WORLD AQUATICS

COMPETITION REGULATIONS

In force as from February 2026



TABLE OF CONTENTS

OVERVIEW

PART ONE: RULES APPLICABLE TO ALL AQUATIC SPORTS 8

1 GENERAL RULES FOR THE OLYMPIC GAMES, WORLD AQUATICS CHAMPIONSHIPS AND WORLD AQUATICS EVENTS 8
2 INTERNATIONAL COMPETITIONS AND THE WORLD AQUATICS CALENDAR 8
3 SPORT NATIONALITY 10
4 ELIGIBILITY REQUIREMENTS FOR COMPETITION AND FOR SETTING WORLD RECORDS 11
5 REGISTRATIONS AND SPORT ENTRIES 11
6 SWIMWEAR 12
7 ADVERTISING AND OTHER IDENTIFICATIONS 22
8 MEDICAL RULES 29
9 FACILITIES AND EQUIPMENT 43
10 TECHNICAL OFFICIALS 44
11 AWARDS 45
12 APPEALS 48
13 MUSIC REQUIREMENTS 49

PART TWO: SWIMMING RULES 52

1 SWIMMING COMPETITIONS 52
2 TECHNICAL OFFICIALS 53
3 SEEDING OF HEATS, SEMI-FINALS, AND FINALS 57
4 THE START 60
5 FREESTYLE 60
6 BACKSTROKE 61
7 BREASTSTROKE 61
8 BUTTERFLY 62
9 MEDLEY SWIMMING 62
10 THE RACE 62
11 TIMING 64
12 WORLD RECORDS 65
13 AGE GROUP RULES AND ELIGIBILITY 67
14 SWIMWEAR, TECHNOLOGY, AND WEARABLES 67
15 SWIMMING FACILITIES AND EQUIPMENT 68
16 SWIMMING-SPECIFIC MEDICAL AND SAFETY REQUIREMENTS 75
17 APPENDICES 76
17.1 APPENDIX 1 – DIAGRAM OF A 50M X 25M SWIMMING POOL (8 LANES) 77
17.2 APPENDIX 2 – DIAGRAM OF A 50M X 25M SWIMMING POOL (10 LANES) 78
17.3 APPENDIX 3 – DIAGRAM OF A 50M X 26M SWIMMING POOL (10 LANES) 79
17.4 APPENDIX 4 – DIAGRAM OF A 50M X 25M SWIMMING POOL (ONE BULKHEAD IN LATERAL POSITION) 80
17.5 APPENDIX 5 – DIAGRAM OF A 50M X 25M SWIMMING POOL (ONE BULKHEAD IN CENTRAL POSITION) 81
17.6 APPENDIX 6 – DIAGRAM OF A 25M X 21M SWIMMING POOL (8 LANES) 82
17.7 APPENDIX 7 – DIAGRAM OF A 25M X 25M SWIMMING POOL (8 LANES) 83
17.8 APPENDIX 8 – DIAGRAM OF A 25M X 25M SWIMMING POOL (10 LANES) 84
17.9 APPENDIX 9 – DIAGRAM OF A 25M X 26M SWIMMING POOL (10 LANES) 85
17.10 APPENDIX 10 – DIAGRAM OF A 50M SWIMMING POOL (LANE MARKINGS) 86

PART THREE: OPEN WATER SWIMMING RULES 89

1 OPEN WATER SWIMMING COMPETITIONS 89
2 TECHNICAL OFFICIALS 89
3 THE START 93
4 THE RACE 95
5 THE FINISH OF THE RACE 97
6 MIXED TEAM EVENT 98
7 3 KM KNOCKOUT SPRINT 99
8 AGE GROUP RULES AND ELIGIBILITY 100
9 REGISTRATION AND SPORT ENTRIES 101
10 SWIMWEAR, TECHNOLOGY, AND WEARABLES 101
11 IDENTIFICATION OF ATHLETES DURING THE RACE 102
12 OPEN WATER SWIMMING FACILITIES AND EQUIPMENT 102
13 WATER QUALITY AND VENUE SUITABILITY 105
14 OPEN WATER SWIMMING-SPECIFIC MEDICAL AND SAFETY REQUIREMENTS 108
15 APPENDICES 111
15.1 APPENDIX 1 - DIAGRAM OF A COURSE 112
15.2 APPENDIX 2 – DIAGRAM OF CRAFT POSITIONS ON A COURSE 113
15.3 APPENDIX 3 – DIAGRAMS OF A STARTING PLATFORM, FEEDING PLATFORM, AND BUOYS 114
15.4 APPENDIX 4 - DIAGRAMS OF INTERMEDIATE AND FINISH GATES 115
15.5 APPENDIX 5 - DIAGRAM OF VIDEO ASSISTANT REFEREE VIDEO CAMERA COVERAGE AT A FINISH GATE 116
15.6 APPENDIX 6 – DIAGRAM OF THE TIMING ROOM 117
15.7 APPENDIX 7 – INFRACTION QUICK REFERENCE GUIDE 118

PART FOUR: DIVING RULES 123

1 GENERAL 123
2 DIVING NUMBER DESIGNATIONS 124
3 DEGREE OF DIFFICULTY 125
4 COMPETITIONS 125
5 COMPETITION FORMAT 127
6 STATEMENT OF DIVES 132
7 TECHNICAL OFFICIALS 133
8 DUTIES OF THE REFEREE AND ASSISTANT REFEREES 135
9 DUTIES OF THE SECRETARIAT 137
10 REFEREEING AND JUDGING DIVES 139
11 REFEREEING AND JUDGING OF SYNCHRONISATION 142
12 SUMMARY OF PENALTIES 143
13 AGE GROUP ELIGIBILITY 146
14 REGISTRATIONS AND SPORTS ENTRIES 146
15 DIVING FACILITIES AND EQUIPMENT 146
16 MEDICAL AND SAFETY SPECIFIC REQUIREMENTS FOR DIVING 152
17 APPENDICES 153
17.1 APPENDIX 1 – REQUIRED DIMENSIONS FOR DIVING FACILITIES 154
17.2 APPENDIX 2 – DIVING FACILITY SPECIFICATIONS 155
17.3 APPENDIX 3 - DIVING FIELD OF PLAY FOR THE OLYMPIC GAMES AND WORLD AQUATICS CHAMPIONSHIPS 157
17.4 APPENDIX 4 – DIAGRAM OF DRY LAND FACILITIES FOR DIVING 158
17.5 APPENDIX 5 – DETAILS OF DRY LAND FACILITIES FOR DIVING 159
17.6 APPENDIX 6 – GUIDELINES FOR DRY LAND FACILITIES FOR DIVING 160
17.7 APPENDIX 7 - EQUIPMENT FOR DRY LAND FACILITIES FOR DIVING 161
17.8 APPENDIX 8 – DEGREES OF DIFFICULTY FOR SPRINGBOARD DIVES 162
17.9 APPENDIX 9 –TABLE OF DEGREES OF DIFFICULTY FOR SPRINGBOARD DIVES 164
17.10 APPENDIX 10 –DEGREES OF DIFFICULTY FOR PLATFORM DIVES 167
17.11 APPENDIX 11 – TABLE OF DEGREES OF DIFFICULTY FOR PLATFORM DIVES 169

PART FIVE: HIGH DIVING RULES 176

1 GENERAL 176
2 DIVES AND DIVE NUMBERS 176
3 DEGREE OF DIFFICULTY 178
4 COMPETITIONS 179
5 COMPETITION FORMAT 180
6 STATEMENT OF DIVES 180
7 DUTIES OF THE REFEREE AND ASSISTANT REFEREES 181
8 DUTIES OF THE SECRETARIES: 184
9 JUDGES 184
10 JUDGING DIVES 185
11 SUMMARY OF THE PENALTIES 188
12 AGE GROUP RULES 191
13 REGISTRATIONS AND SPORTS ENTRIES 191
14 HIGH DIVING FACILITIES AND EQUIPMENT 192
15 SAFETY REQUIREMENTS 193
16 WATER SAFETY TEAM, STANDARD PROCEDURE FOR EACH DIVE 195
17 APPENDICES 198
17.1 APPENDIX 1 – DIAGRAM OF GENERAL STANDARD FACILITIES 199
17.2 APPENDIX 2 – REQUIRED FACILITY DIMENSIONS 200
17.3 APPENDIX 3 – DIAGRAM OF A TEMPORARY ROUND POOL 201
17.4 APPENDIX 4 – TABLE OF DIMENSIONS FOR TEMPORARY ROUND POOLS REQUIREMENTS FOR FACILITIES CONSTRUCTED AFTER 31ST DECEMBER 2017 202
17.5 APPENDIX 5 – DIAGRAM OF OF GENERAL STANDARD FACILITIES COMBINED WITH DIVING FACILITIES 203
17.6 APPENDIX 6 – FORMULA AND COMPONENTS OF DEGREE OF DIFFICULTY 204

PART SIX: WATER POLO RULES 214

1 GENERAL PROVISIONS 214
2 TEAMS AND PLAYERS 214
3 TECHNICAL OFFICIALS 216
4 DURATION AND OUTCOME OF A MATCH 222
5 TIMEOUTS 223
6 START AND RESTART OF PLAY 224
7 METHOD OF SCORING 225
8 ORDINARY FOULS 227
9 TEAM POSSESSION AND THE SHOT CLOCK 228
10 EXCLUSION FOULS 229
11 PENALTY FOULS 233
12 FREE THROWS 234
13 GOAL THROWS 235
14 CORNER THROWS 235
15 NEUTRAL THROWS 236
16 PENALTY THROWS 236
17 PERSONAL FOULS 237
18 YELLOW AND RED CARDS 238
19 ACCIDENT, INJURY, ILLNESS, AND SAFETY REQUIREMENTS 240
20 THE FIELD OF PLAY 241
21 FACILITIES AND EQUIPMENT 242
22 APPENDICES 245
22.1 APPENDIX 1 – DIAGRAM OF WATER POLO FACILITIES (NOT AT THE WORLD AQUATICS CHAMPIONSHIPS OR OLYMPIC GAMES) 246
22.2 APPENDIX 2 – SIGNALS TO BE USED BY TECHNICAL OFFICIALS 247
22.3 APPENDIX 3 – PENALTY SHOOTOUTS 253
22.4 APPENDIX 4 – VIDEO ASSISTANT REFEREE PROTOCOL 257
22.5 APPENDIX 5 – COACH'S CHALLENGE PROTOCOL 262
22.6 APPENDIX 6 - AGE GROUP RULES AND ELIGIBILITY 264

22.7 APPENDIX 7: REGISTRATION AND SPORT ENTRIES 265
22.8 APPENDIX 8: POINTS AND TIE-BREAKING 265
22.9 APPENDIX 9: WATER POLO 4S 267
22.10 APPENDIX 10 – DEFINED TERMS IN PART SIX (WATER POLO) 292

PART SEVEN: ARTISTIC SWIMMING RULES 299

1 EVENTS AT ARTISTIC SWIMMING COMPETITIONS 299
2 SESSIONS OF EVENTS 299
3 EVENT PROGRAMS 300
4 REGISTRATION AND SPORT ENTRIES 301
5 FIGURE SESSIONS 302
6 ROUTINE SESSIONS 304
7 FINAL RESULT 319
8 TECHNICAL OFFICIALS 320
9 DUTIES OF THE LOC 322
10 AGE CATEGORY RULES AND ELIGIBILITY 323
11 SWIMWEAR AND WEARABLES 324
12 ARTISTIC SWIMMING FACILITIES AND EQUIPMENT 324
13 ARTISTIC SWIMMING-SPECIFIC MEDICAL AND SAFETY REQUIREMENTS 326
14 APPENDICES 327
14.1 APPENDIX 1 - WORLD AQUATICS BASIC POSITION, BASIC MOVEMENT AND FIGURES 327
14.2 APPENDIX 2 – TECHNICAL ROUTINES 355
14.3 APPENDIX 3 – SET NUMBERS OF ELEMENTS FOR ROUTINES 369
14.4 APPENDIX 4 – REQUIRED ELEMENTS FOR ACROBATIC ROUTINE 372
14.5 APPENDIX 5 – REQUIRED ELEMENTS FOR THE OPEN FREE COMBINATION 373
14.6 APPENDIX 6 – HYBRID CATALOGUE 375
14.7 APPENDIX 7 – ACROBATICS CATALOGUE 404
14.8 APPENDIX 8 – IDENTIFICATION OF SYNCHRONISATION ERRORS 499
14.9 APPENDIX 9 – ARTISTIC SWIMMING WORLD RANKING 503
APPENDIX 10 – DIAGRAM OF THE FIELD OF PLAY FOR THE OLYMPIC GAMES AND THE WORLD AQUATICS CHAMPIONSHIPS 506
APPENDIX 11 – DIAGRAM OF THE FIELD OF PLAY (50M POOL) FOR THE OLYMPIC GAMES AND THE WORLD AQUATICS CHAMPIONSHIPS 507

PART EIGHT: MASTERS RULES 510

1 GENERAL PROVISIONS 510
2 MASTERS SWIMMING RULES 512
3 MASTERS OPEN WATER SWIMMING RULES 515
4 MASTERS DIVING RULES 515
5 MASTERS WATER POLO RULES 518
6 MASTERS ARTISTIC SWIMMING RULES 519
7 THE WORLD AQUATICS MASTERS CHAMPIONSHIPS 522
8 APPENDIX 531
8.1 APPENDIX 1 - THE DRAW AND SCHEDULE FOR WATER POLO AT THE WORLD AQUATICS MASTERS CHAMPIONSHIPS 531

PART NINE: DEFINED TERMS AND RULES OF INTERPRETATION 549

1 RULES OF INTERPRETATION 549
2 DEFINED TERMS 550

WORLD AQUATICS

ALL SPORTS

COMPETITION REGULATIONS

TABLE OF CONTENTS

PART ONE:
RULES APPLICABLE TO ALL AQUATIC SPORTS

PART ONE: RULES APPLICABLE TO ALL AQUATIC SPORTS 8

1 GENERAL RULES FOR THE OLYMPIC GAMES, WORLD AQUATICS CHAMPIONSHIPS AND WORLD AQUATICS EVENTS 8
2 INTERNATIONAL COMPETITIONS AND THE WORLD AQUATICS CALENDAR 8
3 SPORT NATIONALITY 10
4 ELIGIBILITY REQUIREMENTS FOR COMPETITION AND FOR SETTING WORLD RECORDS 11
5 REGISTRATIONS AND SPORT ENTRIES 11
6 SWIMWEAR 12
7 ADVERTISING AND OTHER IDENTIFICATIONS 22
8 MEDICAL RULES 29
9 FACILITIES AND EQUIPMENT 43
10 TECHNICAL OFFICIALS 44
11 AWARDS 45
12 APPEALS 48
13 MUSIC REQUIREMENTS 49

PART ONE: RULES APPLICABLE TO ALL AQUATIC SPORTS

1 GENERAL RULES FOR THE OLYMPIC GAMES, WORLD AQUATICS CHAMPIONSHIPS AND WORLD AQUATICS EVENTS

1.1 These Competition Regulations apply to the Aquatic sport programmes at the Olympic Games, at World Aquatics Events and at any other events held under the rules of World Aquatics (specifically, these Competition Regulations).

1.2 This Part One and the definitions and rules of interpretation in Part Nine apply to all Aquatic sports. The other Parts apply to one or more Aquatic sports, as explained in the first Article of the respective Part.

1.3 World Aquatics alone has the right to organise the World Aquatics Championships and other World Aquatics competitions for Swimming, Open Water Swimming, Diving, High Diving, Water Polo, and Artistic Swimming. The words 'World' and 'World Aquatics' may not be used in connection with any Swimming, Open Water Swimming, Diving, High Diving, Water Polo, or Artistic Swimming competition or event without the consent of World Aquatics.

1.4 In relation to the Aquatics competitions at the Olympic Games and the World Aquatics Championships:

1.4.1 Rules and regulations regarding the conduct of those competitions, including the qualification periods and systems, will be established by the Bureau.

1.4.2 The selection of Technical Officials will be determined by the Referees, Officials and Starters Committee, subject to approval by the Bureau.

1.5 The Management Committee appointed for a competition has jurisdiction over all matters arising at or in relation to that competition that are not assigned in the Competition Regulations to a Technical Official or another person or entity.

1.6 No political action will take place inside or in the immediate vicinity of the competition venue(s). The promotion or announcement, by any means, of political messages or any other political actions inside or in the immediate vicinity of the competition venue(s) before, during, and after the competition is strictly prohibited.

1.7 The LOC must prevent any provocative action being taken by spectators inside or in the immediate vicinity of the competition venue(s) (for example, improper or unacceptable levels of verbal provocation from spectators towards Athletes or opposing spectators, racist behaviour, provocative banners or flags, etc). If such action arises, the LOC will promptly intervene over the public address system and/or ensure the removal of any infringing material, if necessary with the assistance of the police. The LOC will (with the assistance of venue stewards) identify to the police spectators that commit severe misbehaviour (including racist insults) and the police may remove the spectators from the venue.

2 INTERNATIONAL COMPETITIONS AND THE WORLD AQUATICS CALENDAR

2.1 **World Aquatics recognises five (5) tiers of International Competition:**

2.1.1 **Tier 1** (major Aquatics competitions): the Olympic Games, World Aquatics Championships, World Aquatics Swimming Championships (25m).

2.1.2 **Tier 2** (other World Aquatics competitions): World Junior Championships and World Youth Championships in each Aquatics sport, World Cups, World Leagues, and other World Aquatics competitions;

2.1.3 **Tier 3** (Continental and Regional competitions): Continental or Regional Multi-Sport Games, and competitions organised by Continental or Regional Organisations.

2.1.4 **Tier 4** (Member Federation International Competitions): competitions organised or sanctioned by a Member Federation in which other Member Federations (or clubs or individuals affiliated to other Member Federations) participate.

2.1.5 **Tier 5** (other competitions of major international importance): competitions as specified by World Aquatics from time to time.

2.2 The process for approval by World Aquatics to organise or sanction competitions, in accordance with Article 26 of the Constitution and any other applicable rules issued by the Bureau from time to time is as follows:

2.2.1 Subject to Article 2.2.2 of this Part One, before announcing the dates and locations of any championships or competitions that they organise or sanction within their respective jurisdiction, each Continental Organisation, Member Federation, member of World Aquatics (including clubs) must seek and obtain prior approval from World Aquatics.

2.2.2 Prior approval is not necessary for competitions at or below national level, at which Athletes participate without representing their Member Federation and/or at which foreign clubs participate.

2.2.3 An application for approval must be submitted to World Aquatics at least six (6) months prior to the proposed start date of the competition. World Aquatics will have absolute discretion whether or not to consider any application for approval that is submitted to World Aquatics fewer than six (6) months prior to the proposed start data of the competition (and, if the application for approval is granted, whether or not World Aquatics will provide some or all of the usual outcomes of approval).

2.2.4 World Aquatics will consider and determine the application.

2.2.5 A grant of approval by World Aquatics is subject to continued compliance by the competition organiser with Article 26 of the Constitution and any other requirements of the World Aquatics Rules, including the eligibility rules at Article 4 of this Part One.

2.3 **The World Aquatics Calendar:**

2.3.1 World Aquatics will compile, publish on its website, and maintain the World Aquatics Calendar, which will list all International Competitions approved by World Aquatics.

2.3.2 When considering a new application for approval of an International Competition in accordance with Article 2.1 of this Part One, World Aquatics will compare the proposed dates of the new International Competition with the dates of previously approved International Competitions listed on the World Aquatics calendar to determine whether or not a conflict exists.

2.3.2.1 World Aquatics will determine in its sole discretion whether or not any conflict exists, or whether any other issue arises in connection with the proposed International Competition.

2.3.2.2 World Aquatics will consider in its sole discretion all relevant information, which may include (among other things) the nature and specificities of the Aquatic sport, the dates and locations of the competitions, the competition categories available.

2.3.2.3 World Aquatics' policy is that (with the exception of Masters competitions) an International Competition of major international importance (to be determined by World Aquatics in its sole discretion) must not be held in the 30 days prior to any Tier 1 International Competition without World Aquatics' prior consent.

2.3.2.4 If a conflict exists, World Aquatics will contact the applicant competition organiser to advise them of the conflict and request that the proposed competition is postponed or held on different dates.

2.3.2.5 World Aquatics recommends that applicant competition organiser check the World Aquatics Calendar for potential conflicts prior to submission of the application.

2.3.3 The organiser of an International Competition that has been approved by World Aquatics and published on the World Aquatics Calendar must promptly report any cancellation or rescheduling of the competition to World Aquatics as soon as practicable prior to the commencement of that competition.

2.4 **The competition programme:**

2.4.1 For Tier 3 International Competitions, applicant competition organisers must state in the application for approval the competition programme, which must include (1) all Aquatic sports unless that is not possible and approved otherwise by World Aquatics in its sole discretion, and (2) at a minimum the competitions on the competition programme for the relevant Aquatic sport at the prior Olympic Games.

2.4.2 Any application for approval of an International Competition must state the proposed modifications (if any) of the World Aquatics Rules and Regulations applicable to the competition and explanation for the proposed modifications (which proposal and explanation will be considered as part of the application and determined by World Aquatics in its sole discretion in accordance with Article 2.3.2 of this Part One).

2.5 Failure to comply with any of the requirements of this Article 2 of this Part One may result in proceedings being brought or sanctions being sought in accordance with Articles 29 and 30 of the Constitution.

3 SPORT NATIONALITY

3.1 Sport Nationality refers to an Athlete's affiliation and eligibility to represent a Member Federation.

3.1.1 An Athlete will be eligible to compete at an International Competition representing a Member Federation if he/she is affiliated to only one Member Federation and is a citizen of the Country that the Athlete represents by virtue of being a citizen by birth or naturalisation.

3.2 **Election of a Sport Nationality:**

3.2.1 If an Athlete has only one (1) citizenship, he/she must represent that particular Country.

3.2.2 If an athlete has citizenship with two (2) or more Countries and has not yet competed for any Country in International Competition, the Athlete has complete discretion to choose which Country he/she represents.

3.2.3 Once an Athlete has represented a Country in any International Competition (regardless of whether or not such competition is a World Aquatics Event), this will be the Sport Nationality of the Athlete unless a change of Sport Nationality is approved by World Aquatics. For the avoidance of doubt, an International Competition is not limited to a World Aquatics competition, and instead refers to any International Competition in which an Athlete represents his/her Country.

3.2.4 When an Athlete competes in the Olympic Games, Youth Olympic Games, World Aquatics Championships, World Aquatics Swimming Championships, or World Aquatics Junior Championships, Sport Nationality is established, irrespective of age. For all other competitions, Sport Nationality is established after the Athlete's first competition in an International Competition, after reaching the age of eighteen (18).

3.3 **Change of Sport Nationality:**

3.3.1 Any Athlete that intends to change his/her Sport Nationality from one Member Federation to another ("New Member Federation") shall request World Aquatics' approval, which will be granted under the following requisites:

3.3.1.1 the Athlete shall observe a waiting period of twelve (12) months between the last representation for the previous Member Federation and the first representation for the New Member Federation. The Athlete shall not be entitled to represent any Member Federation at International Competitions during this waiting period; and

3.3.1.2 the Athlete shall be a citizen by birth or naturalization of the Country he/she will represent; and

3.3.1.3 the Athlete shall have uninterrupted residence in the Country of the New Member Federation for at least twelve (12) months prior to his/her first International Competitions or shall be able to demonstrate by the end of the waiting period at the latest, that he/she has a genuine, close and established link to the Country he/she will represent; and

3.3.1.4 the Athlete shall have completed and submitted all necessary and required forms and paperwork required by World Aquatics.

3.3.2 Athletes will be permitted to change Sport Nationality a maximum of one time throughout their athletic career.

3.4 **Bureau consultation:** In a case of eligibility or Sport Nationality possessing exceptional and unforeseen circumstances, the Executive Director may consult the Bureau on the application of these rules to an Athlete's particular case. The Executive Director's decision to not consult the Bureau is not appealable.

3.5 **Possible breach of the Sport Nationality rules:**

3.5.1 Any possible breach of the present rules on eligibility and Sport Nationality will be referred to the Aquatics Integrity Unit for investigation and possible proceedings according to the Constitution or other World Aquatics Rules.

3.5.2 Without prejudice to any of its other sanctioning powers under the Integrity Code, the Aquatics Integrity Unit may disqualify an Athlete from the International Competitions in question, with all resulting consequences, including forfeiture of all titles, awards, medals, points and prize and appearance money, if such Athlete represented a Member Federation at any International Competitions in violation of the present rules on eligibility and Sport Nationality. If the Athlete competed as a member of a relay team or a team, the relay team or the team may similarly be disqualified with all resulting consequences, including forfeiture of all titles, awards, medals, points and prize and appearance money.

3.6 Enforcement: The present rules on Sport Nationality in Article 3 of this Part One came into force on 1 March 2025 and apply to all eligibility and change of Sport Nationality matters filed with World Aquatics as from 1 March 2025. The World Aquatics Office may also apply the present rules to eligibility and change of Sport Nationality matters filed with World Aquatics before 1 March 2025 if the process is still pending and if the New Member Federation and/or the Athlete demonstrates that the Athlete had initiated his/her process before the entry into force of these new rules. Such evidence may notably consist of correspondence related to an Athlete's change of Sport Nationality exchanged between the New Member Federation and World Aquatics before entry into force of these new rules.

4 ELIGIBILITY REQUIREMENTS FOR COMPETITION AND FOR SETTING WORLD RECORDS

4.1 To be eligible to compete in World Aquatics competitions and to set World Records in World Aquatics competitions and other Aquatics events recognised by World Aquatics, an Athlete must be affiliated to a Member Federation, unless otherwise granted permission to compete by World Aquatics in its sole discretion.

4.2 World Aquatics is committed to providing safe, fair, inclusive, and non-discriminatory opportunities for all Athletes wishing to compete in World Aquatics competitions. The Bureau has therefore adopted a Policy (and accompanying Operating Requirements) to address eligibility for the men's and the women's competition categories. Some provisions of the Policy are summarised in Articles 4.3 to 4.6 of this Part One for ease of reference, but the Policy and Operational Requirements should be referred to directly to establish their full meaning and effect.

4.3 **Certification:**

4.3.1 Athletes must certify their chromosomal sex with their Member Federation in order to be eligible for World Aquatics competitions. Failure to do so, or provision of a false certification, will render the Athlete ineligible.

4.3.2 Member Federations must confirm their Athletes' certifications of chromosomal sex when registering their Athletes to compete in World Aquatics competitions.

4.3.3 World Aquatics reserves the right to include a chromosomal sex screen in its anti-doping protocol to confirm such certification.

4.4 **Eligibility for the Men's Category:**

4.4.1 All male athletes, including athletes with 46 XY DSD, are eligible to compete in World Aquatics competitions and to set World Records in the men's category, regardless of their legal gender, gender identity, or gender expression.

4.4.2 Female-to-male transgender athletes (transgender men) may be eligible to compete in World Aquatics competitions and to set World Records in the men's category in accordance with the conditions of the Policy and Operational Requirements.

4.5 **Eligibility for the Women's Category:**

4.5.1 All female athletes are eligible to compete in World Aquatics competitions and set World Records in the women's category, regardless of their legal gender, gender identity, or gender expression, in accordance with the conditions of the Policy and Operational Requirements.

4.5.2 Male-to-female transgender athletes (transgender women) and athletes with 46 XY DSD whose legal gender and/or gender identity is female may be eligible to compete in the women's category in World Aquatics competitions and to set World Records in the women's category in World Aquatics competitions and in other events recognised by World Aquatics in accordance with the conditions of the Policy and Operational Requirements.

4.6 **Process for applications:**

4.6.1 The process for applications for eligibility is set forth in the Operational Requirements appended to the Policy.

5 REGISTRATIONS AND SPORT ENTRIES

5.1 **General provisions regarding registration and sport entries:**

5.1.1 **For World Aquatics Events:**

5.1.1.1 Each eligible Member Federation must confirm its intention to participate in the World Championships by completing and submitting its preliminary entries in the GMS by the preliminary entries deadline specified by World Aquatics.

5.1.1.2 Each Member Federation must fully and completely submit its entries in the GMS before the deadline specified by World Aquatics in the summons for the relevant World Aquatics Event. World Aquatics will verify that all entry registrations comply with the applicable eligibility and qualification rules.

5.1.1.3 Each Member Federation must confirm the final number and identity of all Athletes and other personnel that will attend the World Aquatics Event by completing and submitting its nominations in the GMS by the specified nomination deadline.

5.1.2 **For the Olympic Games:**

5.1.2.1 Sport entries must be completed on official forms signed by the Secretary of the relevant NOC and delivered to the Olympic Games Local Organising Committee by the date specified by the IOC.

5.1.2.2 The World Aquatics Office will obtain the sport entries for Aquatic sports at least seven (7) days before the start of the first Aquatics competition.

5.1.3 A representative of each competing Member Federation must attend in full the Technical/ Team Leaders' Meeting for the World Aquatics Event. Failure to do so will result in a fine of one hundred (100) Swiss Francs for the relevant Member Federation.

5.1.4 Unless specified otherwise in another Part, at the Technical/ Team Leaders' Meeting, changes to sport entries from the list of registered Athletes may be made. For example, an entered Athlete may withdraw, or an entered Athlete may be substituted by a registered Athlete, or (at the discretion of the World Aquatics Technical Delegate) a registered Athlete may be entered into another event.

5.1.5 An Athlete's withdrawals from competition may be communicated by submission of a withdrawal form by the Athlete or his/her team leader:

5.1.5.1 Unless stated otherwise in another Part of these Competition Rules, in all Aquatic sport competitions, an Athlete or team that has earned qualification to a semi-final or final but does not wish to compete in that semi-final or final must withdraw within thirty (30) minutes after the end of the preceding qualifying round.

5.1.5.2 If an Athlete or team withdraws from the competition after the Technical/ Team Leaders' Meeting and before the first qualifying round, or withdraws from a semi-final or final more than thirty (30) minutes after the end of the preceding qualifying round, the relevant Member Federation must pay to World Aquatics a fine of one hundred (100) Swiss Francs (in respect of an individual Athlete) or two hundred (200) Swiss Francs (in respect of a relay team, duet, or other team).

5.1.6 **The effect of disqualification from competition:**

5.1.6.1 If an Athlete competes in the semi-finals or final of any Swimming, Open Water Swimming, Diving, or Artistic Swimming event and is disqualified for any reason, any Athletes who placed after the disqualified Athlete will be advanced one place.

5.1.6.2 If the disqualification occurs after the presentation of awards, the disqualified Athlete (and any other Athletes whose awards are affected) must return the relevant awards, and World Aquatics will reallocate awards to reflect the amended results after the disqualification.

5.1.7 An Athlete entered in a Swimming, Open Water Swimming, Diving, High Diving or Artistic Swimming event is not permitted to be entered as a reserve in a Water Polo event at the same World Aquatics Event. For the avoidance of doubt, an Athlete may compete in a Swimming event and a Water Polo event at the same World Aquatics Event if officially entered to do so.

5.1.8 If an error by a Technical Official follows a fault by an Athlete, the fault by the Athlete may be expunged. If a Technical Official's call on deck leads to a review of an Athlete's potential infraction, and it is deemed that the Athlete made no error, the Athlete will be cleared of the inquiry. Additionally, if an error by an Athlete follows a fault by a Technical Official, the fault of the Athlete may be expunged.

6 SWIMWEAR

6.1 Swimwear used in any Aquatic sport in the Olympic Games or in any World Aquatics Event must comply with the requirements of this Article 6 of this Part One. World Aquatics will only recognise a performance for qualification for the Olympic Games or any World Aquatics Event, and for World Aquatics Rankings purposes, if the Athlete used Swimwear that complies with the requirements of this Article 6 of this Part One.

6.2 In determining the requirements for Swimwear in Aquatic sports and other related matters, World Aquatics is guided by the principles of fair competition, the sound development of Aquatic sports, and Athlete safety and health.

6.3 Athletes must use Swimwear that is non-transparent (with the exception of goggles), is in good moral taste, is suitable for the individual Aquatic sport, and does not feature any symbol or marking that may be considered offensive.

6.4 The specific requirements for Swimwear, including in relation to design, composition, colour, material, flexibility, and construction are set out below in Article 6.8 (swimsuits), Article 6.9 (wetsuits), Article 0 (swim caps), and Article 6.11 (goggles) of this Part One. The Swimwear and/or the Material used in Swimwear must not put the health of Athletes at risk.

6.5 Athletes in Swimming and Open Water Swimming competitions must use Swimwear that complies with the requirements of this Article 6 of this Part One and is on the List of Approved Swimwear at the time of the competition.

6.6 World Aquatics operates a Swimwear approval procedure that is conducted by the World Aquatics Office and supervised by an Independent Swimwear Expert (see Articles 6.12 to 6.14 of this Part One).

6.6.1 Appointment and role of the Independent Swimwear Expert:

6.6.1.1 The Bureau has the power to appoint and remove the Independent Swimwear Expert.

6.6.1.2 The Independent Swimwear Expert must hold biomechanical or other suitable qualifications and experience.

6.6.1.3 The Independent Swimwear Expert will be independent from the manufacturers and, in particular, must not have any relationship with a Swimwear manufacturer (including of a contractual nature or as a direct or indirect shareholder) or have had such a relationship in the period of five (5) years prior to the date of appointment as the Independent Swimwear Expert.

6.6.1.4 The Independent Swimwear Expert will develop and propose uniform principles and directions for the approval of new advancements in the field of competition Swimwear and equipment.

6.6.1.5 The Independent Swimwear Expert will have the responsibility and authority:

6.6.1.5.1 to assess whether Swimwear complies with the technical and procedural requirements of this Article 6 of this Part One, in coordination with the Swimwear testing laboratory;

6.6.1.5.2 to approve or reject a Swimwear approval application submitted by a manufacturer;

6.6.1.5.3 to provide expertise to the World Aquatics Office; and

6.6.1.5.4 regarding any other matter related to Swimwear.

6.7 World Aquatics will add approved Swimwear to the List of Approved Swimwear and publish and maintain the List of Approved Swimwear on its website. If a manufacturer notifies World Aquatics that Swimwear on the List of Approved Swimwear has been discontinued and is no longer available on the market then World Aquatics will remove the Swimwear from the List of Approved Swimwear.

6.8 Swimsuits used in Swimming competitions and in Open Water Swimming competitions with a water temperature of 18.0°C or above:

6.8.1 **Design requirements:**

6.8.1.1 The wearing of the swimsuit must not offend morality and good taste (in particular, because of the cut of the suit and/or exposure of body parts, whether covered or not).

6.8.1.2 For swimsuits used in Swimming competitions, women's swimsuits must not cover the neck or extend past the shoulders or below the knee, and men's swimsuits must not extend above the navel or below the knee.

6.8.1.3 In Open Water Swimming competitions:

6.8.1.3.1 Men's swimsuits and women's swimsuits must not cover the neck, extend past the shoulders, or extend below the ankle.

6.8.1.3.2 In accordance with Article 10.3 of Part Three, if the water temperature ranges between 18.0°C and 20.0°C, and the Chief Referee determines, on the joint recommendation of the Safety Officer and the Medical Officer, that conditions are hazardous for the Athletes, the Chief Referee may require all Athletes to compete in wetsuits.

6.8.1.4 Men's swimsuits must be in one (1) piece. Subject to compliance with the other requirements of Article 6.8.1 of this Part One, women's swimsuits may be in one (1) or two (2) pieces.

6.8.1.5 The wearing or covering of the body by any item that is not part of the swimsuit (or cap or goggles) is prohibited.

6.8.1.6 Colours may vary freely and will not be considered as part of the design. However, colour variations must not affect compliance with the technical requirements of Article 6.8 of this Part One.

6.8.2 **Material requirements:**

6.8.2.1 The Material used for swimsuits must be:

6.8.2.1.1 "textile fabric(s)" (i.e., Material consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting, and/or braiding;

6.8.2.1.2 flexible and soft folding; and

6.8.2.1.3 regular and flat, and must not form shapes or structures in the outer surface.

6.8.2.2 A swimsuit may be produced from more than one (1) textile fabric Material.

6.8.2.3 Subject to Article 6.8.4.3 of Part One, at any part of the swimsuit, a maximum of two (2) layers of textile fabric Material is permitted (for example, a combination of layers may be used for comfort, protection of sensitive body parts, or decency). The combination or arrangement of layers must not form shapes or structures in the outer surface.

6.8.2.4 Non-textile fabric Materials or elements or applications may be used on seams in the following cases:

6.8.2.4.1 In edge seams, including the use of grippers (e.g., silicone strips and/or elastic cords) to assist the fabric to hold in place against the skin.

6.8.2.4.2 In waistbands and straps (e.g., elastic cord inside folded Material).

6.8.2.4.3 The use of glue to fix the seam or the corresponding reinforcement tapes.

6.8.2.5 Surface treatment of the textile fabric is permitted, subject to the following requirements:

6.8.2.5.1 Subject to Article 6.8.2.4.2 of this Part One, any Material added or applied to any part of the surface of the textile fabric before, during, or after its processing (for example, coating, printing, impregnation, heating, calendaring, etc) must not close the overall open mesh structure of the base textile fabric.

6.8.2.5.2 Surface treatment of Material in a manner that closes the overall open mesh structure of the base textile fabric is permitted for seams (sawn, welded, taped, glued, etc), markings (manufacturer and/or sponsor logos as permitted in Article 7 of this Part One: printed or affixed on the base Material) or labels (homologation or technical labels as permitted by the rules).

6.8.2.5.3 At all times (i.e., from the initial Material production stages until the finished Product stage and the use of the swimsuit in competition), the treated Material must comply with all requirements specified in this Article 6 of this Part One, in particular the thickness, permeability, and flexibility requirements.

6.8.3 **Material measurements requirements:**

6.8.3.1 **Thickness:**

6.8.3.1.1 The maximum total thickness of the Material(s) used is 0.8 mm.

6.8.3.1.2 The thickness of layered Materials is the total thickness of both layers measured together.

6.8.3.1.3 The maximum total thickness does not apply to seams if the seams are purely and solely functional and their thickness and width are the result of their natural functions.

6.8.3.1.4 The Material may vary in thickness at different parts of the swimsuit, but the thickness of thinnest part of the Material must not be less than 50% of the thickness of the thickest part of the Material (excluding seams, markings, or labels).

6.8.3.2 **Permeability:**

6.8.3.2.1 Material(s) used must at any point (except on seams, logos or labels) have a permeability value of more than 80 litres per m^2 per second ($l/m^2/s$).

6.8.3.2.2 Permeability values are measured on Material with a uniform bidirectional and perpendicular stretch of 25%.

6.8.3.2.3 However, measures on Material that cannot be significantly stretched will be carried out on unstretched, flattened Material.

6.8.3.2.4 The permeability of layered Materials is the permeability of both layers measured together.

6.8.3.2.5 The permeability requirements do not apply to seams if the seams are purely and solely functional and their thickness and width are the result of their natural functions.

6.8.4 **Construction requirements:**

6.8.4.1 No zippers or other fastening systems are allowed.

6.8.4.2 Any swimsuit that contains or includes any system or feature that provides external stimulation or influence of any kind (including, for example, pain reduction, chemical or medical substance release, electro stimulation, etc) is prohibited.

6.8.4.3 The use of swimsuit Products with a period-proof element is permitted, subject to the following requirements:

6.8.4.3.1 The location of the period-proof element in the swimsuit must be the crotch area.

6.8.4.3.2 The period-proof element in the swimsuit will be at maximum 150 mm in the front area and at maximum 100 mm in the rear area (all seams included).

6.8.4.3.3 At the location of the period-proof element, a third Material layer may be permitted. If a third Material lawyer is used, the thickness of the swimsuit at the location of the period-proof element may be a maximum total thickness of 2.5 mm.

6.8.4.3.4 A swimsuit that contains a period-proof element is not subject to any permeability requirement at the location of the period-proof element.

6.8.4.3.5 A Product may exist in regular version and in a period-proof version.

6.8.5 **Seam requirements:**

6.8.5.1 Seams on swimsuits are permitted but (1) must be purely and solely functional and their thickness and width must be the result of their natural functions and must not form shapes or structures in the outer surface, (2) must not exceed certain width requirements, and (3) must comply with certain numerical and location requirements.

6.8.5.2 Whether a seam is purely and solely functional will be assessed during the Swimwear approval procedure as part of the overall evaluation of the individual swimsuit. The function of seams is to join, bind, and/or finish. Seams have a specific construction (i.e., glued or welded seams, use of folded Material, use of elastic bands or silicone or similar strips) that is different from the sole use of textile fabric Material. Specifically in swimsuits, seams may be used for the following functions:

6.8.5.2.1 to join together different parts of continuous Material of the swimsuit (seams);

6.8.5.2.2 to properly finish the swimsuit at its edges (edge seams);

6.8.5.2.3 to hold the swimsuit legs in place and prevent them sliding (grippers);

6.8.5.2.4 to hold a swimsuit in place at the waist (waistband); or

6.8.5.2.5 to maintain the upper part of a women's swimsuit (straps).

6.8.5.3 Seams must comply with the following width requirements:

6.8.5.3.1 Joining and/or bonding seams must not exceed 10 mm.

6.8.5.3.2 Reinforcement and/or protection tapes, such as those used to form or cover welded seams must not exceed 20 mm.

6.8.5.3.3 Edge seams and grippers must not exceed 20 mm.

6.8.5.3.4 Waistbands must not exceed 25.4 mm.

6.8.5.3.5 Straps, or a combination of straps, must not exceed 50 mm.

6.8.5.3.6 For any seam based on a technique using glue and a covering tape (notably to take into account overspill or irregularities in the treatment), the glued area is part of the seam (bounding area) and must remain within the maximum width.

6.8.5.4 Seams must comply with the following numerical and location requirements:

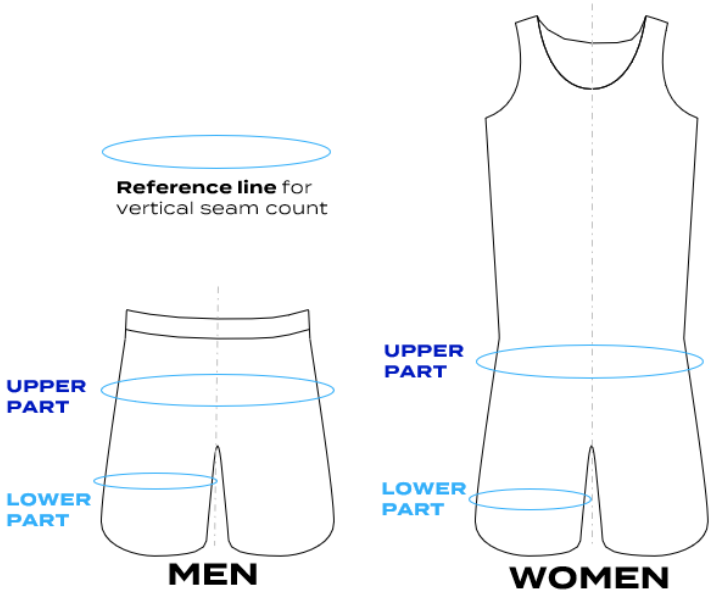
6.8.5.4.1 The authorised number of seams for the upper part (above the crotch area) are nine (9) seams for Men's swimsuits and eleven (11) seams for Women's swimsuits.

6.8.5.4.2 The authorised number of seams for the lower part (below the crotch area) are four (4) on each leg for both Men's swimsuits and Women's swimsuits.

6.8.5.4.3 If two (2) or more seams are combined or merged, they count as two (2) or more different seams in any area where their combined width is above the maximum width of a seam.

6.8.5.4.4 The reference line is always horizontal (as shown in the figure below).

6.8.5.4.5 The total number of seams is the sum of the full circumflex.



6.9 Wetsuits used in Open Water Swimming competitions with a water temperature of below 18°C:

6.9.1 Design requirements:

6.9.1.1 The wetsuit must completely cover the torso, back, and thighs. The wetsuit must not extend beyond the neck, wrists, or ankles.

6.9.1.2 The wetsuit may but need not necessarily cover the arms (i.e., extend past the shoulders) or the lower legs (i.e., extend below the thigh).

6.9.1.3 The wetsuit must be in one (1) piece.

6.9.1.4 The wearing or covering of the body by any non-approved item that is not part of the wetsuit (or cap or goggles) is prohibited.

6.9.2 Material requirements:

6.9.2.1 Material used for wetsuits must have thermal insulation properties (for example, foam of polychloroprene (Neoprene), polyurethane, or another Material with similar insulating properties). Material without insulating properties must not be used.

6.9.2.2 The Material may be multilayered, and may include non-water permeable layers.

6.9.2.3 The Material must not contain injected gas.

6.9.3 Construction and Material measurement requirements:

6.9.3.1 Subject to Article 6.9.3.2 of this Part One, the thickness of the wetsuit (at any location) must be at least 3 mm and must not exceed 5 mm.

6.9.3.2 Provided the thermal insulation properties are not compromised, the applicant may request approval of a wetsuit with a thickness of below 3 mm (but at least 1 mm) in limited specific areas, if those features are functionally justified to permit freer movement by the swimmer. The Independent Swimwear Expert will determine the request in his/her sole discretion, and his/her decision is not subject to challenge. For more information see the explanatory note on the World Aquatics website and/or contact the World Aquatics Office.

6.9.3.3 Permeability of the Material is not measured.

6.9.3.4 Zippers or other fastening systems are permitted but must be solely functional.

6.10 **Swimming caps used in Swimming and in Open Water Swimming competitions:**

6.10.1 **Design requirements:**

6.10.1.1 The cap must be an independent item.

6.10.1.2 The cap must not be attached to the swimsuit, wetsuit, or goggles, and must not be in continuity with the swimsuit, wetsuit, or goggles (i.e., no "hood" or "mask" effect is permitted).

6.10.1.3 The cap shape must follow the natural form of the head.

6.10.1.4 The cap outer surface must not include artificial shaping, such as rigs, spoilers, or similar features.

6.10.2 Material and Construction requirements:

6.10.2.1 The cap must not be made from hard Material (the Material used may have some degree of rigidity but must be able to follow the shape of the head: no hard helmets are permitted).

6.10.2.2 The cap may be Constructed from more than one type of Material.

6.10.2.3 The cap Materials can be of different thicknesses, subject to the maximum thickness requirement. However, differences in the thickness must not be used to form shapes or structures in the outer surface.

6.10.2.4 The thickness of the cap (at any location) must not exceed 2 mm.

6.10.2.5 Seams, if any, must be functional and must not create shapes or structures in the outer surface.

6.10.3 Colours may vary freely and will not be considered as part of the design. However, colour variations must not affect compliance with the technical requirements of Article O of this Part One.

6.11 **Goggles:**

6.11.1 **Design requirements:**

6.11.1.1 The goggles must be an independent item.

6.11.1.2 The goggles must not be attached to the cap, and must not be in continuity with the cap (i.e., no "hood" or "mask" effect is permitted).

6.11.2 **Material and Construction requirements:**

6.11.2.1 The goggles must comply with prevailing safety standards for eyewear.

6.11.2.2 The functions of goggles are to protect the eyes against water and to ensure visibility. Their design and Construction must serve these functions and must not seek to obtain aquadynamic advantages (e.g., through the formation of shapes or structures in the outer surface not related to the above functions).

6.11.2.3 The goggles must not feature any sharp edges.

6.11.2.4 Colours may vary freely and will not be considered as part of the design. However, colour variations must not affect compliance with the technical requirements of Article 6.11 of this Part One.

6.12 **The Swimwear approval procedure** commences when the applicant manufacturer submits an application to World Aquatics in accordance with the protocol described on the World Aquatics website.

6.12.1 In respect of any particular Swimwear:

6.12.1.1 The applicant manufacturer will be the company that actually markets the corresponding Swimwear to its end-users through customary sales channels (for example, wholesalers and/or retailers and/or direct sales) that respectively sell and/or supply the Swimwear to Athletes and/or teams.

6.12.1.2 Manufacturers acting as subcontractors for one or more other companies cannot apply for approval of the Swimwear supplied to other companies.

6.12.1.3 If a specific Material or model is manufactured and supplied to different companies that then market or supply it, each of these different companies must submit an application for approval, notwithstanding that the Material or models marketed and supplied to these different companies may have the same manufacturing sources.

6.12.2 **Timing of the application:**

6.12.2.1 An application may be submitted at any time.

6.12.2.2 An applicant manufacturer must submit an application in good time prior to competitions in which it or an Athlete may wish the relevant Product to be used. Unless otherwise stated in this Article 6 of this Part One, World Aquatics does not guarantee that any particular application will be determined or approved by any given date. World Aquatics will not be responsible or liable for any delays in the processing of the application, testing, or processing of resubmitted applications.

6.12.3 Following submission of the online application, the applicant manufacturer must send to World Aquatics Samples of the Products and Materials that are the subject of the application, in accordance with the protocol described on the World Aquatics website.

6.12.4 On receipt of the Samples, World Aquatics will invoice the applicant manufacturer for the application fee, which comprises a contribution to the administrative, expert, and testing costs incurred by World Aquatics, and is calculated based on the number of Products and Materials that are the subject of the application (in accordance with the fees set out on the World Aquatics website). Any additional costs associated with the application (for example, customs clearance fees charged to World Aquatics, etc) will be borne by and re-charged to the applicant manufacturer.

6.12.5 When the World Aquatics invoice has been paid in full by the applicant manufacturer (and payment received in full by World Aquatics), the application will be deemed fully submitted.

6.13 World Aquatics and the Independent Swimwear Expert will conduct an initial review of the application and determine and arrange for the necessary technical testing of Samples.

6.13.1 **Technical testing of Sample thickness by the testing laboratory will be conducted in accordance with the following specifications (in summary):**

6.13.1.1 Maximum value: equal to or less than 0.8 mm.

6.13.1.2 Minimum value: equal to or greater than 50% of the maximum value.

6.13.1.3 Tolerance: +/- 0.1 mm.

6.13.1.4 The equipment will consist of a reference plate, a disk (parallel to the plate) together with a test gauge capable of measuring the distance between disk and plate with an accuracy of at least 0.01 mm.

6.13.1.5 Specifications according to ISO 5084: disk size 100 mm2 +/- 1 mm2, diameter 11.28 mm +/- 0.05 mm, and pressure 1 kPa +/- 0.01 kPa.

6.13.2 Technical testing of Sample permeability by the testing laboratory will be conducted in accordance with the following specifications (in summary):

6.13.2.1 Minimum value: equal to or greater than 80 litres per m^2 per second ($l/m^2/s$).

6.13.2.2 Tolerance: +/- 5 % (in the range of the minimum value).

6.13.2.3 Measurement of air permeability: A flow of air is sucked through the textile fabric Material specimen, a tube system and differential pressure transducer. The unit measures the resultant differential pressure (proportional to volumetric flow), the absolute pressure, and the medium temperature. The air permeability of the measured specimen is established based on those values. The value of permeability is given in litres per m^2 per second ($l/m^2/s$) for a given Material.

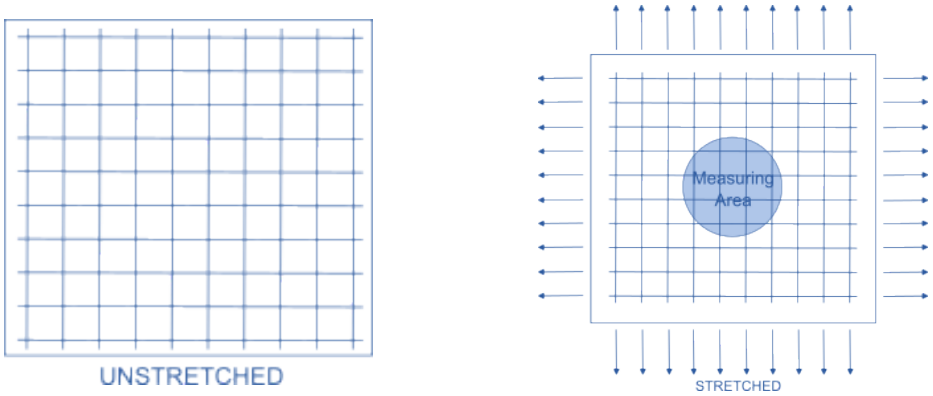
6.13.2.4 **The measurement characteristics are as follows:**

6.13.2.4.1 Measuring area: diameter 25 mm.

6.13.2.4.2 Differential pressure: 20 Pa.

6.13.2.4.3 Measuring range: 0-400 $l/m^2/s$ (high accuracy around the minimum value).

6.13.2.4.4 Definition of stretch: uniform bidirectional and perpendicular stretch of 25% applied to the fabric (see figure immediately below).



6.13.2.5 The swimsuit Material will be tested new and dry.

6.13.2.6 If the test value is close to the minimum value, the test will be repeated for accuracy purposes.

6.13.3 **Other testing requirements and additional clarifications:**

6.13.3.1 The manufacturer of a Product is responsible for ensuring that the Material used meets the requirements of this Article 6 of this Part One, irrespective of the colour of the Material. An applicant manufacturer may, but is not required to, submit for testing Samples of the same Material in different colour variations.

6.13.3.2 During testing, permeability and thickness will be measured on the layered Materials combined together. However, for any testing, the applicant manufacturer must also provide unbound Samples of each Material used. Textile fabric Samples must be cut in the principle direction of the yarns/fabric (in the direction of the roll of Material).

6.13.3.3 Thermal insulation properties of Material are tested or otherwise assessed during the Swimwear approval procedure. Approval of a Product under the Swimwear approval procedure is not (and should not be interpreted as) any warranty or confirmation by World Aquatics and/or the Independent Swimwear Expert of the capacity of the Product to insulate and/or effectively protect an Athlete from the effects on the body of low water temperature.

6.13.4 World Aquatics and the Independent Swimwear Expert will obtain the technical testing results from the testing laboratory:

6.13.4.1 Information related to the test results of specific Samples are communicated to the Applicant concerned, upon request. No results are communicated to any other third party.

6.13.4.2 The only results relevant for the approval procedure of Swimwear are those obtained by the Independent Swimwear Expert, from the samples submitted with the application, or from additional Samples specifically requested by the Independent Swimwear Expert.

6.13.4.3 Measurements taken outside of that procedure on the same samples, or others, are not relevant for the approval procedure, irrespective of the equipment used.

6.14 Following receipt of the results of any necessary technical testing, World Aquatics and the Independent Swimwear Expert will conduct a full review of the application and examination of the technical testing results.

6.14.1 World Aquatics and the Independent Swimwear Expert will determine the application and report the decision in writing to the applicant manufacturer within sixty (60) days from the latest date of payment of any applicable fees in relation to the application.

6.14.2 **If the application for approval of a Product is granted:**

6.14.2.1 An approval is valid upon its notification in writing to the applicant manufacturer, but an approval will only be effective, i.e., the approved Swimwear may only be used in the Olympic Games or in any World Aquatics Event or for the purposes set out in to Article 6.1 of this Part One, from the date that the following criteria are all met:

6.14.2.1.1 the Product is published on the List of Approved Swimwear;

6.14.2.1.2 the Product is available on the market for purchase by any Athlete and Member Federation; and

6.14.2.1.3 unless otherwise agreed in writing by World Aquatics, the Product has been available on the market for purchase by any Athlete and Member Federation for a period of thirty (30) days.

6.14.2.2 If requested by World Aquatics, an applicant manufacturer must promptly provide evidence of Product availability on the market at the relevant dates.

6.14.2.3 If a Product does not meet the market availability requirements of Article 6.14.2.1 of this Part One, or World Aquatics has reasonable grounds to believe that the Product does not meet the market availability requirements of Article 6.14.2.1 of this Part One, World Aquatics will temporarily suspend the approval and remove the Product from the List of Approved Swimwear until satisfactory evidence of the Product market availability is provided.

6.14.2.4 Approval of a Product remains valid unless and until (1) the date that amended requirements in these Competition Regulations for the specific Swimwear come into effect (irrespective of the nature or extent of the amendment(s)), or (2) the date that any maximum period of validity determined by World Aquatics expires.

6.14.2.4.1 If the requirements in these Competition Regulations for Swimwear are amended, a manufacturer may submit an application for re-approval of the Product. The Independent Swimwear Expert may in his/her sole discretion decide to exempt, in full or in part, certain types or categories of previously approved Swimwear from a re-approval procedure. The Independent Swimwear Expert's decision as to whether or not to grant an exemption (or the conditions on which to grant any exemption) will not be subject to any review of challenge.

6.14.2.4.2 If a maximum period of validity is determined by World Aquatics and expires, a manufacturer may submit an application for re-approval of the Product. World Aquatics is entitled (in its sole discretion) to adopt a simplified re-approval procedure.

6.14.3 If the application for approval of a Product is not granted, World Aquatics and the Independent Swimwear Expert will identify in the decision the ground(s) for non-approval.

6.14.3.1 If an application for approval of a Product is not granted, the applicant manufacturer may resubmit an application for approval of a Product that is identical to the Product that was not approved save for modifications made to the Product to remedy the issues that the Independent Swimwear Expert identified as the grounds for non-approval.

6.14.3.2 An application for approval may be resubmitted one or more times. Each resubmitted application will follow the same Swimwear approval procedure as set out in this Article 6 of this Part One, including payment of further application fees (unless World Aquatics determines, in its sole discretion, to reduce or waive the application fees).

6.15 The following exceptions to the usual Swimwear approval process apply:

6.15.1 **Goggles:**

6.15.1.1 If goggles are certified to ISO 18527-3:2020(E) standards and the manufacturer warrants that they comply with the requirements of this Article 6 of this Part One, World Aquatics will process the goggles under a simplified approval procedure:

6.15.1.1.1 The manufacturer must send to World Aquatics a sample of the goggles with the certificate of ISO-conformity and an application fee (as described on the World Aquatics website).

6.15.1.1.2 World Aquatics will retain the sample of the goggles on file, but no testing of the goggles by the testing laboratory will be conducted. On receipt of the sample, certificate of ISO-conformity, and application fee, World Aquatics will publish the goggles on the List of Approved Swimwear.

6.15.2 **Period-proof swimsuits:**

6.15.2.1 If an application for the 'regular' (without period-proof elements) Product has already been approved, and an application for the period-proof version of the same Product has been submitted (with the applicable application fee, as described on the World Aquatics website), World Aquatics is entitled (in its sole discretion) to adopt a simplified approval procedure for the period-proof version.

6.15.2.2 If an application for the period-proof version of a Product is approved, the Product will be immediately added to the List of Approved Swimwear.

6.16 If a Product that is a swimsuit or wetsuit is approved by World Aquatics, World Aquatics will provide to the applicant manufacturer a World Aquatics Homologation Mark, which the applicant manufacturer must apply to the Product (or if the Product is in two pieces, to both pieces) before it is offered for sale or otherwise used by an Athlete.

6.16.1 The World Aquatics Homologation Mark is specific to each Product, carries a unique identification number, and indicates that the Product has been approved by World Aquatics. Review of the World Aquatics Homologation Mark by Technical Officials will be the primary means of ensuring that Athletes use approved Swimwear. The World Aquatics Homologation Mark must be applied to the Product in a location that permits straightforward control.

6.16.2 The World Aquatics Homologation Mark must be printed or fixed to the Product in accordance with the specifications stated from time to time by World Aquatics on its website, and in a manner that ensures it cannot be removed without destroying the mark (in order to prevent transfer of the World Aquatics Homologation Mark from that Product to another Product).

6.16.3 An applicant manufacturer must only apply the World Aquatics Homologation Mark to Products that are identical to, and fully consistent with the technical specifications of, the Samples that World Aquatics approved.

6.16.4 World Aquatics may publish further regulations and/or guidance regarding World Aquatics Homologation Marks from time to time.

6.17 World Aquatics is entitled to investigate and enforce compliance by Athletes and other persons with the requirements of this Article 6 of this Part One at any time and by any means. In particular:

6.17.1 A Technical Official (or other World Aquatics designee) may conduct controls on Swimwear prior to competition (in the call room or otherwise). If Swimwear to be used by an Athlete is non-compliant (or there are reasonable grounds to believe that the Swimwear may be non-compliant), World Aquatics will seize the non-compliant Swimwear and determine whether or not to permit the Athlete to compete (if so, the Athlete must use compliant approved Swimwear, sourced at the Athlete's cost).

6.17.2 Use of a cap that complies with the technical requirements of Article 6 of this Part One and/or goggles that comply with the technical requirements of Article 6 of this Part One may, exceptionally and in the absolute discretion of World Aquatics' designee or the competition's Technical Officials, be permitted.

6.17.3 A Technical Official (or other World Aquatics designee) may conduct controls on Swimwear after an event or competition. If Swimwear used by an Athlete is non-compliant (or there is reasonable grounds to believe that the Swimwear may be non-compliant), World Aquatics will seize the non-compliant Swimwear. World Aquatics will request any comments from the Athlete and Product manufacturer, and if Swimwear used by an Athlete is non-compliant, the Athlete's results in that competition will be disqualified.

6.17.4 At any time, World Aquatics may request from an Athlete or a manufacturer (and the Athlete or manufacturer must promptly provide to World Aquatics) additional Samples of approved Products (whether generally, as available on the market, or specifically as worn at a particular competition).

6.18 **Product consistency and compliance:**

6.18.1 The manufacturer must ensure that approved Products that are manufactured must be identical to, and fully consistent with the technical specifications of, the Samples submitted to World Aquatics on which the approval was based.

6.18.2 If at any time evidence demonstrates or gives reasonable grounds to believe that a Product is non-compliant (or is not identical to, and fully consistent with the technical specifications of, the Samples submitted to World Aquatics on which the approval was based):

6.18.2.1 World Aquatics will request any comments from the Product manufacturer and may withdraw or suspend approval of a Product with immediate effect (and remove the Product from the List of Approved Swimwear).

6.18.2.2 If necessary to preserve the integrity of competition, the World Aquatics Executive may provisionally suspend a Product's approval without notice to the manufacturer.

6.18.2.3 The Independent Swimwear Expert may, exceptionally, at his/her sole discretion, and in response to a reasoned and evidenced application from a manufacturer, permit minor functional modifications to an approved Product that address issues that had not been identified prior to the full manufacturing and use of the Product (for example, swimsuits breaking due to too weak seams, Material transparent when worn, necessity to protect sensitive parts with lining, discontinued Materials, etc). The manufacturer must confirm that any modifications have not yet been implemented and that if the modifications are permitted only modified models will be manufactured and distributed. World Aquatics reserves the right to require payment of additional fees, and/or to require further laboratory testing. The decisions of the Independent Swimwear Expert pursuant to this Article 6.18.2.3 are not subject to challenge.

6.18.3 **If World Aquatics withdraws approval of a Product:**

6.18.3.1 The manufacturer must pay to World Aquatics a withdrawal fee of ten thousand (10,000) United States dollars in respect of each withdrawn Product.

6.18.3.2 World Aquatics will not process any new or pending applications by the manufacturer until payment of the withdrawal fee has been received.

6.18.3.3 If the manufacturer resubmits an application for approval of a previously withdrawn Product, the manufacturer must submit evidence to satisfy World Aquatics that the manufacturer will produce a Product that is identical to, and fully consistent with the technical specifications of, the Samples submitted to World Aquatics for approval.

6.18.4 An Athlete is not permitted to use approved Swimwear that has been modified, treated, impregnated, or processed in any way after its manufacture and production (including any modification or repair conducted by the Athlete or another person, for example, the addition of a new piece of fabric or repair of a seam).

6.18.5 No customisation of an approved Product is permitted other than tailor-made individual body fitting as long as (1) the service is available on the market to all Athletes, (2) the Materials, Construction and Configuration of the tailor-made product are identical to the standard approved Product, and (3) the tailoring is done by the Manufacturer at the time of the Swimwear is produced (for example, a standard Product cannot be untucked and adjusted).

6.18.6 The Independent Swimwear Expert and World Aquatics may, exceptionally and in their absolute discretion, issue an exemption from formal approval in respect of Swimwear that is determined following general and easily checked objective criteria to clearly be compliant.

6.19 **Exclusion of liability, and indemnity:**

6.19.1 To the full extent permitted by law, an applicant manufacturer expressly waives any claim against World Aquatics, its officers and employees, the Independent Swimwear Expert and/or any Committee members arising out or in connection with the Swimwear approval procedure set forth in this Article 6 of this Part One.

6.19.2 Each applicant manufacturer will indemnify and hold harmless World Aquatics, its officers and employees, the Independent Swimwear Expert and/or any Committee members against any claims, damages, or costs (including reasonable legal fees) arising from or linked to any claims by third parties regarding approval or non-approval of the applicant manufacturer's Product(s) and/or use by the applicant manufacturer of World Aquatics' notice of approval.

6.20 Any dispute regarding or decision on approval in connection with the Swimwear approval process in Article 6 of this Part One will be exclusively submitted to the Ordinary Division of the CAS in Lausanne, Switzerland, to be determined in accordance with the CAS Code procedural rules. A dispute regarding payments or values of less than one hundred thousand (100,000) United States dollars (or equivalent in another currency) will be heard by a sole arbitrator. The Constitution, the applicable World Aquatics Rules, and subsidiarily Swiss law will apply. The criteria for Swimwear and the conditions for exemptions set out in in Article 6 of this Part One will not be subject to challenge or review.

7 ADVERTISING AND OTHER IDENTIFICATIONS

7.1 No advertising or other identification is permitted on competition wear, i.e., Swimwear, pool deck equipment, and the uniforms of Athletes and team officials worn or displayed at World Aquatics Events, with the exception of the World Aquatics Masters Championships, except as permitted in this Article 7.

7.2 Athlete sponsor logos (to be worn at World Cup competitions only) and Member Federation sponsor logos (both of which logos, for the avoidance of doubt, do not include logos of the manufacturer of the relevant piece of competition wear) are subject to World Aquatics' prior written approval.

7.3 An Athlete sponsor logo must not conflict with the product category of any sponsor of such Athlete's Member Federation. Additionally, an Athlete must not display his or her sponsor logo in violation of his or her Member Federation's rules and/or policies. To avoid potential conflicts, Athletes must consult with and obtain the permission of their Member Federation before committing to wear an Athlete sponsor logo for a World Cup.

7.4 The size of logos on Swimwear will be calculated by World Aquatics with reference to the entire area of the rectangle created by the most distant points of the logo, as shown in the figure immediately below:





7.5 **The following identifications are permitted on swimsuits:**

7.5.1 **The manufacturer's logo:**

7.5.1.1 On a one-piece swimsuit, a maximum of two (2) logos of the manufacturer. One (1) logo may be located above the waist (if feasible) and one (1) below the waist. The two (2) logos must not be located immediately adjacent to each other.

7.5.1.2 Each manufacturer's logo may be a maximum size of 30 cm^2.

7.5.2 One (1) Member Federation sponsor's logo of a maximum size of 30 cm^2 and, for World Cup competitions only, one (1) Athlete sponsor's logo of a maximum size of 30 cm^2.

7.5.3 One (1) flag and one (1) country name or code of a combined maximum size of 50 cm^2. Repetitions of the national flag or colours or elements of the national flag that are included as a design element of the swimsuit, are permitted and do not fall within the scope of this Article 7.5.3 of this Part One.

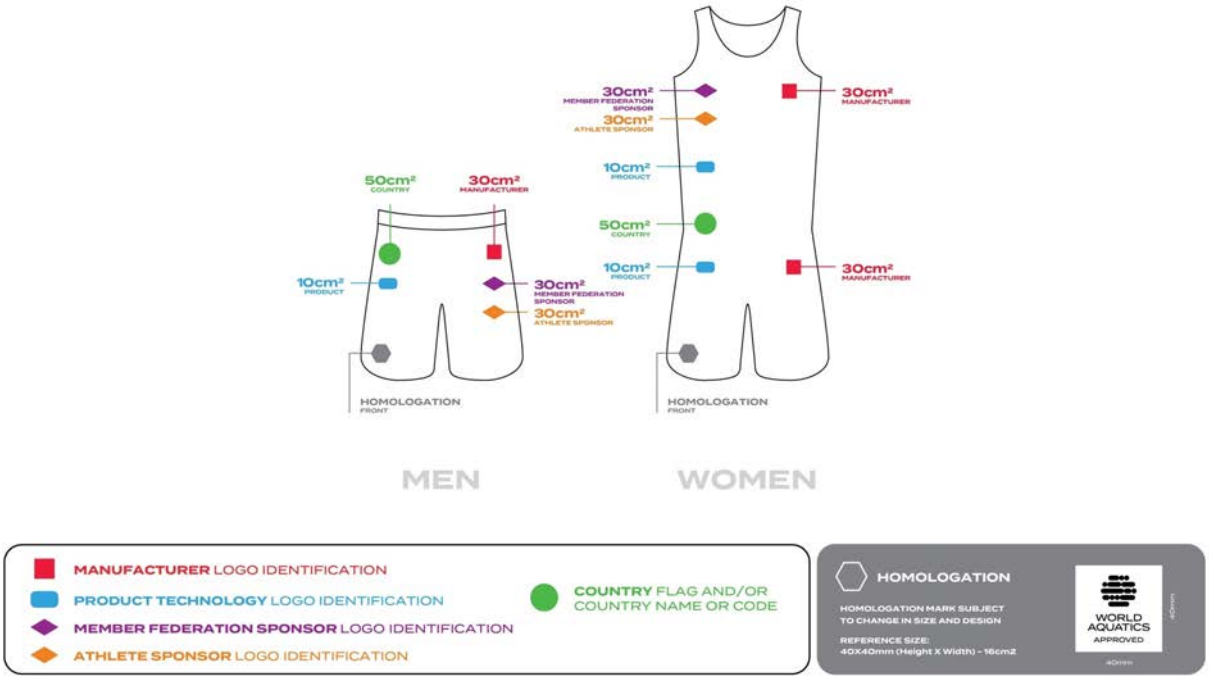
7.5.4 A maximum of two (2) Product Technology Identifications:

7.5.4.1 On a one-piece swimsuit, one (1) Product Technology Identification must be located above the waist (if feasible) and one (1) Product Technology Identification must be located below the waist, each of a maximum size of 10 cm^2.

7.5.4.2 Product Technology Identifications must not be located immediately adjacent to each other or any manufacturer's logo.

7.5.5 One (1) World Aquatics Homologation Mark placed in accordance with this Article 7.5.5. For Swimming and Open Water Swimming, the World Aquatics Homologation Mark will be placed on the area of the front legs (left or right), in a low and prominent position. The World Aquatics Homologation Mark must be 16 cm^2 and must be placed at a maximum of 8-9 cm from the bottom edge of the swimsuit. It should not be placed on the edge seam.

7.5.6 For guidance purposes (and not to scale), an example of the identifications is shown in the figure immediately below.



7.6 **The following identifications are permitted on wetsuits:**

7.6.1 One (1) or more logos of the manufacturer. The logo(s) may be located on the front and/or back and/or sides and on the inside and/or outside of the wetsuit. The maximum combined size of the logo(s) of the manufacturer, on the front and the back, is 160 cm^2 (80 cm^2 on the front, 80 cm^2 on the back).

7.6.2 One (1) Member Federation sponsor's logo of a maximum of 30 cm^2, located on the front of the wetsuit, and for World Cup competitions only, one (1) Athlete sponsor's logo of a maximum size of 30 cm^2, which must not conflict with the product category of the Member Federation sponsor's logo.

7.6.3 **A maximum of two (2) Product Technology Identifications:**

7.6.3.1 One (1) Product Technology Identification must be located above the waist and one (1) Product Technology Identification must be located below the waist, each of a maximum size of 10 cm^2.

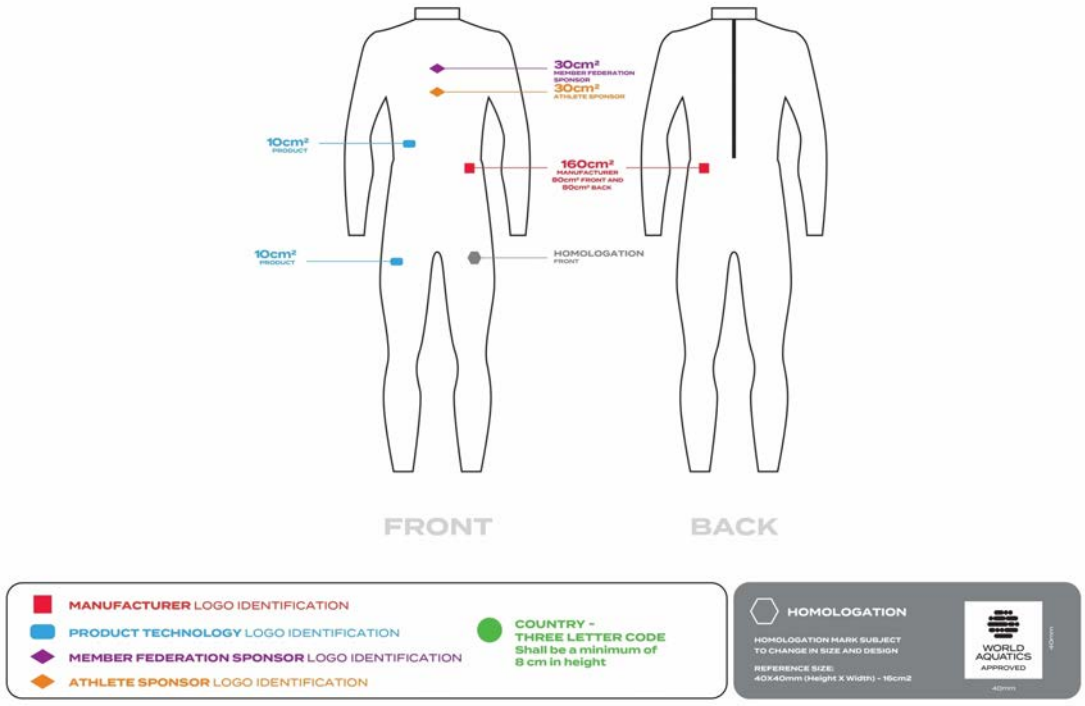
7.6.3.2 Product Technology Identifications must not be located immediately adjacent to each other or any manufacturer's logo.

7.6.4 There must be a minimum clearance space of 1.5 cm around all logos located on the wetsuit, calculated from the edges of the entire area of the rectangle created by the most distant points of the manufacturer's logo, as shown in the figure at Article 7.4 of this Part One. The minimum clearance space around a logo must not overlap with the minimum clearance space around another logo.

7.6.5 No logos, marks, or other design or graphic elements are permitted on the upper arm or shoulder articulation area of the wetsuits, in order to allow for the clear application and visibility of the Athlete's race number.

7.6.6 One (1) World Aquatics Homologation Mark.

7.6.7 For guidance purposes (and not to scale), an example of the identifications is shown in the figure immediately below.



7.7 **The following identifications are permitted on caps in Swimming competitions:**

7.7.1 One (1) manufacturer's logo of a maximum size of 20 cm^2, located on the front of the cap.

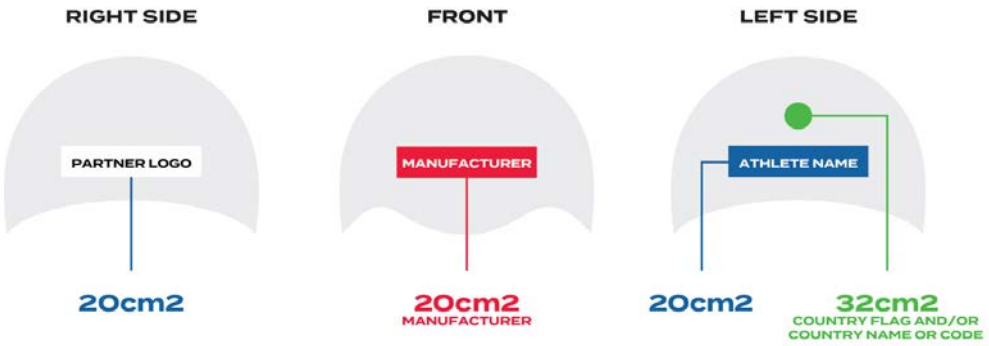
7.7.2 One (1) flag and one (1) country name or code of a combined maximum size of 32 cm^2, located on one side of the cap, as advised by World Aquatics.

7.7.3 One (1) Athlete name of a maximum size of 20 cm^2, located on one side of the cap, subject to approval by World Aquatics.

7.7.4 For World Aquatics Championships, one (1) World Aquatics partner logo of a size determined by World Aquatics on a case-by-case basis, located on the right side of the cap.

7.7.5 For World Cup competitions only, one (1) Member Federation sponsor's logo of a maximum of 20 cm^2, located on the right side of the cap, and one (1) Athlete sponsor's logo of a maximum size of 20 cm^2, located on the right side of the cap, which must not conflict with the product category of the Member Federation sponsor's logo. Such two logos must be located beside each other.

7.7.6 For guidance purposes (and not to scale), an example of the identifications for Swimming competitions (excluding the World Cup) is shown in the figure immediately below.

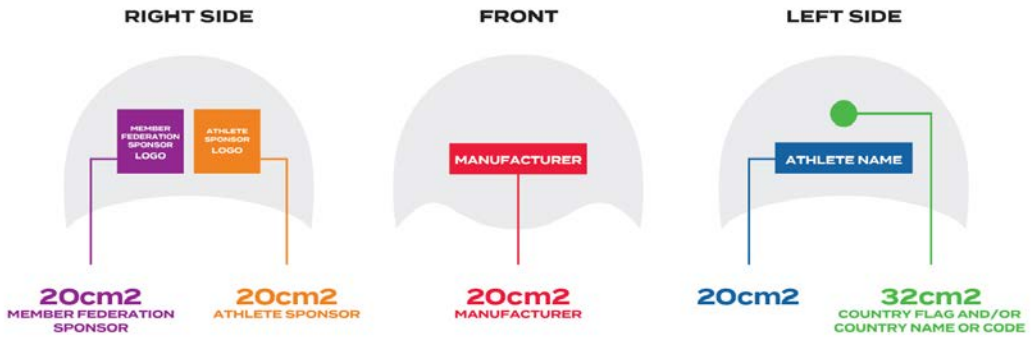


7.7.7 For guidance purposes (and not to scale), an example of the identifications for Swimming World Cup competitions is shown in the figure immediately below.

7.7.8 If confirmed in advance by World Aquatics, one (1) flag and one (1) country name or code of a combined maximum size of 32 cm^2 may be printed twice (i.e., the flag and country name may appear on both sides of the cap).

7.7.9 An Athlete may wear one (1) or two (2) caps. If two (2) caps are worn, both must comply with the requirements of this Article 7.7 of this Part One.

7.8 The following identifications are permitted on caps in Open Water Swimming competitions:



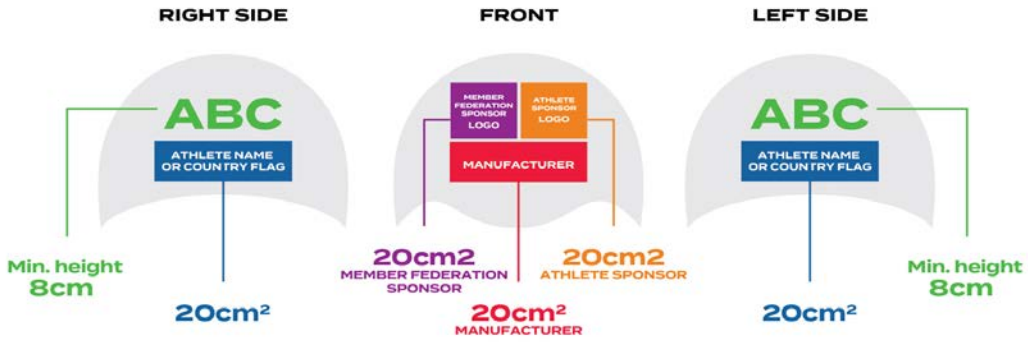
7.8.1 The Athlete's Member Federation's three-letter code must be printed in a minimum height of 8 cm, located on each side of the cap.

7.8.2 The Athlete's name and/or the flag of the Country that the Athlete's Member Federation represents may be printed at a combined maximum size of 20 cm^2, located on each side of the cap below the three-letter code.

7.8.3 One (1) manufacturer's logo of a maximum size of 20 cm^2, located on the front of the cap.

7.8.4 For World Cup competitions only, one (1) Member Federation sponsor's logo of a maximum of 20 cm^2 when worn, located on the front of the cap, and one (1) Athlete sponsor's logo of a maximum size of 20 cm^2 when worn, located on the front of the cap.

7.8.5 For guidance purposes (and not to scale), an example of the identifications is shown in the figure immediately below:



7.8.6 An Athlete may wear one (1) or two (2) caps. If two (2) caps are worn, both must comply with the requirements of this Article 7.8 of this Part One.

7.9 The following identifications are permitted on caps in Water Polo competitions:

7.9.1 The Athlete's Member Federation's country name or code and/or the flag of the Country that the Athlete's Member Federation represents must be printed in a maximum height of 4 cm, located on the front of the cap.

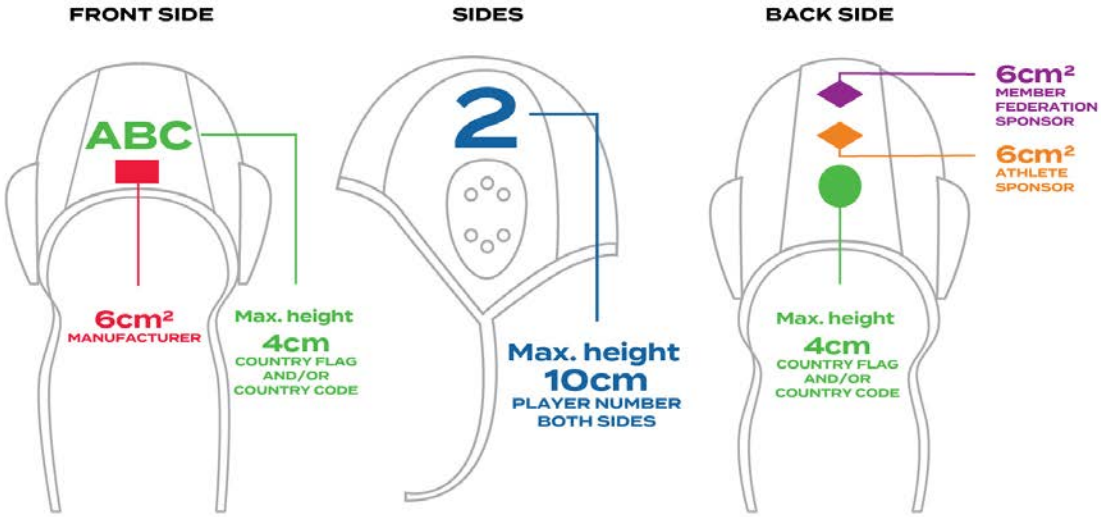
7.9.2 The Athlete's Member Federation's country name or code and/or the flag of the Country that the Athlete's Member Federation represents must be printed in a maximum height of 4 cm, located on the back of the cap.

7.9.3 Two (2) Cap Numbers (as defined in Part Six), each of a height of 10 cm, located one on each side of the cap.

7.9.4 One (1) manufacturer's logo of a maximum size of 6 cm^2, located on the front of the cap below the Athlete's Member Federation's country name or code and/or the flag of the Country that the Athlete's Member Federation represents.

7.9.5 For World Cup competitions only, one (1) Member Federation's sponsor's logo of a maximum size of 6 cm^2 and one (1) Athlete sponsor's logo of a maximum size of 6 cm^2, located on the back of the cap above the Athlete's Member Federation's country name or code and/or the flag of the Country that the Athlete's Member Federation represents.

7.9.6 For guidance purposes (and not to scale), an example of the identifications is shown in the figure immediately below:



7.10 **The following identifications are permitted on goggles:**

7.10.1 Two (2) manufacturer's logos of a maximum size of 6 cm^2 each, located on the spectacle frame or strap.

7.11 **The following requirements apply to Athlete bibs, and the following identifications are permitted:**

7.11.1 Bibs must be of a maximum size of 24 cm (width) by 20 cm (height).

7.11.2 The height of the digits on the bibs will be no smaller than 6 cm and no taller than 10 cm.

7.11.3 The maximum height of the identification above the digits will be 6 cm. The identification may display the name and/or logo of a World Aquatics partner. A maximum of one (1) World Aquatics partner may be displayed on a bib. However, at a particular competition there may be one (1) partner for men's events and one (1) partner for women's events and, if so, the bibs for men and women Athletes will reflect that.

7.11.4 The maximum height of the identification(s) below the digits will each be 4 cm. The identification furthest below the digits may display the name and/or logo of the host city and the year of the competition.

7.11.5 The bibs must be printed in suitable colours in order to ensure maximum visibility of the digits.

7.11.6 During Athlete introduction and award ceremonies, each Athlete must wear the bib so it is fully visible.

7.11.7 If an Athlete removes the bib before being presented at the start of an event or before completion of the medal ceremony, the Athlete may (in World Aquatics' absolute discretion) be disqualified.

7.11.8 For guidance purposes (and not to scale), an example of the identifications is shown in the figure immediately below, along with a table that explains when Athletes must wear the bib:



Bib	Presentation Semi-Final	Presentation Final	Award
SW	Yes	Yes (+ Relay)	Yes
DV	Yes	Yes	Yes
HD	Yes	Yes	Yes
AS	Yes	Yes	Yes
WP	N/A	N/A	Yes
OWS	N/A	N/A	Yes

7.11.9 Each Athlete at World Aquatics Championships and World Aquatics Events must wear on the chest over their tracksuit such advertising as supplied by World Aquatics when being introduced prior to the start of each event and during the medal ceremony.

