

# RULES AND REGULATIONS SEASON 2023-2024

## SUMMARY OF WORKSHOP OCTOBER 1<sup>ST</sup> 2023

### WHAT HAS CHANGED?

#### **Basemark will be introduced as in AQUA rules for all categories**

For all Free Elements (hybrids and acrobatics), if one or more components of the element are not performed or are not in conformance to what is declared in the Coach Card, the degree of difficulty will be reduced directly to the base mark as written in the AQUA rules.

#### **Massports: Union/Breitensport**

Applied the AQUA rules with the limitation in a different category, regarding:

- The timing of the routines
- Required number of hybrids
- Difficulty of the Acrobatics elements

Please check the document ["Requirements for Masssport"](#)

#### **Masters**

Applied the AQUA rules with the no limitation in a different category.

#### *Technical programs:*

- colored swimsuits are allowed.
- Keeping the same TRE and predeclared DD in the hybrids including TRE.

#### *Free routines:*

- Framing the maximum number of hybrids in different kinds of routines, without fixing the minimum number of hybrids.

Check the document: [Rules and Regulations for Masters Categories 2023-2024](#)

#### **J3 and J4**

Keep the same rules as in AQUA as in the previous season with the limitation of the level of the elements from different families. Require Full synchro and one pattern change for Team routines.

The changes are due to the introduced changes in the rules of AQUA regarding Artistic Swimming in general.

During the past competition year, we tried to work according to the old rules in the Masters and Breitensport categories, but the Regional competition include Leistungssport, Breitensport and Masters level.

That makes the job of judges, Chef recorders and coaches pretty complicated.

The unification of the rules at all levels will lead to the improvement of the work of coaches, opportunities for more practice and development of judges, facilitating the work of the Chef recorders.

Restrictions in categories J3 and J4 are introduced as guidelines for the work of the coaches, to protect the health and proper development - physical and mental of the competitors and the development of basic technical skills.

Please check the [Limitations and Guidelines for J3+U3/J4+U4](#)

Please note that because of the new limitations and guidelines the document "[CATEGORY 10 AND UNDER \(U10\)](#)" has been updated. Please check the updated version.

### **Youth Figure Distribution**

During the season 2022-2023 to facilitate learning the new figures, the number of sections has been limited for the first 3 competitions of the season. As per season 2023-2024 for the Swiss Age Group Qualification Competition section B and C can be drawn. At all the following national competitions all sections can be drawn.

### **Kids Liga Cup**

The Kids Liga Concept will be redone. In 2024 no Kids Liga Cup will take place. The new concept/event will be introduced in 2025. The goal of the new concept is to create an introductory event to the competition world. The Kids Liga Cup will not be held as a national competition following strict competition rules anymore.

### **Further remarks:**

- Factorization as in Athens at Youth World Championships 2023. In the case that AQUA drastically changes the factoring again during the season we will have to change them in order for the coaches to build a correct strategy for international competitions.
- Rotations: if rotations arrive below knee cup it will be considered as execution and not base mark.
- Pair Acro level 8 and 9: Whole body needs to be completely above of the surface (head included)

*Application of new rules and regulations will be done as per mid of October 2023.*