

crossed out and red italic sentences to be changed

~~CATEGORY 10 AND UNDER (U10)~~

~~TIME AND SET NUMBER OF ELEMENTS FOR ROUTINES FOR 10 AND UNDER (U10)~~

	<i>Time (+/- 5 sec)</i>	<i>Total Required Elements</i>	<i>Summary</i>
<i>Solo</i>	<i>1'30"</i>	<i>3</i>	<i>3 Hybrids</i>
<i>Duet / Mixed-Duet</i>	<i>2'00"</i>	<i>4</i>	<i>3 Hybrids + 1 Pair Action (with Safety Limit**)</i>
<i>Team</i>	<i>2'30"</i>	<i>4</i>	<i>3 Hybrids + 1 Team Acrobatic* (with Safety Limit**)</i>

Specifications:

- ~~• In Solo, Duet, Mixed-Duet, Team 1 Hybrid (1) could be a Ballet Leg Combination*** (optional).~~
- In Team 1 Hybrid (1) could be or contain a Cadence with leg movements. (optional).
- ~~• In Duet and Mixed-Duet, the Pair Work could be a Pair Acrobatic or a Pair Assisted Action.~~
- ~~• In Solo, Duet, Mixed-Duet, and Team one (1) of the hybrids can start with Ballet Leg movements and continue with underwater movements ("head under hips"). All leg movements will be counted for the total NM of the hybrid. The number of Ballet Leg movements has to be equal or smaller than the number of the "head under hips" movements. The underwater time will be counted for the time the athletes are performing underwater movements "head under hips".~~

**Team Acrobatic definition as per the Acrobatic Catalogue (page 2): "A team acrobatic movement is considered as an Element, starting from 4 swimmers and more (for example: 3 base swimmers + 1 featured swimmer; or 2 base swimmers + 1 support swimmer who pushes 1 featured swimmer) Must start and finish in the water! All other actions are considered as pair acrobatics or pair assist actions." That is: also Pair Acrobatic (chapter 13 AQUA catalogue) or a Pair Assisted Action (chapter 14 AQUA catalogue) are allowed in Team BUT NO DD are awarded; they are considered ONLY in Artistic Impression as transitions*

***Safety Limit: Team Acrobatic Elements cannot have a DD higher than 1.7 for all the groups. No pair acrobatic allowed in duet. Please refer to the AQUA Acrobatics Catalogue.¹*

¹=Update as per 02.10.2023

****Difficulty Degree for Ballet Leg Combination:*

	Action
Level 1 DD = 0.01	From Back Layout Position to Tub, Tuck, Back Layout Bent Knee Back Layout Bent Knee Combination (exchanges) Lowered or assume a Flamingo Position to/from Tub
Level 2 DD = 0.02	Ballet Leg whole figure (assume + lower) From Ballet Leg to Back Layout Bent Knee <i>added more possibilities</i>
Level 3 DD = 0.05	Combination From/To Flamingo and Double Ballet Leg <i>added more possibilities</i>
Level 4 DD = 0.1	Assume Straight Ballet Leg Sustained Double Ballet Leg <i>added more possibilities</i>

FIGURES FOR 10 AND UNDER (U10)

101 Ballet Leg single

1.6

Begin in a Back Layout Position. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a Bent Knee Back Layout Position. The knee is straightened, without movement of the thigh, to assume a Ballet Leg Position. The ballet leg is bent, without movement of the thigh, to a Bent Knee Back Layout Position. The toe moves along the inside of the extended leg until a Back Layout Position is assumed.



316 Kipnus

1.4

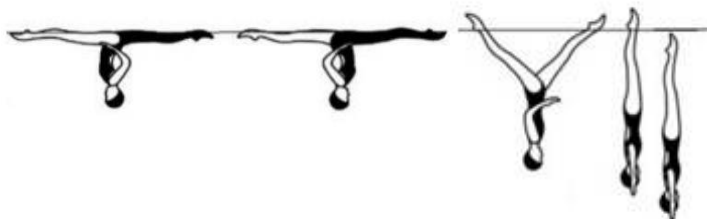
From a Back Layout Position a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs assume a Bent Knee Vertical Position midway between the former vertical line through the hips and the former vertical line through the head and the shins. A *Vertical Descent (BM10)* is executed in a Bent Knee Vertical Position.



