol style="list-style-type: none"><li>a. Figures</li></ol></li><li>2. Officials</li><li>3. Competition and Innovation</li></ol>	<p>E. <u>Vice President Olympic International:</u></p> <ol style="list-style-type: none"><li>1. International Relations<ol style="list-style-type: none"><li>a. International Relations Review</li></ol></li><li>2. National Team Program<ol style="list-style-type: none"><li>a. National Team Review</li></ol></li></ol>
<p>C. <u>Vice President Diversity, Equity and Inclusion:</u></p> <ol style="list-style-type: none"><li>1. Diversity, Equity and Inclusion<ol style="list-style-type: none"><li>a. Athletes with Disabilities ("AWD")</li></ol></li></ol>	

**5.02 Committee Chairs:** shall be appointed by the respective Officer, unless otherwise defined in the USAAS Code, with the approval of the President. The role of a Committee Chair shall be to understand and support the goals of the organization. The Committee Chair shall communicate the goals to the committee members. The Committee Chairs shall work with their respective Officer and their committees to recommend policy changes to accomplish these goals. When appropriate, the Committee Chair shall delegate tasks and responsibilities to the committee members and monitor the progress of committee actions. Unless otherwise defined in the USAAS Code, Committee Chairs shall have the same term limits as committee members. See Section 5.04 below.

- The Immediate Past Committee Chair shall serve one (1) year immediately following their term of service. The Immediate Past Committee Chair shall serve as an advisor to the new Committee Chair, with voice but without a vote.

**5.03 Composition:** Each Zone shall appoint/elect a representative to each Standing Committee as defined in the USAAS Code.

A. **Membership:**

1. All committee members must be members of the Corporation but need not be members of the Board of Governors.
2. Membership on Standing Committees shall include at least one (1) representative from each Zone and at least thirty-three and three tenths percent (33.3%) Athlete Representation unless the composition of the committee is otherwise defined in the USAAS Code.
3. The respective Officer shall be a non-voting ex-officio member of the Committees for which they are responsible.
4. The Executive Director may assign National Office staff to serve as advisors to the Committees.

**5.04 Term of Service:** Unless otherwise defined in the USAAS Code, the term of service on a Standing Committee shall be two (2) years and shall begin immediately following the Annual Meeting of the Corporation, in the year of their appointment/election. Committee

members may be reappointed/reelected to a second term, but may serve no more than four (4) consecutive years on the same Standing Committee. A committee member, who is appointed Committee Chair in or following their second (2<sup>nd</sup>) term, may serve up to an additional two (2) terms [four (4) additional years] on the same Standing Committee.

- A committee member who is replaced or who has reached their maximum term limit must wait as many consecutive years as have been served consecutively, with a maximum of two (2) years off the Standing Committee before being eligible for reappointment/reelection to the same Standing Committee. In the event a committee member is selected to fulfill a remainder of a term, which has been vacated, this selection shall not count towards the two (2) years of eligibility. This committee member shall have two (2) full terms of eligibility remaining.

**A. Attendance:** When a committee member has been absent from two (2) consecutive meetings without reasons acceptable to the Committee Chair, the Committee Chair, with approval of their respective Officer, shall have the right to declare that such a member has forfeited their position and shall be considered for removal for cause according to Section 5.04 B below. The Committee Chair, with approval of their respective Officer, may fill the vacancy according to Section 5.04 C below.

**B. Removal:** Committee members may be removed for cause at any duly noticed committee meeting, and after being provided an opportunity for the committee member to be heard by the committee, upon the affirmative vote of at least two-thirds (2/3) of the committee. Any vacancy occurring on a committee shall be filled in accordance with Section 5.04 C below. No committee member shall be subject to removal based upon how they vote as a member, unless such voting is determined to be part of a violation of the USAAS Code of Ethics (Appendix P).

**C. Vacancies:** In the event a vacancy occurs on a committee, the group, person or Zone responsible for appointing or electing the position initially shall fill the position for the duration of the term. If a replacement is not able to be appointed or elected, then a former Standing Committee member with an expired term limit may fill a vacancy.

**5.05 Compensation:** No committee member shall be entitled to receive compensation for service as a committee member. Reimbursement by the Corporation may be made for reasonable expenses incurred in the course of a committee member's duties. Committee members shall not be disqualified from receiving reasonable compensation for services rendered to or for the benefit of the Corporation in any other capacity, provided that the rendering of such services conforms to the USAAS Conflict of Interest Policy (Appendix U) and the USAAS Gifts and Entertainment Policy (Appendix X).

**5.06 President's Committees:**

**A. Nominating Committee:**

1. The Nominating Committee shall:
  - a. Be responsible for nominating persons for the elected positions of the Corporation, with the exception of the Athlete Representatives. A slate of candidates shall be derived from all persons interested. Additional nominations may be made from the floor of the Annual Meeting of the Board of Governors, provided any such nominee is present and consenting. The Nominating Committee shall also be responsible for collaborating with the President in nominating Independent Directors for Board of Directors' approval in accordance with Sections 3.02 D.5 and 3.04 C of the USAAS Code. Specific responsibilities shall be to:
    - (1) Recommend individuals to the Board of Governors and the Board of Directors, when vacancies occur, who have the highest personal and professional integrity, who have demonstrated exceptional ability and judgment, and who have indicated a desire to serve the long-term interests of the Corporation.

- (2) Develop written criteria for each open elected Officer position on the Board of Directors in accordance with Sections 3.04 C.1 and 5.06 A.1.a. The Nominating Committee shall consider the needs of the Corporation, the qualifications, skills and experiences of the then current Board of Directors members and the criteria for each open Officer position on the Board of Directors. The written criteria shall be published on the USAAS website for the USAAS membership prior to soliciting candidates.
- (3) Obtain from each interested candidate a written resume which includes a description of their qualifications, skills and experiences.
- (4) Provide a written report to the Board of Governors to include the slate of candidates and resumes for each candidate for an open Officer position on the Board of Directors. The written report shall be published on the USAAS website not less than thirty (30) days in advance of the Board of Governors meeting.
- (5) Add additional nominations from the floor at the Board of Governors meeting to the original slate of candidates.

- b. Report progress on the Committee's activities to the President. The report may take the form of an oral report by the Nominating Committee Chair or any other Nominating Committee member designated by the Chair.
- c. Maintain minutes of the Committee's activities.
- d. Conduct such other activities as may be requested or assigned by the President or as set forth in this Code.

2. The composition of the Nominating Committee shall include:
  - a. The Chair, appointed by the President;
  - b. One (1) representative from each Zone, appointed/elected by the respective Zones at the Annual Meeting of the Zone at the Zone Championships. Candidates for the Nominating Committee need not be present at the Annual Meeting of the Zone, but must consent to be nominated in order to be considered for election to the committee.
  - c. That number of Athlete Representatives, appointed by the AEC, who meet the requirements of Section 7.06 A of the USAAS Code, necessary to assure that at least thirty-three and three tenths percent (33.3%) of the Nominating Committee are athletes; and
  - d. A Past President of the Corporation, who is not running for an Officer position, shall be selected by the President to serve as an advisor without a vote.
  - e. A Diversity, Equity and Inclusion committee member shall serve as an advisor without a vote.
3. Members of the Nominating Committee may not run for a Board of Directors' Officer position. Athletes serving on the Nominating Committee who are elected to the Board of Directors as Athletes Representatives shall resign from the Nominating Committee.
4. Members of the current Board of Directors may not serve on the Nominating Committee.
5. **Term of Service:** The term of service on the Nominating Committee shall be two (2) years and shall begin immediately following the Annual Meeting of the Zone at the Zone Championships.

#### **B. Governance Committee:**

1. The Governance Committee shall:
  - a. Maintain the USAAS Code and USAAS Administrative Rules of the Corporation, including the required By-Laws for the LASCs and Zones and appropriate Appendices.
  - b. Revise, as appropriate, the USAAS Code and USAAS Administrative Rules to conform to [AQUA Rules and Regulations](#) and the USOPC By-Laws.

- c. Educate the membership on Governance procedures.
  - d. Work with the Rules Committee to ensure consistency with the USAAS Technical Rules.
2. The composition of the Governance Committee shall include:
  - a. The Chair, appointed by the President;
  - b. One (1) representative from each Zone, appointed/elected by the respective Zones at the Annual Meeting of the Zone at the Zone Championships; and
  - c. That number of Athlete Representatives, appointed by the AEC, who meet the requirements of Section 7.06 A of the USAAS Code, necessary to assure that at least thirty-three and three tenths percent (33.3%) of the Governance Committee are athletes.
  - d. A Diversity, Equity and Inclusion committee member shall serve as an advisor without a vote.

**C. Audit Committee of the Board of Directors:**

1. The Audit Committee is appointed by the Board of Directors to assist the Board with its oversight of:
  - a. The integrity of the Corporation's financial statements;
  - b. The evaluation and recommendation of the independent auditor to examine the corporation's accounts, controls and financial statements;
  - c. The independent auditor's qualifications and independence;
  - d. The performance of the Corporation's independent auditors and USOPC auditors;
  - e. The compliance by the Corporation with legal and regulatory requirements; and
  - f. Other functions as assigned to the Audit Committee by the Board of Directors.
2. The composition of the Audit Committee shall include:
  - a. The Chair, appointed by the Board of Directors from among its members;
  - b. At least three (3) and not more than five (5) members appointed by the Board of Directors;
  - c. The Team USA AC Representative; and
  - d. That number of Athlete Representatives, appointed by the AEC, who meet the requirements of Section 7.06 A of the USAAS Code, necessary to assure that at least thirty-three and three tenths percent (33.3%) of the Audit Committee are athletes.
  - e. A Diversity, Equity and Inclusion committee member shall serve as an advisor without a vote.

**D. USAAS Ethics Committee:**

1. The USAAS Ethics Committee shall:
  - a. Investigate and make recommendations on any matter referred to it by the Executive Director, President or Board of Directors. Refer to the USAAS Administrative Rules, Article 24, Section 24.05.
  - b. Periodically review the USAAS Code of Ethics (Appendix P) and make recommendations to the Board of Directors.
  - c. Review and provide guidance on ethical questions presented to it by the Executive Director, President or the Board of Directors.
  - d. Review and provide guidance on conflicts of interest disclosed pursuant to the USAAS Conflict of Interest Policy (Appendix U) at the request of the Executive Director, President or the Board of Directors.
  - e. Provide training on conflicts of interest and ethics, as requested.
2. The composition of the USAAS Ethics Committee shall include:

- a. The Chair, appointed by the Board of Directors from among the members of USAAS;
- b. Four (4) individuals who meet the definition of “Independent”, appointed by the Board of Directors. See Section 3.02 D.5.b of the USAAS Code. One (1) “Independent” member shall have experience in diversity, equity and inclusion; and
- c. That number of Athlete Representatives, appointed by the AEC, who meet the requirements of Section 7.06 A of the USAAS Code, necessary to assure that at least thirty-three and three tenths percent (33.3%) of the USAAS Ethics Committee are athletes.
- d. A Diversity, Equity and Inclusion committee member shall serve as an advisor without a vote.

3. Individuals, other than the Chair, may not serve on the USAAS Ethics Committee while serving as a member of the Board of Directors.
4. If a conflict of interest arises with a USAAS Ethics Committee member’s overall service or as it relates to an individual case or situation, the concern shall be disclosed to the USAAS Ethics Committee Chair and the Executive Director for review. A resolution will be made and the concern and resolution will be reported to the Board of Directors.

## **5.07 Competitive Programs Committees:**

### **A. Rules Committee:**

1. The Rules Committee shall:
  - a. Generate and/or review proposals for changes to the [USAAS Technical Rules](#), [USAAS Figures Rules](#) and appropriate Appendices and recommend action to the Board of Directors.
  - b. Ensure the accuracy of the rules and strive to maintain consistency throughout.
  - c. Work with the Governance Committee to ensure consistency with the USAAS Code and USAAS Administrative Rules.
2. The composition of the Rules Committee shall include:
  - a. The Chair, appointed by the Vice President Competitive Programs;
  - b. One (1) representative from each Zone, appointed/elected by the respective Zones at the Annual Meeting of the Zone at the Zone Championships;
  - c. One (1) representative from the Collegiate Program, appointed by the Chair of the Collegiate Committee;
  - d. One (1) representative from the Masters Program, appointed by the Chair of the Masters Committee;
  - e. One (1) representative from the Figures Subcommittee, appointed by the Chair of the Figures Subcommittee;
  - f. One (1) representative from the AWD Subcommittee, appointed by the AWD Subcommittee from among the subcommittee members; and
  - g. That number of Athlete Representatives, appointed by the AEC, necessary to assure that at least thirty-three and three tenths percent (33.3%) of the Rules Committee are athletes.
3. **Figures Subcommittee:** Shall review proposals for changes to the figures descriptions and groups and revise, as appropriate, to conform to AQUA figures descriptions. The Figures Subcommittee shall work with the Chair of the Competition and Innovation Committee and recommend figures rule proposals to the Rules Committee for action.
  - a. The composition of the Figures Subcommittee shall include:
    - (1) The Chair, appointed by the Vice President Competitive Programs;

- (2) One (1) representative from each Zone, appointed/elected by the respective Zones at the Annual Meeting of the Zone at the Zone Championships; and
- (3) That number of Athlete Representatives, appointed by the AEC, necessary to assure that at least thirty-three and three tenths percent (33.3%) of the Figures Subcommittee are athletes.

**B. Officials' Committee:**

1. The Officials' Committee shall:
  - a. Assist with programs to recruit, educate, certify and evaluate officials for all levels;
  - b. Be responsible for recruiting officials, administering officials' selection for and assignment during National Championships; and
  - c. Review the performance of all certified officials, and promptly investigate all formal requests for review of an individual's officiating performance. For a request for review of an official's conduct, the Officials' Committee Chair shall refer the matter to the Executive Director to be processed according to the USAAS Administrative Rules, [USAAS Grievance Procedures](#) (Appendix K), USAAS Code of Ethics (Appendix P) or the [USAAS Whistleblower and Anti-Retaliation Policy](#) (Appendix S). Refer to the [USAAS Officials Certification Policy](#), Appendix G, Section 1.11.
2. The composition of the Officials' Committee shall include:
  - a. The Chair, appointed by the Vice President Competitive Programs, who shall hold a judges' rating of Retaining Level 4 or higher.
  - b. The four (4) Zone Officials Chairs; and
  - c. That number of Athlete Representatives, appointed by the AEC, who meet the requirements of Section 7.06 A of the USAAS Code, necessary to assure that at least thirty-three and three tenths percent (33.3%) of the Officials' Committee are athletes.
  - d. A Diversity, Equity and Inclusion committee member shall serve as an advisor without a vote.

**C. Competition and Innovation Committee:**

1. Competition and Innovation Committee shall:
  - a. Develop and test ideas for potential changes to the USAAS Technical Rules and USAAS Figures Rules;
  - b. Work with the Chair of the International Relations Committee to develop proposals for changes to AQUA Rules;
  - c. Work with the Chair of the Rules Committee to develop proposals for changes to the USAAS Technical Rules and USAAS Figures Rules.
2. The composition of the Competition and Innovation Committee shall include:
  - a. The Chair, appointed by the Vice President Competitive Programs;
  - b. One (1) representative from each Zone, appointed/elected by the respective Zones at the Annual Meeting of the Zone at the Zone Championships; and
  - c. That number of Athlete Representatives, appointed by the AEC, necessary to assure that at least thirty-three and three tenths percent (33.3%) of the Competition and Innovation Committee are athletes.
  - d. A Diversity, Equity and Inclusion committee member shall serve as an advisor without a vote.

**5.08 Diversity, Equity and Inclusion Committees:**

**A. Diversity, Equity and Inclusion Committee:**

1. The Diversity, Equity and Inclusion Committee shall:

- a. Develop a strategic plan that provides a comprehensive nationwide approach to increasing diversity, equity and inclusion opportunities at all levels of the sport.
- b. Propose rule changes that ensure all members of the organization are included and given equal opportunity without regard to race, ethnicity, culture, religion, sex (including gender identity, sexual orientation or pregnancy), age, family status, socio-economic status, geographical location, nationality, body shape, beliefs, mental or physical ability or other defining characteristics, to groups, athletes, and individuals who are not athletes, as set forth in Section 1.01 of the USAAS Code.
- c. Develop, recommend and assist the National Office staff in implementing education opportunities for members to increase awareness about the importance of creating a more inclusive environment at all levels of the sport.
- d. Designate a member of the Diversity, Equity and Inclusion committee, appointed by the Chair, as an advisor without a vote to each USAAS Standing Committee, with the exception of each Subcommittee.

2. The composition of the Diversity, Equity and Inclusion Committee shall include:
  - a. The Chair, appointed by the Vice President Diversity, Equity and Inclusion;
  - b. The four (4) Zone Diversity, Equity and Inclusion Chairs;
  - c. One (1) individual appointed by the Chair who meets the definition of "Independent". See Section 3.02 D.5.b of the USAAS Code; and
  - d. That number of Athlete Representatives, appointed by the AEC, necessary to assure that at least thirty-three and three tenths percent (33.3%) of the Diversity, Equity and Inclusion Committee are athletes.
3. **AWD Subcommittee:**
  - a. The AWD Subcommittee shall:
    - (1) Promote the growth and development of AWD programs;
    - (2) Coordinate with the Competition and Innovation Committee and the National Office staff to provide competitive opportunities for AWD athletes; and
    - (3) Appoint a representative from the AWD Subcommittee to the Rules Committee.
  - b. The composition of the AWD Subcommittee shall include:
    - (1) The Chair, appointed by the Vice President Diversity, Equity and Inclusion;
    - (2) One (1) representative from each Zone, appointed/elected by the respective Zones at the Annual Meeting of the Zone at the Zone Championships; and
    - (3) That number of Athlete Representatives, appointed by the AEC, necessary to assure that at least thirty-three and three tenths percent (33.3%) of the AWD Subcommittee are athletes.

## **5.09 Member Development Committees:**

- A. Membership Committee:** Shall assist the National Office staff in the development and implementation of programs to recruit and retain membership in the sport, including Life Member and Alumni Service Programs.
  1. The composition of the Membership Committee shall include:
    - a. The Chair, appointed by the Vice President Member Development;
    - b. One (1) representative from each Zone, appointed/elected by the respective Zones at the Annual Meeting of the Zone at the Zone Championships; and
    - c. That number of Athlete Representatives, appointed by the AEC, who meet the requirements of Section 7.06 A of the USAAS Code, necessary to assure that at least thirty-three and three tenths percent (33.3%) of the Membership Committee are athletes.

- d. A Diversity, Equity and Inclusion committee member shall serve as an advisor without a vote.

**B. Awards Committee:**

1. The Awards Committee shall:
  - a. Select the annual recipients for the national awards, with the exception of the Lillian MacKellar Award.
  - b. Coordinate with the National Office staff the acquisition of and presentation of awards, including providing any necessary biography information.
  - c. Oversee the preservation of the history of artistic swimming in the United States.
2. The composition of the Awards Committee shall include:
  - a. The Chair, appointed by the Vice President Member Development;
  - b. One (1) representative from each Zone, appointed/elected by the Zones at the Annual Meeting of the Zone at the Zone Championships; and
  - c. That number of Athlete Representatives, appointed by the AEC, necessary to assure that at least thirty-three and three tenths percent (33.3%) of the Awards Committee are athletes.
  - d. A Diversity, Equity and Inclusion committee member and Historians shall serve as advisors without a vote.
3. **Membership Prerequisite:** Committee members shall have been involved with the sport for more than five (5) years. This requirement shall be waived for Athlete Representatives.
4. Lillian MacKellar Award Subcommittee: Shall be responsible for selecting the annual recipient for the Lillian MacKellar Distinguished Service Award. All previous recipients may be part of the deliberation.
  - a. The composition of the Lillian MacKellar Award Subcommittee shall include:
    - (1) The Chair, appointed by the Vice President Member Development from among previous recipients;
    - (2) Five (5) Lillian MacKellar Distinguished Service Award recipients with the greatest longevity as an award recipient. If a recipient is unable to participate in the discussion for any particular year, they shall be replaced with the next recipient in rank order to ensure six (6) recipients (including the Chair) serving at all times; and
    - (3) That number of Athlete Representatives, appointed by the AEC, necessary to assure that at least thirty-three and three tenths percent (33.3%) of the Lillian MacKellar Award Subcommittee are athletes.

**C. Coaches' Education Committee:**

1. The Coaches' Education Committee shall:
  - a. Work on behalf of all coaches to identify programs and resources for recruitment, Long Term Athlete Development ("LTAD") and education of coaches; and
  - b. Collaborate with the National Office staff on ways to build effective communication strategies and tools for the coaching membership.
2. The composition of the Coaches' Education Committee shall include:
  - a. The Chair, appointed by the Vice President Member Development.
  - b. The four (4) Zone Education Chairs; and
  - c. That number of Athlete Representatives, appointed by the AEC, who meet the requirements of Section 7.06 A of the USAAS Code, necessary to assure that at least thirty-three and three tenths percent (33.3%) of the Coaches' Education Committee are athletes.
  - d. A Diversity, Equity and Inclusion committee member shall serve as an advisor without a vote.

**D. Collegiate Committee:**

1. The Collegiate Committee shall:
  - a. Assist with the promotion and growth of all collegiate programs;
  - b. Serve as advisors for the Collegiate Program; and
  - c. Recommend Collegiate Program proposals to the Rules Committee for action.
2. The composition of the Collegiate Committee shall include:
  - a. The Collegiate Chair, elected at the Collegiate Annual Meeting held at the U.S. Collegiate Championship. The term of office shall begin immediately following the U.S. Collegiate Championship. See Section 5.04 of the USAAS Code.
  - b. The Collegiate Technical Chair, elected at the Collegiate Annual Meeting held at the U.S. Collegiate Championship. The term of office shall begin immediately following the U.S. Collegiate Championship. See Section 5.04 of the USAAS Code.
  - c. One (1) representative from each Collegiate Region, elected by the respective Collegiate Regions at the Collegiate Regional Championships.
    - (1) If possible, no more than fifty percent (50%) of the representatives shall be from Club programs and no more than fifty percent (50%) of the representatives shall be from Varsity programs.
  - d. That number of Athlete Representatives, elected by Collegiate Athletes at the U.S. Collegiate Championship, necessary to assure that at least thirty-three and three tenths percent (33.3%) of the Collegiate Committee are athletes. One (1) of the elected Collegiate Athlete Representatives shall serve as the AEC Collegiate Representative.
    - An Athlete Representative from a Collegiate club program shall be elected as the AEC Collegiate Representative in even numbered years for a two (2) year term; and
    - An Athlete Representative from a Collegiate varsity program shall be elected as the AEC Collegiate Representative in odd numbered years for a two (2) year term.
  - e. A Diversity, Equity and Inclusion committee member shall serve as an advisor without a vote.

**E. Masters Committee:**

1. The Masters Committee shall:
  - a. Assist with the promotion and growth of all Masters programs;
  - b. Serve as advisors for the Masters Program;
  - c. Recommend Masters Program proposals to the Rules Committee for action.
2. The composition of the Masters Committee shall include:
  - a. The Chair, elected at the Masters Annual Meeting at the U.S. Masters Championship. The term of office shall begin immediately following the U.S. Masters Championship. See Section 5.04 of the USAAS Code.
  - b. One (1) representative from each Zone, elected at the Masters Annual Meeting at the U.S. Masters Championship; and
  - c. That number of Athlete Representatives, elected by Masters Athletes at the U.S. Masters Championship, necessary to assure that at least thirty-three and three tenths percent (33.3%) of the Masters Committee are athletes. One (1) of the elected Masters Athlete Representatives shall serve as the AEC Masters Representative for a two (2) year term.
  - d. A Diversity, Equity and Inclusion committee member shall serve as an advisor without a vote.

## **5.10 Olympic International Committees:**

### **A. International Relations Committee:**

1. The International Relations Committee shall:
  - a. Select officials and other representatives who are not members of the National Team or its support staff, to attend international competitions, congresses and seminars, whether or not the Corporation sends a delegation representing the United States;
  - b. Establish selection criteria and succession plans, and make recommendations to the Board of Directors for personnel for international positions, including but not limited to: the AQUA Bureau, AQUA ASC, PAQ Executive, PAQ ASC and any other international positions in other international organizations, as appropriate;
  - c. Recommend to the Board of Directors, international competitions to be conducted in the United States;
  - d. Initiate and accept invitations to/from foreign countries or organizations to send teams or individuals, except for National Team members, to participate in exhibitions or competitions in the United States or abroad. The Chief of Sport, with notification to the Vice President Olympic International and the International Relations Committee Chair, will be responsible for accepting invitations on behalf of National Team Members;
  - e. Approve club options, special events, private invitations and protocol for international delegations;
  - f. Develop, recommend and implement other international exchange opportunities and the funding for such opportunities, in collaboration with the National Office staff.
2. The composition of the International Relations Committee shall include:
  - a. The Chair, appointed by the Vice President Olympic International, who has national team experience, international judging experience or other related international artistic swimming experience;
  - b. The Immediate Past Vice President Olympic International;
  - c. U.S. representatives to the AQUA and PAQ ASCs;
  - d. Three (3) At-Large members elected by the Board of Governors at the Annual Meeting of the Board of Governors in the year of the Summer Olympic Games;
  - e. That number of Athlete Representatives necessary to assure that at least thirty-three and three tenths percent (33.3%) of the International Relations Committee are athletes. The Corporation's representative to the Team USA AC and Team USA AC Alternate shall be two (2) of these athletes. The remaining members of the International Relations Committee who are Athlete Representatives shall be appointed by the AEC, meet the requirements of Section 7.06 A of the USAAS Code, and shall be retired from competition; and
  - f. The Chief of Sport, a Diversity, Equity and Inclusion committee member and any USA Artistic Swimming member who serves, or has previously served within the past five (5) years, on any other AQUA or PAQ committees or commissions shall serve as advisors without a vote.
3. If a member holds more than one (1) position on the committee, the Chair may appoint a replacement member who has international artistic swimming experience or serves as the USAAS member to the AQUA Bureau, the PAQ Executive or other international organizations or serves on any other AQUA or PAQ committees or commissions while representing USA Artistic Swimming.
4. Each member shall serve until the conclusion of the Board of Governors meeting after the next Summer Olympic Games, or until a successor is elected/appointed.
5. Those members of the International Relations Committee being considered for international positions or assignments shall excuse themselves from the discussion and vote.

6. **International Relations Review Subcommittee:**

- a. The International Relations Review Subcommittee shall:
  - (1) Review and approve Club Option applications, including funding recommendations when available. Refer to [USAAS Club Option and Private Invitation Procedures](#) (Appendix F).
  - (2) Determine athlete eligibility to participate when a Masters international competition has limited entries. Refer to Appendix F.
- b. The composition of the International Relations Review Subcommittee shall include:
  - (1) The Chair of the International Relations Committee, as Chair;
  - (2) The Vice President Olympic International;
  - (3) The Chief of Sport;
  - (4) Two (2) Athlete Representatives selected by the Chief of Sport who are unaffiliated with any of the athletes in contention, who meet the requirements of Section 7.06 A of the USAAS Code, and shall be retired from competition; and
  - (5) One (1) person selected by the Vice President Olympic International who exhibits knowledge of the sport, knowledge of the international scene in elite artistic swimming, and demonstrates a fair and unbiased disposition.

B. **National Team Program Committee:**

1. The Chief of Sport is empowered with all decision-making authority necessary for the formulation, development and implementation of a National Team program. The Chief of Sport will work in a collaborative manner with the Vice President Olympic International, the International Relations Committee Chair and the National Team Program Committee in exercising this authority.
2. The National Team Program Committee shall:
  - a. Provide input to the Chief of Sport regarding, and endorse:
    - (1) Selection procedures for athlete members for all National Teams;
    - (2) Selection procedures for staff members for the Pan American and Olympic Games Teams; and
    - (3) The USA Artistic Swimming National Team Quad Plan, developmental programs and training camps.
  - b. Assist in the implementation of the USA Artistic Swimming National Team Quad Plan, developmental programs and training camps.
  - c. Help develop a plan to identify and train artistic swimmers as potential National Team members.
  - d. Collaborate with the Coaches' Education Committee to enhance the coaches' education program.
  - e. Foster communication with the Officials' Committee to ensure cohesive programs.
3. The composition of the National Team Program Committee shall include:
  - a. The Chief of Sport, as Chair;
  - b. The Immediate Past Vice President Olympic International;
  - c. The Senior National Team Head Coach;
  - d. Two (2) National Team Coaches, selected by the Chief of Sport, following the Annual Meeting of the Corporation in the year of the Summer Olympic Games, from the pool of National Team Coaches, shall serve a four (4) year term;
  - e. Three (3) At-Large members, who are not members of the pool of National Team Coaches, shall be elected by the Board of Governors at the Annual Meeting of the Board of Governors in the year of the Summer Olympic Games to serve a four (4) year term;

- f. That number of Athlete Representatives necessary to assure that at least thirty-three and three tenths percent (33.3%) of the National Team Program Committee are athletes. The Corporation's representative to the Team USA AC and Team USA AC Alternate shall be two (2) of these athletes. The remaining members of the National Team Program Committee who are Athlete Representatives shall be appointed by the AEC, meet the requirements of Section 7.06 A of the USAAS Code, and shall be retired from competition; and
- g. A Diversity, Equity and Inclusion committee member and any USA Artistic Swimming member who serves, or has previously served within the past five (5) years, on any other AQUA or PAQ committees or commissions shall serve as advisors without a vote.

4. **National Team Review Subcommittee:**
  - a. The National Team Review Subcommittee shall:
    - (1) Resolve petitions related to athlete eligibility to participate in National Team Trials. Refer to the USAAS National Team, Olympic Development Program and National Elite Camp Selection Procedures (Appendix E).
    - (2) Resolve petitions related to athlete injury or illness during the National Team Trials Selection process. Refer to Appendix E.
  - b. The composition of the National Team Review Subcommittee shall include:
    - (1) The Chair, appointed by the Vice President Olympic International;
    - (2) The Vice President Olympic International;
    - (3) The Chief of Sport;
    - (4) Two (2) Athlete Representatives selected by the Chief of Sport who are unaffiliated with any of the athletes in contention, who meet the requirements of Section 7.06 A of the USAAS Code, and shall be retired from competition; and
    - (5) One (1) person selected by the Vice President Olympic International who exhibits knowledge of the sport, knowledge of the international scene in elite artistic swimming, and demonstrates a fair and unbiased disposition.

**5.11 Other Committees:** In addition, the Board of Directors or the President may appoint any other committees, which may be designated as pertinent to the conduct of the business of the Corporation, subject to the requirement that at least thirty-three and three tenths percent (33.3%) of each committee consists of Athlete Representatives.

## ARTICLE 6

### TERRITORIAL ORGANIZATION

- 6.01 Organization:** The Corporation's activities in the conduct of artistic swimming competitions and other programs other than at the national and international levels shall be conducted as set forth herein.
- 6.02 LASC:** There shall be an LASC organized in each of the associations/territories set forth in Section 6.03 below. Each LASC shall:
  - A. Incorporate as a non-profit organization in the state in which it operates.
  - B. Have By-Laws which include at least those provisions set forth in Appendix A.
  - C. Annually file the By-Laws of the LASC with the National Office.
- 6.03 LASC Association/Territory:** The association/territory of each of the LASCs shall be as follows:

**Adirondack** - The State of New York east of Jefferson, Lewis, Oneida, Madison and Chenango Counties and north of Delaware, Ulster, Broome and Dutchess Counties.

**Alaska** - The State of Alaska.

**Allegheny Mountain** - The State of Pennsylvania west of and including McKean, Cameron, Clearfield, Blair, Cambria and Somerset Counties; Marshall, Brooke, Ohio and Hancock Counties in the State of West Virginia; and Columbiana, Belmont and Jefferson Counties in the State of Ohio.

**Arizona** - The State of Arizona.

**Carolina** - The States of North Carolina and South Carolina.

**Connecticut** - The State of Connecticut.

**Dakota** - The States of North Dakota and South Dakota.

**Gulf** - The State of Texas south of and including Robertson, Leon, Austin, Houston, Angelina, Nacogdoches and Shelby Counties; and east of and including Fort Bend, Wharton, Colorado, Waller, Grimes, Brazos and Matagorda Counties; and the States of Louisiana and Mississippi.

**Hawaii** - The State of Hawaii.

**Illinois** - The State of Illinois except St. Clair, Calhoun, Greene, Jersey, Monroe and Madison Counties.

**Indiana** - The State of Indiana except Floyd, Clark and Dearborn Counties.

**Inland Empire** - The State of Washington east of and including Okanogan, Chelan, Kittitas, Yakima and Klickitat Counties; and the State of Idaho north of and including Idaho County.

**Iowa** - The State of Iowa east of and including Dickinson, Clay, Buena Vista, Sac, Carroll, Audubon, Cass, Adams and Taylor Counties.

**Lake Erie** - The State of Ohio north and east of and including Erie, Huron, Seneca, Crawford, Richland, Ashland, Wayne, Stark, Tuscarawas and Mahoning Counties.

**Maryland** - The State of Maryland except Frederick, Montgomery and Prince Georges Counties.

**Metropolitan** - The State of New York south of and including Sullivan, Ulster and Dutchess Counties.

**Michigan** - The State of Michigan.

**Middle Atlantic** - The State of Delaware and the State of Pennsylvania east of and including Potter, Clinton, Centre, Huntingdon and Bedford Counties.

**Midsouth** - The State of Kentucky, except Boyd County; the State of Tennessee; and Floyd and Clark Counties in the State of Indiana.

**Minnesota East** - The State of Minnesota east of US Interstate 35.

**Minnesota West** - The State of Minnesota west of US Interstate 35.

**Missouri Valley** - The State of Kansas; the State of Oklahoma; the State of Nebraska; the State of Iowa including Lyon, Osceola, Sioux, O'Brien, Plymouth, Cherokee, Woodbury, Ida, Monona, Crawford, Harrison, Shelby, Pottawattamie, Mills, Montgomery, Fremont and Page Counties; and the State of Missouri west of and including Schuyler, Adair, Macon, Randolph, Audrain, Callaway, Cole, Moniteau, Morgan, Benton, Hickory, Polk, Greene, Christian and Taney Counties.

**Montana** - The State of Montana; and Park, Teton, Hot Springs and Fremont Counties in the State of Wyoming.

**New England North** - The States of Vermont, New Hampshire and Maine and the northern towns of Middlesex County and Essex County, as defined by the Massachusetts Registry of Deeds. The northern towns of Middlesex County are: Billerica, Carlisle, Chelmsford, Dracut, Dunstable, Lowell, Tewksbury, Tyngsborough, Westford and Wilmington. The northern towns of Essex County are: Andover, Lawrence, Methuen and North Andover.

**New England South** - The State of Rhode Island and all of Massachusetts exclusive of the northern towns of Middlesex County and Essex County, as defined by the Massachusetts Registry of Deeds. The northern towns of Middlesex County are: Billerica, Carlisle, Chelmsford, Dracut, Dunstable, Lowell, Tewksbury, Tyngsborough, Westford and Wilmington. The northern towns of Essex County are: Andover, Lawrence, Methuen and North Andover.

**New Jersey** - The State of New Jersey.

**New Mexico** - The State of New Mexico.

**Niagara** - The State of New York west of and including Oswego, Onondaga and Cortland Counties.

**Northeast Florida** - The State of Georgia; and Nassau, Duval, Clay, St. Johns, Putnam, Flagler, Volusia, Seminole, Orange, Osceola, Brevard, Indian River, Okeechobee, St. Lucie and Martin Counties, and Palm Beach County north of State Road 704 in the State of Florida.

**Northwest Florida** - The State of Alabama; and Escambia, Santa Rosa, Okaloosa, Walton, Holmes, Washington, Jackson, Bay, Calhoun, Gulf, Liberty, Gadsden, Franklin, Wakulla, Leon, Jefferson, Madison, Taylor, Hamilton, Suwannee, Lafayette, Columbia, Baker, Union, Bradford, Dixie, Gilchrist, Levy, Alachua, Marion, Lake, Citrus, Sumter, Polk, Hernando and Pasco Counties, and Hillsborough County north of Highway 60 in the State of Florida.

**Ohio** - The State of Ohio south and west of and including Ottawa, Sandusky, Wood, Hancock, Wyandot, Marion, Morrow, Knox, Holmes, Coshocton, Guernsey, Noble and Monroe Counties; Harrison and Carroll Counties; not including Washington and Lawrence Counties; and Dearborn County in the State of Indiana.

**Oregon** - The State of Oregon and Cowlitz, Clark and Skamania Counties in the State of Washington.

**Ozark** - The State of Missouri east of and including Scotland, Knox, Shelby, Monroe, Ralls, Pike, Montgomery, Osage, Miller, Camden, Dallas, Webster, Douglas and Ozark Counties; and Calhoun, Greene, Jersey, Madison, St. Clair and Monroe Counties in the State of Illinois.

**Pacific** - The State of California north of and including Monterey, San Benito, Merced, Mariposa, Madera, Mono, Fresno, Kings, Tulare, Inyo, Kern, San Luis Obispo Counties, Santa Cruz, Santa Clara, Stanislaus, Tuolumne and Alpine Counties; and west of and including Humboldt, Mineral, Churchill and Lander Counties in the State of Nevada.

**Pacific Northwest** - The State of Washington west and north of Okanogan, Chelan, Kittitas, Yakima, Cowlitz and Skamania Counties.

**Potomac Valley** - The District of Columbia; Frederick, Montgomery and Prince Georges Counties in the State of Maryland; and Arlington, Fairfax, Loudon, Fauquier and Prince William Counties and the cities of Alexandria and Falls Church in the State of Virginia.

**Rocky Mountain** - The State of Colorado.

**San Diego/Imperial** - San Diego and Imperial Counties in the State of California.

**Snake River** - The State of Idaho south of and including Lemhi, Valley and Adams Counties; and Elko, White Pine and Eureka Counties in the State of Nevada.

**South Texas** - The State of Texas west of and including Milam, Burleson, Washington, Austin, Fayette, Lavaca, Jackson and Calhoun Counties; south of and including Menard, Mason, Llano, Burnett, Lampasas and Bell Counties; and east of and including Val Verde, Sutton and Schleicher Counties; and north of and including Reeves, Pecos, Crane, Upton, Reagan, Irion, Tom Green, Concho, McCulloch and San Saba Counties; and west of and including Hardeman, Foard, Knox, Haskell, Jones, Callahan, Brown and Mills Counties; and El Paso, Hudspeth, Culberson, Jeff Davis, Presidio, Brewster, Terrell and Crockett Counties.

**Southeast Florida** - Palm Beach County south of State Road 704; Broward and Miami-Dade Counties in the State of Florida.

**Southern California** - Ventura, Los Angeles, San Bernardino, Orange, Riverside and Santa Barbara Counties in the State of California.

**Southern Nevada** - Nye, Lincoln, Clark and Esmeralda Counties in the State of Nevada.

**Southwest Florida** - Hillsborough County south of Highway 60; Pinellas, Manatee, Hardee, Sarasota, Desoto, Highlands, Charlotte, Glades, Lee, Hendry, Collier and Monroe Counties in the State of Florida.

**Southwestern** - The State of Texas east and north of and including Wilbarger, Baylor, Throckmorton, Shackelford, Eastland, Comanche, Hamilton, Coryell, McLennan, Falls, Limestone, Freestone, Anderson, Cherokee, Rusk, Panola and Bowie Counties; and the State of Arkansas.

**Utah** - The State of Utah.

**Virginia** - The State of Virginia, except Arlington, Fairfax, Loudon, Fauquier and Prince William Counties and the cities of Alexandria and Falls Church; and the State of West Virginia except Hancock, Brooke, Ohio and Marshall Counties; and Lawrence and Washington Counties in the State of Ohio; and Boyd County in Kentucky.

**Wisconsin** - The State of Wisconsin.

**Wyoming** - The State of Wyoming, except Park, Teton, Hot Springs and Fremont Counties.

**6.04 Zones:** There shall be a Zone organized in each of the territories set forth in Section 6.05 below. Each Zone shall:

- A. Have By-Laws which include at least those provisions set forth in Appendix B.
- B. Annually file the By-Laws of the Zone with the National Office.

**6.05 Zone Territory:** The territory of each Zone shall consist of the following LASCs respectively:

**EAST**

Adirondack, Allegheny Mountain, Connecticut, Lake Erie, Maryland, Metropolitan, Middle Atlantic, New England North, New England South, New Jersey and Niagara.

**NORTH**

Dakota, Illinois, Indiana, Iowa, Michigan, Midsouth, Minnesota East, Minnesota West, Missouri Valley, Ohio, Ozark, Rocky Mountain and Wisconsin.

**SOUTH**

Carolina, Gulf, Northeast Florida, Northwest Florida, Potomac Valley, South Texas, Southeast Florida, Southwest Florida, Southwestern and Virginia.

**WEST**

Alaska, Arizona, Hawaii, Inland Empire, Montana, New Mexico, Oregon, Pacific, Pacific Northwest, San Diego/Imperial, Snake River, Southern California, Southern Nevada, Utah and Wyoming.

## **ARTICLE 7**

### **ATHLETES REPRESENTATION**

**7.01 USAAS Athletes Committee:** There shall be an Athletes Committee composed as follows:

- A. LASC Representatives:** Three (3) Athlete Representatives from each LASC shall be elected at the LASC Championships every year to serve a two (2) year term. The three (3) most recently elected representatives shall be in training, and the three (3) senior representatives shall be the voting representatives to the Board of Governors.
- B. Zone Representatives:** Three (3) Athlete Representatives (three from each Zone) shall be elected each year at the Zone Championships to serve a two (2) year term. The three (3) most recently elected representatives shall be in training, and the three (3) senior representatives shall be the voting representatives to the Board of Governors.
- C. Collegiate Representatives:** Two (2) Athlete Representatives shall be elected each year at the U.S. Collegiate Championship to serve a two (2) year term. Additionally, one (1) Athlete Representative from each Region shall be elected every year at the Collegiate Regional Championships to serve a two (2) year term. The most recently elected representative shall be in training, and the senior representative shall be the voting representative to the Board of Governors. Collegiate Athlete Representatives may serve one (1) year after leaving college. See Section 5.09 D.2.d of the USAAS Code.
- D. Masters Representatives:** Two (2) Athlete Representatives shall be elected each year at the U.S. Masters Championship to serve a two (2) year term. Each representative must be from a different Zone. See Section 5.09 E.2.c of the USAAS Code.
- E. AEC:** The Athlete Representatives on the AEC shall be automatic members of the Athletes Committee.

**7.02 AEC:** The AEC shall have the authority to act for the Athletes Committee between meetings and shall appoint Athlete Representatives to the Standing Committees listed in Section 5.01 of the USAAS Code (with priority consideration given to the Athlete Representatives currently serving on the Athletes Committee). Each AEC member is an ex-officio member of all Standing Committees within their area of responsibility and shall communicate athlete opinion and advice to each committee. The AEC shall be composed of the following:

- Six (6) AEC Officers (See Section 7.02 F.1-6 below);
- Team USA AC Representative;

- Team USA AC Alternate Representative;
- Athlete At-Large Representative;
- General Board of Directors Athlete Representatives;
- AEC Collegiate Representative (See Section 5.09 D.2.d of the USAAS Code);
- AEC Masters Representative (See Section 5.09 E.2.c of the USAAS Code);
- Any member of the Team USA AC Leadership Group;
- Any member who serves as an athlete representative to an AQUA, PAQ, IOC, or WADA committee; and
- The AEC Immediate Past President shall be a nonvoting member of the AEC.

A. The members of the AEC, with the exception of the AEC President, the Team USA AC Representative, the Team USA AC Alternate Representative, the Athlete At-Large Representative, the General Board of Directors Athlete Representatives, the AEC Collegiate Representative and the AEC Masters Representative, shall be elected by the Athletes Committee at the Annual Meeting of the Corporation to serve a two (2) year term as follows:

1. The AEC Vice President Diversity, Equity and Inclusion, AEC Vice President Olympic International, and AEC Secretary shall be elected in even numbered years.
2. The AEC Vice President Competitive Programs and AEC Vice President Member Development shall be elected in odd numbered years.

B. The AEC President shall be directly elected by athletes, who meet the requirements of Section 7.06 A, in even numbered years to serve a two (2) year term. See Section 7.08 below.

1. The AEC President shall serve a one (1) year term as the AEC Immediate Past President. The term shall begin immediately following the conclusion of the term of the AEC President and shall be a nonvoting member of the AEC.

C. The Team USA AC Representative and the Team USA AC Alternate Representative shall be elected in the Olympic year to serve a four (4) year term. See Section 7.07 below.

D. The Athlete At-Large Representative and the General Board of Directors Athlete Representatives shall be directly elected by athletes, who meet the requirements of Section 7.06 A, in odd numbered years to serve a two (2) year term. See Section 7.08 below.

E. The AEC Collegiate Representative and the AEC Masters Representative shall be elected by Collegiate or Masters Athletes at the U.S. Collegiate Championship or the U.S. Masters Championship, respectively. See Sections 5.09 D.2.d and 5.09 E.2.c.

F. **Responsibilities:**

1. AEC President: Shall chair both the AEC and the Athletes Committee, shall serve on the Board of Directors, shall be responsible for the committees listed in Section 5.01 A of the USAAS Code, and shall select an Athlete Representative, from among the AEC members, who is retired from competition to serve as the AEC Vice Chair, when the Team USA AC Representative is not yet retired from competition.
2. AEC Vice President Competitive Programs: Shall be responsible for the committees listed in Section 5.01 B of the USAAS Code.
3. AEC Vice President Diversity, Equity and Inclusion: Shall be responsible for the committees listed in Section 5.01 C of the USAAS Code.
4. AEC Vice President Member Development: Shall be responsible for the committees listed in Section 5.01 D of the USAAS Code.
5. AEC Vice President Olympic International: Shall be responsible for the committees listed in Section 5.01 E of the USAAS Code.
6. AEC Secretary: Shall be responsible for recording all proceedings of the meetings of the AEC and the Athletes Committee.

7. Team USA AC Representative: Shall serve as the AEC Vice Chair, if retired from competition, shall serve in the absence of the AEC President, shall serve on the Board of Directors and shall be responsible for reporting USOPC matters to the AEC, the Athletes Committee and the Board of Directors.
8. Team USA AC Alternate Representative: Shall serve in the absence of the Team USA AC Representative and shall be a nonvoting member of the Board of Directors.  
**Exception:** See Section 3.02.E.5 of the USAAS Code.
9. Athlete At-Large Representative: Shall serve in the absence of both the AEC President and the Team USA AC Representative, shall serve on the Board of Directors and shall be responsible for communicating athlete opinion to the Board of Directors and the Athletes Committee.
10. General Board of Directors Athlete Representatives: Shall serve on the Board of Directors and shall be responsible for communicating athlete opinion to the Board of Directors and the Athletes Committee.
11. AEC Collegiate Representative: Shall serve on the Collegiate Committee.
12. AEC Masters Representative: Shall serve on the Masters Committee.

G. All AEC members, with the exception of the AEC President, the Team USA AC Representative, the Team USA AC Alternate Representative, the Athlete At-Large Representative, and the General Board of Directors Athlete Representatives, shall meet at least the minimum requirements of Section 7.06 B below at the time of their election. The AEC President, the Athlete At-Large Representative, and the General Board of Directors Athlete Representatives shall meet the requirements of Section 7.06 A below at the time of their election. The Team USA AC Representative and the Team USA AC Alternate Representative shall meet the requirements of Section 7.07 below.

**7.03 Term of Service:** The term of the AEC shall be two (2) years, with the exception of the Team USA AC Representative and the Team USA AC Alternate Representative, and shall begin immediately following the Annual Meeting of the Corporation in the year of their election. All other Athlete Representatives shall take office immediately following the competition at which their election was held and their term of office shall include two (2) Annual Meetings of the Corporation and terminate when their successor is elected at the appropriate competition. See Section 7.07 below for the term of office for the Team USA AC Representative and the Team USA AC Alternate Representative.

**7.04 Procedures for General Athlete Representative Nominations, Elections and Vacancies:**

- A. During the General Athletes Meeting at the LASC, Zone, U.S. Collegiate, or U.S. Masters Championship, an open election shall be held to elect the respective number of Athlete Representatives, with the exception of the AEC President, the Team USA AC Representative, the Team USA AC Alternate Representative, the Athlete At-Large Representative, and the General Board of Directors Athlete Representatives, as set forth in Section 7.01 above. The current Athlete Representatives shall, respectively, chair the elections of their successors for all the Athlete Representative positions except AEC Officers, the Team USA AC Representative, the Team USA AC Alternate Representative, the Athlete At-Large Representative, and the General Board of Directors Athlete Representatives.
  1. The AEC President shall conduct elections of all AEC Officers, the Athlete At-Large Representative, and the General Board of Directors Athlete Representatives.
  2. The Athlete At-Large Representative shall conduct the election for the AEC President, the Team USA AC Representative and the Team USA AC Alternate Representative.
- B. All registered athletes present shall be eligible to vote except in the election of the AEC President, the Team USA AC Representative, the Team USA AC Alternate Representative, the Athlete At-Large Representative, and the General Board of Directors Athlete Representatives. See Section 7.07-7.08 below.

- C. Candidates for office must be members of the Corporation, should be consenting and need not be present to be elected, with the exception of the election of the AEC President, the Team USA AC Representative, the Team USA AC Alternate Representative, the Athlete At-Large Representative, and the General Board of Directors Athlete Representatives. See Section 7.07-7.08 below.
- D. Every club present at the meeting may have one (1) nomination if they desire. A club may decline to nominate a candidate, but it may not relinquish its nominating privilege to another club.
- E. Candidates may be nominated from the floor.
- F. A primary election shall be held to limit the number of candidates to four (4) if there are more than six (6) nominees.
- G. All elections shall be completed and results announced by the conclusion of the competition or event.
- H. A challenge to any election results must be made in writing to the Election Chair. When a challenge has been filed, the Election Chair shall notify the AEC President and AEC Secretary. A candidate (or their designated representative) who challenges the results has the right to review the ballots in the company of the Tellers and the Election Chair and request a recount within five (5) days of the announcement of the election.
- I. Procedures for Filling a Vacancy:** The AEC shall have the authority to fill a vacant AEC position, with the exception of the AEC President, Team USA AC Representative, the Team USA AC Alternate Representative, the Athlete At-Large Representative, the General Board of Directors Athlete Representatives, the AEC Collegiate Representative and the AEC Masters Representative, between meetings of the Athletes Committee. Alternates, as listed in Section 7.05 below, shall be considered by the AEC to fill the AEC vacated position. If there are no alternates for the vacated AEC position, the AEC may nominate an Athlete Representative who meets the requirements of the vacated position. A notice of open nomination, including position requirements and a nomination submission deadline, shall be issued to all Athletes Committee members asking if they are interested in filling a vacated AEC position. If the AEC President, the Team USA AC Representative, the Team USA AC Alternate Representative, the Athlete At-Large Representative, or the General Board of Directors positions are vacated, the position(s) shall be filled in accordance with Sections 7.07 or 7.08 below.
- J. Holding more than One (1) Position:** In the event that not enough athletes run for AEC Officer positions, Athlete Representatives may hold simultaneous positions on the AEC and the Board of Directors (i.e., AEC Vice President and Team USA AC Representative). Athletes cannot hold simultaneous positions on the Board of Directors (i.e., AEC President and Team USA AC Representative).

#### **7.05 Alternates:**

- A. The first and second runner-up from each final election shall be the first and second alternate. If an Athlete Representative moves out of the LASC or Zone and into another as a competitor, their respective alternate shall assume the duties for the remainder of the term. See Section 7.07 below for Team USA AC Alternate Representative.
- B. The Athlete Representative shall, whenever possible, give notice to the alternate if unable to attend any of the events.

#### **7.06 Eligibility Requirements for Committees:**

- A.** All individuals who serve as Athlete Representatives, with the exception of the Team USA AC Representative and the Team USA AC Alternate Representative, to the “Designated Committees” shall meet the following standards. For purposes of this Section 7.06 A, “Designated Committees” include:
  - The Board of Directors;
  - any National Board of Review;
  - Audit Committee of the Board of Directors

- Coaches' Education Committee;
- Election;
- Governance;
- International Relations and International Relations Review;
- Membership;
- National Team Program and National Team Review;
- Nominating Committee;
- Officials' Committee; and
- USAAS Ethics Committee.

1. At least one-half (1/2) of the individuals serving as Athlete Representatives shall have competed in or been a named reserve or replacement athlete for the NGB's events or disciplines that are on the sport's program in the Olympic or Pan American Games.
2. Up to one-half (1/2) of the individuals serving as Athlete Representatives may have competed in or been a named reserve or replacement athlete for:
  - a. An event or discipline not on the program of the Olympic or Pan American Games, provided that such event or discipline is recognized by the International Federation of the NGB or is regularly included in the international competition program of the International Federation; or
  - b. The Paralympic Games, or an International Paralympic Committee-recognized World Championship in events on the Paralympic Games Program.
3. At the time of election, at least twenty percent (20%) of NGB Athlete Representatives shall have demonstrated their qualifications as athletes (or been a named reserve or replacement athlete) by having:
  - a. Within the ten (10) years preceding election, represented the United States in one (1) of the events listed below for which a competitive selection process was administered by the NGB;
    - (1) the Olympic or Pan American Games; or
    - (2) an Operation Gold event; or
    - (3) a World Championship recognized by the NGB's International Federation for which a competitive selection process was administered by the NGB; or
    - (4) in a team sport, at an international championship recognized by the International Federation of the NGB; or
    - (5) a World Trophy, World Cup, World Series, World Series or World Cup Super Final, Olympic Qualification Tournament; or
    - (6) was officially selected to a Senior National Team that qualified for any of the above listed events, though was not afforded the opportunity to compete as a result of the decision of USAAS not to attend, or an adverse situation beyond the control of USAAS (e.g., boycott, pandemic, etc.); or
  - b. Within the twenty-four (24) months before their election, demonstrated that they are actively engaged in amateur athletic competition by finishing in the top half of the NGB's National Championships or Team selection competition for the events outlined in Section 7.06 A. 1 or 2 or in a team sport, have been a member of the NGB's Senior National Team; or
  - c. For the purposes of the standards outlined above in Section 7.06 A.2.b only, within the ten (10) years preceding election, represented the United States in the Paralympic Games, or an International Paralympic Committee-recognized World Championship in events on the Paralympic Games Program.
  - d. Athlete Representatives in this group will be commonly referred to as "10-year" Athlete Representatives.

4. At the time of election, up to at least thirteen and three tenths percent (13.3%) of NGB Athlete Representatives shall have demonstrated their qualifications as athletes (or been a named reserve or replacement athlete) by having:
  - a. Represented the United States in one (1) of the events listed below for which a competitive selection process was administered by the NGB:
    - (1) the Olympic or Pan American Games; or
    - (2) an Operation Gold event; or
    - (3) a World Championship recognized by the NGB's International Federation for which a competitive selection process was administered by the NGB; or
    - (4) in a team sport, at an international championship recognized by the International Federation of the NGB; or
    - (5) a World Trophy, World Cup, World Series, World Series or World Cup Super Final, Olympic Qualification Tournament; or
    - (6) was officially selected to a Senior National Team that qualified for any of the above listed events, though was not afforded the opportunity to compete as a result of the decision of USAAS not to attend, or an adverse situation beyond the control of USAAS (e.g., boycott, pandemic, etc.).
  - b. Athlete Representatives in this group will be commonly referred to as "10-year-plus" Athlete Representatives.
5. Athlete Representatives may not be drawn from events that categorize entrants in age-restricted classifications commonly known as "Juniors", "Masters", "Seniors", "Veterans" or other similarly designated age-restricted competition. This provision is not meant to exclude from eligibility athletes who compete in an event for which the International Olympic Committee ("IOC") or an International Federation has established an age restriction but who otherwise meet the standard set forth in this Section 7.06 A.

B. All individuals who serve as Athlete Representatives to the committees, which are not "Designated Committees", shall be determined as follows:

1. At least one-half (1/2) of the individuals serving as Athlete Representatives shall have competed in the NGB's events or disciplines that are on the sport's program in the Olympic or Pan American Games.
2. Up to one-half (1/2) of the individuals serving as Athlete Representatives may have competed in:
  - a. An event or discipline not on the program of the Olympic or Pan American Games, provided that such event or discipline is recognized by the International Federation of the NGB or is regularly included in the international competition program of the International Federation; or
  - b. The Paralympic Games, or an International Paralympic Committee-recognized World Championship in events on the Paralympic Games Program.
3. At the time of election, all NGB Athlete Representatives shall have demonstrated their qualifications as athletes by having:
  - a. Represented the United States in one (1) of the events listed below for which a competitive selection process was administered by the NGB:
    - (1) the Olympic or Pan American Games; or
    - (2) an Operation Gold event; or
    - (3) a World Championship recognized by the NGB's International Federation for which a competitive selection process was administered by the NGB; or
    - (4) in a team sport, at an international championship recognized by the International Federation of the NGB; or
    - (5) a World Trophy, World Cup, World Series, World Series or World Cup Super Final, Olympic Qualification Tournament; or

- (6) was officially selected to a Senior National Team that qualified for any of the above listed events, though was not afforded the opportunity to compete as a result of the decision of USAAS not to attend, or an adverse situation beyond the control of USAAS (e.g., boycott, pandemic, etc.); or
- b. Within the twenty-four (24) months before their election, demonstrated that they are actively engaged in amateur athletic competition; or
- c. For the purposes of the standards outlined above in Section 7.06 B.2.b only, represented the United States in the Paralympic Games, or an International Paralympic Committee-recognized World Championship in events on the Paralympic Games Program.

4. Athlete Representatives may not be drawn from events that categorize entrants in age-restricted classifications commonly known as “Masters”, “Seniors”, “Veterans” or other similarly designated age-restricted competition. This provision is not meant to exclude from eligibility athletes who compete in an event for which the IOC or an International Federation has established an age restriction but who otherwise meet the standard set forth in this Section 7.06 B.

C. **Disclosure:** During the selection process, athlete representative candidates shall disclose any felony convictions, any period of ineligibility served in sport (e.g., periods of suspension related to violations of anti-doping codes and/or U.S. Center SafeSport/Athlete Safety) as well as any violations of the [U.S. Center SafeSport Code](#), USAAS Athlete Safety Policy (Appendix Q) and/or [USAAS Minor Athlete Abuse Prevention Policy](#) (“MAAPP”).

**7.07 Team USA AC Representative and Team USA AC Alternate Representative Eligibility, Term of Service, Election and Vacancy Procedures:**

- A. **Eligibility:** The Team USA AC Representative and Team USA AC Alternate Representative shall have represented the United States in the Olympic or Pan American Games, World Championships, or an event designated as an Operation Gold event within the ten (10) years preceding election and shall meet any other eligibility requirements of the Team USA AC. Athletes shall not be paid employees of the USOPC or USAAS and simultaneously serve on the Team USA AC.
- B. **Term of Service:** In the Olympic year, the Team USA AC Representative and the Team USA AC Alternate Representative for the next quadrennium shall be elected by email ballot process not later than May 31<sup>st</sup>. An athlete may serve as the Team USA AC Representative or the Team USA AC Alternate Representative for a maximum of two four (4) year terms. The Team USA AC Representative and the Team USA AC Alternate Representative shall take office at the first Team USA AC meeting of the new quadrennium, which typically takes place in January of the year following the Summer Olympic Games. When, at the end of their term, the Team USA AC Representative or the Team USA AC Alternate Representative no longer meet the eligibility requirements of Section 7.06 A, they must wait one (1) year before being eligible for a Board of Directors position.

**C. Procedures for Nomination and Election:**

1. The Athlete At-Large Representative shall conduct the election for the Team USA AC Representative and the Team USA AC Alternate Representative.
2. Only athletes eligible to run for the Team USA AC Representative and the Team USA AC Alternate Representative positions are eligible to vote.
3. Eligible candidates for the Team USA AC Representative and the Team USA AC Alternate Representative positions may be nominated, regardless of membership in the Corporation.
4. The Athlete At-Large Representative shall email each eligible athlete a self-nomination form for the positions of Team USA AC Representative and the Team USA AC Alternate Representative no later than April 1<sup>st</sup> of the Olympic Year.
5. Nomination forms must be returned to the Athlete At-Large Representative within thirty (30) days of the date of emailing. Late nominations will not be considered. All

nominees will be contacted by the Athlete At-Large Representative to confirm their interest in serving in this position.

6. Not later than May 31<sup>st</sup>, the Athlete At-Large Representative shall email a ballot containing all nominees for election to all athletes who meet the USOPC's standards of eligibility to serve as the Team USA AC Representative and the Team USA AC Alternate Representative. Ballots must be returned within fifteen (15) days of the date of the email.
7. Ballots will be tallied by the Athlete At-Large Representative.
8. The candidate who receives the greatest number of votes shall be declared the winner of the election. The candidate receiving the second highest number of votes shall become the Team USA AC Alternate Representative.
9. A challenge to any election results must be made in writing to the Athlete At-Large Representative. When a challenge has been filed, the Athlete At-Large Representative shall notify the AEC President and AEC Secretary. A candidate (or their designated representative), who challenges the results, has the right to review the ballots in the company of the Athlete At-Large Representative and request a recount within five (5) days of the announcement of the election.
10. All election results shall be announced prior to the adjournment of the Board of Governors meeting.

**D. Procedures for Filling a Vacancy:** In the event that the Team USA AC Representative is unable to complete the term, the Team USA AC Alternate Representative shall become the Team USA AC Representative and the runner-up in the election shall become the new Team USA AC Alternate Representative. If the Team USA AC Alternate Representative is unable to complete the term, the runner-up in the election shall become the Team USA AC Alternate Representative. If both Representatives vacate their positions, the next two (2) runners-up shall become the Team USA AC Representative and Team USA AC Alternate Representative, respectively. If there is no runner-up, the Athlete At-Large Representative shall hold a new election as soon as possible to fill vacated positions following the timing provided in Section 7.07 C above.

**7.08 AEC President, Athlete At-Large Representative and General Board of Directors Athlete Representatives Eligibility, Term of Service, Election and Vacancy Procedures:**

- A. **Eligibility:** The AEC President, the Athlete At-Large Representative, and the General Board of Directors Athlete Representatives must meet the requirements of Section 7.06 A.
- B. **Term of Service:** The AEC President and the General Board of Directors Athlete Representatives will be elected in even numbered years, and the Athlete At-Large Representative will be elected in odd numbered years, to serve a two (2) year term.
  1. The General Board of Directors Athlete Representatives may be reelected to a second term, but may serve no more than four (4) consecutive years on the Board of Directors. The General Board of Directors Athlete Representatives must wait as many consecutive years as have been served consecutively before being eligible for another Board of Directors position.
  2. When, at the end of their term, the AEC President or Athlete At-Large Representative no longer meet the eligibility requirements of Section 7.06 A, they must wait one (1) year before being eligible for another Board of Directors position.

**C. Procedures for Nomination and Election:**

1. The AEC President shall conduct the election for the Athlete At-Large Representative and the General Board of Directors Athlete Representatives. The Athlete At-Large Representative shall conduct the election for the AEC President.
2. Only athletes that meet the requirements of Sections 7.06 A are eligible to vote.
3. Eligible candidates for the positions to be elected may be nominated, regardless of membership in the Corporation.

4. The AEC President or the Athlete At-Large Representative shall email each eligible athlete a self-nomination form for the position(s) up for election no later than August 1<sup>st</sup>.
5. Nomination forms must be returned to the AEC President (for the position of Athlete At-Large Representative and the General Board of Directors Athlete Representatives) or the Athlete At-Large Representative (for the position of AEC President) within fifteen (15) days of the date of emailing. Late nominations will not be considered. All nominees will be contacted by the AEC President or the Athlete At-Large Representative to confirm their interest in serving in the respective position.
6. Not later than August 31<sup>st</sup>, the AEC President (for the position of Athlete At-Large Representative and the General Board of Directors Athlete Representatives) or the Athlete At-Large Representative (for the position of AEC President) shall email a ballot containing all nominees for election to all athletes who are eligible to vote. Ballots must be returned within fifteen (15) days of the date of the email.
7. Ballots will be tallied by the AEC President (for the position of Athlete At-Large Representative or the General Board of Directors Athlete Representatives) or by the Athlete At-Large Representative (for the position of AEC President).
8. For each election, the candidate who receives the greatest number of votes shall be declared the winner of the election.
9. A challenge to any election results must be made in writing to the Election Chair. When a challenge has been filed, the Election Chair shall notify the AEC President or the Athlete At-Large Representative, respectively and the AEC Secretary. A candidate (or their designated representative), who challenges the results, has the right to review the ballots in the company of the Tellers and the Election Chair and request a recount within five (5) days of the announcement of the election.
10. All election results shall be announced prior to the adjournment of the Board of Governors meeting.

D. **Procedures for Filling a Vacancy:** In the event that the AEC President, the Athlete At-Large Representative, or the General Board of Directors Athlete Representatives are unable to complete their terms, the next runner-up in the respective elections shall fill the vacancy. If there is no runner-up, the AEC President (for the position of Athlete At-Large Representative or the General Board of Directors Athlete Representatives) or the Athlete At-Large Representative (for the position of AEC President) shall hold a new election as soon as possible to fill the vacated position following the timing provided in Section 7.08 C above.

## ARTICLE 8

### FINANCES

**8.01 Budget Approval:** The Treasurer shall be responsible for overseeing the preparation of the budget of the Corporation, and for obtaining the approval of the Board of Directors.

**8.02 Responsibilities:** The Treasurer shall be responsible to assure that:

- A. All records of monies, accounts, books, papers and vouchers pertaining to the office of Treasurer for audit or other purposes, are delivered to the independent auditors, USOPC auditors, or Audit Committee when requested.
- B. An annual financial report is prepared for presentation at the Annual Meeting of the Board of Governors.
- C. Clubs, LASCs and Zones are aware of their financial responsibilities and reporting requirements to the Corporation.

**8.03 Annual Audit:** The financial records of the Corporation shall be audited annually by an independent Certified Public Accountant selected by the Audit Committee, showing the income and disbursements of the Corporation. Such annual financial reports shall be made available for inspection by members of the general public at the Corporation's principal office on request made within sixty (60) days after notice of availability.

**8.04 Fiscal Period:** The Corporation shall have a fiscal period for tax and accounting purposes commencing on the first day of January in each year.

## ARTICLE 9

### INDEMNIFICATION

**9.01 Indemnification:** The Corporation shall indemnify every person who is or was a Director, Officer, or employee of the Corporation, against reasonable expenses including attorney's fees and disbursements, judgments, decrees, fines, penalties and amounts paid in settlement, in connection with any pending or threatening claim, action, suit, or proceeding (civil, criminal, administrative or investigative) in which the person may be involved or threatened to be involved, as a party or otherwise, by reason of being or having been such Director, Officer, or employee; provided a determination is made in the manner provided in Section 9.02 below, that such person:

- A. Was not negligent or guilty of misconduct in the performance of duties to the Corporation;
- B. Acted in good faith and in a manner which the person reasonably believed to be in the best interests of the Corporation; and
- C. In any matter the subject of a criminal action, suit, or proceeding, had no reasonable cause to believe that the conduct was unlawful.

Notwithstanding the foregoing, if, at any time, any provision of Colorado law prohibits indemnification in respect to any claim, action, suit or proceeding, any indemnification in respect thereof shall be made only in accordance with such provision.

**9.02 Determination:** The determination in Section 9.01 above, shall be made by:

- A. Adjudication of a court of competent jurisdiction;
- B. A majority vote of a quorum consisting of disinterested Directors of the Corporation who are or were not parties to or threatened with any such claim, action, suit, or proceeding; or
- C. Independent legal counsel in a written opinion, if a quorum is not obtainable or if the quorum of disinterested Directors so directs. In making a determination, the disinterested Directors may conclusively rely upon an opinion, as to facts or law or both, of independent legal counsel selected by them. The termination of a claim, action, suit, or proceeding by judgment, settlement, conviction, or upon a plea of guilty or of nolo contendere or its equivalent shall not of itself create a presumption that the Director, Officer, or employee was negligent or guilty of misconduct in the performance of duties to the Corporation, or in any matter the subject of a criminal action, suit, or proceeding, had reasonable cause to believe that the conduct was unlawful.

**9.03 Expenses** incurred with respect to any claim, action, suit, or proceeding may be paid by the Corporation prior to the final disposition thereof upon receipt of an undertaking by the Director, Officer, or employee to repay such amount as is ultimately determined not to be payable to the person hereunder.

**9.04 Rights:** The rights of indemnification provided hereunder shall not be deemed exclusive of other rights to which any such Director, Officer, or employee now or hereafter may be entitled. Such rights shall continue as to a person who has ceased to be a Director, Officer, or employee, and shall inure to the benefits of such person's heirs and legal representatives.

**9.05 Insurance:** The Corporation, by authorization of the Board of Directors, may purchase and maintain insurance on behalf of any person who is serving or has served at its request as a Director, Officer, or employee of any other corporation, against any liability asserted against the person and incurred by the person in any such capacity, or arising out of the person's status as such, whether or not the Corporation would have the power to indemnify the person against such liability under this Article 9.

**9.06 Limitation:** Subject to limitations provided in this Article 9, it is the intention of this Article to give the Directors, Officers, and employees of the Corporation the maximum indemnification permitted under the law of the State of Colorado as it now exists or may exist in the future. If any provision or portion thereof of this Article shall be found to be invalid or ineffective, the validity and effect of the remaining parts shall not be affected.

## ARTICLE 10

### AMENDMENTS

**10.01 Requirements:** The year following the Summer Olympic Games shall be defined as the legislative year. These Regulations may be altered, amended or repealed at the Annual Meeting of the Board of Governors in the legislative year as follows:

A. **Revisions to Part One (USAAS Code), Appendix A and B (By-Laws); Part Two (USAAS Administrative Rules); Part Three (USAAS Technical Rules) and Part Four (USAAS Figures Rules):**

1. By two-thirds (2/3) vote of the Board of Directors present and voting.
- B. The effective date shall the first day of the next calendar year.

**10.02 Proposals:** An amendment may be proposed by an LASC, a committee of the Corporation, a member of the Board of Governors, or a member of the Board of Directors. All proposed amendments shall be in such form as to show the entire section as it will read if adopted, with any changes in language underlined if new and lined out if deleted. If not submitted in the proper format, the amendments will be rejected and not considered until re-submitted correctly.

A. All proposed amendments shall be considered by the following:

- Figures Subcommittee - USAAS Figures Rules;
- Governance Committee - USAAS Administrative Rules, USAAS Code, Appendices A, B, D (Associations/Zones), J and M; and
- Rules Committee - USAAS Technical Rules, Appendices D (Regions) and L.

**Note:** Revisions to additional Appendices are the responsibility of the respective committee or subcommittee.

B. Each respective committee shall prepare a report and recommendation to the Board of Directors.

**10.03 Proposal Deadline:** All proposed amendments shall be submitted to the respective Committee Chair no less than ninety (90) days prior to the start of the Annual Meeting of the Board of Governors. The respective Chair shall see that the appropriate committees receive all proposed amendments in order to be able to comply with Section 10.04 below.

**10.04 Notification:** All proposed amendments to all parts of the USAAS Code shall be published on the USAAS website and all delegates to the Board of Governors shall receive notification of the posting by any type of broadly available communication method not less than thirty (30) days prior to the Annual Meeting of the Board of Governors.

**10.05 Modification:** A proposed amendment may be modified in any manner by the Board of Directors while under consideration, but such modification must be germane to the subject

matter of the proposed amendment. If more than one (1) amendment has been proposed on the same subject matter, and there are substantive differences between such amendments, the Board of Directors may adopt a compromise of substance as well as form, and if the adoption of an amendment as proposed or amended or compromised is inconsistent or in conflict with other parts of the USAAS Code, the Board of Directors may adopt conforming amendments appropriate to the case.

**10.06 Expired Deadline Requirements:** In the legislative year, if the deadline has expired for submission of legislation to the Rules and Governance Committees, additional amendments may be proposed, and amendments may be proposed in non-legislative years, but such amendments may be adopted only when ninety percent (90%) of the Board of Directors present and voting vote in favor of such amendments.

## ARTICLE 11

### DISSOLUTION

**11.01 Authority:** If deemed advisable by the Board of Directors, the Corporation may be dissolved pursuant to the applicable provisions of the corporation laws of the State of Colorado.

**11.02 Disposal of Assets:** Upon the dissolution of the Corporation, the Board of Directors shall, after making provision for the payment of all the liabilities of the Corporation, dispose of all the assets of the Corporation exclusively for the purposes of the Corporation or to such organization or organizations organized and operated exclusively for charitable, educational, religious, literary or scientific purposes as shall at the time qualify as an exempt organization or organizations under Section 501(c)(3) of the Internal Revenue Code of 1954 (or corresponding provision of any future United States Internal Revenue Law).

## PART TWO

### USA ARTISTIC SWIMMING ADMINISTRATIVE RULES

#### ARTICLE 20

##### ELIGIBILITY

**20.01 Eligibility:** An athlete is eligible to compete in competitions of the Corporation (“USAAS”), subject to the following requirements.

**20.02 Membership:** To be eligible to compete, an athlete must be a member of the Corporation in one (1) of the following categories:

- A. **Youth or Adult Competitive Athlete:** An athlete who participates and competes in:
  1. Competitions including those that qualify for advancement to another competition, USAAS camps or Trials.
  2. National Championships and international programs and events.Refer to [Membership and Fee Schedule](#) (Appendix C).
- B. **Youth or Adult Athlete:** An athlete who participates and competes in:
  1. Local activities including, but not limited to, shows, clinics and camps. The athlete may compete in non-qualifying competitions such as an invitational.
  2. Collegiate competitions, not including the U.S. Collegiate Championship.Refer to Appendix C.
- C. **Youth or Adult Trial Athlete:** An athlete who only participates in club activities for a maximum period of thirty (30) days. Refer to Appendix C.
- D. **Youth or Adult Life Member:** An athlete who is a Life Member of the organization and participates in artistic swimming. Refer to Appendix C.

**20.03 Financial Advantage:** Any athlete considering college eligibility shall consult the [National Collegiate Athletic Association \(“NCAA”\) rules](#) for requirements.

**20.04 Suspension:** A member shall cease to be eligible to participate in events conducted by the Corporation or its Local Artistic Swimming Committees (“LASC”) or Zone Artistic Swimming Committees (“Zone”), or any World Aquatics (“AQUA”, formerly known as the Federation Internationale de Natation “FINA”) Member Federation, while under suspension or expulsion by the Corporation. Refer to USAAS Administrative Rules, Article 24 and [USAAS Athlete Safety Policy](#) (Appendix Q).

**20.05 Reinstatement:** To be reinstated, a member shall follow the procedures in accordance with Article 24 of the USAAS Administrative Rules. This Section 20.05 does not apply to members who are ineligible or suspended pursuant to a sanction, whether permanent or temporary, issued by the U.S. Center for SafeSport.

**20.06 Foreign Athletes:** Foreign athletes may be members of the Corporation and may represent a club of the Corporation, provided that a Foreign athlete may not represent a country and a club at the same time. Foreign athletes cannot compete in National Team Trials. Refer to [USAAS National Team, Olympic Development Program and National Elite Camp Selection Procedures](#) (Appendix E).

## ARTICLE 21

### ATHLETE AFFILIATION

**21.01 Affiliation and Transfers:** For an athlete to represent an artistic swimming club, the club must be a member of the Corporation. Refer to [USAAS Code](#), Article 1, Section 1.02 A.

- A. An athlete may represent any club that is a member of the Corporation, without regard to residency.
- B. An athlete may compete in the Championships of only one (1) LASC, Region, and Zone each year.
- C. An athlete representing one (1) club may also represent a junior or senior high school, a college, or a university.
- D. To transfer representation from a club to another or from unaffiliated status to club representation, an athlete must have served one hundred and twenty (120) consecutive days without having represented any club in competition. The athlete must complete and submit to the National Office a fee and transfer form indicating the date of last competition in an affiliated status. This rule shall not apply to athletes who transfer from a junior/senior high school, college or university program to a club program after their respective seasons are completed. Refer to [USAAS Athlete Recruitment/Undue Influence & Transfer Policy](#) (Appendix J).
- E. To transfer representation from a club to unaffiliated status, an athlete must complete and submit to the National Office a fee and transfer form indicating the date of last competition in an affiliated status. This rule shall not apply to athletes who transfer from a junior/senior high school, college or university program to a club program after their respective seasons are completed. Refer to Appendix J.
- F. The one hundred and twenty (120) day requirement in Section 21.01 D-E above is waived when the club with whom the athlete is affiliated has dissolved.

**21.02 Unaffiliated Athletes:** An unaffiliated athlete is a member of the Corporation who represents no club. Unaffiliated athletes shall be identified in competition with the LASC or place of residence in which registered. Example: J. Doe, Unaffiliated (Middle Atlantic), or J. Doe, Unaffiliated (Philadelphia, PA).

## ARTICLE 22

### GENERAL PROVISIONS

**22.01 Waiver of the USAAS Administrative Rules:** A request to waive application of the USAAS Administrative Rules Articles 20, 21, and 25 must be made in writing and addressed to the USAAS President (“President”) of the Corporation. The President shall consider granting a request for a waiver of the USAAS Administrative Rules when:

- A. The application of the Rule will create an unfair situation; or
- B. Waiver of the Rule will promote the development of the program.

**22.02 Code of Ethics:** The USAAS Board of Directors (“Board of Directors”) shall adopt a written code of ethics. The code may be amended by the Board of Directors, as it may deem advisable. Refer to [USAAS Code of Ethics](#) (Appendix P).

**22.03 Athlete Safety Policy:** The Board of Directors shall adopt a written athlete safety policy. The policy may be amended by the Board of Directors, as it may deem advisable. Refer to Appendix Q.

**22.04 United States Anti-Doping Obligations:** It is the duty of members of USAAS to comply with all anti-doping rules of the:

- World Anti-Doping Agency (“[WADA](#)”);
- [AQUA](#); and
- United States Olympic and Paralympic Committee (“USOPC”) including, but not limited to, the [USOPC National Anti-Doping Policy](#), the U.S. Anti-Doping Agency (“USADA”), including the USADA Protocol for Olympic and Paralympic Movement Testing (“[USADA Protocol](#)”) and all other policies and rules adopted by WADA, AQUA, USOPC, and USADA.

Members agree to submit to drug testing by AQUA and/or USADA (or their designees) at any time and understand that the use of methods or substances prohibited by the applicable anti-doping rules make them subject to penalties including, but not limited to, disqualification and suspension. If it is determined that a member may have committed a doping violation, the member agrees to submit to the results management authority and processes of USADA, including arbitration under the USADA Protocol, or to the results management authority of AQUA, if applicable, or referred by USADA.

**22.05 U.S. Center for SafeSport Obligations:** It is the duty of members of USAAS to comply with the [U.S. Center SafeSport Code](#) for the U.S. Olympic and Paralympic Movements. Members agree to submit to the jurisdiction of the U.S. Center for SafeSport and understand that a violation of the U.S. Center SafeSport Code makes them subject to penalties including, but not limited to, disqualification and suspension. If it is determined that a member may have committed a U.S. Center SafeSport Code violation, the member agrees to submit to the authority and processes of the U.S. Center for SafeSport, including arbitration under the U.S. Center SafeSport Code.

## ARTICLE 23

### MEMBERS' RIGHTS REGARDING COMPETITIONS

**23.01** The Corporation, in accordance with this Article 23 of the USAAS Administrative Rules, shall respect and protect the right of every individual who is eligible under reasonable national and applicable international rules and regulations to participate if selected (or attempt to qualify for selection to participate) as an athlete, coach, trainer, manager, administrator or official in a USAAS sanctioned competition, any international competition, if selected by the Corporation or one (1) of its members, or a Protected Competition.

A. A Protected Competition, as defined by the USOPC, is any:

1. International competition between athlete(s) officially designated by USAAS as representing the United States, either individually or as part of a team, and any athlete(s) representing any foreign country where the terms of such competition require that the entrants be individuals or teams representing their respective nations; and the athlete(s) representing the United States are organized and sponsored by USAAS in accordance with a defined selection or tryout procedure that is open to all and publicly announced in advance except for domestic competition, which, by its terms, requires that entrants be expressly restricted to members of a specific class of athletes such as those referred to in Section 220526(a) of the [Ted Stevens Olympic and Amateur Sports Act](#) (i.e., high school students, college students, members of the Armed Forces or similar groups or categories);
2. Domestic competition or event (i.e., a camp, tryout or Trials event) organized and conducted by USAAS in its selection procedure and publicly announced in advance as a competition or event directly qualifying each successful competitor as an athlete representing the United States in a USOPC Delegation Event, or protected international competition as defined above.

**23.02 Rights:** Except as provided in Section 23.03 below, no individual or group member of the Corporation may improperly deny or threaten to deny any eligible member (athlete, coach, trainer, manager, administrator or official) the opportunity to participate in any international artistic swimming competition approved by the Corporation, if selected by the Corporation or one (1) of its members. In addition, except as provided in Section 23.03 below, no individual or group member of the Corporation may censure or otherwise penalize subsequent to the event, any member (athlete, coach, trainer, manager, administrator or official) for having participated in any such international artistic swimming competition approved by the Corporation, if selected by the Corporation or one (1) of its members.

**23.03 Educational Institution:** An educational institution which a member (athlete, coach, trainer, manager, administrator or official) is attending at the time of such international competition may limit a member's opportunity to participate only if said educational institution reasonably determines that such participation would either:

- A. Prevent the member from meeting the academic requirements that are applicable to all students who participate in the member's particular course of study.
- B. Jeopardize the member's or the educational institution's performance in the established sports program in the particular sport in which the member competes, provided that the international competition occurs during the scheduled competitive season of the educational institution.

**23.04 Investigation and Recommendation:** Any member (athlete, coach, trainer, manager, administrator or official) who alleges to have been denied, or is about to be denied, by an individual or a group affiliated with the Corporation, a right as set forth in Section 23.02 above, shall immediately inform the USAAS Executive Director ("Executive Director") or President, who shall promptly cause an investigation to be made and steps to be taken to settle the grievance without unnecessary delay according to the [USAAS Grievance Procedures](#) (Appendix K).

## ARTICLE 24

### PROCEEDINGS AND APPEALS

**24.01 Discipline:** As hereinafter set forth, the Corporation may censure, suspend for a definite or indefinite period of time, expel, or impose other appropriate sanctions upon any member of the Corporation, including any athlete, coach, trainer, manager, administrator, official, member of any committee or any person participating in any capacity whatsoever in the affairs of the Corporation, subject to a hearing before a panel of either an LASC Review Board or Zone Review Board, or after investigation by the USAAS Ethics Committee, whichever is appropriate as determined by this Article 24 of the USAAS Administrative Rules, and a determination pursuant to the procedures set forth in Appendix K, that such person has violated an Administrative rule, policy or procedure of the Corporation as listed in Appendix K or has acted in a manner which brings disrepute upon the Corporation or upon the sport of artistic swimming.

**24.02 Jurisdiction of the LASC:** For those matters requiring resolution solely within the territorial jurisdiction of an LASC, with the exception of violations of the USAAS Code of Ethics (Appendix P) or [USAAS Whistleblower and Anti-Retaliation Policy](#) (Appendix S), a hearing shall be conducted by the LASC Review Board. Refer to [LASC By-Laws](#) (Appendix A), Article 7. The decision of the LASC Review Board shall be final in all cases, subject only to appeal by a real party in interest to the National Board of Review pursuant to Appendix K, except that the LASC Review Board may recommend to the USAAS Ethics Committee that a person's membership in the Corporation be suspended or revoked, but cannot suspend or revoke the person's membership.

- A. A petition for appeal of a decision by a real party in interest to the National Board of Review must be filed with the Executive Director within five (5) business days after receipt of written notice of the decision of the LASC Review Board.
- B. A recommendation to the USAAS Ethics Committee regarding suspension or revocation of membership in the Corporation must be filed with the Executive Director within five (5) business days following the final decision of the LASC Review Board.

**24.03 Jurisdiction of the Zone:** For those matters requiring resolution solely within the territorial jurisdiction of a Zone, with the exception of violations of the USAAS Code of Ethics (Appendix P) or Whistleblower and Anti-Retaliation Policy (Appendix S), a hearing shall be conducted by the Zone Review Board. Refer to [Zone By-Laws](#) (Appendix B), Article 7. The decision of the Zone Review Board shall be final in all cases, subject only to appeal by a real party in interest to the National Board of Review pursuant to Appendix K, except that the Zone Review Board may recommend to the USAAS Ethics Committee that a person's membership in the Corporation be suspended or revoked, but cannot suspend or revoke the person's membership.

- A. A petition for appeal of a decision by a real party in interest to the National Board of Review must be filed with the Executive Director within five (5) business days after receipt of written notice of the decision of the Zone Review Board.
- B. A recommendation to the USAAS Ethics Committee regarding suspension or revocation of membership in the Corporation must be filed with the Executive Director within five (5) business days following the final decision of the Zone Review Board.

**24.04 Jurisdiction of the Corporation:** For those matters where members of the Corporation from more than one (1) LASC or Zone are involved, or in matters involving such persons during a national or international athletic event, or in matters regarding any denial or threatened denial of an eligible member's (athlete, coach, trainer, manager, administrator or official) right to participate at a USAAS sanctioned competition, any international competition, if selected by the Corporation or one (1) of its members, or a Protected Competition, or in all controversies to which the Corporation is a party, the USAAS Ethics Committee review process shall be initiated, pursuant to Section 24.06 below. Upon conclusion of the review process, the USAAS Ethics Committee shall make a recommendation to the Executive Director, President and Board of Directors for a final decision. The decision of the Executive Director, President and Board of Directors shall be final in all cases, subject only to appeal by a real party in interest to the National Board of Review pursuant to Appendix K.

**24.05 Authority of the USAAS Ethics Committee:** The USAAS Ethics Committee does not have the authority to modify a sanction imposed on a member by the U.S. Center for SafeSport, the USOPC, USADA, WADA, or AQUA. In addition to the disciplinary procedures set forth in Appendix K, the USAAS Ethics Committee has the authority to:

- A. Interpret any provision of the rules and regulations of the Corporation, with the exception of the [USAAS Technical Rules](#) and [USAAS Figures Rules](#).
- B. Determine the eligibility and right to participate in a USAAS sanctioned competition, any international competition, if selected by the Corporation or one (1) of its members, or a Protected Competition of any athlete, coach, trainer, manager, administrator or official.
- C. Review any recommendation of an LASC or Zone Review Board that a person's membership in the Corporation be suspended or revoked.
- D. Investigate any election impropriety and take corrective action.
- E. Review and assess all background check reports flagged as a "Red Light" and determine eligibility and the right to participate of said individual(s).

**24.06 Procedures of the USAAS Ethics Committee:**

- A. The filing and resolution of any grievance shall follow the procedures in Appendix K.

## ARTICLE 25

### SANCTIONS

**25.01 Jurisdiction:** Any event (including all competitions and other qualifying events, exhibitions, clinics or entertainment of any kind) where athlete members of more than one (1) group member of the Corporation compete, exhibit, demonstrate or display artistic swimming talents or techniques, must be sanctioned by the Corporation.

- A. Group members which are the only member in their Association must sanction all qualifying events.

**25.02 Requirements:** Sanctions are issued, withheld or withdrawn in accordance with the following:

- A. **Sanctions to Member Organizations:** Member organizations shall pay sanction fees for their events pursuant to Appendix C. Any income derived from such events must be used for the further promotion of amateur sports, for an approved charity, or for the general welfare of the promoting organization as a whole.
- B. **Sanctions for Commercial Events:** The National Office may agree to sanction events that are conducted solely for the profit or the advertising value to be derived therefrom. The sanction fee for such events shall be agreed upon between the event organizer and the National Office.
- C. Sanctions are not transferable. Any attempt to transfer a sanction that has been issued shall make such sanction void for all purposes. The Corporation may deny further sanctions to any organization that has attempted to transfer a sanction.
- D. No further sanction shall be issued to any organization which has failed to fulfill expense obligations to athletes or to give prizes as stated on its entry blank. The foregoing sentence shall be set forth in every sanction granted.
- E. No sanction shall be issued for any event where the word “Olympic”, or any derivative thereof, is used in any manner in connection with said event unless consent is obtained from the USOPC.
- F. All sanctions must be approved by the designated representative of the Corporation. The Corporation shall maintain a record of all sanctions issued, and shall provide confirmation of such sanction to the applicant and to the designated representative of the appropriate LASC.

**25.03 Conditions:** All events requiring a sanction according to Section 25.01 above are subject to the following:

- A. No entry shall be accepted, nor shall an athlete be allowed to compete or exhibit at any event, unless the athlete is a member of the Corporation or, if applicable, a member of a Foreign Federation. Refer to USAAS Code, Article 1, Section 1.03.
- B. All promotional materials and entry forms must bear the logo adopted by the Corporation for use by sanctioned events, and must conspicuously bear the statement: “Sanctioned by USA Artistic Swimming, Inc.” and include the address of the Corporation’s National Office and the sanction number.
- C. Announcements and entry forms of sanctioned competitions must state that no entries shall be accepted unless the athlete is a member of the Corporation or, if applicable, a member of a Foreign Federation. Refer to USAAS Code, Article 1, Section 1.03.
- D. The membership number of each entrant must accompany the entry form and the affiliation must be displayed before or after the athlete’s name on the program.

**25.04 International Events:** All international competitions within the United States must be sanctioned by the Corporation. A sanction may not be denied unless the conditions of this Article 25 are not followed, the conditions of 36 U.S.C. § 220525(b) are not followed, or unless there is clear and convincing evidence that holding or sponsoring the event would be

detrimental to the best interests of the sport. All invitations to Foreign athletes to compete in the United States must be extended by the Corporation. Sanction fees for international events shall be established by the Board of Directors.

#### **25.05 Travel Permits:**

- A. In accordance with [AQUA Rules](#), approval for members of the Corporation must be obtained from the Corporation, through the National Office, before any such member of the Corporation may compete or participate in any artistic swimming activity, event or exhibition outside the United States. The Corporation may not deny any member of the Corporation the right to compete or participate abroad unless there is clear and convincing evidence that allowing such participation would be detrimental to the best interests of the Corporation or artistic swimming in the United States. Refer to the Club Option Policy set forth in [USAAS Club Option and Private Invitation Procedures](#) (Appendix F).
- B. The Corporation shall advise members and others requesting foreign travel of the requirements for approval in accordance with federal law and the USOPC By-Laws, but is not responsible for members' compliance with these requirements.
- C. No individual, club or other team may wear or use the letters "USA" or any other designation which suggests they may be part of a National Team representing the United States without the express written approval of the Corporation.

#### **25.06 National Teams:**

- A. Only the Corporation, through the [Chief of Sport](#), may designate National Teams of the Corporation for international competitions. National Teams shall be selected in accordance with procedures recommended by the [Chief of Sport](#), adopted by the Board of Directors, and set forth in Appendix E.
- B. When the [Chief of Sport](#) determines that a National Team cannot be selected, but the United States should be represented in international competition, it shall defer a recommendation to the International Relations Review Subcommittee, in accordance with the Club Option Policy adopted by the International Relations Committee, and set forth in Appendix F.

#### **25.07 Points of Contact and Resources:**

- A. Individuals in need of further information, guidance and/or the enforcement thereof, in relation to these USAAS Administrative Rules, may contact the Executive Director at:

**Phone:** (719) 866-2219  
**Email:** [ceo@usaartisticswim.org](mailto:ceo@usaartisticswim.org)

- B. In addition, the USOPC Ethics and Compliance team may serve as a secondary resource for questions or concerns regarding these USAAS Administrative Rules. The USOPC Ethics and Compliance team may be contacted at:

**USOPC Integrity Hotline:** (877) 404-9935  
**USOPC Integrity Portal:** <https://usopc.ethicspoint.com>

#### **C. USOPC Athlete Ombuds Assistance:**

The USOPC Athlete Ombuds ("Athlete Ombuds") provides cost-free, independent and confidential advice regarding athlete rights; resolving disputes or grievances; and any sport rule, policy, or process, including USAAS-athlete agreements, codes of conduct or Team selection procedures. The Athlete Ombuds can also help athletes connect with legal counsel or mental health resources, if needed. The Athlete Ombuds may be contacted at:

**Phone:** (719) 866-5000  
**Email:** [ombudsman@usaathlete.org](mailto:ombudsman@usaathlete.org)

**Website:** [www.usathlete.org](http://www.usathlete.org)

**PART THREE**  
**USA ARTISTIC SWIMMING RULES (“USAAS RULES”)**  
**REFERENCE GUIDE**

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**PART THREE**  
**(Effective January 1, 2025)**

**USAAS RULES**

**RULE 1**

**TECHNICAL RULES (TR)**

**TR 1 COMPETITION GOVERNANCE**

**TR 1.1** All USA Artistic Swimming Championships shall be subject to the **USAAS Code**. With the exception of U.S. Collegiate, U.S. Junior Olympic and U.S. Masters Championships and Athletes With Disabilities (“AWD”) competitions, all USA Artistic Swimming Championships shall be subject to the **World Aquatics** (formerly known as the Fédération Internationale de Natation “FINA”) Artistic Swimming Rules, with noted exceptions.