7.12 **The following identifications are permitted on pool deck equipment:**

7.12.1 **On each clothing item (i.e., windbreakers, t-shirts, polo shirts, casual shirts, sweat shirts, bath robes, trousers, shorts, and skirts):**

7.12.1.1 a maximum of three (3) sponsors' logos (which may include the manufacturer's logo) of a maximum size of 40 cm^2 each;

7.12.1.2 one (1) logo of the Athlete's Member Federation (or, at the Olympic Games, the Athlete's NOC) of a maximum size of 40 cm^2;

7.12.1.3 one (1) Product Technology Identification of a maximum size of 10 cm^2;

7.12.1.4 if the manufacturer of the clothing item is a World Aquatics partner at the date of the competition, one (1) competition logo of a maximum size of 40 cm^2 is permitted; and

7.12.1.5 for World Cup competitions only, a maximum of four (4) sponsors' logos are allowed: two (2) Member Federation sponsors' logos of a maximum of 40 cm^2 each, and two (2) Athlete sponsors' logos of a maximum size of 40 cm^2 each (which must not conflict with the product category of the Member Federation sponsor's logo) and one (1) manufacturer's logo of a maximum size of 40 cm^2.

7.12.2 **On each accessory item (i.e., towels, baseball caps, hats, headphones, facemasks, jewellery, socks, and footwear):**

7.12.2.1 a maximum of two (2) sponsors' logos (which may include the manufacturer's logo) of a maximum size of 6 cm^2 each;

7.12.2.2 one (1) logo of the Athlete's Member Federation (or, at the Olympic Games, the Athlete's NOC) of a maximum size of 6 cm^2; and

7.12.2.3 for World Cup competitions only, one (1) Member Federation sponsor's logo of a maximum of 6 cm^2, and one (1) Athlete sponsor's logo of a maximum size of 6 cm^2, which must not conflict with the product category of the Member Federation sponsor's logo.

7.12.3 **On bags:**

7.12.3.1 one (1) or more advertising indications to a maximum cumulative size of 60 cm^2;

7.12.3.2 one (1) logo of the Athlete's Member Federation (or, at the Olympic Games, the Athlete's NOC) of a maximum size of 6 cm^2; and

7.12.3.3 for World Cup competitions only, one (1) Member Federation sponsor's logo of a maximum of 60 cm^2, and one (1) Athlete sponsor's logo of a maximum size of 60 cm^2, which must not conflict with the product category of the Member Federation sponsor's logo.

7.12.4 Subject to World Aquatics' prior approval on a case-by-case basis, a Member Federation or Athlete may place advertising and other identifications at any location on clothing items, accessory items, and/or bags, other than the designated bib area in the front and centre of the Athlete's torso.

7.13 No advertisement or other indications on the skin or body of an Athlete is permitted.

7.14 No advertisement of products containing 15% or greater alcohol by volume, tobacco-based products, vapor-based smoking products, or sport gambling products or services is permitted. For the avoidance of doubt, advertisement of products containing less than 15% alcohol by volume alcohol and products or services involving games of chance (e.g., state-sponsored lotteries) is permitted.

7.15 In case of any possible or actual breach of any provision of this Article 7 of this Part One:

7.15.1 The Athlete or other person must immediately remove the infringing item (and replace the infringing item with a non-infringing item) and provide the infringing item to World Aquatics (or a Technical Official) for further investigation (and/or must take such other action as deemed appropriate and requested by World Aquatics (or a Technical Official).

7.15.2 If asked to do so, the Athlete or other person is not entitled to refuse or delay removal of the infringing item or provision of it to World Aquatics (or a Technical Official) on the basis that they dispute that the item infringes the rules (or on any other grounds).

7.15.3 If the Athlete or other Person fails to comply with any direction from World Aquatics (or an authorised Technical Official), World Aquatics (or a Technical Official) may disqualify or otherwise remove the Athlete or other person from competition and/or any Venue.

7.15.4 World Aquatics may investigate any possible or actual breach of the rules and if necessary take further action in accordance with the applicable rules.

7.16 World Aquatics may request prior to any World Aquatics Event that a Member Federation, Athlete, or other person submits any products or items for examination by World Aquatics.

8 MEDICAL RULES

8.1 World Aquatics adopted the Olympic Movement Medical Code in 2008. The medical regulations, guidelines, and protocols issued by World Aquatics, follow the general principles of the Olympic Movement Medical Code (as amended from time to time), the latest version of which is available on the IOC Medical and Scientific Commission website. Other information and references are adopted from the ASOIF Health Care Guidelines for International Federations, the latest version of which is available on the ASOIF website.

8.2 **Medical requirements for World Aquatics Events:**

8.2.1 The LOC will organise medical care to cover any emergency issues, acute injury and/or illness of athletes and members of the World Aquatics Team that may occur during the World Aquatics Event, and to respond to injuries and/or illness that arise at the competition and non-competition Venues.

8.2.2 This Article 8 of this Part One sets out the planning and operational requirements for the Medical Services, and explains the obligations, responsibilities, and planning processes. However, recognising the variability of medical regulations and clinician roles across the global medical community, it does not address how such the Medical Services will be delivered, which is a matter for the LOC to determine.

8.2.3 Chronic injury and illness do not fall within the scope of the Medical Services. World Aquatics has no responsibility for (and cannot be held liable for) any failure to diagnose or treat any chronic injury or illness.

8.2.4 Athlete-related Medical Services must be provided on all days of official training and competition, beginning one hour before training or competition begins.

8.3 **Background information regarding medical care in Aquatic sports:**

8.3.1 World Aquatics is responsible for the Aquatic sports of Swimming, Open Water Swimming, Artistic Swimming, Diving, High Diving, and Water Polo. The physical and mental health of Athletes is World Aquatics' top priority.

8.3.2 While Aquatic sports are generally quite safe from a medical perspective, common risks include:

8.3.2.1 The risk of drowning is present in all water-based sports.

8.3.2.2 Common risks and injuries unique to each World Aquatics sport include the following: overuse injuries in Swimming; overuse injuries, traumatic (contact) injuries, cold and heat stress, skin irritation from UVL exposure or bites in Open Water Swimming; traumatic (contact) injuries, fainting (hypoxia) from breath-holding in Artistic Swimming; high-velocity traumatic injuries in Diving and High Diving; and trauma (contact) injuries in Water Polo.

8.3.2.3 The literature on injuries to Aquatic Athletes characterises overuse injury as predominant, with the shoulder, knee and lower back as the most common injury sites. This mechanism of trauma is most common in Swimming, secondary to overuse.

8.3.2.4 In terms of impact or contact injuries, the head and face are the most vulnerable body sites in Water Polo and Artistic Swimming, while injuries to the digits (particularly the fingers) are also possible.

8.3.2.5 Although relatively rare, high-velocity impact injuries are most common in Diving, particularly High Diving.

8.3.3 As a result, the LOC medical team should have an understanding of Aquatic sports medicine and proficiency in water rescue procedures. Knowledge of Aquatic sports medicine enables LOCs to plan and provide appropriate clinical support.

8.3.4 Effective planning for Athlete healthcare must be based on a clear understanding of the size and scope of the World Aquatics Event. From a purely logistical standpoint, the Medical Plan must consider the duration of the event, the spread of Venues (for training and competition), environmental conditions (both outdoor and indoor), and the number of Athletes and other participants.

8.4 Prior to a World Aquatics Event, the roles and responsibilities of the Sports Medicine Committee are to liaise with the LOC medical team and the Chief Medical Officer to ensure that adequate planning for the delivery of medical coverage takes place and an appropriate Medical Plan is in place in accordance with this Article 8 of this Part One, and to brief the World Aquatics Medical Delegate appointed to the event regarding the issues to be monitored during a World Aquatics Event.

8.5 During a World Aquatics Event, the roles and responsibilities of the Sports Medicine Committee and World Aquatics Medical Delegate are as follows:

8.5.1 The World Aquatics Medical Delegate is responsible for oversight of all medical aspects of the event and for ensuring the health, safety, and well-being of Athletes, Technical Officials, and other registered and approved participants. During a World Aquatics Event, the World Aquatics Medical Delegate will have a consultative and expertise role only, and will not practise medicine.

8.5.2 For the avoidance of doubt, checks and monitoring carried out by the World Aquatics Medical Delegate are limited to ensuring compliance with this Article 8 of this Part One and do not shift or otherwise share responsibility for the Medical Plan and the Medical Services from the LOC (which remains exclusively responsible for health and safety at the event) to World Aquatics.

8.5.3 The World Aquatics Medical Delegate will notify the Chief Medical Officer and the LOC of any non-compliance with the requirements of with this Article 8 of this Part One, and the LOC will take all appropriate measures to immediately, fully and completely remedy the non-compliance (unless agreed otherwise in writing by World Aquatics).

8.5.4 **At any World Aquatics Event, the World Aquatics Medical Delegate (or his/her designee) will:**

8.5.4.1 Provide Aquatic-specific knowledge and advice to the LOC medical teams as needed.

8.5.4.2 Ensure, in coordination with the Chief Medical Officer, that the Venue is free (to the extent possible) of significant risks or hazards.

8.5.4.3 Ensure, in coordination with the Chief Medical Officer, that emergency transport, an emergency secondary care facility, and after-hours care are available.

8.5.4.4 Ensure, in coordination with the Chief Medical Officer, that any public health requirements regarding communicable diseases are followed.

8.5.4.5 Confirm that the Medical Station is suitably staffed and equipped.

8.5.4.6 Confirm that lifeguards are in place while any Athlete is in the water.

8.5.4.7 Liaise with the Chief Medical Officer on (at least) a daily basis to receive an overview of injuries and illness encountered.

8.5.4.8 Confirm availability of water and snacks and, where appropriate, nutritious meals for the Athletes.

8.5.4.9 Support the presentation of the Medical Plan at the Technical/ Team Leaders' Meeting.

8.5.4.10 Be a point of contact for attending teams in relation to medical issues that are relevant to World Aquatics.

8.5.4.11 If authorised to do so, visit any Athlete who has been evacuated to a medical care centres or hospital.

8.5.4.12 Coordinate on-site research projects initiated by the Sports Medicine Committee and World Aquatics.

8.5.5 At an Open Water Swimming competition, the World Aquatics Medical Delegate will, if present:

8.5.5.1 Liaise with the World Aquatics Safety Delegate, World Aquatics Technical Delegate for Open Water Swimming and the Chief Medical Officer regarding all aspects of participant safety at the Venue.

8.5.5.2 If available, review the water quality results prior to arrival at the Venue, as well as subsequently on each day of the event.

8.5.5.3 Ensure, in coordination with the Chief Medical Officer and Safety Officer, that the environmental conditions, water quality, and temperature are acceptable for the competition, in accordance with current published World Aquatics standards.

8.5.5.4 Ensure, in coordination with the Chief Medical Officer and Safety Officer, that there are sufficient medical boats are available and deployed in accordance with Article 8.11.4 of this Part One.

8.5.6 At a High Diving competition, the World Aquatics Medical Delegate will, if present:

8.5.6.1 Liaise with the World Aquatics Technical Delegate for High Diving and the Chief Medical Officer regarding all aspects of participant safety at the Venue.

8.5.6.2 If available, review the water quality results prior to arrival at the Venue, as well as subsequently on each day of the event.

8.5.6.3 If appropriate, ensure, in coordination with the Chief Medical Officer and Safety Officer, that sufficient medical boats are available and deployed in accordance with Article 8.11.4 of this Part One.

8.6 After a World Aquatics Event, the World Aquatics Medical Delegate will submit to the World Aquatics Office a report on all medical aspects of the event, together with recommendations for future improvement.

8.7 **Concussion protocol and return to sport protocol**

8.7.1 In the event of a concussion or a suspicion of concussion, the appropriate Healthcare Personnel must use the Sports Concussion Assessment Tool (SCAT, which is available on the British Journal of Sports Medicine website, along with a Consensus Statement on concussion in sport) to evaluate the Athlete. The SCAT cannot be performed correctly in less than 10 minutes and must be used to evaluate possible concussion in Athletes aged 13 years and older.

8.7.2 Based on the recommendation of the Sports Medicine Committee and/or the LOC medical team and/or local medical authorities, and following consultation with the Athlete and the medical team of his/her Member Federation, the Bureau may remove an Athlete from competition and/or take any other appropriate measure if the Athlete's participation poses a risk to the health and/or safety of the Athlete or any other Athletes, in accordance with Article 17.1(o) of the Constitution.

8.8 **Medical Plan and Healthcare Personnel**

8.8.1 The LOC will submit a Medical Plan to World Aquatics for approval before the Event. The deadline to submit the Medical Plan will be defined in the operational requirements. The Medical Plan must comply with the requirements of this Article 8 of this Part One.

8.8.2 The Medical Plan will be reviewed by the Sports Medicine Committee, which will approve, reject, or suggest modifications to it.

8.8.3 Prior to the first day of pre-competition training at the World Aquatics Event, the World Aquatics Medical Delegate will, in coordination with the Chief Medical Officer (or, if appropriate, the Venue Medical Officer), inspect the Venue to ensure sufficient and appropriate implementation of the Medical Plan.

8.8.4 The World Aquatics Medical Delegate, in cooperation with the World Aquatics Technical Delegate and the Chief Medical Officer (or, if appropriate, the Venue Medical Officer), may modify, postpone, or cancel the competition and/or event(s) if for any reason the Medical Plan and/or its implementation is insufficient to protect Athlete safety.

8.8.5 **The Chief Medical Officer is responsible for planning and delivering the Medical Plan:**

8.8.5.1 The relevant LOC will designate an appropriately qualified physician as Chief Medical Officer for the World Aquatics Event.

8.8.5.2 For World Aquatics Championships and World Aquatics Swimming Championships, the Chief Medical Officer must be designated twelve (12) months before the start date of the World Aquatics Event.

8.8.5.3 The Chief Medical Officer must speak English and should have experience with Aquatic sports.

8.8.5.4 The Chief Medical Officer will be responsible for (among other things) organisation of the complete medical care system, coordination of the LOC medical team and Healthcare Personnel, ensuring the quality of the Medical Services and equipment, and establishing an emergency care pathway.

8.8.5.5 Communication between the Chief Medical Officer and the World Aquatics Medical Delegate and Sports Medicine Committee is essential prior to the event to ensure adequate and appropriate planning for the possible medical needs of those attending the event.

8.8.5.6 Depending on the size of the World Aquatics Event, the Chief Medical Officer may appoint one or more deputy medical officers and/or venue medical managers assist the Chief Medical Officer in the performance his/her duties.

8.8.5.7 The Chief Medical Officer must ensure that an adequate number of appropriately qualified Healthcare Personnel are available for the training and competition sessions of the World Aquatics Event.

8.8.6 Healthcare Personnel with relevant sports medicine skills or experience must be available at the Venue of a World Aquatics Event for all training and competition sessions and at any other times when Athletes have access to the Venue.

8.8.6.1 The numbers and expertise of Healthcare Personnel will depend on the size of the World Aquatics Event but must include primary care and sports medicine physicians, lifeguards, and paramedics, and may include nurses, first aid responders, physiotherapists, and massage therapists.

8.8.6.2 At all training and competition sessions at World Aquatics Events trained, qualified, and clearly-identified lifeguards will be stationed poolside and will be responsible for any in-water retrieval of an Athlete in difficulty. Lifeguards must be experienced in deep water rescue and familiar with water retrieval in response to a range of potential medical incidents, and daily practice and rehearsal of Athlete extraction is required.

8.8.6.3 At least one English-speaking physician should be stationed at each Venue during the World Aquatics Championships.

8.8.6.4 If the Chief Medical Officer or a World Aquatics representative considers there are insufficient Healthcare Personnel present at the Venue, the Chief Medical Officer or the World Aquatics representative may postpone a training or competition session until sufficient Healthcare Personnel are present.

8.8.7 The recommended minimum numbers of certain Healthcare Personnel will depend on the size of the World Aquatics Event:

8.8.7.1 The recommendations set out in this Article 8.8.7 of this Part One refer to the Healthcare Personnel that must be present at a Venue at any given time. Accordingly, the total pool of Healthcare Personnel involved must be larger, especially for World Aquatics Events of a longer duration, to ensure that the Healthcare Personnel receive appropriate rest and shifts (with appropriate overlap) are organised to ensure sufficient Healthcare Personnel are present at any given time.

8.8.7.2 A minimum of two (2) lifeguards per swimming pool (competition pool or training pool) are required, and the number of lifeguards should be increased in proportionality to the number of Athletes at the Venue. Further sport-specific requirements may be set out in the relevant Part and/or issued from time to time by World Aquatics. Daily practice of emergency water rescue skills is recommended.

8.8.7.3 At a single Aquatic sport World Aquatics Event that is not a World Championships, the following numbers of Healthcare Personnel are recommended:

8.8.7.3.1 At the competition Venue, one (1) to two (2) primary care and sports medicine physicians, two (2) paramedics, one (1) nurse, one (1) physiotherapist, and one (1) to two (2) massage therapists.

8.8.7.3.2 At any training Venue, one (1) paramedic and one (1) nurse.

8.8.7.4 At a single Aquatic sport World Championships, the following numbers of Healthcare Personnel are recommended:

8.8.7.4.1 At the competition Venue, two (2) primary care and sports medicine physicians, one (1) emergency physician, six (6) to eight (8) paramedics, two (2) to three (3) nurses, one (1) physiotherapist, and one (1) to two (2) massage therapists.

8.8.7.4.2 At any training Venue, one (1) primary care and sports medicine physician, one (1) paramedic, and one (1) to two (2) nurses.

8.8.7.5 At a multiple Aquatic sport World Championships, the following numbers of Healthcare Personnel are recommended:

8.8.7.5.1 At each competition Venue, four (4) to five (5) primary care and sports medicine physicians, two (2) emergency physicians, eight (8) to ten (10) paramedics, six (6) to eight (8) nurses, three (3) to four (4) physiotherapists, and three (3) to four (4) massage therapists.

8.8.7.5.2 At any training Venue, one (1) primary care and sports medicine physician, one (1) paramedic, and one (1) to two (2) nurses.

8.8.7.6 If possible, the LOC should make arrangements to ensure that a psychologist can be available on call, in case of demand from one or more Athletes or participants arises.

8.8.8 The duties and responsibilities of the LOC medical team prior to the World Aquatics Event are as follows:

8.8.8.1 The LOC medical team will collaborate with World Aquatics in the planning of the Medical Plan and Medical Services.

8.8.8.2 The LOC medical team will undertake a general Aquatic sport and sport-specific medical risk assessment of all training and competition Venues.

8.8.8.3 The LOC medical team will provide to the LOC a timeline and budget for the organisation of the Medical Services.

8.8.8.4 The LOC medical team should organise any necessary medical training of the Healthcare Personnel. In addition, the Chief Medical Officer and/or the LOC medical team may pilot the Medical Plan (or aspects of it) at local test events and evaluate and revise the Medical Plan as required.

8.8.8.5 The LOC medical team will liaise with local public health authorities to plan event risk mitigation strategies, and publish and circulate the public health event risk mitigation strategies. The LOC medical team will ensure that all evacuation and fire procedures for Athletes, spectators, and other attendees are established and implemented in accordance with applicable local regulations.

8.8.8.6 The LOC medical team will obtain and circulate as necessary a list of common medications that are available (and those that are not available) in the host country and will assist Member Federation Healthcare Personnel to navigate applicable drug and equipment importation regulations.

8.8.8.7 The LOC medical team will assist the Member Federation team physician(s) with their registration and licensing to provide medical services in the host country to the Member Federation delegation during the World Aquatics Event. Member Federation team physicians should consider informing the LOC medical team (in confidence) of any pre-existing medical conditions among their Member Federation delegation that may arise during the World Aquatics Event, and/or of any specific and/or unique medical treatment that an Athlete or someone from their Member Federation delegation may require in the event of injury or illness.

8.8.8.8 The LOC medical team will develop and test an electronic medical record system to be used during the World Aquatics Event and train all relevant members of the LOC medical team to use the system.

8.8.9 **The duties and responsibilities of the LOC medical team during the World Aquatics Event are as follows:**

8.8.9.1 Implement the Medical Plan and Medical Services in collaboration with World Aquatics for all areas in all Venues, including the Field of Play, the Venue Medical Station, the spectator-focussed Medical Station, as well as at Athlete hotels and/or villages.

8.8.9.2 Undertake scenario-based practice of the Field of Play extractions and/or parts of the medical action plan on a daily basis.

8.8.9.3 Undertake initial assessment, treatment and evacuation from the Field of Play in accordance with internationally recognised standards.

8.8.9.4 Undertake medical care for any Athlete that attends the World Aquatics Event without a Member Federation or team physician.

8.8.9.5 Complete all necessary documentation for World Aquatics in a daily medical report.

8.8.9.6 In collaboration with the World Aquatics Medical Delegate, help facilitate the logistics and participate in any Venue medical meetings.

8.8.9.7 Support the Member Federation medical teams in the provision of medical care to their Athletes.

8.8.9.8 Implement the World Aquatics safeguarding policies and procedures as applicable.

8.8.9.9 Provide relevant data for any World Aquatics injury and illness research or audit, and/or for other research projects.

8.8.9.10 Ensure all relevant Healthcare Personnel are familiar with the WADA Prohibited List and the requirements for Therapeutic Use Exemptions.

8.8.9.11 Maintain medical confidentiality before, during, and after the World Aquatics Event.

8.8.9.12 Observe and implement any applicable World Aquatics communication policies, including in relation to athlete health issues.

8.8.10 The duties and responsibilities of the LOC medical team after the World Aquatics Event are as follows:

8.8.10.1 The Chief Medical Officer and the LOC medical team will (if a World Aquatics Medical Delegate is not appointed to the competition) submit a detailed report (referred to at Article 8.6 of this Part One) to the World Aquatics office reviewing all aspects of the delivery of the Medical Plan and Medical Services in Venues and (if applicable) at Athlete hotels and/or village.

8.8.10.2 The LOC medical team will provide recommendations for improvements for future World Aquatics Events and future LOCs (including, after a World Aquatics Championships, in a comprehensive report of the competition).

8.8.11 Communication and appropriate flow of information between the various stakeholders in relation to medical issues is important for the smooth running of the World Aquatics Event:

8.8.11.1 The LOC will include information about the Medical Services available at the World Aquatics Event in the summons, any information bulletin and/or the competition team leader guide.

8.8.11.2 The LOC medical team must establish a reliable and confidential communication system to ensure clear and prompt communication between the members of the LOC medical team during the World Aquatics Event. The communication system must allow those managing the emergency transport vehicles to communicate directly with the Healthcare Personnel at the Field of Play, and must have a dedicated, secure channel for sole use by the Athlete-focussed Healthcare Personnel and another dedicated, secure channel for sole use by the Healthcare Personnel focussed on care for spectators and the media.

8.8.11.3 Before each World Aquatics Event, World Aquatics will organise a sport-specific Technical/ Team Leaders' Meeting. The Chief Medical Officer and the World Aquatics Medical Delegate will explain the Medical Plan and related health and safety issues, including the Venue layout, the anticipated weather conditions (for outdoor Venues), the water temperature, the available onsite medical support and hospital care, and the evacuation plan. The World Aquatics medical team may present any scientific research or initiatives organised by World Aquatics during the World Aquatics Event such as injury and/or illness monitoring or audit research projects, other Athlete health-related research projects, any related academic or educational programme, the applicable safeguarding rules and regulations. World Aquatics will also remind Member Federation representatives of the procedure regarding Athlete withdrawals and substitutions (as set out at Articles 5.1.4 and 5.1.5 of this Part One).

8.8.11.4 During the World Aquatics Event, the Chief Medical Officer will hold daily meetings with the World Aquatics Medical Delegate, at which: reports from Member Federations, the LOC medical team, and the Sports Medicine Committee will be reviewed; medical incidents will be reviewed and appropriate action advised; expert advice will be provided regarding the potential postponement or cancellation of a competition or other event in the event of an Athlete health and/or safety risk; and expert advice and assistance will be provided to the LOC medical team as required and/or requested.

8.8.11.5 Ad hoc meetings may be organised between World Aquatics and the LOC medical team (and any other relevant stakeholders) to address specific issues arising (for example, the status of an epidemic during the World Aquatics Event).

8.8.12 The Chief Medical Officer should facilitate medical care from the LOC medical team for any Athlete that attends the World Aquatics Event without a Member Federation or team physician.

8.8.13 Where possible, the LOC should make arrangements to provide the LOC medical team members and Healthcare Personnel with a distinctive, ideally brightly-coloured, uniform that clearly identifies them as Healthcare Personnel.

8.9 Medical Services at the Venue

8.9.1 The Medical Services must be available, if needed, to all individuals physically present at the Venue(s). This Article 8.9 of this Part One addresses the Medical Services for Athletes, Member Federation team physicians, staff, and officials, and members of the World Aquatics Team. Medical Services for spectators, representatives of the media and marketing partners, and the workforce are addressed at Article 8.24 of this Part One. In particular, the LOC medical team must provide separate Medical Stations and Healthcare Personnel for Athletes due to the restricted access to Athlete preparation and competition areas in the Venue.

8.9.2 All Venue Medical Services must be implemented to international *'Good Clinical Practice'* standards. For example, relevant Healthcare Personnel should be competent in the latest *Advanced Trauma Life Support (ATLS)* and *Advanced Cardiac Life Support (ACLS)* guidelines, and the *IOC Manual of Emergency Sports Medicine* may be used as a reference tool for the assessment and treatment of sports injuries.

8.9.3 The number and location of Medical Stations at each Venue will depend on the size of the World Aquatics Event and size and nature of the Venue. The LOC medical team will operate (at least) one Medical Station at each competition Venue (the Venue Medical Station), and may operate one or more Medical Stations close to the Field of Play (a Field of Play Medical Station).

8.9.4 The LOC medical team will determine the requirements for Medical Services at each training and competition Venue (and at each Venue Medical Station and Field of Play Medical Station) based on a sport-specific risk assessment and analysis that will consider the sport-specific medical risk assessment, the expected numbers of Athletes at the Venue, and the duration of the World Aquatics Event.

8.9.5 **The LOC medical team should ensure that Venue Medical Station complies with the following requirements:**

8.9.5.1 The Venue Medical Station should be clearly identified and located with easy access from the Field of Play and to the emergency evacuation pathway.

8.9.5.2 The Venue Medical Station should be a sufficient size to accommodate the anticipated number of Athletes and Healthcare Personnel (for example, at the World Aquatics Championships, the Venue Medical Station should be large enough to examine and treat three (3) to four (4) Athletes at any given time.

8.9.5.3 The Venue Medical Station should be staffed by Healthcare Personnel including (at minimum) a physician and a nurse. The number of Healthcare Personnel should be based on the anticipated number of medical encounters based on a review of experience at previous World Aquatics Events.

8.9.5.4 In addition to the provision of Medical Services, Venue Medical Station staff will record Medical Services provided; conduct operational and clinical reporting; manage equipment and supplies; communicate with the LOC medical team and others; and provide an operational base for the Healthcare Personnel that provide Medical Services at the Field of Play and/or staff the Venue's Field of Play Medical Station.

8.9.5.5 The Venue Medical Station should contain all relevant equipment and supplies, including:

8.9.5.5.1 Basic Life Support and Advanced Life Support equipment, including defibrillators that are strategically located to provide for fast response.

8.9.5.5.2 Evacuation equipment for immobilisation of the Athlete, transport from the Field of Play, and transport from the Venue.

8.9.5.5.3 Orthopaedic soft goods, splinting materials, bandages, suture kits, and other treatment materials that may permit treatment of the Athlete and, if clinically appropriate, support a return to competition.

8.9.5.5.4 First aid supplies and ice.

8.9.5.5.5 Sealed nutritious drinks, water, and snacks.

8.9.5.6 The Venue Medical Station should provide means to ensure adequate privacy in order to protect the Athlete's right to confidential healthcare.

8.9.5.7 Access to the Venue Medical Station should be limited to Healthcare Personnel and (as necessary) Athletes, Member Federation team physicians, staff, and officials, and members of the World Aquatics Team. For privacy reasons, access to the representatives of the media and the public should not be allowed.

8.9.5.8 If possible, the LOC medical team should provide a separate and secure lounge or area for Healthcare Personnel during breaks.

8.9.5.9 The LOC medical team will ensure secure storage for medications, including controlled drugs, in accordance with the law of the host country.

8.9.6 **The LOC medical team should ensure that any Field of Play Medical Station complies with the following requirements:**

8.9.6.1 The Field of Play Medical Station should be located with easy access to the Field of Play, the Venue Medical Station, and the emergency evacuation pathway.

8.9.6.2 The Healthcare Personnel staffing the Field of Play Medical Station must be able to clearly watch the sport activity.

8.9.6.3 If possible the Field of Play Medical Station should provide means to ensure adequate privacy.

8.9.6.4 The Field of Play Medical Station should contain all relevant equipment and supplies, including:

8.9.6.4.1 Basic Life Support and Advanced Life Support equipment, including defibrillators that are strategically located to provide for fast response.

8.9.6.4.2 Evacuation equipment for immobilisation of the Athlete, transport from the Field of Play, and transport from the Venue.

8.9.7 The LOC should provide physiotherapy and massage services at World Aquatics Events free of charge to Athletes.

8.9.7.1 Commonly offered physiotherapy and massage services are for warm-up, recovery, unload, manual therapy, stretches, osteopathic adjustments, functional bandaging, and kinesis taping.

8.9.7.2 Areas of the body commonly treated are the lower leg (30%), shoulder (19%), lower back (13%), knee (12%), and upper arm (11%).

8.9.7.3 The available physiotherapy equipment (e.g., laser, cryo-laser, ultrasound, etc.) will depend on the space allocated for that purpose in each Venue.

8.9.8 For recovery purposes, the LOC should provide at each Venue two (2) ice baths (minimum width 0.8 m, length 1.2 m, depth 1.0 m) or 14° C water tubs, or otherwise provide ice machines for use by Member Federation teams and Athletes to fill their own bath or tub, or to ice an injury.

8.10 **Emergency Action Plan and Medical Response Protocol:**

8.10.1 Following a sport-specific risk assessment, the LOC medical team must establish an Emergency Action Plan and a Medical Response Protocol that includes procedures for how and when to access the Field of Play, and emergency treatment at and evacuation from the Field of Play, in particular:

8.10.1.1 Educational videos and recommendation for daily medical scenario training and practice.

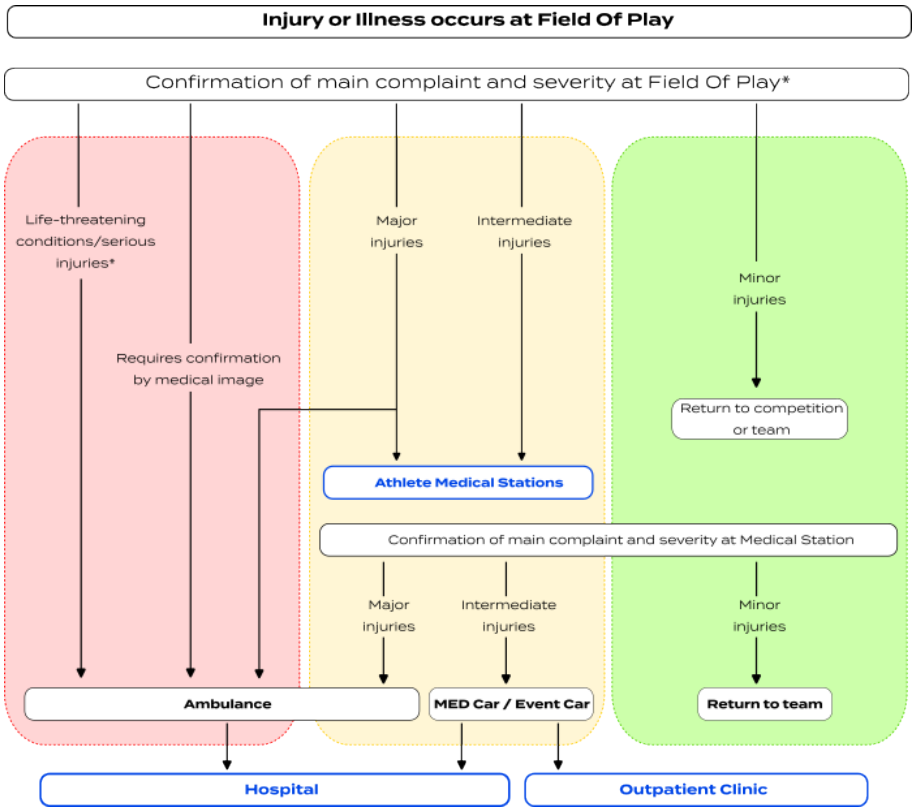
8.10.1.2 Emergency medical protocols for Medical Stations and the Field of Play, in particular addressing cardiac arrest, life-threatening injury, and death.

8.10.1.3 Exit pathways from the Field of Play to the Venue Medical Station and for emergency evaluation (including the locations of ambulance transport and automated external defibrillators).

8.10.1.4 Completion of medical records, including the maintenance of confidentiality.

8.10.1.5 Communication procedures (who, how, and when) for communicating with the ambulance and/or emergency medical service providers, the Venue Medical Station, the designated hospital, the LOC medical team, the World Aquatics Medical Delegate and/or chair of the Sports Medicine Committee, and the media.

8.10.1.6 The figure immediately below (from the ASOIF Health Care Guidelines for International Federations) illustrates some of the possible scenarios and procedures that the Emergency Action Plan should address:



*(*initial life-saving interventions should occur immediately prior to transportation as appropriate: for example, an Athlete experiencing a heat stroke emergency should receive immediate intervention at the Venue prior to transfer by ambulance.)*

8.10.1.7 If possible, a test event is recommended to evaluate the Emergency Action Plan and Medical Response Protocol, both at competition and training Venues. Past medical experiences from previous events should be shared in advance with the LOC medical team to assist in preparation.

8.10.1.8 If Member Federation team physicians have any concerns regarding Athletes that might require special medical attention or specific treatment, they should contact the Chief Medical Officer in advance of the World Aquatics Event.

8.10.1.9 During the Technical/ Team Leaders' Meeting prior to the World Aquatics Event, the LOC and World Aquatics will circulate the identities and contact information of the following individuals to all relevant participants: the Chief Medical Officer, the LOC sport manager(s), the World Aquatics Technical Delegate(s), the World Aquatics Medical Delegate, the World Aquatics sport manager(s), and staff on-site, the World Aquatics Medical Manager, and each participating Member Federation's team leader.

8.10.1.10 During competition, direct and permanent medical supervision of the Field of Play will be maintained. If for any reason the number of available Healthcare Personnel are reduced (for example, as a result of an evacuation of an injured Athlete), the Chief Medical Officer (or his/her designee) will organise replacement Healthcare Personnel from other areas of the Venue.

8.10.2 The nature of and requirements for an emergency medical response will depend on the nature of the injury or incident and whether it occurs in the water or on the ground or pool deck. Extraction of an unconscious or injured athlete from the water requires practised teamwork.

8.10.2.1 For any incident that occurs in a pool, if the Athlete is conscious he/she will likely be able to hold onto a flotation device and be towed to the side of the pool with lifeguard support. If the Athlete is unconscious or otherwise unable to hold onto a flotation device, he/she must be stabilised on a flotation device.

8.10.2.2 A primary assessment should be conducted on the poolside to identify life-threatening conditions warranting immediate intervention. The need for cardiopulmonary resuscitation and cervical stabilisation should be considered.

8.10.2.3 When stable, the Athlete can be transported to a Medical Station for more extensive assessment including potential for closed head injury. The relevant Healthcare Personnel may decide to transfer the Athlete to hospital.

8.10.2.4 If the Athlete is fully conscious and mobile, the primary assessment on the pool deck will determine the need for urgency and transfer to a Medical Station. The Athlete's Member Federation team physician may be engaged to assist in this process, in particular because their knowledge of the Athlete may be valuable to local Healthcare Personnel. However, the Member Federation team physician (or other team members) must not interfere with the medical response by Healthcare Personnel. In all circumstances, the Chief Medical Officer (or his/her designee) has ultimate responsibility for decisions regarding medical treatment or transfer of an Athlete, although he/she may consult with the Athlete's Member Federation team physician (or other appropriate team members) and the World Aquatics Medical Delegate.

8.11 **Emergency transport plan:**

8.11.1 The LOC medical team, in cooperation with the national and local emergency response organisation, will produce an emergency transport plan (as part of the Medical Plan).

8.11.1.1 Sets out all relevant information for the planning and preparation of emergency transport, including the number of Athlete ambulances, spectator ambulances, and reserve/support ambulances required, the minimum level of ambulance equipment, the minimum skill level of ambulance crew (e.g., emergency medical transport/paramedic, ATLS, ACLS etc.), and the location of the ambulances.

8.11.1.2 Clearly identifies the Venue pathways to emergency transport to hospital for medical care that cannot be provided in the Venue to ensure adequate planning and preparation prior to the event.

8.11.1.3 Identifies the medical transport to be utilised in non-emergency situations from the Venue to either an outpatient clinic or designated event hospital (e.g., car, taxi, event transport) save that where the travel time by ambulance between the Venue and the nearest hospital with emergency room facilities is longer than one (1) hour, then the safety plan will require provision for helicopter transport.

8.11.2 The LOC must ensure that appropriate accreditation access will be obtained for all Healthcare Personnel to allow them to accompany the injured or ill Athlete or other person from the Field of Play or Venue Medical Station (or otherwise inside the Venue) to the emergency transport location, and that the security and protocol personnel are made aware of the relevant provisions of the emergency transport plan (in particular the Venue pathway) and will allow access as required.

8.11.3 Specifically in relation to any Swimming, Water Polo, or Artistic Swimming competition, the ambulance(s) must be located on site at the competition Venue during all training and competition sessions unless ambulance emergency response times can be guaranteed to within a few minutes from the time of a telephone call, in which case with the advance approval of the World Aquatics Sports Medicine Committee, the use of off-site ambulances is permitted.

8.11.4 Specifically in relation to any Open Water Swimming competition (or any High Diving competition held in an open water or other appropriate competition site), a medical boat with personnel and facilities capable of medically stabilising an Athlete and providing emergency transport must be on the course throughout the competition with a reserve medical boat available in the event that the first medical boat has to leave the competition site. In addition, an ambulance must also be located on land onsite or on call within five (5) minutes of the Venue.

8.11.5 Specifically in relation to any Diving or High Diving competition, an ambulance must be located on site at the Venue during all training and competition sessions. A reserve ambulance must be available in the event that the first ambulance has to leave the competition site.

8.12 Use and administration of medications:

8.12.1 While World Aquatics does not issue detailed requirements in respect of the medications for the Venue Medical Station and the Field of Play Medical Station, the LOC medical team must ensure that systems for secure storage and medication management are in place for the event in accordance with the law of the host country (noting that controlled drugs may require special storage and record-keeping), and that the administration and/or prescription of all medications is recorded.

8.12.2 The LOC medical team may appoint a pharmacist to set up and manage the pharmacy service provision for the event.

8.12.3 Anti-doping requirements:

8.12.3.1 Each member of the LOC medical team must be familiar with the World Aquatics Doping Control Rules, the WADA Prohibited List (detailing the substances and methods that are prohibited in sport), the WADA International Standard for Therapeutic Use Exemptions, and the protocols for Therapeutic Use Exemption applications that are specific to World Aquatics.

8.12.3.2 Each member of the LOC medical team should complete the ADeL Medical Professional's Education Program on WADA's anti-doping e-learning platform.

8.12.3.3 The LOC medical team must ensure that medications brought to a World Aquatics Event by the LOC medical team (or instructed Healthcare Personnel) that contain one or more substances prohibited by the WADA Prohibited List are clearly marked (for example, by the use of coloured stickers) for easy identification and to warn prescribing physicians of the need for a Therapeutic Use Exemption.

8.12.3.4 If there is a need to prescribe a medication that contains a prohibited substance:

8.12.3.4.1 Both the prescribing physician and the Athlete who is receiving the medication must sign the prescription form and confirm that they are aware that the medication contains a prohibited substance and that the Athlete consents to receive the medication.

8.12.3.4.2 The pharmacist or other person dispensing the medication must sign the prescription form and confirm that they have informed the prescribing physician and the Athlete that the medication contains a prohibited substance.

8.12.3.4.3 The prescribing physician must give to the Athlete a duplicate copy of the prescription form (which may assist the Athlete if he/she is notified for doping control or is otherwise engaged in any subsequent results management process).

8.13 Hospital and isolation facilities:

8.13.1 A few months before the World Aquatics Event, the Chief Medical Officer must develop a plan for the referral and potential transport of injured and/or ill athletes to one or more designated nearby hospitals or other medical facilities, and inform World Aquatics of the designated hospitals or other medical facilities.

8.13.2 The hospitals or other medical facilities must be capable of providing continuing emergency care, access to laboratory investigations, imaging, and specialist opinions, including dental services. Selection of hospitals and other medical facilities should take into consideration anticipated health concerns, available hospital services (including, major trauma and medical preparedness), proximity to the Venue(s), and insurance and financial requirements.

8.13.3 In the Medical Plan, the Chief Medical Officer must:

8.13.3.1 Identify appropriate isolation facilities, which could include in-room services, for use in case of pandemic.

8.13.3.2 Identify the relevant public health legislation and regulations in the host country of the event, establish appropriate contacts with the public health authorities, and ensure that appropriate plans are made to reduce and manage the risk of individuals acquiring an infectious illness, to encourage health-promoting behaviours in athletes, officials and visitors, and to ensure food and water safety.

8.13.3.3 Consider appropriate policy in the event of an infectious or communicable disease, which may include requirements for immunisation of Athletes, members of the World Aquatics Team, and guests, consideration of the risks specific to the geographical location of the competition, protocols for isolation of Athletes and/or teams with communicable diseases, criteria for sport participation for ill and recovering Athletes, essential medications required for treatment of an infectious outbreak, and protocols to ensure a safe and secure food supply (including by working with local law enforcement and security agencies to ensure the safety of the food supply at the training and/or competition Venues including staff catering) and at the accredited participants' accommodation (hotels and/or village)).

8.13.3.4 Consider appropriate policy to ensure food and water hygiene, and protective steps to avoid inadvertent ingestion by Athletes of substances included on the WADA Prohibited List (for example, contaminated foods or sports products).

8.14 Environmental considerations

8.14.1 The LOC medical team should, in consultation with World Aquatics, consider all relevant environmental issues (including climate; heat and cold; other extreme weather conditions; elevation and altitude; air quality; water quality; the duration of the sport event; the physiological requirements of the sport and/or discipline; the time of day of the competition and training sessions; and the time of year of the event), evaluate them based on historical records and, if necessary, develop a risk mitigation strategy.

8.14.2 If any environmental risks are identified, the LOC medical team should consult with appropriate sport science and environmental specialists and, if necessary, implement appropriate strategies and corrective actions.

8.14.3 Water quality is of fundamental importance for Aquatic sports. The LOC medical team should share with World Aquatics and Member Federations the water quality records and archives from previous years.

8.14.4 Further information and/or requirements regarding water quality at Open Water Swimming competitions is available at Article 13 of Part Three.

8.14.5 At all Venues, the LOC must indicate with appropriate signage whether or not the tap water is drinkable without risk of infection.

8.14.6 Recognising that Venues may be indoor or outdoor and that Open Water Swimming and High Diving are conducted outdoors and exposed to weather conditions, before any event the LOC must provide Member Federations appropriate information on the actual environmental conditions and their expected evolution. Member Federations should assess that information and use it to inform and organise appropriate Athlete travel and acclimation arrangements.

8.14.7 At all Venues:

8.14.7.1 World Aquatics should consider the implementation of specific protocols to address possible environmental risks, for example: early departure, event cancellation, additional breaks for Technical Officials and Athletes, appropriate clothing for Technical Officials, etc.

8.14.7.2 The LOC should aim to minimise environmental risks and exposure by, for example: adapting scheduling, providing cooled and/or warmed team tents and waiting areas, etc.

8.14.7.3 The LOC should provide appropriate risk mitigation measures for spectators and Technical Officials, for example: education regarding behaviour to adopt, the provision of hydration and shade, and if necessary distribution of assistance such as paper fans and/or caps).

8.14.8 The LOC medical team should:

8.14.8.1 Organise appropriate training for the Healthcare Personnel in how to recognise emergency situations and follow emergency treatment protocols.

8.14.8.2 Provide specialist medical equipment such as ice baths for full body immersion.

8.14.8.3 Provide, and provide appropriate access to, essential medications that reflect the environmental risks.

8.14.8.4 Ensure that appropriate and clear treatment algorithms are displayed in the Medical Station (e.g., exertional heat stroke algorithms).

8.14.8.5 Provide any specific medical equipment related to the environmental conditions (e.g., cooling bath, warm baths, rectal thermometer, sodium tester, etc).

8.14.9 World Aquatics and the LOC will have a communication strategy to deal with any environmental factors that may impact the organisation of any Competition.

8.15 **Safety and security:**

8.15.1 In good time in advance of the event, the LOC medical team must coordinate, plan, strategise with local safety and security departments for the event regarding safety, security, and disaster planning.

8.15.2 Such planning must include details regarding liaison with police services in case of emergency to provide additional security, fire department services in case of fire emergency, emergency transportation services, tertiary care health services, supply source of essential medications, blood banks, emergency mental health services for psychological support as required, and public health services.

8.15.3 Such planning must also include policies and procedures for major incidents or disasters, including terrorist attacks, environmental disasters such as earthquakes, tsunamis, fire, severe weather conditions, etc., and Venue malfunction.

8.16 **Nutrition requirements:**

8.16.1 The World Aquatics medical team and the LOC medical team will ensure adequate and appropriate nutrition at international sporting events.

8.16.2 At the training and competition Venues, the LOC must provide drinking water and carbohydrate-electrolyte replacement drinks and a variety of food options to aid athlete recovery.

8.16.3 The LOC must ensure delivery of a catering plan at the Athlete accommodation that meets the following requirements:

8.16.3.1 Sufficient menu variety within and between meals to manage food boredom and to provide ample choices for the needs of the Athletes.

8.16.3.2 Attention to the food culture of the Athlete population including special cultural practices (e.g., halal, kosher).

8.16.3.3 Food and menu options that meet the health and specific sports nutrition considerations of the Athlete population (e.g., carbohydrate loading).

8.16.3.4 Support for special dietary needs (e.g., food intolerances and allergies) or choices (e.g., vegan/vegetarian) of the Athletes.

8.16.3.5 Point of choice labelling of menu items to identify nutritional characteristics and other key information (e.g., presence or absence of allergens).

8.16.3.6 (Ideally) provision of additional education resources around sports nutrition guidelines.

8.16.3.7 Sufficient accessibility to support the overall nutritional needs of the Athletes and the logistics around training and Competition schedules, including flexibility to meet special needs.

8.16.4 Ideally, information about the catering plan should be provided by the LOC ahead of the World Aquatics Event for distribution to the Member Federations to assist in their preparations and specific plans. Such information should include:

8.16.4.1 Specific information on key issues that might arise around particular Competitions or specific Venues or locations (e.g., food and water hygiene, control of potential contamination of food supplies).

8.16.4.2 Specific details of how special nutritional or cultural needs will be met, including key contacts to discuss and/or arrange provision for additional needs.

8.16.4.3 Specific information regarding the importation of additional food supplies to the location (e.g., local customs or quarantine regulations) in order to assist Member Federations, teams, or individuals with plans to supplement the catering plan.

8.16.4.4 Protocols and procedures for the management of any declared outbreak of food-related illness.

8.16.5 The LOC must ensure that the hotel in which Athletes are accommodated during the event operates flexible meal serving times (for example, the hotel must be able to serve breakfast before early morning practices, and dinner after late evening competitions).

8.17 **Athlete safeguarding:**

8.17.1 The World Aquatics Athlete Safeguarding Policy can be found on the Aquatics Integrity Unit's website, and any issue arising should be reported to the Aquatics Integrity Unit.

8.18 **Athlete mental health support:**

8.18.1 Evidence shows that elite athletes have a higher prevalence of mental health symptoms and conditions than non-athletes and, as such, World Aquatics aims to ensure the provision of adequate and effective mental health support for Athletes at World Aquatics Events.

8.18.2 Accordingly, World Aquatics and/or the LOC will assess the following considerations in its organisation of the event: opportune timing of competition events, appropriate timing of training and competition sessions to allow adequate recovery and sleep, the provision of time for recovery post-training and competition, efficient transport systems and proximity between the Venue and Athlete accommodation, allocation of quiet spaces of low stimulation, inclusion (if possible) of a licensed/ registered mental health professional with experience in elite sport on the LOC medical team, and availability of a referral network of licensed/ registered mental health professionals.

8.19 The LOC medical team should consider any host country Government regulations relevant to the provision of healthcare delivery during the planning and delivery of the Medical Services at the World Aquatics Event. In particular the LOC medical team must in sufficient time in advance of the World Aquatics Event:

8.19.1 Provide information (including relevant Government websites) and assistance to the Member Federation team physician(s) with their registration and licensing to provide medical services in the host country to the Member Federation delegation during the World Aquatics Event.

8.19.2 Obtain and circulate guidance regarding local legal requirements for the importation of drugs and medical equipment by Member Federation team physicians, including the importation by Member Federation team physicians of medication for team member use, importation by individual athletes of medication for personal use, importation of controlled drugs and medical equipment, and the provision of medical care to Athletes (for example, the use of opiates in a pre-hospital environment).

8.20 **After-hours medical care:**

8.20.1 After-hours emergency medical care for Athletes, Member Federation team officials and staff, Technical Officials, and members of the World Aquatics Team should be arranged with easy access through the official event hotels.

8.20.2 Processes and contact details and other information about after-hours (out of Venue) urgent care, medical services at hotels, and athlete village health services (if applicable), will be provided in the team leader information packs.

8.20.3 The LOC must provide adequate and timely language services to facilitate the delivery of medical care at the training and competition Venue(s). These services must include contact information for access to the event language translation services, designation of medical translation services (if applicable), the languages included, and an appropriate statement regarding medical information confidentiality when using language services.

8.20.4 The LOC should identify in advance of the event a few reliable local service providers who will be able to assist – at the individual's cost and on a reasonably urgent basis – if an Athlete, member of the World Aquatics Team, or other person, loses or breaks their eyeglasses or contact lenses or otherwise encounters an optical issue.

8.21 **Insurance and liability:**

8.21.1 Each accredited participant must have their own personal medical insurance.

8.21.2 World Aquatics and the LOC assume no responsibility for any healthcare provided by Healthcare Personnel to Member Federation team members and delegates.

8.21.3 The LOC should ensure that all members of the LOC medical team are covered by professional liability insurance. The amount of coverage must be commensurate with the risks associated with providing the Medical Services as described herein.

8.21.4 It is recommended that Member Federation healthcare professionals inform their insurance company that they are travelling abroad with a sports team, and check whether their professional liability insurance covers this activity. Each Member Federation should make its own arrangements for professional liability insurance.

8.22 Non-smoking policy: each entire Venue is strictly non-smoking and the LOC will put appropriate signage in place around each Venue.

8.23 **Medical communication strategy:**

8.23.1 World Aquatics' communication policies regarding communication about health-related information should be reviewed from time to time in cooperation with the LOC and the LOC medical team.

8.23.2 Any questions from the Media related to medical issues will be addressed to (and, if necessary, forwarded to) the World Aquatics Communication Department. The LOC medical team will not communicate directly with the Media.

8.24 Non-Athlete Medical Services:

8.24.1 The LOC will make some provision for the healthcare of non-Athlete population at Venues, including spectators, members of the media, personnel of marketing partners, and the workforce. That healthcare provision will include:

8.24.1.1 Designation of dedicated Healthcare Personnel whose roles are different and unrelated to the roles of the Athlete-focussed Healthcare Personnel.

8.24.1.2 Allocation of a Medical Station for spectators, media, marketing partners, and workforce (separate to the Venue Medical Station).

8.24.1.3 A medical action plan that outlines: the location of automatic external defibrillators; process for removal from the spectator area; triage procedures; medical protocols for trauma and illness; transfer procedures from the spectator Medical Station to ambulance; ambulance and hospital designation; spectator medical briefings; scenario training; communication networks; the medical records system; and public health requirements including environmental planning and protocols and major incident planning and training.

8.25 **Medical ethical guidelines:**

8.25.1 Athletes have the right to high-quality, ethical, medical care. In elite sporting events, there may be external pressures or influences on athlete healthcare and return to sport (for example, from media, agents, coaches, Member Federation presidents etc.) that wish to sway an athlete's decision to participate.

8.25.2 Accordingly, the LOC for any World Aquatics Event must emphasise to all members of the LOC medical team the principles of ethical, athlete-centred healthcare delivery.

8.25.3 These principles include the athlete's rights to: the confidentiality of health information, informed consent, a second medical opinion, the latest evidence-based medical care, and safe and ethical medical practices.

9 FACILITIES AND EQUIPMENT

9.1 The provisions of Article O of this Part One are intended to provide the best possible facilities and environment for competitive use and training, and are not intended to govern use by or other issues related to the general public. For the avoidance of doubt, it is the responsibility of the owner or controller of a facility to provide safe and appropriate facilities and adequate supervision for activities undertaken by the general public.

9.2 **Pools:**

9.2.1 World Aquatics 'Olympic Standard' pools: All World Championships (except the Masters World Championships) and the Olympic Games must be held in pools that comply with the facility rules of each Aquatic sport (see Part Two to Part Seven).

9.2.2 World Aquatics 'General Standard' pools: World Aquatics Events must be held in World Aquatics Olympic Standard Pools, unless (1) the proposed pools do not meet certain criteria regarding pool standards, but (2) those deficiencies do not materially interfere with the competitions, and (3) the Bureau (in its sole discretion) waives in advance certain criteria regarding pool standards.

9.2.3 World Aquatics 'Minimum Standard' pools: All other events held under World Aquatics Rules must be conducted in pools that comply with all of the minimum standards contained within Article O of this Part One.

9.3 **Automatic Officiating Equipment:**

9.3.1 At the Olympic Games and the World Aquatics Championships, the World Aquatics-approved Automatic Officiating Equipment and other automatic officiating and video judging equipment must be provided and used (as described in the sport-specific Parts).

9.4 **Availability of Venues:**

9.4.1 For the World Aquatics Championships, all Venues must be available for use by entered Athletes from at least five (5) days before the opening ceremony, unless otherwise agreed between World Aquatics and the LOC.

9.4.2 For all other World Aquatics Events, all pools must be available for use by entered Athletes before the competition begins: For Swimming, Open Water Swimming, Water Polo, and Artistic Swimming, from at least five (5) days prior to the first competition; for Diving and High Diving, from at least eight (8) days prior to the first competition.

9.4.3 During the competition days, the pools must be available for training when competitions are not in progress.

9.5 Seating positions along the side of the pool shall be provided for all Athletes, team officials and unassigned Technical Officials, from which they may properly observe training and competitions.

9.6 New competition equipment (e.g., starting blocks, lane-ropes, etc.) must be available by 1 January in the year of an Olympic Games or a World Aquatics Championships in order to be used in that competition.

9.7 **Mechanical or technical malfunction:**

9.7.1 If there is a mechanical or technical malfunction that adversely affects an Athlete at the Olympic Games, the World Aquatics Championships, the World Aquatics Swimming Championships (25m), and the World Aquatics Junior Swimming Championships, the Chairperson of the Technical Swimming Committee (or his/her designee) will determine whether or not to permit the Athlete an additional opportunity to compete.

9.7.2 If there is a mechanical or technical malfunction that adversely affects an Athlete at any competition other than those specified at Article 9.7.1 of this Part One, the Referee will determine whether or not to permit the Athlete an additional opportunity to compete.

9.8 In order to protect the health and safety of persons using swimming facilities for the purposes of recreation, training and competition, owners of public pools or pools restricted only to training and competition must comply with the requirements established by law and the health authorities in the country where the pool is situated.

10 TECHNICAL OFFICIALS

10.1 **General requirements:**

10.1.1 Technical Officials proposed to officiate at an Olympic Games or a World Aquatics Event:

10.1.1.1 must be fully certified by the respective Technical Committee;

10.1.1.2 must be a member of and certified by the nominating Member Federation;

10.1.1.3 either must be of the same nationality as the Country or other territory that the Member Federation represents, or must have resided in the Country or other territory that the Member Federation represents for at least a period of one (1) year prior to the relevant competition; and

10.1.1.4 if a Judge has previously been nominated by a different Member Federation (or otherwise represented a different Member Federation), that Judge must not have been nominated by a different Member Federation (or otherwise represented a different Member Federation) for at least a period of three (3) years prior to the relevant competition.

10.1.2 In order to officiate at an Olympic Games or a World Aquatics Event, a Technical Official must be listed on the respective sport's World Aquatics Officials List.

10.1.3 Each Technical Committee will propose Technical Officials to officiate at the Olympic Games or World Championships from the respective sport's World Aquatics Officials List, for approval by the Bureau.

10.1.4 If a nominated and approved Technical Official fails to report for duty at the relevant event, the nominating Member Federation must pay to World Aquatics a fine of 2,000 Swiss Francs.

10.2 **Age requirements:**

10.2.1 In order to officiate competitions other than High Diving, and Water Polo at the Olympic Games or a World Aquatics Event, a Technical Official must be sixty-five (65) years old or younger at the date that his/her most-recent application for the respective World Aquatics Officials List was submitted.

10.2.2 In order to officiate High Diving competitions at a World Aquatics Event, a Technical Official must be seventy-five (75) years old or younger at the date that his/her most-recent application for the respective World Aquatics Officials List was submitted.

10.2.3 In order to officiate Water Polo competitions at the Olympic Games or a World Aquatics Event, a Technical Official must be sixty (60) years old or younger at the date that his/her most-recent application for the respective World Aquatics Officials List was submitted.

10.3 **Conflicts of interest rules applicable to all Technical Officials:**

10.3.1 Except as set out at Articles 10.3.2 and 10.3.3 of this Part One, Technical Officials are ineligible to officiate at World Aquatics Events or the Olympic Games if any of the following conflicts of interest apply to them:

10.3.1.1 They are attending the competition as a representative of a Member Federation that is taking part in the competition. This includes roles such as board member, coach, doctor, media liaison, president, team leader and therapist.

10.3.1.2 They are acting as Athlete Support Personnel or providing any sort of performance monitoring or feedback to an Athlete or team participating in the competition.

10.3.1.3 They are Family members or Close Friends of an Athlete who is participating in the competition.

10.3.1.4 They are endorsed or sponsored by a person, company or organisation that has (or might reasonably be perceived as having) a vested interest in the competition's outcome.

10.3.2 In all cases arising under Article 10.3.1 of this Part One, the Technical Official may officiate at the World Aquatics Event or the Olympic Games in events in which the relevant Athlete, team, or Member Federation is not competing.

10.3.3 The AQIU may, in its sole discretion, approve exceptions to cases arising under Article 10.3.1 on a case-by-case basis if the circumstances do not compromise, or appear to compromise, the neutrality or integrity of officiating.

10.4 **Additional conflicts of interest rules applicable to Critical Technical Officials:**

10.4.1 Except as set out at Articles 10.4.2 and 10.4.3 of this Part One, Critical Technical Officials are ineligible to officiate at World Aquatics Events or the Olympic Games if any of the following conflicts of interest apply to them:

10.4.1.1 They are Family members or Close Friends of an Athlete Support Personnel helping an Athlete who is participating in the competition.

10.4.1.2 They hold, or have held in the twelve (12) months prior to the start of the competition, any of the following positions with a Member Federation taking part in the competition:

10.4.1.2.1 president, board member, or any other position with substantial decision-making authority;

10.4.1.2.2 any position involved in team selection, athlete development, high performance, or coaching; and/or

10.4.1.2.3 any paid position.

10.4.1.3 They have, in the twelve (12) months prior to the start of the competition, participated as an Athlete at a World Aquatics Event in the same Aquatic sport for which they intend to officiate.

10.4.1.4 They have, in the twelve (12) months prior to the start of the competition, acted as Athlete Support Personnel, or provided any sort of performance monitoring or feedback to an Athlete or team participating in the competition.

10.4.1.5 They have a financial interest in an Athlete or a Member Federation involved in the competition (for example, investments, sponsorship agreements, or business dealings).

10.4.2 In all cases arising under Article 10.4.1 of this Part One, the Critical Technical Official may officiate at the World Aquatics Event or the Olympic Games in events in which the relevant Athlete, team, or Member Federation is not competing.

10.4.3 World Aquatics may, in its sole discretion, approve exceptions to cases arising under Article 10.4.1 on a case-by-case basis following express written confirmation by the AQIU that the circumstances do not compromise, or appear to compromise, the neutrality or integrity of officiating.

10.5 **Effect of ineligibility on results:**

10.5.1 If an ineligible Technical Official has officiated, due to non-compliance with the requirements of this Article 10 or for any other reason, the Technical Official may be subject to disciplinary proceedings by the AQIU, but the competition results will remain valid.

11 AWARDS

11.1 In the World Aquatics Championships and the World Aquatics World Swimming Championships (25m), awards are distributed as follows:

11.1.1 **In Swimming events:**

11.1.1.1 Gold, Silver, and Bronze medals will be awarded to the first three (3) places in individual and relay final events. In swimming relays when one or more preliminary rounds are swum, medals will be awarded to the swimmers who were members of the first three (3) placed teams and who participated in one or more preliminary rounds and/or the final. In the case of a tie, medals will be awarded in accordance with Article 11.1.8 of this Part One.

11.1.1.2 Diplomas will be awarded to all eight finalists in each individual event and to the first eight finalists in relay events. In swimming relays when one or more preliminary rounds are swum, medals will be awarded to the swimmers who were members of the first three (3) placed teams and who participated in one or more preliminary rounds and/or the final.

11.1.1.3 A team trophy will be awarded to the best team of the championships based on the highest cumulative points total, calculated in accordance with the following points allocation to the Athletes or teams in each event:

11.1.1.3.1 Individual events using 8 lanes (places 1 to 16): 18, 16, 15, 14, 13, 12, 11, 10, 8, 7, 6, 5, 4, 3, 2, 1 points.

11.1.1.3.2 Relay events using 8 lanes (places 1 to 8): 36, 32, 30, 28, 26, 24, 22, 20 points.

11.1.1.3.3 If an event is tied, points will be awarded in accordance with Article 11.1.8.7 of this Part One.

11.1.1.4 Individual trophies will be awarded to the best man and the best woman of the championships based on the highest cumulative points total, calculated in accordance with the following points allocation to the Athletes in each individual event:

11.1.1.4.1 First place: 5 points.

11.1.1.4.2 Second place: 3 points.

11.1.1.4.3 Third place: 2 points.

11.1.1.4.4 Fourth place: 1 point.

11.1.1.4.5 Individual World Record: 2 points for each World Record broken.

11.1.1.4.6 If an event is tied, points will be awarded in accordance with Article 11.1.8.7 of this Part One.

11.1.1.4.7 If the cumulative points total for an individual trophy is tied, the individual trophy will be awarded to the Athlete whose performances achieve the higher points score calculated using the World Aquatics Points Table.

11.1.2 **In Open Water Swimming events:**

11.1.2.1 Gold, Silver, and Bronze medals will be awarded to the first three (3) places in each individual and team event. In the case of a tie, medals will be awarded in accordance with Article 11.1.8 of this Part One.

11.1.2.2 Diplomas will be awarded to the first eight (8) finishers in each individual event and to the first eight (8) finishers in each team event.

11.1.2.3 Diplomas will be awarded to the first ten (10) finishers in each 3 km Knockout Sprint event.

11.1.2.4 A team trophy will be awarded to the best team of the championships based on the highest cumulative points total, calculated in accordance with the following points allocation:

11.1.2.4.1 To the first twelve (12) ranked Athletes in each 5 km and 10 km event: 18, 16, 14, 12, 10, 8, 6, 5, 4, 3, 2, 1 points.

11.1.2.4.2 To the first ten (10) ranked Athletes in each 3 km Knockout Sprint event: 18, 16, 14, 12, 10, 8, 6, 5, 4, 3 points. If there are more than ten (10) finalists, the Athletes ranked eleventh and twelfth will receive 2 points and 1 point, respectively.

11.1.2.4.3 To the first twelve (12) ranked teams in each mixed team event: 36, 32, 28, 24, 20, 16, 12, 10, 8, 6, 4, 2 points.

11.1.2.4.4 If an event is tied, points will be awarded in accordance with Article 11.1.8.7 of this Part One.

11.1.3 **In Diving events:**

11.1.3.1 Gold, Silver, and Bronze medals will be awarded to the first three (3) places in each individual, synchronised and team event.

11.1.3.2 Diplomas will be awarded to all eight (8) finalists in each individual event and to the first six (6) finalists in each synchronised and team event.

11.1.3.3 A team trophy will be awarded to the best team of the championships based on the highest cumulative points total, calculated in accordance with the following points allocation to the first twelve (12) ranked Athletes or teams in each event:

11.1.3.3.1 Individual diving event: 18, 16, 14, 12, 10, 8, 6, 5, 4, 3, 2, 1 points.

11.1.3.3.2 Synchronised diving event: 27, 24, 21, 18, 15, 12, 9, 7.5, 6, 4.5, 3, 1.5 points.

11.1.3.3.3 Team event: 27, 24, 21, 18, 15, 12, 9, 7.5, 6, 4.5, 3, 1.5 points.

11.1.3.3.4 If an event is tied, points will be awarded in accordance with Article 11.1.8.7 of this Part One.

11.1.4 **In High Diving events:**

11.1.4.1 Gold, Silver, and Bronze medals will be awarded to the first three (3) ranked Athletes in each event.

11.1.4.2 Diplomas will be awarded to first eight (8) finalists in each event.

11.1.5 **In Water Polo events:**

11.1.5.1 Gold, Silver, and Bronze medals will be awarded to all the players of the first three (3) teams.

11.1.5.2 In each of the men's and women's events, a trophy will be awarded to the best player and the best goalkeeper of the championships (determined by World Aquatics).

11.1.6 **In Artistic Swimming events:**

11.1.6.1 Gold, Silver, and Bronze medals will be awarded to first three (3) Athletes or teams in each individual, solo, duet, mixed duet, and team event.

11.1.6.2 Diplomas will be awarded to the first eight (8) finalists in solo and duet events and to the first six (6) finalists in team events.

11.1.6.3 A team trophy will be awarded to the best team of the championships based on the highest cumulative points total, calculated in accordance with the following points allocation to the first twelve (12) ranked Athletes or teams in each event:

11.1.6.3.1 Solo, Technical Routine: 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 points.

11.1.6.3.2 Solo, Free Routine: 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 points.

11.1.6.3.3 Duet, Technical Routine: 18, 17, 16, 15, 14, 13, 12, 11, 10, 9, 8, 7 points.

11.1.6.3.4 Duet, Free Routine: 18, 17, 16, 15, 14, 13, 12, 11, 10, 9, 8, 7 points.

11.1.6.3.5 Mixed Duet, Technical Routine: 18, 17, 16, 15, 14, 13, 12, 11, 10, 9, 8, 7 points.

11.1.6.3.6 Mixed Duet, Free Routine: 18, 17, 16, 15, 14, 13, 12, 11, 10, 9, 8, 7 points.

11.1.6.3.7 Team, Technical Routine: 24, 22, 20, 18, 16, 14, 12, 10, 8, 6, 4, 2 points.

11.1.6.3.8 Team, Free Routine: 24, 22, 20, 18, 16, 14, 12, 10, 8, 6, 4, 2 points.

11.1.6.3.9 Free Combination: 24, 22, 20, 18, 16, 14, 12, 10, 8, 6, 4, 2 points.

11.1.6.3.10 Acrobatic Routine: 24, 22, 20, 18, 16, 14, 12, 10, 8, 6, 4, 2 points.

11.1.6.3.11 If an event is tied, points will be awarded in accordance with Article 11.1.8.7 of this Part One.

11.1.7 Commemorative medals may be awarded to all those officially connected with the World Aquatics Championships.

11.1.8 In the case of a tie, medals and team trophy points will be awarded as follows:

11.1.8.1 In case of a two-way tie for first place, two (2) Gold medals, no Silver medal, and one (1) Bronze medal will be awarded.

11.1.8.2 In case of a two-way tie for second place, one (1) Gold medal, two (2) Silver medals, and no Bronze medal will be awarded.

11.1.8.3 In case of a two-way tie for third place, one (1) Gold medal, one (1) Silver medal, and two (2) Bronze medals will be awarded.

11.1.8.4 In case of a three-way tie for first place, three (3) Gold medals, no Silver medal, and no Bronze medal will be awarded.

11.1.8.5 In case of a three-way tie for second place, one (1) Gold medal, three (3) Silver medals, and no Bronze medal will be awarded.

11.1.8.6 In case of a three-way tie for third place, one (1) Gold medal, one (1) Silver medal, and three (3) Bronze medals will be awarded.

11.1.8.7 If there is a tie for any place in an event when allocating points for the purposes of a team trophy, the tied Athletes or teams will each be awarded the highest applicable points score, the next-highest points score will not be awarded, and the next placed Athlete or team will be awarded the next-highest points score. For example, (1) if two Athletes tied for first place in the Solo, Technical Routine event, each would be awarded 12 points and the next best-placed Athlete would be awarded 10 points, and (2) if two Athletes tied for second place in the Solo, Technical Routine event, each would be awarded 11 points and the next best-placed Athlete would be awarded 9 points.

11.2 In the World Aquatics Junior Swimming Championships awards are distributed in accordance with Article 11.1.1 of this Part One.

11.3 In the World Aquatics Junior Open Water Swimming Championships awards are distributed as follows:

11.3.1 Gold, Silver, and Bronze medals will be awarded to the first three (3) places in each individual and team event. In the case of a tie, medals will be awarded in accordance with Article 11.1.8 of this Part One.

11.3.2 A team trophy will be awarded to the best team of the championships based on the highest cumulative points total, calculated in accordance with the following points allocation:

11.3.2.1 To the first twelve (12) ranked Athletes in the 5 km, 7.5 km, and 10 km events: 18, 16, 14, 12, 10, 8, 6, 5, 4, 3, 2, 1 points.

11.3.2.2 To the first ten (10) ranked Athletes in the 3 km Knockout Sprint: 18, 16, 14, 12, 10, 8, 6, 5, 4, 3 points. If there are more than ten (10) finalists, the Athletes ranked eleventh and twelfth will receive 2 points and 1 point, respectively.

11.3.2.3 To the first twelve (12) ranked teams in each mixed team event: 36, 32, 28, 24, 20, 16, 12, 10, 8, 6, 4, 2 points.

11.3.2.4 If an event is tied, points will be awarded in accordance with Article 11.1.8.7 of this Part One.

11.4 In the World Aquatics Junior Artistic Swimming Championships awards are distributed as follows:

11.4.1 Gold, Silver, and Bronze medals will be awarded to first three (3) Athletes or teams in each individual, solo, duet, mixed duet, and team event.

11.4.2 The Junior World Overall Championship title will be awarded to the Member Federation with the overall highest raw score (determined by combining the results of a Member Federation's Athletes and teams for all events).

12 APPEALS

12.1 The appeals process set out in this Article 12 of Part One will apply at World Aquatics Events and the Olympic Games. At competitions other than World Aquatics Events and the Olympic Games, the applicable competition organiser will have full discretion to govern the protest procedure applicable at the competition.

12.2 **There are no grounds for appeal other than the following:**

12.2.1 **In Swimming:** Any decision of a Referee as to the consequence of an Athlete's rule infraction.

12.2.2 **In Open Water Swimming:** Any decision, or lack thereof, of a Referee that affects the outcome of the results (including, but not limited to, an Athlete's receipt of a yellow card or a disqualification).

12.2.3 **In Diving and High Diving:**

12.2.3.1 A Referee's perceived failure to observe the applicable rules and regulations of the competition.

12.2.3.2 Any decision affected by unforeseen or dangerous conditions that are likely to have impacted an Athlete (including, but not limited to, weather conditions, sudden and drastic noise increases, and blinding camera flashes).

12.2.4 **In Artistic Swimming:**

12.2.4.1 A Referee's perceived failure to observe the applicable rules and regulations of the competition.

12.2.4.2 Any decision affected by unforeseen or dangerous conditions that are likely to have impacted an Athlete (including, but not limited to, weather conditions, sudden and drastic noise increases and blinding camera flashes).

12.3 **The process for the submission and hearing of an appeal is as follows:**

12.3.1 **In order to be considered a valid appeal:**

12.3.1.1 The appellant must complete the official Appeal Form and submit it to the specified World Aquatics representative (who will be specified at the start of the competition).

12.3.1.2 **The Appeal Form must be submitted within the following timelines:**

12.3.1.2.1 **Swimming:** Within thirty (30) minutes of completion of the relevant event.

12.3.1.2.2 **Open Water Swimming:** Within thirty (30) minutes of completion of the relevant race, except that, in the case of the 3 km Knockout Sprint, any Appeal Form must be lodged within five (5) minutes of the completion of the last qualified athlete of the round, in accordance with process set out in Article 7.7 of Part Three.

12.3.1.2.3 **Diving and High Diving:** An oral complaint may be made to a Referee by the Athlete (or on behalf of the Athlete by a team official) immediately after the execution of a dive, a round of dives, or a section of the event. If the oral complaint is not accepted by the Referee (or no oral complaint is made), the Appeal Form must be submitted within thirty (30) minutes of the session's completion.

12.3.1.2.4 **Artistic Swimming:** within thirty (30) minutes of the session's completion.

12.3.1.3 The appellant must submit with the Appeal Form a deposit of five hundred (500) United States dollars (or an equivalent amount in the local currency in the country in which the competition is being held).

12.3.1.4 The appeal must fall within one or more of the grounds of appeal at Article 12.2 of this Part One.

12.3.2 The World Aquatics representative will communicate the appeal to the Chairperson of the Jury of Appeal, who will review the appeal and determine its validity as soon as reasonably possible following its submission.

12.3.2.1 If the Chairperson of the Jury of Appeal determines that the appeal is invalid, the matter will not proceed further and the deposit will be forfeited.

12.3.2.2 If the Chairperson of the Jury of Appeal determines that the appeal is valid, the appeal will be communicated to the Jury of Appeal for determination.

12.3.2.3 The decision by the Chairperson of the Jury of Appeal regarding validity is final.

12.3.3 The Jury of Appeal will render a final reasoned decision on a valid appeal as soon as reasonably practical.

12.3.3.1 If the Jury of Appeal upholds the appeal (in full or in part), the deposit will be returned to the appellant, and the appropriate remedy or course of action will be determined on a case-by-case basis by the Jury of Appeal.

12.3.3.2 If the Jury of Appeal dismisses the appeal, the deposit will be forfeited.

12.4 **Appointment of the Jury of Appeal:**

12.4.1 The Jury of Appeal will be composed of three (3) members, one (1) of whom will be the designated Chairperson. The three (3) members will be appointed by the President or Executive Director (whichever is available).

12.4.2 Jury of Appeal members must not serve on a Jury of Appeal if they have a conflict of interest. Jury of Appeal members declare any possible conflicts of interest in advance of their appointment, and have an ongoing obligation to declare any possible conflicts of interest that may arise (including, but not limited to, having business relations with or being of the same nationality as an appellant). If a possible conflict of interest arises, the Executive Director will determine whether a conflict exists and whether the member should be recused.

12.4.3 Prior to the competition, the Bureau will appoint a fourth individual to act as a standby Jury of Appeal member in the event that an appointed Jury of Appeal member recuses himself/herself due to a conflict of interest.

12.5 The Jury of Appeal rules of procedure:

12.5.1 The Jury of Appeal may determine its own procedure. It may (for example) consult video footage, documents and witnesses when considering the appeal, and/or consult any other potentially impacted party, in person or in writing.

12.5.2 Decisions of Referees will be afforded a significant degree of deference. The Jury of Appeal will not substitute its view of the appealed matter for that of the Referee, unless the appellant presents clear evidence that the Referee's decision was made arbitrarily, irrationally, or in abuse of the discretion afforded to the Referee.

12.5.3 Each member of the Jury of Appeal will have one (1) vote and decisions will be made by majority.

12.5.4 The decision of the Jury of Appeal is final.

12.6 For the avoidance of doubt:

12.6.1 Possible breaches of the eligibility rules are not subject to appeal pursuant to this Article 12 of this Part One and are matters for investigation by the Aquatics Integrity Unit.

12.6.2 Decisions in Water Polo are not subject to appeal pursuant to this Article 12 of this Part One, but challenges during a match may be made in accordance with Appendix 5 of Part Six.

13 MUSIC REQUIREMENTS

13.1 **Clearance of rights for competition music:**

13.1.1 Each competing Member Federation (and/or Athlete) must ensure that all music to be used during the competition is fully licensed for such use prior to the start of each competition.

13.1.2 World Aquatics will not be held responsible or liable in respect of any claims or lawsuits related to copyright infringement (or other claims) in relation to use by a Member Federation or Athlete(s) of music to accompany routines. All expenses, damages and/or costs related to such procedures will be the responsibility of the relevant Athlete(s) and their respective Member Federation.

13.2 **Clearance of rights for other music:**

13.2.1 The LOC must ensure that all music to be used for presentation and entertainment purposes is fully licensed for such use prior to the start of the event.

13.2.2 Except where the LOC is World Aquatics, World Aquatics will not be held responsible or liable in respect of any claims or lawsuits related to copyright infringement (or other claims) in relation to use by the LOC of music for presentation and entertainment purposes. All expenses, damages and/or costs related to such procedures will be the responsibility of the relevant LOC.

WORLD AQUATICS



SWIMMING

COMPETITION REGULATIONS

TABLE OF CONTENTS

PART TWO: SWIMMING RULES

PART TWO: SWIMMING RULES 52

1 SWIMMING COMPETITIONS 52
2 TECHNICAL OFFICIALS 53
3 SEEDING OF HEATS, SEMI-FINALS, AND FINALS 57
4 THE START 60
5 FREESTYLE 60
6 BACKSTROKE 61
7 BREASTSTROKE 61
8 BUTTERFLY 62
9 MEDLEY SWIMMING 62
10 THE RACE 62
11 TIMING 64
12 WORLD RECORDS 65
13 AGE GROUP RULES AND ELIGIBILITY 67
14 SWIMWEAR, TECHNOLOGY, AND WEARABLES 67
15 SWIMMING FACILITIES AND EQUIPMENT 68
16 SWIMMING-SPECIFIC MEDICAL AND SAFETY REQUIREMENTS 75
17 APPENDICES 76
17.1 APPENDIX 1 – DIAGRAM OF A 50M X 25M SWIMMING POOL (8 LANES) 77
17.2 APPENDIX 2 – DIAGRAM OF A 50M X 25M SWIMMING POOL (10 LANES) 78
17.3 APPENDIX 3 – DIAGRAM OF A 50M X 26M SWIMMING POOL (10 LANES) 79
17.4 APPENDIX 4 – DIAGRAM OF A 50M X 25M SWIMMING POOL (ONE BULKHEAD IN LATERAL POSITION) 80
17.5 APPENDIX 5 – DIAGRAM OF A 50M X 25M SWIMMING POOL (ONE BULKHEAD IN CENTRAL POSITION) 81
17.6 APPENDIX 6 – DIAGRAM OF A 25M X 21M SWIMMING POOL (8 LANES) 82
17.7 APPENDIX 7 – DIAGRAM OF A 25M X 25M SWIMMING POOL (8 LANES) 83
17.8 APPENDIX 8 – DIAGRAM OF A 25M X 25M SWIMMING POOL (10 LANES) 84
17.9 APPENDIX 9 – DIAGRAM OF A 25M X 26M SWIMMING POOL (10 LANES) 85
17.10 APPENDIX 10 – DIAGRAM OF A 50M SWIMMING POOL (LANE MARKINGS) 86

PART TWO: SWIMMING RULES

1 SWIMMING COMPETITIONS

1.1 This Part Two applies to Swimming competitions at the Olympic Games, World Aquatics Events and any other events held under the rules of World Aquatics (specifically, these Competition Regulations).

1.2 **The Swimming programme at the Olympic Games will be as follows:**

	Men	Women
Freestyle	50m, 100m, 200m, 400m, 800m, 1500m	50m, 100m, 200m, 400m, 800m, 1500m
Backstroke	50m, 100m, 200m	50m, 100m, 200m
Breaststroke	50m, 100m, 200m	50m, 100m, 200m
Butterfly	50m, 100m, 200m	50m, 100m, 200m
Individual Medley	200m, 400m	200m, 400m
Relays: Freestyle	4x100m, 4x200m	4x100m, 4x200m
Relays: Medley	4x100m	4x100m
Mixed Relay	4x100m Medley	

1.3 **The Swimming programme at the World Aquatics Championships will be as follows:**

	Men	Women
Freestyle	50m, 100m, 200m, 400m, 800m, 1500m	50m, 100m, 200m, 400m, 800m, 1500m
Backstroke	50m, 100m, 200m	50m, 100m, 200m
Breaststroke	50m, 100m, 200m	50m, 100m, 200m
Butterfly	50m, 100m, 200m	50m, 100m, 200m
Individual Medley	200m, 400m	200m, 400m
Relays: Freestyle	4x100m, 4x200m	4x100m, 4x200m
Relays: Medley	4x100m	4x100m
Mixed Relay	4x100m Medley	

1.4 **The Swimming programme at the World Aquatics Swimming Championships (25m) will be as follows:**

	Men	Women
Freestyle	50m, 100m, 200m, 400m, 800m, 1500m	50m, 100m, 200m, 400m, 800m, 1500m
Backstroke	50m, 100m, 200m	50m, 100m, 200m
Breaststroke	50m, 100m, 200m	50m, 100m, 200m
Butterfly	50m, 100m, 200m	50m, 100m, 200m
Individual Medley	100m, 200m, 400m	100m, 200m, 400m
Relays: Freestyle	4x100m, 4x200m	4x100m, 4x200m
Relays: Medley	4x100m	4x100m
Mixed Relays	4x50m Freestyle, 4x50m Medley, 4x100m Medley	

1.5 **The Swimming programme at the World Aquatics Junior Swimming Championships will be as follows:**

	Men	Women
Freestyle	50m, 100m, 200m, 400m, 800m, 1500m	50m, 100m, 200m, 400m, 800m, 1500m
Backstroke	50m, 100m, 200m	50m, 100m, 200m
Breaststroke	50m, 100m, 200m	50m, 100m, 200m
Butterfly	50m, 100m, 200m	50m, 100m, 200m
Individual Medley	200m, 400m	200m, 400m
Relays: Freestyle	4x100m, 4x200m	4x100m, 4x200m
Relays: Medley	4x100m	4x100m
Mixed Relays	4x100m Freestyle, 4x100m Medley	

1.6 World Aquatics will annually specify and publish the programme of the World Aquatics Swimming World Cup.

1.7 For the Olympic Games, the World Aquatics Championships, and the World Aquatics Junior Swimming Championships, World Aquatics will accept only qualification entry times achieved in 50m pools. For the World Aquatics Swimming Championships (25m), World Aquatics will accept only qualification entry times achieved in 25m or 50m pools.

1.8 Prior to the Swimming competitions at the Olympic Games and World Aquatics Championships, the swimming pools and the technical equipment will be inspected (including for compliance with the requirements of Article 15 of this Part Two) and approved by the World Aquatics Technical Delegate.

1.9 The Management Committee for a competition will specify the presentation and preparation protocol that Athletes must respect when they leave the final call-room for heats, semi-finals, and finals.

2 TECHNICAL OFFICIALS

2.1 At Swimming competitions, the competition organiser will appoint a sufficient number of Technical Officials to ensure the fairness, integrity, and safety of the competition.

2.1.1 At the Olympic Games, the World Aquatics Championships, and the World Aquatics Swimming Championships (25m), the Management Committee must appoint (at minimum):

2.1.1.1 Two (2) Referees.

2.1.1.2 Two (2) Starters.

2.1.1.3 Four (4) Judges of Stroke.

2.1.1.4 Two (2) Chief Inspectors of Turns.

2.1.1.5 Sixteen (16) or (20) Inspectors of Turns (depending on whether eight (8) or ten (10) lanes are used).

2.1.1.6 Two (2) reserve Inspectors of Turns.

2.1.1.7 One (1) Control Room Supervisor.

2.1.1.8 One (1) Video Review Supervisor.

2.1.1.9 Four (4) or five (5) Video Review Judges (depending on whether eight (8) or ten (10) lanes are used).

2.1.1.10 One (1) Call Room Supervisor.

2.1.1.11 Four (4) or five (5) Call Room Judges depending on whether eight (8) or ten (10) lanes are used.

2.1.1.12 One (1) resolution desk judge.

2.1.1.13 Two (2) warm-up supervisors.

2.1.2 At all other International Competitions, the competition organiser must appoint the same number of Technical Officials, unless a smaller number of Technical Officials is approved by World Aquatics (or the relevant Continental Organisation or Member Federation).

2.1.3 If – for example, in exceptional circumstances or in the event of technical failure – Automatic Officiating Equipment and Semi-Automatic Officiating Equipment is not available at an International Competition:

2.1.3.1 Article 11.2 of this Part Two will apply and the role of the Automatic Officiating Equipment will be performed by one (1) Chief Timekeeper, and two (2) Timekeepers per lane; and

2.1.3.2 the competition organiser may appoint Finish Judges.

2.2 Unless provided otherwise in this Part Two, each Technical Official will make decisions within his/her role, jurisdiction, and responsibility with autonomy and independence from other Technical Officials (or any other person).