Ariana Rotation + Vertical Closing

1.3

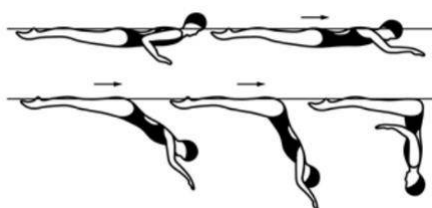
Start in a Split Position (left or right is free), the *Ariana Rotation (BM16)* is performed. The legs simultaneously join to assume a Vertical Position at ankle level. A *Vertical Descent (BM10)* is executed.



BM 3 – To assume a Front Pike Position

1.1

From a Front Layout Position with face in the water as the trunk moves downward to assume a Front Pike Position, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action.



SPONSORS



PARTNERS



NATIONAL PARTNERS



NEW PROPOSED VERSION of the DOCUMENT

ANNEX III NATIONAL & REGIONAL RULES FOR 10 & U10 Competitor

NUOVA VERSIONE PROPOSTA DEL DOCUMENTO ALLEGATO III REGOLE NAZIONALI E REGIONALI PER atleti di 10 anni e più giovani

A.1 Modus

The national and regional competition for Under 10 age competitors will be organized in two (2) categories as follow:

- J5-Beginners category (J5): under 10 competitors with maximum Test 1. ONLY FREE Routines (Solo, Duet/Trio, Mixed Duet and Team) are foreseen in the competition program;
- J4-Under 10 Category (J4): under 10 competitors with maximum Test 2. Both figures (as described in Appendix 1 of the present document) and FREE Routine sessions, eachone with a 100% weight, are foreseen in the competition program.

A.1 Modalità

La competizione nazionale e regionale per i concorrenti di età inferiore ai 10 anni sarà organizzata in due (2) categorie come segue:

- Categoria J5-Beginners (J5): concorrenti under 10 con un massimo di Test 1. Nel programma di gara sono previste SOLO Routine LIBERE (Solo, Duetto/Trio, Duetto Misto e Squadra);

- J4-Categoria Under 10 (J4): concorrenti di età inferiore ai 10 anni con un massimo di Test 2. Nel programma di gara sono previste sia sessioni di figure (come descritto nell'Appendice 1 del presente documento) che di Routine libere, ognuna con un peso del 100%.

A.2 Time Limits and Number of Required Elements

Time limits and number of required elements for J5 and J4 Categories are listed in table 1 together with additional specifications for:

- J5-Beginners Category in section A.2.1
- J4-U10 Category in section A.2.2

Table 1:

J5 – Beginners (max test 1)			
	Time (min – max) ±5sec tolerance	Total Required Elements	Notes
Solo	1'20" - 1'30"	max 2	max 2 Hybrids
Duet / Trio / Mixed Duet	1'30" - 2'00"	max 3	max 2 Hybrids + 1 Pair Assisted Action (NOT MANDATORY)
Team	1'30" - 2'30"	max 3	max 2 Hybrids + 1 Pair Assisted Action (NOT MANDATORY)
J4 – U10 (max test 2)			
	Time ±5sec tolerance	Total Required Elements	Notes
Solo	1'30"	3	3 Hybrids
Duet/ Trio / Mixed Duet	2'00"	max 4	3 Hybrids (+ 1 OPTIONAL Pair Work)
Team	2'30"	4	3 Hybrids + 1 Team Acrobatic*

*REMEINDER: Team Acrobatic definition as per the AQUA Acrobatic Catalogue (page 2): "A team acrobatic movement is considered as an Element, starting from 4 swimmers and more (for example: 3 base swimmers + 1 featured swimmer; or 2 base swimmers + 1 support-swimmer who pushes 1 featured-swimmer) Must start and finish in the water! All other actions are considered as pair acrobatics or pair assist actions"

A.2 Limiti di tempo e numero degli elementi richiesti

I limiti di tempo e il numero di elementi richiesti per le categorie J5 e J4 sono elencati nella tabella 1 insieme alle specifiche aggiuntive per:

- Categoria J5-Beginners nella sezione A.2.1
- Categoria J4-U10 nella sezione A.2.2

Table 1:

J5 – Beginners (max test 1)			
	Time (min – max) ±5sec tolerance	Total Required Elements	Notes
Solo	1'20" - 1'30"	max 2	max 2 Hybrids
Duet / Trio / Mixed Duet	1'30" - 2'00"	max 3	max 2 Hybrids + 1 Pair Assisted Action (NON OBBLIGATORIO)
Team	1'30" - 2'30"	max 3	max 2 Hybrids + 1 Pair Assisted Action (NON OBBLIGATORIO)
J4 – U10 (max test 2)			
	Time ±5sec tolerance	Total Required Elements	Notes
Solo	1'30"	3	3 Hybrids
Duet/ Trio / Mixed Duet	2'00"	max 4	3 Hybrids (+ 1 Pair Work OPZIONALE)
Team	2'30"	4	3 Hybrids + 1 Team Acrobatic*