**TR 1.2** These current rules cancel and supersede all previous rules. USAAS rule changes shall occur in the legislative year. Refer to USAAS Code, Article 10.

**TR 1.3 Registered Foreign Athletes:** An athlete of one country joining a club of another country and participating in the competition of the latter shall be regarded as coming within the jurisdiction of the latter until such time as the athlete resigns the membership and returns home.

**TR 2 WAIVER OF THE RULES**

**TR 2.1** Authority to waive application of the rules pertaining to the administration and conduct of USAAS programs shall be granted as follows:

**TR 2.1.1** Vice President Competitive Programs in consultation with the President of USAAS and/or a member of the Athletes Executive Council at National competitions.

**TR 2.1.2** Zone Technical Chair in consultation with the Zone Chair and/or a Zone Athlete Representative at Zone competitions.

**TR 2.1.3** Technical Chair (or appointed representative) in consultation with the Administrative Chair and/or an Athlete Representative of the Association in which the Regional competition is held.

**TR 2.1.4** The Association Technical Chair (or appointed representative) in consultation with the Association Administrative Chair and/or an Athlete Representative of the Association at all competitions in their Association.

**TR 2.2** A request for a waiver of a rule or part thereof shall be made in writing to the Vice President Competitive Programs or the appropriate Technical Chair (or appointed representative). The request shall be judged on its merits and the Vice President Competitive Programs or appropriate Technical Chair (or appointed representative) shall consider whether the application of a rule will create an unfair situation or whether the waiver of the rule will promote the development of the program. Any approved waiver shall apply to qualifying and Regional competitions.

**TR 3 PROTESTS**

**TR 3.1** Protests affecting the right of any competitor to compete in any competition shall be made in writing to the Meet Manager or Meet Referee before competition is held. All protests must be accompanied by a fee of \$100.00. If the protest is upheld, the fee shall be returned to the protestant. If the protest is denied, the fee shall remain with the authority conducting the competition (i.e., Association, Region, Zone, National).

**TR 3.2** Such protest shall be considered by the Meet Committee consisting of, as applicable:

- TR 3.2.1** USAAS Officers present and that number of Athlete Representatives, who meet the requirements of Section 7.06 A of the USAAS Code, necessary to assure that at least 33.3% of the Meet Committee are athletes for National competitions.
- TR 3.2.2** Zone Officers present and that number of Athlete Representatives necessary to assure that at least 33.3% of the Meet Committee are athletes for Zone competitions.
- TR 3.2.3** The Meet Referee, all Association Chairs present and that number of Athlete Representatives necessary to assure that at least 33.3% of the Meet Committee are athletes for Regional competitions.
- TR 3.2.4** The Meet Referee, all Association Chairs present and that number of Athlete Representatives necessary to assure that at least 33.3% of the Meet Committee are athletes for Association competitions.

**TR 3.3** The Meet Committee may allow the competitor to compete under protest and it shall be so announced before the event.

**TR 3.4** Any protest arising from the competition itself shall be made verbally to the Event Referee by the competitor or the competitor's coach within 30 minutes after the completion of the event in which the alleged infraction took place. Any protest and its resolution shall be publicly posted within 30 minutes of the decision.

**TR 3.5** Protests are possible against any decision of the Event Referee. No protest shall be allowed against decisions of fact.

**TR 3.6** If the protest is not resolved immediately, the protestant should then make a written protest to the Event Referee who shall deliver it to the Meet Committee for adjudication.

**TR 3.7** Results of any competition conducted under protest, or of any protested competition, shall not be announced, nor prizes and/or scoring points awarded until the protest is officially resolved or final action is determined.

#### **TR 4 COMPETITIVE AREA CONTROL**

- TR 4.1** The competitive area as defined by the Meet Manager shall be kept clear of coaches, teammates and all but working personnel (judges, technical controllers, scorers, etc.) while an event is in progress.
- TR 4.2** A coach shall not instruct or coach a competitor during the competitor's performance (figures/routines).

**Exception:** For AWD exception, see Rule AD 2.4.

**TR 4.3** Smoking shall not be permitted during competition or practice periods in competition areas.

#### **TR 5 DOPING CONTROL:** USAAS shall follow all [IOC](#), [World Aquatics](#), [USOPC](#) and [USADA](#) doping control rules. Refer to [Administrative Rules](#), Article 22, Section 22.04 for anti-doping obligations.

#### **TR 6 SAFESPORT:** USAAS, its Associations, Zones and Regions shall follow the [U.S. Center SafeSport Code](#) for the U.S. Olympic and Paralympic Movements and all other applicable SafeSport and athlete protection policies.

## RULE II

### COMPETITIVE PROGRAMS (CP)

**CP 1 CLASSES OF COMPETITION:** The annual competitive programs of USAAS shall include Artistic Swimming Championships in the following divisions, and within time lines where indicated:

**CP 1.1 Senior:**

**CP 1.1.1 National:**

**CP 1.1.1.1** The date of the U.S. National Championship shall be no later than May 31st in any given calendar year.

**CP 1.1.1.2** The Championship shall be conducted under World Aquatics Rules.

1. For grade level entry exception, see Rule CP 3.2.1.1.
2. For entry exceptions, see Rule CP 4.1.1.1-2.
3. For awards exception, see Rule CP 6.2.2.

**CP 1.1.2 Open:**

**CP 1.1.2.1** The Championship shall be conducted under World Aquatics Rules.

**CP 1.1.3 Zone:**

**East:** Adirondack, Allegheny Mountain, Connecticut, Lake Erie, Maryland, Metropolitan, Middle Atlantic, New England North, New England South, New Jersey and Niagara.

**North:** Dakota, Illinois, Indiana, Iowa, Michigan, Midsouth, Minnesota East, Minnesota West, Missouri Valley, Ohio, Ozark, Rocky Mountain and Wisconsin.

**South:** Carolina, Gulf, Northeast Florida, Northwest Florida, Potomac Valley, South Texas, Southeast Florida, Southwest Florida, Southwestern and Virginia.

**West:** Alaska, Arizona, Hawaii, Inland Empire, Montana, New Mexico, Oregon, Pacific, Pacific Northwest, San Diego/Imperial, Snake River, Southern California, Southern Nevada, Utah and Wyoming.

**CP 1.1.4 Association**

**CP 1.2 Junior:**

**CP 1.2.1 National:**

**CP 1.2.1.1** The Championship shall be conducted under World Aquatics Rules.

1. For grade level entry exception, see Rule CP 3.3.1.1.
2. For entry exceptions, see Rule CP 4.1.2.1.1-2.
3. For awards exception, see Rule CP 6.2.2.

**CP 1.2.2 Open:**

**CP 1.2.2.1** The Championship shall be conducted under World Aquatics Rules.

**CP 1.2.3 Zone:** Same as Senior Zone. See CP 1.1.3.

**CP 1.2.4 Association**

**CP 1.3 Youth:**

**CP 1.3.1 National:**

**CP 1.3.1.1** The Championship shall be conducted under World Aquatics Rules.

1. For grade level entry exception, see Rule CP 3.4.1.1.
2. For entry exception, see Rule CP 4.1.3.1.1-2.
3. For figure competition exception, see Rule CP 4.3.3.1.1.

**CP 1.3.2 Zone:** Same as Senior Zone. See CP 1.1.3.

**CP 1.3.3 Association**

**CP 1.4 Junior Olympic:**

**CP 1.4.1** Championships must all be held between January 1 and December 31 of any given year. Regional Championships must be held at least 2 weeks prior to the U.S. Junior Olympic Championship.

**CP 1.4.2 National**

**CP 1.4.3 Regional:**

**CP 1.4.3.1** Each Zone shall determine the Associations assigned to each Region. If a Zone changes the number of Regions and/or Associations, as published herein, a letter written by the Zone Chair stating the new assignment must be filed with the Vice President Competitive Programs by October 1st prior to the year the assignment takes effect. See Rules CP 3.5.5.3 and 3.5.5.4.

**CP 1.4.3.2 The Junior Olympic Regions:**

**East Zone:**

Region A Adirondack and Connecticut.

Region B Maryland, Metropolitan, Middle Atlantic and New Jersey.

Region C Allegheny Mountain, Lake Erie and Niagara.

Region D New England North and New England South.

**North Zone:**

Region A Michigan, Midsouth and Ohio.

Region B Illinois, Indiana, Ozark and Wisconsin.

Region C Dakota, Iowa, Minnesota East and Minnesota West.

Region D Missouri Valley and Rocky Mountain.

**South Zone:**

Region A Carolina, Potomac Valley and Virginia.

Region B Northwest Florida and Southwest Florida.

Region C Gulf, South Texas and Southwestern.

Region D Northeast Florida and Southeast Florida.

**West Zone:**

Region A Alaska, Inland Empire, Montana, Oregon and Pacific Northwest.

Region B Pacific, Snake River, Utah and Wyoming.

Region C Hawaii, San Diego/Imperial and Southern California.

Region D Arizona, New Mexico and Southern Nevada.

**CP 1.4.4 Association**

**CP 1.5 Intermediate:**

**CP 1.5.1 Regional**

**CP 1.5.2 Association**

**CP 1.6 Novice: Association**

**CP 2 OTHER COMPETITIONS:** An Association, Region, Zone or National Governing Body may hold any invitational competitions deemed necessary. Associations may conduct their Championships together but present separate awards.

## CP 3 ELIGIBILITY

### CP 3.1 General:

#### CP 3.1.1 Definitions:

1. Solo event categories consist of:
  - Women Solo (an athlete who identifies as a girl/woman);
  - Men Solo (an athlete who identifies as a boy/man); and
  - Gender Inclusive Solo (open to athletes who do not identify as a girl/woman or boy/man).
2. Duet event categories consist of:
  - Women Duet (both athletes identify as girls/women);
  - Men Duet (both athletes identify as boys/men);
  - Mixed Duet (1 athlete identifies as a boy/man, 1 as a girl/woman); and
  - Gender Inclusive Duet (1 or more athlete(s) who do not identify as girls/women or boys/men).
3. Open event categories (no gender restriction) consist of:
  - Trio;
  - Team;
  - Acrobatic Routine; and
  - Free Combination.

**CP 3.1.2 Determination of Age:** Based on the year of birth.

#### CP 3.1.3 Affiliation:

**CP 3.1.3.1** Solo competitors may compete unattached.

**CP 3.1.3.2** In Duet, Trio, Team, Acrobatic Routine and Free Combination events, competitors must represent and be registered (USAAS) with the same club.

**Exception:** For U.S. Junior Olympic, Regional Junior Olympic and Association Junior Olympic Free Combination events, see Rules CP 3.5.5.3.1, 3.5.6.2.1 and 3.5.7.

**CP 3.1.4 Type and Number of Events:** The Solo, Duet, Trio and Team events consist of both Technical and Free routines, unless otherwise specified. The Acrobatic Routine and Free Combination events consists of a Free routine.

**CP 3.1.4.1** Each competitor may compete in 1 routine of each type per competition (i.e., 1 Free Solo and 1 Technical Solo, but not 2 Free Solo routines).

**CP 3.1.4.2** For the Solo and Duet events, each competitor may enter a Technical and/or Free routine in only 1 routine event in each competition (i.e., Women Free Solo or Men Free Solo or Gender Inclusive Free Solo, but no more than 1 Free Solo).

**Exception:** A competitor in Women Duet, Men Duet or Gender Inclusive Duet may also enter a Mixed Duet event.

**CP 3.1.4.3** If 2 or more Championships are being held concurrently, competitors may enter the same routine event in each combined Championships.

#### CP 3.1.5 Number of original competitors required to meet qualification standards:

**CP 3.1.5.1** For Duet, Team, Acrobatic Routine or Free Combination, 50% or more of the competitors must remain the same as at the time of qualification.

**CP 3.1.5.2** For Trio, 2 or more competitors remain the same as at the time of qualification.

**CP 3.1.5.3** Qualification shall also be met if 50% or more have otherwise met the qualification.

**CP 3.1.6 Additional Entries:** When a National Championship has fewer entries than the maximum allowed, the Vice President Competitive Programs (or appointed

representative) may select additional entries by a random draw from the provisional entries. See Rule CP 5.5.6.1. The number of randomly selected entries and qualified entries may not exceed the maximum number of possible entries for the championship.

**CP 3.1.7 Foreign Competitors:** See Rule FC.

**CP 3.2 Senior:**

**CP 3.2.1** Championships shall be open to all qualified registered competitors 15 years of age or older based on the year of birth.

**Exception:** For Acrobatic Routine age exception, see Rule CP 4.1.1.1.2.

**CP 3.2.1.1** Qualified registered competitors must have attained Grade Level 6 for entry into the U.S. National Championship. For grade level requirements, refer to [USAAS Grade Level Manual](#).

**CP 3.2.2 Qualifications for entry in the U.S. National Championship:**

**CP 3.2.2.1 For Preliminary events:**

1. The top 6 Solos, Duets and Teams in each event determined by the individual Technical or Free routine scores in the most recent Senior Zone Championships shall qualify for the U.S. National Championship.

- Each Zone shall receive 1 additional entry for each Solo, Duet or Team Technical or Free routine it places in the Finals at the previous U.S. National Championship.
- If a Zone qualifier elects not to compete in the U.S. National Championship, the next highest ranked Solo, Duet or Team Technical or Free routine from the most recent Senior Zone Championship shall become eligible to enter the U.S. National Championship. For notification responsibilities, see Rule CP 5.4.

2. The top 8 Solos, Duets and Teams, including Exhibition routines, in the most recent U.S. Collegiate Championship Free Routine Event.

3. One Solo, one Duet and one Team Technical or Free routine entry shall be awarded to the Association in which the U.S. National Championship is held, if that Association is not otherwise represented in the Championship. This shall be the highest ranked Solo, Duet and Team Technical or Free routine from that Association in the most recent Senior Zone Championship.

4. Acrobatic Routines may enter without regard to qualifications. See Rule CP 4.1.1.1.1-2.

**CP 3.2.2.2** Current National Training Center athletes may elect to compete in either Solo or Duet if not otherwise qualified. Current National Training Center athletes shall not displace any potential Solo or Duet qualifiers from the most recent Senior Zone Championships and shall not count towards the Zone additional entries for the following year.

**CP 3.2.2.3 Foreign Competitors:** See Rule FC.

**CP 3.2.3 Qualifications for entry in the U.S. Senior Open Championship:**

**CP 3.2.3.1** Members of the U.S. National Teams are eligible in all events in the current year.

**CP 3.2.3.2 For Preliminary events:**

1. Solos, Duets, Teams and Acrobatic Routines may enter the U.S. Senior Open Championship without regard to qualifications.

**CP 3.2.3.3 Foreign Competitors:** See Rule FC.

**CP 3.2.4 Qualifications for entry in Zone and Association Championships:** Each Zone or Association shall set its own rules for conduct of their Championships.

**Exception:** Competitors who are 13-14 years of age may be combined with competitors who are 15 & over in order to enter Honorary Junior and Senior routines in Zone and Association Championships. Honorary competitors in a given event in Senior Zone Championships shall not be eligible for the U.S. National Championship.

**CP 3.3 Junior:**

**CP 3.3.1** Championships shall be open to all qualified registered competitors 15 to 19 (for women) and 15 to 20 (for men, and Solo and Duet gender inclusive competitors) years of age based on the year of birth.

**Exception:** For Acrobatic Routine age exception, see Rule CP 4.1.2.1.2.

**CP 3.3.1.1** Qualified registered competitors must have attained Grade Level 5 for entry into the U.S. Junior Championship. For grade level requirements, refer to USAAS Grade Level Manual.

**CP 3.3.2 Qualifications for entry in the U.S. Junior Championship:**

**CP 3.3.2.1 For Preliminary events:**

1. The top 6 Solos, Duets and Teams in each event determined by the individual Technical or Free routine scores in the most recent Junior Zone Championships shall qualify for the U.S. Junior Championship.

- Each Zone shall receive 1 additional entry for each Solo, Duet or Team Technical or Free routine it places in the Finals at the previous U.S. Junior Championship.
- If a Zone qualifier elects not to compete in the U.S. Junior Championship, the next highest ranked Solo, Duet or Team Technical or Free routine from the most recent Junior Zone Championship shall become eligible to enter the U.S. Junior Championship. For notification responsibilities, see Rule CP 5.4.

2. One Solo, one Duet and one Team Technical or Free routine entry shall be awarded to the Association in which the U.S. Junior Championship is held, if that Association is not otherwise represented in the Championship. This shall be the highest ranked Solo, Duet and Team Technical or Free routine from that Association in the most recent Junior Zone Championship.

3. Acrobatic Routine may enter without regard to qualifications. See Rule CP 4.1.2.1.1-2.

**CP 3.3.2.2** Current National Training Center athletes may elect to compete in either Solo or Duet if not otherwise qualified. Current National Training Center athletes shall not displace any potential Solo or Duet qualifiers from the most recent Junior Zone Championships and shall not count towards the Zone additional entries for the following year.

**CP 3.3.2.3 Foreign Competitors:** See Rule FC.

**CP 3.3.3 Qualifications for entry in the U.S. Junior Open Championship:**

**CP 3.3.3.1 For Preliminary events:**

1. Solos, Duets, Teams and Acrobatic Routines may enter the U.S. Junior Open Championship without regard to qualifications.

**CP 3.3.3.2 Foreign Competitors:** See Rule FC.

**CP 3.3.4 Qualifications for entry in Zone and Association Championships:** Each Zone or Association shall set its own rules for conduct of their Championship.

**CP 3.4 Youth:**

**CP 3.4.1** Championships shall be open to all qualified registered competitors 13 to 15 (for women) and 13 to 16 (for men, and Solo and Duet gender inclusive competitors) years of age based on the year of birth.

**Exception:** For Free Combination age exception, see Rule CP 4.1.3.1.2.

**CP 3.4.1.1** Qualified registered competitors must have attained Grade Level 4 for entry into the U.S. Youth Championship. For grade level requirements, refer to USAAS Grade Level Manual.

**CP 3.4.2 Qualifications for entry in the U.S. Youth Championship:**

**CP 3.4.2.1 For Preliminary events:**

1. The top 6 Solos, Duets and Teams in each event determined by the combined Free routine and Figure scores in the most recent Youth Zone Championships shall qualify for the U.S. Youth Championship.
  - Each Zone shall receive 1 additional entry for each Solo, Duet or Team Free routine it places in the Finals at the previous U.S. Youth Championship.
  - If a Zone qualifier elects not to compete in the U.S. Youth Championship, the next highest ranked Solo, Duet or Team Free routine from the most recent Youth Zone Championship shall become eligible to enter the U.S. Youth Championship. For notification responsibilities, see Rule CP 5.4.
2. One Solo, one Duet one Team Free routine entry shall be awarded to the Association in which the U.S. Youth Championship is held, if that Association is not otherwise represented in the Championship. This shall be the highest ranked Solo, Duet and Team Free routine from that Association in the most recent Youth Zone Championship.
3. Free Combinations may enter without regard to qualifications. See Rule CP 4.1.3.1.1-2.

**CP 3.4.2.2** Current National Training Center athletes may elect to compete in either Solo or Duet if not otherwise qualified. Current National Training Center athletes shall not displace any potential Solo or Duet qualifiers from the most recent Youth Zone Championships and shall not count towards the Zone additional entries for the following year.

**CP 3.4.2.3 Foreign Competitors:** See Rule FC.

**CP 3.4.3 Qualifications for entry in Zone Championships:** Each Zone shall set its own rules for conduct of their Championship.

**CP 3.5 Junior Olympic:**

**CP 3.5.1** Championships shall be open to all qualified registered competitors.

**CP 3.5.1.1** Qualified registered competitors must have attained Grade Level 2 for entry into the U.S. Junior Olympic Championship. For grade level requirements, refer to USAAS Grade Level Manual.

**CP 3.5.2 Determination of Age Division:**

**CP 3.5.2.1** The age of a competitor shall be based on the year of birth. Age divisions are as follows:

- 12 & under
- Youth (13 to 15 for women and 13 to 16 for men, and Solo and Duet gender inclusive competitors)
- 15-17
- 18-19/20 (18 to 19 for women and 18 to 20 for men, and Solo and Duet gender inclusive competitors)

**Exception:** 16-19/20 for Free Combination and Acrobatic Routines only. See CP 3.5.5.2.

**CP 3.5.2.2** At least 1 competitor must be in the proper age division. Any number of competitors may move up to complete the routine.

**CP 3.5.2.3** During qualifying and in all subsequent competitions, the age of the older/oldest competitor determines the age division of the Duet, Team, Acrobatic Routine or Free Combination. In all subsequent competitions, the age division shall remain the same as during qualifying and at least 1 competitor must remain in the age division.

**CP 3.5.3** **Ineligibility:** The following competitors shall be ineligible for Junior Olympic participation based on participation on a National Team and on the Final Results of the most recent U.S. National and U.S. Junior Championships. (See CP 3.1.1).

**Exception:** For the exclusions below to apply to the U.S. National Championship and the U.S. Junior Championship, the Solo and Duet events shall have 18 or more entries at the most recent Championships.

**Note:** Competitors ineligible in Solo or Duet events (Technical or Free according to CP 3.5.3.1 and 3.5.3.2 are eligible for all other events at the U.S. Junior Olympic Championship.

**CP 3.5.3.1 For Life:**

1. **Junior National Team and Senior National Team** (Foreign or U.S.):  
All members are ineligible in all events.
2. **U.S. National Championship:**  
Solo - top 6 (Technical and/or Free).  
Duet - top 6 (Technical and/or Free).
3. **Foreign Competitors:** See Rule FC.

**CP 3.5.3.2 For U.S. Junior Olympic Championships:**

1. U.S. Junior Championship (held in the current year):  
Solo - top 6 (Technical and/or Free).  
Duet - top 6 (Technical and/or Free).

**CP 3.5.4** In all Junior Olympic qualifying competitions, only the competitors shall qualify for the next Championship. The routine, music and swimwear may change.

**CP 3.5.5 U.S. Junior Olympic Championship:**

**CP 3.5.5.1** Qualified registered competitors must have attained Grade Level 2 for entry into the U.S. Junior Olympic Championship. For grade level requirements, see USAAS Grade Level Manual.

**CP 3.5.5.2** May be held once a year in the following age divisions and routine events:

<u>12 &amp; under</u>	<u>Youth</u>	<u>15-17</u>	<u>18-19/20</u>	<u>16-19/20</u>
Figures	Figures	Solo (Technical/ Free)	Solo (Technical/ Free)	Free Combination
Solo (Free)	Solo (Free)	Duet (Technical/ Free)	Duet (Technical/ Free)	Acrobatic Routine
Duet (Free)	Duet (Free)	Team (Technical/ Free)	Team (Technical/ Free)	
Team (Free)	Team (Free)			
Free Combination	Free Combination			

1. A competitor may only enter a specific routine event (Solo, Duet, Team, Acrobatic Routine or Free Combination) in 1 age division. A competitor may enter a routine event (Technical or Free) in different age divisions as

long as the competitor only enters 1 type of routine in the competition. (For example, Youth Free Duet and 15-17 Technical Duet). See Rule CP 3.1.4.

2. A competitor may enter either the Free Combination event or the Acrobatic Routine event in the 16-19/20 age division, but not both.
3. All Technical routine events, Free Solo, Acrobatic Routine and Free Combination events shall be Final events.

**CP 3.5.5.3** Each Zone shall qualify up to 8 Solos, 12 Duets and 12 Teams in each event in each age division. Each Zone shall qualify up to 12 Free Combination routines in the 12 & under, Youth and 16-19/20 age divisions. Each Zone shall qualify up to 12 Acrobatic Routines in the 16-19/20 age division.

1. Free Combination entries may consist of registered competitors from 2 or more U.S. clubs. The name of a multiple club entry must not reflect a particular club.
  - In addition to the standard entry forms required for the competition, the coach of a multiple club entry must submit a Release Form(s) for each competitor in the event to the USAAS National Office, the Meet Manager and the Scoring Chair. The Release Form(s) must be signed by the club coach of each competitor.

**CP 3.5.5.4** No Region shall have more than its proportionate share of the 12. In the Solo, Duet and Team events in the Regional Championships, each Region shall qualify competitors by ranking in the:

- Combined Free routine and Figure competition (12 & under and Youth); or,
- Free routine or Technical routine competition (15-17 and 18-19/20).

1. In the Solo event, 2 entries per region per age division shall qualify to the U.S. Junior Olympic Championship.
2. In the Free Combination event, each Region shall qualify its proportionate share of Free Combination routines in the 12 & under, Youth and 16-19/20 age divisions.
  - Free Combination entries may consist of registered competitors from 2 or more U.S. clubs. The name of a multiple club entry must not reflect a particular club.
  - In addition to the standard entry forms required for the competition, the coach of a multiple club entry must submit a Release Form(s) for each competitor in the event to the USAAS National Office, the Meet Manager and the Scoring Chair. The Release Form(s) must be signed by the club coach of each competitor.
3. In the Acrobatic Routine event, each Region shall qualify its proportionate share of Acrobatic Routines in the 16-19/20 age division.

**CP 3.5.5.5** All 12 & under and Youth competitors in Solo, Duet and Team Free routines shall compete in the Figure competition. The Figure results shall be added to the Preliminary Free routine score to determine the top 12 Duets and Teams that qualify for the Final Free routine competition. Number 13 shall be the pre-swimmer.

1. The Figure results shall be added to the Solo Final Free routine scores to determine final placement.
2. The Free Combination event shall be a Final event and shall not include the Figure scores.

**CP 3.5.5.6** All 15-17 and 18-19/20 competitors in Solo, Duet and Team may compete in the Technical and/or Free routine events. The Preliminary Free routine score shall be used to determine the top 12 Duets and Teams that qualify for the Final Free routine competition. Number 13 shall be the pre-swimmer.

1. All Technical routine events, Free Solo, Acrobatic Routine and Free Combination shall be Final events.

#### **CP 3.5.6 Regional Championships:**

**CP 3.5.6.1** May be held once a year in the age divisions and routine events listed in Rule CP 3.5.5.2. See CP 3.5.5.3-4.

**CP 3.5.6.2** Each Association may qualify the top 3 Solos, Duets, Teams, Acrobatic Routines and Free Combinations in a specific age division. See Rule CP 3.5.5.2 for age divisions and routine events.

**Exception:** Any Association which is the only participant in its Region in a given year, event and age division, may qualify the top 4 Solos, Duets, Teams, Acrobatic Routines and Free Combinations in a specific age division.

1. Free Combination entries may consist of registered competitors from 2 or more U.S. clubs. The name of a multiple club entry must not reflect a particular club.
  - In addition to the standard entry forms required for the competition, the coach of a multiple club entry must submit a Release Form(s) for each competitor in the event to the USAAS National Office, the Meet Manager and the Scoring Chair. The Release Form(s) must be signed by the club coach of each competitor.

**CP 3.5.6.3** Regions may be combined for competition if so desired.

**CP 3.5.7 Association Championships:** See CP 3.5.6.1 and 3.5.6.2.1 above.

#### **CP 3.6 Intermediate:**

**CP 3.6.1** Championships shall be open to all qualified registered competitors.

#### **CP 3.6.2 Determination of Age Divisions:**

**CP 3.6.2.1** The age of a competitor shall be based on the year of birth.

**CP 3.6.2.2** At least 1 competitor must be in the proper age division. Any number of competitors may move up to complete the routine.

#### **CP 3.6.3 Regional Championships:**

**CP 3.6.3.1** May be held in Figures, Solo, Duet, Trio, Team and Free Combination in 4 age divisions: 10 & under, 11-12, 13-15 and 16 & over.

**CP 3.6.3.2** Each Region may set its own rules for conduct of their Championships.

#### **CP 3.6.4 Association Championships:**

**CP 3.6.4.1** May be held in Figures, Solo, Duet, Trio, Team and Free Combination in 4 age divisions: 10 & under, 11-12, 13-15 and 16 & over.

**CP 3.6.4.2** Each Association may set its own rules for conduct of their Championships.

#### **CP 3.7 Novice:**

**CP 3.7.1** Championships shall be open to all qualified registered competitors.

#### **CP 3.7.2 Determination of Age Divisions:**

**CP 3.7.2.1** The age of a competitor shall be based on the year of birth.

**CP 3.7.2.2** At least 1 competitor must be in the proper age division. Any number of competitors may move up to complete the routine.

#### **CP 3.7.3 Association Championships:**

**CP 3.7.3.1** May be held in Figures, Solo, Duet, Trio and Team in 4 age divisions: 8 & under, 9-10, 11-12 and 13 & over.

**CP 3.7.3.2** Each Association shall set its own rules for conduct of their Championships.

## CP 4 EVENTS

### CP 4.1 Programs:

#### CP 4.1.1 Senior:

**CP 4.1.1.1 For the U.S. National Championship,** competition shall consist of Technical and Free routines for Solos, Duets and Teams. There shall also be an Acrobatic Routine event.

1. When the U.S. National and U.S. Junior Championships are held together, there shall be 1 combined Acrobatic Routine event. Competitors from the U.S. National and U.S. Junior Championships may be combined in the same Acrobatic Routine for this event.
2. Competitors who are 13 and 14 years of age may participate in the Acrobatic Routine event at the U.S. National Championships. At least 1 competitor in the Acrobatic Routine must be in the Senior age division.

**CP 4.1.1.2 For the U.S. Senior Open Championship,** competition shall consist of Technical and Free routines for Solos, Duets and Teams. There shall also be an Acrobatic Routine event.

**CP 4.1.1.3 For all other Senior Championships,** any combination of events may be contested as long as the Free Routine is included.

#### CP 4.1.2 Junior:

**CP 4.1.2.1 For the U.S. Junior Championship,** competition shall consist of Technical and Free routines for Solos, Duets and Teams. There shall also be an Acrobatic Routine.

1. When the U.S. National and U.S. Junior Championships are held together, there shall be 1 combined Acrobatic Routine event. Competitors from the U.S. National and U.S. Junior Championships may be combined in the same Acrobatic Routine for this event.
2. Competitors who are 13 and 14 years of age may participate in the Acrobatic Routine event at the U.S. Junior Championships. At least 1 competitor in the Acrobatic Routine must be in the Junior age division.

**CP 4.1.2.2 For the U.S. Junior Open Championship,** competition shall consist of Technical and Free routines for Solos, Duets and Teams. There shall also be an Acrobatic Routine event.

**CP 4.1.2.3 For all other Junior Championships,** any combination of events may be contested as long as the Free Routine is included.

#### CP 4.1.3 Youth:

**CP 4.1.3.1 For the U.S. Youth Championship,** competition shall consist of Figures and Free routines for Solos, Duets and Teams. There shall also be a Free Combination event conducted as a 100% routine event.

1. U.S. clubs and U.S. National Teams may enter more than 1 Free Combination in the U.S. Youth Championship.
2. Competitors who are 12 years of age and younger and who have passed Grade Level 4 may participate in the Free Combination event at the U.S. Youth Championships. At least 1 competitor in the Free Combination routine must be in the Youth age division.

**CP 4.1.4 Junior Olympic:** Competitions shall consist of Figures and Free routines for the 12 & under and Youth age divisions. In the 15-17 and 18-19/20 age divisions, competitions shall consist of Technical and/or Free routines. In the 16-19/20 age division, competition shall consist of the Acrobatic Routine and Free Combination.

**CP 4.1.5 Intermediate:** Competitions shall consist of Figures and/or Free Routines with Technical Required Elements. There shall also be a Free Combination event conducted as a 100% routine event.

**CP 4.1.6 Novice:** Competitions shall consist of Figures and/or Free Routines with Technical Required Elements.

**CP 4.2 Routine Competition:**

**CP 4.2.1** Routine competition shall consist of Solo, Duet, Trio, Team, Acrobatic Routine and Free Combination events. Each routine (Technical and Free) has a predetermined number of Elements and a free choice of Transitions described in **USAAS Requirements for Technical Routines, Free Routines, Acrobatic Routines and Free Combination Routines** (Appendix L) and is choreographed to music.

**Exception:** For U.S. National Championship exception, see Rule CP 1.1.1.2. For U.S. Senior Open Championship exception, see Rule CP 1.1.2.1. For U.S. Junior Championship exception, see Rule CP 1.2.1.1. For U.S. Junior Open Championship exception, see Rule CP 1.2.2.1. For U.S. Youth Championship exception, see Rule CP 1.3.1.1.

**CP 4.2.2 Time Requirements for Routines by Event and Age Division shall be as follows, including 10 seconds for Deck Movements:**

<b>CP 4.2.2.1 Solo:</b>	<b>Minutes</b>
1. Free Senior, Junior, 15-17 and 18-19/20	2:15
2. Technical Senior, Junior, 15-17 and 18-19/20	2:00
3. Free Youth and 12 & under	2:00
4. Intermediate	1:45
5. Novice	1:30

**CP 4.2.2.2 Duet/Trio:**

1. Free Senior, Junior, 15-17 and 18-19/20	2:45
2. Technical Senior, Junior, 15-17 and 18-19/20	2:20
3. Free Youth and 12 & under	2:30
4. Intermediate	2:05
5. Novice	1:30

**CP 4.2.2.3 Team:**

1. Free Senior, Junior, 15-17 and 18-19/20	3:30
2. Technical Senior, Junior, 15-17 and 18-19/20	2:50
3. Free Youth and 12 & under	3:00
4. Intermediate	2:35
5. Novice	1:30

**CP 4.2.2.4 Acrobatic Routine:**

3:00

**CP 4.2.2.5 Free Combination:**

1. 16-19/20	3:30
2. Youth, 12 & under and Intermediate	3:00

**CP 4.2.2.6 Time Allowances:****CP 4.2.2.6.1 Technical and Free Routines:**

1. There shall be an allowance of 5 seconds plus or minus the allotted time limit.

**Exception:** In the following competitions, there shall be an allowance of 5 seconds plus the allotted time limit, but there shall be no minimum time limit.

- Novice, Intermediate and Athletes with Disabilities competitions.
- U.S. Junior Olympic, Regional Junior Olympic and Association Junior Olympic Championships.
- Collegiate Dual, Invitational, Regional and other routine competitions exception, see Rule CO 2.4.5.1.

- U.S. Masters Championship exceptions, see Rules MS 4.3.3 & MS 4.4.2.

**CP 4.2.2.6.2 Walk-On:** In all routine events, the walk-on of the competitors from the designated starting point to the achievement of a stationary starting position(s) may not exceed 30 seconds for Technical and Free Mixed Duets, Technical and Free Teams, Acrobatic Routines and Free Combinations, and may not exceed 20 seconds for Solo and Duet Events.

**Exception:** For AWD routine competition exception, see Rule AD 4.1.4.

1. When the routine starts in the water, the same time allowances apply to achieve a stationary starting position(s).

**CP 4.2.2.6.3 Deck movements** shall be a maximum of 10 seconds.

**Exception:** For AWD routine competition exception, see Rule AD 4.1.5.

#### **CP 4.2.3 Timing:**

**CP 4.2.3.1** Timing of the performance shall start with the walk-on and finish with the accompaniment.

**CP 4.2.3.2** Timing of the walk-on shall commence when the first competitor moves past the designated starting point and ends when the last competitor assumes a stationary starting position.

**CP 4.2.3.3** Timing of the deck movements shall begin with the accompaniment and end as the last competitor leaves the deck.

#### **CP 4.2.4 Other Requirements:**

**CP 4.2.4.1** The accompaniment shall begin upon a signal from the Event Referee. After the signal, the competitor(s) must perform the routine without interruption. See CP 4.2.4.2. Routines may start on the deck or in the water, but they must finish in the water.

**CP 4.2.4.2** If one (or more) competitor(s) stops swimming or makes clear support use of the pool wall before the routine is completed, the routine will be disqualified. The Event Referee shall assess if the cessation is caused by circumstances beyond the control of the competitor(s). The Event Referee may allow the routine to be re-swum during the session. See [Appendix L](#).

**CP 4.2.4.3** There shall be no diving into the shallow end of a pool when the pool depth is less than 5 feet.

**CP 4.2.4.4** For infractions of rules listed above, see [Appendix L](#). See Rules OD 4.6.3 – 4.6.5 for additional routine requirements/restrictions.

### **CP 4.3 Figure Competition:**

**CP 4.3.1** Each competitor shall perform figures in each age division in which the competitor has a routine entered. Each competitor in 12 & under and Youth Free Combination may also perform figures according to CP 4.3.3.

#### **CP 4.3.2 Figure Draw General Procedures:**

**CP 4.3.2.1** The order of appearance, Figure Section and Optional Groups shall be decided by lot. The Figure Section or Optional Group shall be drawn first, then the order of appearance.

**CP 4.3.2.2** Figure Section and Optional Groups shall be drawn 18-72 hours before the start of the Figure competition by the Vice President Competitive Programs or appropriate Technical Chair (or appointed representative).

**CP 4.3.2.3** Method and time of the draw shall be listed in the [Final Meet Announcement](#). Draws may be done over a social media platform.

**CP 4.3.3** Figure groups for all Championships are listed in [Figure Rule II](#).

**CP 4.3.3.1 Junior Olympic Youth and Youth Championships:** One group of 2 figures shall be performed. This group of figures shall consist of 2 figures drawn from the Section A, B or C from the Youth Age Division Figure Selection Groups listed in Figure Rule II.D.

1. The Youth Figure Section A, B or C shall be drawn first, then the order of appearance shall be drawn. Then 1 of the 2 figure groups of the drawn Section will be drawn. For example, if Section B, Group 4 is drawn, then all competitors shall compete Section B, Group 4.

**CP 4.3.3.2 Junior Olympic 12 & under, Intermediate and Novice Championships:** One group of 4 figures shall be performed.

1. **For Figure competition at Junior Olympic Championships**, 12 & under Age Division, the group of figures shall consist of the 2 12 & under Age Division Compulsory Figures combined with 1 group of 2 figures from the 12 & under Age Division Figure Selection Groups.
  - For the 12 & under Age Division figures, refer to Figure Rule II.C.
2. **For Figure competition at Intermediate Championships**, the group of figures shall consist of the 2 Intermediate Compulsory Figures combined with 1 group of 2 figures from the Intermediate Figure Selection Groups.
  - For the Immediate figures, refer to Figure Rule II.B.
3. **For Figure competition at Novice Championships**, the group of figures shall consist of the 4 Novice Compulsory Figures from the Novice Figure Group.
  - For the Novice figures, refer to Figure Rule II.A.

#### **CP 4.3.4 Figure Performance Regulations:**

**CP 4.3.4.1** Figures are to be performed in an area designated by the Meet Referee.

**CP 4.3.4.2** Figures are to be performed in a relatively stationary position unless otherwise called for in the rules. A standard swimming stroke shall not be used to initiate the execution of a figure.

**CP 4.3.4.3** All figures shall commence at a signal from the Event Referee or Event Vice Referee.

**CP 4.3.4.4** Performance and judging of the figure shall commence at the initiation by the competitor, following the announcement of the figure.

**CP 4.3.4.5** If a competitor does not understand the name of the announced figure, the competitor must ask for a repeat announcement before actually beginning the figure. See Rule OD 4.6.1.1-2.

**CP 4.3.4.6** For Figure competition, 1, 2 or 4 panels of 4 to 6 judges may be used.

1. When 1 panel of judges is used, all competitors, in order of draw, shall perform the 2 or 4 figures, according to the age category, one by one in the listed order.
2. When 2 panels of judges are officiating, each panel shall judge 1 or 2 figures.
3. When 4 panels of judges are officiating, each panel shall judge 1 figure.

**CP 4.3.4.7 In National, Zone and Regional Figure competition**, all competitors shall wear a plain, one-piece black suit and plain white swim cap, devoid of club and National Team emblems. Goggles and nose clips may be worn.

1. Only small stud jewelry is permitted. Competitors must remove all dangling jewelry prior to the start of the event.

**Exception:** For U.S. Masters Championship exception, see Rule MS 3.3.2.

## CP 5 ENTRY PROCEDURES

### CP 5.1 Numbers of Competitors:

**CP 5.1.1** A Team (Technical or Free) shall consist of 4, but no more than 8 competitors.

**CP 5.1.2** A Free Combination shall consist of 4, but no more than 10 competitors who make a combination of routines.

**CP 5.1.3** An Acrobatic Routine shall consist of 4, but no more than 8 competitors.

**Exception:** For U.S. Junior Olympic, Regional Junior Olympic and Association Junior Olympic Championships, an Acrobatic Routine shall consist of 4, but not more than 10 competitors.

**CP 5.2 Deduction Points:** For all Team, Acrobatic Routine and Free Combination competition deduction points, refer to Appendix L.

**CP 5.3 Reserves:** One reserve may be listed for a Duet and Trio and 2 reserves for a Mixed Duet, Team, Acrobatic Routine and Free Combination.

<u>Event</u>	<u>Number of Reserves</u>
Duet	1
Mixed Duet	2
Trio	1
Team	2
Acrobatic Routine	2
Free Combination	2

**CP 5.4 Notification Responsibilities:**

**CP 5.4.1** In the event a qualifier is not able to compete in the next level of competition, the coach of the qualifier must notify the coach of the next runner-up.

**CP 5.4.2** If a routine is not duly entered into the competition for which it qualified, the next routine(s) in order of placement from the qualifying competition shall be allowed the option of entering by submitting Entry Forms and Fees, regardless of the deadline.

**CP 5.5 Sport Entries, Deadlines, Coach Cards/Element Cards, Music Submission and Provisional Entries:**

**CP 5.5.1 Sport Entries:** Athlete registration and sport entries for National Championships must be received via electronic registration 28 days prior to the first day of the respective competition and will be subject to late fees if received between 27 and 7 days prior to the first day of the respective competition. The entry shall designate the name of the competitor(s) and the reserves. See Rule CP 5.3 for the maximum number of reserves allowed per event. For Registration and Sport Entry Late Fees, refer to [USAAS Membership and Fee Schedule](#) (Appendix C).

**CP 5.5.1.1 Staff Registration:** Coach, chaperone and other staff registration and certification for National Championships must be received via electronic registration 28 days prior to the first day of the respective competition and will be subject to late fees if received between 27 and 14 days prior to the first day of the respective competition. For Registration and Certification Late Fees, refer to Appendix C.

**CP 5.5.2 Coach Cards/Element Cards:** For all National Championships, Coach Cards/Element Cards must be received 14 days prior to the first day of the respective competition and will be subject to late fees if received between 13 and 7 days prior to the first day of the respective competition. For Coach Card/Element Card Late Fees, refer to Appendix C.

**CP 5.5.2.1** The timing and method of modifying Coach Cards/Element Cards between preliminaries and finals shall be stated in the Final Meet Announcement.

**CP 5.5.3 Music Submission:** For all National Championships, music submission must be received 14 days prior to the first day of the respective competition and will be subject to late fees if received between 13 and 7 days prior to the first day of the respective competition. For Music Submission Late Fees, refer to Appendix C.

**CP 5.5.3.1 Music Requirements:** The Organizing Committee and Sound Center Manager will determine the method to be used to submit music and it shall be stated in the Final Meet Announcement.

**CP 5.5.4** For all National Championships, no Sport entries, staff registration, Coach Cards/Element Cards or music submission shall be accepted between 7 and 0 days prior to the first day of competition. Changes in sport entries after the above deadlines will only be accepted on medical grounds. No Staff certifications shall be accepted between 13 and 0 days prior to the first day of the competition. Refer to Appendix C.

**Exception:** For Entry Deadline exceptions, see Rules CP 5.4.1-2.

**CP 5.5.5** Entries for Zone and Regional competitions must be submitted as instructed in the Final Meet Announcement.

**Exception:** For Entry Deadline exceptions, see Rules CP 5.4.1-2.

**CP 5.5.6 Provisional Entries:**

**CP 5.5.6.1** Routines that do not qualify for a National Championship may submit a provisional entry to be entered into a random draw for events that have fewer entries than the maximum allowed. See Rule CP 3.1.6. Entries must be submitted by the original entry deadline. Competitors are still required to meet all eligibility and qualification standards other than placement for the championship.

**CP 5.5.7** Payment for all competitors, including provisional entries, by the original entry deadline must accompany the entry. Entries that do not qualify for a National Championship shall have their entry fees refunded.

## CP 5.6 Changes and/or Scratches:

**CP 5.6.1** All scratches must be made in writing and given to the Scoring Chair at least 2 hours prior to the start of the specific event.

**CP 5.6.2** In Duet, Trio, Team, Acrobatic Routine and Free Combination events, competitors who are listed on the entry according to CP 5.5 may be interchanged before routine sessions.

**CP 5.6.2.1** Changes of the names of the competitors in Duet, Trio, Team, Acrobatic Routine and Free Combination must be made in writing and given to the Scoring Chair at least 2 hours prior to the published start time of routine number 1. The start time must be published in the official competition schedule.

**CP 5.6.2.2** The names of the competitors to be substituted must already be entered in the competition and listed as reserves. See Rule CP 5.3 and CP 5.5.1.

**CP 5.6.2.3** Failure to notify at least 2 hours before the final published start time of the event will result in disqualification of the routine. Refer to Appendix L.

**CP 5.6.3** Exceptions to the 2 hour period may be allowed by the Event Referee for circumstances beyond the control of the competitor (in case of sudden illness or

accident) and if the reserve is ready to compete without delaying the competition. If the lack of a reserve reduces the routine size to less than defined in the rules, the routine shall be disqualified. Refer to Appendix L.

**CP 5.6.4** In the event of an unposted scratch, or extenuating circumstances in any routine event, the next listed competitor shall be allowed up to 5 minutes prior to being announced and commencing the routine competition.

**CP 5.6.5** If scratching a competitor in a Team or Acrobatic Routine results in a reduction in the number actually participating, the coach shall notify both the Scoring Chair and/or the Event Referee and the deduction points shall be adjusted accordingly. For any Team or Acrobatic Routine swimming with fewer than 8 competitors, the Event Referee shall verify with the Scoring Chair that the correct number of competitors is listed on the Official Club Entry Form.

#### **CP 5.7 Starting Responsibilities:**

**CP 5.7.1** Competitors shall inform themselves of the time of starting, shall be prompt at the starting point of each event which they enter and shall be personally responsible for reporting to the Clerk-of-Course or Vice Referee in time to compete in the order of draw. For Late Arrivals, see Rule CP 5.7.2.

#### **CP 5.7.2 Late Arrivals:**

**CP 5.7.2.1** For Figure competition, late arrivals shall compete in a position designated by the Event Referee.

**CP 5.7.2.2** For routine competition, late arrivals must swim 2 routines after their arrival on deck.

**CP 5.7.3** Interrupted routines shall swim no more than 2 routines after their original draw.

**CP 5.7.3.1** If an unexpected situation occurs during a routine session and 1 or more judges cannot give a score for a routine, the Event Referee may disrupt the routine session and performance. After settlement of the matter and confirmation that it is safe, the Event Referee shall resume the routine session and allow the competitor(s) to swim again.

### **CP 6 EVENT PROGRESSION: Preliminary, Final Events**

#### **CP 6.1 General Event Progression:**

**CP 6.1.1** The order of events may be Preliminary routine competition followed by Figure/Technical routine competition and Final routine competition.

**Exception:** For U.S. National Championship exception, see Rule CP 1.1.1.2. For U.S. Senior Open Championship exception, see Rule CP 1.1.2.1. For U.S. Junior Championship exception, see Rule CP 1.2.1.1. For U.S. Junior Open Championship exception, see Rule CP 1.2.2.1. For U.S. Youth Championship exception, see Rule CP 1.3.1.1. For U.S. Junior Olympic Championship exception, see Rule CP 3.5.5.6.

**CP 6.1.2** In all National Championships, if there are more than 12 entries in any routine event, then Preliminary events may be held. Only the 12 best results shall be allowed in the official finals.

**CP 6.1.2.1** If there are less than 13 entries in any routine event, then Preliminary events may be held.

#### **CP 6.1.3 Figure Competition:**

**CP 6.1.3.1** If a competitor is not able to participate or complete the Figure competition due to illness or injury, the figure average for the routine may be determined by averaging the scores of the remaining competitors in the Preliminary event. If the routine qualifies for Finals, the reserve's figure score may then be included in the average. In the case of a Team routine, the deduction points shall be based on the actual number of competitors swimming the routine.

1. In the Duet and Trio events, the figure score of the reserve is used to determine the Total Score for the Duet or Trio.

2. In Team, the higher figure score of the 2 reserves is used to determine the Total Score for the Team.

**CP 6.1.3.2** The routine figure average shall be computed using the figure score of the competitors who actually swam in the routine.

**CP 6.1.4 Final Routine Competition:**

**CP 6.1.4.1 For all competitions:**

1. The 12 highest scoring entries (combined Figure/Technical routine competition and Preliminary routine scores) shall qualify for the Final routine competition. The figure score shall be the average score of the competitors participating in the Duet, Trio and Team Preliminary routine competition.
2. The 13th highest scoring entry (combined Figure and Preliminary routine scores) shall be the pre-swimmer for the Final routine competition. In no event shall a Foreign competitor be the pre-swimmer.

**CP 6.1.4.2** The order for Final routine competition may be Trio, Duet, Solo, Team, Free Combination and Acrobatic Routine.

**CP 6.1.4.3** Once Finals in an event have started, no runner-up routine shall be allowed to move into the Finals in the event of a disqualification of 1 of the finalists.

**CP 6.2 Additional Event Progression for the U.S. National Championship, the U.S Junior Championship, the U.S. Senior Open Championship and the U.S. Junior Open Championship:**

**CP 6.2.1 For the U.S. National Championship and the U.S. Junior Championship,** the Solo, Duet and Team Technical routine events shall be a Final Technical routine competition. The Solo, Duet and Team Free routine events shall consist of a Preliminary Free routine competition followed by a Final Free routine competition. The Acrobatic Routine event shall consist of a Final routine competition.

**CP 6.2.1.1** When the U.S. National and U.S. Junior Championships are held together, there shall be 1 combined Acrobatic Routine event and all competitors shall compete for the same awards.

**CP 6.2.2 For the U.S. National Championship and the U.S. Junior Championship,** competitors will receive points from the Acrobatic Routine event toward the High Point (individual or team) awards. To qualify for Team points, an Acrobatic Routine must have at least 1 competitor participating at the respective championship. To qualify for Individual points, a competitor must participate in at least 1 other event at the respective championship.

**CP 6.2.3 For the U.S. Senior Open Championship and the U.S. Junior Open Championship,** the Solo, Duet and Team Technical routine events shall consist of a Preliminary Technical routine competition followed by a Final Technical routine competition. The Solo, Duet and Team Free routine events shall consist of a Preliminary Free routine competition followed by a Final Free routine competition. The Acrobatic Routine event shall consist of a Final routine competition.

**CP 6.2.4** The order of events shall be determined by the Vice President Competitive Programs and the Meet Manager.

**CP 6.3 Additional Event Progression for U.S. Youth Championship:**

**CP 6.3.1 For the U.S. Youth Championship,** competitors will receive points from the Free Combination event toward the High Point (individual or team) awards. To qualify for Team points, a Free Combination routine must have at least 1 competitor participating in other U.S. Youth Championship events. To qualify for Individual points, a competitor must participate in at least 1 other U.S. Youth Championship event.

#### **CP 6.4 Additional Event Progression for Junior Olympic Championships:**

**CP 6.4.1** At the discretion of the Meet Referee, Preliminary events may be waived in the Junior Olympic programs; thus, the order of events would be Figure or Technical routine competition followed by Free routine competition.

**CP 6.4.2** The Regional Junior Olympic Championship and Association Junior Olympic Championship Free routine events shall be considered Final events.

1. All 12 & under and Youth competitors shall perform figures. The Figure scores shall be added to the Preliminary Free routine scores to determine the competitors who advance to the next level.
2. For 15-17 and 18-19/20 age divisions, the Technical routine events shall be considered Final events.
3. The Acrobatic Routine and Free Combination shall be considered Final events.
4. The order of events shall be determined by the respective Technical Chair and the Meet Manager.

#### **CP 6.5 Order of Appearance:**

**CP 6.5.1** Prior to the competition, the drawing for order of appearance in the Preliminary and Direct Final events shall be held.

**CP 6.5.2** The order of appearance for Technical routines, Free Routine Preliminaries, Acrobatic Routine Preliminaries or Free Combination Preliminaries shall be decided by a double blind lot draw announced and held in a public place. In competitions where a computer will be used, the order of appearance may be computer generated.

**CP 6.5.3** The order of the draw shall be Teams, Free Combinations, Acrobatic Routines, Duets, Trios, and Solos Preliminaries. For competitions involving both Technical and Free routines, the draw for the event's Technical routine shall first be held followed by the Free routine draw (Team Technical, Team Free Preliminary, Free Combination Preliminary, Acrobatic Routine Preliminary, Duet Technical, Duet Free Preliminary, Mixed Duet Technical, Mixed Duet Free Preliminary, Trio Free Preliminary, Solo Technical, Solo Free Preliminary).

**CP 6.5.3.1** The orders of draw for the U.S. Junior Open Championship and the U.S. Senior Open Championship shall be conducted independently and shall not include the U.S. Open Acrobatic Routine Preliminary.

**CP 6.5.4** At all National Championships, with the exception of the U.S. Junior Olympic Championship and U.S. Masters Championship, where possible, when a club draws start number 1 in a Technical routine Preliminary or Free routine Preliminary (including Acrobatic Routine and Free Combination Preliminaries) or Direct Finals, this club shall be exempt from start number 1 in all remaining preliminary or Direct Final sessions in the family the club drew first. (i.e., Solo family includes Technical and Free routines for all Solo event categories).

**CP 6.5.4.1** For any competition where the Solo, Duet and Team Technical or Free routine sessions are Direct Final events, the order of draw shall be a random draw.

**CP 6.5.4.2** For Junior Olympic competitions, the draw exemption shall apply only to events within a given age division.

**CP 6.5.5** A drawing shall be held for the order of appearance in Finals as follows:

**CP 6.5.5.1 For all competitions:** After the Figures and/or Technical routines, Free routine Preliminaries, Acrobatic Routine Preliminary and Free Combination Preliminary, the first 12 by total score shall compete in the Finals.

1. The order of appearance in Finals shall be determined by lot in groups of 6 competitors. Those who placed 1-6 per CP 6.5.5.1 shall draw for start numbers 7-12. Those who placed 7-12 per CP 6.5.5.1 shall draw for start numbers 1-6. If the number of competitors is not divisible by 6, the smallest group must start first.

2. For the Final draw, the highest qualifier in each group shall draw first, with the next qualifiers drawing in order of placement. If there is a tie for placement within the same group of 6, the names of the tied competitors shall be drawn by lot to determine the competitor to draw first for the order of swim. If there is a tie for places 6 and 7 (different groups), those routines will form their own group in the draw (1-5, 6-7, 8-12).

## CP 7 AWARDS

### CP 7.1 Minimum Standards for Medals and Ribbons:

#### CP 7.1.1 Figure and Collegiate Technical Awards:

**CP 7.1.1.1** For the U.S. Junior Olympic and U.S. Collegiate Championships, medals shall be awarded to places 1-3 and ribbons shall be awarded to places 4-12 in each age division (12 & under and Youth) or Collegiate Technical Category, respectively.

**CP 7.1.1.2** For the U.S. Youth Championship, medals shall be awarded to places 1-3.

**CP 7.1.1.3** For the U.S. Masters Championship, medals shall be awarded to places 1-3 and ribbons shall be awarded to places 4-8 in each Figure Competition Division.

#### CP 7.1.2 Routine Awards:

**CP 7.1.2.1** For all National Championships, standard USAAS Championship medals shall be awarded.

**CP 7.1.2.2** For the U.S. National, U.S. Senior Open, U.S. Junior and U.S. Junior Open Championships, medals shall be awarded to places 1-3 and ribbons shall be awarded to places 4-8 in each Final Technical and Final Free routine events. Medals shall be given to reserves who swim either the Preliminary or Final Technical routine or Preliminary or Final Free routine.

**CP 7.1.2.3** For the U.S. Youth Championships, medals shall be awarded to places 1-3 and ribbons shall be awarded to places 4-8 in each Final event (Figures + Free routine). Medals shall be given to reserves who swim either the Preliminary or Final Free routine.

**CP 7.1.2.4** For the U.S. Collegiate Championships, medals shall be awarded to places 1-3 and ribbons shall be awarded to places 4-12.

**CP 7.1.2.5** For all remaining National Championships and National Invitational competitions, medals shall be awarded to places 1-3 and ribbons shall be awarded to all remaining finalists.

**Exception:** For U.S. Masters Championship exception, see Rule MS 7.2.

**CP 7.1.3** Additional awards may be given at the discretion of the host and/or USAAS.

### CP 7.2 Figure Awards for Competitions held in Age Divisions:

**CP 7.2.1** In Age Group Figure competition, when a competitor is entered in multiple Age Group divisions (12 & under and Youth), the competitor shall be listed in the results in the youngest age division in which the competitor was entered in a routine and shall have a U.S. Honorary placement in any other age divisions entered. At the discretion of the competition host, the competitor may receive a U.S. Honorary Award. Honorary Placement is indicated by an "H" in the results and does not change the number placement of the competitors in the event.

**CP 7.2.2** In Novice and Intermediate Figure competition, when a competitor is entered in multiple age divisions, the competitor shall be listed in the results in their actual age division and shall have a U.S. Honorary placement in any other Novice or Intermediate age division in which they swim a routine.

**CP 7.3 Scoring System for Dual Meet Competitions:** In Dual meet competitions, a club may enter a total of 8 routines with no more than 2 routines in each event.

**CP 7.3.1** Scoring shall be as follows:

Team/Free Combination/Acrobatic	8 for first; 0 for second place.
Duet/Trio	7 for first; 4 for second; 2 for third place.
Solo	5 for first; 3 for second; 1 for third place.

**CP 7.4 Scoring System for Team and Individual High Point Trophies:** For U.S. National Championship and U.S. Junior Championship additional event progression, see Rule CP 6.2.2. For U.S. Youth Championship additional event progression, see Rule CP 6.3.1. Refer to [USAAS Awards](#) (Appendix R).

Place	Solo Tech/ Free	Duet, Trio Tech/ Free	Team Tech/ Free	Free Combination/ Acrobatic Routine
1st	12	18	24	24
2nd	11	17	22	22
3rd	10	16	20	20
4th	9	15	18	18
5th	8	14	16	16
6th	7	13	14	14
7th	6	12	12	12
8th	5	11	10	10
9th	4	10	8	8
10th	3	9	6	6
11th	2	8	4	4
12th	1	7	2	2

## RULE III

### RULES APPLICABLE TO FOREIGN COMPETITORS (FC)

**FC 1 FOREIGN FEDERATIONS:** May enter competitors in USA Artistic Swimming National Championship events under the following provisions and regulations:

**FC 1.1 Entries:** Foreign competitors may enter only with the written approval of their own Federations.

**FC 1.1.1** In each Championship, Foreign Federations may have multiple club entries including their National Teams.

#### **FC 1.2 Judge Numbers:**

**FC 1.2.1** For all U.S. National Championships, each Federation or Foreign club entered may send a maximum of 2 World Aquatics/PAQ Judges and/or a maximum of 1 Technical Controller to the Championship. Judges must be on the current World Aquatics and/or PAQ List(s) of Artistic Swimming Officials and must have passed the most recent World Aquatics Artistic Swimming Judges Certification School test and the World Aquatics online annual exam. Technical Controllers must be on the current World Aquatics and/or PAQ List(s) of Technical Controllers.

#### **FC 1.3 U.S. National Championship:**

**FC 1.3.1** Must be 15 years of age or older based on the year of birth.

**FC 1.3.2** Shall be conducted in accordance with World Aquatics Rules, with noted exceptions.

**FC 1.3.3** Each Foreign club or National Team may enter 3 Women Technical Solos, 3 Women Free Solos, 3 Men Technical Solos, 3 Men Free Solos, 3 Women Technical Duets, 3 Women Free Duets, 3 Technical Mixed Duets, 3 Free Mixed Duets, 1 Open Technical Team, 1 Open Free Team and/or 1 Open Acrobatic Routine.

#### **FC 1.4 U.S. Senior Open Championship:**

**FC 1.4.1** Must be 15 years of age or older based on the year of birth.

**FC 1.4.2** Shall be conducted in accordance with World Aquatics Rules.

**FC 1.4.3** Each Foreign club or National Team may have unlimited entries in all Technical and Free routine events (Women Solo, Men Solo, Women Duet, Mixed Duet, Open Team and Open Acrobatic Routine).

#### **FC 1.5 U.S. Junior Open Championship:**

**FC 1.5.1** Must be 15 to 19 (15 to 20 for men) years of age based on the year of birth.

**FC 1.5.2** Shall be conducted in accordance with World Aquatics rules.

**FC 1.5.3** Each Foreign club or National Team may have unlimited entries in all Technical and Free routine events (Women Solo, Men Solo, Women Duet, Mixed Duet, Open Team and Open Acrobatic Routine).

#### **FC 1.6 U.S. Junior Championship:**

**FC 1.6.1** Must be 15 to 19 (15 to 20 for men) years of age based on the year of birth.

**FC 1.6.2** Shall be conducted in accordance with World Aquatics rules, with noted exceptions.

**FC 1.6.3** Each Foreign club or National Team may enter 3 Women Technical Solos, 3 Women Free Solos, 3 Men Technical Solos, 3 Men Free Solos, 3 Women Technical Duets, 3 Women Free Duets, 3 Technical Mixed Duets, 3 Free Mixed

Duets, 1 Open Technical Team, 1 Open Free Team and/or 1 Open Acrobatic Routine.

**FC 1.7 U.S. Youth Championship:**

- FC 1.7.1** Must be 13 to 15 (13 to 16 for men) years of age based on the year of birth.
- FC 1.7.2** Shall be conducted in accordance with World Aquatics rules, with noted exceptions.
- FC 1.7.3** Each Foreign club or National Team may enter 3 Women Solos, 3 Men Solos, 3 Women Duets, 3 Mixed Duets, 1 Open Team and/or 1 Open Free Combination.

**FC 1.8 U.S. Junior Olympic Championship:** Foreign competitors are not eligible to compete.

**FC 1.9 U.S. Masters Championship:** Entries shall not be limited.

**FC 2 EVENT PROGRESSION**

**FC 2.1 With the exception of the U.S. Open Championships,** Foreign competitors who qualify for any of the Final routine events shall compete in addition to the top qualifying USAAS competitors and shall receive an honorary award for their final placement. The USAAS competitors shall be listed in final placement and given awards without regard to the placement of Foreign competitors. Foreign competitors shall not be eligible to be pre-swimmer(s).

## RULE IV

### OFFICIALS AND DUTIES (OD)

#### **OD 1 GENERAL REGULATIONS**

**OD 1.1 Officials Membership:** All Officials must be a member of USAAS at the appropriate level. Refer to [USAAS Officials Certification Policy](#) (Appendix G) for complete list of official requirements.

#### **OD 1.2 Officials Uniform:**

**OD 1.2.1 National Competitions:** The national uniform of the day is a white top with a black bottom unless otherwise designated by the Officials' Committee Chair.

**OD 1.2.2 Other Competitions:** The required uniform as determined by the respective Officials Chair (or appointed representative).

#### **OD 2 JUDGES**

##### **OD 2.1 Eligibility:**

###### **OD 2.1.1 Categories of National Judges:**

**OD 2.1.1.1 Category 1:** All Level 4 and 5 Judges who participate in judging at the Association, Regional or Zone Championships annually and who are unaffiliated at a specific competition.

**OD 2.1.1.2 Category 2:** All Level 4 and 5 Judges who meet the above requirements but are affiliated at a specific competition. These judges may be unaffiliated for some events at this competition and may judge as an unaffiliated judge in those events.

**OD 2.1.2 All other Rated Judges:** Judges who are on the current accredited list with the appropriate rating for that Championship. Level 2 and above shall be considered equal at all Association Championships.

##### **OD 2.2 Minimum Performance Standards:**

**OD 2.2.1** Should a judge not meet the minimum evaluation standards, in a specific event (Solo, Duet, Trio, Team, Acrobatic Routine or Free Combination), where possible, that judge shall not be seated into successive levels of competition in that specific event.

**OD 2.2.2** The Scoring Chair shall provide the Officials Chair (or appointed representative) with all information required for evaluations.

**OD 2.2.3** The judge shall be seated only if the minimum evaluation standards have been met.

**OD 2.2.4** If multiple panels are used in a specific event, the judge shall be excluded only from the one in which the minimum evaluation standards have not been met.

##### **OD 2.3 Selection Procedures:**

**OD 2.3.1** All National Judges shall declare which competitions they shall be able to attend as an unaffiliated judge and which they shall be able to attend as an affiliated judge.

**OD 2.3.2** The Officials' Committee Chair shall draw a minimum of 10 judges from the list of eligible Category 1 Judges for each competition. These judges shall be officially notified that they have been selected and are guaranteed to judge at least 1 event. The individual judges shall officially accept or reject this selection. For the U.S. Senior Open Championship, only World Aquatics judges shall be selected.

**OD 2.3.3 Factors to be considered in the Selection of Judges:**

**OD 2.3.3.1 Affiliation:** A judge shall be considered unaffiliated with a club after a 1 year period following separation of activity with that club.

**OD 2.3.3.2 Judge Utilization:** Where possible, the judges shall be drawn for Preliminary events in such a manner that no judge shall be used twice until all eligible unaffiliated judges have been used. The same procedures shall apply to Final events.

**OD 2.3.3.3 Back to Back Judging:** Where possible, a judge shall not be selected to judge consecutive Preliminary events on the same day.

**OD 2.3.4 Selection of Judges:**

**OD 2.3.4.1** Judges shall be selected in the order of events.

**OD 2.3.4.2** Judges shall be selected from a list of eligible judges as determined by the Officials' Committee.

**OD 2.3.4.3** If, for any reason, it is necessary to include affiliated judges from any club, Association, Region or Zone, affiliated judges will be selected with Zone balance as primary consideration.

**OD 2.3.4.4** Eligible judges are those on the current accredited list with the appropriate rating for that competition. (Example: At Senior Association Championships, Level 2 and higher ratings shall be considered equal.) Under no circumstances shall a judge with an inappropriate rating be selected until all available judges with appropriate ratings have been seated.

**OD 2.3.4.5** Where possible, the panel selection priority shall include:

1. Not more than 1 judge per club on a specific panel.
2. Not more than 2 judges per Association on a specific panel.
3. Not more than 2 judges per Zone on a specific panel in all National Championships.
4. No coach, mother, father, sister or brother of a competitor on a specific panel.

**OD 2.4 Duties/Responsibilities:**

**OD 2.4.1** When judging an event, a judge shall possess only those papers approved by the Event Referee.

**OD 2.4.2** Each judge shall be provided with a means of recording and a visible signaling of awards.

**OD 2.4.2.1** At the completion of each routine the judges record their scores on a judging system (paper or electronic) provided by the Meet Management Committee. All scores shall be received and reviewed by the Event Referee (or appointed representative) before the scores are simultaneously presented manually, displayed on the scoreboard or announced, and shall then be the accepted score in case of error or dispute. When an electronic system is used, if a judge(s) makes an error inputting a score, the judge shall notify the Event Referee prior to the announcement of the scores for the routine, or the announcement of the next routine, whichever comes first.

**OD 2.4.2.2** On a signal of the Event Referee, the judges' scores will simultaneously be presented manually or electronically for each panel.

**OD 2.4.3** No judge shall communicate with another individual while a competitor(s) is performing.

**OD 2.4.4** Judges once seated may not leave their positions without the Event Referee's approval.

**OD 2.4.4.1** A judge who leaves the assigned position without approval shall be declared ineligible to judge for the remainder of that competition.

**OD 2.4.4.2** If a second infraction occurs, the judge shall be declared ineligible to judge for 1 year from the date of the infraction.

## **OD 2.5 Judging Panels:**

### **OD 2.5.1 Figure Competition:**

**OD 2.5.1.1** Judges shall be placed, when possible, in elevated positions in such locations as to have a profile view of the competitors.

**OD 2.5.1.2** One, 2 or 4 panels may be used.

**OD 2.5.1.3** Panels shall consist of 4 to 6 judges.

### **OD 2.5.2 Routine Competition:**

**OD 2.5.2.1** Judges shall be placed in elevated positions on opposite sides of the pool.

**OD 2.5.2.2** At all National Championships, 2 panels of 5 judges shall officiate in all routine events; one panel for Elements and one panel for Artistic Impression.

- When 6 to 8 judges are available, 2 panels of either 3 or 4 judges shall be used.

**OD 2.5.2.3** Two Event Assistant Referees may be assigned for routine competition to assist the Event Referee with assessment of penalties. Refer to Appendix L.

## **OD 2.6 Methods of Scoring:**

### **OD 2.6.1 Figure Competition:**

**OD 2.6.1.1** Judges shall award scores from 0-10, with one-tenth point increments.

1. If 1 or more judge(s), by reason of illness or other unforeseen circumstances, has given no score for any one figure, the average of the scores of the other remaining judges shall be computed and shall be considered as the missing score. This shall be calculated to the nearest 0.1 point. For Methods of Scoring, see Rule OD 5.1.2.2.

**OD 2.6.1.2** Judging begins with the initiation of the figure by the competitor.

**OD 2.6.1.3** The judges' scores shall be flashed simultaneously and announced immediately after each figure on a signal from the Panel Referee. Judges' scores may only be flashed on the scoreboard or be sent to the computer after approval by the Panel Referee.

### **OD 2.6.1.4 Breakdown of Figure Competition Scoring:**

1. All judgments are made from the standpoint of perfection considering design and control, with each transition of the figure having a numerical value (NVT) based on its difficulty.

### **OD 2.6.1.5 Figure Scoring:**

Perfect	10.0
Near Perfect	9.5 to 9.9
Excellent	9.0 to 9.4
Very Good	8.0 to 8.9
Good	7.0 to 7.9
Competent	6.0 to 6.9
Satisfactory	5.0 to 5.9
Deficient	4.0 to 4.9
Weak	3.0 to 3.9
Very Weak	2.0 to 2.9
Hardly Recognizable	0.1 to 1.9
Completely Failed	0

**OD 2.6.2 Routine Competition:**

**OD 2.6.2.1** Judges shall award scores from 0–10, with 0.25 point increments.

1. If 1 or more judge(s), by reason of illness or other unforeseen circumstances, has given no score for a routine, the average of the scores of the other remaining judges shall be computed and shall be considered as the missing score. For Methods of Scoring, see Rules OD 5.1.2.3.
2. If an unexpected situation occurs during the session and 1 or more judges cannot give a score for a routine, the Event Referee may disrupt the session and performance. After the settlement of the matter and safe confirmation, the Event Referee shall resume the session and allow the competitor to swim again.

**OD 2.6.2.2** The accompaniment shall begin upon a signal by the Event Referee (or appointed representative). After the signal, the competitor(s) must perform the routine without interruption.

**OD 2.6.2.3** At the completion of each routine:

1. Judges shall record their scores and submit them on a judging system (paper or electronic) provided by the Meet Management Committee.
2. When the Event Referee (or appointed representative) determines that all scores have been received, the Event Referee shall signal for the results to be simultaneously presented manually, displayed on the scoreboard or to be announced. Judges' scores shall not be changed after being posted on the scoreboard or announced.
3. At the discretion of the Vice President Competitive Programs (or appointed representative) at all National Championships or the appropriate Technical Chair (or appointed representative) at all other competitions, the display of routine scores may be waived. If the scores are not displayed, the following alternate scoring method may be used.
  - When the Event Referee determines that all scores have been received, the Event Referee shall signal for the start of the next routine.
  - Scores from routine # 1 shall be read upon completion of routine # 2 and the competitors shall be introduced at that time.
  - This procedure shall be followed throughout the event.
4. Scores are only official once signed by the Vice President Competitive Programs (or appointed representative) or the appropriate Technical Chair (or appointed representative) at the conclusion of the competition.

**OD 2.6.2.4** For all routines, each judge shall award score(s) from 0-10 points, using 0.25 point increments.

**First Panel - Elements**

1. Elements panel judges shall award 1 score for the execution of each declared Element (Free and Technical routines).

EXECUTION consider: The level of excellence in performing highly specialized skills. Execution of all declared Elements: Technical Required Elements and Elements (Hybrids and Acrobatics).

## **Second Panel - Artistic Impression**

1. Artistic Impression panel judges shall award 3 scores, one score for Choreography and Musicality, one score for Performance and one score of Transitions.

**CHOREOGRAPHY and MUSICALITY** consider: 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 movements including elements and transitions, the pool coverage. Expressing the mood of the music, use of the music's structure and the movements and synchronization with the music.

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

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

### **OD 2.6.2.5 Routine Scoring:**

Perfect	10.0
Near Perfect	9.5 to 9.75
Excellent	9.0 to 9.25
Very Good	8.0 to 8.75
Good	7.0 to 7.75
Competent	6.0 to 6.75
Satisfactory	5.0 to 5.75
Deficient	4.0 to 4.75
Weak	3.0 to 3.75
Very Weak	2.0 to 2.75
Hardly Recognizable	0.25 to 1.75
Completely Failed	0

## **OD 3 TECHNICAL CONTROLLER**

**OD 3.1 Eligibility:** An Official with the appropriate training.

### **OD 3.2 Selection Procedures:**

**OD 3.2.1** All Technical Controllers shall declare which competitions they shall be able to attend as a Technical Controller.

**OD 3.2.2** The Officials' Committee Chair shall draw 6 Technical Controllers from the list of eligible Technical Controllers for each competition. These Technical Controllers shall be officially notified that they have been selected and are guaranteed to officiate at least 1 event. The individual technical controllers shall officially accept or reject this selection.

### **OD 3.3 Duties/Responsibilities of the Technical Controllers:**

**OD 3.3.1** Two groups of 3 Technical Controllers shall officiate in all routines: 1 group to check the number, order of performance and predeclared difficulty of Free Elements (Hybrids and Acrobatics) and the performance and predeclared order of the Technical Required Elements (Technical routines) and 1 group to register the number and type of synchronization errors observed.

#### **OD 3.3.2 Difficulty Technical Controllers:**

**OD 3.3.2.1** There shall be 1 Difficulty Technical Controller ("DTC") and 2 Difficulty Assistant Technical Controllers ("DATC").

**OD 3.3.2.2** The Difficulty Technical Controllers shall verify all of the Technical Required Elements (Technical routines) and the Free Elements (Hybrids and Acrobatics) performed in real time as they occur in a routine. The Referee is consulted in case of a Conflict of Interest where one of the DTCs recuses himself. They are also responsible for the identification of any "technical errors" which are differences in what is declared on the Coach Card/Element Card to what is performed in the water or an error in a Technical Required Element (Technical routines).

**OD 3.3.2.3** The Difficulty Technical Controllers check the predeclared difficulty on the submitted Coach Card/Element Card. The Difficulty values may be found in World Aquatics Appendices 6 and 7.

**OD 3.3.2.4** The Difficulty Technical Controllers may have 1 review in slow motion (and/or 1 time at normal speed for elements involving a timed skill) for each element or transition part they are questioning. In order for a Base Mark to be applied or the review to be dismissed, all 3 DTCs must be in agreement. If a unanimous decision cannot be reached, the ruling will go in the favor of the athlete.

**OD 3.3.2.5** The Difficulty Technical Controllers will have communication with the Event Referee and will be seated together on the pool deck.

#### **OD 3.3.3 Synchronization Technical Controllers:**

**OD 3.3.3.1** There shall be 3 Synchronization Technical Controllers ("STC") who record the number of synchronization errors (unequal actions) observed in real time during the performance of a routine.

**OD 3.3.3.2** The Synchronization Technical Controllers may have 1 review in slow motion for each element or transition part they are questioning. In order for a Major Error to be applied or the review to be dismissed, all 3 STCs must be in agreement. If a unanimous decision cannot be reached, the ruling will go in the favor of the athlete.

**OD 3.3.3.3** The STCs shall be placed in elevated positions and will be seated together on the pool deck with a clear view of the pool.

### **OD 3.4 Review Process:**

**OD 3.4.1** A request for review of a DTC or STC ruling shall be made within 30 minutes of completion of the event for which the review is being requested. An STC review request shall be for major synchronization errors only and is permitted only if there are 5 or more major synchronization errors declared in a routine.

**OD 3.4.2** Where possible, the DTC and/or STC review panel(s) shall consist of 3 unaffiliated certified Level 2 Technical Controllers (DTC/STC respectively).

**OD 3.4.3** When unaffiliated certified Level 2 Technical Controllers are not available, the Vice President Competitive Programs (or appointed representative) or the appropriate Technical Chair (or appointed representative) may appoint replacements.

## **OD 4 REFEREE**

**OD 4.1 Eligibility:** A judge with the appropriate rating for the class of competition.

## **OD 4.2 Selection Procedures:**

### **OD 4.2.1 Meet Referee:**

- OD 4.2.1.1** The Vice President Competitive Programs (or appointed representative) shall preside as Meet Referee at all National Championships until the Event Referees are selected.
- OD 4.2.1.2** The Zone Technical Chair (or appointed representative) shall preside as Meet Referee at all Zone Championships until the Event Referees are selected.
- OD 4.2.1.3** The Association Technical Chair (or appointed representative) of the Association in which the competition is held shall preside as Meet Referee at all Regional Championships until the Event Referees are selected.
- OD 4.2.1.4** The Association Technical Chair (or appointed representative) shall preside as Meet Referee at all Association competitions until the Event Referees are selected.

**OD 4.2.2 Event Referee:** Follow judge selection procedures as outlined in Rule OD 2.3.

## **OD 4.3 Duties/Responsibilities of the Meet and Event Referees:**

**OD 4.3.1** The Meet Referee shall have full jurisdiction over the event and shall:

- OD 4.3.1.1** Enforce all rules and decisions of USAAS.
- OD 4.3.1.2** Decide all questions relating to the actual conduct of the competition, the final settlement of which is not otherwise assigned by said rules.
- OD 4.3.1.3** Have authority to interfere in a competition at any stage to ensure that the rules are observed.
- OD 4.3.1.4** Have the power to call off or postpone to a future date any event, even though the same has started, if the competition cannot be conducted or completed in a satisfactory manner and in fairness to the competitors.
  1. At the discretion of the Meet Committee, such postponed events can be conducted with the competitors who reported on the first date, at a future date as though the competition had never started.

**OD 4.3.2** The Event Referee shall:

- OD 4.3.2.1** Be given a list of the officials and shall assign specific duties.
- OD 4.3.2.2** Ensure that each assigned official understands all responsibilities as indicated by the rules.
- OD 4.3.2.3** Have the authority to change any assignments of duty.
- OD 4.3.2.4** In emergencies, be authorized to assign reserve officials from the accredited list.
- OD 4.3.2.5** Penalize competitors(s) for any violations of the rules, including disqualification and shall inform the coach and competitor of the infraction before the completion of the event.
- OD 4.3.2.6** Ascertain that all officials are in place and their needs are tended to as necessary.
- OD 4.3.2.7** Intervene in the event at any stage to ensure that the rules are observed and that the safety of the competitor(s) is not compromised.

**OD 4.3.3** In the event of a request for a waiver of a rule, see Rule TR 2.

**OD 4.3.4** In the event of a protest, see Rule TR 3.

## **OD 4.4 Duties/Responsibilities of the Event Vice Referee:**

- OD 4.4.1** Obtain an order of draw and ascertain that the competitors are in readiness 1 routine preceding their competitive turn.
- OD 4.4.1.1** Ascertain that the number and names listed for all routines are the same as those who swim.

**OD 4.4.1.2** Other than for Solos, ascertain whether a listed reserve is to replace another listed competitor.

**OD 4.4.1.3** Notify the Event Referee of any variations from the entry.

**OD 4.4.2** Time the walk-on of the routine. Refer to Appendix L.

**OD 4.4.3** When needed, time the deck movements of the routine. Refer to Appendix L.

**OD 4.4.4** Assist the Event Referee with assessment of penalties. Refer to Appendix L.

**OD 4.4.5** Keep order on the deck during the competition.

**OD 4.4.6** Carry out any further duties as assigned by the Event Referee.

#### **OD 4.5 Duties/Responsibilities of the Event Assistant Referee:**

**OD 4.5.1** Monitor the use of the bottom of the pool.

**OD 4.5.1.1** When available, monitor the image from an underwater television camera and report to the Event Referee any infraction for deliberate use of the bottom of the pool during a routine. (Mandatory at National Championships.) Refer to Appendix L.

**OD 4.5.1.2** The Event Assistant Referee must monitor the image continuously and the image must be continuously available throughout the routine.

**OD 4.5.2** Perform any other duties as assigned by the Event Referee.

#### **OD 4.6 Application of Penalties:**

##### **OD 4.6.1 Figure Competition:**

**OD 4.6.1.1 For the 12 & under, Intermediate, and Novice categories,** if a competitor does not perform the announced figure, or if the figure does not have all of the required elements, or is performed other than according to the description, the competitor shall be allowed to perform the figure again and a 1 point penalty shall be applied. If the competitor fails again, the Panel Referee shall inform the judges and the competitor that the result will be a **zero (0)** for that figure.

**OD 4.6.1.2 For the Youth category,** if a competitor does not perform the announced figure, or if the figure does not have all of the required elements, or is performed other than according to the description, the Panel Referee shall inform the judges and the competitor that the result will be a **zero (0)** for that figure.

**OD 4.6.1.3** In all Figure competitions, if the award for the figure is a **zero (0)**, the Panel Referee and 2 other panel judges, unaffiliated if possible, may review the official video a maximum of 3 times. They may have 1 review in slow motion. If a definite decision cannot be reached after 3 video reviews, no **zero (0)** shall apply. All judges will award a score prior to the video review so that the scores may be given to the competitor should the zero (0) be overturned during the review process.

##### **OD 4.6.2 Routine Competition:**

**OD 4.6.2.1 For Disqualification and Routine Competition Penalties,** refer to Appendix L.

**OD 4.6.3 Swimwear:** Artistic Swimming swimwear must be dignified and appropriate for athlete competition. In routines, the swimwear must conform to World Aquatics Competition Regulations Part One and Part Seven, Section 26 and USAAS Rules OD 4.6.3-4.6.5. Swimwear for Men shall not extend above the navel nor below the upper thigh.

**OD 4.6.3.1** No competitor shall be permitted to use or wear any device or swimwear that may aid the competitor's speed, buoyancy or endurance during a competition. The use of technology and automated data collection devices is permissible for the sole purpose of collecting data. Automated devices shall not be utilized to transmit data, sounds, or signals to the competitor and may not be used to aid

their speed and must be approved by the Event Referee prior to use. Any kind of tape on the body is not permitted unless approved by the Event Referee.

**OD 4.6.3.2** In the event that the Event Referee thinks the competitor(s) swimwear does not conform, the competitor(s) shall not be permitted to compete until changing into appropriate swimwear. Swimwear may represent character or theme of the music being used. The swimwear must not give the effect of excessive nudity inappropriate for the discipline.

**OD 4.6.4 Accessory Equipment:** With the exception of the U.S. Masters Championship, the use of accessory equipment, goggles or additional clothing is not permitted at National competitions, unless required for medical reasons. Nose clips may be worn.

**OD 4.6.4.1** For safety reasons, only small stud jewelry is permitted. Competitors must remove all dangling jewelry, or dangling items from headpieces or swimwear prior to the start of the event.

**Exception:** For U.S. Masters Championship exception, see Rule MS 4.2.1.

**OD 4.6.4.2** In the event that the Event Referee observes or is informed by the Event Vice Referee that the competitor(s) does not conform, the competitor will not be permitted to compete until in conformance.

**OD 4.6.5 Make-up:** Theatrical make-up shall not be worn. Natural makeup that represents the competitor's unique personality and/or theme of the routine may be used.

## OD 5 SCORING STAFF

### OD 5.1 Scorers:

**OD 5.1.1** Duties:

**OD 5.1.1.1** Check the Official Club Entry Form for any irregularities prior to the competition and inform the competitors of the necessary corrections to be made.

**OD 5.1.1.2** Conduct a double blind lot public draw to determine the order of appearance for the competitors in the events and inform the competitors. In competitions where a computer will be used, the order of appearance may be computer generated.

**OD 5.1.1.3** In Figure competition, announce the order of performance and the sequence of figures to be performed.

**OD 5.1.1.4** Individually record the scores (on paper, or electronically, or via computer) and make the necessary computations as directed in Rule OD 5.1.2. The score shall be final once verified and displayed or announced.

**OD 5.1.1.5** There shall be a multiple check of all scores.

**OD 5.1.1.6** The Scoring Chair (or appointed representative) at that competition shall be responsible for the release of official scores to the press except at all National Championships, where the appropriate USAAS National Office Staff member shall be responsible for the release of official scores to the press.

### OD 5.1.2 Methods of Scoring:

**OD 5.1.2.1 Rounding Rule:** Use for all computations.

**OD 5.1.2.1.1** Determine the last digit to keep by referring to Rule OD 5.1.2.

**OD 5.1.2.1.2** Increase that digit by 1 if the next digit is 5 or more (this is called rounding up).

**OD 5.1.2.1.3** Leave that digit the same if the next digit is 4 or less (this is called rounding down).

**OD 5.1.2.1.4 Examples:**

1. Round to the 4<sup>th</sup> decimal place: If the value of the 5<sup>th</sup> decimal place is 7, round the 4<sup>th</sup> decimal place up.

2. Round to the 3<sup>rd</sup> decimal place: If the value of the 4<sup>th</sup> decimal place is 4, round 3<sup>rd</sup> decimal place down.

#### **OD 5.1.2.2 Figure Competition:**

**OD 5.1.2.2.1** Record the individual scores, each time in the same consecutive order on a score sheet.

**OD 5.1.2.2.2** If 1 or more judge(s), by reason of illness or other unforeseen circumstances, has given no score for any one figure, the average of the scores of the other remaining judges shall be computed and shall be considered as the missing score. This shall be calculated to the nearest 0.1 point.

**OD 5.1.2.2.3** If 5 or 6 judges are used, cancel only the highest and lowest scores (one each). If 4 judges are used, determine a fifth score by taking the average of the 4 scores and round to the nearest 0.1 point. Cancel the highest and lowest scores (one each) and proceed using OD 5.1.2.2.4.2. If 3 judges are used, there shall be no cancellation.

**OD 5.1.2.2.4** Add the remaining scores and calculate score points as follows:

1. **5 or 6 judges:** Add the 3 or 4 remaining scores. Then divide the sum by 3 and multiply the result by the degree of difficulty. The result shall be rounded to 4 decimal places using the Rounding Rule. See Rule OD 5.1.2.1.
2. **4 judges:** Add the 3 remaining scores. Then divide the sum by 3 and multiply the result by the degree of difficulty. The result shall be rounded to 4 decimal places using the Rounding Rule. See Rule OD 5.1.2.1.
3. **3 judges:** Add the 3 scores. Then divide the sum by 3 and multiply the result by the degree of difficulty. The result shall be rounded to 4 decimal places using the Rounding Rule. See Rule OD 5.1.2.1

**OD 5.1.2.2.5** Add the scores for the individual figures for each competitor.

**OD 5.1.2.2.6** The sum of the 2 or 4 figures shall be divided by the total of the degree of difficulty of the group and multiplied by 10, then the penalties shall be deducted. This sum is the Total Figure score for the competitor.

**OD 5.1.2.2.7** In Duet, Trio and Team competition, add the Total Figure score for each competitor who actually swam in the routine and divide by the number of competitors in the routine. The result of the division shall be rounded to 4 decimal places using the Rounding Rule. See Rule OD 5.1.2.1 and Rule CP 6.1.3.1.

#### **OD 5.1.2.3 Routine Competition:**

**OD 5.1.2.3.1** For each panel (Elements and Artistic Impression) for all routines, the score shall be calculated as follows for each category:

1. If 1 or more judge(s), by reason of illness or other unforeseen circumstances, has given no score for a routine, the average of the scores of the other remaining judges shall be computed and shall be considered as the missing score. This shall be calculated to the nearest 0.25 point.
2. If a panel consists of 5 judges, the highest and the lowest scores of each score component or Element for each panel are cancelled (one high, one low). If a panel consists of 4 judges, determine a fifth score by taking the average of the 4 scores and round to the nearest 0.25 point. Cancel the highest and lowest scores (one each). If a panel consists of 3 judges, there shall be no cancellation.
3. The Elements score is the sum of the 3 remaining scores for each Element, divided by 3 to obtain the average score for each Element, which is then multiplied by the corresponding DD.

4. The Artistic Impression score is the sum of the 3 remaining scores in each score component (Choreography and Musicality, Performance and Transitions).
5. The Final Routine score shall be the sum of the Elements score and the Artistic Impression scores, less any penalty deductions from Appendix L.
  - **Note:** Factoring may be applied. World Aquatics reserves the right to adjust, if necessary.

**FREE ROUTINE SCORING EXAMPLE  
WITH FIVE JUDGES**

Panel 1	1	2	3	4	5	TOT-HILO	AVER	DD	CALC
EL1	7.5	6.75	8.25	7.25	7.0	21.75	7.2500	2.4	17.4000
EL2	7.25	6.75	6.25	6.5	7.5	20.50	6.8333	2.0	13.6667
EL3	6.5	5.25	5.75	6.0	6.25	18.00	6.0000	1.8	10.8000
EL4	8.5	8.25	7.75	8.0	7.25	24.00	8.0000	1.2	9.6000
EL5	6.0	5.5	6.0	5.75	6.25	17.75	5.9167	2.2	13.0167
EL6	6.75	7.75	7.25	8.0	7.5	22.50	7.5000	1.5	11.2500
EL7	8.0	7.75	8.75	7.0	7.5	23.25	7.7500	1.1	8.5250
								Sync Errors	21.6000
								<b>TOTAL</b>	<b>62.6584</b>

Panel 2	1	2	3	4	5	TOT-HILO
C&M	8.00	8.25	8.50	8.75	9.00	25.50
PERF	7.75	7.00	8.75	6.75	8.50	23.25
TRAN	7.50	7.25	9.00	6.25	6.00	21.00
						<b>TOTAL</b>
						<b>69.75</b>

Elements	62.6584
Artistic Impression	69.7500
Penalties	2.0000
Routine Total	130.4084

**OD 5.1.2.4 Calculation of Final Results:**

1. The Final Result is determined by adding the final score of each performed session. If both Preliminary and Final routine sessions are held, the routine score from the Final session shall replace that of the Preliminary session to determine the Final Result.
2. In events that include 1 session – Figures OR Technical routine OR Free routine OR Acrobatic Routine OR Free Combination – the result shall be the score of that session. The result shall be rounded to 3 decimal places using the Rounding Rule and the result placed in the Total Box. For Rounding Rule, see Rule OD 5.1.2.1.
3. In events that include 2 sessions – Figures and Free routine OR Technical routine and Free routine – the results shall be the sum of each session. The result shall be rounded to 3 decimal places using the Rounding Rule and

the result placed in the Total Box. For Rounding Rule, see Rule OD 5.1.2.1.

4. In events that include 3 sessions – Technical routine, Free routine and Acrobatic Routine – the result shall be the sum of each session. The result shall be rounded to 3 decimal places using the Rounding Rule and the result placed in the Total Box. For Rounding Rule, see Rule OD 5.1.2.1.

#### **OD 5.1.2.5 Ties:**

**OD 5.1.2.5.1** In the case of the same Final Result (calculate to 4 decimals) in Solo, Duet, Trio, Team, Acrobatic Routine and Free Combination, a tie shall be declared for the particular place(s). If a decision has to be made to go to Finals or draws, to be qualified, to be promoted/demoted, the following procedure will be used:

1. For all routines:
  - The highest Elements Panel score shall decide.
  - If there is still a tie, the highest Choreography and Musicality score in the Artistic Impression Panel determines the position.
  - If there is still a tie, the highest verified total declared degree of difficulty in the Elements Panel will decide.
2. For events with combined results (Technical, Free and Acrobatic Routines):
  - The highest Free Routine score of the Final Result shall decide.
  - If there is still a tie, the Elements Panel score of the Free Routine determines the position.
  - If there is still a tie, the highest Choreography and Musicality score in the Artistic Impression Panel of the Free routine determines the position.
  - If there is still a tie, the highest Elements Panel score from the Technical Routine shall decide.

#### **OD 5.1.2.6 Did Not Swim (DNS):**

**OD 5.1.2.6.1** DNS is when the Solo, Duet, Trio, Team, Acrobatic Routine or Free Combination was registered to participate in the event but did not report for their designated start time. See Rule CP 5.7.

1. The term DNS may be interchanged with the word “scratch”.
2. DNS results will be displayed at the bottom of the Final results, after all of the other competitors who have an official score.

#### **OD 5.1.2.7 Disqualified (DSQ):**

**OD 5.1.2.7.1** The Event Referee shall disqualify any competitor for any violation of the rules that they personally observe. Refer to Appendix L.

1. The Event Referee may also disqualify any competitor for any violation reported by another authorized official.
2. All disqualifications are subject to the decision of the Event Referee.
3. DSQ results will be displayed at the bottom of the Final results, after all of the other competitors who have an official score.

**OD 5.2 Timing Procedures and Timers:** The Organizing Committee and Sound Center Manager may time routines in 2 different ways. It shall be stated in the Final Meet Announcement which method will be used in that competition. For Routine Competition Penalties, refer to Appendix L.