2.3 **Referee:**

2.3.1 The Referee at a competition will have full control and authority over all Technical Officials at that competition, approve their assignments, and instruct them regarding all special features or regulations related to the events. The Referee will enforce all rules and decisions of World Aquatics and will determine any matter relating to the actual conduct of the meet, competition or any event that is not otherwise assigned to be determined by another person under these Competition Regulations (or other World Aquatics Rules).

2.3.2 The Referee may intervene in the competition at any stage to ensure that these Competition Regulations (or other World Aquatics Rules) are complied with. Appeals against a Referee's decision are adjudicated in accordance with Article 12 of Part One.

2.3.3 If Automatic Officiating Equipment and Semi-Automatic Officiating Equipment are not in use and Finish Judges are used, the Referee will determine placing if necessary.

2.3.4 The Referee will ensure that all Technical Officials necessary for the smooth conduct of the competition are in their respective posts for the duration of the competition. The Referee may appoint additional Technical Officials if necessary, and may substitute any Technical Official that the Referee determines is absent, incapable of acting, or inefficient.

2.3.5 The Referee's role at the start of a race is set out in Article 0 of this Part Two.

2.3.6 The Referee will disqualify an Athlete for initiating the start before the starting signal if the initiation was observed and confirmed by both the Starter and the Referee. When Automatic Officiating Equipment is available, the Referee will review the relevant footage to verify the disqualification. The Referee and the Starter are not required to concur.

2.3.7 If the Referee personally observes any other breach of the Competition Regulations by an Athlete, the Referee will disqualify the Athlete. If a Techncal Official verbally reports to the Referee any other breach of the Competition Regulations by an Athlete, the Referee may disqualify the Athlete. Once the disqualification is confirmed by the Referee, the reporting Technical Official will complete and sign a disqualification card, detailing the event, lane number, and the infraction.

2.3.8 The Referee will appoint Technical Officials to determine, in relay races, whether – at the time that an Athlete touches the wall to complete their quarter of the total race distance – the feet of the Athlete in the same relay team who is next in order to compete remain in contact with the starting platform.

2.4 **Control Room Supervisor:**

2.4.1 The Control Room Supervisor will supervise the operation of the Automatic Officiating Equipment and/or Semi-Automatic Officiating Equipment.

2.4.2 The Control Room Supervisor is responsible for checking the results from computer printouts, checking the relay exchange printout, and reporting any early take-offs during relays to the Referee.

2.4.3 The Control Room Supervisor may review the video timing to confirm early take-offs during relays.

2.4.4 The Control Room Supervisor will manage withdrawals after the heats and/or semi-finals, enter results on official forms, list all new records established, and maintain scoring for awards in accordance with Article 11 of Part One, where appropriate.

2.5 **Starter:**

2.5.1 The Starter will have full control of the Athletes from the time that the Referee so indicates in accordance with Article 4.1 or Article 4.2 of this Part Two until the race has commenced, and will start the race in accordance with Article 4 of this Part Two.

2.5.2 If an Athlete delays the start, willfully disobeys an order by the Starter, or commits any other misconduct at the start, the Starter will report that conduct to the Referee, who may disqualify the Athlete.

2.5.3 The Starter will determine (subject only to the decision of the Referee) whether the start is fair and if it is not fair the Athletes will be recalled and the race restarted.

2.5.4 When officiating the start of a race, the Starter will stand on the side of the pool within approximately five (5) metres of the starting end of the pool where the Timekeepers can see and/or hear the starting signal and the Athletes can hear the signal.

2.5.5 **The Starter will report to the Referee any false start or other breach observed.**

2.6 Call Room Supervisor and Call Room Judges:

2.6.1 Call Room Judges will assemble Athletes prior to each race, and will report to the Call Room Supervisor if (1) there may be a potential breach in relation to permitted Swimwear and/or advertising, and/or (2) an Athlete is not present when called. The Call Room Supervisor will determine whether there is a breach in relation to permitted Swimwear and/or advertising and, if there is, the Call Room Supervisor will report that to the Referee.

2.7 **Chief Inspector of Turns:**

2.7.1 The Chief Inspector of Turns will ensure that the Inspectors of Turns fulfil their duties during the competition.

2.8 **Inspectors of Turns:**

2.8.1 One (1) Inspector of Turns will be assigned to each lane at each end of the pool, to ensure Athletes comply with the relevant rules after the start, for each turn, and at the finish.

2.8.2 Jurisdiction for the Inspector of Turns at the start end commences from the start signal until the completion of the first arm stroke, except in Breaststroke where it will be the second arm stroke.

2.8.3 For each turn, jurisdiction for the Inspector of Turns commences from the beginning of the last arm stroke before touching and ending with the completion of the first arm stroke after the turn, except in Breaststroke where it will be the second arm stroke.

2.8.4 Jurisdiction for the Inspector of Turns at the finish commences from the beginning of the last arm stroke before touching the wall.

2.8.5 When a Backstroke ledge is being used, each Inspector of Turns at the starting end will install and remove the ledge in their lane. Once installed, the ledge will be set at zero (0).

2.8.6 In individual Freestyle races of 400m, 800m and 1500m, each Inspector of Turns at the starting end and turning end of the pool will record the number of laps completed by the Athlete in the lane monitored. The Athletes will be informed of the remaining number of laps to be completed by the display of "lap cards" that show odd numbers at the turning end of the pool. The "lap cards" must be displayed either at deck level or in the water (at the LOC's discretion based on availability at the venue). Electronic equipment for the same purpose, including underwater display, may be used.

2.8.7 Each Inspector of Turns at the starting end will give a warning signal when the Athlete in their lane has two laps plus five (5) metres to swim to finish in individual Freestyle races of 400m, 800m and 1500m. The signal must be repeated after the turn until the Athlete has reached the 5 metre-mark on the lane rope. The warning signal may be by whistle or bell.

2.8.8 Each Inspector of Turns at the starting end will determine, in relay events, whether the starting Athlete is in contact with the starting platform when the preceding Athlete touches the starting wall. When Automatic Officiating Equipment that judges the compliance of relay take-offs is available, it will also be used.

2.8.9 Inspectors of Turns will report to the Referee any breach observed (including of the applicable stroke rules) within their jurisdiction.

2.9 **Judges of Stroke:**

2.9.1 Judges of Stroke will be located on each side of the pool.

2.9.2 Each Judge of Stroke will ensure that the rules related to the style of swimming designated for the event are being complied with, and will observe the turns and the finishes to assist the Inspectors of Turns.

2.9.3 Judges of Stroke will report to the Referee any breach observed (including of the applicable stroke rules) within their jurisdiction.

2.9.4 The Judges of Stroke will ensure that the Backstroke turn indicators are installed at 5 metres from each end wall before the commencement of each Backstroke or Medley event.

2.10 **Chief Timekeeper (if required, in accordance with Article 2.1.3 of this Part Two):**

2.10.1 The Chief Timekeeper will assign the seating positions for all Timekeepers and the lanes for which they are responsible. If Automatic Officiating Equipment and Semi-Automatic Officiating Equipment is not used, there will be two (2) Timekeepers for each lane and at least one (1) additional Timekeeper designated as a reserve (for example, to replace a Timekeeper whose watch malfunctions during an event, or who for any other reason is not able to record the time).

2.10.2 The Chief Timekeeper must record the time of the winner of each race.

2.10.3 The Chief Timekeeper will collect from the Timekeepers in each lane a card showing the times recorded and, if necessary, inspect their watches.

2.10.4 The Chief Timekeeper will record the official time on the card for each lane.

2.11 **Timekeepers (if required, in accordance with Article 2.1.3 of this Part Two):**

2.11.1 Each Timekeeper will record the time of the Athlete in the lane assigned to the Timekeeper in accordance with Article 11.2 of this Part Two.

2.11.2 Each Timekeeper will start his/her watch at the starting signal and stop his/her watch when the Athlete in their lane has completed the race distance. If instructed by the Chief Timekeeper, each Timekeeper will record times at intermediate distances in races longer than 100m.

2.11.3 Promptly after the race, the Timekeepers in each lane will record the times on their watches on the card, give the card to the Chief Timekeeper, and if requested present their watches to the Chief Timekeeper for inspection. At the short whistles of the Referee announcing the following race, the Timekeepers will reset their watches.

2.11.4 Unless video timing is used, it may be necessary to use the full complement of Timekeepers (described at Article 2.10 of this Part Two) even when Automatic Officiating Equipment or Semi-Automatic Officiating Equipment is used.

2.12 **Finish Judges (if required, in accordance with Article 2.1.3 of this Part Two):**

2.12.1 Finish Judges will be positioned in line with the finish where they must at all times have a clear view of the course and the finish line.

2.12.2 After each race the Finish Judges will determine and report to the Referee the placing of the Athletes according to the assignments given to them.

2.12.3 Finish Judges will not act as Timekeepers for the same race (other than when a Timekeeper operates Semi-Automatic Officiating Equipment in accordance with Article 15.16.5 of this Part Two).

2.13 **Chief Recorder (other than for the Olympic Games and World Aquatics Events):**

2.13.1 The Chief Recorder is responsible for checking results from computer printouts or from the times and placing in each race received from the Referee. The Chief Recorder will witness the Referee's signature of the results.

2.14 **Recorder (other than for the Olympic Games and World Aquatics Events):**

2.14.1 The Recorder will manage withdrawals after the heats and/or semi-finals, enter results on official forms, list all new records established, and maintain scoring for awards in accordance with Article 11 of Part One, where appropriate.

2.15 **Video Review Supervisor:**

2.15.1 The Video Review Supervisor will ensure that Video Review Judges are in their respective posts and fulfil their duties during the competition.

2.15.2 The Video Review Supervisor will review and confirm all rule infractions reported to them by the Video Review Judges.

2.15.3 The Video Review Supervisor will review and confirm all rule infractions reported to them at the request of the Referee.

2.15.4 The Video Review Supervisor will report to the Referee any rule infraction confirmed in the video review.

2.16 **Video Review Judges:**

2.16.1 Video Review Judges will ensure that the rules related to the style of swimming designated for the competition are complied with, and will observe the turns and the finishes.

2.16.2 Video Review Judges will report any infraction observed to the Video Review Supervisor. If the infraction is confirmed, the Video Review Judge will complete a disqualification card and promptly provide it to the Video Review Supervisor who will provide it to the Referee.

2.17 **Resolution Desk Judges:**

2.17.1 Resolution Desk Judges will be available to receive initial queries from team leaders, such as inquiries regarding withdrawals, disqualifications, and swim-offs. The Resolution Desk Judges will communicate queries to the Technicall Swimming Committee commission.

2.18 **Warm-Up Supervisors:**

2.18.1 Warm-Up Supervisors shall oversee warm-up sessions in the Competition Pool, ensuring that Warm-Up Guidelines are adhered to and the lanes used as defined.

3 SEEDING OF HEATS, SEMI-FINALS, AND FINALS

3.1 For the Olympic Games, heats, semi-finals, and finals should be swum using eight (8) lanes. For the World Aquatics Championships, the World Aquatics Junior Swimming Championships, and the World Aquatics Swimming Championships (25m), heats may be swum using ten (10) lanes and semi-finals and finals should be swum using eight (8) lanes.

3.2 In heats of Swimming events at the Olympic Games and World Aquatics Events and any other events held under the rules of World Aquatics (i.e., the Competition Regulations), the heat and lane in which each Athlete or relay team starts will be determined by seeding, as follows:

3.2.1 Each Athlete (and/or the Athlete's Member Federation, as applicable) must specify, on the relevant physical or online entry form and by the specified deadline, the Athlete's fastest time achieved in competition for the event stroke and distance.

3.2.2 The Management Committee will collate the fastest times achieved in competition for the event stroke and distance for all entered Athletes and rank the Athletes in order from fastest to slowest.

3.2.3 If an Athlete fails to specify his/her fastest time achieved in competition for the event stroke and distance in the correct form or by the specified deadline, the Management Committee will rank that Athlete at the end of the list (i.e., below the slowest Athlete otherwise listed).

3.2.3.1 If two or more Athletes enter with identical fastest times, the Management Committee will determine the relative ranking of those Athletes in the list by random draw.

3.2.4 **The Management Committee will allocate Athletes into heats as follows:**

3.2.4.1 If there are sufficient Athletes to form only one (1) heat, the race will be seeded as a final and swum as a direct final.

3.2.4.2 If there are sufficient Athletes to form two (2) heats, the fastest Athlete will be seeded in the second heat, the second-fastest Athlete will be seeded in the first heat, and the remaining entered Athletes will from fastest to slowest be seeded on an alternating basis between the second heat and the first heat.

3.2.4.3 With the exception of 400m, 800m, and 1500m events, if there are sufficient Athletes to form three (3) heats, the fastest Athlete will be seeded in the third heat, the second-fastest Athlete will be seeded in the second heat, the third-fastest Athlete will be seeded in the first heat, and the remaining entered Athletes will from fastest to slowest be seeded on an alternating basis between the third heat and the second heat and the first heat.

3.2.4.4 With the exception of 400m, 800m, and 1500m events, if there are sufficient Athletes to form four (4) or more heats:

3.2.4.4.1 The last three (3) heats of the event will be seeded in accordance with Article 3.2.4.3.

3.2.4.4.2 The heat prior to the last three (3) heats of the event will be comprised of the next fastest Athletes.

3.2.4.4.3 Any heat prior to the last four (4) heats of the event will be comprised of the next fastest Athletes (and so on if there are further heats).

3.2.4.4.4 In 400m, 800m, and 1500m events, the last two (2) heats of the event will be seeded in accordance with Article 3.1.3.2 of this Part Two and, if there are sufficient Athletes to form three (3) or more heats:

3.2.4.4.5 The heat prior to the last two (2) heats of the event will be comprised of the next fastest Athletes.

3.2.4.4.6 Any heat prior to the last three (3) heats of the event will be comprised of the next fastest Athletes (and so on if there are further heats).

3.2.4.5 If there are two (2) or more heats in an event, there must be a minimum of three (3) Athletes seeded into any one (1) heat, but subsequent withdrawals may reduce the number of Athletes in a heat to fewer than three (3) Athletes.

3.2.5 **The Management Committee will assign lanes to Athletes as follows:**

3.2.5.1 Subject to Article 3.2.5.2 of this Part Two, and with lane one (1) being considered the first lane on the right hand side of the pool when facing the course from the starting end (or lane zero (0) being considered the first lane on the right hand side of a pool using ten (10) lanes when facing the course from the starting end):

3.2.5.1.1 In a pool using an odd number of lanes, the fastest Athlete will be assigned the centre lane, the second-fastest Athlete will be assigned the next lane to the left of the centre lane, and the remaining Athletes will from fastest to slowest be assigned on an alternating basis the remaining lanes on the right and the left of those central lanes.

3.2.5.1.2 In a pool using six (6) lanes, the fastest Athlete will be assigned lane three (3), the second-fastest Athlete will be assigned lane four (4), and the remaining Athletes will from fastest to slowest be assigned on an alternating basis the remaining lanes on the right and the left of those central lanes.

3.2.5.1.3 In a pool using eight (8) lanes, the fastest Athlete will be assigned lane four (4), the second-fastest Athlete will be assigned lane five (5), and the remaining Athletes will from fastest to slowest be assigned on an alternating basis the remaining lanes on the right and the left of those central lanes.

3.2.5.1.4 In a pool using ten (10) lanes, the fastest Athlete will be assigned lane four (4), the second-fastest Athlete will be assigned lane five (5), and the remaining Athletes will from fastest to slowest be assigned on an alternating basis the remaining lanes on the right and the left of those central lanes.

3.2.5.1.5 If two or more Athletes are equally seeded in the rankings, and Articles 3.2.2 and 3.2.5 do not apply, the Athletes will be assigned the next available lanes by random draw.

3.2.5.2 If a 50m event is held in a 50m pool, the races may be swum, at the discretion of the Management Committee, either (1) from the regular starting end to the turning end, or (2) from the regular turning end to the starting end, depending on factors such as (for example) the existence of adequate Automatic Officiating Equipment or the Starter's position. The Management Committee should advise Athletes of its determination well before the start of the event. If the races are swum from the regular turning end, the lane numbering will still be calculated from the regular starting end and not from the actual starting end, and the Athletes will be assigned lanes in accordance with Article 3.2.5.1 of this Part Two.

3.2.6 Allocation of relay teams to heats and assignment of lanes will be done in accordance with Articles 3.2.1 to 3.2.5 of this Part Two, reading 'relay team' instead of 'Athlete'.

3.3 In semi-finals of Swimming events at the Olympic Games and World Aquatics Events and any other events held under the rules of World Aquatics (i.e., the Competition Regulations), the semi-final and lane in which each Athlete or relay team starts will be determined by seeding, as follows:

3.3.1 Based on the times achieved by the Athletes in the heats (or, if direct semi-finals are held, the Athletes' entry times), the fastest Athlete will be seeded in the second semi-final, the second-fastest Athlete will be seeded in the first semi-final, and the remaining qualified Athletes will from fastest to slowest be seeded on an alternating basis between the second semi-final and the first semi-final.

3.3.2 **Equal seedings for the final place in any semi-final phase will be resolved as follows:**

3.3.2.1 If the event is equal to or shorter than 200m in distance, a swim-off between the tied Athletes may be held to determine which Athlete will compete in the semi-final.

3.3.3 If one or more Athletes withdraw from a semi-final, the Management Committee will give a place in the semi-finals to the fastest Athlete who had previously not qualified for the semi-finals if, in the Management Committee's discretion, it is reasonably possible to do so. If so, the Management Committee will, if practical, re-rank and re-seed the Athletes in the semi-finals, determine the semi-final in which each Athlete will compete in accordance with Article 3.3.1 of this Part Two, and re-assign lanes to Athletes in accordance with Article 3.3.4 of this Part Two.

3.3.4 If no heats were held, the Management Committee will assign lanes to Athletes in accordance with Article 3.2.5.1 of this Part Two. If heats were held, the Management Committee will assign lanes in accordance with Article 3.2.5.1 of this Part Two, except it will use the official times achieved in the heats to rank Athletes from fastest to slowest (rather than the times initially provided by Athletes at entry).

3.3.5 Allocation of relay teams to semi-finals and assignment of lanes will be done in accordance with Articles 3.3.1 to 3.3.4 of this Part Two, reading 'relay team' instead of 'Athlete'.

3.4 In finals of Swimming events at the Olympic Games and World Aquatics Events and any other events held under the rules of World Aquatics (i.e., the Competition Regulations), the lane in which each Athlete or relay team starts will be determined by seeding, as follows:

3.4.1 Based on the times achieved by the Athletes in the semi-finals (or, if a direct final is held, the Athletes' entry times), the fastest eight (8) Athletes will qualify for the final.

3.4.2 **Equal seedings for the final place in any final will be resolved as follows:**

3.4.2.1 If the event is equal to or shorter than 200m in distance, a swim-off between the tied Athletes may be held to determine which Athlete will compete in the final.

3.4.2.2 If the event is longer than 200m in distance (including relays) and seven (7) Athletes have been seeded into a final that is being held in a ten (10) lane pool, and two (2) Athletes are equally seeded in the rankings for the eighth place in that final, both Athletes will be seeded into that final (lane zero (0) will also be used, with the two (2) Athletes assigned lane eight (8) or lane zero (0) by random draw).

3.4.2.3 If the event is longer than 200m in distance (including relays) and seven (7) Athletes have been seeded into a final that is being held in a ten (10) lane pool, and three (3)Athletes are equally seeded in the rankings for the eighth place in that final, all three (3) Athletes will be seeded into that final (lanes zero (0) and nine (9) will also be used, with the three (3) Athletes assigned lane eight (8) or lane zero (0) or lane nine (9) by random draw).

3.4.2.4 If the event is longer than 200m in distance (including relays) and seven (7) Athletes have been seeded into a final that is being held in a ten (10) lane pool, and more than three (3) Athletes are equally seeded in the rankings for the eighth place in that final, a swim-off may be held.

3.4.2.5 If the situation outlined in Article 3.4.2.2, Article 3.4.2.3, or Article 3.4.2.4 of this Part Two arises, but a ten (10) lane pool is not available, a swim-off may be held.

3.4.3 If one or more Athletes withdraw from a final, the Management Committee will give a place in the final to the fastest Athlete who had previously not qualified for the final if, in the Management Committee's discretion, it is reasonably possible to do so. If so, the Management Committee will re-rank and re-seed the Athletes in the final, and re-assign lanes to Athletes in accordance with Article 3.4.4 of this Part Two.

3.4.4 If no semi-finals were held, the Management Committee will assign lanes to Athletes in accordance with Article 3.2.5.1 of this Part Two. If semi-finals were held, the Management Committee will assign lanes in accordance with Article 3.2.5.1 of this Part Two, except it will use the official times achieved in the semi-finals to rank Athletes from fastest to slowest (rather than the times initially provided by Athletes at entry).

3.4.5 Allocation of relay teams to a final and assignment of lanes will be done in accordance with Articles 3.3.1 to 3.3.4 of this Part Two, reading 'relay team' instead of 'Athlete'.

3.5 For all heats, semi-finals and finals of Swimming events at the Olympic Games and World Aquatics Events, Athletes must report to the first call room at the time specified by the Management Committee. After inspection, Athletes will proceed to the final call room.

3.6 In Swimming competitions other than at the Olympic Games and World Aquatics Events and any other events held under the rules of World Aquatics (i.e., the Competition Regulations), the draw system may be used to assign lane positions.

3.7 At the World Aquatics Swimming Championships (25m) and the World Aquatics Junior Swimming Championships:

3.7.1 In events of 50m and 100m, heats, semi-finals and finals will be held.

3.7.2 In events of 200m or more, only heats and finals will take place.

3.7.3 At the discretion of the Management Committee, the 800m Freestyle event and the 1500m Freestyle event may be conducted on a timed final basis with the fastest heat only conducted during the finals session.

4 THE START

4.1 **The start in Freestyle, Breaststroke, Butterfly and Individual Medley races will be with a dive.**

4.1.1 Once all Athletes have removed their clothing, except for Swimwear, the Referee will signal the commencement of a race by a short series of whistles, which invites the Athletes to get ready at the starting end, followed by a long whistle, which indicates that the Athletes must take their positions on the starting platform and remain there.

4.1.2 When the Athletes and Technical Officials are prepared for the start, the Referee will gesture to the Starter using a outstretched arm, which indicates that the Athletes are under the Starter's control. The Referee's outstretched arm will stay in that position until the starting signal is given.

4.1.3 On the Starter's command "take your marks", the Athletes will immediately take up a starting position with at least one foot in contact with the front of the starting platforms. The position of the Athlete's hands is not relevant.

4.1.4 When all Athletes are stationary, the Starter will give the starting signal.

4.2 **The start in Backstroke races and Medley relay races will be in the water.**

4.2.1 Once all Athletes have removed their clothing, except for Swimwear, the Referee will signal the commencement of a race by a short series of whistles, which invites the Athletes to get ready at the starting end, followed by a long whistle, which indicates that the Athletes must immediately enter the water.

4.2.2 At the Referee's second long whistle, the Athletes will return without undue delay to the starting position.

4.2.3 When the Athletes and Technical Officials are prepared for the start, the Referee will gesture to the Starter using a outstretched arm, which indicates that the Athletes are under the Starter's control. The Referee's outstretched arm will stay in that position until the starting signal is given.

4.2.4 When all Athletes have assumed their starting positions in the water in accordance with Article 6.1 of this Part Two, the Starter will give the command "take your marks".

4.2.5 When all Athletes are stationary, the Starter will give the starting signal.

4.3 At the Olympic Games, the World Aquatics Championships, and other World Aquatics Events, the command "take your marks" will be in English, and commands and the starting signal will be communicated to Athletes via loudspeakers mounted at or by each starting platform.

4.4 Any Athlete who initiates a start before the signal may be disqualified.

4.4.1 If the starting signal is given before the disqualification is declared, the race will continue and the Athlete will be disqualified at the completion of the race.

4.4.2 If the disqualification is declared before the starting signal is given, the starting signal will not be given,the remaining Athletes will be stood down using the command "stand down please", and the Referee will repeat the starting procedure from the long whistle in accordance with Article 4.1.1 or 4.2.2 of this Part Two (as applicable).

5 FREESTYLE

5.1 In a Freestyle race, Freestyle means an Athlete may swim any style. In an individual Medley race or a Medley relay race, Freestyle means an Athlete may swim any style other than Backstroke, Breaststroke or Butterfly.

5.2 At least one part of the Athlete's body must touch the wall upon completion of each length and at the finish.

5.3 At least one part of the Athlete's body must break the surface of the water throughout the race, except that the Athlete may be completely submerged during the turn and for a distance of not more than 15 metres after the start and after each turn. By the 15 metre-mark, the Athlete's head must have broken the surface of the water.

5.4 Once some part of the head of the Athlete has passed the 5 metre-mark, immediately prior to reaching for the finish wall, the Athlete may be completely submerged.

6 BACKSTROKE

6.1 Prior to the starting signal, the Athletes will line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited. When using a Backstroke ledge at the start, at least one toe of each foot must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.

6.2 At the starting signal and after each turn the Athlete must push off and swim on their back throughout the race except when executing a turn in accordance with Article 6.4 of this Part Two. The Athlete's normal position on their back may include a roll movement of the body up to but not including 90 degrees from horizontal. The position of the head is not relevant.

6.3 At least one part of the Athlete's body must break the surface of the water throughout the race, except that during the turn and for a distance of not more than 15 metres after the start and after each turn. By the 15 metre-mark, the Athlete's head must have broken the surface of the water.

6.4 When executing the turn, the Athlete must touch of the wall with at least one part of their body. During the turn the shoulders may be turned over the vertical to the breast after which an immediate continuous single arm pull or immediate continuous simultaneous double arm pull may be used to initiate the turn. The Athlete must have returned to the position on the back upon leaving the wall.

6.5 When reaching for the finish wall, it is permissible for the Athlete to be completely submerged once his/her head has passed the 5 metre-mark. At the finish of the race, the Athlete must touch the finish wall while on the back.

7 BREASTSTROKE

7.1 After the start and after each turn, the Athlete may take one arm stroke completely back to the legs during which the Athlete may be submerged. At any time prior to the first Breaststroke kick after the start and after each turn a single Butterfly kick is permitted. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

7.2 From the beginning of the first arm stroke after the start and after each turn, the Athlete's body must be on the breast.

7.3 It is not permitted to roll onto the back at any time, except at the turn after the touch of the wall when it is permissible to turn in any manner as long as the body is on the breast from the beginning of the first arm stroke after leaving the wall. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms must be simultaneous without alternating movement.

7.4 The hands must be pushed forward together from the breast on, under, or over the water. The elbows will be under water except for the final stroke before the turn, during the turn, and for the final stroke at the finish. The hands must be brought back on or under the surface of the water. The hands must not be brought back beyond the hip line, except during the first stroke after the start and after each turn.

7.5 During each complete stroke cycle, some part of the Athlete's head must break the surface of the water. All movements of the legs will be simultaneous without alternating movement.

7.6 The feet must be turned outwards during the propulsive part of the kick. Alternating movements or downward Butterfly kicks are not permitted except in accordance with Article 7.1 of this Part Two. Breaking the surface of the water with the feet is allowed unless followed by a downward Butterfly kick.

7.7 At each turn and at the finish of the race, the touch must be made with both hands separated and simultaneously, at, above, or below the water surface. In this Article, "separated" means that the hands cannot be stacked one on top of the other (it is not necessary to see space between the hands, and incidental contact at the fingers is permitted). At the last stroke before each turn and at the finish, an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

8 BUTTERFLY

8.1 From the beginning of the first arm stroke after the start and after each turn, the Athlete's body must be on the breast.

8.2 It is not permitted to roll onto the back at any time, except at the turn after the touch of the wall when it is permissible to turn in any manner as long as the body is on the breast from the beginning of the first arm stroke after leaving the wall.

8.3 Both arms must be brought forward simultaneously over the water and brought backward simultaneously under the water throughout the race, subject to Article 8.6 of this Part Two.

8.4 All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but they must not alternate in relation to each other. A Breaststroke kicking movement is not permitted.

8.5 At each turn and at the finish of the race, the touch must be made with both hands separated and simultaneously, at, above, or below the water surface. In this Article, "separated" means that the hands cannot be stacked one on top of the other (it is not necessary to see space between the hands, and incidental contact at the fingers is permitted).

8.6 At least one part of the Athlete's body must break the surface of the water throughout the race, except that the Athlete may be completely submerged during the turn and for a distance of not more than 15 metres after the start and after each turn. At the start and at each turn, the Athlete is permitted one or more leg kicks and one arm pull under the water, which must bring the Athlete to the surface. By the 15 metre-mark, the Athlete's head must have broken the surface of the water. It is permissible for the Athlete to be completely submerged once his/her head has passed the 5 metre-mark prior to reaching for the finish wall.

9 MEDLEY SWIMMING

9.1 In an individual Medley race: the Athlete must perform the four swimming strokes, each for one quarter (1/4) of the total race distance, in the following order: Butterfly, Backstroke, Breaststroke, and Freestyle.

9.2 In a Medley relay race: the Athletes must perform the four swimming strokes, each for one quarter (1/4) of the total race distance, in the following order: Backstroke, Breaststroke, Butterfly, and Freestyle.

9.3 For both individual Medley and Medley relay races: during the Freestyle section, the Athlete's body must be on the breast, except when executing a turn. The Athlete must return to the breast before any kick or stroke. Leaving the wall on the back during the Freestyle section is permissible; however, no kicking action is permitted until the Athlete has returned past the vertical to the breast, at which point kicking – including one or more Butterfly kicks – may commence.

9.4 Each stroke section must be finished in accordance with the applicable rules for that stroke.

10 THE RACE

10.1 **All individual races must be held as separate sex competitions.**

10.2 **In all races:**

10.2.1 An Athlete must complete the course distance (or, in a relay, their quarter of the total race distance).

10.2.2 An Athlete must start the race in his/her allocated lane, remain in that lane throughout the race, and finish the race in that lane.

10.2.3 When performing a turn, an Athlete must make physical contact with the wall at the end of the pool or course, and – subject to Article 10.2.4 of this Part Two – the Athlete must not take a stride or step from the bottom of the pool.

10.2.4 An Athlete must not stand and/or walk on the pool bottom (except during Freestyle events or the Freestyle portion of Medley events, during which Athletes are permitted to stand on the pool bottom).

10.2.5 An Athlete must not pull on the lane rope.

10.2.6 An Athlete must not obstruct or otherwise interfere with another Athlete.

10.2.7 An Athlete who is not entered in a race must not enter the water during that race or before all Athletes in that race have completed the course distance.

10.2.8 An Athlete who has completed the course distance must leave the pool as soon as possible without obstructing or otherwise interfering with any Athlete who has not yet completed the course distance.

10.2.9 An Athlete must not act (or attempt to act) as a pacemaker for another Athlete, and an Athlete must not use (or attempt to use) any pacemaking device or plan.

10.3 **If the Referee determines (in his/her sole discretion) that an Athlete has breached any of the requirements of Article 10.2 of this Part Two, the Referee will disqualify the Athlete from that event (save in the case of breach of Article 10.2.7 of this Part Two, where the Referee will disqualify the Athlete that entered the water from the next race that the Athlete is scheduled to compete in at the competition).**

10.3.1 The Referee must report apparently intentional breaches of Article 10.2.6 of this Part Two to the Management Committee, which will report the matter to (as appropriate) (1) the Member Federation representing the country in which the World Aquatics Event is being held, and (2) the Member Federation that the Athlete is registered with for further investigation and possible disciplinary action. Further or alternative disciplinary action may be taken by the Aquatics Integrity Unit in relation to breaches arising at a World Aquatics Event or by the relevant regulatory authority in relation to breaches arising at other competitions.

10.4 **For all relay races:**

10.4.1 Each relay team must be comprised of four (4) Athletes, and each relay team in a Mixed Relay must be comprised of two (2) men and two (2) women.

10.4.2 Prior to the race and in accordance with the deadline specified by the Management Committee, the team leader must specify the order in which the relay team members will compete.

10.4.2.1 After that deadline, substitutions of one relay team member for another relay team member may be made only in the case of an evidenced medical emergency and with the prior permission of the Referee, the World Aquatics Technical Delegate, or the Management Committee (as applicable).

10.4.2.2 The composition of a relay team may be changed between the heats and finals of an event, provided that all relay team members are eligible to compete in the relay event at the competition.

10.4.3 **An Athlete may compete in a race only once as a relay team member.**

10.4.4 Athletes must commence relay exchanges from the starting platform, and must not perform a running start from the pool deck.

10.4.5 Until an Athlete touches the wall to complete their quarter of the total race distance, the feet of the Athlete in the same relay team who is next in order to compete must remain in contact with the starting platform.

10.4.6 Unless they are specified as next in order to compete in the relay, an Athlete who is a relay team member must not enter (or re-enter) the water during that race or before all Athletes in the race have completed the course distance.

10.4.7 An Athlete who has completed their distance must leave the pool as soon as possible without obstructing or otherwise interfering with any Athlete who has not yet completed their distance.

10.5 If the Referee determines (in his/her sole discretion) that an Athlete or other person has breached any of the requirements of Article 10.4 of this Part Two, the Referee will disqualify the relevant relay team (and, if it was an Athlete that breached the requirement, will disqualify that Athlete).

10.6 If the Referee determines (in his/her sole discretion) that a breach of the requirements of Article 10.2 or Article 10.4 of this Part Two by an Athlete has adversely impacted the chances of success of another Athlete (or relay team), the Referee (in his sole discretion) may order that the impacted Athlete (or relay team) be permitted to compete again in the next heat or, if the breach occurred in the final heat or in a final, may order that the final heat or the final be re-swum.

11 TIMING

11.1 **If Automatic Officiating Equipment (or, as relevant, Semi-Automatic Officiating Equipment) is used:**

11.1.1 The appointed Officials will supervise the operation of the Automatic Officiating Equipment.

11.1.2 The Automatic Officiating Equipment will record the time taken by each Athlete to complete the course and, based on those times, determine the winner and all placings. If two or more Athletes achieve equal times, those Athletes will be determined to have equal placing.

11.1.3 Times recorded by and placings determined from operation of the Automatic Officiating Equipment will be presumed to be accurate and will take precedence over any times recorded by and/or placings determined by Timekeepers and Finish Judges. The Control Room Supervisor must confirm to the Referee that there has not been any malfunction, break-down, or failure of the Automatic Officiating Equipment during a race.

11.1.4 The Automatic Officiating Equipment will record times to an accuracy of one hundredth (1/100) of a second.

11.1.5 Race times must be displayed on all outputs (including the Venue electronic scoreboard and official results reports) to an accuracy of one hundredth (1/100) of a second.

11.1.6 If Automatic Officiating Equipment is used and it fails to record the place and/or time of one or more Athletes in a race, the Referee will:

11.1.6.1 Collate all available times and places recorded by the Automatic Officiating Equipment and all available times and places recorded by the Timekeepers and any Finish Judges, if appointed.

11.1.6.2 Determine the official placings of the race as follows:

11.1.6.2.1 Athletes who have a time and place recorded by Automatic Officiating Equipment must retain their relative order in the race placings compared to other Athletes in the same race who also have a time and place recorded by Automatic Officiating Equipment.

11.1.6.2.2 If an Athlete has a time but not a place recorded by Automatic Officiating Equipment, the Athlete's race placing will be determined by comparison of the Athlete's time recorded by Automatic Officiating Equipment against the times of the other Athletes in the same race who have a time and place recorded by Automatic Officiating Equipment.

11.1.6.2.3 If an Athlete does not have a time or place recorded by Automatic Officiating Equipment, the Athlete's race placing will be determined by comparison of the Athlete's time recorded by Semi-Automatic Officiating Equipment or Timekeepers against the times of the other Athletes in the same race who have a time and place recorded by Automatic Officiating Equipment.

11.1.7 If Automatic Officiating Equipment is used and it fails to record the place and/or time of one or more Athletes in a race, the official times will be recorded as follows:

11.1.7.1 The official time for all Athletes who have a time recorded by Automatic Officiating Equipment will be that time.

11.1.7.2 The official time for all Athletes who do not have a time recorded by Automatic Officiating Equipment will be the time recorded by Semi-Automatic Officiating Equipment or Timekeepers.

11.2 **If no Automatic Officiating Equipment or Semi-Automatic Officiating Equipment is used:**

11.2.1 Timekeepers will record the time taken by each Athlete to complete the course and, based on those times, the Referee will determine the winner and all placings. If two or more Athletes achieve equal times, those Athletes will be determined to have equal placing.

11.2.2 Each Timekeeper must be appointed or approved by the Member Federation in the country in which the competition is held and must use a watch (meaning any form of timing device) that is certified as accurate to the satisfaction of that Member Federation.

11.2.3 The time taken by an Athlete to complete the course will be recorded to an accuracy of one hundredth (1/100) of a second by two (2) Timekeepers. The official time for that Athlete will be determined as follows:

11.2.3.1 If the two (2) watches record different times, the average of the two (2) recorded times will be recorded as the Athlete's official time. If this calculation results in a value that is expressed in thousandths of a second, the final digit will not be recorded and the official time recorded will not be 'rounded' up or down.

11.2.3.2 If one (1) of the two (2) watches fails, the time recorded on the one (1) working watch will be recorded as the Athlete's official time.

11.2.3.3 If the two (2) watches both fail, the Athlete may be offered a reswim.

11.2.4 Race times must be displayed on all outputs to an accuracy of one hundredth (1/100) of a second.

11.3 If an Athlete is disqualified during or following an individual race or event, the disqualification will be recorded in the official results and no time or placing will be recorded or announced.

11.4 If an Athlete is disqualified during or following a relay race or event, the disqualification will be recorded in the official results and no time or placing will be recorded or announced (save that legal split times achieved by the relay team members prior to participation of the Athlete that was disqualified will be recorded in the official results).

11.5 During relay races, the Automatic Officiating Equipment or Semi-Automatic Officiating Equipment (or the Timekeepers, as applicable) will record the time splits at 50m and at 100m achieved by the first Athlete of each relay team, and those time splits will be published in the official results.

11.6 The relative order of placings for the combined heats of an event are calculated by comparison of the official times achieved by all Athletes. If two or more Athletes achieve equal official times, those Athletes will be tied in the order of placings (and presented in lists in descending order of lane assignment or, if lane assignments are tied, in alphabetical order).

12 WORLD RECORDS

12.1 World Aquatics will recognise and maintain World Records and World Junior Records achieved in a 50m pool by both sexes in the following strokes and distances:

Freestyle	50m, 100m, 200m, 400m, 800m, and 1500m
Backstroke	50m, 100m, and 200m
Breaststroke	50m, 100m, and 200m
Butterfly	50m, 100m, and 200m
Individual Medley	200m, and 400m
Freestyle Relay	4x100m, and 4x200m
Medley Relay	4x100m
Mixed Relay	4x100m Freestyle, and 4x100m Medley

12.2 World Aquatics will recognise and maintain World Records and World Junior Records achieved in a 25m pool by both sexes in the following strokes and distances:

Freestyle	50m, 100m, 200m, 400m, 800m, and 1500m
Backstroke	50m, 100m, and 200m
Breaststroke	50m, 100m, and 200m
Butterfly	50m, 100m, and 200m
Individual Medley	100m, 200m, and 400m
Freestyle Relays	4x50m, 4x100m, and 4x200m
Medley Relay	4x50m, and 4x100m
Mixed Relays	4x50m Freestyle, and 4x50m Medley

12.3 In order for an Athlete's performance to be eligible for a World Record or World Junior Record, it must have been achieved in accordance with all relevant World Aquatics Rules including these Competition Regulations and the following (non-exhaustive) eligibility and other criteria:

12.3.1 The Athlete must have been wearing only permitted Swimwear in accordance with Article 6 of Part One.

12.3.2 For a World Junior Record, the Athlete must be fourteen (14), fifteen (15), sixteen (16), seventeen (17), or eighteen (18) years old as at 31 December in the year of the date of the performance.

12.3.3 For any relay World Record or World Junior Record, all members of a relay team must be of the same sport nationality in accordance with Article 3 of Part One.

12.3.4 An Athlete competing in a relay race is not eligible to set an individual World Record or World Junior Record, except for the Athlete who swims the first quarter of the total race distance in a relay. If the Athlete themselves is not disqualified but the relay team of that Athlete is disqualified for any reason that occurs or is identified after completion of the Athlete's performance, the Athlete's performance will be eligible for a World Record or World Junior Record.

12.3.5 The Athlete must have achieved a time faster than (or equal to) the preexisting World Record or World Junior Record.

12.3.5.1 If an Athlete achieves a time equal to a preexisting World Record or World Junior Record to an accuracy of one hundredth (1/100) of a second, that Athlete is entitled to apply for recognition of their performance as the "joint holder" of the World Record or World Junior Record.

12.3.5.2 Unless Article 12.3.5.3 of this Part Two applies, if more than one Athlete in a race achieves a time faster than (or equal to) the preexisting World Record or World Junior Record and there is only one winner of the race then only the winner of the race is entitled to apply for recognition of their performance as a World Record or World Junior Record.

12.3.5.3 If an Athlete achieves a time faster than (or equal to) the preexisting World Junior Record and finishes other than as winner of a race and no other better-placed eligible Athlete in the race also set a World Junior Record then the Athlete is entitled to apply for recognition of their performance as a World Junior Record.

12.3.5.4 If more than one Athlete in a race achieves a time faster than (or equal to) the preexisting World Record or World Junior Record and there is more than one winner of the race then all winners of the race are entitled to apply for recognition of their performance as a World Record or World Junior Record.

12.3.6 A performance by an Athlete in an individual race of a certain distance may be eligible for a World Record or a World Junior Record at an intermediate distance achieved during that race. The Athlete must complete the full distance of the individual race (not only the intermediate distance or a distance short of the full distance).

12.3.7 The performance must have taken place under the following conditions:

12.3.7.1 The performance must have been recorded by Automatic Officiating Equipment or, in the case of an Automatic Officiating Equipment system malfunction, Semi-Automatic Officiating Equipment.

12.3.7.2 The performance must have been achieved in water containing less than 3 grams/litre of salt, and must not have been achieved in any kind of sea or ocean water.

12.3.7.3 The performance must have been achieved (a) in ordinary competition or (b) in an individual race against time that is held in public and announced publicly by advertisement at least three days before the attempt is to be made (unless the individual race against time is sanctioned by a Member Federation as a time trial during a competition, in which case the requirement for advertisement does not apply).

12.3.7.4 The length of the pool lane in which the performance was swum must be certified by a surveyor or other qualified official appointed or approved by the Member Federation in the country in which it is situated.

12.3.7.5 If a moveable bulkhead is used, length of the pool lane in which the performance was swum must be confirmed at the conclusion of the session during which the performance was achieved by a surveyor or other qualified official appointed or approved by the Member Federation in the country in which it is situated must be confirmed.

12.3.8 Immediately after the World Record or World Junior Record individual performance (or at latest within 24 hours of the conclusion of the race), an anti-doping sample must have been collected from the Athlete (and the resulting analysis must be a negative finding). Immediately after the World Record or World Junior Record relay team performance (or at latest within 24 hours of the conclusion of the race), an anti-doping sample must have been collected from each of the four (4) Athletes in the finals relay team (and the resulting analyses must all be negative findings).

12.4 World Record or World Junior Record performances swum during the Olympic Games, the World Aquatics Championships, the World Aquatics Swimming Championships (25m), the World Aquatics Junior Swimming Championships, and World Aquatics Swimming World Cups will be automatically approved, provided that all required conditions are met for World Records and/or World Junior Records.

12.5 The application procedure for recognition by World Aquatics of a World Record or World Junior Record performance swum at a competition other than the Olympic Games, the World Aquatics Championships, the World Aquatics Swimming Championships (25m), the World Aquatics Junior Swimming Championships, and the Swimming World Cup is as follows:

12.5.1 A claim of a World Record or a World Junior Record performance must be provisionally reported by an authorised representative of the competition's management committee in writing to the Executive Director within seven (7) days of the performance.

12.5.2 An application for recognition by World Aquatics of a World Record or World Junior Record must be filed with the Executive Director within fourteen (14) days after the performance. The application must be made by the Referee on the World Aquatics official form. The Referee will certify that the requirements of Article 12.3 of this Part Two have been complied with.

12.5.3 On receipt of the application, the Executive Director will consider whether the requirements of Article 12.3 of this Part Two have been complied with. If they have been complied with, the Executive Director will declare the new World Record or World Junior Record, publish that information, and provide diplomas to the relevant Athlete(s).

12.5.4 If the application-filing procedure has not been followed (in full or in part) by the competition's Management Committee, the Athlete's Member Federation may file an application for recognition by World Aquatics of a World Record or a World Junior Record using the official form. On receipt of the application, the Executive Director will consider whether the requirements of Article 12.3 of this Part Two have been complied with. If they have been complied with, the Executive Director will declare the new World Record or World Junior Record, publish that information, and provide diplomas to the relevant Athlete(s).

12.6 If World Aquatics approves an application for an individual World Record or World Junior Record, the Executive Director will send to the Athlete's Member Federation that the Athlete is affiliated to a diploma signed by the President of World Aquatics for presentation to the Athlete in recognition of the performance.

12.7 If World Aquatics approves an application for a relay World Record or World Junior Record, the Executive Director will send to the Member Federation that the Athletes are affiliated to five (5) diplomas signed by the President of World Aquatics, one (1) for and to be retained by the Member Federation, and one (1) each for presentation to the four (4) relay team Athletes in recognition of their performances.

12.8 World Aquatics may (in its sole discretion) establish one (1) or more additional categories of World Record or World Junior Record (that require different strokes, distances, or other variables). If so, World Aquatics will establish a "target time" and, if an Athlete achieves a time faster than the "target time", that performance will be eligible for a World Record or World Junior Record (subject always to compliance with the requirements of Article 12.3 of this Part Two).

13 AGE GROUP RULES AND ELIGIBILITY

13.1 To be eligible to compete at the World Aquatics Junior Swimming Championships, an Athlete must be fourteen (14), fifteen (15), sixteen (16), seventeen (17), or eighteen (18) years old as at 31 December in the year of the start date of the competition.

13.2 To be eligible to compete at the Olympic Games, the World Aquatics Championships, or the World Aquatics Swimming Championships (25m), an Athlete must:

13.2.1 be at least fourteen (14) years old as at 31 December in the year of the start date of the competition; or

13.2.2 be younger than fourteen (14) years old as at 31 December in the year of the start date of the competition and have achieved at least the "B" standard entry time in the relevant event.

13.3 Member Federations and competition organisers may adopt the same and/or alternative age group eligibility rules for competitions within their jurisdiction.

14 SWIMWEAR, TECHNOLOGY, AND WEARABLES

14.1 During competition, an Athlete must wear a swimsuit and may wear goggles and/or a cap, in each case that is permitted by Article 6 of Part One.

14.2 Other than permitted Swimwear, an Athlete must not wear or use during competition any device or swimwear that may aid his/her speed, buoyancy, or endurance (such as, for example, webbed gloves, flippers, fins, or adhesive substances).

14.3 An Athlete is permitted to use an automated data collection device for the sole purpose of collecting data. Such device must not be capable of transmitting or used to transmit data, sounds, or signals to the Athlete and must not be capable of aiding or used to aid the Athlete's speed, buoyancy, or endurance.

14.4 An Athlete will be permitted to use tape on one (1) or two (2) fingers or toes (including to bind together two fingers or toes) if use of the tape is required to treat or protect an injury to a finger or toe.

15 SWIMMING FACILITIES AND EQUIPMENT

15.1 **Pool length:**

15.1.1 **50m swimming pools:**

15.1.1.1 If touch panels of Automatic Officiating Equipment are used at the starting end and/or at the turning end, the pool must be of such length that ensures the required distance of 50.000 metres between the two panels.

15.1.2 **25m swimming pools:**

15.1.2.1 If touch panels of Automatic Officiating Equipment are used at the starting end and/or at the turning end, the pool must be of such length that ensures the required distance of 25.000 metres between the two panels.

15.2 **Pool dimensional tolerances:**

15.2.1 **50m swimming pools:**

15.2.1.1 The admissible tolerance in length in 50.000 metre swimming pools will be: +0.010 metres and -0.000 metres, when touch panels are installed.

15.2.1.2 For pools with touch panels of Automatic Officiating Equipment on both ends, the wall to wall distance will be at minimum 50.020 metres and at maximum 50.030 metres.

15.2.1.3 The required length, subject to the permitted tolerances, must be consistent from 0.300 metre above to 0.800 metre below the water surface.

15.2.1.4 These measurements must be certified by a surveyor or other qualified official, appointed or approved by the Member Federation in the country in which the pool is situated.

15.2.2 **25m swimming pools:**

15.2.2.1 The admissible tolerance in 25.000 m swimming pools will be +0.010, and -0.000 metre when touch panels are installed.

15.2.2.2 For pools with touch panels of Automatic Officiating Equipment on both ends the wall to wall distance will be at minimum 25.020 metres and at maximum 25.030 metres.

15.2.2.3 For pools with touch panels of Automatic Officiating Equipment on one end the wall to wall distance will be at minimum 25.010 metres and at maximum 25.020 metres.

15.2.2.4 The required length, subject to the permitted tolerances, must be consistent from 0.300 metre above to 0.800 metre below the water surface.

15.2.2.5 These measurements should be certified by a surveyor or other qualified official, appointed or approved by the Member Federation in the country in which the pool is situated.

15.3 **Pool width:**

15.3.1 At the Olympic Games and the World Aquatics Championships, the minimum pool width for a permanent swimming pool is 25.000 metres and the minimum pool width for a temporary swimming pool is 26.000 metres.

15.3.2 At all other competitions, there is no minimum width requirement.

15.4 **Pool depth:**

15.4.1 At the Olympic Games and the World Aquatics Championships, the minimum pool depth is 2.5 metres.

15.4.2 At the World Aquatics Swimming Championships (25m), the minimum pool depth is 2.0 metres (although 2.5 metres is recommended).

15.4.3 At all other World Aquatics Events, the minimum pool depth is 1.0 metres, except that where starting blocks are used, the pool must have a minimum depth of 1.35 metres from between 1.0 metre from the end wall to at least 6.0 metres from the end wall.

15.5 **Pool walls:**

15.5.1 End walls must be vertical, parallel to each other, and form 90-degree right angles to the swimming course and to the surface of the water. They must be constructed of solid material, with a slip-resistant surface extending at least 0.8 metre below the water surface, so as to enable the competitor to touch and push off when turning without hazard. The admissible tolerance in walls verticality will be ±0.3 degrees.

15.5.2 Rest ledges along the pool walls are permitted. They must be located not less than 1.2 metres below the water surface, and may be 0.1 metre to 0.15 metre wide. Both internal and external ledges are permitted, but internal ledges are preferrable.

15.5.3 Gutters may be placed on all four walls of the pool. If end wall gutters are installed, they must allow for attachment of touch panels to the required 0.3 metre above the water surface. Gutters must be covered with a suitable grill or screen.

15.6 **Pool lanes:**

15.6.1 At the Olympic Games, the pool must contain eight (8) lanes that are 2.5 metres in width, with a gap – separated by lane ropes – of 2.5 metres in width at the outer side of the first lane and the outer side of the last lane. See the diagram at Appendix 1. Ninth and tenth lanes may be used in exceptional circumstances with the approval of the Chair of the Technical Swimming Committee.

15.6.2 At the World Aquatics Championships and the World Aquatics Swimming Championships (25m), the pool must contain ten (10) lanes.

15.6.2.1 For a permanent swimming pool, the middle eight (8) lanes must be 2.5 metres in width, and the outer two lanes must be 2.4 metres in width with a gap – separated by lane ropes – of at least 0.1 metres in width at the outer side of the first lane and the outer side of the last lane. See the diagrams at Appendix 2 and Appendix 8.

15.6.2.2 For a temporary swimming pool, the ten (10) lanes must be 2.5 metres in width with a gap – separated by lane ropes – of at least 0.5 metres in width at the outer side of the first lane and the outer side of the last lane. See the diagrams at Appendix 3 and Appendix 9.

15.6.3 At all other competitions, there is no minimum number of lanes. Lanes must be at least 2.5 metres wide, except for the first and last lanes, which must be at least 2.4 metres wide with a gap of at least 0.1 metres in width at the outer side of the first lane and the outer side of the last lane.

15.7 **Pool lane ropes:**

15.7.1 The main functions of a lane rope are to separate swimming lanes and reduce the pool waves. A lane rope should have properties to reduce the impact of a wave either continuing the other side of rope or bouncing back in the direction the wave came from.

15.7.2 Lane ropes must extend the full length of the course and components not contributing to the rope's wave reduction function, such as a tension spring and a take-up reel, must measure less than 200mm at each end of the rope.

15.7.3 Lane ropes should be secured at each end wall to an anchor bracket recessed into the end wall. If anchor placement is on the pool deck, a firm and non-elastic extender must be in place. The installed lane rope should stay in the pool water. The anchor, including extender, must not extend more than 10mm into the pool. The anchor must not increase the length of the lane rope by more than ± 10mm each end of rope.

15.7.4 The anchor must be positioned so that the wave reducing components at each end wall of the pool are 50% below the surface of the water. Anchors must be installed to withstand 20 kN of tensile force. Each lane rope will consist of wave reducing components placed end-to-end having a diameter of between 0.1 metres (at maximum) and 0.15 metres (at minimum). The design of discs and floats should be such that the floats, by themselves, do not influence the length of the lane rope. A float should be an integral part in between two discs. Throughout the length of the course, the lane rope must have a negative buoyancy so that at least one half to at most two thirds of the height of the wave reducing components are beneath the water surface.

15.7.5 The take-up reel of the lane rope should require a tool to lock tensioning into position and to prevent unauthorised tampering. The lane rope must be equipped with a tension spring that can absorb sudden high point loads and a wire that can withstand a tensile force of 12 kN.

15.7.6 **The colour of the lane ropes should be as follows:**

15.7.6.1 **At the Olympic Games (see diagram at Appendix 1):**

15.7.6.1.1 Two (2) green ropes for lanes 1 and 8.

15.7.6.1.2 Four (4) blue ropes for lanes 2, 3, 6, and 7.

15.7.6.1.3 Three (3) yellow ropes for lanes 4 and 5.

15.7.6.2 **At the World Aquatics Championships and the World Aquatics Swimming Championships (25m) (see diagrams at Appendix 2, Appendix 3, Appendix 8, and Appendix 9):**

15.7.6.2.1 Two (2) green ropes for lanes 0 and 9.

15.7.6.2.2 Six (6) blue ropes for lanes 1, 2, 3, 6, 7 and 8.

15.7.6.2.3 Three (3) yellow ropes for lanes 4 and 5.

15.7.6.3 **At all other competitions (see diagrams at Appendix 1, Appendix 6, and Appendix 7):**

15.7.6.3.1 Two (2) green ropes for lanes 1 and 8.

15.7.6.3.2 Four (4) blue ropes for lanes 2, 3, 6, and 7.

15.7.6.3.3 Three (3) yellow ropes for lanes 4 and 5.

15.7.6.4 **Variations in lane rope colour are permitted but the respective lanes must be distinguished by three (3) colours.**

15.7.7 Red floats attached to the lane ropes must extend for a distance of 5.0 metres from each end of the pool.

15.7.8 There must not be more than one (1) lane rope between each lane. The lane ropes must be firmly stretched to a tension of between 1 kN and 1.2 kN.

15.7.9 The floats on each lane rope at the 15 metre-mark from each end wall must be distinct in colour from the surrounding floats.

15.7.10 In 50 metre pools the floats must be distinct (typically by contrasting colour) to mark 25 metres.

15.7.11 Lane numbers of soft material may be positioned on the lane ropes at the starting end and the turning end of the pool.

15.8 **Starting platforms:**

15.8.1 Starting platforms will be firm and provide no springing effect. The height of the top of the platform above the water surface will be between 0.5 metres and 0.75 metres. The starting platform surface area will be at least 0.5 metres by 0.5 metres, and will be covered with a slip-resistant material.

15.8.2 The maximum permitted slope of the starting platform will be 10 degrees. The starting platform may have an adjustable setting back plate. The platform will be constructed so as to permit the gripping of the platform by the Athlete in the forward start at the front and the sides; it is recommended that, if the thickness of the starting platform exceeds 0.04 metres, grips of at least 0.1 metre in width on each side and at least 0.4 metres in width in the front be cut out to 0.03 metre from the surface of the platform.

15.8.3 Handgrips for the forward start may be installed on the sides of the starting platforms. Handgrips for Backstroke starts will be placed between 0.3 metres and 0.6 metres above the water surface both horizontally and vertically. They will be parallel to the surface of the end wall and must not protrude beyond the end wall.

15.8.4 A minimum depth of 1.35 metres, extending from 1.0 metre from the end wall to at least 6.0 metres from the end wall is required for pools with starting blocks.

15.8.5 Electronic display boards may be installed under the blocks, but the display must not flash and the figures must not move during a Backstroke start.

15.8.6 Each starting platform must be distinctly numbered on all four (4) sides, and the numbers must be clearly visible. It is recommended that lane number zero (0) be on the right-hand side when facing the course from the starting end, with exception of 50m events, which may start from the opposite end. Touch panels may be numbered on the top or bottom part.

15.9 **Backstroke turn indicators (also commonly known as Backstroke flags):**

15.9.1 Flagged ropes will be suspended across the pool, 1.8 metres above the water surface, from fixed standards placed 5.0 metres from each end wall. Distinctive marks must be placed on both sides of the pool and, where possible, on each lane rope, 15.0 metres from each end wall.

15.9.2 Triangular flags of the following dimensions must be fixed to the ropes: 0.20 metres on the side attached to the rope and 0.40 metres on the other two sides. The distance between each flag must be 0.25 metres. If the flags contain or feature any printing or signage, that printing or signage must be approved in advance by World Aquatics.

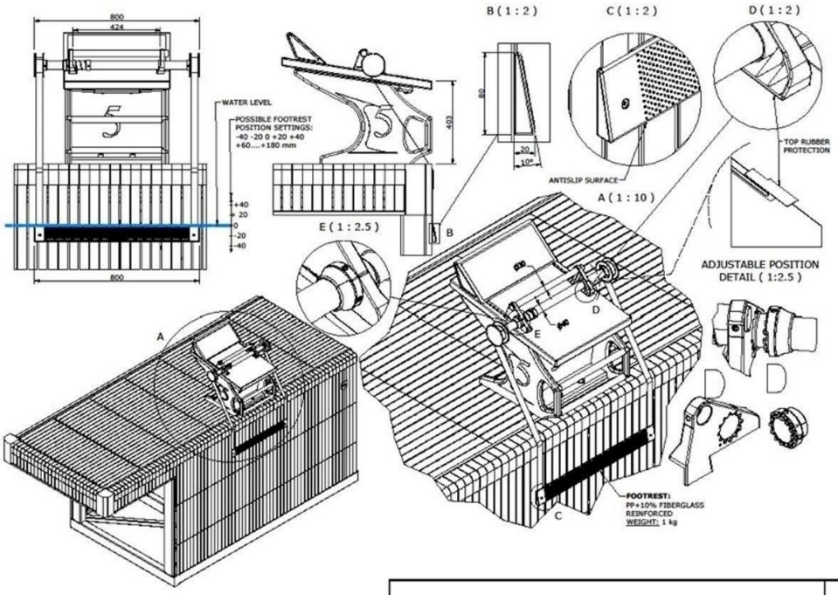
15.10 **Backstroke ledge:**

15.10.1 Backstroke ledges conforming to the specification set out below (including in the diagram below) must be used.

15.10.1.1 The ledge must be adjustable to 4 cm above or 4 cm below the water level and may not be used outside of this range.

15.10.1.2 The ledge must be a minimum of 60 cm in length.

15.10.1.3 The ledge must be 8 cm in height and 2 cm in width, with 10 degrees of slope.



BACKSTROKE LEDGE

15.11 **Water conditions:**

15.11.1 The water temperature must be between 25.0° and 28.0° Celcius.

15.11.2 **Water movement:**

15.11.2.1 During competition, the surface level of the water in the pool must be constant, with no appreciable movement.

15.11.2.2 On days of competition and training, in order to maintain the water level, preserve the transparency of water, and take into consideration the health regulations in force in most countries, inflow and outflow of water must be regulated as follows:

15.11.2.2.1 220 to 250 m3/h for 50m pools.

15.11.2.2.2 150 to 180 m3/h for 33.333m pools.

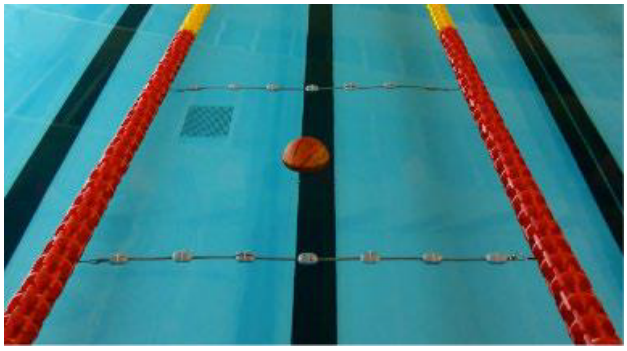
15.11.2.2.3 120 to 150 m3/h for 25m pools.

15.11.2.3 In daily use (i.e., outside of competition), inflow and outflow of water must follow the health regulations of the relevant country.

15.11.2.4 At these water distribution turnover rates, there must be no appreciable current or turbulence created. In this context, “appreciable current” means water movement that can move a floating basketball (filled with 6 litres of water to obtain the right buoyancy) in one direction for more than 1.25 metres in 60 seconds.

15.11.2.5 The practical way to test this is to install two floating lines crosswise in a swim lane to obtain a square with sides of 2.5 metres in length (see below image) and then to place the basketball in the central point of the square. If, after 60 seconds, the basketball does not touch any of the four lane ropes, the water movement test is successful.

15.11.2.6 This test should be repeated eight times: at both ends of the pool in each of lanes 1, 3, 6, and 8. In each case, the basketball should be placed 5 metres from the end of the pool (whether using an end wall or a bulkhead).



15.12 Lighting:

15.12.1 At the Olympic Games and World Aquatics Events, light intensity over the whole pool must not be less than 1500 lux, measured from the pool deck.

15.12.2 At all other competitions, light intensity over starting platforms and turning ends must not be less than 600 lux, measured from the pool deck.

15.13 Lane markings:

15.13.1 Lane markings must be of a dark contrasting colour, placed on the floor of the pool in the centre of each lane. Their width must be at minimum 0.2 metres and at maximum 0.3 metres. Their length must be 46.0 metres for 50m pools, or 21.0 metres for 25m pools.

15.13.2 Each lane marking will be formed by a line in the centre of each lane that ends 2.0 metres from each end wall, with a distinctive cross line (perpendicular to the lane line) at each end that is 1.0 metre in length and the same width as the lane line. The distance between the centre points of each lane (and lane marking) must be 2.5 metres.

15.13.3 Target lines of the same width as the lane lines must be placed on the end walls or on the touch panels, in the centre of each lane. The target lines will extend without interruption from the deck edge (curb), to the floor of the pool to a maximum of 3 metres. A cross line that is 0.5 metres in length will be placed in each lane (perpendicular to the target line) 0.3 metres below the water surface, measured at the centre point of the cross line.

15.13.4 In 50m and 25m pools (except those constructed before 1 January 2006), a cross line that is 0.5 metres in length will be placed in each lane (perpendicular to the lane line) at the 15 metre-mark from each end of the pool. If there is a 15 metre-mark cross line, the 15-metre distance will be measured from the end of the pool to the centre point of the cross line.

15.14 Bulkheads:

15.14.1 When a bulkhead serves as an end wall, it must extend the full width of the course and present a solid, smooth, non-slippery, stable, vertical surface on which touch pads may be mounted extending not less than 0.8m below and 0.3m above the surface of the water, and must be free of potentially hazardous openings above or below the waterline that may be penetrated by an Athlete's hands, feet, toes, or fingers. A bulkhead must be of a design that provides for the free movement of officials along its length without such movement creating any appreciable current or water turbulence.

15.15 At the Olympic Games and the World Aquatics Championships, if the swimming pool and the diving well are located in the same area:

15.15.1 If the pools were constructed on or after 1 January 2014, the pools must be separated by at least 8 metres (preferably 10 metres).

15.15.2 If the pools were constructed before 1 January 2014, the pools must be separated by at least 5.0 metres.

15.16 **Automatic Officiating Equipment and Semi-Automatic Equipment:**

15.16.1 Automatic Officiating Equipment and Semi-Automatic Officiating Equipment records the elapsed time of each Athlete and determines their relative placing in a race.

15.16.1.1 For both Automatic Officiating Equipment and Semi-Automatic Officiating Equipment, the timer is initiated manually by the Starter.

15.16.1.2 For Automatic Officiating Equipment, the timer for each Athlete is stopped by the Athlete touching the touch panel at the end of the race (and, typically, the video recording calibrated to 1/100 of a second comprises the back-up timing system).

15.16.1.3 For Semi-Automatic Officiating Equipment, either:

15.16.1.3.1 the timer for each Athlete is stopped by the Athlete touching the touch panel at the end of the race (and Timekeepers that manually press a button to stop the official timer when the Athlete touches the wall at the end of the race comprise the back-up timing system); or

15.16.1.3.2 if there are no (or no working) touch panels, the timer for each Athlete is stopped by Timekeepers that manually press a button to stop the official timer when the Athlete touches the wall at the end of the race.

15.16.2 **Automatic Officiating Equipment and Semi-Automatic Equipment must:**

15.16.2.1 Be activated by the Starter.

15.16.2.2 Have no exposed wires or cables on the pool deck.

15.16.2.3 Be able to display all recorded information for each lane by place and by lane.

15.16.2.4 Provide easy digital reading of an Athlete's time.

15.16.2.5 Be accurate to two (2) decimal places (1/100 of a second).

15.16.2.6 Not interfere with the Athletes' starts or turns, or the function of the overflow system.

15.16.3 **Starting devices:**

15.16.3.1 The Starter will have a microphone for oral commands.

15.16.3.2 If a pistol is used, it will be used with a transducer.

15.16.3.3 Both the microphone and the transducer must be connected to loudspeakers at each starting block so that both the Starter's commands and the starting signal can be heard equally and simultaneously by each Athlete.

15.16.3.4 False start detection equipment must be installed.

15.16.4 **Touch panels for Automatic Officiating Equipment and Semi-Automatic Officiating Equipment:**

15.16.4.1 The minimum measurement of the touch panels must be 2.4 metres wide and 0.9 metre high, and the thickness must be 0.01 metres when the contact is closed (and the time is stopped).

15.16.4.2 The touch panels will extend 0.3 metre above and 0.6 metre below the surface of the water. The equipment in each lane will be electronically connected independently, so it may be controlled and maintained individually. The surface of the panels must be of a bright colour and bear the end wall line markings described at Article 15.14 of this Part Two.

15.16.4.3 The touch panels must be installed in a fixed position in the centre of the lanes. The panels may be portable, allowing the pool operator to remove them when there are no competitors.

15.16.4.4 The sensitivity of the panels must be such that they cannot be activated by water turbulence, but will be activated by a light hand touch. The panels will be sensitive on the top edge.

15.16.4.5 The markings on the panels must conform with and superimpose over the existing markings of the pool. The perimeter and edges of the panels will be defined by a 0.025 metre black border.

15.16.4.6 The panels must be safe from the possibility of electrical shock and must not have sharp edges.

15.16.5 **Semi-Automatic Officiating Equipment:**

15.16.5.1 Semi-Automatic Officiating Equipment will operate as described at Article 15.16.1 of this Part Two.

15.16.5.2 World Aquatics may decide to use Semi-Automatic Officiating Equipment as a backup to the Automatic Officiating Equipment at World Aquatics Events as long as the Semi-Automatic Officiating Equipment features one button per lane, each operated by a separate official (in which case other Finish Judges will not be required). An Inspector of Turns may operate one of the buttons.

15.16.6 **The following accessories must be available for use in conjunction with the Automatic Officiating Equipment and Semi-Automatic Officiating Equipment:**

15.16.6.1 Facilities to print information and to electronically retrieve results from preceding races.

15.16.6.2 Spectator electronic display board.

15.16.6.3 Relay take-off judging to one hundredth (1/100) of a second (for the time differential at relay changeovers, if any, the competition organiser should consult the equipment manufacturer). Where overhead video cameras are installed they may be reviewed as a supplement to the Automatic Officiating Equipment system's judgement of relay take-offs.

15.16.6.4 Automatic lap counter.

15.16.6.5 Readout of splits.

15.16.6.6 Computer summaries.

15.16.6.7 Facility to correct results based on an erroneous touch.

15.16.6.8 Automatic rechargeable battery operation possibility.

15.16.7 **The following accessories must be available for use in conjunction with the Automatic Officiating Equipment at the Olympic Games and the World Aquatics Championships:**

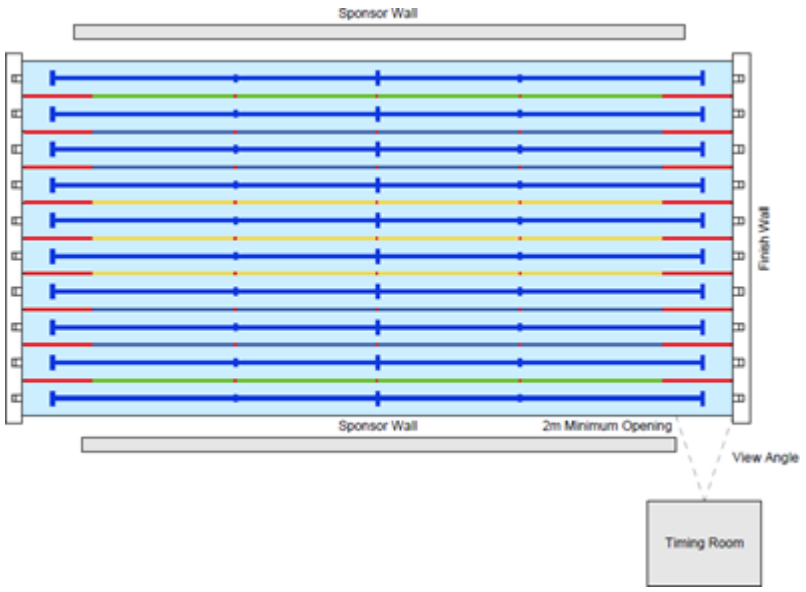
15.16.7.1 The spectator electronic display board must be at least 7.5 metres wide and 4.5 metres high.

15.16.7.2 There must be an air-conditioned control room, with dimensions of at least 6.0 metres by 3.0 metres, located between 3.0 metres and 5.0 metres from the finish wall, with an unobstructed view of the finish wall at all times during the race. The Referee must have easy access to the control centre during the competition. At all other times the control room must be securable.

15.16.7.3 Video recordings will be provided and used to initiate stroke infraction calls, confirm stroke infraction calls, or assist the Referee in the assessment of calls made on the pool deck.

15.16.8 **Timing room:**

15.16.8.1 Timekeepers must have a clear and unobstructed view of the finishing end on the pool side from the Timing room (as shown in the below diagram). No sponsor panels or LED walls must be installed within (at minimum) 2 metres from the finish wall at the timing room side. The sponsor panels or LED walls must not exceed the 46 metres in length.



15.17 If underwater video equipment is used by broadcasters at a competition, the competition's Management Committee must ensure that the equipment is remotely operated and will not obstruct the vision or path of Athletes, change the specification or configuration of the pool, or obscure the required pool markings and (if applicable) World Aquatics markings.

16 SWIMMING-SPECIFIC MEDICAL AND SAFETY REQUIREMENTS

16.1 In addition to the medical and safety requirements set out in Article 8 of Part One, the following medical and safety requirements apply in Swimming competitions at the Olympic Games and World Aquatics Events and any other events held under the rules of World Aquatics (i.e., the Competition Regulations).

16.2 In planning and delivering the Medical Plan, the LOC should consider the requirements for and specificities regarding pre-competition training:

16.2.1 Swimming competitions are generally composed of two competition sessions: one in the morning and one in the afternoon or evening. Prior to the races, the Athletes will be present at the Venue to train and warm up. They generally arrive around 2.5 to 3 hours before the beginning of the competition. As a result, often a significant number of Athletes are swimming in the pool, walking around or near the pool, and/or exercising or stretching. In addition, Athletes often practice isolated elements of their race (e.g., the start) or swim different strokes. This volume and proximity of Athletes can give rise to a higher risk of collisions and accidents, both in and out of the water.

16.2.2 In addition, at major competitions, the numbers of Athletes in the warm-up pool area could be particularly high. The LOC medical team must adjust the number of lifeguards available to appropriately safeguard the Athletes in the different swimming pools.

16.3 The Field of Play Medical Station should be located as close as possible to the location that the Athletes exit the competition pool without obstructing the mixed zone on the pool deck.

16.4 **Water rescue and lifeguards:**

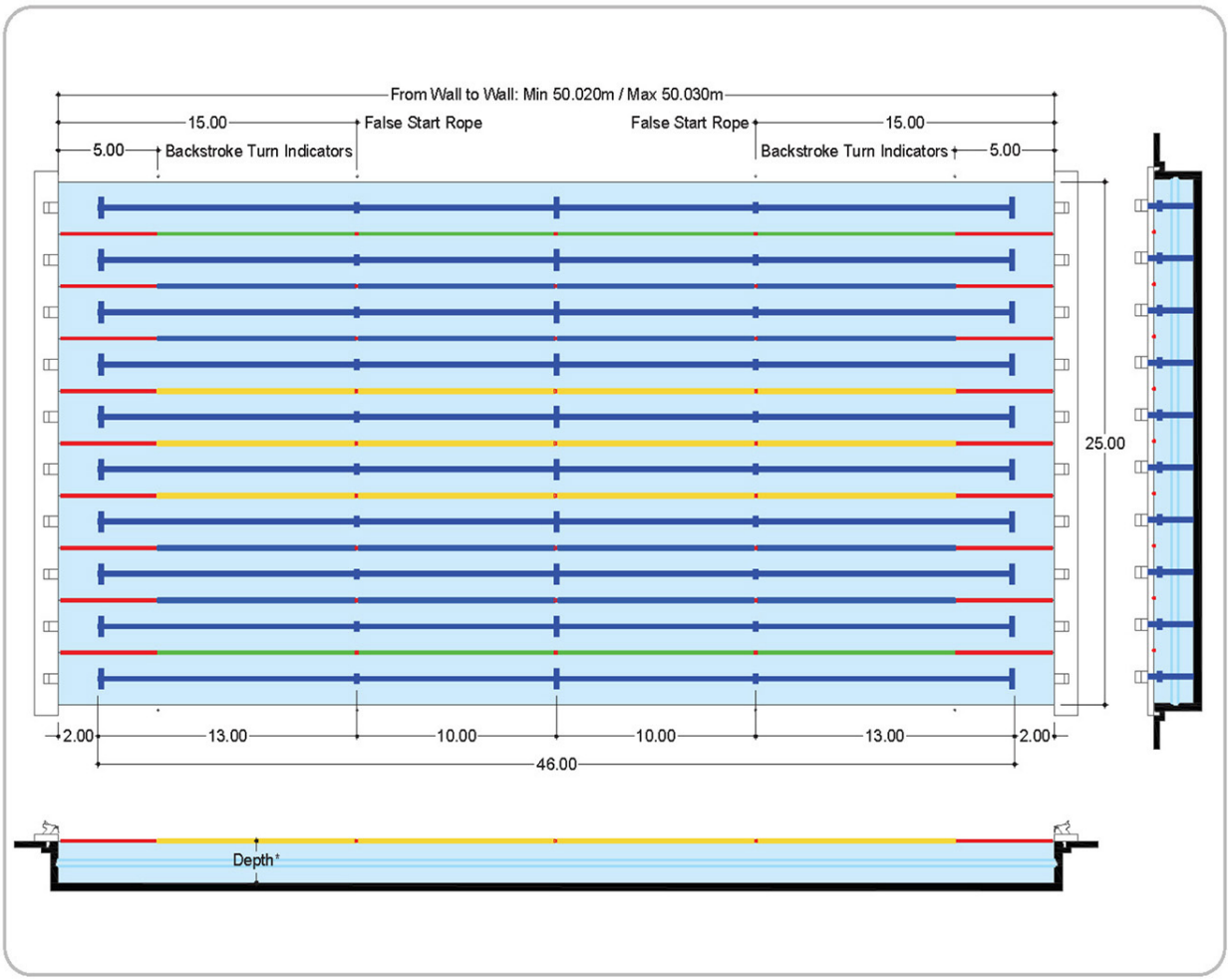
16.4.1 The LOC medical team should ensure that lifeguards practice water retrieval skills on a daily basis during the competition, with consideration for Swimming-specific challenges, including the existence of lane rope separators in swimming pools that might block access to the Athlete during the water rescue, which may affect the appropriate extraction point.

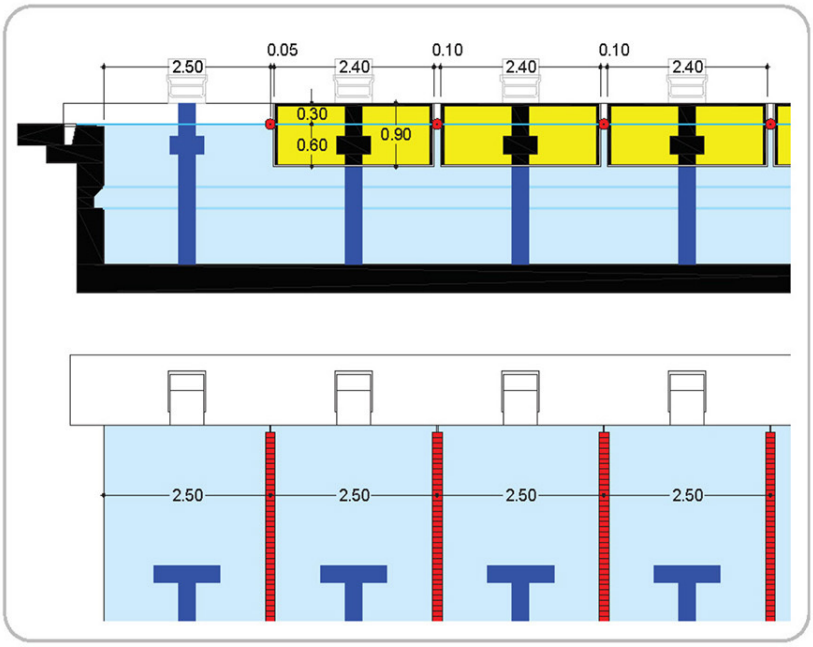
16.4.2 The LOC medical team should ensure that three (3) lifeguards are stationed by the competition pool: two (2) lifeguards located next to the Field of Play Medical Station and one (1) lifeguard located on the opposite side of the pool.

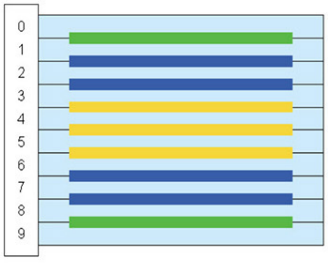
17 APPENDICES

17.1 APPENDIX 1 – DIAGRAM OF A 50M X 25M SWIMMING POOL (8 LANES) 77
17.2 APPENDIX 2 – DIAGRAM OF A 50M X 25M SWIMMING POOL (10 LANES) 78
17.3 APPENDIX 3 – DIAGRAM OF A 50M X 26M SWIMMING POOL (10 LANES) 79
17.4 APPENDIX 4 – DIAGRAM OF A 50M X 25M SWIMMING POOL (ONE BULKHEAD IN LATERAL POSITION) 80
17.5 APPENDIX 5 – DIAGRAM OF A 50M X 25M SWIMMING POOL (ONE BULKHEAD IN CENTRAL POSITION) 81
17.6 APPENDIX 6 – DIAGRAM OF A 25M X 21M SWIMMING POOL (8 LANES) 82
17.7 APPENDIX 7 – DIAGRAM OF A 25M X 25M SWIMMING POOL (8 LANES) 83
17.8 APPENDIX 8 – DIAGRAM OF A 25M X 25M SWIMMING POOL (10 LANES) 84
17.9 APPENDIX 9 – DIAGRAM OF A 25M X 26M SWIMMING POOL (10 LANES) 85
17.10 APPENDIX 10 – DIAGRAM OF A 50M SWIMMING POOL (LANE MARKINGS) 86

17.1 APPENDIX 1 – DIAGRAM OF A 50M X 25M SWIMMING POOL (8 LANES)





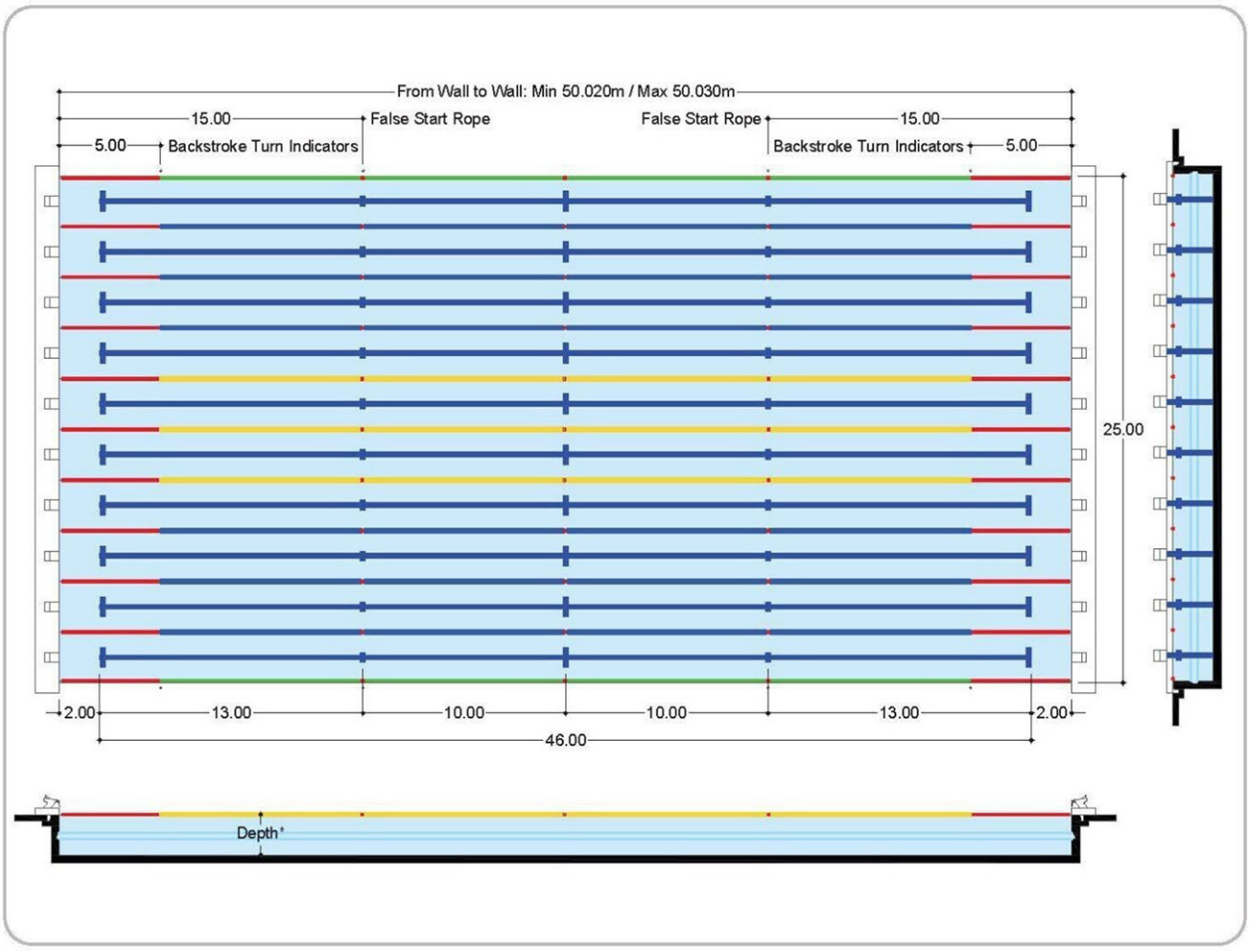


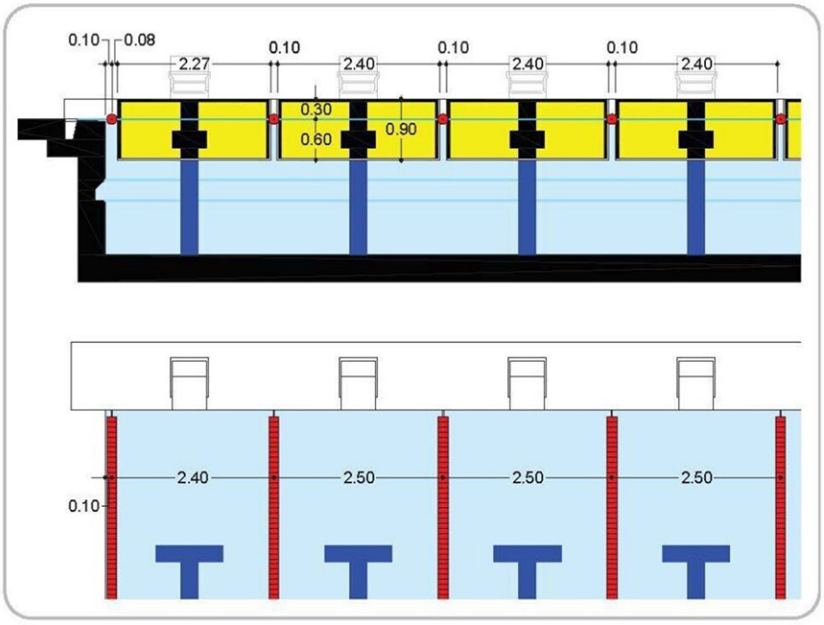
Lane Ropes

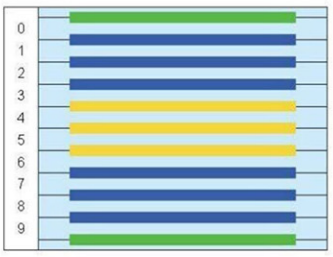
In a 8 (eight) lanes swimming pool the colour of the lane ropes should be as follows:

- Two (2) GREEN ropes for lanes 1 and 8.
- Four (4) BLUE ropes for lanes 2, 3, 6 and 7.
- Three (3) YELLOW ropes for lanes 4, 5.