*Ricordo: definizione di Acrobatica di Squadra come da Catalogo Acrobatico AQUA (pagina 2): "Un movimento acrobatico di squadra è considerato come un Elemento, a partire da 4 nuotatori e oltre (ad esempio: 3 nuotatori di base + 1 nuotatore in evidenza; oppure 2 nuotatori di base + 1 nuotatore di supporto che spinge 1 nuotatore in evidenza) deve iniziare e finire in acqua! Tutte le altre azioni sono considerate acrobazie di coppia o azioni di assistenza di coppia".

A.2.1 J5-Beginners Specifications

- In ALL the disciplines (Solo, Duet, Trio, Mixed Duet, Team) Ballet Leg Combination is suggested. The Ballet Leg Combination is awarded with a corresponding DD values as listed in Table 2 of the present document. The hybrid could starts with Ballet Leg Combination and continue with underwater movements (head under hips) OR could be a "stand alone" Ballet Leg Combination.
- NO cadences are allowed in any hybrid. Arms cadences during transition prts are instead allowed.
- Pair Acro and Team Acro are forbidden in Duet, Trio, Mixed Duet and Team.
- 1 Pair Assisted Action with a maximum vlue depending on the discipline (Duet, Trio, Mixed Duet or Team) is suggested.
- More details in Annex_I_Difficulty_Limitations_and_Guidelines.pdf and Annex_II_DD_LIMITATIONS_v27102023.pdf documents.

A.2.1 Specifiche J5-Beginners

- In TUTTE le discipline (Solo, Duetto, Trio, Duetto Misto e Squadra) è suggerita la combinazione di Gambe di Balletto. La Ballet Leg Combination viene assegnata con i corrispondenti valori di DD elencati nella Tabella 2. L'ibrido può iniziare con la Ballet Leg Combination e continuare con movimenti subacquei (testa sotto i fianchi) OPPURE può essere una Ballet Leg Combination "stand alone".

- Non sono ammesse sequenze di gambe in nessun ibrido. Sono invece consentite le sequenze di braccia durante le parti di transizione.

- L'Acro a coppie (Pair Acro) e l'Acro a squadre (Team Acro) sono vietate sia in Duetto, Trio, Duetto misto e Squadra.

- Si suggerisce 1 azione assistita a coppie (Pair Assisted Action) con un valore massimo a seconda della disciplina (Duetto, Trio, Duetto misto o Squadra).

- ulteriori dettagli presenti nei file Annex_I_Difficulty_Limitations_and_Guidelines.pdf e Annex_II_DD_LIMITATIONS_v27102023.pdf.

A.2.2 J4-U10 Specifications

- In ALL the disciplines (Solo, Duet, Trio, Mixed Duet and Team) at least ONE (1) hybrid must contain a Ballet Leg Combination. The Ballet Leg Combination is awarded with a corresponding DD values as listed in Table 2. The hybrid could starts with Ballet Leg Combination and continue with underwater movements (head under hips) OR could be a "stand alone" Ballet Leg Combination.
- In Team 1 Hybrid (1) could be or contain a Cadence with leg movements. (optional). The Movements could be Ballet Leg Combinations or movements from the allowed family types.
- Duet, Trio and Mixed Duet DUET PAIR WORK is suggested (NOT mandatory). Both *Pair Acrobatic max Level 2* or *Pair Assisted Action max Level 2* are allowed and are rewarded with the corresponding DD value (see Table 3 of the present document).
- Team Acro-A, Acro-B, Acro-P are allowed with a maximum safety limit of 1.7. Team Acro-C is forbidden.
- Pair Acro maximum level 2 could be also added in Team but NO DD is awarded: it counts only as Artistic Impression.
- At least 1 Pair Assisted Action maximum level 2 must be included in Team but NO DD is awarded: it

counts only as Artistic Impression.

- More details in Annex_I_Difficulty_Limitations_and_Guidelines.pdf and Annex_II_DD_LIMITATIONS_v27102023.pdf documents.

A.2.2 Specifiche J4-U10

- In TUTTE le discipline (Solo, Duetto, Trio, Duetto misto e Squadra) almeno UN (1) ibrido deve contenere una combinazione di Gambe di Balletto. La combinazione di Gambe di Balletto viene assegnata con i corrispondenti valori di DD elencati nella Tabella 2. L'ibrido può iniziare con la Ballet Leg Combination e continuare con movimenti subacquei (testa sotto i fianchi) OPPURE può essere una Ballet Leg Combination "stand alone".