**Exception:** For Collegiate Dual, Invitational, Regional and other routine competition exceptions, see Rule CO 2.4.5.1. For U.S. Masters Championship exception, see Rules MS 4.3.3 and 4.4.2.

#### **OD 5.2.1 Method 1 - Pre-timed Music:**

**OD 5.2.1.1** The Sound Center Manager shall pre-time all routines before the event begins and prepare a report indicating the overall time for each routine. If the overall time of a routine does not fall within the specified time limits, the Sound Center Manager shall so inform the Event Referee.

#### **OD 5.2.2 Method 2 - Use of Timers:**

**OD 5.2.2.1** In all routine events, there shall be 2 Timers when the Sound Center Manager has not pre-timed the music selections.

**OD 5.2.2.2** The 2 Timers shall check and record the overall time of the routine as well as that of the deck movements.

**OD 5.2.2.3** The official deck and total routine times shall be recorded on the computation sheet. See Rule OD 4.4.3.

1. If the time of 2 watches agree, that time shall be the official time.
2. Should the times of the 2 watches differ, the average time shall be the official time.
3. If the time of the overall routine or the deck movements does not fall within the specified time limits, a Timer shall so inform the Event Referee. For Routine Competition Penalties, refer to Appendix L.

**Exception:** For Collegiate Dual, Invitational, Regional and other routine competition exceptions, see Rule CO 2.4.5.1. For U.S. Masters Championship exception, see Rules MS 4.3.3 and 4.4.2.

**OD 5.3 Clerk-of-Course or Vice Referee:** The Clerk-of-Course or Vice Referee shall obtain the order of draw and ascertain that all competitors are present. Failure of a competitor to report to the Clerk-of-Course or Vice Referee at the starting time shall be reported immediately to the Event Referee.

### **OD 6 OTHER COMPETITION PERSONNEL**

**OD 6.1 Meet Manager:** The Meet Manager shall be responsible for those duties as outlined in the bid application, the Meet Management Guide and as directed by the Vice President Competitive Programs.

#### **OD 6.2 Sound Center Manager:**

**OD 6.2.1** The Sound Center Manager shall be responsible for the securing and properly presenting the accompaniment for each routine.

**OD 6.2.1.1** When pre-timing music, the Sound Center Manager shall be responsible for the timing of the overall routine and for preparing a report indicating the overall time for each routine. The Sound Center Manager shall notify the Event Referee in the event the time does not comply with Rule CP 4.2.2. See Rule OD 5.2.1.

**OD 6.2.1.2** The Sound Center Manager shall play back the recorded music using the settings requested by the competitor (or their appointed representative) for the accompaniment of each routine during the assigned practices and in the competition.

**OD 6.2.1.3** A decibel (sound level) meter shall be used to monitor the sound level and ensure that no listener is exposed to sound levels that exceed the sound level safety tolerances as published by the [U.S. Occupational Safety and Health Administration](#) (OSHA).

#### **OD 6.3 Announcer(s):**

**OD 6.3.1** The Announcer(s) shall make only such announcements as are authorized by the Meet Referee and/or Meet Manager.

**OD 6.3.1.1** In Figure competition, the Announcer shall announce the number of the competitor and the name of the figure to be performed.

**OD 6.3.1.2** In Figure competition, the Announcer shall announce the judges' scores in sequence.

**OD 6.3.1.3** In routine competition in all events, the Announcer shall:

1. State the number of the competitor(s), and may state their name(s) and club affiliation, including location of the club, prior to the competitor(s) performance.
2. After scores have been given, may announce the name(s) and affiliation of the competitor(s).

**OD 6.4 Deck Marshall(s):** The Deck Marshall(s) shall monitor order in the competitive area as directed by the Event Referee.

## **RULE V**

### **NATIONAL TEAM PROGRAM (NT)**

Refer to [USAAS National Team, Olympic Development Program and National Elite Camp Selection Procedures](#) (Appendix E) for National Team Program rules.

## **RULE VI**

### **JUNIOR AND SENIOR HIGH SCHOOL PROGRAMS (HS)**

Each Junior and Senior High School program may set its own rules.

## RULE VII

### COLLEGIATE PROGRAM (CO)

The Technical Rules shall apply to all Collegiate competitions except as noted in this section.

#### CO 1 COLLEGIATE GOVERNANCE

The Collegiate competition is dedicated to the educational value of athletics as part of a larger educational program. Note: Student-Athletes who are not enrolled in an institution with an artistic swimming program may enter U.S. Collegiate competition by meeting the below listed eligibility requirements.

**CO 1.1 Collegiate competition** occurs when a student-athlete:

- CO 1.1.1** Represents an institution in any event against outside competition, regardless of how the competition is classified.
- CO 1.1.2** Participates in any athletic event (including on the club team of an institution that conducts a varsity program in the sport or on an outside Team) that is open only to Collegiate student-athletes or involves individuals or Teams from Collegiate institutions participating in competition to score points for their respective institutions, even when the student-athlete's performance is not included in the scoring of the event, or is considered an "exhibition" or occurs in an "open" event involving non-collegiate competitors that is conducted in conjunction with Collegiate competition.
- CO 1.1.3** Competes in the uniform of the institution or, during the academic year, utilizes any apparel (excluding apparel no longer utilized by the institution) or equipment received from the institution that includes institutional identification.
- CO 1.1.4** Competes and receives expenses (i.e., transportation, meals, room or entry fees) from the institution for the competition.

**CO 1.2 Collegiate Season:**

- CO 1.2.1** The playing season (i.e., practice and competition) is the period between the date of an institution's first officially recognized practice session, and the conclusion of the National Governing Body Championship. An institution is permitted to conduct officially recognized practice and competition each academic year only during the playing season.
- CO 1.2.2** The length of a program's playing season in artistic swimming shall be limited to a 132-day season, which may consist of 2 segments (each consisting of consecutive days) and which may exclude only required days off and official vacation, holiday and final examination periods.
- CO 1.2.3** Each institution is expected to follow current playing and practice season regulations set forth in the [Division I NCAA Manual](#) – Bylaw 17 (Playing and Practice Seasons).

**CO 1.3 Eligibility:**

A program shall not permit a student-athlete to represent it in intercollegiate athletics competition unless the student-athlete meets all applicable eligibility requirements and USAAS has certified the student-athlete's eligibility. Each institution is expected to follow eligibility and amateurism regulations set forth in the [Division I NCAA Manual](#) – Bylaw 12 (Amateurism) and Bylaw 14 (Eligibility).

**Exception to Bylaw 12.8.3.2.1.1:** Student-Athletes representing the National Team of their Federation shall have a maximum of 3 years after their high school graduation date to enroll full time in a collegiate institution. [Enrollment after the 3](#)

year period shall be permitted and will result in the loss of eligible competitive seasons equivalent to the number of years beyond the 3 year grace period.

**CO 1.3.1** Undergraduate student-athletes who meet the one-time transfer rule who are officially enrolled on a full-time basis and who meet their respective institution's National Collegiate Athletic Association ("NCAA") eligibility standards shall be eligible to compete.

**CO 1.3.2** All student-athletes shall complete the Student-Athlete Technical Affidavit 2 times per year. The Technical Affidavit can be found on the USAAS website. In the spring semester, the affidavit must be completed even though there may be no changes.

**CO 1.3.3** Each competing program is required to submit a declaration of playing season, team roster and proof of student-athlete and club registration to the Collegiate Technical Chair no later than January 1st of each year.

**CO 1.3.4** Transfer student-athletes must abide by their institution's governing rules.

**CO 1.3.5** A student-athlete may not represent both a club/organization and a college/university in the same competition.

**CO 1.3.6** **Graduate Student-Athlete/Post Baccalaureate Participation:** A student-athlete may participate in intercollegiate athletics, provided the student-athlete:

- Has eligibility remaining and such participation occurs within the applicable 5 year period set forth in Division I NCAA Manual Bylaws 12.8 and 14.2.2.1.5.
- Is enrolled in a graduate or professional school of the same institution from which they previously received a baccalaureate degree, or;
- Is enrolled and seeking a second baccalaureate or equivalent degree at the same institution, or;
- Has graduated and is continuing as a full-time student-athlete at the same institution while taking course work that would lead to the equivalent of another major or degree as defined and documented by the institution.

**CO 1.3.6.1** **One-Time Transfer Exception:** A graduate student-athlete who is enrolled in a graduate or professional school of an institution other than the institution from which they previously received a baccalaureate degree may participate in intercollegiate athletics if the student-athlete fulfills the conditions of the one-time transfer exception set forth in Division I NCAA Manual Bylaw 14.5.5.2.10 and has eligibility remaining per Division I NCAA Manual Bylaw 12.8.

1. A graduate student-athlete who does not meet the one-time transfer exception due to the restrictions of Division I NCAA Manual Bylaw 14.5.5.2.10-(a) shall qualify for this exception, provided:
  - The student-athlete fulfills the remaining conditions of Division I NCAA Manual Bylaw 14.5.5.2.10;
  - The student-athlete has at least 1 season of competition remaining; and,
  - The student-athlete's previous institution did not renew their athletically related financial aid for the following academic year.

**CO 1.3.7** A Collegiate student-athlete must hold a USAAS membership. To compete outside the Collegiate program the institution must petition the NCAA, or its governing body, for each exception and the student-athlete must hold a USAAS Competitive Athlete membership.

**CO 1.3.8** A student-athlete shall be an amateur, as defined by USAAS, World Aquatics and NCAA.

**CO 1.3.9** Any student-athlete desiring to compete for an institution must be granted permission by the institution to use the school's name.

**CO 1.3.10** In the year in which the World University Games occurs, any Collegiate student-athlete who is within 1 year of eligibility to compete may participate at the U.S. Collegiate Championship and be allowed to enter Solo and the Technical Category A competition without replacing a current Collegiate student-athlete.

**CO1.3.11 International Student-Athlete:** The eligibility of an International Student-Athlete shall be certified through a letter from the athlete's Federation granting the International Student-Athlete permission to participate in U.S. Collegiate artistic swimming. The letter must be maintained in a file at the institution and must be submitted to the Collegiate Technical Chair prior to the International Student-Athlete's first date of competition.

**CO 1.4 Institutional Membership:** The institution shall hold a USAAS membership.

**CO 1.5 Individual Membership:**

**CO 1.5.1** Collegiate student-athletes must hold 1 of 2 types of individual USAAS memberships:

1. Athlete: A student-athlete who competes in local activities, non-qualifying competitions and Collegiate competitions, not including the U.S. Collegiate Championship. Refer to Appendix C.
2. Competitive Athlete: A student-athlete who competes in qualifying competitions and National Championships. Refer to Appendix C.

**CO 1.6 Recruiting:** A member of an institution's athletics staff (or a representative of its athletics interests) shall not contact a prospective student-athlete until July 1 following completion of the student-athlete's sophomore year of high school. Each institution is expected to follow current recruiting regulations set forth in the Division I NCAA Manual – Bylaw 13 (Recruiting).

**CO 1.6.1** Each institution may provide a maximum of 8 full scholarships per year.

**CO 1.7 Coaching Limitation:** Each institution may have a maximum of 1 head coach, 1 assistant coach, 1 volunteer and 1 graduate assistant/volunteer on deck at the same time. Only the head coach and assistant coach may be paid.

## CO 2 COLLEGIATE COMPETITION

**CO 2.1 Types of Competition:**

**CO 2.1.1** Collegiate competitions consist of dual and invitational meets, regional championships and National Championships.

**CO 2.1.2** The Collegiate Regions are the same as the Senior Zones. See Rule CP 1.1.3.

**CO 2.2 Categories for Technical Competition:**

**CO 2.2.1** The Technical Competition shall consist of 4 Technical Categories A, B, C and D which are based on the qualifying average Figure, Solo, Duet or Team Technical routine score. See Rule CO 2.2.3.

1. Category A: 71.000 or higher or National Team student-athlete.
  - For the purpose of this rule, a National Team student-athlete shall be any student-athlete who has competed for their home country's National Team within the last 2 calendar years.
  - International Student-Athletes who have competed for their Federation's Junior or Senior National Teams within the last 2 calendar years and have achieved an average figure score below the Technical Category A minimum (71.000) may request entry into the Technical Category of the corresponding figure or element average from the most recent year by submitting the Student-Athlete Technical Affidavit Form and the video submission process. See Rule CO 2.2.2.
2. Category B: 64.000 to 70.999.

3. Category C: 52.000 to 63.999.
4. Category D: 51.999 or lower.

**CO 2.2.2 Process for Placement in Technical Categories for First-Year Student-Athletes:**

1. All first-year student-athletes shall submit a video performing the elements or figures from their intended Technical Category on the Student-Athlete Technical Affidavit Form.
  - Videos will be reviewed and scored by a panel of judges selected by the Collegiate Committee and the scores shall be returned to the Collegiate Technical Chair.
  - The Collegiate Committee shall approve first-year student-athlete category placement prior to entry into Technical competitions.

**Exception:** Student-Athletes with no prior competitive experience in Artistic Swimming shall be exempt from the video submission requirement.

**CO 2.2.3 Movement Between Technical Categories:**

1. Student-Athletes shall move into 1 of the 4 Technical Categories on the basis of their qualifying average Figure, Solo, Duet or Team Technical routine score from their most recent competitive season.
  - If a Figure score is not available, then a Solo Technical routine score shall be used.
  - If a Solo Technical routine score is not available, then a Duet Technical routine score shall be used.
  - If a Duet Technical routine score is not available, then a Team Technical routine score shall be used.

The Student-Athlete Technical Affidavit Form shall provide the qualifying average score for placement in a Technical Category.

**Exception:** For International Student-Athlete exception, see Rule CO 1.3.11.

2. The student-athlete's average Technical score from each season of Collegiate competition will determine the Technical Category for the remaining seasons of Collegiate competition. After each competitive season, the student-athlete shall be permitted to move up to a higher Technical Category between seasons. Once the student-athlete moves up, they shall remain in the Technical Category (or higher) for the remainder of the student-athlete's Collegiate career.
3. The student-athlete shall compete in the Technical Category designated by the average Technical score of the Technical Affidavit for every Collegiate competition within the season.

**CO 2.3 Technical Competition:**

**CO 2.3.1 Category A** shall be a compulsory routine with 4 of the Solo Technical Required Elements A. This routine shall be used for all Collegiate competitions that year. Refer to Appendix L.

**CO 2.3.2 Category B** shall be a compulsory routine with 4 of the Team Technical Required Elements B. This routine shall be used for all Collegiate competitions that year. Refer to Appendix L.

**CO 2.3.3 Category C** shall be the Collegiate Technical Category C Figures as listed in Figure Rule II.G and shall rotate through the figure selection groups per the Collegiate chart in Figure Rule II.F. This group shall be used for all Collegiate competitions that year.

**CO 2.3.4 Category D** shall be the Collegiate Technical Category D Figures as listed in Figure Rule II.H and shall rotate through the figure selection groups per the Collegiate chart in Figure Rule II.F. This group shall be used for all Collegiate competitions that year.

**CO 2.3.5** For each Dual, Invitational and Regional competition, each institution may count a maximum of 4 Technical Categories but must count a minimum of 1 category.

**CO 2.3.6** All student-athletes must enter 1 of the Technical Categories in each competition. Institutions who provide false or misleading information are subject to having all entries in the Technical Category in question disqualified or allowed only as Exhibition. For Resolution of Protests, see Rule TR 3.

**Exception:** Entry is optional for student-athletes whose previous season scores qualify entry into the Technical Category A.

**CO 2.3.7 Application of Penalties:** Refer to Appendix L, Collegiate Chart for procedures for Technical Category A and B and Rules OD 4.6.1.2-3 for application of Figure Competition Penalties for all Technical Categories.

#### **CO 2.4 Routine Competition:**

**CO 2.4.1** The competition shall consist of Solo, Men Solo (Honorary only), Duet, Mixed Duet (Honorary only), Trio and Team events.

**CO 2.4.2** For each Dual, Invitational and Regional competition, an institution may select a maximum of 7 events to receive placement points. Those 7 events must include at least 1 of the Technical Categories A, B, C or D.

1. No more than 2 routines in each event.
2. Additional routines as Exhibition.

**CO 2.4.3 Number of Events:** Each student-athlete may compete in no more than 3 different routine events, including Exhibition routines, in each competition.

**Exception:** In the Regional Championships, a student-athlete may enter a maximum of 4 events, one of which shall be an Exhibition routine.

**CO 2.4.4 Reserves:** One reserve may be listed for a Duet and Trio and 2 reserves for a Team. If the reserve swims, the event shall be counted as 1 of the 3 permitted for that student-athlete.

**CO 2.4.5 Time requirements** for routines shall comply with USAAS Rules:

1. For Dual, Invitational, Regional and other routine competitions, there shall be an allowance of 5 seconds plus the allotted time limit. There shall be no minimum time limit.
2. For the U.S. Collegiate Championship, time limits shall comply with those used at the U.S. National Championship:

Events	Minutes
Solo/Men Solo	2:15
Duet/Mixed Duet/Trio	2:45
Team	3:30

3. For the U.S. Collegiate Championship, there shall be an allowance of 5 seconds plus or minus the allotted time limit.

**CO 2.4.6** Timing procedures shall comply with USAAS Rules.

### **CO 3 COLLEGIATE SCORING**

#### **CO 3.1 Methods of Scoring:**

**CO 3.1.1 Technical Competition:** Scores shall be computed according to USAAS Rules.

##### 1. Participation:

- Each student-athlete shall swim the Technical competition.

**Exception:** Entry is optional for student-athletes whose previous season scores qualify entry into the Technical Category A.

- Each student-athlete in the Technical competition shall be eligible for awards regardless if the institution has declared the Technical competition for Overall Institution Awards. See Rule CO 5.1.1.

## 2. Institution Averaging:

- For Technical Category A, only the top student-athlete score from each declared institution shall determine which place the institution receives for Overall Institution Awards.
- The average of the student-athlete's Technical Category B, C and D scores from each institution shall determine which place the institution receives in each declared Technical Category for Overall institution Awards.

### **CO 3.1.2 Routine Competition:**

**CO 3.1.2.1** Routines shall be computed according to USAAS Rules.

**CO 3.1.2.2** Technical competition scores shall not be added to routine scores.

### **CO 3.2 Scoring Systems:**

**CO 3.2.1 Collegiate Competition and Overall Institution Awards:** The following scoring system is used for any Collegiate competition as well as determining the Overall Institution Awards at the U.S. Collegiate Championship.

Place	1	2	3	4	5	6	7	8	9	10	11	12
Event												
Cat. A	12	11	10	9	8.5	8	7.5	7	6.5	6	5.5	5
Cat. B	10	9	8	7	6.5	6	5.5	5	4.5	4	3.5	3
Cat. C	8	7	6	5	4.5	4	3.5	3	2.5	2	1.5	1
Cat. D	6.5	6	5.5	4.5	4	3.5	3	2.5	2	1.5	1	0.5
Trio	16	14	12	11	10	9	8	7	6	5	4	3
Duet	15	13	11	10	9	8	7	6	5	4	3	2
Solo	14	12	10	9	8	7	6	5	4	3	2	1
Team	18	16	14	13	12	11	10	9	8	7	6	5

**CO 3.2.2 USAAS Collegiate All-America Team Awards and Individual High Point Trophy:** The following scoring system is used for the Technical Category A competition for the USAAS Collegiate All-America Team Awards and the Individual High Point Trophy at the U.S. Collegiate Championship. Routine scoring will follow CO 3.2.1.

Place	1	2	3	4	5	6	7	8	9	10
Points	25	22	20	18	16	15	14	13	12	11
Place	11	12	13	14	15	16	17	18	19	20
Points	10	9	8	7	6	5	4	3	2	1

**CO 3.2.3 USAAS All-Collegiate Awards:** The following scoring system is used for the Technical Category B competition for the USAAS All-Collegiate Awards at the U.S. Collegiate Championship. Routine scoring will follow CO 3.2.1.

Place	1	2	3	4	5	6	7	8	9	10
Points	15	12	10	8	6	5	4	3	2	1

**CO 3.2.4 USAAS Collegiate Novice Awards:** The following scoring system is used for the Technical Category D competition for the USAAS Collegiate Novice Awards at the U.S. Collegiate Championship. Routine scoring will follow CO 3.2.1.

Place	1	2	3	4	5	6	7	8	9	10
Points	15	12	10	8	6	5	4	3	2	1

## CO 4 THE U.S. COLLEGIATE CHAMPIONSHIP

### CO 4.1 Institution Qualification:

**CO 4.1.1** To attend the U.S. Collegiate Championship, a Collegiate club shall have competed in a minimum of 3 separate dates of competitions, 2 of which shall be Collegiate competitions. One must be the Regional Championship.

**CO 4.1.2** To attend the U.S. Collegiate Championship, a Varsity program shall have competed in a minimum of 6 separate dates of competitions, 2 of which shall be Collegiate competitions. One must be the Regional Championship.

**CO 4.1.3 Placement in the most recent U.S. Collegiate Championship:**

1. Student-Athletes placing 1-12 in each event shall qualify for the next U.S. Collegiate Championship. A routine already qualified through this method shall be excluded from the Region's top 12 qualifiers.
2. The USAAS 50% rule shall apply.

**CO 4.1.4 Placement attained in the Collegiate Regional Championships:**

1. Student-Athletes placing in the top 12 in each routine event shall qualify.
2. Exhibition routines shall qualify by earning a routine score equal to or higher than the 12th place official routine score in that event.

**CO 4.2 Squad Size:** An institution may bring no more than 20 student-athletes to the U.S. Collegiate Championship.

**CO 4.3 Event Declaration for the U.S. Collegiate Championship:**

**CO 4.3.1** A coach may enter student-athletes into any number of events by submitting the required entry forms.

**CO 4.3.2** No less than 2 hours prior to the first coaches meeting (the day before the first event), the coach must scratch the student-athlete from events which are beyond the maximum number of events for that student-athlete.

**CO 4.3.3** These changes must be presented in writing to the designated Scoring Chair.

**CO 4.4 Entry Rules:** An institution may select a maximum of 7 events to receive placement points for the Overall Institution Awards. See Rule CO 5.1.3. Those 7 events must include at least 1 of the Technical Categories A, B, C or D.

**CO 4.5 Eligibility:** Student-Athletes must have participated in a majority of their institution's Collegiate season and have their eligibility certified by an affidavit signed by their institution and athletic department.

**CO 4.5.1 Definition of participation in majority of the season:** Student-Athletes actively taking part in the majority of the squad practices and competing in the majority of competitions.

#### **CO 4.6 Rule Changes:**

- CO 4.6.1** All proposed amendments to these rules shall be discussed at the U.S. Collegiate Championship.
- CO 4.6.2** Any rule changes approved by the Collegiate coaches present shall be submitted to the USAAS Collegiate Committee for adoption in the subsequent year.
- CO 4.6.3** No rules voted upon for change at the U.S. Collegiate Championship shall be in effect for that competition. Rules will be added and finalized at the Annual Meeting of the Corporation in that same year.

### **CO 5 AWARDS FOR THE U.S. COLLEGIATE CHAMPIONSHIP**

#### **CO 5.1 Competition Awards:**

- CO 5.1.1 Technical Awards:** Medals shall be awarded to places 1-3 and ribbons shall be awarded to places 4-12 in Technical Categories A, B, C and D, regardless of the Overall Institution Awards Technical Competition declaration made by any institution. See Rule CO 4.4.

#### **CO 5.1.2 Routine Awards:**

- 1. Medals shall be awarded to places 1-3 for each event.
- 2. Ribbons shall be awarded to places 4-12 for each event.

- CO 5.1.3 Overall Institution Awards:** Places shall be awarded by total points accumulated using the Overall Institution Awards Scoring System. See Rule CO 3.2.1. It is suggested that trophies be awarded to places 1 to 3 and plaques be awarded to places 4 through 6.

#### **CO 5.2 Other:**

- CO 5.2.1 Individual High Point Trophy:** The award will be presented to the student-athlete who accumulates the highest point total, regardless of U.S. Citizenship, using the USAAS Collegiate All-America Team Scoring System from the results of the U.S. Collegiate Championship. For the USAAS Collegiate All-America Team Scoring System, see Rule CO 3.2.2.

- CO 5.2.2 USAAS Collegiate All-America Team Awards:** Using the USAAS Collegiate All-America Team Scoring System, student-athletes shall receive points based upon the rank order of finish in all routine entries counting toward the Overall Institution Award at the U.S. Collegiate Championship. Exhibition routine entries are excluded. For the USAAS Collegiate All-America Team Scoring System, see Rule CO 3.2.2. Only those student-athletes whose previous season scores qualify entry in the Technical Category A competition are eligible to be considered for the USAAS Collegiate All-America Team Awards.

- 1. Only Technical Category A shall count for placement points. Exhibition Technical entries or student-athletes whose previous season scores qualified for placement into Technical Category A and did not compete in Technical Category A will be eligible but are excluded from points in that category.
- 2. The top 14 student-athletes (excluding non-U.S. Citizens) shall receive USAAS Collegiate All-America Team Awards. Non-U.S. Citizens shall be listed as honorary and given honorary USAAS Collegiate All-America Team Awards for their placement in the top 14.
- 3. The USAAS Collegiate All-America Team Awards shall be announced on the USAAS website within a week of completion of the U.S. Collegiate Championship.

- CO 5.2.3 USAAS All-Collegiate Awards:** Using the USAAS All-Collegiate Scoring System, student-athletes shall receive points based upon rank order of finish in all routine entries counting toward the Overall Institution Award at the U.S. Collegiate Championship. Exhibition routine entries are excluded. For the USAAS All-Collegiate Scoring System, see Rule CO 3.2.3.

1. Only Technical Categories A and B shall count for placement points. Exhibition Technical entries or student-athletes whose previous season scores qualified for placement into Technical Category A and did not compete in Technical Category A will be eligible but are excluded from points in that category.
2. The top 3 student-athletes, regardless of U.S. Citizenship, will be named in each of the following categories:

Varsity Division I

Varsity Division II and NAIA

Varsity Division III

Club

3. The USAAS All-Collegiate Awards shall be announced on the USAAS website within a week of completion of the U.S. Collegiate Championship.

**CO 5.2.4 USAAS Collegiate Novice Awards:** Using the USAAS Collegiate Novice Award Scoring System, student-athletes shall receive points based upon rank order of finish in all routine entries counting toward the Overall Institution Award at the U.S. Collegiate Championship. Exhibition routine entries are excluded. For the USAAS Collegiate Novice Award Scoring System, see Rule CO 3.2.4. Only those student-athletes entered in the Technical Category D competition are eligible to be considered for the USAAS Collegiate Novice Awards.

1. Only Technical Category D shall count for placement points. Exhibition Technical entries will be eligible but are excluded from points in that category.
2. The top 10 student-athletes, regardless of U.S. Citizenship, shall receive USAAS Collegiate Novice Awards.
3. The USAAS Collegiate Novice Awards shall be announced on the USAAS website within a week of completion of the U.S. Collegiate Championship.

**CO 5.2.5 Collegiate Outstanding Swimmer of the Year:** To be awarded regardless of U.S. Citizenship and based equally on athletics, academics and community service. Awarded following the U.S. Collegiate Championship by a vote of 1 coach from each institution and 1 Athletes Representative from each Region. This award shall be administered by the U.S. Collegiate Championship Meet Manager.

**CO 5.2.6 USAAS Collegiate Academic Award:** A certificate of recognition shall be awarded to all student-athletes, regardless of U.S. Citizenship, who have a cumulative grade point average of 3.25 or higher (on a 4-point scale) and who participate in the U.S. Collegiate Championship. A certificate will be given to each student-athlete earning an award but only the names of the student-athletes who achieve a 4.0 GPA will be announced.

## CO 6 SANCTIONS

**CO 6.1** All Collegiate competitions, including developmental competitions, shall be sanctioned by USAAS.

## RULE VIII

### MASTERS PROGRAM (MS)

The Technical Rules shall apply to all Masters competitions except as noted in this section.

#### MS 1 MASTERS

**MS 1.1 Masters Artistic Swimming** is open to all competitors 20 years of age or older. Those competitors registered for Masters Artistic Swimming competitions may participate in non-USAAS aquatic activities, competitions, exhibitions, demonstrations, etc., without jeopardy to their eligibility to participate in Masters Artistic Swimming competitions.

**Exception:** For Duet, Trio, Team and Free Combination average age exception, see Rule MS 4.1.3.2.

#### MS 2 EVENTS

**MS 2.1** Figure competition

**MS 2.2** Solo, Duet, Trio and Team Technical routines. See Rule CP 3.1.1.

**MS 2.3** Solo, Duet, Trio and Team Free routines. See Rule CP 3.1.1.

**MS 2.4** Free Combination. See Rule CP 3.1.1.

**MS 2.4.1** A Free Combination may consist of registered competitors from 2 or more U.S. clubs. The name of a multiple club entry must not reflect a particular club.

1. In addition to the standard entry forms required for the competition, the coach of a multiple club entry must submit a Release Form(s) for each competitor in the event to the USAAS National Office, the Meet Manager and the Scoring Chair. The Release Form(s) must be signed by the club coach of each competitor.

**MS 2.5 Number of Events:** Each competitor may compete in an unlimited number of events in each U.S. Masters Championship.

#### MS 3 FIGURE COMPETITION

**MS 3.1** The Figure Groups for each Figure Competition Division shall be found in Figure Rule II.I.

**MS 3.2 Figure Competition Divisions:** Competitors shall participate in 2 age divisions (20-44, 45 & over) in the following Figure Competition Divisions: A, B or C.

**MS 3.3 Swimwear:** The use of accessory equipment, goggles or additional clothing is permitted at competitions. Nose clips may be worn.

**MS 3.3.1** All competitors shall wear a plain, one-piece black suit and plain white swim cap, devoid of club and National Team emblems. Goggles and nose clips may be worn.

**MS 3.3.2** Jewelry is allowed, with the exception of dangling jewelry. Competitors must remove all dangling jewelry prior to the start of the event.

**MS 3.3.3** In the event that the Panel Referee observes that the competitor(s) does not conform, the competitor will not be permitted to compete until in conformance.

#### MS 4 ROUTINE COMPETITION

**MS 4.1 Routine Age Divisions:** Competitors shall compete in the following age divisions per event.

**MS 4.1.1 Women Solo, Women Duet, Mixed Duet, Trio:**

1. Master: 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-89, etc. (as high as necessary to accommodate all age entries).

**MS 4.1.2 Men Solo, Men Duet, Gender Inclusive Solo and Duet, Team, Free Combination:**

1. Master: 20-34, 35-49, 50-64, 65-79, 80 & older.

**MS 4.1.3** The Routine Age Division for each routine entry is determined by averaging the ages of the competitors. The average age of the competitors in a routine shall be determined by adding the ages of the actual competitors (not including the reserves), dividing by the number of competitors (not including the reserves) and dropping any resulting fraction or decimal. (For example, if the average age of the Team is 49.833, the Team would compete in the 35-49 age division).

**MS 4.1.3.1** If a reserve is used in a routine, the average age of the competitors actually swimming must remain in the same age division, as originally entered.

**MS 4.1.3.2** Competitors who are 18 or 19 years of age may compete in a Duet, Trio, Team or Free Combination routine event as long as the average age of the routine is not less than 20.

**MS 4.2 Swimwear:** The use of accessory equipment, goggles or additional clothing is permitted at competitions. Nose clips may be worn.

**MS 4.2.1** Jewelry is allowed, with the exception of dangling jewelry. Competitors must remove all dangling jewelry, or dangling items from headpieces or swimwear prior to the start of the event.

**MS 4.2.2** In the event that the Event Referee observes or is informed by the Event Vice Referee that the competitor(s) does not conform, the competitor will not be permitted to compete until in conformance.

**MS 4.3 Technical Routine Competition:** Technical routine competition shall consist of Solo, Duet, Trio and Team routines. All Technical routine events shall be Final events.

**MS 4.3.1 The Technical Routine Requirements** for Solo, Duet, Trio and Team shall be found in Appendix L.

**MS 4.3.1.1** Supplementary elements may be added.

**MS 4.3.1.2** Unless otherwise specified in the description of an element:

1. All figures or components thereof shall be executed according to the requirements described in Appendix L.
2. All elements shall be executed high and controlled, in uniform motion with each section clearly defined.
3. Time limits as specified in MS 4.3.2

**MS 4.3.2 Technical Routine Time Limits, including 10 seconds for Deck Movements:**

Events	Minutes
Solo	2:00
Duet/Trio	2:20
Team	2.50

**MS 4.3.3** There shall be an allowance of 5 seconds plus the allotted time limit, but there shall be no minimum time limit. For Time Allowances for Walk-On and Deck Movements, see Rules CP 4.2.2.6.2 and 4.2.2.6.3.

**MS 4.4 Free Routine Competition:** Free routine competition shall consist of Solo, Duet, Trio, Team and Free Combination routines. All Free routine events shall be Final events.

**MS 4.4.1 Free Routine Time Limits, including 10 seconds for Deck Movements:**

Events	Minutes
Solo	2:15

Duet/Trio	2:45
Team	3:30
Free Combination	4:00

**MS 4.4.2** There shall be an allowance of 5 seconds plus the allotted time limit, but there shall be no minimum time limit. For Time Allowances for Walk-On and Deck Movements, see Rules CP 4.2.2.6.2 and 4.2.2.6.3.

## **MS 5 JUDGING AND SCORING**

**MS 5.1** Figures, Technical routines, Free routines and Free Combination shall be scored as separate events.

**MS 5.2** Figure Competition: Figure competition shall be judged and scored according to OD 2.6.1 and OD 5.1.2.1 and OD 5.1.2.2, respectively.

**MS 5.3 Routine Competition Method of Judging:**

**MS 5.3.1** For Masters Technical routines, each judge shall award score(s) from 0-10, with one-tenth point increments.

- Execution judges shall award 1 score for Execution and Synchronization of all movements that do not have an assigned degree of difficulty. The Execution score shall be weighted 30% of the Total Score.

	Solo	Duet/Trio	Team
EXECUTION – the level of excellence in performing highly specialized skills. Execution of all movements that do not have an assigned degree of difficulty.	90%	50%	50%
SYNCHRONIZATION – Synchronization of all movements that do not have an assigned degree of difficulty. The precision of movements in unison, one with the other, and the accompaniment above, at and below the surface. Synchronization of timing of one with another and with the music.	10%	50%	50%

- Impression judges shall award 1 score for Difficulty, Choreography, Music Interpretation and Manner of Presentation. The Impression score shall be weighted 30% of the Total Score.

	Solo	Duet/Trio	Team
DIFFICULTY – the quality of being hard to achieve. Difficulty of all movements that do not have an assigned degree of difficulty and synchronization.	50%	50%	50%
CHOREOGRAPHY – the creative skill of composing a routine that combines artistic and technical elements. The design and weaving together of variety and creativity of all movements.	50%	50%	50%
MUSIC INTERPRETATION – expressing the mood of the music, use of the music's structure.			

MANNER OF PRESENTATION – the manner in which the competitor(s) present(s) the routine to the viewers. The total command of the performance of the routine.			
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3. Elements judges shall award individual scores for the execution and synchronization of each required element with an assigned degree of difficulty. The Elements score shall be weighted 40% of the Total Score.

	Solo	Duet/Trio	Team
EXECUTION – the level of excellence in performing highly specialized skills. Execution of each required element with an assigned degree of difficulty.	90%	50%	50%
SYNCHRONIZATION – Synchronization of each required element with an assigned degree of difficulty. The precision of movements in unison, one with the other, and the accompaniment above, at and below the surface. Synchronization of timing of one with another and with the music.	10%	50%	50%

**MS 5.3.2 For Masters Free Routines and Free Combination, each judge shall award 1 score from 0-10, with one-tenth point increments.**

1. Execution judges shall award 1 score for Execution and Synchronization. The Execution score shall be weighted 30% of the Total Score.

	Solo	Duet/Trio	Team/Free Combination
EXECUTION – the level of excellence in performing highly specialized skills. Execution of all movements.	90%	50%	50%
SYNCHRONIZATION – the precision of movements in unison, one with the other, and the accompaniment above, at and below the surface. Synchronization of timing of one with another and with the music.	10%	50%	50%

2. Artistic Impression judges shall award 1 score for Choreography, Music Interpretation and Manner of Presentation. The Artistic Impression score shall be weighted 40% of the Total Score.

	Solo	Duet/Trio	Team/Free Combination
CHOREOGRAPHY – the creative skill of composing a routine that combines artistic and technical elements. The design and weaving together of variety and creativity of all movements.			
MUSIC INTERPRETATION – expressing the mood of the music, use of the music's structure.	100%	100%	100%
MANNER OF PRESENTATION – the manner in which the competitor(s) present(s) the routine to the viewers. The total command of the performance of the routine.			

3. Difficulty judges shall award a score for Difficulty. The Difficulty score shall be weighted 30% of the Total Score.

	Solo	Duet/Trio	Team/Free Combination
DIFFICULTY – the quality of being hard to achieve. Difficulty of all movements and of synchronization.	100%	100%	100%

### MS 5.3.3 Routine Scoring:

<u>Perfect</u>	<u>10.0</u>
<u>Near Perfect</u>	<u>9.5 to 9.9</u>
<u>Excellent</u>	<u>9.0 to 9.4</u>
<u>Very Good</u>	<u>8.0 to 8.9</u>
<u>Good</u>	<u>7.0 to 7.9</u>
<u>Competent</u>	<u>6.0 to 6.9</u>
<u>Satisfactory</u>	<u>5.0 to 5.9</u>
<u>Deficient</u>	<u>4.0 to 4.9</u>
<u>Weak</u>	<u>3.0 to 3.9</u>
<u>Very Weak</u>	<u>2.0 to 2.9</u>
<u>Hardly Recognizable</u>	<u>0.1 to 1.9</u>
<u>Completely Failed</u>	<u>0</u>

### MS 5.4 Masters Routine Competition Methods of Scoring:

#### MS 5.4.1 Rounding Rule: Refer to Rule OD 5.1.2.1 for all computations.

#### MS 5.4.2 Masters Technical Routine Competition:

##### MS 5.4.2.1 For each panel of the Technical routine (Execution, Impression and Elements), the score shall be calculated as follows for each category:

1. If 1 or more judge(s) on the Elements panel has entered a zero (0) for any element or portion of an element, the Event Referee will review the official video. If the required element has been executed correctly, then the average of the scores of the other remaining judges shall be computed and shall be considered as the missing score(s). This shall be calculated to the nearest 0.1 point.

- If the required element has not been performed correctly, the Event Referee shall instruct the scorers to record zeros (0) for that element for each judge.

2. If 1 or more judge(s), by reason of illness or other unforeseen circumstances, has given no score for a routine, the average of the scores of the other remaining judges shall be computed and shall be considered as the missing score(s). This shall be calculated to the nearest 0.1 point.
3. If a panel consists of 3, 4 or 5 judges, the highest and the lowest scores for each panel or required element with an assigned degree of difficulty are cancelled (one high, one low). If a panel consists of 4 judges, determine a fifth score by taking the average of the 4 scores and round to the nearest 0.1 point. Cancel the highest and lowest scores (one each). If a panel consists of 3 judges, no scores are cancelled.
4. The Execution score is the sum of the remaining scores in the category, divided by the number of judges less 2 and multiplied by 3.
5. The Impression score is the sum of the remaining scores in the category, divided by the number of judges less 2 and multiplied by 3.
6. The Elements score is the sum of the remaining scores in the category, divided by the number of judges less 2. The result is multiplied by the degree of difficulty for that element. The sum of the Elements scores shall be divided by the total degree of difficulty for the required elements and multiplied by 10. This result is multiplied by 4.
7. The Technical routine score shall be the sum of the Execution score (30%), the Impression score (30%) and the Elements score (40%), less any penalty deductions from Appendix L.

#### TECHNICAL ROUTINE EXAMPLE WITH FIVE JUDGES

	WT	1	2	3	4	5	TOT- HILLO	AVER	CALC		
EXEC	30%	8.5	8.7	8.6	8.8	8.6	25.9	8.6333	25.9000	<b>25.9000</b>	30%
IMPR	30%	8.6	8.3	8.8	8.4	8.4	25.4	8.4667	25.4000	<b>25.4000</b>	30%
ELEM	DD										
#1	2.3	8.1	7.9	8.1	7.8	8.2	24.1	8.0333	18.4767		
#2	2.9	8.4	8.5	8.8	8.6	8.6	25.7	8.5667	24.8433		
#3	1.7	8.6	8.4	8.7	8.5	8.8	25.8	8.6000	14.6200		
#4	2.7	8.5	8.3	8.5	8.4	8.4	25.3	8.4333	22.7700		
#5	2.5	8.6	8.7	8.9	8.5	8.3	25.8	8.6000	21.5000		
SUM DD	12.1							RAW TOTAL	102.2100		
								Divide by 12.1x10	84.4711	<b>33.7884</b>	40%
								TOTAL	<b>85.0884</b>		

#### **MS 5.4.3 Masters Free Routine and Free Combination Routine Competition:**

**MS 5.4.3.1** For each panel of the Free routine and Free Combination (Execution, Artistic Impression and Difficulty), the score shall be calculated as follows for each category:

1. If 1 or more judge(s), by reason of illness or other unforeseen circumstances, has given no score for a routine, the average of the scores of the other remaining judges shall be computed and shall be considered as the missing score. This shall be calculated to the nearest 0.1 point.

2. If a panel consists of 3, 4, or 5 judges, the highest and the lowest scores for each panel are cancelled (one high, one low). If a panel consists of 4 judges, determine a fifth score by taking the average of the 4 scores and round to the nearest 0.1 point. Cancel the highest and lowest scores (one each). If a panel consists of 3 judges, no scores are cancelled.
3. The Execution score is the sum of the remaining scores in the category, divided by the number of judges less 2 and multiplied by 3.
4. The Artistic Impression score is the sum of the remaining scores in the category, divided by the number of judges less 2 and multiplied by 4.
5. The Difficulty score is the sum of the remaining scores in the category, divided by the number of judges less 2 and multiplied by 3.
6. The Final routine score shall be the sum of the Execution score (30%), the Artistic Impression score (40%) and the Difficulty score (30%), less any penalty deductions from Appendix L.

#### **FREE ROUTINE SCORING EXAMPLE WITH FIVE JUDGES**

	WT	1	2	3	4	5	TOT-HLLO	AVER	CALC	
EXEC	30	8.6	8.3	8.7	8.5	8.5	25.6	8.5333	<b>25.6000</b>	30%
AI	40	8.4	8.5	8.5	8.6	8.3	25.4	8.4667	<b>33.8667</b>	40%
DIFF	30	8.2	8.3	8.5	8.4	8.4	25.1	8.3667	<b>25.1000</b>	30%
									<b>TOTAL</b>	<b>84.5667</b>

#### **MS 5.4.4 Ties:** Refer to OD 5.1.2.5.

#### **MS 6 APPLICATION OF PENALTIES**

##### **MS 6.1 Figure Competition:** Refer to OD 4.6.1.1 and OD 4.6.1.3.

##### **MS 6.2 Routine Competition:** Refer to Appendix L, Masters Chart.

#### **MS 7 AWARDS**

**MS 7.1 Figure Awards:** Medals shall be awarded to places 1-3 and ribbons shall be awarded to places 4-8 in all Figure Competition Divisions listed in Rule MS 3.2.

**MS 7.2 Routine Awards:** Medals shall be awarded to places 1-3 and ribbons shall be awarded to places 4-8 in all Routine Age Divisions listed in Rule MS 4.1.1-2.

**MS 7.3 High Point Team Awards** for the U.S. Masters Championship shall be awarded by total points accumulated as per scoring system for Team trophies. See Rule CP 7.4. A trophy shall be awarded to first place and plaques to second and third place.

#### **MS 8 U.S. MASTERS CHAMPIONSHIP**

**MS 8.1** The starting age divisions for events at the U.S. Masters Championship will be noted in the Meet Announcement and will be rotated annually.

#### **MS 9 INTERNATIONAL COMPETITIONS:**

**MS 9.1** Participation in international Masters competitions is provided through the Club Option Program. Refer to the following policies for further information:

**MS 9.1.1** Administrative Rules, Article 25, Section 25.05 for Travel Permits.

**MS 9.1.2** [USAAS Club Option and Private Invitation Procedures](#) (Appendix F).

## **RULE IX**

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

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 1 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 1 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. See Rule CP 3.1.1.

**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, 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, 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.E.

## **AD 4 ROUTINE COMPETITION**

### **AD 4.1 Free Routines:**

**AD 4.1.1** The competition shall consist of Solo, 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/Trio</b>	<b>Team</b>
Tier 1	1:00	1:00	1:00
Tier 2	1:00	1:00	1:00
Tier 3	1:45	2:15	2:30
Tier 4	2:00	2:30	3:00
Tier 5	2:15	2:45	3:15
Tier 6	2:15	2:45	3:30

**AD 4.1.3** There shall be an allowance of 5 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 Rule CP 4.2.2.6.2).

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 Rule CP 4.2.2.6.3.

## **AD 5 JUDGING AND SCORING**

**AD 5.1** **Figure Competition:** Figure competition shall be judged and scored according to OD 2.6.1 and OD 5.1.2.1 and OD 5.1.2.2, respectively.

**AD 5.2** **Routine Competition:** Routine events shall be judged and scored according to Rule MS 5.3-4.

**AD 5.3** The routine figure average shall be computed using the figure score of the competitors who actually swam in the routine.

**AD 5.4** The average Figure score shall be added to the Free routine score to determine the Final score for placement in the category.

## **AD 6 APPLICATION OF PENALTIES**

**AD 6.1** **Figure Competition:** Penalties shall not apply.

**AD 6.2** **Routine Competition:** Refer to Appendix L, Athletes with Disabilities Chart.

## **RULE X** **STATE GAMES (SG)**

Each state may set its own rules for State Games.

## PART FOUR

### FIGURE RULES

(Draft 2025 - Red Text is New, Awaiting New Diagrams)

#### RULE I

##### A. ALPHABETICAL INDEX OF FIGURES

Figure Group Number	Difficulty	Figure Group Number	Difficulty
<b>413</b> <b>Alba</b>	<b>2.7</b>	305j . . . . , combined spin (360°+360°)	3.1
<b>240</b> <b>Albatross</b>	<b>2.2</b>	<b>306</b> <b>Barracuda, Bent Knee</b>	<b>1.7</b>
240a . . . . , half twist	2.2	306d . . . . , spinning 180°	1.8
240b . . . . , full twist	2.3	306e . . . . , spinning 360°	1.9
240c . . . . , twirl	2.3	<b>380</b> <b>Barracuda, Front Pike</b>	
240d . . . . , spinning 180°	1.9	<b>Somersault</b>	<b>2.2</b>
240e . . . . , spinning 360°	<b>2.0</b>	380c . . . . , twirl	2.8
240h . . . . , spin up 180°	<b>2.4</b>	380d . . . . , spinning 180°	2.3
240i . . . . , spin up 360°	<b>2.5</b>	380e . . . . , spinning 360°	2.4
240j . . . . , combined spin (360°+360°)	<b>2.6</b>	380f . . . . , continuous spin (720°)	2.9
<b>340</b> <b>Angelfish</b>	<b>2.5</b>	380h . . . . , spin up 180°	2.7
<b>423</b> <b>Ariana</b>	<b>2.5</b>	380i . . . . , spin up 360°	2.8
<b>330</b> <b>Aurora</b>	<b>2.3</b>	380j . . . . , combined spin (360°+360°)	3.0
330a . . . . , half twist	2.7	<b>349</b> <b>Beluga</b>	<b>2.1</b>
330c . . . . , twirl	2.8	<b>100</b> <b>Bent Knee, Alternate</b>	<b>1.1</b>
330d . . . . , spinning 180°	<b>2.3</b>	<b>302</b> <b>Blossom</b>	<b>1.4</b>
330e . . . . , spinning 360°	2.4	<b>343</b> <b>Butterfly</b>	<b>2.5</b>
330f . . . . , continuous spin (720°)	<b>2.7</b>	<b>116</b> <b>Catalarc</b>	<b>2.9</b>
330g . . . . , twist spin	2.9	<b>117</b> <b>Catalarc, Open 180°</b>	<b>3.0</b>
<b>331</b> <b>Aurora, Open 180°</b>	<b>3.0</b>	<b>115</b> <b>Catalina</b>	<b>2.3</b>
<b>332</b> <b>Aurora, Open 360°</b>	<b>3.1</b>	115a . . . . , half twist	2.7
<b>327</b> <b>Ballerina</b>	<b>1.8</b>	115b . . . . , full twist	2.9
<b>110</b> <b>Ballet Leg, Double</b>	<b>1.6</b>	115c . . . . , twirl	2.8
<b>101</b> <b>Ballet Leg, Single</b>	<b>1.6</b>	115d . . . . , spinning 180°	2.4
<b>106</b> <b>Ballet Leg, Straight</b>	<b>1.6</b>	115e . . . . , spinning 360°	2.4
<b>111</b> <b>Ballet Leg Submarine, Double</b>	<b>2.2</b>	115f . . . . , continuous spin (720°)	<b>2.7</b>
<b>103</b> <b>Ballet Leg Submarine, Single</b>	<b>2.1</b>	115g . . . . , twist spin	2.9
<b>102</b> <b>Ballet Legs, Alternate</b>	<b>2.4</b>	115h . . . . , spin up 180°	2.9
<b>301</b> <b>Barracuda</b>	<b>1.8</b>	115i . . . . , spin up 360°	<b>3.0</b>
301c . . . . , twirl	2.5	115j . . . . , combined spin (360°+360°)	<b>3.1</b>
301d . . . . , spinning 180°	<b>2.0</b>	<b>113</b> <b>Crane</b>	<b>3.7</b>
301e . . . . , spinning 360°	<b>2.3</b>	<b>419</b> <b>Crayfish</b>	<b>1.7</b>
301f . . . . , continuous spin (720°)	<b>2.8</b>	<b>436</b> <b>Cyclone</b>	<b>2.4</b>
301h . . . . , spin up 180°	<b>2.4</b>	436c . . . . , twirl	2.8
301i . . . . , spin up 360°	<b>2.4</b>	436d . . . . , spinning 180°	2.4
<b>308</b> <b>Barracuda Airborne Split</b>	<b>2.4</b>	436e . . . . , spinning 360°	2.4
<b>308h</b> . . . . , spin up 180°	<b>2.9</b>	436f . . . . , continuous spin (720°)	2.7
308i . . . . , spin up 360°	<b>3.0</b>	<b>437</b> <b>Cyclone, Open 180°</b>	<b>2.6</b>
<b>305</b> <b>Barracuda, Back Pike</b>		<b>350</b> <b>Dalecarlia</b>	<b>2.6</b>
<b>Somersault</b>	<b>2.3</b>	<b>201</b> <b>Dolphin</b>	<b>1.4</b>
305c . . . . , twirl	2.9	<b>125</b> <b>Eiffel Tower</b>	<b>2.6</b>
305d . . . . , spinning 180°	2.4	125a . . . . , half twist	3.0
305e . . . . , spinning 360°	2.5	125b . . . . , full twist	3.2
305f . . . . , continuous spin (720°)	3.1	125c . . . . , twirl	3.1
305h . . . . , spin up 180°	2.6	125d . . . . , spinning 180°	2.7
305i . . . . , spin up 360°	2.7	125e . . . . , spinning 360°	2.7

125f	..., continuous spin (720°)	3.0	311	<b>Kip</b>	1.6
125g	..., twist spin	3.3	311a	..., half twist	2.0
125h	..., spin up 180°	3.3	311b	..., full twist	2.2
125i	..., spin up 360°	3.3	311c	..., twirl	2.1
<b>128</b>	<b>Eiffel Walk</b>	<b>2.7</b>	311d	..., spinning 180°	1.7
<b>322</b>	<b>Elevator</b>	<b>2.5</b>	311e	..., spinning 360°	1.7
<b>130</b>	<b>Flamingo</b>	<b>2.4</b>	311f	..., continuous spin (720°)	<b>2.0</b>
130a	..., half twist	2.8	311g	..., twist spin	2.2
130b	..., full twist	3.0	311h	..., spin up 180°	2.2
130c	..., twirl	2.9	311i	..., spin up 360°	<b>2.3</b>
130d	..., spinning 180°	2.4	311j	..., combined spin (360°+360°)	<b>2.4</b>
130e	..., spinning 360°	2.5	<b>318</b>	<b>Kip, Bent Knee</b>	<b>1.8</b>
130f	..., continuous spin (720°)	2.8	<b>312</b>	<b>Kip, Split</b>	<b>2.3</b>
130g	..., twist spin	3.0	<b>313</b>	<b>Kip, Split, Closing 180°</b>	<b>2.2</b>
130h	..., spin up 180°	3.0	<b>314</b>	<b>Kip, Split, Open 360°</b>	<b>2.9</b>
130i	..., spin up 360°	3.0	<b>316</b>	<b>Kipnus</b>	1.4
130j	..., combined spin (360°+360°)	3.1	<b>317</b>	<b>Kipnus, Variant</b>	<b>1.9</b>
<b>140</b>	<b>Flamingo, Bent Knee</b>	<b>2.3</b>	<b>319</b>	<b>Kipswirl</b>	<b>1.7</b>
140a	..., half twist	2.7	319c	..., twirl	2.1
140b	..., full twist	2.9	319d	..., spinning 180°	1.7
140c	..., twirl	2.8	319e	..., spinning 360°	1.8
140d	..., spinning 180°	2.4	319f	..., continuous spin (720°)	2.0
140e	..., spinning 360°	2.4	<b>320</b>	<b>Kipswirl, Split, Closing 180°</b>	<b>2.3</b>
140f	..., continuous spin (720°)	2.7	<b>321</b>	<b>Kipswirl, Split, Closing 360°</b>	<b>2.5</b>
140g	..., twist spin	2.9	<b>150</b>	<b>Knight</b>	<b>3.1</b>
140h	..., spin up 180°	2.9	<b>328</b>	<b>Lagoon</b>	<b>2.4</b>
140i	..., spin up 360°	3.0	<b>154</b>	<b>London</b>	<b>2.0</b>
140j	..., combined spin (360°+360°)	3.1	154j-1	..., combined spin 360° <sup>(360°+360°)</sup>	2.7
<b>359</b>	<b>Front Ariana</b>	<b>2.2</b>	154j-2	..., combined spin 720° <sup>(720°+720°)</sup>	2.9
<b>307</b>	<b>Flying Fish</b>	<b>2.4</b>	<b>142</b>	<b>Manta Ray</b>	<b>2.8</b>
307d	..., spinning 180°	2.6	<b>347</b>	<b>Minerva</b>	<b>2.0</b>
307e	..., spinning 360°	2.9	<b>344</b>	<b>Neptunus</b>	<b>1.6</b>
<b>335</b>	<b>Gaviata</b>	<b>2.3</b>	<b>435</b>	<b>Nova</b>	<b>2.2</b>
<b>336</b>	<b>Gaviata, Open 180°</b>	<b>2.4</b>	435c	..., twirl	2.7
<b>241</b>	<b>Goeland</b>	<b>2.0</b>	435d	..., spinning 180°	2.3
<b>118</b>	<b>Helicopter</b>	<b>2.0</b>	435e	..., spinning 360°	2.3
<b>342</b>	<b>Heron</b>	<b>1.9</b>	435f	..., continuous spin (720°)	<b>2.6</b>
342c	..., twirl	2.4	435g	..., twist spin	2.8
342d	..., spinning 180°	2.1	<b>438</b>	<b>Oceanea</b>	<b>2.2</b>
342e	..., spinning 360°	2.2	<b>439</b>	<b>Oceanita</b>	<b>1.8</b>
342f	..., continuous spin (720°)	2.4	<b>460</b>	<b>Oyster</b>	<b>1.2</b>
342h	..., spin up 180°	2.4	<b>355</b>	<b>Porpoise</b>	<b>1.8</b>
342i	..., spin up 360°	2.4	355a	..., half twist	2.2
<b>410</b>	<b>Hightower</b>	<b>3.3</b>	355b	..., full twist	2.4
<b>112</b>	<b>Ibis</b>	<b>2.5</b>	355c	..., twirl	2.3
112a	..., half twist	2.9	355d	..., spinning 180°	1.9
112b	..., full twist	3.1	355e	..., spinning 360°	1.9
112c	..., twirl	3.0	355f	..., continuous spin (720°)	<b>2.2</b>
112d	..., spinning 180°	2.5	355g	..., twist spin	2.5
112e	..., spinning 360°	2.6	355h	..., spin up 180°	<b>2.5</b>
112f	..., continuous spin (720°)	2.9	355i	..., spin up 360°	<b>2.5</b>
112g	..., twist spin	3.1	355j	..., combined spin (360°+360°)	<b>2.6</b>
112h	..., spin up 180°	3.1	<b>361</b>	<b>Prawn</b>	<b>1.5</b>
112i	..., spin up 360°	3.1	<b>345</b>	<b>Reverse Catalina</b>	<b>2.1</b>
112j	..., combined spin (360°+360°)	3.2	<b>143</b>	<b>Rio</b>	<b>3.1</b>
<b>440</b>	<b>Ipanema</b>	<b>3.0</b>	<b>144</b>	<b>Rio Straight Leg</b>	<b>3.1</b>
<b>440d</b>	..., spinning 180°	3.1	<b>315</b>	<b>Seagull</b>	<b>2.2</b>
<b>351</b>	<b>Jupiter</b>	<b>2.8</b>	315c	..., twirl	2.7

315d	...., spinning 180°	2.2	407	<b>Swordfish, Straight Leg Ariana</b>
315e	...., spinning 360°	2.3		<b>Rotation</b> <b>2.6</b>
315f	...., continuous spin (720°)	2.6	403	<b>Swordtail</b> <b>2.3</b>
315h	...., spin up 180°	2.8	348	<b>Tower</b> <b>1.9</b>
315i	...., spin up 360°	2.8	348a	...., half twist <b>2.2</b>
441	<b>Saturn</b>	<b>2.5</b>	348b	...., full twist <b>2.4</b>
441e	...., spinning 360°	2.6	348c	...., twirl <b>2.3</b>
346	<b>Side Fishtail Split</b>	<b>2.0</b>	348d	...., spinning 180° <b>1.9</b>
303	<b>Somersault, Back Pike</b>	<b>1.4</b>	348e	...., spinning 360° <b>2.0</b>
310	<b>Somersault, Back Tuck</b>	<b>1.1</b>	348f	...., continuous spin (720°) <b>2.3</b>
323	<b>Somersault, Front Pike</b>	<b>1.4</b>	348g	...., twist spin <b>2.7</b>
324	<b>Somersub</b>	<b>1.9</b>	348h	...., spin up 180° <b>2.3</b>
141	<b>Stingray</b>	<b>3.1</b>	348i	...., spin up 360° <b>2.4</b>
325	<b>Subalina</b>	<b>2.2</b>	348j	...., combined spin (360°+360°) <b>2.6</b>
326	<b>Subilarc</b>	<b>2.8</b>	475	<b>Tub</b> <b>1.1</b>
341	<b>Sunfish</b>	<b>2.4</b>	352	<b>Venus</b> <b>3.0</b>
362	<b>Surface Prawn</b>	<b>1.3</b>	420	<b>Walkover, Back</b> <b>2.1</b>
226	<b>Swan</b>	<b>2.1</b>	421	<b>Walkover, Back, Closing 360°</b> <b>2.4</b>
227	<b>Swanita</b>	<b>1.8</b>	360	<b>Walkover, Front</b> <b>1.9</b>
227d	...., spinning 180°	1.9	363	<b>Water Drop</b> <b>1.8</b>
405	<b>Swordalina</b>	<b>2.5</b>	356	<b>Whip</b> <b>2.6</b>
402	<b>Swordasub</b>	<b>2.3</b>	356f	...., continuous spin (720°) <b>3.0</b>
401	<b>Swordfish</b>	<b>2.1</b>	364	<b>Whirlwind</b> <b>2.7</b>
406	<b>Swordfish, Straight Leg</b>	<b>2.3</b>		

**FIGURE RULE I**  
**B. THE FOUR CATEGORIES OF FIGURES**

**CATEGORY I**  
**BALLET LEG CATEGORY**

<b>100</b>	<b>Bent Knee, Alternate</b>	<b>1.1</b>	125d	...., spinning 180°	2.7
<b>101</b>	<b>Ballet Leg, Single</b>	<b>1.6</b>	125e	...., spinning 360°	2.7
<b>102</b>	<b>Ballet Legs, Alternate</b>	<b>2.4</b>	125f	...., continuous spin (720°)	<b>3.0</b>
<b>103</b>	<b>Ballet Leg Submarine, Single</b>	<b>2.1</b>	125g	...., twist spin	3.3
<b>106</b>	<b>Ballet Leg, Straight</b>	<b>1.6</b>	125h	...., spin up 180°	<b>3.3</b>
<b>110</b>	<b>Ballet Leg, Double</b>	<b>1.6</b>	125i	...., spin up 360°	<b>3.3</b>
<b>111</b>	<b>Ballet Leg Submarine, Double</b>	<b>2.2</b>	<b>128</b>	<b>Eiffel Walk</b>	<b>2.7</b>
<b>112</b>	<b>Ibis</b>	<b>2.5</b>	<b>130</b>	<b>Flamingo</b>	<b>2.4</b>
112a	...., half twist	2.9	130a	...., half twist	2.8
112b	...., full twist	3.1	130b	...., full twist	3.0
112c	...., twirl	3.0	130c	...., twirl	2.9
112d	...., spinning 180°	<b>2.5</b>	130d	...., spinning 180°	2.4
112e	...., spinning 360°	2.6	130e	...., spinning 360°	<b>2.5</b>
112f	...., continuous spin (720°)	<b>2.9</b>	130f	...., continuous spin (720°)	2.8
112g	...., twist spin	3.1	130g	...., twist spin	3.0
112h	...., spin up 180°	3.1	130h	...., spin up 180°	3.0
112i	...., spin up 360°	3.1	130i	...., spin up 360°	3.0
112j	...., combined spin (360°+360°)	3.2	130j	...., combined spin (360°+360°)	<b>3.1</b>
<b>113</b>	<b>Crane</b>	<b>3.7</b>	<b>140</b>	<b>Flamingo, Bent Knee</b>	<b>2.3</b>
<b>115</b>	<b>Catalina</b>	<b>2.3</b>	140a	...., half twist	2.7
115a	...., half twist	2.7	140b	...., full twist	2.9
115b	...., full twist	2.9	140c	...., twirl	2.8
115c	...., twirl	2.8	140d	...., spinning 180°	2.4
115d	...., spinning 180°	2.4	140e	...., spinning 360°	2.4
115e	...., spinning 360°	2.4	140f	...., continuous spin (720°)	2.7
115f	...., continuous spin (720°)	<b>2.7</b>	140g	...., twist spin	2.9
115g	...., twist spin	2.9	140h	...., spin up 180°	2.9
115h	...., spin up 180°	2.9	140i	...., spin up 360°	3.0
115i	...., spin up 360°	<b>3.0</b>	140j	...., combined spin (360°+360°)	3.1
115j	...., combined spin (360°+360°)	<b>3.1</b>	<b>141</b>	<b>Stingray</b>	<b>3.1</b>
<b>116</b>	<b>Catalarc</b>	<b>2.9</b>	<b>142</b>	<b>Manta Ray</b>	<b>2.8</b>
<b>117</b>	<b>Catalarc, Open 180°</b>	<b>3.0</b>	<b>143</b>	<b>Rio</b>	3.1
<b>118</b>	<b>Helicopter</b>	<b>2.0</b>	<b>144</b>	<b>Rio Straight Leg</b>	<b>3.1</b>
<b>125</b>	<b>Eiffel Tower</b>	<b>2.6</b>	<b>150</b>	<b>Knight</b>	3.1
125a	...., half twist	3.0	<b>154</b>	<b>London</b>	<b>2.0</b>
125b	...., full twist	3.2	154j-1	...., combined spin 360° (360°+360°)	2.7
125c	...., twirl	3.1	154j-2	...., combined spin 720° (720°+720°)	2.9

**CATEGORY II**  
**DOLPHIN CATEGORY**

<b>201</b>	<b>Dolphin</b>	<b>1.4</b>	240c	...., twirl	2.3
<b>226</b>	<b>Swan</b>	<b>2.1</b>	240d	...., spinning 180°	1.9
<b>227</b>	<b>Swanita</b>	<b>1.8</b>	240e	...., spinning 360°	2.0
<b>227d</b>	...., spinning 180°	<b>1.9</b>	240h	...., spin up 180°	2.4
<b>240</b>	<b>Albatross</b>	<b>2.2</b>	240i	...., spin up 360°	<b>2.5</b>
240a	...., half twist	2.2	240j	...., combined spin (360°+360°)	<b>2.6</b>
240b	...., full twist	2.3	<b>241</b>	<b>Goeland</b>	<b>2.0</b>

**CATEGORY III**  
**SOMERSAULT CATEGORY**

<b>301</b>	<b>Barracuda</b>	<b>1.8</b>	319e	...., spinning 360°	1.8
301c	...., twirl	2.5	319f	...., continuous spin (720°)	2.0
301d	...., spinning 180°	2.0	<b>320</b>	Kipswirl, Split, Closing 180°	2.3
301e	...., spinning 360°	2.3	<b>321</b>	Kipswirl, Split, Closing 360°	2.5
301f	...., continuous spin (720°)	2.8	<b>322</b>	Elevator	2.5
301h	...., spin up 180°	2.4	<b>323</b>	Somersault, Front Pike	1.4
301i	...., spin up 360°	2.4	<b>324</b>	Somersub	1.9
<b>302</b>	<b>Blossom</b>	<b>1.4</b>	<b>325</b>	Subalina	2.2
<b>303</b>	<b>Somersault, Back Pike</b>	<b>1.4</b>	<b>326</b>	Subilarc	2.8
<b>305</b>	<b>Barracuda, Back Pike</b>		<b>327</b>	Ballerina	1.8
	<b>Somersault</b>	<b>2.3</b>	<b>328</b>	Lagoon	2.4
305c	...., twirl	2.9	<b>330</b>	Aurora	2.3
305d	...., spinning 180°	2.4	330a	...., half twist	2.7
305e	...., spinning 360°	2.5	330c	...., twirl	2.8
305f	...., continuous spin (720°)	3.1	330d	...., spinning 180°	2.3
305h	...., spin up 180°	2.6	330e	...., spinning 360°	2.4
305i	...., spin up 360°	2.7	330f	...., continuous spin (720°)	2.7
305j	...., combined spin (360°+360°)	3.1	330g	...., twist spin	2.9
<b>306</b>	<b>Barracuda, Bent Knee</b>	<b>1.7</b>	<b>331</b>	Aurora, Open 180°	3.0
306d	...., spinning 180°	1.8	<b>332</b>	Aurora, Open 360°	3.1
306e	...., spinning 360°	1.9	<b>335</b>	Gaviata	2.3
<b>307</b>	<b>Flying Fish</b>	<b>2.4</b>	<b>336</b>	Gaviata, Open 180°	2.4
307d	...., spinning 180°	2.6	<b>340</b>	Angelfish	2.5
307e	...., spinning 360°	2.9	<b>341</b>	Sunfish	2.4
<b>308</b>	<b>Barracuda Airborne Split</b>	<b>2.3</b>	<b>342</b>	Heron	1.9
308h	...., spin up 180°	2.9	342c	...., twirl	2.4
308i	...., spin up 360°	3.0	342d	...., spinning 180°	2.1
<b>310</b>	<b>Somersault, Back Tuck</b>	<b>1.1</b>	142e	...., spinning 360°	2.2
<b>311</b>	<b>Kip</b>	<b>1.6</b>	342f	...., continuous spin (720°)	2.4
311a	...., half twist	2.0	342h	...., spin up 180°	2.4
311b	...., full twist	2.2	342i	...., spin up 360°	2.4
311c	...., twirl	2.1	<b>343</b>	Butterfly	2.5
311d	...., spinning 180°	1.7	<b>344</b>	Neptunus	1.6
311e	...., spinning 360°	1.7	<b>345</b>	Reverse Catalina	2.1
311f	...., continuous spin (720°)	2.0	<b>346</b>	Side Fishtail Split	2.0
311g	...., twist spin	2.2	<b>347</b>	Minerva	2.0
311h	...., spin up 180°	2.2	<b>348</b>	Tower	1.9
311i	...., spin up 360°	2.3	348a	...., half twist	2.2
311j	...., combined spin (360°+360°)	2.4	348b	...., full twist	2.4
<b>312</b>	<b>Kip, Split</b>	<b>2.3</b>	348c	...., twirl	2.3
<b>313</b>	<b>Kip, Split, Closing 180°</b>	<b>2.2</b>	348d	...., spinning 180°	1.9
<b>314</b>	<b>Kip, Split, Open 360°</b>	<b>2.9</b>	348e	...., spinning 360°	2.0
<b>315</b>	<b>Seagull</b>	<b>2.2</b>	348f	...., continuous spin (720°)	2.3
315c	...., twirl	2.7	348g	...., twist spin	2.7
315d	...., spinning 180°	2.2	348h	...., spin up 180°	2.3
315e	...., spinning 360°	2.3	348i	...., spin up 360°	2.4
315f	...., continuous spin (720°)	2.6	348j	...., combined spin (360°+360°)	2.6
315h	...., spin up 180°	2.8	<b>349</b>	Beluga	2.1
315i	...., spin up 360°	2.8	<b>350</b>	Dalecarlia	2.6
<b>316</b>	<b>Kipnus</b>	<b>1.4</b>	<b>351</b>	Jupiter	2.8
<b>317</b>	<b>Kipnus, Variant</b>	<b>1.9</b>	<b>352</b>	Venus	3.0
<b>318</b>	<b>Kip, Bent Knee</b>	<b>1.8</b>	<b>355</b>	Porpoise	1.8
<b>319</b>	<b>Kipswirl</b>	<b>1.7</b>	355a	...., half twist	2.2
319c	...., twirl	2.1	355b	...., full twist	2.4
319d	...., spinning 180°	1.7	355c	...., twirl	2.3

**CATEGORY III (CONTINUED)**  
**SOMERSAULT CATEGORY**

355d	...., spinning 180°	1.9	<b>363</b>	<b>Water Drop</b>	<b>1.8</b>
355e	...., spinning 360°	1.9	<b>364</b>	<b>Whirlwind</b>	<b>2.7</b>
355f	...., continuous spin (720°)	<b>2.2</b>	<b>380</b>	<b>Barracuda, Front Pike</b>	
355g	...., twist spin	2.5		<b>Somersault</b>	<b>2.2</b>
355h	...., spin up 180°	<b>2.5</b>	380c	...., twirl	2.8
355i	...., spin up 360°	<b>2.5</b>	380d	...., spinning 180°	2.3
355j	...., combined spin (360°+360°)	<b>2.6</b>	380e	...., spinning 360°	2.4
<b>356</b>	<b>Whip</b>	<b>2.6</b>	380f	...., continuous spin (720°)	2.9
356f	...., continuous spin (720°)	3.0	380h	...., spin up 180°	2.7
<b>359</b>	<b>Front Ariana</b>	<b>2.2</b>	380i	...., spin up 360°	2.8
<b>360</b>	<b>Walkover, Front</b>	<b>1.9</b>	380j	...., combined spin (360°+360°)	3.0
<b>361</b>	<b>Prawn</b>	<b>1.5</b>			
<b>362</b>	<b>Surface Prawn</b>	<b>1.3</b>			

**CATEGORY IV**  
**DIVERSE CATEGORY**

<b>401</b>	<b>Swordfish</b>	<b>2.1</b>	435f	...., continuous spin (720°)	<b>2.6</b>
<b>402</b>	<b>Swordasub</b>	<b>2.3</b>	435g	...., twist spin	2.8
<b>403</b>	<b>Swordtail</b>	<b>2.3</b>	<b>436</b>	<b>Cyclone</b>	<b>2.4</b>
<b>405</b>	<b>Swordalina</b>	<b>2.5</b>	436c	...., twirl	2.8
<b>406</b>	<b>Swordfish, Straight Leg</b>	<b>2.3</b>	436d	...., spinning 180°	2.4
<b>407</b>	<b>Swordfish, Straight Leg Ariana</b>		436e	...., spinning 360°	2.4
	<b>Rotation</b>	<b>2.6</b>	436f	...., continuous spin (720°)	2.7
<b>410</b>	<b>Hightower</b>	<b>3.3</b>	<b>437</b>	<b>Cyclone, Open 180°</b>	<b>2.6</b>
<b>413</b>	<b>Alba</b>	<b>2.7</b>	<b>438</b>	<b>Oceanea</b>	<b>2.2</b>
<b>419</b>	<b>Crayfish</b>	<b>1.7</b>	<b>439</b>	<b>Oceanita</b>	<b>1.8</b>
<b>420</b>	<b>Walkover, Back</b>	<b>2.1</b>	<b>440</b>	<b>Ipanema</b>	<b>3.0</b>
<b>421</b>	<b>Walkover, Back, Closing 360°</b>	<b>2.4</b>	440d	...., spinning 180°	<b>3.1</b>
<b>423</b>	<b>Ariana</b>	<b>2.5</b>	<b>441</b>	<b>Saturn</b>	<b>2.5</b>
<b>435</b>	<b>Nova</b>	<b>2.2</b>	441e	...., spinning 360°	<b>2.6</b>
435c	...., twirl	2.7	<b>460</b>	<b>Oyster</b>	<b>1.2</b>
435d	...., spinning 180°	2.3	<b>475</b>	<b>Tub</b>	<b>1.1</b>
435e	...., spinning 360°	2.3			

## FIGURE RULE II

### COMPULSORY FIGURES AND FIGURE SELECTION GROUPS FOR COMPETITIONS

#### A. NOVICE FIGURES:

##### COMPULSORY FIGURES:

100	Bent Knee, Alternate	1.1
201	Dolphin	1.4
302	Blossom	1.4
316	Kipnus	1.4

#### B. INTERMEDIATE FIGURES:

##### COMPULSORY FIGURES:

101	Ballet Leg, Single	1.6
301	Barracuda	1.8

##### SELECTION GROUPS:

Group 1	Group 2	
360	Walkover, Front	1.9
318	Kip, Bent Knee	1.8
	348	Tower
	420	Walkover, Back
		1.9
		2.1

**Note:** These figures need not be performed in the order listed. For Intermediate Championships, the Selection group shall be drawn 18-72 hours before the start of the Figure competition.

#### C. 12 & UNDER AGE DIVISION FIGURES:

##### COMPULSORY FIGURES:

106	Ballet Leg, Straight	1.6
301	Barracuda	1.8

##### SELECTION GROUPS:

Group 1	Group 2	
359	Front Ariana	2.2
348	Tower	1.9
	363	Water Drop
	401	Swordfish
		1.8
		2.1

##### Group 3

311	Kip	1.6
227d	Swanita, Spinning 180°	1.9

**Note:** These figures need not be performed in the order listed. For Junior Olympic Championships, the Selection group shall be drawn 18-72 hours before the start of the Figure competition.

## D. YOUTH AGE DIVISION FIGURES:

### Section A:

#### Group 1

307e Flying Fish Spinning 360°  
437 Cyclone, Open 180°

#### Group 2

308h Barracuda Airborne Split, Spin Up 180° 2.9  
407 Swordfish, Straight Leg Ariana Rotation 2.6

### Section B:

#### Group 3

356f Whip, Continuous Spin 720°  
441 Saturn

#### Group 4

352 Venus 3.0  
240i Albatross, Spin Up 360° 2.5

### Section C:

#### Group 5

140j Flamingo, BK Comb Spin 360°+360° 3.1  
421 Walkover, Back, Closing 360° 2.4

#### Group 6

440d Ipanema, Spinning 180° 3.1  
154f London Continuous Spin 720° 2.4

**Note:** These figures need not be performed in the order listed. For Youth and Junior Olympic Championships, the Section Group A, B or C shall be drawn 18-72 hours before the start of the Figure competition.

## E. ATHLETES WITH DISABILITIES - PHYSICAL AND COGNITIVE FIGURES:

### TIER 1 COMPULSORY FIGURES:

BPA Back Layout 0.4  
460 Oyster 1.2

### TIER 1 SELECTION GROUPS:

#### Group 1 (Odd year)

475 Tub  
BPO Split Position

#### Group 2 (Even year)

1.1 BPK Front Layout Position 0.4  
0.6 BPE Bent Knee Vertical Position 0.6

### TIER 2 COMPULSORY FIGURES:

100 Bent Knee, Alternate 1.1  
302 Blossom 1.4

### TIER 2 SELECTION GROUPS:

#### Group 1 (Odd year)

310 Somersault, Back Tuck  
BPO Split to Close at Ankles

#### Group 2 (Even year)

1.1 BMK Front Pike Position (Assume) 0.7  
0.8 201 Dolphin 1.4

### TIER 3 COMPULSORY FIGURES:

101 Ballet Leg, Single 1.6  
306 Barracuda, Bent Knee 1.7

### TIER 3 SELECTION GROUPS:

#### Group 1 (Odd year)

316 Kipnus  
360 Walkover, Front

#### Group 2 (Even year)

1.4 344 Neptunus 1.6  
1.9 419 Crayfish 1.7

**TIER 4 COMPULSORY FIGURES:**

106	Ballet Leg, Straight	1.6
301	Barracuda	1.8

**TIER 4 SELECTION GROUPS:**

<b>Group 1 (Odd year)</b>	<b>Group 2 (Even year)</b>	
311 Kip	1.6 348 Tower	1.9
359 Front Ariana	2.2 420 Walkover, Back	2.1

**TIER 5 COMPULSORY FIGURES:**

140	Flamingo, Bent Knee	2.3
301d	Barracuda, Spinning 180°	2.0

**TIER 5 SELECTION GROUPS:**

<b>Group 1 (Odd year)</b>	<b>Group 2 (Even year)</b>	
154 London	2.0 355a Porpoise, Half Twist	2.2
423 Ariana	2.5 240 Albatross	2.2

**TIER 6 COMPULSORY FIGURES:**

140e	Flamingo, Bent Knee, Spinning 360°	2.4
301h	Barracuda, Spin Up 180°	2.4

**TIER 6 SELECTION GROUPS:**

<b>Group 1 (Odd year)</b>	<b>Group 2 (Even year)</b>	
313 Kip, Split, Closing 180°	2.2 356 Whip	2.6
407 Swordfish, Str. Leg Ariana Rotation	2.6 240c Albatross, Twirl	2.3

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

**F. COLLEGIATE SELECTION GROUP ROTATION CHART:**

<b>Year</b>	<b>For Categories C and D in All Collegiate Competitions</b>
2025	Group 3
2026	Group 1
<b>2027</b>	<b>Group 2</b>

**G. COLLEGIATE TECHNICAL CATEGORY C:****COMPULSORY FIGURES:**

140e	Flamingo, Bent Knee, Spinning 360°	2.4
308	Barracuda Airborne Split	2.3

**SELECTION GROUPS:**

<b>Group 1</b>	<b>Group 2</b>	
240 Albatross	2.2 407 Swordfish, Straight Leg Ariana Rotation	2.6
356f Whip, Continuous Spin 720°	3.0 311j Kip, Combined Spin (360°+360°)	2.4

**Group 3**

343	Butterfly	2.5
441	Saturn	2.5

**Note:** These figures need not be performed in the order listed. For Collegiate Championships, see Collegiate Selection Group Rotation Chart.

## H. COLLEGIATE TECHNICAL CATEGORY D:

### COMPULSORY FIGURES:

106	Ballet Leg, Straight	1.6
301	Barracuda	1.8

### SELECTION GROUPS:

#### Group 1

359	Front Ariana
348	Tower

#### Group 2

2.2	363	Water Drop	1.8
1.9	401	Swordfish	2.1

#### Group 3

311	Kip	1.6
227d	Swanita, Spinning 180°	1.9

**Note:** These figures need not be performed in the order listed. For Collegiate Championships, see Collegiate Selection Group Rotation Chart.

## I. MASTERS DIVISION A, B AND C FIGURES:

### MASTERS A COMPULSORY FIGURES:

301e	Barracuda, Spinning 360°	2.3
142	Manta Ray	2.8

### MASTERS A SELECTION GROUPS:

#### Group 1 (Odd year)

320	Kipswirl, Split, Closing 180°	2.3
343	Butterfly	2.5

#### Group 2 (Even year)

154j-1	London, Comb Spin 360° (360°+360°)	2.7
112f	Ibis, Continuous Spin 720°	2.9

### MASTERS B COMPULSORY FIGURES:

301d	Barracuda, Spinning 180°	2.0
140	Flamingo, Bent Knee	2.3

### MASTERS B SELECTION GROUPS:

#### Group 1 (Odd year)

319	Kipswirl	1.7
345	Reverse Catalina	2.1

#### Group 2 (Even year)

315	Seagull	2.2
240	Albatross	2.2

### MASTERS C COMPULSORY FIGURES:

101	Ballet Leg, Single	1.6
301	Barracuda	1.8

### MASTERS C SELECTION GROUPS:

#### Group 1 (Odd year)

348	Tower	1.9
316	Kipnus	1.4

#### Group 2 (Even year)

363	Water Drop	1.8
324	Somersub	1.9

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

**FIGURE RULE III**

**GENERAL REGULATIONS, GUIDELINES AND  
CRITERIA FOR FIGURE EXECUTION**

**A. Figure, Transition and Position Description Conventions, Standards and Practices:**

1. In all descriptions, the written text is the primary authority. Illustrations serve only as guides to the intent of the text.
2. The figure, transition and position descriptions are written from the standpoint of perfection.
3. Figures are defined in terms of their component parts: body positions and transitions.
4. A **Basic Transition and Movement** is defined by italic type and is a continuous movement from one **Defined Body Position** to another.
5. “**And**” connecting two described actions within a description means one follows the other. “**As**” connecting described actions means they are executed simultaneously, starting at the same time and finishing at the same time. “**While**” and “**During**” may substitute for “**As**”.
6. A **Body Position** is defined by **bold type** and the figure/transition descriptions should be clearly defined during execution. A “pause” may **occur only in basic body positions which are in “bold type”** and where a continuous action is not specified.
7. Except for *Spins* and *Twists*, each *Transition* is fully described within each figure description where the transition occurs. *Spins* and *Twists*, as well as all commonly used *Transitions*, are fully described in Figure Rule V. In some figure descriptions, a sequence of transitions may be replaced by reference to a prior numbered figure description having the same sequence.
8. Unless otherwise specified in the figure description, figures are executed in a stationary position. An arrow at an illustration indicates some travel, in the direction of the arrow, is permitted or desirable within that part of the transition.
9. Except where an arm **and/or hand** position(s) is specified within a description, arm/**hand** position(s) are optional. Illustrated arm positions suggest common practice.
10. A horizontal line in the illustrations indicates the approximate water level or water line.
11. When “rapid” or “rapidly” is used in a description, it shall apply specifically to the tempo of the transition in which it is included, and not to the entire figure.

**B. Fundamental Criteria of Figure Execution:**

1. Figures should be executed with each section (transition) clearly defined in pattern and body position (Design) and high, controlled and in uniform motion and tempo (Control), unless otherwise specified in the descriptions. Only the transition(s), or portions thereof, for which exceptional tempos are defined shall be performed at the specified tempos, all others continuing at the “normal” uniform tempo.
2. **Design:** 5 points.  
Consider the accuracy of positions and transitions as specified in the figure description.

3. **Control:** 5 points.  
Consider extension, height, stability, clarity and uniform motion, unless otherwise specified in the figure description.
4. **Extension:** Legs, feet, torso, and neck should be fully extended, unless otherwise specified.
5. **Traveling:** Figures shall be performed in a relatively stationary position, except for movement specified in the descriptions.
6. **Water Level and Lines:** Water levels should remain constant during a transition, except where otherwise specified.
7. **Simultaneous and Concurrent Action within Transitions:** All movements specified within a transition should begin simultaneously from the specified starting position and be completed simultaneously with the achievement of the specified final position and water level.
8. **Maximum Height:** Maximum height is desirable at all times, unless otherwise specified. Height is evaluated based on the water level of the body part(s).
9. **Minimal Extraneous Movement:** Movements beyond those prescribed in the descriptions should be minimal.

C. **Definitions of Terms as Used in Descriptions:**

**Arc:** A curved path, usually a sector of a circle.

**Arch:** To bend the body backward so that back and hips are hyperextended.

**Axis:** An imaginary straight line forming the center of rotation or approximate symmetry of the body in a given position or action.

**Horizontal Axis:** An axis parallel to the water surface.

**Lateral Axis:** An axis extending sideways from the body, either through a cross section of the body or outside the body.

**Longitudinal Axis:** The lengthwise center of the body.

**Vertical Axis:** An axis extending vertically and perpendicular to the water surface.

**Back:** Toward the back, or dorsal (spine) side of the body.

**Backward:** Extending from the back side; moving with the back leading.

**Ballet Leg:** (1) The ballet leg position, as defined (see Figure Rule IV). (2) An action sequence, as in Figure Rule VI.101. (3) The vertical leg of the ballet leg position, or, in action following a ballet leg position, the leg which was originally held vertically.

**Body:** Used to indicate complete body, including limbs.

**Compact:** Occupying the smallest space; brought close together.

**Extend:** To stretch to the fullest length; place in straight alignment, or unbend.

**Forward:** Toward the front of the body. Extending from the front of the body.

**Front:** The abdominal and chest side of the body.

**Horizontal:** Parallel to the water surface. May be used to specify close to horizontal.

**Hyperextend:** To bend a joint past the normal, fully extended position or bend it opposite to the normal direction of bending (flexing).

**Lateral:** Toward the sides; sideways.

**Non-Ballet Leg:** In action following a ballet leg position, the leg which was held horizontally in the ballet leg position.

**Parallel:** To be the same distance apart at all points, i.e., a leg would be parallel to the water if the upper surface of the foot, the knee and the thigh are all the same distance from the surface.

**Pause:** A short stop or hesitation at a point of execution, normally at the start or end of a transition.

**Perpendicular:** Forming a  $90^\circ$  angle or right angle.

**Pike:** Body bent at the hips to form an angle between legs and trunk.

**Surface:** Surface, when used alone, always refers to the water surface.

**Trunk:** The body, not including the head or limbs.

**Vertical:** To form a  $90^\circ$  angle with (be perpendicular to) the water surface.

**Water Line/Level:** The position or level of the water surface with respect to the body.

#### FIGURE RULE IV

#### BASIC POSITIONS FOR FIGURES

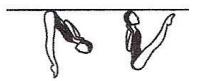
##### A. Back Layout Position:

The body is extended, on the back, with the face, chest, thighs and feet at the surface **of the water**. The **head** (ears specifically), hips and ankles are in a **horizontal** line.



##### B. Back Pike Position:

Body bent at hips to form an acute angle of 45° or less. Legs extended and together. Trunk extended with the back straight and head in line.



##### C. Ballet Leg Positions:

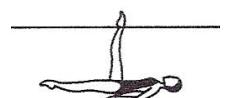
###### Surface:

The body is extended with the face, chest, one thigh and foot at the surface **of the water**. One leg is extended vertically with the thigh perpendicular to the surface **of the water**.



###### Submerged:

The head, trunk and horizontal leg are parallel to the surface **of the water**. One leg is perpendicular to the surface **of the water**, with the water line between the knee and the ankle of that leg.



##### D. Ballet Leg, Double, Positions:

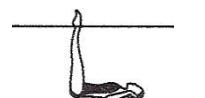
###### Surface:

Both legs are fully extended, together, with the thighs perpendicular to the surface **of the water**. Head in line with the trunk. The face is at the surface **of the water**.



###### Submerged:

The trunk and head are parallel to the **surface of the water**. Both legs are fully extended, at a 90° angle to the trunk and to the **surface of the water**. The water line is between the knees and the ankles of the extended legs.



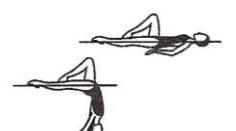
##### E. Bent Knee Positions:

###### Bent Knee Back Layout Position,

###### Bent Knee Front Layout Position, and

###### Bent Knee Surface Arch Position:

In **Back Layout**, **Front Layout** or **Surface Arch** positions, with the thigh of the bent leg perpendicular to the surface **of the water**, the toe of the **bent leg** in contact with the inside of the extended leg **at the knee or higher**. In the **Bent Knee Front Layout Position**, unless otherwise specified, the face may be in or out of the water



###### Bent Knee Dolphin Arch Position and

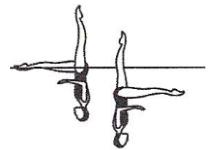
###### Bent Knee Vertical Position:

In **Dolphin Arch** or **Vertical** position, with the toe of the bent leg in contact with the inside of the **extended leg at the knee or higher**. In the **Bent Knee Vertical Position**, the thigh of the bent leg is parallel to the surface of the water.



**F. Crane Position:**

The body is extended in a **Vertical Position**, perpendicular to the surface of the water, with the head downward, **head (ears specifically)**, hips and one ankle in line. The other leg is extended forward, parallel to the surface of the water at a **90° angle** to the trunk.



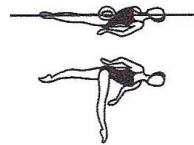
**G. Dolphin Arch Position:**

The body is arched so the head, hips and feet conform to the circle arc being followed. Legs together and fully extended.



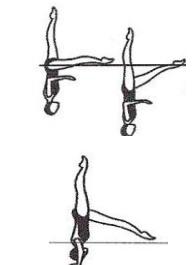
**H. Eiffel Position:**

The body is lying on one side, with the face, upper shoulder and upper hip at the surface. The leg at the surface is extended perpendicular to the trunk, the other leg is extended in line with the trunk, with its foot at the surface.



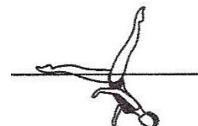
**I. Fishtail Position:**

The body is extended in a **Vertical Position**, perpendicular to the surface of the water, with the head downward, **head (ears specifically)**, hips and one ankle in line. The other leg is extended forward with the foot at the surface of the water, regardless of the height of the hips.



**Arched Fishtail Position:**

Head downward. One leg is near horizontal, extended forward, with the foot at the surface of the water regardless of the height of the hips. The other leg is extended above the surface of the water at a backward angle, with the back arched so that the foot of that leg is on a vertical line above the head.



**J. Flamingo Positions:**

**Surface:**

One leg is extended perpendicular to the surface of the water. The other leg is **bent** toward the chest, with its mid-calf opposite the vertical leg, and its foot, **shin** and knee at and parallel to the surface of the water. The face is at the surface of the water.



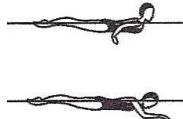
**Submerged:**

The trunk, head, shin and foot of the bent leg are parallel to the surface of the water. The **vertical** leg is perpendicular to the bent leg and to the surface of the water, creating a **90° angle** with the trunk. The mid-calf of the bent leg is opposite the vertical leg. The water line is between the knee and ankle of the vertical leg.



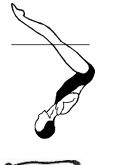
**K. Front Layout Position:**

The body is extended horizontally, on the stomach, with head, upper back, buttocks and heels at the surface **of the water**. Unless otherwise specified, the face may be in or out of the water.



**L. Front Pike Position:**

The hips are bent to form a  $90^{\circ}$  angle between the legs and trunk. The head is extended in line with the trunk, back straight. The legs are together and fully extended.



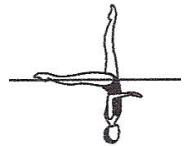
**Surface Front Pike Position:**

Heels and back of the thighs are at the surface.



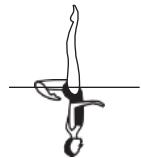
**M. Knight Position:**

The lower back is arched with the hips, shoulders and head on a vertical line. One leg is vertical. The other leg is extended backward, with the leg at the **surface of the water** and as close to horizontal as possible.



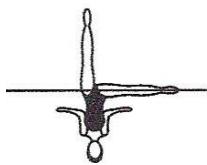
**Knight Variant Position:**

The lower back is arched with the hips, shoulders and head on a vertical line. One leg is vertical. The other leg is behind the body with the knee bent at an angle of  $90^{\circ}$  or less. The thigh and shin of the bent leg are parallel to the surface of the water.



**N. Side Fishtail Position:**

Body is extended in a **Vertical Position**, perpendicular to the surface **of the water**, head downward. One leg is extended sideways (laterally) with its foot at the surface **of the water** regardless of the height of the hips.



**O. Split Positions:**

Legs evenly split forward and back. The legs are parallel to the surface **of the water**. Lower back arched, with hips, shoulders and head on a vertical line. A  $180^{\circ}$  angle between the extended legs (flat split), with inside of each leg aligned on opposite sides of a horizontal line, regardless of the height of the hips.



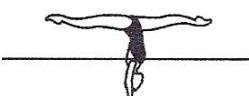
**Surface Split Position:**

Legs are "dry" at the surface **of the water**.



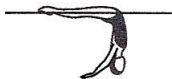
**Airborne Split Position:**

Legs are above the surface **of the water**.



P. **Surface Arch Position:**

The lower back is arched so the hips, shoulders and head are on a vertical line. The legs are together and at the surface **of the water**.