17.2 APPENDIX 2 – DIAGRAM OF A 50M X 25M SWIMMING POOL (10 LANES)





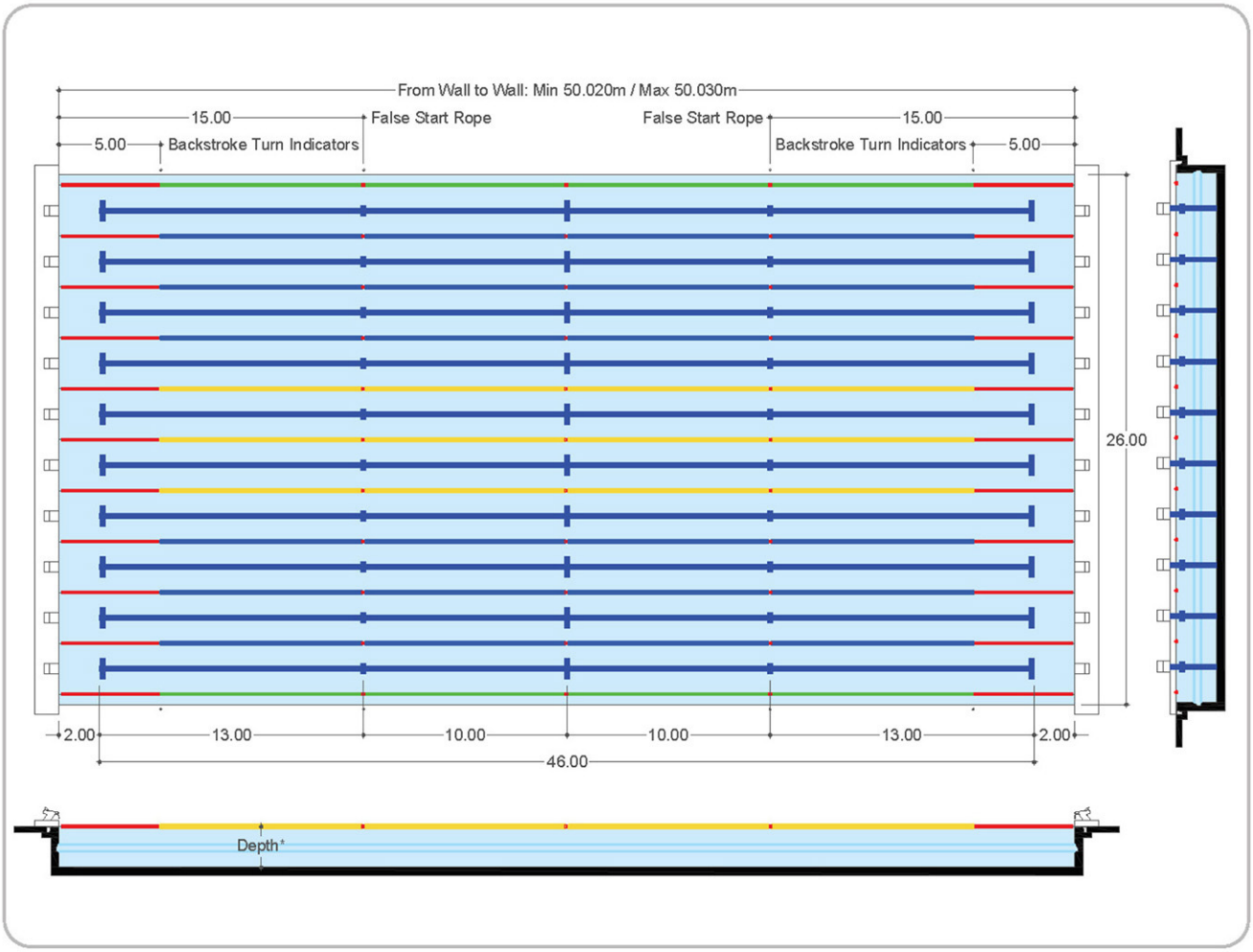


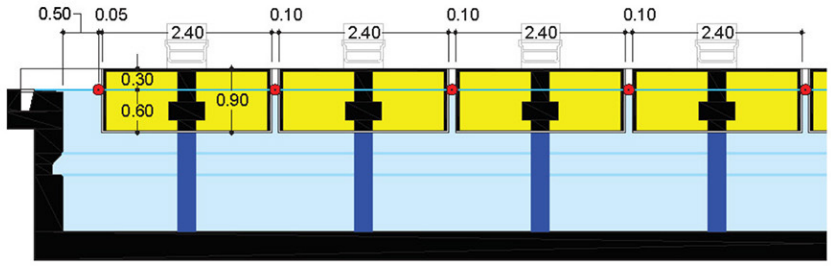
Lane Ropes

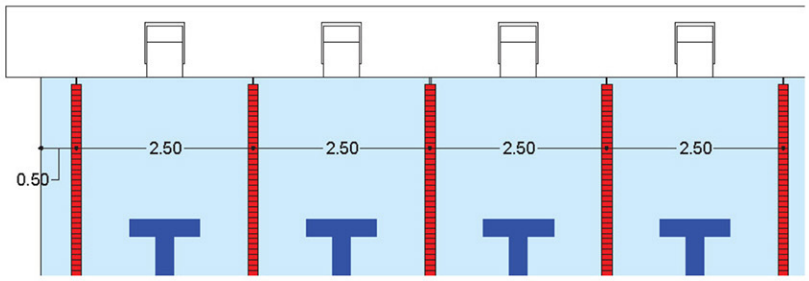
In a 10 (ten) lanes swimming pool the colour of the lane ropes should be as follows:

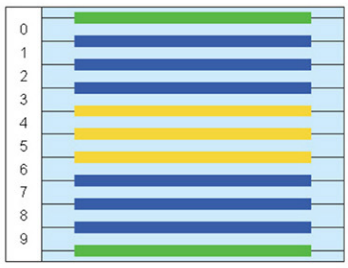
- Two (2) GREEN ropes for lanes 0 and 9.
- Six (6) BLUE ropes for lanes 1, 2, 3, 6, 7 and 8.
- Three (3) YELLOW ropes for lanes 4, 5.

17.3 APPENDIX 3 – DIAGRAM OF A 50M X 26M SWIMMING POOL (10 LANES)







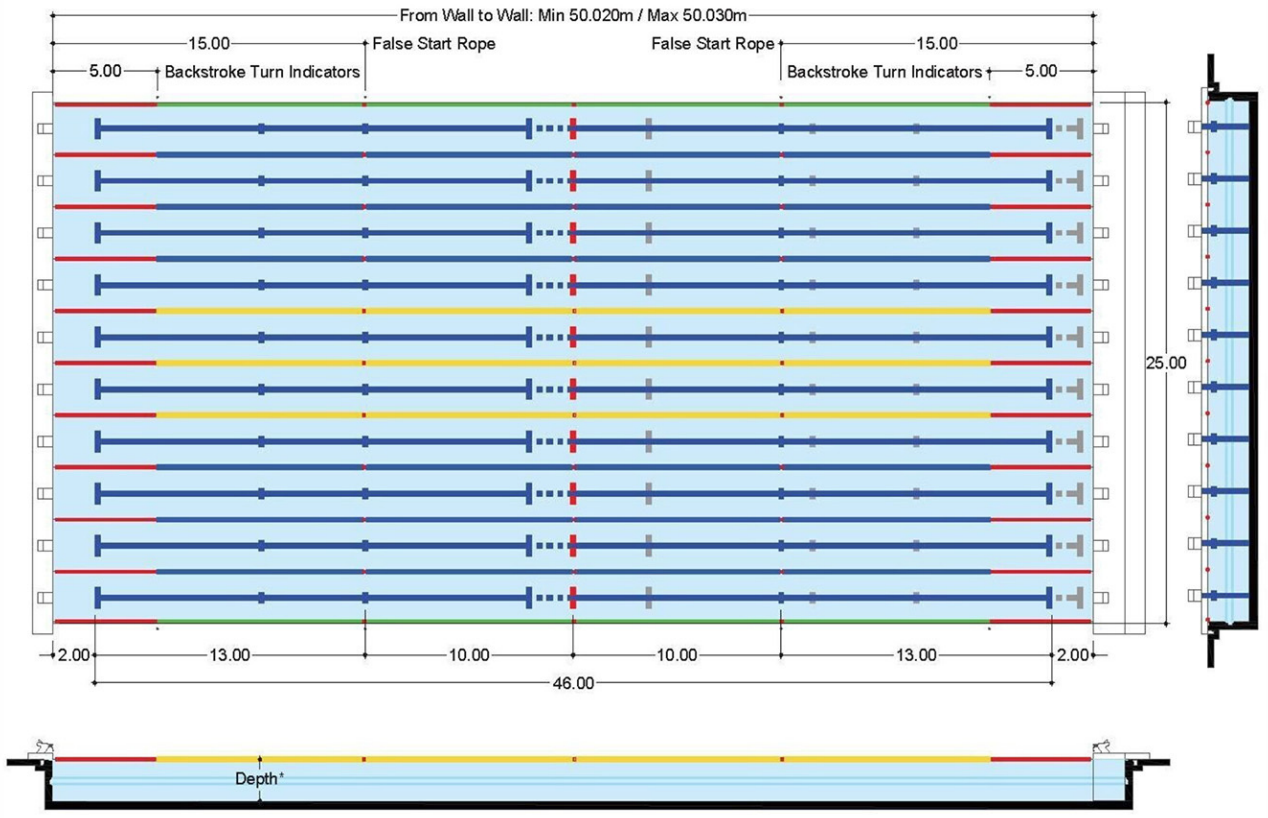


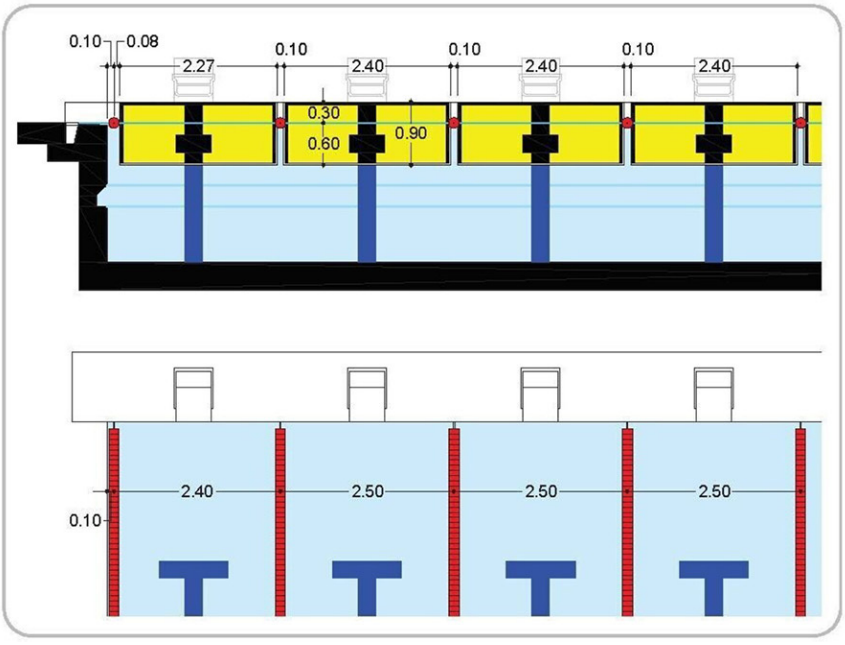
Lane Ropes

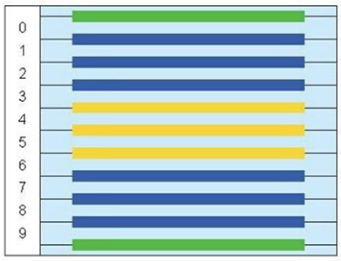
In a 10 (ten) lanes swimming pool the colour of the lane ropes should be as follows:

- Two (2) GREEN ropes for lanes 0 and 9.
- Six (6) BLUE ropes for lanes 1, 2, 3, 6, 7 and 8.
- Three (3) YELLOW ropes for lanes 4, 5.

17.4 APPENDIX 4 – DIAGRAM OF A 50M X 25M SWIMMING POOL (ONE BULKHEAD IN LATERAL POSITION)





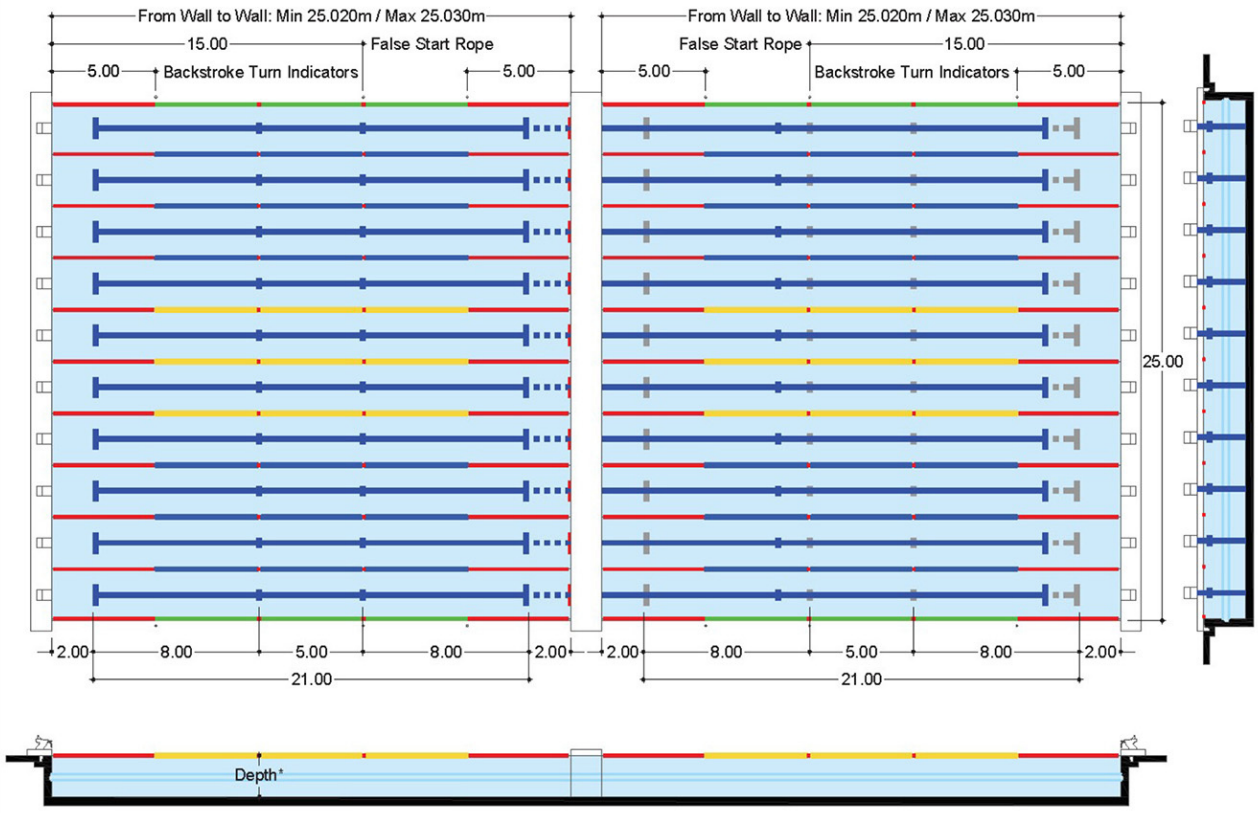


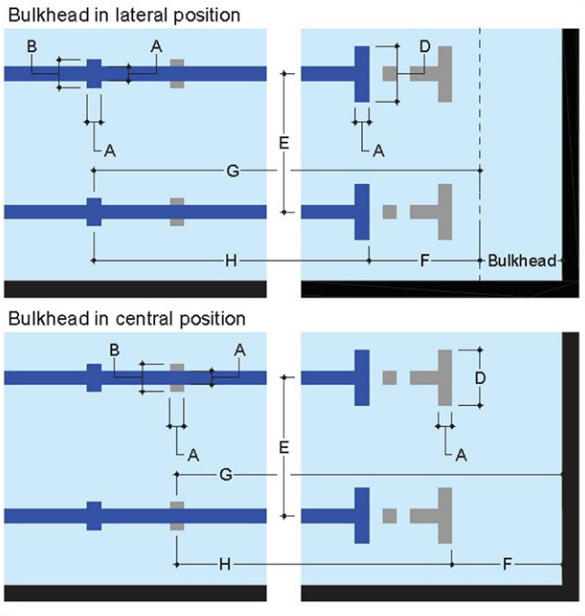
Lane Ropes

In a 10 (ten) lanes swimming pool the colour of the lane ropes should be as follows:

- Two (2) GREEN ropes for lanes 0 and 9.
- Six (6) BLUE ropes for lanes 1, 2, 3, 6, 7 and 8.
- Three (3) YELLOW ropes for lanes 4, 5.

17.5 APPENDIX 5 – DIAGRAM OF A 50M X 25M SWIMMING POOL (ONE BULKHEAD IN CENTRAL POSITION)

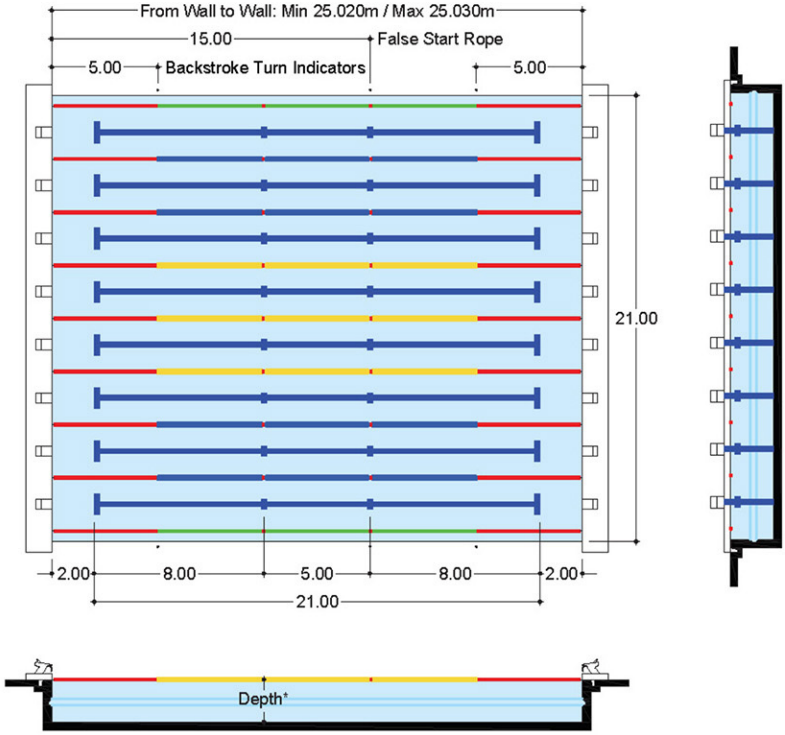


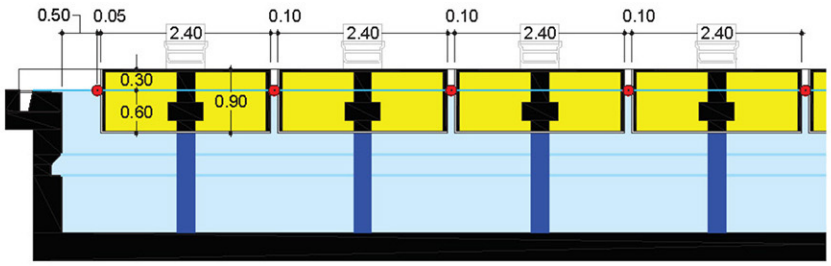


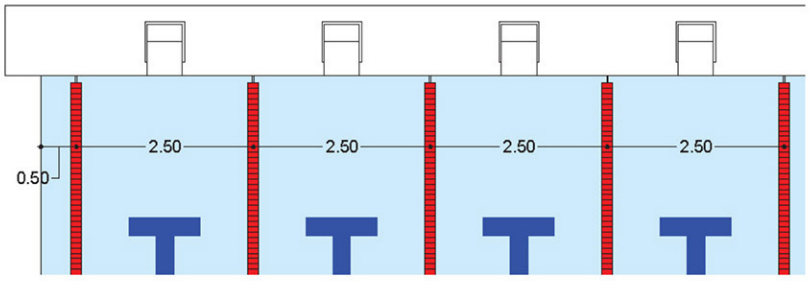
Lane Markings		
Width of lane markings, end, lines targets	A	0.25m ± 0.05m
Length of end wall targets	B	0.50m
Depth to centre of end wall targets	C	0.30m
Length of lane marker cross line	D	1.00m
Width of racing lanes	E	2.50m
Distance from end of lane line to end wall	F	2.00m*
Distance from centre of cross line to end wall	G	15.00m*
Distance from end of lane line to centre of cross line	H	13.00m
Distance from centre of cross line to end wall	I	25.00m*

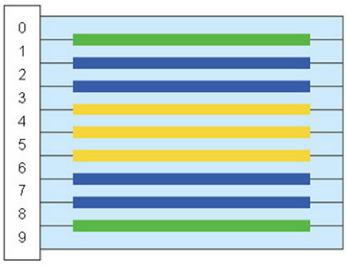
** Pool tolerance has to be considered*

17.6 APPENDIX 6 – DIAGRAM OF A 25M X 21M SWIMMING POOL (8 LANES)







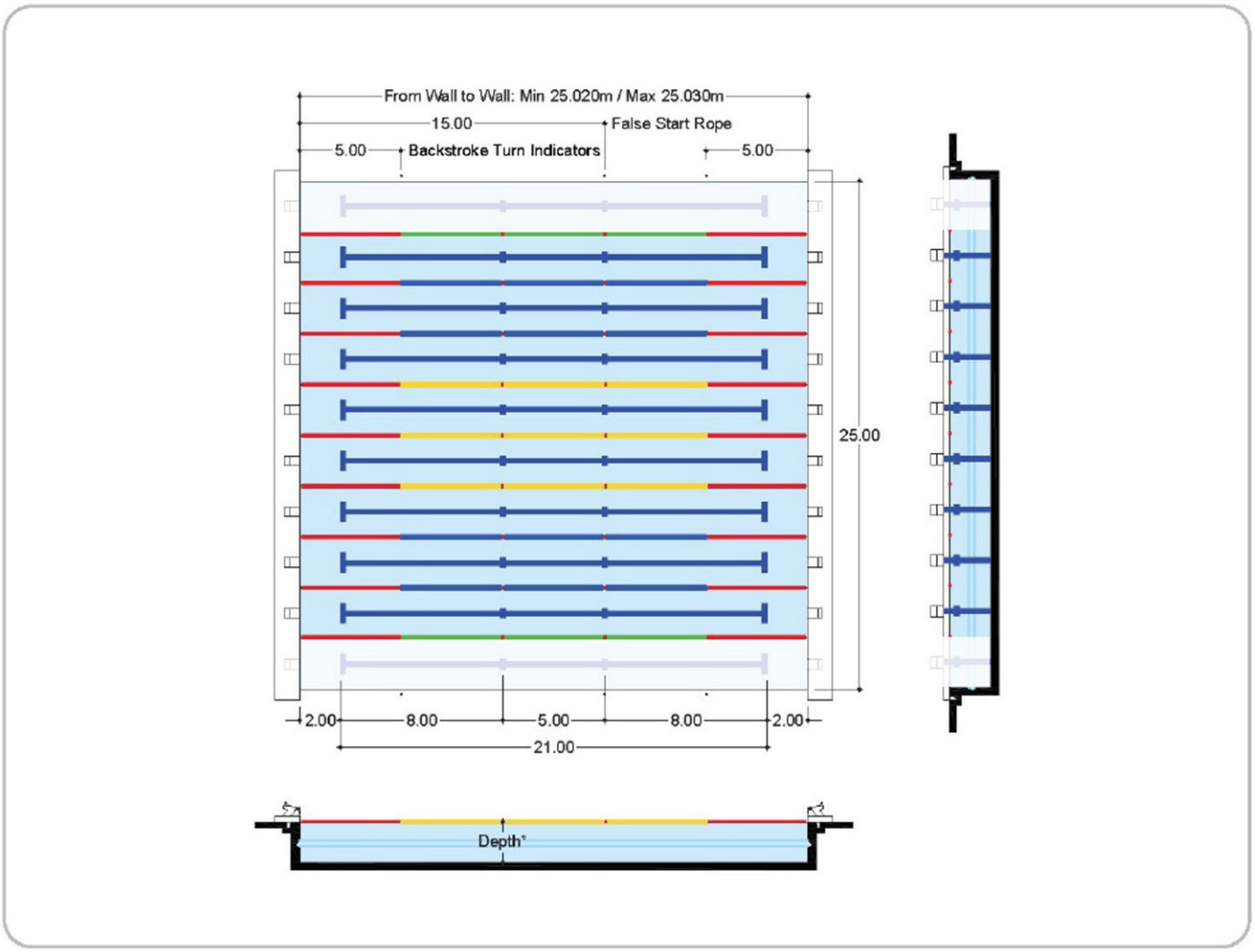


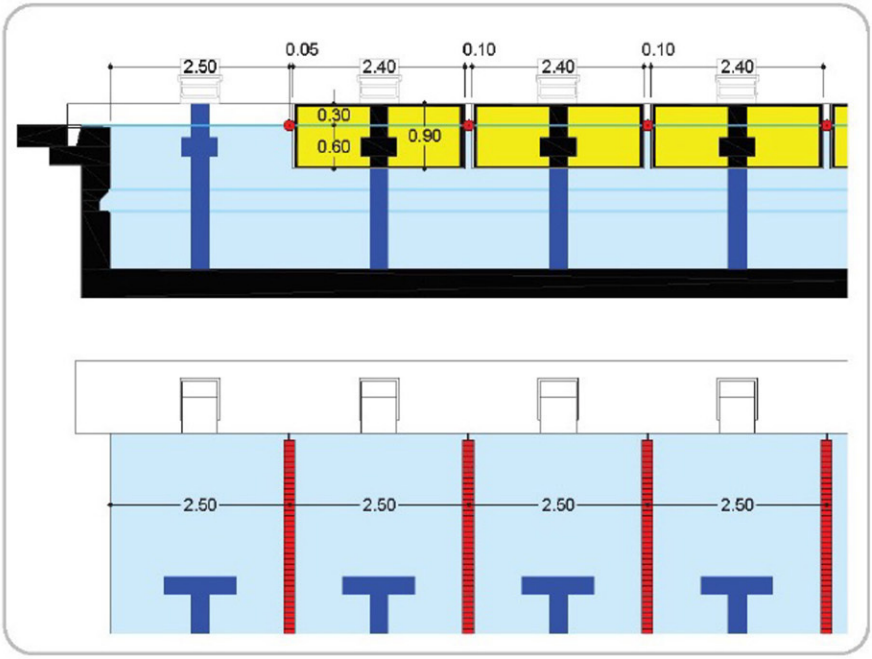
Lane Ropes

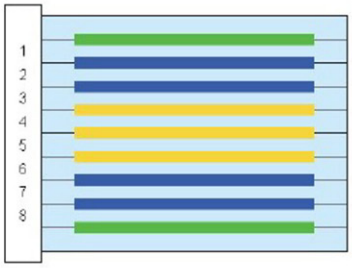
In a 8 (eight) lanes swimming pool the colour of the lane ropes should be as follows:

- Two (2) GREEN ropes for lanes 1 and 8.
- Four (4) BLUE ropes for lanes 2, 3, 6 and 7.
- Three (3) YELLOW ropes for lanes 4, 5.

17.7 APPENDIX 7 – DIAGRAM OF A 25M X 25M SWIMMING POOL (8 LANES)





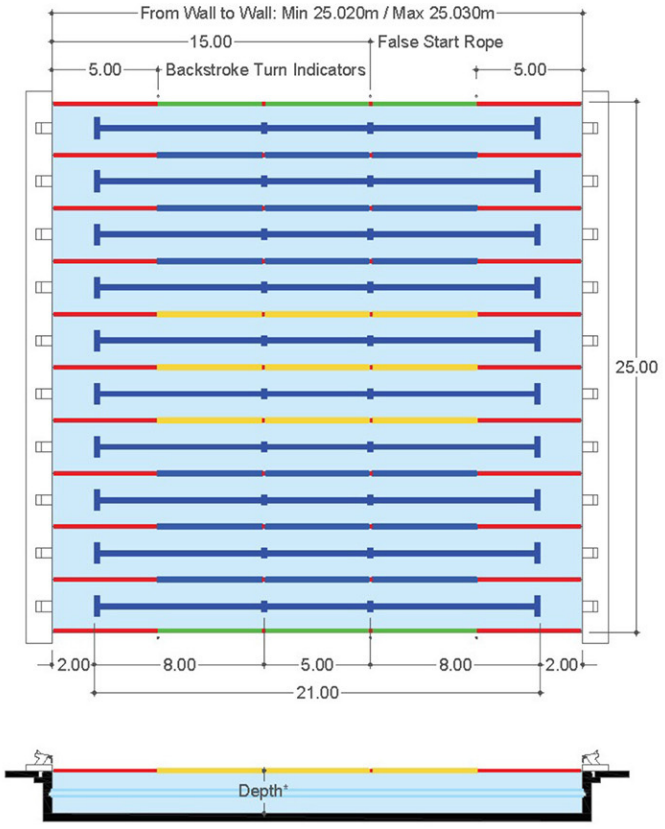


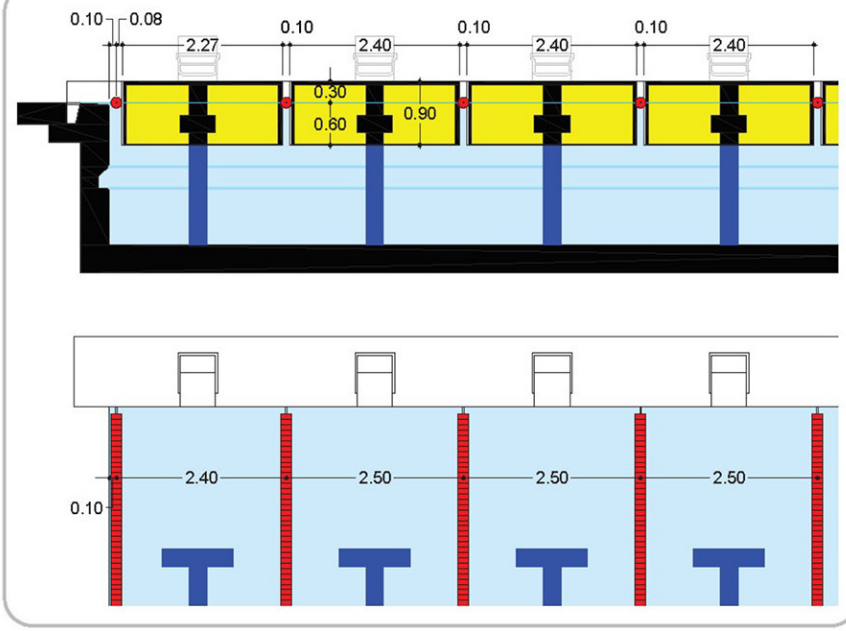
Lane Ropes

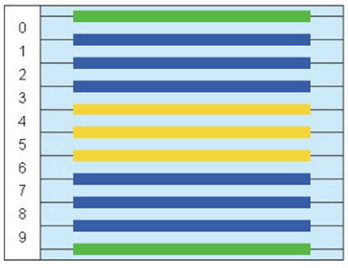
In a 8 (eight) lanes swimming pool the colour of the lane ropes should be as follows:

- Two (2) GREEN ropes for lanes 1 and 8.
- Four (4) BLUE ropes for lanes 2, 3, 6 and 7.
- Three (3) YELLOW ropes for lanes 4, 5.

17.8 APPENDIX 8 – DIAGRAM OF A 25M X 25M SWIMMING POOL (10 LANES)





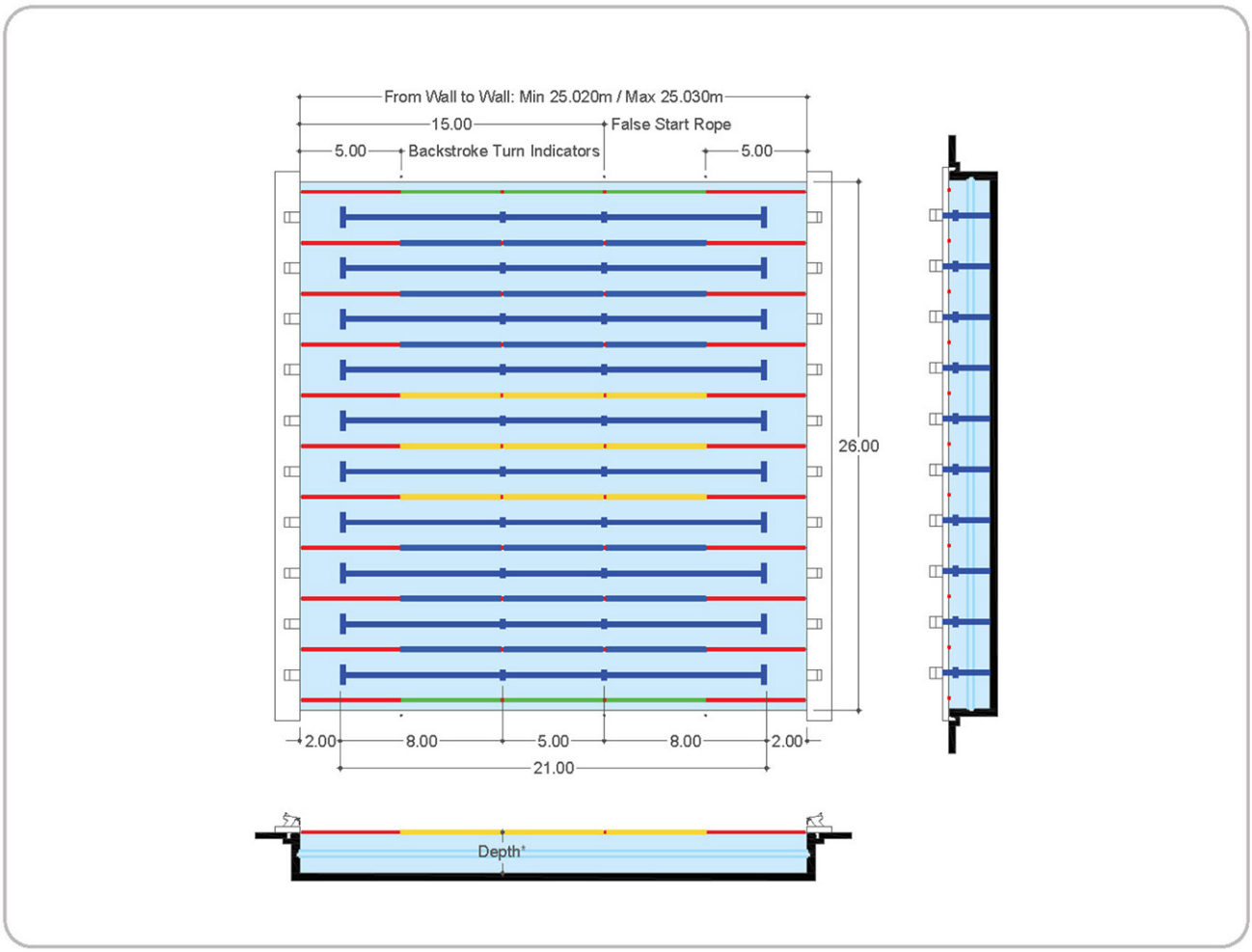


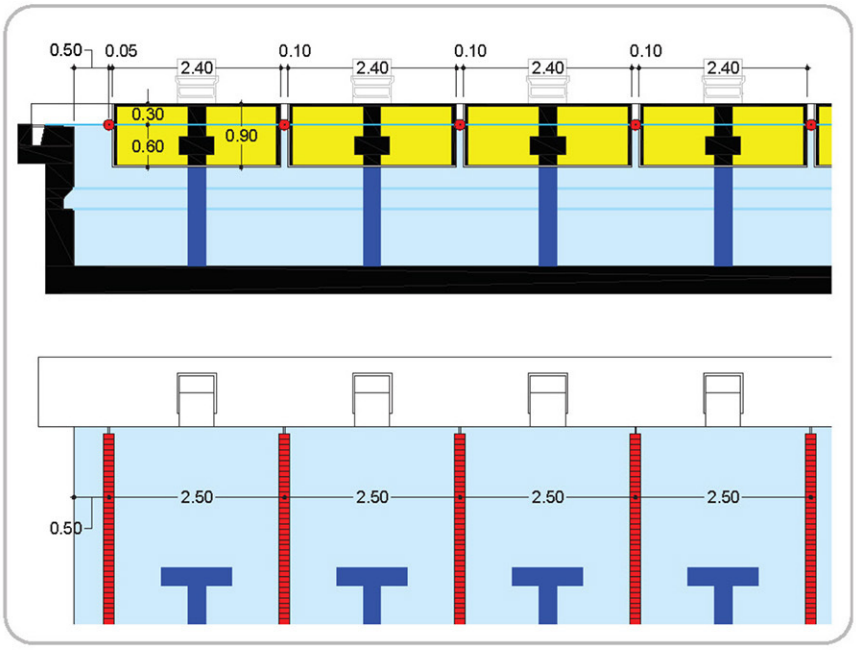
Lane Ropes

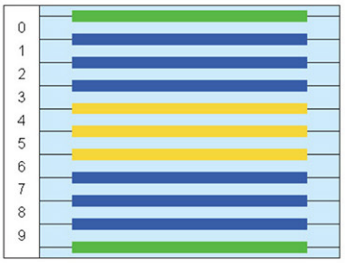
In a 10 (ten) lanes swimming pool the colour of the lane ropes should be as follows:

- Two (2) GREEN ropes for lanes 0 and 9.
- Six (6) BLUE ropes for lanes 1, 2, 3, 6, 7 and 8.
- Three (3) YELLOW ropes for lanes 4, 5.

17.9 APPENDIX 9 – DIAGRAM OF A 25M X 26M SWIMMING POOL (10 LANES)





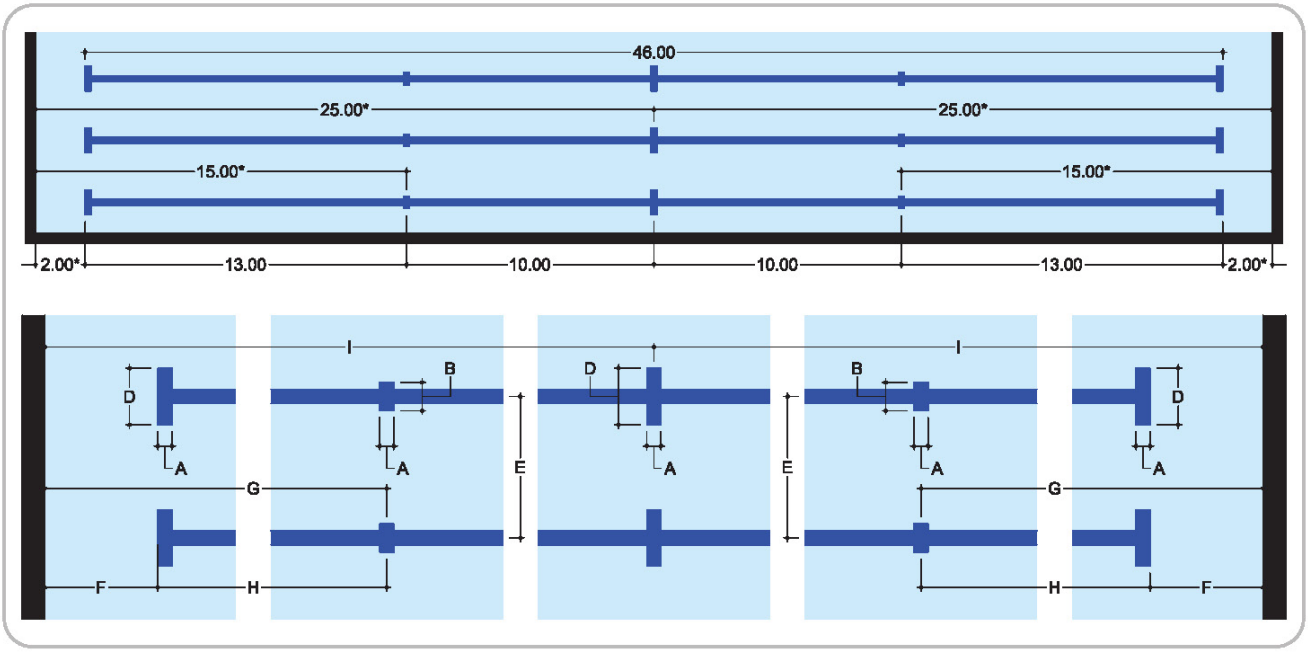


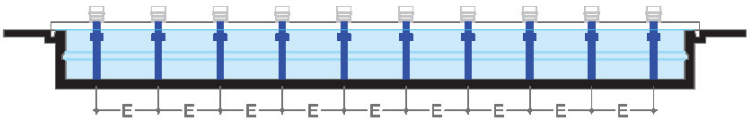
Lane Ropes

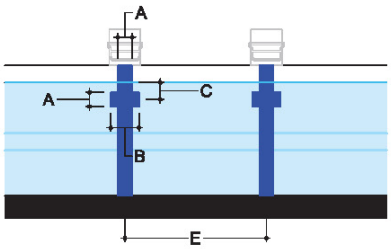
In a 10 (ten) lanes swimming pool the colour of the lane ropes should be as follows:

- Two (2) GREEN ropes for lanes 0 and 9.
- Six (6) BLUE ropes for lanes 1, 2, 3, 6, 7 and 8.
- Three (3) YELLOW ropes for lanes 4, 5.

17.10 APPENDIX 10 – DIAGRAM OF A 50M SWIMMING POOL (LANE MARKINGS)







Lane Markings		
Width of lane markings, end, lines targets	A	0.25m ± 0.05m
Length of end wall targets	B	0.50m
Depth to centre of end wall targets	C	0.30m
Length of lane marker cross line	D	1.00m
Width of racing lanes	E	2.50m
Distance from end of lane line to end wall	F*	2.00m*
Distance from centre of cross line to end wall	G	15.00m*
Distance from end of lane line to centre of cross line	H	13.00m
Distance from centre of cross line to end wall	I	25.00m*

** Pool tolerance has to be considered*

WORLD AQUATICS



OPEN WATER SWIMMING

COMPETITION REGULATIONS

TABLE OF CONTENTS

PART THREE:
OPEN WATER SWIMMING RULES

PART THREE: OPEN WATER SWIMMING RULES 89

1 OPEN WATER SWIMMING COMPETITIONS 89
2 TECHNICAL OFFICIALS 89
3 THE START 93
4 THE RACE 95
5 THE FINISH OF THE RACE 97
6 MIXED TEAM EVENT 98
7 3 KM KNOCKOUT SPRINT 99
8 AGE GROUP RULES AND ELIGIBILITY 100
9 REGISTRATION AND SPORT ENTRIES 101
10 SWIMWEAR, TECHNOLOGY, AND WEARABLES 101
11 IDENTIFICATION OF ATHLETES DURING THE RACE 102
12 OPEN WATER SWIMMING FACILITIES AND EQUIPMENT 102
13 WATER QUALITY AND VENUE SUITABILITY 105
14 OPEN WATER SWIMMING-SPECIFIC MEDICAL AND SAFETY REQUIREMENTS 108
15 APPENDICES 111
15.1 APPENDIX 1 - DIAGRAM OF A COURSE 112
15.2 APPENDIX 2 – DIAGRAM OF CRAFT POSITIONS ON A COURSE 113
15.3 APPENDIX 3 – DIAGRAMS OF A STARTING PLATFORM, FEEDING PLATFORM, AND BUOYS 114
15.4 APPENDIX 4 - DIAGRAMS OF INTERMEDIATE AND FINISH GATES 115
15.5 APPENDIX 5 - DIAGRAM OF VIDEO ASSISTANT REFEREE VIDEO CAMERA COVERAGE AT A FINISH GATE 116
15.6 APPENDIX 6 – DIAGRAM OF THE TIMING ROOM 117
15.7 APPENDIX 7 – INFRACTION QUICK REFERENCE GUIDE 118

PART THREE: OPEN WATER SWIMMING RULES

1 OPEN WATER SWIMMING COMPETITIONS

1.1 This Part Three applies to Open Water Swimming competitions at the Olympic Games and World Aquatics Events and any other events held under the rules of World Aquatics (specifically, these Competition Regulations).

1.2 Open Water Swimming is any swimming event that takes place in rivers, lakes, seas, oceans, water channels, or any other body of open water.

1.3 The Open Water Swimming program at the Olympic Games will be as follows:

Men	Women
10 km	10 km

1.4 The Open Water Swimming program of the World Aquatics Championships will be as follows:

Men	Women
10 km	10 km
5 km	5 km
3 km Knockout Sprint	3 km Knockout Sprint
Mixed Team Event – 4 x 1500 m Relay	

1.5 The program of the World Aquatics Junior Open Water Swimming Championships will be as follows:

Boys	Girls
14-15 Boys – 5 km	14-15 Girls – 5 km
16-17 Boys – 7.5 km	16-17 Girls – 7.5 km
18-19 Boys – 10 km	18-19 Girls – 10 km
3 km Knockout Sprint	3 km Knockout Sprint
14-16 years Relay Event	
Open Relay Event	

1.6 The structure of the competition program at the Olympic Games and any World Aquatics Event will be determined by World Aquatics, following consultation with the LOC, based on the events in the program.

2 TECHNICAL OFFICIALS

2.1 At Open Water Swimming competitions, the organiser or relevant governing body will appoint (at minimum):

2.1.1 One (1) Chief Referee (per event);

2.1.2 Three (3) Referees, plus additional Referees proportionate to the number of race entries, with at least one (1) Referee for every twenty (20) Athletes;

2.1.3 One (1) Chief Timekeeper and two (2) Timekeepers (unless Automatic Officiating Equipment and video recording of the finish is in use at the event, in which case only one (1) Timekeeper, who will act as Chief Timekeeper, will be appointed);

2.1.4 One (1) Chief Finish Judge and two (2) Finish Judges;

2.1.5 One (1) Safety Officer;

2.1.6 One (1) Medical Officer;

2.1.7 One (1) Course Officer;

2.1.8 One (1) Clerk of the Course;

2.1.9 One (1) Race Judge (per Athlete, only for events that exceed 10 km in distance and are not conducted on a loop course);

2.1.10 One (1) Turn Judge (per alteration of course);

2.1.11 One (1) Feeding Platform Judge (per feeding platform, if feeding platforms are used);

2.1.12 One (1) Relay Judge;

2.1.13 One (1) Starter;

2.1.14 One (1) announcer;

2.1.15 One (1) Recorder; and

2.1.16 One (1) Video Review Judge.

2.2 No Technical Official may simultaneously act in more than one role. If all of the obligations of a Technical Official's assigned role have been fulfilled, the Technical Official may be assigned to and act in another role.

2.3 Unless provided otherwise in this Part Three, each Technical Official will make decisions within his/her role and responsibility with autonomy and independence from other Technical Officials (or any other person).

2.4 If a Technical Official observes any infraction within their assigned duties, they will (1) record the infraction; (2) immediately notify the Chief Referee; and (3) as soon as possible after the conclusion of the race, submit a signed Infraction Form to the Chief Referee.

2.5 **Chief Referee:**

2.5.1 The Chief Referee at a competition will have full control and authority over all Technical Officials at that competition, and will approve their assignments and instruct them regarding all special features or regulations related to the events. The Chief Referee will enforce all rules and decisions of World Aquatics and will determine any matter relating to the actual conduct of the meet, competition, or any event, that is not otherwise assigned under these Competition Rules (or other World Aquatics Rules) for determination by another person.

2.5.2 The Chief Referee will ensure that all Technical Officials necessary for the proper conduct of the competition are at their respective posts for the duration of the competition. The Chief Referee may appoint additional Technical Officials if necessary, and may substitute any Technical Official deemed absent, incapable of acting, or inefficient.

2.5.3 The Chief Referee will have authority to determine whether any breach of the rules of Part One and/or this Part Three has occurred, and will adjudicate all matters related to the competition in progress.

2.5.4 If hazardous conditions exist that jeopardise the safety of the Athletes and/or the officials, the Chief Referee may, after consulting with the Safety Officer and/or Medical Officer and/or World Aquatics Safety Delegate, stop a race.

2.5.5 The Chief Referee's role at the start of a race is set out in Article 3 of this Part Three.

2.5.6 If the Chief Referee personally observes any breach of the rules by an Athlete and/or by an Athlete's support personnel, or if such a breach is reported by another Technical Official to the Chief Referee, the Chief Referee may issue an infration to, or disqualify, the Athlete.

2.5.7 Notwithstanding Article 4.2 of this Part Three, the Chief Referee may decide to enforce a disqualification at the end of the race.

2.5.8 The Chief Referee will obtain and receive all reports prior to the start and at the conclusion of the race from the Clerk of the Course, the Recorder, the Course Officer, and the Safety Officer to ensure that all Athletes are accounted for.

2.5.9 The Chief Referee will determine any matter involving inconsistent finish times and placings in accordance with Article 12.4 of this Part Three.

2.5.10 The Chief Referee will receive all signed Infraction Forms from any Technical Officials who have reported infractions in accordance with Article 2.4 of this Part Three.

2.5.11 If a Video Assistant Referee system is being used, the Chief Referee will review and consider any rule breaches reported by the Video Review Judge after the race has finished and, if necessary, enforce the rules.

2.6 **Referee:**

2.6.1 Except where responsibility is assigned in this Part Three to another Technical Official, an appointed Referee will have authority to determine whether any breach of the rules of Part One and/or this Part Three has occured.

2.6.2 An appointed Referee may disqualify any Athlete for any breach of the Rules that they personally observe.

2.6.3 An appointed Referee will, with the Course Officer and Safety Officer, inspect the course and markings prior to the commencement of competition.

2.7 Starter:

2.7.1 Following the signal by the Chief Referee, the Starter will start the race, in accordance with Article 3 of this Part Three.

2.8 Chief Timekeeper:

2.8.1 Unless Article 2.1.3 of this Part Three applies, the Chief Timekeeper will assign at least two (2) Timekeepers to their positions for the start and finish.

2.8.2 The Chief Timekeeper will ensure that fifteen (15) minutes before the start time of each race, a time check is made to allow all Technical Officials to synchronise their watches with the official running clocks.

2.8.3 The Chief Timekeeper will collect from each Timekeeper the time recorded for each Athlete, if necessary examine the Timekeeper's watches, and record the official time for each Athlete.

2.9 Timekeeper:

2.9.1 The Timekeepers will measure the time of each Athlete assigned. The watches used must have memory and recall capability and must be certified as accurate to the satisfaction of the organiser.

2.9.2 The Timekeepers will start their watches at the starting signal, and only stop their watches when each Athlete assigned finishes (or otherwise as instructed by the Chief Timekeeper).

2.9.3 The Timekeepers will promptly after each finish record the time of each Athlete assigned, provide the record to the Chief Timekeeper, and (if asked) permit the Chief Timekeeper to inspect any watch.

2.10 Chief Finish Judge:

2.10.1 For events of greater than 10 km in distance, the Chief Finish Judge will inform each Race Judge of their Escort Craft, and instruct the Race Judges in their duties.

2.10.2 The Chief Finish Judge will assign each Finish Judge to a position, collect the signed results sheets from each Finish Judge after the race, and establish the results and placings, which will be sent directly to the Recorder.

2.10.3 The Chief Finish Judge will record and communicate to the Finish Judges any decision received from the Referees during the competition.

2.10.4 The Chief Finish Judge will record and report to the Chief Referee any breach of the rules of this Part Three within the finish funnel that (1) he/she personally observes, and/or (2) is personally observed by a Finish Judge and reported to the Chief Finish Judge.

2.11 Finish Judge:

2.11.1 The Finish Judges will be positioned in line with the finish and at all times must have a clear view of the finish plate or line (as applicable).

2.11.2 The Finish Judges will record after each finish the placing of the assigned Athletes. Finish Judges must not act as Timekeepers in the same event.

2.11.3 The Finish Judges will record on the record sheets provided any breach of the rules of this Part Three within the finish funnel that he/she personally observes, then report the breach to the Chief Finish Judge.

2.12 Race Judge:

2.12.1 Each Race Judge will be positioned in an Escort Craft (where applicable), assigned by random draw prior to the start, so as to be able to observe at all times his/her assigned Athlete.

2.12.2 Each Race Judge will ensure at all times that the rules of this Part Three are complied with, and will record in writing any rule breach and, at the earliest opportunity, report it to the Chief Referee.

2.12.3 Each Race Judge will ensure that his/her assigned Athlete does not take unfair advantage or commit unsporting impediment on another Athlete and, if the situation requires, instruct an Athlete to maintain clearance from any other Athlete in accordance with Articles 4.1.5 to 4.1.7 of this Part Three.

2.12.4 Race Judges have authority to order an Athlete from the water after expiry of any time limit as ordered by the Chief Referee in accordance with Article 4.5.2 of this Part Three.

2.13 **Turn Judge:**

2.13.1 The Turn Judge must be positioned so as to ensure all Athletes execute the alterations in course as indicated in the competition information documents and as explained at the Technical/ Team Leaders' Meeting and the pre-race safety briefing.

2.13.2 The Turn Judge must record on the record sheets provided any breach of the rules regarding turns and alterations, then immediately communicate the breach to the Chief Referee.

2.13.3 At the completion of the event, the Turn Judge must promptly deliver the signed record sheet to the Recorder.

2.14 **Feeding Platform Judge:**

2.14.1 The Feeding Platform Judge will manage the activity and the athlete support personnel present on the feeding platform, and ensure that feeding procedures – including the use of bottles and any other means of nutrition – are conducted in accordance with the rules (including Article 4.4 of this Part Three).

2.15 **Relay Judge:**

2.15.1 The Relay Judge will manage the activity on the relay changeover platform or changeover zone to ensure that all changeovers occur in accordance with the rules (including Article 6.1.7 of this Part Three).

2.16 **Safety Officer:**

2.16.1 The Safety Officer is responsible to the Chief Referee for all aspects of safety related to the conduct of the competition in accordance with Article 8 of Part One and Article 14 of this Part Three.

2.16.2 The Safety Officer must check prior to the competition that the entire course, with special regard to the start and finish areas, is safe, suitable, and free of any obstruction.

2.16.3 The Safety Officer is responsible for ensuring that a sufficient number of sufficiently powered Escort Craft and/or Safety Craft are available during the competition so as to provide full safety backup to the Escort Craft.

2.16.4 Prior to the events, the Safety Officer will provide to all Athletes a chart clearly indicating the estimated time of tide changes on the course and indicating the predicted effect of tides and/or currents on an Athlete's progress along the course.

2.16.5 The Safety Officer will, in conjunction with the Medical Officer, advise the Chief Referee if, in their opinion, conditions are unsuitable for staging or completing an event or competition and (if possible) make recommendations for the modification of the course or the manner in which an event or competition is conducted.

2.16.6 The Safety Officer will monitor water temperature conditions periodically during the race in accordance with Articles 12.2.3 of this Part Three.

2.17 **Medical Officer:**

2.17.1 The Medical Officer is responsible to the Chief Referee for all medical aspects related to the event and Athletes in accordance with Article 8 of Part One and Article 14 of this Part Three.

2.17.2 The Medical Officer will, in conjunction with the Safety Officer, advise the Chief Referee if, in their opinion, conditions are unsuitable for staging or completing an event or competition and (if possible) make recommendations for the modification of the course or the manner in which an event or competition is conducted.

2.18 **Course Officer:**

2.18.1 The Course Officer is responsible to the organiser for the correct survey of the course.

2.18.2 The Course Officer will ensure that the start area and the finish area are correctly marked, all equipment has been correctly installed, and the equipment is in working order.

2.18.3 The Course Officer will ensure that all course alterations and turn points are correctly marked, and all Turn Judges are in position prior to the start of the competition (and report this to the Chief Referee).

2.18.4 The Course Officer will, with an appointed Referee and Safety Officer, inspect the course and markings prior to the commencement of competition.

2.19 **Clerk of the Course:**

2.19.1 The Clerk of the Course will ensure that each Athlete is correctly identified with their race number, has trimmed fingernails and toenails, and is not wearing any jewellery, including watches.

2.19.2 The Clerk of the Course will record all wearables declared in the first call room and ensure that only those wearables approved by World Aquatics for use in Open Water Swimming competitions are permitted for use in the event.

2.19.3 The Clerk of the Course will ensure that all Athletes are present in the assembly area at the required time prior to the start of an event.

2.19.4 The Clerk of the Course will record that all Athletes are present in the assembly area at the required time prior to the presentation of start of the event, and advise this to the Chief Referee.

2.19.5 The Clerk of the Course will keep Athletes and Technical Officials informed of the time remaining before the start of an event in accordance with Article 3.2.1 of this Part Three.

2.19.6 The Clerk of the Course will ensure that all Athlete clothing and equipment left in the start area is transported to the finish area and safely kept, and will ensure sufficient reception facilities at the finish are available for all Athletes.

2.19.7 The Clerk of the Course will ensure that all Athletes leaving the water at the finish have the basic equipment and facilities required for their well-being if their own athlete support personnel are not present.

2.19.8 The Clerk of the Course will notify the Chief Referee and Recorder of any Athletes who withdraw from or did not finish (DNF) the competition.

2.20 **Recorder:**

2.20.1 The Recorder will record any withdrawals from the competition, document all infractions noted during the race at the designated time intervals, enter results on official forms, and (as appropriate) maintain records relevant to team awards.

2.21 **Video Review Judge:**

2.21.1 If a Video Assistant Referee system in use, a Video Review Judge will be appointed.

2.21.2 The Video Assistant Referee system will be used to assist the Chief Referee to make any decisions to enforce any violation of the Competition Regulations.

2.21.3 For the 3km Knockout Sprint races, the Video Review Judge will observe any violations of the rules using the Video Assistant Referee system, record them, and report them to the Chief Referee.

2.21.4 The Video Review Judge will review all finishes of the race from the entry of the finish funnel to the finish plate, and record and report to the Chief Referee any breaches of the rules in accordance with Articles 5 and 12.1.3 of this Part Three.

2.21.5 Any infractions committed by any Athlete that the Video Review Judge has observed within the bounds of the finish funnel will result in the Athlete being disqualified from the race.

2.21.6 The Chief Referee will review and consider any violations reported by the Video Review Judge after the race has finished.

3 THE START

3.1 **The facilities for the start will be as follows:**

3.1.1 At the Olympic Games and World Aquatics Events, the Athletes will start from a fixed starting platform. At all other Open Water Swimming competitions, the competition organiser will decide whether the Athletes will start from a fixed starting platform or in the water (in which case the water must be of sufficient depth for the Athletes to commence swimming at the starting signal in accordance with Article 12.2.2 of this Part Three).

3.1.2 If the Athletes will start from a starting platform, the Chief Referee (or a designated Technical Official) will assign each Athlete a position on the platform determined by random draw.

3.1.3 If the Athletes will start in the water, the start line must be clearly defined by overhead apparatus or removable equipment at the water surface.

3.2 **Prior to the start of the race:**

3.2.1 At suitable intervals before the start of the race (and at one-minute intervals during the last five minutes), the Clerk of the Course will inform Athletes and Technical Officials of the remaining time before the presentation of the start of the race.

3.2.2 A short pre-race briefing will be held immediately prior to each race, and all Athletes competing in that race must attend it.

3.2.2.1 An Athlete that fails without valid reason to attend the pre-race briefing in accordance with Article 3.2.2 of this Part Three may, at the Chief Referee's discretion, be disqualified or penalised from the competition.

3.2.2.2 An Athlete that is late without valid reason to attend the pre-race briefing in accordance with Article 3.2.2 of this Part Three will, at the Chief Referee's discretion, be issued with a yellow card.

3.2.3 Athletes must present themselves (and their approved competition accredition) in the final call room at the time specified prior to the race by the organiser.

3.2.3.1 If an Athlete fails to comply with Article 3.2.3 of this Part Three, the Athlete will, at the discretion of the Chief Referee, be disqualified from the event and will not be permitted to compete in the race.

3.2.4 At the Olympic Games and World Aquatics Events, men's races and women's races will start seperately. However:

3.2.4.1 If circumstances arise that require consideration of changes to the advertised competition program and timeline, the TOWSC Commission (or representative) present will determine (based on the number of entries, reports from the Medical Officer and Safety Officer, and other pertinant information provided by the LOC) the order of start and timeline for the competition.

3.2.4.2 If it is determined that simultaneous competitions will be scheduled, separate Chief Referees will be appointed for each competition, and the official results and placings will be determined as separate races.

3.2.4.3 The Chief Referee for each appointed event will determine the start time and order of races (including by sex and age), considering advice from the appointed Medical & Safety Officers, the TOWSC Commission (or representative) present, and/or the LOC.

3.2.5 For Open Water Swimming competitions other than at the Olympic Games and World Aquatics Events, unless otherwise determined by the organiser prior to the event, the Chief Referee will determine (based on the number of entries) whether the men's race and women's race will start simultaneously or separately. Even if the men's race and the women's race start simultaneously, the official results and placings will be determined as separate races.

3.3 **The start of the race:**

3.3.1 The Chief Referee will indicate when the start is imminent by a holding a green flag upright and performing several short blasts on a whistle.

3.3.2 The Chief Referee will indicate that the race is under the Starter's orders by pointing the flag at the Starter.

3.3.3 The Starter will be located in a position that is clearly visible to all Athletes.

3.3.4 On the Starter's command "take your marks", all Athletes will immediately take up a starting position with at least one foot in contact with the front of the starting platform (if a starting platform is used) or in line with the start line (if a starting platform is not used).

3.3.4.1 If, in the opinion of the Chief Referee, an athlete fails to follow the directions of the Chief Referee or Starter prior to and including the start of the race (inclusive of Article 3.3.4 of this Part Three), the Athlete will be issued with a yellow card, recorded as such, and notified on water (according to the process in Article 4.2.1.1 of this Part Three) at the earliest possible opportunity after the start by either the Chief Referee or another Referee in position to do so.

3.3.5 The Starter will give the starting signal when he/she considers all Athletes are ready. The starting signal must be both audible and visual using a white flag.

3.3.5.1 If the Chief Referee considers, in his/her discretion, that the start of the race was not a fair start for all Athletes, he/she may restart the race and, if so, will call all Athletes back to behind the start line or onto the starting platform (as applicable) and restart the race in accordance with Article 3.3 of this Part Three.

3.4 If the Chief Referee considers, in his/her discretion, that any Athlete has gained an unfair advantage at the start, the Athlete will be given either a yellow flag or a red flag in accordance with Article 4.2 of this Part Three.

3.5 Prior to the start, Escort Craft and Safety Craft must be positioned so as not to interfere with any Athlete. When picking up an Athlete, On-water Craft must approach from behind or from the side and must not navigate or manoeuvre through the field of Athletes or otherwise interfere with any Athlete. If the intervention is required for medical reasons, it will be carried out by a Safety Craft.

4 THE RACE

4.1 Conduct of the race:

4.1.1 All Open Water Swimming competitions are Freestyle competitions.

4.1.2 An Athlete must follow the course, swim the course line around all turn buoys in the correct order and direction, not exceed the course boundaries, and complete the full course. An Athlete must not interfere with another Athlete to gain an unfair advantage, and must obey the instructions from the Technical Officials.

4.1.2.1 For the purpose set out in Article 4.1.2 of this Part Three, 'course boundaries' includes respecting the outside limits of the course and the safety boundaries, and swimming through any Intermediate Gate (if used) and the finish funnel. Any Athlete that exceeds or does not respect the course boundaries may be disqualified from the event.

4.1.2.2 If an athlete misses any turn buoy or intermediate gate (if used), the athlete may return to swim the correct course only if all of the following conditions are met: (1) it is deemed safe to do so; (2) the action does not interfere with any other athlete; (3) the correction is made before reaching the next turn buoy; and (4) no unfair advantage has been gained as a result of the error.

4.1.3 During the race, an Athlete must swim the course and must not walk, run, or jump.

4.1.4 During the race, an Athlete must not receive support from any fixed or floating object (other than by standing on the ground below the water), and must not intentionally touch (or be touched by) any On-water Craft and/or anyone aboard an On-water Craft (except if the Athlete is in distress or apparent distress and is being assisted by a member of the competition medical team).

4.1.4.1 If any appointed Technical Official considers, in his/her discretion, that an Athlete has breached Article 4.1.4 by receiving intentional support, or instigating intentional support that is not for medical reasons, the Technical Official will report that conduct to the Chief Referee directly. At the Chief Referee's discretion, the Athlete will be disqualified from the event.

4.1.5 An Athlete must not receive pacing from any person who is not competing in the race and who has entered the water. Any such infraction will result in a red flag being issued under the authority of the Chief Referee and/or any appointed Referee who has personally observed the infraction.

4.1.6 The pacing or slip streaming of an Athlete by any On-water Craft is not permitted.

4.1.7 Race Judges will instruct any Athlete who is, in their opinion, taking unfair advantage by pacing or slip streaming any On-water Craft to move clear.

4.1.7.1 If the Chief Referee considers, in his/her discretion, that an Athlete has continued to breach Article 4.1.6 and/or Article 4.1.7 of this Part Three after having been previously instructed by any Race Judge to move clear, the Athlete will be issued a yellow flag as described in Article 4.2.1.1 of this Part Three

4.1.8 Each Athlete must start the race with two microchip transponders, one on each wrist. If during a race an Athlete loses a microchip transponder (or a microchip transponder becomes detached from the wrist), the Race Judge or other Technical Official will immediately inform the Chief Referee, who will instruct the responsible Technical Official on the water to issue to the Athlete a replacement microchip transponder. It will only be obligatory for an Athlete to take receipt of a replacement microchip transponder if they have lost both microchip transponders.

4.1.9 An Athlete who does not finish the race with at least one microchip transponder on their wrist will be disqualified from the event.

4.2 Misconduct:

4.2.1 Verbal and/or visual warnings:

4.2.1.1 An appointed Technical Official may issue a verbal and/or visual warning to an Athlete and/or their Athlete Support Personnel, on or off the water, if the Technical Official considers, in his/her discretion, that the conduct of the Athlete and/or Athlete Support Personnel requires such a warning.

4.2.1.2 The Technical Official will record the verbal and/or visual warning and, if the Technical Official considers it necessary, notify the Chief Referee.

4.2.2 Issuing a yellow card or red card:

4.2.2.1 The issuing of yellow cards and/or red cards to an Athlete for any infraction will be at the discretion of the Chief Referee and/or any appointed Referee if they determine that one (1) or more of the provisions of these

Competition Regulations have been breached by the Athlete and/or their Athlete Support Personnel in the course of the race.

4.2.2.2 Where a Video Assistant Referee system is in use, the appointed Video Review Judge will record and report to the Chief Referee any rule violations personally observed.

4.2.2.3 If an Athlete commits a rule breach resulting in a first yellow card during a race, the Chief Referee or an appointed Referee will, if and when possible, raise a yellow flag and display a card bearing the Athlete's number to indicate a first infringement. The infraction will be recorded, and all Technical Officials will be notified.

4.2.2.4 Issuing a first yellow card constitutes an official warning to the Athlete that they have breached specific Articles of these Competition Regulations.

4.2.2.5 If an Athlete commits a second rule breach during the race, the Chief Referee or an appointed Referee will, if and when possible, raise a red flag and display a card bearing the Athlete's number to indicate a second infringement. The Athlete will be disqualified immediately or, at the discretion of the Chief Referee, disqualification may be enforced at the end of the race in accordance with Article 2.5.7 of this Part Three. The infraction will be recorded, and all Technical Officials will be notified.

4.2.2.6 If the Chief Referee or a Referee determines that an Athlete (or their Escort Craft or Athlete Support Personnel) has committed Unsporting Conduct during the race that affects or interferes with Athletes in the water or the proper conduct of the event, the Athlete will be immediately disqualified from the event. The Chief Referee or an appointed Referee will, if and when possible, raise a red flag and display a card bearing the Athlete's number. The infraction will be recorded, and all Technical Officials will be notified.

4.2.2.7 Any Athlete disqualified in accordance with Article 4.2.2.5 or Article 4.2.2.6 of this Part Three must leave the water immediately, and take no further part in the race. The Chief Referee or the appointed Referee will give a physical signal by crossing their arms in front of their body to indicate that the Athlete may no longer compete in the event and must get out of the water.

4.2.3 Appendix 7 of this Part Three provides a summary of specific infractions and the corresponding yellow card or red card classifications with references to specific Articles of Part One and Part Three. At the discretion of the Chief Referee or any appointed Referee, infractions not listed in Appendix 7 may also be enforced if deemed appropriate.

4.2.4 Unsporting Conduct is conduct that is unsporting, which includes:

4.2.4.1 Any intentional violent physical action, whether during or outside of the competition, by an Athlete, an Escort Craft or an Athlete Support Personnel.

4.2.4.2 Intentional pushing, pulling or holding by an Athlete of another Athlete during the competition.

4.2.4.3 Any intentional physical action by an Athlete that pushes another Athlete against the buoys and/or markers defining the finish funnel.

4.2.4.4 Any action by an Athlete that impedes or prevents another Athlete from touching the finish plate.

4.3 Escort Craft:

4.3.1 Each Escort Craft will contain one (1) Race Judge, one (1) athlete support personnel, and the minimum crew required to safely operate the Escort Craft.

4.3.2 Escort Craft must be manoeuvred so as not to obstruct or be placed directly ahead of any Athlete and not to take unfair advantage by pacing or slip streaming an Athlete.

4.3.3 Escort Craft must attempt to maintain a constant position so as to station the Athlete at, or forward of, the mid-point of the Escort Craft.

4.3.4 Each Escort Craft must display the Athlete's competition number and the national flag of the Athlete's Member Federation so that they are clearly visible from either side of the Escort Craft.

4.4 Feeding during the race:

4.4.1 If an Athlete receives sustenance at a feeding platform or from an Escort Craft, he/she must receive it in a biodegradable container by hand or by feeding pole.

4.4.2 Athletes must not carry gels or any other packaged nutrition during the event, including inside their swimwear.

4.4.3 An Athlete must not receive sustenance (or any other object) thrown from the feeding platform or Escort Craft.

4.4.4 If used, a feeding pole must not exceed five (5) metres in length. No rope, wire, or object may hang from or be attached to a feeding pole except one (1) national flag. The flag must not be larger than 30 cm by 20 cm in size, and must be made from fabric material without hard edges or any weight or other items added.

4.4.5 The use of any feeding pole that has not been approved during the pre-race registration process in the first call room is prohibited. Any Athlete whose registered feeder uses an unapproved feeding pole may be disqualified from the event.

4.4.6 At World Aquatics Events, Athletes must use biodegradable drinks containers provided by World Aquatics.

4.4.7 Coaching and the giving of instructions to an Athlete by an athlete support person on the feeding platform or in the Escort Craft is permitted. The use of a whistle is not allowed.

4.5 **Time limits:**

4.5.1 The time limit for a race will be calculated as follows: after the finish time of the first placed Athlete, the remaining Athletes will have ten (10) minutes per five (5) km (or part thereof) of the total course distance, up to a maximum of sixty (60) minutes, to complete the course.

4.5.2 Any Athlete who has not finished the course within the time limit will be recorded as over the time limit (OTL) in the results, and will be removed from the water unless the Chief Referee, in his/her discretion permits the Athlete to complete the course. In such case, that Athlete will not be eligible for any resulting points, rankings, or prizes).

4.6 **Race emergency abandonment:**

4.6.1 The Chief Referee will manage all cases of race emergency abandonment in accordance with the Safety Plan and Articles 12.2.3 to 12.2.3.6 of this Part Three.

4.6.2 If the race emergency abandonment occurs in a race of ten (10) km or less, the race will be restarted from the beginning at the earliest possible moment. If one (1) or more Athletes has completed the race prior to the emergency abandonment, the final ranking will be as reported by the Chief Referee having regard to those Athlete(s) who have already finished.

4.6.3 If the race emergency abandonment occurs in a race of longer than ten (10) km and less than two (2) hours of the race has been completed, the race will be restarted from the beginning at the earliest possible moment. If two (2) or more hours of the race has been completed, the final ranking will be as reported by the Chief Referee.

5 THE FINISH OF THE RACE

5.1 No On-water Craft will enter the finish funnel unless specifically authorised to do so for safety or operational reasons.

5.2 The Finish Judges and Timekeepers will be positioned so that they are able to observe the finish at all times. The area in which they are located should be for their exclusive use.

5.3 If a finish plate is used, each Athlete must finish the race by touching the finish plate. An Athlete who does not touch the finish plate will be disqualified.

5.4 If no finish plate is used, each Athlete must finish the race by swimming over the finish line. Placing will be determined with reference to the first part of each Athlete's body to cross the finish line.

5.5 Any violation of the rules by an Athlete within the limits of the finish funnel may, at the discretion of the Chief Referee, result in disqualification from the race.

5.6 If any violation of the rules by an Athlete occurs within the limits of the finish funnel, the Chief Referee will enforce disqualification in conjunction with the appointed Video Review Judge, in accordance with Article 2.21.4 of this Part Three.

5.7 The Chief Referee will determine the final places based on the results recorded by the Automatic Officiating Equipment or otherwise based upon the places recorded by the Finish Judges and (if in use) the video recording of the finish in accordance with Article 12.4 of this Part Three.

5.8 **Post race assessment and assistance:**

5.8.1 All involved should make reasonable efforts to ensure that the athlete support personnel on the Escort Craft can get from the Escort Craft to meet the Athlete as they leave the water.

5.8.2 Some Athletes may require assistance to leave the water or after they have left the water. Technical Officials, Athletes, athlete support personnel, and others must not touch or handle Athletes unless they clearly display a need or ask for assistance.

5.8.3 As they leave the water, each Athlete will be inspected and assessed by a member of the event medical team. A chair, in which the Athlete can sit while an assessment is made, should be provided. Once cleared by the event medical team member, the Athlete will receive their competition accreditation back, and should be given access to refreshments.

6 MIXED TEAM EVENT

6.1 **The Mixed Team Event will proceed as follows:**

6.1.1 Each relay team must be comprised of four Athletes, two (2) men and two (2) women.

6.1.2 All members of a team must be of the same sport nationality in accordance with Article 3 of Part One.

6.1.3 The first Athlete of each team will start together simultaneously in accordance with Article 3 of this Part Three.

6.1.3.1 The starting position on the platform will be determined by random draw in accordance with Article 3.1.2 of this Part Three.

6.1.3.2 For in-water starts, the start will be in accordance with Article 3.1.3 of this Part Three.

6.1.4 Each Athlete in the team must complete the 1.5 km course once.

6.1.5 The race will be started in accordance with Article 3 of this Part Three and conducted in accordance with Article 4 of this Part Three, and the finish will be conducted in accordance with Article 5 of this Part Three.

6.1.6 Each Athlete in the team must swim consecutively. The team members may swim in any order they choose. The order must be notified as advised in the Technical/ Team Leaders' Meeting.

6.1.6.1 If members of a relay team swim in an order other than the order notified, the team will be disqualified.

6.1.7 **Changeovers:**

6.1.7.1 Relay changeover platforms must be used for all World Aquatics Events.

6.1.7.2 Changeovers must be conducted in the changeover zone, which will be of sufficient size for the number of teams competing and, at minimum, 5 metres in length.

6.1.7.3 Athletes may only enter the changeover zone shortly before a changeover that they will be involved in. As a team's Athlete approaches the changeover zone in the water, the team's next Athlete may enter the changeover zone without obstructing any other Athlete or any Athlete's view of the finish.

6.1.7.4 **If a relay changeover platform is used:**

6.1.7.4.1 Until a team's Athlete in the water touches the relay changeover platform to complete their distance, the feet of the same team's Athlete who is next in order to compete must remain in contact with the relay changeover platform.

6.1.7.4.2 The Athlete who is next in order to compete must dive from the start position allocated to the team on the relay changeover platform into the water.

6.1.7.5 **If a relay changeover platform is not used:**

6.1.7.5.1 Changeovers will take place with both Athletes involved in the water. As a team's Athlete approaches the changeover zone in the water, the team's Athlete who is next in order to compete may enter the water.

6.1.7.5.2 Until a team's Athlete who is competing their distance makes contact with the team's next Athlete, at least one hand of the team's next Athlete must remain in contact with the platform.

6.1.7.5.3 The contact between the hands and/or forearms of the team's two Athletes must take place above the water.

6.1.7.6 An Athlete who has completed their distance must leave the water immediately once it is safe to do so and in accordance with instructions from the Technical Officials.

7 3 KM KNOCKOUT SPRINT

7.1 Entries:

7.1.1 At the World Aquatics Championships and the World Aquatics Junior Open Water Swimming Championships, each Member Federation may enter up to two (2) Athletes in the men's 3 km Knockout Sprint and up to two (2) Athletes in the women's 3 km Knockout Sprint.

7.2 Race format:

7.2.1 The 3 km Knockout Sprint event will consist of three rounds: Round One, Round Two, and Round Three.

7.2.2 Athletes must qualify from Round One to compete in Round Two, and must qualify from Round Two to compete in Round Three.

7.2.3 Each start will be conducted in accordance with Article 3 of this Part Three, each race will be conducted in accordance with Article 4 of this Part Three, and each finish will be conducted in accordance with Article 5 of this Part Three.

7.2.4 The Chief Referee is responsible of the start times for Round Two and Round Three in conjunction with an appointed Timekeeper, who assists the Chief Referee in controlling and monitoring the starts.

7.3 Round One:

7.3.1 The course distance is 1500 metres.

7.3.2 The entry list will be published by the organiser in advance of the Technical/ Team Leaders' Meeting.

7.3.3 The organiser will determine the number of heats based on the number of entries received.

7.3.4 Athletes listed in the World Aquatics Rankings will be allocated to heats in accordance with the 'serpentine system' to ensure balanced distribution of top-ranked athletes. All remaining athletes who are not included in the World Aquatics Rankings will be assigned to heats by random draw. Start lists will be published immediately after the allocation.

7.3.5 The Athletes who finish in the top ten (10) places of each heat in Round One will qualify to compete in Round Two.

7.3.6 If there is a tie for tenth (10th) place in any heat of Round One, all Athletes tied for tenth (10th) place will qualify to compete in Round Two.

7.3.7 If only one (1) heat in Round One is held, the Athletes who finish in the top twenty (20) places will qualify to compete in Round Two.

7.3.8 If an Athlete who had otherwise qualified to compete in Round Two is disqualified or withdraws from the event, the next-placed Athlete in the same heat will qualify for Round Two.

7.3.9 An Athlete who has otherwise qualified to compete in Round Two but does not wish to do so must formally withdraw within five (5) minutes after the finish of the last qualified Athlete in Round One.

7.4 Round Two:

7.4.1 The course distance is 1000 metres.

7.4.2 Round Two is swum as semi-final(s). There will be a minimum of one (1) heat and a maximum of two (2) heats in Round Two.

7.4.3 After the last qualified Athlete of the last heat in Round One has finished their race, there will be a minimum of eight (8) minutes interval before the start of the first heat in Round Two.

7.4.4 The Chief Referee may adjust this interval if extenuating circumstances are deemed to exist.

7.4.5 Based on the results of Round One, Athletes will be allocated to heats in a manner that ensures balanced competition.

7.4.6 If there is one (1) heat in Round Two, the Athletes who finish in the top ten (10) places in Round Two will qualify to compete in Round Three.

7.4.7 If there are two (2) heats in Round Two, the Athletes who finish in the top ten (10) places of each heat in Round Two will qualify to compete in Round Three.

7.4.8 If an Athlete who has otherwise qualified to compete in Round Three is disqualified or withdraws from the event, the next-placed Athlete in the same heat will qualify for Round Three.

7.4.9 An Athlete who has otherwise qualified to compete in Round Three but does not wish to do so must formally withdraw within five (5) minutes after the finish of the last qualified Athlete in Round Two.

7.5 **Round Three:**

7.5.1 The course distance is 500 metres.

7.5.2 Round Three is swum as a Final. There will be only one race.

7.5.3 After the last qualified Athlete of the last heat in Round Two has finished the race, there will be a minimum of five (5) minutes interval before the start of Round Three.

7.5.4 The Chief Referee may adjust this interval if extenuating circumstances are deemed to exist.

7.6 **Infringements:**

7.6.1 If an Athlete receives a first infringement notice during Round One or Round Two in accordance with Article 4.2.1.1, that notice will remain valid for all subsequent rounds of the 3 km Knockout Sprint event in which the Athlete has qualified.

7.7 **Appeals:**

7.7.1 If an appeal is lodged from Round One in accordance with Article 12 of Part One, the Athlete involved in the appeal will be added as an additional qualifier in Round Two and will compete in Round Two 'under appeal'. The Athlete competing under appeal must qualify in Round Two in order to compete in Round Three.

7.7.2 If an appeal is lodged from Round Two in accordance with Article 12 of Part One, the Athlete involved in the appeal will be added as an additional qualifier in Round Three and will compete 'under appeal'.

7.7.3 In a case arising under Article 7.7.1 or 7.7.2 of this Part Three, only an Athlete whose appeal directly challenges his/her own non-qualification for the next round will be permitted to compete 'under appeal'. The Chief Referee will make a preliminary determination based on the content of the appeal as to whether the appeal would impact upon the Athlete's eligibility to advance to the next round. An appeal that does not relate to the Athlete's qualification status will not entitle the Athlete to compete 'under appeal'.

7.7.4 If an Athlete competes under appeal and qualifies for Round Three, the next-qualified Athlete(s) will be qualified as necessary to maintain the planned field size.

7.7.5 All Appeals will be considered after the completion of Round Three.

7.7.6 If an appeal is deemed invalid or is otherwise dismissed, the results achieved by the Athlete under appeal in Round One, Round Two and Round Three (as applicable) will be expunged.

7.7.7 If an appeal is upheld, the resulting course of action will be determined on a case-by-case basis.

8 AGE GROUP RULES AND ELIGIBILITY

8.1 To be eligible to compete at the Olympic Games or World Aquatics Championships, an Athlete must be at least fourteen (14) years old as at 31 December in the year of the event.

8.2 To be eligible to compete at the World Aquatics Junior Open Water Swimming Championships, an Athlete must be:

8.2.1 Fourteen (14) or fifteen (15) years old as at 31 December in the year of the event to compete in the 14-15 years age group events.

8.2.2 Sixteen (16) or seventeen (17) years old as at 31 December in the year of the event to compete in the 16-17 years age group events.

8.2.3 Eighteen (18) or nineteen (19) years old as at 31 December in the year of the event to compete in the 18-19 years age group events.

8.3 Member Federations and other competition organisers may adopt the same and/or alternative age group eligibility rules for competitions within their jurisdiction.

9 REGISTRATION AND SPORT ENTRIES

9.1 At the Olympic Games and the World Aquatics Championships, each Member Federation may enter a maximum of two Athletes in each individual competition.

9.2 At the World Aquatics Championships, each Member Federation may enter only one (1) team. Each team must be comprised of two (2) men and two (2) women Athletes.

9.3 At the World Aquatics Junior Open Water Swimming Championships, each Member Federation may enter a maximum of two (2) Athletes in each individual competition.

9.4 At the World Aquatics Junior Open Water Swimming Championships, each Member Federation may enter only one (1) team in each team competition. Each team must be comprised of two (2) men and two (2) women Athletes. An Athlete may swim in only one (1) team competition.

9.5 The Bureau will determine and publish the principles and system of qualification for Open Water Swimming competitions at World Aquatics Events and (in collaboration with the IOC) the Olympic Games.

10 SWIMWEAR, TECHNOLOGY, AND WEARABLES

10.1 During Open Water Swimming competitions with a water temperature of 18.0°C or above, an Athlete: must wear one (1) swimsuit in one or two pieces (not a wetsuit, subject to Article 10.3 of this Part Three); must start the race wearing one (1) cap or two (2) caps in accordance with Articles 6.10 and 7.8.6 of Part One; and may wear goggles, in each case that is permitted by Article 6 of Part One. An Athlete may wear a nose clip and/or use earplugs.

10.2 During Open Water Swimming competitions with a water temperature of below 18.0°C, an Athlete must wear a wetsuit; must start the race wearing one (1) cap or two (2) caps in accordance with Articles 6.10 and 7.8.6 of Part One; and may wear goggles, in each case that is permitted by Article 6 of Part One. Only one swimsuit may be worn underneath the wetsuit.