- Nella Squadra 1 ibrido (1) potrebbe essere o contenere una sequenza con movimenti di gambe. (opzionale). I movimenti possono essere Combinazioni di Gambe di Balletto o movimenti dei tipi di famiglia consentiti.

- nel Duetto, Trio e Duetto misto Il lavoro in coppia (PARI WORK) è suggerito (NON obbligatorio). Sono consentite sia le Acrobazie in coppia (Pair ACRO) max Livello 2 sia le Azioni assistite in coppia (Pair Assisted Action) max Livello 2 e sono premiate con il corrispondente valore di DD (vedi Tabella 3 del presente documento).

- Le Team Acro-A, Acro-B, Acro-P sono ammesse con un limite massimo di sicurezza di 1,7. L'Acro-C è vietato.

- L'Acro a coppie (Pair Acro) di livello massimo 2 può essere aggiunto anche in squadra, ma non viene assegnato alcun DD: conta solo come impressione artistica.

- Almeno una coppia di azioni assistite (Pair Assisted Action) di livello massimo 2 deve essere inclusa nella squadra, ma non viene assegnato alcun DD: conta solo come impressione artistica.

- ulteriori dettagli presenti nel file Annex_I_Difficulty_Limitations_and_Guidelines.pdf

Table 2 = Difficulty Degree for Ballet Leg Combination:

	Action
Level 1 DD = 0.01	From Back Layout Position to Tub From Back Layout Position to Tuck From Back Layout Position to Back Layout Bent Knee Back Layout Position From Back Layout Bent Knee Back Layout Position to Back Layout Position Bent Knee Back Layout Combination (exchanges) Lowered or assume a Flamingo Position to/from Tub
Level 2 DD = 0.02	Ballet Leg whole figure (assume + lower) From Back Layout Position to Ballet Leg Rapid From Back Layout Position to Ballet Leg Rapid + crash (later or front) From Ballet Leg to Back Layout Bent Knee Position From Back Layout Bent Knee Position to Ballet Leg
Level 3 DD = 0.05	Combination From/To Flamingo and Double Ballet Leg From Back Layout Position to Tuck passing through Ballet Leg Position
Level 4 DD = 0.1	Assume Straight Ballet Leg Sustained Double Ballet Leg From Back Layout Position to Tuck passing through Ballet Leg Position + 180° rotation while assuming Tuck

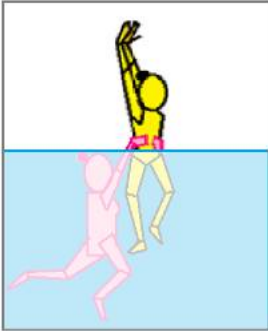
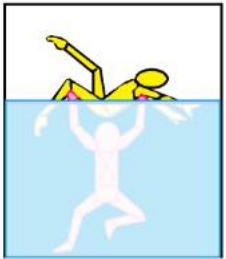
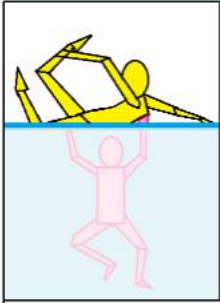
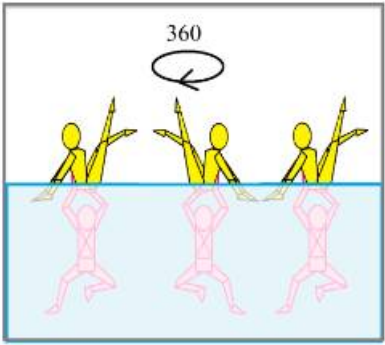
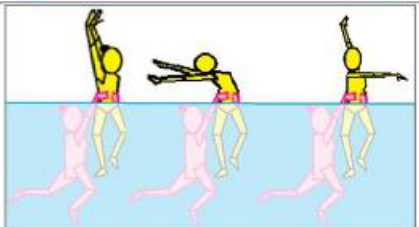
Table 3 = Pair Acro and Pair Assisted Action DD values (only the ones allowed in J5 and J4 categories are listed):