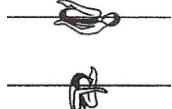
Q. **Tub Position:**

The legs are bent at the knees and together. The feet and **shins** are at and parallel to the surface **of the water**, with the thighs perpendicular. Head in line with the trunk. The face is at the surface of the water.



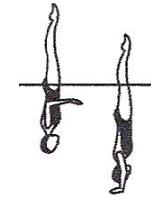
R. **Tuck Position:**

The body is as compact as possible, with the back rounded, heels close to buttocks, **the head as close to the knees as possible** and the legs together.



S. **Vertical Position:**

The body is extended, perpendicular to the surface of the water, legs together, head downward. The head (ears, specifically), hips and ankles are in line.



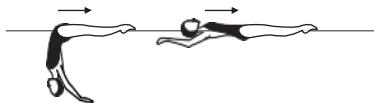
## FIGURE RULE V

### BASIC TRANSITIONS AND MOVEMENTS

All the *Fundamental Criteria of Figure Execution*, listed in Figure Rule III.B, apply for the following figures, unless otherwise specified in a particular description.

#### A. Archup to Back Layout:

From a **Surface Arch Position**, with continuous foot first movement, the hips, chest and face surface sequentially at the same point, assuming a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



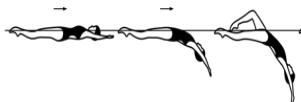
#### *Back Layout to Surface Arch to assume:*

From a **Back Layout Position** with the head leading, the head, hips and feet move along the surface of the water. With continuous movement, the head descends under the surface of the water as the back is arched more to assume a **Surface Arch Position** with the hips occupying the position of the head at the beginning of this action.



#### *Back Layout to Surface Arch, Bent Knee to assume:*

From a **Back Layout Position** with the head leading, the head, hips and feet move along the surface of the water. With continuous movement, the head descends under the surface of the water as the back is arched more while the toe of one leg slides along the inside of the extended leg to assume a **Bent Knee Surface Arch Position** with the hips occupying the position of the head at the beginning of this action.



#### B. Ariana Rotation:

From a **Split Position**, maintaining the relative position of the legs to the surface of the water, the hips rotate 180°.



#### C. Ballet Leg, to assume:

From a **Back Layout Position**, with one leg remaining extended at the surface of the water throughout, the toe of the other leg **slides** along the inside of the extended leg until the thigh is vertical to assume a **Bent Knee Back Layout Position**. **Without movement of the thigh, the bent leg is straightened to assume a Ballet Leg Position.**



*Ballet Leg, Straight, to assume:*

From a **Back Layout Position**, with one leg remaining extended at the surface of the water throughout, the other leg is lifted straight to assume a **Ballet Leg Position**.



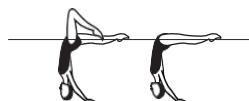
D. *Ballet Leg, to lower:*

From a **Ballet Leg Position**, without movement of the thigh, the ballet leg is **lowered** to a **Bent Knee Back Layout Position**. The **toe** of the bent leg **slides** along the inside of the extended leg **while the bent leg** straightens to **assume a Back Layout Position**.



E. *Bent Knee Surface Arch close to Surface Arch Position:*

From a **Bent Knee Surface Arch Position**, the **hips remain stationary** as the **toe of the bent leg** slides along the inside of the extended leg **while the bent leg** straightens to **assume a Surface Arch Position**.



F. *Catalina Rotation:*

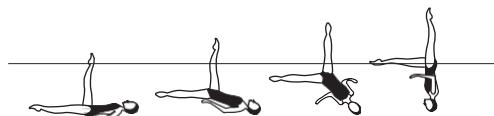
**Surface**

From a **Ballet Leg Position**, while maintaining the 90° angle between the legs, a rotation of the body is initiated. **Without lateral movement**, the head and trunk begin the rotation at the surface of the water while descending, to **assume a Fishtail Position**. The vertical leg remains perpendicular to the surface of the water while the foot of the horizontal leg remains at the surface of the water, throughout the rotation. Unless otherwise specified, *Catalina Rotation* starts from a **Ballet Leg Position**.



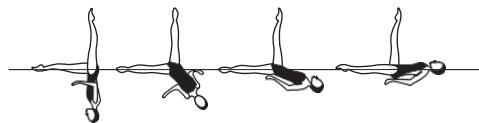
**Rising**

From a **Submerged Ballet Leg Position**, while maintaining the 90° angle between the legs, **the body descends as the hips rise** during a 180° rotation of **the head and trunk**, without lateral movement of the **head and trunk**, to **assume a Fishtail Position**. The final water line is established as the rotation is completed and the foot of the horizontal leg is at the surface of the water regardless of the height of the hips.



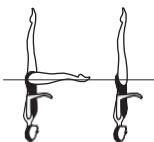
G. *Catalina, Reverse, Rotation:*

From a **Fishtail Position**, while maintaining the  $90^{\circ}$  angle between the legs, the hips rotate as the **head** and **trunk** rise, without lateral movement, to assume a **Surface Ballet Leg Position**. Throughout the rotation, the vertical leg remains perpendicular to the surface **of the water** while the foot of the horizontal leg remains at the surface **of the water**.

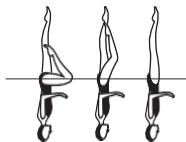


H. *Close to Vertical Position:*

From a **Crane** or **Fishtail Position**, without movement of the vertical leg, **head** or **trunk**, and **with minimal change in water level**, the horizontal leg is lifted to meet the vertical leg to assume a **Vertical Position**.

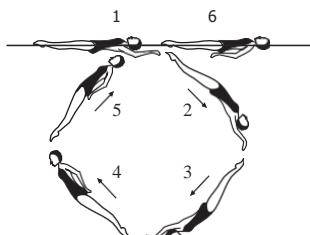


From a **Bent Knee Vertical Position**, without movement of the vertical leg, **head** or **trunk**, and **with minimal change in water level**, the **toe** of the bent leg slides along the inside of the vertical leg to assume a **Vertical Position**.



I. *Dolphin Circle:*

A Dolphin (and all its modifications) starts from a **Back Layout Position**. The head, hips and feet leave the surface **of the water** sequentially at the same point to assume a **Dolphin Arch** as the body starts to follow the circumference of a circle, which has a diameter of approximately 2.5 meters (8 feet) depending on the height of the competitor. Movement continues, with the head, hips and feet following the imaginary line of the circumference until, with head, hips and feet sequentially breaking the surface **of the water** at the same point, the body straightens as it surfaces to **assume a Back Layout Position**.



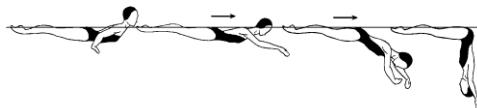
J. *Fouette' Rotation:*

From a **Fishtail Position**, with the horizontal leg leading toward the vertical leg, a rapid 180° rotation is executed as the front leg bends to assume a **Bent Knee Vertical Position**. The bent leg rapidly extends to resume a **Fishtail Position**.



K. *Front Pike Position, to assume:*

From a **Front Layout Position**, with the face in the water, as the head and trunk descend to a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface **of the water** until the hips occupy the position of the head at the beginning of this action.



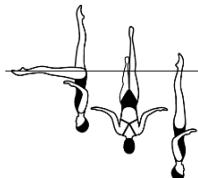
L. *Front Pike Position to Submerged Ballet Leg Double Position:*

While maintaining a **Front Pike Position**, the body somersaults forward around a lateral axis so that the hips replace the head at the one quarter point to assume a **Submerged Ballet Leg Double Position**. The buttocks, legs and feet move downward until the hips occupy the position of the head at the beginning of this action.



M. *Helicopter Rotation:*

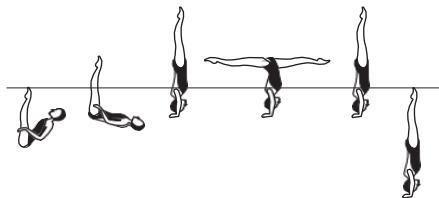
From a **Fishtail Position**, during a descending rotation, the horizontal leg is lifted while closing into the vertical leg to assume a **Vertical Position** which is completed as the ankles reach the surface of the water.



Note: For *Spinning 180°*, *Spinning 360°*, *Continuous Spin 720°* and *Rapid Airborne Spinning 180°* descriptions, see Basic Movement O, Spins.

N. *Rocket Split:*

A **Thrust** is executed to a **Vertical Position**. Maintaining maximum height, the legs are rapidly and simultaneously split to assume an **Airborne Split Position** and rejoin to a **Vertical Position**. A **Vertical Descent** is executed at the same tempo as the **Thrust**.



O. *Spins:*

A **Spin** is a rotation in a **Vertical Position**. The body remains on its longitudinal axis throughout the rotation. Unless otherwise specified, **Spins** are executed in uniform motion and are completed with a **Vertical Descent** executed at the same tempo as the **Spin**.

*Descending Spins* must start at the height of the vertical. The specified rotation must be completed as the ankle(s) reach(es) the surface of the water. Unless otherwise specified, a *Descending Spin* is completed with a *Vertical Descent* which is executed at the same tempo as the *Spin*.

*Ascending Spins* begin when the water level is at the ankles, unless otherwise specified. A vertically rising *Spin* is executed until the water level is established between the knees and hips. An *Ascending Spin* is finished with a *Vertical Descent*.

#### **SPIN ALLOWANCE**

The acceptable allowance for a *Continuous Spin* is up to 180° less than/more than the required rotation.

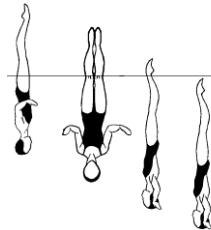
The acceptable allowance for other *Spins* (180° *Spin*, 360° *Spin*, 720° *Spin*, *Twist Spin*, *Spin Up 180°*, *Spin Up 360°*) is up to ¼ less than/more than the required rotation. Note: There is no spin allowance for a *Combined Spin* or *Reverse Combined Spin*.

d) *Rapid Airborne Spinning 180°*: from an airborne **Fishtail Position**, during a rapid *descending Spin* with a rotation of 180°, the horizontal leg is rapidly lifted while closing into the vertical leg to a **Vertical Position** which is completed as the ankles reach the surface of the water, followed by a rapid *Vertical Descent*.

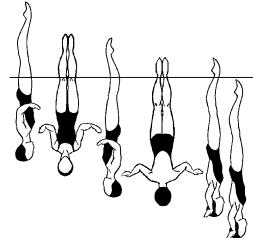
l) *Bent Knee Combined Spin*: a *descending Spin* in a **Bent Knee Vertical Position** of at least 360° followed without a pause by an equal *ascending Spin* in the same direction in a **Bent Knee Vertical Position**. The *ascending Spin* reaches the same height where the *descending Spin* started.

m) *Reverse Bent Knee Combined Spin*: an *ascending Spin* in a **Bent Knee Vertical Position** of at least 360° followed without a pause by an equal *descending Spin* in the same direction in a **Bent Knee Vertical Position**.

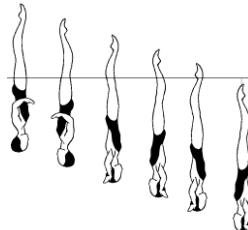
*Spinning 180°* is a *Descending Spin* with a rotation of 180°.



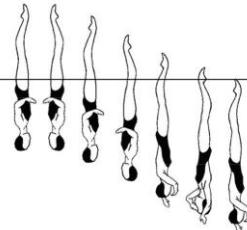
*Spinning 360°* is a *Descending Spin* with a rotation of 360°.



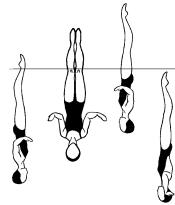
*Continuous Spin* is a *Descending Spin* with a rapid rotation of: 720° (2), 1080° (3), or 1440° (4) which is completed as the ankles reach the surface of the water and continues through submergence.



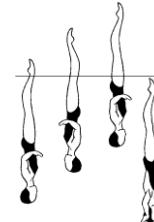
*Twist Spin* is a *Half Twist* (see Figure Rule V.P), executed at the height of the vertical, followed, without a pause, by a *Continuous Spin* of 720°(2), performed in the same direction at the *Half Twist*.



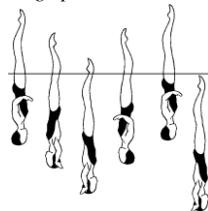
*Spin Up 180°* is an *Ascending Spin* with a rotation of 180°.



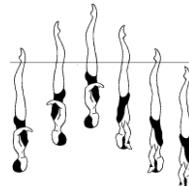
*Spin Up 360°* is an *Ascending Spin* with a rotation of 360°.



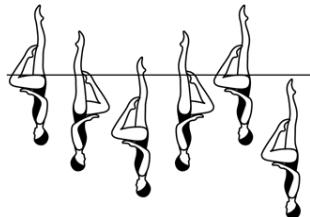
*Combined Spin* is a *Descending Spin* of at least 360° followed, without a pause, by an equal *Ascending Spin* in the same direction. The *Ascending Spin* reaches the same height where the *Descending Spin* started.



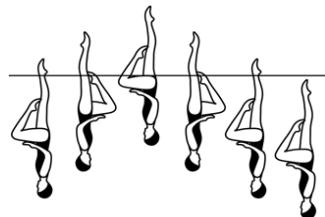
*Reverse Combined Spin* is an *Ascending Spin* of at least 360° followed, without a pause, by an equal *Descending Spin* in the same direction.



*Bent Knee Combined Spin* is a *Descending Spin* in a **Bent Knee Vertical Position** of at least 360°, followed, without a pause, by an equal *Ascending Spin* in the same direction in a **Bent Knee Vertical Position**. The *Ascending Spin* reaches the same height where the *Descending Spin* started.

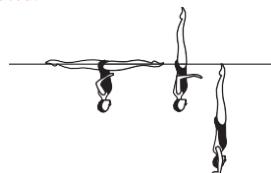


*Reverse Bent Knee Combined Spin* is an *Ascending Spin* in a **Bent Knee Vertical Position** of at least 360° followed, without a pause, by an equal *Descending Spin* in the same direction in a **Bent Knee Vertical Position**.



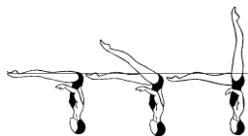
P. *Split to Vertical Descent*

From a **Split Position**, legs are simultaneously lifted to assume a **Vertical Position**. A *Vertical Descent* is executed.



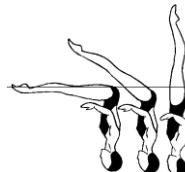
Q. *Surface Front Pike Position to Crane Position:*

From a **Surface Front Pike Position**, without movement of the **head and trunk**, and with minimal change in **water level**, one leg is lifted to **assume a Crane Position**.



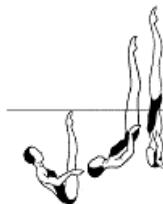
R. *Surface Front Pike Position to Vertical Position:*

From a **Surface Front Pike Position**, without movement of the **head and trunk**, and with minimal change in **water level**, the legs are lifted to **assume a Vertical Position**.



S. *Thrust*

From a submerged **Back Pike Position**, with legs remaining perpendicular to the surface **of the water**, a vertical upward movement of the legs and hips is rapidly executed as the body unrolls to assume a **Vertical Position**. In the **submerged Back Pike Position**, the toes **are** just under the surface **of the water** prior to the *Thrust*. Maximum height is desirable.



**THRUST ALLOWANCE**

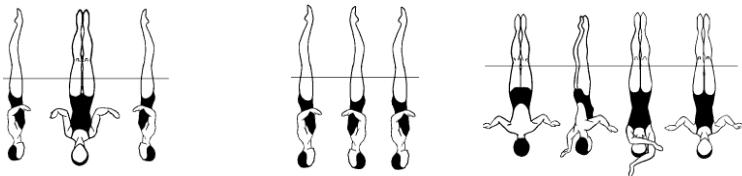
Deviation allowances for the *Thrust* action are unique and allow for the legs to be up to an additional  $15^\circ$  off the vertical line. Deductions are as follows:

Angle Deviation	Deduction Amount
Small Deviation	.2
Medium Deviation	.5
Large Deviation	1.0

T. *Twist*:

A *Twist* is a rotation at a sustained height. The body remains on its longitudinal axis throughout the rotation. Unless otherwise **specified**, when performed in a **Vertical Position**, a *Twist* is followed by a *Vertical Descent*.

*Half Twist* is a *Twist* of  $180^\circ$ . *Full Twist* is a *Twist* of  $360^\circ$ . *Twirl* is a rapid *Twist* of  $180^\circ$ .



**TWIST ALLOWANCE**

The acceptable allowance for *Twist* rotations (*Half Twist*, *Full Twist* and *Twirl*) is up to  $\frac{1}{4}$  less than/more than the required rotation.

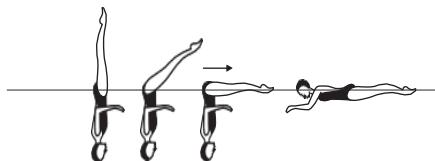
U. *Vertical Descent:*

Maintaining a **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged, or to the point specified in the description.



V. *Vertical Position to Front Layout Position:*

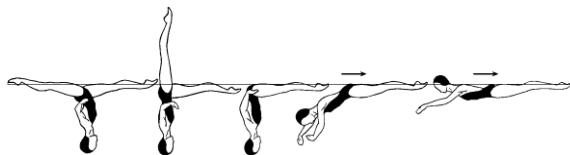
From a **Vertical Position**, without movement of the **head and trunk**, the legs are lowered to **assume** a **Surface Front Pike Position**. The feet and hips move along the surface **of the water** until the body straightens to **assume** a **Front Layout Position** as the head surfaces at the position occupied by the hips at the beginning of this action.



W. *Walkout:*

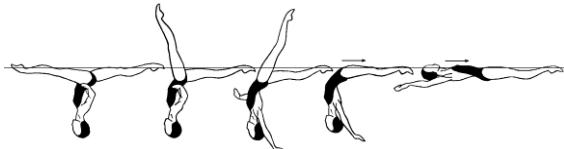
*Back Walkout: Split to Front Pike to Front Layout:*

From a **Split Position**, the hips remain stationary as the back leg is lifted in a  $180^\circ$  arc over the surface **of the water** to meet the opposite leg to **assume** a **Surface Front Pike Position**. The feet and hips move along the surface **of the water** until the body straightens to **assume a Front Layout Position** as the head surfaces at the position occupied by the hips at the beginning of this action.



*Front Walkout: Split to Surface Arch to Back Layout:*

From a **Split Position**, the hips remain stationary as the front leg is lifted in a  $180^\circ$  arc over the surface **of the water** to meet the opposite leg to **assume** a **Surface Arch Position**. An **Archup** (see Figure Rule V.A.) is executed to **assume** a **Back Layout Position**.



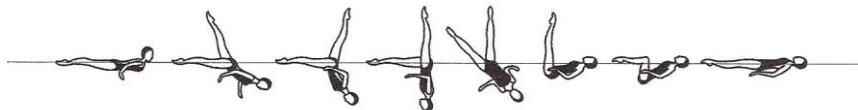
**FIGURE RULE VI**  
**DESCRIPTION OF FIGURES FOR**  
**ARTISTIC SWIMMING**

All the *Fundamental Criteria of Figure Execution*, listed in Figure Rule III.B, apply for the following figures, unless otherwise specified in a particular description.

413. **Alba**

Difficulty 2.7

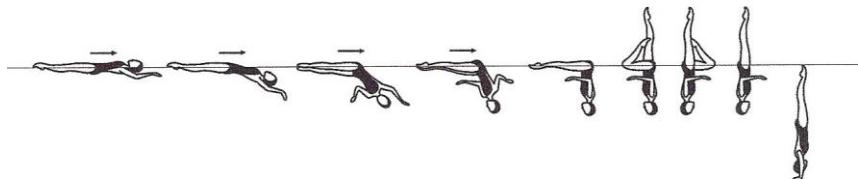
From a **Front Layout Position**, a Hightower (410) is executed to a **Fishtail Position**. **Without lateral movement, and with minimal change in water level**, the hips rotate 180° as the trunk rises, and the horizontal leg is lifted to assume a **Surface Double Ballet Leg Position**. **Without movement of the thighs**, the legs are **lowered** to assume a **Tub Position**. The **knees, shins and toes** remain at the surface of the water as the legs are straightened to **assume a Back Layout Position**.



240. **Albatross**

Difficulty 2.2

From a **Back Layout Position**, the **head descends** as a **Dolphin** (201) is initiated. The hips, legs and feet continue to move along the surface of the water as the body **gradually rolls on to the face** while the trunk descends to **assume a Surface Front Pike Position**. Without movement of the **head and trunk**, and with minimal change in water level, the legs are simultaneously **lifted** to **assume a Bent Knee Vertical Position**. A **Half Twist** is executed. Without movement of the vertical leg, **head or trunk**, and with minimal change in water level, the **toe of the bent leg slides along the inside of the vertical leg to assume a Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



240a to 240e and 240h to 240j, see Twists and Spins, Figure Rule V.

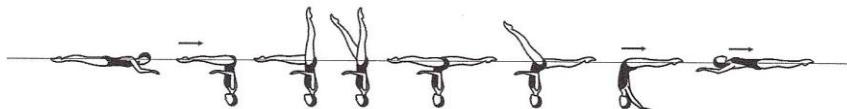
Difficulty, see I.A

240a to 240e. An Albatross is executed until the **Half Twist** is completed. Following the **Half Twist**, the designated **Twist** or **Spin** is executed as the **toe of the bent leg slides along the inside of the vertical leg to assume a Vertical Position**. A **Vertical Descent** is executed.

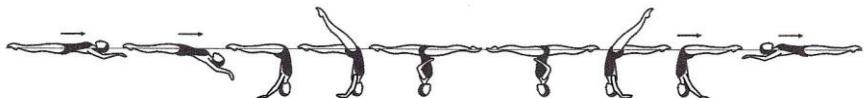
240h to 240i. An Albatross is executed until the **Half Twist** is completed. Following the **Half Twist**, while maintaining the **Bent Knee Vertical Position**, a **Vertical Descent** is executed to the ankle of the extended leg. During the designated **Spin Up**, the **toe of the bent leg slides along the inside of the vertical leg to assume a Vertical Position**. A **Vertical Descent** is executed.

240j. An Albatross is executed until the **Half Twist** is completed. Following the **Half Twist**, a **Combined Spin** is executed. During the **Descending Spin**, the **toe of the bent leg slides along the inside of the vertical leg to assume a Vertical Position** and during the **Ascending Spin**, the **toe of the bent leg slides along the inside of the vertical leg to resume a Bent Knee Vertical Position**. Maintaining the **Bent Knee Vertical Position**, a final **Vertical Descent** is executed.

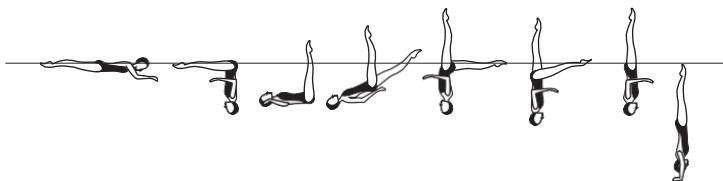
From a **Front Layout Position**, a **Tower** (348) is executed a **Fishtail Position**. With head and shoulders remaining vertically aligned with the hips, and with minimal change in water level, the horizontal leg is lifted in a 180° arc over the surface of the water, passing the vertical leg, which moves symmetrically in the opposite direction, to assume a **Split Position**. The hips remain stationary as the front leg is lifted in a 180° arc over the surface of the water to meet the opposite leg in a **Surface Arch Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, assuming a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



From a **Back Layout Position**, a **Back Walkover** (420) is executed to a **Split Position**. From a **Split Position**, an **Ariana Rotation** is performed by maintaining the relative position of the legs to the surface of the water, the hips rotate 180°. The hips remain stationary as the front leg is lifted in a 180° arc over the surface of the water to meet the opposite leg to assume a **Surface Arch Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, resuming a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



From a **Front Layout Position**, a partial **Front Pike Somersault** (323) is executed to a **Submerged Double Ballet Leg Position**. One leg rises vertically as the other moves along the surface of the water, while the trunk moves under the hips to assume a **Knight Position**. Maintaining the vertical alignment of the body, and with minimal change in water level, the body rotates 180° along its longitudinal axis to assume a **Fishtail Position**. Without movement of the vertical leg, head or trunk, and with minimal change in water level, the horizontal leg is lifted to meet the vertical leg to assume a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



330a and 330c to 330g, see Twists and Spins, Figure Rule V.

Difficulties, see I.A

330a, 330c to 330e. An Aurora is executed to a **Vertical Position**. From the **Vertical Position**, the designated **Twist** or **Spin** is executed. A **Vertical Descent** is executed.

330f to 330g. An Aurora is executed to a **Vertical Position**. From the **Vertical Position**, the designated **Spin** is executed through submergence to complete the figure.

## 331. Aurora, Open 180°

Difficulty 3.0

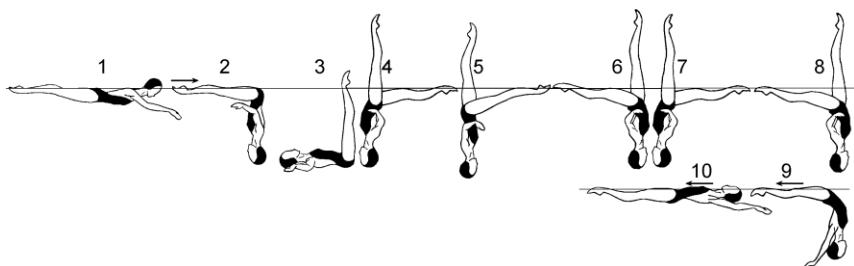
From a **Front Layout Position**, an Aurora (330) is executed to a **Fishtail Position**. Maintaining the vertical alignment of the body, the foot of the horizontal leg is moved, with accelerating speed, in a horizontal arc of 180° at the surface of the water, to assume a **Knight Position**. **Maintaining the Knight Position**, with continuous movement and accelerating speed, an additional 180° rotation is executed in the same direction. The hips remain stationary as the vertical leg is lowered to meet the opposite leg to assume a **Surface Arch Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, assuming a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



## 332. Aurora, Open 360°

Difficulty 3.1

From a **Front Layout Position**, an Aurora (330) is executed to a **Fishtail Position**. Maintaining the vertical alignment of the body, the foot of the horizontal leg is moved, with accelerating speed, in a horizontal arc of 180° at the surface of the water, to assume a **Knight Position**. **Maintaining the Knight Position**, with continuous movement and accelerating speed, an additional 360° rotation is executed in the same direction. The hips remain stationary as the vertical leg is lowered to meet the opposite leg to assume a **Surface Arch Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, assuming a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



## 327. Ballerina

Difficulty 1.8

From a **Front Layout Position**, a partial Front Pike Somersault (323) is executed to a **Submerged Double Ballet Leg Position**. One leg is **lowered** to assume a **Submerged Flamingo Position**. Maintaining the **Submerged Flamingo Position**, the body rises to **assume** a **Surface Flamingo Position**. The ballet leg is lowered in a 90° arc to the surface **of the water** as the other leg moves to assume a **Bent Knee Back Layout Position**. The **toe of the bent leg** moves along the inside of the extended leg **to assume** a **Back Layout Position**.



## 110. Ballet Leg, Double

Difficulty 1.6

From a **Back Layout Position**, the knees, shins and toes move along the surface **of the water** to assume a **Tub Position**. **Without movement of the thighs**, the legs are straightened to **assume** a **Surface Double Ballet Leg Position**. **Without movement of the thighs**, the legs are lowered to **resume** a **Tub Position**. **With the knees, shins and toes moving along the surface of the water**, the legs are straightened to **resume** a **Back Layout Position**.



## 101. Ballet Leg, Single

Difficulty 1.6

From a **Back Layout Position**, with one leg remaining extended at the surface **of the water throughout**, the **toe** of the other leg **slides** along the inside of the extended leg, to assume a **Bent Knee Back Layout Position**. **Without movement of the thigh**, the **bent leg** is straightened to assume a **Surface Ballet Leg Position**. **Without movement of the thigh**, the ballet leg is **lowered** to **resume** a **Bent Knee Back Layout Position**. The **toe slides** along the inside of the extended leg to **resume** a **Back Layout Position**.



## 106. Ballet Leg, Straight

Difficulty 1.6

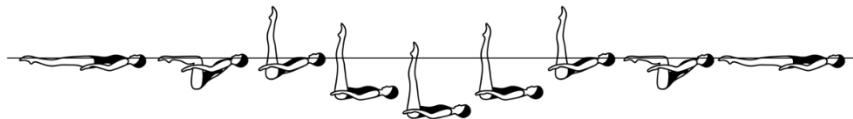
From a **Back Layout Position**, with one leg remaining extended at the surface **of the water**, the other leg is **lifted** straight to **assume** a **Ballet Leg Position**. **Without movement of the thigh**, the ballet leg is **lowered** to **assume** a **Bent Knee Back Layout Position**. The **toe slides** along the inside of the extended leg to **resume** a **Back Layout Position**.



### 111. Ballet Leg Submarine, Double

Difficulty 2.2

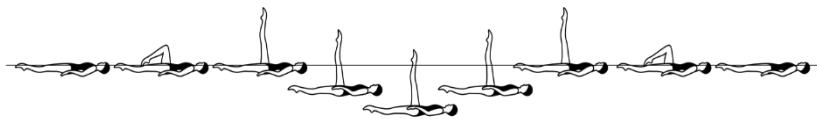
From a **Back Layout Position**, a Ballet Leg, Double (110) is executed to a **Surface Double Ballet Leg Position**. The body **descends** vertically and parallel to the surface of the water to **assume a Submerged Double Ballet Leg Position**. Maintaining the **Double Ballet Leg Position** parallel to the surface of the water, the body **ascends** vertically to **resume** a **Surface Double Ballet Leg Position**. Without movement of the thighs, the **legs** are **lowered**, to **resume** a **Tub Position**. The shins remain at the surface of the water as the **legs** are straightened to **resume** a **Back Layout Position**.



### 103. Ballet Leg Submarine, Single

Difficulty 2.1

From a **Back Layout Position**, a Ballet Leg, Single (101) is executed to **assume a Surface Ballet Leg Position**. The body **descends** vertically and parallel to the surface of the water to **assume a Submerged Ballet Leg Position**. Maintaining the **Ballet Leg Position** parallel to the surface of the water, the body **ascends** vertically to **resume** a **Surface Ballet Leg Position**. Without movement of the thigh, the ballet leg is **lowered** to **resume** a **Bent Knee Back Layout Position**. The **toe** slides along the inside of the extended leg to **resume** a **Back Layout Position**.

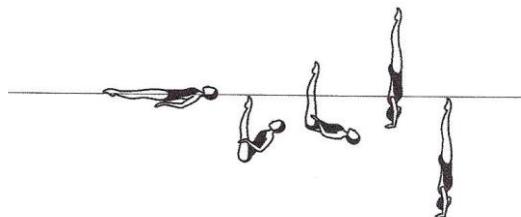


### 102. Ballet Legs, Alternate

Difficulty 2.4

From a **Back Layout Position**, a Ballet Leg, Single (101) is executed with each leg alternately.

From a **Back Layout Position**, the legs are **lifted** to the vertical as the body is submerged to **assume a Back Pike Position** with the toes just under the surface of the water. From the **submerged Back Pike Position**, with the legs remaining perpendicular to the surface of the water, a vertical upward movement (*Thrust*) of the legs and hips is rapidly executed as the body unrolls to assume a **Vertical Position**. Maximum height is desirable. Maintaining the **Vertical Position**, the body descends along its longitudinal axis, at the same tempo as the *Thrust*, until the toes are submerged.



301c to 301f and 301h to 301i, see Twists and Spins, Figure Rule V.

Difficulties, see I.A

301c. A Barracuda is executed to a **Vertical Position**. From the **Vertical Position**, a **Twirl** is executed. A **Vertical Descent** is executed at the same tempo as the *Thrust*.

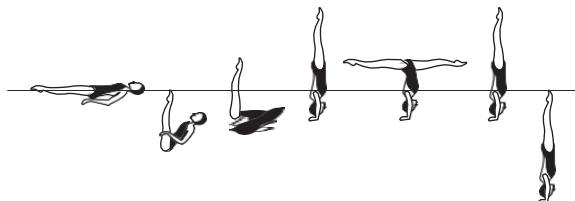
301d to 301e. A Barracuda is executed to a **Vertical Position**. From the **Vertical Position**, the designated **Spin** is executed at the same tempo as the *Thrust*. A **Vertical Descent** is executed at the same tempo as the *Thrust*.

301f. A Barracuda is executed to a **Vertical Position**. From the **Vertical Position**, a **Continuous Spin** is executed at the same tempo as the *Thrust* to complete the figure.

301h to 301i. A Barracuda is executed to a **Vertical Position**. From the **Vertical Position**, a **Vertical Descent** is executed at the same tempo as the *Thrust*, pausing at the ankles, which precedes the designated **Ascending Spin**\*. Maintaining the **Vertical Position**, a **Vertical Descent** is executed at the same tempo as the *Thrust*.

\* The ascending Spin should not be performed rapidly but should be performed as the body rises and simultaneously rotates, evenly and at the same tempo as the root figure **Back Layout Position** to **Back Pike Position**.

From a **Back Layout Position**, a Barracuda (301) is executed to a **Vertical Position**. Maximum height is desirable. Maintaining maximum height, the legs are **rapidly and simultaneously** split to assume an **Airborne Split Position** and rejoin to a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis, at the same tempo as the *Thrust*, until the toes are submerged.



308h to 308i, see Twists and Spins, Figure Rule V.

Difficulties, see I.A

308h to 308i. A Barracuda Airborne Split is executed to a rejoined **Vertical Position**. From the **Vertical Position**, a **Vertical Descent** is executed at the same tempo as the *Thrust*, pausing at the

ankles, which precedes the rapid designated *Ascending Spin*. Maintaining the **Vertical Position**, a *Vertical Descent* is executed at the same tempo as the *Thrust*.

### 305. Barracuda, Back Pike Somersault

Difficulty 2.3

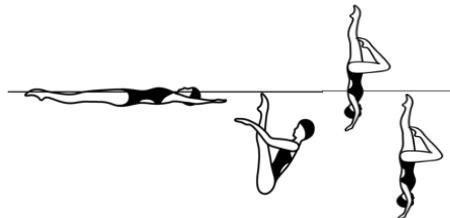
From a **Back Layout Position**, a Back Pike Somersault (303) is executed until the legs are vertical, with the toes just under the surface of the water. From the **submerged Back Pike Position**, with the legs remaining perpendicular to the surface of the water, a vertical upward movement (*Thrust*) of the legs and hips is rapidly executed as the body unrolls to assume a **Vertical Position**. Maximum height is desirable. Maintaining the **Vertical Position**, the body descends along its longitudinal axis, at the same tempo as the *Thrust*, until the toes are submerged.



305c to 305f and 305h to 305j, see Twists and Spins, Figure Rule V. Difficulties, see I.A  
305c. A Barracuda, Back Pike Somersault is executed to a **Vertical Position**. From the **Vertical Position**, a *Twirl* is executed. A *Vertical Descent* is executed at the same tempo as the *Thrust*.  
305d, 305e and 305j. A Barracuda, Back Pike Somersault is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Spin* is executed at the same tempo as the *Thrust*. A *Vertical Descent* is executed at the same tempo as the *Thrust*.  
305f. A Barracuda, Back Pike Somersault is executed to a **Vertical Position**. From the **Vertical Position**, a *Continuous Spin* is executed at the same tempo as the *Thrust* to complete the figure.  
305h to 305i. A Barracuda, Back Pike Somersault is executed to a **Vertical Position**. From the **Vertical Position**, a *Vertical Descent* is executed at the same tempo as the *Thrust*, pausing at the ankles, which precedes the designated *Ascending Spin*\*. Maintaining the **Vertical Position**, a *Vertical Descent* is executed at the same tempo as the *Thrust*.

\* The ascending Spin should not be performed rapidly but should be performed as the body rises and rotates simultaneously rotates, evenly and at the same tempo as the root figure **Back Layout Position** to **Back Pike Position**.

From a **Back Layout Position**, a Barracuda (301) is executed to the submerged **Back Pike Position**. With the legs remaining perpendicular to the surface of the water, a vertical upward movement (*Thrust*) of the legs and hips is rapidly executed as the body unrolls and one toe slides along the inside of the extended leg to assume a **Bent Knee Vertical Position**. Maximum height is desirable. Maintaining the **Bent Knee Vertical Position**, the body descends along its longitudinal axis, at the same tempo as the *Thrust*, until the toes are submerged.

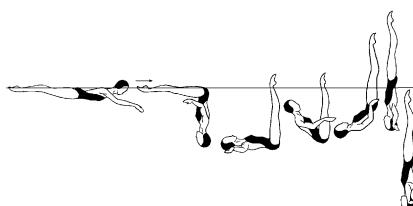


306d to 306e, see Twists and Spins, Figure Rule V.

Difficulties, see I.A

**306d to 306e.** A Barracuda, Bent Knee is executed to a **Bent Knee Vertical Position**. From the **Bent Knee Vertical Position**, the designated *Spin* is executed at the same tempo as the *Thrust* as the toe of the bent leg slides along the inside of the extended leg to assume a **Vertical Position**. A **Vertical Descent** is executed at the same tempo as the *Thrust*.

From a **Front Layout Position**, a partial Front Pike Somersault (323) is executed to a **Submerged Double Ballet Leg Position**. The trunk moves toward the legs to a submerged **Back Pike Position** and, with the legs remaining perpendicular to the surface of the water, a vertical upward movement (*Thrust*) of the legs and hips is rapidly executed as the body unrolls to assume a **Vertical Position**. Maximum height is desirable. Maintaining the **Vertical Position**, the body descends along its longitudinal axis, at the same tempo as the *Thrust*, until the toes are submerged.



380c to 380f and 380h to 380j, see Twists and Spins, Figure Rule V.

Difficulties, see I.A

380c. A Barracuda, Front Pike Somersault is executed to a **Vertical Position**. From the **Vertical Position**, a *Twirl* is executed. A **Vertical Descent** is executed at the same tempo as the *Thrust*.

380d, 380e and 380j. A Barracuda, Front Pike Somersault is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Spin* is executed at the same tempo as the *Thrust*. A **Vertical Descent** is executed at the same tempo as the *Thrust*.

380f. A Barracuda, Front Pike Somersault is executed to a **Vertical Position**. From the **Vertical Position**, a *Continuous Spin* is executed at the same tempo as the *Thrust* to complete the figure.

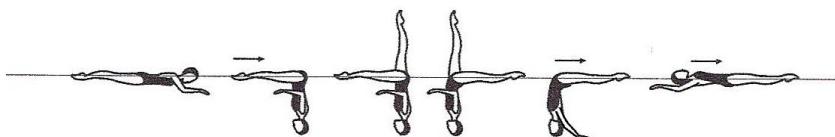
380h to 380i. A Barracuda, Front Pike Somersault is executed to a **Vertical Position**. From the **Vertical Position**, a **Vertical Descent** is executed at the same tempo as the *Thrust*, pausing at the ankles, which precedes the designated *Ascending Spin\**. Maintaining the **Vertical Position**, a **Vertical Descent** is executed at the same tempo as the *Thrust*.

\* The ascending Spin should not be performed rapidly but should be performed as the body rises and simultaneously rotates, evenly and at the same tempo as the root figure **Back Layout Position** to **Back Pike Position**.

### 349. Beluga

Difficulty 2.1

From a **Front Layout Position**, a **Tower** (348) is executed to assume a **Fishtail Position**. Maintaining the vertical alignment of the body, the foot of the horizontal leg is moved with accelerating speed in a horizontal arc of 180° at the surface of the water to assume a **Knight Position**. The hips remain stationary as the vertical leg is lowered to meet the opposite leg to assume a **Surface Arch Position** at the same tempo as the **Front Layout Position** to **Fishtail Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, assuming a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



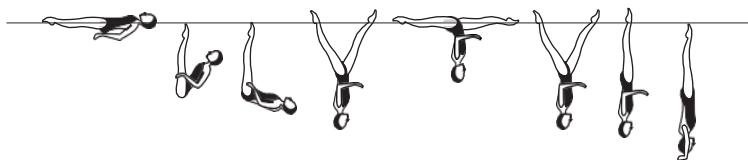
### 100. Bent Knee, Alternate

Difficulty 1.1

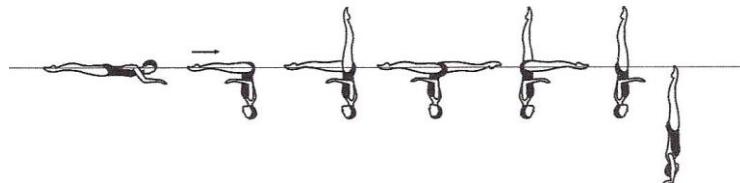
From a **Back Layout Position**, with one leg remaining extended at the surface of the water, the toe of the other leg **slides** along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. The **toe slides** along the inside of the extended leg to **resume** a **Back Layout Position**. From a **Back Layout Position**, with one leg remaining extended at the surface of the water, the toe of the opposite leg **slides** along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. The **toe slides** along the inside of the extended leg to resume a **Back Layout Position**.



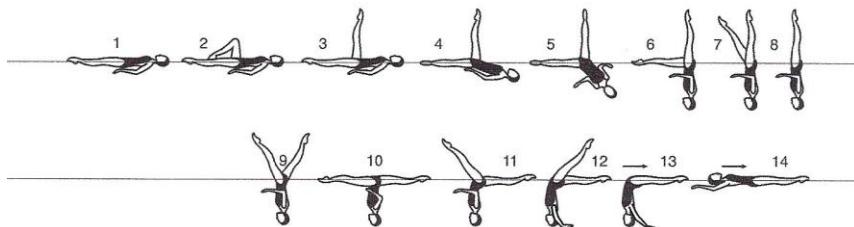
From a **Back Layout Position**, the legs are lifted to the vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface of the water. From the submerged **Back Pike Position**, the feet separate along the surface of the water as a vertical upward movement of the legs and hips is executed as the body unrolls to assume a **Split Position**. The body descends as the legs **symmetrically** join to assume a **Vertical Position** at ankle level. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



From a **Front Layout Position**, a **Tower** (348) is executed to a **Fishtail Position**. The horizontal leg is rapidly lifted in a 180° arc over the surface of the water as the vertical leg is simultaneously lowered to assume a **Split Position**, without hesitating, a **rapid** hip rotation of 180° is executed as the front leg is **lifted** to assume a **Fishtail Position**. Without movement of the vertical leg, **head** or **trunk**, and **with minimal change in water level**, the horizontal leg is lifted to meet the vertical leg to assume a **Vertical Position** at the same tempo as the **movement from the Front Layout Position to the first Fishtail Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



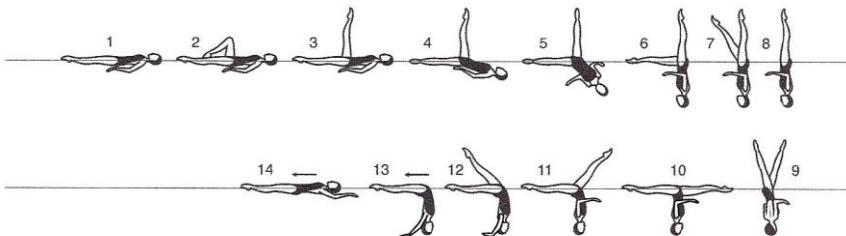
From a **Back Layout Position**, a **Catalina** (115) is executed to a **Fishtail Position**. With head and shoulders remaining vertically aligned with the hips, and with minimal change in water level, the horizontal leg is lifted in a 180° arc over the surface of the water, passing the vertical leg, which moves symmetrically in the opposite direction, to assume a **Split Position**. The hips remain stationary as the front leg is lifted in a 180° arc over the surface of the water to meet the opposite leg to assume a **Surface Arch Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, **resuming** a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



## 117. Catalarc, Open 180°

Difficulty 3.0

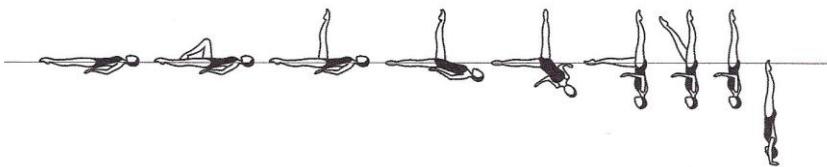
From a **Back Layout Position**, a Catalina (115) is executed to a **Fishtail Position**. With head and shoulders remaining vertically aligned with the hips, and with minimal change in water level, the horizontal leg is lifted toward the vertical leg. As the **horizontal leg passes the vertical leg, the vertical leg symmetrically moves in the opposite direction** as a 180° rotation of the body is initiated and continued to assume a **Split Position**. The hips remain stationary as the front leg is lifted in a 180° arc over the surface of the water to meet the opposite leg to assume a **Surface Arch Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, **resuming a Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



## 115. Catalina

Difficulty 2.3

From a **Back Layout Position**, a **Ballet Leg, Single (101)** is executed to a **Surface Ballet Leg Position**. From a **Surface Ballet Leg Position**, a **Catalina Rotation** is performed to a **Fishtail Position**. Without movement of the vertical leg, **head** or **trunk**, and with **minimal change in water level**, the horizontal leg is lifted to meet the vertical leg, to assume a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



115a to 115j, see Twists and Spins, Figure Rule V.

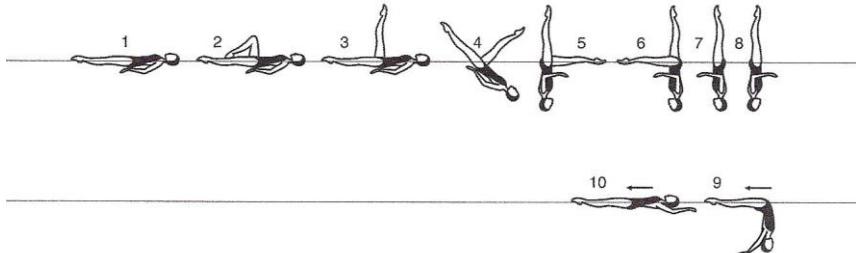
Difficulties, see I.A

115a to **115e and 115j**. A Catalina is executed to a **Vertical Position**. From the **Vertical Position**, the designated **Twist** or **Spin** is executed. **A Vertical Descent** is executed.115f to **115g**. A Catalina is executed to a **Vertical Position**. From the **Vertical Position**, the designated **Spin** is executed through submergence to complete the figure.115h to **115i**. A Catalina is executed to a **Vertical Position**. From the **Vertical Position**, a **Vertical Descent** is executed, pausing at the ankles, which precedes the designated **Ascending Spin**. Maintaining the **Vertical Position**, a **Vertical Descent** is executed.

## 113. Crane

Difficulty 3.7

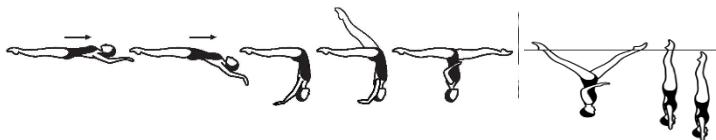
From a **Back Layout Position**, an Ibis (112) is executed to a **Fishtail Position**. A **Half Twist** is executed in the **Fishtail Position**. Without movement of the vertical leg, **head** or trunk, and with **minimal change in water level**, the horizontal leg is lifted to meet the vertical leg, to assume a **Vertical Position**. Another **Half Twist** is executed in the **Vertical Position** in the same direction and at the same height. With **minimal change in water level**, the legs are lowered backward to assume a **Surface Arch Position** and, with continuous foot first movement, the hips, chest and face surface sequentially at the same point, **resuming a Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



## 418. Crayfish

Difficulty 1.7

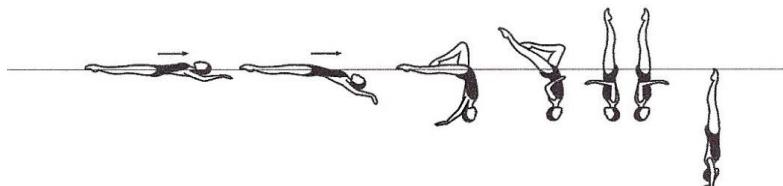
From a **Back Layout Position**, a **Walkover, Back** (420) is executed to a **Split Position**. The body descends as the legs symmetrically join to assume a **Vertical Position** at ankle level. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



## 436. Cyclone

Difficulty 2.4

From a **Back Layout Position**, a **Nova** (435) is executed to a **Bent Knee Surface Arch Position**. With **minimal change in water level**, the legs are simultaneously lifted to assume a **Vertical Position** as a **Twirl** is executed. With **minimal change in water level**, a **Half Twist** is executed in the opposite direction. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



436c to 436f, see Twists and Spins, Figure Rule V.

Difficulties, see I.A

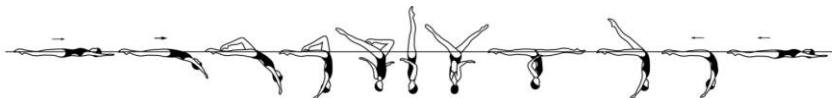
**436c to 436e.** A Cyclone is executed until the completion of the *Half Twist* in the opposite direction. Following the *Half Twist* in the opposite direction, the designated *Twist* or *Spin* is executed in the same direction as the *Half Twist*. A *Vertical Descent* is executed.

**436f.** A Cyclone is executed until the completion of the *Half Twist* in the opposite direction. Following the *Half Twist* in the opposite direction, the designated *Spin* is executed in the same direction as the *Half Twist* through submergence to complete the figure.

#### 437. Cyclone, Open 180°

Difficulty 2.6

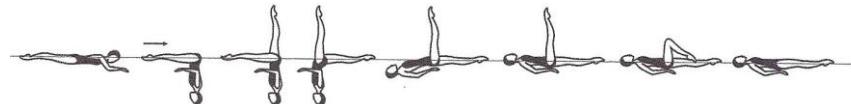
From a **Back Layout Position**, a Cyclone (436) is executed through the *Twirl*. Continuing in the same direction, the legs symmetrically open to assume a **Split Position** as a 180° rotation is executed. The hips remain stationary as the front leg is lifted in a 180° arc over the surface of the water to meet the opposite leg to assume a **Surface Arch Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, resuming a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



#### 350. Dalecarlia

Difficulty 2.6

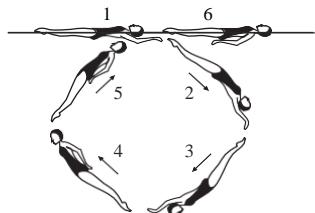
From a **Front Layout Position**, a **Tower** (348) is executed a **Fishtail Position**. Maintaining the 90° angle between the legs, the horizontal leg is **lifted** to a vertical, as the vertical leg simultaneously continues its arc to the surface of the water to assume a **Knight Position**. Without moving the legs, the trunk straightens as it rises to assume a **Surface Ballet Leg Position**. Without movement of the **thigh**, the ballet leg is **lowered** to assume a **Bent Knee Back Layout Position**. The **toe slides** along the inside of the extended leg to assume a **Back Layout Position**.



## 201. Dolphin

Difficulty 1.4

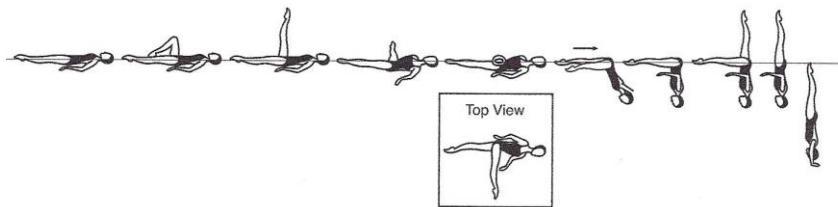
From a **Back Layout Position**, with head leading, the head, hips and feet leave the surface **of the water** sequentially at the same point to assume a **Dolphin Arch** as the body begins to move around a circle which has a diameter of approximately 2.5 meters (8 feet), depending upon the height of the competitor. Movement continues, as the head, hips and feet follow the imaginary line of the circumference until, with the head, hips and feet breaking the surface **of the water** sequentially at the same point, the body straightens as it surfaces **resuming** a **Back Layout Position**.



## 125. Eiffel Tower

Difficulty 2.6

From a **Back Layout Position**, a **Ballet Leg**, **Single** (101) is executed to a **Surface Ballet Leg Position**. Maintaining the **Surface Ballet Leg Position**, the body rolls sideways toward the horizontal leg, carrying the ballet leg to the surface **of the water**, to assume an **Eiffel Position**. With the lower shoulder leading, the **head and trunk** **descends and rotates** to assume a **Surface Front Pike Position**, as the ballet leg moves across the surface **of the water** to meet the non-ballet leg. Simultaneously, the buttocks, non-ballet leg and foot travel along the surface **of the water** until the hips occupy the position of the head at the beginning of this action. Without movement of the **head and trunk**, and with minimal change in water level, the non-ballet leg is lifted to assume a **Fishtail Position**. Without movement of the vertical leg, **head** or **trunk**, and with minimal change in water level, the horizontal leg is lifted to meet the vertical leg to assume a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



125a to 125i, see Twists and Spins, Figure Rule V.

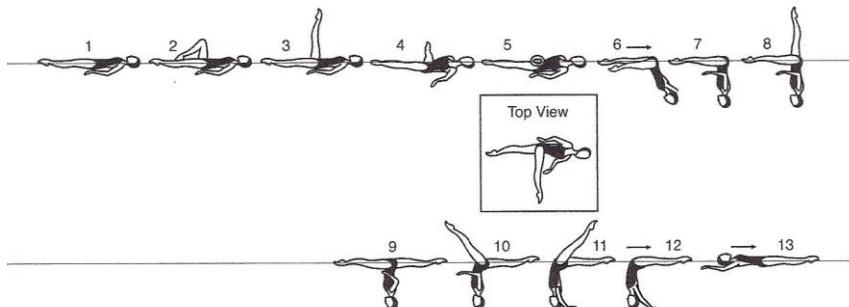
Difficulties, see I.A

125a to 125e. An Eiffel Tower is executed to a **Vertical Position**. From the **Vertical Position**, the designated **Twist** or **Spin** is executed. **A Vertical Descent** is executed.125f to 125g. An Eiffel Tower is executed to a **Vertical Position**. From the **Vertical Position**, the designated **Spin** is executed through submergence to complete the figure.125h to 125i. An Eiffel Tower is executed to a **Vertical Position**. From the **Vertical Position**, a **Vertical Descent** is executed to the ankle level. The designated **Ascending Spin** is executed. **A Vertical Descent** is executed.

## 128. Eiffel Walk

Difficulty 2.7

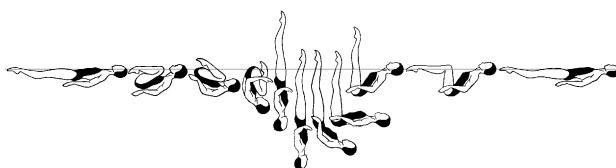
From a **Back Layout Position**, an Eiffel Tower (125) is executed to a **Surface Front Pike Position**. With head and shoulders remaining vertically aligned with the hips, and with minimal change in water level, the non-ballet leg is lifted in a 180° arc over the surface **of the water** to assume a **Split Position**. The hips remain stationary as the front leg is lifted in a 180° arc over the surface **of the water** to meet the opposite leg **to assume** a **Surface Arch Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, **resuming** a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



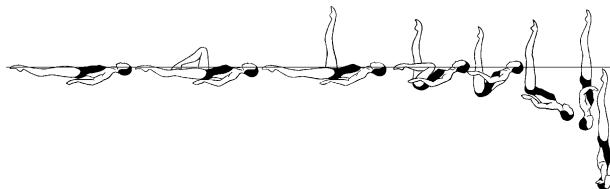
## 322. Elevator

Difficulty 2.5

From a **Back Layout Position**, a Kip (311) is executed to a **Vertical Position**. A **Vertical Descent** is executed to a water level established between the knees and ankles. Maintaining the vertical line of the legs, the body is bent as the head and trunk rise to assume a **Submerged Double Ballet Leg Position**. Maintaining the vertical position of the legs, the body rises to the surface of water to assume a **Surface Double Ballet Leg Position**. Without movement of the thighs, the legs are lowered to assume a **Tub Position**. With the knees, shins and toes moving along the surface of the water, the legs are straightened to resume a **Back Layout Position**.



From a **Back Layout Position**, a **Ballet Leg, Single (101)** is executed to a **Surface Ballet Leg Position**. The shin of the horizontal leg **slides** along the surface **of the water** to assume a **Surface Flamingo Position**. The bent leg is **lifted** to **assume a Surface Double Ballet Leg Position**. Maintaining the vertical position of the legs, the hips are **lifted** as the **head and trunk roll** to **assume a Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



130a to 130j, see Twists and Spins, Figure Rule V.

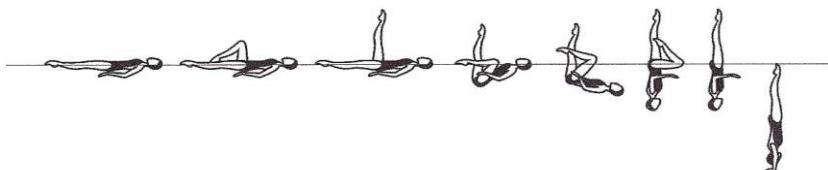
Difficulties, see I.A

130a to 130e and 130j. A Flamingo is executed to a **Vertical Position**. From the **Vertical Position**, the designated **Twist or Spin** is executed. **A Vertical Descent** is executed.

130f to 130g. A Flamingo is executed to a **Vertical Position**. From the **Vertical Position**, the designated **Spin** is executed through submergence to complete the figure.

130h to 130i. A Flamingo is executed to a **Vertical Position**. From the **Vertical Position**, a **Vertical Descent** is executed to the ankle level. The designated **Ascending Spin** is executed. **A Vertical Descent** is executed.

From a **Back Layout Position**, a Flamingo (130) is executed to a **Surface Flamingo Position**. **Maintaining the vertical position of the ballet leg**, the hips are **lifted** as the **head and trunk unroll** while the bent leg moves to **assume a Bent Knee Vertical Position**. Without movement of the vertical leg, **head or trunk, and with minimal change in water level**, the **toe** of the bent leg **slides** along the inside of the vertical leg to assume a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



140a to 140j, see Twists and Spins, Figure Rule V.

Difficulties see I.A

140a to 140e and 140j. A Flamingo, Bent Knee is executed to a **Vertical Position**. From the **Vertical Position**, the designated **Twist or Spin** is executed. **A Vertical Descent** is executed.

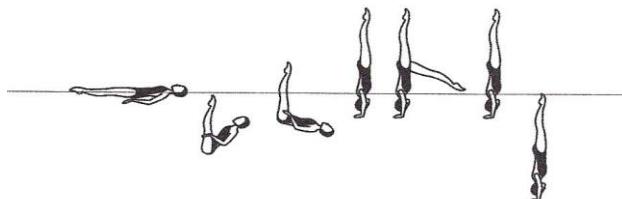
140f to 140g. A Flamingo, Bent Knee is executed to a **Vertical Position**. From the **Vertical Position**, the designated **Spin** is executed through submergence to complete the figure.

140h to 140i. A Flamingo, Bent Knee is executed to a **Vertical Position**. From the **Vertical Position**, a **Vertical Descent** is executed to the ankle level. The designated **Ascending Spin** is executed. **A Vertical Descent** is executed.

### 307. Flying Fish

Difficulty 2.4

From a **Back Layout Position**, a Barracuda (301) is executed to a **Vertical Position**. Maximum height is desirable. Without movement of the **head** and **trunk**, and no change in water level, one leg is rapidly lowered to **assume** a **Fishtail Position** and without a pause, the horizontal leg is rapidly lifted **to resume** a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis, at the same tempo as the *Thrust*, until the toes are submerged.



307d to 307e, see Twists and Spins, Figure Rule V.

Difficulties see I.A

307d to 307e. A Flying Fish is executed to a **second Vertical Position**. From the **second Vertical Position**, the designated *Spin* is executed at the same tempo as the *Thrust*. A **Vertical Descent** is executed at the same tempo as the *Thrust*.

### 359. Front Ariana

Difficulty 2.2

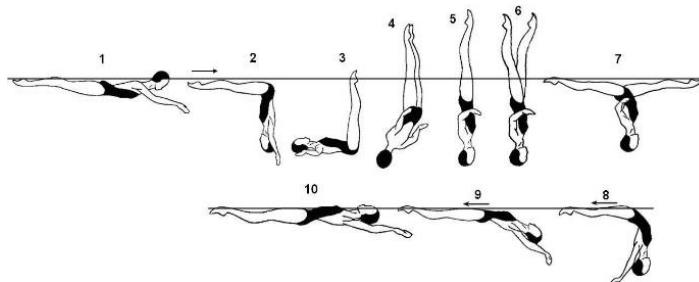
From a **Front Layout Position**, a Walkover, Front (360) is executed to a **Split Position**. From the **Split Position**, while maintaining the relative position of the legs to the surface of the water, an *Ariana Rotation* is performed. The hips remain stationary as the front leg is lifted in a 180° arc over the surface of the water to meet the opposite leg to assume a **Surface Arch Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, assuming a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



## 335. Gaviata

Difficulty 2.3

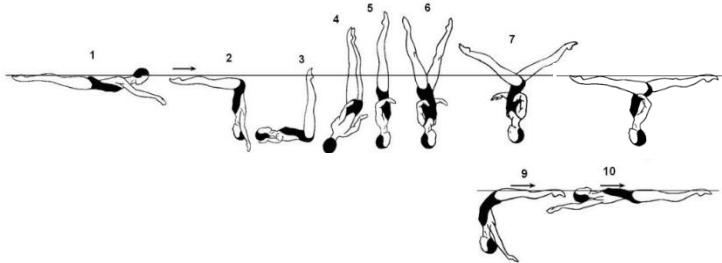
From a **Front Layout Position**, a partial Front Pike Somersault (323) is executed to a **Submerged Double Ballet Leg Position**. **Without lateral movement, the hips rise during a 180° rotation of the body**, as the **head and trunk** descend toward the vertical line, to assume a **Vertical Position**. The legs **symmetrically open** to assume a **Split Position**. The hips remain stationary as the front leg is lifted in a 180° arc over the surface **of the water** to meet the opposite leg to assume a **Surface Arch Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, assuming a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



## 336. Gaviata, Open 180°

Difficulty 2.4

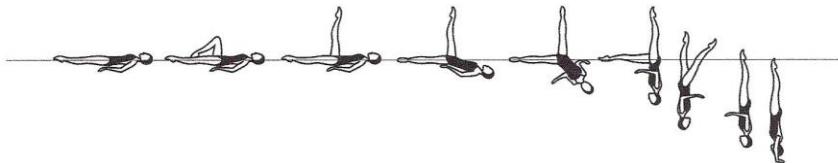
From a **Front Layout Position**, a **Gaviata (335)** is executed to a **Vertical Position**. Continuing in the same direction, the legs **symmetrically open** during a 180° rotation to assume a **Split Position**. The hips remain stationary as the front leg is lifted in a 180° arc over the surface **of the water** to meet the opposite leg to assume a **Surface Arch Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, assuming a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



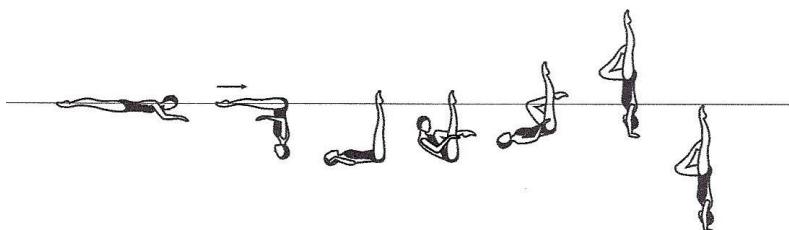
From a **Back Layout Position**, an Albatross (240) is executed to the **Surface Front Pike Position**. With the shoulders and head remaining vertically aligned with the hips, and with minimal change in water level, one leg is lifted to vertical as the **body** rotates 90° on its longitudinal axis to assume a **Side Fishtail Position** and, with continuous motion **and in the same direction**, another 90° rotation is executed as the vertical leg is lowered to assume a **Split Position**. The hips remain stationary as the back leg is lifted in a 180° arc over the surface **of the water** to meet the opposite leg to **assume a Surface Front Pike Position**. The feet and hips move along the surface until the body straightens to **assume a Front Layout Position** as the head surfaces at the position occupied by the hips at the beginning of this action.



From a **Back Layout Position**, a **Ballet Leg, Single** (101) is executed to a **Surface Ballet Leg Position**. A **Catalina Rotation** is **performed to a Fishtail Position**. Continuing in the same direction, a descending **Spinning 360°** is executed as the horizontal leg is lifted **while closing into** the vertical leg to assume a **Vertical Position** which is completed as the ankles reach the surface of the water. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



From a **Front Layout Position**, a partial **Front Pike Somersault** (323) is executed to a **Submerged Double Ballet Leg Position**. As the trunk moves toward the legs, one leg is lowered with the shin parallel to the surface of the water and the mid-calf opposite the vertical leg to assume a compact **Submerged Flamingo Position**. From the compact **Submerged Flamingo** position, with the vertical leg remaining perpendicular to the surface **of the water**, a vertical upward movement (**Thrust**) of the legs and hips is rapidly executed as the body unrolls as the foot of the bent leg moves simultaneously to the inside of the vertical leg, to assume a **Bent Knee Vertical Position**. Maximum height is desirable. Maintaining the **Bent Knee Vertical Position**, the body descends along its longitudinal axis, at the same tempo as the **Thrust**, until the toes are submerged.



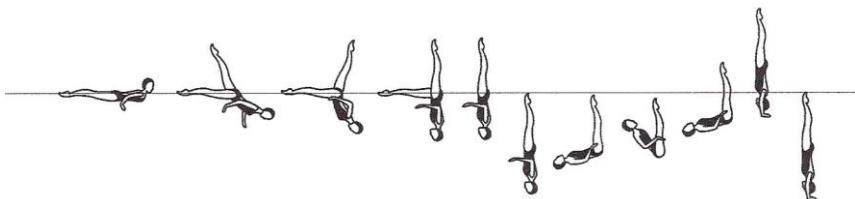
342c to 342f and 342h to 342i, see Twists and Spins, Figure Rule V. Difficulties, see I.A  
 342c. A Heron is executed to a **Bent Knee Vertical Position**. From the **Bent Knee Vertical Position**, a **Twirl** is **executed** in a **Bent Knee Vertical Position**. A **Vertical Descent** is executed at the same tempo as the **Thrust**.  
 342d to 342e. A Heron is executed to a **Bent Knee Vertical Position**. From the **Bent Knee Vertical Position**, the designated **Spin** is **executed** in a **Bent Knee Vertical Position**, at the same tempo as the **Thrust**. A **Vertical Descent** is executed at the same tempo as the **Thrust**.  
 342f. A Heron is executed to a **Bent Knee Vertical Position**. From the **Bent Knee Vertical Position**, a **Continuous Spin** is **executed** in a **Bent Knee Vertical Position**, at the same tempo as the **Thrust** through submergence to complete the figure.  
 342h to 342i. A Heron is executed to a **Bent Knee Vertical Position**. From the **Bent Knee Vertical Position**, a **Vertical Descent** in a **Bent Knee Vertical Position** is **executed** at the same tempo as the **Thrust**, pausing at the ankle level, which precedes the designated **Ascending Spin\*** in a **Bent Knee Vertical Position**. Maintaining the **Bent Knee Vertical Position**, a **Vertical Descent** is **executed** at the same tempo as the **Thrust**.

\* The **Ascending Spin** should not be performed rapidly. The **ascending Spin** should be performed as the body rises and simultaneously rotates, evenly and at the same tempo from the start of the figure to compact **Submerged Flamingo Position**.

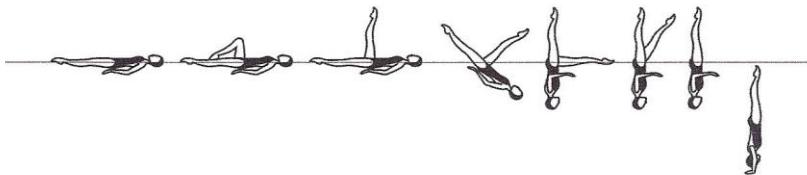
#### 410. Hightower

Difficulty 3.3

From a **Front Layout Position**, a **Straight Leg Swordfish** (406) is **executed** to an **Arched Fishtail Position**. With minimal change in water level, the body is straightened to assume a **Fishtail Position**, assuming vertical midway between the former **vertical line through the hips** and the former vertical line through the foot and head. Without movement of the vertical leg, **head or trunk, and with minimal change in water level**, the horizontal leg is lifted to meet the vertical leg, to assume a **Vertical Position**. A **Vertical Descent** is **executed** until the toes are submerged. Maintaining the vertical line of the legs, the **body is bent** as the **head and trunk** rise to assume a submerged **Back Pike Position**. With the legs remaining perpendicular to the surface of the water, a vertical upward movement (**Thrust**) of the legs and hips is rapidly **executed** as the body unrolls to assume a **Vertical Position**. Maximum height is desirable. Maintaining the **Vertical Position**, the body descends along its longitudinal axis at the same tempo as the **Thrust** until the toes are submerged.



From a **Back Layout Position**, a **Ballet Leg, Single (101)** is executed to a **Surface Ballet Leg Position**. Maintaining the **Surface Ballet Leg Position**, the body is rotated backward around a lateral axis through the hips, to assume a **Fishtail Position**. Without movement of the vertical leg, **head** or **trunk**, **and with minimal change in water level**, the horizontal leg is lifted to meet the vertical leg, to assume a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



112a to 112j, see Twists and Spins, Figure Rule V.

Difficulties, see I.A

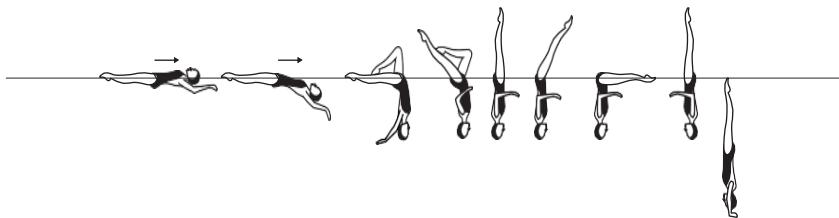
112a to 112e and 112j. An Ibis is executed to a **Vertical Position**. From the **Vertical Position**, the designated **Twist** or **Spin** is executed. **A Vertical Descent** is executed.

112f to 112g. An Ibis is executed to a **Vertical Position**. From the **Vertical Position**, the designated **Spin** is executed through submergence to complete the figure.

112h and 112i. An Ibis is executed to a **Vertical Position**. From the **Vertical Position**, a **Vertical Descent** is executed to the ankle level. The designated **Ascending Spin** is executed. **A Vertical Descent** is executed.

#### 440. Ipanema

From a **Back Layout Position**, a **Nova (435)** is executed to a **Bent Knee Surface Arch Position**. The legs are simultaneously lifted to vertical as the toe of the bent leg slides along the inside of the extended leg, to assume a **Vertical Position**. **Without movement of the head and trunk, and with minimal change in water level**, the legs are lowered to assume a **Surface Front Pike Position**. A rapid 180° rotation is executed as the legs lift to assume a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis, at the same tempo as the rest of the figure, until the toes are submerged.

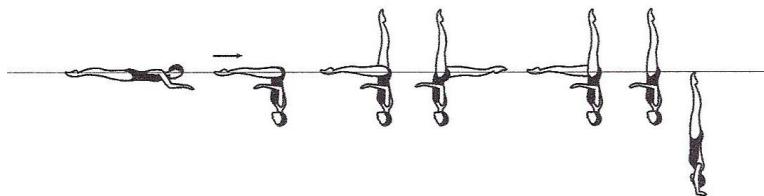


440d, see Twists and Spins, Figure Rule V.

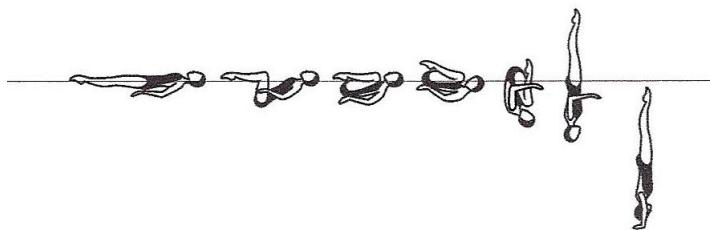
Difficulties, see I.A

440d. An Ipanema is executed until completion of the second **Vertical Position**. From the second **Vertical Position**, continuing in the same direction, the rapid designated **Spin** is executed. **A Vertical Descent** is executed at the same tempo from the **Back Layout Position** to the **Surface Front Pike Position**.

From a **Front Layout Position**, a **Tower** (348) is executed to a **Fishtail Position**. Maintaining the 90° angle between the legs, the horizontal leg is lifted to a vertical, as the vertical leg simultaneously continues its arc to the surface of the water to assume a **Knight Position**. Maintaining the vertical alignment of the body, the foot of the horizontal leg is moved in a horizontal arc of 180° at the surface of the water to assume a **Fishtail Position**. Without movement of the vertical leg, head or trunk, and with minimal change in water level, the horizontal leg is lifted to meet the vertical leg, to assume a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



From a **Back Layout Position**, the knees, shins and toes move along the surface of the water to assume a **Tuck Position**. While maintaining the **Tuck Position**, and with continuous movement, a partial Somersault Back Tuck (310) is executed until the shins are perpendicular to the surface of the water. With shins remaining perpendicular to the surface of the water, the trunk unrolls as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and former vertical line through the head and shins. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



311a to 311j, see Twists and Spins, Figure Rule V.

Difficulties, see I.A

311a to 311e and 311j. A Kip is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Twist* or *Spin* is executed. A *Vertical Descent* is executed.

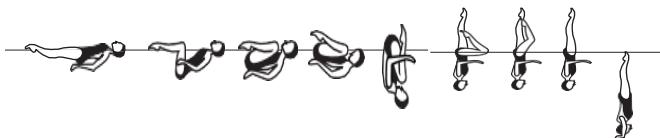
311f to 311g. A Kip is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Spin* is executed through submergence to complete the figure.

311h to 311i. A Kip is executed to a **Vertical Position**. From the **Vertical Position**, a *Vertical Descent* is executed to the ankle level. The designated *Ascending Spin* is executed. A *Vertical Descent* is executed.

### 318. Kip, Bent Knee

Difficulty 1.8

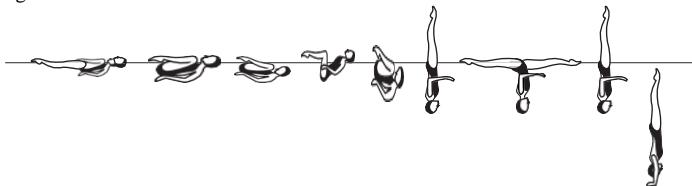
From a **Back Layout Position**, a Kipnus (316) is executed to the **Bent Knee Vertical Position**. Without movement of the vertical leg, **head** or trunk, and with minimal change in water level, the **toe** of the bent leg slides along the inside of the vertical leg to assume a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



### 312. Kip, Split

Difficulty 2.3

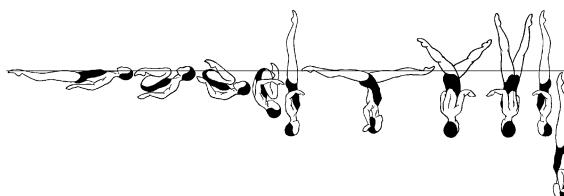
From a **Back Layout Position**, a Kip (311) is executed to a **Vertical Position**. The legs are **symmetrically** lowered to **assume a Split Position**. The legs are rejoined to a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



### 313. Kip, Split, Closing 180°

Difficulty 2.2

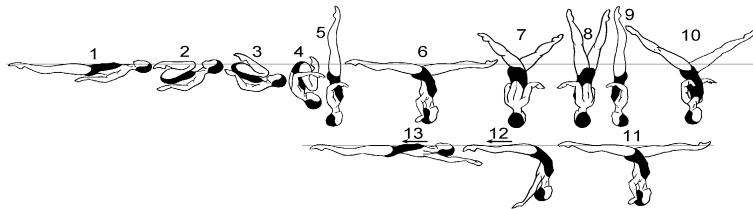
From a **Back Layout Position**, a Kip, Split (312) is executed to a **Split Position**. During a 180° rotation, the legs are **lifted** and **symmetrically closed** to **assume a Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



### 314. Kip, Split, Open 360°

Difficulty 2.9

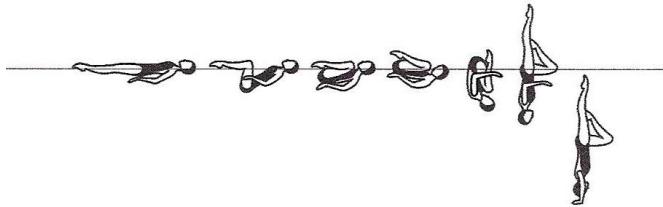
From a **Back Layout Position**, a Kip, Split (312) is executed to a **Split Position**. A 360° rotation is executed, with the **legs lifting and symmetrically closing** to pass through a **Vertical Position** at 180° **of the rotation** before separating symmetrically to resume a **Split Position**, with the same leg forward at the completion of the 360° rotation. The hips remain stationary as the front leg is lifted in a 180° arc over the surface **of the water** to meet the opposite leg to assume a **Surface Arch Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, **resuming a Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



### 316. Kipnus

Difficulty 1.4

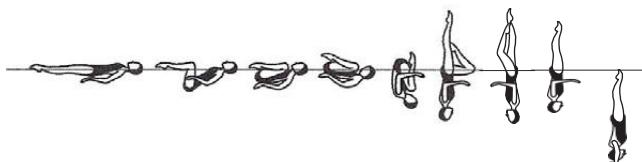
From a **Back Layout Position**, a Kip (311) is executed until the shins are perpendicular to the surface of the water. With shins remaining perpendicular to the surface **of the water**, the **head and trunk unroll as one leg is straightened while the other leg moves** to assume a **Bent Knee Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. Maintaining the **Bent Knee Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



### 317. Kipnus, Variant

Difficulty 1.9

From a **Back Layout Position**, a Kipnus (316) is executed to the **Bent Knee Vertical Position**. Without movement of the vertical leg, **head** or trunk, and with minimal change in water level, a **Full Twist** is executed as the **toe** of the bent leg slides along the inside of the vertical leg to assume a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



## 319. Kipswirl

Difficulty 1.7

From a **Back Layout Position**, a Kip (311) is executed until the shins are perpendicular to the surface of the water. With shins remaining perpendicular to the surface of the water, a rotation of  $360^\circ$  is **executed as the head and trunk unroll and the legs are straighten** to assume a **Vertical Position** midway between the vertical line through the hips and the former vertical line through the head and the shins. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



319c to 319f, see Twists and Spins, Figure Rule V.

Difficulties, see I.A

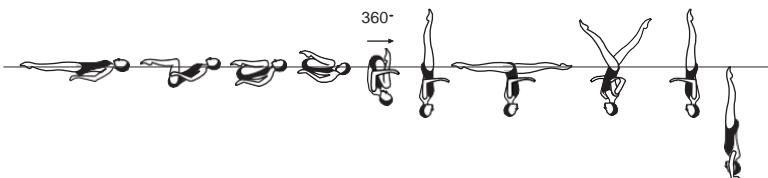
**319c to 319e.** A Kipswirl is executed to a **Vertical Position**. From the **Vertical Position**, the designated **Twist** or **Spin** is executed. **A Vertical Descent** is executed.

**319f.** A Kipswirl is executed to a **Vertical Position**. From the **Vertical Position**, the designated **Spin** is executed through submergence to complete the figure.

## 320. Kipswirl, Split, Closing 180°

Difficulty 2.3

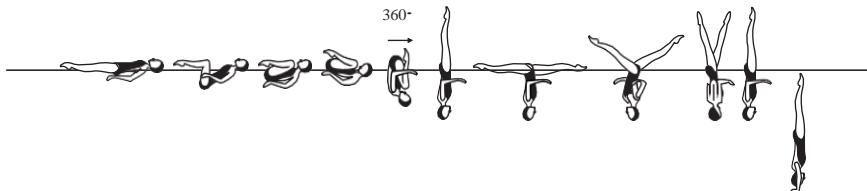
From a **Back Layout Position**, a Kipswirl (319) is executed to a **Vertical Position**. The legs are **symmetrically lowered to assume a Split Position**. During a **rapid**  $180^\circ$  rotation of the **body**, the legs are **lifted and symmetrically closed to rejoin a Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



### 321. Kipswirl, Split, Closing 360°

Difficulty 2.5

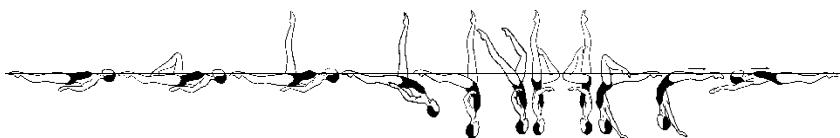
From a **Back Layout Position**, a Kipswirl (319) is executed to a **Vertical Position**. The legs are **symmetrically** lowered to **assume** a **Split Position**. During a **rapid** 360° rotation of the **body**, the legs are lifted and **symmetrically closed** to **rejoin** a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



### 150. Knight

Difficulty 3.1

From a **Back Layout Position**, a **Ballet Leg, Single** (101) is executed to a **Surface Ballet Leg Position**. **Maintaining the vertical alignment of the legs**, the **head and trunk descend** as the lower back arches to **assume** a **Knight Position**. With head and shoulders remaining vertically aligned with the hips, and with **minimal change in water level**, the **back** straightens as the non-ballet leg is **simultaneously** lifted to vertical as the ballet leg bends, with the **toe** following a vertical line through the hips, to **assume** a **Bent Knee Vertical Position**. A **Half Twist** is executed. The back arches as the extended leg lowers to the **surface of the water** to **assume** a **Bent Knee Surface Arch Position**. The hips remain stationary as the **toe** of the bent leg slides along the inside of the extended leg **while the bent leg straightens to assume** a **Surface Arch Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, **resuming** a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



### 328. Lagoon

Difficulty 2.4

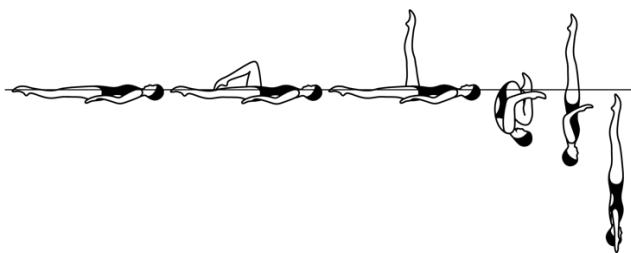
From a **Front Layout Position**, a partial **Front Pike Somersault** (323) is executed to a **Submerged Double Ballet Leg Position**. **Maintaining the vertical position of the legs**, the **body rises while** the hips are lifted as the **head and trunk unroll** to **assume** a **Vertical Position**. With the head and shoulders remaining vertically aligned with the hips, and with **minimal change in water level**, one leg is lowered to **assume** a **Knight Position**. The hips remain stationary as the vertical leg is lowered to meet the opposite leg **to assume** a **Surface Arch Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, assuming a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



## 154. London

Difficulty 1.9

From a **Back Layout Position**, a Ballet Leg, Single (101) is executed. As a partial Back Tuck Somersault (310) is executed, both legs are simultaneously bent to assume a **Tuck Position**, until the shins are perpendicular to the surface **of the water**. With shins remaining perpendicular to the surface **of the water**, the head and trunk **rapidly** unrolls as the legs are rapidly straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and shins. Maintaining the **Vertical Position**, the body descends rapidly along its longitudinal axis until the toes are submerged.



154j-1 to 154j-2, see Twists and Spins, Figure Rule V.

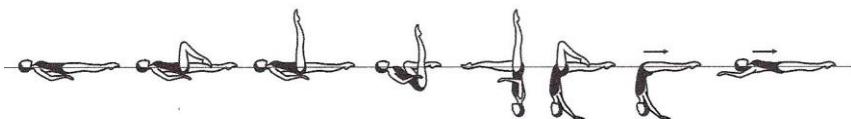
Difficulties, see I.A

**154j-1 to 154j-2.** A London is executed to a **Vertical Position**. From the **Vertical Position**, a rapid designated *Combined Spin* is executed. A **rapid Vertical Descent** is executed.

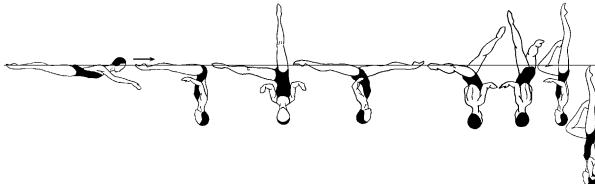
## 142. Manta Ray

Difficulty 2.8

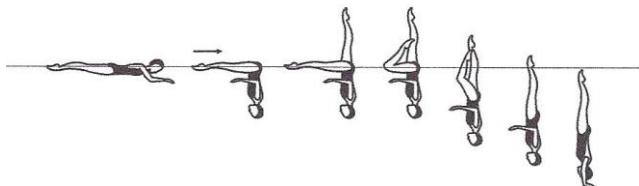
From a **Back Layout Position**, a Flamingo (130) is executed to a **Surface Flamingo Position**. With the ballet leg maintaining its vertical position, the hips are lifted as the **head and trunk** unroll while the bent leg is extended horizontally with the knee at the surface **of the water** to assume a **Fishtail Position**. The horizontal leg is **rapidly lifted** in a 180° arc over the surface of the water. As it passes the vertical leg, the vertical leg is bent, **while the toe slides along the inside** of the extended leg, to assume a **Bent Knee Surface Arch Position**. The hips remain stationary as the **toe** of the bent leg slides along the inside of the extended leg **while** the bent knee straightens to assume a **Surface Arch Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, **resuming** a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



From a **Front Layout Position**, a **Side Fishtail Split** (346) is executed to a **Split Position**. During an additional **180°** rotation in the same direction, with the shoulders and head remaining vertically aligned with the hips, the front leg is **lifted** to vertical as the back leg bends to an angle of **90°** or less, with the thigh and shin remaining at the surface of the water, as it moves through to **assume a Bent Knee Vertical Position**. Maintaining the **Bent Knee Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



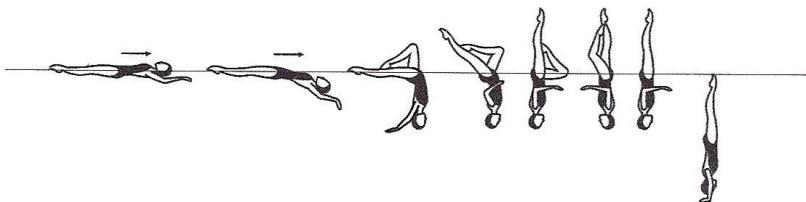
From a **Front Layout Position**, a **Tower** (348) is executed a **Fishtail Position**. The horizontal leg is bent to assume a **Bent Knee Vertical Position**. Maintaining the **vertical alignment**, the body descends along its longitudinal axis as the **toe** of the bent leg slides along the inside of the vertical leg to **assume a Vertical Position** at ankle level. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



## 435. Nova

Difficulty 2.2

From a **Back Layout Position**, the head **descends** as a Dolphin (201) is initiated. The hips and legs move along the surface **of the water** until the hips reach the point occupied by the head at the beginning of this action and the hips are about to submerge. The hips, legs and feet continue to move along the surface **of the water** as the back is arched more while one leg is bent to assume a **Bent Knee Surface Arch Position**. The legs are lifted to **assume a Bent Knee Vertical Position**. Without movement of the vertical leg, **head** or **trunk**, and with **minimal change in water level**, **Full Twist** is executed as the **toe** of the bent leg slides along the inside of the vertical leg to assume a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



435c to 435g, see Twists and Spins, Figure Rule V.

Difficulties, see I.A

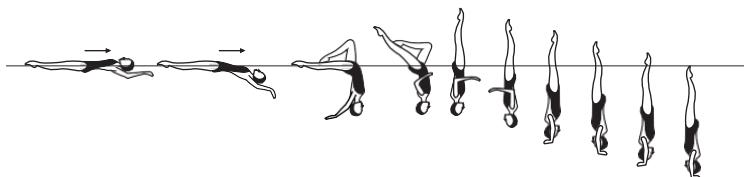
**435c to 435e.** A Nova is executed to the completion of the **Full Twist**. After the completion of the **Full Twist**, the designated **Twist** or **Spin** is executed. **A Vertical Descent** is executed.

**435f to 435g. A Nova is executed to a Vertical Position.** From the **Vertical Position**, the designated **Spin** is executed through submergence to complete the figure.

## 437. Oceanea

Difficulty 2.2

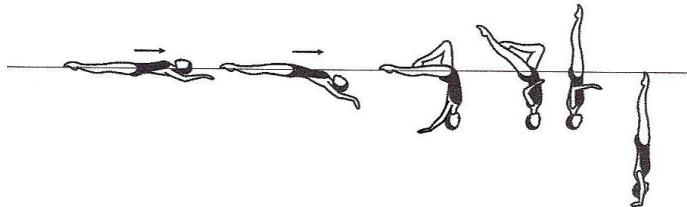
From a **Back Layout Position**, a Nova (435) is executed to a **Bent Knee Surface Arch Position**. The legs are simultaneously lifted as the **toe** of the bent leg slides along the inside of the **extended** leg to assume a **Vertical Position**. Maintaining the **Vertical Position**, a **Continuous Spin** of  $720^\circ$  is executed until the ankles reach the surface **of the water** and continues through submergence.



## 439. Oceanita

Difficulty 1.8

From a **Back Layout Position**, a Nova (435) is executed to a **Bent Knee Surface Arch Position**. The legs are simultaneously lifted as the **toe** of the bent leg slides along the inside of the **extended** leg to assume a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



## 460. Oyster

Difficulty 1.2

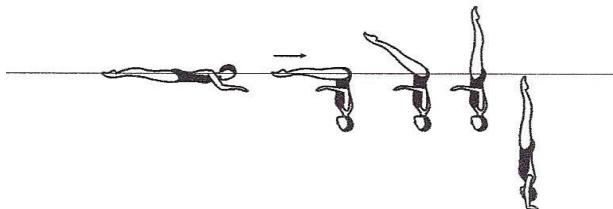
From a **Back Layout Position**, the legs are **lifted** to the vertical as the body is submerged to a **Back Pike Position** with the toes just under the **surface of the water**.



## 355. Porpoise

Difficulty 1.8

From a **Front Layout Position**, with the **face in the water**, as the **head and trunk** **descends** to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the **surface of the water** until the hips occupy the position of the head at the beginning of this action. Without movement of the **head and trunk**, and with **minimal change in water level**, the legs are **lifted** to assume a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



355a to 355j, see Twists and Spins, Figure Rule V.

Difficulties, see I.A

355a to 355e and 355j. A Porpoise is executed to a **Vertical Position**. From the **Vertical Position**, the designated **Twist** or **Spin** is executed. **A Vertical Descent** is executed.

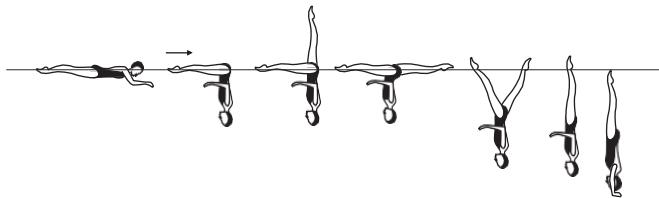
355f to 355g. A Porpoise is executed to a **Vertical Position**. From the **Vertical Position**, the designated **Spin** is executed through submergence to complete the figure.

355h to 355i. A Porpoise is executed to a **Vertical Position**. From the **Vertical Position**, a **Vertical Descent** is executed to the ankle level. The designated **Ascending Spin** is executed. **A Vertical Descent** is executed.

### 361. Prawn

Difficulty 1.5

From a **Front Layout Position**, a Front Walkover (360) is executed to a **Split Position**. **Maintaining the vertical alignment**, the **body descends as the legs symmetrically join** to assume a **Vertical Position** at ankle level. **Maintaining the Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



### 345. Reverse Catalina

Difficulty 2.1

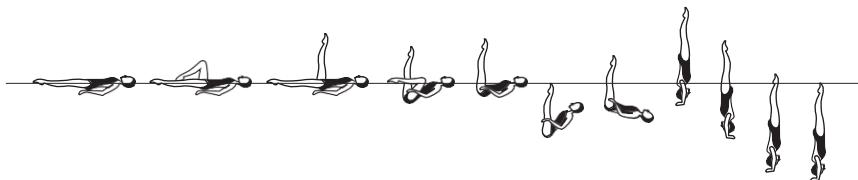
From a **Front Layout Position**, a **Tower** (348) is executed to a **Fishtail Position**. From the **Fishtail Position**, a **Catalina, Reverse, Rotation** is performed. **Without movement of the thigh**, the ballet leg is **lowered to assume a Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg to assume a **Back Layout Position**.