10.3 If the water temperature is between 18.0°C and 20.0°C, and the Chief Referee determines on the recommendation of the Safety Officer and the Medical Officer that conditions are hazardous for the Athletes, the Chief Referee may require all Athletes to compete in wetsuits.

10.4 An Athlete is permitted to compete with grease, lubrication, or other similar substance applied to the skin, as long as the quantity of grease, lubrication, or other similar substance is not considered by the Chief Referee to be excessive.

10.5 At the start and during the race, Athletes must have trimmed fingernails and toenails and must not wear any jewellery, including watches.

10.6 Other than permitted Swimwear, tape, technology, and wearables permitted in Article 10 of this Part Three, an Athlete must not use or wear during competition any device or swimsuit that may aid his/her speed, buoyancy, or endurance (such as, for example, webbed gloves, flippers, or fins).

10.7 Each Athlete competing as a member of a team in a team event must wear a team cap of identical colour and style, in accordance with Article 7.8 of Part One.

10.8 **Technology:**

10.8.1 Technology such as drones, GPS tracking, bio-medical sensors or devices that record physiological data including blood pressure, body temperature, stroke rate, and/or breathing rate, via the transponder are not permitted unless approved in advance by World Aquatics and listed at the date of the event on the World Aquatics Open Water Swimming current list of approved wearables (published on the World Aquatics website).

10.8.2 An Athlete is permitted to use an automated data collection device for the sole purpose of collecting data. Such a device must not be capable of transmitting or used to receive data, sounds, or signals to the Athlete, and must not be capable of aiding or used to aid the Athlete's speed, buoyancy, or endurance.

10.8.3 An Athlete wearing any technology or wearable must declare the technology or wearable when reporting to the first call room. Failure to declare any technology and/or wearable will result in disqualification from the event.

11 IDENTIFICATION OF ATHLETES DURING THE RACE

11.1 Each Athlete will wear their Athlete number as follows:

11.1.1 On both shoulder blades on the upper back, horizonally, each number will be 100 mm high x 60 mm wide.

11.1.2 On the arms, vertically, each number will be 100 mm high x 60 mm wide.

11.1.3 On the hands, horizontally to the base of the wrist, in numerical digits.

11.1.4 The numerical digits must be clearly marked in a very dark (eg, black) or very light (eg, white) colour that contrasts with the underlying surface (eg, wetsuit, skin tone) on to which the numerical digits are marked so that they easily visible to the Technical Officials. The use of marker pens to mark the numerical digits on the Athlete's hands or full-body wetsuit is permitted.

12 OPEN WATER SWIMMING FACILITIES AND EQUIPMENT

12.1 The following facilities are required for an Open Water Swimming competition:

12.1.1 Each starting platform, feeding platform, relay changeover platform, turn buoys, and Turn Judge craft or platform must be securely fixed in position and not be subject to tidal, wind, or other movement.

12.1.2 **The starting platform:**

12.1.2.1 At World Aquatics Events, unless agreed otherwise in advance by World Aquatics, the length of the starting platform will be equal to or larger than the size produced by the formula: (number of Athletes times 60 cm) plus five (5) metres on each side of the starting platform.

12.1.2.2 The starting platform must be marked with Athlete start spaces 60 cm in width and each Athlete start space must be marked with ascending numbers, with number 1 in the Athlete start space that is furthest from the entry to the starting platform (or, if two Athlete start spaces are equally distant from the entry to the starting platform, the number 1 position will be specified at the Technical/ Team Leaders' Meeting).

12.1.2.3 The starting platform must be of sufficient width to allow for the necessary activities prior to the start and of sufficient design and construction to support the weight of the Athletes and Technical Officials at the start.

12.1.3 **The finish:**

12.1.3.1 The final approach to the finish must be clearly defined with markers of a distinctive colour that comprise the boundary of the course.

12.1.3.2 The area leading to the finish apparatus should be clearly marked by rows of horizontal markers that narrow as they get closer to the finish wall. For World Aquatics Events these markers must be inflatable tubes.

12.1.3.3 The finish apparatus must be a clearly defined vertical facing finish plate. The finish apparatus must at the Olympic Games and World Aquatics Events and should otherwise where possible be a vertical facing finish plate that is at least five (5) metres in width and is securely fastened in place so as not to be moved by the wind, the tide, or the force of an Athlete striking the finish plate (and, if necessary, the finish plate may be fixed to floatation devices). The bottom of the finish plate will be no less than 500 mm and no greater than 700 mm above the waterline, unless otherwise agreed with the LOC, the Safety Officer, and the Chief Referee.

12.1.3.4 At the Olympic Games and World Aquatics Events, the finish must be filmed and recorded from each end of the finish plate and above the finish plate by a video system with slow motion and recall facilities including timing equipment. For other events, the finish should be filmed and recorded in the same way.

12.1.3.5 At the Olympic Games and World Aquatics Events, and at any other competition where a Video Assistant Referee is in use, additional cameras must be located at each end of the finish plate that film and record the breadth of the finish funnel continuously from the finish funnel entrance to the point that the coverage provided by the finish cameras described in Article 12.1.3.4 of this Part Three begins (and the additional camera coverage must overlap with the finish camera coverage, as shown in the diagram at Appendix 5).

12.1.4 **Turns and alterations of the course:**

12.1.4.1 Each turn or alteration of the course must be clearly indicated. Turn buoys that indicate turns or alterations of the course must be of a different colour to guidance buoys. Wherever possible there will be a long distance (to be approved by World Aquatics) from the start to the first turn buoy to ease congestion at the turn.

12.1.4.2 At each turn or alteration of course, a Turn Judge on a clearly marked craft or platform will be positioned in a manner that does not obstruct an Athlete's visibility of the turn or alteration.

12.1.5 **Feeding platforms:**

12.1.5.1 Each feeding platform must be of sufficient size and buoyancy for the safe operation of the platform and the feeders and Technical Officials operating thereon. Unless agreed otherwise in advance by World Aquatics, the length of the feeding platform must be equal to or larger than the size produced by the formula: (number of feeders times 60 cm) plus five (5) metres. The width of the feeding platform must be sufficient to allow storage and preparation for Athlete feeding. There must be sufficient space (on one or more platforms) to accommodate all feeders. Access to the feeding platform by feeders and Technical Officials should be on the outside of the course wherever possible.

12.2 **Water conditions:**

12.2.1 The organiser must obtain from the appropriate local health and safety authorities a certificate of suitability for use of the venue. The certification must address water purity and the physical safety of Athletes from other risks.

12.2.2 At any point on the course, the depth of water must be at least 1.40 metres.

12.2.3 The water temperature should be a minimum of 16.0°C and a maximum of 31.0°C.

12.2.3.1 The water temperature will be measured by a commission comprised of an appointed Referee, a representative of the LOC, and a representative from one of the teams participating in the race, who is designated during the Technical/ Team Leaders' Meeting.

12.2.3.2 At the Olympic Games and World Aquatics Events, the representative of the LOC will be the appointed Safety Officer.

12.2.3.3 The water temperature will be measured two (2) hours before the start of the race at three points (selected by the commission for the Olympic Games and World Aquatics Events) around the course at a depth of 40 cm. The water temperature will be recorded as the average of the three temperatures measured.

12.2.3.4 If the water temperature is measured at below 16.0°C or above 31.0°C, the Chief Referee will, in consultation with the appointed Safety Officer and Medical Officer, determine whether and if so when to re-measure the water temperature, whether to delay the start of the race, and/or whether to postpone and/or cancel the event, depending on the conditions and the circumstances.

12.2.3.5 For all races the Safety Officer will measure the water temperature ten (10) minutes prior to the race start and at thirty (30) minute intervals after the start of the race for the duration of the race in positions selected by the commission. All measurements and positions will be recorded and communicated to the Chief Referee and Medical Officer.

12.2.3.6 If the water temperature is measured at below 16.0°C or above 31.0°C at any measuring interval during the race, the race will continue if so decided by the Chief Referee, and the water temperature will be measured again 30 minutes later. If the water temperature remains below 16.0°C or above 31.0°C, the Chief Referee will stop the race and follow the process in Article 4.6 of this Part Three. The race will only be restarted if the water temperature is between 16.0°C and 31.0°C. The decision to restart the race will be at the absolute discretion of the Chief Referee in accordance with Article 12.2.3.4 of this Part Three.

12.2.3.7 Before restarting the race, the Chief Referee will also ensure that the conditions specified in Articles 4.6 of this Part Three have been met.

12.3 **The following equipment is required for Open Water Swimming competitions at a World Aquatics Event (and other competitions where Automatic Officiating Equipment is used):**

12.3.1 Microchip transponders that are used in conjunction with Automatic Officiating Equipment to time races and provide split times. Microchip transponder technology will record times to an accuracy of one tenth (1/10) of a second.

12.3.2 Whether or not Automatic Officiating Equipment is used, sufficient Timekeepers and watches to measure and record the times of all Athletes in accordance with Article 12.4 of this Part Three.

12.3.3 Automatic Officiating Equipment supervised by assigned Technical Officials.

12.3.3.1 The Automatic Officiating Equipment will record the time and place of each Athlete to complete the course and, based on those placings and the video recording of the finish, the Chief Referee will determine the winner and all placings.

12.3.3.2 Times recorded by and placings determined from operation of the Automatic Officiating Equipment will be presumed to be accurate and will take precedence over any times recorded by and/or placings determined by Finish Judges and Timekeepers.

12.3.3.3 If a break-down or failure of the Automatic Officiating Equipment occurs or an Athlete fails to activate the Automatic Officiating Equipment, the Chief Referee will determine the official time(s) and placing(s) for the affected Athlete(s) based on procedure at Article 12.4 of this Part Three.

12.3.4 If one or more intermediate timing gates are used, they must be located on the course with a minimum width of six (6) metres (measured at the water surface) so that Athletes need not deviate from the swimming line of the course.

12.4 **Procedure if no Automatic Officiating Equipment is used or if Automatic Officiating Equipment is used but fails:**

12.4.1 If no Automatic Officiating Equipment is used, the Chief Referee will determine times as follows:

12.4.1.1 The time taken by an Athlete to complete the course will be recorded to an accuracy of one tenth (1/10) of a second by three (3) Timekeepers. The official time for that Athlete will be determined as follows:

12.4.1.1.1 If two (2) of the three (3) watches record an identical time and the third watch records a different time, the two identical times will be recorded as the Athlete's official time.

12.4.1.1.2 If all three (3) watches record different times, the watch recording the intermediate time will be recorded as the Athlete's official time.

12.4.1.1.3 If only two (2) of three (3) watches work and record different times, the average of the two recorded times will be recorded as the Athlete's official time. If this calculation results in a value that is expressed in hundredths of a second, the final digit will not be recorded and the official time recorded will not be 'rounded' up or down.

12.4.1.1.4 If only one (1) of the three (3) watches work, the time recorded on that watch will be used, and if none (0) of the three (3) watches work, the Chief Referee will establish the Athlete's place without an official time.

12.4.2 If Automatic Officiating Equipment is used and it fails to record the place and/or time of one or more Athletes in a race, the Chief Referee will:

12.4.2.1 Collate all available times and places recorded by the Automatic Officiating Equipment and all available times and places recorded by the Timekeepers.

12.4.2.2 Determine the official placings of the race as follows:

12.4.2.2.1 Each Athlete's race placing will be determined by Chief Referee based on the video recording of the finish of the race.

12.4.2.2.2 Subject to Article 12.4.2.2.1 of this Part Three, Athletes who have a time and place recorded by Automatic Officiating Equipment must retain their relative order in the race placings compared to other Athletes in the same race who also have a time and place recorded by Automatic Officiating Equipment.

12.4.2.2.3 If an Athlete has a time but not a place recorded by Automatic Officiating Equipment, their place will be determined as described in Article 12.4.2.2.1 of this Part Three.

12.4.2.2.4 If an Athlete does not have a time or place recorded by Automatic Officiating Equipment, the Athlete's race placing will be determined by the Chief Referee based on the placings recorded by the Finish Judges.

12.5 **Video Assistant Referee:**

12.5.1 A Video Assistant Referee is a system for collecting and reviewing images to be analysed at the end of the race by the Chief Referee as a means to support decision-making regarding any infraction that has been reported by any authorised Technical Official to the Chief Referee.

12.5.2 At the Olympic Games and any World Aquatics Event, a Video Assistant Referee system will be in place, and a Video Review Judge will be appointed to review the available images, in accordance with Article 2.21 of this Part Three.

13 WATER QUALITY AND VENUE SUITABILITY

13.1 Guidance on water quality:

13.1.1 Article 13.1 of this Part Three is intended to provide guidance to the organiser of any Open Water Swimming competitions at a World Aquatics Event on matters relating to water quality at proposed competition and/or training venues. This guidance adheres to the WHO Guidelines on Recreational Water Quality (2021), and provides detail regarding the identification of significant water contaminants; the acceptable levels of specified microorganisms; a model for sanitary inspection; and a combined classification matrix to determine suitability of a competition venue.

13.1.2 Background and the importance of water quality:

13.1.2.1 World Aquatics hosts Open Water Swimming events in the open sea, ocean, lakes, rivers and other inland waterways, commonly over distances of 5km or more. The Technical Committee for Open Water Swimming in collaboration with the Sports Medicine Committee works to ensure Athlete safety as their priority.

13.1.2.2 While the rules in this Part Three address a number of health and safety factors including water temperature, water quality, and other forms of contamination or water hazard, this guidance specifically addresses water quality, with particular focus on the bacterial indicator organisms intestinal Enterococci and Escherichia Coli (E. coli). These are reliable indicators of faecal contamination from animals, human sewage, or effluent, and present the most likely risk to Athlete welfare.

13.1.2.3 Athletes in Open Water Swimming may be exposed to contamination from waterborne agents through inhalation, ingestion (swallowing), and by direct skin contact. Sensitive mucosal linings of the eyes, ears, nose, mouth and upper respiratory tract are potential infection entry points during prolonged immersion.

13.1.2.4 Swallowing a significant volume of contaminated water will challenge the gastrointestinal system and may cause diarrhoea and/or vomiting. However, these effects are determined primarily by the strain and concentration of a specific microorganism, the period of exposure, and the immune status or susceptibility of the host (the Athlete).

13.1.2.5 Consequences may range from mild to moderate gastrointestinal symptoms; ear, nose and eye infections; and, in some susceptible individuals, respiratory illness. In most cases however, symptoms are transient and respond to conservative medical management. However, more serious medical consequences may arise and therefore a competition venue that meets certain safety standards will clearly minimise risks to the Athlete.

13.1.2.6 The suitability of a potential venue for training or competition is determined by a combined microbial water quality assessment and survey of sanitation. The former quantifies identified bacteria while the latter involves visual inspection, identifying other pollution sources such as runoff from stormwater drains or industrial outflows. The sanitary survey also considers the influence of weather patterns, particularly rainfall, and the potential effect on a venue.

13.1.3 Assessment of bacterial contaminants:

13.1.3.1 The scientific consensus is that intestinal Enterococci and E. coli are the most reliable indicators of faecal contamination in water. Acceptable levels of these organisms for safe swimming are in accordance with most recent limits proposed by the WHO, the United States Environmental Protection Agency, the European Environmental Agency, the New Zealand Ministry of Health and the Australian National Health and Research Council.

13.1.3.2 Variability in bacteria levels is influenced by (among other things) salinity, tidal influence, and the distribution of organisms, and therefore World Aquatics uses different standards for tidal waters and inland waterways. References to 'cfu' mean 'colony forming unit'.

13.1.3.3 World Aquatics applies the following bacterial level standards (set out in the table immediately below) at Open Water Swimming venues where competition is held in sea, ocean, or other transitional (tidal) waters:

	Excellent water quality	Good water quality	Unacceptable water quality
Enterococci (cfu/100mL)	<100	<200	>200
E. coli (cfu/100mL)	<250	<500	>500

13.1.3.4 World Aquatics applies the following bacterial level standards (set out in the table immediately below) at Open Water Swimming venues where competition is held in inland waterways:

	Excellent water quality	Good water quality	Unacceptable water quality
Enterococci (cfu/100mL)	<200	<400	>400
E. coli (cfu/100mL)	<500	<1000	>1000

13.1.4 **Frequency of water analysis:**

13.1.4.1 At the time that an organiser applies for World Aquatics approval of an Open Water Swimming competition, the organiser must provide the World Aquatics Office with an authorised water quality analysis report from venue samples collected at the site. In addition, the organiser must provide additional authorised water quality analysis reports from venue samples collected at the site two (2) months prior to the start of the competition, seven (7) days prior to the start of the competition, no more than forty-eight (48) hours prior to the start of the competition, and on the day of the competition.

13.1.4.2 The samples collected on the day of competition, notwithstanding delayed reporting, will only be used when a change in water quality, caused by storms or other unpredictable factors, needs to be considered in the advent of illness amongst Athletes. Data from the water analysis will guide appropriate treatment.

13.1.4.3 The water samples must be collected from three (3) different locations on the course and analysed at an authorised laboratory. The poorest result should determine the overall water quality with the following tolerance levels for respective venues.

13.1.4.4 **For seas, oceans and other transitional (tidal) waters, the following tolerance levels are required:**

13.1.4.4.1 pH between 6 and 9.

13.1.4.4.2 Enterococci not more than 100cfu/100mL.

13.1.4.4.3 E. coli not more than 250cfu/100mL.

13.1.4.4.4 Absence of algal bloom.

13.1.4.5 **For inland waterways, the following tolerance levels are required:**

13.1.4.5.1 pH between 6 and 9.

13.1.4.5.2 Enterococci not more than 200cfu/100mL.

13.1.4.5.3 E. coli not more than 500cfu/100mL.

13.1.4.5.4 If algal bloom and scum formation is present in inland waterways, the competition organiser will commission a test for cyanobacteria with the results to be confirmed by the appropriate local health authority. A tolerance of less than 100,000 cells/mL is required by World Aquatics.

13.1.5 **Sanitary inspections:**

13.1.5.1 A representative of World Aquatics should undertake a venue sanitary inspection, which is primarily a subjective visual survey.

13.1.5.2 This inspection indicates whether the competition venue is potentially susceptible to faecal contamination from other sources such as inflow identified by local health authorities; nearby factories, farms, or hotels; or the influence of stormwater overflow after periods of heavy rainfall.

13.1.5.3 In addition, the inspection should record areas of stagnation, water clarity, odour, evidence of algal bloom, surface "scum" or visible pollutants such as oil film or "slick". These sanitary factors should be included by the potential competition organiser in its application to World Aquatics, and examples of excellent, good, and poor sanitation are set out in the table immediately below.

Sanitary inspection factors	Excellent sanitation	Good sanitation	Poor sanitation
Algal bloom	absent	absent	present
Surface contaminants (e.g. oil)	absent	absent	present
Water clarity	Visibility to 50 cm	cloudy	cloudy
Odour	absent	moderate	present
Weather effects	nil	present but reducing	present
Active aquatic life	present	present	absent

13.1.5.4 Where there is demonstrable impact from weather events such as heavy rainfall, the application should provide clear, documented evidence of the water "clearance time" required to return the venue to acceptable levels of indicator organisms.

13.1.5.5 In addition, the inpection must also identify potential hazards, such as tides, currents, general debris, floating logs, or rocky outcrops, that might affect the laying of a course or impede or injure an Athlete.

13.2 Open Water Swimming venue suitability

13.2.1 In meeting obligations to Athlete health and safety, the suitability of every World Aquatics Open Water Swimming venue must be determined by considering the results of water quality analysis, the report from sanitary inspection, anticipated water temperature, and the likely impact of the local weather. Accordingly, a matrix of classification is used by World Aquatics to assist in determining the suitability of all Open Water Swimming competition venues.

13.2.2 A water quality decision matrix for seas, oceans, and other transitional (tidal) waters is set out in the table immediately below:

	Sanitary category		
	Excellent	**Good**	**Poor**
2 past results E. coli <250 Enterococci <100	1	1	2
Last result E. coli 250- 500 Enterococci 100-200	2	2	3
2 past results E. coli 250 -500 Enterococci 100-200	2	3	3
Last result E. coli >500 Enterococci >200	4	4	4

13.2.3 A key for venue suitability in seas, oceans, and other transitional (tidal) waters is set out in the table immediately below:

1	**Excellent water quality:** E. coli <250cfu/100mL or Enterococci <100cfu/100mL with excellent/good sanitary inspection and no forecasted heavy rainfall.
2	**Good water quality:** E. coli <250cfu/100mL or Enterococci <100cfu/mL with some deficiencies in sanitary inspection or forecasted heavy rainfall. OR E. coli 250-500cfu/100mL or Enterococci 100-200cfu/mL with no deficiencies in sanitary inspection or no forecasted heavy rainfall.
3	**Fair water quality:** E. coli 250-500cfu/100mL, Enterococci 100-200cfu/100mL with poor sanitary inspection and/or forecasted heavy rainfall.
4	**Poor water quality:** E. coli >500cfu/100mL, Enterococci >200cfu/100mL with poor sanitary inspection and/or forecasted heavy rainfall.

13.2.4 A water quality decision matrix for inland waterways is set out in the table immediately below:

	Sanitary category		
	Excellent	**Good**	**Poor**
2 past results E. coli <500 Enterococci <200	1	1	2
Last result E. coli 500-1000 Enterococci 200-400	2	2	3
2 past results E. coli 500 - 1000 Enterococci 200-400	2	3	3
last result E. coli >1000 Enterococci >400	4	4	4

13.2.5 A key for venue suitability in inland waterways is set out in the table immediately below:

1	**Excellent water quality:** E. coli <500cfu/100mL or Enterococci <200cfu/100mL with excellent/good sanitary inspection and no forecasted heavy rainfall.
2	**Good water quality:** E. coli <500cfu/100mL or Enterococci <200cfu/mL with some deficiencies in sanitary inspection or forecasted heavy rainfall. OR E. coli 500-1000cfu/100mL or Enterococci 200-400cfu/mL with no deficiencies in sanitary inspection or no forecasted heavy rainfall.
3	**Fair water quality:** E. coli 500-1000cfu/100mL, Enterococci 200-400cfu/100mL with poor sanitary inspection and/or forecasted heavy rainfall.
4	**Poor water quality:** E. coli >1000cfu/100mL, Enterococci >400cfu/100mL with poor sanitary inspection and/or forecasted heavy rainfall.

13.2.6 Use of the water quality decision matrices to determine venue suitability:

13.2.6.1 World Aquatics expects all Open Water Swimming competition venues to meet the criteria outlined in level 1 (excellent water quality).

13.2.6.2 However, there may be circumstances where World Aquatics may consider a competition venue that meets level 2 (good water quality) to be acceptably safe for competition. For example, a venue may be considered unsuitable only after heavy rainfall and reclassified satisfactory after water clearance, or a venue may be considered unsuitable due to sanitary deficiencies due to the presence of debris, hazards, or surface contaminants, and reclassified satisfactory after physical clearance of those debris, hazards, or surface contaminants.

13.2.6.3 All decisions on venue suitability and reclassification are the responsibility of the Technical Committee for Open Water Swimming and the Sports Medicine Committee (or their respective representative(s)), in collaboration with the Medical Officer.

13.2.6.4 World Aquatics considers an Open Water Swimming competition venue that meets the criteria outlined in level 3 (fair water quality) or level 4 (poor water quality) to be unsuitable for safe competition and/or training.

13.3 World Aquatics will have sole and absolute discretion to modify, postpone, or cancel a competition and/or event if water quality or venue suitability is insufficient, and will assess the viability of the competition and/or event on an ongoing basis.

14 OPEN WATER SWIMMING-SPECIFIC MEDICAL AND SAFETY REQUIREMENTS

14.1 In addition to the medical and safety requirements set out in Article 8 of Part One, the following medical and safety requirements apply to Open Water Swimming events of a distance of 5km or greater at World Aquatics Events.

14.2 The organiser must develop a site-specific Safety Plan, refine the Safety Plan as necessary in coordination with World Aquatics, and implement the Safety Plan at the competition:

14.2.1 **Submission of a site-specific Safety Plan:**

14.2.1.1 Four (4) weeks prior to the competition, the competition organiser will submit for approval by World Aquatics a site-specific Safety Plan that complies with all relevant requirements of these Competition Regulations.

14.2.1.2 The Safety Plan will be reviewed by the World Aquatics Safety Delegate, who shall approve, modify, or reject the submitted Safety Plan.

14.2.1.3 The World Aquatics Safety Delegate and the World Aquatics Medical Delegate will liaise regarding the Safety Plan and the Medical Plan to ensure that the plans address all relevant issues and will operate with efficiency and consistency.

14.2.1.4 The Safety Plan will include the appointment of a World Aquatics Safety Delegate who is independent of the host Member Federation and organiser to ensure that the approved Safety Plan and the requirements of these Competition Regulations are implemented at the competition.

14.2.1.5 The Safety Plan will confirm that the Chief Referee may, on the advice of the Aquatics Safety Delegate, the Safety Officer, or the Medical Officer, postpone, cancel, or modify an event where safety conditions warrant.

14.2.1.6 No competition subject to these regulations will be sanctioned or approved by World Aquatics without an approved Safety Plan in place.

14.2.1.7 At any time up until five (5) days before the competition, if the organiser wishes to amend the approved Safety Plan it must request approval of the amendment from the World Aquatics Safety Delegate. Within five (5) days of the competition, if circumstances beyond the control of the organiser mean that the organiser wishes to amend the approved Safety Plan it must request approval of the amendment from the World Aquatics Safety Delegate.

14.2.2 **Implementation of the Safety Plan at the competition:**

14.2.2.1 Concurrently with the awarding of a competition, World Aquatics will appoint a World Aquatics Safety Delegate for each competition. The World Aquatics Safety Delegate will be independent of the organiser. The World Aquatics Safety Delegate will be generally responsible for all matters pertaining to the safety of the Athletes and other persons present at the competition and will be specifically responsible for ensuring that the Safety Plan and these Competition Rules are followed during the competition.

14.2.2.2 The organiser will appoint a Safety Officer with experience in safety at Open Water Swimming competitions and a Safety Crew responsible for organising and implementing all safety aspects of the competition. The Safety Crew will include certified local lifeguards with experience in open bodies of water who will be involved in ensuring safety during the competition.

14.2.2.3 The World Aquatics Safety Delegate will inspect the competition venue and meet with the Safety Officer and Safety Crew at least three days prior to the scheduled start of the competition to ensure that the Safety Plan remains adequate to address the conditions at the competition venue and that all actions necessary to implement the Safety Plan have been taken.

14.2.2.4 The World Aquatics Safety Delegate will have authority to modify, postpone, or cancel the competition whenever the Safety Plan is not fully and properly implemented, or as otherwise required to protect the safety of Athletes or other participants. The World Aquatics Safety Delegate may consult the Safety Officer, Medical Officer, and the Chief Referee regarding the possible modification, postponement, or cancellation of the competition.

14.3 **The Safety Plan must address, among other things, the following requirements:**

14.3.1 **The Technical/ Team Leaders' Meeting:**

14.3.1.1 Member Federation team leaders must attend the Technical/ Team Leaders' Meeting. If a team leader or other athlete support person is unable to attend the Technical/ Team Leaders' Meeting, the Athlete must attend the Technical/ Team Leaders' Meeting.

14.3.1.1.1 If neither an Athlete nor their Member Federation team leader or athlete support person attends the Technical/ Team Leaders' Meeting, the Athlete will not be permitted to competed in any race at the competition and their entries will be withdrawn.

14.3.1.2 The safety-related topics that will be addressed at the Technical/ Team Leaders' Meeting include: an explanation of the course layout and hazards; tides, currents, and/or other water conditions; marine life; weather conditions; water temperature; water quality conditions; a description of the method by which the Technical Officials and Safety Crew will monitor Athletes; the location of Safety Craft; a description of medical support onsite and the availability of hospital care; the signal for help (float on back and raise hand for assistance); and the evacuation plan for clearing the course, including a description of related visual and aural signals.

14.3.2 A short pre-race safety briefing will be held immediately prior to each race, and in accordance with Article 3.2.2 of this Part Three, all Athletes competing in that race must attend it.

14.3.3 **The monitoring and, if necessary, rescue of Athletes:**

14.3.3.1 Each Athlete will be under the direct observation of at least one Safety Crew member or Referee at all times during the race. The configuration of the course will determine where Safety Crew observers are positioned to observe Athletes. For example, in an open course with no physical restraints, and depending on the size of the field, it is ideal to have Safety Craft with a designated Safety Crew observers assigned to ensure that each Athlete is monitored. However, in a competition conducted in a narrow rowing basin, it would be impractical to have individual Safety Craft on the course and, instead, Safety Crew observers may be able to follow the Athletes by walking along the shore. In other circumstances, it may be desirable to organise the Safety Crew observers by zone.

14.3.3.2 Whenever possible, given the layout of the course, there should be sufficient Safety Craft to ensure that all Athletes separated from the lead group or lead Athlete can be followed directly by an Safety Craft. The Safety Craft must follow the Athlete or group of Athletes at a reasonable distance so as to allow immediate intervention if a safety action is required.

14.3.3.3 There must be sufficient powered Safety Craft and close support Safety Craft located on the course to immediately recognise when an Athlete is in distress and to initiate an immediate rescue response after observation or notification that rescue of an Athlete is required. At sufficient intervals (in most course configurations, every 400 metres along the course) a stationary Safety Craft should be located with a CPR- and life support-trained person on board. There must be sufficient designated rescue landing points along the course and sufficient CPR- and life support-trained personnel in proximity to each Athlete or group of Athletes.

14.3.4 **Safety communication:**

14.3.4.1 Throughout the competition, The World Aquatics Safety Delegate and the Safety Officer must have instant two-way communication system access with: each other, all members of the Safety Crew assigned to observe Athletes, all close support and powered Safety Craft, personnel on each feeding platform, the Chief Medical Officer, the Chief Referee, and other course Technical Officials.

14.3.4.2 The line of command will be as follows: the World Aquatics Safety Delegate deals directly with the Safety Officer and the Safety Officer deals directly with, and has the absolute power to mobilise all lifeguards and medical team personnel if required.

14.3.4.3 Safety Crew members assigned to monitor Athletes must also be able to instantly communicate with all Safety Craft.

14.3.4.4 The instant two-way communication system must have one channel or number reserved for emergencies, and a backup communication system must also be available.

14.3.5 **Accounting for Athletes:**

14.3.5.1 The Clerk of the Course is responsible for the accountability of all Athletes from the start of the race until the last Athlete has safely completed the race (or otherwise been accounted for). As Athletes withdraw from or finish the race, the Clerk of the Course will check off each Athlete from the list of Athletes who started the race.

14.3.5.2 Athletes must not leave the course - whether through withdrawal, disqualification, completion, or otherwise – without checking in with the Clerk of the Course.

14.3.5.3 If required by the Safety Plan, Athletes must wear an electronic tracking device.

14.3.6 Floating feeding platforms or stationary feeding stations, which should be available at least every 2.5 km in races greater than 5 km.

14.3.7 The issue of a local venue suitability certificate, including water quality, in accordance with Article 12.2.1 of this Part Three. The certificate issued in connection with plan approval must be updated within forty-eight (48) hours of the day of the race.

14.3.8 The course must be in water that is subject to only minor currents or tides and is free of hazardous obstacles, pollutants, and dangerous marine life.

14.3.9 **Medical services:**

14.3.9.1 The organiser will appoint as its Chief Medical Officer a physician with experience in providing medical care during endurance events. Other members of the medical team will include sufficient individuals with emergency medical training (basic life support and CPR) to staff the stationary Safety Craft and the other Venue medical facilities.

14.3.9.2 The onsite medical facility will include basic emergency and trauma equipment, automated external defibrillators, and any heating or cooling facilities required by the Safety Plan.

14.3.9.3 An ambulance will be available onsite or on call within five (5) minutes of the venue. It is recommended that a back-up ambulance is also be available onsite or on call within fifteen (15) minutes of the venue.

14.3.9.4 Where the travel time by ambulance between the venue and the nearest hospital with emergency room facilities is longer than one (1) hour, the Safety Plan must require the provision of helicopter transport.

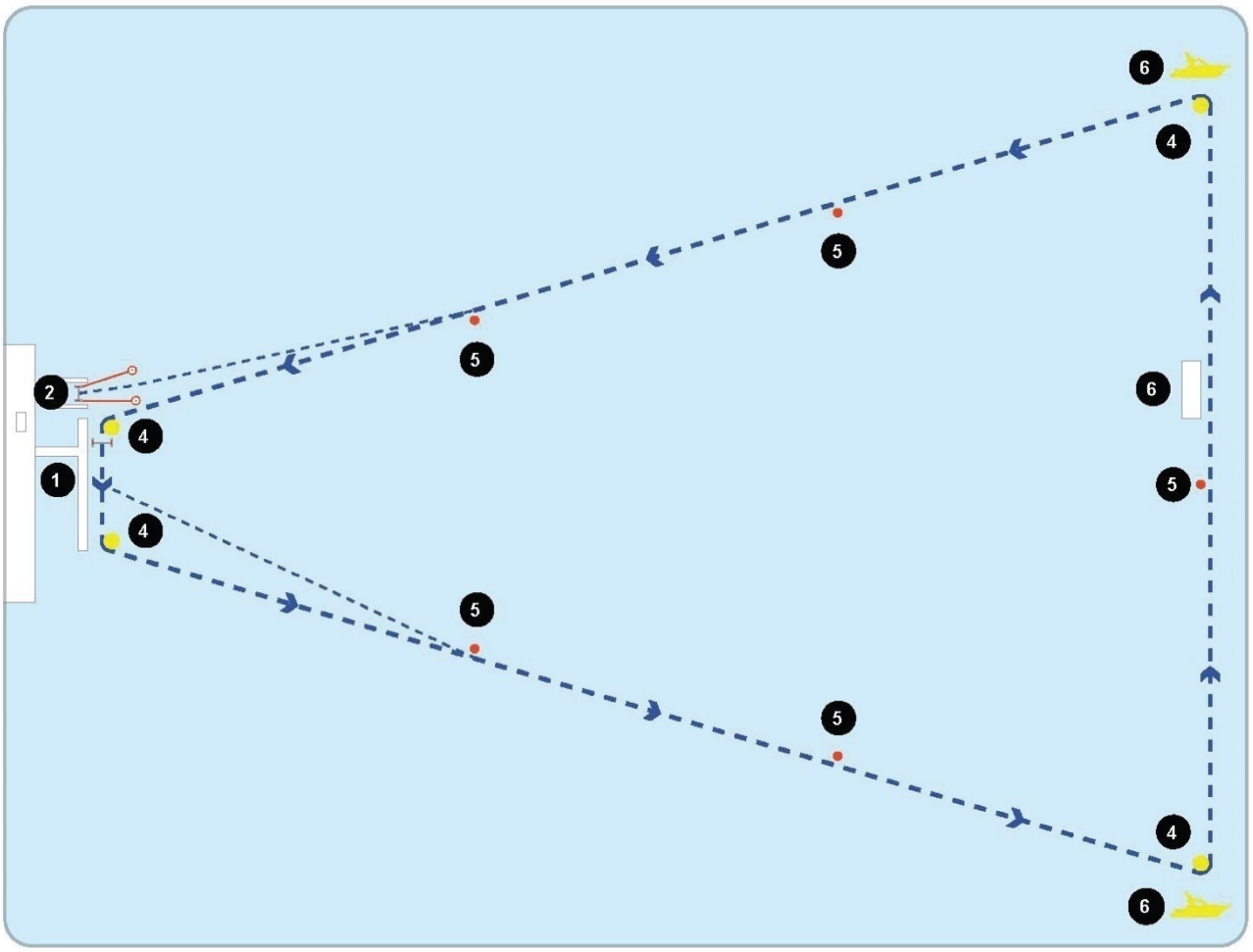
14.3.10 Provision for safety during training, pre-race warm ups, and post-race warm downs. The organiser must provide sufficient safety monitoring (by Safety Crew) on the course during established training hours, pre-race warm ups, and post-race warm downs, and Athletes are not permitted to enter the course during training without a Safety Craft.

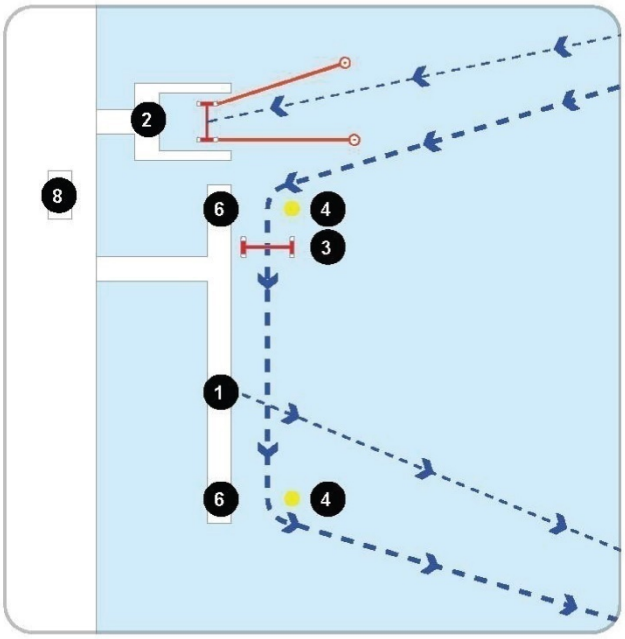
14.3.11 A course evacuation plan, which will explain how all Athletes, Technical Officials, and other personnel will be evacuated from the water and to safety in emergency situations.

15 APPENDICES

15.1 APPENDIX 1 - DIAGRAM OF A COURSE 112
15.2 APPENDIX 2 – DIAGRAM OF CRAFT POSITIONS ON A COURSE 113
15.3 APPENDIX 3 – DIAGRAMS OF A STARTING PLATFORM, FEEDING PLATFORM, AND BUOYS 114
15.4 APPENDIX 4 - DIAGRAMS OF INTERMEDIATE AND FINISH GATES 115
15.5 APPENDIX 5 - DIAGRAM OF VIDEO ASSISTANT REFEREE VIDEO CAMERA COVERAGE AT A FINISH GATE 116
15.6 APPENDIX 6 – DIAGRAM OF THE TIMING ROOM 117
15.7 APPENDIX 7 – INFRACTION QUICK REFERENCE GUIDE 118

15.1 APPENDIX 1 – DIAGRAM OF A COURSE



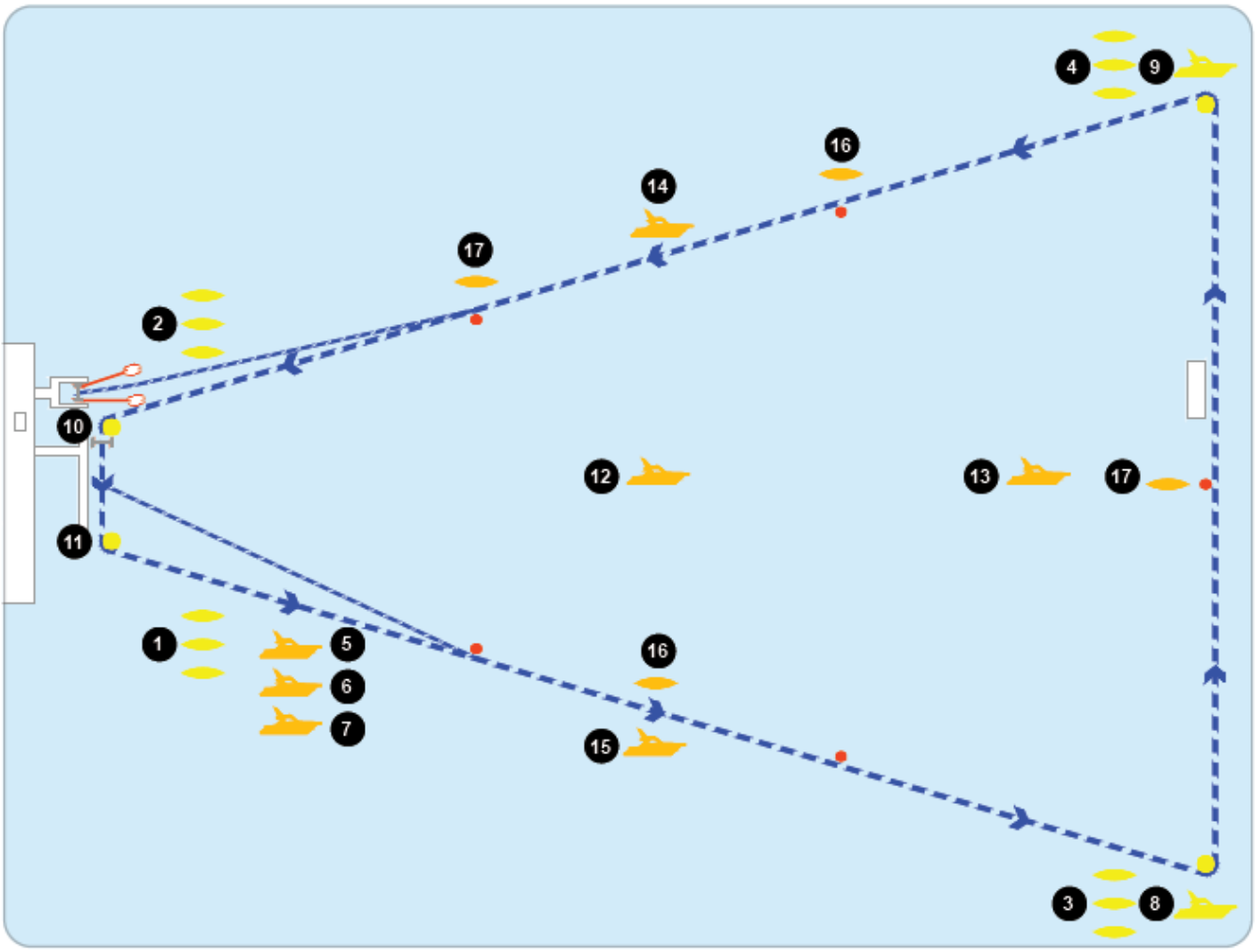


1. Start Platform
2. Finish Gate
3. Intermediate Gate
4. Turn Buoy
5. Guidance Buoy
6. Turn Judge platform or craft
7. Feeding Platform
8. Timing Room

Water Conditions

- The course shall be in water that is subject to only minor currents or tide and may be salt or fresh water.
- The minimum depth of water at any point on the course shall be 1.40 meter
- The water temperature should be a minimum of 16°C and a maximum of 31°C. It should be checked the day of the race, 2 hours before the start, in the middle of the course at a depth of 40 cm. This control should be done in the presence of a Commission.

15.2 APPENDIX 2 – DIAGRAM OF CRAFT POSITIONS ON A COURSE



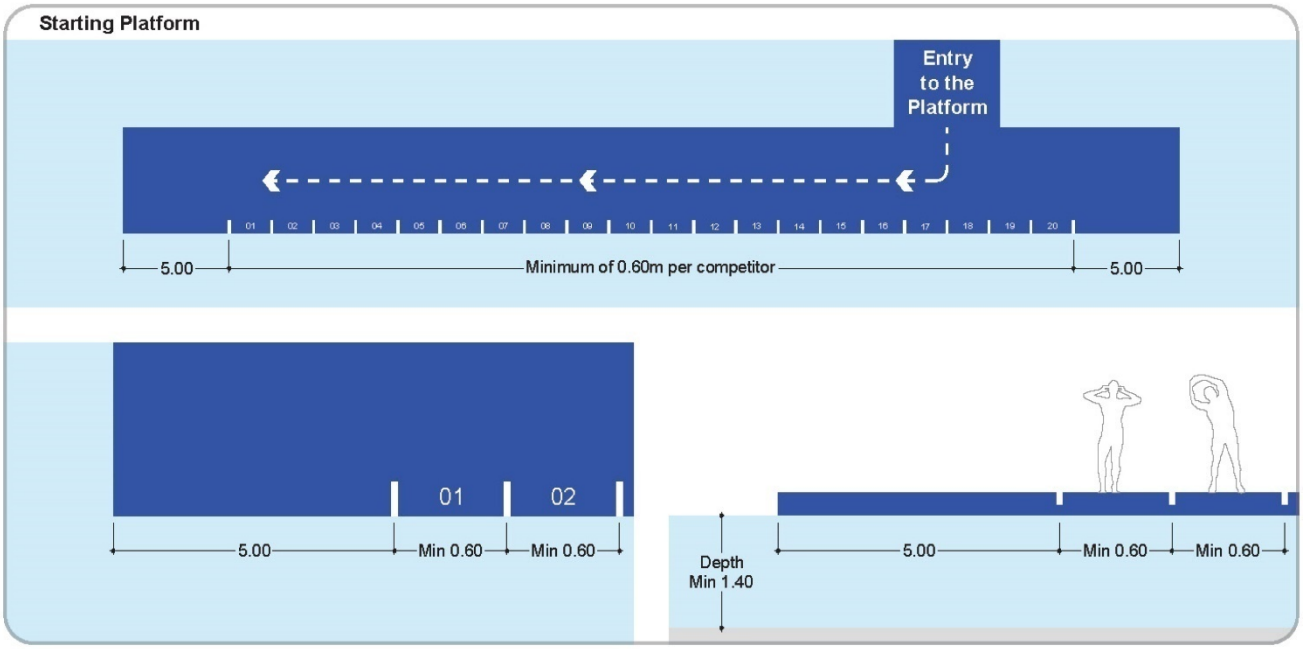
Operational Plan - Crafts position

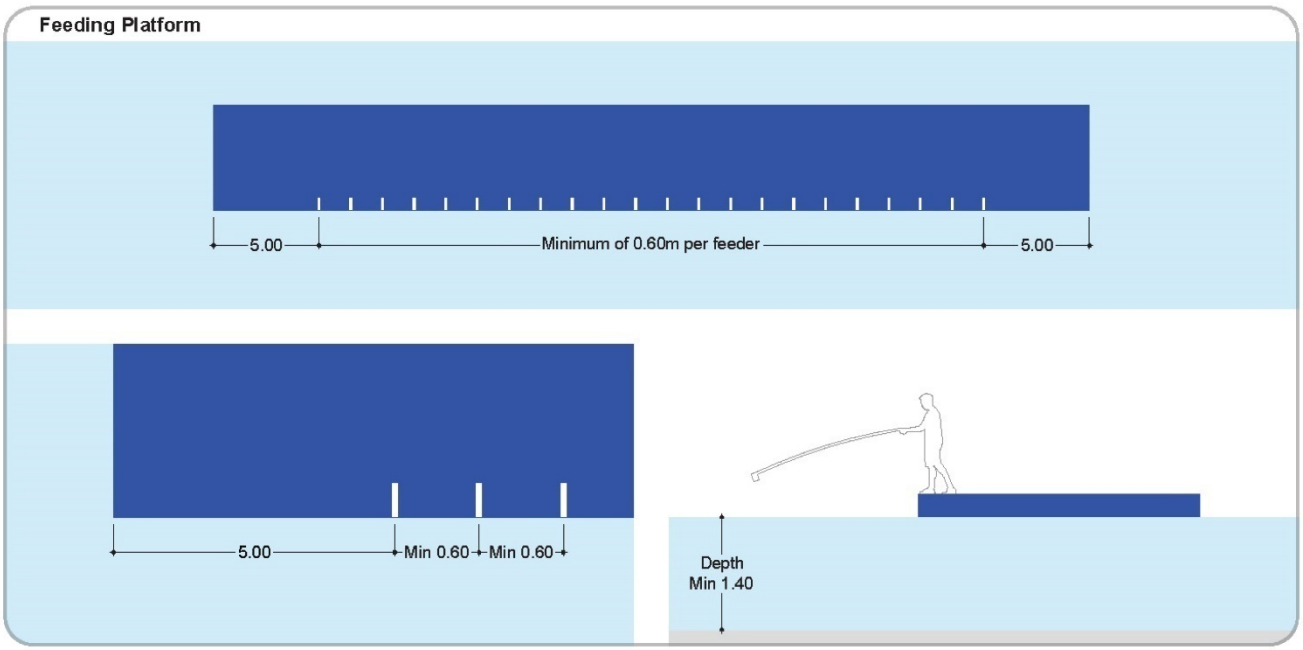
1. Kayak - Left side of the pontoon
2. Kayak - Right side of the pontoon
3. Kayak - Right side of Turn 1
4. Kayak - Left side of Turn 2
5. Boat - Chief referee 1 + 1 Driver
6. Boat - Referee 1 + 1 Driver
7. Boat - Referee 2 + 1 Driver
8. Platform or Craft* - Turn Judge 1
9. Platform or Craft* - Turn Judge 2
10. Platform or Craft* - Turn Judge 3
11. Platform or Craft* - Turn Judge 4

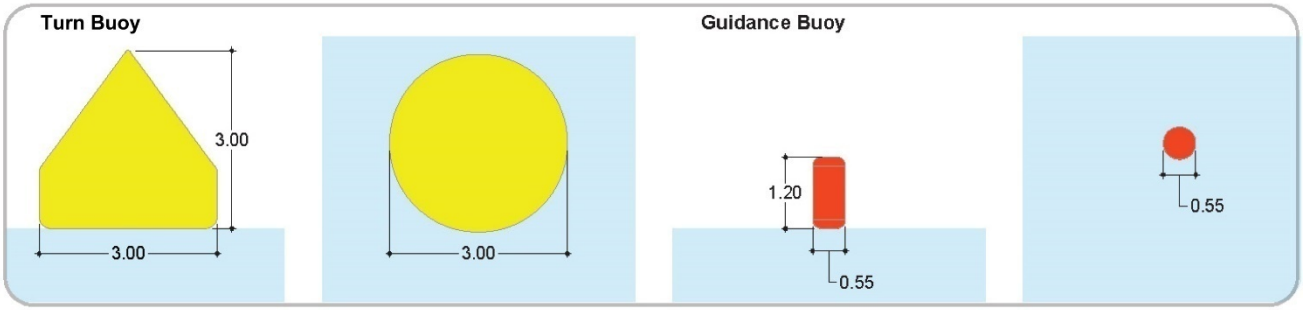
**Craft requires a driver*

12. Boat - Course Officer
13. Boat - Medical Officer + 1 Driver + 1 Lifeguard
14. Boat - Safety Officer + 1 Driver + 1 Lifeguard
15. Boat - Media + 1 Driver
16. Jetski - 1 Paramedic + 1 Driver
17. Jetski - 1 Parademic + 1 Driver

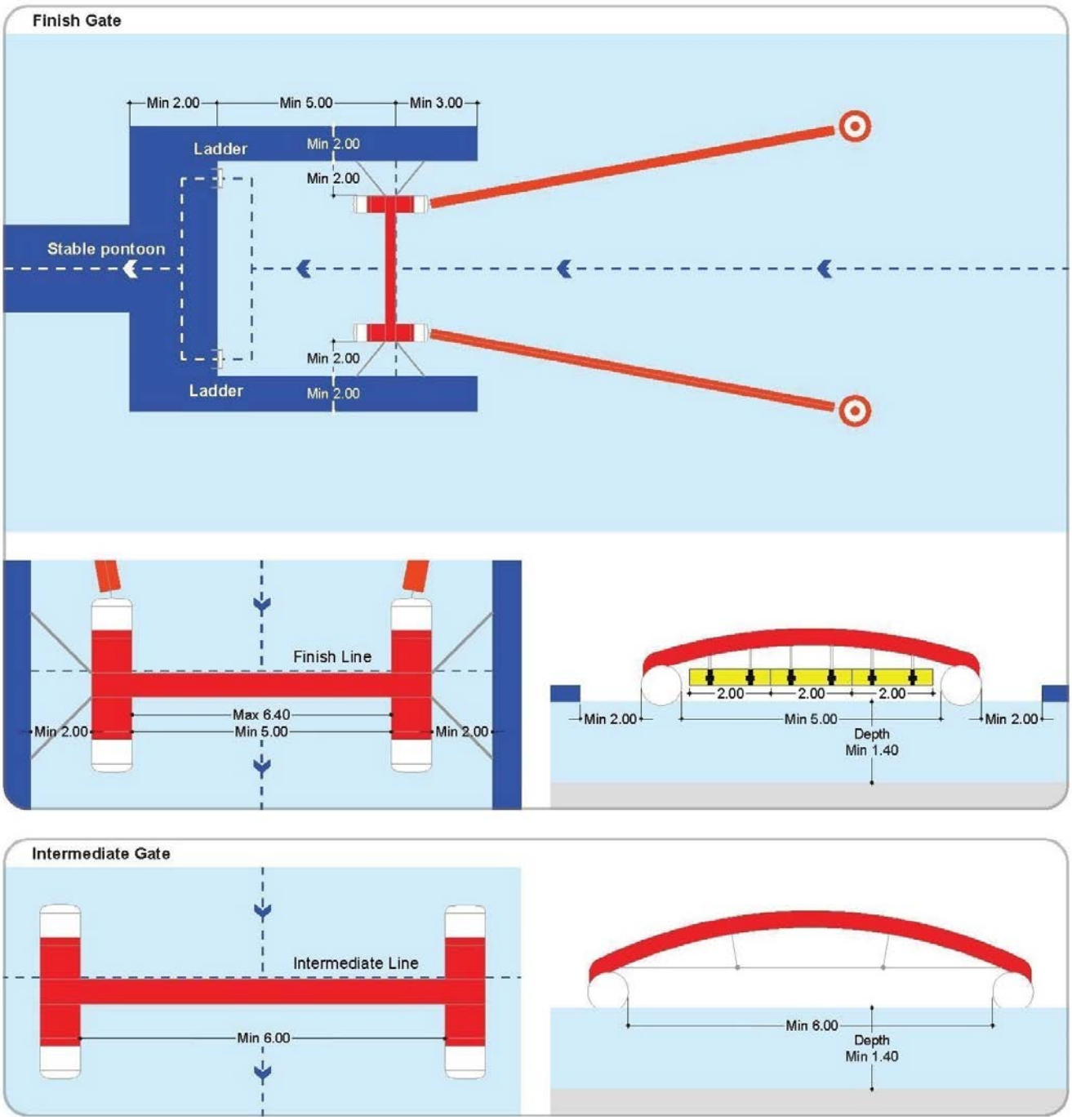
15.3 APPENDIX 3 – DIAGRAMS OF A STARTING PLATFORM, FEEDING PLATFORM, AND BUOYS



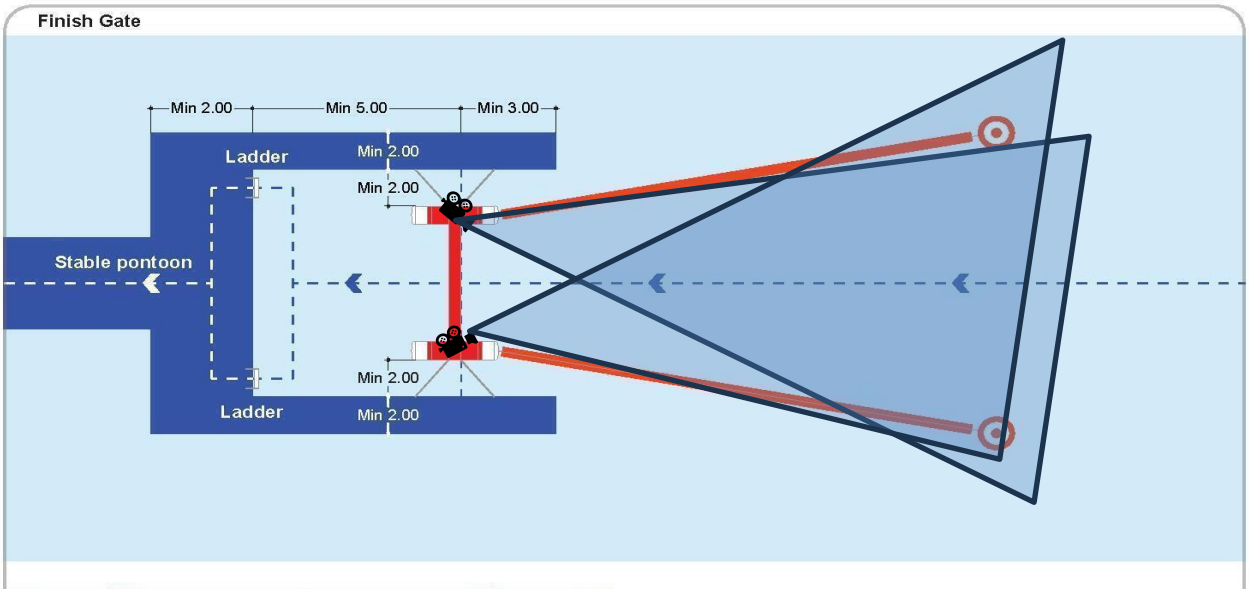




15.4 APPENDIX 4 - DIAGRAMS OF INTERMEDIATE AND FINISH GATES

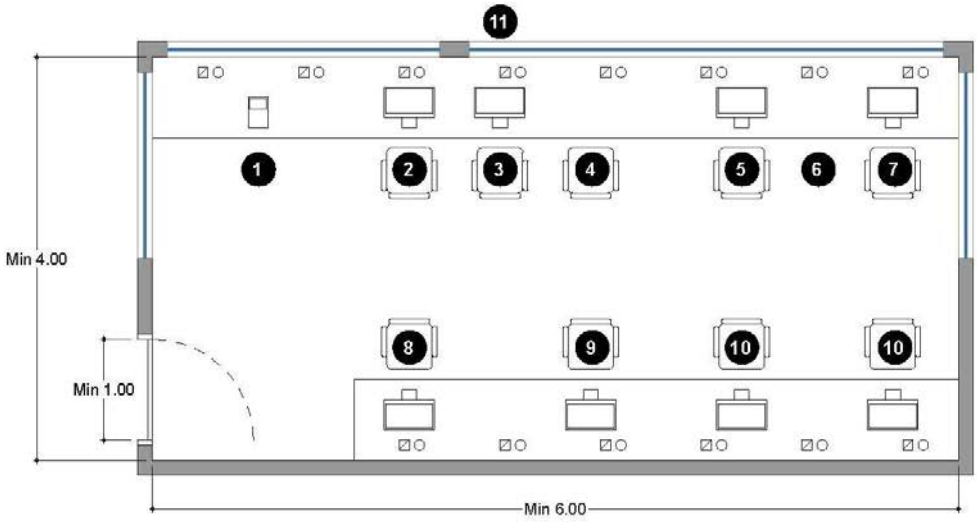


15.5 APPENDIX 5 - DIAGRAM OF VIDEO ASSISTANT REFEREE VIDEO CAMERA COVERAGE AT A FINISH GATE



15.6 APPENDIX 6 – DIAGRAM OF THE TIMING ROOM

Timing Room



1 BUp Timing
2 SCB Main
3 SCB BUp
4 Federation
5 OVR Main
6 OVR BUp
7 Data Handling
8 SVG Main
9 SVG BUp
10 Video HD LEFT
11 Cables Arrival

General Requirements

- Wireless transmitting devices that are not part of Timing/ Judging equipment are not allowed around the finish area.
- The athletes must wear the microchip with the provided wristband. No modification on the wristband is allowed.
- At the finish, the Chief Referee must go to the Timing room for video judging as soon as possible.
- Timing room must have good visibility on the finish gate. The maximum distance between the finish and the Timing Room shall be 40m.

Requirements to be provided by OC

- Rainproof room
- Air Conditioning 18-20ºC. Air Conditioning must be adjusted for about 10 people and the equipment.
- Minimum room area: 25m2
- Minimum room height: 2.20m
- Power: Each socket 208-240V / 50-60Hz / 2kVA
- View to the FOP
- High speed internet connection
- TV Monitor
- Cables arrival hole
- Tables (Height: Min 70cm, Width: Min 80cm)
- Chairs

15.7 APPENDIX 7 – INFRACTION QUICK REFERENCE GUIDE

X

This quick reference guide provides an overview of common infractions that may occur during Open Water Swimming competitions. It is intended for all officials and participants involved in such events. It does not include every possible rule infraction and must not be used as a substitute for a thorough understanding of the World Aquatics rules. The corresponding Part and Article numbers listed in this table are provided as references to the relevant sections of the Competition Regulations.

Any athlete who receives a second yellow flag for any infraction under World Aquatics rules will be disqualified from the race. The Chief Referee will decide whether the disqualification is enforced immediately or after the race has concluded.

#	INFRACTION	FLAG (Yellow/Red)	ACTION	ARTICLE REFERENCE
1	Missing the final briefing	Y / R	**CR Decision**	3.2.2, 3.2.2.1 of Part Three
2	Not following the instructions of Technical Officials	Y / R	**CR Decision**	4.1.2, 4.1.7, 4.1.7.1 of Part Three
SWIMWEAR and WEARABLES				
3	Wearing Swimwear that is not approved	R	**IMMEDIATE DSQ**	6 of Part One
4	Swimming with more than one swimsuit	R	**IMMEDIATE DSQ**	10.1 - 10.2 of Part Three
5	Not wearing a wetsuit when required by rule or Chief Referee's decision	R	**IMMEDIATE DSQ**	10.2 - 10.3 of Part Three
6	Starting without an approved swim cap	R	**DSQ**	6.10, 7.8 of Part One, 10.1 of Part Three
7	If using two swim caps, both not being approved	R	**DSQ**	6.10, 7.8.6 of Part One
8	Competing as a member in a team event and not wearing an approved team cap of identical colour and style	R	**DSQ**	7.8 of Part One, 10.7 of Part Three
9	Wearing jewellery or a watch	Y / R	**CR Decision**	10.5 of Part Three
10	Using or wearing any device or swimsuit that may aid his/her speed, buoyancy, or endurance	R	**IMMEDIATE DSQ**	10.6, 10.8.2 of Part Three
11	Using wearables not approved by World Aquatics or not reported to the first call room	R	**IMMEDIATE DSQ**	10.8.1, 10.8.3 of Part Three
START				
12	Not taking the starting position with at least one foot in contact with the front of the starting platform (if a starting platform is used) or in line with the start line (if a starting platform is not used) on the Starter's command	Y	**WARNING**	3.3.4 of Part Three
13	Starting before the starting signal	Y / R	**CR Decision**	3.4, 4.2.2.1 of Part Three
COURSE				
14	Exceeding the outer course limits, failing to stay within boundaries	R	**DSQ**	4.1.2, 4.1.2.1 of Part Three

15	Diving under a turn buoy with the intent to gain an unfair advantage	Y	**WARNING**	4.1.2, 4.1.2.1 of Part Three
16	Failure to follow the prescribed course by missing a turn buoy, without making a permitted correction	R	**(IMMEDIATE) DSQ**	4.1.2, 4.1.2.1, 4.1.2.2 of Part Three
17	Failure to follow the prescribed course by passing a turn buoy on the wrong side, without making a permitted correction	R	**(IMMEDIATE) DSQ**	4.1.2, 4.1.2.1, 4.1.2.2 of Part Three
#	**INFRACTION**	**FLAG** (Yellow/Red)	**ACTION**	**REFERENCE**
18	Failure to follow the prescribed course by missing an intermediate gate (when used), without making a permitted correction	R	**(IMMEDIATE) DSQ**	4.1.2, 4.1.2.1, 4.1.2.2 of Part Three
19	Walking, running or jumping during the race	R	**DSQ**	4.1.3 of Part Three
20	Failure to swim the course line or to respect the course boundaries	R	**DSQ**	4.1.2, 4.1.2.1 of Part Three
SUPPORT and ADVANTAGE				
21	Receiving support from any fixed or floating object or intentionally touch or be touched by On-water Craft or be touched by anyone aboard on a craft with the exception for medical assistance	R	**IMMEDIATE DSQ**	4.1.4 of Part Three
22	Pacing any person not competing in the race who has entered the water	R	**IMMEDIATE DSQ**	4.1.5 of Part Three
23	Unfair advantage gained by pacing or slip streaming any On-water Craft intentionally positioning to assist an Athlete gaining an advantage	Y	**WARNING**	4.1.6, 4.1.7, 4.1.7.1, 4.3.2 of Part Three
FEEDING PLATFORM and FEEDING				
24	Intentionally grabbing a feeding pole	R	**DSQ**	4.1.4 of Part Three
25	Feeding with a pole that has not been approved in pre-race registration in the first call room	Y / R	**CR Decision**	4.4.5 of Part Three
26	Throwing of sustenance or any other objects from the feeding platform by an athlete support person	Y	**WARNING**	4.4.3 of Part Three
27	The use of a whistle by an athlete support person on the feeding platform or in the Escort Craft	Y	**WARNING**	4.4.7 of Part Three
28	Transport of gels or other packaged nutrition including in swimwear	Y	**WARNING**	4.4.2 of Part Three
RELAYS				
29	Members of a relay team swimming in an order other than the order notified	R	**DSQ**	6.1.6.1 of Part Three
30	Not complying with the rule of changeover in a relay by departing early	R	**DSQ**	6.1.7.4.1, 6.1.7.5.3 of Part Three
MISCONDUCT				

25	Intentional physical contact with another Athlete for the purpose of gaining an unfair advantage. *At the discretion of the Referee, may be upgraded to Red if the contact is violent or dangerous.*	**Y**	/	**R**	**CR Decision**	4.1.2 of Part Three
25	Deliberately targeting or obstructing another Athlete in order to impede their progress, gain an unfair advantage, or potentially cause harm. *At the discretion of the Referee, this may be considered Unsporting Conduct if the action is aggressive or endangers another athlete.*	**Y**	/	**R**	**CR Decision**	4.1.2 of Part Three
UNSPORTING CONDUCT						
33	Any act of unsporting conduct by an Athlete, Escort Craft, or approved representative that interferes with another Athlete or the proper conduct of the competition	**R**			**IMMEDIATE DSQ**	4.1.2, 4.2.2.6, 4.2.4, 4.3.2 of Part Three
#	**INFRACTION**	**FLAG** (Yellow/Red)			**ACTION**	**REFERENCE**
FINISH						
34	Not touching the finish plate	**R**			**DSQ**	5.3 of Part Three
35	Finishing without at least one transponder	**R**			**DSQ**	4.1.9 of Part Three
36	Any rule violation within the confines of the finish funnel	**R**			**DSQ**	5.5, 5.6 of Part Three
37	Intentional action to push/force another Athlete to the boundary that defines the finish funnel	**R**			**DSQ**	4.2.4.3 of Part Three
38	Any action that impedes or prevents another Athlete from touching the finish plate	**R**			**DSQ**	4.2.4.4 of Part Three

WORLD AQUATICS



DIVING

COMPETITION REGULATIONS

TABLE OF CONTENTS

PART FOUR: DIVING RULES

PART FOUR: DIVING RULES 123

1 GENERAL 123
2 DIVING NUMBER DESIGNATIONS 124
3 DEGREE OF DIFFICULTY 125
4 COMPETITIONS 125
5 COMPETITION FORMAT 127
6 STATEMENT OF DIVES 132
7 TECHNICAL OFFICIALS 133
8 DUTIES OF THE REFEREE AND ASSISTANT REFEREES 135
9 DUTIES OF THE SECRETARIAT 137
10 REFEREEING AND JUDGING DIVES 139
11 REFEREEING AND JUDGING OF SYNCHRONISATION 142
12 SUMMARY OF PENALTIES 143
13 AGE GROUP ELIGIBILITY 146
14 REGISTRATIONS AND SPORTS ENTRIES 146
15 DIVING FACILITIES AND EQUIPMENT 146
16 MEDICAL AND SAFETY SPECIFIC REQUIREMENTS FOR DIVING 152
17 APPENDICES 153
17.1 APPENDIX 1 – REQUIRED DIMENSIONS FOR DIVING FACILITIES 154
17.2 APPENDIX 2 – DIVING FACILITY SPECIFICATIONS 155
17.3 APPENDIX 3 - DIVING FIELD OF PLAY FOR THE OLYMPIC GAMES AND WORLD AQUATICS CHAMPIONSHIPS 157
17.4 APPENDIX 4 – DIAGRAM OF DRY LAND FACILITIES FOR DIVING 158
17.5 APPENDIX 5 – DETAILS OF DRY LAND FACILITIES FOR DIVING 159
17.6 APPENDIX 6 – GUIDELINES FOR DRY LAND FACILITIES FOR DIVING 160
17.7 APPENDIX 7 - EQUIPMENT FOR DRY LAND FACILITIES FOR DIVING 161
17.8 APPENDIX 8 – DEGREES OF DIFFICULTY FOR SPRINGBOARD DIVES 162
17.9 APPENDIX 9 –TABLE OF DEGREES OF DIFFICULTY FOR SPRINGBOARD DIVES 164
17.10 APPENDIX 10 –DEGREES OF DIFFICULTY FOR PLATFORM DIVES 167
17.11 APPENDIX 11 – TABLE OF DEGREES OF DIFFICULTY FOR PLATFORM DIVES 169

PART FOUR: DIVING RULES

1 GENERAL

1.1 This Part Four applies to Diving competitions at the Olympic Games and at World Aquatics Events and any other events held under the rules of World Aquatics (specifically, the Competition Regulations).

1.2 For the avoidance of doubt, this Part Four does not apply to High Diving, which is governed by the rules set out in Part Five.

1.3 In springboard and platform Diving competitions at the Olympic Games and the World Aquatics Championships, Athletes may only execute dives prescribed by this Part Four.

1.4 **The programme of dives at the Olympic Games is the following:**

Category	Men	Women
Springboard	3m	3m
Platform	10m	10m
Synchronised	3m, 10m	3m, 10m

1.5 **The programme of dives at the World Aquatics Championships is the following:**

Category	Men	Women	Mixed
Springboard	1m, 3m	1m, 3m	3m
Platform	10m	10m	10m
Synchronised	3m, 10m	3m, 10m	3m, 10m
3m, 10m, Synchronised			Team

1.6 All Diving facilities and equipment at World Aquatics Events and the Olympic Games, including springboards, platforms and dryland equipment, must comply with the requirements in Article 15 of this Part Four and be inspected and approved by World Aquatics no later than 120 days prior to the start of the competition in accordance with Article 15 of this Part Four.

1.7 The pool used for Diving event(s) should if possible be used solely for Diving at that competition. Where that is not possible, and the pool is shared with any other sport at a competition, the Diving pool must be available on Diving competition days for training use by entered Diving Athletes, if possible for at least three (3) hours prior to start of Diving event(s), subject to the schedule and progress of the Diving and other events.

1.8 Where these rules refer to age or age groups, age is determined by the age of the Athlete on 31 December in the year of the start date of the relevant competition unless otherwise stated.

1.9 As required by the context, a reference in this Part Four to:

1.9.1 an Athlete includes Athlete(s) diving in a pair or competing in a team ; and

1.9.2 a 'team' includes a pair of Athletes performing a synchronised dive or a team in the mixed team event.

2 DIVING NUMBER DESIGNATIONS

2.1 All dives are designated by a system of three (3) or four (4) numeral digits (the 'Number' of the dive), followed by a single letter indicating the Position of the dive).

2.2 **The first digit always indicates the 'Group' to which the dive belongs (dive Group):**

Group	First Digit
Forward	1
Back	2
Reverse	3
Inward	4
Twisting	5
Armstand	6

2.3 The Forward, Back, Reverse, and Inward Groups have three (3) digits followed by a single letter, except where there are more than 4 ½ somersaults.

2.3.1 The first digit indicates the Group (as shown in the table at Article 2.2 of this Part Four).

2.3.2 The second digit indicates whether a dive has a flying action (as described in Article 10.5.5.1.3 of this Part Four) during the dive. If yes, the number '1' is used. If no, the number 'O' is used.

2.3.3 The third digit indicates the number of half somersaults being performed. A ½ somersault is attributed the number 1. Each additional ½ somersault increases the numeral by a whole integer.

2.3.3.1 For example, '3' is used to indicate 1½ somersaults.

2.3.4 A fourth digit is used when the number of half somersaults exceed 4 ½ somersaults.

2.3.4.1 For example, '11' is used as the third and fourth digits to indicate 5½ somersaults.

2.4 The Armstand and Twisting Groups have four (4) digits followed by a single letter.

2.4.1 The first digit indicates the dive Group (as shown in the table at Article 2.2 of this Part Four).

2.4.2 **The second digit indicates the direction of the take-off to which the Armstand or Twisting Group dive belongs:**

Take-Off	Second Digit
Forward	1
Back	2
Reverse	3
Inward	4

2.4.3 The third digit indicates the number of half somersaults being performed. A ½ somersault is attributed the number '1'. Each additional ½ somersault increases the numeral by a whole integer.

2.4.4 The fourth digit indicates the number of half twists being performed. A ½ twist is attributed the number '1'. Each additional ½ twist increases the fourth digit by one.

2.5 **For all Groups, the letter after the Number indicates the Position in which the dive is performed:**

Position	Letter
Straight	A
Pike	B
Tuck	C
Free	D

2.5.1 The Straight, Pike and Tuck Positions are each described in Article 10.5. The Free Position means a dive containing any combination of those three (Straight, Pike and Tuck) Positions.

3 DEGREE OF DIFFICULTY

3.1 The Degree of Difficulty for dives is established by the Technical Diving Committee and approved by the Bureau.

3.2 **The Degree of Difficulty of each dive is calculated using the following formula (the component values of the formula are outlined in Appendix 8 and Appendix 10):**

A + B + C + D + E = Degree of Difficulty

3.3 As a guide, springboard dives with their Number, Position and calculated Degree of Difficulty are set out in Appendix 9 and platform dives with their Number, Position and calculated Degree of Difficulty are set out in Appendix 11.

3.4 Any dive that is not tabled in either Appendix 9 or Appendix 11, but is used in a competition, must be given a dive Number, Position and Degree of Difficulty, determined in accordance with Articles 2 and 3 of this Part Four.

3.5 The following restrictions apply in calculating the Degree of Difficulty for Twisting Group dives in competitions:

3.5.1 Dives with a ½ somersault and any number of twists may only be executed in Position A, B, or C.

3.5.2 Dives with 1 or 1 ½ somersaults and any number of twists may only be executed in Position D.

3.5.3 Dives with 2 or more somersaults and any number of twists may only be executed in Position B or C.

3.5.4 Armstand Group dives with 1, 1 ½, or 2 somersaults and one or more twists may only be executed in Position D.

3.5.5 Armstand Group dives with 2 ½ or more somersaults and any number of twists may only be executed in Position B or C.

4 COMPETITIONS

4.1 **General provisions concerning Diving events:**

4.1.1 Diving events may be comprised of different stages, as decided by the Technical Diving Committee. For example, events may use the 'Olympic format', comprising preliminary, semi-final and final stages, or may use a tournament system comprising a preliminary stage and a main draw stage(s).

4.1.2 **In this Part Four:**

4.1.2.1 a reference to a 'stage' is to a phase within the format of the event, such as a preliminary, semi-final or final stage, which may itself comprise one or more sessions and a number of rounds; and

4.1.2.2 a reference to a 'session' is to a scheduled period of time during which Athletes or teams of Athletes will dive; and

4.1.2.3 a reference to a 'round' of dives is to a series of dives, with one dive performed by each Athlete (or one set of dives performed by each team, where applicable as set out in this Part Four) competing in that stage, in order.

4.1.3 In individual events, the Athlete with the most total points will be declared the winner of that event, or stage of the event. The remaining Athletes are ranked in descending order by their point totals at the end of the event or stage of the event.

4.1.4 In synchronised and team events, the team with the most total points will be declared the winner of that event or stage of the event. The remaining teams are ranked in descending order by their point totals at the end of the event or stage of the event.

4.1.5 If two or more Athletes or teams score the same number of total points at the end of an event or stage of an event, a tie is declared for that particular place.

4.1.6 The initial diving order for the preliminary or first stage of an event will be determined by a random draw at the Technical/Team Leaders' Meeting. An electronic drawing system must be used when available.

~~4.1.7~~ At the World Aquatics Championships, if there are more than 35 Athletes entered in an event, the Management Committee may split the preliminary stage by random draw into two preliminaries.

4.1.8 At the semi-final stage of an event, Athletes or teams will compete in the reverse order of their final ranking from the prior (e.g., preliminary) stage (i.e., the highest ranked Athlete or Team from the preliminary stage will dive last in

the semi-finals). In the case of a tie in the rankings, the dive order will be determined by a random draw between the tied Athletes or teams, conducted by the Referee.

4.1.9 If the tournament system is used for an event, Athletes or teams will compete in each subsequent stage of the event for which they qualify in the reverse order of their final ranking in the preliminary stage. In the case of a tie in the preliminary stage:

4.1.9.1 Athletes or teams that are tied in, and that qualify from, the preliminary stage will compete in the same group in the subsequent session.

4.1.9.2 The order of the tied athletes or teams in each subsequent stage will be determined by a random draw between the tied Athletes or teams, conducted by the Referee.

4.1.9.3 When there is a tie for the last qualifying position, both (or all) tied Athletes or teams will qualify for the next stage.

4.1.10 If the tournament system is not used, after the random draw for the preliminary or first stage pursuant to Article 4.1.6 of this Part Four, the order of Athletes or teams for each subsequent stage of the event will be determined, in reverse order, by the rankings from in the previous stage of the event. In the case of a tie, the order will be determined by a random draw between the tied Athletes or teams, conducted by the Referee. If there is a tie for the last qualifying position, both (or all) tied Athletes or teams will qualify for the next stage.

4.1.11 The total number of dives executed consecutively in any session, without a reasonable break, must not exceed 210. If a double panel system is used (as set out in Article 7.5 of this Part Four), the Judges Panel may be changed during the session so as not to exceed 210 consecutive dives.

4.1.12 If, at the start of any stage, an Athlete or team is unable to compete and their withdrawal results in fewer than the prescribed number of Athletes in that stage, the next-ranked eligible Athlete from the previous stage will advance in the place of the Athlete unable to continue. If the next eligible Athlete from the previous stage had a tied ranking with one or more other Athletes, all tied Athletes will advance.

4.1.13 Unless stated otherwise in the competition information or summons or otherwise by World Aquatics, each Athlete's or team's points total will start at zero in the first stage of an event, and reset to zero (0) at the start of each subsequent stage of the event.

4.1.14 The procedure for appeals is outlined in Article 12 of Part One.

4.2 **Specific rules for 1 metre springboard events:**

4.2.1 **Taking place at the World Aquatics Championships:**

4.2.1.1 The event will be comprised of a preliminary stage and a final stage.

4.2.1.2 The top twelve (12) ranked Athletes from the preliminary stage will qualify for the final stage.

4.3 **Specific rules for individual 3 metre springboard and 10 metre platform events:**

4.3.1 **Taking place at the Olympic Games and World Aquatics Championships:**

4.3.1.1 The events will be comprised of a preliminary stage, a semi-final stage, and a final stage.

4.3.1.2 The top eighteen (18) ranked Athletes from the preliminary stage will qualify for the semi-final stage. The top twelve (12) ranked Athletes from the semi-final stage will qualify for the final stage.

4.4 **Specific rules for synchronised diving – 3 metre springboard and 10 metre platform events:**

4.4.1 **Taking place at the Olympic Games:**

4.4.1.1 Each event will be comprised of a direct final stage.

4.4.1.2 The diving order will be determined by the rankings in the qualification stage(s), if so required. Any qualification stage(s) will be held separately and in advance of the final stage to establish the teams that qualify, and will be set out in the qualification procedure published by World Aquatics at least two years prior to the event at the Olympic Games.

4.4.2 **Taking place at the World Aquatics Championships:**

4.4.2.1 Each event will be comprised of a preliminary stage and a final stage.

4.4.2.2 The top eight (8) ranked teams from the preliminary stage will qualify for the final stage.

4.5 Specific rules for the mixed team event – 3 metre springboard and 10 metre platform combined events:

4.5.1 At the World Aquatics Championships, the event will be comprised of a direct final stage.

4.5.2 At other World Aquatics Events, the event may comprise a direct final stage or another format (including other stages), as determined by World Aquatics.

4.6 **Specific rules for mixed synchronised Diving events – 3 metre springboard and 10 metre platform events:**

4.6.1 At the World Aquatics Championships, each event will be comprised of a direct final stage.

4.6.2 At the Olympic Games and other World Aquatics Events, each event may comprise a direct final stage or another format (including other stages), as determined by World Aquatics.

5 COMPETITION FORMAT

5.1 **Specific rules for men's events:**

5.1.1 All men's individual and synchronised competitions will be comprised of six (6) dives per Athlete.

5.1.2 No dive of the same Number may be repeated by an Athlete within their six (6) dives.

5.1.3 **1 metre and 3 metre springboard events:**

5.1.3.1 Events will be comprised of six (6) dives per Athlete, from five (5) different Groups without any limit on the Degree of Difficulty.

5.1.4 **Platform events:**

5.1.4.1 Events will be comprised of six (6) dives per Athlete, from six (6) different Groups without any limit on the Degree of Difficulty.

5.1.4.2 In all senior events at World Aquatics Events, only dives from the 10 metre platform are permitted. For the avoidance of doubt, there is no such requirement in junior (age group) events.

5.2 **Specific rules for women's events:**

5.2.1 All women's individual and synchronised competitions will be comprised of five (5) dives per Athlete.

5.2.2 No dive of the same Number may be repeated by an Athlete within their five (5) dives.

5.2.3 **1 metre and 3 metre springboard events:**

5.2.3.1 Events will be comprised of five (5) dives per Athlete, from five (5) different Groups without any limit on the Degree of Difficulty.

5.2.4 **Platform events:**

5.2.4.1 Events will be comprised of five (5) dives per Athlete, from five (5) different Groups without any limit on the Degree of Difficulty.

5.2.4.2 In all senior events at World Aquatics Events, only dives from the 10 metre platform are permitted. For the avoidance of doubt, there is no such requirement in junior (age group) events.

5.3 **Specific rules for synchronised events:**

5.3.1 Synchronised events involve a pair (two (2) Athletes) simultaneously executing the same dive from the springboard or platform. Synchronised dives are judged on how the two (2) Athletes individually perform their dives and how the two Athletes as a team synchronise their performance.

5.3.2 At the Olympic Games and at World Aquatics Events, synchronised diving teams are comprised of Athletes from the same Member Federation.

5.3.3 **Format of men's synchronised events:**

5.3.3.1 The men's synchronised 3 metre springboard and 10 metre platform events are comprised of six (6) rounds of dives from five (5) different Groups.

5.3.3.2 The first two (2) rounds of dives are performed with an assigned Degree of Difficulty of 2.0 for each dive regardless of the formula otherwise prescribed for each dive, and the last four (4) rounds of dives are performed without any limit on the Degree of Difficulty.

5.3.3.3 All forward facing dives on a springboard must be performed with a running approach.

5.3.4 **Format of women's synchronised events:**

5.3.4.1 The women's synchronised 3 metre springboard and 10 metre platform events are comprised of five (5) rounds of dives from five (5) different Groups.

5.3.4.2 The first two (2) rounds of dives are performed with an assigned Degree of Difficulty of 2.0 for each dive regardless of the formula otherwise prescribed for each dive, and the last three (3) rounds of dives are performed without any limit on the Degree of Difficulty.

5.3.4.3 All forward facing dives on a springboard must be performed with a running approach.

5.3.5 **Format of mixed synchronised events:**

5.3.5.1 At all World Aquatics Events, mixed synchronised pairs are comprised of two (2) Athletes (one (1) male and one (1) female) from the same Member Federation.

5.3.5.2 The 3 metre springboard and 10 metre platform events are comprised of five (5) rounds of dives from five (5) different Groups.

5.3.5.3 The first two (2) rounds of dives are performed with an assigned Degree of Difficulty of 2.0 for each dive regardless of the formula otherwise prescribed for each dive, and the last three (3) rounds of dives are performed without any limit on the Degree of Difficulty.

5.3.5.4 All forward facing dives on a springboard must be performed with a running approach.

5.3.5.5 Additional mixed synchronised events may be conducted at the World Aquatics Championships, Diving World Cups and other World Aquatics Events at the discretion of the Technical Diving Committee.

5.4 **Specific rules for mixed team events:**

5.4.1 Teams in mixed team events are comprised of at least one (1) female and one (1) male Athlete with a total of two (2) to four (4) Athletes each from the same Member Federation.

5.4.2 Each mixed team event is comprised of six (6) different dives without any limit on the Degree of Difficulty from six (6) different Groups.

5.4.3 **As set out in the table below:**

5.4.3.1 two (2) dives are executed by a female Athlete;

5.4.3.2 two (2) dives are executed by a male Athlete;

5.4.3.3 two (2) dives are executed by a mixed synchronised pair of one (1) male Athlete and one (1) female Athlete; and

5.4.3.4 of those six dives, three (3) are executed from the 3 metre springboard and the other three (3) are executed from the 10 metre platform.

5.4.4 **Dives in the mixed team event are performed in the following rounds:**

Round 1	Dive 1	3m springboard	Female
	Dive 2	3m springboard	Male
Round 2	Dive 3	3m springboard	Mixed Synchronised
Round 3	Dive 4	10m platform	Female
	Dive 5	10m platform	Male
Round 4	Dive 6	10m platform	Mixed Synchronised

5.5 Specific rules for Age Group A events (ages 16 – 18):

5.5.1 Age Group A Girls' springboard diving – 1 metre and 3 metre:

5.5.1.1 Events will comprise nine (9) different dives:

5.5.1.1.1 five (5) dives each selected from a different Group, the total Degree of Difficulty of which will not exceed 9.5 for 3 metre events and 9.0 for 1 metre events; and

5.5.1.1.2 four (4) dives without any limit on the Degree of Difficulty, each dive selected from a different Group.

5.5.2 Age Group A Girls' platform diving – 5 metre, 7.5 metre, 10 metre:

5.5.2.1 Events will comprise eight (8) different dives:

5.5.2.1.1 four (4) dives each selected from a different Group, the total Degree of Difficulty of which will not exceed 7.6;

5.5.2.1.2 four (4) dives without any limit on the Degree of Difficulty, each dive selected from a different Group;

5.5.2.1.3 across the eight (8) dives, dives from at least five (5) different Groups must be used.