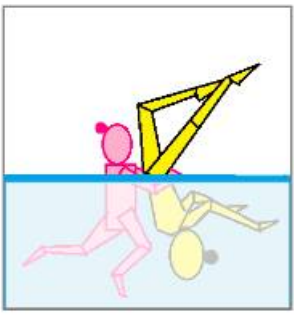
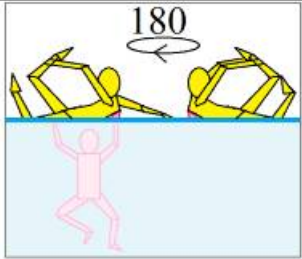

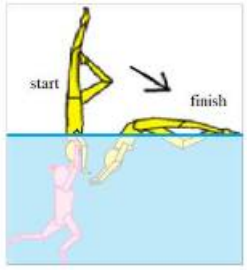
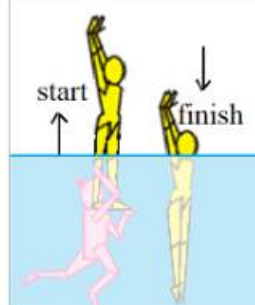
SPONSORS


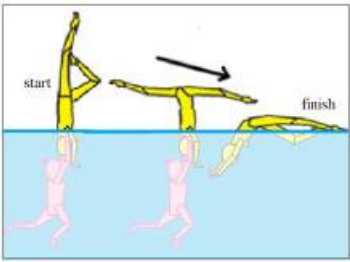
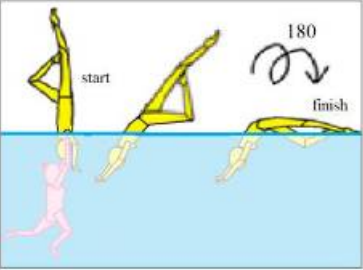

PARTNERS

NATIONAL PARTNERS



PAIR ASSISTED ACTIONS				
Level	Code	DD Value	Descriptions	
Level 1 LA1	LA1.1	0.10	Pair Assisted action BOOST type	
Level 1 LA1	LA1.2	0.10	Pair Assisted action on the surface (FLOAT)	
Level 1 LA1	LA1.3	0.1	Pair Assisted action on the surface (FLOAT) with flexibility	
Level 2 LA2	LA2.1	0.15	Pair Assisted action surface + 180°-360° rotation	
Level 2 LA2	LA2.2	0.15	Sustained action head-up (≥ 3 sec)	

Level 2 LA2	LA2.3	0.15	Sustained assisted action legs-up (≥ 3 sec)	
Level 2 LA2	LA2.4	0.15	Pair Assisted action surface with flexibility + 180°-360° rotation	
PAIR ACRO				
Level 1 L1	L>>	0.10	Lift head-up with crashing	
Level 1 L1	L!>>	0.2	Lift legs-up with crashing	
Level 2 L2	L	0.4	Lift head-up	

Level 2 L2	Lf>>	0.4	Lift head-up with flexibility and crashing	
Level 2 L2	L!f>>	0.4	Lift legs-up with flexibility and crashing	
Level 2 L2	L!r0,5>>	0.6	Lift legs-up with crashing and rotation 180o	
Level 2 L2	L!	0.6	Lift legs-up	

Appendix I: FIGURES FOR J4 – Under 10

101 Ballet Leg single

1.6

Begin in a Back Layout Position. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a Bent Knee Back Layout Position. The knee is straightened, without movement of the thigh, to assume a Ballet Leg Position. The ballet leg is bent, without movement of the thigh, to a Bent Knee Back Layout Position. The toe moves along the inside of the extended leg until a Back Layout Position is assumed.



316 Kipnus

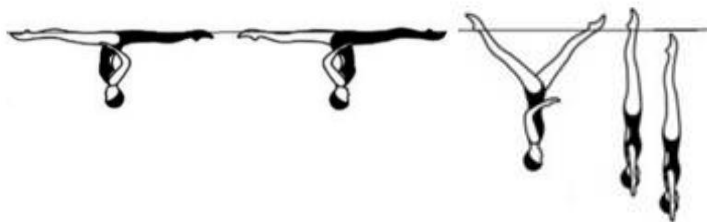
1.4

From a Back Layout Position a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs 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. A *Vertical Descent (BM10)* is executed in a Bent Knee Vertical Position.



Ariana Rotation + Vertical Closing 1.3

Start in a Split Position (left or right is free), the *Ariana Rotation (BM16)* is performed. The legs simultaneously join to assume a Vertical Position at ankle level. A *Vertical Descent (BM10)* is executed.



BM 3 – To assume a Front Pike Position

1.1

From a Front Layout Position with face in the water as the trunk moves downward to assume a Front Pike Position, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action.