### 143. Rio

Difficulty 3.1

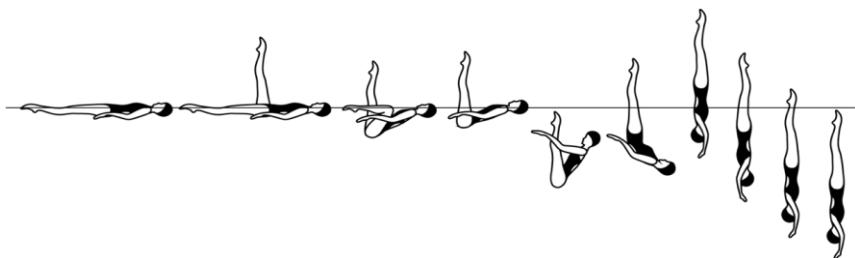
From a **Back Layout Position**, a Flamingo (130) is executed to a **Surface Double Ballet Leg Position**. The body **descends vertically to assume a submerged Back Pike Position**, with the toes just under the surface of the water. From the **submerged Back Pike Position**, with the legs remaining perpendicular to the surface of the water, a vertical upward **movement (Thrust)** of the legs and hips is rapidly executed as the body unrolls to assume a **Vertical Position**. Maximum height is desirable. **Maintaining the Vertical Position**, a descending **Spinning 360°** is executed at the same tempo as the **Thrust**. **Maintaining the Vertical Position**, the body descends as the same tempo as the **Thrust** along its longitudinal axis until the toes are submerged.



#### 144. Rio Straight Leg

Difficulty 3.1

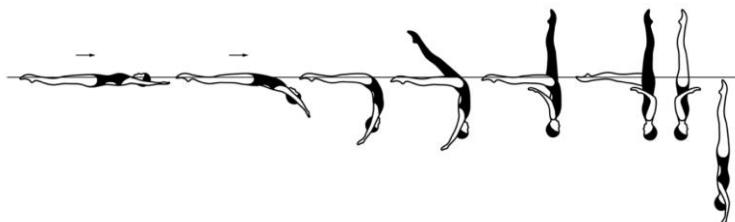
From a **Back Layout Position**, a **Ballet Leg, Straight** (106) is executed to a **Surface Ballet Leg Position**. The knee, shin and toes of the horizontal leg moves along the surface of the water to assume a **Surface Flamingo Position**. The bent leg is lifted to assume a **Surface Ballet Leg Double Position**. The body descends vertically to assume a submerged **Back Pike Position**, with the toes just under the surface of the water. From the submerged **Back Pike Position**, with the legs remaining perpendicular to the surface of the water, a vertical upward movement (*Thrust*) of the legs and hips is rapidly executed as the body unrolls to assume a **Vertical Position**. Maximum height is desirable. Maintaining the **Vertical Position**, a descending *Spinning 360°* is executed at the same tempo as the *Thrust*. Maintaining the **Vertical Position**, the body descends at the same tempo as the *Thrust* along its longitudinal axis until the toes are submerged.



#### 441. Saturn

Difficulty 2.5

From a **Back Layout Position**, a **Walkover, Back** (420) is executed to a **Surface Arch Position**. Without movement of the head and trunk, and with minimal change in water level, one leg is lifted to assume a **Knight Position**. Maintaining the vertical alignment of the body, and with minimal change in water level, the body rotates 180° along its longitudinal axis to assume a **Fishtail Position**. Continuing in the same direction, a **Twirl** is executed as the horizontal leg is lifted to assume a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.

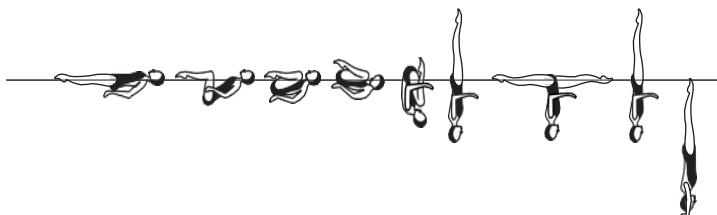


441e, see Twists and Spins, Figure Rule V.

Difficulties, see I.A

441e. A **Saturn** is executed to the **Vertical Position**. From the **Vertical Position**, a rapid *360° Spin* is executed in the same direction as the *Twirl*. A *Vertical Descent* is executed at the same tempo from the **Back Layout Position** to the **Fishtail Position**.

From a **Back Layout Position**, a Kip (311) is executed to a **Tuck Position**. While maintaining the **Tuck Position**, and with continuous movement, a partial Somersault Back Tuck (310) is executed until the shins are perpendicular to the surface of the water. With shins remaining perpendicular to the surface of the water, the head and trunk rapidly unrolls as the legs are rapidly straightened to assume a **Vertical Position** midway between the former vertical line through the hips and former vertical line through the head and shins. The legs are rapidly and symmetrically lowered to assume a **Split Position**. The legs are rapidly lifted to rejoin to the **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis at the same tempo from the **Back Layout Position** to the partial **Somersault Back Tuck** until the toes are submerged.



315c to 315f and 315h to 315i, see Twists and Spins, Figure Rule V.

Difficulties, see I.A

315c. A Seagull is executed to the second **Vertical Position**. From the second **Vertical Position**, a **Twirl** is executed. **A rapid Vertical Descent** is executed.

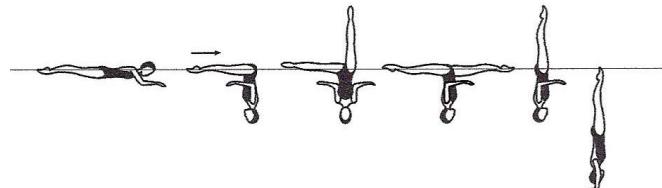
315d to 315e. A Seagull is executed to the second **Vertical Position**. From the second **Vertical Position**, the designated **Spin** is executed. **A Vertical Descent** is executed.

315f. A Seagull is executed to the second **Vertical Position**. From the second **Vertical Position**, the designated **Spin** is executed through submergence to complete the figure.

315h to 315i. A Seagull is executed to the second **Vertical Position**. From the second **Vertical Position**, a rapid **Vertical Descent** is executed, pausing at the ankles, which precedes the designated **Ascending Spin**\*. Maintaining the **Vertical Position**, a rapid **Vertical Descent** is executed.

\* The **Ascending Spin** should not be performed rapidly, but should be performed as the body rises and rotates simultaneously, evenly and at the same tempo as the root figure **Back Layout** to **inverted Tuck Position**.

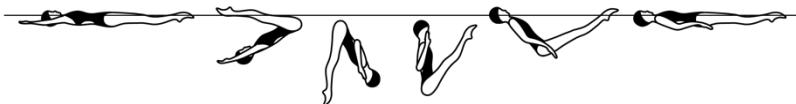
From a **Front Layout Position**, with the face in the water, as the head and trunk descend to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface of the water until the hips occupy the position of the head at the beginning of this action. With the shoulders and head remaining vertically aligned with the hips, and with minimal change in water level, one leg is lifted to vertical as the body rotates 90° on its longitudinal axis to assume a **Side Fishtail Position** and, with continuous motion another 90° rotation is executed in the same direction as the vertical leg is lowered to assume a **Split Position**. The legs are lifted and symmetrically closed to assume a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



### 303. Somersault, Back Pike

Difficulty 1.4

From a **Back Layout Position**, with the **head and trunk** remaining parallel and close to the surface of the water, the legs are rapidly **lifted** to assume a **Back Pike Position**. With continuous movement, and while remaining close to the surface of the water, the body somersaults backward around a lateral axis **for one complete revolution**, until the feet and head simultaneously reach the surface of the water. The hips rise to the surface of the water to resume a **Back Layout Position**.



### 310. Somersault, Back Tuck

Difficulty 1.1

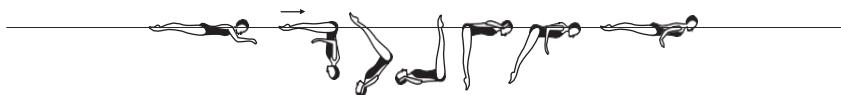
From a **Back Layout Position**, the knees, **shins** and **toes** **move** along the surface of the water to the chest. With continuous **movement**, and while remaining close to the surface of the water, a **Tuck Position** is assumed as the body somersaults backward around a lateral axis for one complete revolution, **until the head and shins simultaneously reach the surface of the water**. The knees, shins and toes move along the surface of the water to resume a **Back Layout Position**.



### 323. Somersault, Front Pike

Difficulty 1.4

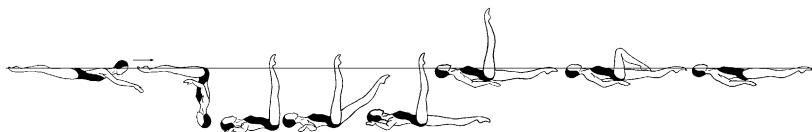
From the **Front Layout Position**, with the face in the water, as the **head and trunk** descend to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface of the water until the hips occupy the position of the head at the beginning of this action. **Maintaining the Surface Front Pike Position**, and with continuous **movement**, the body somersaults **forward** around a lateral axis so that the hips replace the head at each quarter point of revolution. The rotation continues until the head and buttocks return to the surface of the water. As the **legs are lifted to the surface of the water** to resume a **Front Layout Position**, the head, **back** and buttocks travel along the surface of the water until the hips occupy the same position as the head at the beginning of this action.



## 324. Somersub

Difficulty 1.9

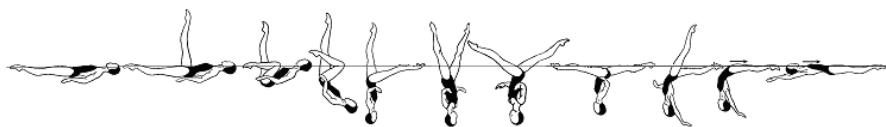
From a **Front Layout Position**, a partial Front Pike Somersault (323) is executed to a **Submerged Double Ballet Leg Position**. One leg is lowered to **assume a Submerged Ballet Leg Position**. Maintaining the **Submerged Ballet Leg Position**, the body **rises vertically to assume a Surface Ballet Leg Position**. **Without movement of the thigh**, the ballet leg is lowered to assume a **Bent Knee Back Layout Position**. The **toe** moves along the inside of the extended leg **to assume a Back Layout Position**.



## 141. Stingray

Difficulty 3.1

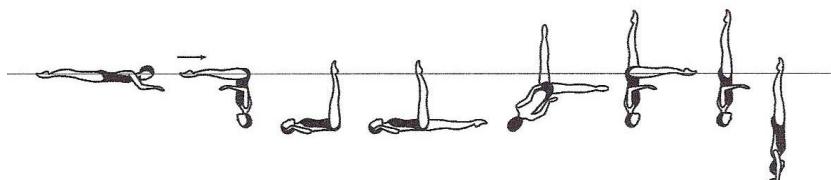
From a **Back Layout Position**, a Flamingo (130) is executed to a **Surface Flamingo Position**. With the ballet leg maintaining its vertical position, the hips are lifted as the **head and trunk unroll** while the bent leg **straightens** with the knee at the surface **of the water** to assume a **Fishtail Position**. With head and shoulders remaining vertically aligned with the hips, and with minimal change in water level, the horizontal leg is lifted towards the vertical leg. As the **horizontal leg** passes the vertical leg, the **vertical leg** symmetrically **moves** in the opposite direction as a **180° rotation of the body** is initiated and continued to assume a **Split Position**. The hips remain stationary as the front leg is lifted in a **180° arc** over the surface **of the water** to meet the opposite leg **to assume a Surface Arch Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, **resuming a Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



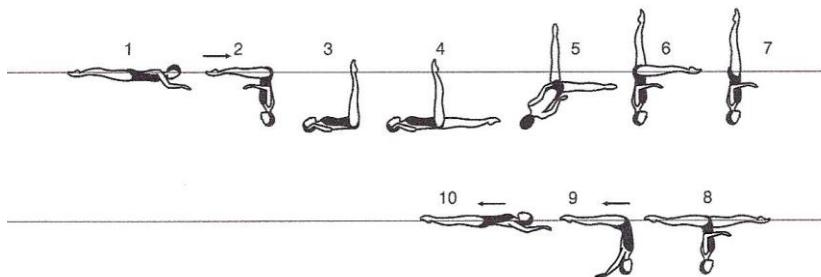
## 325. Subalina

Difficulty 2.2

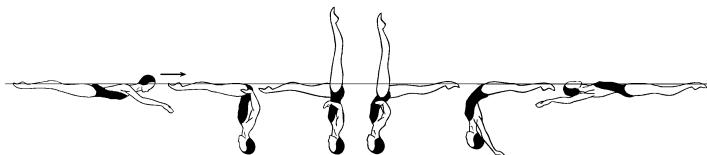
From a **Front Layout Position**, a Somersub (324) is executed to a **Submerged Ballet Leg Position**. From the **Submerged Ballet Leg Position**, a rising **Catalina Rotation** is performed. Without movement of the vertical leg, **head or trunk, and minimal change in water level**, the horizontal leg is lifted to meet the vertical leg to assume a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



From a **Front Layout Position**, a Subalina (325) is executed to a **Fishtail Position**. With head and shoulders remaining vertically aligned with the hips, and with minimal change in water level, the horizontal leg is lifted in a 180° arc over the surface **of the water**, passing the vertical leg, which symmetrically moves in the opposite direction, to assume a **Split Position**. The hips remain stationary as the front leg is lifted in a 180° arc over the surface **of the water** to meet the opposite leg **to assume** a **Surface Arch Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, assuming a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



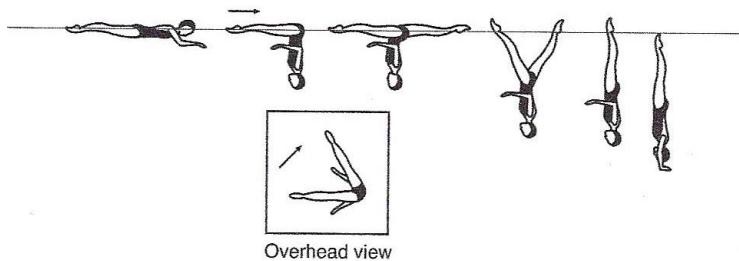
From a **Front Layout Position**, a **Tower** (348) is executed to a **Fishtail Position**. With head and shoulders remaining vertically aligned with the hips, and with minimal change in water level, the horizontal leg is lifted in a 180° arc over the surface, passing the vertical leg, **to assume** a **Knight Position**. The hips remain stationary as the vertical leg is lowered to meet the opposite leg **to assume** a **Surface Arch Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, assuming a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



## 362. Surface Prawn

Difficulty 1.3

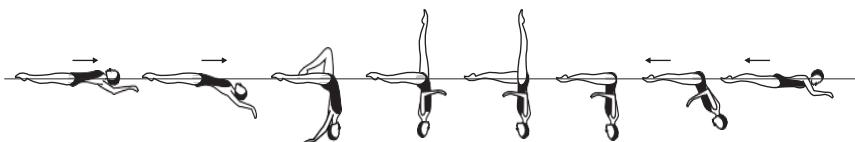
From a **Front Layout Position**, with the face in the water, as the **head and trunk** descend to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface **of the water** until the hips occupy the position of the head at the beginning of this action. Without movement of the **head and trunk**, one foot is moved in a horizontal arc of 180° at the surface **of the water** to assume a **Split Position**. The body descends as the legs **symmetrically** join to assume a **Vertical Position** at ankle level. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



## 226. Swan

Difficulty 2.1

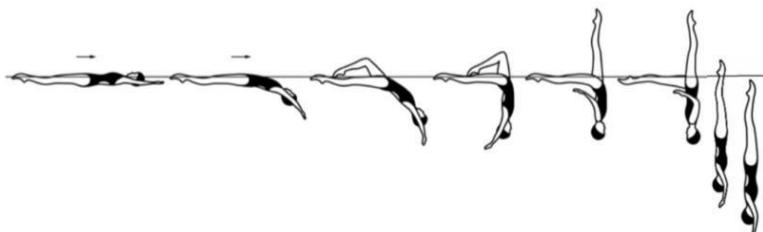
From a **Back Layout Position**, a Nova (435) is executed to the **Bent Knee Surface Arch Position**. Without movement of the **head and trunk**, and with minimal change in water level, the **bent leg**, without movement of the **thigh**, is straightened to assume a **Knight Position**. Maintaining the **vertical alignment of the body**, and with **minimal change in water level**, the **body** rotates 180° on its longitudinal axis to assume a **Fishtail Position**. Without movement of the **head and trunk**, and with **minimal change in water level**, the vertical leg is lowered to meet the opposite leg to **assume a Surface Front Pike Position**. With continuous movement, the feet and hips move along the surface **of the water** until the body straightens to **assume a Front Layout Position** as the head surfaces at the position occupied by the hips at the beginning of this action.



## 227. Swanita

Difficulty 1.8

From a **Back Layout Position**, a Swan (226) is executed to a **Fishtail Position**. From the **Fishtail Position**, while descending, the horizontal leg is lifted to assume a **Vertical Position** and is completed as the ankles reach the surface of the water. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



227d, see Twists and Spins, Figure Rule V.

Difficulties, see I.A

227d. A Swanita is executed to a **Fishtail Position**. From the **Fishtail Position**, and continuing in the same direction, a *Helicopter Rotation* is executed during a descending *Spinning 180°*, as the horizontal leg is lifted while closing into the vertical leg to assume a **Vertical Position**, which is completed as the ankles reach the surface of the water. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.

#### 405. Swordalina

Difficulty 2.5

From a **Front Layout Position**, a **Bent Knee Front Layout Position** is assumed. The back arches more as the extended leg is lifted in a  $180^\circ$  arc over the surface of the water until its foot is directly over the head. With minimal lateral movement and without initial descent of the head and shoulders, the hips rotate  $180^\circ$  as the trunk rises, to assume a **Submerged Flamingo Position**. As the body rises to the surface of the water, the bent leg is straightened horizontally to assume a **Surface Ballet Leg Position**. Without movement of the thigh, the ballet leg is lowered to assume a **Bent Knee Back Layout Position**. The toe slides along the inside of the extended leg to assume a **Back Layout Position**.



#### 402. Swordasub

Difficulty 2.3

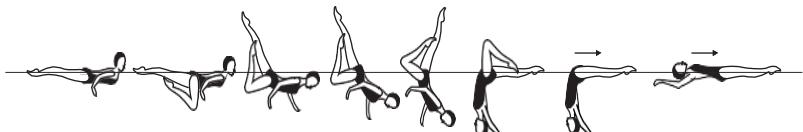
From a **Front Layout Position**, a **Bent Knee Front Layout Position** is assumed. The back arches more as the extended leg is lifted in a  $180^\circ$  arc over the surface of the water. As the extended leg passes vertical, the bent leg straightens, with the foot following a vertical line through the hips, as the body rises to the surface of the water to assume a **Surface Ballet Leg Position**. The foot of the extended leg and the face reach the surface of the water simultaneously. Without movement of the thigh, the ballet leg is lowered to assume a **Bent Knee Back Layout Position**. The toe slides along the inside of the extended leg to assume a **Back Layout Position**.



#### 401. Swordfish

Difficulty 2.1

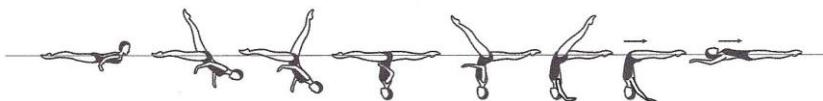
From a **Front Layout Position**, a **Bent Knee Front Layout Position** is assumed. The back arches more as the extended leg is lifted in a  $180^\circ$  arc over the surface of the water to assume a **Bent Knee Surface Arch Position**. The hips remain stationary as the toe of the bent leg slides along the inside of the extended leg while the bent leg straightens to assume a **Surface Arch Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, assuming a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



## 406. Swordfish, Straight Leg

Difficulty 2.3

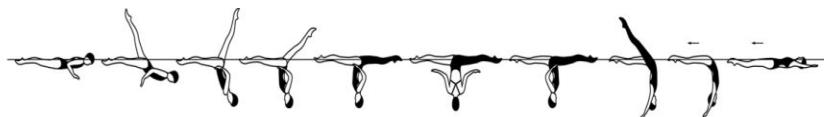
From a **Front Layout Position**, with the face in the water, the back arches **more** as one leg is lifted in a  $180^\circ$  arc over the surface of the water to **assume a Split Position**. The hips remain stationary as the front leg is lifted in a  $180^\circ$  arc over the surface of the water to meet the opposite leg to **assume a Surface Arch Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, assuming a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



## 407. Swordfish Straight Leg Ariana Rotation

Difficulty 2.6

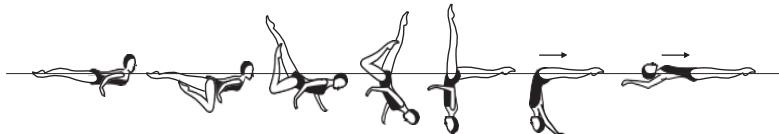
From a **Front Layout Position**, a **Swordfish, Straight Leg** (406) is executed to a **Split Position**. From the **Split Position**, while maintaining the relative position of the legs to the surface of the water, an *Ariana Rotation* is performed. The hips remain stationary as the front leg is lifted in a  $180^\circ$  arc over the surface of the water to meet the opposite leg to **assume a Surface Arch Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, assuming a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



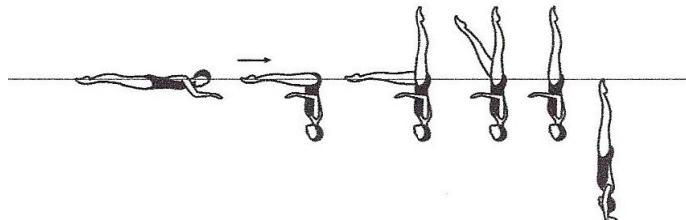
## 403. Swordtail

Difficulty 2.3

From a **Front Layout Position**, a **Bent Knee Front Layout Position** is assumed. The back arches **more** as the extended leg is lifted in an arc of  $180^\circ$  over the surface of the water. As the extended leg passes vertical, the bent leg straightens, with the foot following a vertical line **through the hips** to **assume a Knight Position**. **Without movement of the head and trunk, and with minimal change in water level**, the hips remain stationary as the vertical leg is lowered to meet the opposite leg to **assume a Surface Arch Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, assuming a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



From a **Front Layout Position**, with the face in the water, as the **head and trunk** descends to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface of the water until the hips occupy the position of the head at the beginning of this action. Without movement of the **head and trunk**, and with minimal change in water level, one leg is lifted to assume a **Fishtail Position**. Without movement of the vertical leg or trunk, with minimal change in water level, the horizontal leg is lifted to meet the vertical leg to assume a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



348a to 348j, see Twists and Spins, Figure Rule V.

Difficulties, see I.A

348a to 348e and 348j. A Tower is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Twist* or *Spin* is executed. A **Vertical Descent** is executed.

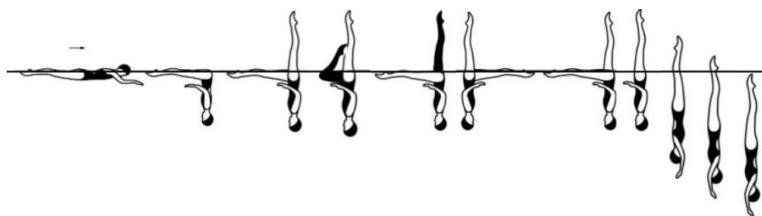
348f to 348g. A Tower is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Spin* is executed through submergence to complete the figure.

348h to 348i. A Tower is executed to a **Vertical Position**. From the **Vertical Position**, a **Vertical Descent** is executed, pausing at the ankles, which precedes the designated *Ascending Spin*. Maintaining the **Vertical Position** a **Vertical Descent** is executed.

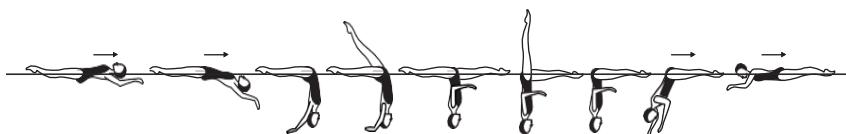
From a **Back Layout Position**, the knees, shins and toes move along the surface of the water to assume a **Tub Position**. While maintaining the **Tub Position**, with the face above the surface of the water, one horizontal revolution of the body is executed around the vertical axis between the knees. With the **knees, shins and toes** moving along the surface of the water, the legs are straightened to resume a **Back Layout Position**.



From a **Front Layout Position**, with the face in the water, as the head and trunk descends to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface of the water until the hips occupy the position of the head at the beginning of this action. All remaining movements from the **Surface Front Pike Position** to the end of the figure are rapidly performed. Without movement of the head and trunk, and with minimal change in water level, one leg is lifted to assume **Fishtail Position** and the horizontal leg is bent to assume a **Bent Knee Vertical Position**. Without movement of the head and trunk, and with minimal change in water level, the bent leg is extended along the vertical line as the vertical leg is lowered to become the horizontal leg in a **Fishtail Position**. Maintaining the **Fishtail Position**, and with minimal change in water level, a rotation of  $360^\circ$  is executed. Without movement of the vertical leg, head or trunk, and with minimal change in water level, the horizontal leg is lifted to meet the vertical leg to assume a **Vertical Position**. A  $360^\circ$  **Spin** is executed until the ankles reach the surface of the water. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



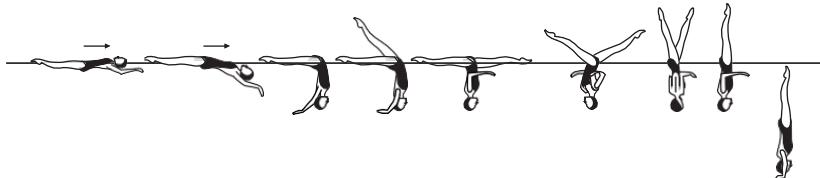
From a **Back Layout Position**, the head and trunk descends as a **Dolphin** (201) is initiated. The hips move along the surface of the water to the point occupied by the head at the beginning of this action. The hips, legs and feet continue moving along the surface of the water as the back is arched more to assume a **Surface Arch Position**. One leg is lifted in a  $180^\circ$  arc over the surface of the water to assume a **Split Position**. The hips remain stationary as the back leg is lifted in a  $180^\circ$  arc over the surface of the water to meet the opposite leg to assume a **Surface Front Pike Position**. The feet and hips move along the surface of the water until the body straightens to assume a **Front Layout Position** as the head surfaces at the position occupied by the hips at the beginning of this action.



### 421. Walkover, Back, Closing 360°

Difficulty 2.4

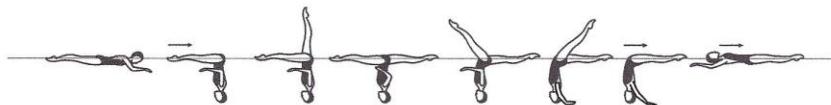
From a **Back Layout Position**, a Back Walkover (420) is executed to a **Split Position**. With continuous movement, a rotation of 360° is executed as the legs are symmetrically **lifted** and closed to **assume a Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



### 360. Walkover, Front

Difficulty 1.9

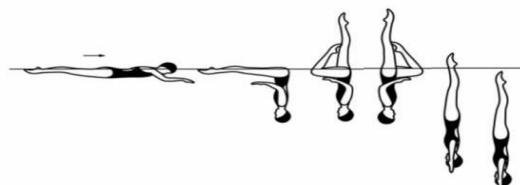
From a **Front Layout Position**, with the face in the water, as the **head and trunk** descends to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface of the water until the hips occupy the position of the head at the beginning of this action. With the head and shoulders remaining vertically aligned with the hips, one leg is lifted in a 180° arc over the surface of the water to assume a **Split Position**. The hips remain stationary as the front leg is lifted in a 180° arc over the surface of the water to meet the opposite leg to assume a **Surface Arch Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, assuming a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



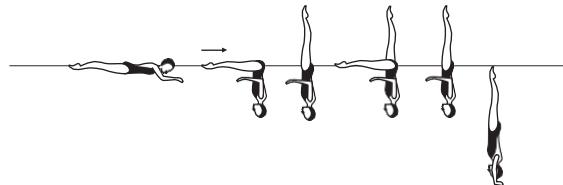
### 363. Water Drop

Difficulty 1.8

From a **Front Layout Position**, with the face in the water, as the **head and trunk** descends to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface of the water until the hips occupy the position of the head at the beginning of this action. Without movement of the head and trunk, the legs are simultaneously **lifted** to assume a **Bent Knee Vertical Position**. A **Half Twist** is executed. Continuing in the same direction, a descending **Spinning 180°** is executed as the toe slides along the inside of the vertical leg to assume a **Vertical Position** which is completed as the ankles reach the surface of the water. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



From a **Front Layout Position**, a **Porpoise** (355) is executed to a **Vertical Position**. Without movement of the head and trunk, and with minimal change in water level, one leg is rapidly lowered to assume a **Fishtail Position**, and without a pause is rapidly lifted to rejoin to a **Vertical Position**. Maintaining the **Vertical Position**, the body descends rapidly along its longitudinal axis until the toes are submerged.

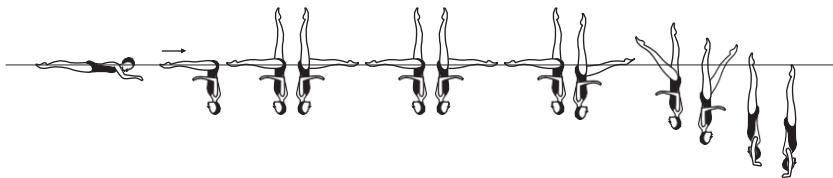


356f, see Twists and Spins, Figure Rule V.

Difficulties, see I.A

**356f. A Whip is performed to the second Vertical Position.** From the second **Vertical Position**, the designated **Spin** is executed through submergence to complete the figure.

From a **Front Layout Position**, the **Tower** (348) is executed to a **Fishtail Position**. Maintaining the **Fishtail Position** at maximum height, with the horizontal leg leading toward the vertical leg, two rapid rotations (720°) are executed. Continuing in the same direction, the horizontal leg is rapidly lifted to assume a **Vertical Position** as a **Continuous Spin** of 720° is executed to complete the figure.



**Illustrations:** Avilee Goodwin, Jill Ranucci, and Jennifer Hatt

## PART FIVE

### APPENDIX A

#### BY-LAWS OF THE LOCAL ARTISTIC SWIMMING COMMITTEE

The following By-Laws must be adopted by every Local Artistic Swimming Committee (“LASC”) which desires to be affiliated with the Corporation. Additional provisions may be added to the By-Laws, but they may not contradict the basic document set forth below. There are a few instances wherein the flexibility is indicated in what is set forth below.

#### ARTICLE 1

##### OBJECTIVES, TERRITORY AND JURISDICTION

**1.01 Objectives:** The objectives shall be to promote and develop artistic swimming, including the education and teaching of athletes of all ages to improve their capabilities, all in accordance with the standards and under the rules prescribed by World Aquatics (“AQUA”, formerly known as the Federation Internationale de Natation “FINA”), USA Artistic Swimming, Inc. (“USAAS”), and the following rules. The LASC shall be operated exclusively within the meaning of Section 501(c)(3) of the Internal Revenue Code of 1954, as amended (or corresponding provisions of any future United States Internal Revenue Law).

**1.02 Territory:** The territory of the LASC shall be the geographical boundaries determined by USAAS and set forth in Section 6.03 of the [USAAS Code](#).

**1.03 Jurisdiction:** The LASC has jurisdiction over the sport of artistic swimming in its territory in accordance with [USAAS Rules](#).

**1.04 Conditions of Competition:**

- A. **General:** The conditions of competition of any artistic swimming event, and rules governing it, shall be those established by USAAS or by the LASC where its rules and regulations are not contrary to USAAS Rules.
- B. **Championships:** Artistic Swimming Championships shall be held in accordance with the USAAS Rules for conduct of Championships as described in the USAAS Rules. Other events may be held within the program of the LASC for the development of the sport.

#### ARTICLE 2

##### MEMBERSHIP

**2.01 Membership** in the LASC shall be open to groups, athletes and individuals who are not athletes, as set forth in Article 1 of the USAAS Code.

**2.02 Fees:** The cost of each category of membership shall be determined by USAAS. The LASC Board of Governors may add a surcharge to all membership fees.

## ARTICLE 3

### LASC BOARD OF GOVERNORS

**3.01 Composition:** The LASC Board of Governors shall consist of one (1) representative from each group member of the LASC, the elected Officers of the LASC, a representative of the coaches in the LASC, and representatives of the athletes which shall equal at least thirty-three and three tenths percent (33.3%) of the total number of members of the LASC Board of Governors (including athletes), and such other individuals that the LASC may desire.

**3.02 Authority:** In addition to the duties and powers prescribed in the USAAS Code or in these By-Laws, the LASC Board of Governors shall have power:

- A. To elect the Officers of the LASC;
- B. To establish program and policy and to lend direction thereto;
- C. To establish the LASC Review Board;
- D. To review and adopt the annual budget of the LASC;
- E. To appoint alternate delegates to the USAAS Board of Governors, in accordance with Article 2 of the USAAS Code;
- F. To amend the By-Laws of the LASC (within limits prescribed by this Appendix A).

**3.03 Meetings:** The Annual Meeting of the LASC shall be held no later than November 1st of each year. Additional meetings may be called by the Administrative Chair or upon request of any three (3) LASC group members.

**3.04 Notice:** The Secretary/Treasurer shall give not less than fifteen (15) days' notice for any LASC Board of Governors meeting. The notice shall contain the time, date and site of the meeting and, except at the Annual Meeting of the LASC, its purpose. The notice shall be sent to the address last given to the Secretary/Treasurer by each group member of the LASC.

**3.05 Quorum:** A quorum at all meetings shall consist of those present and eligible to vote.

**3.06 Rules of Order:** At all meetings, the current *Robert's Rules of Order* are the procedural rules.

## ARTICLE 4

### LASC BOARD OF DIRECTORS

**4.01 Composition:** The LASC Board of Directors shall consist of the elected Officers and representatives of the athletes which shall equal at least thirty-three and three tenths percent (33.3%) of the total number of members of the LASC Board of Directors (including athletes), and such other individuals that the LASC may desire. Directors shall hold office for two (2) years, or until their successors are elected.

**4.02 Duties and Powers:** The LASC Board of Directors shall have the authority to act for the LASC between meetings of the LASC Board of Governors.

**4.03 Meetings:** Meetings may be called by the Chair or any three (3) LASC Directors.

**4.04 Notice:** At least fifteen (15) days' notice shall be given by the Secretary/Treasurer for any meeting of the LASC Board of Directors. Such notice shall contain the time, date and site of the meeting, and shall be sent to the address last given to the Secretary/Treasurer of each member of the LASC Board of Directors.

**4.05 Quorum:** A quorum at all meetings shall consist of those present and eligible to vote.

## ARTICLE 5

### OFFICERS

**5.01 Titles:** The LASC Board of Governors shall elect the following Officers at the Annual Meeting of the LASC in even numbered years: Administrative Chair and Secretary/Treasurer. The Athletes Representative Chair shall be elected by the athletes in accordance with Section 7.01 A of the USAAS Code. The Administrative Chair shall chair the LASC Board of Governors and the LASC Board of Directors.

**5.02 Eligibility:** Only current individual members of USAAS are eligible to hold office.

**5.03 Term of Office:** The term of each office shall be two (2) years or until the successor is chosen, and shall begin immediately following the Annual Meeting of the LASC, in the year of their election. Officers may be reelected to a second term, but may serve no more than four (4) consecutive years in any one (1) office.

- An Officer who is replaced or who has reached their maximum term limit must wait as many consecutive years as have been served consecutively, with a maximum of two (2) years off the LASC Board of Directors before being eligible for reelection to the same office. In the event an Officer is elected to fulfill a remainder of a term of office, which has been vacated, this election shall not count towards the two (2) years of eligibility. This Officer shall have two (2) full terms of eligibility remaining.

**5.04 Vacancies:** Any vacancies that may occur in the LASC Board of Directors caused by death, resignation, or otherwise, shall be filled for the duration of the term by the group responsible for electing the position initially. In the case of the elected Officers, the LASC Board of Directors may fill a vacancy until the next meeting of the LASC Board of Governors, at which time an election shall be held.

**5.05 Nominating Committee:** The slate of Officers to stand for election by the LASC Board of Governors shall be prepared by a Nominating Committee, with a minimum of three (3) serving. The Nominating Committee shall be selected by the LASC Board of Governors at the Annual Meeting of the LASC in the year prior to the elections for Officers. Nominations shall be published fifteen (15) days in advance of the election, and additional nominations may come from the floor.

**5.06 Elections:** Candidates for office should be consenting and need not be present to be elected.

**5.07 Duties:** The duties of the Officers are as hereafter set forth, and such others as may be designated by the LASC Board of Governors or LASC Board of Directors:

A. **Administrative Chair:**

1. To represent the LASC on the USAAS and Zone Artistic Swimming Committee (“Zone”) Board of Governors.
2. To oversee the administrative needs of the LASC.
3. To supervise sanctions, and financial and annual reports.

B. **Secretary/Treasurer:**

1. To represent the LASC on the Zone Board of Governors.
2. To record the minutes of all meetings of the LASC and the LASC Board of Directors.
3. To be the custodian of the funds of the LASC.

4. To receive and disburse funds in accordance with the directions of the LASC.
5. To maintain the membership list of the LASC.
6. To maintain records of athlete eligibility.
7. To send notice of meetings as mandated by the By-Laws or other mailings as instructed by the LASC.
8. To prepare the financial records and reports as required by the LASC and USAAS.
9. To forward to the USAAS Executive Director (“Executive Director”) such reports as required by USAAS.
  - **Exception:** An LASC may choose to separate the Secretary/Treasurer duties as appropriate.

**C. Athletes Representative Chair:**

1. To represent the LASC on the USAAS Athletes Committee and the Zone Board of Governors.
2. To serve as Chair of all LASC Athlete meetings.
3. To assure communication among athletes both within the LASC and within USAAS.

**5.08 Additional LASC Chairs:** If the LASC so desires, additional Chairs may be appointed/elected/combined to accomplish the following duties and such others as may be designated by the LASC Board of Governors or LASC Board of Directors.

**A. Diversity, Equity and Inclusion Chair:**

1. To coordinate the programs of the LASC aimed at increasing diversity, equity and inclusion at all levels of the LASC.
2. To assist the National Office staff in implementing programs to increase membership of the underrepresented populations in the LASC.

**B. Education Chair:**

1. To oversee the development of all artistic swimming programs (Senior, Junior, Junior Olympic, Collegiate, and Masters) in the LASC.
2. To oversee the development and training of athletes, including organizing training camps for athletes and coaches.
3. To maintain records of coaches' certification.
4. To provide information to assist in the formation of new clubs.

**C. Officials Chair:**

1. To train, test and evaluate officials at the local level.
2. To determine the panels for officiating at the LASC competitions.
3. To maintain records of officials' certification and ratings.
4. Where possible, the LASC Officials Chair shall hold a judges' rating of Retaining Level 2, Association and Junior Olympic Regional Judge or higher.

**D. Technical Chair:**

1. To oversee the technical conduct of all association competitions, including scoring, sound, and equipment.
2. To interpret rules, waive rules and act as the Meet Referee in association competitions until the Event Referees are selected.

## ARTICLE 6

### REPORTS AND REMITTANCES

**6.01 Minutes:** The Secretary/Treasurer of the LASC shall, within ten (10) days after each meeting of the LASC, forward to the Executive Director and the applicable Zone Chair a copy of the minutes of said meeting.

**6.02 Notices:** The Secretary/Treasurer shall forward to the Executive Director and the applicable Zone Chair copies of all official notices issued by the LASC, at the time of such issue, including all those sent to the members of the LASC Board of Governors and to the LASC Board of Directors, as well as to members of the LASC.

**6.03 Annual Reports:** The Secretary/Treasurer shall, within one hundred and twenty (120) days of the end of the fiscal year, forward to the Executive Director and the applicable Zone Chair a copy of the audit of the accounts of the LASC. The audit of accounts is to be signed by either a certified public accountant, or at least three (3) members of the LASC Board of Directors. The Secretary/Treasurer shall forward to the Executive Director a copy of the Form 990 when filed.

**6.04 General:** The LASC shall make such other reports and remittances to USAAS as specified in its Code or by the USAAS Board of Directors. The Administrative Chair and Secretary/Treasurer are responsible for seeing that all required reports and remittances are made.

**6.05 Income:** Any income derived from the promotion of artistic swimming by members of USAAS must be used for the further promotion of artistic swimming for the general welfare of the LASC as a whole.

## ARTICLE 7

### DISCIPLINE, LASC REVIEW BOARD, HEARINGS AND APPEALS

**7.01 Discipline:** The LASC Review Board may censure, suspend for a definite or indefinite period of time, or expel from participating in the activities of the LASC, or impose other appropriate sanctions upon any member of the LASC, including any athlete, coach, trainer, manager, administrator, official, member of any committee, or person participating in any capacity whatsoever in the affairs of the LASC, subject to a hearing before a panel of a LASC Review Board, who has acted contrary to any of the Rules of USAAS or the LASC, or who has acted in a manner which brings disrepute upon USAAS, the LASC, or upon the sport of artistic swimming.

- A. A group member may be held responsible for infractions of rules and regulations committed by an athlete who is representing the group member.
- B. The LASC Review Board may recommend to the USAAS Ethics Committee that a person's membership in USAAS be suspended or revoked, but the LASC Review Board shall have no authority to suspend or revoke such membership.
  1. A recommendation to the USAAS Ethics Committee regarding suspension or revocation of membership in the USAAS Corporation must be filed with the Executive Director within five (5) business days following the final decision of the LASC Review Board. Refer to [USAAS Grievance Procedures](#) (Appendix K).

**7.02 LASC Review Board:** The LASC Board of Governors shall annually elect an LASC Review Board comprised of no less than five (5) members, including that number of Athlete Representatives necessary to assure that at least thirty-three and three tenths percent (33.3%) of the LASC Review Board are athletes. Its hearings may be conducted by an attorney-at-law retained by the LASC Review Board for that purpose but who shall have no vote. The Chair

of the LASC Review Board shall be appointed by the Administrative Chair and have one (1) vote. A quorum for any hearing conducted by the LASC Review Board shall be fifty percent (50%) of its membership, but in any event no less than three (3), one of whom shall be an Athlete Representative.

**7.03 Jurisdiction of the LASC Review Board:** The LASC Review Board may conduct hearings on any matter affecting, with the exception of violations of [USAAS's Code of Ethics](#) (Appendix P) or [Whistleblower and Anti-Retaliation Policy](#) (Appendix S), the LASC and involving only a member or members of the LASC. Refer to [USAAS Administrative Rules](#), Article 24, Section 24.02.

**7.04 Procedures of the LASC Review Board:**

- A. The filing and resolution of any grievance shall follow the procedures in Appendix K.
  1. Any grievance may be filed with the Executive Director and USAAS President. When the LASC Administrative Chair and Executive Director determine that a grievance cannot be fairly adjudicated at the LASC level, it shall be forwarded to the Zone Review Board or Executive Director for resolution.

**7.05 Appeals:** The decision of the LASC Review Board shall be final in all cases, subject only to appeal by a real party in interest to the National Board of Review, except where the LASC Review Board recommends to the USAAS Ethics Committee suspension or revocation of a person's membership in USAAS. Refer to USAAS Administrative Rules, Article 24, Sections 24.02 A and B.

## ARTICLE 8

### MISCELLANEOUS

**8.01 Amendments:** Any provisions of these LASC By-Laws not required by USAAS pursuant to Section 6.02 of the USAAS Code may be amended at any meeting of the LASC Board of Governors by a two-thirds (2/3) vote of the members voting. At least thirty (30) days' notice must be given to every member of the LASC Board of Governors of this proposed amendment.

**8.02 Fiscal Period:** The fiscal period of the LASC shall begin on the first day of October in each year.

**8.03 Mailing Address:** The LASC must submit a permanent mailing address to the Executive Director.

**8.04 Dissolution:** Upon dissolution, the net assets of the LASC shall not inure to benefit any private individual or corporation, but shall be distributed to USAAS, to be used exclusively for charitable purposes, or if USAAS is not then in existence, or is not then a corporation which is exempt under 501(c)(3) of the Internal Revenue Code and to which contributions, bequests and gifts are deductible under Sections 170(c)(2), 2055(a)(2), and 2522(a)(2), thereof, or any successor law, such assets shall be distributed to such a corporation, to be used exclusively for charitable purposes.

## APPENDIX B

### BY-LAWS OF THE ZONE ARTISTIC SWIMMING COMMITTEE

The following By-Laws must be adopted by every Zone Artistic Swimming Committee (“Zone”) which desires to be affiliated with the Corporation. Additional provisions may be added to the By-Laws, but they may not contradict the basic document set forth below. There are a few instances wherein the flexibility is indicated in what is set forth below.

#### ARTICLE 1

##### OBJECTIVES, TERRITORY AND JURISDICTION

**1.01 Objectives:** The objectives shall be to promote and develop artistic swimming, including the education and teaching of athletes of all ages to improve their capabilities, all in accordance with the standards and under the rules prescribed by World Aquatics (“AQUA”, formerly known as the Federation Internationale de Natation “FINA”), USA Artistic Swimming, Inc. (“USAAS”), and the following rules. The Zone shall be operated exclusively within the meaning of Section 501(c)(3) of the Internal Revenue Code of 1954, as amended (or corresponding provisions of any future United States Internal Revenue Law).

**1.02 Territory:** The territory of the Zone shall be the geographical boundaries determined by USAAS and set forth in Section 6.05 of the [USAAS Code](#).

**1.03 Jurisdiction:** The Zone has jurisdiction over the sport of artistic swimming in its territory in accordance with [USAAS Rules](#).

**1.04 Conditions of Competition:**

- General:** The conditions of competition of any artistic swimming event, and rules governing it, shall be those established by USAAS or by the Zone where its rules and regulations are not contrary to USAAS Rules.
- Championships:** Artistic Swimming Championships shall be held in accordance with the USAAS Rules for conduct of Championships as described in the USAAS Rules. Other events may be held within the program of the Zone for the development of the sport.

#### ARTICLE 2

##### MEMBERSHIP

**2.01 Membership** in the Zone shall be open to groups, athletes and individuals who are not athletes, as set forth in Article 1 of the USAAS Code.

**2.02 Fees:** The cost of each category of membership shall be determined by USAAS. The Zone Board of Governors may add a surcharge to all membership fees.

## ARTICLE 3

### ZONE BOARD OF GOVERNORS

**3.01 Composition:** The Zone Board of Governors shall consist of one (1) representative from each group member within the Zone, the Administrative Chair, Secretary/Treasurer and Athletes Representative Chair from each Local Artistic Swimming Committee (“LASC”) member of the Zone, the elected and appointed Officers of the Zone, and representatives of the athletes which shall equal at least thirty-three and three tenths percent (33.3%) of the total number of members of the Zone Board of Governors (including athletes), and such other individuals that the Zone may desire.

**3.02 Authority:** In addition to the duties and powers prescribed in the USAAS Code or in these By-Laws, the Zone Board of Governors shall have power:

- A. To elect the Officers of the Zone;
- B. To establish program and policy and to lend direction thereto;
- C. To establish the Zone Review Board;
- D. To review and adopt the annual budget of the Zone;
- E. To appoint alternate delegates to the USAAS Board of Governors, in accordance with Article 2 of the USAAS Code;
- F. To amend the By-Laws of the Zone (within limits prescribed by this Appendix B).

**3.03 Meetings:** Two (2) meetings shall be held each year: the Annual Meeting at the Zone Championship and the Annual Meeting of the USAAS Corporation. Additional meetings may be called by the Zone Chair or upon request of any three (3) Zone Board of Governors members.

**3.04 Notice:** The Secretary shall give not less than fifteen (15) days’ notice for any Zone Board of Governors meeting. The notice shall contain the time, date and site of the meeting and, except at the Annual Meeting of the Zone, its purpose. The notice shall be sent to the address last given to the Secretary by each LASC member of the Zone.

**3.05 Quorum:** A quorum at all meetings shall consist of those present and eligible to vote.

**3.06 Rules of Order:** At all meetings, the current *Robert's Rules of Order* are the procedural rules.

## ARTICLE 4

### ZONE BOARD OF DIRECTORS

**4.01 Composition:** The Zone Board of Directors shall consist of the elected Officers, a coach representative and representatives of the athletes which shall equal at least thirty-three and three tenths percent (33.3%) of the total number of members of the Zone Board of Directors (including athletes), and such other individuals that the Zone may desire. Directors shall hold office for two (2) years, or until their successors are elected.

**4.02 Duties and Powers:** The Zone Board of Directors shall have the authority to act for the Zone between meetings of the Zone Board of Governors.

**4.03 Meetings:** Meetings may be called by the Chair or any three (3) Zone Directors.

**4.04 Notice:** At least fifteen (15) days’ notice shall be given by the Secretary for any meeting of the Zone Board of Directors. Such notice shall contain the time, date and site of the meeting.

and shall be sent to the address last given to the Secretary of each member of the Zone Board of Directors.

**4.05 Quorum:** A quorum at all meetings shall consist of those present and eligible to vote.

## ARTICLE 5

### OFFICERS

**5.01 Titles:** The Zone Board of Governors shall elect the following Officers at the Annual Meeting of the Zone: Zone Chair, Zone Diversity, Equity and Inclusion Chair, Zone Education Chair, Zone Officials Chair, Zone Technical Chair, Secretary and Treasurer. The Athletes Representative Chair shall be elected by the athletes in accordance with Section 7.01 B of the USAAS Code. The Zone Chair shall chair the Zone Board of Governors and the Zone Board of Directors.

**5.02 Eligibility:**

- A. Only current individual members of USAAS are eligible to hold office.
- B. The Zone Officials Chair shall hold a judges' rating of Retaining Level 3, Zone and Collegiate Regional Judge or higher.

**5.03 Term of Office:** The term of each office shall be two (2) years, and shall begin immediately following the Annual Meeting of the USAAS Corporation, in the year of their election. Officers may be reelected to a second term, but may serve no more than four (4) consecutive years in any one (1) office.

- An Officer who is replaced or who has reached their maximum term limit must wait as many consecutive years as have been served consecutively, with a maximum of two (2) years off the Zone Board of Directors before being eligible for reelection to the same office. In the event an Officer is elected to fulfill a remainder of a term of office, which has been vacated, this election shall not count towards the two (2) years of eligibility. This Officer shall have two (2) full terms of eligibility remaining.

**5.04 Vacancies:** Any vacancies that may occur in the Zone Board of Directors caused by death, resignation, or otherwise, shall be filled for the duration of the term by the group responsible for electing the position initially. In the case of the elected Officers, the Zone Board of Directors may fill a vacancy until the next meeting of the Zone Board of Governors, at which time an election shall be held.

**5.05 Nominating Committee:** The slate of Officers to stand for election by the Zone Board of Governors shall be prepared by a Nominating Committee, with a minimum of three (3) serving. The Nominating Committee shall be selected by the Zone Board of Governors at the Annual Meeting of the Zone in the year prior to the elections for Officers. Nominations shall be published fifteen (15) days in advance of the election, and additional nominations may come from the floor.

**5.06 Elections:** Candidates for office should be consenting and need not be present to be elected.

**5.07 Duties:** The duties of the Officers are as hereafter set forth, and such others as may be designated by the Zone Board of Governors or Zone Board of Directors:

A. **Zone Chair:**

1. To represent the Zone on the USAAS Board of Governors.
2. To oversee the administrative needs of the Zone.
3. To supervise sanctions, and financial and annual reports.

**B. Zone Diversity, Equity and Inclusion Chair:**

1. To represent the Zone on the USAAS Board of Governors.
2. To serve as the Diversity, Equity and Inclusion committee member from his or her respective Zone.
3. To coordinate the programs of the Zone aimed at increasing diversity, equity and inclusion at all levels of the Zone.
4. To assist the National Office staff in implementing programs to increase membership of the underrepresented populations in the Zone.

**C. Zone Education Chair:**

1. To represent the Zone on the USAAS Board of Governors.
2. To serve as the Coaches' Education Committee member from his or her respective Zone.
3. To oversee the development of all artistic swimming programs (Senior, Junior, Junior Olympic, Collegiate, and Masters) in the Zone.
4. To oversee the development and training of athletes, including organizing training camps for athletes and coaches.

**D. Zone Officials Chair:**

1. To represent the Zone on the USAAS Board of Governors.
2. To serve as the Officials' Committee member from his or her respective Zone.
3. To train, test and evaluate officials within the Zone.
4. To determine the panels for officiating at the Zone competitions.
5. To maintain records of officials' certification and ratings.

**E. Zone Technical Chair:**

1. To represent the Zone on the USAAS Board of Governors.
2. To appoint the Zone Scoring Chair.
3. To oversee the technical conduct of all Zone Championships, including sound, equipment and assisting the Zone Scoring Chair with scoring.
4. To interpret rules, waive rules and act as the Meet Referee at all Zone Championships until the Event Referees are selected.
5. To provide support, training, guidance, and leadership to Association Technical Chairs in all technical aspects of the sport, including meet management.
6. To coordinate the conduct of Zone Championships with the Zone Officials Chair, Zone Scoring Chair, and the Meet Manager at all Zone Championships.
7. To serve as the information connection from/to the Association Technical Chairs and the Vice President Competitive Programs.
8. To assist the Vice President Competitive Programs in preparing legislative proposals.
9. To provide assistance to the Vice President Competitive Programs for any National Championships held within that Zone.

**F. Secretary:**

1. To record the minutes of all meetings of the Zone and the Zone Board of Directors.
2. To maintain the membership list of the Zone.
3. To maintain records of athlete eligibility.
4. To send notice of meetings as mandated by the By-Laws or other mailings as instructed by the Zone.
5. To forward to the USAAS Executive Director ("Executive Director") such reports as required by USAAS.

**G. Treasurer:**

1. To be the custodian of the funds of the Zone.
2. To receive and disburse funds in accordance with the directions of the Zone.
3. To prepare the financial records and reports as required by the Zone and USAAS.

**H. Athletes Representative Chair:**

1. To represent the Zone on the USAAS Athletes Committee and USAAS Board of Governors.
2. To serve as Chair of all Zone Athlete meetings.
3. To assure communication among athletes both within the Zone and within USAAS.

**I. Zone Scoring Chair:**

1. To oversee the scoring conduct of all competitions within the Zone.
2. To oversee the scoring conduct of all National Championships held within the Zone.

## **ARTICLE 6**

### **REPORTS AND REMITTANCES**

**6.01 Minutes:** The Secretary of the Zone shall, within ten (10) days after each meeting of the Zone, forward to the Executive Director a copy of the minutes of said meeting.

**6.02 Notices:** The Secretary shall forward to the Executive Director copies of all official notices issued by the Zone, at the time of such issue, including all those sent to the members of the Zone Board of Governors and to the Zone Board of Directors, as well as to members of the Zone.

**6.03 Annual Reports:** The Secretary shall, within one hundred and twenty (120) days of the end of the fiscal year, forward to the Executive Director a copy of the audit of the accounts of the Zone. The audit of accounts is to be signed by either a certified public accountant, or at least three (3) members of the Zone Board of Directors. The Secretary shall forward to the Executive Director a copy of the Form 990 when filed.

**6.04 General:** The Zone shall make such other reports and remittances to USAAS as specified in its Code or by the USAAS Board of Directors. The Zone Chair, Secretary, and Treasurer are responsible for seeing that all required reports and remittances are made.

**6.05 Income:** Any income derived from the promotion of artistic swimming by members of USAAS must be used for the further promotion of artistic swimming for the general welfare of the Zone as a whole.

## **ARTICLE 7**

### **DISCIPLINE, ZONE REVIEW BOARD, HEARINGS AND APPEALS**

**7.01 Discipline:** The Zone Review Board may censure, suspend for a definite or indefinite period of time, or expel from participating in the activities of the Zone, or impose other appropriate sanctions upon any member of the Zone, including any athlete, coach, trainer, manager, administrator, official, member of any committee, or person participating in any capacity whatsoever in the affairs of the Zone, subject to a hearing before a panel of a Zone Review Board, who has acted contrary to any of the Rules of USAAS or the Zone, or who has acted in a manner which brings disrepute upon USAAS, the Zone, or upon the sport of artistic swimming.

- A. A group member may be held responsible for infractions of rules and regulations committed by an athlete who is representing the group member.
- B. The Zone Review Board may recommend to the USAAS Ethics Committee that a person's membership in USAAS be suspended or revoked, but the Zone Review Board shall have no authority to suspend or revoke such membership.
  - 1. A recommendation to the USAAS Ethics Committee regarding suspension or revocation of membership in the USAAS Corporation must be filed with the Executive Director within five (5) business days following the final decision of the Zone Review Board. Refer to [USAAS Grievance Procedures](#) (Appendix K).

**7.02 Zone Review Board:** The Zone Board of Governors shall annually elect a Zone Review Board comprised of no less than five (5) members, including that number of Athlete Representatives necessary to assure that at least thirty-three and three tenths percent (33.3%) of the Zone Review Board are athletes. Its hearings may be conducted by an attorney-at-law retained by the Zone Review Board for that purpose but who shall have no vote. The Chair of the Zone Review Board shall be appointed by the Zone Chair and have one (1) vote. A quorum for any hearing conducted by the Zone Review Board shall be fifty percent (50%) of its membership, but in any event no less than three (3), one of whom shall be an Athlete Representative.

**7.03 Jurisdiction of the Zone Review Board:** The Zone Review Board may conduct hearings on any matter affecting, with the exception of violations of [USAAS's Code of Ethics](#) (Appendix P) or [Whistleblower and Anti-Retaliation Policy](#) (Appendix S), the Zone and involving only a member or members of the Zone. Refer to [USAAS Administrative Rules](#), Article 24, Section 24.03.

**7.04 Procedures of the Zone Review Board:**

- A. The filing and resolution of any grievance shall follow the procedures in Appendix K.
  - 1. Any grievance may be filed with the Executive Director and USAAS President. When the LASC Administrative Chair and Executive Director determine that a grievance cannot be fairly adjudicated at the LASC level, it shall be forwarded to the Zone Review Board or Executive Director for resolution

**7.05 Appeals:** The decision of the Zone Review Board shall be final in all cases, subject only to appeal by a real party in interest to the National Board of Review, except where the Zone Review Board recommends to the USAAS Ethics Committee suspension or revocation of a person's membership in USAAS. Refer to USAAS Administrative Rules, Article 24, Sections 24.03 A and B.

## ARTICLE 8

### MISCELLANEOUS

**8.01 Amendments:** Any provisions of these Zone By-Laws not required by USAAS pursuant to Section 6.04 of the USAAS Code may be amended at any meeting of the Zone Board of Governors by a two-thirds (2/3) vote of the members voting. At least thirty (30) days' notice must be given to every member of the Zone Board of Governors of this proposed amendment.

**8.02 Fiscal Period:** The fiscal period of the Zone shall begin on the first day of October in each year.

**8.03 Mailing Address:** The Zone must submit a permanent mailing address to the Executive Director.

**8.04 Dissolution:** Upon dissolution, the net assets of the Zone shall not inure to benefit any private individual or corporation, but shall be distributed to USAAS, to be used exclusively for charitable purposes, or if USAAS is not then in existence, or is not then a corporation which is exempt under 501(c)(3) of the Internal Revenue Code and to which contributions, bequests and gifts are deductible under Sections 170(c)(2), 2055(a)(2), and 2522(a)(2), thereof, or any successor law, such assets shall be distributed to such a corporation, to be used exclusively for charitable purposes.

## APPENDIX C

### MEMBERSHIP AND FEE SCHEDULE (Subject to Change)

Amendments to this Appendix C are the responsibility of the Membership Committee. The Membership Committee can modify this Appendix by recommending changes to the USAAS Board of Directors for approval.

A membership is required at the highest level of participation. SafeSport certification and National Center for Safety Initiatives (“NCSI”) Background Checks (parental consent required for minors under 18 years of age) are a requirement of membership as determined by the USAAS Board of Directors. Refer to [USAAS Athlete Safety Policy](#) (Appendix Q). Refer to [USAAS Officials Certification Policy](#) (Appendix G) for additional official requirements and [USAAS Coaches Certification Policy](#) (Appendix W) for coaching certification levels and requirements. For additional information, see the [USA Artistic Swimming \(“USAAS”\) website](#).

#### MEMBERSHIP FEES

MEMBERSHIP CATEGORY	NATIONAL FEE	LASC FEE <sup>o</sup>	SEND TO USAAS
<b>Competitive Athlete</b> (see 1 & 2)	\$100.00	+LASC fee	\$100.00
<b>Athlete</b> (see 3 & 4)	\$50.00	+LASC fee	\$50.00
<b>Trial Athlete</b> (see 5 & 6)	\$15.00		\$15.00
<b>Individual:</b>			
A. Professional (see 7 & 8)	\$100.00	+LASC fee	\$100.00
B. Official Levels 1 & 2 (see 9)	\$50.00	+LASC fee	\$50.00
C. Instructor (see 10 & 11)	\$50.00	+LASC fee	\$50.00
D. Skills Specialist (see 12)	\$50.00	+LASC fee	\$50.00
E. Life (see 13 & 14)	\$2,000.00	+LASC fee	\$2,000.00
F. Friends of Artistic Swimming (see 15)	\$35.00		\$35.00
G. Athlete Safety Membership (see 16)	\$40.00		\$40.00
H. Olympian (see 17)	\$0.00		\$0.00
<b>Club</b> (see 18)	\$75.00	+LASC fee	\$75.00

<sup>o</sup> Local Artistic Swimming Committee (“LASC”) fees are set by the LASC and sent directly to the LASC Administrative Chair.

**Note:** Membership fees listed above do not include processing or transaction fees.

#### MEMBERSHIP INFORMATION

- (1) **Youth Competitive Athlete** is an individual 17 years of age or younger who participates and competes in:
  - Competitions including those that qualify for advancement to another competition, USAAS camp or Trials.
  - National Championships and international programs and events.
  
- (2) **Adult Competitive Athlete** is an individual 18 years of age or older who participates and competes in:
  - Competitions including those that qualify for advancement to another competition, USAAS camp or Trials.
  - National Championships and international programs and events.
  - Membership Requirement: SafeSport Training.

(3) **Youth Athlete** is an individual 17 years of age or younger who participates and competes in:

- Local activities including, but not limited to, shows, clinics and camps. The athlete may compete in non-qualifying competitions such as an invitational.
- Collegiate competitions, not including the U.S. Collegiate Championship.
- If an athlete in this category competes in any competition or program outlined in the Youth Competitive Athlete category, including the U.S. Collegiate Championship, then an additional fee shall be assessed and an upgrade to the Youth Competitive Athlete category will be required for participation.

(4) **Adult Athlete** is an individual 18 years of age or older who participates and competes in:

- Local activities including, but not limited to, shows, clinics and camps. The athlete may compete in non-qualifying competitions such as an invitational.
- Collegiate competitions, not including the U.S. Collegiate Championship.
- If an athlete in this category competes in any competition or program outlined in the Adult Competitive Athlete category, including the U.S. Collegiate Championship, then an additional fee shall be assessed and an upgrade to the Adult Competitive Athlete category will be required for participation.
- Membership Requirement: SafeSport Training.

(5) **Youth Trial Athlete:** Individuals 17 years of age or younger who only participate in club activities for a maximum period of 30 days.

- The Youth Trial Athlete membership can be renewed as many times as desired.
- Should the Youth Trial Athlete upgrade their membership to the Youth Athlete or Youth Competitive Athlete category, then an additional fee shall be assessed for the upgrade. The upgrade will also receive a maximum of one \$15.00 credit to be applied from the Youth Trial Athlete category fee.

(6) **Adult Trial Athlete:** Individuals 18 years of age or older who only participate in club activities for a maximum period of 30 days.

- The Adult Trial Athlete membership can be renewed as many times as desired.
- Should the Adult Trial Athlete upgrade their membership to the Adult Athlete or Adult Competitive Athlete category, then an additional fee shall be assessed for the upgrade. The upgrade will also receive a maximum of one \$15.00 credit to be applied from the Adult Trial Athlete category fee.
- Membership Requirement: SafeSport Training.

(7) **Youth Professional** is for individuals 17 years of age or younger who are:

- Coaches. **Minimum CCP 2.**
- Officials or Judges Level 3 and above.
- Club Representatives to include Club Board of Directors, Zone Artistic Swimming Committee ("Zone") Officers, LASC Officers, USAAS Committee Chairs, USAAS committee members and all members of the USAAS Board of Governors ("Board of Governors").
- Contractors to USAAS.
- Youth Professional category includes a complimentary Youth Competitive Athlete category membership.
- Membership Requirements: SafeSport Training and NCSI Background Checks.

(8) **Adult Professional** is for individuals 18 years of age or older who are:

- Coaches. **Minimum CCP 2.**
- Officials or Judges Level 3 and above.
- Club Representatives to include Club Board of Directors, Zone Officers, LASC Officers, USAAS Committee Chairs, USAAS committee members and all members of the Board of Governors.
- Contractors to USAAS.
- Adult Professional category includes a complimentary Adult Competitive Athlete category membership.
- Membership Requirements: SafeSport Training and NCSI Background Checks.

(9) **Official Levels 1 & 2:** Officials or Judges who are Level 1 or Level 2 (Association and Junior Olympic Regional Judges).

- Membership Requirements: SafeSport Training and NCSI Background Checks.

(10) **Youth Instructor:** This category is for individuals 17 years of age or younger who are:

- Coaches who provide instruction for lessons, recreational programs and summer clubs. **Minimum CCP 1.**
- Individuals who participate in local activities including, but not limited to, shows, clinics and camps.
- The individual may participate in non-qualifying competitions such as an invitational.

(11) **Adult Instructor:** This category is for individuals 18 years of age or older who are:

- Coaches who provide instruction for lessons, recreational programs and summer clubs. **Minimum CCP 1.**
- Individuals who participate in local activities including, but not limited to, shows, clinics and camps.
- The individual may participate in non-qualifying competitions such as an invitational.
- Membership Requirements: SafeSport Training and NCSI Background Checks.

(12) **Skills Specialist:** This category is for individuals who provide instruction in a specific area of expertise such as dance, flexibility, athletic training, massage therapy, acrobatics, etc. Individuals may participate in local activities including, but not limited to, shows, clinics and camps, but may not be in the competitive area at any competition.

- Membership Requirement: SafeSport Training and NCSI Background Checks.

(13) **Youth Life Members:** This membership is for individuals 17 years of age or younger and who are:

- Athletes, coaches, officials, judges, Club Representatives to include Club Board of Directors, Zone Officers, LASC Officers, USAAS Committee Chairs, USAAS committee members and all members of the Board of Governors.
- One-time payment that covers all membership categories for the life of the individual.
- Membership Requirements: SafeSport Training and NCSI Background Checks.

**Exemption:** Any Youth Life Member who is only an athlete is exempt from the SafeSport Training and NCSI Background Check membership requirements.

(14) **Adult Life Members:** This membership is for individuals 18 years of age or older and who are:

- Athletes, coaches, officials, judges, Club Representatives to include Club Board of Directors, Zone Officers, LASC Officers, USAAS Committee Chairs, USAAS committee members and all members of the Board of Governors.
- One-time payment that covers all membership categories for the life of the individual.
- Membership Requirements: SafeSport Training and NCSI Background Checks.

**Exemption:** Adult Life Members who are not athletes and have no regular contact with, and/or authority over, minor age athletes are exempt from the NCSI Background Check membership requirement.

(15) **Friends of Artistic Swimming:** Individuals who wish to support artistic swimming and USAAS programs. This category is for individuals who are, but not limited to, alumni, family and friends. Membership in this category will receive communications from USAAS and is ideal for individuals who want to maintain some level of involvement in the sport.

(16) **Athlete Safety Membership** is for individuals who are:

- Club Board of Directors.
- Managers, chaperones and adults who have regular contact with, and/or authority over, athletes while traveling with athletes to national, regional and local events or for the Club Option or Private Invitation Programs. Excludes adults traveling only as fans.
- Membership Requirements: SafeSport Training and NCSI Background Checks.
- Background screening cost of \$30.00 will be covered by USAAS (background screening coverage does not include international screenings).

(17) **Olympian** is for individuals who have represented the United States of America in the sport of synchronized/artistic swimming in the Olympic Games. Contact the USAAS National Office for a discount code for a Professional, Instructor or Athlete membership.

- Membership Requirements: May vary depending on the Olympian's level of involvement within USAAS.

(18) **Club:** Must register at least two athletes.

#### **SANCTION FEES**

EVENT	SEND TO USAAS
Local & Association Non-Championship Events, including Grade Level Testing	\$25.00
All Events acting as qualifying competitions; e.g., Association, Regional, Zone, Junior and Senior Championships, etc. (no fee for National Championships)	\$110.00

#### **SANCTION INFORMATION**

(1) Request for Sanction forms must be completed online at <https://www.usaartisticswim.org>. The Request for Sanction form and the fee must be received by USAAS **at least 30 days prior to the event** in order to validate the sanction and related insurance prior to the event. USAAS will notify the LASC to confirm issuance of the sanction.

(2) The following additional charges may also apply:

- \$30.00, if the Request for Sanction form is received less than 30 days prior to the event;
- \$60.00, if the Request for Sanction form is received less than 7 days prior to the event; and,
- Additional \$15.00 fee for the overnight return of the sanction.

## **CHAMPIONSHIP ENTRY FEES**

Championship Entry Fees and Late Fees will be set by the National Office and announced no later than June 1, of the year preceding the upcoming competition year.

Any competitor who is listed as a reserve for a routine and who is not swimming any other routine event shall pay the entry fee (i.e., a competitor who is entered in a Solo and listed as a reserve for Duet shall pay one entry fee).

**Late Fees:** Per [USAAS Technical Rules](#) CP 5.5, Athlete registration, Sport entries, Coach, chaperone and other staff registration and certification for National Championships must be received via electronic registration **28 days prior** to the first day of the respective competition and will be subject to late fees.

- Music submission and Coach Cards/Element Cards for National Championships must be received via electronic registration **14 days prior** to the first day of the respective competition and will be subject to late fees.
- For all National Championships, **no** Sport entries, staff registration, Coach Cards/Element Cards or music submission shall be accepted between 7 and 0 days prior to the first day of the competition and no staff certifications shall be accepted 13 days or less prior to the first day of the competition.

## **LOGO USE**

The Logo may be used without a rights fee per the USAAS Logo Style Guide which can be found at <https://www.usaartisticswim.org>.

## **ANNUAL MEETING OF THE CORPORATION**

Registration Fee (Send to USAAS)

TBD

## **AWARDS**

Contact USAAS at [memcoord@usaartisticswim.org](mailto:memcoord@usaartisticswim.org) on how to order awards through USAAS's award partner.

## APPENDIX D

### LASC NAME, ZONE AND REGION

Amendments to this Appendix D are the responsibility of the Rules and Governance Committees. The Rules Committee can modify the Region assignments and the Governance Committee can modify the Association and Zone assignments within this Appendix by recommending changes to the Board of Directors for approval.

<u>Association</u>	<u>Region</u>	<u>Association</u>	<u>Region</u>
<b>EAST</b>		<b>WEST</b>	
Adirondack	A	Alaska	A
Allegheny Mountain	C	Arizona	D
Connecticut	A	Hawaii	C
Lake Erie	C	Inland Empire	A
Maryland	B	Montana	A
Metropolitan	B	New Mexico	D
Middle Atlantic	B	Oregon	A
New England North	D	Pacific	B
New England South	D	Pacific Northwest	A
New Jersey	B	San Diego/Imperial	C
Niagara	C	Snake River	B
<b>NORTH</b>		<b>Southern California</b>	
Dakota	C	Southern Nevada	D
Illinois	B	Utah	B
Indiana	B	Wyoming	B
Iowa	C		
Michigan	A		
Midsouth	A		
Minnesota East	C		
Minnesota West	C		
Missouri Valley	D		
Ohio	A		
Ozark	B		
Rocky Mountain	D		
Wisconsin	B		
<b>SOUTH</b>			
Carolina	A		
Gulf	C		
Northeast Florida	D		
Northwest Florida	B		
Potomac Valley	A		
South Texas	C		
Southeast Florida	D		
Southwest Florida	B		
Southwestern	C		
Virginia	A		

## APPENDIX E

### NATIONAL TEAM, OLYMPIC DEVELOPMENT PROGRAM AND ALL-STAR CAMP SELECTION PROCEDURES

Amendments to this Appendix E are the responsibility of the Chief of Sport (or Designee). The Chief of Sport (or Designee), in consultation with the National Team Program Committee, can modify this Appendix by recommending changes to the USAAS Board of Directors for approval.

The Chief of Sport (or Designee), with notification to the USA Artistic Swimming (“USAAS”) Vice President Olympic International and the International Relations Committee Chair, selects appropriate international events for each of the National Teams. Participation in the designated competitions shall be limited to the National Team(s), unless otherwise approved by the International Relations Review Subcommittee. Clubs must petition the International Relations Review Subcommittee for a Club Option. Refer to USAAS Club Option and Private Invitation Procedures (Appendix F). Private invitations are the only exception to the Club Option procedure and require notification to the International Relations Committee Chair.

#### PREREQUISITES FOR NATIONAL TEAMS, OLYMPIC DEVELOPMENT PROGRAM AND ALL-STAR CAMP

Below are the minimum eligibility requirements for an athlete to be considered for selection to a National Team, Olympic Development Program or All-Star Camp.

##### A. Membership/Nationality/Passport Requirements:

1. An Athlete must be a current registered Youth Competitive Athlete member or Adult Competitive Athlete member of USAAS in order to participate in any National Team Trials.
2. An Athlete must be a national of the United States at the time of the final selection of the Squad/Team.
  - Exception: An Athlete who is not a citizen of the United States may participate in any 12 & Under, Youth or Junior National Team Trials event, but will not be eligible for the final selection of the Squad/Team for which the Trials are being conducted, unless the Athlete is able to provide a copy of a valid United States passport to the Chief of Sport prior to the Final Phase of the Trials event.
  - An Athlete who is not a citizen of the United States who qualifies through the Trials process for the All-Star Camp may participate in the All-Star Camp, at the discretion of the USAAS Chief of Sport.
2. An Athlete must hold a valid U.S. passport that will not expire for 6 months after the competition/event.

**NOTE:** Refer to the USAAS website to find the most recent information concerning ongoing Trials procedures and/or the National Teams, Olympic Development Program and All-Star Elite Camp.

##### B. Other Requirements:

1. Athletes must be a member in good standing with USAAS.
2. Athletes must meet the requirements of the USAAS National Team/Squad Agreement.

## PREREQUISITES FOR EVALUATORS FOR ALL TRIALS

The Chief of Sport (or Designee) will select the appropriate number of individuals from the list below to serve on a panel during a Trials event.

- A. Current AQUA and PAQ judges
- B. Current AQUA Evaluators
- C. National Team Coaching Staff
- D. Chief of Sport or Designee
- E. AQUA and PAQ Difficulty Technical Controllers
- F. USAAS Level 2 Difficulty Technical Controllers
- G. National Skill Assessors
- H. Former AQUA and PAQ judges and AQUA Evaluators
- I. National Judges

## ARTICLE 1

### **ALL-STAR CAMP PROCEDURES FOR 12 & UNDER ATHLETES**

#### **1.01 ELIGIBILITY FOR THE 2026 12 & UNDER ALL-STAR CAMP ATHLETES**

To be eligible for the 2026 All-Star Camp, a registered USAAS athlete must:

- A. Have been born in the years 2014 or later.
- B. Have passed Grade Levels 1 and 2.
- C. Have placed in the top 8 in the Figure competition at the 2026 12 & under U.S. Invitational to be held April 23-36, 2026 in Buffalo, NY, at a time to be announced. If any of the top 8 athletes decline their selection, the next eligible athlete(s), in rank order, will be invited to the All-Star Camp for a maximum of 8 athletes qualified through the 2026 12 & under U.S. Invitational.

#### **1.02 NAMING THE 12 & UNDER ATHLETES FOR THE ALL-STAR CAMP**

- A. **Number of Athletes:** The 2026 National Elite Camp will be comprised of up to:
  - 8 12 & under athletes based on the criteria and results from Article 1, Section 1.01 A-C.
  - 1. The exact number of athletes will be determined by the Chief of Sport. The Chief of Sport will make the final decision based on the criteria and results.
- B. **All-Star Camp Requirements:** All selected athletes must attend the All-Star Camp, unless otherwise agreed in writing with the Chief of Sport.
  - 1. If a selected athlete decides to decline their All-Star Camp selection, this athlete must notify the Chief of Sport, in writing no later than May, 2026, exact date to be determined.
  - 2. If a selected athlete is not present at the start of the All-Star Camp (unless otherwise agreed upon in writing by the Chief of Sport), this athlete may no longer be considered a member of the All-Star Camp, and a replacement athlete will be selected instead.
  - 3. If an insufficient number of athletes accept their selection to the All-Star Camp, the Chief of Sport, has the right to revise the overall plan for the 2026 All-Star Camp.

## ARTICLE 2

### **2026 YOUTH NATIONAL TEAM AND ADDITIONAL ALL-STAR CAMP** **ATHLETE SELECTION PROCEDURES**

#### **2.01 ELIGIBILITY**

To be eligible for Phase 1 of the 2026 Youth National Team and All-Star Camp Trials, a registered USAAS athlete must:

- A. Be eligible to compete in the selected competition/camp(s).
- B. Have been born in the years 2011 to 2013 (females) and 2010 to 2013 (males).
- C. Have passed Grade Levels 1, 2, 3 and 4.

#### **2.02 2026 YOUTH NATIONAL TEAM AND ALL-STAR CAMP SELECTION PROCEDURES**

##### **Number of Phases, Components and Officials:**

- A. Phases 1 and 2 shall be held during the U.S. Youth Championship, April 23-26, 2026, in Buffalo, NY, at a time to be announced.
- B. Figures in Phases 1 will be judged by a panel of AQUA Judges, PAQ Judges, AQUA Evaluators, former AQUA/ PAQ Judges and AQUA Evaluators and/or National Judges at the U.S. Youth Championship.
- C. Stationary Water Skill Tests in Phases 2A and 2B and the Individual Routine Swim in Phase 2C will be judged/evaluated by a panel of 3-5 evaluators as defined in “Prerequisites for Evaluators”.
- D. For Phases 2A and 2B, a full description of the Tests and scoring criteria can be found in the National Skills Testing Protocols which is posted on the USAAS website, at least 45 days prior to the commencement of the tryout.
- E. Phases 2A, 2B and 2C may be conducted simultaneously based on a random draw split into 2-3 groups.
- F. For Phase 2, the Vice President Olympic International (or Designee) and the Team USA Athlete’s Commission (“Team USA AC”) Representative (or Designee) will be present at the Trials to ensure compliance, though will not serve as official evaluators.

The 2026 Youth National Team and All-Star Camp shall be selected as follows:

- A. **Phase 1 – Figure Competition:**
  - 1. Eligible athletes will compete in the Figure competition during the U.S. Youth Championship, to be held April 23-26, 2026, in Buffalo, NY.
  - 2. Scores from Phase 1 will be calculated according to AQUA rules.
  - 3. The top 50 registered Trials athletes\* in rank order from the U.S. Youth Championship Figure competition shall advance from Phase 1 to Phase 2.  
*\* NOTE: To ensure that Phase 2A has a minimum of 1 male and not more than 2 males, the Chief of Sport (or Designee) may go below the 50<sup>th</sup> ranked registered Trials athlete(s) in order to add up to 2 males to the list, if necessary, to finalize the Phase 2 participants.*
- B. **Phase 2A – Stationary Water Skill “A” Test:**
  - 1. Eligible athletes will compete in a Stationary Water Skill “A” Test to be selected by the Chief of Sport (or Designee).
  - 2. All athletes from Phase 2A shall advance to Phase 2B.
- C. **Phase 2B – Stationary Water Skill “B” Test:**
  - 1. Eligible athletes will compete in a Stationary Water Skill “B” Test to be selected by the Chief of Sport (or Designee).

2. All athletes from Phase 2B shall advance to Phase 2C.

D. Phase 2C – Artistic Swimming Routine - Individual Routine Swim:

1. Eligible athletes will compete in a Routine competition, which will consist of 1 individual routine swim. The draw for the individual routine swim will be a random draw. The routine will be selected by the Chief of Sport (or Designee), in consultation with the National Team Coaching Staff.

E. Phase 2 – Final Score:

1. The Final score for Phase 2 will be calculated using the following percentages:

• Phase 2A – <u>Stationary Water Skill “A” Test</u>	<u>10%</u>
• Phase 2B – <u>Stationary Water Skill “B” Test</u>	<u>10%</u>
• Phase 2C – Individual Routine Swim	<u>45%</u>

E. Phases 1 and 2 – Final Score:

1. The Final score for Phases 1 and 2 will be calculated using the following percentages:

• Phase 1	<u>35%</u>
• Phase 2	<u>65%</u>

(10% Stationary Water Skill “A” Test from Phase 2A, 10% Stationary Water Skill “B” Test from Phase 2B, 45% Individual Routine Swim from Phase 2C)
2. The Final Score from Phases 1 and 2 will be used to select up to 16 athletes\* for the Youth National Team and up to 4 athletes for the All-Star Camp.

\* **NOTE:** To ensure that the Youth National Team has a minimum of 1 male and not more than 2 males, the Chief of Sport (or Designee) may go below the last athlete(s) being considered for the Youth National Team in order to replace the last ranked athlete(s) with up to 2 males, if necessary, to finalize the 2026 Youth National Team.

**TIED ATHLETES:** If one or more athlete(s) attain a score of 0.1 or less below the score of the last athlete being considered for the Youth National Team, it will be considered a tie. A tiebreaker shall be used to rank the tied athletes.

**TIEBREAKER:** To separate the scores in the preceding paragraph, the results of the Individual Routine Swim from Phase 2C will be used to break the tie.

### 2.03 NAMING THE 2026 YOUTH NATIONAL TEAM AND ADDITIONAL ATHLETES FOR THE ALL-STAR CAMP

All members of the Youth National Team will be eligible to be a part of the Olympic Development Program – Youth Camp.

A. Number of Athletes: The 2026 Youth National Team and All-Star Camp will be comprised of up to:

- 16 athletes\* (not including petitioners) for the Youth National Team.
- 4 athletes (not including petitioners) for the All-Star Camp.

\* **NOTE:** To ensure that the Youth National Team has a minimum of 1 male and not more than 2 males, the Chief of Sport (or Designee) may go below the last athlete(s) being considered for the Youth National Team in order to replace the last ranked athlete(s) with up to 2 males, if necessary, to finalize the 2026 Youth National Team.

1. The exact number of female and male athletes for the Youth National Team will be determined by the Chief of Sport (or Designee). The Chief of Sport (or Designee) will make the final decision based on the results of the Final Score from Phases 1 and 2 of the 2026 Youth National Team Trials and in consultation with the National Team Coaching Staff and select AQUA Judges.

**B. Training and Competition Requirements:**

1. All selected athletes must commit to the Youth National Team by May 10, 2026 to be eligible to participate at the Olympic Development Program – Youth Camp (unless otherwise agreed in writing with the Chief of Sport (or Designee)).
2. If a selected athlete decides to decline their Youth National Team or All-Star Camp selection, this athlete must notify the Chief of Sport (or Designee), in writing no later than May 10, 2026.
3. If a selected athlete is not present at the start of the Youth National Team training or the All-Star Camp (unless otherwise agreed upon in writing by the Chief of Sport or Designee), this athlete may no longer be considered a member of the 2026 Youth National Team or All-Star Camp, and a replacement athlete will be selected instead.
4. If an insufficient number of athletes accept their selection to the 2026 Youth National Team or All-Star Camp, the Chief of Sport (or Designee) has the right to revise the overall plan for the 2026 Youth National Team and/or the All-Star Camp.

C. **Routine Assignments:** Solo, Male Solo, Duet, Mixed Duet, Team and Free Combination assignments for each competition, if applicable, will be determined at a later date by the National Team Coaching Staff for final approval by the Chief of Sport (or Designee). All athletes named to the 2026 Youth National Team will be considered for each routine.

D. **Replacements:** Replacement athletes for the Youth National Team and All-Star Camp shall be selected in rank order from Phase 2, and then Phase 1 of the 2026 Youth National Team and All-Star Camp Trials. Replacement athletes must be able to demonstrate competitive readiness as determined by the Chief of Sport (or Designee), and the National Team Coaching Staff.

**2.04 PETITIONS**

- A. Any Youth athlete who has successfully petitioned the National Team Review Subcommittee, pursuant to the Exception noted below, may also be considered for placement on the 2026 Youth National Team, the All-Star or advancement to the next Phase of Trials. Consideration is regardless of their prior participation or ranking in any of the Selection Process that has taken place.
- B. Petitions must be submitted prior to the end of the Final Phase of the Trials event and any successful petitioner must be present at the start of Youth National Team training or the All-Star Camp.
- C. The National Team Review Subcommittee approves or denies the petition. However, the Chief of Sport (or Designee), in consultation with the National Team Coaching Staff, may replace the last ranked athlete(s), with one or more petitioners added from Section 2.04 A. above to finalize the 2026 Youth National Team, the All-Star Camp or advancement to the next Phase of Trials.

**EXCEPTION:** In the event of an athlete injury or illness as certified by a Physician approved by USAAS, or an extreme personal or family emergency or any other extenuating circumstances, prior to or during the Youth National Team and All-Star Camp Trials, which precludes the athlete from participating in the Trials, the athlete may petition the National Team Review Subcommittee. If the petition is approved, the successful petitioner shall be reinserted into the Selection Process at the appropriate Phase as an additional athlete.

## ARTICLE 3

### **2026 JUNIOR NATIONAL TEAM AND ADDITIONAL ALL-STAR CAMP** **ATHLETE SELECTION PROCEDURES**

The following athletes are the current members of the Senior National Team who are in full-time training and are age-eligible for the Junior National Team.

Ghizal Akbar

Isabella Bae

AnaMaria Camero

Kanako Field

Jaclyn Zhuge

All age-eligible Senior National Team athletes must commit to participating on the Junior National Team by March 22<sup>nd</sup>, 2026. The age-eligible Senior National Team athletes are automatically named to the Junior National Team and will not participate in the Team Trials.

#### **3.01 ELIGIBILITY**

To be eligible for Phase 1 of the 2026 Junior National Team and All-Star Camp, a registered USAAS athlete must:

- A. Be eligible to compete in the selected competition/camp(s).
- B. Have been born in the years 2007 to 2011 (females) and 2006 to 2011 (males).
- C. Have passed Grade Levels 1, 2, 3, 4 and 5.

#### **3.02 2025 JUNIOR NATIONAL TEAM AND ALL-STAR CAMP SELECTION PROCEDURES**

##### **Number of Phases, Components and Officials:**

- A. Phases 1 and 2 shall be held on January 17-18, 2026 in Fort Lauderdale, Florida, at a time to be announced.
- B. Phase 3 and 4 shall be held during the U.S Junior Championship, April 9-13, 2026, in Buffalo, NY, at a time to be announced.
- C. All routine and skill testing will be judged/evaluated by a panel of 3-5 evaluators as defined in "Prerequisites for Evaluators".
- D. For Phases 1A, 1B, 1C, 2A and 2C, a full description of the Tests and scoring criteria can be found in the National Skills Testing Protocols which is posted on the USAAS website at least 45 days prior to the commencement of the tryout.
- E. During Phase 3, the athletes will be evaluated based on observations by the National Team Coaching Staff during the Trials.
- F. For Phase 3 and 4, the Vice President Olympic International (or Designee) and the Team USA AC Representative (or Designee) will be present at the Trials to ensure compliance, though will not serve as official evaluators.

The 2026 Junior National Team and All-Star Camp shall be selected as follows:

##### **A. Phase 1A – Swimming & Conditioning Tests:**

1. Eligible athletes will compete in Swimming and Conditioning Tests, exact test(s) to be determined by the Chief of Sport (or Designee).
2. All athletes from Phase 1A shall advance to Phase 1B.

##### **B. Phase 1B – Technical Skills Tests:**

1. Eligible athletes will compete in Technical Skills Tests, which will consist of a select number, to be determined by the Chief of Sport (or Designee) from the

Technical Required Elements from the World Aquatics Technical Elements, Appendix 2.

2. All athletes from Phase 1B shall advance to Phase 1C.

**C. Phase 1C – Strength & Flexibility Tests:**

1. Eligible athletes will compete in Strength and Flexibility Tests, which will consist of up to 2 strength tests and up to 2 flexibility tests, selected by the Chief of Sport (or Designee).

**D. Phase 1 – Final Score:**

1. The Final score for Phase 1 will be calculated using the following percentages:
  - Phase 1A – Swimming & Conditioning Tests 30%
  - Phase 1B – Technical Skills Tests (elements) 50%
  - Phase 1C – Strength & Flexibility Tests (land) 20%
2. Number of athletes to advance to Phase 2A:
  - Up to a maximum of 40 registered Trials athletes\*, in rank order, shall advance to Phase 2A.

\* **NOTE:** To ensure that Phase 2A has a minimum of 1 male and not more than 2 males, the Chief of Sport (or Designee) may go below the 40<sup>th</sup> ranked registered Trials athlete(s) in order to add up to 2 males to the list, if necessary, to finalize the Phase 2 participants.

**TIED ATHLETES:** If one or more athlete(s) attain a score of 0.1 or less below the score of the last qualified athlete for Phase 2A, it will be considered a tie. All tied athletes will advance to Phase 2A.

**E. Phase 2A – Stationary Technical Skill Tests:**

1. Eligible athletes will compete in Stationary Technical Skill Tests, which will consist of 2 water tests, selected by the Chief of Sport (or Designee).
2. All athletes from Phase 2A shall advance to Phases 2B.

**F. Phase 2B – Artistic Swimming Routine - Individual Routine Swim:**

1. Eligible athletes will compete in a Routine competition, which will consist of 1 individual technical routine swim. The draw for the individual technical routine swim will be a random draw. The routine will be selected by the Chief of Sport (or Designee), in consultation with the National Team Coaching Staff.
2. All athletes from Phase 2B shall advance to Phases 2C.

**G. Phase 2C – Acrobatic Skills Tests:**

1. Eligible athletes will compete in an Acrobatic Skills Test, which will consist of 1 water test, selected by the Chief of Sport (or Designee).

**H. Phase 2 – Final Score:**

1. The Final score for Phase 2 will be calculated using the following percentages:
  - Phase 2A – Stationary Technical Skill Tests 30%
  - Phase 2B – Individual Routine Swim (technical) 50%
  - Phase 2C – Acrobatic Skills Test 20%

**I. Phases 1 and 2 – Final Score:**

1. The Final score for Phases 1 and 2 will be calculated using the following percentages:
  - Phase 1 100%

(30% Swimming & Conditioning Tests from Phase 1A, 50% Technical Skills Tests from Phase 1B and 20% Strength & Flexibility Tests from Phase 1C)

- Phase 2 100%

(30% Stationary Technical Skill Tests from Phase 2A, 50% Individual Routine Swim from Phase 2B, 20% Acrobatic Skills Test from Phase 2C)

2. Number of athletes to advance to Phase 3A:
  - Up to a maximum of 30 registered Trials athletes\*, in rank order, shall advance to Phase 3A.

\* **NOTE:** To ensure that Phase 3A has a minimum of 1 male and not more than 2 males, the Chief of Sport (or Designee) may go below the 30<sup>th</sup> ranked registered Trials athlete(s) in order to add up to 2 males to the list, if necessary, to finalize the Phase 3 participants.

**TIED ATHLETES:** If one or more athlete(s) attain a score of 0.1 or less below the score of the last qualified athlete for Phase 3A, it will be considered a tie. All tied athletes will advance to Phase 3A.

**J. Phase 3A – Artistic Swimming Routine - Individual Routine Swim:**

1. Eligible athletes will compete in a Routine competition, which will consist of 1 individual free routine swim. The draw for the individual free routine swim will be a random draw. The routine will be selected by the Chief of Sport (or Designee), in consultation with the National Team Coaching Staff.
2. All athletes from Phase 3A shall advance to Phase 3B.

**K. Phase 3B – Observation:**

1. Eligible athletes will be evaluated throughout the Trials process by the National Team Coaching Staff. Evaluation will consist of preparedness, attitude, coachability, teamwork and competitiveness.

**L. Phase 3 – Final Score:**

1. The Final score for Phase 3 will be calculated using the following percentages:
  - Phases 1 & 2 20%
  - Phase 3A – Individual Routine Swim (free) 50%
  - Phase 3B – Observation 30%
2. Number of athletes to advance to Phase 4:
  - Up to a maximum of 20 registered Trials athletes\*, in rank order, shall advance to Phase 4A.

\* **NOTE:** To ensure that Phase 4A has a minimum of 1 male and not more than 2 males, the Chief of Sport (or Designee) may go below the 20<sup>th</sup> ranked registered Trials athlete(s) in order to add up to 2 males to the list, if necessary, to finalize the Phase 3 participants.

**TIED ATHLETES:** If one or more athlete(s) attain a score of 0.1 or less below the score of the last qualified athlete for Phase 4A, it will be considered a tie. All tied athletes will advance to Phase 4A.

**M. Phase 4 – Artistic Swimming Routine - Group Swim:**

1. Eligible athletes will compete in a Routine competition, which will consist of 1 group free routine swim. The draw and the number of athletes in each group for the group routine swim will be decided by the Chief of Sport (or Designee). The routine will be selected by the Chief of Sport (or Designee), in consultation with the National Team Coaching Staff.