5.5.3 Age Group A Boys' springboard diving – 1 metre and 3 metre:

5.5.3.1 Events will comprise ten (10) different dives:

5.5.3.1.1 five (5) dives each selected from a different Group, the total Degree of Difficulty of which will not exceed 9.5 for 3 metre events and 9.0 for 1 metre events; and

5.5.3.1.2 five (5) dives without any limit on the Degree of Difficulty, each dive selected from a different Group.

5.5.4 Age Group A Boys' platform diving – 5 metre, 7.5 metre, 10 metre:

5.5.4.1 Events will comprise nine (9) different dives:

5.5.4.1.1 four (4) dives each selected from a different Group, the total Degree of Difficulty of which will not exceed 7.6;

5.5.4.1.2 five (5) dives without any limit on the Degree of Difficulty, each dive selected from a different Group;

5.5.4.1.3 across the nine (9) dives, all six (6) Groups must be used.

5.6 Specific rules for Age Group B events (ages 14 – 15):

5.6.1 Age Group B Girls' springboard diving – 1 metre and 3 metre:

5.6.1.1 Events will comprise eight (8) different dives:

5.6.1.1.1 five (5) dives each selected from a different Group, the total Degree of Difficulty of which will not exceed 9.5 for 3 metre events and 9.0 for 1 metre events; and

5.6.1.1.2 three (3) dives without any limit on the Degree of Difficulty, each dive selected from a different Group.

5.6.2 Age Group B Girls' platform diving – 5 metre, 7.5 metre, 10 metre:

5.6.2.1 Events will comprise seven (7) different dives:

5.6.2.1.1 four (4) dives each selected from a different Group, the total Degree of Difficulty of which will not exceed 7.6;

5.6.2.1.2 three (3) dives without any limit on the Degree of Difficulty, each dive selected from a different Group;

5.6.2.1.3 across the seven (7) dives, at least five (5) different Groups must be used.

5.6.3 Age Group B Boys' springboard diving – 1 metre and 3 metre:

5.6.3.1 Events will comprise nine (9) different dives:

5.6.3.1.1 five (5) dives each selected from a different Group, the total Degree of Difficulty of which will not exceed 9.5 for 3 metre events and 9.0 for 1 metre events; and

5.6.3.1.2 four (4) dives without any limit on the Degree of Difficulty, each dive selected from a different Group.

5.6.4 Age Group B Boys' platform diving – 5 metre, 7.5 metre, 10 metre:

5.6.4.1 Events will comprise eight (8) different dives:

5.6.4.1.1 four (4) dives each selected from a different Group, the total Degree of Difficulty shall not exceed 7.6;

5.6.4.1.2 four (4) dives without any limit on the Degree of Difficulty, each dive selected from a different Group;

5.6.4.1.3 across the eight (8) dives, at least five (5) different Groups must be used.

5.7 Specific rules for combined Age Group A and Age Group B events (ages 14 – 18):

5.7.1 Combined Age Group A and Age Group B Girls' and boys' synchronised springboard diving - 3 metre:

5.7.1.1 Events will comprise five (5) dives:

5.7.1.1.1 two (2) rounds of dives with an assigned Degree of Difficulty of 2.0 for each dive regardless of the formula otherwise specified for the dive;

5.7.1.1.2 three (3) rounds of dives without any limit on the Degree of Difficulty;

5.7.1.1.3 the five (5) dives must be selected from at least four (4) different Groups.

5.7.1.2 All forward facing dives on a springboard must be performed with a running approach.

5.7.2 Combined Age Group A and Age Group B Girls' and boys' synchronised platform diving – 5 metre, 7.5 metre, 10 metre:

5.7.2.1 Events will comprise five (5) dives:

5.7.2.1.1 two (2) rounds of dives with an assigned Degree of Difficulty of 2.0 for each dive regardless of the formula otherwise specified for the dive;

5.7.2.1.2 three (3) rounds of dives without any limit on the Degree of Difficulty;

5.7.2.1.3 the five (5) dives must be selected from at least four (4) different Groups.

5.7.3 Combined Age Group A and Age Group B Juniors mixed team event:

5.7.3.1 The mixed team must consist of at least one female and one male Athlete but no more than four (4) Athletes. At least one Athlete in the team must be aged fourteen (14) or fifteen (15) in the year of the start date of the competition.

5.7.3.2 Six (6) dives are performed in total, one from each Group. Those six (6) dives must include:

5.7.3.2.1 Two (2) individual dives from 3 metres. One (1) must be performed by a male Athlete and one (1) by a female Athlete, each without any Degree of Difficulty limit.

5.7.3.2.2 Two (2) individual dives from the 5 metre, 7.5 metre, or 10 metre platform. One (1) must be performed by a male Athlete and one (1) by a female Athlete, each without any Degree of Difficulty limit.

5.7.3.2.3 Two (2) mixed synchronised dives. One (1) performed from the 3 metre springboard and one (1) from the 5, 7.5, or 10 metre platform, each without any Degree of Difficulty limit.

5.7.3.3 In accordance with this Article 5.7.3 of this Part Four, all teams in a Junior Mixed Team event will perform the following rounds:

Round 1	Dive 1	3m springboard	Female
	Dive 2	3m springboard	Male
Round 2	Dive 3	3m springboard	Mixed Synchronised
Round 3	Dive 4	5m, 7.5m, or 10m platform	Female
	Dive 5	5m, 7.5m, or 10m platform	Male
Round 4	Dive 6	5m, 7.5m, or 10m platform	Mixed Synchronised

5.8 **Specific rules for Age Group C events (ages 12 – 13):**

5.8.1 **Age Group C Girls' springboard diving – 1 metre and 3 metre:**

5.8.1.1 Events will comprise seven (7) different dives:

5.8.1.1.1 five (5) dives each selected from a different Group, the total Degree of Difficulty of which will not exceed 9.5 for 3 metre events and 9.0 for 1 metre events; and

5.8.1.1.2 two (2) dives without any limit on the Degree of Difficulty, each dive selected from a different Group.

5.8.2 **Age Group C Girls' platform diving – 5 metre or 7.5 metre:**

5.8.2.1 Events will comprise six (6) different dives:

5.8.2.1.1 four (4) dives each selected from a different Group, the total Degree of Difficulty of which will not exceed 7.6; and

5.8.2.1.2 two (2) dives without any limit on the Degree of Difficulty, each dive selected from a different Group.

5.8.3 **Age Group C Boys' springboard diving – 1 metre and 3 metre:**

5.8.3.1 Events will comprise eight (8) different dives:

5.8.3.1.1 five (5) dives each selected from a different Group, the total Degree of Difficulty of which will not exceed 9.5 for 3 metre events and 9.0 for 1 metre events; and

5.8.3.1.2 three (3) dives without any limit on the Degree of Difficulty, each dive selected from a different Group.

5.8.4 **Age Group C Boys' platform diving – 5 metre or 7.5 metre:**

5.8.4.1 Events will comprise seven (7) different dives:

5.8.4.1.1 four (4) dives each selected from a different Group, the total Degree of Difficulty of which will not exceed 7.6; and

5.8.4.1.2 three (3) dives without any limit on the Degree of Difficulty, each dive selected from a different Group.

5.9 **Specific rules for the World Aquatics Junior Diving Championships**

5.9.1 Subject to World Aquatics' discretion, the World Aquatics Junior Diving Championships will be held every two (2) years for Athletes in Age Group B (14 –15) and Age Group A (16 – 18).

5.9.2 Each Member Federation is entitled to enter a maximum of two (2) Athletes in individual events, one (1) team in synchronised diving events and one (1) team in the mixed team event.

5.9.3 Each Athlete may only compete in their age group.

5.9.4 Each Athlete must perform a full list of dives as required for their age group.

5.9.5 Each individual event will be comprised of a preliminary stage and a final stage, irrespective of the number of entrants, and may be conducted in more than one session:

5.9.5.1 All entered Athletes will compete in the preliminary stage, performing dives with and without a Degree of Difficulty limit (as set out in Articles 5.5 to 5.7 of this Part Four).

5.9.5.2 The top twelve (12) Athletes from the preliminary stage will qualify for the final stage. Athletes ranked lower than twelfth (12th) in the preliminary stage will be ranked according to their total scores at the end of the preliminary stage.

5.9.5.3 In the final, each Athlete will perform dives without any limit on the Degree of Difficulty. Athletes may not repeat any dive which they performed in the portion of the preliminary stage which had a limit on the Degree of Difficulty.

5.9.5.4 At the end of the final stage, the top twelve (12) Athletes will be ranked by the total of their scores from:

5.9.5.4.1 the dives with a Degree of Difficulty limit performed in in the preliminary stage; and

5.9.5.4.2 the dives performed in the final stage.

5.9.5.5 When facilities allow, events, or stages of events, at a competition may be scheduled simultaneously.

5.9.5.6 The program schedule will be conducted over a minimum of seven (7) days.

5.9.6 If available, seven (7) Judges will officiate individual events and eleven (11) Judges will officiate the synchronised events. If those numbers are not available, five (5) Judges will officiate individual events and nine (9) Judges will officiate synchronised diving events.

5.9.7 The World Aquatics Junior Diving Championships will normally be (but is not required to be) conducted separately and not in conjunction with the championships of any other Aquatic sport.

6 STATEMENT OF DIVES

6.1 **Requirement to submit a Statement of Dives:**

6.1.1 Each Athlete or team, or their representative, must deliver to the Referee or their designated Assistant Referee, a completed Statement of Dives on the official form provided for the event, for the preliminary stage and all subsequent stages of the event.

6.1.2 The Athlete or team is responsible for the accuracy of their Statement of Dives. The Statement of Dives must be signed as applicable by the Athlete, an Athlete within the team, or their representative.

6.2 Unless a Statement of Dives is submitted in accordance with this Article 6 of this Part Four, an Athlete will not be admitted to the event.

6.3 Dives in each round will be executed one after the other, according to the starting order and Statement of Dives.

6.4 The content of the Statement of Dives takes precedence over the information communicated on any indicator board and in any announcement.

6.5 **Contents of the Statement of Dives:**

6.5.1 The Statement of Dives must contain the following information for each dive in the order to be performed:

6.5.1.1 Number.

6.5.1.2 Position.

6.5.1.3 Height of the springboard or platform.

6.5.1.4 Degree of Difficulty (determined as set out in Article 3 of this Part Four).

6.6 **Deadline to submit the Statement of Dives:**

6.6.1 Subject to Article 6.6.2, the Statement of Dives must be submitted no later than twenty-four (24) hours before the start of the first stage of that event.

6.6.2 The Referee will accept a Statement of Dives submitted within twenty-four (24) hours of the start of an event, so long as the Statement of Dives is submitted no later than three (3) hours before the start of the event. Where a Statement of Dives is submitted under this Article 6.6.2 of Part Four, the relevant Athlete or team will owe World Aquatics a fee of two-hundred and fifty (250) United States dollars (or an equivalent amount in the local currency in the country in which the competition is being held).

6.7 **Changes to the Statement of Dives:**

6.7.1 An Athlete, team or their representative that has submitted a Statement of Dives may change that Statement of Dives by submitting an official change of dives form prior to the (twenty-four (24) hours) deadline set out in Article 6.6.1 of this Part Four.

6.7.2 Within twenty-four (24) and three (3) hours of the start of the relevant event, an Athlete, team or their representative may change their Statement of Dives by submitting an official change of dives form, and the relevant Athlete or team will owe World Aquatics two-hundred and fifty (250) United States dollars as set out in Article 6.6.2.

6.7.3 During an event, an Athlete, team or their representative may change their Statement of Dives before the start of any semi-final or final stage of the event, provided an official change of dives form is submitted no later than thirty (30) minutes after the end of the previous stage of the event. If that form is not submitted within the prescribed time, the Athlete or team must perform the dives indicated in their original Statement of Dives.

6.7.4 In each case, a change of dives must be made on the official form provided at the event or made available by World Aquatics, must be submitted to the Referee or their designated Assistant Referee and must be signed as applicable by the Athlete, an Athlete within the team, or their representative.

6.8 The Referee, or their designated Assistant Referee, will inspect each Statement of Dives submitted (including where amended). If the Referee considers that the Statement of Dives does not comply with this Article 6 of this Part Four, the Referee, or their designated Assistant Referee, must request as soon as possible that the Athlete, team or their representative correct it before the start of the event (or the start of the next stage of the event, where applicable).

6.9 Notwithstanding Article 6.7 of this Part Four, the Athlete or team remains fully responsible for the accuracy and compliance of their Statement of Dives, and any inaccuracy or deficiency in a Statement of Dives will not be excused by virtue of a Referee or Assistant Referee's failure to identify it.

6.10 In exceptional circumstances, an Athlete in a team or synchronised event may be replaced by another Athlete of the same Member Federation up to thirty (30) minutes before the start of the event, if approved by the Technical Diving Committee:

6.10.1 The relevant Athlete or team must submit to the Referee an official substitution form provided for the event, signed by a team member or Member Federation official, together with evidence to support the exceptional circumstance(s).

6.10.2 The Referee must submit the substitution form to the Technical Diving Committee, which will decide whether to approve or reject the substitution request.

6.10.3 If the Technical Diving Committee is unavailable, the Referee will decide whether to approve or reject the substitution request.

6.11 **Changes to Athletes for direct finals:**

6.11.1 At the Olympic Games and the World Aquatics Championships, the Referee will only accept changes to the Athletes listed on a Statement of Dives for synchronised events, or any event that has only a direct final, if:

6.11.1.1 an Athlete is retiring or withdrawing from an event, or from a Team in an event, without replacement; or

6.11.1.2 an Athlete is replaced by another Athlete from the same Member Federation and an official substitution form as above signed by a team or Member Federation official is submitted to and signed by the Referee no later than (2) hours before the start the event.

6.11.2 At any competition other than the Olympic Games and the World Aquatics Championships, the Referee will only accept changes to the Athletes listed on a Statement of Dives for synchronised events, or any event that has only a direct final, if:

6.11.2.1 an Athlete(s) is/are replaced by another Athlete(s) of the same Member Federation; and

6.11.2.2 an official substitution form signed by a team or Member Federation official is submitted to and signed by the Referee no later than two hours before the start of the event.

7 TECHNICAL OFFICIALS

7.1 Every competition must have a Referee together with Judges and a Secretariat to administer the competition. A Referee may be supported by one or more Assistant Referees. At the Olympic Games and World Aquatics Championships, Assistant Referees may be appointed by the Technical Diving Committee. At other World Aquatics Events, Assistant Referees may be appointed World Aquatics (including its delegate or nominee), the Management Committee, or by the Referee subject to the approval of such appointments by the Management Committee.

7.2 **Judges Panels will be composed as follows at the Olympic Games, World Aquatics Championships, and Diving World Cups:**

7.2.1 Whenever available, individual and team events must be judged by seven (7) Judges. If seven (7) Judges are not available, individual and team events must be judged by five (5) Judges.

7.2.2 **For synchronised events:**

7.2.2.1 Whenever available, synchronised events must be judged by eleven (11) Judges. Where eleven (11) Judges are used, five (5) will judge the synchronisation of the dive, three (3) will judge the execution of one Athlete and three (3) the execution of the other Athlete.

7.2.2.2 If eleven (11) Judges are not available, synchronised events must be judged by nine (9) Judges. Where nine (9) Judges are used, five (5) will judge the synchronisation of the dive, two (2) will judge the execution of one Athlete and two (2) the execution of the other Athlete.

7.2.3 There must always be at least one reserve Judge available to replace a member of the Judges Panel at an event.

7.3 **Judges Panels at all other World Aquatics Events will be composed as follows:**

7.3.1 Whenever possible, the number and composition of Judges set out in Article 7.2 of this Part Four should be used.

7.3.2 Where the number of Judges set out in Article 7.2 of this Part Four is not available, the Technical Diving Committee will determine the appropriate number of Judges on the Judges Panel. However:

7.3.2.1 Whenever available, individual and team events must be judged by five (5) Judges.

7.3.2.2 Whenever available, synchronised events must be judged by nine (9) Judges. Where nine (9) Judges are used, five (5) will judge the synchronisation of the dive, two (2) will judge the execution of one Athlete and two (2) will judge the execution of the other Athlete.

7.4 Provided sufficient Judges are available, the Judges Panel for the final stage of an event should if possible consist only of Judges whose Sport Nationality is different to that of any of the Athletes in the event.

7.5 At the discretion of the Technical Diving Committee, two panels of Judges may be used in the same event (referred to as 'double panels'). If double panels are used, the second Judges Panel will replace the first Judges Panel from the fourth round of the event. In exceptional circumstances, such as high heat and humidity, the Judges Panel may be changed after the end of any round (and any number of times).

7.6 Judges will be seated on each side of the springboard or platform in use, as outlined in Appendix 3 and as assigned by the Technical Diving Committee. When this is not practical, the Judges may be placed together on one side.

7.7 Once assigned a seat, a Judge must not change their seat unless permitted by the Referee.

7.8 If a Judge is unable to continue in their role for any reason after a competition has started, the Referee will replace them with the reserve Judge.

7.9 **Awards and scoring of dives by Judges:**

7.9.1 An indicator board must display both the Number and the Position of the dive to be performed in a location that is visible to both Athletes and Judges.

7.9.2 Where available, Diving competition software that enables Judges' awards to be displayed, approved for use by the Technical Diving Committee, must be used.

7.9.3 Where electronic scoring equipment is not available, the Judges must have flash cards to display their awards. These flash cards must be capable of displaying awards ranging from 0 to 10 by half points (i.e., 0.0, 0.5, 1.0, 1.5, 2.0, 2.5, etc).

7.9.4 After each dive, each Judge must immediately and simultaneously, without communicating with one another or any other person, enter their award into their electronic judging device. When electronic judging devices are not in use, each Judge must instead, in a clear manner, indicate their award for the dive immediately after a signal from the Referee (or their delegate).

7.9.5 The Judges' awards must be displayed on the electronic scoreboard if one is being used, if possible unseen by the Judges. The Judges' awards (without any other information about the standing of the event) must be seen by the Judges on their electronic score pads or other devices when these are being used at a competition.

8 DUTIES OF THE REFEREE AND ASSISTANT REFEREES

8.1 The Referee's general duty is to oversee and administer events, ensuring compliance with these Competition Regulations. Decisions or actions referred to in this Article 8 of Part Four which are subject to a decision or determination (however phrased) or which 'may' be taken, are unless otherwise specified, determined at the discretion of the Referee.

8.2 **Assistant Referees will undertake any duties delegated to them by the Referee, including but not limited to:**

8.2.1 observing Athlete(s) on the platform (including where no camera is available); or

8.2.2 observing Athletes' performance from the opposite side of the pool to the Referee, in synchronised diving.

8.3 The Referee's duties before an event:

8.3.1 The Referee will inspect the Statement of Dives and undertake any further required action in accordance with Article 6 of this Part Four.

8.3.2 The Referee will address any late or amended Statement of Dive submissions in accordance with Articles 6.6 to 6.8 of this Part Four.

8.3.3 The Referee will confirm any technology to be used during the event.

8.4 **The Referee's duties during an event:**

8.4.1 In the event of any unforeseen circumstances, the Referee may (at their discretion) declare a break, a postponement, or a discontinuation of the event. If possible, any breaks should take place after a full round of dives.

8.4.2 Following an interruption (including short breaks and postponements ordered by the Referee):

8.4.2.1 if possible, the event must continue from where it was stopped, and the points scored before the interruption will be carried forward into the remaining portion of the event, whenever it is held;

8.4.2.2 if the event can continue, the results will be determined at the end of the event in the usual manner. If the event cannot continue, the final results will be determined on the scores of all dives up to the last completed round of dives; or

8.4.2.3 if the event cannot be continued, the results will be determined by the Jury of Appeal.

8.4.3 When a dive or Athlete is incorrectly announced, the Athlete or their representative must advise the Referee immediately, who will then confirm the accuracy of the Athlete's Statement of Dives.

8.4.4 If an Athlete performs an incorrectly announced dive (i.e., the Athlete performs the dive announced, which is not the dive prescribed in their Statement of Dives), the Referee may cancel the awards for the dive, have the correct dive announced and have the Athlete perform the correct dive immediately. The awards for the cancelled dive must be noted by the Secretariat, to be referred to in the event that an appeal is subsequently lodged.

8.4.5 In exceptional circumstances, following a request for a repetition by the Athlete or their representative, the Referee may allow an Athlete to repeat a dive without a penalty. The awards for the first dive must be noted by the Secretariat should an appeal be lodged subsequently. The request for a repetition must be made as soon as practicable following the dive by the Athlete or their representative to the Referee.

8.4.6 If the Referee is certain that an Athlete has performed a dive of a Number other than that announced (correctly, in accordance with the Athlete's Statement of Dives), the Referee will declare it a failed dive.

8.4.7 If the Referee is certain that an Athlete has performed the correct dive Number but in a Position other than that announced (correctly, in accordance with the Athlete's Statement of Dives), , the Referee will repeat the announcement, and declare that the maximum award is 2 points, before giving the Judges the signal to show their awards (or, where electronic judging device is used, as soon as possible). If a Judge then still awards more than 2 points, the Referee will declare the award from that Judge to be 2 points.

8.4.8 If a person (including an Athlete) unreasonably disturbs or is unreasonably disturbing an event (including by interfering with other Athlete(s) or participants or the running of an event), the Referee may exclude them from the competition or event and/or the competition area and/or venue or facility.

8.4.9 The Referee may remove any Judge from the competition whose judgement they regard as unsatisfactory, and will replace that Judge with the reserve Judge. Such change of Judge by the Referee for this reason may only take place at the end of a round or stage and, where this occurs, the Referee will at the end of the event write a report

to the Jury of Appeal, with a copy delivered to World Aquatics and the Technical Diving Committee, setting out the basis for the removal.

8.5 **The Referee's duties prior to the performance of a dive:**

8.5.1 If there is a strong wind at the time an Athlete is diving, the Referee may give an Athlete the right to restart the dive without deduction of points.

8.5.2 Before each dive, the Referee will ensure that the dive to be executed and the name of the Athlete or team are announced. In events where different platforms are used the height of the platform must also be announced. If an electronic scoreboard is used, all information concerning the dive must be displayed on it and the announcement may be restricted to identifying the Athlete.

8.5.3 The Referee will signal, by whistle or other clear signal, for the Athlete to perform their dive. The signal must not be given before the Athlete has assumed their position on the springboard or platform and the Referee has checked the indicator board. For Back and Inward take-offs, the Athlete must not proceed to the end of the springboard or platform until after the signal has been given by the Referee.

8.5.4 Each Athlete must be given sufficient time for the preparation and execution of the dive. If the Athlete or team does not dive within a reasonable time frame after the Referee's signal to perform, the Referee will issue a warning.

8.5.5 If the Athlete does not dive within one (1) minute after the Referee has issued a warning in accordance with Article 8.5.4 of this Part Four, the Referee will declare a failed dive, and the Athlete will receive 0 points for that dive.

8.5.6 When an Athlete performs a dive before the Referee's signal is given, the Referee will decide whether the dive should be repeated (or, alternatively, whether the dive and the awards for it will stand).

8.5.7 When an Athlete refuses to perform a dive, the Referee will declare it a failed dive.

8.6 **The Referee's duties during the performance of a dive:**

8.6.1 **The Referee will declare a restart where:**

8.6.1.1 during a running dive, an Athlete takes any step(s) during the approach and then stops; or

8.6.1.2 during a standing dive, an Athlete stops the take-off movement after the legs have begun to bend or to press into the platform to initiate the take-off.

8.6.2 The Referee may declare a restart during an Armstand dive, where they decide that:

8.6.2.1 an Athlete lost their balance and moved one or both hands from their original position at the front edge of the platform;

8.6.2.2 one or both of the Athlete's feet returned to the platform prior to the take-off; or

8.6.2.3 a foot or any part of the Athlete's body other than their hands touched the platform after the Athlete has assumed the starting position.

8.6.3 Where a restart is declared, the Referee will declare a restart and instruct the Secretariat to deduct 2 points from each Judge's award for the restarted dive.

8.6.4 When there is a restart in a running, standing, or Armstand dive, the Referee will instruct the Secretariat to deduct 2 points from each Judge's award.

8.6.5 **The Referee will declare a failed dive when:**

8.6.5.1 a second attempt (a restart) is unsuccessful;

8.6.5.2 in a springboard dive, the Athlete double bounces during the approach or on the end of the springboard. A double bounce takes place when an Athlete jumps from both feet twice, consecutively, with both feet leaving the springboard;

8.6.5.3 in a running dive, the Athlete's final step or jump before a two-footed take-off is also from two feet;

8.6.5.4 the take-off from the springboard or the platform is not from both feet simultaneously, (except in the case of an Armstand dive);

8.6.5.5 the twist in a dive at entry is greater or less than that announced by 90 degrees or more;

8.6.5.6 in a head-first entry dive, the feet enter the water before the head or hands; or

8.6.5.7 in a feet-first entry dive, the head or hands enter the water before the feet.

8.6.6 In all circumstances where the Referee declares a failed dive, the Athlete or team will receive 0 points for that dive.

8.6.7 **The Referee will declare that the maximum award by a Judge will be 4.5 points, and will instruct the Secretariat to record a Judge's score as 4.5 points if the Judge awards a score higher than 4.5 points, when:**

8.6.7.1 in a feet-first entry dive, one or both arms are held above the head;

8.6.7.2 in a head-first entry dive, one or both arms are held below the head; or

8.6.7.3 in a dive with a flying action, the Straight Position is not shown for at least one quarter of a somersault (90 degrees) in dives with up to 1 somersault, and at least one half of a somersault (180 degrees) in dives with more than 1 somersault.

8.7 During the performance of a dive following the Referee's signal, there must be no assistance from any person provided to an Athlete in any form (whether direct or indirect, physical or oral or otherwise). Assistance between dives is permitted. The Referee may declare a dive failed if they consider that assistance was given by anyone to the Athlete after the Referee's starting signal.

8.8 **The Referee's duties after the event or stage of an event:**

8.8.1 The Referee will confirm the results of the event or stage of an event by their signature, noting the time the event ended.

8.8.2 The Referee will remain available for thirty (30) minutes following the conclusion of an event stage if a subsequent stage is to be held for that event.

9 DUTIES OF THE SECRETARIAT

9.1 **The duties of the Secretariat (and Secretaries) are:**

9.1.1 Secretaries will record the Judge's awards and the results of the event, as set out in this Part Four.

9.1.2 If electronic officiating equipment is used, one (1) Secretary may be used. If no electronic officiating equipment is used, two (2) Secretaries will each independently record the Judge's awards. References to Secretaries or a Secretary in this Part Four are to be construed as references to one or more Secretaries officiating during the Event.

9.1.3 In order to facilitate the scoring, a computer, a rapid calculator, or a chart may be used by the Secretaries.

9.1.4 In individual and team events, the Judges' awards must be announced in their seating order, and the Secretaries will record all awards as announced on the Athlete's Statement of Dives. In synchronised diving events, the Judges' awards must be announced, starting with the execution Judges' awards in seating order, followed by the synchronised Judges' awards in seating order. When a computer and a scoreboard are used, the announcement of the Judges' awards is not necessary and the Secretary may record the awards directly from the monitor.

9.1.5 **Calculating the score for each dive:**

9.1.5.1 In the individual and team events when seven (7) Judges are used, the Secretaries will cancel the two (2) highest and the two (2) lowest Judges' awards. When more than two (2) of either the highest or lowest awards are equal, only two (2) of each will be cancelled.

9.1.5.2 If only five (5) Judges are used, the Secretaries will cancel the highest and the lowest award. When more than one (1) of either the highest or lowest awards are equal, only one (1) of each will be cancelled.

9.1.5.3 In synchronised diving events, when eleven (11) Judges are used, the Secretaries will cancel: (a) the highest and the lowest Judges' awards given for execution for each Athlete; and (b) the highest and lowest Judges' awards given for synchronisation. When more than one (1) of either the highest or lowest awards are equal, only one (1) of each will be cancelled.

9.1.5.4 In synchronised diving events, when nine (9) Judges are used, the Secretaries will cancel; (a) the highest and the lowest Judges' awards given for execution between both Athletes; and (b) the highest and lowest Judges' awards given for synchronisation. When more than one (1) of either the highest or lowest awards are equal, only one (1) of each will be cancelled.

9.1.5.5 The Secretaries will then each add together the remaining awards and multiply this total by the Degree of Difficulty for the dive to determine the score of the dive. The following calculations are provided as examples:

Awards	Award total	Degree of Difficulty	Score of the dive
Individual and team events			
Five (5) Judges			
~~8.0~~, 7.5, 7.5, 7.5, ~~7.0~~	22.5	2.0	45
Seven (7) Judges			
~~8.0~~, ~~7.5~~, 7.5, 7.5, 7.5, ~~7.5~~, ~~7.0~~	22.5	2.0	45
Synchronised events			
Nine (9) Judges			
Execution, Athlete 1: ~~7.0~~, 6.5 Execution, Athlete 2: 5.5, ~~5.5~~ Synchronisation: ~~8.5~~, 8.0, 8.0. 7.5, ~~7.5~~	35.5	35.5 x (3/5) = 21.3 21.3 x 2.8 = 59.64	59.64
Eleven (11) Judges			
Execution, Athlete 1: ~~7.0~~, 6.5, ~~6.0~~ Execution, Athlete 2: ~~5.5~~, 5.5, ~~7.0~~ Synchronisation: ~~8.5~~, 8.0, 7.5, 8.0, 8.0. ~~7.0~~	35.5	35.5 x (3/5) = 21.3 21.3 x 2.8 = 59.64	59.64

9.1.6 When a Judge, by reason of illness or any other unforeseen circumstances, has made no award for a particular dive, the average of the awards of the other Judges, prior to cancellations, will be adopted as the missing award. In each case, the 'averaged' award adopted must be rounded up or down to the nearest half point or whole point (i.e., averages ending in .01 to .24 are rounded down, averages ending in .25 to .74 are rounded to .50, and averages ending in .75 or higher are rounded up to the next whole point).

9.1.7 In synchronised diving events, when a Judge (execution or synchronised) by reason of illness or any other unforeseen circumstances, has made no award for a particular dive:

9.1.7.1 In a Judges Panel of eleven (11) Judges, a missing execution award will be replaced by the average of the awards of the other two (2) execution Judges of the same Athlete, and a missing synchronisation award will be replaced by the average of the other four (4) synchronised Judges.

9.1.7.2 In a Judges Panel of nine (9) Judges, a missing execution award will be replaced by the award of the other execution Judge of the same Athlete, and a missing synchronisation award will be replaced by the average of the other four (4) synchronised Judges.

9.1.8 The results of the event are determined by the scores recorded on the Secretaries' score sheet(s). Where more than one Secretary is used, the Secretaries will ensure there are no discrepancies in the results, in consultation with the Referee if so required.

9.1.9 If electronic officiating equipment is in use, a Secretary must also record the awards and electronic results manually to allow a final result to be calculated in the event of electronic officiating equipment failure.

9.1.10 The Secretaries will ensure that the final results are announced in English.

10 REFEREEING AND JUDGING DIVES

10.1 **General criteria for judging dives:**

10.1.1 **A Judge must award a dive points between 0 to 10, at half-point increments, according to their overall impression within the following criteria:**

Excellent	10
Very Good	8.5 – 9.5
Good	7.0 – 8.0
Satisfactory	5.0 – 6.5
Deficient	2.5 – 4.5
Very Deficient	0.5 – 2.0
Completely failed	0

10.1.2 The Judge must not be influenced by any factor other than the technique and execution of the dive. The dive must be considered without regard to preparations ahead of the starting position, the difficulty of the dive, or any movement beneath the surface of the water.

10.1.3 **The factors to be considered in judging the overall impression of a dive are the technique, grace, execution, and completion of the following elements of the dive:**

10.1.3.1 starting position;

10.1.3.2 approach;

10.1.3.3 take-off;

10.1.3.4 flight; and

10.1.3.5 entry.

10.1.4 When a dive is performed in any Position clearly other than that announced, the dive will be deemed very deficient. The highest award for such a dive is 2 points.

10.1.5 When a dive is performed partially in a Position(s) other than that announced, each Judge will deduct according to their opinion.

10.1.6 When a dive is not performed in the Straight (A), Pike (B), Tuck (C), or Free (D) Position as described, the Judge will deduct between 0.5 and 2 points.

10.1.7 When a Judge considers that a dive of a different Number has been performed, they may award 0 points, even if the Referee has not declared it to be a failed dive.

10.2 **The starting position:**

10.2.1 The Athlete will stand back from the front end of the springboard or platform and may take their starting position following a signal to do so given by the Referee.

10.2.2 In the starting position for standing or running dives, the Athlete's body must be straight, head erect and facing forward, with their arms straight along their body, perpendicular to their body, or above their head. When the Athlete does not assume a starting position that complies with this Article 10.2.2 of this Part Four, each Judge will deduct between 0.5 and 2 points.

10.2.3 **The starting position for standing dives:**

10.2.3.1 The starting position is assumed at the front edge of the springboard or platform.

10.2.3.2 The Athlete's feet must then stay in contact with the springboard or platform until the take-off.

10.2.3.3 If the Athlete's feet then leave the springboard or platform before the take-off, each Judge will deduct between 0.5 and 2 points.

10.2.4 **The starting position for running dives:**

10.2.4.1 The starting position is assumed when the Athlete is ready to take the first step of their run.

10.2.5 **The starting position for Armstand dives:**

10.2.5.1 The starting position is assumed when both of the Athlete's hands are on the front edge of the platform and both of the Athlete's feet are off the platform.

10.2.5.2 If the Athlete is unable to hold a stationary and steady balance in the straight vertical (perpendicular to the platform) Armstand Position, or if the hands lose contact with the platform during the take-off, each Judge will deduct between 0.5 and 2 points.

10.3 **The approach:**

10.3.1 When executing a running dive from either the springboard or the platform, the run should be smooth, aesthetically pleasing, and in a forward direction to the end of the springboard or platform, with the final step before the take-off being from one foot.

10.3.2 When the run is not smooth, aesthetically pleasing, or in a forward direction to the end of the springboard or platform, each Judge will deduct between 0.5 and 2 points.

10.3.3 If a Judge considers that during a running dive, the Athlete's final step or jump before a two-footed take-off is also from two feet, the Judge may award 0 points, even if the Referee has not declared it to be a failed dive.

10.3.4 When the Judge considers that in a springboard dive the Athlete has double bounced during the approach or on the end of the springboard, the Judge may award 0 points, even if the Referee has not declared it to be a failed dive.

10.4 **The take-off:**

10.4.1 From the springboard, the take-off in Forward and Reverse dives may be performed either standing or running at the Athlete's discretion. The take-off in Back and Inward dives must be performed standing.

10.4.2 From the platform, the take-off in Forward dives may be performed from either a standing position or a running approach, at the Athlete's discretion. The take-off in Back Reverse and Inward dives must be performed standing.

10.4.3 The take-off from the springboard and the platform must be from both feet simultaneously.

10.4.4 If a Judge considers that the take-off from the springboard or the platform is not from both feet, the Judge may award 0 points, even if the Referee has not declared it to be a failed dive.

10.4.5 In running and standing dives, the take-off should be balanced and high and from the end of the springboard or platform.

10.4.6 When the take-off is not balanced and high, or from the end of the springboard or platform, each Judge will deduct between 0.5 and 2 points.

10.4.7 In twisting dives, the twisting should not be manifestly done (meaning that twisting has clearly begun) while the Athlete is still on the springboard or platform. If the twisting is manifestly done (has clearly begun) while the Athlete is still on the springboard or platform, each Judge will deduct between 0.5 and 2 points.

10.5 **The flight:**

10.5.1 The flight of a dive describes the part of the dive after the take-off and up to the entry. The Athlete must not veer to the side of the direct line of flight.

10.5.2 If during the flight of a dive an Athlete veers to the side of the direct line of flight, each Judge will deduct , according to their opinion.

10.5.3 If during the flight of a dive, an Athlete touches the end of the springboard or platform with their feet or hands, each Judge will deduct according to their opinion.

10.5.4 **If there is a potentially unsafe dive:**

10.5.4.1 If approved visual technology (meaning technology approved for use in that competition by the Technical Diving Committee) is available:

10.5.4.1.1 the Referee may review any dive they consider may have been unsafe (including, but not limited to, as a result of an Athlete having touched the springboard or platform with their head during the flight, or having been unsafely close to doing so); and

10.5.4.1.2 if the Referee considers that the performance of the dive was unsafe, the Referee will instruct the Secretariat to record a maximum of 2 points for each Judge's award.

10.5.4.2 If visual technology, approved by the Technical Diving Committee, is not available:

10.5.4.2.1 if a Judge considers the dive was unsafe (including, but not limited to, as a result of an Athlete having touched the springboard or platform with their head during the flight, or having been unsafely close to doing so), that Judge will: (a) award up to a maximum of 2 points for that dive; and (b) will indicate to the Referee, using electronic officiating equipment (or if that is not in use, by raising one hand), that they considered the dive to be unsafe; and

10.5.4.2.2 if the majority of the Judges Panel indicates that the dive was unsafe, the Referee will instruct the Secretariat to change any Judges' awards higher than 2 points, to 2 points.

10.5.5 **The dive may be executed in the following Positions:**

10.5.5.1 **Straight (A):**

10.5.5.1.1 The body must be straight and not bent either at the knees or hips. The feet should be kept together and the toes pointed. The position of the arms is at the Athlete's discretion.

10.5.5.1.2 Should the Straight Position not be aesthetically pleasing and performed as described, each Judge will deduct between 0.5 and 2 points.

10.5.5.1.3 In all dives with a flying action (meaning a movement within the flight of a dive in which the Straight Position is assumed, followed by a transition to a Pike or Tuck Position), a Straight Position must be clearly shown and assumed by the Athlete from the take-off or after 1 somersault. When the Straight Position is not shown for at least one quarter of a somersault (90 degrees) in dives with up to 1 somersault, and at least one half of a somersault (180 degrees) in dives with more than 1 somersault, the maximum award by the Judges must be 4.5 points.

10.5.5.2 **Pike (B):**

10.5.5.2.1 The body must be bent at the hips, but the legs must be kept straight at the knees. The feet must be kept together and the toes pointed. The position of the arms is at the Athlete's discretion.

10.5.5.2.2 Should the Pike Position not be aesthetically pleasing and performed as described, each Judge will deduct between 0.5 and 2 points.

10.5.5.2.3 In Pike dives with twist, the Pike Position must be clearly shown. Should this not be evident, each Judge will deduct between 0.5 and 2 points.



10.5.5.2.4 The above illustrations serve as a guide only.

10.5.5.3 **Tuck (C):**

10.5.5.3.1 The body should be compact, bent at the knees and hips with the knees and feet close together within the bodyline of the shoulders. The hands must be on the lower legs and the toes pointed.



10.5.5.3.2 Should the Tuck Position not be aesthetically pleasing and performed as described, each Judge will deduct between 0.5 and 2 points.

10.5.5.3.3 In Tuck dives with twist, the Tuck Position must be clearly shown. Should this position not be evident, each Judge will deduct between 0.5 and 2 points.



10.5.5.3.4 The above illustrations serve as a guide only.

10.5.5.4 **Free Position (D):**

10.5.5.4.1 The Athlete's body position is optional (Straight, Pike, or Tuck Position(s) may be used) but the legs must be together, and toes pointed.

10.5.5.4.2 Should the position not be performed as described, each Judge will deduct between 0.5 and 2 points.

10.5.5.4.3 In somersault dives with twist, the twist may be performed at any time during the flight.

10.6 **The entry:**

10.6.1 The entry into the water should for all dives be vertical (perpendicular to the water's surface), with the body straight, not bent or twisted, the feet kept together, and the toes pointed such that the water's surface is minimally disturbed.

10.6.2 When the entry is short (at an angle less than vertical) or long (at an angle exceeding vertical), the body is twisted or not straight, the feet not kept together, the toes not pointed, and/or the water's surface is significantly disturbed, each Judge will deduct according to their opinion.

10.6.3 In head-first entries, the arms should be stretched beyond the head and in line with the body, with the hands kept close together. If a Judge considers that one or both arms are held below the head on entry, the Judge may only award up to 4.5 points , even if the Referee has not declared a maximum award of 4.5 points in accordance with Article 8.6.7 of this Part Four.

10.6.4 In feet-first entries, the arms should be kept close to the body with no bending at the elbows. If a Judge considers that one or both arms are held beyond the head on entry, the Judge may only award up to 4.5 points, even if the Referee has not declared a maximum award of 4.5 points in accordance with Article 8.6.7 of this Part Four.

10.6.5 Other than as provided in Articles 10.6.3 and 10.6.4 of this Part Four, when the arms are not in the correct position in either the head-first or feet-first entry, each Judge will deduct between 0.5 and 2 points.

10.6.6 If a Judge considers that the twist in a dive at entry is greater or less than that announced by 90 degrees or more, the Judge may award 0 points, even if the Referee has not declared it to be a failed dive.

10.6.7 The dive is considered to have been completed when the Athlete's whole body is completely under the surface of the water.

11 REFEREEING AND JUDGING OF SYNCHRONISATION

11.1 In addition to the judging criteria for the execution of a dive set out in Article 10 of this Part Four, synchronised dives are also judged by the synchronisation of the Athletes. The rules for judging individual diving shall apply except where otherwise stated in this Article 11 of this Part Four.

11.2 When one or both Athletes perform a dive of a different dive Number or Position other than that announced, the Referee will declare it a failed dive.

11.3 If either Athlete enters the surface of the water before the other Athlete leaves the springboard or platform, the Referee will declare it a failed dive.

11.4 The Referee will declare and instruct the Secretaries to deduct 2 points from each Judges' awards when there is a restart (whether required or caused by one or both Athletes).

11.5 In synchronised diving all forward facing dives on the springboard must be performed with a running approach (in accordance with Article 5.3 of this Part Four). If a forward facing dive is not performed with a running approach in a springboard synchronised diving event, the Referee will declare it a failed dive.

11.6 **Execution Judges:**

11.6.1 Execution Judges must not be influenced by any factor other than the technique and execution of the dive by the Athlete they are judging, not both Athletes or the synchronisation of the Athletes. The technique or execution of the other Athlete, or the synchronisation of the dives, should not be considered.

11.6.2 When an execution Judge considers that a dive of a different dive Number or Position has been performed by an Athlete, the Judge may award 0 points, even if the Referee has not declared it to be a failed dive.

11.6.3 If all execution Judges for one Athlete award 0 points, the Referee will declare it a failed dive and 0 points are deemed awarded by all execution and synchronisation Judges for that team's dive.

11.7 Synchronisation Judges:

11.7.1 When judging the synchronisation of the dives, synchronisation Judges will consider the overall impression of the synchronisation of the dives.

11.7.2 The synchronisation Judges must not be influenced by any other factor other than the coordinated performance of the two Athletes, as set out in Article 11.7.3 of this Part Four, and not the execution of each dive.

11.7.3 The factors to be considered in judging synchronised diving are the following:

11.7.3.1 starting position, the approach, and the take-off, including the similarity of the height;

11.7.3.2 coordinated timing of the movements during the flight;

11.7.3.3 similarity of the vertical angles of the entries;

11.7.3.4 comparative distance from the springboard or platform of the entry; and

11.7.3.5 coordinated timing of the entries.

11.7.4 Each synchronisation Judge will deduct between 0.5 and 2 points for the lack of:

11.7.4.1 similarity of the starting position, approach, take-off or height;

11.7.4.2 coordinated timing of the movements during the flight;

11.7.4.3 similarity of the vertical angles of the entries;

11.7.4.4 comparative distance from the springboard or platform of the entry; and/or

11.7.4.5 coordinated timing of the entries.

11.7.5 If all the synchronisation Judges award 0 points, the Referee will declare it a failed dive and all awards for execution and synchronisation will be deemed to be 0 points.

12 SUMMARY OF PENALTIES

12.1 **Referee to declare a failed dive (0 points):**

Article	Fault
8.4.6	If an Athlete has performed a dive of a Number other than that announced.
8.5.5	If the Athlete fails to dive within a reasonable time frame after the Referee's warning (with a maximum of one (1) minute after the Referee's warning).
8.5.7	If an Athlete refuses or fails to perform a dive.
8.6.5.1	When a second attempt (a restart) is unsuccessful.
8.6.5.2	If in a springboard dive, an Athlete double bounces during the approach or on the end of the springboard.
8.6.5.3	If in a running dive, the Athlete's the final step or jump before a two-footed take-off is also from two feet.
8.6.5.4	If the take-off from the springboard or platform is not from both feet simultaneously.
8.6.5.5	If the twist in a dive at entry is greater or less than that announced by 90 degrees or more.
8.6.5.6	If in a head-first entry dive, the feet enter the water before the head or hands.
8.6.5.7	If in a feet-first entry dive, the head or hands enter the water before the feet.
8.7	If an Athlete receives assistance during the performance of a dive (after the Referee's starting signal).
11.2	In synchronised diving, if an Athlete, or both Athletes, perform a dive of a Number or Position other than that announced.
11.3	In synchronised diving, if either Athlete enters the surface of the water before the other Athlete leaves the springboard or platform.
11.5	If a forward facing dive in a synchronised springboard diving event is not performed with a running approach.
11.6.3	In synchronised diving, if all execution Judges for one Athlete award 0 points
11.7.5	In synchronised diving, if all synchronisation Judges award 0 points.

12.2 Referee to declare a 2-point deduction:

Article	Fault
8.6.1.1	If during a running dive, an Athlete takes any step(s) during the approach and then stops
8.6.1.2	If during a standing dive, an Athlete stops the take-off movement after the legs have begun to bend or to press into the platform to initiate the take-off.
8.6.4	When there is a restart in a running, standing, or Armstand dive.
11.4	In synchronised diving, if there is a restart (whether required or caused by one or both Athletes).

12.3 Referee to declare a 2 point maximum award:

Article	Fault
8.4.7	If an Athlete performs a dive in a Position other than that announced.
8.6.3	Where a restart is declared.
10.5.4.1.1	If the Referee considers that the performance of the dive was unsafe (having reviewed visual technology).
10.5.4.2.2	If the majority of the Judges Panel indicates that the dive was unsafe.

12.4 Referee to declare a 4.5 point maximum award:

Article	Fault
8.6.7.1	If in a feet-first entry dive, an Athlete has one or both arms held above the head.
8.6.7.2	If in a head-first entry-dive, an Athlete has one or both arms held below the head.
8.6.7.3	In a dive with a flying action, the Straight Position is not shown for at least one quarter of a somersault (90 degrees) in dives with up to 1 somersault, and at least one half of a somersault (180 degrees) in dives with more than 1 somersault.

12.5 Judges to award 0 points:

Article	Fault
10.1.7	If a dive of a Number other than that announced has been performed.
10.3.3	If during a running dive, the Athlete's final step or jump before a two-footed take-off is also from two feet.
10.3.4	If in a springboard dive, an Athlete double bounced during the approach or on the end of the springboard.
10.4.4	If the take-off from the springboard or platform is not from both feet simultaneously.
10.6.6	If a twist is in a dive at entry is greater or less than that announced by 90 degrees or more.
11.6.2	If an execution Judge considers that a dive of a Number other than that announced has been performed.

12.6 Judges to award 2 points maximum:

Article	Fault
10.1.4	If a dive is performed clearly in a Position other than that announced.
10.5.4	If in a dive, an Athlete is unsafely close to the springboard or platform or touches the end of the springboard or platform with their head.

12.7 **Judges to award 4.5 points maximum:**

Article	Fault
10.5.5.1.3	If in a flying dive, a Straight position is not clearly shown and assumed by the Athlete from the take-off or after 1 somersault, and shown for at least one quarter of a somersault (90 degrees) in dives with somersault and at least a half somersault (180 degrees) in dives with more than 1 somersault.
10.6.3	If in a head-first entry-dive, an Athlete has one or both arms held below the head.
10.6.4	If in a feet-first entry dive, an Athlete has one or both arms held above the head.

12.8 **Judges to deduct between 0.5 to 2 points:**

Article	Fault
10.1.6	If a dive is not performed in a Position as described.
10.2.2	If the starting position is not as described in Article 10.2.2 (body straight, head erect and facing forward, arms straight (along the body, perpendicular to the body or overhead).
10.2.3.3	If in the starting position for a standing dive, the Athlete's feet leave the springboard or platform before the take-off.
10.2.5.2	If in the starting position for an Armstand dive, the Athlete is unable to hold a stationary and steady balance in the straight vertical Armstand Position.
10.2.5.2	If during an Armstand dive, the hands lose contact with the platform during the take-off.
10.3.2	If during the approach, the run is not smooth, aesthetically pleasing and in a forward direction.
10.4.6	If in running and standing dives, the take-off is not balanced or high.
10.4.7	If in a twisting dive, the twist is manifestly done (meaning that twisting has clearly begun) on the springboard or platform.
10.5.5.1.1 and 10.1.6	If the Straight position is not as described or aesthetically pleasing.
10.5.5.2.2 and 10.1.6	If the Pike position is not shown as described or aesthetically pleasing.
10.5.5.2.3	If in a Pike dive with a twist, the Pike position is not clearly shown.
10.5.5.3.2 and 10.1.6	If the Tuck Position is not shown as described or aesthetically pleasing.
10.5.5.3.3	If in a Tuck dive with twist, the Tuck Position is not clearly shown.
10.5.5.4 and 10.1.6	If the Free position is not shown as described.
10.6.5	If, other than described in Articles 10.6.3 or 10.6.4, at entry the arms are not in the correct position in either a head-first or feet-first entry dive.
11.7.3	In synchronised diving if any of the following are not shown: • similarity of the starting position, approach, take-off and height. • coordinated timing of the movement during the flight. • similarity of the vertical angles of the entries. • comparative distance from the springboard or platform of the entry. • coordinated timing of the entries.

12.9 **Judges to deduct (by any amount, according to their opinion):**

Article	**Fault**
10.1.5	If a dive is performed partially in a Position other than that announced.
10.5.2	If during the flight of a dive, the Athlete does not maintain a straight line of flight.
10.5.3	If during the flight of a dive, an Athlete touches the end of the springboard or platform with their feet or hands.
10.6.2	If the entry is short or long (at an angle less than or exceeding vertical), or if at entry the body is twister or not straight, feet not together, toes not pointed and/or the water's surface is significantly disturbed.

13 AGE GROUP ELIGIBILITY

13.1 To be eligible to compete at the Olympic Games, World Aquatics Championships, or Diving World Cups, an Athlete must be at least fourteen (14) years old as of 31 December in the year of the start date of the event.

13.2 **To be eligible to compete at the World Aquatics Junior Diving Championships, an Athlete must be:**

13.2.1 Fourteen (14) or fifteen (15) years old as of 31 December in the year of the start date of the event to compete in the 14-15 years age group ('Age Group B') events.

13.2.2 Sixteen (16), seventeen (17), or eighteen (18) as of 31 December in the year of the start date of the event to compete in the 16-18 years age group ('Age Group A') events.

13.3 Member Federations and event organisers may adopt the same and/or alternative age group eligibility rules for competitions within their jurisdiction.

13.3.1 Where such competitions hold events for Athletes aged twelve (12) or thirteen (13) years old as of 31 December in the year of the start date of the event, that age group is referred to as 'Age Group C'.

14 REGISTRATIONS AND SPORTS ENTRIES

14.1 At the Olympic Games and World Aquatics Championships, each Member Federation may enter a maximum of two (2) Athletes in each individual event and one (1) team of two (2) Athletes for each synchronised diving event.

14.2 As an exception to the general rule at Article 5.1.4 of Part One, following the Technical/Team Leaders' Meeting at the Olympic Games, a Member Federation may substitute an entered Athlete as a replacement Athlete in accordance with Article 6.8 of this Part Four, provided that the choice of replacement Athlete does not, in World Aquatics' view, breach or otherwise impact adversely the Athlete quota for Diving (determined and published by the IOC, in consultation with World Aquatics, as appropriate for each Olympic Games).

14.2.1 If the choice of replacement Athlete would, in World Aquatics' view, breach or otherwise adversely impact the allocated Athlete quota for Diving, the substitution will be permitted only in exceptional circumstances approved by the Bureau, and if the Member Federation pays to World Aquatics 10,000 United States dollars (or an equivalent amount in the local currency in the country in which the competition is being held) at the time it submits the substitution form.

14.3 The Bureau will determine and publish the principles and system of qualification for Diving events at Olympic Games, in collaboration with the IOC. World Aquatics will determine and publish the principles and system of qualification for Diving events for the World Aquatics Championships and the Diving World Cup.

15 DIVING FACILITIES AND EQUIPMENT

15.1 **Pool depths:**

15.1.1 Minimum and preferred depths for the water at the plummet line (which is a vertical line, perpendicular to the water's surface, extending through the centre of the front edge of either the springboard or platform) are set out in the table at Appendix 2.

15.1.2 **At other World Aquatics Events:**

15.1.2.1 For diving facilities constructed after 1 January 2025, the pool should if possible have a minimum depth of 5 metres in the area of the pool under the springboards and platforms, but in any event must meet the minimum depth(s) set out for the relevant events, in accordance with Appendix 2.

15.1.2.2 For diving facilities constructed after 26 September 2013, the minimum dimensions for diving facilities detailed in Appendix 1 and Appendix 2 must be met, using, as a basic measuring point of reference, the plummet line.

15.1.3 In the area of full water depth (as prescribed in Articles 15.1.2 to 15.1.4 of this Part Four), the bottom of the pool may rise by 2%. In any case, the depth of water in the Diving pool must not be less than 1.8 metres at any point.

15.2 **Dimensions and design requirements for Diving facilities:**

15.2.1 The required dimensions for all Diving facilities detailed in Appendices 1 and 2 must be met:

15.2.1.1 If possible, the preferred dimensions set out in Appendices 1 and 2 should be met.

15.2.1.2 However, in all cases, the minimum dimensions set out in Appendices 1 and 2 must be met.

15.2.1.3 It is permissible for facilities to have a combination of measurements which meet and/or exceed the minimum dimensions (as set out in Appendices 1 and 2).

15.2.2 The dimensions C from plummet to adjacent plummet in the tables of Appendices 1 and 2 apply to platforms with widths as detailed in Article 14.2.2 of Part Five. If platform widths are increased, then the dimensions B and C must be increased by half the additional widths.

15.2.3 The vertical height from the plummet of the platform and or springboard at rest to the water surface at rest (undisturbed, without sprays, bubbles, or motion) must be specified in a 'diving facilities dimensions' table for the pool. These measurements must be certified by a surveyor or other qualified officials, appointed or approved by or the Member Federation of the country in which the pool is situated.

15.2.4 The height of the springboards and each platform above the water level may vary by plus 0.05 metre and minus 0.00 metre from the heights prescribed in this Part Four.

15.2.5 The end of 5, 3, and 1 metre platforms must not project beyond the ends of the 3 and 1 metre springboards when they are adjacent to each other.

15.2.6 In outdoor pools, where possible (best practice provides that) springboards and platforms should face north in the northern hemisphere and south in the southern hemisphere.

15.2.7 Pool walls must be vertical and form 90-degree (right) angles to the surface of the water. They must be constructed of solid material, with a slip-resistant surface.

15.2.8 The admissible tolerance in a wall's verticality will be ± 0.3 degrees.

15.2.9 Rest ledges along the pool walls are permitted; they must be not less than 1.2 metres below the water's surface and may be 0.1 metres to 0.15 metres wide. Only internal rest ledges are permitted.

~~**15.2.10**~~ Mechanical surface agitation must be installed under the diving facilities to aid the Athletes in their visual perception of the surface of the water. A horizontal water sprinkler system must be used for this purpose.

15.2.11 **Lighting:**

15.2.11.1 At the Olympic Games, World Aquatics Championships, World Aquatics Junior Diving Championships and at Diving World Cup events, the minimum illumination at a level of 1 metre above the water surface must not be less than 1500 lux throughout the pool.

15.2.11.2 At other Diving events held under these Competition Regulations, the minimum illumination at a level of 1 metre above the water surface must not be less than 600 lux throughout the pool.

15.2.11.3 Sources of natural and artificial illumination must be provided with controls to prevent glare.

15.2.12 **Water temperature:**

15.2.12.1 The water temperature must be not less than 28 degrees Celsius.

15.2.13 **Lane markings:**

15.2.13.1 Where Diving pools are also be used for Swimming events at the same competition, lane markings in the Diving pool must comply with Article 15.15 of Part Two.

15.3 **Springboard diving events at World Aquatics Events:**

15.3.1 In accordance with Article 15.2 of this Part Four, the required dimensions for all Diving facilities detailed in Appendices 1 and 2 must be met.

15.3.2 Springboards must be 4.88 metres long and 0.5 metre wide. Springboards must have a slip-resistant surface, which must be inspected and approved by World Aquatics prior to the start of the competition.

15.3.3 Springboards must be provided with movable fulcrums which can easily be adjusted by Athletes. In addition, for springboards at Diving facilities modified or constructed on concrete platforms after 1st October 2013, the following requirements apply:

15.3.3.1 The vertical distance from the level of the platform which supports the fulcrum assembly, to the level of the top of the springboard, must be 0.35 metres.

15.3.3.2 The distance from the front edge of the fulcrum assembly (which must be 0.741 metres in length) to the front edge of the supporting platform, must be a maximum of 0.44 metre. If that requirement is not met, then the fulcrum assembly and the rear hinge assembly must be moved forward so as to provide for a maximum of 0.44 metres from the front edge of the platform to the front of the fulcrum assembly.

15.3.3.3 The concrete platform that supports the springboard must be aligned with the pool wall or project over the pool.

15.3.4 The minimum distance from the rear to the centre line of the fulcrum must be set in accordance with the recommendation or specification of the springboard manufacturer.

15.3.5 A pool must have at least two springboards installed at the same, 3 metre, height, to accommodate synchronised events. The springboards may be placed on either one or both sides of the platform. At least two springboards at the same (3 metre) height must be placed side by side and no objects may obstruct the visibility in any part of the dive between the Athletes (as shown in Appendix 1 and Appendix 2).

15.3.6 The springboards must be installed exactly level horizontally, so that their leading edges are exactly level no matter the position of the movable fulcrum.

15.3.7 The back of the 3 metre springboards must be surrounded (on three sides) by handrails with a minimum clearance of 1.0 metres between vertical pairs. The minimum height for those handrails is 1.0 metre, measured from the level of the springboard. Handrails must be accompanied by at least two horizontal crossbars placed outside the platform, or a solid transparent barrier (see Appendix 1).

15.3.8 The design load requirements for the supporting structure of springboards are set out in Article 15.4.13 of this Part Four.

15.4 **Platform Diving events at World Aquatics Events:**

15.4.1 In accordance with Article 15.2, the required dimensions for all Diving facilities detailed in Appendices 1 and 2 must be met.

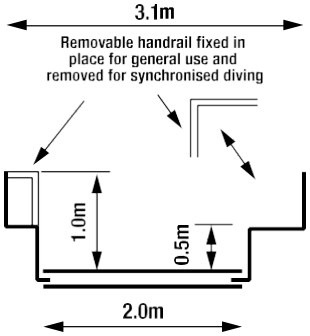
15.4.2 Each platform must be rigid and horizontal.

15.4.3 **The minimum dimensions of the platform are:**

PLATFORM HEIGHT	WIDTH	LENGTH
0.6m to 1.0m	1.00m (2.90m preferred)	5.00m
2.6m to 3.0m	1.00m (2.00m preferred)	5.00m
5.0m	2.90m	6.00m
7.5m	2.00m	6.00m
10.0m	3.00m	6.00m

15.4.4 Where a 10 metre platform has a width of less than 3 metres, the handrails on the sides of the platform may only have the shape detailed below (see drawing under Article 15.4.5 of this Part Four) up until 3 metres from the front edge of the platform.

15.4.5 It is recommended that an easily removable section of handrail be included for general use, which may be removed for synchronised diving. See figure immediately below.



15.4.6 The thickness of the front edge of the platform must be between 0.2 and 0.3 metres and may be vertical or inclined at an angle no greater than 10 degrees to the vertical inside the plummet line.

15.4.7 The surface and the front edge of the platform must be covered throughout with a resilient slip-resistant material. The two surfaces must be covered separately in order to achieve a clean 90 degree angle or as described in Article 15.2.7 of this Part Four. The front surface should be applied first and then the top surface.

15.4.8 The platforms must be covered in a slip-resistant material that has a tread pattern that provides sufficient traction in wet and dry conditions such that the Athletes are prevented from slipping when performing dives in all directions. The minimum thickness of the slip-resistant material is 6mm and the colour must give a contrast to the surrounding décor. The material must be easily cleaned to maintain its slip-resistance.

15.4.9 The front edge of the 10 metre platform must project at least 1.50 metres beyond the edge of the pool. The 7.5 metre, 5 metre, and 2.6 – 3.0 metre platforms must project at least 1.25 metres beyond the edge of the pool. The 0.6 – 1-metre platform must project at least 0.75 metre beyond the edge of the pool.

15.4.10 It is preferable that a platform is not constructed directly under any other platform. However, in circumstances where this cannot be avoided or is already the case: where a platform is directly underneath another platform, the platform above must project a minimum of 0.75 metres (but preferably 1.25 metres) beyond the platform below; and the requirements in Appendix 1 and Appendix 2 must be met.

15.4.11 The back and sides of each platform (except the 1.0 metre or lower platforms) must be surrounded by handrails up to 1.0 metres from the front edge of the platform with a minimum clearance of 1.0 metres between vertical pairs. The minimum height must be 1.0 metre, and they must be accompanied by at least two horizontal crossbars, or a solid transparent barrier, placed outside the platform beginning 1.0 metre from the front edge of the platform.

15.4.12 Each platform must be accessible by suitable stairs (not ladders) as required by the relevant country's building regulations and or health and safety standards that are applicable.

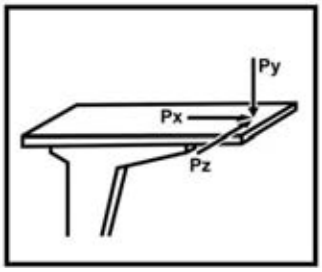
15.4.13 For platforms and the supporting structures of springboard, the minimum design load is p = 350 kiloponds (kilograms force) per lineal metre. In addition to that static requirement (and for the comfort and safety of the user with respect to the movement of the towers), the following limits must be observed, with respect to the platforms and springboard supports:

15.4.13.1 **The required range of platform frequencies are the following:**

PLATFORM	MINIMUM	MAXIMUM
10m	10 Hz	20 Hz
7.5m, 5m, 3m and 1m	10 Hz	30 Hz

15.4.13.2 The minimum frequency of diving towers is 3.5 Hz. The permitted total oscillation of the whole tower structure is ± 2mm.

15.4.13.3 The spatial deformation of the front edge of the platforms as a result of Px = Py = Pz = 100 kiloponds (kilograms force) must only be a maximum of 1 mm (see figure immediately below).



15.4.13.4 These requirements can be met most adequately by a reinforced concrete structure. Proof of the frequencies measured (the dynamic behaviour) is to be obtained together with the static calculations for the whole structure.

15.5 **Placement and seating of diving Judges:**

15.5.1 **The placement and seating of the Judges in individual Diving events must be as follows:**

15.5.1.1 The Judges will be placed side by side in a straight line on both sides of the Diving pool by the Referee. The Judges shall be in a straight line parallel to the pool. See Appendix 3

15.5.1.2 When seven (7) Judges are officiating, whenever possible, four (4) will be on the side of the pool closest to where the springboard or platform event is being contested. When five (5) Judges are officiating, whenever possible, three (3) Judges will be on the side of the pool closest to where the springboard or platform event is being contested.

15.5.1.3 The Referee may decide to place the majority of Judges (i.e. four (4) / three (3) as outlined above) on the side of the pool farthest from the springboard or platform event being contested if reasonable to do so for logistical or situational purposes.

15.5.1.4 No Judge may be seated alongside or behind the direct line of the front edge of the springboards or platform being used.

15.5.1.5 The chairs used by Judges will be numbered in consecutive order, ascending clockwise starting from the left, when facing the springboards / platforms as shown in Appendix 3.

15.5.1.6 In 1 metre springboard events, chairs suitable for poolside-use must be used.

15.5.1.7 In 3 metre springboard competitions, the Judges must be seated at a height not lower than two (2) metres above the water level.

15.5.1.8 In the 10 metre platform competitions, the chairs from the 3 metre springboard competitions (or other chairs not lower than two (2) metres above the water level) can be used but. Wherever available, the Judges should be seated at an even higher level.

15.5.1.9 To assist the Judges in the 3 metre springboard and platform competitions, the Judges' chairs must be positioned as far back from the edge of the pool as is practical.

15.5.1.10 The above guidelines are shown in Appendix 3.

15.5.2 **The placement and seating of the Judges in synchronised Diving events (including mixed synchronised events) must be as follows:**

15.5.2.1 The Judges will be placed side by side in a straight line on both sides of the Diving pool by Referee. The execution Judges must sit in a straight line parallel to the pool; the synchronised Judges must sit in a straight line perpendicular to the pool (see Appendix 3).

15.5.2.2 Three (3) or two (2) execution Judges (as applicable) will be placed on each side of the Diving pool by the Referee.

15.5.2.3 The chairs used by execution Judges in a synchronised event will be numbered clockwise in consecutive order when facing the springboard / platform as set out in the diagram in Appendix 3.

15.5.2.4 The synchronisation Judges will be split evenly and placed in a straight line in between the execution Judges on each side of the pool. All synchronised Judges on each side of the pool must be placed at the same horizontal distance from the springboards or platform in use (i.e., in a line perpendicular to the side of the pool) but will be positioned in ascending height as the line gets further away from the pool, to ensure that no Judge's view is obstructed.

15.5.2.5 In synchronised competitions, the synchronised Judges closest to the pool edge, will, if possible, be seated at a height not lower than 2 metres above the water level.

15.5.2.6 The subsequent chair heights for the remaining synchronised Judges (or additional execution Judge) must increase by at least 50 cm per seat.

15.5.2.7 The chairs used by synchronised Judges in a synchronised event will be numbered in ascending order from the pool edge, starting on the left, as shown in the diagram in Appendix 3. The third synchronised Judge (as applicable) may be seated on either side of the pool to permit the best viewing perspective to the field of play at the venue.

15.5.2.8 There must be no interference or movement by any person in front of the Judges chairs during an event.

15.5.2.9 The above guidelines are shown in Appendix 3.

15.6 **Diving Facilities for the Olympic Games and the World Aquatics Championships:**

15.6.1 The general rules set out for Diving facilities in Article 15.2 to 15.5 of this Part Four apply at the Olympic Games and World Aquatics Championships, unless otherwise stated.

15.6.2 **Lighting:**

15.6.2.1 The light intensity at the level of 1 metre above the water surface must not be less than 1500 lux.

15.6.3 **Lane markings:**

15.6.3.1 Lane markings for the Diving pool will consist of 3 lines running the width of the diving well 90-degree angle to the Athlete facing forward on the springboard or platform, with the same dimensions set out in Article 15 of Part Two. These lines must be prepared as follows:

15.6.3.1.1 The distance between the centre points of each lane must be 2.5 metres.

15.6.3.1.2 The centre of the first line must be directly under the plummet of the 3 metre springboard (see Appendix 3).

15.6.4 **Dry Land Facilities:**

15.6.4.1 There must be a trampoline with spotting equipment available at the venue. If available, two trampolines and a dry land area with a springboard and a platform take-off into foam landing pits are to be made available as detailed in Appendices 4 to 7.

15.6.5 **Field of Play:**

15.6.5.1 If the Diving pool and the Swimming pool are in the same competition area, the minimum distance separating the pools must be at least 8 metres, however 10 metres is preferred (see Article 16.2.17 of Part Two).

15.7 **Electronic officiating equipment for Diving events:**

15.7.1 Electronic officiating equipment records the Judges' awards for each Athlete and determines the final score for each dive as required by Article 7 of this Part Four.

15.7.2 Electronic officiating equipment must be able to:

15.7.2.1 Record Judges' awards by whole and half points.

15.7.2.2 Display all recorded and calculated information for each Athlete both before and after each dive.

15.7.2.3 Display the scores for all Athletes before and after each dive.

15.7.2.4 Display the rank order and scores for all Athletes after each round of dives.

15.7.2.5 Provide each Judge with an electronic judging device that will permit each Judge to enter their award and to see their award on a window on the device. It must also be able to display all awards after the Referee has accepted the Judges' awards.

15.7.2.6 Provide a Judges' analysis at the conclusion of each event or series.

15.7.2.7 Provided Judges with a monitor on which they will be able to view the awards of all the Judges prior to the awards being displayed on the score board.

15.7.2.8 Print out the following information:

15.7.2.8.1 the draw for the diving order;

15.7.2.8.2 a start list for each round, stage, or event;

15.7.2.8.3 a ranking of dives at the end of each round;

15.7.2.8.4 a ranking of dives at the end of each stage;

15.7.2.8.5 a ranking of dives at the end of each event; and

15.7.2.8.6 Judges' awards and scores for each Athlete at the end of each stage, round, and event.

15.8 **Dry Land Facilities:**

15.8.1 The required dimensions in metres for dry land facilities are detailed Appendices 4 to 7.

15.8.2 For the safety, practice, and development of Athletes and competitions, it is strongly recommended that the guidelines presented in Appendix 6 below are displayed at the venue, adjacent to the competitive diving area and/or close to competition facilities.

15.8.3 When minimum dimensions are used in B and C (of Appendix 6), a vertical mat or other protective surface must be attached to the appropriate forward and side walls.

16 MEDICAL AND SAFETY SPECIFIC REQUIREMENTS FOR DIVING

16.1 The medical requirements for World Aquatics Events are described in Article 8.2 of Part One. However, in addition, the below provisions apply to all Diving events.

16.2 **Location of the Medical Station:**

16.2.1 Whenever possible, the Medical Station must be positioned where, or very close to where, Athletes exit the pool.

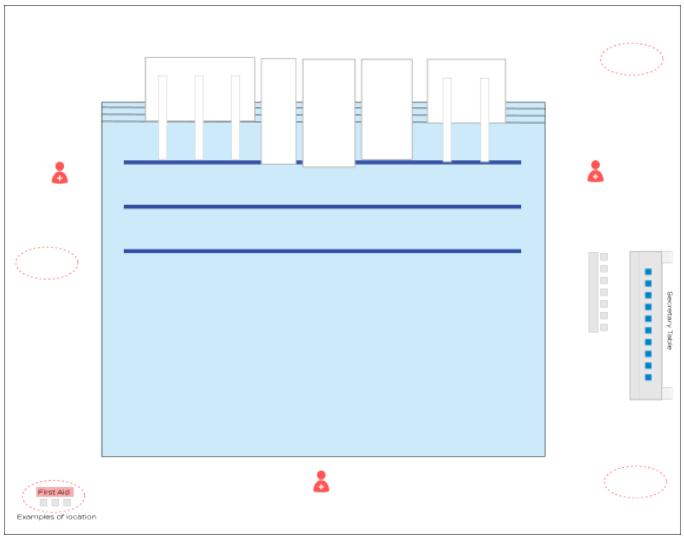
16.3 **Water rescue and lifeguards:**

16.3.1 Lifeguards must be experienced in deep water rescue and in the management of suspected cervical spine injury.

16.3.2 At least three (3) lifeguards are required at all times where training or events are taking place at competitions.

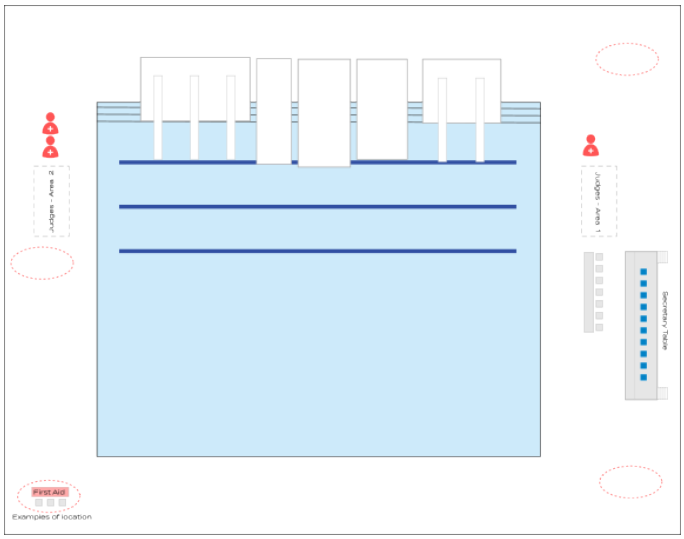
16.4 Location of lifeguards during training:

16.4.1 Three (3) lifeguards must be located on different sides of the pool to maximally cover the training area, as shown in the figure immediately below.



16.5 **Location of lifeguards during Diving events:**

16.5.1 During all Diving events, two (2) lifeguards must be positioned on the side of the pool closest to the location of the dive (e.g., on the side of the 3 metre springboard). The third lifeguard must be located on the other side of the pool, as shown in the figure immediately below.



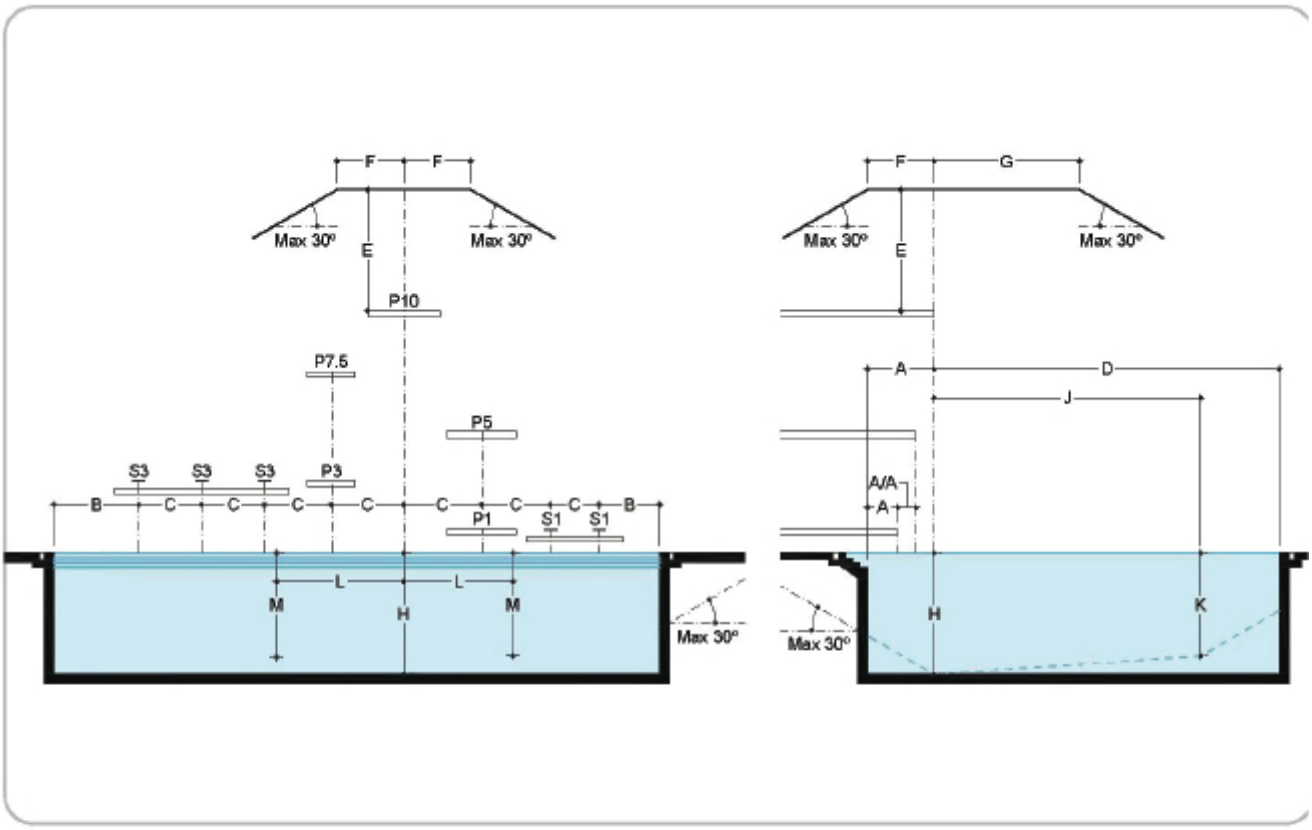
16.6 **First aid response in the dry land area:**

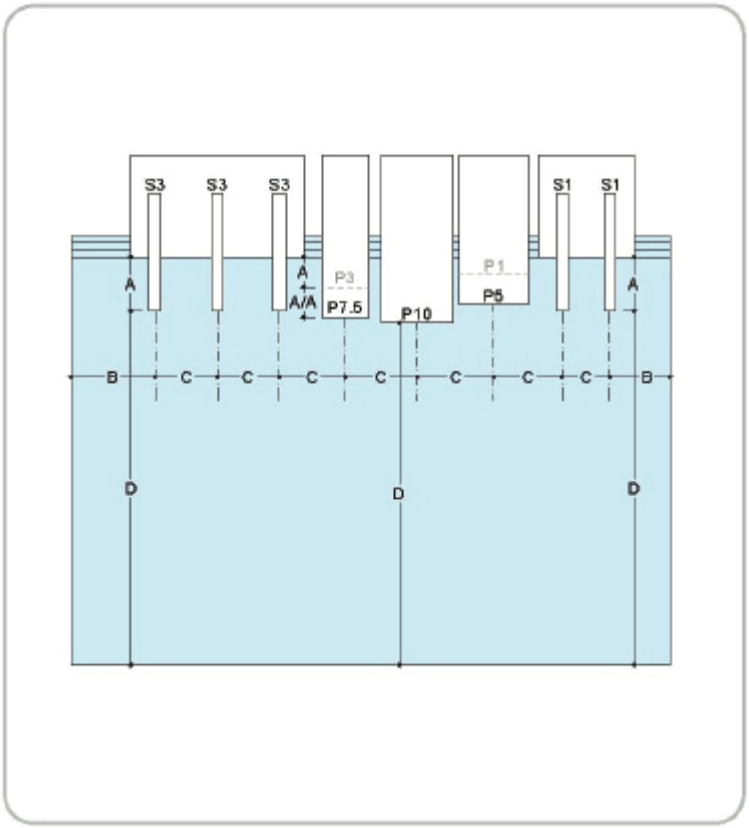
16.6.1 A first-aid responder must be present in the dry land area and be in communication with the Medical Station on the Field of Play.

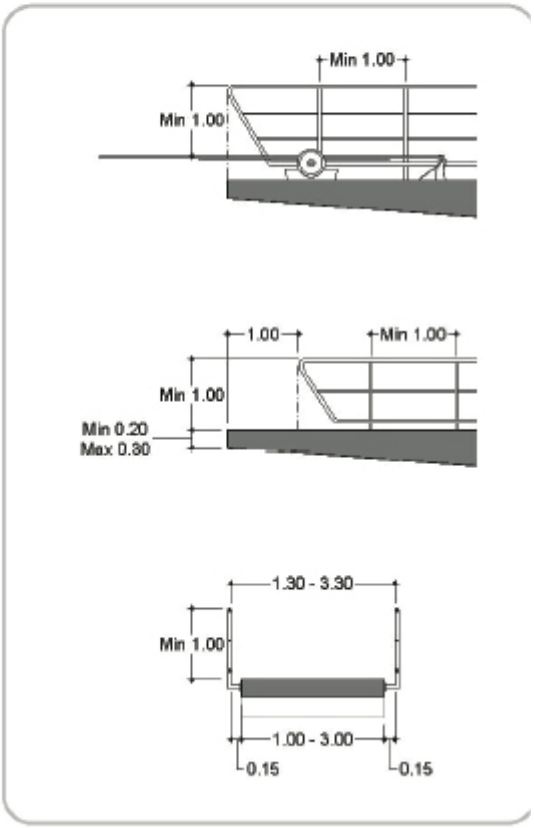
17 APPENDICES

17.1 APPENDIX 1 – REQUIRED DIMENSIONS FOR DIVING FACILITIES 154
17.2 APPENDIX 2 – DIVING FACILITY SPECIFICATIONS 155
17.3 APPENDIX 3 - DIVING FIELD OF PLAY FOR THE OLYMPIC GAMES AND WORLD AQUATICS CHAMPIONSHIPS 157
17.4 APPENDIX 4 – DIAGRAM OF DRY LAND FACILITIES FOR DIVING 158
17.5 APPENDIX 5 – DETAILS OF DRY LAND FACILITIES FOR DIVING 159
17.6 APPENDIX 6 – GUIDELINES FOR DRY LAND FACILITIES FOR DIVING 160
17.7 APPENDIX 7 - EQUIPMENT FOR DRY LAND FACILITIES FOR DIVING 161
17.8 APPENDIX 8 – DEGREES OF DIFFICULTY FOR SPRINGBOARD DIVES 162
17.9 APPENDIX 9 –TABLE OF DEGREES OF DIFFICULTY FOR SPRINGBOARD DIVES 164
17.10 APPENDIX 10 –DEGREES OF DIFFICULTY FOR PLATFORM DIVES 167
17.11 APPENDIX 11 – TABLE OF DEGREES OF DIFFICULTY FOR PLATFORM DIVES 169

17.1 APPENDIX 1 – REQUIRED DIMENSIONS FOR DIVING FACILITIES







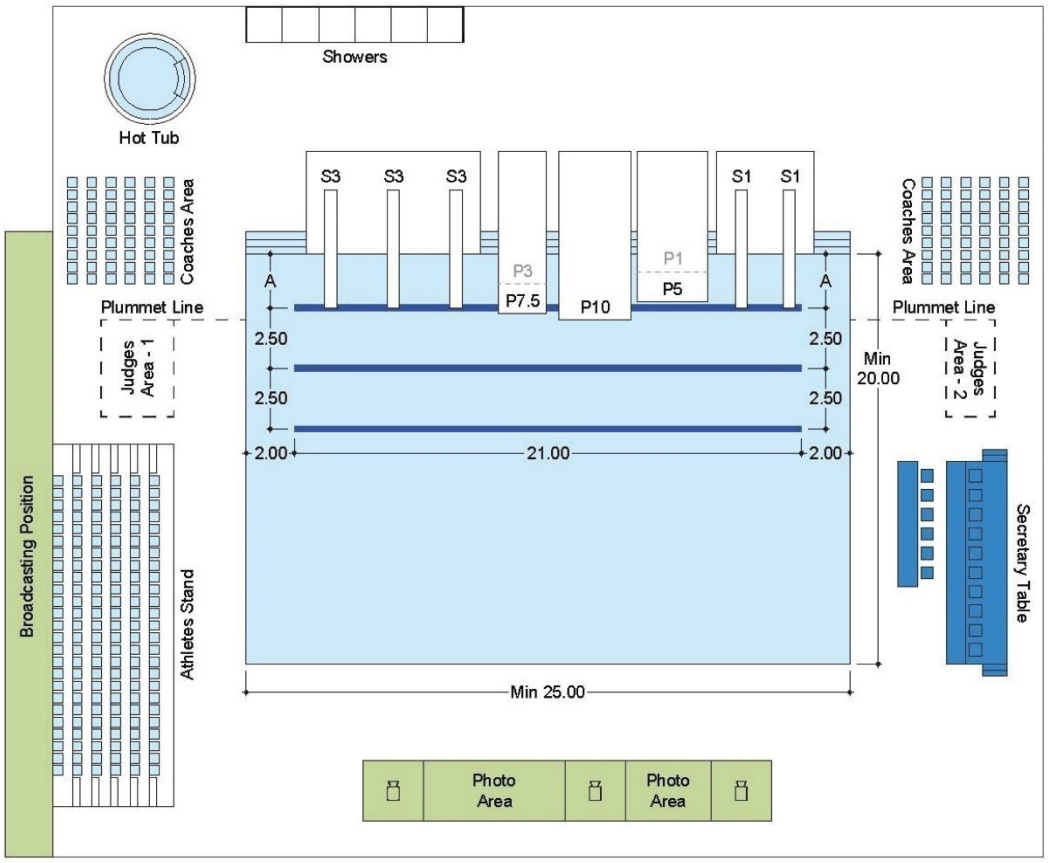
17.2 APPENDIX 2 – DIVING FACILITY SPECIFICATIONS

Dimensions tor Diving Facilities			SPRINGBOARD				PLATFORM									
			1 metre		3 metres		1 metre		3 metres		5 metres		7.5 metres		10 metres	
		Length	4.88		4.88		5.00		5.00		6.00		6.00		6.00	
		Width	0.50		0.50		1.00 min. 2.90 pref.		1.00 min. 2.00 pref.		2.90		2.00		3.00	
		Height	1.00		3.00		0.60 min. 1.00 pref.		2.60 min. 3.00 pref.		5.00		7.50		10.00	
			Horiz	Vert	Horiz	Vert	Horiz	Vert	Horiz	Vert	Horiz	Vert	Horiz	Vert	Horiz	Vert
A	From plummet back to pool wall platform edge for **Concrete Platform**	Designation	A-1		A-3		A-1P		A-3P		A-5		A-7.5		A-10	
		Minimum	2.22		2.22		0.75		1.25		1.25		1.25		1.50	
		Preferred	2.22		2.22		0.75		1.25		1.25		1.25		1.50	
	From plummet back to pool wall for **Pedestals and Metal Stands**															
		Minimum	1.50		1.50											
		Preferred	1.83		1.83											
A/A	From plummet **Back to Platform** Plummet directly below	Designation									A/A 5/1		A/A 7.5/3, 1		A/A 10/5, 3, 1	
		Minimum									0.75		0.75		0.75	
		Preferred									1.25		1.25		1.25	
B	From plummet to **Pool Wall at Side**	Designation	B-1		B-3		B-1P		B-3P		B-5		B-7.5		B-10	
		Minimum	2.50		3.50		2.50		3.00		4.00		4.50		5.75	
		Preferred	2.50		3.50		2.50		3.60		4.50		4.75		5.75	
C	From plummet to **Adjacent Plummet**	Designation	C1-1		C3-3, 3-1		C1-1P		C3-3P, 1P		C5-3, 5-1		C7.5-5, 3, 1		C10-7.5, 5, 3, 1	
		Minimum	2.00		2.20		1.85		2.20*		2.85*		2.75*		3.00*	
		Preferred	2.00		2.60		2.15		2.35*		2.85*		2.75*		3.00*	
D	From plummet to Minimum **Pool Wall Ahead**	Designation	D-1		D-3		D-1P		D-3P		D-5		D-7.5		D-10	
		Minimum	9.00		10.25		8.00		9.50		10.25		11.00		13.50	
		Preferred	9.00		10.25		8.00		9.50		10.25		11.00		13.50	
E	On plummet from **Board to Ceiling**	Designation		E-1		E-3		E-1P		E-3P		E-5		E-7.5		E-10
		Minimum		5.00		5.00		3.25		3.25		3.25		3.25		4.00
		Preferred		5.00		5.00		3.50		3.50		3.50		3.50		5.00
F	**Clear Overhead** behind and each side of plummet	Designation	F-1	E-1	F-3	E-3	F-1P	E-1P	F-3P	E-3P	F-5	E-5	F-7.5	E-7.5	F-10	E-10
		Minimum	2.50	5.00	2.50	5.00	2.75	3.25	2.75	3.25	2.75	3.25	2.75	3.25	2.75	4.00
		Preferred	2.50	5.00	2.50	5.00	2.75	3.50	2.75	3.50	2.75	3.50	2.75	3.50	2.75	5.00
G	**Clear Overhead** ahead of plummet	Designation	G-1	E-1	G-3	E-3	G-1P	E-1P	G-3P	E-3P	G-5	E-5	G-7.5	E-7.5	G-10	E-10
		Minimum	5.00	5.00	5.00	5.00	5.00	3.25	5.00	3.25	5.00	3.25	5.00	3.25	5.00	4.00
		Preferred	5.00	5.00	5.00	5.00	5.00	3.50	5.00	3.50	5.00	3.50	5.00	3.50	5.00	5.00
H	**Depth of Water** at plummet	Designation		H-1		H-3		H-1P		H-3P		H-5		H-7.5		H-10
		Minimum		3.40		3.70		3.20		3.50		3.70		4.10		4.50
		Preferred		5.00		5.00		5.00		5.00		5.00		5.00		5.00
J K	**Distance and Depth** ahead of plummet for all stands	Designation	J-1	K-1	J-3	K-3	J-1P	K-1P	J-3P	K-3P	J-5	K-5	J-7.5	K-7.5	J-10	K-10
		Minimum	5.00	3.30	6.00	3.60	4.50	3.10	5.50	3.40	6.00	3.60	8.00	4.00	11.00	4.25
		Preferred	5.00	3.40	6.00	3.70	4.50	3.20	5.50	3.50	6.00	3.70	8.00	4.40	11.00	4.75
L M	**Distance and Depth** each side of plummet	Designation	L-1	M-1	L-3	M-3	L-1P	M-1P	L-3P	M-3P	L-5	M-5	L-7.5	M-7.5	L-10	M-10
		Minimum	1.50	3.40	2.00	3.70	1.40	3.20	1.80	3.50	3.00	3.70	3.75	4.40	4.50	5.00
		Preferred	2.00	3.50	2.50	4.10	1.90	4.00	2.30	4.10	3.50	4.00	4.50	4.70	5.25	5.25
N	Maximum slope to reduce dimensions beyond full requirements for pool depth and ceiling height = 30 Degrees															

Notes on Diving Facilities:

- The minimum distance between adjacent platforms must be at least 0.25 metres.
- Dimensions B (plummet to pool wall at side) and C (plummet to adjacent plummet) apply to platforms with widths as detailed in Article 14.2.2 of Part Five. If Platform widths are increased, then dimensions B and C shall be increased by half the additional width(s).
- The 10 metre platform must project 0.25 metres beyond any adjacent platform.
- All platforms must project 0.75 metres beyond any platform directly below.
- The leading edge of the concrete platforms for springboards must be at least constructed to be directly above the pool wall or beyond.
- The end of 5, 3 and 1 metre platforms must not project beyond the ends of the 3 metre and 1 metre springboards when they are adjacent to each other.

