

CHANGE IN THE RULES FOR CONDUCTING THE NATIONAL AND REGIONAL CHAMPIONSHIPS:

DIFFICULTY LIMITATIONS AND GUIDELINES FOR J3/U3 AND J4 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.

In category J3 – 12 and Younger, the following requirements and restrictions apply:

- Each routine - Solo, Duet, Team, and Free Combination must include elements from all families – Thrusts, Rotations, Flexibility, Airborne Weight and Connections. (For Solo without Connections.)
- In the Team and Free Combination, a minimum of one hybrid must include a pattern change and a minimum of one hybrid must be executed in full synchronization.

If these requirements are not fulfilled, a penalty of 2 points will be deducted from the Elements Score for each missing requirement.

In category J3+U3 – 12 and Younger, the following requirements and restrictions apply:

Each family will have the following limits of using the level of the DD:

- Thrusts T - Level from 1 to 6 including level 6.
- Rotations R - Level from 1 to 6 including level 6.
- Flexibility F - Level from 1 to 5, including level 5.
- Airborne Weight AW - Level from 1 to 5 including level 5.
- Connections C - Level from 1 to 4 including level 4.
 - In case of having an uneven number of swimmers, C+ types should be used, or validation of 0.5, 0.3

If a difficulty level above the restrictions is declared and performed, the DD will be reduced Base Mark regardless of the execution of the element.

In category J4 – 10 and younger, the following requirements are recommended:

- Each routine - Solo, Duet and Team should include elements from all families – Thrusts, Rotations, Flexibility, Airborne Weight and Connections. (For Solo without Connections.)
- In the Team, a minimum of one hybrid should include a pattern change and a minimum of one hybrid must be executed in full synchronization.

In category J4 – 10 and younger, the following requirements and restrictions apply:

Each family will have the following limits of using the level of the DD:

- Thrusts T - Level from 1 to 3 including level 3.
- Rotations R - Level from 1 to 3 including level 3.
- Flexibility F - Level from 1 to 4, including level 4.
- Airborne Weight AW - Level from 1 to 4 including level 4.
- Connections C - Level from 1 to 2 including level 2.
 - In case of having an uneven number of swimmers, C+ types should be used, or validation of 0.5, 0.3
- Acrobatics: No acrobatic element until level 1.7 in team, no pair acrobatic in duet.

If a difficulty level above the restrictions is declared and performed, the DD will be reduced Base Mark regardless of the execution of the element.

The imposition of restrictions in this age group is necessary to promote the development of the various skills and techniques by the athletes and raise the level of execution. The changes are tailored to the physical and mental development of the athletes.

The requirements serve to ensure that the athletes learn to execute all different types of difficulties and encourage the use of different tools of expression when creating choreographies to strengthen the Artistic Impression of routines.