**N. Phases 1, 2, 3 and 4 – Final Score:**

1. The Final score for Phases 1, 2, 3 and 4 will be calculated using the following percentages:
  - Phases 1 and 2 15%
  - Phase 3A – Individual Routine Swim (free) 30%
  - Phase 3B – Observation 20%

- Phase 4 – Group Swim

2. The Final Score from Phases 1, 2, 3 and 4 will be used to select up to 14 athletes\* (including any age-eligible Senior National Team athletes listed above) for the Junior National Team and up to 8 athletes for the All-Star Camp.

\* **NOTE:** To ensure that the Junior National Team has a minimum of 1 male and not more than 2 males, the Chief of Sport (or Designee) may go below the last athlete(s) being considered for the Junior National Team, in order to replace the last ranked athlete(s) with up to 2 males, if necessary, to finalize the 2026 Junior National Team.

**TIED ATHLETES:** If one or more athlete(s) attain a score of 0.1 or less below the score of the last athlete being considered for the Junior National Team, it will be considered a tie. A tiebreaker shall be used to rank the tied athletes.

**TIEBREAKER:** To separate the scores in the preceding paragraph, the overall Routine Execution score from the Individual routine swim from Phase 3A will be used. If there is another tie, the average of the scores for the Technical Required Elements from the Individual routine swim from Phase 2B will be used to break the tie.

### **3.03 NAMING THE 2026 JUNIOR NATIONAL TEAM AND ADDITIONAL ATHLETES FOR THE ALL-STAR CAMP**

All members of the Junior National Team will be eligible to compete in the 2026 World Aquatics Junior World Championships.

**Note:** The age-eligible Senior National Team athletes who have committed by March 22, 2026, to participating on the Junior National Team are automatically named to the Junior National Team.

**A. Number of Athletes:** The 2026 Junior National Team and All-Star Camp will be comprised of up to:

- 14 athletes\* (not including petitioners) for the Junior National Team.
- 8 athletes (not including petitioners) for the All-Star Camp.

\* **NOTE:** To ensure that the Junior National Team has a minimum of 1 male and not more than 2 males, the Chief of Sport (or Designee) may go below the last athlete(s) being considered for the Junior National Team in order to replace the last ranked athlete(s) with up to 2 males, if necessary, to finalize the 2026 Junior National Team.

1. The exact number of female and male athletes for the Junior National Team will be determined by the Chief of Sport (or Designee). The Chief of Sport (or Designee) will make the final decision based on the results of the Final Score from Phases 1, 2, 3 and 4 of the 2026 Junior National Team Trials and in consultation with the National Team Coaching Staff and select AQUA Judges.

**B. Training and Competition Requirements:**

1. All selected athletes from 3.03 A above (excluding the age-eligible Senior National Team athletes who previously committed to participating on the Junior National Team by March 22, 2026) must commit to the Junior National Team by May 1, 2026 to be eligible to participate at the 2026 World Aquatics Junior World Championships (unless otherwise agreed in writing with the Chief of Sport (or Designee)).
2. If a selected athlete decides to decline their Junior National Team or All-Star Camp selection, this athlete must notify the Chief of Sport (or Designee) in writing no later than May 1, 2026.
3. If a selected athlete is not present at the start of the Junior National Team training or the All-Star Camp (unless otherwise agreed upon in writing by the Chief of Sport or Designee), this athlete may no longer be considered a member of the 2026 Junior National Team or All-Star Camp, and a replacement athlete will be selected instead.

4. If an insufficient number of athletes accept their selection to the 2026 Junior National Team or All-Star Camp, the Chief of Sport (or Designee), has the right to revise the overall plan for the 2026 Junior National Team and/or the All-Star Camp.

C. **Routine Assignments:** Solo, Male Solo, Duet, Mixed Duet, Team and Acrobatic Routine assignments for each competition, if applicable, will be determined at a later date by the National Team Coaching Staff for final approval by the Chief of Sport (or Designee). All athletes named to the 2026 Junior National Team will be considered for each routine.

D. **Replacements:** Replacement athletes for the Junior National Team and All-Star Camp shall be selected in rank order from Phase 4, 3, 2, and then Phase 1 of the 2026 Junior National Team and All-Star Camp Trials. Replacement athletes must be able to demonstrate competitive readiness as determined by the Chief of Sport (or Designee), and the National Team Coaching Staff.

### **3.04 PETITIONS**

A. Any Junior athlete who has successfully petitioned the National Team Review Subcommittee, pursuant to the Exception noted below, may also be considered for placement on the 2026 Junior National Team, the All-Star Camp or advancement to the next Phase of Trials. Consideration is regardless of their prior participation or ranking in any of the Selection Process that has taken place.

B. Petitions must be submitted prior to the end of the Final Phase of the Trials event and any successful petitioner must be present at the start of Junior National Team training or the All-Star Camp.

C. The National Team Review Subcommittee approves or denies the petition. However, the Chief of Sport (or Designee), in consultation with the National Team Coaching Staff, may replace the last ranked athlete(s), with one or more petitioners added from Section 3.04 A. above to finalize the 2026 Junior National Team, the All-Star Camp or advancement to the next Phase of Trials.

**EXCEPTION:** In the event of an athlete injury or illness as certified by a Physician approved by USAAS, or an extreme personal or family emergency or any other extenuating circumstances prior to or during the Junior National Team and All-Star Camp Trials, which precludes the athlete from participating in the Trials, the athlete may petition the National Team Review Subcommittee. If the petition is approved, the successful petitioner shall be reinserted into the Selection Process at the appropriate Phase as an additional athlete.

## ARTICLE 4

### **2026 SENIOR NATIONAL TRAINING SQUAD** **ATHLETE SELECTION PROCEDURES**

The following athletes are the current members of the 2026 Senior National Training Squad:

#### **LA Based Training Athletes**

Ghizal Akbar  
Anita Alvarez  
Isabela Bae  
AnaMaria Camero  
Jaime Czarkowski  
Nicole Dzurko  
Kanako Field  
Anna Martinez  
Emileen Moore  
Dani Ramirez  
Elle Santana  
Natalia Vega

#### **Remote Training Athletes**

Ayla Barry  
Megumi Field  
Keana Hunter  
Audrey Kwon  
Calista Liu  
Danielle Ovadia  
Ruby Remati  
Morgan Woelfel  
Karen Xue

#### Jaclyn Zhuge

Full details of the 2026 Senior National Team Selection process can be found here:  
<https://www.teamusa.org/usa-artistic-swimming/team-usa/national-team-trials>

## ARTICLE 5

### 2026 SENIOR NATIONAL MIXED DUET SQUAD SELECTION PROCEDURES (All New)

#### 5.01 ELIGIBILITY

To be eligible for the 2026 Senior National Mixed Duet Squad Trials, a registered USAAS athlete must:

- A. Be eligible to compete in the selected competition/camp(s).
- B. Be eligible to participate in the 2026 U.S. National Championship in the Mixed Duet events – Technical and Free routine events.
- C. Have passed Grade Levels 1, 2, 3, 4, 5 and 6.

#### 5.02 2026 SENIOR NATIONAL MIXED DUET SQUAD SELECTION PROCEDURES

The highest-ranking Mixed Duet from the 2026 U.S. National Championship will be offered the opportunity to compete as part of the Senior National Team at the 2026 World Aquatics World Cup Super Final in Toronto, Canada.

##### **Number of Phases, Components and Officials:**

- A. Phase 1 shall be held during the U.S. National Championship, April 9-13, 2026, in Buffalo, NY, at a time to be announced.
- B. Routines in Phase 1 will be judged by a panel of AQUA Judges, PAQ Judges, AQUA Evaluators, former AQUA/ PAQ Judges and AQUA Evaluators and/or National Judges at the U.S. National Championship.

The 2026 Senior National Mixed Duet Squad shall be selected as follows:

- A. Eligible athletes will compete in the Mixed Duet Technical and Free routine events at the 2026 U.S. National Championship.
- B. The final combined results from the U.S. National Championship Mixed Duet Technical and Free routine events will determine placement. In the case of different athletes competing in the Technical and Free Mixed Duet events, the entry list must contain the same 3 athletes' squad for both routine events.
- C. If the top ranked Mixed Duet declines their selection, then the opportunity will move to the 2nd place Mixed Duet. If the 2<sup>nd</sup> place Mixed Duet declines their selection, no further selection will be made.

#### 5.03 NAMING THE 2026 WORLD AQUATICS WORLD CUP SUPER FINAL SENIOR NATIONAL MIXED DUET SQUAD

- A. **Number of Athletes:** The 2026 World Aquatics World Cup Super Final Senior National Mixed Duet Squad will be comprised of 1 male and 1 female athlete (not including petitioners) plus 1 reserve athlete.

##### **Designation as Senior National Team Representatives/Funding:**

1. The selected Mixed Duet Squad will represent the Senior National Team at the 2026 World Aquatics World Cup Super Final. Club representation through the Club Option Program will not be required or allowed.
2. Senior National Team resources will be provided for the Mixed Duet Squad (2 athletes only) at the World Aquatics World Cup Super Final to include but not limited to entry fees, room and board, Judge, Technical Controller and National Team Coaches expertise. Additional resources may be considered after selection. One Reserve athlete and club coaches may attend the World Aquatics World Cup Super Final at their own expense, depending on the rules and regulations of the

World Aquatics World Cup Super Final and at the discretion of the Chief of Sport (or Designee).

**C. Training and Competition Requirements:**

1. All selected Mixed Duet Squad athletes must commit to the Senior National Team by May 8, 2026 to be eligible to participate at the 2026 World Aquatics World Cup Super Final (unless otherwise agreed in writing with the Chief of Sport or Designee).
2. If a selected Mixed Duet Squad athlete decides to decline their Senior National Team Mixed Duet Squad selection, this athlete must notify the Chief of Sport (or Designee) in writing no later than May 8, 2026.
3. If an insufficient number of athletes accept their selection to the 2026 Senior National Mixed Duet Squad or if World Aquatics revises the Mixed Duet eligibility or competition inclusions and regulations, the Chief of Sport (or Designee) has the right to revise the overall plan for the 2026 Senior National Mixed Duet Squad.
4. The selected Mixed Duet Squad athletes will train with their club utilizing their club resources and coaches.

**D. Replacements:** Replacement athletes for the Senior National Mixed Duet Squad shall be selected in rank order from Phase 1 of the 2026 Senior National Mixed Duet Trials. Replacement athletes must be able to demonstrate competitive readiness as determined by the Chief of Sport (or Designee), and the National Team Coaching Staff.

**E. Other Considerations:**

1. The Senior National Mixed Duet Squad may also consider participating at the World Aquatics World Cup # 4 in Spain at their own expense and at the discretion of the Chief of Sport. The Senior National Mixed Duet Squad will represent the Senior National Team.
2. The Male member of the Senior National Mixed Duet Squad will have the option to participate in the Male Solo events at the World Aquatics World Cup Super Final and/ or World Aquatics World Cup # 4 at his own expense and at the discretion of the Chief of Sport. The Male soloist will represent the Senior National Team.

## **5.04 PETITIONS**

- A. Any Senior athlete who has successfully petitioned the National Team Review Subcommittee, pursuant to the Exception noted below, may also be considered for placement on the 2026 Senior National Mixed Duet Squad. Consideration is regardless of their prior participation or ranking in any of the Selection Process that has taken place.
- B. Petitions must be submitted prior to the end of the Final Phase of the Trials event.
- C. The National Team Review Subcommittee approves or denies the petition. However, the Chief of Sport (or Designee), in consultation with the National Team Coaching Staff, may replace the last ranked athlete(s), with one or more petitioners added from Section 5.05 A. above to finalize the 2026 Senior National Mixed Duet Squad.

**EXCEPTION:** In the event of an athlete injury or illness as certified by a Physician approved by USAAS, or an extreme personal or family emergency or any other extenuating circumstances prior to or during the Senior National Mixed Duet Squad Trials, which precludes the athlete from participating in the Trials, the athlete may petition the National Team Review Subcommittee. If the petition is approved, the successful petitioner shall be reinserted into the Selection Process at the appropriate Phase as an additional athlete.

## ARTICLE 6

### US ANTI-DOPING AGENCY, WORLD ANTI-DOPING AGENCY ATHLETE SELECTION CRITERIA AND ATHLETE RETIREMENT NOTIFICATION PROCEDURES

#### 6.01 US Anti-Doping Agency (“USADA”), World Anti-Doping Agency (“WADA”) Athlete Selection Criteria:

This procedure outlines the athlete selection criteria to meet the requirements of the **U.S. Anti-Doping Agency** (“USADA”), the **World Anti-Doping Agency** (“WADA”) and World Aquatics (“AQUA”, formerly known as the Federation Internationale de Natation Amateur (“FINA”) for Out-Of-Competition (“OOC”) testing. USA Artistic Swimming (“USAAS”) will notify USADA, WADA and AQUA of the athletes who meet the criteria. It is the responsibility of the athlete to maintain current documentation with USADA, WADA and AQUA once the athlete is participating in the program. Severe sanctions can be imposed on the athlete, as well as the Federation, if this requirement is not met. It is the responsibility of the athlete to become acquainted with the responsibilities in regards to compliance with these important requirements.

- A. **United States Anti-Doping Obligations:** It is the duty of members of USAAS to comply with all anti-doping rules of USADA, WADA and AQUA, and the United States Olympic and Paralympic Committee (“USOPC”), including but not limited to the USADA Protocol for Olympic and Paralympic Movement Testing (“USADA Protocol”) and the USOPC National Anti-Doping Policy, and all other policies and rules adopted by USADA, WADA and AQUA. Members agree to submit to drug testing by USADA and/or AQUA or their designees at any time and understand that the use of methods or substances prohibited by the applicable anti-doping rules make them subject to penalties including, but not limited to, disqualification and suspension. If it is determined that a member may have committed a doping violation, the member agrees to submit to the results management authority and processes of USADA, including arbitration under the USADA Protocol, or to the results management authority of USAAS and/or AQUA, if applicable or referred by USADA.

#### 6.02 Athlete Retirement Notification to USADA, WADA and AQUA:

All athletes on the current OOC list must submit an official Retirement Letter to each of the above agencies once a decision to retire from the sport has been reached. This can only be done by the actual individual retiring from competition. Athletes will remain on the list, and therefore subject to OOC testing and to technical and financial sanctions, if a Retirement Letter is not received by the above organizations.

## APPENDIX F

### CLUB OPTION AND PRIVATE INVITATION PROCEDURES

Amendments to this Appendix F are the responsibility of the International Relations Committee.

#### ARTICLE 1

##### 1.01 Purpose:

###### A. Club Option/Private Invitation program:

1. To provide opportunities for United States athletes and coaches to experience and understand international competition.
2. To establish broad-based representation around the world, demonstrating the depth and strength of the USA Artistic Swimming (“USAAS”) program.
3. To identify and motivate developing U.S. talent through performance experience in the international competitive arena.
4. To contribute to club cohesiveness, community involvement and cultural awareness.
5. To provide opportunities for U.S. World Aquatics (“AQUA”, formerly known as the Federation Internationale de Natation “FINA”) and U.S. PanAm Aquatics (“PAQ”) Judges to gain international experience and to be evaluated for the purposes of promotion.

##### 1.02 Eligibility:

###### A. Club Option program:

1. Interested clubs and/or individuals shall submit a Club Option Application to the International Relations Committee Chair by January 31<sup>st</sup> to be considered for the current year.
2. Club Option Applications may also be submitted after the deadline and will be considered under the following circumstances:
  - a. No other club or individual has applied for the same event.
  - b. If multiple clubs have applied for the same event, the Club Option Applications received by the deadline will be considered a higher priority in the selection process.
  - c. If the Club Option Application is received between 28 to 7 days prior to the first day of the interested competition, subject to a late fee. No applications will be accepted or approved if received 7 days or less prior to the first day of the interested competition.
3. Athletes participating in international programs and events must be registered as a USAAS Youth or Adult Competitive Athlete Member. Refer to [USAAS Membership and Fee Schedule](#) (Appendix C).
4. Masters Events:
  - a. Qualifications for International Masters competitions with unlimited entries:
    - (1) Must notify the International Relations Committee Chair of intent to enter by completing and returning a Club Option Application.
  - b. Qualifications for International Masters competition with limited entries:
    - (1) Competitors shall be selected by order of finish in the most recent U.S. Masters Championship (results corrected to reflect current AQUA age groups).
    - (2) Athletes who do not meet the eligibility requirements due to extenuating circumstances, may petition the International Relations

Review Subcommittee for consideration. The subcommittee's decision shall be final.

**B. Private Invitation program:**

1. Open to any U.S. registered club and/or individual by invitation only. Notification to the International Relations Committee Chair is required by completing the Private Invitation Application Form.

**1.03 Procedure for Application and Selection:**

**A. Club Option program:**

1. Identification of international events selected by the National Teams and those open to the Club Option program.
2. Forwarding of application form to interested clubs and/or individuals.
3. Clubs submit application forms to the International Relations Committee Chair.
4. Receipt and review of applications by the International Relations Review Subcommittee, matching applicants and their selected competitions, where possible and appropriate.
5. Notification of applicants.
6. Where funding is available, appropriate disbursement as recommended by the International Relations Review Subcommittee.
7. Assistance in preparation for international competition will be provided for selected clubs through the programs currently in effect.

**B. Private Invitation program:**

1. The Private Invitation program follows the Club Option program application and procedure policies and requirements.
2. In addition to the Private Invitation application, Clubs or individuals wanting to participant in a private invitation must provide the International Relations Committee Chair with a copy of the invitation from the Federation hosting the event.

**1.04 Notification and Requirements:**

**A. Club Option/Private Invitation program:**

1. The International Relations Committee Chair shall forward notification of approval to the selected clubs and/or individuals. The approval will include the requirements for participation, information to provide and forms to complete with appropriate deadlines and subsequent fees for noncompliance. Notification will include current requirements for participation to include, but not limited to the following:
  - a. All staff, including but not limited to coaches, managers, chaperones, U.S. AQUA/PAQ Judges and other adults who have regular contact with, and/or authority over, athletes while participating in the Club Option must be members of USAAS and must have a current background check and SafeSport training.
    - **Note:** Masters Athletes who are competing in a Masters club option event do not need a background check while Masters Coaches do need a background check. All Masters Athletes are required to have Safe Sport Training.
  - b. Background checks must be completed by the National Center for Safety Initiatives (“NCSI”) and parental consent is required for minors under 18 years of age. Payment for the background check process will be paid for at the time of registration.
2. The International Relations Committee shall select U.S. AQUA/PAQ Judges to accompany Club Option/Private Invitation events. The selection of the U.S.

AQUA/PAQ Judges shall be based on evaluation needs for promotion, consideration of the particular club's request and availability.

- a. Judge selection for Private Invitations may be waived by the International Relations Committee Chair if not a requirement by the Host Federation.
- b. Judge selection for Club Option events may be waived by the International Relations Committee Chair for applications with 2 or less participating athletes or if not a requirement by the Host Federation.
3. A minimum of one (1) U.S. AQUA/PAQ Judge will be selected per Club Option/Private Invitation event, if available and appropriate. Additional U.S. AQUA/PAQ Judges, if approved, may attend at their own expense or through other sources of funding. Clubs selected to attend Club Option/Private Invitation events shall be responsible for all travel expenses for their selected judge.
  - **Exception:** The International Relations Committee may select multiple U.S. AQUA/PAQ judges where required such as for the PAQ Championships.
4. Multiple clubs or individuals that attend a single competition, like the AQUA Masters World Championships or PAQ Championships, may share the cost of the U.S. AQUA/PAQ Judge selected to attend. In the case of multiple clubs/individuals sharing the expenses of the selected U.S. AQUA/PAQ Judge, the clubs shall forward their proportionate share of the expenses to the National Office for distribution to the appropriate judge.
  - a. Events attended by the National Team and Club Option/Private Invitation applicants may share the cost of the selected U.S. AQUA/PAQ Judge on a prorated basis per event (i.e., \$50.00 per event) or by splitting the expenses in the case of multiple judges required/selected (i.e., PAQ Championship).
  - b. For Masters events, the Masters Fund will be utilized to assist with U.S. AQUA/PAQ Judges expenses.
5. Within 30 days of the conclusion of the international competition, selected clubs/individuals and U.S. AQUA/PAQ Judges shall provide the International Relations Committee Chair with a written report on the International Competition Report Form.

## 1.05 Failure to Comply:

### A. Club Option program:

1. A \$1,000.00 fee will be paid to USAAS and the club/individual placed in probationary status:
  - a. If the club/individual declines to participate after accepting the competition. Approval by the International Relations Review Subcommittee will be required for extenuating circumstances such as illness or injury of competitors or coaches or if the conditions significantly change.
  - b. If the NCSI Background Check (parental consent required for minors under 18 years of age), confirmation of USAAS membership and SafeSport training reports are not provided to the International Relations Committee Chair two weeks prior to attendance at the Club Option competition.
  - c. If all deadlines listed in the approval confirmation have not been met, including the final written report which must be submitted within the 30 day period following the international competition.
  - d. The club/individual will remain in probationary status until all requirements are met and the final written report is received by the International Relations Chair and the fee is paid to USAAS. Probationary status prohibits the club/individual from participating in any USAAS sanctioned events and/or international events.

2. A \$1,000.00 fee will not be applied by USAAS:
  - a. If the club/individual meets all submission deadlines as outlined in the approval confirmation, including submission of the final written report after the conclusion of the competition.
  - b. If accepted competition is canceled by Host Federation.
  - c. If area of accepted competition is declared unsafe by State Department or United States Olympic and Paralympic Committee (“USOPC”) Advisory.
  - d. If 50% or more of the approved Club Option athletes have been selected for a National Team and cannot attend the Club Option event.
  - e. If there are extenuating circumstances such as illness or injury of competitors or coaches or the conditions significantly change. These types of extenuating circumstances will require approval by the International Relations Review Subcommittee.
3. U. S. Masters clubs entering International competitions with unlimited entries shall be placed on probationary status without fee for non-compliance with the Club Option program, until all requirements are met and the final written report is received by the International Relations Chair.

B. **Private Invitation program:**

1. Same policies as the Club Option program.

## APPENDIX G

### OFFICIALS CERTIFICATION POLICY

Amendments to this Appendix G are the responsibility of the Officials' Committee. The Officials' Committee can modify this Appendix by recommending changes to the USAAS Board of Directors for approval.

#### ARTICLE 1

**1.01** All Officials must be a member of USA Artistic Swimming ("USAAS") at the appropriate level. Individuals 18 years of age and older must be current in SafeSport training and must have completed the National Center for Safety Initiatives ("NCSI") Background Check every 2 years. Individuals younger than 18 years of age are not required to complete the SafeSport training or Background Check. SafeSport training for minors is available but is not mandatory until the participant turns 18 years of age. Parent/Guardian consent is required should a minor choose to complete the training. Refer to [USAAS Membership and Fee Schedule](#) (Appendix C).

#### CATEGORIES OF OFFICIALS:

**Figure Judge:** May judge figures at the competition for which they are certified.

- **Note:** In 2023 all Figure only judge levels, except Level 1F, were discontinued except for those judges who currently hold that rating.

**Association, Regional, Zone, National, World Aquatics ("AQUA") and PanAm Aquatics ("PAQ") Judges:** May judge routines and figures at the competition for which they are certified.

- **Exception:** Should there be a shortage of judges in any category, the Officials' Chair in charge or the Officials' Committee Chair may use lower rated judges to fill vacancies.

**Difficulty and Synchronization Technical Controllers:** May perform the difficulty and/or synchronization technical controller duties at the competition for which they are certified.

**1.02 Judge Testing Policies:** In order to obtain the specified ratings, the following procedures are required. Candidates who fail written or electronic tests may be retested. A judges' rating is good for 2 years from the date of completion of all requirements for the rating. The rating is good until December 31<sup>st</sup> of the year of expiration. Once the testing process has begun, judge candidates will have 2 years to complete the rating requirements, or they must start that rating's requirements over.

A. **Level 1F: Association Figure Judge Rating Requirements** (Novice, Intermediate and 12 & Under Age Group Figures):

1. **Minimum Age:** 15 years of age.
2. **USAAS Membership:** Youth or Adult Instructor, Youth or Adult Professional, Youth or Adult Competitive Athlete, Youth or Adult Athlete, or Youth or Adult Life Membership, or Official Levels 1 & 2 required.
3. **Training Materials:** [USAAS Rulebook](#) and [AQUA Artistic Swimming Manual for Judges, Technical Controllers, Referees & Coaches](#).
4. **Training Courses and Fees:** Online course followed by webinar or online course followed by in-person classroom course. Online course, webinar and test are complimentary. In-person classroom fees set by and payable to Association.

5. Written or Electronic Test: Open book, with 2-hour time limit, 90% passing score. The test must be passed prior to practice judging.
6. Figure Practice Judging: Pass evaluation of all entries on an entire Figure panel in Novice, Intermediate and 12 & under Age Division Figures at an Association competition.
7. Retaining Rating: Not available for a Level 1F judge.

B. **Level 1: Association Judge Rating Requirements** (Novice Free Routines with Technical Required Elements and Intermediate Free Routines with Technical Required Elements):

1. Minimum Age: 15 years of age.
2. USAAS Membership: Youth or Adult Instructor, Youth or Adult Professional, Youth or Adult Competitive Athlete, Youth or Adult Athlete, or Youth or Adult Life Membership, or Official Levels 1 & 2 required.
3. Level Requirement: Current Level 1F Judge Certification or in active pursuit of Level 1F Certification. Must pass Level 1F before passing Level 1.
4. Training Materials: USAAS Rulebook and AQUA Artistic Swimming Manual for Judges, Technical Controllers, Referees & Coaches.
5. Training Courses and Fees: Online course followed by webinar or online course followed by in-person classroom course. Online course, webinar and test are complimentary. In-person classroom fees set by and payable to Association.
6. Written or Electronic Test: Open book, with 2-hour time limit, 85% passing score. The test must be passed prior to practice judging.
7. Routine Practice Judging: Pass an evaluation of an entire routine event in Solo, Duet or Trio, and Team in Novice and Intermediate at an Association or Junior Olympic Regional competition.
8. Retaining Rating: Not available for a Level 1 judge.

C. **Level 2: Association and Junior Olympic Regional Judge Rating Requirements** (Youth Age Group Figures, all Technical and Free Routines):

1. Minimum Age: 15 years of age.
2. USAAS Membership: Youth or Adult Instructor, Youth or Adult Professional, Youth or Adult Competitive Athlete, Youth or Adult Athlete, or Youth or Adult Life Membership, or Official Levels 1 & 2 required.
3. Level Requirement: Current Level 1 Judge Certification or in active pursuit of Level 1 Certification. Must pass Level 1F and Level 1 before passing Level 2.
4. Training Materials: USAAS Rulebook and AQUA Artistic Swimming Manual for Judges, Technical Controllers, Referees & Coaches.
5. Training Courses and Fees: Online course followed by webinar or online course followed by in-person classroom course. Online course, webinar and test are complimentary. In-person classroom fees set by and payable to Association.
6. Written or Electronic Test: Open book, with 2-hour time limit, 85% passing score. The test must be passed prior to practice judging.
7. Figure Practice Judging: Pass evaluation of all entries on an entire Figure panel in Youth Age Division Figures at an Association or Junior Olympic Regional competition. If the candidate has an existing 2F rating, no figure practice judging is required.
8. Routine Practice Judging: Pass evaluation of an entire routine event at the Junior Olympic Association, Junior Olympic Regional, Junior or Senior Association competitions as follows:
  - 13 & over – Free Solo, Free Duet, Free Team and Free Combination.
  - 15 & over – Technical Solo, Technical Duet, Technical Team and Acrobatic Routine.

9. **Retaining Rating:** Obtained by passing the Level 2 test 2 more times, 2 years apart, after receiving the specified rating.

D. **Level 3: Zone and Collegiate Regional Rating Requirements** (All Figures, all Technical and Free Routines):

1. **Minimum Age:** 18 years of age.
2. **USAAS Membership:** Adult Professional or Adult Life Membership required.
3. **Level Requirement:** Current Level 2 Judge Certification.
4. **Training Materials:** USAAS Rulebook and AQUA Artistic Swimming Manual for Judges, Technical Controllers, Referees & Coaches
5. **Training Courses and Fees:** Online course followed by webinar or online course followed by in-person classroom course. Fees set by Zone or USAAS Board of Directors and payable to Zone or USAAS.
6. **Written Test:** Open book, with 2-hour time limit, 90% passing score. The test must be passed prior to practice judging or participating in any mentorship sessions. Written tests may be given with prior approval from the Zone Officials Chair (or appointed representative) and Officials' Committee Chair, at the specified testing time noted in the meet announcement, at any of the events or competitions listed below:
  - USAAS Convention
  - Any Zone Championship
  - U.S. Youth Championship
  - 12 & Under or Youth Age Group Division at the U.S. Junior Olympic Championship
  - Coaches College
7. **Figure Mentorship Session:** To be completed before Figure practice judging. May occur at any of the competitions listed below, or held virtually, with permission of, and administered by the Zone Officials Chair (or appointed representative). If the candidate has an existing 3F rating, no mentorship sessions are required.
  - Any Youth Zone Championship
  - U.S. Youth Championship
  - U.S. Junior Olympic Championship
8. **Figure Practice Judging:** Pass evaluation of all entries on an entire Figure panel at a Youth Zone Championship. If the candidate has an existing 3F rating, no figure practice judging is required.
9. **Technical and Free Routine Mentorship Session:** To be completed before Routine practice judging. May occur at any of the competitions listed below, or held virtually, with permission of, and administered by the Zone Officials Chair (or appointed representative). Mentorship sessions are to cover all categories of judging in Technical and Free Solo, Duet and Team, Acrobatic Routine and Free Combination events. Maximum of 4 virtual events.
  - Any Junior or Senior Zone Championship
  - U.S. Youth Championship
  - U.S. Junior Championship
  - U.S. National Championship
  - 15 & over Age Division at the U.S. Junior Olympic Championship
10. **Routine Practice Judging:** Pass evaluation of an entire routine event at the Junior or Senior Zone Championship as follows:
  - Technical Solo, Duet and Team
  - Free Solo, Duet and Team
  - Acrobatic Routine
  - Free Combination
11. **Retaining Rating:** Obtained by passing the Level 3 test 2 more times, 2 years apart, after receiving the specified rating.

**E. Level 4: National Judge Rating Requirements:**

1. Minimum Age: 18 years of age.
2. USAAS Membership: Adult Professional or Adult Life Membership required.
3. Level Requirement: Current Level 3 Judge Certification.
4. Training Materials: USAAS Rulebook and AQUA Artistic Swimming Manual for Judges, Technical Controllers, Referees & Coaches.
5. Training Courses and Fees: Online course followed by webinar or in-person classroom course. Fees set by USAAS Board of Directors and payable to USAAS.
6. Written Test: Open book, with 2-hour time limit, 90% passing score. The test must be passed prior to practice judging or participating in any mentorship sessions. Written tests may be given with prior approval from the Officials' Committee Chair (or appointed representative), at the specified testing time noted in the meet announcement, at any of the events or competitions listed below:
  - USAAS Convention
  - U.S. Youth Championship
  - U.S. Junior Championship
  - U.S. National Championship
  - U.S. Junior Olympic Championship
  - Coaches College
7. Figure Mentorship Session: To be completed before Figure practice judging. If the candidate has an existing 4F rating, no mentorship sessions are required. May occur at any of the competitions listed below:
  - U.S. Youth Championship
  - U.S. Junior Olympic Championship
8. Figure Practice Judging: Pass evaluation of all entries on an entire Figure panel at any of the competitions listed below:
  - U.S. Youth Championship
  - Youth Age Division at the U.S. Junior Olympic Championship
9. Technical and Free Routine Mentorship Session: To be completed before Routine practice judging. May occur at any of the competitions listed below, or held virtually, with permission of, and administered by the Officials' Committee Chair (or appointed representative). Mentorship sessions are to cover all categories of judging in Technical and Free Solo, Technical and Free Duet and Technical and Free Team, Acrobatic Routine and Free Combination events. Maximum of 4 virtual events.
  - U.S. Youth Championship
  - U.S. Junior Championship
  - U.S. National Championship
  - Youth or 15 & over Age Division at the U.S. Junior Olympic Championship
10. Technical Routine Practice Judging: Pass evaluations in an entire Technical Solo, Duet, and Team routine events at any of the competitions listed below:
  - U.S. Junior Championship
  - U.S. National Championship
  - 15 & over Age Division at the U.S. Junior Olympic Championship
11. Free Routine Practice Judging: Pass evaluations in an entire Free Solo, Duet, Team, and Free Combination routine events at any of the competitions listed below:
  - U.S. Youth Championship
  - U.S. Junior Championship
  - U.S. National Championship
  - 15 & over Age Division at the U.S. Junior Olympic Championship

12. Retaining Rating: Obtained by passing the Level 4 test 2 more times, 2 years apart, after receiving the specified rating.

F. **Level 5: AQUA and PAQ Judge Requirements:**

1. Age Requirements: Meet AQUA and PAQ age requirements.
2. Citizenship: U.S. Citizen.
3. Level Requirement: Current Level 4 Judge Certification.
4. Candidate Recommendations: Openings shall be filled by the USAAS International Relations Committee with recommendations from the Officials' Committee. Recommendations will be based on evaluations, attendance, cooperation and availability.

G. **Evaluator for the U.S. National Championship:**

1. Citizenship: U.S. Citizen.
2. Level Requirement: Current Level 4 or Level 5 Judge Certification or AQUA Evaluators.
3. Selection Process: Selected by the Officials' Committee Chair.

**1.03. Technical Controller Testing Policies:** In order to obtain the specified ratings, the following procedures are required. Candidates who fail written or electronic tests may be retested. A Technical Controllers' rating is good for 1 year from the date of completion of all requirements for the rating. The rating is good until December 31<sup>st</sup> of the year of expiration.

A. **Level 1: Difficulty and Synchronization Technical Controller Rating Requirements** (Association and Regional):

1. Minimum Age: 15 years of age.
2. USAAS Membership: Youth or Adult Instructor, Youth or Adult Professional, Youth or Adult Competitive Athlete, Youth or Adult Athlete, or Youth or Adult Life Membership or Official Levels 1 & 2 required.
3. Training Materials: USAAS Rulebook, [AQUA Difficulty Introduction Guide](#) and AQUA Artistic Swimming Manual for Judges, Technical Controllers, Referees & Coaches and applicable Addendums.
4. Training Courses and Fees: Online course. Online course and test are complimentary.
5. Written or Electronic Test: Open book, with 2-hour time limit, 85% passing score.
6. Retaining Rating: Not available for a Technical Controller.

B. **Level 1A: Synchronization Technical Controller Rating Requirements** (Association and Regional):

1. For individuals who only want to be trained as Synchronization Technical Controllers at the Association and Regional level. Same requirements as Level 1.

C. **Level 2: Difficulty and Synchronization Technical Controller Rating Requirements** (Zone and National)

1. Minimum Age: 18 years of age.
2. USAAS Membership: Adult Professional, Adult Competitive Athlete or Adult Life Membership required.
3. Level Requirement: Level 1 Difficulty and Synchronization Technical Controller Certification.
4. Training Materials: USAAS Rulebook, AQUA Difficulty Introduction Guide and AQUA Artistic Swimming Manual for Judges, Technical Controllers, Referees & Coaches and applicable Addendums.
5. Training Courses and Fees: Online course. Online course and test are complimentary.

6. Written or Electronic Test: Open book, with 2-hour time limit, 90% passing score.
7. Retaining Rating: Not available for a Technical Controller.

D. **Level 2A: Synchronization Technical Controller Rating Requirements (Zone and National)**

1. For individuals who only want to be trained as Synchronization Technical Controllers at the Zone and National level. Same requirements as Level 2.

**1.04 Maintenance of Judge and Technical Controller Specific Rating:** Judges who fail to meet the minimum requirements to maintain their current level of certification shall hold their judges' rating on a conditional basis. All judges who become conditional or lapsed will be notified in writing 30 days following the USAAS Convention. All Technical Controllers who fail to meet their minimum requirements to maintain their current level of certification will no longer be certified as a Technical Controller.

A. **Minimum Requirements:**

1. **Association Judges** (Existing Levels 1F and Level 1):
  - a. Attend and judge a USAAS Association competition at least 2 times per year.
  - b. If there are no judging positions open, practice judge and submit to the Association Officials Chair (or appointed representative).
  - c. Attend a Judges Update Clinic every 4 years.
2. **Association and Junior Olympic Regional Judges** (Existing Levels 2F and Level 2):
  - a. Attend and judge a USAAS Association Championship, Junior Olympic Regional Championship or Collegiate Regional competition at least 2 times per year.
  - b. Attend a Judges Update Clinic every 4 years.
3. **Zone and Collegiate Regional Judges** (Existing Levels 3F and Level 3):
  - a. Attend and judge any Zone Championship every 2 years.
  - b. Attend and judge a USAAS Association Championship, Junior Olympic Regional Championship or Collegiate Regional competition at least 2 times per year.
  - c. Attend a Judges Update Clinic every 4 years.
4. **National Judges** (Current Level 4F):
  - a. Attend and judge at least 1 National Championship each year. Attend 4 National Championships within an Olympic Quad. These shall include:
    - U.S. Collegiate Championship
    - U.S. 12&U Invitational / U.S. Youth Championship
    - U.S. Junior Olympic Championship (12&U, Youth)
    - U.S. Masters Championship.The number of competitions required will be prorated for any judge not beginning at the start of the Olympic Quad.
  - b. Attend and judge a USAAS Association competition each year.
  - c. Attend and judge a Regional or Zone Championship each year.
  - d. Attend a Judges Update Clinic every 4 years.

**Note:** If a Judge attends and participates at a National Championship as a Technical Controller (DTC or STC), that competition will count towards the attendance requirement.
5. **National Judges** (Level 4):
  - a. Attend and judge at least 1 National Championship each year. Attend 5 National Championships within an Olympic Quad. These shall include:
    - U.S. Junior Olympic Championship (12&U, Youth)
    - U.S. Junior Olympic Championship (15-17, 18-19/20)

- U.S. Masters Championship
- U.S. Collegiate Championship
- U.S. 12&U Invitational / U.S. Youth Championship
- U.S. Junior Championship / U.S. National Championship

2 of the first 3 listed Championships must be attended at least 1 time within the Olympic quad; the other 3 may be any of the 6. The number of competitions required will be prorated for any judge not beginning at the start of the Olympic Quad.

- Attend and judge a USAAS Association competition each year.
- Attend and judge a Regional or Zone Championship each year.
- Attend a National Judges Update Clinic every 4 years.

**Note:** If a Judge attends and participates at a National Championship as a Technical Controller (DTC or STC), that competition will count towards the attendance requirement.

**6. AQUA and PAQ Judges (Level 5):**

- Attend and judge at least 1 National Championship each year. Attend 5 National Championships within an Olympic Quad. These shall include:
  - U.S. Junior Olympic Championship (12&U, Youth)
  - U.S. Junior Olympic Championship (15-17, 18-19/20)
  - U.S. Masters Championship
  - U.S. Collegiate Championship
  - U.S. 12&U Invitational / U.S. Youth Championship
  - U.S. Junior Championship / U.S. National Championship

2 of the first 3 listed Championships must be attended at least 1 time within the Olympic quad; the other 3 may be any of the 6. If a Level 5 Judge is assigned to judge at least 2 International competitions within an Olympic Quad, the judge needs to attend any 4 of the 6 U.S. Championships (1 per year).

- Attend and judge a Regional or Zone Championship each year.
- Take and pass the AQUA Judges annual online test every year.
- Attend an AQUA Judges Certification School and pass the test every 4 years.
- Attend competitions necessary to meet AQUA and PAQ requirements.

**Note:** If a Judge attends and participates at a National Championship as a Technical Controller (DTC or STC), that competition will count towards the attendance requirement.

**7. Difficulty and Synchronization Technical Controllers (Levels 1, 1A, 2 and 2A):**

- Pass the Technical Controller annual refresher course and test.

**B. Definition of Certifiable Attendance:**

- The judge must be in attendance, available and willing to judge for a minimum of 2/3 of the events.
- The competitive year begins on January 1st for determining whether the judge meets the requirements of numbers/kinds of Championships attended/judged.
- Exceptions:** Current National Team Coaches who hold a Level 4 or higher rating, AQUA/PAQ Judges (Level 5) and National Judges (Level 4) may petition the Officials' Committee for exceptions to the minimum attendance requirements.
  - Judge's work and family obligations shall be considered.
  - A substitution of 1 Championship for another will be required.

**C. Judges Update:**

- All Levels 1-3 judges must attend an Association Update. Level 4 judges must attend the National Judges Update. Level 5 judges who have taken and passed an AQUA Judges Certification School Test are not required to attend a National Judges Update. See Section 1.04 G below.

2. All Level 1-3 judges not attending the current Association Update will be required to complete the online course and take a written test. National Judges (Level 4) not attending the National Judges Update must attend an Association Update and take a written test.
3. The Judges Update written test will be provided by February 1<sup>st</sup> for a \$50.00 fee. The test is to be taken and returned to the Officials' Committee Chair or USAAS Education Director ("Education Director") within 30 days of receipt. If the judge does not pass the test (passing scores: 85% for Levels 1 & 2, 90% for Levels 3 & 4), it shall be returned to the judge for correction and must be returned to the Officials' Committee Chair or Education Director for further correction within 2 weeks of receipt of the test. The judge may not officiate at any level as a judge until the written test is passed and reinstatement requirements are met.

**D. Judges Evaluations:**

1. National Judges (Level 4) are required to meet minimum evaluation standards for each calendar year. The minimum standard is a passing Lowest Acceptable Rating ("LAR") of 80% of all routine events and 80% of all figure events judged, within a given year, with a minimal bias rating.
2. If the minimum standard is not met for routines, or figures, or both, the judge shall be notified in writing by the Officials' Committee Chair and the judge's rating shall become conditional upon review by the Officials' Committee.
3. Failure to Meet Minimum Evaluation Standard (See Section 1.04 D.1 above):
  - a. Evaluations for Routines:
    - (1) Practice judge and pass 3 Preliminary routine events on deck at a U.S. Youth, U.S. Junior or U.S. National Championship.
    - (2) Mentorship Session: If failed, the rating is lapsed.
  - b. Evaluations for Figures:
    - (1) Practice judge and pass an entire Figure panel on deck at a U.S. Youth or U.S. Junior Olympic Championship (12 & under or Youth Age Divisions).
    - (2) Mentorship Session: If failed, the rating is lapsed.

**E. Judges Conditional Rating:** The Conditional rating is effective January 1 of the following year for a period of 1 year. Judges failing to meet the reinstatement requirements as listed in Section 1.04 F below shall have a Lapsed rating.

**F. Reinstatement of Judges Conditional Rating:** To reinstate the original rating during the conditional period, the judge must satisfy the following requirements:

1. **Failure to Meet Attendance Requirements:**
  - a. Existing Level 1F: Practice judge a complete Figure panel at an Association Championship. If failed, the rating is lapsed.
  - b. Level 1: Practice judge a complete Figure panel and 3 routine events at an Association competition. If failed, the rating is lapsed.
  - c. Existing Level 2F: Practice judge a complete Figure panel at an Association or Junior Olympic Regional Championship. If failed, the rating is lapsed.
  - d. Level 2: Complete a Mentorship session on any 3 routine events at an Association or Junior Olympic Regional Championship. If failed, the rating is lapsed.
- e. **Existing Level 3F**:
  - (1) Complete a Mentorship session at any Youth Zone Championship. If failed, the rating is lapsed.
  - (2) Practice judge a complete Figure panel at any Youth Zone Championship. If failed, the rating is lapsed.

f. Level 3:

- (1) Complete a Mentorship session on any 3 routine events (to include Technical and Free routine events) at any Junior or Senior Zone Championship. If failed, the rating is lapsed.
- (2) Practice judge a complete Figure panel at any Youth Zone Championship. If failed, the rating is lapsed.
- (3) Practice judge 3 routine events (to include Technical and Free routine events) at any Junior or Senior Zone Championship. If failed, the rating is lapsed.

g. Existing Level 4F:

- (1) Complete a Mentorship session at the U.S. Youth Championship or the U.S. Junior Olympic Championship in the Youth Age Group Division. If failed, the rating is lapsed.
- (2) Practice judge a complete Figure panel at the U.S. Youth Championship or the U.S. Junior Olympic Championship in the Youth Age Division. If failed, the rating is lapsed.

h. Levels 4 and 5:

- (1) Complete a Mentorship session in a minimum of 3 routine events (to include Technical and Free routine events, where possible) at any of the following competitions, with a minimum of 2 National Judges on the panel. If failed, the rating is lapsed.
  - U.S. Youth Championship
  - U.S. Junior Championship
  - U.S. National Championship
  - Youth Age Division at the U.S. Junior Olympic Championship
- (2) Practice judge 3 Preliminary routine events (to include Technical and Free routine events, where possible) on deck at any of the competitions listed below. If failed, the rating is lapsed.
  - U.S. Youth Championship
  - U.S. Junior Championship
  - U.S. National Championship
  - 15 & over Age Division at the U.S. Junior Olympic Championship
- (3) For not attending a required Regional or Zone Championship in a given year, the judge must take the Level 4 written test.

G. **Failure to Meet Judges Update Requirement:** All judges are given the opportunity to attend Judges Update Clinics in their Associations. If not completed by the specified date, the rating is lapsed.

H. **Reinstatement of a Judges Lapsed Rating:** To reinstate a Lapsed rating, Individuals who were current within the past 3 years or less, must retake the appropriate level test. Individuals who have been lapsed for 4 years or more must petition the Officials' Committee Chair for the reinstatement process.

**1.05 Judge Emeritus:** A judge who wishes to continue contributing to the sport of artistic swimming, but would prefer to retire from active judging, may elect to become a Judge Emeritus.

A. **Requirements for Active Judge Emeritus:**

1. Level 3, Level 4 or Level 5 Retaining Judge.
2. Must be a member of USAAS at the appropriate level.
3. Must have current SafeSport and Background checks.
4. Must attend a Zone or National Championship each year.

5. Must attend a Judges Update Clinic every 4 years.

B. **Duties may include:**

1. Referee or Vice Referee.
2. Member of Oral or Mentor Panel.
3. Judge where needed.

**1.06 Requirements for Specific Competitions:**

A. **National Championships:**

1. It shall be the duty of the Officials' Committee Chair (or appointed representative), to select judges and technical controllers for all National Championships.
2. To be eligible to judge a Final event, a judge must also have been in attendance and available for the Preliminary events.

B. **Zone Championships:**

1. It shall be the duty of the Zone Officials Chair (or appointed representative) to select judges and technical controllers for Zone Championships.
2. To be eligible to judge a Final event, a judge must also have been in attendance and available for the Preliminary events.

C. **Regional Championships:**

1. It shall be the duty of the Zone Officials Chair (or appointed representative) to select judges and technical controllers for Regional Championships.

D. **Association Championships:**

1. It shall be the duty of the Association Officials Chair (or appointed representative) to select judges and technical controllers for Association Championships.

**1.07 Judge or Technical Controller Affiliation:** A judge or technical controller is considered affiliated if they:

- A. Are a paid or volunteer coach, staff or administrator of a Team.
- B. Have regularly scheduled attendance at Team practice.
- C. Are a mother, father, sister, or brother of a competitor.
- D. Are within 1 year following separation of activity with a club. Refer to [USAAS Rule OD 2.3.3.1.](#)

**1.08 Judge Utilization for Figure Competition:** Panels for figures shall be balanced by Zone, Association and club, taking into consideration the number of judges to be utilized per club, the number of panels, and the degree of difficulty of the figures. For Selection of Judges, refer to [USAAS Rule OD 2.3.4.](#) Panel assignments shall be posted prior to Figure competition.

**1.09 Rated Judges from Other Federations:**

- A. Must reside in the USA.
- B. Must petition the Officials' Committee.
- C. Present credentials to enter a mentoring program with a USAAS National Judge.
- D. May attain a comparable or higher rating after residing within the jurisdiction of the United States for at least 2 years.
- E. Meet all the requirements of the rating to be attained.

**1.10 Rated Technical Controllers from Other Federations:**

- A. Must reside in the USA.
- B. Must petition the Officials' Committee.
- C. Be on the AQUA or PAQ current list of Technical Controllers.

- D. Meet all the requirements of the rating to be attained.

**1.11 Judge or Technical Controller Complaint and Review Procedure (Refer to [USAAS Code](#), Article 5, Section 5.07 B.1.c):**

- A. Upon the Officials' Committee Chair receiving a written request for review of a judge or technical controller's conduct, the Officials' Committee Chair shall refer the matter to the USAAS Executive Director to be processed according to the [USAAS Administrative Rules](#), [USAAS Grievance Procedures](#) (Appendix K), [USAAS Code of Ethics](#) (Appendix P) or [USAAS Whistleblower and Anti-Retaliation Policy](#) (Appendix S).
- B. Upon the Officials' Committee Chair receiving a written complaint about a judge or technical controller's performance:
  - 1. The person accused shall be notified in writing:
    - a. That a complaint has been received, listing the allegations in detail, and;
    - b. That a review of the judge or technical controller performance is in progress.
  - 2. The Officials' Committee shall review, using any or all the following, as appropriate:
    - a. Conversation with complainant.
    - b. Conversation with individual about whom the complaint was filed to get a response.
    - c. Conversation with others who might have witnessed the event.
    - d. Review of the judge's or technical controller's scores, decisions or evaluations for the event(s) in question.
  - 3. The Officials' Committee shall make a determination regarding the allegations.
  - 4. The Officials' Committee Chair shall notify all involved in writing about the outcome of the review and any recommendations to follow.
- C. **Procedures:**
  - 1. At all times, the Officials' Committee shall adhere to the USAAS Rulebook.
  - 2. Deliberations shall be confidential.
  - 3. If complainants are not willing to be identified, the complaint shall not be considered.
  - 4. The Officials' Committee shall address all appropriate complaints regarding a judge or technical controller's performance, regardless of the infraction.
  - 5. In order to maintain a written record for future reference, all complaints shall be in writing. Responses shall be in writing and put in the records of the Officials' Committee.
  - 6. In the case of complaints regarding biased judging or decisions, records of evaluations shall be put in the records of the Officials' Committee.

## APPENDIX H

### FAIR NOMINATION AND SELECTION POLICY

Amendments to this Appendix H are the responsibility of the USAAS Board of Directors.

#### ARTICLE 1

##### **1.01 Purpose:**

- A. To establish guidelines for fair nomination and selection procedures for all appointed positions at all levels of the USA Artistic Swimming ("USAAS") organization.
- B. To adhere to the [United States Olympic and Paralympic Committee](#) ("USOPC") and [Equal Employment Opportunity Commission](#) ("EEOC") recommendations for maintaining fair procedures for all members within USAAS without regard to race, ethnicity, culture, religion, sex (including gender identity, sexual orientation or pregnancy), age, family status, socio-economic status, geographical location, nationality, body shape, beliefs, and mental or physical ability or other defining characteristics.

##### **1.02 Definitions:**

- A. **Position Announcement:** The manner in which the opportunity is shared with members of the organization.
- B. **Selection:** The process of identifying, attracting, interviewing, selecting, nominating, or appointing members for the position.

##### **1.03 Policy:**

- A. USAAS members are prohibited from publishing a position announcement that shows preference for or discourages someone from applying for a position because of their race, ethnicity, culture, religion, sex (including gender identity, sexual orientation or pregnancy), age, family status, socio-economic status, geographical location, nationality, body shape, beliefs and mental or physical ability or other defining characteristics.
- B. USAAS committees or members shall not recruit members in a way that discriminates against them because of their race, ethnicity, culture, religion, sex (including gender identity, sexual orientation or pregnancy), age, family status, socio-economic status, geographical location, nationality, body shape, beliefs and mental or physical ability or other defining characteristics.
- C. The educational background of the candidate shall not be required for a completed application. This will ensure that the skill levels and experience of the applicants are the determining factors for the nominating and selection of that person.

## APPENDIX I

# UNITED STATES AQUATIC SPORTS, INC. BYLAWS

### ARTICLE 1 - Membership and Mission

**1.01** The member corporations of United States Aquatics Sports, Inc. (“USAS or the Corporation”) are USA Artistic Swimming, Inc.; USA Diving, Inc.; United States Masters Swimming, Inc.; USA Swimming, Inc.; and USA Water Polo, Inc.

**1.02** USAS satisfies the World Aquatics (“AQUA”, formerly known as the Federation Internationale de Natation “FINA”) requirement that only one member federation from each country may be affiliated to AQUA and recognized by AQUA as the national governing body for aquatics in that country.

**1.03** The mission of USAS is to serve its member organizations by providing representation and advocacy within the international aquatics federations.

### ARTICLE II – USAS Board of Directors

**2.01** The USAS Board of Directors (“Board of Directors”) shall consist of seventeen (17) persons, comprised as follows:

- Three (3) representatives from each member corporation;
- The US member to the AQUA Bureau; and
- The President.

**2.02** The representatives from each member corporation and the US member to the AQUA Bureau shall be voting members of the Board of Directors. The President shall be a nonvoting member of the Board of Directors.

**2.03** The three (3) representatives from each member corporation referenced in Section 2.01.A above shall consist of (1) the Board Chair; (2) the Chief Executive Officer; and (3) an athlete from the member corporation. The member corporation may appoint an alternate member for any of those representatives by providing notice to the President. Such alternate shall become a member of the Board of Directors and their vote shall be considered a vote of a member, not a proxy vote.

**2.04** For each member corporation that is a member organization of the United States Olympic and Paralympic Committee (“USOPC”), the athlete member of the USAS Board of Directors shall be that corporation’s representative to the United States Olympic and Paralympic Committee (“USOPC”) Team USA Athletes’ Commission. The athlete representative from United States Masters Swimming shall be a person selected by the President of United States Masters Swimming.

**2.05** Each member corporation shall have three (3) votes on each matter submitted to the Board of Directors for its vote, consent, waiver, release, or other action, except as follows:

- For matters that directly affect USA Swimming and do not affect United States Masters Swimming, including but not limited to matters related to the Olympic Games, USA Swimming shall have six (6) votes, and United States Masters Swimming shall have no vote.
- For matters that directly affect United States Masters Swimming and do not affect USA Swimming, United States Masters Swimming shall have six (6) votes and USA Swimming shall have no vote.

Each member corporation shall determine the way in which it wishes to cast its vote or votes, so long as one (1) Board of Directors member from the member corporation is present and voting.

**2.06** The US member to the AQUA Bureau shall have one (1) vote on each matter submitted to the Board of Directors for its vote, consent, waiver, release, or other action.

## **ARTICLE III – Meetings**

**3.01** The Board of Directors shall hold an annual meeting, at such date, time and place as may be fixed in the notice of the meeting. Special meetings of the Board of Directors may be held at any time or place, pursuant to a resolution of the Board of Directors, or a call by the President.

**3.02** The VP Administration shall transmit a written notice of all annual and special meetings of the Board of Directors, stating the time, place, and objectives thereof, to each member of the Board of Directors at such member's known last address or electronic mail address at least a week before any such meeting. Written notice may be accomplished by electronic transmission. Written notice may be waived in writing by any member protesting the lack of notice prior to or at the commencement of the meeting and shall be deemed to be a waiver of notice of such meeting. Any action taken not covered by the objectives of the meeting stated in the written notice shall be deemed a waiver of notice of the objectives of such meeting.

**3.03** Annual and special meetings may be conducted through the use of any means of communication, including telephone and videoconference, by which all members of the Board of Directors may simultaneously hear each other during the meeting. A member participating in a meeting by this means is deemed to be present in person at the meeting.

**3.04** Action without a meeting may be taken by the Board of Directors if written notice as described in this section ("Board Notice") is transmitted to each director, and each director by the time stated in the Board Notice either votes in writing for or against such action, abstains in writing from voting, fails to respond or vote, or fails to demand in writing that action not be taken without a meeting. The Board Notice shall state the action to be taken, the time by which a director must respond, that failure to respond by the time stated in the Board Notice will have the same effect as abstaining in writing by the time stated in the Board Notice and failing to demand in writing by the time stated in the Board Notice that action not be taken without a meeting. Action is taken under this Section only if, at the end of the time stated in the Board Notice, the affirmative votes in writing for such action received and not revoked, equal or exceed the minimum number of votes that would be necessary to take such action at a meeting at which all of the directors then in office were present and voted, and the Corporation has not received an unrevoked written demand by a director that such action not be taken without a meeting. A director's right to demand that action not be taken without a meeting will be deemed to have been waived, unless the Corporation receives such demand from the director in writing by the time stated in the Board Notice, and such demand has not been revoked. Any director who in writing has voted, abstained, or demanded action not be taken without a meeting pursuant to this Section may revoke such vote, abstention or demand in writing received by the Corporation by the time stated in the Board Notice. All communications under this Section may be transmitted or received by the Corporation by facsimile, email or other form of electronic communication. Action taken pursuant to this Section has the same effect as action taken at a meeting of the Board of Directors and may be described as such in any document.

**3.05** The presence of voting Board of Directors members representing at least three (3) of the member corporations at any meeting shall constitute a quorum of the Board of Directors.

**3.06** Recognizing the fiduciary duty of members of the Board of Directors, proxy voting shall not be allowed except in emergency circumstances as declared and allowed by a majority of voting members. A vote by a Board of Directors member who is a representative of a member corporation on behalf of the other representative of that member corporation who is not present shall not constitute proxy voting and may be cast on behalf of the representative who is not present.

**3.07** At all meetings of the Board of Directors and any committees, Roberts Rules of Order, Revised, shall be the governing procedural rules, except as otherwise modified in these Bylaws.

## **ARTICLE IV – Officers**

**4.01** The elected officers of the Corporation shall be the President, VP Administration, and Treasurer. No person may concurrently hold more than one (1) of such office, and no member corporation shall hold more than one (1) officer position.

**4.02** The President shall preside at meetings of the Board of Directors, shall be the official spokesperson for the Corporation in the United States and abroad, and shall perform such other duties as may be assigned to the President by vote of the Board of Directors or as set forth in these Bylaws.

**4.03** The Treasurer shall have such duties as set forth in Article VI.

**4.04** The VP Administration shall be responsible for all records of the Corporation, shall issue all notices of all meetings of the Board of Directors, and shall perform such other duties as may be directed by the Board of Directors.

**4.05** Any officer, as requested by the President, may represent the Corporation in the President's absence.

**4.06** All officers of the Corporation shall be elected by the Board of Directors at the annual meetings held in even numbered years. To be considered for election, officer candidates must have the endorsement of the member corporation from which they come. Elected officers shall hold office for two (2) years or until their successors are elected and qualified. The President may not be elected to more than two (2) successive full terms.

**4.07** Vacancies in any office of the Corporation may be temporarily filled by the remaining officers of the Corporation until the next meeting of the Board of Directors, when the Board will elect a permanent officer to fill the unexpired term.

## **ARTICLE V - Compliance Committee**

**5.01** There may be a Compliance Committee of four (4) individuals, at least one (1) of whom shall be an athlete, appointed by the President with the advice and consent of the Board of Directors. Members shall serve until their successors are appointed by the President.

**5.02** It shall be the responsibility of the Compliance Committee to assure that the five (5) members of the Corporation comply with all [rules of AQUA](#).

**5.03** The Compliance Committee shall respond to all complaints received from any individual or organization regarding compliance by member corporations with the rules of AQUA. The Committee may also act upon its own initiative. Any individual or organization filing a complaint with the Committee shall have first exhausted all administrative remedies within the member corporation to bring it within compliance.

**5.04** The Committee shall have the power to investigate any allegations against any member corporation but can only recommend to the Board of Directors sanctions against such member corporation. Sanctions may include, but not be limited to, suspension from membership, the impositions of fines, or the removal of the officers of the member.

**5.05** The Compliance Committee may make no recommendations to the Board of Directors without first affording the member alleged to have violated AQUA rules notice and a hearing.

## **ARTICLE VI – Financial**

**6.01** The Corporation shall have a fiscal period for tax and accounting purposes commencing on the first day of January in each year.

**6.02** The Treasurer, with the assistance of any entity or person providing services, shall prepare annual financial reports showing the income and disbursements of the Corporation which shall be similar to those reports required of non-profit organizations by the Internal Revenue Code (or corresponding provision of any subsequent tax laws). Such financial report shall be made available for inspection by members of the general public on request made within one hundred eighty (180) days after notice of its availability.

**6.03** Each member corporation shall pay dues to the Corporation in an amount to be determined by the Board of Directors, but the member for Swimming shall pay dues in an amount double the dues paid by the members for Diving, Artistic Swimming, Water Polo, and Masters Swimming. The members of the Corporation agree that differences in dues shall never be argued as a basis for changing the voting rights set forth in section 2.05 above.

**6.04** The Board of Directors shall approve no budget which will clearly require expenditures beyond a member corporation's ability to pay. Nevertheless, in addition to yearly dues, the Board of Directors may make assessments against the members when necessary; in case of such assessments, each member shall be assessed an equal amount except the member for Swimming, which shall be assessed double that amount assessed each of the other members.

**6.05** The Board of Directors may also consider whether or not to disburse excess funds in the treasury of the Corporation to the members. Any such disbursements shall be in six (6) equal parts with one (1) part going to each member except the member for Swimming which shall receive two (2) parts.

## **ARTICLE VII – Indemnification**

**7.01** Each person who is or was a Director, Trustee, Officer, Appointee or Employee of the Corporation (including the heirs, executives, administrators, or estate of such person) shall be indemnified by the Corporation to the full extent permitted by the Non-Profit Corporation Law of the State of Ohio, or the Non-Profit Corporation Law of the state in which the act or omission leading to liability occurred against any liability, cost, or expense incurred by him/her in his/her capacity as Director, Trustee, Officer, Appointee or Employee (including service at the request of the Corporation as director, trustee, officer, appointee, employee or agent of another corporation).

**7.02** The Corporation may maintain insurance, at its expense, to protect itself and any such person against any such liability, cost or expense. For the purpose of this Article VII, reference to "the Corporation" includes all constituents absorbed in a consolidation or merger as well as the resulting or surviving corporation.

**7.03** Each person who is a Director, Officer, Appointee or Employee of the Corporation shall maintain the confidentiality of personal data; such as date of birth ("DOB"), home address, home phone number, gender, travel document details, etc.; when granted access to such data. A Confidentiality Policy Form shall be signed by each Director, Officer, Appointee or Employee of the Corporation who is granted access to the personal data of members of the five (5) member corporations or the Directors, Officers, Appointees or Employees of the Corporation.

## **ARTICLE VIII – Legislation**

**8.01** Changes to these Bylaws or the Articles of Incorporation may be approved by vote of a majority of the Board of Directors.

**8.02** Proposed legislation submitted by any one (1) or more of the member corporations to amend these Bylaws or the Articles of Incorporation of the Corporation shall be submitted to the VP Administration no later than ninety (90) days prior to the annual meeting of the Corporation. Proposed legislation to amend the governing Constitutions and Rules of either or both AQUA or PanAm Aquatics shall be submitted to the VP Administration of the Corporation no later than ninety (90) days prior to the annual meeting of the Corporation held immediately prior to the Pan American Games, for PanAm Aquatics legislation, and to the World Championships in the year following the Olympic Games, for AQUA legislation.

**8.03** All proposed legislation shall be in such form as to show the entire section of the rule as it will read if adopted, with any changes in language underlined if new and lined out if deleted.

**8.04** The VP Administration shall distribute the proposed legislation to the Board of Directors no later than sixty (60) days prior to the annual meeting of the Corporation. The Board of Directors shall then be responsible for distribution to their respective member corporation Boards of Directors.

**8.05** A proposed amendment may be modified in any manner by the Board of Directors while under consideration but such modification must be germane to the subject matter of the proposed amendment.

**8.06** All AQUA or PanAm Aquatics legislation approved by the Board of Directors at its annual

meeting shall be submitted by the VP Administration to AQUA or to the PanAm Aquatics Secretariat by the time deadline established by each of said organization.

**8.07** After the deadline has expired for submission of legislation, new and/or additional legislative amendments may be proposed, but they may be adopted only by a unanimous vote of the Board of Directors.

## **ARTICLE IX – Dissolution**

**9.01** If deemed advisable by the Board of Directors, the Corporation may be dissolved pursuant to the applicable provisions of the Corporation laws of the State of Ohio.

**9.02** Upon dissolution of the Corporation, the Board of Directors shall, after paying or making provision for the payment of all the liabilities of the Corporation, dispose of all the assets of the Corporation exclusively for the purposes of the Corporation or to such organization or organizations as shall at the time qualify as an exempt organization or organization under Section 501(c)(3) of the Internal Revenue Code (or corresponding provisions of any future United States Internal Revenue Law).

## **ARTICLE X - AQUA and PanAm Aquatics Membership**

**10.01** The Corporation shall so conduct itself as to be eligible for membership in AQUA and Pan Am Aquatics.

**10.02** The Corporation shall not interfere in any way with the conduct of the individual sports programs of the five (5) member corporations, except when such members fail to comply with all rules of AQUA and PanAm Aquatics.

**10.03** The Corporation recognizes AQUA as the only organization in the world which governs swimming, diving, water polo, and artistic swimming internationally.

**10.04** In the event of inconsistency between these Bylaws and AQUA Rules, the latter shall prevail.

**10.05** The Corporation, as a member of AQUA, shall recommend a nominee to the AQUA Bureau. A Nominating Committee, consisting of a representative of each member corporation knowledgeable in international sport operations, shall make a recommendation to the Board of Directors for approval. The nominee shall be approved in the year prior to the Pan American Games.

**10.06** The Corporation recognizes PanAm Aquatics as the organization in the Americas which governs swimming, diving, water polo and artistic swimming as recognized by AQUA.

**10.07** The Corporation shall not practice discrimination on grounds of race, religion, gender, age, infirmities, or political association.

## APPENDIX J

### ATHLETE RECRUITMENT/UNDUE INFLUENCE AND TRANSFER POLICY

Amendments to this Appendix J are the responsibility of the Governance Committee. The Governance Committee can modify this Appendix by recommending changes to the USAAS Board of Directors for approval.

#### PURPOSE

The following policies apply to athlete recruitment, undue influence and the subsequent transfer from one USA Artistic Swimming (“USAAS”) club to another by a:

- A. Youth or Adult Competitive Athlete;
- B. Youth or Adult Athlete;
- C. Youth or Adult Trial Athlete; or
- D. Youth or Adult Life Member.

**Any violation of these procedures is subject to disciplinary action and/or fines as set forth in the [USAAS Administrative Rules Article 24, Appendix K](#) and this Appendix J. Collegiate programs' contact with prospective athletes shall follow [USAAS Rule CO 1.6](#).**

#### ARTICLE 1

##### 1.01 Initiating Contact:

- A. Absolutely no recruitment and/or contact regarding recruitment or transfer is allowed during or at any USAAS sanctioned event by any athlete or any registered club.
- B. Only the athlete (or their parents/guardians or custodians, if athlete is a minor) shall make the initial contact for recruitment or transfer between the athlete and the prospective new club.
- C. Any action, other than those allowable actions as defined in 1.01 D below, by a coach, club representative, official or other USAAS member, either through direct contact with an athlete or encouragement of others, to recruit or otherwise encourage an athlete who is already a member of a USAAS club to leave that club, shall be seen as an act of undue influence. Such actions are prohibited and may be subject to discipline.
- D. Allowable actions are defined as:
  - 1. General advertising and/or distribution of educational materials to an unidentifiable population where there is reasonable expectation that the majority of that population are not current USAAS members.
  - 2. Prior written approval to recruit from the athlete's current club affiliation.
- E. Examples of Undue Influence include, but are not limited to:
  - 1. Personal contact by coaches, club representatives, officials or other USAAS members in an attempt to persuade transfer.
  - 2. Offers of inducements such as free transportation, waived registration fees, reduced club fees, invitations to attend practices or private club functions.
  - 3. Any other material or intentional action, conduct or omission not provided for above, which is detrimental to the image of USAAS, a Local Artistic Swimming Committee (“LASC”) or the sport of artistic swimming.

**1.02 Notification of Intent to Transfer and Fee:** Within 10 days of decision to transfer, the athlete (or their parents/guardians or custodians, if athlete is a minor) shall complete and submit to the USAAS National Office (“National Office”) a fee and [transfer form](#) indicating the date of last competition in an affiliated status. Contact the National Office for information on the fee and transfer form. The Athlete Transfer Request Form and fee are required whether the athlete intends to transfer representation from one (1) club to another, from one (1) club to unaffiliated status, or from unaffiliated status to club representation.

**1.03 Waiting Period:**

The waiting period before competing for a new club is contained in [USAAS Administrative Rules, Article 21, Section 21.01](#).

**1.04 Delinquent Dues and Fees owed to original Club at Time of Transfer:**

- A. When transferring between clubs within the same or different LASCs, the athlete (or their parents/guardians or custodians, if athlete is a minor) shall submit a completed Athlete Transfer Request Form in accordance with the procedures outlined in this Appendix J. LASCs may not establish procedures for transfers which effectively deny an athlete the right to transfer from one club to another.
- B. If a club of an LASC has secured a court judgment against an athlete member (or their parents/guardians or custodians, if athlete is a minor) for non-payment of club membership dues and fees which would entitle the athlete to compete affiliated with said club, that athlete shall be ineligible to represent any club until the judgment is paid. However, the athlete may compete as “Unaffiliated” according to [USAAS Administrative Rules, Article 21, Section 21.02](#).
- C. **Delinquent dues and fees.** If any member or the legal representative of any member has secured a court judgment against any other member for non-payment of financial obligations due such member in the normal and usual course of activities or business associated with membership in and of USAAS, that member’s membership rights may be suspended only after a hearing before the National Board of Review until the judgment is satisfied.

## APPENDIX K

### GRIEVANCE PROCEDURES

Amendments to this Appendix K are the responsibility of the USAAS Board of Directors.

#### INTRODUCTION

The USA Artistic Swimming (“USAAS”) Grievance Procedures are afforded to our membership to uphold an environment that is fair and equitable, providing for clarity and consistency in the resolution of grievances. These procedures comply with the [Ted Stevens Olympic and Amateur Sports Act](#) (“Act”), the [Bylaws of the U.S. Olympic & Paralympic Committee](#) (“USOPC”), and the [USOPC’s Compliance Standards for National Governing Bodies](#) (“NGB”).

Retaliation, as defined in the [USAAS Whistleblower and Anti-Retaliation Policy](#) (Appendix S), against an individual who files a grievance or otherwise participates in good faith in the process outlined in these Grievance Procedures is prohibited. This applies to all Protected Individuals before, during, and after the process of resolving a grievance. Retaliatory activities will be considered a violation of the USAAS Whistleblower and Anti-Retaliation Policy (Appendix S) and may lead to serious consequences, up to and including termination of employment or participation.

#### ARTICLE 1

##### 1.01 Types of Grievances:

The USAAS Grievance Procedures support the following types of grievances as defined below:

- A. **Administrative Grievance:** USAAS, or any member of USAAS, may file a grievance pertaining to any matter within the cognizance of USAAS including, but not limited to, any alleged violation of or grievance concerning:
  1. Any provision of the [USAAS Administrative Rules](#);
  2. Any USAAS policy or procedure;
  3. Any USAAS program or service; or
  4. Any provision of the Act or the USOPC Bylaws relating to USAAS’s recognition as an NGB.
- B. **Disciplinary Proceeding:** USAAS, or any member of USAAS, may file a grievance against another member of USAAS, or former member of USAAS, if the action occurred while the individual was a member, regarding any alleged violation of [USAAS Code of Ethics](#) (Appendix P), [USAAS](#) Whistleblower and Anti-Retaliation Policy (Appendix S) or any other USAAS rule or policy relating to conduct.
  1. There shall be no time limitation for Disciplinary Proceedings including, but not limited to, allegations of violations of [USAAS Athlete Safety Policy](#) (Appendix Q) or the [U.S. Center SafeSport Code](#).
    - **Exception:** Reporting allegations of Prohibited Conduct as defined in the [USAAS Athlete Safety Policy](#) (Appendix Q) should follow the reporting requirements and procedures as outlined in Appendix Q. Allegations of Athlete Safety violations may be reported anonymously and must be reported within twenty-four (24) hours after the participant becomes aware of the facts giving rise to the concern.
- C. **Right to Participate:** Any athlete, coach, trainer, manager, administrator or official may file a grievance pertaining to any alleged denial of, or alleged threat to deny, that

individual's opportunity to participate in a USAAS sanctioned competition, any international competition, if selected by the Corporation or one (1) of its members, or a Protected Competition.

D. **Field of Play:** An athlete may file a grievance related to a competition only if a field of play decision was:

1. Outside the scope of the officials' authority to make; or
2. The product of fraud, corruption, partiality, or other misconduct of the official.

## **1.02 Excluded Grievances:**

These Grievance Procedures exclude the following types of grievances:

A. **Anti-Doping Violations:** A decision concerning a doping violation adjudicated by the independent anti-doping organization designated by the USOPC to serve as the U.S. National Anti-Doping Organization (currently the United States Anti-Doping Agency, "USADA") shall not be reviewable through, or the subject of, these Grievance Procedures.

B. **U.S. Center for SafeSport Matters:** A matter or decision under the jurisdiction of the independent safe-sport organization designated by Congress and/or the USOPC (currently the U.S. Center for SafeSport) shall not be reviewable through, or the subject of, these Grievance Procedures. Allegations of emotional, physical and sexual misconduct are subject to the policies and protocols of the USAAS Athlete Safety Policy (Appendix Q) and the U.S. Center for SafeSport.

C. **Nonpayment of Membership Dues:** A membership lapsed for the nonpayment of dues shall not be reviewable through these Grievance Procedures.

## **ARTICLE 2**

### **2.01 Jurisdiction:**

Jurisdiction over grievances shall be as stated in Article 24 of the USAAS Administrative Rules. Grievance procedures for matters under jurisdiction of the [Local Artistic Swimming Committee](#) ("LASC") or of the [Zone Artistic Swimming Committee](#) ("Zone") are governed by Appendices A and B, respectively.

## **ARTICLE 3**

### **3.01 Procedure to Report Grievances:**

A. Any grievance filed shall be in writing and signed by the individual or chief executive officer of the group or organization filing the grievance.

B. **Filing a Grievance:** The written grievance shall be filed via the Notice of Grievance Form ([Attachment A](#)), with any supporting evidence and/or documentation attached, with the USAAS Executive Director (ceo@usaartisticswim.org) and USAAS President (president@usaartisticswim.org), by email within five (5) business days after the complaining party becomes aware of the facts giving rise to the grievance. If the allegations are against the USAAS Executive Director ("Executive Director") or USAAS President ("President"), the Notice of Grievance Form shall be submitted directly to the USAAS Ethics Committee Chair (ethics@usaartisticswim.org). The grievance shall set forth the factual allegations in numbered paragraphs, each paragraph containing a single factual allegation.

C. **Notice of Grievance Form:** The complainant (or the complainant's parent or legal guardian, if a minor) shall file the grievance, unless otherwise specified in this Grievance Procedures Policy, via [Attachment A](#), Notice of Grievance Form. The grievance shall set forth the following in clear and concise language, preferably in numbered paragraphs:

- Full names, membership information and addresses of the parties (if known);

- The identity, to the extent known by the complainant, of the individual(s) allegedly responsible for the act or omission that is the subject of the grievance;
- Jurisdictional basis of the grievance or the alleged grounds of violation or noncompliance (i.e., the specific rule, regulation, or policy);
- Supporting evidence or documentation forming the basis of the grievance;
- The relief sought; and
- If the grievance needs to be expedited pursuant to Section 3.01 F below.

*Note: USAAS may serve as the 'complainant' in the grievance process.*

**D. Grievances Involving Selection to Participate in a Competition:** Where a grievance is filed involving selection of an individual to participate in a competition, the complainant shall include with the grievance a list of all other individuals, together with their contact information, who may be adversely affected by a decision rendered on the grievance. The appropriate hearing panel, as determined in Section 3.03 D, shall determine which additional individuals must receive notice of the grievance. USAAS shall then be responsible for providing appropriate notice to these individuals. Any individual so notified shall have the option to participate in the proceeding as a party. If an individual is notified of the grievance, then that individual shall be bound by the decision of the appropriate hearing panel, as determined in Section 3.03 D, even if the individual chose not to participate as a party.

**E. Deficiency Dismissal:** A grievance not submitted in accordance with these reporting procedures may be dismissed. If the deficiency(ies) can be rectified, USAAS will provide the complainant with notice of the defect(s) and provide a reasonable period of time to resolve such defect(s). If the complainant fails to resolve the defect(s) within the time period provided, USAAS may dismiss the grievance. USAAS shall provide written notification of grievance dismissal. If dismissed for failure to comply with any of the above requirements, the complainant may re-file a new grievance that resolves any such deficiency(ies).

**F. Expedited Procedures:** Upon the request of a party, and provided that it is necessary to:

- Expedite the proceeding in order to resolve a matter relating to a scheduled competition that compliance with regular procedures would not be likely to produce a sufficiently early decision to do justice to the affected parties; or
- Protect one or more of USAAS's participants,

the USAAS Ethics Committee is authorized to order that the grievance be decided within forty-eight (48) hours of the filing of the grievance. In such a case, the USAAS Ethics Committee is authorized to decide the grievance pursuant to such procedures as are necessary, but fair to the parties involved. In cases expedited to protect USAAS's participants as mentioned above, such procedures may include, but are not limited to, providing for a preliminary hearing pending a full hearing on the allegations.

1. The rules of evidence shall not be strictly enforced; instead, rules of evidence generally accepted in administrative proceedings shall be applicable in any hearing. The real parties in interest shall be given a reasonable opportunity to present relevant oral or written evidence and to cross-examine witnesses. Witnesses appearing at any hearing shall be identified by the parties prior to the hearing. The proceedings may be recorded and a transcript made available to each interested party upon request and payment therefore.

### **3.02 Informal Resolution:**

A. In the event both the Executive Director and President believe the grievance may be able to be resolved through an Informal Resolution process, flexibility will be permitted in achieving a satisfactory outcome provided the following conditions are met and can be demonstrated:

1. All parties voluntarily agree to explore an Informal Resolution;

2. All parties agree to the process of the Informal Resolution;
3. Informal Resolution is resolved within thirty (30) business days from the filing of Attachment A, Notice of Grievance Form;
4. All parties receive written documentation of the Informal Resolution; and
5. All parties acknowledge via email their voluntary agreement to the Informal Resolution.

B. Flexibility is given to all parties before and during the administration of the grievance process to acknowledge their interest in Informal Resolution.

- **Exception:** Informal Resolution shall not be utilized for matters that must be reported to, and/or are under the jurisdiction of, the U.S. Center for SafeSport, USADA, USOPC, law enforcement or any other relevant oversight body.

### **3.03 Grievance Process:**

- A. A grievance is received by the Executive Director and President with clear documentation of the arrival date.
- B. The Executive Director or President ensures the USAAS Ethics Committee has received the grievance for review within twenty-four (24) hours of receipt. Upon review, the USAAS Ethics Committee may:
  1. Determine that the grievance does not merit further action; or
  2. Inform the Executive Director, President and/or USAAS Board of Directors (“Board of Directors”) that the grievance should be referred to another USAAS committee, LASC or Zone Review Board for action; or
  3. Begin an investigation by opening a case file.
- C. When the USAAS Ethics Committee determines that a grievance does not merit further action, the USAAS Ethics Committee advises the Executive Director or President, who is responsible for informing the appropriate parties within five (5) business days.
- D. When the USAAS Ethics Committee refers the grievance to another USAAS committee or a LASC or Zone Review Board, the USAAS Ethics Committee, with the Executive Director, President and/or Board of Directors, will determine which USAAS committee, LASC or Zone will review the grievance. Resolution for such grievances will follow the applicable USAAS committee, LASC or Zone Review Board policies and procedures.
- E. At the time a case file is opened, all involved parties will be notified by email of the grievance allegation(s), any associated documentation or evidence received and potential consequences or remedy requested, if found to be in violation. All involved parties will be given five (5) business days to review and make inquiries.
  1. If an individual chooses to be represented during the grievance process, the name, title and contact information of the representative shall be submitted via email at [ethics@usaartisticswim.org](mailto:ethics@usaartisticswim.org). If an involved party is a minor, the parent(s) or legal guardian(s) will be copied on all correspondence.
- F. Within this five (5) business day period, the responding party may submit a motion to dismiss the grievance. Said motion shall be submitted to the USAAS Ethics Committee via email at [ethics@usaartisticswim.org](mailto:ethics@usaartisticswim.org) and shall include a clear and compelling rationale for this request. Documentation may be submitted to support the motion to dismiss.
- G. Following five (5) business days, the USAAS Ethics Committee will conduct an investigation. As part of the investigatory process, additional parties that are named or closely impacted by the grievance may also be contacted. The Executive Director, in consultation with the President, reserves the right to temporarily suspend a member if the Executive Director and President perceive there is a threat to another member of the organization.

- H. The USAAS Ethics Committee will conduct interviews and review evidence until the committee is able to make an informed decision. There is no set timeline to complete the investigative process. However, the USAAS Ethics Committee will handle the matter as expeditiously as possible.
- I. Once a complete investigation is conducted, the USAAS Ethics Committee shall submit a formal investigative report and recommendation to the Executive Director, President and Board of Directors.
- J. Upon review of the USAAS Ethics Committee's report and recommendation, the Executive Director, President and Board of Directors shall determine the final outcome and decision of the grievance. The decision shall be final in all cases, subject only to appeal by a real party in interest to the National Board of Review pursuant to Article 4 below.
- K. The notice of decision shall be emailed to all parties involved, including all persons who were interviewed no later than ten (10) days following the date of the decision.
  - 1. If a sanction is issued, the details of that sanction shall be included in the decision and the person or persons sanctioned will be required to comply. Compliance will be reviewed by the Executive Director until completed and then the case shall be closed. If the sanction was suspension, ineligibility for participation, or revocation of membership in the Corporation:
    - a. The respondent has the right to a hearing before the National Board of Review prior to the Corporation officially declaring the individual suspended, ineligible for participation, or revoked from membership; and/or
    - b. The Board of Directors may reinstate any member's membership eligibility, subject to ratification by no less than two-thirds (2/3) vote of the Board of Directors.
  - 2. If no sanction is issued, the case shall be closed.
  - 3. The same case shall not be reopened for consideration unless new evidence is presented, that the USAAS Ethics Committee believes warrants further investigation.
- L. If the grievance is believed to be fraudulent or dishonest, additional steps will be taken by the USAAS Ethics Committee.

## ARTICLE 4

### APPEALS TO THE NATIONAL BOARD OF REVIEW

**4.01 Authority of the National Board of Review:** The National Board of Review shall be responsible for conducting any and all appeals made to the Corporation.

**4.02 Composition of the National Board of Review:** The National Board of Review shall be comprised of one (1) Athlete Representative from each Zone, elected by the Athletes Committee, who meets the requirements of Section 7.06 A of the USAAS Code, and such other members as may be appointed by the President, to include at least two (2) additional members from each Zone and, if possible, at least one (1) member with legal experience.

- A. All members of the National Board of Review shall be disinterested and impartial individuals.
- B. Each member of the National Board of Review shall disclose any potential conflicts upon appointment by submitting the USAAS Conflict of Interest Policy Form (Appendix U) as well as the USAAS Confidentiality Policy Form (Appendix V) to the USAAS President.
- C. **National Board of Review Panel:** To hear a particular matter, the President shall designate a National Board of Review Panel of three (3) disinterested members, including that number of Athlete Representatives necessary to ensure that at least thirty-three and

three tenths percent (33.3%) of the National Board of Review Panel are athletes, to hear and decide the case. The General Counsel or other attorney shall advise the review panel, but shall not have a vote on the panel.

**4.03 Appeals to the National Board of Review:** Any real party in interest who is entitled to appeal a decision of an LASC Review Board, Zone Review Board or Board of Directors, may appeal such action or decision to the National Board of Review by serving a petition for review upon the Executive Director within five (5) business days of the incident or written decision, by email accompanied by a \$50.00 filing fee payable to the Corporation. The fee shall be returned if the petition is upheld, but forfeited if it is rejected or abandoned.

- A. The petition must be in writing, signed by the individual or the chief executive officer of the group or organization making such petition and shall set forth the factual allegations in numbered paragraphs, each paragraph containing a single factual allegation, and shall contain, at a minimum, the following:
  - Full names, membership information and addresses of the parties (if known);
  - Jurisdictional basis of the petition;
  - Efforts made to exhaust available remedies, or if such remedies have not been exhausted, the grounds upon which the petitioner alleges that exhaustion would result in unnecessary delay;
  - The alleged grounds of noncompliance;
  - Supporting evidence or documentation forming the basis of the petition; and
  - The relief sought.
- B. The Executive Director shall send a copy of the petition for review to the respondent by email immediately upon receipt. Within five (5) business days following filing of the petition, the respondent shall acknowledge receipt of the petition and may file a written response to the petition (e.g., request the matter to be dismissed), with the Executive Director by email with a copy served at the same time by email on all parties. The petitioner may within five (5) business days following receipt of a copy of the response file a written rebuttal with the Executive Director by email with a copy served at the same time by email on all parties.
- C. The Executive Director shall see that copies of all filings are sent to the designated members of the National Board of Review Panel by email within five (5) business days of receipt.
- D. After the time for responding to the petition has expired, or after receipt of responses from parties, whichever is sooner, the National Board of Review Panel may decide to dismiss the petition on such grounds as it deems appropriate, including, but not limited to:
  - the petition does not fall within the jurisdiction of the National Board of Review Panel;
  - the petition fails to state a claim upon which relief may be granted;
  - the time limitation period has expired; or
  - the petition is moot.
- E. All parties shall be notified should there be a summary dismissal. There is no appeal from a dismissal by the National Board of Review Panel; however, the petitioner may refile if the deficiency can be resolved.
- F. If a hearing is requested and deemed warranted by the National Board of Review Panel,

the respondent and petitioner shall both be informed of the pursuit of alleged violations within thirty (30) business days upon the filing of the petition. The hearing notice shall include the following:

1. **Hearing Date:** The hearing date will provide for a reasonable time between receipt of the petition and the hearing, within which to prepare a defense. The hearing date shall not exceed ninety (90) days after the petition filing;
2. **National Board of Review Panel members:** Disclosure of the National Board of Review Panel members;
  - a. Notice that the respondent and petitioner have the right to contest a member of the National Board of Review Panel if there is a reasonable and articulable concern regarding impartiality or a conflict of interest as defined by USAAS Conflict of Interest Policy (Appendix U). Such contests should be submitted via email to ceo@artisticswim.org. Acknowledgement of the contest and the decision will be provided to all parties via email;
3. **Representation:** Notice that the parties have the right to have a representative and, if a party elects to have a representative, that the name, title, relationship to the party and the contact information (email and mobile number) be submitted to ceo@usaartisticswim.org no later than five (5) business days in advance of the hearing;
4. **Witnesses:** Notice that the identity of all witnesses must be provided no later than five (5) business days in advance of the hearing; and,
5. **Evidence:** Notice that the distribution of evidence by each party shall be no later than ten (10) business days in advance of the hearing to provide for a reasonable time to prepare one's position in the matter.

G The rules of evidence shall not be strictly enforced; instead, rules of evidence generally accepted in administrative proceedings shall be applicable in the hearing. The real parties in interest shall be given a reasonable opportunity to present relevant oral or written evidence and to cross-examine witnesses. The proceedings may be recorded and a transcript made available to each interested party upon request and payment therefore.

1. The hearing may be conducted in person or by video conference at a time and place (if applicable) selected by the National Board of Review Panel. The National Board of Review Panel will endeavor to select a time and place that is convenient and equitable to the majority of the persons so as to make it practicable for all parties to attend.
2. The National Board of Review Panel shall rule on all motions and other matters raised in the proceeding. The National Board of Review Panel shall set such timelines and other rules regarding the proceeding and the conduct of the hearing as it deems necessary.

H. A final and binding decision shall be recorded and disseminated to the parties within seventy-five (75) days from the date of filing of the petition, and no later than thirty (30) days of the conclusion of the hearing, by a majority of the National Board of Review Panel, based upon the record, as defined in Section 4.03 G above. Decisions of the National Board of Review Panel shall not be reopened for consideration except upon showing of sufficient cause to the Chair of the National Board of Review Panel. Any motion for reconsideration must be filed within ten (10) days of the date of decision.

**4.04 National Board of Review Decision Appeals:** The decision of the National Board of Review Panel shall be final in all cases, subject only to an individual's rights under the USOPC Bylaws and the Act.

**4.05 Arbitration:** Per USAAS Code, USAAS agrees to submit to final and binding arbitration in any controversy involving the opportunity of any athlete, coach, trainer, manager, administrator or official to participate in athletic competition in artistic swimming upon demand of the USOPC or any aggrieved athlete, coach, trainer, manager, administrator or

official using an established major national provider of arbitration and mediation services based in the United States as designated by the USOPC with the concurrence of the Team USA Athletes' Commission and the USAAS Athletes Committee as required by the Act.

## ARTICLE 5

### 5.01 Points of Contact and Resources:

A. Individuals in need of further information, guidance and/or the enforcement thereof, in relation to this Appendix K, may contact the following:

<b>USAAS Executive Director</b>	Email: ceo@usaartisticswim.org
<b>USAAS President</b>	Email: president@usaartisticswim.org
<b>USAAS Ethics Committee Chair</b>	Email: ethics@usaartisticswim.org

B. In addition, the USOPC Ethics and Compliance team may serve as a secondary resource for questions or concerns regarding this Appendix K. The USOPC Ethics and Compliance team may be contacted at:

**USOPC Integrity Hotline:** (877) 404-9935  
**USOPC Integrity Portal:** <https://usopc.ethicspoint.com>

C. **USOPC Athlete Ombuds Assistance:**

The USOPC Athlete Ombuds (“Athlete Ombuds”) provides cost-free, independent and confidential advice regarding athlete rights; resolving disputes or grievances; and any sport rule, policy, or process, including USAAS-athlete agreements, codes of conduct or Team selection procedures. The Athlete Ombuds can also help athletes connect with legal counsel or mental health resources, if needed. The Athlete Ombuds may be contacted at:

**Phone:** (719) 866-5000  
**Email:** ombudsman@usathlete.org  
**Website:** [www.usathlete.org](http://www.usathlete.org)

**ATTACHMENT A**  
**USA ARTISTIC SWIMMING, INC**  
**NOTICE OF GRIEVANCE FORM**

Pursuant to the USAAS Grievance Procedures (Appendix K), this form must be completed in its entirety to file a formal grievance.

Complainant: \_\_\_\_\_

USAAS Affiliation: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

Respondent(s): \_\_\_\_\_

USAAS Affiliation: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

Basis of the Grievance (i.e., policy violation): \_\_\_\_\_

Description of allegation(s) of any violation and/or non-compliance (in numbered paragraphs, one (1) allegation per paragraph):

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Relief Sought:

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**No Retaliation:** Retaliation, as defined in the USAAS Whistleblower and Anti-Retaliation Policy (Appendix S), against an individual who files a grievance or otherwise participates in good faith in the process outlined in the USAAS Grievance Procedures is prohibited. This applies to all Protected Individuals before, during, and after the process of resolving a grievance. Retaliatory activities will be considered a violation of the USAAS Whistleblower and Anti-Retaliation Policy (Appendix S) and may lead to serious consequences, up to and including termination of employment or participation.

I am open to resolving this grievance through an Informal Resolution process. I understand all parties would have to agree to the terms of the Informal Resolution process.

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Signature

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Date

Send completed form along with any supporting evidence or documentation  
as attachments via email to both:

Executive Director (ceo@usaartisticswim.org)  
and  
President (president@usaartisticswim.org)

## APPENDIX L

### REQUIREMENTS FOR TECHNICAL ROUTINES, FREE ROUTINES, ACROBATIC ROUTINES AND FREE COMBINATION ROUTINES

Amendments to this Appendix L are the responsibility of the Rules Committee. The Rules Committee can modify this Appendix by recommending changes to the USAAS Board of Directors for approval.

#### ARTICLE 1

##### GENERAL REQUIREMENTS FOR ALL ROUTINES

**1.01** All routines are composed of Elements and Transitions. All routines must perform the Technical Required Elements # 1-5 (Solo, Duet, Trio and Team Technical routines), or # 1-3 (Mixed Duet Technical routine), a predetermined number of Free Elements (Hybrids and Acrobatic Movements) and a free choice of Transitions as defined in Appendix L and World Aquatics Appendices 2, 3, 4 and 5.

- **Elements include:**

**Hybrids** (free content)

**Acrobatic Movements**

**Technical Required Elements** (“TRE”), which are precisely described combinations of positions and transitions to be performed by all athletes in Technical routines only.

- **Transitions:** are the linking actions between the Elements, including propulsion techniques, strokes, ballet leg combinations, flexibility surface actions, surface pattern changes, or pair assisted actions.

**1.02** All Free Elements (Hybrids and Acrobatic Movements) have a calculated **Base Mark** that is the minimum Degree of Difficulty (“DD”) that will be applied if 1 or more components of the element is not performed or is not in conformance to what is declared on the Coach Card/Element Card. The Base Mark for all Hybrids and Acrobatic Movements is the same and has a value of 0.5.