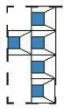
17.3 APPENDIX 3 – DIVING FIELD OF PLAY FOR THE OLYMPIC GAMES AND WORLD AQUATICS CHAMPIONSHIPS



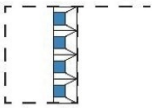
Diving Marking Lanes - Distance A: The centre of the first line shall be directly under the plummet of the 3 metre Springboard.

Judges Area - 1

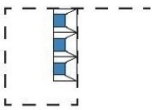
3m & 10m Synchronized diving

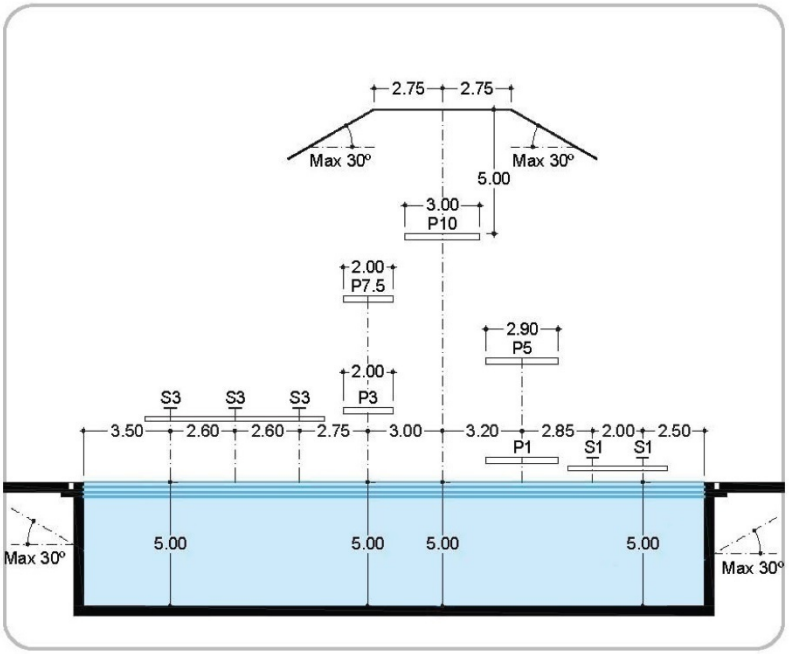


3m & 10m Individual diving



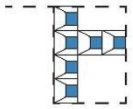
1m Individual diving



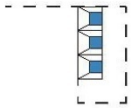


Judges Area - 2

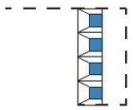
3m & 10m Synchronized diving



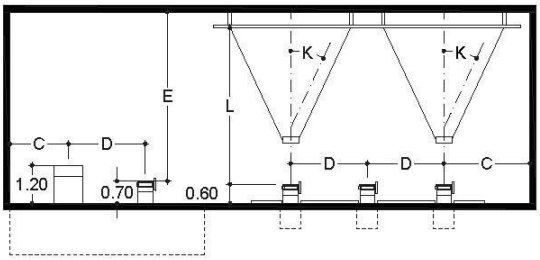
3m & 10m Individual diving



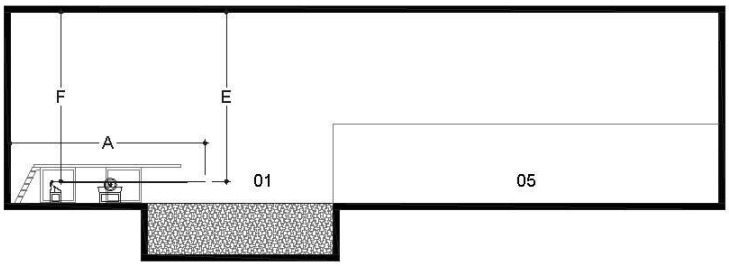
1m Individual diving



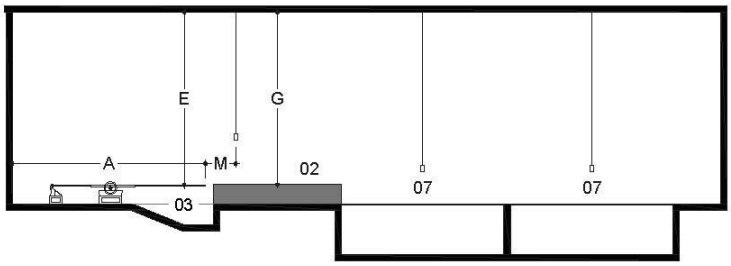
17.4 APPENDIX 4 – DIAGRAM OF DRY LAND FACILITIES FOR DIVING



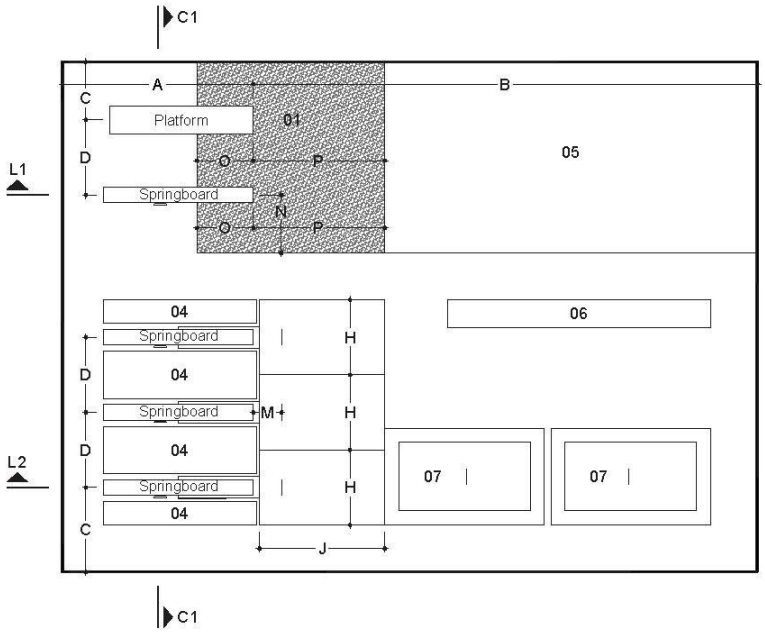
Cross Section - C1



Longitudinal Section - L1



Longitudinal Section - L2

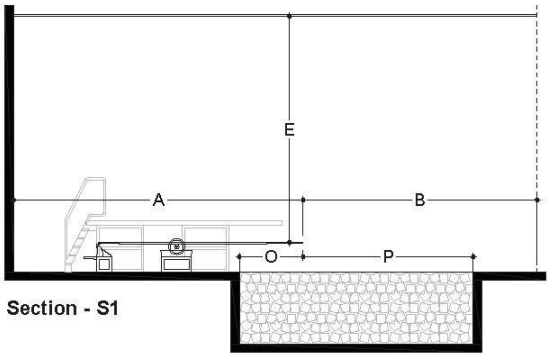


Diving Dry Land Equipment

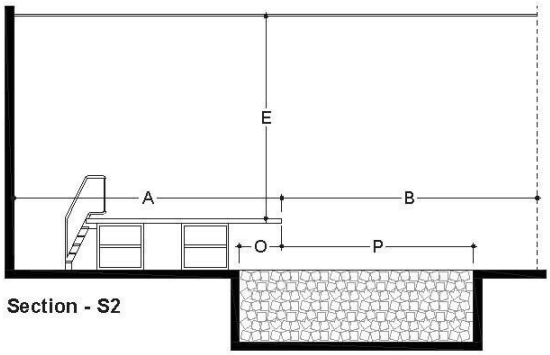
1. Block Foam Land Pit
2. Landing Foam Pit
3. Pit*
4. Mat
5. Gymnastics Spring Floor
6. Padded Platform Bench
7. Trampoline Bed

**Minimum Pit Depth= 0.60m*
(Depends on Springboard Supplier)

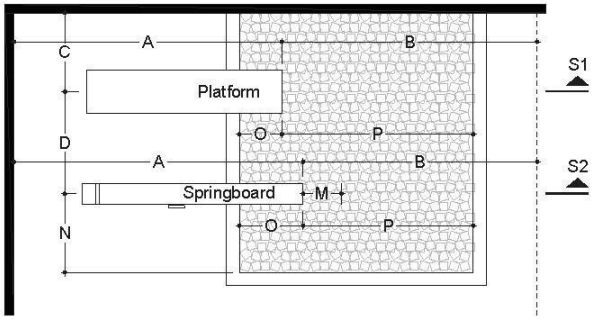
17.5 APPENDIX 5 – DETAILS OF DRY LAND FACILITIES FOR DIVING

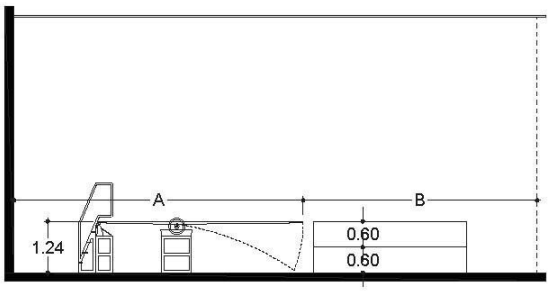


Section - S1

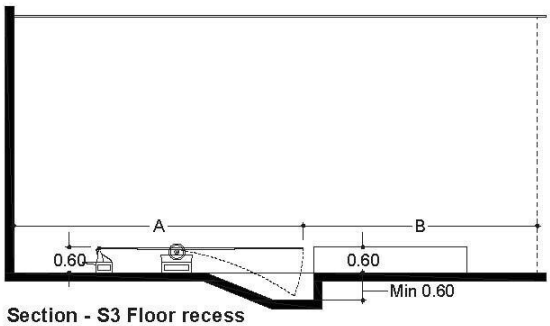


Section - S2

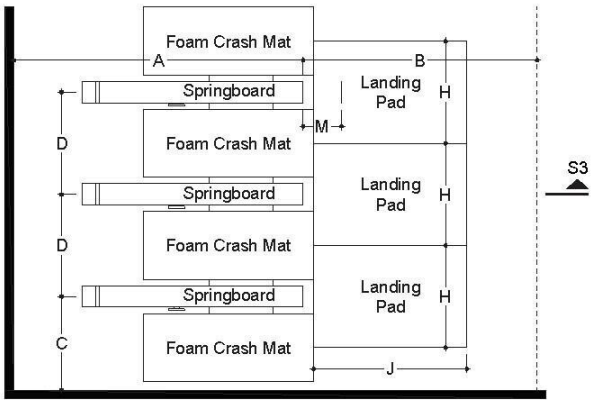




Section - S3 Flat floor



Section - S3 Floor recess



17.6 APPENDIX 6 – GUIDELINES FOR DRY LAND FACILITIES FOR DIVING

Diving Dry Land Facilities Design Guidelines			Springboard		Platform	
		Length	4.88		Varies	
		Width	0.50		Varies	
		Height	1.24		Varies	
			Horizontal	Vertical	Horizontal	Vertical
A	From plummet **Back to Building Wall**	Designation	A-1		A-PL	
		Minimum	4.88		Varies	
		Preferred	6.10		Infinity	
B	From plummet to **Building Wall at Ahead**	Designation	B-1		B-PL	
		Minimum	3.66		3.66	
		Preferred	Infinity		Infinity	
C	From plummet to **Building Wall at Side**	Designation	C-1		C-PL	
		Minimum	1.83		1.83	
		Preferred	Infinity		Infinity	
D	From plummet to **Adjacent Plummet**	Designation	D-1		D-PL	
		Minimum	2.00		2.00	
		Preferred	2.40		2.40	
E	On plummet from **Board to Ceiling**	Designation		E-1		E-PL
		Minimum		5.00		2.70
		Preferred		6.40		6.40
F	**Clear Overhead** behind and each side of plummet	Designation	F-1	F-1	F-PL	F-PL
		Minimum	2.50	4.50	1.50	2.70
		Preferred	Varies	6.40	Varies	6.40
G	**Clear Overhead** ahead of plummet	Designation	G-1	G-1	G-PL	G-PL
		Minimum	5.00	4.50	1.50	2.70
		Preferred	Varies	6.40	Varies	6.40
H	**Width or Landing Pit** in front of plummet	Designation	H-1		H-PL	
		Minimum	1.83		1.50	
		Preferred	Varies		Varies	
J	**Length or Landing Pit** in front of plummet	Designation	J-1		J-PL	
		Minimum	3.66		1.50	
		Preferred	Varies		Varies	
K	**Angle or Spotting Rig Ropes**	Designation		K-1		K-PL
		Minimum		30°		30°
		Preferred		30° ±		30° ±
L	**Height or Spotting Rig** above diving board or platform	Designation		L-1		L-PL
		Minimum		4.50		4.50
		Preferred		6.40		6.40
M	**Distance** in front of Plummet to **Spotting Rig**	Designation	M-1		M-PL	
		Minimum	0.76		0.76	
		Preferred	0.91		0.91	
N	From plummet to **Pit Wall at Side**	Designation	N-1		N-PL	
		Minimum	1.83		1.83	
		Preferred	Infinity		Infinity	
O	**Overhanging**	Designation	O-1		O-PL	
		Minimum	1.50		1.00	
		Preferred	1.50		1.00	
P	From Plummet to **Pit Wall at Ahead**	Designation	P-1		P-PL	
		Minimum	4.00		3.66	
		Preferred	Infinity		Infinity	

Use and installation guidelines for dry land facilities with in ground and above ground trampolines.

Installation and use instructions for trampolines and related equipment, such as frame pads, mats, end decks, and spotting systems, shall be provided by the manufacturer and shall specify the minimum safe area dimensions required for each trampoline type and relating their products to centre or edge of the trampoline.

Clearance (trampolines): users should refer to the manufacturer's specifications for all clearance, which may vary depending upon the manufacturer, the size of the trampoline, the type of bed in place, the type of spotting system in place, if any, and other variables. In any event, adequate space should be provided so that intended users and equipment will not come into contact with any obstacles during their anticipated use of the equipment. *i.e., bottoming out a trampoline or dry land diving board.

Clearance (platforms): these specifications apply to facilities used by AQUA level international athletes. Other specifications may be appropriate for junior or development programs, so long as adequate space is provided so that intended users and equipment will not come into contact with any obstacle during their anticipated use of the equipment.

Caution: The specifications within this page should be carefully considered in relation to the design of the dryland training site, and all safety aspects should be thoroughly evaluated.

17.7 APPENDIX 7 - EQUIPMENT FOR DRY LAND FACILITIES FOR DIVING

Recommended equipment in dry land facilities

For a major event: Minimum of 350-400 square metres will be needed for the equipment. If necessary, the space can be divided into separate areas. For example, using an existing gymnasium and a separate area for dry boards, pits and other diving related equipment.

World Aquatics minimum requirements for new and existing dry land facilities are minimum of 275 square metres.

			Number		Suggested dimensions		
1	**Diving Boards**	Springboard as FR 5.1.1 mounted on diving stands with movable fulcrums.	Minimum	2			
			Preferred	4			
2	**Dry Land Stands**		Minimum	2			
			Preferred	4			
3	**Diving Board Landing mats**	Foam landing mats for Dry land diving boards are located in front of the diving boards	Minimum	2	Floor	Width	Length
			Preferred	4	120cm	1.50m min.	1.50m min.
4	**Trampolines**		Minimum	2			
			Preferred	4			
5	**Spotting rigs**	2 rigs over 2 of the 4 trampolines		2			
6	**Panel mats**		Minimum	8			
			Preferred	8			
7	**Stall bars**	Stall bars minimum use 4 people					
8	**Foam Crash Mats**		Minimum	2	Height	Width	Length
			Preferred	4	22cm	2m	3m
9	**Somersault Boxes**		Minimum	8	Height	Width	Length
			Preferred	8	0.3m	1m	1m
10	**Landing mats for somersault boxes**		Minimum	8			
			Preferred	8			
11	**Platform in to foam pit**			1	1-3m		
12	**Spring floor or air track one mat**				0.2m min.	1m min.	10m min.
13	**Stretching Mats**		Minimum	2	Height	Width	Length
			Preferred	4	0.3m	1m	2m
14	**Large Mirrors**	Should be placed on walls so Athletes can observer body movements while training on equipment.					
15	**Video Replay System (Similar to TIVO)**	With at least 2 cameras and 2 monitors. This allows Athletes to review acrobatic skills performed on springboard and trampoline.					
16	**Weightlifting Equipment**	Combination of free weights and weightlifting machines.					
17	**Cardio Conditioning Equipment**	stationary bicycles.	Minimum	2			
			Preferred	4			
	*Please note: Foam crash mats may be stacked to a height of 120cm for the foam landing pads, or Foam pits maybe used instead of landing pads.						

17.8 APPENDIX 8 – DEGREES OF DIFFICULTY FOR SPRINGBOARD DIVES

World Aquatics Degree of Difficulty – Formula and components

Degree of Difficulty is calculated by adding:

A + B + C + D + E = Degree of Difficulty

A. Somersaults

Level / Somersault(s)	0	½	1	1½	2	2½	3	3½	4	4½
1 metre	0.9	1.1	1.2	1.6	2.0	2.4	2.7	3.0	3.3	3.8
3 metre	1.0	1.3	1.3	1.5	1.8	2.2	2.3	2.8	2.9	3.5

B. Flight Position – for dives with a flying action add fly position (E) to either (B) or (C) Position

	0 - 1 Somersault				1½ - 2 Somersaults				2½ Somersaults				3 - 3½ Somersaults				4 - 4½ Somersaults			
	Fwd	Back	Rev	Inw	Fwd	Back	Rev	Inw	Fwd	Back	Rev	Inw	Fwd	Back	Rev	Inw	Fwd	Back	Rev	Inw
C = Tuck	0.1	0.1	0.1	-0.3	0	0	0	0.1	0	0.1	0	0.2	0	0	0	0.3	0	0.1	0.2	0.4
B = Pike	0.2	0.2	0.2	-0.2	0.1	0.3	0.3	0.3	0.2	0.3	0.2	0.5	0.3	0.3	0.3	0.6	0.4	0.4	0.5	0.8
A = Str	0.3	0.3	0.3	0.1	0.4	0.5	0.6	0.8	0.6	0.7	0.6	-	-	-	-	-	-	-	-	-
D =Free	0.1	0.1	0.1	-0.1	0	-0.1	-0.1	0.2	0	-0.1	-0.2	0.4	0	0	0	-	-	-	-	-
E = Fly	0.2	0.1	0.1	0.4	0.2	0.2	0.2	0.5	0.3	0.3	0.3	0.7	0.4	-	-	-	-	-	-	-

Seven of the above components have negative values. Dashes (-) indicate dives that currently are not completed in competition.

C. Twists

Group	½ Twist ½ - 1 Som.	½ Twist 1 ½ - 2 Som.	½ Twist 2 ½ Som.	½ Twist 3 - 3 ½ Som.	1 Twist	1 ½ Twists ½ - 2 Som.	1 ½ Twists 2½-3½ Som.	2 Twists	2 ½ Twist ½ - 2 Som.	2 ½ Twists 2½-3½ Som.	3 Twists	3 ½ Twists	4 Twists	4 ½ Twists
Fwd.	0.4	0.4	0.4	0.4	0.6	0.8	0.8	1.0	1.2	1.2	1.5	1.6	1.9	2.0
Back	0.2	0.4	0	0	0.4	0.8	0.7	0.8	1.2	1.1	1.4	1.7	1.8	2.1
Rev.	0.2	0.4	0	0	0.4	0.8	0.6	0.8	1.2	1.0	1.4	1.8	1.8	2.1
Inw.	0.2	0.4	0.2	0.4	0.4	0.8	0.8	0.8	1.2	1.2	1.5	1.6	1.9	2.0

Dives with ½ somersault and twists may only be executed in positions A, B, or C.

Dives with 1 or 1 ½ somersaults and twists may only be executed in position D.

Dives with 2 or more somersaults and twists may only be executed in positions B or C.

D. Approach

Level	Forward ½ - 3½ Som.	Forward 4 – 4 ½ Som.	Back ½ - 3 Som.	Back 3½ - 4½ Som.	Reverse ½ - 3 Som.	Reverse 3½ - 4½ Som.	Inward ½ - 1 Som.	Inward 1½ - 4½ Som.
1 m	0	0.5	0.2	0.6	0.3	0.5	0.6	0.5
3 m	0	0.3	0.2	0.4	0.3	0.3	0.3	0.3

E. Unnatural Entry (does not apply to twisting dives)

Group	½ Som.	1 Som.	1½ Som.	2 Som.	2½ Som.	3 Som.	3½ Som.	4 Som.	4½ Som.
Forward / Inward	-	0.1	-	0.2	-	0.2	-	0.2	-
Back / Reverse	0.1	-	0.2	-	0.3	-	0.4	-	0.4

A value indicates the Athlete does not see the water before the entry. The component is the same at all levels. Dashes (-) indicate the Athlete does see the water before the entry. The component is the same at all levels.

F. Examples

Dive	Pos	Height	A	B	C	D	E	DD
207	B	3	2.8	0.3	0.0	0.4	0.4	**3.9**
207	C	3	2.8	0.0	0.0	0.4	0.4	**3.6**
5253	B	3	2.2	0.3	0.7	0.2	0	**34**
5355	B	3	2.2	0.2	1.0	0.2	0	**3.7**

Dive	Pos	Height	A	B	C	D	E	DD
309	B	3	3.5	0.5	0.0	0.3	0.4	**4.7**
309	C	3	3.5	0.2	0.0	0.3	0.4	**4.4**
5255	B	3	2.2	0.3	1.1	0.2	0	**3.8**
313	C	3	1.5	0.2	0	0.3	0.2	**2.2**

17.9 APPENDIX 9 –TABLE OF DEGREES OF DIFFICULTY FOR SPRINGBOARD DIVES

World Aquatics Table of Degree of Difficulty

In the below table, a dive with a dash (-) is not possible and dives with empty spaces have not been calculated.

SPRINGBOARD		1 METRE				3 METRE			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Forward Group		**A**	**B**	**C**	**D**	**A**	**B**	**C**	**D**
101	Forward Dive	1.4	1.3	1.2	-	1.6	1.5	1.4	-
102	Forward Somersault	1.6	1.5	1.4	-	1.7	1.6	1.5	-
103	Forward 1½ Somersaults	2.0	1.7	1.6	-	1.9	1.6	1.5	-
104	Forward 2 Somersaults	2.6	2.3	2.2	-	2.4	2.1	2.0	-
105	Forward 2½ Somersaults		2.6	2.4	-	2.8	2.4	2.2	-
106	Forward 3 Somersaults		3.2	2.9	-		2.8	2.5	-
107	Forward 3½ Somersaults		3.3	3.0	-		3.1	2.8	-
108	Forward 4 Somersaults			4.0	-		3.8	3.4	-
109	Forward 4½ Somersaults			4.3	-		4.2	3.8	-
112	Forward Flying Somersault	-	1.7	1.6	-	-	1.8	1.7	-
113	Forward Flying 1½ Somersaults	-	1.9	1.8	-	-	1.8	1.7	-
115	Forward Flying 2½ Somersaults	-			-	-	2.7	2.5	-
Back Group		**A**	**B**	**C**	**D**	**A**	**B**	**C**	**D**
201	Back Dive	1.7	1.6	1.5	-	1.9	1.8	1.7	-
202	Back Somersault	1.7	1.6	1.5	-	1.8	1.7	1.6	-
203	Back 1½ Somersaults	2.5	2.3	2.0	-	2.4	2.2	1.9	-
204	Back 2 Somersaults		2.5	2.2	-	2.5	2.3	2.0	-
205	Back 2½ Somersaults		3.2	3.0	-		3.0	2.8	-
206	Back 3 Somersaults		3.2	2.9	-		2.8	2.5	-
207	Back 3½ Somersaults				-		3.9	3.6	-
208	Back 4 Somersaults				-		3.7	3.4	-
209	Back 4½ Somersaults				-		4.7	4.4	-
212	Back Flying Somersault	-	1.7	1.6	-	-	1.8	1.7	-
213	Back Flying 1½ Somersaults	-			-	-	2.4	2.1	-
215	Back Flying 2½ Somersaults	-			-	-	3.3	3.1	-
Reverse Group		**A**	**B**	**C**	**D**	**A**	**B**	**C**	**D**
301	Reverse Dive	1.8	1.7	1.6	-	2.0	1.9	1.8	-
302	Reverse Somersault	1.8	1.7	1.6	-	1.9	1.8	1.7	-
303	Reverse 1½ Somersaults	2.7	2.4	2.1	-	2.6	2.3	2.0	-
304	Reverse 2 Somersaults	2.9	2.6	2.3	-	2.7	2.4	2.1	-
305	Reverse 2½ Somersaults		3.2	3.0	-	3.4	3.0	2.8	-
306	Reverse 3 Somersaults		3.3	3.0	-		2.9	2.6	-
307	Reverse 3½ Somersaults				-		3.8	3.5	-
308	Reverse 4 Somersaults				-		3.7	3.4	-
309	Reverse 4½ Somersaults				-		4.7	4.4	-
312	Reverse Flying Somersault	-	1.8	1.7	-	-	1.9	1.8	-
313	Reverse Flying 1½ Somersaults	-	2.6	2.3	-	-	2.5	2.2	-

SPRINGBOARD		1 METRE				3 METRE			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Inward Group		**A**	**B**	**C**	**D**	**A**	**B**	**C**	**D**
401	Inward Dive	1.8	1.5	1.4	-	1.7	1.4	1.3	-
402	Inward Somersault	2.0	1.7	1.6	-	1.8	1.5	1.4	-
403	Inward 1½ Somersaults		2.4	2.2	-		2.1	1.9	-
404	Inward 2 Somersaults		3.0	2.8	-		2.6	2.4	-
405	Inward 2½ Somersaults		3.4	3.1	-		3.0	2.7	-
407	Inward 3½ Somersaults				-		3.7	3.4	-
409	Inward 4½ Somersaults				-		4.6	4.2	--
412	Inward Flying Somersault	-	2.1	2.0	-	-	1.9	1.8	-
413	Inward Flying 1½ Somersaults	-	2.9	2.7	-	-	2.6	2.4	-

Twisting Group (Forward)		**A**	**B**	**C**	**D**	**A**	**B**	**C**	**D**
5111	Forward Dive ½ Twist	1.8	1.7	1.6	-	2.0	1.9	1.8	-
5112	Forward Dive 1 Twist	2.0	1.9		-	2.2	2.1		-
5121	Forward Somersault ½ Twist	-	-	-	1.7	-	-	-	1.8
5122	Forward Somersault 1 Twist	-	-	-	1.9	-	-	-	2.0
5124	Forward Somersault 2 Twists	-	-	-	2.3	-	-	-	2.4
5126	Forward Somersault 3 Twists	-	-	-	2.8	-	-	-	2.9
5131	Forward 1½ Somersaults ½ Twist	-	-	-	2.0	-	-	-	1.9
5132	Forward 1½ Somersaults 1 Twist	-	-	-	2.2	-	-	-	2.1
5134	Forward 1½ Somersaults 2 Twists	-	-	-	2.6	-	-	-	2.5
5136	Forward 1½ Somersaults 3 Twists	-	-	-	3.1	-	-	-	3.0
5138	Forward 1½ Somersaults 4 Twists	-	-	-	3.5	-	-	-	3.4
5151	Forward 2½ Somersaults ½ Twist	-	3.0	2.8	-	-	2.8	2.6	-
5152	Forward 2½ Somersaults 1 Twist	-	3.2	3.0	-	-	3.0	2.8	-
5154	Forward 2½ Somersaults 2 Twists	-	3.6	3.4	-	-	3.4	3.2	-
5156	Forward 2½ Somersaults 3 Twists	-			-	-	3.9	3.7	-
5172	Forward 3½ Somersaults 1 Twist	-			-	-	3.7	3.4	-

Twisting Group (Back)		**A**	**B**	**C**	**D**	**A**	**B**	**C**	**D**
5211	Back Dive ½ Twist	1.8	1.7	1.6	-	2.0	1.9	1.8	-
5212	Back Dive 1 Twist	2.0			-	2.2			-
5221	Back Somersault ½ Twist	-	-	-	1.7	-	-	-	1.8
5222	Back Somersault 1 Twist	-	-	-	1.9	-	-	-	2.0
5223	Back Somersault 1½ Twists	-	-	-	2.3	-	-	-	2.4
5225	Back Somersault 2½ Twists	-	-	-	2.7	-	-	-	2.8
5227	Back Somersault 3½ Twists	-	-	-	3.2	-	-	-	3.3
5231	Back 1½ Somersaults ½ Twist	-	-	-	2.1	-	-	-	2.0
5233	Back 1½ Somersaults 1½ Twists	-	-	-	2.5	-	-	-	2.4
5235	Back 1½ Somersaults 2½ Twists	-	-	-	2.9	-	-	-	2.8
5237	Back 1½ Somersaults 3½ Twists	-	-	-	-	-	-	-	3.3
5239	Back 1½ Somersaults 4½ Twists	-	-	-	-	-	-	-	3.7
5251	Back 2½ Somersaults ½ Twist	-	2.9	2.7	-	-	2.7	2.5	-
5253	Back 2½ Somersaults 1½ Twists	-			-	-	3.4	3.2	-
5255	Back 2½ Somersaults 2½ Twists	-			-	-	3.8	3.6	-

SPRINGBOARD		1 METRE				3 METRE			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Twisting Group (Reverse)		A	B	C	D	A	B	C	D
5311	Reverse Dive ½ Twist	1.9	1.8	1.7	-	2.1	2.0	1.9	-
5312	Reverse Dive 1 Twist	2.1			-	2.3			-
5321	Reverse Somersault ½ Twist	-	-	-	1.8	-	-	-	1.9
5322	Reverse Somersault 1Twist	-	-	-	2.0	-	-	-	2.1
5323	Reverse Somersault 1½ Twists	-	-	-	2.4	-	-	-	2.5
5325	Reverse Somersault 2½ Twists	-	-	-	2.8	-	-	-	2.9
5331	Reverse 1½ Somersaults ½ Twist	-	-	-	2.2	-	-	-	2.1
5333	Reverse 1½ Somersaults 1½ Twists	-	-	-	2.6	-	-	-	2.5
5335	Reverse 1½ Somersaults 2½ Twists	-	-	-	3.0	-	-	-	2.9
5337	Reverse 1½ Somersaults 3½ Twists	-	-	-	3.6	-	-	-	3.5
5339	Reverse 1½ Somersaults 4½ Twists	-	-	-	-	-	-	-	3.8
5351	Reverse 2½ Somersaults ½ Twist	-	2.9	2.7	-	-	2.7	2.5	-
5353	Reverse 2½ Somersaults 1½ Twists	-	3.5	3.3	-	-	3.3	3.1	-
5355	Reverse 2½ Somersaults 2½ Twists	-	3.9	3.7	-	-	3.7	3.5	-
5371	Reverse 3½ Somersaults ½ Twist	-			-	-	3.4	3.1	-
5373	Reverse 3½ Somersaults 1½ Twists	-			-	-		3.7	-
5375	Reverse 3½ Somersaults 2 ½ Twists	-			-	-		4.1	-

Twisting Group (Inward)		A	B	C	D	A	B	C	D
5411	Inward Dive ½ Twist	2.0	1.7	1.6	-	1.9	1.6	1.5	-
5412	Inward Dive 1 Twist	2.2	1.9	1.8	-	2.1	1.8	1.7	-
5421	Inward Somersault ½ Twist	-	-	-	1.9	-	-	-	1.7
5422	Inward Somersault 1 Twist	-	-	-	2.1	-	-	-	1.9
5432	Inward 1½ Somersaults 1 Twist	-	-	-	2.7	-	-	-	2.4
5434	Inward 1½ Somersaults 2 Twists	-	-	-	3.1	-	-	-	2.8
5436	Inward 1½ Somersaults 3 Twists	-	-	-		-	-	-	3.5

17.10 APPENDIX 10 –DEGREES OF DIFFICULTY FOR PLATFORM DIVES

World Aquatics Degree of Difficulty – Formula and components

Degree of Difficulty is calculated by adding:

A + B + C + D + E = Degree of Difficulty

G. Somersaults

	Somersault(s)										
Level	**0**	**½**	**1**	**1½**	**2**	**2½**	**3**	**3½**	**4**	**4½**	**5½**
5 m	0.9	1.1	1.2	1.6	2.0	2.4	2.7	3.0	-	-	-
7½ m	1.0	1.3	1.3	1.5	1.8	2.2	2.3	2.8	3.5	3.5	-
10 m	1.0	1.3	1.4	1.5	1.9	2.1	2.5	2.7	3.5	3.5	4.5

H. Flight Position For dives with a flying action add fly position (E) to either (B) or (C) Position

	0 - 1 Somersault					1½ - 2 Somersaults					2½ Somersaults				
	Fwd	**Back**	**Rev**	**Inw**	**Arm**	**Fwd**	**Back**	**Rev**	**Inw**	**Arm**	**Fwd**	**Back**	**Rev**	**Inw**	**Arm**
C = Tuck	0.1	0.1	0.1	-0.3	0.1	0	0	0	0.1	0	0	0.1	0	0.2	0.1
B = Pike	0.2	0.2	0.2	-0.2	0.3	0.1	0.3	0.3	0.3	0.3	0.2	0.3	0.2	0.5	0
A = Str	0.3	0.3	0.3	0.1	0.4	0.4	0.5	0.6	0.8	0.5	0.6	0.7	0.6	-	-
D = Free	0.1	0.1	0.1	-0.1	0	0	-0.1	-0.1	0.2	0	0	-0.1	-0.2	0.4	0
E = Fly	0.2	0.1	0.1	0.4	-	0.2	0.2	0.2	0.5	-	0.3	0.3	0.3	0.7	-

	3 - 3½ Somersaults					4 - 4½ Somersaults					5½ Som
	Fwd	**Back**	**Rev**	**Inw**	**Arm**	**Fwd**	**Back**	**Rev**	**Inw**	**Arm**	**Fwd**
C = Tuck	0	0	0	0.3	0.2	0	0.1	0.3	0.4	0.3	0
B = Pike	0.3	0.3	0.3	0.6	0.4	0.4	0.4	0.6	0.7	0.5	-
A = Str	-	-	-	-	-	-	-	-	-	-	-
D = Free	0	0	0	-	-	-	-	-	-	-	-
E = Fly	0.4	-	-	-	-	-	-	-	-	-	-

Seven of the above components have negative values. Dashes (-) indicate dives that currently are not completed in competition.

I. Twists

Group	½ Twist ½ - 1 Som.	½ Twist 1½ - 2 Som.	½ Twist 2½ Som.	½ Twist 3 - 3½ Som.	1 Twist	1½ Twists ½ - 2 Som.	1½ Twists 2½ - 3½ Som.	2 Twists	2½ Twists ½ - 2 Som.	2½ Twists 2½ - 3½ Som.	3 Twists	3½ Twists ½ - 2 Som.	3½ Twists 2½ -3½ Som.	4 Twists	4½ Twists ½ - 2 Som.	4½ Twists 2½ - 3½ Som.
Forward	0.4	0.4	0.4	0.4	0.6	0.8	0.8	1.0	1.2	1.2	1.5	1.6	1.6	1.9	2.0	2.0
Back	0.2	0.4	0	0	0.4	0.8	0.6	0.8	1.2	1.0	1.4	1.7	1.5	1.8	2.1	1.9
Reverse	0.2	0.4	0	0	0.4	0.8	0.6	0.8	1.2	1.0	1.4	1.7	1.5	1.8	2.1	1.9
Inward	0.2	0.4	0.2	0.4	0.4	0.8	0.8	0.8	1.2	1.2	1.5	1.6	1.6	1.9	2.0	2.0
Arm. Forw.	0.4	0.5	0.5	0.4	1.2	1.3	1.3	1.5	1.7	1.7	1.9	2.1	2.1	2.3	2.5	2.5
Arm. Back / Rev	0.4	0.5	0.5	0.5	1.2	1.3	1.3	1.3	1.7	1.7	1.9	2.1	2.1	2.3	2.5	2.5

Dives with ½ somersault and twists may only be executed in positions A, B, or C.

Dives with 1 or 1½ somersaults and twists may only be executed in position D.

Dives with 2 or more somersaults and twists may only be executed in positions B or C.

Armstand dives with 1, 1½, or 2 somersaults and one or more twists may only be executed in position D.

Armstand dives with 2½ or more somersaults and twist may only be executed in positions B or C.

J. Approach Forward-, Back-, Reverse-, Inward-, and Twisting Groups

Level	Forward ½ - 3½ Soms.	Forward 4 - 5½ Soms.	Back ½ - 3 Soms.	Back 3½ - 4½ Soms.	Reverse ½ - 2 Soms.	Reverse 2½ - 3 Soms.	Reverse 3½ - 4½ Soms.	Inward ½ - 1 Soms.	Inward 1½ - 4½ Soms.
5 m	0	0.5	0.2	0.5	0.3	0.4	0.6	0.6	0.5
7.5 m	0	0.3	0.2	0.3	0.3	0.4	0.4	0.3	0.3
10 m	0	0.2	0.2	0.2	0.3	0.4	0.3	0.3	0.2

K. Approach Armstand Group (Does not apply to Armstand dives with twists)

Level	Armstand Forward With 0 - 2 Soms.	Armstand Forward with more than 2 Soms	Armstand Back with 0 - ½ Soms.	Armstand Back With 1 - 4 Soms.	Armstand Reverse With 0 - ½ Som.	Armstand Reverse With 1 – 4 Soms.	Armstand Inward with 0-2 Soms.	Armstand Inward with more than 2 Soms.
5m/7.5m/10m	0.2	0.4	0.2	0.4	0.3	0.5	0.3	0.5

L. Unnatural Entry (does not apply to twisting dives)

Group	½ Som.	1 Som.	1½ Som.	2 Som.	2½ Som.	3 Som.	3½ Som.	4 Som.	4½ Som.	5½ Som.
Forward / Inward	-	0.1	-	0.2	-	0.2	-	0.0	-	-
Back / Reverse	0.1	-	0.2	-	0.3	-	0.4	-	0.4	0.0
Armstand Back / Reverse	-	0.1	-	0.2	-	0.2	-	0.3	-	-
Armstand Forward/Inward	0.1	-	0.2	-	0.3	-	0.4	-	0.4	0.0

A value indicates the Athlete does not see the water before the entry. The component is the same at all levels. Dashes (-) indicate the Athlete does see the water before the entry. The component is the same at all levels.

Examples

Dive	Pos	Height	A	B	C	D	E	DD
307	B	10	2.7	0.3	0.0	0.3	0.4	3.7
307	C	10	2.7	0.0	0.0	0.3	0.4	3.4
5371	B	10	2.7	0.3	0.0	0.3	0.0	3.3
5371	B	10	2.1	0.3	1.5	0.2	0.0	4.1

Dive	Pos	Height	A	B	C	D	E	DD
309	B	10	3.5	0.6	0.0	0.3	0.4	4.8
309	C	10	3.5	0.3	0.0	0.3	0.4	4.5
5371	C	10	27	0.0	0.0	0.3	0.0	3.0
6247	D	10	1.9	0.0	2.1	0.0	0.0	4.0

17.11 APPENDIX 11 – TABLE OF DEGREES OF DIFFICULTY FOR PLATFORM DIVES

World Aquatics Table of Degree of Difficulty

In the below tables, a dive with (-) is not possible and dives with empty spaces have not been calculated.

PLATFORM		10 METRE				7.5 METRE				5 METRE			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Forward Group		**A**	**B**	**C**	**D**	**A**	**B**	**C**	**D**	**A**	**B**	**C**	**D**
101	Forward Dive	1.6	1.5	1.4	-	1.6	1.5	1.4	-	1.4	1.3	1.2	-
102	Forward 1 Somersault	1.8	1.7	1.6	-	1.7	1.6	1.5	-	1.6	1.5	1.4	-
103	Forward 1 ½ Somersaults	1.9	1.6	1.5	-	1.9	1.6	1.5	-	2.0	1.7	1.6	-
104	Forward 2 Somersaults	2.5	2.2	2.1	-	2.4	2.1	2.0	-	2.6	2.3	2.2	-
105	Forward 2½ Somersaults	2.7	2.3	2.1	-		2.4	2.2	-		2.6	2.4	-
106	Forward 3 Somersaults		3.0	2.7	-		2.8	2.5	-		3.2	2.9	-
107	Forward 3½ Somersaults		3.0	2.7	-		3.1	2.8	-			3.0	-
108	Forward 4 Somersaults		4.1	3.7	-				-				-
109	Forward 4½ Somersaults		4.1	3.7	-				-				-
1011	Forward 5½ Somersaults			4.7	-				-				-
112	Forward Flying Somersaults	-	1.9	1.8	-	-	1.8	1.7	-	-	1.7	1.6	-
113	Forward Flying 1½ Somersaults	-	1.8	1.7	-	-	1.8	1.7	-	-	1.9	1.8	-
114	Forward Flying 2 Somersaults	-	2.4	2.3	-	-	2.3	2.2	-	-	2.5	2.4	-
115	Forward Flying 2½ Somersaults	-	2.6	2.4	-	-		2.5	-	-			-

Back Group		**A**	**B**	**C**	**D**	**A**	**B**	**C**	**D**	**A**	**B**	**C**	**D**
201	Back Dive	1.9	1.8	1.7	-	1.9	1.8	1.7	-	1.7	1.6	1.5	-
202	Back 1 Somersault	1.9	1.8	1.7	-	1.8	1.7	1.6	-	1.7	1.6	1.5	-
203	Back 1½ Somersaults	2.4	2.2	1.9	-	2.4	2.2	1.9	-	2.5	2.3	2.0	-
204	Back 2 Soms Somersaults	2.6	2.4	2.1	-	2.5	2.3	2.0	-		2.5	2.2	-
205	Back 2½ Somersaults	3.3	2.9	2.7	-		3.0	2.8	-		3.2	3.0	-
206	Back 3 Somersaults		3.0	2.7	-		2.8	2.5	-		3.2	2.9	-
207	Back 3½ Somersaults		3.6	3.3	-			3.5	-				-
208	Back 4 Somersaults		4.1	3.8	-		4.2	3.9	-		4.4	4.1	-
209	Back 4½ Somersaults		4.5	4.2	-				-				-
212	Back Flying Somersaults	-	1.9	1.8	-	-	1.8	1.7	-	-	1.7	1.6	-
213	Back Flying 1½ Somersaults	-	2.4	2.1	-	-	2.4	2.1	-	-	2.5	2.2	-
215	Back Flying 2 ½ Somersaults	-	3.2	3.0	-	-			-	-			-

PLATFORM		10 METRE				7.5 METRE				5 METRE			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Reverse Group		A	B	C	D	A	B	C	D	A	B	C	D
301	Reverse Dive	2.0	1.9	1.8	-	2.0	1.9	1.8	-	1.8	1.7	1.6	-
302	Reverse 1 Somersault	2.0	1.9	1.8	-	1.9	1.8	1.7	-	1.8	1.7	1.6	-
303	Reverse 1½ Somersaults	2.6	2.3	2.0	-	2.6	2.3	2.0	-	2.7	2.4	2.1	-
304	Reverse 2 Somersaults	2.8	2.5	2.2	-	2.7	2.4	2.1	-	2.9	2.6	2.3	-
305	Reverse 2½ Somersaults	3.4	3.0	2.8	-	3.5	3.1	2.9	-		3.3	3.1	-
306	Reverse 3 Somersaults		3.2	2.9	-		3.0	2.7	-		3.4	3.1	-
307	Reverse 3½ Somersaults		3.7	3.4	-				-				-
308	Reverse 4 Somersaults		4.4	4.1	-		4.5	4.2	-				-
309	Reverse 4½ Somersaults		4.8	4.5	-				-				-
312	Reverse Flying Somersaults	-	2.0	1.9	-	-	1.9	1.8	-	-	1.8	1.7	-
313	Reverse Flying 1½ Somersaults	-	2.5	2.2	-	-	2.5	2.2	-	-	2.6	2.3	-
Inward Group		A	B	C	D	A	B	C	D	A	B	C	D
401	Inward Dive	1.7	1.4	1.3	-	1.7	1.4	1.3	-	1.8	1.5	1.4	-
402	Inward 1 Somersault	1.9	1.6	1.5	-	1.8	1.5	1.4	-	2.0	1.7	1.6	-
403	Inward 1½ Somersault		2.0	1.8	-		2.1	1.9	-		2.4	2.2	-
404	Inward 2 Somersaults		2.6	2.4	-		2.6	2.4	-		3.0	2.8	-
405	Inward 2½ Somersaults		2.8	2.5	-		3.0	2.7	-		3.4	3.1	-
406	Inward 3 Somersaults		3.5	3.2	-		3.4	3.1	-		4.0	3.7	-
407	Inward 3½ Somersaults		3.5	3.2	-			3.4	-				-
408	Inward 4 Somersaults		4.4	4.1	-				-				-
409	Inward 4½ Somersaults		4.4	4.1	-				-				-
412	Inward Flying Somersaults	-	2.0	1.9	-	-	1.9	1.8	-	-	2.1	2.0	-
413	Inward Flying 1½ Somersaults	-	2.5	2.3	-	-	2.6	2.4	-	-	2.9	2.7	-
Twisting Group (Forward)		A	B	C	D	A	B	C	D	A	B	C	D
5111	Fwd Dive ½ Twist	2.0	1.9	1.8	-	2.0	1.9	1.8	-	1.8	1.7	1.6	-
5112	Fwd Dive 1 Twist	2.2	2.1		-	2.2	2.1		-	2.0	1.9		-
5121	Fwd Somersault ½ Twist	-	-	-	1.9	-	-	-	1.8	-	-	-	1.7
5122	Fwd Somersault 1 Twist	-	-	-	2.1	-	-	-	2.0	-	-	-	1.9
5124	Fwd Somersault 2 Twists	-	-	-	2.5	-	-	-	2.4	-	-	-	2.3
5131	Fwd 1½ Somersaults ½ Twist	-	-	-	1.9	-	-	-	1.9	-	-	-	2.0
5132	Fwd 1½ Somersaults 1 Twist	-	-	-	2.1	-	-	-	2.1	-	-	-	2.2
5134	Fwd 1½ Somersaults 2 Twists	-	-	-	2.5	-	-	-	2.5	-	-	-	2.6
5136	Fwd 1½ Somersaults 3 Twists	-	-	-	3.0	-	-	-	3.0	-	-	-	3.1
5138	Fwd 1½ Somersaults 4 Twists	-	-	-	3.4	-	-	-	3.4	-	-	-	3.5
5152	Fwd 2½ Somersaults 1 Twist	-	2.9	2.7	-	-	3.0	2.8	-	-	3.2	3.0	-
5154	Fwd 2½ Somersaults 2 Twists	-	3.3	3.1	-	-	3.4	3.2	-	-	3.6	3.4	-
5156	Fwd 2½ Somersaults 3 Twists	-	3.8	3.6	-	-			-	-			-
5172	Fwd 3½ Somersaults 1 Twist	-	3.6	3.3	-	-	3.7	3.4	-	-	-	-	-

PLATFORM		10 METRE				7.5 METRE				5 METRE			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Twisting Group (Back)		**A**	**B**	**C**	**D**	**A**	**B**	**C**	**D**	**A**	**B**	**C**	**D**
5211	Back Dive ½ Twist	2.0	1.9	1.8	-	2.0	1.9	1.8	-	1.8	1.7	1.6	-
5212	Back Dive 1 Twist	2.2			-	2.2			-	2.0			-
5221	Back Somersault ½ Twist	-	-	-	1.9	-	-	-	1.8	-	-	-	1.7
5222	Back Somersault 1 Twist	-	-	-	2.1	-	-	-	2.0	-	-	-	1.9
5223	Back Somersault 1½ Twists	-	-	-	2.5	-	-	-	2.4	-	-	-	2.3
5225	Back Somersault 2½ Twists	-	-	-	2.9	-	-	-	2.8	-	-	-	2.7
5231	Back 1½ Somersaults ½ Twist	-	-	-	2.0	-	--	-	2.0	-	-	-	2.1
5233	Back 1½ Somersaults 1½ Twists	-	-	-	2.4	-	-	-	2.4	-	-	-	2.5
5235	Back 1½ Somersaults 2½ Twists	-	-	-	2.8	-	-	-	2.8	-	-	-	2.9
5237	Back 1½ Somersaults 3½ Twists	-	-	-	3.3	-	-	-	3.3	-	-	-	3.4
5239	Back 1½ Somersaults 4½ Twists	-	-	-	3.7	-	-	-	3.7	-	-	-	3.8
5251	Back 2½ Somersaults ½ Twist	-	2.6	2.4	-	-	2.7	2.5	-	-	2.9	2.7	-
5253	Back 2½ Somersaults 1½ Twists	-	3.2	3.0	-	-	3.3	3.1	-	-			-
5255	Back 2½ Somersaults 2½ Twists	-	3.6	3.4	-	-			-	-			-
5257	Back 2½ Somersaults 3½ Twists	-	4.1	3.9	-	-			-	-			-
5271	Back 3½ Somersaults ½ Twist	-	3.2	2.9	-	-			-	-			-
5273	Back 3½ Somersaults 1½ Twist	-	3.8	3.5	-	-			-	-			-
5275	Back 3½ Somersaults 2½ Twist	-	4.2	3.9	-	-			-	-			-

Twisting Group (Reverse)		**A**	**B**	**C**	**D**	**A**	**B**	**C**	**D**	**A**	**B**	**C**	**D**
5311	Reverse Dive ½ Twist	2.1	2.0	1.9	-	2.1	2.0	1.9	-	1.9	1.8	1.7	-
5312	Reverse Dive 1 Twist	2.3			-	2.3			-	2.1			-
5321	Reverse Somersault ½ Twist	-	-	-	2.0	-	-	-	1.9	-	-	-	1.8
5322	Reverse Somersault 1 Twist	-	-	-	2.2	-	-	-	2.1	-	-	-	2.0
5323	Reverse Somersault 1½ Twists	-	-	-	2.6	-	-	-	2.5	-	-	-	2.4
5325	Reverse Somersault 2½ Twists	-	-	-	3.0	-	-	-	2.9	-	-	-	2.8
5331	Reverse 1½ Soms. ½ Twists	-	-	-	2.1	-	-	-	2.1	-	-	-	2.2
5333	Reverse 1½ Soms. 1½ Twists	-	-	-	2.5	-	-	-	2.5	-	-	-	2.6
5335	Reverse 1½ Soms. 2½ Twists	-	-	-	2.9	-	-	-	2.9	-	-	-	3.0
5337	Reverse 1½ Soms. 3½ Twists	-	-	-	3.4	-	-	-	3.4	-	-	-	3.5
5339	Reverse 1½ Soms. 4½ Twists	-	-	-	3.8	-	-	-	3.8	-	-	-	-
5351	Reverse 2½ Soms. ½ Twists	-	2.7	2.5	-	-	2.8	2.6	-	-	3.0	2.8	-
5353	Reverse 2½ Soms. 1½ Twists	-	3.3	3.1	-	-	3.4	3.2	-	-		3.4	-
5355	Reverse 2½ Soms. 2½ Twists	-	3.7	3.5	-	-	3.8	3.6	-	-		3.8	-
5371	Reverse 3½ Soms. ½ Twists	-	3.3	3.0	-	-			-	-			-
5373	Reverse 3½ Soms. 1½ Twist	-		3.6	-	-			-	-			-
5375	Reverse 3½ Soms. 2½ Twist	-		4.0	-	-			-	-			-

PLATFORM		10 METRE				7.5 METRE				5 METRE			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Twisting Group (Inward)		**A**	**B**	**C**	**D**	**A**	**B**	**C**	**D**	**A**	**B**	**C**	**D**
5411	Inward Dive ½ Twist	1.9	1.6	1.5	-	1.9	1.6	1.5	-	2.0	1.7	1.6	-
5412	Inward Dive 1 Twist	2.1	1.8	1.7	-	2.1	1.8	1.7	-	2.2	1.9	1.8	-
5421	Inward Somersault ½ Twist	-	-	-	1.8	-	-	-	1.7	-	-	-	1.9
5422	Inward Somersault 1 Twist	-	-	-	2.0	-	-	-	1.9	-	-	-	2.1
5432	Inward 1½ Somersaults 1 Twist	-	-	-	2.3	-	-	-	2.4	-	-	-	2.7
5434	Inward 1½ Somersaults 2 Twists	-	-	-	2.7	-	-	-	2.8	-	-	-	3.1
5436	Inward 1½ Somersaults 3 Twists	-	-	-	3.4	-	-	-		-	-	-	

Armstand Group		**A**	**B**	**C**	**D**	**A**	**B**	**C**	**D**	**A**	**B**	**C**	**D**
610	Armstand Dive (Armstand with body back to water)	1.6	-	-	-	1.6	-	-	-	1.5	-	-	-
611	Armstand Forward ½ Somersault	2.0	1.9	1.7	-	2.0	1.9	1.7	-	1.8	1.7	1.5	-
612	Armstand Forward 1 Somersault	2.0	1.9	1.7	-	1.9	1.8	1.6	-	1.8	1.7	1.5	-
614	Armstand Forward 2 Somersaults		2.4	2.1	-		2.3	2.0	-		2.5	2.2	-
616	Armstand Forward 3 Somersaults		3.3	3.1	-				-				-
621	Armstand Back ½ Somersault	1.9	1.8	1.6	-	1.9	1.8	1.6	-	1.7	1.6	1.4	-
622	Armstand Back Somersault	2.3	2.2	2.0	-	2.2	2.1	1.9	-	2.1	2.0	1.8	-
623	Armstand Back 1½ Somersaults		2.2	1.9	-		2.2	1.9	-		2.3	2.0	-
624	Armstand Back 2 Somersaults	3.0	2.8	2.5	-	2.9	2.7	2.4	-	3.1	2.9	2.6	-
626	Armstand Back 3 Somersaults		3.5	3.3	-		3.3	3.1	-			3.5	-
628	Armstand Back 4 Somersaults		4.7	4.5	-				-				-
631	Armstand Reverse ½ Somersault	2.0	1.9	1.7	-	2.0	1.9	1.7	-	1.8	1.7	1.5	-
632	Armstand Reverse 1 Somersault		2.3	2.1	-		2.2	2.0	-		2.1	1.9	-
633	Armstand Reverse 1½ Somersaults		2.3	2.0	-		2.3	2.0	-		2.4	2.1	-
634	Armstand Reverse 2 Somersaults		2.9	2.6	-		2.8	2.5	-		3.0	2.7	-
636	Armstand Reverse 3 Somersaults		3.6	3.4	-			3.2	-				-
638	Armstand Reverse 4 Somersaults		4.8	4.6	-				-				-
640	Armstand Dive (Armstand with body front to water)	1.7				1.7				1.6			
641	Armstand Inward 1/2 Somersault		2.0	1.8			2.0	1.8			1.8	1.6	
642	Armstand Inward 1 Somersault		2.0	1.8			1.9	1.7			1.8	1.6	
644	Armstand Inward 2 Somersaults		2.5	2.2			2.4	2.1			2.6	2.3	
646	Armstand Inward 3 Somersaults		3.4	3.2									
6122	Armstand Fwd Som. 1 Twist	-	-	-	2.6	-	-	-	2.5	-	-	-	2.4

6124	Armstand Fwd Som. 2 Twists	-	-	-	2.9	-	-	-	2.8	-	-	-	2.7
6142	Armstand Fwd 2 Soms. 1 Twist	-	-	-	3.1	-	-	-	3.0	-	-	-	3.2
6144	Armstand Fwd 2 Soms. 2 Twists	-	-	-	3.4	-	-	-	3.3	-	-	-	3.5
6162	Armstand Fwd 3 Soms. 1 Twist	-		3.9	-	-			-	-			-
6221	Armstand Back Som. ½ Twist	-	-	-	1.8	-	-	-	1.7	-	-	-	1.6
6241	Armstand Back 2 Soms. ½ Twist	-	2.7	2.4	-	-	2.6	2.3	-	-	2.8	2.5	-
6243	Armstand Back 2 Soms 1½ Twists	-	-	-	3.2	-	-	-	3.1	-	-	-	3.3
6245	Armstand Back 2 Soms 2½ Twists	-	-	-	3.6	-	-	-	3.5	-	-	-	3.7
6247	Armstand Back 2 Soms 3½ Twists	-	-	-	4.0	-	-	-		-	-	-	
6261	Armstand Back 3 Soms. ½ Twist	-	3.4	3.2	-	-	3.2	3.0	-	-	3.6	3.4	-
6263	Armstand Back 3 Soms 1½ Twists	-	4.2	4.0	-	-			-	-			-
6265	Armstand Back 3 Soms 2½ Twists	-	4.6	4.4	-	-			-	-			-

WORLD AQUATICS



HIGH DIVING

COMPETITION REGULATIONS

TABLE OF CONTENTS

PART FIVE:
HIGH DIVING RULES

PART FIVE: HIGH DIVING RULES 176

1 GENERAL 176
2 DIVES AND DIVE NUMBERS 176
3 DEGREE OF DIFFICULTY 178
4 COMPETITIONS 179
5 COMPETITION FORMAT 180
6 STATEMENT OF DIVES 180
7 DUTIES OF THE REFEREE AND ASSISTANT REFEREES 181
8 DUTIES OF THE SECRETARIES: 184
9 JUDGES 184
10 JUDGING DIVES 185
11 SUMMARY OF THE PENALTIES 188
12 AGE GROUP RULES 191
13 REGISTRATIONS AND SPORTS ENTRIES 191
14 HIGH DIVING FACILITIES AND EQUIPMENT 192
15 SAFETY REQUIREMENTS 193
16 WATER SAFETY TEAM, STANDARD PROCEDURE FOR EACH DIVE 195
17 APPENDICES 198
17.1 APPENDIX 1 – DIAGRAM OF GENERAL STANDARD FACILITIES 199
17.2 APPENDIX 2 – REQUIRED FACILITY DIMENSIONS 200
17.3 APPENDIX 3 – DIAGRAM OF A TEMPORARY ROUND POOL 201
17.4 APPENDIX 4 – TABLE OF DIMENSIONS FOR TEMPORARY ROUND POOLS REQUIREMENTS FOR FACILITIES CONSTRUCTED AFTER 31ST DECEMBER 2017 202
17.5 APPENDIX 5 – DIAGRAM OF OF GENERAL STANDARD FACILITIES COMBINED WITH DIVING FACILITIES 203
17.6 APPENDIX 6 – FORMULA AND COMPONENTS OF DEGREE OF DIFFICULTY 204

PART FIVE: HIGH DIVING RULES

1 GENERAL

1.1 This Part Five governs all High Diving competitions at World Aquatics Events, and any other events held under the rules of World Aquatics (specifically, these Competition Regulations).

1.2 This Part Five does not apply to High Diving competitions which are not World Aquatics Events, although the organisers of such events may choose to adopt the rules in this Part Five, or parts of them.

1.3 To be eligible to compete in a High Diving event at a World Aquatics Event which is not a junior age group event, an Athlete must be at least eighteen (18) years old as at 31 December in the year of the start date of the competition. The rules for junior age group events are set out in Article 12 of this Part Five.

2 DIVES AND DIVE NUMBERS

2.1 **Permitted dives:**

2.1.1 The dives that may be performed in High Diving competitions at World Aquatics Events are set out, with their Numbers and Degrees of Difficulty, in Appendices 6 and 7.

2.1.2 World Aquatics may approve dives for use in competition which are not currently listed in Appendices 6 and 7 to this Part Five.

2.1.2.1 An Athlete may only perform a dive at an event if it is listed in Appendices 6 and 7, or with prior approval for that dive to be performed in that event by World Aquatics.

2.1.2.2 Where such approval is sought, the Technical High Diving Committee will consider whether to approve that new or alternative dive and, if approved, will assign it a Number and a Degree of Difficulty.

2.1.3 Each permitted dive is designated a dive Number, which is a system of three (3), four (4), or five (5) numeral digits followed by a single letter.

2.2 **The first one (1) digit or first two (2) digits of a dive Number indicate which Group the dive belongs to. There are five (5) 'Groups' of dives:**

Group	First Digit(s)
Forward and Forward twist	1 or 51
Back and Back twist	2 or 52
Reverse and Reverse twist	3 or 53
Inward and Inward twist	4 or 54
Armstand and Armstand twist	6 or 61 – 62 – 63 – 64

2.3 In the Forward, Back, Reverse and Inward Groups, if the dive does not include a twist:

2.3.1 the first digit indicates the Group of the dive;

2.3.2 the second digit indicates whether the dive has a flying action. '1' in the second digit indicates that the dive has a flying action (as described in Article 10.4.5 of this Part Five); '0' in the second digit indicates that there is no flying action;

2.3.3 the third (or third and fourth) digit(s) indicate(s) the number of half somersaults to be performed, one (1) for each half somersault (for example: '2' = 1 somersault, '5' = 2 ½ somersaults, '8' = 4 somersaults);

2.3.4 when there are five (5) or more somersaults there will be four (4) digits in the dive Number, with the last two (the third and fourth) digits in brackets indicating the number of half somersaults (for example, '(10)' = 5 somersaults, such that dive Number '10(10)' is a Forwards 5 somersaults dive (without a flying action).

2.4 In the Forward, Back, Reverse and Inward Groups, if the dive includes a twist:

2.4.1 the first digit will be a '5' to indicate that the dive includes a twist;

2.4.2 the second digit indicates the Group of the dive, in accordance with Article 2.2 of this Part Five (for example, the '1' in 5163 indicates that the dive is in the Forward Group);

2.4.3 the third digit indicates the number of half somersaults to be performed (for example '6' = 3 somersaults);

2.4.4 the fourth (or fourth and fifth) digit(s) indicate(s) the number of half twists to be performed (for example '3' = 1 ½ twists). When there are five (5) or more twists, there will be five (5) digits in the dive number, with the last two (fourth and fifth) digits in brackets indicating the number of half twists. For example, '(10)' means five (5) half twists, such that dive Number '524(10)' is a Back 2 somersaults 5 twists dive;

2.4.5 therefore, for example, the number '5241' indicates a Back 2 somersaults dive with 2 ½ twists.

2.5 If a dive in the Forward, Back, Reverse or Inward Group includes both a twist and a flying action:

2.5.1 the first digit will be a '5' to indicate that the dive includes a twist;

2.5.2 the second digit will be a '(1)' in brackets, to indicate that the dive includes a flying action;

2.5.3 thereafter, the digits are explained as in Articles 2.4.2 to 2.4.4 of this Part Five, except with one digit preceding them (i.e.., the third digit indicates the Group of the dive, the fourth digit indicates the number of half somersaults and the fifth (and sixth, if applicable) indicate the number of half twists);

2.5.4 therefore, for example, '5(1)141' indicates a Forward flying 2 somersaults ½ twist dive.

2.6 **A dive in the Armstand Group which does not include a twist will have three (3) digits:**

2.6.1 the first digit will be '6' to indicate an Armstand dive;

2.6.2 **the second digit indicates the direction of the take-off as follows:**

First two digits	Take-Off
61	Forward
62	Back
63	Reverse
64	Inward

2.6.3 The third digit indicates the number of half somersaults to be performed, one for each half somersault (for example: '2' = 1 somersault, '5' = 2 ½ somersaults, '8' = 4 somersaults).

2.7 **A dive in the Armstand group which includes a twist will have four (4) or five (5) digits:**

2.7.1 the first three (3) digits are as set out in Article 2.6 of this Part Five;

2.7.2 the fourth (or fourth and fifth) digit(s) indicate(s) the number of half twists to be performed, one for each half twist (for example, '3' = 1½ twists). When there are five (5) or more twists, there will be five (5) digits, the last two (fourth and fifth) digits in brackets indicating the number of half twists (for example, '10' means five (5) half-twists, such that dive Number 625(10) is an Armstand Back 2½ somersault 5 twists dive.

2.8 **The letter at the end of the dive Number (in any Group) indicates the Position in which the dive is performed:**

Position	Letter
Straight	A
Pike	B
Tuck	C
Free	D
Three Positions	E

2.9 The 'Free' Position means any combination of the other Positions (Straight, Pike and Tuck) and may only be used in certain dives including a twist, as set out in Article 3.5 below.

2.10 'Three Positions' means that all three (3) Positions (Straight, Pike, and Tuck) are shown during the dive. The Straight Position must be shown as the second Position during the dive.

3 DEGREE OF DIFFICULTY

3.1 The Degree of Difficulty for each dive is established by the Technical High Diving Committee and approved by the Bureau.

3.2 **The Degree of Difficulty of each dive is calculated using the following formula (the component values of the formula are outlined in Appendix 6):**

A + B + C + D + E + F = DEGREE OF DIFFICULTY

3.3 Appendices 6 and 7 each contain a table of dives with their Number and Degree of Difficulty.

3.4 If a new or alternative dive not tabled in Appendices 6 and 7 is approved for use by World Aquatics prior to the relevant event(s) in accordance with Article 2.1 of this Part Five, the dive will be given a dive Number and Degree of Difficulty.

3.5 **When calculating the Degree of Difficulty for dives with twists, the Position component is determined by reference to the table below:**

Forward Twist, Back Twist, Reverse Twist, and Inward Twist Dives				
No. of Somersaults	**Position**			
1 or 2	**D**			
3	Forward and Inward		Back and Reverse	
	From 1 to 2 ½ twists	3 or more twists	From ½ to 3 twists	3 ½ or more twists
	B or C	**D**	**B or C**	**D**
4 or more	**B or C** (depending on the Position adopted by the Athlete)			

Armstand Twist Dives				
No. of Somersaults	**Position**			
1 ½	**D**			
	Forward		Back	
2 ½	From 1 to 1 ½ twists	2 or more twists	From ½ to 1 ½ twists	2 or more twists
	B or C	**D**	**B or C**	**D**
3 1/2	**B or C** (depending on the Position adopted by the Athlete)			

3.6 Dives with only somersaults and/or Barani are not considered to contain twists. A Barani is a specific manoeuvre consisting of one (1) forwards somersault followed by a 180 degree twist (half-twist) during the dive. The Barani is a controlled movement performed during the flight of a dive.

4 COMPETITIONS

4.1 General provisions concerning High Diving events:

4.1.1 In order to be eligible to compete in a High Diving event, all Athletes must, prior to the deadline for registration for the event, submit evidence of safely performed high dives and be approved as 'safe to compete' by the Technical High Diving Committee or its delegate:

4.1.1.1 World Aquatics will communicate to Member Federations and/or will publish the deadline, along with any specific requirements, for such evidence, in advance of each competition.

4.1.1.2 The Technical High Diving Committee may appoint to a 'safe to compete' (or other) panel or delegate to determine an Athlete's ability to safely compete.

4.1.2 As set out in Article 2 of this Part Five, the dives that may be performed in High Diving competitions at World Aquatics Events are set, with their dive Numbers, in Appendices 6 and 7 to this Part Five.

4.1.3 The Technical High Diving Committee or its delegate has the authority to determine which dives may be performed in competitions, to approve new dives for competition, and/or to exclude Athletes from competition based on observation(s) during training and/or competition days (including, if deemed necessary, for reasons of safety).

4.1.4 In this Part Five, a reference to a 'stage' is to a phase of an event (such as a preliminary or final stage), a reference to a 'session' is to a scheduled period of time during which Athletes dive, and a reference to a 'round' is to a series of dives in which each Athlete competing in that event performs one dive.

4.1.5 The diving order for the first stage of an event will be determined by a random draw at the Technical/ Team Leaders' Meeting. An electronic drawing system must be used whenever available.

4.1.6 The Athlete with the highest points total in an event or stage of an event will be declared the winner of that event or stage. The remaining Athletes are ranked in descending order by their points totals from that event or stage.

4.1.7 When two (2) or more Athletes score the same number of points, a tie is declared for that position.

4.1.8 Unless stated by World Aquatics or by the competition organiser prior to the event, each Athlete's or total will start at zero in the first stage of an event, and reset to zero (0) at the start of each subsequent stage of the event.

4.1.9 The procedure for appeals is outlined in Article 12 of Part One.

4.2 Specific rules for High Diving events at the World Aquatics Championships:

4.2.1 Each event will comprise one final stage.

4.2.2 The diving order for all rounds prior to the final round will be determined by a random draw, completed at the Technical/ Team Leaders' Meeting.

4.2.3 The diving order for the final round will be in reverse order of the Athletes' points totals at the end of the penultimate round. In the case of any tie between two or more Athletes, the order of the tied Athletes will be determined by a random draw conducted by the Referee.

4.2.4 The Technical High Diving Committee may, subject to approval by the Bureau, establish a different competition format for the World Aquatics Championships.

4.3 The heights of High Diving platforms:

4.3.1 Women's High Diving events will be from a 20 metre platform.

4.3.2 Men's High Diving events will be from a 27 metre platform.

4.3.3 In special environments (for example, natural environments), a height tolerance of +/- 0.5 metres is permitted, subject to prior approval from and at the discretion of World Aquatics.

5 COMPETITION FORMAT

5.1 All High Diving events will be conducted in two (2) sessions across a two (2) or three (3) day programme, as approved by the Bureau (if applicable, on the recommendation of the LOC or Management Committee).

5.2 In all High Diving events, each Athlete will perform four (4) dives of four (4) different dive Numbers.

5.3 **Women's High Diving events:**

5.3.1 Women's events will comprise the following four (4) dives:

5.3.1.1 one (1) 'required' dive with a maximum Degree of Difficulty of 2.6;

5.3.1.2 one (1) 'intermediate' dive with a maximum Degree of Difficulty of 3.4 from two (2) different Groups; and

5.3.1.3 two (2) 'optional' dives with any Degree of Difficulty.

5.3.2 The 'required' and 'intermediate' dives must be from different Groups. The two (2) 'optional' dives must be from two (2) different Groups.

5.3.3 A 'maximum Degree of Difficulty' under this Article 5.3 of this Part Five means that if the Degree of Difficulty of the 'required' or 'intermediate' dive is:

5.3.3.1 lower than 2.6 or 3.4, respectively, then the assigned or calculated Degree of Difficulty for that dive will be used; or

5.3.3.2 equal to or higher than 2.6 or 3.4, respectively, then the Degree of Difficulty will be calculated as 2.6 or 3.4, respectively, regardless of the dive performed.

5.4 **Men's High Diving events:**

5.4.1 Men's events will comprise the following four (4) dives:

5.4.1.1 one (1) 'required' dive with a maximum Degree of Difficulty of 2.8;

5.4.1.2 one (1) 'intermediate' dive with a maximum Degree of Difficulty of 3.6; and

5.4.1.3 two (2) 'optional' dives with any Degree of Difficulty.

5.4.2 The 'required' and 'intermediate' dives must be from different Groups. The two (2) 'optional' dives must be from two (2) different Groups.

5.4.3 A 'maximum Degree of Difficulty' under this Article 5.4 of this Part Five means that if the Degree of Difficulty of the 'required' or 'intermediate' dive is:

5.4.3.1 lower than 2.8 or 3.6, respectively, then the assigned or calculated Degree of Difficulty will be used;

5.4.3.2 equal to or higher than 2.8 or 3.6, respectively, then the Degree of Difficulty will be calculated as 2.8 or 3.6, respectively, regardless of the dive performed.

6 STATEMENT OF DIVES

6.1 **Requirement to submit a Statement of Dives:**

6.1.1 Each Athlete or their representative must deliver to the Referee a completed Statement of Dives, signed by the Athlete, on the official form of the event for the competition.

6.1.2 The Athlete is fully responsible for the accuracy of the Statement of Dives.

6.1.3 Unless a Statement of Dives is submitted in accordance with this Article 6 of this Part Five, the Athlete will not be admitted to the competition.

6.2 **Contents of the Statement of Dives:**

6.2.1 The Statement of Dives must contain the following information for each of the four (4) dives in the order to be performed:

6.2.1.1 Number.

6.2.1.2 Position.

6.2.1.3 Degree of Difficulty (determined by the formula set out in Article 0 of this Part Five).

6.2.2 An Athlete may list an additional two (2) reserve dives in the Statement of Dives. The Athlete may substitute their final dive with a reserve dive up to five (5) minutes before the start of the final round of dives.

6.2.2.1 Any substitution must be confirmed by the Referee prior to the Athlete's final dive. If the substitution is not confirmed, the Athlete must perform the dive originally listed in their Statement of Dives.

6.2.2.2 Reserve dives must comply with the requirements in Article O of this Part Five.

6.3 **Deadline to submit the Statement of Dives:**

6.3.1 The Statement of Dives must be submitted no later than twenty-four (24) hours before the start of the event (being the start time of the first stage of that event).

6.3.2 The Referee will accept a Statement of Dives within twenty-four (24) hours of the start of the event, so long as the Statement of Dives is submitted no later than three (3) hours before the start of the event;

6.3.2.1 Where any Statement of Dives is submitted between 24 and three (3) hours before the start of an event in accordance with Article 6.4.2 of this Part Five, the Athlete's Federation will be required to pay a fee equivalent to two-hundred and fifty (250) United States dollars (or an equivalent amount in the local currency in the country in which the competition is being held). For the avoidance of doubt, payment of that fee is not required prior to the event in order for the Statement of Dives to be accepted.

6.4 **Changes to the Statement of Dives:**

6.4.1 The Referee may accept changes to a Statement of Dives up to one (1) hour after the end of the final official training session for the relevant event.

6.4.2 If an amended Statement of Dives is not submitted within the deadline set out in Article 6.4.1 of this Part Five, the Athlete must perform the dives indicated in their original Statement of Dives.

6.4.3 The Referee will inspect all Statements of Dives submitted. If the Referee considers that a Statement of Dives does not comply with the requirements for the event, the Referee (or an Assistant Referee delegated to) must request as soon as possible that the Athlete (or the Athlete's representative) correct it before the start of the event. The Athlete remains fully responsible for the accuracy and compliance of their Statement of Dives, and any inaccuracy or deficiency in a Statement of Dives will not be excused by virtue of a Referee or Assistant Referee's failure to identify it.

6.5 Athletes must execute each round's dives in accordance with their Statement of Dives.

6.6 The content of the Statement of Dives takes precedence over the information communicated on any indicator board and in any announcement.

7 DUTIES OF THE REFEREE AND ASSISTANT REFEREES

7.1 Each event must be administered and officiated by a Referee, an Assistant Referee, Judges, and Secretaries, as set out in Articles 7, 8 and 9 of this Part Five.

7.2 The Referee's general duty is to oversee and administer events, ensuring compliance with these Competition Regulations. Decisions or actions referred to in this Article 7 of Part Four which are subject to a decision or determination (however phrased) or which 'may' be taken, are unless otherwise specified, determined at the discretion of the Referee.

7.3 The Referee has authority to administer and direct each event. The Referee will be located in a position that enables them to ensure as far as possible that these Competition Regulations are observed.

7.4 **The Referee's duties before an event:**

7.4.1 The Referee will inspect each Statement of Dives, including any amended or late Statement of Dives, and undertake any further required action in accordance with Articles 6 of this Part Five.

7.4.2 The Referee will allocate the seating order of the Judges.

7.5 **The Referee's duties during an event:**

7.5.1 In the event of any unforeseen circumstances, the Referee may at their discretion declare a short break, a postponement, or a discontinuation of the event. If possible, any breaks must take place after a full round of dives.

7.5.2 **Following an interruption (including short breaks and postponements ordered by the Referee):**

7.5.2.1 if possible, the event must continue from where it was stopped, and the points scored before the interruption will be carried forward into the remaining portion of the event, whenever it is held; or

7.5.2.2 if the event cannot be continued, the results will be determined by World Aquatics.

7.5.3 If an Athlete or other person unreasonably disturbs or is unreasonably disturbing an event (including by interfering with or obstructing other Athletes, participants or otherwise disturbing the running of the event), the Referee may exclude them from that event and/or from the competition area or venue.

7.5.4 The Referee may remove from an event any Judge whose judgement they regard as unsatisfactory and will replace that Judge with a reserve Judge. Where this occurs, the Referee will at the end of the event write a written report to World Aquatics setting out the basis for the removal.

7.5.5 A change of Judge by the Referee due to unsatisfactory performance may take place at any time (and should occur as soon as possible after the Referee considers the Judge's performance to be unsatisfactory). If there is a vacancy during a round of dives due to a Judge being removed, then the average of the other Judges' awards for each dive will be used as the award from the missing Judge, until replaced.

7.6 **The Referee's duties prior to the performance of each dive:**

7.6.1 Before each dive, the official announcer must announce in the language of the host country the name of the Athlete and the dive to be executed. If an electronic scoreboard is used, all information concerning the dive must be displayed on it and the announcement may be restricted to identifying the Athlete.

7.6.2 If a dive or an Athlete is incorrectly announced, the Athlete or their representative must advise the Referee immediately, who will then confirm the accuracy of the Athlete's Statement of Dives.

7.6.3 The Athlete must proceed to the platform, following the order of appearance, without unreasonable delay after the preceding Athlete has dived. If the Athlete is not on the platform and ready to dive without unreasonable delay, the Referee may direct that the Athlete will not perform that dive, and will receive a score of 0 for that dive. The event will then proceed to the next Athlete.

7.6.4 Before the dive, the Athlete must check the position of the safety divers and inform the Referee (by hand signal or other clear means) that they are ready to perform the dive and the Referee will check the indicator board. The Referee will then signal with a clear hand signal for the Athlete to perform their dive.

7.6.5 The Athlete must not proceed to their starting position until after the signal has been given by the Referee.

7.6.6 The Referee will issue a warning to an Athlete that does not perform their dive within a reasonable time (in the Referee's discretion) after the Referee has signalled for them to perform the dive.

7.6.7 In the event that an Athlete has not performed their dive one (1) minute after receiving a warning from the Referee, or otherwise refuses to execute a dive, the Athlete will receive 0 points for that dive.

7.7 **The Referee's duties during the performance of a dive:**

7.7.1 **Restarts:**

7.7.1.1 The Referee will declare a restart, and will instruct the Secretaries to deduct 2 points from each Judge's award, if:

7.7.1.1.1 in a running or standing dive, an Athlete stops after assuming the starting position and before take-off;

7.7.1.1.2 in an Armstand dive, while or after assuming the starting position and before the take-off, (a) the Athlete moves one or both hands from the original position at the front end of the platform; (b) one or both of the Athlete's feet return to the platform; or any other part of the Athlete's body other than the hands touch the platform.

7.7.1.2 If a second attempt (a first restart) is unsuccessful the Referee will instruct the Secretaries to deduct 4 points from each Judge's award. When a third attempt (a second restart) is unsuccessful, the Referee will declare a failed dive.

7.7.1.3 If there is a strong wind, the Referee may at their discretion (including, but not limited to, in the case of winds above 40km per hour) permit an Athlete the right to restart the dive attempted without a points deduction.

7.7.1.4 The Referee has general discretion to declare a restart where they consider it fair and appropriate to do so in the circumstances.

7.7.2 If the Referee considers that the dive has been performed in a Position other than that announced (announced correctly, in accordance with the Athlete's Statement of Dives), but Article 7.7.5.1 of this Part Five does not apply, the Referee will repeat the announcement, and declare that the maximum award is 2 points, before giving the

Judges the signal to show their awards (or, where electronic judging devices are used, as soon as possible). If a Judge then still awards more than 2 points, the Referee will declare the award from that Judge to be 2 points.

7.7.3 If an Athlete performs an incorrectly announced dive (i.e., the Athlete performs the dive announced, which is not the dive prescribed in their Statement of Dives), the Referee may cancel the awards for the dive, and have the correct dive announced and performed immediately by the Athlete. The awards for the cancelled dive must be noted by the Secretaries, to be referred to in the event that an appeal is subsequently lodged.

7.7.4 **The Referee will declare that the maximum award by a Judge will be 4.5 points, and will instruct the Secretaries to record an award of 4.5 points if any Judge awards a higher score, if:**

7.7.4.1 a dive is performed with a break of Position during the flight;

7.7.4.2 in a dive with a flying action, the Athlete has not held the Straight Position for at least 90 degrees; and/or

7.7.4.3 the Athlete has one or both arms held above the shoulder line at entry.

7.7.5 The Referee will declare a failed dive, and the Athlete will receive 0 points for that dive, if:

7.7.5.1 the Referee considers that an Athlete has performed a dive of a Number other than that announced (announced correctly, in accordance with the Athlete's Statement of Dives);

7.7.5.2 the Athlete has performed a dive containing at least one (1) back or reverse somersault in the Straight Position, but the Athlete failed to hold the Straight Position for less than 270 degrees (¾ of a somersault);

7.7.5.3 a dive with a twist is completed at entry with 90 degrees rotation more or less than announced;

7.7.5.4 a second restart is unsuccessful, as set out in Article 7.7.1.2 of this Part Five; and/or

7.7.5.5 as otherwise set out in this Part Five.