**1.03 Coach Card/Element Card:** For all routines, it is required that the Technical Required Elements # 1-5 (Solo, Duet, Trio and Team Technical routines) or # 1-3 (Mixed Duet Technical routine), Free Elements (Hybrids and Acrobatic Movements) and Transitions be declared and submitted on the Coach Card/Element Card. The Coach Card/Element Card must indicate the degrees of difficulty for each Element selected to be performed, and the order of performance selected. The Coach Card/Element Card must be submitted prior to the competition.

- **Exceptions:**

- **Novice/Collegiate:** The Coach Card/Element Card is not required for Novice and Collegiate Technical Category A and B compulsory routines.
- **Masters:** The Coach Card/Element Card is not required for Masters routines when the Technical Required Elements are performed in the order listed in this Appendix.
- **Athletes With Disabilities:** The Coach Card/Element Card is not required for Athletes With Disabilities (“AWD”) Free routines.

**1.04 Acrobatic Movements:** A general term for jumps, throws, lifts, stacks, platforms, etc., which are an integral part of artistic swimming routines that demonstrate spectacular gymnastic feats and/or risky actions in the air, on a balancing support or in combination, and are achieved with the assistance from other competitor(s).

- **Team Acrobatic Movement** definition as per the World Aquatics Team Acrobatics Catalogue: “A Team Acrobatic Movement is considered as an Element, starting from 4 competitors or more (for example: 3 base swimmers + 1 featured swimmer; or 2 base swimmers + 1 support-swimmer who pushes 1 featured-swimmer). Team Acrobatic

Movements must start and finish in the water. Acrobatic actions involving 3 competitors or less are considered as Pair Acrobatics or Pair Assisted actions. Refer to the World Aquatics Team and Pair Acrobatics Catalogues.

- An Acrobatic Movement is considered when it starts and ends once all Team members are in the water.

**1.05 Pair Acrobatic Movement for Duet, Trio and Mixed Duet only** definition as per the World Aquatics Pair Acrobatics Catalogue. “A Pair Acrobatic Movement is considered as a lift or a throw if the “bottom” (base/underwater) swimmer is underwater and lifts/throws the featured-swimmer (upper swimmer/flyer/performer) up in the air (away from the surface of the water). The base swimmer can lift/throw the featured-swimmer by holding/pushing their legs or shoulders. A Pair Acrobatic Movement is considered as a jump if the “bottom” (base) swimmer is underwater and the featured-swimmer jumps in the air from the base-swimmer. Refer to the World Aquatics Pair Acrobatics Catalogue.

**1.06 Cadence Action:** Identical movement(s) performed sequentially, one by one, by all Team members. When more than one (1) Cadence Action is performed, they must be consecutive and not separated by other optional or required Elements. A second Cadence Action may begin before the first Cadence Action is completed by all Team members, but each Team member must do the action of each Cadence.

**1.07 Time Limits and Allowances:** Refer to USAAS Rules CP 4.2.2, MS 4.3.2-3 and MS 4.4.1-2.

**1.08 Penalties:** Refer to this Appendix L.

## ARTICLE 2

### GENERAL REQUIREMENTS FOR TECHNICAL ROUTINES

**2.01** In all Technical routine competitions, Required Elements are used. Required Elements may consist of Technical Required Elements, Hybrids and Acrobatic Movements according to this Appendix L and World Aquatics Appendix 2.

**2.02** Unless otherwise specified in the description, all Technical Required Elements and any additional required Elements must be executed according to the requirements described in the World Aquatics AS Manual for Judges, Technical Controllers, Referees and Coaches, the World Aquatics Hybrid Catalogue and World Aquatics Acrobatics Catalogue.

**2.03** Technical Required Elements # 1-5 (Solo, Duet, Trio and Team) or # 1-3 (Mixed Duet) can be performed in any order, unless otherwise specified. It is strongly recommended for clarity of judgment that Technical Required Elements # 1-5 (Solo, Duet, Trio and Team) or # 1-3 (Mixed Duet) are separated by other content.

**2.04 For Duet, Trio and Team:** With the exception of the Deck Work, Entry into the water, getting into and out of the Circle (Team), and Acrobatics, the Technical Required Elements, Free Hybrids and Transitions are to be performed simultaneously and facing the same direction by all Duet, Trio or Team members.

- **Exceptions:**

- For Novice exception, see Novice Chart in this Appendix L.
- For Intermediate exception, see Intermediate Chart in this Appendix L.
- For Masters exception, see Masters Chart in this Appendix L.

**2.05 For Mixed Duet:** Only Technical Required Elements must be performed simultaneously and facing the same direction. Deck Work and Entry into the water, Free Hybrid, Required Hybrid, Entry into or Exit out of Technical Required Elements, Transitions and Pair Acrobatics DO NOT have this restriction and MAY be performed freely (non-simultaneous and facing different directions).

**2.06** Additional movements can be added immediately before and after (breath to breath) the Technical Required Elements # 1-5 (Solo, Duet, Trio and Team) or # 1-3 (Mixed Duet). These movements will not add any extra difficulty nor will be considered as additional hybrids.

## ARTICLE 3

### GENERAL REQUIREMENTS FOR ACROBATIC ROUTINES

#### ACROBATIC ROUTINE REQUIRED ELEMENTS

GENERAL REQUIREMENTS (3:00)
<u>1.</u> Time limits as in <u>USAAS Rule CP 4.2.2.4.</u>
<u>2.</u> <u>Start may be on the deck or in the water, or a combination of both.</u>
<u>3.</u> Required <u>Technical</u> Element # 1 may be performed in any order.
<u>4.</u> <u>A maximum of 2 Acrobatics from any group (A, B, C or P) may be performed.</u>
<u>5.</u> <u>Acrobatics must not be repeated. “Must not repeat the same Acrobatic” is defined as follows (Refer to the World Aquatics Team Acrobatic Catalogue for examples):</u> <ul style="list-style-type: none"><li>• <u>For Group A – cannot repeat the same position(s) (as P1 or as P2), with the exception of the 3<sup>rd</sup> position bonus</u></li><li>• <u>For Group B – cannot repeat the same construction and cannot repeat the same type of connection (grip)</u></li><li>• <u>For Group C – cannot repeat the same construction</u></li><li>• <u>For Group P – cannot repeat the same construction AND cannot repeat the same type of connection (grip) AND cannot repeat the same position(s) (as P1 or as P2), with the exception of the 3<sup>rd</sup> position bonus</u></li></ul>
<u>6.</u> <u>The Routine must portray a Theme, which must be declared on the Coach Card/Element Card.</u>
<u>7.</u> <u>As with all routines, the Coach Card/Element Card must show the Required <u>Technical</u> Elements in the selected order of performance.</u>

REQUIRED ELEMENTS
<u>1.</u> Seven (7) Team Acrobatic Movements*: one from each Acrobatic group (A, B, C and P) and 3 <u>more</u> Team Acrobatic Movements of free choice <u>as per the general requirements</u> . *See Article 1, Section 1.0 <u>4</u> .

## ARTICLE 4

### GENERAL REQUIREMENTS FOR FREE COMBINATION ROUTINES

#### FREE COMBINATION REQUIRED ELEMENTS

##### GENERAL REQUIREMENTS

Intermediate (3:00) / 12 & Under (3:00) / Youth (3:00) / 16-19/20 (3:30) / Masters (4:00)

1. Time limits as in USAAS Rules CP 4.2.2.5 and MS 4.4.1.
2. Start may be on the deck or in the water, or a combination of both.
3. All subsequent parts must start in the water.
4. A new part begins in very close proximity to the previous part.
5. The Routine must portray a Theme, which must be declared on the Coach Card/Element Card.  
**Note:** Masters Free Combination routines must portray a Theme, though do not require a Coach Card/Element Card.
6. As with all routines, the Coach Card/Element Card must show the Required Elements in the selected order of performance.  
**Note:** Masters Free Combination routines do not require a Coach Card/Element Card.

##### REQUIRED ELEMENTS

1. At least 2 parts must have fewer than 3 competitors and at least 2 parts must have all competitors.

As stated in the World Aquatics AS Manual for Judges, Technical Controllers, Referees and Coaches, for the 2 or more parts to be considered as having fewer than 3 competitors, all remaining competitors must be maintaining a pose or doing another movement without disrupting the action of the competitors performing the part. There is no required time length, but a minimum of 3 seconds is a suggested guideline. The term “parts” refers to the various sections with different numbers of competitors that make up a Free Combination routine.

2. The Free Combination routine must have the components as listed per each Age Division in this Appendix L.

**Note:** No additional components are required for Masters Free Combination routine.

Team Acrobatic Movements\* cannot have a declared Degree of Difficulty “DD” higher than listed for each Age Division. \*See Article 1, Section 1.04.

## 16-19/20 FREE COMBINATION ROUTINE ADDITIONAL REQUIREMENTS

Event	Time (+ 5 sec)	Total Elements	Summary
<u>1.</u> Free Combination	3:30	10	<ul style="list-style-type: none"> <li>4 Team Acrobatics* <u>with DD safety limit**</u> (<u>free choice, but must not repeat the same Acrobatic**</u>).</li> <li>1 x <u>DD</u> Solo Hybrid</li> <li>1 x <u>DD</u> Duet Hybrid</li> <li>1 x <u>DD</u> Trio Hybrid</li> <li>2 x <u>DD</u> Team Hybrids (<u>must be executed with a minimum of 4 competitors</u>)</li> <li><u>Must include 1 declaration from each family in the routine (counted across Solo, Duet, Trio and Team DD Hybrids)</u></li> <li><u>1 x Team Choreography Hybrid (“ChoHY”) with no DD (i.e. factor of 1.0) must be executed with a minimum of 4 competitors</u></li> <li><u>Element parts cannot occur simultaneously (i.e. Team Acrobatic occurs while Solo Hybrid starts)</u></li> </ul> <p>*See Article 1, Section 1.04.</p>

### \*\* 16-19/20 Team Acrobatic Movement Safety Limits for Free Combination:

Team Acrobatic Movements cannot have a Degree of Difficulty (“DD”) higher than the Total DD (Max), inclusive of the Base Mark value, than the following:

	Acro DD	Plus Base Mark	Total DD (MAX)
16-19/20 - Group A	2.2	0.5	2.7
16-19/20 - Group B	2.3	0.5	2.8
16-19/20 - Group C	2.3	0.5	2.8
16-19/20 - Group P	2.5	0.5	3.0

Note: “Must not repeat the same Acrobatic” is defined as follows (Refer to the World Aquatics Team Acrobatic Catalogue for examples):

- For Group A – cannot repeat the same position(s) (as P1 or as P2), with the exception of the 3<sup>rd</sup> position bonus
- For Group B – cannot repeat the same construction and cannot repeat the same type of connection (grip)
- For Group C – cannot repeat the same construction
- For Group P – cannot repeat the same construction AND cannot repeat the same type of connection (grip) AND cannot repeat the same position(s) (as P1 or as P2), with the exception of the 3<sup>rd</sup> position bonus

## ARTICLE 5

### REQUIREMENTS FOR SPECIFIC ROUTINES IN EACH AGE DIVISION

#### NOVICE FREE ROUTINES WITH TECHNICAL REQUIRED ELEMENTS

##### **NOVICE SOLO / DUET / TRIO AND TEAM (1:30)**

Technical Required Elements # 1-5 must be performed in the order listed. Placement of optional routine requirement # 6 is optional.

1. Figure # 310 Somersault, Back Tuck. [DD 1.1]
2. Figure # 100 Bent Knee, Alternate. [DD 1.1]
3. No-Arm Boost - a rapid, head-first rise, with a maximum amount of the body above the surface of the water. The No-Arm Boost is begun with the body totally underwater or with the back of the head and/or torso flush with the surface. The No-Arm Boost is completed upon total submergence. [DD 1.0]
4. Figure # 302 Blossom. [DD 1.4]
5. Figure # 316 Kipnus. [DD 1.4]
6. **Solo, Duet, Trio and Team Optional Routine Requirement** - One Free Hybrid may be performed (optional). Placement within the routine is optional.
7. Acrobatic Movements are not permitted.
8. **Solo, Duet and Trio General Routine Requirement** - Technical Required Elements # 1-5 shall be performed parallel to the sides of the pool where the panels of judges are seated.
9. **Duet, Trio and Team General Routine Requirement** - All Technical Required Elements # 1-5 must be performed simultaneously and facing the same direction by all competitors. Mirror actions are not permitted during the Technical Required Elements.

##### Note:

1. All Novice routines shall include the Technical Required Elements and may also include 1 optional Free Hybrid. The optional Free Hybrid may be placed anywhere in the routine and will be judged under Artistic Impression (no Acrobatic Movements permitted).
2. The Coach Card/Element Card is not required for Novice routines.
3. There will be a maximum synchronization error deduction of 10 points for all Novice routines.

## INTERMEDIATE FREE ROUTINES WITH TECHNICAL REQUIRED ELEMENTS

### **INTERMEDIATE SOLO (1:45), DUET / TRIO (2:05) AND TEAM (2:35)**

Technical Required Elements # 1-5 must be performed in the order listed. Placement of additional routine requirements # 6-8 is optional.

1. Figure # 348 Tower. [DD 1.9]
2. Boost - a rapid, head-first rise, with a maximum amount of the body above the surface of the water. One arm must be lifted above the surface as the body reaches maximum height. The Boost is begun with the body totally underwater or with the back of the head and/or torso flush with the surface. The Boost is completed upon total submergence. [DD 1.3]
3. Figure # 101 Ballet Leg, Single. [DD 1.6]
4. Figure # 318 Kip, Bent Knee. [DD 1.8]
5. Figure # 301 Barracuda. [DD 1.8]
6. **Solo Additional Routine Requirement** – maximum of 1 x Free Hybrid must be performed. Placement within the routine is optional.
7. **Duet and Trio Additional Routine Requirement** – maximum of 1 of the following must be performed. Placement within the routine is optional.
  - 2 x Free Hybrids OR
  - 1 x Free Hybrid and 1 x Pair Acrobatic\*
 \*See Article 1, Section 1.05.
8. **Team Additional Routine Requirement** – maximum of 1 of the following must be performed. Placement within the routine is optional.
  - 2 x Free Hybrids OR
  - 1 x Free Hybrid and 1 x Team Acrobatic Movement\* (with DD safety limit\*\*)
 \*See Article 1, Section 1.04.
9. **Solo, Duet and Trio General Routine Requirement** – Technical Required Elements # 1-5 shall be performed parallel to the sides of the pool where the panels of judges are seated.
10. **Duet, Trio and Team General Routine Requirement** – All Technical Required Elements # 1-5 must be performed simultaneously and facing the same direction by all competitors. Mirror actions are not permitted during the Technical Required Elements.

## INTERMEDIATE FREE COMBINATION ROUTINE REQUIREMENTS

Event	Time (+ 5 sec)	Total Elements	Summary
1. Free Combination	3:00	7	<ul style="list-style-type: none"> <li>• 2 Team Acrobatics* with <u>DD</u> safety limit**</li> <li>• Free Transitions</li> <li>• 1 x <u>DD</u> Solo Hybrid</li> <li>• 1 x <u>DD</u> Duet Hybrid</li> <li>• 1 x <u>DD</u> Trio Hybrid</li> <li>• 2 x <u>DD</u> Team Hybrids (<u>must be executed with a</u> minimum of 4 competitors required).</li> </ul> * See Article 1, Section 1.04.

**\*\* Intermediate Team Acrobatic Movement Safety Limits for Team and Free Combination:**  
Team Acrobatic Movements cannot have a Degree of Difficulty (“DD”) higher than the Total DD (Max), inclusive of the Base Mark value, than the following:

	<b>Acro DD</b>	<b>Plus Base Mark</b>	<b>Total DD (MAX)</b>
Intermediate - Group A	<u>1.3</u>	0.5	1.8
Intermediate - Group B	<u>1.3</u>	0.5	1.8
Intermediate - Group C	Not allowed	Not allowed	Not allowed
Intermediate - Group P	<u>0.8</u>	0.5	1.3

## 12 & UNDER ROUTINE REQUIREMENTS

### 12 & UNDER ROUTINE REQUIREMENTS – SET NUMBER OF ELEMENTS

**Hybrid Safety Limits:** In all 12 & under routines, there shall be a Hybrid Safety Limit Degree of Difficulty of 7.0 (inclusive of the Base Mark value of 0.5). This restriction is in addition to all stated AQUA hybrid restrictions. A Base Mark shall be applied for each violation of the Hybrid Safety Limits.

**Note:** The requirement to include 1 declaration from each family in the routine (except for connections in Solo) is applicable for 12 & Under Free Routines.

Event	Time (+/- 5 sec)	Total Elements	Summary
<u>1.</u> Solo Free	2:00	<u>4</u>	<ul style="list-style-type: none"> <li>• <u>4</u> Free Hybrids (<u>must include 1 declaration from each family in the routine, except for connections</u>).</li> </ul>
<u>2.</u> Duet Free	2:30	<u>5</u>	<ul style="list-style-type: none"> <li>• <u>4</u> Free Hybrids (<u>must include 1 declaration from each family in the routine</u>).</li> <li>• 1 Pair Acrobatic* (<u>free choice</u>). * See Article 1, Section 1.05.</li> </ul>
<u>3.</u> Mixed Duet Free	2:30	<u>5</u>	<ul style="list-style-type: none"> <li>• <u>3</u> Free Hybrids (<u>must include 1 declaration from each family in the routine</u>).</li> <li>• <u>2</u> Pair Acrobatics* (<u>free choice, but must not repeat the same Acrobatic</u>).</li> <li>• <u>A minimum of 3 declared Sustained Surface Connections (“SuCon”) with travel (<u>1m or more</u>) or rotation (<u>180° or more</u>)</u>. * See Article 1, Section 1.05.</li> </ul>
<u>4.</u> Team Free	3:00	<u>7</u>	<ul style="list-style-type: none"> <li>• <u>4</u> Free Hybrids (<u>must include 1 declaration from each family in the routine</u>).</li> <li>• 3 Team Acrobatics* with <u>DD</u> safety limit** (<u>free choice, but must not repeat the same Acrobatic**</u>). *See Article 1, Section 1.04.</li> </ul>
<u>5.</u> Free Combination	3:00	<u>8</u>	<ul style="list-style-type: none"> <li>• 3 Team Acrobatics* with <u>DD</u> safety limit** (<u>free choice, but must not repeat the same Acrobatic**</u>). <ul style="list-style-type: none"> <li>• 1 x <u>DD</u> Solo Hybrid</li> <li>• 1 x <u>DD</u> Duet Hybrid</li> <li>• <u>2 x DD Team Hybrids (must be executed with a minimum of 4 competitors)</u></li> <li>• <u>Must include 1 declaration from each family in the routine (counted across Solo, Duet and Team DD Hybrids)</u></li> <li>• <u>1 x Team Choreography Hybrid (“ChoHY” with no DD (i.e. factor of 1.0) must be executed with a minimum of 4 competitors)</u></li> <li>• <u>Element parts cannot occur simultaneously (i.e. Team Acrobatic occurs while Solo Hybrid starts)</u></li> </ul> </li> </ul> <p>*See Article 1, Section 1.04.</p>

**\*\* 12 & under Team Acrobatic Movement Safety Limits for Team and Free Combination:**  
Team Acrobatic Movements cannot have a Degree of Difficulty (“DD”) higher than the Total DD (Max), inclusive of the Base Mark value, than the following:

	<b>Acro DD</b>	<b>Plus Base Mark</b>	<b>Total DD (MAX)</b>
12&U - Group A	2.0	0.5	<u>2.5</u>
12&U - Group B	2.1	0.5	2.6
12&U - Group C	2.1	0.5	<u>2.6</u>
12&U - Group P	2.3	0.5	2.8

**Note:** “Must not repeat the same Acrobatic” is defined as follows (Refer to the World Aquatics Team Acrobatic Catalogue for examples):

- **For Group A** – cannot repeat the same position(s) (as P1 or as P2), with the exception of the 3<sup>rd</sup> position bonus
- **For Group B** – cannot repeat the same construction and cannot repeat the same type of connection (grip)
- **For Group C** – cannot repeat the same construction
- **For Group P** – cannot repeat the same construction AND cannot repeat the same type of connection (grip) AND cannot repeat the same position(s) (as P1 or as P2), with the exception of the 3<sup>rd</sup> position bonus

## YOUTH ROUTINE REQUIREMENTS

### YOUTH ROUTINE REQUIREMENTS – SET NUMBER OF ELEMENTS

**Note:** The requirement to include 1 declaration from each family in the routine (except for connections in Solo) is applicable for Youth Free Routines.

Event	Time (+/- 5 sec)	Total Elements	Summary
<u>1.</u> Solo Free	2:00	<u>5</u>	<ul style="list-style-type: none"> <li>5 Free Hybrids (<u>must include 1 declaration from each family in the routine, except for connections</u>).</li> </ul>
<u>2.</u> Duet Free	2:30	<u>6</u>	<ul style="list-style-type: none"> <li>5 Free Hybrids (<u>must include 1 declaration from each family in the routine</u>).</li> <li>1 Pair Acrobatic* (<u>free choice</u>).</li> </ul> <p>*See Article 1, Section 1.0<u>5</u>.</p>
<u>3.</u> Mixed Duet Free	2:30	<u>5</u>	<ul style="list-style-type: none"> <li>3 Free Hybrids (<u>must include 1 declaration from each family in the routine</u>).</li> <li>2 Pair Acrobatics * (<u>free choice, but must not repeat the same Acrobatic</u>).</li> <li>A minimum of 3 declared Sustained Surface Connections (“SuCon”) with travel (<u>1m or more</u>) or rotation (<u>180° or more</u>).</li> </ul> <p>* See Article 1, Section 1.0<u>5</u>.</p>
<u>4.</u> Team Free	3:00	<u>8</u>	<ul style="list-style-type: none"> <li>5 Free Hybrids (<u>must include 1 declaration from each family in the routine</u>).</li> <li>3 Team Acrobatics* with <u>DD</u> safety limit** (<u>free choice, but must not repeat the same Acrobatic**</u>).</li> </ul> <p>* See Article 1, Section 1.0<u>4</u>.</p>
<u>5.</u> Free Combination	3:00	9	<ul style="list-style-type: none"> <li>4 Team Acrobatics* with <u>DD</u> safety limit** (<u>free choice, but must not repeat the same Acrobatic**</u>).</li> <li>1 x <u>DD</u> Solo Hybrid</li> <li>1 x <u>DD</u> Duet Hybrid</li> <li>2 x <u>DD</u> Team Hybrids (<u>must be executed with a minimum of 4 competitors</u>)</li> <li><u>Must include 1 declaration from each family in the routine (counted across Solo, Duet and Team DD Hybrids)</u></li> <li><u>1 x Team Choreography Hybrid (“ChoHY”)</u> with no <u>DD</u> (i.e. factor of 1.0) must be executed with a minimum of 4 competitors)</li> <li><u>Element parts cannot occur simultaneously (i.e. Team Acrobatic occurs while Solo Hybrid starts)</u></li> </ul> <p>* See Article 1, Section 1.0<u>4</u>.</p>

\*\* **Youth Team Acrobatic Movement Safety Limits for Team and Free Combination:**  
Team Acrobatic Movements cannot have a Degree of Difficulty (“DD”) higher than the Total DD (Max), inclusive of the Base Mark value, than the following:

	<u>Acro DD</u>	<u>Plus Base Mark</u>	<u>Total DD (MAX)</u>
Youth - Group A	2.2	0.5	<u>2.7</u>
Youth - Group B	2.3	0.5	<u>2.8</u>
Youth - Group C	2.3	0.5	<u>2.8</u>
Youth - Group P	2.5	0.5	<u>3.0</u>

**Note:** “Must not repeat the same Acrobatic” is defined as follows (Refer to the World Aquatics Team Acrobatic Catalogue for examples):

- **For Group A** – cannot repeat the same position(s) (as P1 or as P2), with the exception of the 3<sup>rd</sup> position bonus
- **For Group B** – cannot repeat the same construction and cannot repeat the same type of connection (grip)
- **For Group C** – cannot repeat the same construction
- **For Group P** – cannot repeat the same construction AND cannot repeat the same type of connection (grip) AND cannot repeat the same position(s) (as P1 or as P2), with the exception of the 3<sup>rd</sup> position bonus

## JUNIOR / SENIOR / COLLEGIATE ROUTINE REQUIREMENTS

### JUNIOR / SENIOR TECHNICAL AND FREE ROUTINES AND COLLEGIATE FREE ROUTINE REQUIREMENTS – SET NUMBER OF ELEMENTS

Note: The requirement to include 1 declaration from each family in the routine (except for connections in Solo) is applicable for Free Routines only.

Event	Time (+/- 5 sec)	Total Elements	Summary
<u>1.</u> Solo Technical	2:00	<u>6</u>	<ul style="list-style-type: none"> <li>5 Technical Required Elements</li> <li>1 Free Hybrid</li> </ul>
<u>2.</u> Solo Free	2:15	<u>6</u>	<ul style="list-style-type: none"> <li><u>6</u> Free Hybrids (<u>must include 1 declaration from each family in the routine, except for connections</u>).</li> </ul>
<u>3.</u> Duet Technical	2:20	<u>7</u>	<ul style="list-style-type: none"> <li>5 Technical Required Elements</li> <li>1 Free Hybrid</li> <li>1 Pair Acrobatic* (<u>free choice</u>). *See Article 1, Section 1.0<u>5</u>.</li> </ul>
<u>4.</u> Duet Free	2:45	<u>8</u>	<ul style="list-style-type: none"> <li><u>6</u> Free Hybrids (<u>must include 1 declaration from each family in the routine</u>)</li> <li>2 Pair Acrobatics* (<u>free choice, but may not repeat the same Acrobatic</u>). *See Article 1, Section 1.0<u>5</u>.</li> </ul>
<u>5.</u> Mixed Duet Technical	2:20	<u>7</u>	<ul style="list-style-type: none"> <li><u>3</u> Technical Required Elements</li> <li>1 Free Hybrid</li> <li><u>1 Required Hybrid (must contain only 1 Thrust declaration and 2 different Connection declarations (i.e. T8 C3 C4))</u></li> <li><u>2</u> Pair Acrobatics* (<u>free choice, but must not repeat the same Acrobatic</u>). *See Article 1, Section 1.0<u>5</u>.</li> <li><u>3 declared Sustained Surface Connections ("SuCon") with travel (1m or more) or rotation (180° or more)</u></li> </ul>
<u>6.</u> Mixed Duet Free	2:45	<u>7</u>	<ul style="list-style-type: none"> <li><u>4</u> Free Hybrids (<u>must include 1 declaration from each family in the routine</u>)</li> <li>3 Pair Acrobatics* (<u>free choice, but must not repeat the same Acrobatic</u>)</li> <li><u>Minimum of 4 declared Sustained Surface Connections ("SuCon") with travel (1m or more) or rotation (180° or more)</u> *See Article 1, Section 1.0<u>5</u>.</li> </ul>
<u>7.</u> Collegiate Trio Free	2:45	<u>8</u>	<ul style="list-style-type: none"> <li><u>5</u> Free Hybrids (<u>must include 1 declaration from each family in the routine</u>)</li> <li>3 Pair Acrobatics* (<u>free choice, but must not repeat the same Acrobatic</u>) * See Article 1, Section 1.0<u>5</u>.</li> </ul>

**JUNIOR / SENIOR TECHNICAL AND FREE ROUTINES AND COLLEGIATE FREE  
ROUTINE REQUIREMENTS – SET NUMBER OF ELEMENTS (continued)**

**Note:** The requirement to include 1 declaration from each family in the routine (except for connections in Solo) is applicable for Free Routines only.

<u>8.</u> Team Technical	2:50	<u>8</u>	<ul style="list-style-type: none"> <li>5 Technical Required Elements</li> <li>2 Free Hybrids (1 of which must include a Cadence Action*)</li> <li>1 Team Acrobatic* (<u>Max DD limit of 3.0 inclusive of Base Mark value</u>).</li> <li><u>May contain maximum of 1 Circle.</u></li> </ul> <p>*See Article 1, Sections 1.04 &amp; 1.06.</p>
<u>9.</u> Team Free	3:30	<u>9</u>	<ul style="list-style-type: none"> <li>6 Free Hybrids (<u>must include 1 declaration from each family in the routine</u>)</li> <li>3 Team Acrobatics* (<u>free choice, but must not repeat the same Acrobatic</u>).</li> </ul> <p>*See Article 1, Section 1.04.</p>
<u>10.</u> Acrobatic Routine	3:00	<u>7</u>	<ul style="list-style-type: none"> <li>7 Team Acrobatics* (1 from <u>Group A, B, C, P</u>) <ul style="list-style-type: none"> <li>➤ <u>Maximum of 2 Acrobatics from any Group</u></li> <li>➤ <u>Must not repeat the same Acrobatic.</u></li> </ul> </li> </ul> <p>*See Article 1, Section 1.04.</p>

**Note:** “Must not repeat the same Acrobatic” is defined as follows (Refer to the World Aquatics Team Acrobatic Catalogue for examples):

- For Group A – cannot repeat the same position(s) (as P1 or as P2), with the exception of the 3<sup>rd</sup> position bonus
- For Group B – cannot repeat the same construction and cannot repeat the same type of connection (grip)
- For Group C – cannot repeat the same construction
- For Group P – cannot repeat the same construction AND cannot repeat the same type of connection (grip) AND cannot repeat the same position(s) (as P1 or as P2), with the exception of the 3<sup>rd</sup> position bonus

**JUNIOR / SENIOR TECHNICAL REQUIRED ELEMENTS FOR TECHNICAL ROUTINES**

<b>SOLO TECHNICAL REQUIRED ELEMENTS (2:00)</b>	
Technical Required Elements # 1-5 may be performed in any order. <u>Placement of additional routine requirement # 6 is optional.</u>	
<b>1A. Thrust Continuous Spin 720°</b> From a <b>Submerged Back Pike Position</b> , with the legs perpendicular to the surface of the water, a <i>Thrust Continuous Spin 720°</i> (2 rotations) is executed. [DD 2.7]	<b>1B. Thrust Spinning 360°</b> From a <b>Submerged Back Pike Position</b> , with the legs perpendicular to the surface of the water, a <i>Thrust Spinning 360°</i> (1 rotation) is executed. [DD 2.1]
<b>2A. Combined Spin 1080° – Continuous Spin 1080°</b> From a <b>Vertical Position</b> , a <i>Combined Spin 1080°</i> is executed (3 rotations + 3 rotations). Continuing in the same direction and without a pause, a <i>Continuous Spin 1080°</i> (3 rotations) is executed. [DD 3.0]	<b>2B. Combined Spin 720° – Continuous Spin 1080°</b> From a <b>Vertical Position</b> , a <i>Combined Spin 720°</i> is executed (2 rotations + 2 rotations). Continuing in the same direction and without a pause, a <i>Continuous Spin 1080°</i> (3 rotations) is executed. [DD 2.7]
<b>3. Swordfish Straight Leg – Knight</b> From a <b>Front Layout Position</b> , the back arches as one leg is lifted in a 180° arc over the surface of the water to a <b>Split Position</b> . A hip rotation of 180° is executed as the front leg is rapidly raised to assume a <b>Fishtail Position</b> . Maintaining the vertical alignment of the body and with accelerating speed, the foot of the horizontal leg is moved in a horizontal arc of 180° at the surface of the water to a <b>Knight Position</b> , and with continuous motion and continuing in the same direction, an additional 180° rotation is executed. The vertical leg is lowered to a <b>Surface Arch Position</b> and with continuous motion an <i>Arch to Back Layout Finish Action</i> is executed. [DD 3.2]	
<b>4A. Fishtail Half Twist – Continuous Spin 720°</b> From a <b>Front Pike Position</b> , a rotation of 360° is executed as one leg is lifted to a <b>Fishtail Position</b> . Continuing in the same direction, a <i>Half Twist</i> in a <b>Fishtail Position</b> is executed. Continuing in the same direction, another rotation of 360° is executed, as the horizontal leg is lifted to a <b>Vertical Position</b> . Continuing in the same direction, a <i>Continuous Spin 720°</i> (2 rotations) is executed. [DD 2.9]	<b>4B. Fishtail – Continuous Spin 720°</b> From a <b>Front Pike Position</b> , a rotation of 360° is executed as one leg is lifted to a <b>Fishtail Position</b> . Continuing in the same direction, another rotation of 360° is executed, as the horizontal leg is lifted to a <b>Vertical Position</b> . Continuing in the same direction, a <i>Continuous Spin 720°</i> (2 rotations) is executed. [DD 2.6]

<p><b>5A. Rocket Split Bent Knee Joining 360°</b>  From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface of the water, a <i>Thrust</i> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b>. The back leg is rapidly lifted to vertical and the front leg bends to assume a <b>Bent Knee Vertical Position</b>. A rapid <math>360^\circ</math> <i>Spin</i> is executed as the bent knee is extended to a <b>Vertical Position</b> completed as the ankles reach the surface of the water, followed by a <i>Vertical Descent</i> at the same tempo as the <i>Thrust</i>. [DD 2.4]</p>	<p><b>5B. Rocket Split Bent Knee</b>  From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface of the water, a <i>Thrust</i> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b>. The back leg is rapidly lifted to vertical and the front leg bends to assume a <b>Bent Knee Vertical Position</b>. A <i>Vertical Descent</i> is executed with the bent knee extended to a <b>Vertical Position</b> completed as the ankles reach the surface of the water, followed by a <i>Vertical Descent</i> at the same tempo as the <i>Thrust</i>. [DD 2.1]</p>
<p><b>6. Solo Technical Additional Routine Requirement</b> - <u>One</u> Free Hybrid must be performed.  <u>Placement within the routine is optional.</u></p>	

**JUNIOR / SENIOR TECHNICAL REQUIRED ELEMENTS FOR TECHNICAL ROUTINES (continued)**

**DUET TECHNICAL REQUIRED ELEMENTS (2:20)**

Technical Required Elements # 1-5 may be performed in any order. Placement of additional routine requirements # 6-7 is optional.

<p><b>1A. Walkover Back Closing 360° – Continuous Spin 1080°</b></p> <p>From a <b>Back Layout Position</b>, a <i>Surface Arch Position is assumed</i>. One leg is lifted in a 180° arc over the surface of the water to a <b>Split Position</b>. A rotation of 360° is executed, as the legs symmetrically close to a <b>Vertical Position</b>. Continuing in the same direction, a <i>Continuous Spin 1080°</i> (3 rotations) is executed. [DD 3.0]</p>	<p><b>1B. Walkover Back Closing 180° – Continuous Spin 720°</b></p> <p>From a <b>Back Layout Position</b>, a <i>Surface Arch Position is assumed</i>. One leg is lifted in a 180° arc over the surface of the water to a <b>Split Position</b>. A rotation of 180° is executed, as the legs symmetrically close to a <b>Vertical Position</b>. Continuing in the same direction, a <i>Continuous Spin 720°</i> (2 rotations) is executed. [DD 2.5]</p>
<p><b>2A. Rocket Split Alternating Legs – Spinning 180°</b></p> <p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface of the water, a <i>Thrust</i> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume two (2) alternating <b>Airborne Split Positions</b>. The legs rapidly re-join to a <b>Vertical Position</b>. A rapid <i>180° Spin</i> is executed. [DD 2.8]</p>	<p><b>2B. Rocket Split – Spinning 180°</b></p> <p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface of the water, a <i>Thrust</i> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b>. The legs rapidly re-join to a <b>Vertical Position</b>. A rapid <i>180° Spin</i> is executed. [DD 2.4]</p>
<p><b>3. <u>Flamingo Bent Knee Rollback – Join to Vertical Position – Half Twist – 360° Open to Split - Walkout</u></b></p> <p>From a <b>Surface Ballet Leg Position</b>, the shin of the horizontal leg is drawn along the surface of the water to assume a <b>Surface Flamingo Position</b>. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls, while the bent leg moves to a <b>Bent Knee Vertical Position</b>. The bent leg is extended to a <b>Vertical Position</b>. A <i>Half Twist</i> is executed. Continuing in the same direction and without a pause, an additional rotation of 360° is executed as the legs are symmetrically opened to assume a <b>Split Position</b>. A <b>Walkout Front</b> is executed. [DD 3.1]</p>	
<p><b>4A. Fishtail – Knight – Continuous Spin 1080°</b></p> <p>From a <b>Front Pike Position</b>, one leg is lifted to a <b>Fishtail Position</b>. The horizontal leg is rapidly lifted through an arc of 180° to assume a <b>Knight Position</b>. A rapid <i>Full Twist</i> is executed as the horizontal leg is lifted to a <b>Vertical</b></p>	<p><b>4B. Fishtail – Knight – Continuous Spin 720°</b></p> <p>From a <b>Front Pike Position</b>, one leg is lifted to a <b>Fishtail Position</b>. The horizontal leg is rapidly lifted through an arc of 180° to assume a <b>Knight Position</b>. A rapid <i>Half Twist</i> is executed as the horizontal leg is lifted to a <b>Vertical</b></p>

<p><b>Position.</b> Continuing in the same direction, a <i>Continuous Spin</i> 1080° (3 rotations) is executed. [DD 3.2]</p>	<p><b>Position.</b> Continuing in the same direction, a <i>Continuous Spin</i> 720° (2 rotations) is executed. [DD 2.7]</p>
<p><b>5A. Thrust Bent Knee Twirl Spin 360°</b> From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface of the water, a <b>Thrust</b> is executed to a <b>Vertical Position</b>. One leg is lowered to a <b>Bent Knee Vertical Position</b> as a <b>Twirl</b> is executed. Continuing in the same direction and without a pause, a rapid 360° <b>Spin</b> is executed as the bent knee is extended to join the vertical leg in a <b>Vertical Position</b> completed as the ankles reach the surface of the water, followed by a <b>Vertical Descent</b> at the same tempo as the <b>Thrust</b>. [DD 2.3]</p>	<p><b>5B. Thrust Bent Knee Twirl</b> From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface of the water, a <b>Thrust</b> is executed to a <b>Vertical Position</b>. One leg is lowered to a <b>Bent Knee Vertical Position</b> as a <b>Twirl</b> is executed. Without a pause, a <b>Vertical Descent</b> is executed as the bent knee is extended to join the vertical leg in a <b>Vertical Position</b> completed as the ankles reach the surface of the water, followed by a <b>Vertical Descent</b> at the same tempo as the <b>Thrust</b>. [DD 2.1]</p>
<p><b>6.</b> <b>Duet Technical Additional Routine Requirement</b> - <u>One</u> Free Hybrid must be performed. <u>Placement within the routine is optional.</u></p>	
<p><b>7.</b> <b>Duet Technical Additional Routine Requirement</b> - One Pair Acrobatic* (<u>free choice</u>) must be performed. <u>Placement within the routine is optional.</u> *See Article 1, Section 1.05.</p>	
<p><b>8.</b> <b>Duet Technical General Routine Requirements*</b> – <u>With the exception of the Deck Work, Entry into the water, getting into and out of the Circle (Team), and Acrobatics, the Technical Required Elements, Free Hybrids and Transitions are to be performed simultaneously and facing the same direction by all Duet members.</u> *See Article 2, Section 2.04.</p>	

**JUNIOR / SENIOR TECHNICAL REQUIRED ELEMENTS FOR TECHNICAL ROUTINES (continued)**

**MIXED DUET TECHNICAL REQUIRED ELEMENTS (2:20)**

Technical Required Elements # 1-3 may be performed in any order. Placement of additional routine requirements # 4-7 is optional.

<p><b>1A. Rocket Split Twirl Spin 180°</b></p> <p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface of the water, a <i>Thrust</i> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b>. A <i>Twirl</i> is executed, as the legs symmetrically close to a <b>Vertical Position</b>. Continuing in the same direction, a rapid <i>180° Spin</i> is executed. [DD 2.7]</p>	<p><b>1B. Rocket Split Twirl</b></p> <p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface of the water, a <i>Thrust</i> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b>. A <i>Twirl</i> is executed, as the legs symmetrically close to a <b>Vertical Position</b>. A <i>Vertical Descent</i> is executed at the same tempo as the <i>Thrust</i>. [DD 2.5]</p>
<p><b>2A. Front Pike – Vertical 360° Rotation – Full Twist to Bent Knee – Continuous Spin 720°</b></p> <p>From a <b>Front Pike Position</b>, the legs are lifted to a <b>Vertical Position</b> as a rotation of 360° is executed. Continuing in the same direction, a <i>Full Twist</i> is executed as one leg is lowered to a <b>Bent Knee Vertical Position</b>. Continuing in the same direction, a <i>Continuous Spin 720°</i> (2 rotations) is executed as the bent knee is extended to join the vertical leg to a <b>Vertical Position</b> completed as the ankles reach the surface of the water and continues through submergence. [DD 2.4]</p>	<p><b>2B. Front Pike – Vertical 180° Rotation – Half Twist to Bent Knee – Continuous Spin 720°</b></p> <p>From a <b>Front Pike Position</b>, the legs are lifted to a <b>Vertical Position</b> as a rotation of 180° is executed. Continuing in the same direction, a <i>Half Twist</i> is executed as one leg is lowered to a <b>Bent Knee Vertical Position</b>. Continuing in the same direction, a <i>Continuous Spin 720°</i> (2 rotations) is executed as the bent knee is extended to join the vertical leg to a <b>Vertical Position</b> completed as the ankles reach the surface of the water and continues through submergence. [DD 2.2]</p>
<p><b>3. Manta Ray Half Twist</b></p> <p>From a <b>Back Layout Position</b>, a <b>Ballet Leg</b> is assumed and the shin of the <b>horizontal leg</b> is drawn along the surface of the water to assume a <b>Surface Flamingo Position</b>, traveling headfirst. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg straightens with the knee at the surface of the water to assume a <b>Fishtail Position</b>. The horizontal leg is lifted to a <b>Vertical Position</b>, as the body rotates 180°. The direction of the 180° rotation is closing externally to the horizontal leg. (Note: a right flamingo start requires the left shoulder back during the 180° rotation and a left flamingo start requires the right shoulder back during the 180° rotation). The legs are lowered rapidly simultaneously to a <b>Bent Knee Surface</b></p>	

<p><b>Arch Position.</b> (Note: the Bent Knee Surface Arch Position can be assumed by using either leg). The bent knee is straightened to a Surface Arch Position, and with continuous motion an Arch to Back Layout Finish Action is executed. [DD 3.0]</p>	
<p><b><u>Note:</u></b> <i>Half Twist</i> must be rapid.</p>	
<p><b><u>4. Mixed Duet Technical Additional Routine Requirement</u></b> - <u>One</u> Free Hybrid must be performed. <u>Placement within the routine is optional.</u></p>	
<p><b><u>5. Mixed Duet Technical Additional Routine Requirement</u></b> - <u>One Required Hybrid (must contain only 1 Thrust declaration and 2 different Connection declarations – i.e. T8 C3 C4)</u> must be performed. <u>Placement within the routine is optional.</u></p>	
<p><b><u>6. Mixed Duet Technical Additional Routine Requirement</u></b> - <u>Two</u> Pair Acrobatics* (free choice, but must not repeat the same Acrobatic) must be performed. <u>Placement within the routine is optional.</u> *See Article 1, Section 1.05.</p>	
<p><b><u>7. Mixed Duet Technical Additional Routine Requirement</u></b> - <u>Three declared Sustained Surface Connections ("SuCon") with travel (1m or more) or rotation (180° or more)</u> must be performed. <u>Placement within the routine is optional.</u></p>	
<p><b><u>8. Mixed Duet Technical General Routine Requirements*</u></b> - <u>Only Technical Required Elements must be performed simultaneously and facing the same direction. Deck Work and Entry into the water, Free Hybrid, Required Hybrid, Entry into or Exit out of Technical Required Elements, Transitions and Pair Acrobatics DO NOT have this restriction and MAY be performed freely (non-simultaneous and facing different directions.</u> *See Article 2, Section 2.05.</p>	

**JUNIOR / SENIOR TECHNICAL REQUIRED ELEMENTS FOR TECHNICAL ROUTINES (continued)**

**TEAM TECHNICAL REQUIRED ELEMENTS (2:50)**

Technical Required Elements # 1-5 may be performed in any order. Placement of additional routine requirements # 6-8 is optional.

<p><b>1A. Flying Fish Hybrid Spinning 180°</b>  From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface of the water, a <i>Thrust</i> is executed to a <b>Vertical Position</b> and with no loss of height, one leg is rapidly lowered to an airborne <b>Fishtail Position</b>. Without a pause, the horizontal leg is rapidly lifted to a <b>Vertical Position</b>, followed by a rapid <math>180^\circ</math> <i>Spin</i>. [DD 2.5]</p>	<p><b>1B. Flying Fish Hybrid</b>  From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface of the water, a <i>Thrust</i> is executed to a <b>Vertical Position</b> and with no loss of height, one leg is rapidly lowered to an airborne <b>Fishtail Position</b>. Without a pause, the horizontal leg is rapidly lifted to a <b>Vertical Position</b>, followed by a <i>Vertical Descent</i>. [DD 2.3]</p>
<p><b>2A. Vertical – Full Twist to Bent Knee – Full Twist to Vertical – Open 180° – Walkout</b>  From a <b>Vertical Position</b>, a <i>Full Twist</i> is executed as one leg is lowered to a <b>Bent Knee Vertical Position</b>. Continuing in the same direction, another <i>Full Twist</i> is executed as the bent knee is extended to a <b>Vertical Position</b>. Continuing in the same direction, a <i>Half Twist</i> is executed as the legs are symmetrically lowered to a <b>Split Position</b>. A <i>Walkout Front</i> is executed. [DD 2.6]</p>	<p><b>2B. Vertical – Half Twist to Bent Knee – Half Twist to Vertical – Split – Walkout</b>  From a <b>Vertical Position</b>, a <i>Half Twist</i> is executed as one leg is lowered to a <b>Bent Knee Vertical Position</b>. Continuing in the same direction, another <i>Half Twist</i> is executed as the bent knee is extended to a <b>Vertical Position</b>. The legs are symmetrically lowered to a <b>Split Position</b>. A <i>Walkout Front</i> is executed. [DD 2.3]</p>
<p><b>Fouette` Rotation</b>  From a <b>Fishtail Position</b>, with the horizontal leg leading toward the vertical leg, a rapid <math>180^\circ</math> rotation is executed as the front leg bends to assume a <b>Bent Knee Vertical Position</b>. The bent leg rapidly extends to a <b>Fishtail Position</b>.</p>	
<p><b>3A. Two Fouette` Rotations – Vertical – Continuous Spin 720°</b>  From a <b>Fishtail Position</b>, 2 <i>Fouette` rotations</i> (<math>180^\circ + 180^\circ</math>) are executed. The horizontal leg is rapidly lifted to a <b>Vertical Position</b>. Continuing in the same direction, a <i>Continuous Spin 720°</i> (2 rotations) is executed. [DD 2.6]</p>	<p><b>3B. Two Fouette` Rotations – Vertical – Spinning 360°</b>  From a <b>Fishtail Position</b>, 2 <i>Fouette` rotations</i> (<math>180^\circ + 180^\circ</math>) are executed. The horizontal leg is rapidly lifted to a <b>Vertical Position</b>. Continuing in the same direction, a rapid <i>Spinning 360°</i> (1 rotation) is executed. [DD 2.3]</p>
<p><b>4. Butterfly Hybrid</b>  The <b>Butterfly Hybrid</b> is performed rapidly. From a <b>Front Pike Position</b>, one leg is lifted to a <b>Fishtail Position</b>. The horizontal leg is lifted through an arc of <math>180^\circ</math> as the vertical leg is lowered to assume a <b>Split Position</b>. Without a pause, a hip rotation of <math>180^\circ</math> is executed as the front leg is raised to assume a <b>Fishtail</b></p>	

<p><b>Position.</b> Continuing in the same direction, a 180° rotation is executed as the horizontal leg is lifted to a <b>Vertical Position.</b> The legs are lowered simultaneously to a <b>Bent Knee Surface Arch Position.</b> (Note: The <b>Bent Knee Surface Arch Position</b> can be assumed by using either leg.) The bent knee is straightened to a <b>Surface Arch Position</b> and with continuous motion, an <i>Arch to Back Layout Finish Action</i> is executed. [DD 2.9]</p>	
<p><b>5A. Rocket Split Bent Knee Twirl Hybrid</b> From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface of the water, a <i>Thrust</i> is executed to a <b>Vertical Position.</b> Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b>, followed by a rapid 180° rotation to assume an airborne <b>Bent Knee Vertical Position</b> with the front leg bent. A rapid <b>Vertical Descent</b> is executed as the bent knee is extended to join the vertical leg completed as the ankles reach the surface of the water followed by a <b>Vertical Descent</b>. [DD 2.4]</p>	<p><b>5B. Rocket Split Bent Knee Hybrid</b> From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface of the water, a <i>Thrust</i> is executed to a <b>Vertical Position.</b> Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b>, followed by the front leg rapidly bending and the back leg rapidly lifting to a vertical to assume an airborne <b>Bent Knee Vertical Position</b>. A rapid <b>Vertical Descent</b> is executed as the bent knee is extended to join the vertical leg completed as the ankles reach the surface of the water followed by a <b>Vertical Descent</b>. [DD 2.1]</p>
<p><b>6.</b> <b><u>Team Technical Additional Routine Requirement</u></b> - <u>Two</u> Free Hybrids, one of which must include a Cadence Action* must be performed by all Team members. <u>Placement within the routine is optional.</u> *See Article 1, Section 1.06.</p>	
<p><b>7.</b> <b><u>Team Technical Additional Routine Requirement</u></b> - One <u>Team</u> Acrobatic Movement* must be performed by all Team members. The Degree of Difficulty ("DD") for the Acrobatic Movement <u>must not exceed 3.0 inclusive of Base Mark value</u>. <u>Placement within the routine is optional.</u> *See Article 1, Sections 1.04.</p>	
<p><b>8.</b> <b><u>Team Technical Additional Routine Requirement</u></b> - The routine may contain a maximum of 1 Circle Pattern. <u>Placement within the routine is optional.</u></p>	
<p><b>9.</b> <b><u>Team Technical General Routine Requirements*</u></b> - <u>With the exception of the Deck Work, Entry into the water, getting into and out of the Circle (Team), and Acrobatics, the Technical Required Elements, Free Hybrids and Transitions are to be performed simultaneously and facing the same direction by all Team members.</u> *See Article 2, Section 2.04.</p>	
<p><b>Note:</b> The direction of propulsion may vary as long as all competitors are facing the same direction. Variations in propulsion and direction facing are permitted only during underwater pattern changes, underwater actions and <u>getting into</u> and finishing a Circle.</p>	

## REQUIREMENTS FOR COLLEGIATE TECHNICAL CATEGORY A AND B ROUTINES

### GENERAL REQUIREMENTS (1:30 +/- 5 seconds)

- 1. For Collegiate Technical Category A**, a compulsory routine with 4 Solo Technical Required Elements shall be determined by the Collegiate Committee.
- 2. For Collegiate Technical Category B**, a compulsory routine with 4 Team Technical Required Elements shall be determined by the Collegiate Committee.
- 3.** A preliminary video of the routine segment will be released to the coaches and judges prior to the Annual Meeting of the Corporation. Final changes to the video will be decided by the Collegiate Committee. If changes are made, an updated video and count sheet will be posted within 30 days following the conclusion of the Annual Meeting of the Corporation.
- 4.** The routine will be performed individually by each student-athlete. Student-athletes must perform the compulsory routine in accordance with the published video and count sheet.
- 5. Judging:** Judges shall award scores for the performance of the Technical Required Elements only. Adherence to the published count sheet for the Technical Required Elements shall be taken into consideration as a judging factor.
- 6. Penalties/Procedures:** Refer to USAAS Rules OD 4.6.1.2-3 for application of Figure Competition Penalties for all Technical Categories.  
The Figure scoring system shall be utilized to determine the results. During the Technical Required Elements, performing the incorrect leg or turning the incorrect direction shall result in a **zero (0)** score for that particular element.
- 7.** The Coach Card/Element Card is not required for Collegiate Technical Category A and B routines.

### COLLEGIATE TECHNICAL CATEOGRY A ELEMENTS

#### COMPULSORY ROUTINE ELEMENTS (1:30 +/- 5 seconds)

Technical Required Elements # 1-4 must be performed in the order listed.

- 1A. Thrust Continuous Spin 720°**  
From a Submerged Back Pike Position, with the legs perpendicular to the surface of the water, a Thrust Continuous Spin 720° (2 rotations) is executed. [DD 2.7]
- 2A. Combined Spin 1080° – Continuous Spin 1080°**  
From a Vertical Position, a Combined Spin 1080° is executed (3 rotations + 3 rotations). Continuing in the same direction and without a pause, a Continuous Spin 1080° (3 rotations) is executed. [DD 3.0]
- 3. Swordfish Straight Leg – Knight**  
From a Front Layout Position, the back arches as one leg is lifted in a 180° arc over the surface of the water to a Split Position. A hip rotation of 180° is executed as the front leg is rapidly raised to assume a Fishtail Position. Maintaining the vertical alignment of the body and with accelerating speed, the foot of the horizontal leg is moved in a horizontal arc of 180° at the surface of the water to a Knight Position, and with continuous motion and continuing in the same direction, an additional 180° rotation is executed. The vertical leg is lowered to a Surface Arch Position and with continuous motion an Arch to Back Layout Finish Action is executed. [DD 3.2]

**4A. Fishtail Half Twist – Continuous Spin 720°**

From a **Front Pike Position**, a rotation of 360° is executed as one leg is lifted to a **Fishtail Position**. Continuing in the same direction, a *Half Twist* in a **Fishtail Position** is executed. Continuing in the same direction, another rotation of 360° is executed, as the horizontal leg is lifted to a **Vertical Position**. Continuing in the same direction, a *Continuous Spin 720°* (2 rotations) is executed. [DD 2.9]

## COLLEGIATE TECHNICAL CATEOGRY B ELEMENTS

### **COMPULSORY ROUTINE ELEMENTS (1:30 +/- 5 seconds)**

Technical Required Elements # 1-4 must be performed in the order listed.

#### **1. Flying Fish Hybrid**

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface of the water, a **Thrust** is executed to a **Vertical Position** and with no loss of height, one leg is rapidly lowered to an airborne **Fishtail Position**. Without a pause, the horizontal leg is rapidly lifted to a **Vertical Position**, followed by a **Vertical Descent**. [DD 2.3]

#### **2. Vertical – Half Twist to Bent Knee – Half Twist to Vertical – Split – Walkout**

From a **Vertical Position**, a **Half Twist** is executed as one leg is lowered to a **Bent Knee Vertical Position**. Continuing in the same direction, another **Half Twist** is executed as the bent knee is extended to a **Vertical Position**. The legs are symmetrically lowered to a **Split Position**. A **Walkout Front** is executed. [DD 2.3]

#### **Fouette' Rotation**

From a **Fishtail Position**, with the horizontal leg leading toward the vertical leg, a rapid 180° rotation is executed as the front leg bends to assume a **Bent Knee Vertical Position**. The bent leg rapidly extends to a **Fishtail Position**.

#### **3. Two Fouette' Rotations – Vertical – Spinning 360°**

From a **Fishtail Position**, 2 **Fouette' rotations** (180° + 180°) are executed. The horizontal leg is rapidly lifted to a **Vertical Position**. Continuing in the same direction, a rapid **Spinning 360°** (1 rotation) is executed. [DD 2.3]

#### **4. Butterfly Hybrid**

The **Butterfly Hybrid** is performed rapidly. From a **Front Pike Position**, one leg is lifted to a **Fishtail Position**. The horizontal leg is lifted through an arc of 180° as the vertical leg is lowered to assume a **Split Position**. Without a pause, a hip rotation of 180° is executed as the front leg is raised to assume a **Fishtail Position**. Continuing in the same direction, a 180° rotation is executed as the horizontal leg is lifted to a **Vertical Position**. The legs are lowered simultaneously to a **Bent Knee Surface Arch Position**. (Note: The **Bent Knee Surface Arch Position** can be assumed by using either leg.) The bent knee is straightened to a **Surface Arch Position** and with continuous motion, an **Arch to Back Layout Finish Action** is executed. [DD 2.9]

## MASTERS TECHNICAL REQUIRED ELEMENTS

MASTERS SOLO (2:00) Technical Required Elements # 1-5 must be performed in the order listed unless a Coach Card/Element Card** has been submitted. Element # 6 may be performed at any time during the routine.	MASTERS DUET / TRIO (2:20) Technical Required Elements # 1-5 must be performed in the order listed unless a Coach Card/Element Card** has been submitted. Elements # 6-7 may be performed at any time during the routine.
<b>1. Fishtail</b> From a <b>Front Layout Position</b> , a <b>Front Pike Position</b> is assumed. One leg is lifted to a <b>Fishtail Position</b> and the second leg is lifted to a <b>Vertical Position</b> (the ending is optional). [DD 1.6]	<b>1. Fishtail</b> From a <b>Front Layout Position</b> , a <b>Front Pike Position</b> is assumed. One leg is lifted to a <b>Fishtail Position</b> and the second leg is lifted to a <b>Vertical Position</b> (the ending is optional). [DD 1.6]
<b>2. Split Position</b> followed by a <i>Walkout Front</i> or <i>Walkout Back</i> . [DD 1.3]	<b>2. Split Position</b> followed by a <i>Walkout Front</i> or <i>Walkout Back</i> . [DD 1.3]
<b>3. Spinning 180°</b> From a <b>Bent Knee Vertical Position</b> , a <i>Spin 180°</i> is executed as the legs are joined to a <b>Vertical Position</b> at the ankles followed by submergence. [DD 1.1]	<b>3. Spinning 180°</b> From a <b>Bent Knee Vertical Position</b> , a <i>Spin 180°</i> is executed as the legs are joined to a <b>Vertical Position</b> at the ankles followed by submergence. [DD 1.1]
<b>4. Traveling Ballet Leg Combination</b> Beginning in a <b>Back Layout Position</b> to include any 2 of the following positions: <b>Right Bent Knee Back Layout</b> ; <b>Left Bent Knee Back Layout</b> ; <b>Right Ballet Leg</b> ; <b>Left Ballet Leg</b> ; <b>Right Flamingo</b> ; <b>Left Flamingo</b> or <b>Double Ballet Leg</b> . [DD 1.3]	<b>4. Traveling Ballet Leg Combination</b> Beginning in a <b>Back Layout Position</b> to include any 2 of the following positions: <b>Right Bent Knee Back Layout</b> ; <b>Left Bent Knee Back Layout</b> ; <b>Right Ballet Leg</b> ; <b>Left Ballet Leg</b> ; <b>Right Flamingo</b> ; <b>Left Flamingo</b> or <b>Double Ballet Leg</b> . [DD 1.3]
<b>5. Barracuda Bent Knee</b> From the <b>Back Pike Position</b> , with the legs perpendicular and the toes just below the surface of the water, a <b>Thrust</b> is executed as one leg is drawn along the inside of the other extended leg to assume a <b>Bent Knee Vertical Position</b> . A <b>Vertical Descent</b> is executed in the <b>Bent Knee Vertical Position</b> at the same tempo as the <b>Thrust</b> . [DD 1.6]	<b>5. Barracuda Bent Knee</b> From the <b>Back Pike Position</b> , with the legs perpendicular and the toes just below the surface of the water, a <b>Thrust</b> is executed as one leg is drawn along the inside of the other extended leg to assume a <b>Bent Knee Vertical Position</b> . A <b>Vertical Descent</b> is executed in the <b>Bent Knee Vertical Position</b> at the same tempo as the <b>Thrust</b> . [DD 1.6]
<b>6. Solo Technical Additional Routine Requirement</b> - <b>Two (2) Forms of Propulsion</b> – must include eggbeater traveling sideways and/or forward (arms are optional).	<b>6. Duet and Trio Technical Additional Routine Requirement</b> - <b>Two (2) Forms of Propulsion</b> – must include eggbeater traveling sideways and/or forward (arms are optional).

	<p><b>7. <u>Duet and Trio Technical Additional Routine Requirement - Joined Action</u></b> – where the competitors are connected (touching) in some manner to perform 1 of the following: a connected figure, or a connected float or connected stroking.</p> <p>a. All competitors must perform the Joined Action simultaneously. Mirror action is permitted.</p>
	<p><b>8. <u>Duet and Trio Technical General Routine Requirements</u></b> - With the exception of the Deck Work, Entry and as noted in the Joined Action, all Elements – required and supplementary – must be performed simultaneously and facing the same direction by all competitors. Variations in propulsion and direction facing are permitted during pattern changes.</p>

\*\* The Coach Card/Element Card is only required for Masters routines when the Technical Required Elements are performed in a different order than listed in this Appendix L.

## MASTERS TECHNICAL REQUIRED ELEMENTS (continued)

### MASTERS TEAM (2:50)

Technical Required Elements # 1-5 must be performed in the order listed unless a Coach Card/Element Card\*\* has been submitted. Elements # 6-9 may be performed at any time during the routine.

#### 1. Fishtail

From a **Front Layout Position**, a **Front Pike Position** is assumed. One leg is lifted to a **Fishtail Position** and the second leg is lifted to a **Vertical Position** (the ending is optional). [DD 1.6]

#### 2. Split Position followed by a Walkout Front or Walkout Back. [DD 1.3]

#### 3. Spinning 180°

From a **Bent Knee Vertical Position**, a *Spin 180°* is executed as the legs are joined to a **Vertical Position** at the ankles followed by submergence. [DD 1.1]

#### 4. Traveling Ballet Leg Combination

Beginning in a **Back Layout Position** to include any 2 of the following positions: **Right Bent Knee Back Layout**; **Left Bent Knee Back Layout**; **Right Ballet Leg**; **Left Ballet Leg**; **Right Flamingo**; **Left Flamingo** or **Double Ballet Leg**. [DD 1.3]

#### 5. Barracuda Bent Knee

From the **Back Pike Position**, with the legs perpendicular and the toes just below the surface of the water, a *Thrust* is executed as one leg is drawn along the inside of the other extended leg to assume a **Bent Knee Vertical Position**. A *Vertical Descent* is executed in the **Bent Knee Vertical Position** at the same tempo as the *Thrust*. [DD 1.6]

#### 6. Team Technical Additional Routine Requirement – Two (2) Forms of Propulsion – must include eggbeater traveling sideways and/or forward (arms are optional).

#### 7. Team Technical Additional Routine Requirement - Joined Action – where the competitors are connected (touching) in some manner to perform 1 of the following: a connected figure, or a connected float or connected stroking.

- All competitors must perform the Joined Action simultaneously. Mirror action is permitted.

#### 8. Team Technical Additional Routine Requirement - Cadence Action – See Article 1, Section 1.06.

#### 9. Team Technical Additional Routine Requirement - Patterns – must show a Circle and a straight line. Elements may be performed when in the Circle or the straight line patterns.

#### 10. Team Technical General Routine Requirements - With the exception of the Deck Work, Entry, the Cadence Action and as noted in the Joined Action, all Elements – required and supplementary – must be performed simultaneously and facing the same direction by all Team members. Team members need not face the same direction in the Circle Pattern. Variations in propulsion and direction facing are permitted during pattern changes. Mirror actions are not permitted except as specified in the description of the Elements.

\*\* The Coach Card/Element Card is only required for Masters routines when the Technical Required Elements are performed in a different order than listed in this Appendix L.

## ARTICLE 6

### ROUTINE DISQUALIFICATION

ALL	<p><b>Changes or Scratches:</b> Failure to notify the Scoring Chair and/or the Event Referee, in writing, before swimming, of all changes or scratches will result in disqualification of the routine.</p>
ALL	<p><b>Lack of a Reserve:</b> A Team and Acrobatic Routine shall consist of 4, but no more than 8 competitors. A Free Combination shall consist of 4, but no more than 10 competitors. The number of Team, Acrobatic Routine and Free Combination competitors may not <u>change</u> between the Preliminary and Final event, or between Technical and Free routines.</p> <ul style="list-style-type: none"><li>• If the lack of a reserve reduces the Team, Acrobatic Routine or Free Combination size to less than that defined in <u>USAAS Rules CP 5.1.1-3 and this Appendix L</u>, the routine shall be disqualified.</li></ul> <p><b>Exception:</b> For U.S. Junior Olympic, Regional Junior Olympic and Association Junior Olympic Championships, an Acrobatic Routine shall consist of 4 but not more than 10 competitors.</p>
ALL	<p><b>Stop Swimming/Use of Pool Wall:</b> If one (1) or more competitor(s) stops swimming or makes clear support use of the pool wall before the routine is completed, the routine will be disqualified. The Event Referee shall assess if the cessation is caused by circumstances beyond the control of the competitor(s). The Event Referee may allow the routine to be re-swum during the session.</p> <p><b>Exception:</b> For AWD competitions, if the Event Referee stops the swim of the routine a second time because of a competitor who is in distress, the routine shall be disqualified.</p>

## ARTICLE 7

(New)

### GENERAL PENALTIES FOR 12&U, YOUTH, JUNIOR, SENIOR AND COLLEGIATE ROUTINES

ALL	<p><b>Deck Walk-on:</b> An <b>eight (8)</b> point penalty shall be deducted from the Routine score if the time limit of 20 seconds (Solo, Duet) or 30 seconds (Mixed Duet, Trio, Team, Acrobatic and Free Combination) for the deck walk-on is exceeded.</p>
ALL	<p><b>Deck Movements:</b> An <b>eight (8)</b> point penalty shall be deducted from the Routine score if the time limit of ten (10) seconds for deck movements is exceeded.</p>
ALL	<p><b>New Start:</b> A <b>two (2)</b> point penalty shall be deducted from the Routine score if a routine is interrupted by a competitor during the deck movements and a new start is allowed.</p>

ALL	<p><b>Overall Routine Time:</b> An <b>eight (8)</b> point penalty shall be deducted from the Routine score if there is a deviation from the specified routine time limit allowed (<b>less or more than</b>) for the routine and in accordance with USAAS Rules CP 4.2.2, CO 2.4.5 and this Appendix L Time Requirements.</p> <p><b>Exception:</b> In the following competitions, there shall be an allowance of 5 seconds plus the allotted time limit, but there shall be <b>no</b> minimum time limit.</p> <ul style="list-style-type: none"> <li>• U.S. Junior Olympic, Regional Junior Olympic and Association Junior Olympic Championships.</li> <li>• Collegiate Dual, Invitational, Regional and other routine competitions exception, see USAAS Rule CO 2.4.5.1.</li> </ul>
ALL	<p><b>Deliberate Use of Bottom to Propel:</b> An <b>eight (8)</b> penalty shall be deducted from the Routine score if a competitor has made deliberate use of the bottom of the pool during a routine to propel themself.</p>
DUET, MIXED DUET, TRIO, TEAM, ACROBATIC ROUTINE, FREE COMBINATION	<p><b>Deliberate Use of Bottom to Assist:</b> An <b>eight (8)</b> point penalty shall be deducted from the Routine score if a competitor has made deliberate use of the bottom of the pool to assist another competitor. No penalty will be applied when the contact with the bottom of the pool results from the competitor's self-protection from injuries by impact.</p>
ALL	<p><b>Base Mark:</b> All Free Elements (Hybrids and Acrobatic Movements) have a calculated <b>Base Mark</b> that is the minimum Degree of Difficulty that will be applied if 1 or more components of the element is not performed or is not in conformance to what is declared on the Coach Card/Element Card.</p>
ALL	<p><b>Exceeding Free Hybrid Maximums:</b> If 5x per family or 3x per technique is exceeded in a Free Hybrid, the Difficulty Technical Controllers (DTC) shall apply a <b>Base Mark</b> to the Free Hybrid.</p> <p><b>Exception:</b> Does not apply to the Acrobatic Routine.</p> <p><b>Note:</b> Refer to the AQUA revised Hybrid Difficulty Table.</p>
ALL	<p><b>Exceeding Number of Predetermined Elements:</b> A <b>two (2)</b> point penalty shall be deducted from the Elements score for each element exceeding the predetermined number assigned to the particular event and category.</p> <p><b>Note:</b> No additional difficulty will be calculated for Elements over the predetermined number assigned to the particular event and category.</p>
ALL TECHNICAL ROUTINES	<p><b>Omit All, Part or Incorrect Action of Technical Required Element:</b> If a competitor omits all or part of a Technical Required Element or performs an incorrect action in a Technical Required Element, the Difficulty Technical Controllers (DTC) shall make note that the declared movement was not correct. If the DTC video review confirms a violation, a <b>zero (0)</b> will be assigned as the Degree of Difficulty for this particular Technical Required Element.</p>
ALL TECHNICAL ROUTINES	<p><b>Swum Out of Order:</b> The Difficulty Technical Controller (DTC) shall inform the Referee to submit a <b>zero (0)</b> for each Technical Required Element #1 - 5 (Solo, Duet, Trio, Team) or # 1-3 (Mixed Duet) swum out of the order declared on the Coach Card/Element Card (each violation of General Requirement, Article 1, Section 1.03).</p>

TEAM TECH, TEAM FREE, ACROBATIC ROUTINE	<b>Less than Eight:</b> A half (0.5) point penalty shall be deducted from the Total score for each competitor less than eight (8). Refer to USAAS Rules CP 5.1.1 and 5.1.3.						
FREE COMBINATION	<b>Less than Ten:</b> A half (0.5) point penalty shall be deducted from the Total score for each competitor less than ten (10). Refer to USAAS Rule CP 5.1.2.						
TECHINCAL & FREE ROUTINES - DUET, MIXED DUET, TRIO, TEAM, ACROBATIC ROUTINE, FREE COMBINATION	<p><b>Synchronization Errors and Penalty Values</b></p> <p>For all routines, the sum of all synchronization errors (unequal actions) observed by the Synchronization Technical Controllers (STC), (each factored by its assigned value) will be deducted from the Elements score. Types of Synchronization errors and penalty values are:</p> <table border="1"> <tr> <td>Small</td><td>0.1 points</td></tr> <tr> <td>Obvious</td><td>0.5 points</td></tr> <tr> <td>Major</td><td>3.0 points</td></tr> </table> <p>The description of small, obvious, and major synchronization errors (unequal actions) is detailed in the World Aquatics Scoring Synchronization Guide. Maximum deduction can reduce the Elements score to <b>zero (0)</b>, but not to a negative Elements score.</p>	Small	0.1 points	Obvious	0.5 points	Major	3.0 points
Small	0.1 points						
Obvious	0.5 points						
Major	3.0 points						
SOLO TECH	<p><b>Additional Routine Requirement # 6:</b> An <b>eight (8)</b> point penalty shall be deducted from the Elements score for violation of Solo Technical Additional Routine Requirement # 6.</p> <p>6 - One (1) Free Hybrid must be performed.</p>						
DUET TECH	<p><b>General Routine Requirement # 8:</b> A <b>two (2)</b> point penalty shall be deducted from the Elements score for each violation of Duet Technical General Routine Requirement # 8 (See Article 2, Section 2.04).</p> <p>8 - With the exception of Deck Work and Entry into the water, getting into and out of the Circle (Team), and Acrobatics, Technical Required Elements, Free Hybrids and Transitions are to be performed simultaneously and facing the same direction by all Duet members.</p>						
DUET TECH	<p><b>Additional Routine Requirements # 6 and # 7:</b> An <b>eight (8)</b> point penalty shall be deducted from the Elements score for violation of Duet Technical Additional Routine Requirements # 6 and # 7.</p> <p>6 - One (1) Free Hybrid must be performed. 7 - One (1) Pair Acrobatic must be performed.</p>						
MIXED DUET TECH	<p><b>General Routine Requirement # 8:</b> A <b>two (2)</b> point penalty shall be deducted from the Elements score for each violation of Mixed Duet Technical General Routine Requirement # 8. (See Article 2, Section 2.05)</p> <p>8 – Only Technical Required Elements must be performed simultaneously and facing the same direction. Deck Work and Entry into the water, Free Hybrid, Required Hybrid, Entry into or Exit out of Technical Required Elements, Transitions and Pair Acrobatics DO NOT have this restriction and MAY be performed freely (non-simultaneous and facing different directions).</p>						

MIXED DUET TECH	<p><b>Additional Routine Requirements # 4, 5, 6 and 7:</b> An <b>eight (8)</b> point penalty shall be deducted from the Elements score for each violation of Mixed Duet Technical Additional Routine Requirements # 4, 5, 6 and 7.</p> <p>4 - One (1) Free Hybrid  5 - One (1) Required Hybrid which must contain only 1 <i>Thrust</i> declaration and 2 different Connection declarations  6 - Two (2) Pair Acrobatics of free choice but must not repeat the same Acrobatic  7 - Three (3) declared Sustained Surface Connections (“SuCon”) with travel (1m or more) or rotation (180° or more)</p>
MIXED DUET TECH	<p><b>Repetition of Pair Acrobatic (Additional Routine Requirement # 6):</b> A <b>Base Mark</b> shall be applied for any repetition of Pair Acrobatics (the same Pair Acrobatic code may not be used).</p> <p>6 - Two (2) Pair Acrobatics (free choice, but must not repeat the same Acrobatic) must be performed.</p>
TEAM TECH	<p><b>General Routine Requirement # 9:</b> A <b>two (2)</b> point penalty shall be deducted from the Elements score for each violation of Team Technical General Routine Requirement # 9. (See Article 2, Section 2.04.)</p> <p>9 - With the exception of Deck Work and Entry into the water, getting into and out of the Circle (Team), and Acrobatics, Technical Required Elements, Free Hybrids and Transitions are to be performed simultaneously and facing the same direction by all Team members.</p>
TEAM TECH	<p><b>Additional Routine Requirements # 6 and 7:</b> An <b>eight (8)</b> point penalty shall be deducted from the Elements score for each violation of Team Technical Additional Routine Requirements # 6 and 7.</p> <p>6 - Two (2) Free Hybrids, one of which must include a Cadence Action must be performed by all Team members  7 - One (1) Team Acrobatic Movement must be performed by all Team members. The Degree of Difficulty (“DD”) for the Acrobatic Movement <u>must not exceed 3.0 inclusive of the Base Mark value</u>.</p>
TEAM TECH	<p><b>Maximum of One Circle Pattern (Additional Routine Requirement # 8):</b> A <b>two (2)</b> point penalty shall be deducted from the Elements score if a Team Technical routine exceeds a maximum of one (1) Circle Pattern.</p> <p>8 - The routine may contain a maximum of one (1) Circle Pattern.</p>
TEAM TECH	<p><b>Routine Requirement # 7 DD:</b> A <b>Base Mark</b> shall be applied for a violation of Team Technical DD Additional Routine Requirement # 7 for the Acrobatic Movement exceeding 3.00 (inclusive of the BM value of 0.5).</p> <p>7 - One <u>Team</u> Acrobatic Movement must be performed by all Team members. The Degree of Difficulty (“DD”) for the Acrobatic Movement <u>must not exceed 3.0 inclusive of the Base Mark value</u>.</p>

FREE ROUTINES - SOLO, DUET, MIXED DUET, TRIO, TEAM, FREE COMBINATION	<p><b>Not Including a Skill from every Family:</b> An <b>eight (8)</b> point penalty shall be deducted from the Elements score for NOT including a skill from every family in the routine (with the exception of connections in Solo).</p> <p><b>Note:</b> For <u>Duet</u>, <u>Mixed Duet</u>, <u>Trio</u> and <u>Team Free routines</u>, all routine members must perform that skill in the same declaration on the Coach Card/Element Card (not factored). <u>For Free Combination</u>, all routine members must perform that skill in the same declaration on the Coach Card/Element Card (not factored) if performed during the Duet, Trio or Team Free Hybrids.</p> <p><b>Clarification:</b> For <u>Free Combination</u>, must include 1 declaration from each family in the routine (counted across Solo, Duet, Trio and Team DD Hybrids)</p> <p><b>Note:</b> Refer to Routine Requirements – Set Number of Elements Charts per Age Division.</p>
DUET FREE, MIXED DUET FREE, COLLEGIATE TRIO	<p><b>Repetition of Pair Acrobatic:</b> A <b>Base Mark</b> shall be applied for any repetition of Pair Acrobatics (the same Pair Acrobatic code may not be used).</p> <p><u>Junior, Senior and Collegiate Duet Free</u> – Two (2) Pair Acrobatics (free choice, but must not repeat the same Acrobatic) must be performed.</p> <p><u>12&amp;U and Youth Mixed Duet Free</u> – Two (2) Pair Acrobatics (free choice, but must not repeat the same Acrobatic) must be performed.</p> <p><u>Junior and Senior Mixed Duet Free and Collegiate Trio</u> – Three (3) Pair Acrobatics (free choice, but must not repeat the same Acrobatic) must be performed.</p> <p><b>Exception:</b> 12&amp;U and Youth Duet Free are only allowed 1 Pair acrobatics.</p>
MIXED DUET FREE	<p><b>Additional Required Movements Not Performed:</b> A <b>two (2)</b> point penalty shall be deducted from the Artistic Impression score for each of the additional required movements not performed (Routine Requirements – Set Number of Elements Chart per Age Division).</p> <p>- A minimum of 3 (<b>12&amp;U/Youth</b>) or 4 (<b>Junior/Senior</b>) declared Sustained Surface Connections (“SuCon”) with travel (1m or more) or rotation (180° or more).</p>
ALL 12&U ROUTINES	<p><b>Exceeding the Hybrid Safety Limit of 7.0:</b> A <b>Base Mark</b> shall be applied for each violation of the Hybrid Safety Limit Degree of Difficulty of 7.0 (inclusive of Base Mark value of 0.5). (Routine Requirements – Set Number of Elements Chart)</p>
12&U TEAM FREE, 12&U FREE COMBINATION	<p><b>Exceeding the Team Acrobatic Movement DD Safety Limit:</b> A <b>Base Mark</b> shall be applied for each Acrobatic Movement exceeding the DD safety limit (Routine Requirements – Set Number of Elements Chart):</p> <p>Group A (2.5) Group B (2.6) Group C (2.6) Group P (2.8)</p> <p>All DD limits are inclusive of Base Mark value of 0.5. Acrobatic Movements cannot have a DD higher than the Total DD (Max).</p>

<p>YOUTH TEAM FREE, YOUTH FREE COMBINATION, 16-19/20 FREE COMBINATION</p>	<p><b>Exceeding the Team Acrobatic Movement DD Safety Limit: A Base Mark</b> shall be applied for each Acrobatic Movement exceeding the DD safety limit (Routine Requirements – Set Number of Elements Chart):</p> <p>Group A (2.7) Group B (2.8) Group C (2.8) Group P (3.0)</p> <p>All DD limits are inclusive of Base Mark value of 0.5. Acrobatic Movements cannot have a DD higher than the Total DD (Max).</p>
<p>TEAM FREE, ACROBATIC ROUTINE, FREE COMBINATION</p>	<p><b>Repetition of Team Acrobatic Movements: A Base Mark</b> shall be applied for any repetition of Acrobatic Movements (Routine Requirements – Set Number of Elements Chart).</p> <p><u>For Team Free/Acrobatc Routine/Free Combination</u> - Must not repeat the same Acrobatic is defined as:</p> <p><b>For Group A</b> – cannot repeat the same position(s) (as P1 or as P2), with the exception of the 3<sup>rd</sup> position bonus</p> <p><b>For Group B</b> – cannot repeat the same construction and cannot repeat the same type of connection (grip)</p> <p><b>For Group C</b> – cannot repeat the same construction</p> <p><b>For Group P</b> – cannot repeat the same construction and cannot repeat the same type of connection (grip), AND cannot repeat the same position(s) (as P1 or as P2), with the exception of the 3<sup>rd</sup> position bonus</p>
<p>ACROBATIC ROUTINE</p>	<p><b>General Requirements # 4 and 5: A Base Mark</b> shall be applied for each violation of Acrobatic Routine General Requirements # 4 or 5.</p> <p>4 - A maximum of two (2) Acrobatics from any group (A, B, C or P) may be performed. If a 3<sup>rd</sup> Acrobatic from the same group is performed, that Acrobatic will go to Base Mark.</p> <p>5 - Acrobatics must not be repeated</p>
<p>ACROBATIC ROUTINE</p>	<p><b>General Requirement # 6:</b> An <b>eight (8)</b> point penalty shall be deducted from the Routine score for each violation of Acrobatic Routine General Requirement # 6.</p> <p>6 - The Routine must portray a Theme, which must be declared on the Coach Card/Element Card.</p>
<p>ACROBATIC ROUTINE</p>	<p><b>Required Element # 1:</b> An <b>eight (8)</b> point penalty shall be deducted from the Elements score for each violation of Acrobatic Routine Required Element # 1.</p> <p>1 - Seven (7) Team Acrobatic Movements: one from each Acrobatic group (A, B, C, P), and three (3) more Team Acrobatic Movements of free choice as per the general requirements.</p>
<p>FREE COMBINATION</p>	<p><b>General Requirements # 2-5:</b> An <b>eight (8)</b> point penalty shall be deducted from the Routine score for violations of each Free Combination Routine General Requirement # 2-5 in Article 4.</p> <p>2 - Start may be on the deck or in the water, or a combination of both.</p> <p>3 - All subsequent parts must start in the water.</p> <p>4 - A new part begins in very close proximity to the previous part.</p>

	5 - The routine must portray a Theme, which must be declared on the Coach Card/Element Card.
FREE COMBINATION	<p><b>Required Element # 1:</b> A <b>two (2)</b> point penalty shall be deducted from the Elements score for each violation of Free Combination Routine Required Element # 1 in Article 4.</p> <p>1 - At least two (2) parts must have fewer than three (3) competitors and at least two (2) parts must have all competitors.</p>
12&U FREE COMBINATION	<p><b>Routine Requirements – Set Number of Elements Chart – 12&amp;U Free Combination:</b> A <b>Base Mark</b> shall be applied for each violation of 12&amp;U Free Combination Routine Requirements.</p> <ul style="list-style-type: none"> <li>a) Three (3) Team Acrobatics with DD safety limit (free choice, but must not repeat the same Acrobatic)</li> <li>b) One (1) x DD Solo Hybrid</li> <li>c) One (1) x DD Duet Hybrid</li> <li>d) Two (2) x DD Team Hybrids (must be executed with a minimum of four (4) competitors)</li> <li>e) One (1) x Team Choreography Hybrid (<u>“ChoHY”</u>) with no DD (i.e. factor of 1.0) must be executed with a minimum of four (4) competitors</li> <li>f) Element parts cannot occur simultaneously (i.e. Team Acrobatic occurs while Solo Hybrid starts)</li> </ul>
YOUTH FREE COMBINATION	<p><b>Routine Requirements – Set Number of Elements Chart – Youth Free Combination:</b> A <b>Base Mark</b> shall be applied for each violation of Youth Free Combination Routine Requirements.</p> <ul style="list-style-type: none"> <li>a) Four (4) Team Acrobatics with DD safety limit (free choice, but must not repeat the same Acrobatic)</li> <li>b) One (1) x DD Solo Hybrid</li> <li>c) One (1) x DD Duet Hybrid</li> <li>d) Two (2) x DD Team Hybrids (must be executed with a minimum of four (4) competitors)</li> <li>e) One (1) x Team Choreography Hybrid (<u>“ChoHY”</u>) with no DD (i.e. factor of 1.0) must be executed with a minimum of four (4) competitors</li> <li>f) Element parts cannot occur simultaneously (i.e. Team Acrobatic occurs while Solo Hybrid starts)</li> </ul>
16-19/20 FREE COMBINATION	<p><b>Routine Requirements – Set Number of Elements Chart – 16-19/20 Free Combination:</b> A <b>Base Mark</b> shall be applied for each violation of 16-19/20 Free Combination Routine Requirements.</p> <ul style="list-style-type: none"> <li>a) Four (4) Team Acrobatics with DD safety limit (free choice, but must not repeat the same Acrobatic)</li> <li>b) One (1) x DD Solo Hybrid</li> <li>c) One (1) x DD Duet Hybrid</li> <li>d) One (1) x DD Trio Hybrid</li> <li>e) Two (2) x DD Team Hybrids (must be executed with a minimum of four (4) competitors)</li> <li>f) One (1) x Team Choreography Hybrid (<u>“ChoHY”</u>) with no DD (i.e. factor of 1.0) must be executed with a minimum of four (4) competitors</li> <li>g) Element parts cannot occur simultaneously (i.e. Team Acrobatic occurs while Solo Hybrid starts)</li> </ul>

## ARTICLE 8

### GENERAL PENALTIES FOR NOVICE, INTERMEDIATE AND MASTERS ROUTINES

ALL	<b>Deck Walk-on:</b> A <b>one (1)</b> point penalty shall be deducted from the Routine score if the time limit of 20 seconds (Solo, Duet) or 30 seconds (Mixed Duet, Trio, Team) for the deck walk-on is exceeded.
INTERMEDIATE & MASTERS FREE COMBINATION	<b>Deck Walk-on:</b> A <b>one (1)</b> point penalty shall be deducted from the Routine score if the time limit 30 seconds for the deck walk-on is exceeded.
ALL	<b>Deck Movements:</b> A <b>one (1)</b> point penalty shall be deducted from the Routine score if the time limit of ten (10) seconds for deck movements is exceeded.
ALL	<b>New Start:</b> A <b>two (2)</b> point penalty shall be deducted from the Routine score if a routine is interrupted by a competitor during the deck movements and a new start is allowed.
ALL	<b>Overall Routine Time:</b> A <b>one (1)</b> point penalty shall be deducted from the Routine score if there is a deviation from the specified routine time limit allowed ( <b>more than</b> ) for the routine and in accordance with USAAS Rules CP 4.2.2, MS 4.3.2, MS 4.4.1 and this Appendix L Time Requirements.
ALL	<b>Deliberate Use of Bottom to Propel:</b> A <b>two (2)</b> penalty shall be deducted from the Routine score if a competitor has made deliberate use of the bottom of the pool during a routine to propel themselves.
DUET, TRIO, TEAM	<b>Deliberate Use of Bottom to Assist:</b> A <b>two (2)</b> point penalty shall be deducted from the Routine score if a competitor has made deliberate use of the bottom of the pool to assist another competitor. No penalty will be applied when the contact with the bottom of the pool results from the competitor's self-protection from injuries by impact.
INTERMEDIATE & MASTERS FREE COMBINATION	<b>Deliberate Use of Bottom to Assist:</b> A <b>two (2)</b> point penalty shall be deducted from the Routine score if a competitor has made deliberate use of the bottom of the pool to assist another competitor. No penalty will be applied when the contact with the bottom of the pool results from the competitor's self-protection from injuries by impact.
INTERMEDIATE ROUTINES	<b>Base Mark:</b> All Free Elements (Hybrids and Acrobatics) have a calculated Base Mark that is the minimum Degree of Difficulty that will be applied if 1 or more components of the element is not performed or is not in conformance to what is declared in the Coach Card/Element Card.
NOVICE AND INTERMEDIATE ROUTINES	<b>Exceeding Number of Predetermined Elements:</b> A <b>two (2)</b> point penalty shall be deducted from the Elements score for each element exceeding the predetermined number assigned to the particular event and category.  <b>Note:</b> No additional difficulty will be calculated for Elements over the predetermined number assigned to the particular event and category.

ALL	<p><b>Omit All, Part or Incorrect Action of Technical Required Element:</b> If a competitor omits all or part of a Technical Required Element or performs an incorrect action in a Technical Required Element, the Difficulty Technical Controllers (DTC) shall make note that the declared movement was not correct. If the DTC video review confirms a violation, <u>the following penalties shall be deducted</u> from the Elements score.</p> <p><b>Novice &amp; Masters Technical Routines – Two (2) point penalty</b></p> <p><b>Intermediate – Zero (0)</b> assigned as the Degree of Difficulty for the Technical Required Element</p>						
NOVICE AND INTERMEDIATE ROUTINES	<p><b>Swum Out of Order:</b> A <b>two (2)</b> point penalty shall be deducted from the Elements score for any change in the order of the Technical Required Elements performed as stated in this Appendix L. Example: Element #1, 2, 4, 3, 5 (incorrect order).</p>						
MASTERS TECHNICAL ROUTINES	<p><b>Swum Out of Order:</b> A <b>two (2)</b> point penalty shall be deducted from the Elements score for any change in the order of the Technical Required Elements performed as stated in this Appendix L <b>UNLESS</b> an Element Card has been submitted indicating the different order of elements.</p>						
TEAMS	<p><b>Less than Eight:</b> A <b>quarter (0.25)</b> point penalty shall be deducted from the Total score for each athlete less than eight (8). Refer to USAAS Rule CP 5.1.1.</p>						
INTERMEDIATE & MASTERS FREE COMBINATION	<p><b>Less than Ten:</b> A <b>quarter (0.25)</b> point penalty shall be deducted from the Total score for each athlete less than ten (10). Refer to USAAS Rule CP 5.1.2.</p>						
NOVICE & INTERMEDIATE DUET, TRIO, TEAM & INTERMEDIATE FREE COMBINATION	<p><b>Synchronization Errors and Penalty Values</b></p> <p>For all routines, the sum of all synchronization errors (unequal actions) observed by the Synchronization Technical Controllers (STC), (each factored by its assigned value) will be deducted from the Elements score. Types of Synchronization errors and penalty values are:</p> <table border="1" data-bbox="426 1046 916 1132"> <tr> <td>Small</td><td>0.1 points</td></tr> <tr> <td>Obvious</td><td>0.5 points</td></tr> <tr> <td>Major</td><td>3.0 points</td></tr> </table> <p>The description of small, obvious, and major synchronization errors (unequal actions) is detailed in the World Aquatics Scoring Synchronization Guide. Maximum deduction can reduce the Elements score to <b>zero (0)</b>, but not to a negative Elements score.</p> <p><b>Note:</b> There will be a maximum synchronization error deduction of <b>ten (10)</b> points for Novice routines.</p>	Small	0.1 points	Obvious	0.5 points	Major	3.0 points
Small	0.1 points						
Obvious	0.5 points						
Major	3.0 points						
NOVICE DUET, TRIO, TEAM	<p><b>General Requirements # 7:</b> A <b>half (0.5)</b> point penalty shall be deducted from the Elements score for each violation of required element # 7.</p> <p>7 - Acrobatic Movements are not permitted.</p>						

NOVICE & INTERMEDIATE SOLO, DUET, TRIO	<p><b>General Requirement # 8 (Novice) or # 9 (Intermediate):</b> A half (0.5) point penalty shall be deducted from the Elements score if an element (# 1-5) is not performed parallel to the sides of the pool where the panels of judges are seated.</p> <p>8/9 – Technical Required Elements # 1-5 shall be performed parallel to the sides of the pool where the panels of judges are seated.</p>
NOVICE & INTERMEDIATE DUET, TRIO, TEAM	<p><b>General Requirements # 9 (Novice) or 10 (Intermediate):</b> A half (0.5) point penalty shall be deducted from the Elements score for each violation of required element # 9 or 10:</p> <p>9/10 – All Technical Required Elements #1-5 must be performed simultaneously and facing the same direction by all competitors. Mirror actions are not permitted during the Technical Required Elements.</p>
INTERMEDIATE SOLO, DUET, TRIO, TEAM	<p><b>Additional Routine Requirements # 6 (Solo), # 7 (Duet/Trio), # 8 (Team):</b> A half (0.5) point penalty shall be deducted from the Elements score for violation of each Additional Routine Requirement in this Appendix L.</p> <p>6 (Solo) - Maximum of 1 x Free Hybrid must be performed.      7 (Duet/Trio) - Maximum of 2 x Free Hybrids OR 1 x Free Hybrid and 1 x Pair Acrobatic must be performed.      8 (Team) - Maximum of 2 x Free Hybrids OR 1 x Free Hybrid and 1 x Team Acrobatic Movement (with safety limit***) must be performed.</p> <p><b>** Intermediate Team Acrobatic Movement Safety Limit:</b> Team Acrobatic Movements cannot have a Degree of Difficulty ("DD") higher than the Total DD (Max), inclusive of the Base Mark value, than the following:</p> <p>Group A: 1.8      Group B: 1.8      Group C: Not allowed      Group P: 1.3</p>
INTERMEDIATE & MASTERS FREE COMBINATION	<p><b>Free Combination General Requirements # 2-5:</b> A two (2) point penalty shall be deducted from the Routine score for violations of each Free Combination General Requirement # 2, 3, 4 and 5.</p> <p>2 – Start may be on the deck or in the water, or a combination of both.      3 – All subsequent parts must start in the water.      4 – A new part begins in very close proximity to the previous part.      5 – The routine must portray a Theme, which must be declared on the Coach Card/Element Card*.</p> <p>* <b>Exception:</b> Masters Free Combination routines must portray a Theme, though do not require a Coach/Element Card.</p>
INTERMEDIATE FREE COMBINATION	<p><b>Free Combination Required Elements # 1 and 2:</b> A two (2) point penalty shall be deducted from the Elements score for each violation of the Required Elements # 1 and 2.</p> <p>1 - At least two (2) parts must have fewer than three (3) competitors and at least two (2) parts must have all competitors.</p> <p>2 – The Free Combination routine must have the components as listed in the <u>Intermediate Routine Requirement</u> chart.</p>

	<ul style="list-style-type: none"> <li>• 2 Team Acrobatic Movements with <u>DD</u> safety limit**</li> <li>• Free Transitions</li> <li>• 1 x <u>DD</u> Solo Hybrid</li> <li>• 1 x <u>DD</u> Duet Hybrid</li> <li>• 1 x <u>DD</u> Trio Hybrid</li> <li>• 2 x <u>DD</u> Team Hybrids (<u>must be executed with a minimum of 4 competitors required</u>).</li> </ul> <p><b>** Intermediate Team Acrobatic Movement Safety Limit:</b> Team Acrobatic Movements cannot have a Degree of Difficulty (“DD”) higher than the Total DD (Max), inclusive of the Base Mark value, than the following:</p> <p>Group A: 1.8      Group B: 1.8      Group C: Not allowed      Group P: 1.3</p>
MASTERS FREE COMBINATION	<p><b>Free Combination Required Element # 1:</b> A <b>two (2)</b> point penalty shall be deducted from the Elements score for violation of each Required Element # 1.</p> <p>1 - At least two (2) parts must have fewer than three (3) competitors and at least two (2) parts must have all competitors.</p>
MASTERS SOLO TECH	<p><b>Additional Routine Requirement # 6:</b> A <b>half (0.5)</b> point penalty shall be deducted from the Elements score for violation of Masters Solo Technical Additional Routine Requirement # 6.</p> <p>6 - Two (2) Forms of Propulsion – must include eggbeater traveling sideways and/or forward (arms are optional).</p>
MASTERS DUET & TRIO TECH	<p><b>General Routine Requirement # 8 (Duet/Trio):</b> A <b>half (0.5)</b> point penalty shall be deducted from the Elements score for violations of Masters Duet &amp; Trio Technical General Routine Requirement # 8.</p> <p>8 - With the exception of the Deck Work, Entry and as noted in the Joined Action, all Elements – required and supplementary – must be performed simultaneously and facing the same direction by all competitors. Variations in propulsion and direction facing are permitted during pattern changes.</p>
MASTERS DUET & TRIO TECH	<p><b>Additional Routine Requirements # 6 and/or 7:</b> A <b>half (0.5)</b> point penalty shall be deducted from the Elements score for violations of Masters Duet &amp; Trio Technical Additional Routine Requirements # 6 and/or 7.</p> <p>6 - Two (2) Forms of Propulsion – must include eggbeater traveling sideways and/or forward (arms are optional).</p> <p>7 - Joined Action – where the competitors are connected (touching) in some manner to perform 1 of the following: a connected figure, or a connected float or connected stroking. All competitors must perform the Joined Action simultaneously. Mirror action is permitted.</p>
MASTERS TEAM TECH	<p><b>General Routine Requirement # 10 (Team):</b> A <b>half (0.5)</b> point penalty shall be deducted from the Elements score for violations of Masters Team Technical General Routine Requirement # 10.</p> <p>10 - With the exception of the Deck Work, Entry, the Cadence Action and as noted in the Joined Action, all Elements – required and supplementary – must</p>

	be performed simultaneously and facing the same direction by all Team members. Team members need not face the same direction in the Circle Pattern. Variations in propulsion and direction facing are permitted during pattern changes. Mirrors actions are not permitted except as specified in the description of the Elements.
MASTERS TEAM TECH	<p><b>Additional Routine Requirements # 6, 7, 8 and/or 9:</b> A half (0.5) point penalty shall be deducted from the Elements score for violations of Masters Team Technical Additional Routine Requirements # 6, 7, 8 and/or 9.</p> <p>6 - Two (2) Forms of Propulsion – must include eggbeater traveling sideways and/or forward (arms are optional).</p> <p>7 - Joined Action – where the competitors are connected (touching) in some manner to perform 1 of the following: a connected figure, or a connected float or connected stroking. All competitors must perform the Joined Action simultaneously. Mirror action is permitted.</p> <p>8 – Cadence Action – See Article 1, Section 1.06.</p> <p>9 – Patterns – must show a Circle and a straight line. Elements may be performed within the Circle or the straight line patterns.</p>

#### GENERAL PENALITES FOR ATHLETES WITH DISABILITIES ROUTINES

ALL	<b>Overall Routine Time:</b> A one (1) point penalty shall be deducted from the Routine score if there is a deviation from the specified routine time limit allowed ( <b>more than</b> ) for the routine and in accordance with USAAS Rules AD 4.1.2-3.
ALL	<b>Stacks, Towers or Human Pyramids:</b> A two (2) penalty shall be deducted from the Routine score if competitors execute stacks, towers or human pyramids during the deck movements in the routine.
ALL	<b>Deliberate Use of Bottom to Propel:</b> A two (2) penalty shall be deducted from the Routine score if a competitor has made deliberate use of the bottom of the pool during a routine to propel themselves.
ALL	<b>Deliberate Use of Bottom to Assist:</b> A two (2) point penalty shall be deducted from the Routine score if a competitor has made deliberate use of the bottom of the pool during a routine to assist another competitor. No penalty will be applied when the contact with the bottom of the pool results from the competitor's self-protection from injuries by impact.

## APPENDIX M

### ELECTION PROCEDURES

Amendments to this Appendix M are the responsibility of the Governance Committee. The Governance Committee can modify this Appendix by recommending changes to the USAAS Board of Directors for approval.

### ARTICLE 1

#### 1.01 General:

- A. Unless otherwise stated in the [Code of Regulations of United States Artistic Swimming](#) (“USAAS Code”), all election procedures shall follow *Robert’s Rules of Order*.
- B. The Nominating Committee report must be submitted, in writing, to the membership not less than 30 days prior to the date of the elections.
- C. The elections shall be conducted by the USAAS National Office (“National Office”) staff under the supervision of the USAAS Executive Director (“Executive Director”).
- D. Voting rights and privileges shall be recognized by a voting sticker signed by the delegate, issued at the Annual Meeting of the Corporation (“USAAS Convention”) Registration and attached to the delegate’s USAAS Registration badge.
- E. A time for the elections shall be stated in the USAAS Convention agenda; if not, the elections shall be held during the last session of the USAAS Board of Governors (“Board of Governors”).
- F. Elections for USAAS Officers, USAAS Foundation Representatives, USAAS Board of Governors At-Large delegates and other elected individuals may be conducted electronically.

#### 1.02 Conduct of the Election:

- A. The National Office staff shall validate the number of eligible votes.
- B. The National Office staff shall announce to the Board of Governors the number of eligible votes to be cast.
- C. A designated time shall be announced in which all eligible members attending the USAAS Convention will cast votes. Should an eligible member not have their own electronic device, one will be provided in the registration area or other announced designated area for members to access the ballot and vote.
- D. Candidates receiving the greatest number of votes cast shall be elected. If there is a tie, a run-off election shall be held between the tied candidates.
- E. The election shall be verified by the Executive Director and the USAAS President (“President”) (or their appointed representative).
- F. All election results shall be announced prior to the adjournment of the Board of Governors meeting. The President shall make the announcement at an appropriate time in the agenda. The announcement shall include the number of voting delegates and the number of votes cast for each candidate. (Exception: At-Large delegates to the Board of Governors.)

#### 1.03 Post Election Procedures:

- A. A challenge to any election result must be made in writing to the Executive Director within 30 minutes of the announcement of the final election results. When a challenge has been filed, the Executive Director shall notify the President (or their appointed representative). A

candidate (or their appointed representative) who challenges the results has the right to review the results in the company of the Executive Director and National Office staff who conducted the election.

B. All ballots shall be held for 60 minutes after the announcement of the final election results. At that time, the ballots shall be destroyed. If contested, ballots shall be kept until the dispute is settled.

## APPENDIX N

### INTERNATIONAL RELATIONS POLICIES AND PROCEDURES

Amendments to this Appendix N are the responsibility of the International Relations Committee. The International Relations Committee can modify this Appendix by recommending changes to the USAAS Board of Directors for approval.

#### ARTICLE 1

##### 1.01 Personnel Selection Criteria:

This procedure provides a consistent method to select personnel for international assignments (judges, etc.).

###### A. Procedure:

1. The following criteria will be discussed in a closed meeting of the International Relations Committee. Those members of the International Relations Committee being considered for international positions or assignments shall excuse themselves from the discussion and vote. See [USA Artistic Swimming \(USAAS\) Code](#), Article 5, Section 5.10.
2. The following criteria will be discussed in a closed meeting of the International Relations Committee. A scale of 1 – 5 (1=Low competency; 5=High competency) will be used to help direct the discussion.
  - a. Public Relations
  - b. Dependability
  - c. International Relations/Exposure
  - d. Cooperativeness (past performance with regard to the USAAS Mission, Goals and Expectations)
  - e. Availability
  - f. Image (Continuity)
  - g. Ethics
  - h. Planning/Leadership
  - i. Adaptability/Flexibility
  - j. Experience:
    - (1) Past Performance (such as competition results, etc.).
    - (2) Evaluations (judge's evaluations).
    - (3) Credentials (Coaching Certification Program, education, etc.).
3. Constructive feedback will be provided to the applicants.

##### 1.02 Judges Selection Procedures for National/Olympic Team Trials:

This procedure is implemented to provide the most knowledgeable judges with international experience and unaffiliated judges for National/Olympic Team Trials.

###### A. Procedure:

1. The International Relations Chair, when requested by the [Chief of Sport](#) (or Designee), will obtain the interest and availability of the AQUA/PAQ Judges and AQUA Evaluators for any upcoming National Team Trials.
  - AQUA/PAQ Judges and AQUA Evaluators who are affiliated with only 1 competitor in the National Team Trials are eligible to judge at the National Team Trials.

- AQUA/PAQ Judges and AQUA Evaluators who are eligible to judge at the National Championships are eligible to judge at the National Team Trials.
- USAAS Technical Rule OD 2.3.4.5 shall be considered when possible.

2. The International Relations Chair will provide a list of available AQUA/PAQ Judges and AQUA Evaluators to the Chief of Sport (or Designee).
3. The Chief of Sport (or Designee) will select the appropriate number of officials and notify the International Relations Chair.
  - The Chief of Sport (or Designee) shall consider international and national experience when selecting officials.
4. The International Relations Chair will notify the AQUA/PAQ Judges and AQUA Evaluators of their selection. The selected officials will re-confirm their availability and work directly with the Chief of Sport (or Designee) to arrange their participation.
5. When deemed necessary by the International Relations Committee, a National Team Trials Judge/Evaluator shall be referred to the Officials' Committee.

### 1.03 Judges Selection Procedures for Nomination to the World Aquatics/PanAm Aquatics (“AQUA/PAQ”) Judges List:

This procedure is implemented to provide knowledgeable U.S. Judges to the AQUA/PAQ “G” Judges List.

#### A. Procedure:

1. Upon successful passing of the USAAS Level 4 judges test for the second time, candidates who are interested in an AQUA/PAQ Judge nomination must submit an application and resume for consideration to the International Relations Committee Chair. A list of judges, as prioritized by the Officials' Committee, shall be provided to the International Relations Committee Chair by the Officials' Committee Chair.
2. The International Relations Committee shall review the applications of the candidates and the recommendations of the Officials' Committee and consider the following when approving applications and prioritizing judges for nomination to the AQUA/PAQ “G” Judges List:
  - a. International experience (judge, coach, manager, etc.) and observations, if any.
  - b. Professionalism.
  - c. Ability to judge internationally a minimum of 10 years prior to the mandatory AQUA/PAQ retirement.
3. The International Relations prioritized list of judges shall be used to fill vacancies in the AQUA/PAQ “G” Judges List when openings on the AQUA/PAQ lists become available. Refer to Officials Certification Policy (Appendix G).
  - a. Testing: Once the application has been approved by the International Relations Committee, the judge must take and pass the AQUA Advanced Development School Test. The AQUA Advanced Development School test must be passed before nomination to the AQUA/PAQ Judges List.
    - Exception: AQUA Advanced Development School attendance is not a requirement if the International Relations Committee Chair has successfully petitioned AQUA for the judge's inclusion on the AQUA Judges List.
  - b. Evaluations: The judge must have been successfully evaluated at 3 of the 4 National Championships listed below:
    - U.S. National Championship
    - U.S. Junior Championship

- U.S. Youth Championship
- U.S. Open Championship

4. AQUA/PAQ Judge candidates may contact the Officials' Committee Chair to learn more about improvements they can make in their judging to be considered as an AQUA/PAQ Judge in the future.
5. The International Relations prioritized list of judges shall be reviewed annually.

#### **1.04 Judges Selection Procedures for International Judging Assignments:**

- A. To be considered for an international judging assignment by the International Relations Committee, an AQUA/PAQ judge must be compliant with the U.S. attendance requirements (Appendix G, Section 1.04.A.6) and the U.S. evaluation requirements (Appendix G, Section 1.04.D).
- B. In the event there are no compliant AQUA/PAQ judges available for an international competition, the International Relations Committee may consider an AQUA/PAQ judge who is not compliant with the requirements in 1.04 A above for a judging assignment.

#### **1.05 U.S. AQUA/PAQ Judge Removal policy:**

- A. AQUA/PAQ Judges with “Official” Lapsed U.S. National ratings will be removed from the AQUA/PAQ Judges lists.
  - **Definition:** “Official” lapsed rating means no extensions have been granted or after extensions are granted, the judge fails to reinstate their National rating.
- B. AQUA/PAQ Judges with “conditional” U.S. National ratings may request an additional year to reinstate their National rating prior to removal from the AQUA/PAQ Judges lists.
  1. Extensions for additional time must be requested by the AQUA/PAQ judge by October 15th during the conditional period via email to the Officials' Committee Chair and the International Relations Committee Chair.
  2. Extensions may be granted by the Officials' Committee Chair, in consultation with the International Relations Committee Chair and the Vice President Olympic International prior to removal.
    - a. When considering granting an extension, the Officials' Committee Chair will consider the judge's evaluations (national & international), attendance, willingness to cooperate and response time to emails regarding the circumstances when reviewing the requirements to reinstate, etc.
  3. If no request for extension has been requested by October 15th, then the judge will be removed from the AQUA and PAQ list when AQUA/PAQ request reconfirmation of the Judges list (typically by November 1<sup>st</sup>). Notification will be sent to the AQUA/PAQ Judge and the USAAS Board of Directors prior to removal.
- C. Any further extensions due to special circumstances may be granted by the Officials' Committee Chair, in consultation with the International Relations Committee Chair and the Vice President Olympic International prior to removal.
- D. If reinstated at any time, the AQUA/PAQ judge will remain on the AQUA/PAQ lists.
- E. The International Relations Committee approves all international judging assignments. If selected by AQUA or PAQ to judge at a Championship while holding a conditional or lapsed U.S. National rating, the International Relations Committee will have the authority to approve or deny the selection by AQUA or PAQ.
- F. **Additional ways to remove an AQUA/PAQ Judge:**
  1. The International Relations Committee Chair will automatically remove any AQUA/PAQ judge from the AQUA and PAQ Judges lists who has reached the age of 65 according to the World Aquatics Artistic Swimming Manual for Judges, Technical Controllers, Referees and Coaches. Removal will occur at the end of the year of the 65<sup>th</sup> birthday.

2. The International Relations Committee Chair will automatically remove any AQUA/PAQ judge from the AQUA and/or PAQ lists if requested by the AQUA/PAQ Judge.
3. The International Relations Committee Chair will remove any AQUA/PAQ judge if no requests for extension have been requested or approved and the rating has lapsed.

## APPENDIX O

### WEIGHTED VOTE CALCULATIONS FOR ATHLETE REPRESENTATION

Amendments to this Appendix O are the responsibility of the Governance Committee. The Governance Committee can modify this Appendix by recommending changes to the USAAS Board of Directors for approval.

Each member, of all categories, has a responsibility to attend meetings, etc. to protect their voting right. If a member from any category does not attend the USA Artistic Swimming Board of Governors (“Board of Governors”) meeting, that individual’s voting right is not assigned to someone else unless specifically provided for in the [USAAS Code](#), such as by an officially recognized alternate.

Weighted Vote Calculations for Athlete Representation:

1. Athlete Representatives, as a whole, shall have at least thirty-three and three tenths percent (33.3%) of the voting power of the Board of Governors meeting.
2. If the total number of Athlete Representatives voting when divided by the total number of qualified voting members is less than 33.3%, proceed to the next step; if the number is 33.3% or greater, stop, no calculation is required.
3. The total number of non-athlete members of the Board of Governors is divided by twice the number of Athlete Representatives.
4. The result of # 3 shall be called the weighted factor for each Athlete Representative vote.
5. Voting by proxy is not allowed.

An example of the calculation for the weighted factor is shown below:

For 90 non-athlete representatives (“NAR”) and 10 Athlete Representatives (“AR”) the weighted factor (“WF”) is calculated by:

$$WF = NAR / 2 \times AR$$

$$WF = 90 / 2 \times 10$$

$$WF = 90 / 20$$

$$WF = 4.50$$

## APPENDIX P

### CODE OF ETHICS

Amendments to this Appendix P are the responsibility of the USAAS Board of Directors.

#### INTRODUCTION

USA Artistic Swimming (“USAAS”) is recognized by the United States Olympic and Paralympic Committee (“USOPC”) as the National Governing Body (“NGB”) for the sport of artistic swimming and by World Aquatics (“AQUA”, formerly known as the Federation Internationale de Natation “FINA”) as a constituent member of United States Aquatic Sports (“USAS”) for participation in the Olympic Games.

The mission of USAAS is to lead in the advancement of artistic swimming by empowering athletes to achieve competitive success, uniting our community and inspiring our members to pursue lifelong excellence and involvement in the sport.

USAAS is inspired by the following ideals in all sport contexts. Our values guide our behaviors:

- Excellence through consistently high standards and expectations.
- Creativity through imaginative and bold action.
- Integrity through honesty and respect for fair play.
- Teamwork through coordinated effort to utilize individual capabilities.
- Empowerment through personal and institutional responsibility.

USAAS grants the privilege of membership and/or affiliation with USAAS to individuals and organizations committed to its mission. The privilege of membership and/or affiliation with USAAS may, therefore, be withdrawn by USAAS at any time where USAAS determines that a member's conduct is inconsistent with the mission of the organization or the best interest of the sport and those who participate in it.

In order to assist all members to better serve the interests of those who participate in artistic swimming, USAAS has adopted this Code of Ethics (Appendix P). The USAAS Code of Ethics is not intended to establish a set of rules that will, by inclusion or exclusion, prescribe the appropriate behavior for USAAS members in every aspect of their participation in the sport. Rather, the USAAS Code of Ethics offers general principles to guide the conduct, and the judicious appraisal of conduct, of all USAAS members (including employees and agents of USAAS) in situations that have ethical implications.

The USAAS Code of Ethics cannot further ethical conduct in the sport of artistic swimming; that can only come from the personal commitment of the participants in the sport to behave ethically. The USAAS Code of Ethics is offered to guide and to affirm the will of all of USAAS members to safeguard the best interests of the sport by acting ethically at all times.

#### ARTICLE 1

##### ELEMENTS OF THE USAAS CODE OF ETHICS

**1.01 Protected Individual(s):** This Appendix P applies to the following individuals (“Protected Individual(s)”:

- A. USAAS Employees;
- B. Members of the USAAS Board of Directors (“Board of Directors”);

- C. USAAS Members;
- D. USAAS Committee Members;
- E. Volunteers;
- F. Contractors; and
- G. Associated Individuals.

**Note:** Applicable to USAAS Athlete Representatives serving in one (or more) of the above-mentioned categories.

## **1.02 Participant Obligations:**

- A. Protected Individuals shall:
  - 1. Comply with the [USAAS Athlete Safety Policy](#) (Appendix Q).
  - 2. Comply with 36 U.S. Code Section 220524(a)(10) of the [Ted Stevens Olympic and Amateur Sports Act](#) (“Act”) that “prohibits any individual who is an employee, member or contractor of USAAS from assisting a member or former member in obtaining a new job (except for the routine transmission of administrative and personnel files) if the individual knows that the member or former member:
    - a. violated the policies or procedures of the [U.S. Center for SafeSport Code](#) related to sexual misconduct and/or;
    - b. was convicted of a crime involving sexual misconduct with a minor in violation of applicable law or the policies or procedures of the U.S. Center for SafeSport.”
  - 3. Comply with all anti-doping rules of the:
    - World Anti-Doping Agency (“[WADA](#)”);
    - [AQUA](#);
    - USOPC including, but not limited to, the [USOPC National Anti-Doping Policy](#), the U.S. Anti-Doping Agency (“USADA”), including the [USADA Protocol](#) for Olympic and Paralympic Movement Testing (“USADA Protocol”) and all other policies and rules adopted by WADA, AQUA, USOPC and USADA.
  - 4. Submit to drug testing. Athlete Protected Individuals agree to submit to drug testing by AQUA and/or USADA (or their designees) at any time and understand that the use of methods or substances prohibited by the applicable anti-doping rules make the Athlete Protected Individuals subject to penalties including, but not limited to, disqualification and suspension. If it is determined that an Athlete Protected Individual may have committed a doping violation, the Athlete Protected Individual agrees to submit to the results management authority and processes of USADA, including arbitration under the USADA Protocol, or to the results management authority of AQUA, if applicable, or referred by USADA.
- B. Protected Individuals are obligated to support the mission and values of the organization. It is inconsistent with this obligation for any Protected Individual to:
  - 1. Fail to follow the safety guidelines established by USAAS or otherwise knowingly subject a Protected Individual to unreasonable physical or emotional risk.
  - 2. Engage in conduct that is unfair including, in particular, attempting to injure, disable or intentionally interfere with the preparation of an Athlete Protected Individual.
  - 3. Engage in conduct that is abusive toward another Protected Individual. USAAS recognizes that the process for training and motivating Athlete Protected Individuals will vary with each coach and each athlete. It is nevertheless incumbent on everyone involved in the sport to support the development and use of motivational and training methods that avoid conduct that is abusive.

4. Discriminate in the provision of resources or opportunities to any Protected Individual or prospective member on the basis of race, ethnicity, culture, religion, sex (including gender identity, sexual orientation or pregnancy), age, family status, socio-economic status, geographical location, nationality, body shape, beliefs, mental or physical ability or other defining characteristics. Refer to [the USAAS Athlete Rights and Responsibilities](#) (Appendix T).
5. Attempt to intimidate, embarrass or improperly influence any Protected Individual responsible for judging or administering a competition.
6. Engage in business practices directed toward another Protected Individual which are determined by a court or other similar adjudicatory body to be unethical, illegal or a breach of contract.
7. Fail to comply with the following:
  - The Act;
  - [USOPC By-Laws, Policies and Procedures](#);
  - [USAAS Code](#), Policies and Procedures, and accounting and financial practices;
  - State and Federal Laws;
  - [U.S. Center for SafeSport Policies and Procedures](#);
  - [USADA Policies and Procedures](#); and
  - [The Olympic Movement Code on the Prevention of the Manipulation of Competitions](#).

#### **1.03 Participation:**

Any USAAS activity or event should be open to any Protected Individual properly qualified under the rules of that activity or event, and every Protected Individual participating in a USAAS activity or event has an obligation to participate to the best of their abilities. It is inconsistent with this obligation for any Protected Individual to:

- A. Restrict the ability of a Protected Individual to qualify for or participate in competition because of the Protected Individual's association with a particular organization or individual or because of that Protected Individual's race, ethnicity, culture, religion, sex (including gender identity, sexual orientation or pregnancy), age, family status, socio-economic status, geographical location, nationality, body shape, beliefs, mental or physical ability, or other defining characteristics.
- B. Participate as a judge, coach, athlete or administrator in any activity where that judge, coach or athlete is inadequately prepared, unable to participate or fails to participate to the best of their ability.
- C. Engage in behavior which is so disorderly or inappropriate as to interfere with the orderly conduct of the activity or other Protected Individuals' participation in, or enjoyment of, the activity.
- D. Restrict the ability of a Protected Individual to protest social injustice in a peaceful and respectful manner (that does not bring physical harm to property or others) at an event.

#### **1.04 Responsibility:**

Protected Individuals have a responsibility to the sport of artistic swimming and the rules and regulations that govern it. It is inconsistent with this obligation for any Protected Individual to:

- A. Knowingly misrepresent the policies or actions of USAAS or its authorized representatives.
- B. Fail to follow the established procedures for challenging a competitive result, contesting a Team selection decision, complaining about the conduct of another Protected Individual or attempting to reverse a policy adopted by USAAS.

- C. Breach the duty to maintain appropriately established confidences of USAAS or its Protected Individuals.
- D. Misrepresent oneself as someone else when engaging in training or testing, whether in person or on-line.

#### **1.05 Communication:**

Protected Individuals have a duty to communicate honestly and openly with the organization and its Protected Individuals. It is inconsistent with this obligation for any Protected Individual to:

- A. Misrepresent competitive achievements, professional qualifications, education, experience, eligibility, criminal record or affiliations.
- B. Knowingly disseminate false or misleading information about another Protected Individual.
- C. Withhold from Athlete Protected Individuals information or resources likely to enhance the Athlete Protected Individuals' enjoyment of the sport or reduce their risk of injury or illness.
- D. Fail to consult with or inform fully the Athlete Protected Individual or the Athlete Protected Individual's parents about opportunities made available to the Athlete Protected Individual involving competitions, commercial activities or recognition.
- E. Misrepresent the nature or extent of an injury in order to decline an invitation to participate in or withdraw from a competition assignment, training camp or other similar activity.
- F. Misrepresent the nature or extent of an injury in order to participate in (or cause an Athlete Protected Individual to participate in) a competition, training camp or other similar activity when such participation is inconsistent with the appropriate medical response to the injury.
- G. Misuse social media and/or digital platforms to the detriment of another Protected Individual.

#### **1.06 Alcohol and Drug Abuse:**

Protected Individuals shall ensure that the sport is conducted in an environment free of drug or alcohol abuse. It is inconsistent with this obligation for any Protected Individual to:

- A. Use or provide to a third party any drug proscribed by applicable federal, state or municipal law.
- B. Assist or condone any competing Athlete Protected Individual's use of a drug banned by the:
  - [International Olympic Committee](#) ("IOC");
  - [WADA](#);
  - [AQUA](#);
  - [USADA](#);
  - [USAAS](#); or
  - [National Collegiate Athletic Association](#) ("NCAA"), or,

in the case of Athlete Protected Individuals, to use such drugs or refuse to submit to properly conducted drug tests administered by one of those organizations.

- C. Provide alcohol to, or condone the use of alcohol by, minors, abuse alcohol in the presence of Athlete Protected Individuals or at USAAS activities or, in the case of Athlete Protected Individuals, consume alcoholic beverages while a minor.
  - **Note:** Reporting allegations of Prohibited Conduct as defined in the [USAAS](#) Athlete Safety Policy (Appendix Q) should follow the reporting requirements and procedures as outlined in Appendix Q. Athlete Safety violations may be reported anonymously and must be reported within twenty-four (24) hours after the participant becomes aware of the facts giving rise to the concern.

#### **1.07 Criminal Conduct:**

Protected Individuals are expected to comply with all applicable criminal codes. This obligation is violated by any Protected Individual who has been convicted of or has entered a plea of guilty or no contest to a criminal charge or indictment involving sexual misconduct, child abuse or conduct that is a violation of a law specifically designed to protect minors. Depending on the nature of the crime, this obligation may be violated by any Protected Individual who has been convicted of or has entered a plea of guilty or no contest to any felony charge or indictment involving conduct other than that specifically described above.

- **Note:** Reporting allegations of Prohibited Conduct as defined in the USAAS Athlete Safety Policy (Appendix Q) should follow the reporting requirements and procedures as outlined in Appendix Q. Athlete Safety violations may be reported anonymously and must be reported within twenty-four (24) hours after the participant becomes aware of the facts giving rise to the concern.

#### **1.08 Sexual Misconduct:**

Non-athlete Protected Individuals must protect the integrity of the sport and the interests of the Athlete Protected Individuals they serve by avoiding sexual relationships with Athlete Protected Individuals.

- **Note:** Reporting allegations of Prohibited Conduct as defined in the USAAS Athlete Safety Policy (Appendix Q) should follow the reporting requirements and procedures as outlined in Appendix Q. Athlete Safety violations may be reported anonymously and must be reported within twenty-four (24) hours after the participant becomes aware of the facts giving rise to the concern.

#### **1.09 Conflict of Interest:**

Protected Individuals are responsible for disclosing both actual and perceived conflicts of interest in the conduct of business on behalf of the organization.

#### **1.10 Confidentiality:**

Protected Individuals are responsible to retain the confidentiality in the conduct of business on behalf of the organization.

## **ARTICLE 2**

### **ENFORCEMENT OF THE USAAS CODE OF ETHICS**

#### **2.01 Compliance with the USAAS Code of Ethics depends primarily upon understanding and voluntary compliance, secondarily upon reinforcement by peers, and, when necessary, upon enforcement through disciplinary action.**

Any individual who believes that a Protected Individual has failed to meet their obligations under the USAAS Code of Ethics is, under all but the most egregious circumstances, encouraged to first address that concern directly to that Protected Individual. If that action does not result in a satisfactory resolution, the Protected Individual shall file a grievance with the USAAS Executive Director (“Executive Director”) (ceo@usaartisticswim.org), and with the USAAS President (“President”) (president@usaartisticswim.org), who shall process the grievance in accordance with the USAAS Grievance Procedures (Appendix K).

- A. When a grievance is determined to be the authority of the USAAS Ethics Committee, the USAAS Ethics Committee may, upon review of the grievance:
  1. Determine that the grievance does not merit further action; or
  2. Inform the Executive Director, President and/or Board of Directors that the grievance should be referred to another USAAS committee, Local Artistic Swimming Committee (“LASC”) or Zone Artistic Swimming Committee (“Zone”) Review Board for action; or

3. Begin an investigation by opening a case file.
- B. Upon review of the USAAS Ethics Committee's report and recommendation, the Executive Director, President and Board of Directors shall determine the final outcome and decision of the grievance.

## **2.02 No Retaliation:**

- A. USAAS will not encourage, allow, or tolerate attempts from any individual or group of individuals to retaliate, punish, allow or in any way harm any Protected Individual(s) who reports a concern in good faith. This applies to the complainant and other Protected Individuals before, during, and after the process of resolving a grievance. Such actions, and any additional action(s) meeting the definition of retaliation in this section or as defined in the USAAS Whistleblower and Anti-Retaliation Policy (Appendix S), will be considered a violation of the Appendix S.
- B. Pursuant to Section 220501(b)(11) of the Act, “any adverse or discriminatory action, or the threat of an adverse or discriminatory action, including, but not limited to, removal from a training facility, reduced coaching or training, reduced meals or housing, and removal from competition, carried out against a Protected Individual as a result of any communication including, but not limited to, the filing of a formal complaint by the Protected Individual, or a parent or legal guardian of the Protected Individual, relating to the allegation of physical abuse, sexual harassment and/or sexual misconduct, or emotional abuse, or other reported alleged violation with:
  - the U.S. Center for SafeSport;
  - a coach, trainer, manager, administrator or official associated with USAAS;
  - the U.S. Attorney General;
  - a Federal or State law enforcement authority;
  - the Equal Employment Opportunity Commission; or
  - Congress.”
- C. USAAS may not retaliate against an employee or contractor with the intent or effect of adversely affecting the terms or conditions of employment or other contractual rights including, but not limited to, threats of physical harm, loss of job, punitive work assignments, impact on salary or wages, or impact on contractual payments.
- D. No action, or threat of action, shall be taken against an Athlete Protected Individual as a reprisal for disclosing information to, or seeking assistance from, the USOPC Office of the Athlete Ombuds as outlined in Section 220509(b)(5) of the Act.

## **2.03 Points of Contact and Resources:**

- A. Protected Individuals in need of further information, guidance and/or the enforcement thereof, in relation to this Appendix P, may contact the Executive Director at:

**Phone:** (719) 866-2219  
**Email:** [ceo@usaartisticswim.org](mailto:ceo@usaartisticswim.org)

- B. In addition, the USOPC Ethics and Compliance team may serve as a secondary resource for questions or concerns regarding this Appendix P. The USOPC Ethics and Compliance team may be contacted at:

**USOPC Integrity Hotline:** (877) 404-9935  
**USOPC Integrity Portal:** <https://usopc.ethicspoint.com>

**C. USOPC Athlete Ombuds Assistance:**

The USOPC Athlete Ombuds (“Athlete Ombuds”) provides cost-free, independent and confidential advice regarding athlete rights; resolving disputes or grievances; and any sport rule, policy, or process, including USAAS-athlete agreements, codes of conduct or Team selection procedures. The Athlete Ombuds can also help athletes connect with legal counsel or mental health resources, if needed. The Athlete Ombuds may be contacted at:

**Phone:** (719) 866-5000

**Email:** [ombudsman@usaathlete.org](mailto:ombudsman@usaathlete.org)

**Website:** [www.usathlete.org](http://www.usathlete.org)

## APPENDIX Q

### ATHLETE SAFETY POLICY

Amendments to this Appendix Q are the responsibility of the USAAS Board of Directors.

#### INTRODUCTION

USA Artistic Swimming (“USAAS”) is committed to providing a safe environment for its members, athletes, coaches, officials, volunteers and employees. USAAS advocates building strong self-images among youth participants, strives to promote good sportsmanship throughout the organization, and encourages qualities of mutual respect, courtesy, and tolerance. When any member, athlete, coach, official, volunteer or employee is subjected to physical, sexual, emotional or verbal abuse or harassment, it undermines the mission and values of USAAS.

USAAS, as a recognized National Governing Body (“NGB”) by the United States Olympic and Paralympic Committee (“USOPC”), is under the jurisdiction of the U.S. Center for SafeSport and subject to the [U.S. Center SafeSport Code for the Olympic and Paralympic Movement](#). The U.S. Center for SafeSport, the USOPC and federal legislation all promote policies and procedures to safeguard amateur athletes and this policy reinforces those principles by providing specific application for USAAS.

The USAAS Athlete Safety Policy (Appendix Q) and the [USAAS Minor Athlete Abuse Prevention Policy](#) (“MAAPP”) work in concert to forward the organization’s commitment to the prevention and education efforts aimed at creating an environment free of emotional, physical and sexual misconduct and abuse, and to ensure effective and prompt resolution upon the allegation of misconduct and/or abuse.

The U.S. Center for SafeSport has the exclusive authority to investigate and resolve conduct involving (a) sexual misconduct and (b) Prohibited Conduct (as defined in Article 4 below) that is reasonably related to the underlying allegation of sexual misconduct. The U.S. Center for SafeSport also has discretionary authority over other alleged violations of any Prohibited Conduct under the U.S. Center SafeSport Code as well as alleged violations of the MAAPP. USAAS and its Participants (as defined in Section 1.01 A below) shall not interfere in, attempt to interfere in, or attempt to influence the outcome of any U.S. Center for SafeSport investigation, USOPC investigation and/or the investigation by law enforcement.

This Appendix Q, in addition to other USAAS policies, are included in the [USA Artistic Swimming Rulebook](#).

Nothing contained in this Appendix Q is intended to supersede, replace, or otherwise invalidate the [Ted Stevens Olympic and Amateur Sports Act](#), or the U.S. Center SafeSport Code for the U.S. Olympic and Paralympic Movement and/or any applicable federal and state laws on the mandatory reporting of child abuse or sexual misconduct.

#### ARTICLE 1

##### 1.01 Participants:

- A. This Appendix Q applies to those individuals defined as Participants by the U.S. Center SafeSport Code as any individual who is seeking to be, currently is and/or was at the time of an alleged SafeSport Code violation:
  - A member of USAAS;
  - An employee or board member of USAAS;
  - Within the governance or disciplinary jurisdiction of USAAS; and/or

- Authorized, approved or appointed by USAAS to have regular contact with, and/or authority over, Athlete Protected Individuals. Refer to [USAAS Code of Ethics](#) (Appendix P).

B. Specifically, this Appendix Q applies to the following individuals (“Participants”):

1. USAAS Employees;
2. Members of the USAAS Board of Directors;
3. Contractors;
4. All National Team Coaches, contractors, chaperones, and volunteers who have regular contact with, and/or authority over, athletes;
5. All National Talent, Olympic Development and Elite Camp Coaches, contractors, chaperones, and volunteers who have regular contact with, and/or authority over, athletes;
6. All National Team athletes currently listed in the U.S. Anti-Doping Agency (“USADA”) Registered Testing Pool;
7. All Athletes (eighteen [18] years of age and older) who practice and/or compete with minor age athletes;
8. All members (eighteen [18] years of age and older) serving on all USAAS committees, subcommittees and boards;
9. All USAAS Member Club board members, employees, contract coaches, chaperones, support staff, and volunteers who have regular contact with, and/or authority over, athletes. This includes, but is not limited to, Dance, Acrobatics, Flexibility, Swimming Staff, etc. at any national or local training facility);
10. All officials (Levels 1 through World Aquatics “Gold” & Emeritus);
11. All staff, including coaches, managers, chaperones and adults who have regular contact with, and/or authority over, athletes while traveling with athletes to national, regional and local events or for the Club Option or Private Invitation Programs. Excludes adults traveling only as fans;
12. All Life and Professional members who have regular contact with, and/or authority over, athletes or are eighteen (18) years of age or older and train with minor age athletes.
13. All voting members (including athlete representatives) of the Athletes Executive Committee and the Board of Governors, regardless of age.

C. **Exception:** In limited circumstances, USAAS may determine an individual(s) otherwise meeting the definition of Participant (as defined in Section 1.01 A above) will not be deemed to be a Participant(s).

**1.02 Dual Jurisdiction:** A USAAS Participant may also be identified as a USOPC Participant (at a USOPC Sponsored or Delegation Event) and subject to the USOPC Athlete Safety Policy and other applicable policies of the USOPC.

## ARTICLE 2

### 2.01 Jurisdiction:

- A. **Coverage:** For the purposes of this Appendix Q, USAAS shall have jurisdiction to investigate and resolve allegations of Prohibited Conduct (as defined in Article 4 below) that are not within the U.S. Center for SafeSport’s jurisdiction (exclusive and discretionary) and that are not related to a matter wherein the USOPC asserts jurisdiction.
- B. **Relevant Organizational Policies:** Allegations against USAAS employees may be addressed through the USAAS’s employment policies and procedures and may also be addressed according to Appendix Q. In addition, USAAS may address violations of this

Appendix Q by all Participants under other relevant organizational policies (i.e., USAAS Code of Ethics, Appendix P).

## ARTICLE 3

### 3.01 Prevention Policies:

- A. **Minor Athlete Abuse Prevention Policies:** USAAS recognizes additional safeguards are paramount to the wellbeing of minor athletes. As such, USAAS has formally adopted MAAPP and all USAAS Participants are subject to its requirements. The MAAPP policy can be found at <https://www.usaartisticswim.org/safe-sport-resources>.
- B. **Education and Training:** USAAS requires that all Adult Participants remain current with the required training outlined in Part I of the MAAPP. This includes, but is not limited to, the following:
  1. **SafeSport Trained Core Course:** Required for all Adult Participants:
    - a. before regular contact with an athlete and within the first forty-five (45) days of either initial membership; or
    - b. upon beginning a new role subjecting the individual to the MAAPP; and
    - c. every fourth (4<sup>th</sup>) year.

**Exception:** Adult Participants who are recognized by USAAS as USAAS medical providers may elect to take the Health Professionals Course in lieu of the SafeSport Trained Core Course.
  2. **Refresher Training:** Required for all Adult Participants on an annual basis, beginning the calendar year after completing the SafeSport Trained Core Course as required in 3.01 B.1 above.
  3. **Minor Training:** USAAS will, on an annual basis and subject to parental consent, offer and provide training to Participants who are minors, on the prevention and reporting of child abuse.
  4. **Parent Training:** USAAS will, on an annual basis, offer and provide training to parents of minors, on the prevention and reporting of child abuse. USAAS shall track:
    - a. a description of the training(s);
    - b. the date the training(s) was offered and provided; and
    - c. a description of how the training(s) was offered and provided.
- C. **Exemption for Survivor:** Exemptions from the education and training requirements may be made on a case-by-case basis for victims/survivors. Request may be made directly to the U.S. Center for SafeSport, via email at [exemptions@safesport.org](mailto:exemptions@safesport.org), or to USAAS Athlete Safety Manager, via email at [USAASsafesport@usaartisticswim.org](mailto:USAASsafesport@usaartisticswim.org).
- D. **Modifications:** USAAS will work with individuals with disabilities and individuals with limited English proficiency on a case-by-case basis to satisfy these education and training requirements.
- E. **Tracking Requirements:** USAAS will track all education and training requirements and perform checks at a minimum of twice a month to ensure compliance with this Appendix Q. The USAAS membership system will alert a member if their requirement(s) are expiring. This notification will occur sixty (60) days prior, thirty (30) days prior and on the date when a requirement expires. If a requirement expires, the membership will be suspended temporarily until the requirement is met.

## ARTICLE 4

### 4.01 Prohibited Conduct:

USAAS will not accept or tolerate misconduct in any form by, or directed toward, any USAAS Participant, parent, spectator or other person while participating in or preparing for activities or events conducted under the protection and support of USAAS. Participants are prohibited from engaging in conduct (or failing to report such conduct and/or abuse) identified in this Section 4.01 as Prohibited Conduct.

- A. **Violations of the U.S. Center SafeSport Code:** USAAS adopts and incorporates herein the definitions of Prohibited Conduct, as defined in the U.S. Center SafeSport Code.
- B. **Violation of MAAPP:** Participants are prohibited from violating MAAPP.
- C. **Violation of the USAAS Process:** Participants are prohibited from engaging in Prohibited Conduct as it relates to USAAS processes such as, but not limited to, failing to make a required report in accordance with this Appendix Q, as well as the [USAAS Whistleblower and Anti-Retaliation Policy](#) (Appendix S).

## ARTICLE 5

### 5.01 Reporting Allegations of Prohibited Conduct:

USAAS recognizes it may be difficult for an athlete, teammate, co-worker, friend or family member to report an allegation of misconduct and strives to remove as many barriers to reporting as possible. The reporter's critical role is simply to report the allegation to the appropriate entity(ies). It is not the reporter's responsibility to evaluate the credibility of the allegation, gather additional information or investigate the incident. Individuals needing assistance with reporting or having questions about appropriate reporting protocol should contact the USAAS Athlete Safety Manager.

### 5.02 Mandatory Reporter Designation:

Adult Participants are mandatory reporters and must report suspicions or allegations of Prohibited Conduct as directed in Section 5.03 below.

### 5.03 Reporting Protocol:

- A. **Reporting Sexual Misconduct and Child Abuse:** Allegations of child abuse, including physical or sexual abuse, or neglect, **must be reported to law enforcement and the U.S. Center for SafeSport immediately (within twenty-four [24] hours).** Other allegations of sexual misconduct must be reported to the U.S. Center for SafeSport.

1. **U.S. Center for SafeSport:**

**Phone:** 833-5US-SAFE (587-7233)

**Reporting:** <https://uscenterforsafesport.org/report-a-concern/>

2. **Law Enforcement:**

If an Adult Participant, including staff and board members of USAAS, learns of information and reasonably suspects that a minor has suffered an incident of child abuse (to include neglect, physical, emotional, and sexual abuse) they **must report this to law enforcement (or in some states child protective services) and the U.S. Center for SafeSport immediately (within twenty-four [24] hours).** Filing a report with the U.S. Center for SafeSport does not satisfy the reporting requirement to law enforcement. Information on reporting to law enforcement/child protective services can be found at: <https://www.childwelfare.gov/topics/responding/reporting/how/>.

Adult Participants shall comply with any applicable state laws on the mandatory reporting of child abuse or sexual misconduct.

- Individuals reporting to law enforcement are encouraged to request, retain and provide to the U.S. Center for SafeSport, the applicable case

identification number, investigator name and/or contact information, if available.

**B. Reporting Emotional, Physical, other Prohibited Conduct and MAAPP Violations:**

1. Adult Participants should promptly report allegations of emotional, physical or other Prohibited Conduct and allegations of MAAPP violations by providing as much relevant information as possible (i.e., reporting parties name and contact information, alleged misconduct/concern, date of incident, location of incident, individuals involved and their roles, ages and contact information, if known, including potential bystanders/witnesses) and send any relevant documentation to USAAS:

**Phone:** (719) 866-2219

**Email:** USAASsafesport@usaartisticswim.org

**In Person:** USAAS Athlete Safety Manager

2. If an allegation of sexual misconduct or child abuse is received by the USAAS Athlete Safety Manager, the matter will be referred to the appropriate law enforcement or child protective entity and the U.S. Center for SafeSport immediately (within twenty-four [24] hours).
3. Nothing precludes an individual from reporting emotional, physical and/or other Prohibited Conduct or violations of MAAPP to the U.S. Center for SafeSport. If the reporter has a specific concern, such as a conflict of interest, the individual is encouraged to note their concern on the incident report form. If the U.S. Center for SafeSport does not assume jurisdiction, it has a process to route the allegation to the appropriate entity for review, response and resolution.

C. **Survivor Exception:** Nothing in this Appendix Q requires a victim/survivor of child abuse or other misconduct to self-report.

D. **Anonymous Reporting:** Reports may be made anonymously. However, it does not mean that the underlying information will be protected; reporting anonymously may limit USAAS' ability to investigate and respond to a report.

E. **Fees:** No direct fees or other costs are involved in making a report.

F. **Escalation of Reports:** If an individual feels USAAS has failed to act upon the information reported, not managed the matter appropriately or feels there is an inherent conflict of interest in reporting the matter to the USAAS Athlete Safety Manager, the individual may escalate these concerns to the USAAS Executive Director ("Executive Director"). If an individual feels that there is a conflict of interest in reporting the matter to the Executive Director or that the Executive Director has been unresponsive to their inquiry, the individual may escalate the matter to the USAAS President ("President").

**5.04 Whistleblower Protection:** Regardless of outcome, USAAS will support the reporting party and their right to express concerns in good faith. USAAS will not encourage, allow, or tolerate attempts from any individual or group of individuals to retaliate, punish, allow or in any way harm any Protected Individual(s) who reports a concern in good faith. This applies to the complainant and other Protected Individuals before, during, and after the process of resolving an abuse or misconduct allegation whether led by USAAS, U.S. Center for SafeSport or USOPC. Such actions will be considered a violation of the USAAS Whistleblower and Anti-Retaliation Policy (Appendix S).

## ARTICLE 6

**6.01 Response and Resolution:**

Refer to [USAAS Administrative Rules, Article 24.](#)

- A. The U.S. Center for SafeSport has the exclusive authority to investigate and resolve conduct involving sexual misconduct, child abuse and Prohibited Conduct under the U.S. Center SafeSport Code that is reasonably related to the underlying allegation under

its exclusive authority. Exclusive authority means only the U.S. Center for SafeSport will investigate and manage any related resolution or arbitration involving sexual misconduct or child abuse, and USAAS will not conduct its own investigation or arbitration with respect to possible sexual misconduct or child abuse, except as otherwise provided. These actions will be the responsibility of the USAAS Athlete Safety Manager.

- B. USAAS will promptly inform an identified reporting party of its jurisdictional determination by communicating that the matter is being:
  - referred to the U.S. Center for SafeSport;
  - addressed by USAAS;
  - referred to the USOPC, law enforcement; and/or
  - referred to a local affiliated organization.
- C. USAAS will promptly and thoroughly investigate any and all allegations of misconduct (except for reports of sexual misconduct or child abuse as outlined in Section 6.01 A above) in matters that are within its jurisdiction. On the written request of USAAS or the USOPC, the U.S. Center for SafeSport may, in its discretion, accept authority over alleged violations of any Prohibited Conduct under the U.S. Center SafeSport Code. If the U.S. Center for SafeSport accepts jurisdiction over a matter, then that matter shall fall under its exclusive authority.
- D. If USAAS determines that any Participant (as defined in Section 1.01 A above) has engaged in any Prohibited Conduct, the Participant will be subject to appropriate disciplinary action, up to and including immediate termination of any contractual relationship, decertification or expulsion from the membership of the organization.
- E. USAAS cannot guarantee complete confidentiality of complaints. However, USAAS shall strive to ensure that all complaints are handled in a manner that, to the greatest degree possible, protects the rights of all parties.
- F. When necessary and appropriate, this information shall be communicated to the appropriate authorities for investigation and should be reviewed by appropriate officials, whose response shall include timely notification of such allegations to the alleged offender.
- G. Any Participant accused of a violation of the U.S. Center SafeSport Code or this Athlete Safety Policy may be temporarily suspended at any time by the Executive Director, in consultation with the President, until or while the matter is investigated and resolved. A Participant may apply to have a suspension lifted or, if applicable, to be reinstated within the organization, according to [USAAS Grievances Procedures](#) (Appendix K), Article 3, Section 3.01 B and Section 3.03 K.1. Reinstatement is not a right, and no assurance is made that the Participant will be reinstated to their former position.
- H. Any Participant or member organization that fails to appropriately report, who makes a false report, or who threatens retaliation or reprisal against an individual for reporting Prohibited Conduct will be subject to discipline or other action as may be within the jurisdiction of USAAS.
- I. USAAS will reflect and enforce any sanction, whether temporary or permanent, imposed on a Participant by the U.S. Center for SafeSport or the USOPC.

## ARTICLE 7

### 7.01 Background Check Policies and Disqualification from Service:

In an effort to further foster a safe environment, USAAS is subject to, and will fully comply with, the [USOPC's Responsible Sport Organization Background Check Policy](#) ("USOPC RSO Policy"). As such, USAAS requires criminal background screening as follows.

It is the policy of USAAS that it will not authorize or sanction the participation of any individual who has regular contact with, and/or authority over, athletes, if the individual

refuses to consent to a background check by USAAS before they are allowed to have access to athletes in USAAS programs that it directly controls. Further, it is the policy of USAAS, that it will require its affiliates to adopt this policy as a condition of their affiliation with USAAS. Background checks listed herein may also be applied to Appendix P.

- A. Background checks are required for all USAAS Participants listed in Section 1.01 A above. Parental consent is required for minors under eighteen (18) years of age.
- B. USAAS requires background checks be completed by the earlier of:
  1. before contact with athlete(s) begins; or
  2. within the first forty-five (45) days of initial membership or upon beginning a new role subjecting the individual to this policy.

Full background checks are valid for two (2) years. A supplemental background check will be conducted in the off years utilizing the supplemental background check search components identified in the USOPC RSO Policy. USAAS recommends reapplying prior to the expiration of the current background check.

- C. Criminal offenses that will trigger a “Red Light” report through the USAAS approved background check company, National Center for Safety Initiatives (“NCSI”), are as follows:
  1. [National Council of Youth Sports \(“NCYS”\) Standards](#)
  2. [USOPC Standards](#)Both of these standards can also be found in their entirety on the USAAS website at <https://www.usaartisticswim.org/safe-sport-resources>.
- D. Consistent with USAAS Background Red Light Procedure, the USAAS Ethics Committee will review and assess all background check reports flagged as a “Red Light” and will determine the eligibility and right to participate of any individual who has received a “Red Light” background check report. The USAAS Background Red Light policy can be found at: <https://www.usaartisticswim.org/safe-sport-resources>.
  1. Any individual with an offense that triggers a “Red Light” report shall receive directions on how to question or challenge the report from NCSI.
  2. If the individual fails to contact NCSI, that individual’s background check report will be finalized and the results will be provided to USAAS.
- E. Individuals subject to background checks under this section have an affirmative duty to disclose their criminal history to USAAS. Failing to disclose or intentionally misrepresent an arrest, pending charge, conviction, admission of guilt, a plea to the charge or a lesser included offense, a plea of no contest, any plea analogous to an Alford or Kennedy plea, the disposition of the proceeding through a diversionary program, deferred adjudication, deferred prosecution, disposition of supervision, conditional dismissal, juvenile delinquency adjudication or similar arrangement, is grounds for disciplinary action, regardless of when the offense is discovered or occurred. An individual also has an affirmative duty to disclose a pending outcome, confirmed violation, suspension or other sanction stemming from any SafeSport-related matter. In such an event, the individual must notify USAAS in writing and within twenty-four (24) hours.
- F. In addition to the above, any individual, club or Association who has been party to, or has knowledge of, any degrading, hazing or initiation rite, without reporting it or taking action, shall be subject to suspension from participating, or holding office with any Team, club or Association that is a member of, or affiliated with, USAAS.

## ARTICLE 8

### 8.01 Compliance:

- A. USAAS tracks Participants’ compliance to its Athlete Safety Policy on a periodic basis.

B. All Participants who are not compliant with education and training and Background Check requirements will hold a suspended membership until all requirements are completed.

**8.02 USOPC's NGB Athlete Safety Policy:** Full compliance with the USOPC's NGB Athlete Safety Policy is required, including but not limited to, the following notification requirements:

A. **Compliance with the USOPC's NGB Athlete Safety Policy, Section 3.2:** USAAS will notify the USOPC's Security and Athlete Safety Office as soon as possible (within twenty-four (24) hours) after learning of an allegation of Prohibited Conduct that occurred at an Olympic and Paralympic Training Center ("OPTC"), a USOPC Sponsored Event, or at any third-party sponsored event to which the USOPC sends a delegation ("USOPC Delegation Event"). Any temporary measure(s) imposed by USAAS and/or the U.S. Center for SafeSport in response to an allegation must be included in the required notification.

B. **Compliance with the USOPC's NGB Athlete Safety Policy, Section 3.3:** USAAS will notify the USOPC's Security and Athlete Safety Office as soon as possible (within twenty-four (24) hours) of imposing its own or being notified of a U.S. Center for SafeSport imposed sanction(s) and/or temporary measure(s), affecting Participants who the USAAS knows, or reasonably expects, to:

- be nominated for or selected as a Participant to a USOPC Delegation Event;
- be a Participant at a USOPC Sponsored Event;
- have access to an OPTC; and/or
- receive a benefit and/or service from the USOPC as outlined in the USOPC Athlete Safety Policy.

The USOPC Athlete Safety policy can be found at <https://www.teamusa.org/team-usa-athlete-services/safe-sport>

## **APPENDIX R**

### **USA ARTISTIC SWIMMING AWARDS**

Amendments to this Appendix R are the responsibility of the Awards Committee and the Lillian MacKellar Award Subcommittee. These committees can modify this Appendix by recommending changes to the USAAS Board of Directors for approval.

#### **ARTICLE 1**

##### **1.01 Awards Presented by USA Artistic Swimming (“USAAS”) and selected by the Awards Committee:**

###### **A. Lillian MacKellar Distinguished Service Award:**

Presented to an individual for unselfish service to the sport without thought of personal gain and with particular emphasis on working for the benefit of the athlete.

###### **B. USA Artistic Swimming Award:**

Presented to an individual(s) or organization outside the sport of artistic swimming who have made significant contributions to the development of our sport on the national or worldwide level.

###### **C. USAAS Community Service Award:**

Presented to any town, city or community especially supportive of artistic swimming and the development of artistic swimming opportunities, and has demonstrated a commitment to the ideals and objectives of the sport.

###### **D. USAAS Athlete of the Year Award:**

Presented to an athlete who has made the most significant, positive impact on the sport, nationally and/ or internationally, during the most recent competitive season.

###### **E. USAAS Coach of the Year Award:**

Presented to a coach who has made a significant impact on athletes' performances at the highest level of competition in the last 12 months.

###### **F. Developmental Coach of the Year Award:**

Presented to a coach at the youth, club, high school or junior level, or a coach who is directly responsible for training athletes to reach the junior and/ or elite level.

###### **G. USAAS Hall of Fame Athlete Category:**

Presented to an athlete who has won at least seven domestic titles, and/ or has been a medalist in a top-tier international event, i.e. Olympics, World Championships, Pan American Games, etc., and been retired four years or more.

###### **H. USAAS Hall of Fame Contributor Award:**

Presented to an individual for exceptional service to the sport from a local to a national level.

##### **1.02 Achievement Awards Presented based on Points or Voted on by their Respective Groups:**

###### **A. Collegiate Athlete of the Year Award**

###### **B. Collegiate Coach of the Year Award**

###### **C. Collegiate High Point Team Award**

###### **D. Collegiate High Point Athlete Award**

###### **E. USAAS Collegiate All-America Team Award**

###### **F. USAAS All-Collegiate Award**

###### **G. USAAS Collegiate Academic Award**

###### **H. Mary Jo Ruggieri Scholarship**

- I. U.S. High Point Team Award
- J. U.S. High Point Individual Award
- K. U.S. National Championship Coach of the Year Award
- L. High Point Junior Team Award
- M. High Point Junior Individual Award
- N. U.S. Junior Championship Coach of the Year Award
- O. High Point 13-15 Team Award
- P. High Point 13-15 Individual Award
- Q. U.S. 13-15 Championship Coach of the Year Award
- R. U.S. Junior Olympic Championship Coach of the Year Awards  
Presented to coach(es) of a club whose athletes have reached a Final event at the U.S. Junior Olympic Championships for the first time. This award will be recognized at the U.S. Junior Olympic Championship.
- S. Masters High Point Team Award
- T. May McEwan Award

**1.03 Awards USAAS Nominates Recipients to Other Organizations:**

- A. International Swimming Hall of Fame (“ISHOF”) – Athlete Award
- B. ISHOF – Contributor Award
- C. ISHOF – Coach Award
- D. ISHOF – Masters Award
- E. ISHOF – Pioneer Award
- F. Paragon Award
- G. Sullivan Award
- H. United States Olympic and Paralympic Committee (“USOPC”) Coach of the Year Award
- I. USOPC Developmental Coach of the Year Award
- J. USOPC Sports Woman/ Team of the Year Award
- K. USOPC Rings of Gold Award
- L. Jack Kelly Fair Play Award (USOPC)
- M. Women’s Sports Foundation (“WSF”) International Women’s Sports Hall of Fame – Contemporary Athlete Award
- N. WSF International Women’s Sports Hall of Fame – Coach Award
- O. WSF International Women’s Sports Hall of Fame – Pioneer Athlete Award
- P. WSF Coaches Advisory Roundtable Honoree
- Q. Masters Swimming Hall of Fame
- R. USOPC George Steinbrenner Award

## APPENDIX S

### WHISTLEBLOWER AND ANTI-RETALIATION POLICY

Amendments to this Appendix S are the responsibility of the USAAS Board of Directors.

#### ARTICLE 1

##### 1.01 Purpose:

This USAAS Whistleblower and Anti-Retaliation Policy (Appendix S) is intended to support a strong culture of integrity and ethical conduct within the USA Artistic Swimming (“USAAS”) community by encouraging, valuing, and protecting good faith reporting of any alleged violation of any applicable law, policy, or potential ethics issue. The purpose of this policy is threefold:

- A. To clarify that USAAS will not tolerate fraudulent or dishonest conduct and/or compliance violations by its employees, board of director’s members, USAAS members, committee members, volunteers, or contractors.
- B. To set forth the process for handling allegations of such conduct, as defined in Section 1.01 A above.
- C. To affirm that Whistleblowers and Good Faith Reporters will not face retaliation for good faith reporting of such conduct, as defined in Section 1.01 A above.

##### 1.02 Definitions:

- A. **Protected Individual(s):** This Appendix S, as well as the protection it provides, applies to the following individuals (“Protected Individual(s)”):
  - USAAS Employees;
  - Members of the USAAS Board of Directors (“Board of Directors”);
  - USAAS Members;
  - USAAS Committee Members;
  - Volunteers; and
  - Contractors.

**Note:** Applicable to USAAS Athlete Representatives serving in one (or more) of the above-mentioned categories.
- B. **Whistleblower:** A Protected Individual who informs a manager, supervisor, the USAAS Executive Director (“Executive Director”), or USAAS President (“President”) about an activity which that individual believes to be a violation as defined in Section 1.03 below.
- C. **Good Faith Reporter:** A Good Faith Reporter or other reasonable party (i.e., witness or victim, etc.) not otherwise listed in Section 1.02 A. above are protected under this policy.
- D. **Acting in Good Faith:** Individuals reporting a perceived violation shall have some reasonable basis for believing there may be a violation. Knowingly making a false allegation is a violation of this policy and may be reported as such.
- E. **Fraudulent or Dishonest Conduct:** A deliberate act or failure to act with the intention of obtaining an unauthorized benefit. Examples of such conduct include, but are not limited to:
  1. Forgery or alteration of documents related to USAAS business.
  2. Unauthorized alteration or manipulation of USAAS computer files.
  3. Fraudulent financial reporting by USAAS officials or employees.
  4. Pursuit of a benefit or advantage in violation of USAAS Conflict of Interest Policy (Appendix U).
  5. Misappropriation or misuse of USAAS resources, such as funds, supplies, or other assets.

6. Authorizing or receiving compensation from USAAS for goods not received or services not performed.
7. Authorizing or receiving compensation from USAAS for hours not worked.

F. **General Retaliation:**

1. USAAS has zero tolerance for retaliation against a Whistleblower, Good Faith Reporter, or other Protected Individual who makes good faith reports of potential violations.
2. USAAS may not retaliate against an employee or contractor with the intent or effect of adversely affecting the terms or conditions of employment or other contractual rights including, but not limited to, threats of physical harm, loss of job, punitive work assignments, impact on salary or wages, or impact on contractual payments.
3. No action, or threat of action, shall be taken against an Athlete Protected Individual as a reprisal for disclosing information to, or seeking assistance from, the United States Olympic and Paralympic Committee (“USOPC”) Office of the Athlete Ombuds as outlined in Section 220509(b)(5) of the Ted Stevens Olympic and Amateur Sports Act (“Act”).

G. **Athlete SafeSport Retaliation:** Pursuant to Section 220501(b)(11) of the Act, “any adverse or discriminatory action, or the threat of an adverse or discriminatory action, including, but not limited to, removal from a training facility, reduced coaching or training, reduced meals or housing, and removal from competition, carried out against a Protected Individual as a result of any communication including, but not limited to, the filing of a formal complaint by the Protected Individual, or a parent or legal guardian of the Protected Individual, relating to the allegation of physical abuse, sexual harassment and/or sexual misconduct, or emotional abuse, or other reported alleged violation with:

- the U.S. Center for SafeSport;
- a coach, trainer, manager, administrator or official associated with USAAS;
- the U.S. Attorney General;
- a Federal or State law enforcement authority;
- the Equal Employment Opportunity Commission; or
- Congress.”

**1.03 Violations:** This policy is for use where there may be a violation of the following:

- A. Compliance with the Act.
- B. Compliance with USOPC By-Laws, Policies and Procedures.
- C. Compliance with USAAS Code, Policies and Procedures, and accounting and financial practices.
- D. Compliance with State and Federal Laws.
- E. Compliance with the U.S. Center for SafeSport Policies and Procedures.
- F. Compliance with the U.S. Anti-Doping Agency (“USADA”) Policies and Procedures.
- G. Knowingly making false allegations.

**1.04 Reporting an Alleged or Suspected Violation:**

- A. **Report:** USAAS encourages reporting of alleged or suspected violations. This policy does not change or replace the mandatory reporting obligations consistent with the USAAS Athlete Safety Policy (Appendix Q). Nothing in this Whistleblower and Anti-Retaliation Policy replaces or changes an individual’s obligations to report under the SafeSport Code. In addition, if criminal activity is suspected against an individual or property, it is a requirement to report violations directly to law enforcement immediately. Refer to Appendix Q.

Any possible violations shall be reported to the Executive Director or President.

**Executive Director Phone:** (719) 866-2219  
**Executive Director Email:** ceo@usaartisticswim.org  
**President Email:** president@usaartisticswim.org

B. **Confidentiality:** USAAS has an obligation to investigate alleged violations. Reports will be treated as confidentially as possible. There is no such thing as an “unofficial” or “off the record” report. USAAS will keep the Whistleblower or Good Faith Reporter’s identity confidential, unless:

1. The individual agrees to be identified;
2. Identification is necessary to allow USAAS or law enforcement officials to investigate or respond effectively to the report;
3. Identification is required by law; or
4. The individual accused of policy violations is entitled to the information as a matter of legal right in disciplinary proceedings.

C. **Reporting by USAAS Managers and Supervisors:**

1. USAAS managers and supervisors (“managers and supervisors”) are required to report suspected violations to the Executive Director or President. In addition, managers and supervisors are responsible for maintaining a system of management controls which detect and deter potential violations. Failure to report a violation within the scope of this policy by a manager or supervisor may result in adverse personnel action against the manager or supervisor, up to and including dismissal.
2. Reasonable care should be taken in dealing with suspected misconduct to avoid:
  - a. False allegations.
  - b. Premature notice to individuals suspected of misconduct and/or disclosure of suspected misconduct to others not involved with the investigation.
  - c. Violations of an individual’s rights under law. Accordingly, a manager or supervisor faced with suspected misconduct should:
    - Not contact the individual suspected to further investigate the matter or demand restitution.
    - Not discuss the case with anyone other than the Executive Director or President, as appropriate.
    - Direct all inquiries from any attorney retained by the suspected individual to the Executive Director or USAAS General Counsel.
    - Direct any inquiries from the media to the Executive Director.

#### **1.05 Enforcement:**

A. **Investigation:** Pursuant to [USAAS Grievance Procedures](#) (Appendix K), the USAAS Ethics Committee will investigate reported alleged violations of this policy.

B. **Final Determination of Investigation:** Upon review of the USAAS Ethics Committee’s report and recommendation, the Executive Director, President and Board of Directors shall determine the final outcome and decision of the investigation as required by Appendix K.

1. **Employment Suspension/Termination:** If a USAAS employee has retaliated against a Protected Individual, the employee shall be immediately terminated or suspended without pay, as required by Section 220509(c)(2) of the Act.
2. **Termination of Employment or Participation:** Pursuant to [Appendix K](#), violations of this policy according to Section 1.03 above, may lead to serious consequences, up to and including termination of employment or participation.
3. **Dismissal of Grievance:** Potential reasons for dismissal of grievance without a full investigation shall be as stated in [Appendix K](#).

C. Enforcement will be executed by disinterested party(ies).

**1.06 Whistleblower Protection:**

Whistleblowers who believe that they have been retaliated against may file a grievance with the Executive Director or President, pursuant to Appendix K. This protection from retaliation is not intended to prohibit the Executive Director, or managers and supervisors from taking action, including disciplinary action, in the usual scope of their duties and based on valid performance-related factors.

**1.07 Points of Contact and Resources:**

A. Protected Individuals in need of further information, guidance and/or the enforcement thereof, in relation to this Appendix S, may contact the Executive Director at:

**Phone:** (719) 866-2219  
**Email:** ceo@usaartisticswim.org

B. In addition, the USOPC Ethics and Compliance team may serve as a secondary resource for questions or concerns regarding this Appendix S. The USOPC Ethics and Compliance team may be contacted at:

**USOPC Integrity Hotline:** (877) 404-9935  
**USOPC Integrity Portal:** <https://usopc.ethicspoint.com>

**C. USOPC Athlete Ombuds Assistance:**

The USOPC Athlete Ombuds (“Athlete Ombuds”) provides cost-free, independent and confidential advice regarding athlete rights; resolving disputes or grievances; and any sport rule, policy, or process, including USAAS-athlete agreements, codes of conduct or Team selection procedures. The Athlete Ombuds can also help athletes connect with legal counsel or mental health resources, if needed. The Athlete Ombuds may be contacted at:

**Phone:** (719) 866-5000  
**Email:** ombudsman@usathlete.org  
**Website:** [www.usathlete.org](http://www.usathlete.org)

## APPENDIX T

### ATHLETE RIGHTS AND RESPONSIBILITIES

Amendments to this Appendix T are the responsibility of the USAAS Board of Directors. The Athletes Executive Council can modify this Appendix by recommending changes to the USAAS Board of Directors for approval.

#### INTRODUCTION

USA Artistic Swimming (“USAAS”) grants the privilege of athlete membership to individuals committed to its mission. The privilege of membership may, therefore, be withdrawn by USAAS at any time where USAAS determines that an athlete member’s conduct is inconsistent with the mission of the organization or the best interest of the sport and those who participate in it.

In order to assist all athlete members who participate in artistic swimming, USAAS has adopted the Athlete Bill of Rights that follows.

#### ARTICLE 1

##### ELEMENTS OF THE ATHLETE BILL OF RIGHTS

###### **1.01 Participation:**

Athletes have the right to participate in artistic swimming regardless of race, ethnicity, culture, religion, sex (including gender identity, sexual orientation or pregnancy), age, family status, socio-economic status, geographical location, nationality, body shape, beliefs, mental or physical ability or other defining characteristics. Refer to [Code of Ethics](#) (Appendix P).

###### **1.02 Respect and Equity:**

Athletes shall be respected by all members of the USAAS organization including, but not limited to, other athletes, parents, coaches, spectators, officials, employees and volunteers.

Athletes shall not be discriminated against based on race, ethnicity, culture, religion, sex (including gender identity, sexual orientation or pregnancy), age, family status, socio-economic status, geographical location, nationality, body shape, beliefs, mental or physical ability or other defining characteristics. Refer to Appendix P.

###### **1.03 Training and Competition:**

Athletes have the right to:

- Train and compete in an environment that is free from bullying, hazing, harassment, emotional misconduct, physical misconduct, or sexual misconduct in any form. Refer to [Athlete Safety Policy](#) (Appendix Q).
- Be instructed by qualified individuals with professional credentials and/or proper organizational training. Qualified individuals are required to comply with Appendix Q.
- Make personal health decisions regarding training and competing during global health crises or states of emergency, like earthquake, tornado, hurricane, and similar disasters.
- Request equitable training opportunities, when necessary.
- Train and compete in facilities that are clean and properly maintained.

- Feel comfortable in their swimwear and team apparel. In addition, athletes have the right to train and compete in swimwear that aligns with their gender identity without discrimination, judgement or question.
- Train and compete in routines which use appropriate and non-offensive music and/or theme.
- Train and compete without fear of relinquishing any of the rights listed in this Appendix T.

**1.04    Health and Wellness:**

Athletes have the right to pursue, and be supported in the pursuit of, a healthy lifestyle that includes proper nutrition, mental health support, adequate rest and recuperation. They have the right to feel comfortable with their body shape or weight, without being pressured to change through unhealthy diets or restrictive means.

In addition, athletes are entitled to practice proper injury prevention, seek qualified care and take adequate healing time for optimal injury recovery and safety.

**1.05    Culture and Religion:**

Athletes have the right to have their cultural and religious practices respected. Athletes may, respectfully, share their beliefs and values within their athletic environment. Athletes may be excused, without repercussions, from training for religious holidays and/or cultural events. Athletes have the right to have their nutritional choices respected for religious and/or cultural practices.

**1.06    Communication:**

Athletes shall utilize the lines of communication to share concerns about the USAAS environment, and may do so without jeopardizing their ability to participate and/or negatively impact their success. Violation of Athletes' rights shall be communicated to the appropriate person(s) as follows:

- For concerns about athlete safety, contact the U.S. Center for SafeSport or [safesport@usaartisticswim.org](mailto:safesport@usaartisticswim.org) and refer to Appendix Q, Article 4, for instructions on mandatory reporting.
- For questions about any other provision of this Appendix T, contact the USAAS Executive Director ([ceo@usaartisticswim.org](mailto:ceo@usaartisticswim.org)), the Vice President Diversity, Equity and Inclusion ([dei@usaartisticswim.org](mailto:dei@usaartisticswim.org)), or the Athletes Executive Council ([aec@usaartisticswim.org](mailto:aec@usaartisticswim.org)).

**1.07    Right to Privacy:**

Athletes have a reasonable right to privacy and confidentiality regarding their personal lives, health and well-being.

**1.08    Compliance:**

Failure to comply with the Athlete Bill of Rights is a violation of the USAAS Code of Ethics. Refer to Appendix P, Article 2 for recommended grievance process.

## **ARTICLE 2**

### **ATHLETE RESPONSIBILITIES DECLARATION**

Athlete members have the responsibility to:

- Uphold the values of USAAS and their club organizations.
- Respect the integrity of the sport.
- Respect the rights and well-being of, and not discriminate against, other athletes, coaches, officials, volunteers, employees and others within the artistic swimming organization and/or other sporting environments.
- Act in accordance with the USAAS Code of Ethics (Appendix P). Athletes are encouraged to report unethical behavior, including instances of infringement upon or violation of the rights in this Appendix T.
- Comply with the rules of USAAS, and the communities and venues used for training or competition.
- Participate and vote in athlete representatives' elections.
- Attend USAAS meetings and express athlete opinion.
- Inform themselves and be aware of their rights and responsibilities.

## APPENDIX U

### CONFLICT OF INTEREST POLICY

Amendments to this Appendix U are the responsibility of the USAAS Board of Directors.

#### INTRODUCTION

Those who choose to serve USA Artistic Swimming, Inc. (“USAAS”) are held to a high standard of conduct. They must do so without personal gain in order to avoid any institutional loss or embarrassment and to behave in such a way that the organization’s trust and public confidence are enhanced. It is important to properly disclose and react to any conflict of interest, actual or perceived.

While no set guidelines can guarantee acceptable behavior, the principles that guide behavior in this area are disclosure, and non-participation in the decision-making process where personal, family or professional gain is a possibility. Any individual accepting the honor of serving USAAS must also accept the burdens of public disclosure and public scrutiny.

In our complex society the intermix of volunteer work, business interests, governmental activity, and family relationships (as defined in 1.01 B below) often creates potentially conflicting interests. It is imperative that individuals recognize and attempt to avoid any activity or investment that constitutes an actual, potential, or perceived conflict of interest. Although not all conflicts of interest can be anticipated or identified herein, examples of conflicts of interest include, but are not limited to:

- Making decisions that could place personal, family, financial or professional interests ahead of those of USAAS.
- Making decisions that could place the interests of your club or team, your club or team’s athletes or your business ahead of those of USAAS.
- Using, or allowing others to use, USAAS properties, services, opportunities, authority and influence for private benefit.
- Failing to exhibit honesty, loyalty, candor and professional competence in relationships with USAAS directors, employees, members and contractors.

#### ARTICLE 1

##### 1.01 Definitions:

A. **Interested Party(ies):** This Appendix U applies to the following individuals (“Interested Party(ies)”).

- USAAS Employees;
- Members of the USAAS Board of Directors (“Board of Directors”);
- USAAS Committee Members; and
- Contractors.

**Note:** Applicable to USAAS Athlete Representatives serving in one (or more) of the above-mentioned categories.

B. **Family relationship(s):** For the purposes of the USAAS disclosure process, “family” is defined as spouse, child, stepchild, parent, sibling, domestic partner, parent of spouse/domestic partner, and sibling or child of domestic partner.

C. **Conflict of Interest:** USAAS defines a conflict of interest as any situation in which an Interested Party (or the Interested Party’s family member or close associate’s activities) is in a position to derive, or be perceived to derive, personal benefit from actions or decisions made in their official capacity. Further, it is the existence of a personal or

financial relationship with the Interested Party (and/or a family member or close associate) that could influence, or be perceived to influence, an Interested Party's objectivity when representing or conducting business for, or on behalf of USAAS.

For example:

- An Interested Party benefits financially as part of a contract negotiation on behalf of USAAS.
- A committee member is the former coach of a National Team athlete.
- The Board of Directors is contemplating a conflict of interest disclosure of a sibling of an Athlete Representative.
- An Athlete Representative serves on a committee hearing a Team selection grievance wherein they were selected to be on the Team in question.

## 1.02 Procedures:

The following procedures govern USAAS Conflict of Interest Policy:

- A. All Interested Parties must complete and file with the USAAS Executive Director ("Executive Director") the Conflict of Interest Disclosure Form (Attachment A) on an annual basis. In the event of a material change in circumstances, an amended form must be completed and filed. Disclosure forms for the Executive Director must be filed with, and reviewed by, the Board of Directors and the Board of Directors disclosure forms must be filed with, and reviewed by, the USAAS Ethics Committee.
- B. Any Interested Party who believes they have a conflict of interest, actual, potential, or perceived, must disclose that conflict.
- C. Any Interested Party who becomes aware of a potential or actual conflict of interest, which has not been disclosed and which involves a fellow Interested Party, shall disclose the conflict to the Executive Director on the Conflict of Interest Disclosure Form pursuant to Section 1.02 A above. If the Interested Party believes there is a conflict in disclosing the violation to the Executive Director, they may submit the disclosure form directly to the Board of Directors via email at [president@usaartisticswim.org](mailto:president@usaartisticswim.org).
- D. In the event of an oral disclosure of any conflict of interest, a Conflict of Interest Disclosure Form shall be completed and filed with the Executive Director as soon as possible thereafter.
- E. The Executive Director shall annually compile all Conflict of Interest Disclosure Forms, and as new Forms are submitted, shall assess any conflict and determine whether the Interested Party with the conflict needs to refrain from participation or decision-making, or if any action is necessary to respond to the conflict of interest.
- F. The Executive Director and/or the USAAS Ethics Committee shall gather information and facts as needed to ensure potential conflicts are adequately assessed.
- G. The Executive Director shall provide relevant forms and associated decisions to the applicable USAAS committee, team or group of members, including the USAAS President ("President") on behalf of the Board of Directors.
- H. The Executive Director (and/or Board of Directors) shall communicate the decision via email and provide direction for managing conflict, if applicable, to the Interested Party with the conflict of interest.
- I. Should the Interested Party with the conflict of interest disagree with said decision, the conflict of interest and the reason for their grievance shall be referred to the Executive Director, President or Board of Directors, pursuant to the [USAAS Grievance Procedures](#) (Appendix K), to be reviewed by the USAAS Ethics Committee. The USAAS Ethics Committee, after full consideration, will advise the Executive Director, President or Board of Directors as to the proper response to the conflict of interest. The Executive Director will communicate the USAAS Ethics Committee decision and provide direction for managing conflict, if applicable, to the Interested Party.
- J. At the start of each Board of Directors meeting and each USAAS Committee meeting, members must declare conflicts with any anticipated agenda item. These disclosures

must be recorded in the minutes along with the associated recusal from the applicable agenda item. This requirement does not supersede the annual disclosure requirement outlined in 1.02 A above.

K. The Conflict of Interest Disclosure Form shall serve as the Interested Party's acknowledgement that all directives for managing conflict will be followed as a condition of USAAS membership and/or affiliation.

**1.03 Areas of High Risk:** Pursuant to this USAAS Conflict of Interest Policy, all conflicts of interest must be disclosed. However, the following areas are deemed high risk and warrant specific attention.

A. Any Interested Party, including any Athlete Representative(s), involved in the drafting, creation or enforcement of Team selection procedures, who has an actual, potential, or perceived conflict of interest **must** disclose the potential conflicts pursuant to Section 1.02 above.

1. To ensure no Interested Party participating in the creation, drafting or enforcement of Team selection procedures has a conflict of interest, additional provisions are provided in the USAAS National Team, Olympic Development Program and National Elite Camp Selection Procedures (Appendix E).

B. Any Interested Party empowered to resolve grievances (e.g., USAAS Ethics Committee, National Board of Review) **must** disclose any actual, potential, or perceived conflicts pursuant to Section 1.02 above.

1. To ensure no Interested Party empowered to investigate potential violations and/or resolve grievances has a conflict of interest, additional provisions are provided in the USAAS Grievance Procedures (Appendix K).

**1.04 No Retaliation:** USAAS will not encourage, allow, or tolerate attempts from any individual or group of individuals to retaliate, punish, allow or in any way harm any Interested Party(ies) who reports a concern in good faith. This applies to the complainant and other Interested Parties before, during, and after the process of resolving a grievance. Such actions will be considered a violation of the USAAS Whistleblower and Anti-Retaliation Policy (Appendix S).

**1.05 Reporting:** The USAAS membership has the responsibility to report alleged violations of this USAAS Conflict of Interest Policy and USAAS encourages the reporting of such allegations.

A. Suspected violations shall be considered an Administrative Grievance and reported via the Notice of Grievance Form to the Executive Director (ceo@usaartisticswim.org) and the President (president@usaartisticswim.org) consistent with USAAS Grievance Procedures (Appendix K). If the allegations are against the Executive Director or President, the Notice of Grievance Form shall be submitted directly to the USAAS Ethics Committee Chair (ethics@usaartisticswim.org). Refer to Appendix K.

**1.06 Investigation, Resolution and Enforcement:**

A. USAAS takes its obligation seriously to investigate, resolve and enforce potential violations of this USAAS Conflict of Interest Policy. Alleged violations reported to USAAS will be resolved, and any applicable decisions communicated, pursuant to the USAAS Grievance Procedures (Appendix K).

B. USAAS provides for an opportunity for a hearing pursuant to the USAAS Grievance Procedures (Appendix K).

C. Review, investigation, resolution and enforcement will be executed by individuals who are unbiased, impartial and free from conflicts of interest pursuant to the USAAS Grievance Procedures (Appendix K).

**1.07 Points of Contact and Resources:**

A. Interested Parties in need of further information, guidance and/or the enforcement thereof, in relation to this Appendix U, may contact the Executive Director at:

**Phone:** (719) 866-2219  
**Email:** [ceo@usaartisticswim.org](mailto:ceo@usaartisticswim.org)

B. In addition, the USOPC Ethics and Compliance team may serve as a secondary resource for questions or concerns regarding this Appendix U. The USOPC Ethics and Compliance team may be contacted at:

**USOPC Integrity Hotline:** (877) 404-9935  
**USOPC Integrity Portal:** <https://usopc.ethicspoint.com>

C. **USOPC Athlete Ombuds Assistance:**

The USOPC Athlete Ombuds (“Athlete Ombuds”) provides cost-free, independent and confidential advice regarding athlete rights; resolving disputes or grievances; and any sport rule, policy, or process, including USAAS-athlete agreements, codes of conduct or Team selection procedures. The Athlete Ombuds can also help athletes connect with legal counsel or mental health resources, if needed. The Athlete Ombuds may be contacted at:

**Phone:** (719) 866-5000  
**Email:** [ombudsman@usathlete.org](mailto:ombudsman@usathlete.org)  
**Website:** [www.usathlete.org](http://www.usathlete.org)

**ATTACHMENT A**  
**USA ARTISTIC SWIMMING, INC**  
**CONFLICT OF INTEREST**  
**DISCLOSURE FORM**

I certify that I have read and understand the USAAS Conflict of Interest Policy (Appendix U) and that the following information is true and complete to the best of my knowledge. I agree that if there is a material change in any statement or information provided below, I will immediately notify the USAAS Executive Director and complete an amended Conflict of Interest Disclosure Form. I further agree that I will adhere to any instruction from the USAAS Executive Director and/or Board of Directors as to the appropriate response to any conflict as a condition of my membership and/or relationship to USAAS as an Interested Party.

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Name (please print/individual completing form)

Employee                     Board of Directors  
 Committee Member     Contractor                     Other (Athlete Representatives, etc.)

I have no known or anticipated conflict of interest(s), as defined by the USAAS Conflict of Interest Policy (Appendix U).

The following are my personal, family, financial, professional, club, team or business interests that could conflict with the interests of USAAS, as defined by the USAAS Conflict of Interest Policy (Appendix U):

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I am reporting a potential conflict of interest with an Interested Party other than myself:

Name: \_\_\_\_\_

Role (if known): \_\_\_\_\_

Description of Conflict:

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Signature / Date

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Approver / Position / Date

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## **APPENDIX V**

### **CONFIDENTIALITY POLICY**

Amendments to this Appendix V are the responsibility of the USAAS Board of Directors.

#### **INTRODUCTION**

In the course of fulfilling its mission to provide leadership and resources for the promotion and growth of artistic swimming, to achieve competitive excellence at all levels and to develop broad-based participation, USA Artistic Swimming ("USAAS") collects and creates confidential information. The purpose of this policy is to ensure that disclosure of confidential information is limited to authorized persons and authorized business purposes.

USAAS Directors, employees, contractors and committee members shall not disclose, divulge or make accessible confidential information belonging to or obtained through USAAS or its members to any person, other than to persons who have a legitimate need for such information and to whom USAAS has authorized disclosure. Directors, employees, contractors and committee members shall use confidential information solely for the purpose of performing services for USAAS. This policy is not intended to prevent disclosure where disclosure is required by law.

#### **ARTICLE 1**

##### **1.01 Types of Confidential Information:**

Examples of confidential information include, but are not limited to:

- A. Personal identification information about USAAS members, which is any piece of information that can potentially be used to uniquely identify, contact or locate a person.
- B. Negotiations and business arrangements with sponsors, vendors, contractors, lessors and other potential or actual business associates.
- C. Proprietary information that allows USAAS to be more competitive in the marketplace, such as future marketing or business plans.
- D. Information about litigation and/or investigations, both civil and criminal.
- E. Information created or obtained during an employee hiring process.
- F. Information created or obtained in the context of an ongoing or former employment relationship, such as salaries and wages, social security numbers, financial information or performance records.
- G. Information created or obtained during "executive session," as defined by Robert's Rules of Order, and sometimes referred to as "closed session" committee or USAAS Board of Director meetings.
- H. Medical information regarding any USAAS member.
- I. Information and discussions protected by a privilege, such as legal advice or requests for legal advice.

##### **1.02 Recommended Steps:**

In an effort to maintain the confidentiality of this and other information, and fulfilling the purpose of this policy, the following steps are recommended:

- A. Begin all emails, correspondence, documents or attachments that contain confidential information with the heading "Confidential Information Included".
- B. Begin all meetings, judging sessions or conversations that may include confidential information with an oral acknowledgement that confidential information will be disclosed, and should be kept confidential.

- C. Even in informal conversations, be cautious about the information you share about others in the organization.
- D. Be aware that all emails can and may be forwarded to recipients beyond those which you intended, and make disclosures of confidential information accordingly.

**ATTACHMENT A**  
**USA ARTISTIC SWIMMING, INC**  
**CONFIDENTIALITY POLICY**  
**SIGNATURE FORM**

I certify that I have read and understand the Confidentiality Policy (Appendix V) and will strive to meet the expectations outlined in the policy. I agree that if, following an investigation, I am linked to a breach of confidential information that I may be disciplined, including relinquishing my position with USAAS and/or revoking my USAAS membership.

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Name (please print)

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Signature

---

USAAS Position

---

Date

## APPENDIX W

### COACHES CERTIFICATION POLICY

Amendments to this Appendix W are the responsibility of the Coaches' Education Committee. The Coaches' Education Committee can modify this Appendix by recommending changes to the USAAS Board of Directors for approval.

Any coach participating in a USA Artistic Swimming ("USAAS") sanctioned event must be current in all credentials and must have a minimum of Coaches Certification Program ("CCP") Level 1.

**Coach Certification Requirements:** Any coach participating or serving in a coaching capacity, with a desire to be permitted on the pool deck, must have obtained a minimum of the following requirements:

1. CCP Level 1 – Required for all artistic swimming coaches to be on deck at any land training, water training or sanctioned competition.
  - **Exception:** Skills Specialists as defined in [USAAS Membership and Fee Schedule](#) (Appendix C).
2. CCP Levels 1 and 2 – Required for all coaches to be on deck at any Regional or Zone Championship.
  - **Exception:** A one-time emergency waiver may be allowed at the discretion of the Education Director.
3. CCP Levels 1, 2 and 3 – Required for all coaches to be on deck at any National Championship.
  - **Exception:** A one-time emergency waiver may be allowed at the discretion of the Education Director.
4. Current CPR, First Aid Certification, National Center for Safety Initiatives ("NCSI") Background Check (parental consent required for minors under 18 years of age) and SafeSport training.

### ARTICLE 1

**1.01** All Coaches must be members of USAAS at the appropriate level. Refer to Appendix C.

Levels of Coaches Certification:

- A. **CCP Level 1:** The Level 1 course is intended as a starting point for coaches. It confirms to the organization, other coaches, judges and athletes that all coaches have had exposure to a general coaching curriculum. It covers specific artistic swimming fundamentals, safety/risk management, ethics and general training. The Level 1 course creates a common base for all coaches including a new coach just starting out up to the most experienced national level coach.
- B. **CCP Level 2:** The Level 2 course is intended to give coaches an overall exposure to the sport of artistic swimming. The coach will be able to instruct basic fundamentals, provide teaching progressions, create daily lesson plans, write and teach routines and establish an initial coaching philosophy. In addition to this artistic swimming specific information, general coaching and coaching duties that are less prevalent will be covered. The Level 2 course provides valuable information that will continue the coach's development and allow the coach to manage a team.
- C. **CCP Level 3:** The Level 3 course is intended to give coaches the opportunity to learn about very specific topics that will continue to develop the knowledge of the coach in the sport of artistic swimming.

**1.02 Testing Policies:** In order to obtain the specified levels, the following procedures are required. Candidates who fail written tests must retest.

**A. CCP Level 1 Requirements:**

1. Minimum Age: 15 years of age.
2. USAAS Membership: Youth or Adult Instructor, Youth or Adult Professional, Youth or Adult Competitive Athlete, Youth or Adult Athlete or Youth or Adult Life Membership required.
3. Requirements: Current CPR, First Aid Certification, NCSI Background Check (parental consent required for minors under 18 years of age) and SafeSport training.
4. Training Materials: Online course materials.
5. Training Course and Fees: Training Course and Test fees are set by and payable to USAAS.
6. Electronic Test: Open book, 85% passing score.

**B. CCP Level 2 Requirements:**

1. Minimum Age: 16 years of age.
2. USAAS Membership: Youth or Adult Professional or Youth or Adult Life Membership required
3. Prerequisite: Current CCP Level 1.
4. Requirements: Current CPR, First Aid Certification, NCSI Background Check (parental consent required for minors under 18 years of age) and SafeSport training.
5. Training Materials: Online course materials.
6. Training Course and Fees: Level 2A Training Course and Test fees are set by and payable to an outside source. Level 2B Training Course and Test fees are set by and payable to USAAS.
7. Electronic Test: Open book, 85% passing score.

**C. CCP Level 3 Requirements:**

1. Minimum Age: 18 years of age.
2. USAAS Membership: Adult Professional or Adult Life Membership required.
3. Prerequisite: Current CCP Level 2.
4. Requirements: Current CPR, First Aid Certification, NCSI Background Check and SafeSport training.
5. Training Materials: Online course materials.
6. Training Course and Fees: Training Course and Test fees are set by and payable to USAAS.
7. Electronic Test: Open book, 85% passing score.

**1.03 Administration of Tests:** Levels 1, 2 & 3 will be offered online and supported by the National Office.

**1.04 Requirements, Maintenance and Expiration of CCP Certification:**

**A. All coaches must be current in:**

1. CPR;
2. First Aid Certification;
3. NCSI Background Check (parental consent required for minors under 18 years of age); and
4. SafeSport training.

**B. To maintain the CCP certification, the coach must complete at least:**

1. One (1) CCP course (current level or higher per requirements); or

2. Attend a Coaches College every four (4) years; or
3. Any other requirement/event approved by the USAAS Education Director.

C. Expiration of CCP Certification:

1. Each certification is good for four (4) years.
2. The date certification is obtained is the date the CCP level test was passed.
3. Certification expires on the last day of the month that the certification was completed. For example, if the certification was completed on March 15<sup>th</sup>, the certification expires on March 31<sup>st</sup>, four (4) years after successful completion of the certification test.
  - This includes any “grandfathered” coaches. If the coach fails to complete their renewal four (4) years from the date certification was completed, their certification will lapse. If that occurs, and the individual wishes to be an active coach again, they will need to start from the beginning with Level 1.

4. A coach may extend the expiration date of their CCP Certification by attending a Coaches College or any other approved requirement/event as above in 1.04 B. The certification expiration date will be extended by one (1) year from the completion of the Coaches College or approved requirement/event. Expiration occurs month end four (4) years from the completion of the Coaches College or approved requirement/event.

D. For USAAS Certifications List, see <https://www.usaartisticswim.org/coaching-certification-programs>.

**1.05 Certified Coaches from Other Federations:** International coaches wishing to coach in the United States may present their credentials to the Coaches’ Education Committee to apply for a waiver. Such coaches must have current CPR, First Aid Certification, NCSI Background Check (parental consent required for minors under 18 years of age) and SafeSport training.

**1.06 SafeSport:** SafeSport is a course that has been designed by the U.S. Center for SafeSport in order to raise awareness about prevention of abuse in sports. The initial course must be completed for an individual to be considered certified. Registration information for SafeSport training is forwarded to individuals upon registration with USAAS and can also be found on the [USAAS website](#).

- A. SafeSport training is valid for one (1) year from completion of the course.
- B. A full initial course is required in year one (1), refresher courses in years two (2) through four (4), then repeat.
- C. SafeSport training is required for all individuals identified as Participants in [USAAS Athlete Safety Policy](#) (Appendix Q), Section 1.01 A.
- D. Compliance with SafeSport Training and Background Checks is maintained in the USAAS member database.

**1.07 Athlete Safety Policy (Appendix Q):** USAAS requires SafeSport training concerning the key elements of the Athlete Safety Policy for USAAS Participants including, but not limited to, USAAS members who USAAS formally authorizes, approves or appoints to a position of authority over athletes or who has regular contact with athletes and/or USAAS staff. Refer to Appendix Q, Article 3, Section 3.01 B.

A. **SafeSport Trained Core Course:** Required for all Adult Participants:

1. Before regular contact with an athlete and within the first forty-five (45) days of either initial membership; or
2. Upon beginning a new role subjecting the individual to the [Minor Athlete Abuse Prevention Policy](#) (“MAAPP”); and
3. Every fourth (4<sup>th</sup>) year.

- **Exception:** Adult Participants who are recognized by USAAS as USAAS medical providers may elect to take the Health Professionals Course in lieu of the SafeSport Trained Core Course.