7.7.6 **Where a dive is unsafe or potentially unsafe:**

7.7.6.1 if available, the Referee may first review video or photographic evidence to determine the distance between the Athlete and the platform during the dive; and

7.7.6.2 if (whether after reviewing such evidence or otherwise) the Referee considers that the Athlete touched the edge of the platform with their head or was otherwise unsafely close to the platform during the dive, the Referee will declare that the maximum award by a Judge for the dive will be 2 points, and will instruct the Secretaries to record an award of 2 points if any Judge awards a higher score.

7.7.7 Once all Judges have entered their awards for a dive, the Referee will (whether using electronic officiating equipment or otherwise) review the awards and, subject to resolving any issues with the awards or any scores which may not comply with the rules in this Part Five, will confirm that the awards should be recorded by the Secretaries.

7.8 The Referee will ensure that, following their signal to begin the dive, the Athlete does not receive any assistance from any person during the performance of a dive. Assistance between dives is permitted. Assistance may be in any form (e.g., direct/indirect, physical/verbal). The Referee will declare a failed dive if they consider assistance was received by the Athlete after the Referee's starting signal.

7.9 **The Referee's duties after the event:**

7.9.1 The Referee will confirm the final results of the event by their signature.

7.10 **Duties of the Assistant Referee**

7.10.1 The Assistant Referee will be a member of the Technical High Diving Committee or a delegate of the Technical High Diving Committee.

7.10.2 **The Assistant Referee will:**

7.10.2.1 observe the wind speed indicator and inform the Referee if the wind speed exceeds 40km per hour;

7.10.2.2 observe from the platform whether Armstand dives are executed correctly, and report to the Referee any restarted or failed Armstand dives;

7.10.2.3 undertake any other duties delegated or referred to them by the Referee.

8 DUTIES OF THE SECRETARIES:

8.1 Secretaries will record the Judge's awards and the results of the event, as set out in this Part Five.

8.2 **Electronic officiating equipment:**

8.2.1 If electronic officiating equipment is used, it must meet the requirements listed in Article 16.6 of this Part Five, and one (1) Secretary will record the Judge's awards and the results of the event.

8.2.2 If electronic officiating equipment is not used, two (2) Secretaries will record the Judge's awards and the results of the event.

8.2.3 References to Secretaries or a Secretary in this Article O of this Part Five are to be construed as references to one (1) or more Secretaries officiating during the event, as required in the circumstances.

8.3 In order to facilitate the scoring, a computer, a rapid calculator, or a chart may be used by the Secretaries.

8.4 Judges' awards will be announced in their seating order, and the Secretaries will record awards for each Judge, for each of the dives listed on each Athlete's Statement of Dives. When a computer and a scoreboard are in use to display the Judges' awards, the announcement of the Judges' awards is not necessary and the Secretaries may record the awards directly from the monitor.

8.5 **Calculating the points scored for each dive:**

8.5.1 When seven (7) Judges are used, the Secretaries will cancel the two (2) highest and the two (2) lowest Judges' awards. When more than two (2) of either the highest or lowest awards are equal, only two (2) of the equal awards will be cancelled (leaving five (5) remaining awards).

8.5.2 When five (5) Judges are used, the Secretaries will cancel the highest and the lowest award (if there is a tie in either the highest or lowest awards, only one of each will be cancelled), leaving three (3) remaining awards.

8.5.3 The points scored for each dive is the total of the Judges' awards, after having cancelled the relevant awards in accordance with this Article 8.5 of this Part Five.

8.6 The results of the event are determined by the Secretaries' score sheets. Where there are two (2) Secretaries used, the Secretaries will compare their score sheets at the end of the event to ensure that the scores recorded are the same. If there are any discrepancies between the two (2) score sheets, the Secretaries will resolve those discrepancies, in consultation with the Referee or Assistant Referee if required, before determining the results.

8.7 If electronic officiating equipment is in use, the Secretary will also record the awards and electronic results manually to allow a final result to be calculated in the event of electronic officiating equipment failure.

8.8 The Secretaries will provide the results of the event to the Referee for confirmation and for announcement in English (the official language of World Aquatics).

9 JUDGES

9.1 **Judging Panels will be composed as follows:**

9.1.1 Whenever available, seven (7) Judges will be used for each event. Where that is not possible, five (5) Judges will be used.

9.1.2 Whenever possible, each Judge on a Judges Panel should be affiliated to a different Member Federation.

9.2 The Referee will place the Judges on one side of the platform in use, as outlined in Article 14.3 of this Part Five.

9.3 Once assigned a seat, a Judge may not change seat unless permitted by the Referee in exceptional circumstances.

9.4 There must at all times be at least one reserve Judge available to replace a member of the Judges Panel. If a Judge is unable to continue in their role for any reason after an event has started, the Referee will replace them with a reserve Judge.

9.5 **Awards and scoring of dives by Judges:**

9.5.1 An indicator board must display both the Number and the Position of the dive to be performed, in a location that is visible to both Athletes and Judges.

9.5.2 Where available, a computer with the capacity to run High Diving competition software, approved for use by the Technical High Diving Committee, and to display each Judge's award must be used.

9.5.3 Where electronic officiating equipment is not available, the Judges must have flash cards to display their awards. These flash cards must be capable of displaying awards ranging from 0 to 10 by half points (i.e., 0.0, 0.5, 1.0, 1.5, 2.0, 2.5, etc.).

9.5.4 After each dive, on a signal given by the Referee, each Judge will immediately and simultaneously, without communicating with one another or any other person, and in a clear manner, indicate their award for the dive. When an electronic judging device is used, the Judges must instead enter their respective awards into their electronic score pads (or devices as applicable) immediately after having individually considered and evaluated the performance of the dive (without any signal from the Referee).

9.5.5 The Judges' awards must be displayed on the electronic scoreboard if one is being used. In any event, the awards (without any other information about the standing of the event) must be seen by the Judges on their electronic score pads (or other devices) when these are being used at a competition.

10 JUDGING DIVES

10.1 **General criteria for judging dives:**

10.1.1 **Each Judge will award a dive with a points score between 0 and 10 at half-point increments according to their overall impression within the following scoring ranges:**

Excellent	10
Very Good	8.5 – 9.5
Good	7.0 – 8.0
Satisfactory	5.5 – 6.5
Deficient	4.0 – 5.0
Very Deficient	2.5 – 3.5
Unsatisfactory	0.5 – 2.0
Completely failed	0

10.1.2 Judges must not be influenced by any factor other than the technique and execution of the dive. The dive must be considered without regard to preparations ahead of the starting position, the difficulty of the dive, or any movement beneath the surface of the water.

10.1.3 **The factors to be considered in judging the overall impression of a dive are the technique, grace, execution, and completion of the following elements of the dive:**

10.1.3.1 starting position;

10.1.3.2 take-off;

10.1.3.3 flight; and

10.1.3.4 entry.

10.1.4 When a dive is performed in any Position other than that announced, the dive will be deemed unsatisfactory. The highest award for such a dive is 2 points.

10.1.5 When a dive is partially performed in a Position(s) other than that announced, each Judge will reduce their award by any number of points, according to their opinion.

10.1.6 When a dive is attempted, but not properly performed, in any of the Straight (A), Pike (B), Tuck (C), or Free (D) Position, each Judge will reduce their award by between 0.5 and 2 points, according to their opinion.

10.1.7 When a Judge considers that a dive of a different Number has been performed, they will award 0 points, whether or not the Referee has declared it to be a failed dive.

10.1.8 When an Athlete touches the platform during the flight with their feet or hands, the Judges will reduce their award by any number of points, according to their opinion.

10.2 **The starting position:**

10.2.1 The Athlete must take their starting position once the signal to do so is given by the Referee.

10.2.2 The starting position in standing dives is assumed when the Athlete stands at the front edge of the platform.

10.2.3 The starting position in running dives is assumed when the Athlete is ready to take the first step of the run.

10.2.4 The starting position in Armstand dives is assumed when both hands are on the front edge of the platform and both feet are off the platform, moving to a straight vertical Armstand position (hands on the platform, body and legs vertical and straight in the air, perpendicular to the platform).

10.2.4.1 During an Armstand dive, if: (a) the Athlete is unable to hold a stationary and steady balance in the straight vertical Armstand position, or (b) the hands lose contact with the platform during the starting position or take-off, each Judge will reduce their award by between 0.5 and 2 points, according to their opinion.

10.2.5 The Referee will (or may) declare a restart before the take-off in the circumstances set out in Article 7.7.1 of this Part Five.

10.3 **The take-off:**

10.3.1 The take-off is the part of the dive where the Athlete moves from the starting position and leaves the platform.

10.3.2 The take-off must be performed as follows:

10.3.2.1 The take-off in Forward dives may be either from a standing position or running approach, at the Athlete's discretion.

10.3.2.2 The take-off in Back, Reverse and Inward dives must be performed from a still, standing position from both feet.

10.3.2.3 The take-off in in Armstand dives must be performed from the Armstand Position (as described at Article 10.2.4 of this Part Five).

10.3.3 The take-off must be balanced, powerful, and must cause the Athlete to achieve an appropriate horizontal distance away from the platform.

10.3.4 If a Judge considers that the take-off is not balanced, powerful, or does not result in an appropriate horizontal distance to the platform, each Judge will reduce their award by between 0.5 and 2 points, according to their opinion.

10.3.5 In dives containing a twist, the twisting must not begin while the Athlete is still on the platform. If the twisting begins while the Athlete is still on the platform, each Judge will reduce their award by between 0.5 and 2 points, according to their opinion.

10.3.6 If an Athlete crow-hops during the take-off in any dive from a standing and backwards-facing position (of any Group), each Judge will reduce their award by between 0.5 and 2 points, according to their opinion. A crow-hop takes place where one or both feet lift from the platform prior to the take-off.

10.4 **The flight:**

10.4.1 The flight is the part of the dive after the take-off and up to the entry.

10.4.2 The flight of a dive must be carried out in a straight vertical line outwards from the platform, perpendicular to the water's surface. If the flight is not in a straight vertical line, each Judge will reduce their award, according to their opinion.

10.4.3 In dives containing a twist, the twist may be performed at any time during the flight (no matter the Position(s) the dive is executed in).

10.4.4 **The dive may be executed in the following Positions:**

10.4.4.1 **Straight (A):**

10.4.4.1.1 The body must be in one straight line with legs extended and not bent either at the knees or hips. The feet must be kept together and the toes pointed. The position of the arms is at the Athlete's discretion (arms may be straight or bent).

10.4.4.1.2 Should the Straight Position not be performed as described, each Judge will reduce their award by between 0.5 and 2 points, according to their opinion.

10.4.4.1.3 In dives containing at least one (1) back or reverse somersault in the Straight Position, the Straight Position must be held for at least 270 degrees (¾ of a somersault). If a Judge considers that this requirement is not met, the Judges will award 0 points for that dive, whether or not the Referee has declared it to be a failed dive.

10.4.4.2 **Pike (B):**

10.4.4.2.1 The body must be bent at the hips with the legs kept straight at the knees. The feet must be kept together and the toes pointed. The Position of the arms is at the Athlete's discretion.

10.4.4.2.2 Should the Pike Position not be performed as described, each Judge will reduce their award by between 0.5 and 2 points, according to their opinion.



These diving illustrations serve as a guide only and the position of the arms is at the choice of the athlete except in the entry.

10.4.4.3 Tuck (C):

10.4.4.3.1 The body must be compact, bent at the knees and hips, with the knees and feet close together within the bodyline of the shoulders. The hands must be on the lower part of the legs and the toes pointed.

10.4.4.3.2 Should the Tuck Position not be performed as described, each Judge will reduce their award by between 0.5 and 2 points, according to their opinion.



These diving illustrations serve as a guide only and the position of the arms is at the choice of the athlete except in the case of the hands in the tuck and the entry.

10.4.4.4 **Free (D):**

10.4.4.4.1 The Free Position means any combination of Positions A (Straight), B (Pike) and C (Tuck).

10.4.4.4.2 The Athlete may choose which combination of Positions to perform, and otherwise the Athlete may choose the position of their body during the flight, except that the legs must be together and the toes pointed at all times.

10.4.4.4.3 Should the Free Position not be performed as described, each Judge will reduce their award by between 0.5 and 2 points, according to their opinion.

10.4.4.5 **Three Positions (E):**

10.4.4.5.1 During the dive all three Positions (A, B and C) must be performed. The Straight Position (A) must be performed as the second Position.

10.4.4.5.2 Should the Positions not be performed as described, each Judge will reduce their award by between 0.5 and 2 points, according to their opinion.

10.4.5 **Flying action:**

10.4.5.1 A flying action is a movement within the flight of a dive in which the Straight Position is assumed, followed by a transition to a Pike or Tuck Position. The Straight Position must be assumed immediately after the take-off and held for at least one-quarter of a somersault (90 degrees).

10.4.5.2 If a Judge considers that during a flying action:

10.4.5.2.1 the Straight Position is not assumed immediately after the take-off, that Judge will award a maximum of 4.5 points for that dive, whether or not the Referee has declared a maximum of 4.5 points; and/or

10.4.5.2.2 the Straight Position is not held for at least one-quarter of a somersault (90 degrees), that Judge will award a maximum of 4.5 points for that dive, whether or not the Referee has declared a maximum of 4.5 points.

10.4.6 When an Athlete performs a dive with:

10.4.6.1 a break of Position during the flight, each Judge will award a maximum of 4.5 points for that dive, whether or not the Referee has declared a maximum of 4.5 points for the dive;

10.4.6.2 changes Position at or immediately before the entry, each Judge will reduce their award by between 0.5 and 3 points, according to their opinion.

10.4.7 **Unsafe or potentially unsafe dives:**

10.4.7.1 If the Referee declares the dive to be unsafe (with a maximum award of 2 points) pursuant to Article 7.7.6 of this Part Five, each Judge will award between 0 and 2 points for the dive, according to their opinion.

10.4.7.2 If a Judge considers that an Athlete has touched the platform during a dive or is otherwise unsafely close to the platform, that Judge will, whether or not the Referee has declared the dive to be unsafe: (a) award a maximum of 2 points for the dive, and (b) indicate to the Referee, using electronic scoring equipment (or if that is not in use, by raising one hand) that they are awarding that score because they considered the dive to be unsafe.

10.4.7.3 If the majority of the Judges (i.e., at least three (3) in a five (5) Judge Panel or at least four (4) in a seven (7) Judge Panel) indicate to the Referee that the dive was unsafe, any remaining scores higher than 2 points will be reduced by the Secretaries to a maximum of 2 points.

10.5 **The entry:**

10.5.1 The entry is the point at which the Athlete enters the water. At entry, the Athlete's body must in all cases be vertical (perpendicular to the water's surface) and straight, not bent or twisted and with the feet kept together.

10.5.2 When the entry is not as described, each Judge will reduce their award by, according to their opinion.

10.5.3 At entry, the Athlete's arms must be alongside the body below the navel. If a Judge considers that the Athlete has one or both arms held above the shoulder line on entry, that Judge will award a maximum of 4.5 points for the dive, whether or not the Referee has declared a maximum of 4.5 points.

10.5.4 Other than as provided in Article 10.5.3 of this Part Five, if one or both arms are not in the correct position (other than being above the shoulder line), each Judge will reduce their award by between 0.5 and 2 points, according to their opinion.

10.5.5 When a Judge considers that, at entry, the twist completed is greater or less than that announced by 90 degrees or more, the Judge will award 0 points for that dive, whether or not the Referee has declared it to be a failed dive.

10.6 The dive and its judgment is considered complete when the Athlete's whole body is completely under the surface of the water.

10.7 Once the Athlete returns to the surface of the water they should, if appropriate, signal to the safety divers that they are safe with a clear hand signal.

11 SUMMARY OF THE PENALTIES

11.1 **Mandatory failed dives and 0 points:**

Article	Fault
7.6.7	If an Athlete does not perform their dive one (1) minute or more after the Referee has given warning.
7.6.6 and 7.6.7	If an Athlete refuses to or fails to perform a dive.
7.7.5.1	If an Athlete has performed a dive of a Number other than that announced.
7.7.5.2	If in dive containing at least one (1) back or reverse somersault in the Straight Position, the Straight Position is shown for less than 270 degrees (¾ of a somersault).
7.7.5.3	If a dive with a twist is completed at entry with 90 degrees rotation more or less than announced.
7.8	If an Athlete receives assistance during the performance of a dive (after the Referee's starting signal).
7.7.5.4	When a second restart (a third attempt) at a dive is unsuccessful.

11.2 **Referee to declare "2 points deduction":**

Article	Fault
7.7.1.1	If there is a restart in a standing, running, or Armstand dive.

11.3 **Referee to declare "4 points deduction":**

Article	Fault
7.7.1.2	If there is a second restart (a third attempt) in a standing, running, or Armstand dive.

11.4 **Referee to declare "2 points maximum":**

Article	Fault
7.7.2	If an Athlete performs a dive in a Position other than that announced.
7.7.6.2	If an Athlete is unsafely close to the platform or touches the platform with the head.

11.5 **Referee to declare "4.5 points maximum":**

Article	Fault
7.7.4.1	If a dive is performed with a break of Position during the flight.
7.7.4.2	If the Straight Position in a dive with flying action is not shown for at least 90 degrees.
7.7.4.3	If an Athlete had one or both arms above the shoulder at the entry.

11.6 **Judges to award 0 points:**

Article	Fault
10.1.7	If a dive of a different Number was executed.
10.5.5	If a twist is greater or less than that announced by 90 degrees or more.
10.4.4.1.3	If in a back or reverse somersault in the Straight Position, the Straight Position is shown for less than 270 degrees (¾ of a somersault).

11.7 **Judges to award a maximum of 2 points:**

Article	Fault
10.4.7.1	If an Athlete is unsafely close to the platform or touches the platform with the head.
10.1.4	If a dive is performed in a Position other than that announced.

11.8 **Judges to award a maximum of 4.5 points:**

Article	Fault
10.4.5.2.1	If in a dive with a flying action, the Straight Position is not assumed immediately after the take-off.
10.4.5.2.1	If in a dive with a flying action, the Straight Position is not held for at least one-quarter of a somersault (90 degrees)
10.4.6.1	If a dive is performed with a break of Position during the flight.
10.5.3	If the arms are above the shoulder line at the entry.

11.9 **Judges to reduce their award by between 0.5 and 2 points:**

Article	Fault
10.2.4.1	If in an Armstand dive, the Athlete is unable to hold a stationary and steady balance in the straight vertical Armstand position.
10.3.4	If the take-off is not balanced, powerful or does not result in an appropriate horizontal distance to the platform.
10.3.5	If in a twist, the twisting begins while the Athlete is still on the platform.
10.3.6	If in any dive from a standing and backwards-facing position, there is a crow-hop.
10.4.4.1.2 and 10.1.6	If the Straight Position is not shown as prescribed, or not performed properly.
10.4.4.2.2 and 10.1.6	If the Pike Position is not shown as prescribed, or not performed properly.
10.4.4.3.2 and 10.1.6	If the Tuck Position is not shown as prescribed, or not performed properly.
10.4.4.4.3 and 10.1.6	If the Free Position is not shown as prescribed, or not performed properly.
10.4.4.5.2 and 10.1.6	If the Three Positions are not shown as prescribed, or not performed properly.
10.5.4	If the arms are not in the correct position at the entry (other than as prescribed in Article 10.5.3).

11.10 **Judges to reduce their award by between 0.5 and 3 points:**

Article	Fault
10.4.6.2	If the Athlete changes Position at or immediately before entry.

11.11 **Judges to reduce their award (by an unspecified amount, according to their opinion)**

Article	Fault
10.1.5	If a dive is performed partially in a Position(s) other than that announced.
10.1.8	If an Athlete touches the platform during the flight with the feet or hands.
10.4.2	If the flight is not performed in a straight vertical line.
10.5.2	If the entry is not performed as described (in Article 10.5.1: vertical and straight, not bent or twisted, with the feet together).

12 AGE GROUP RULES

12.1 **General age group provisions:**

12.1.1 Unless otherwise stated in this Article 12 of this Part Five, the rules in this Part Five apply to High Diving in junior age group (Age Group A and Age Group B) events, as well as in senior events.

12.1.2 The junior age groups (Age Group A and Age Group B) are the same in both sexes (men/women, boys/girls).

12.1.3 Where this Part Five refers to age or age groups, age is determined by the age of the Athlete on 31 December on the year of the start date of the competition in which they are competing.

12.2 **Age Group A events (ages 17 – 19):**

12.2.1 will be performed from a 15 metre platform;

12.2.2 will comprise four (4) different dives from at least three (3) Groups:

12.2.2.1 two (2) dives with a maximum Degree of Difficulty of 2.5 (if the Degree of Difficulty of either of these dives is lower than 2.5, then the assigned or calculated Degree of Difficulty for that dive Number will be used. If the Degree of Difficulty of either of these dives is 2.5 or higher, then 2.5 will be used as the Degree of Difficulty regardless of the usual Degree of Difficulty for the dive performed);

12.2.2.2 two (2) dives with any Degree of Difficulty;

12.2.2.3 at least one (1) of the four (4) dives must include a Barani; and

12.2.2.4 at least one (1) of the four (4) dives must include a back or reverse rotating entry.

12.3 **Age Group B events (ages 15 – 16):**

12.3.1 will be performed from a 15 metre platform;

12.3.2 will comprise four (4) different standing (not Armstand) dives from at least two (2) Groups:

12.3.2.1 two (2) dives with a maximum Degree of Difficulty of 2.5 (if the Degree of Difficulty of either of these dives lower than 2.5, then the assigned or calculated Degree of Difficulty for that dive Number will be used. If the Degree of Difficulty of either of these dives is 2.5 or higher, then 2.5 will be used as the Degree of Difficulty regardless of the usual Degree of Difficulty for the dive performed);

12.3.2.2 two (2) dives with any Degree of Difficulty;

12.3.2.3 at least one (1) of the four (4) dives must include a Barani; and

12.3.2.4 at least one (1) of the four (4) dives must include a back or reverse rotating entry.

12.4 **Specific rules for the World Aquatics Junior High Diving Championships:**

12.4.1 The World Aquatics Junior High Diving Championships will, whenever possible subject always to World Aquatics' discretion, be held every two years for both Age Group A and Age Group B.

12.4.2 Each Member Federation is entitled to enter a maximum of three (3) Athletes in each event, per age group.

12.4.3 Athletes must only compete in the age group matching their individual age.

12.4.4 Each event will comprise one, final stage. The programme schedule must be approved by the Bureau, upon recommendation of the Technical High Diving Committee.

12.4.5 If available, a Judges Panel of seven (7) Judges will judge each dive. If seven (7) Judges are not available, a Judges Panel of five (5) Judges will judge each dive.

12.4.6 As per the general rule for High Diving events, each event will be conducted in two (2) sessions across a period of two (2) days or three (3) days.

13 REGISTRATIONS AND SPORTS ENTRIES

13.1 At the World Aquatics Championships, each Member Federation may enter a maximum of three (3) Athletes in each of the men's and the women's events.

13.2 The Bureau will determine and publish the principles and system of qualification for High Diving events at the World Aquatics Championships and other World Aquatics Events.

14 HIGH DIVING FACILITIES AND EQUIPMENT

14.1 **General requirements for High Diving facilities at World Aquatics Events:**

14.1.1 High Diving should wherever possible take place in a controlled environment with purpose-built fabricated towers and pools for diving.

14.1.2 Where purpose-built towers and pools are not used, High Diving may be performed from fabricated platforms on existing buildings or natural cliff faces into open water (sea, lakes or rivers etc.), subject to prior approval from World Aquatics.

14.1.3 Wherever possible, the pool should be rectangular. Temporary round pools, or other pools in natural environments, may be used in special circumstances, subject to prior approval from World Aquatics and the Technical High Diving Committee.

14.1.4 The dimensions for High Diving facilities, as set out in this Article 14 of this Part Five and in Appendices 2 and 3 must be observed, subject to Article 14.1.5 of this Part Five. Dimensions should be measured and referred to in metres.

14.1.5 The dimensions for facilities at a High Diving event may be adjusted for a particular competition, where necessary in the location and circumstances, subject to prior consultation with and approval by the Bureau.

14.1.6 High Diving facilities are only for the use of expert Athletes, they are not suitable for public use. Management Committees, local authorities, venue managers and others with responsibility for High Diving facilities and/or equipment must ensure that security guards and/or lockable structures or gates are in place to prevent any unauthorised persons climbing or otherwise using the High Diving towers.

14.1.7 All High Diving facilities and equipment must be inspected and approved by the World Aquatics Technical Delegate and a member of the Technical High Diving Committee no later than 120 days prior to the start date of the competition, to ensure compliance with the requirements in this Part Five. For the avoidance of doubt, this requirement applies to all facilities and equipment for each World Aquatics Event, including those held at newly constructed facilities (which, wherever possible, should seek prior approval from the World Aquatics Technical Committee or its delegate on the design of such new facilities).

14.2 **High Diving platforms:**

14.2.1 Each platform must be rigid and horizontal (parallel to the water's surface).

14.2.2 The dimensions of the platform for each platform height (including heights used in practice sessions) must be:

Platform	Width	Length
3m	2.00m (1.50m*)	5.00m (2.0m *)
5m	2.00m (1.50m *)	5.00m (2.0m *)
7.5m	2.00m (1.50m *)	5.00m (2.0m *)
10m	2.00m (1.50m *)	5.00m (2.0m *)
Between 10.01m and 19.99m (including 11m, 12m and 15m)	2.00m (1.50m *)	5.00m (2.0m *)
20m	2.00m	5.00m
Between 20.01m and 26.99m	2.00m (1.50m *)	5.00m (2.0m *)
27m	2.00m	5.00m

* Accepted for World Aquatics Events other than the World Aquatics Championships and High Diving World Cup events.

14.2.3 The thickness of the front edge of the platform must not exceed 0.2 metres and may be vertical or inclined at an angle not greater than 10 degrees to the vertical inside the plummet line (which is a vertical line, perpendicular to the water's surface, extending through the centre of the front edge of the platform).

14.2.3.1 The entire surface of all platforms must be covered with slip-resistant material that must have a tread pattern that provides sufficient friction in wet and dry conditions such that the Athletes do not slip when performing dives in all directions.

14.2.3.2 If a surface material which has not previously been approved by World Aquatics is proposed for use at a competition, a physical sample must be sent to the Technical High Diving Committee for testing and approval before it can be used.

14.2.3.3 Terracotta is the preferred colour of the platform surface material. Black, white and blue coloured surface materials are not permitted.

14.2.3.4 The colour of the carpet on the pool deck must not be blue. Grey is preferred.

14.2.4 The back and sides of each platform must be surrounded (on three sides) by handrails up to 1 metre from the edge of the platform with a minimum clearance of 1.8 metres between vertical pairs. The minimum height of those handrails must be 1 metre, and they must be accompanied by at least two horizontal crossbars placed outside the platform beginning 1 metre from the front edge of the platform.

14.2.5 Each platform must be accessible by suitable slip-resistant stairs (not ladders), and must also meet local building regulations and or health and safety standards that are applicable.

14.2.6 It is preferred that a platform is not constructed directly under any other platform, however in circumstances where this cannot be avoided then the dimensions must be as set out in Appendix 2.

14.2.7 The platform must be a concrete, steel or other rigid material construction as approved by World Aquatics:

14.2.7.1 The longitude and latitude movement/oscillation allowance for the entire tower structure must be 2.7 cm (1/1000 from 27m).

14.2.7.2 The maximum wind speed for the tower oscillation stability is 54km/hour (banners will affect stability).

14.2.7.3 The downward flex at the diving end of the platform must not exceed 2-3mm and must be approved by the relevant local authority/authorities.

14.2.8 In addition to the other requirements set out in this Part Five, High Diving platforms designed and constructed after 31 December 2017 must also meet the minimum dimensions detailed in Appendix 2 and (if applicable) Appendix 4.

14.2.9 Where possible the platforms should face north in the northern hemisphere and south in the southern hemisphere.

14.2.10 **Water temperature:**

14.2.10.1 In open water venues, the water temperature must not be lower than 18 degrees Celsius.

14.2.10.2 Wherever possible, the water temperature should be not less than 26 degrees Celsius when using an artificial pool.

14.2.11 A certificate of suitability for use of the venue must be issued by the appropriate local health and safety authorities. The certification must also confirm that the water quality is sufficient for human use (diving and swimming).

14.2.12 Surface agitation must be provided by a strong horizontal water spray and the scuba divers must also provide additional splash when necessary. The water spray must not be mounted higher than 1.50m above the water level. The water spray should be strong and provide foamy white water for better visibility for the athletes. The spray or the foam must be strong enough to cover the landing area.

14.2.13 If the wind speed exceeds 40km per hour then the Referee will decide if the competition can continue or must be paused until the wind speed falls to or below 40km per hour. A transportable air speed indicator must be available for use on all platforms being used in events on platforms 20m or higher (20m and 27m).

14.2.14 If lightning strikes within 3km of the High Diving facilities then the training or the competition must be suspended until the storm distance is further than 3km away from the High Diving facilities.

14.3 **Judges' seating:**

14.3.1 The Judges must sit side by side in two lines on one side of the platform, with the sunlight to their back or above them. In indoor facilities and special circumstances, the Referee may decide that the Judges are placed on both sides of the platforms.

14.3.2 No Judge will be seated behind the front edge of the platform.

14.3.3 The Judges must be seated at a distance between thirty (30) metres and forty (40) metres from the entry point of the platforms, and in a position elevated between three (3) and six (6) metres above the water level. Special local circumstances may influence the position of the Judges.

15 SAFETY REQUIREMENTS

15.1 In addition to the medical and safety requirements set out in Part One, the following safety and emergency rescue requirements apply in High Diving.

15.2 **Safety and emergency rescue requirements:**

15.2.1 As set out in this Part Five, safety and emergency rescue requirements vary between venues, to take into consideration the different facilities in High Diving (natural surroundings with open water, temporary or permanent facilities with artificial pools and clear water and line of site of the pool).

15.2.2 Safety personnel and equipment as required by this Article 15 of this Part Five must be appointed and/or recommended by the LOC and must be approved by World Aquatics prior to the event.

15.2.3 The minimum safety and emergency rescue requirements for competitive events and training at different High Diving facilities are as set out in the table immediately below:

	Facilities with open water		Temporary facilities with artificial pool (*H)		Permanent facilities	
	Training	Competition	Training	Competition	Training	Competition
Medical staff						
Doctors (*A)	1 to 2	2	1 to 2	2	-	2
Staffed ambulance	1	2	1	2	(*B)	1 to 2
Designated hospital (*C)	1	1	1	1	1	1
Safety Team						
Safety captain	1	1	1	1	2 (*D)	1 (*E)
Scuba diver	1	1	(*F)	1 (*F)		1 (*F)
Apnea swimmer	3	3	2	2		2 (*E)
Reserve apnea sw.	2 to 3	2 to 3	1 to 2	2		1 to 2 (*E)
Rescue equipment						
Rescue boats	2	2	2	2	-	2
Spinal boards	2	2	2	2	2	2
Stiff neck collars	5	5	5	5	5	5
Defibrillators	2	2	2	2	2	2
Oxygen tanks	2	2	2	2	2	2
Blankets	4 to 5	4 to 5	4 to 5	4 to 5	4 to 5	4 to 5
First aid kit	1	1	1	1	1	1
For recovery						
Ice baths (*G)	2	2	2	2	2	2

Footnotes:

(*A) Doctors must have the knowledge and ability to treat trauma injuries.

(*B) A staffed ambulance on alert within 15 minutes travel of the venue.

(*C) A designated hospital on alert with orthopaedic surgery facilities.

(*D) For all High Diving training sessions from heights ranging from 10m up to 27m, in permanent High Dive facilities with a constructed pool, clear water and line of site to the bottom of the pool, it is recommended that at least two (2) lifeguards should be dedicated to the High Diving pool and a third lifeguard on duty and available to be called in to assist via radio, verbal call or via hand signals. The two (2) lifeguards at the High Dive Pool should be stationed as close the pool edge as possible to minimize the response time in case of emergency. It is recommended that pool management conduct regular deep water rescue rehearsals. In accordance with Article 15.3 of this Part Five, World Aquatics, the Technical High Diving Committee (or the delegate(s) of either) may determine if any other requirements are necessary ahead of any session taking place.

(*E) LOCs may use qualified local staff (as opposed to staff approved and/or specified by World Aquatics) to address part of, or all of these safety requirements.

(*F) Scuba divers are mandatory in open water facilities. In other facilities (temporary with an artificial pool, or permanent), scuba safety diver(s) are not required, unless specified by the water safety captain.

(*G) Minimum width 0.8 m, length 1.2 m, depth 1 m, 14 °C water tubs.

(*H) A temporary platform constructed in a permanent facility will be subject to the safety requirements for permanent facilities.

15.3 In accordance with Article 15.2 of this Part Five, the requirements set out above are minimum requirements. World Aquatics, the Technical High Diving Committee or the delegate(s) of either may determine that additional safety and/or emergency rescue requirements must be met at any competition (whether during an event or training), including:

15.3.1 requiring that increased medical or safety measures or personnel be implemented, for example when the water is not clear; and/or

15.3.2 **requiring the use of lifeguards.**

15.4 Location of the Field of Play First Aid Treatment Area:

15.4.1 Every competition must have a designated Field of Play Medical Station at the venue:

15.4.1.1 Due to the outdoor nature of High Diving, it may happen that the Field of Play Medical Station is not within the Field of Play or directly next to it, but in each case it should be as close to the Field of Play as is reasonably possible given the geography and circumstances of the venue.

15.4.1.2 For example, the Field of Play Medical Station may be a medical boat in an open water environment, or on a temporary platform close to where the Athletes exit the water.

15.4.1.3 In indoor and controlled environments, the Field of Play Medical Station is usually easier to set up and therefore must be clearly labelled and be within or easily accessible from the Field of Play.

15.4.1.4 The staffed ambulance(s) required (pursuant to Article 15.2.3 of this Part Five) must also be easily accessible from the Field of Play Medical Station, whether it be by road, boat, or helicopter.

16 WATER SAFETY TEAM, STANDARD PROCEDURE FOR EACH DIVE

16.1 The water safety team is, dependent on the facilities at the venue and as required by Article 15.2.3 of this Part Five, comprised of:

16.1.1 **A safety captain, located on the pool deck or in a boat close to the pool, responsible for:**

16.1.1.1 overseeing the safety team and the implementation of safety requirements in the water;

16.1.1.2 conducting safety briefings and monitoring conditions in the water prior to and during training and competition; and

16.1.1.3 enforcing safety requirements as required, including coordinating between Technical Officials, Athletes, the safety team and/or emergency responders.

16.1.2 **Apnea swimmer(s) (including reserve apnea swimmers where in the water in place of apnea swimmers), who will:**

16.1.2.1 be trained in apnea (breath holding) techniques;

16.1.2.2 be located in or close to water; and

16.1.2.3 if required, assist Athletes after entry and the completion of their dive; and

16.1.3 **Scuba diver(s), who will:**

16.1.3.1 be located in the water to monitor Athlete's safety on and after entry and the completion of their dives;

16.1.3.2 if required, assist Athletes after their entry, with regard to safety; and

16.1.3.3 be equipped with appropriate scuba equipment for diving underwater at the venue in question.

16.2 **Members of the water safety team in the water during High Diving events (both during competition and training) are required to:**

16.2.1 determine and position themselves in reasonable positions close to the Athlete's anticipated point of entry for each dive;

16.2.2 between dives, return as quickly as possible to their assigned position after any action where they have moved;

16.2.3 find reference points around the competition area in order to ensure they are in the right location;

16.2.4 be aware of any currents (particularly in open water) that could pull them out of position;

16.2.5 regularly look up to the platform and be constantly aware of when the Athletes are planning to dive;

16.2.6 observe Athletes, in particular to observe signals from Athletes that safety team members should move closer or further away from the point of entry with hand signals;

16.2.7 wherever possible, observe the whole of each dive and, as soon as the Athlete hits the water, dive down to approximately 3 metres in the direction of the Athletes and observe and assess the condition of the Athlete;

16.2.8 if the water safety team (or a member thereof) considers that an Athlete requires assistance, they will assist the Athlete;

16.2.9 accompany the Athlete up to the surface of the water; and

16.2.10 once the Athlete reaches the surface of the water and signals that they are safe, (by a clear hand signal or otherwise), the water safety team members return to their starting position without delay and look back up at the platform for the next dive.

16.3 **Hazardous entry:**

16.3.1 If the Referee considers that the Athlete's entry is hazardous or that the Athlete's safety upon or after entry may be at risk, the Referee will announce (on the emergency channel on the radio, if in use during the event), "*bad landing*".

16.3.2 Where the Referee announces a bad landing, the water safety captain must signal to the water safety team with a loud whistle or with a hand signal. The water safety team will proceed to assist the Athlete as necessary and/or appropriate in the circumstances, which may include:

16.3.2.1 immediately securing the Athlete on a spinal board with a stiff neck collar;

16.3.2.2 if the Athlete is unable to breath, turning the Athlete on their back and keeping their nose and mouth entirely clear of the water;

16.3.2.3 keeping the Athlete on a spinal board while still in the water and only thereafter transferred onto land (deep water spinal injury management);

16.3.2.4 taking the Athlete to the Field of Play Medical Area or ambulance without delay; and/or

16.3.2.5 if appropriate, concluding that the Athlete is safe and that further steps are not necessary.

16.3.3 If the Athlete is taken to the Field of Play Medical Area or ambulance (and/or if otherwise appropriate), the doctor will decide whether further treatment is necessary or appropriate. Such treatment may occur in the competition area or after transportation to a hospital. It is highly unlikely that the doctor will allow the Athlete to continue competition after a bad landing.

16.3.4 A World Aquatics representative or delegate will, wherever possible, travel with any Athlete transported to hospital following a hazardous entry.

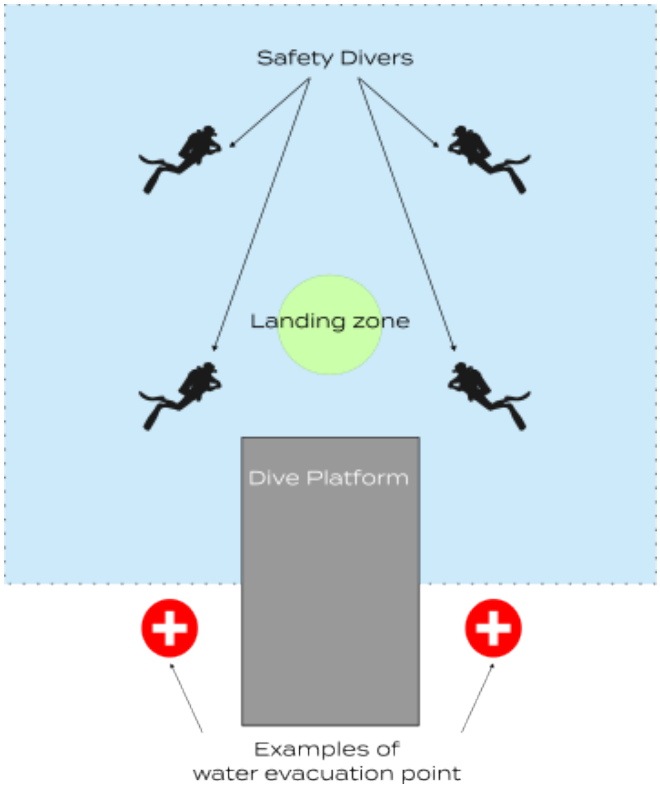
16.3.5 Even without a hazardous entry, an Athlete may sustain a serious injury or even be knocked unconscious. The water safety team and medical team will provide assistance as required, whether or not the entry is hazardous or announced as such by the Referee.

16.3.6 Athletes may consult with medical professionals on site at any point during a competition (including training and during events), for any reason, including as to whether it is medically responsible to continue with the competition.

16.3.7 Athletes may inform the Referee at any time that they wish to withdraw from the competition.

16.4 **Rescue Map:**

16.4.1 A clear evacuation path – which may vary at each event location - must be clearly known by the water safety team. An example is set out in the diagram immediately below.



16.5 **Dry-land facilities:**

16.5.1 For the safety, practice and development of the Athletes and competition organisers, it is strongly recommended (but not mandatory) that the following dry-land facilities be incorporated at the venue and placed adjacent to the competitive High Diving competition area:

16.5.1.1 1 x trampoline, Olympic standard, length 5.2 m, width 3.05 m, height 1.15 m.

16.5.1.2 4 x foam crash mats, minimum length 1.4 m, width 1.0 m, height 0.25 m.

16.5.1.3 2 x somersault boxes, minimum length 1.0 m, width 1.0 m, height 0.3 m.

16.5.1.4 25 x exercise mats, length 1.8 m, width 0.5 m, height 0.02 m.

16.5.1.5 5 x spinning bikes.

16.6 **Electronic officiating equipment for High Diving:**

16.6.1 Where electronic officiating equipment is in use, it will be used to record the Judges' award for each Athlete and determine the final score for each dive.

16.6.2 Where electronic officiating equipment is used, it must be able to:

16.6.2.1 Record Judges' awards by whole and half points.

16.6.2.2 Be able to display all recorded and calculated information for each Athlete's dive, both before and after each dive.

16.6.2.3 Be able to display the scores for all Athletes before and after each dive.

16.6.2.4 Be able to display the rank order and scores for all Athletes after each round of dives, and at the conclusion of each session and event.

16.6.2.5 Enable Judges to enter their award and to see their award on a screen on the device. After the Referee has accepted the Judges' awards, all awards must be displayed on each device.

16.6.3 The Referee will be provided with a monitor on which they will be able to view the awards of all the Judges prior to the awards then being displayed on the score board and, preferably, with video footage to observe the Athletes' performance if needed.

16.6.4 **At all events, printed information regarding the scores in the event must be made available to Athletes or their representatives. Such information may include:**

16.6.4.1 The draw for the diving order.

16.6.4.2 A start list for each session or event.

16.6.4.3 A ranking of dives at the end of each round.

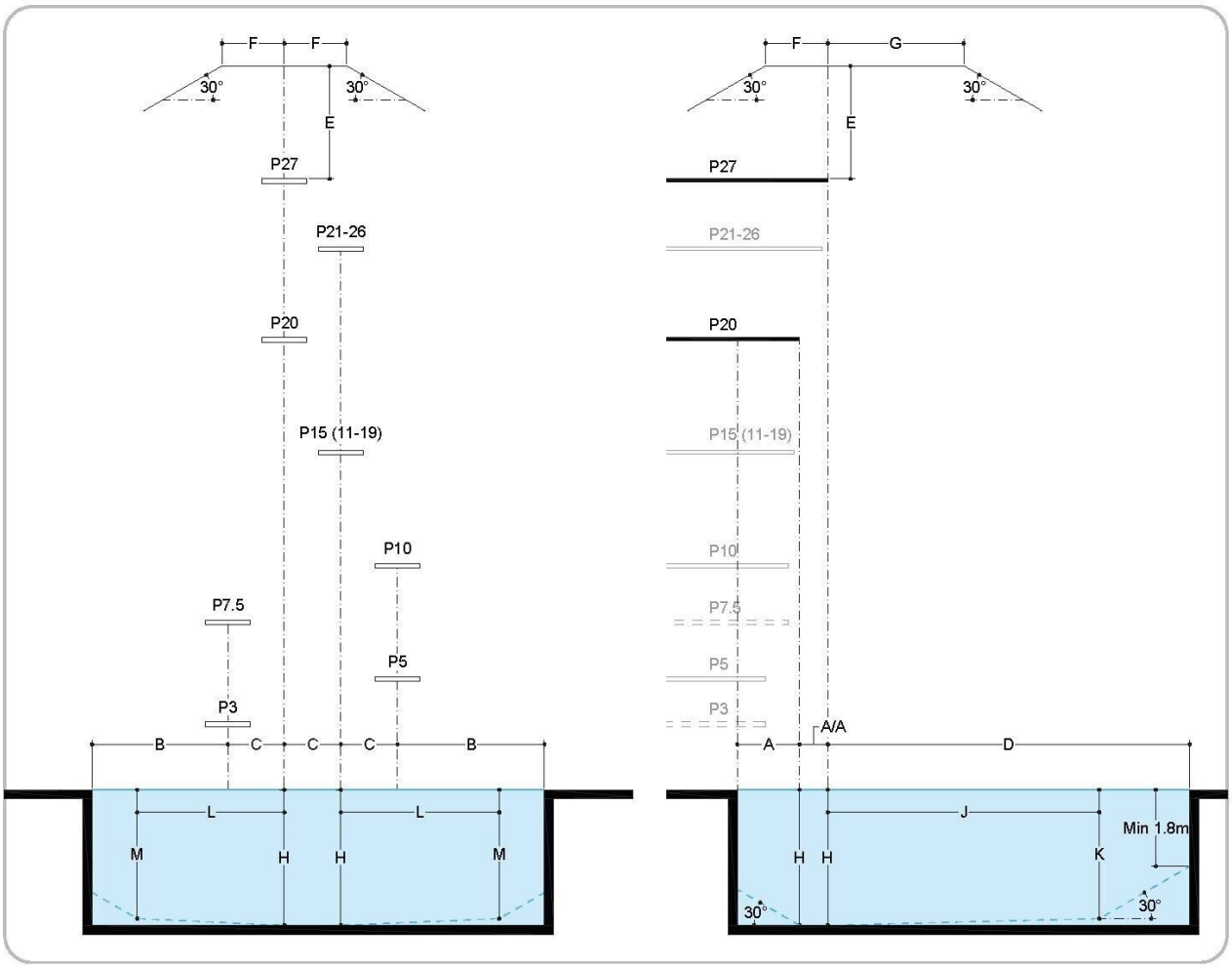
16.6.4.4 A ranking of dives at the end of each event.

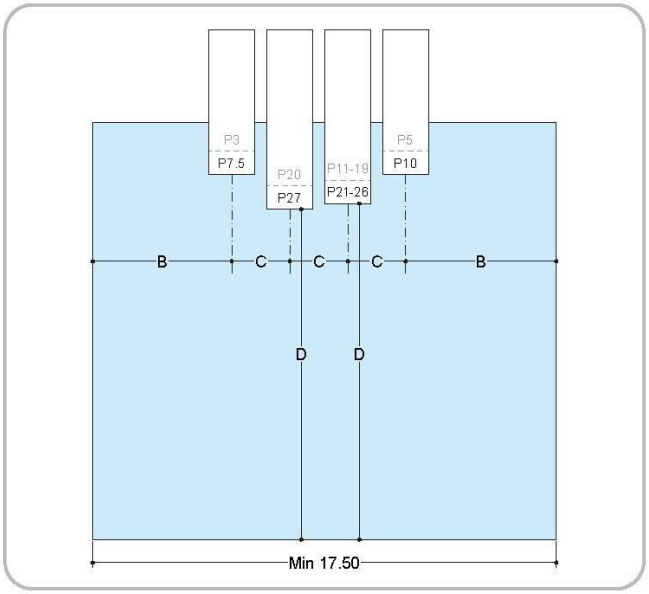
16.6.4.5 Judges' awards and scores for each Athlete at the end of each session and event.

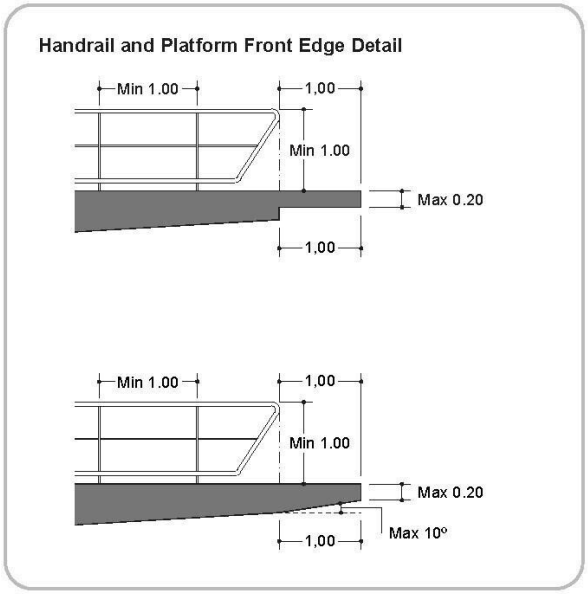
17 APPENDICES

17.1 APPENDIX 1 – DIAGRAM OF GENERAL STANDARD FACILITIES 199
17.2 APPENDIX 2 – REQUIRED FACILITY DIMENSIONS 200
17.3 APPENDIX 3 – DIAGRAM OF A TEMPORARY ROUND POOL 201
17.4 APPENDIX 4 – TABLE OF DIMENSIONS FOR TEMPORARY ROUND POOLS REQUIREMENTS FOR FACILITIES CONSTRUCTED AFTER 31ST DECEMBER 2017 202
17.5 APPENDIX 5 – DIAGRAM OF OF GENERAL STANDARD FACILITIES COMBINED WITH DIVING FACILITIES 203
17.6 APPENDIX 6 – FORMULA AND COMPONENTS OF DEGREE OF DIFFICULTY 204

17.1 APPENDIX 1 – DIAGRAM OF GENERAL STANDARD FACILITIES







17.2 APPENDIX 2 – REQUIRED FACILITY DIMENSIONS

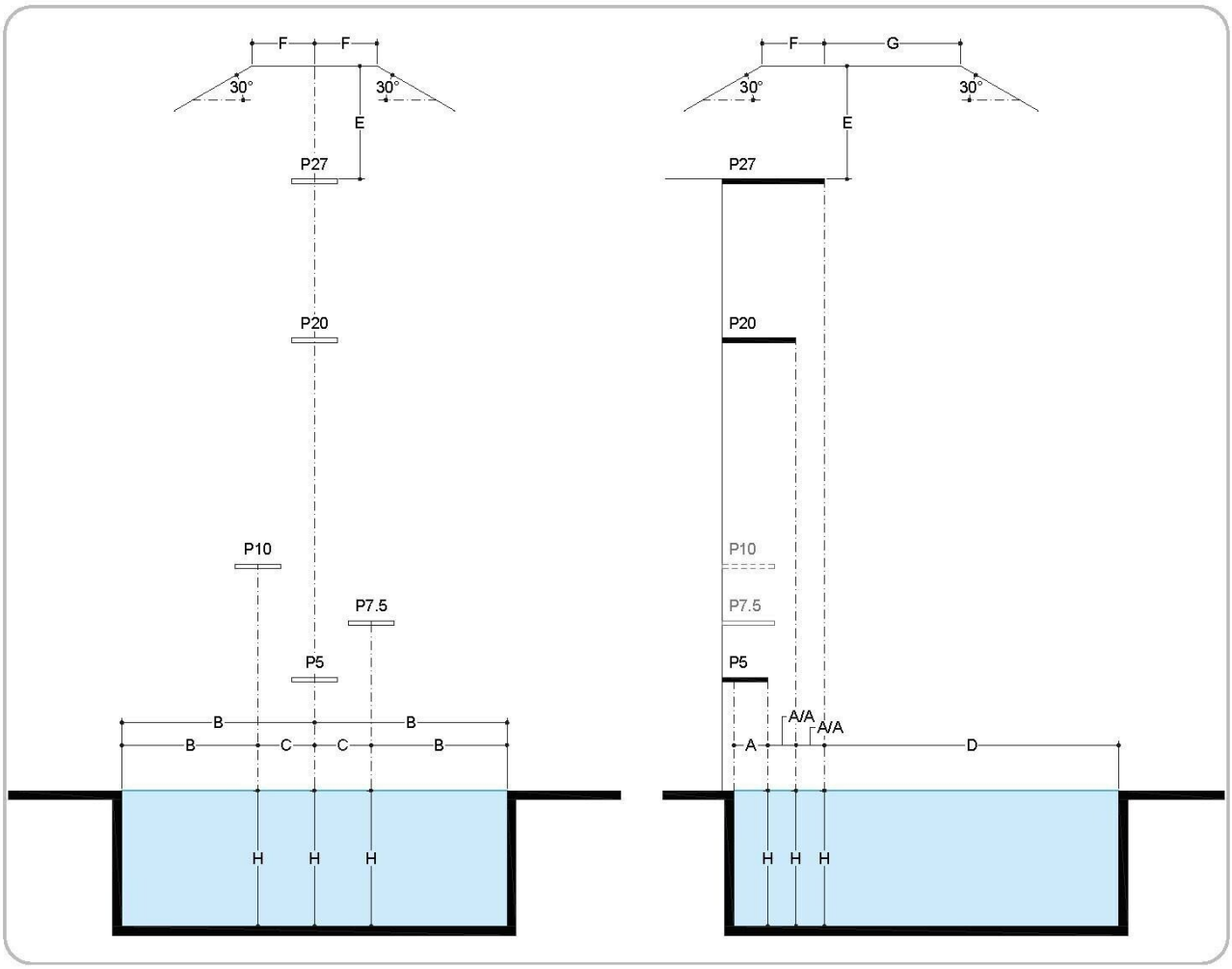
In accordance with Article 14.2.8 of this Part Five, the following required dimensions apply to High Diving facilities designed and constructed after 31 December 2017.

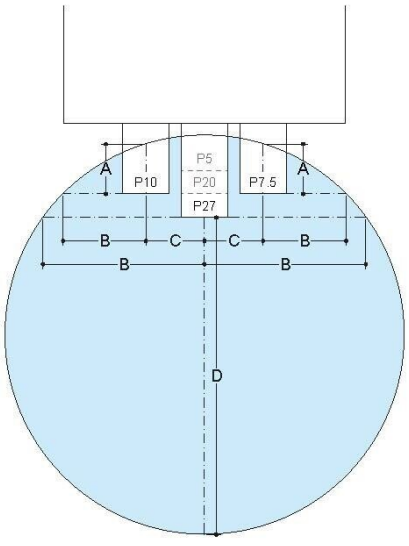
WORLD AQUATICS			PLATFORM															
Dimensions for High Diving Facilities			**P 3**		**P 5**		**P 7.5**		**P 10**		**P 15 (P 11-19) 4)**		**P 20**		**P 21-26 5)**		**P 27**	
	Length	Minimum 2)	5.00		5.00		5.00		5.00		5.00		5.00		5.00		5.00	
	Width	Minimum 2)	2.00		2.00		2.00		2.00		2.00		2.00		2.00		2.00	
	Height		3.00		5.00		7.50		10.00		15.00		20.00		21.00 - 26.00		27.00	
		Tolerance 3)	± 0.50		± 0.50		± 0.50		± 0.50		± 0.50		± 0.50		± 0.50		± 0.50	
			Horiz	Vert	Horiz	Vert	Horiz	Vert	Horiz	Vert	Horiz	Vert	Horiz	Vert	Horiz	Vert	Horiz	Vert
A	From plummet **BACK TO POOL WALL or OBSTACLE**	Designation	**A-P3**		**A-P5**		**A-P7.5**		**A-P10**		**A-P15**		**A-P20**		**A-(P21-26)**		**A-P27**	
		Minimum	1.25		1.25		1.25		1.50		1.75		2.00		2.00		2.00	
A/A	From plummet **BACK TO PLATFORM** plummet directly below	Designation			**A/A-P5**		**A/A-P7.5**		**A/A-P10**		**A/A-P15**		**A/A-P20**		**A/A-(P21-26)**		**A/A-P27**	
		Minimum			1.00		1.00		1.00		1.00		1.00		1.00		1.00	
B	From plummet **POOL WALL or OBSTACLE AT SIDE**	Designation	**B-P3**		**B-P5**		**B-P7.5**		**B-P1**		**B-P15**		**B-P20**		**C-(P21-26)**		**B-P27**	
		Minimum	3.50		3.75		4.50		5.50		5.50		6.00		6.50		7.00	
C	From plummet to **ADJACENT PLUMMET 1)**	Designation	**C-P3**		**C-P5**		**C-P7.5**		**C-P10**		**C-P15**		**C-P20**		**C-(P21-26)**		**C-P27**	
		Minimum	2.50		2.50		2.50		2.50		2.50		2.50		2.50		2.50	
D	From plummet to **POOL WALL or OBSTACLE AHEAD**	Designation	**D-P3**		**D-P5**		**D-P7.5**		**D-P10**		**D-P15**		**D-P20**		**D-(P21-26)**		**D-P27**	
		Minimum	9.50		10.25		11.00		13.50		14.00		14.00		15.00		15.00	
E	On plummet, from **PLATFORM TO CEILING/ PLATFORM ABOVE**	Designation		**E-P3**		**E-P5**		**E-P7.5**		**E-P10**		**E-P15**		**E-P20**		**E-(P21-26)**		**E-P27**
		Minimum		4.00		4.00		4.00		4.00		4.00		4.00		4.00		4.00
F	Clear Overhead **BEHIND AND EACH SIDE** of plummet	Designation	**F-P3**	**E-P3**	**F-P5**	**E-P5**	**F-P7.5**	**E-P7.5**	**F-P10**	**E-P10**	**F-P15**	**E-P15**	**F-P20**	**E-P20**	**F-(P21-26)**	**E-(P21-26)**	**F-P27**	**E-P27**
		Minimum	2.75	3.50	2.75	4.00	2.75	4.00	2.75	4.00	2.75	4.00	2.75	4.00	2.75	4.00	2.75	4.00
G	Clear Overhead **AHEAD** of plummet	Designation	**G-P3**	**E-P3**	**G-P5**	**E-P5**	**G-P7.5**	**E-P7.5**	**G-P10**	**E-P10**	**G-P15**	**E-P15**	**G-P20**	**E-P20**	**G-(P21-26)**	**E-(P21-26)**	**G-P27**	**E-P27**
		Minimum	5.00	4.00	5.00	4.00	5.00	4.00	6.00	4.00	6.00	4.00	6.00	4.00	6.00	4.00	6.00	4.00
H	**DEPTH OF WATER** at plummet	Designation		**H-P3**		**H-P5**		**H-P7.5**		**H-P10**		**H-P15**		**H-P20**		**H-P24**		**H-P27**
		Minimum		3.60		3.80		4.00		5.00		5.00		5.00		5.00		5.00
		Preferred		4.00		4.00		4.50		5.00		5.50		5.80		5.80		5.80
J **K**	**DISTANCE and DEPTH AHEAD** of plummet for all stands	Designation	**J-P3**	**K-P3**	**J-P5**	**K-P5**	**J-P7.5**	**K-P7.5**	**J-P10**	**K-P10**	**J-P15**	**K-P15**	**J-P20**	**K-P20**	**J-(P21-26)**	**K-(P21-26)**	**J-P27**	**K-P27**
		Minimum	5.50	3.40	6.00	3.60	8.00	4.30	11.00	4.80	11.50	5.30	12.00	5.60	12.00	5.60	12.00	5.60
L	**DISTANCE and DEPTH**	Designation	**L-P3**	**M-P3**	**L-P5**	**M-P5**	**L-P7.5**	**M-P7.5**	**L-P10**	**M-P10**	**L-P15**	**M-P15**	**L-P20**	**M-P20**	**L-(P21-26)**	**M-(P21-26)**	**L-P27**	**M-P27**
M	**EACH SIDE** of plummet	Minimum	2.30	3.40	3.50	3.60	4.50	4.30	5.25	4.80	5.50	5.30	6.00	5.60	6.50	5.60	7.00	5.60
N	Maximum Slope to reduce dimensions beyond full requirements for pool depth and ceiling height = 30°°Degrees																	

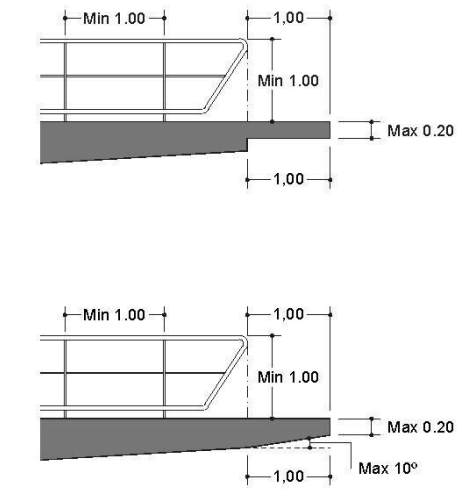
Notes:

- The appropriate local authorities must certify that the following minimum requirements are observed:
- The side distance between platforms must not be less than 0.50 metres.
- For High Diving events other than World Aquatics Championships and World Cups the following minimum platform dimensions are accepted: length 2.0m / width 1.5m; adjacent platform distances between platforms to be adjusted accordingly with the respect of 0.50 metres distance between the platforms.
- In natural surroundings (sea, lakes, rivers etc.) height tolerance: ± 0.5 metres.
- 15 metres is an official height for Age Group A (17 - 19) and Group B (15 – 16) competitions and dimensions valid for all heights between 11 - 19 metres.
- The value for a 24 metre platform is valid for all heights between 21.00 - 26.00 metres.

17.3 APPENDIX 3 – DIAGRAM OF A TEMPORARY ROUND POOL







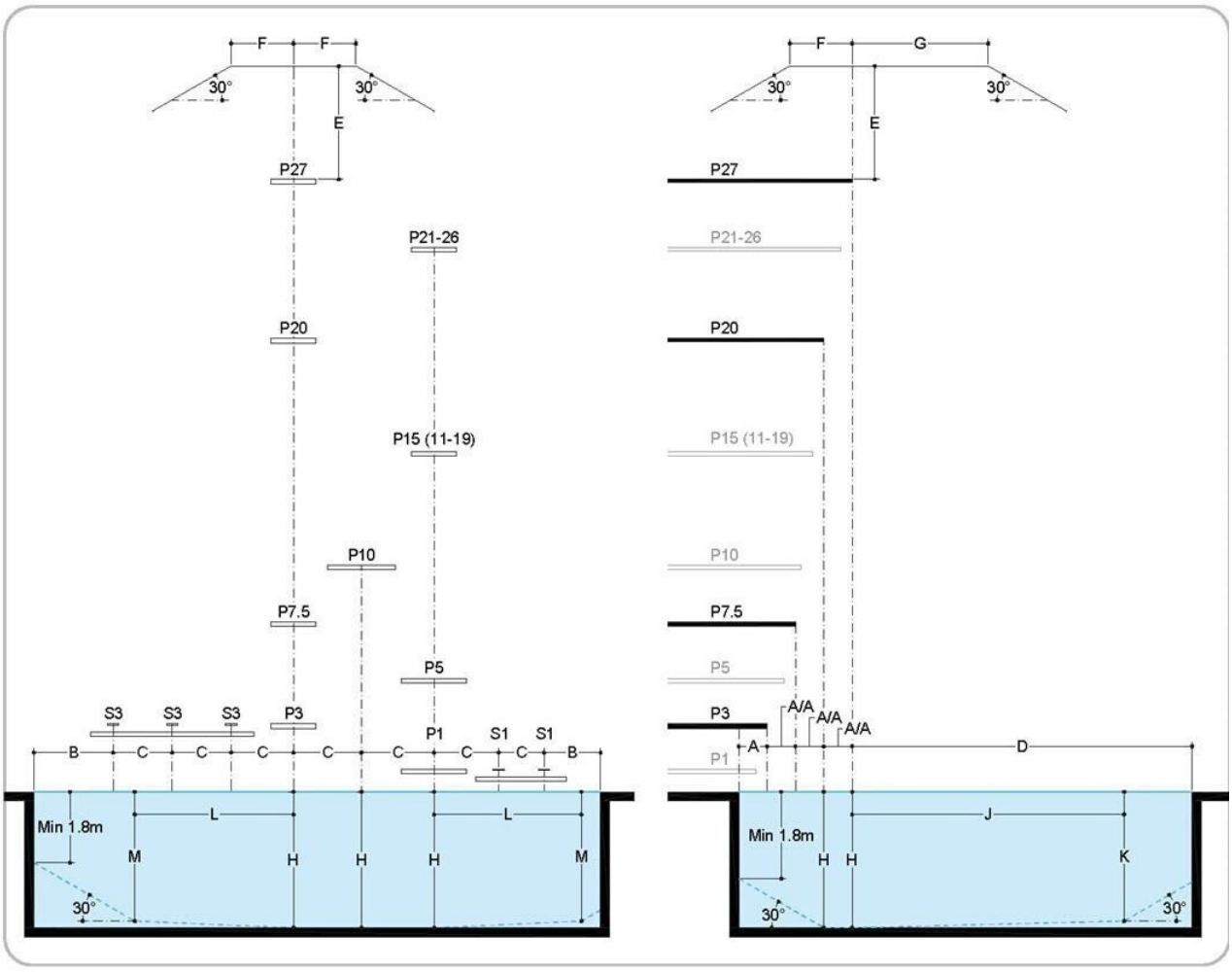
17.4 APPENDIX 4 – TABLE OF DIMENSIONS FOR TEMPORARY ROUND POOLS REQUIREMENTS FOR FACILITIES CONSTRUCTED AFTER 31ST DECEMBER 2017

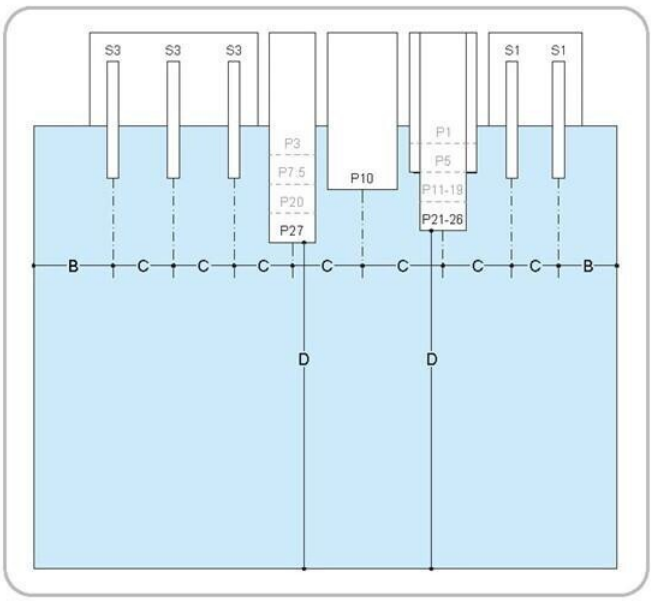
WORLD AQUATICS **Dimensions for High Diving temporary round pools**			**PLATFORM**				
			P 5	**P 7.5**	**P 10**	**P 20**	**P 27**
Round pool diameter 17 m	Length	Minimum	5.00	5.00	5.00	5.00	5.00
	Width	Minimum	2.00	2.00	2.00	2.00	2.00
	Height		5.00	7.50	10.00	20.00	27.00
		Tolerance	± 0.05	± 0.05	± 0.05	± 0.05	± 0.05
A	From plummet **BACK TO POOL WALL**		1.50	1.85	1.85	2.25	3.00
A/A	From plummet **BACK TO PLATFORM** plummet direct below					0.75	0.75
B	From plummet to **POOL WALL AT SIDE**		4.80	3.20	3.20	5.70	6.40
C	From plummet to **ADJACENT PLUMMET** *		2.50	2.50	2.50	2.50	2.50
D	From plummet to **POOL WALL AHEAD**		14.00	14.00	14.00	14.00	14.00
H	**DEPTH OF WATER** at plummet		5.80	5.80	5.80	5.80	5.80

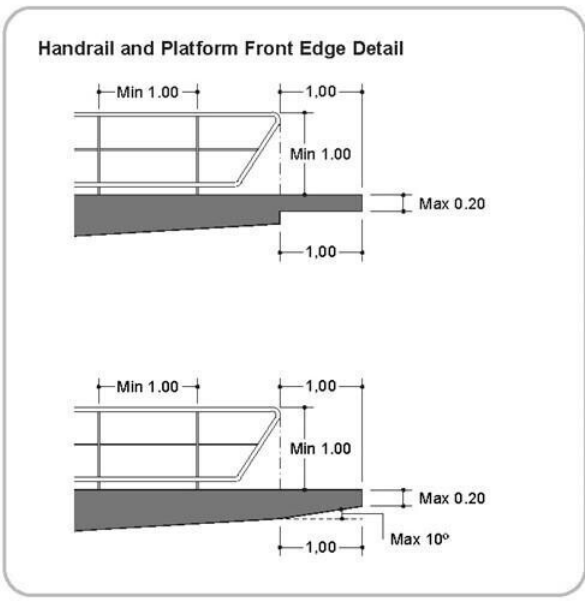
Notes:

- The appropriate local authorities must certify that the following minimum requirements are observed:
- the side distance between platforms must not be less than 0.50 metre.
- As set out in Article 14.1.3, Temporary round pools, or other pools in natural environments, may only be used in special circumstances, subject to prior approval from World Aquatics and the Technical High Diving Committee.
- The same dimensions and configuration of the platforms may be achieved in a rectangular pool with the following dimensions: 14 x 17 metres.

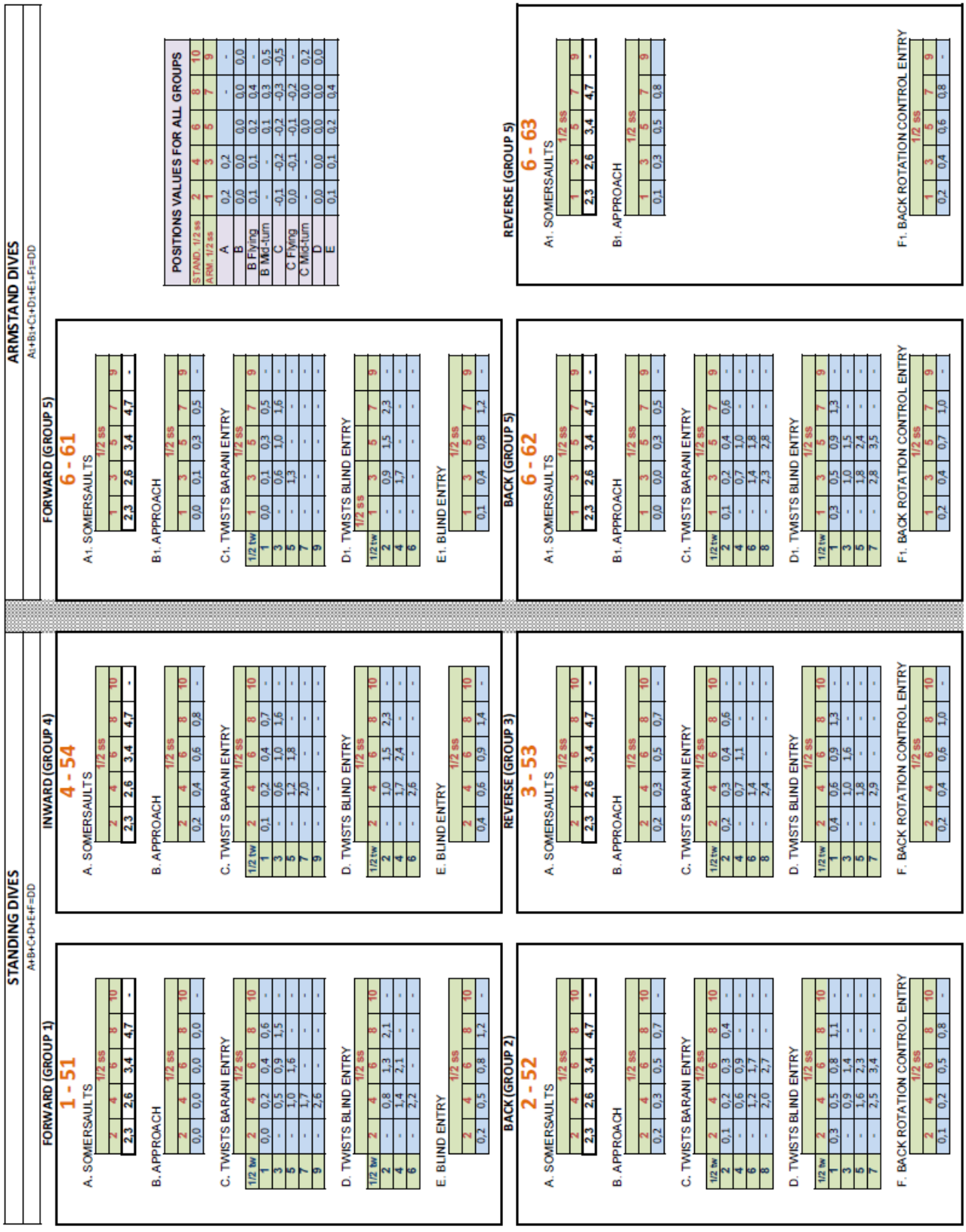
17.5 APPENDIX 5 – DIAGRAM OF OF GENERAL STANDARD FACILITIES COMBINED WITH DIVING FACILITIES







17.6 APPENDIX 6 – FORMULA AND COMPONENTS OF DEGREE OF DIFFICULTY



HIGH DIVING: 15 METERS

STANDING DIVES

A+B+C+D+E+F=DD

FORWARD (GROUP 1)

1 - 51

A. SOMERSAULTS

1/2 ss	2	4	6	8	10
	2,4	2,7	3,2	4,2	5,7

B. APPROACH

1/2 ss	2	4	6	8	10
	0,0	0,0	0,0	0,0	0,0

C. TWISTS BARANI ENTRY

1/2 tw \ 1/2 ss	2	4	6	8	10
1	0,0	0,2	0,4	0,6	0,8
3	-	0,5	0,9	1,4	-
5	-	0,9	1,5	-	-
7	-	1,4	-	-	-
9	-	2,0	-	-	-

D. TWISTS BLIND ENTRY

1/2 tw \ 1/2 ss	2	4	6	8	10
2	-	0,8	1,3	2,0	-
4	-	1,3	2,0	-	-
6	-	1,9	-	-	-

E. BLIND ENTRY

1/2 ss	2	4	6	8	10
	0,2	0,5	0,8	1,2	1,7

INWARD (GROUP 4)

4 - 54

A. SOMERSAULTS

1/2 ss	2	4	6	8	10
	2,4	2,7	3,2	4,2	5,7

B. APPROACH

1/2 ss	2	4	6	8	10
	0,2	0,4	0,6	0,8	1,0

C. TWISTS BARANI ENTRY

1/2 tw \ 1/2 ss	2	4	6	8	10
1	0,1	0,2	0,4	0,7	1,1
3	-	0,6	1,0	1,5	-
5	-	1,1	1,7	-	-
7	-	1,7	-	-	-
	-	-	-	-	-

D. TWISTS BLIND ENTRY

1/2 tw \ 1/2 ss	2	4	6	8	10
2	-	1,0	1,5	2,2	-
4	-	1,6	2,3	-	-
6	-	2,3	-	-	-

E. BLIND ENTRY

1/2 ss	2	4	6	8	10
	0,4	0,6	0,9	1,4	2,0

BACK (GROUP 2)

2 - 52

A. SOMERSAULTS

1/2 ss	2	4	6	8	10
	2,4	2,7	3,2	4,2	5,7

B. APPROACH

1/2 ss	2	4	6	8	10
	0,2	0,3	0,5	0,7	0,9

C. TWISTS BARANI ENTRY

1/2 tw \ 1/2 ss	2	4	6	8	10
2	0,1	0,2	0,3	0,4	-
4	-	0,5	0,8	-	-
6	-	0,9	1,4	-	-
8	-	1,5	2,1	-	-
10	-	-	-	-	-

D. TWISTS BLIND ENTRY

1/2 tw \ 1/2 ss	2	4	6	8	10
1	0,3	0,5	0,8	1,1	-
3	-	0,8	1,3	-	-
5	-	1,3	2,0	-	-
7	-	2,0	2,8	-	-

F. BACK ROTATION CONTROL ENTRY

1/2 ss	2	4	6	8	10
	0,1	0,2	0,3	0,5	0,8

REVERSE (GROUP 3)

3 - 53

A. SOMERSAULTS

1/2 ss	2	4	6	8	10
	2,4	2,7	3,2	4,2	5,7

B. APPROACH

1/2 ss	2	4	6	8	10
	0,2	0,3	0,5	0,7	0,9

C. TWISTS BARANI ENTRY

1/2 tw \ 1/2 ss	2	4	6	8	10
2	0,2	0,3	0,4	0,6	0,9
4	-	0,7	1,1	-	-
6	-	1,2	-	-	-
8	-	1,8	-	-	-
10	-	-	-	-	-

D. TWISTS BLIND ENTRY

1/2 tw \ 1/2 ss	2	4	6	8	10
1	0,4	0,6	0,9	1,3	1,8
3	-	1,0	1,6	-	-
5	-	1,6	-	-	-
7	-	2,3	-	-	-

F. BACK ROTATION CONTROL ENTRY

1/2 ss	2	4	6	8	10
	0,1	0,3	0,5	0,8	1,1

ARMSTAND DIVES

A1+B1+C1+D1+E1+F1=DD

FORWARD (GROUP 5)

6 - 61

A1. SOMERSAULTS

1/2 ss	1	3	5	7	9
	2,4	2,7	3,2	4,2	5,7

B1. APPROACH

1/2 ss	1	3	5	7	9
	0,0	0,1	0,3	0,5	0,7

C1. TWISTS BARANI ENTRY

1/2 tw \ 1/2 ss	1	3	5	7	9
1	0,0	0,1	0,3	0,5	0,7
3	-	0,6	0,9	1,4	-
5	-	1,2	-	-	-
7	-	-	-	-	-
	-	-	-	-	-

D1. TWISTS BLIND ENTRY

1/2 tw \ 1/2 ss	1	3	5	7	9
2	-	0,9	1,4	2,1	-
4	-	1,6	-	-	-
6	-	-	-	-	-

E1. BLIND ENTRY

1/2 ss	1	3	5	7	9
	0,1	0,4	0,8	1,2	1,6

BACK (GROUP 5)

6 - 62

A1. SOMERSAULTS

1/2 ss	1	3	5	7	9
	2,4	2,7	3,2	4,2	5,7

B1. APPROACH

1/2 ss	1	3	5	7	9
	0,0	0,0	0,3	0,5	0,7

C1. TWISTS BARANI ENTRY

1/2 tw \ 1/2 ss	1	3	5	7	9
2	0,1	0,2	0,4	0,6	0,9
4	-	0,5	0,9	1,3	-
6	-	0,9	1,6	-	-
8	-	1,4	2,5	-	-
10	-	-	-	-	-

D1. TWISTS BLIND ENTRY

1/2 tw \ 1/2 ss	1	3	5	7	9
1	0,3	0,5	0,9	1,3	1,8
3		0,8	1,4	-	-
5		1,3	2,2	-	-
7		1,9	3,2	-	-

F1. BACK ROTATION CONTROL ENTRY

1/2 ss	1	3	5	7	9
	0,2	0,4	0,7	1,0	1,5

REVERSE (GROUP 5)

6 - 63

A1. SOMERSAULTS

1/2 ss	1	3	5	7	9
	2,4	2,7	3,2	4,2	5,7

B1. SOMERSAULTS

1/2 ss	1	3	5	7	9
	0,1	0,3	0,5	0,8	1,1

F1. BACK ROTATION CONTROL ENTRY

1/2 ss	1	3	5	7	9
	0,2	0,4	0,6	0,8	1,0

POSITIONS VALUES FOR ALL GROUPS

STAND. 1/2 ss	2	4	6	8	10
ARM. 1/2 ss	1	3	5	7	9
A	0,2	0,2		-	-
B	0,0	0,0	0,0	0,0	0,0
B Flying	0,1	0,1	0,2	0,4	-
B Mid-turn	-	-	0,1	0,3	0,5
C	-0,1	-0,2	-0,2	-0,3	-0,5
C Flying	0,0	-0,1	-0,1	-0,2	-
C Mid-turn	-	-	0,0	0,0	0,2
D	0,0	0,0	0,0	0,0	0,0
E	0,1	0,1	0,2	0,4	

HIGH DIVING: 20 METRES

STANDING DIVES

A+B+C+D+E+F+POS=DD

FORWARD (GROUP 1)

1 - 51

A. SOMERSAULTS

1/2 ss	2	4	6	8	10
	2,5	2,8	3,4	4,4	5,9

B. APPROACH

1/2 ss	2	4	6	8	10
	0,0	0,0	0,0	0,0	0,0

C. TWISTS BARANI ENTRY

1/2 tw \ 1/2 ss	2	4	6	8	10
1	0,0	0,0	0,0	0,0	0,0
3	0,2	0,3	0,5	0,7	0,9
5	0,5	0,7	1,1	1,5	1,9
7	0,9	1,2	1,8	2,4	3,0
9	1,4	1,8	2,6	3,4	4,2

D. TWISTS BLIND ENTRY

1/2 tw \ 1/2 ss	2	4	6	8	10
2	0,4	0,6	0,9	1,3	1,7
4	-	1,1	1,6	2,2	-
6	-	1,7	2,4	3,2	-
8	-	2,5	3,3	-	-

E. BLIND ENTRY

1/2 ss	2	4	6	8	10
	0,2	0,3	0,4	0,6	0,8

INWARD (GROUP $)

4 - 54

A. SOMERSAULTS

1/2 ss	2	4	6	8	10
	2,5	2,8	3,4	4,4	5,9

B. APPROACH

1/2 ss	2	4	6	8	10
	0,2	0,4	0,6	0,8	1,0

C. TWISTS BARANI ENTRY

1/2 tw \ 1/2 ss	2	4	6	8	10
1	0,0	0,0	0,0	0,0	0,0
3	0,2	0,4	0,6	0,8	1,0
5	0,5	0,9	1,3	1,7	2,1
7	0,9	1,5	2,1	2,7	3,3
9	1,4	2,2	3,0	3,8	4,6

D. TWISTS BLIND ENTRY

1/2 tw \ 1/2 ss	2	4	6	8	10
2	0,5	0,8	1,1	1,5	1,9
4	-	1,4	1,9	2,5	-
6	-	2,1	2,8	3,6	-
8	-	2,9	3,8	-	-

E. BLIND ENTRY

1/2 ss	2	4	6	8	10
	0,3	0,4	0,5	0,7	0,9

BACK (GROUP 2)

2 - 52

A. SOMERSAULTS

1/2 ss	2	4	6	8	10
	2,5	2,8	3,4	4,4	5,9

B. APPROACH

1/2 ss	2	4	6	8	10
	0,2	0,3	0,4	0,5	0,6

C. TWISTS

1/2 tw \ 1/2 ss	2	4	6	8	10
2	0,0	0,0	0,0	0,0	0,0
4	0,2	0,3	0,5	0,7	0,9
6	0,5	0,7	1,1	1,5	1,9
8	0,9	1,3	1,9	2,5	3,1
10	1,5	2,1	2,9	3,7	4,5

D. TWISTS BLIND ENTRY

1/2 tw \ 1/2 ss	2	4	6	8	10
1	0,2	0,3	0,5	0,7	0,9
3	-	0,6	1,0	1,4	-
5	-	1,1	1,7	2,3	-
7	-	1,8	2,6	3,4	-
9	-	2,7	3,7	-	-

F. BACK CONTROL ENTRY

1/2 ss	2	4	6	8	10
	0,0	0,1	0,2	0,3	0,5

REVERSE (GROUP 3)

3 - 53

A. SOMERSAULTS

1/2 ss	2	4	6	8	10
	2,5	2,8	3,4	4,4	5,9

B. APPROACH

1/2 ss	2	4	6	8	10
	0,2	0,3	0,5	0,7	0,9

C. TWISTS

1/2 tw \ 1/2 ss	2	4	6	8	10
2	0,0	0,0	0,0	0,0	0,0
4	0,3	0,4	0,6	0,8	1,0
6	0,7	0,9	1,3	1,7	2,1
8	1,2	1,6	2,2	2,8	3,4
10	1,9	2,5	3,3	4,1	4,9

D. TWISTS BLIND ENTRY

1/2 tw \ 1/2 ss	2	4	6	8	10
1	0,2	0,3	0,5	0,7	0,9
3	-	0,7	1,1	1,5	-
5	-	1,3	1,9	2,5	-
7	-	2,1	2,9	3,7	-
9	-	3,1	4,1	-	-

F. BACK CONTROL ENTRY

1/2 ss	2	4	6	8	10
	0,0	0,1	0,2	0,3	0,5

ARMSTAND DIVES

A1+B1+C1+D1+E1+F1+POS =DD

FORWARD (GROUP 5)

6 - 61

A1. SOMERSAULTS

1/2 ss	1	3	5	7	9
	2,5	2,8	3,4	4,4	5,9

B1. APPROACH

1/2 ss	1	3	5	7	9
	0,0	0,1	0,3	0,5	0,7

C1. TWISTS BARANI ENTRY

1/2 tw \ 1/2 ss	1	3	5	7	9
1	0,0	0,0	0,0	0,0	0,0
3	0,2	0,3	0,4	0,6	0,8
5	0,5	0,7	0,9	1,3	1,7
7	0,9	1,2	1,5	2,1	2,7
9	1,4	1,8	2,2	3,0	3,8

D1. TWISTS BLIND ENTRY

1/2 tw \ 1/2 ss	1	3	5	7	9
2	-	0,6	0,9	1,3	1,7
4	-	1,1	1,5	2,1	-
6	-	-	2,2	-	-
8	-	-	-	-	-

E1. BLIND ENTRY

1/2 ss	1	3	5	7	9
	0,1	0,3	0,5	0,7	0,9

BACK (GROUP 5)

6 - 62

A1. SOMERSAULTS

1/2 ss	1	3	5	7	9
	2,5	2,8	3,4	4,4	5,9

B1. APPROACH

1/2 ss	1	3	5	7	9
	0,0	0,1	0,3	0,5	0,7

C1. TWISTS

1/2 tw \ 1/2 ss	1	3	5	7	9
2	0,0	0,0	0,0	0,0	0,0
4	0,2	0,3	0,5	0,7	0,9
6	0,5	0,7	1,1	1,5	1,9
8	0,9	1,2	1,8	2,4	3,0
10	1,4	1,8	2,6	3,4	4,2

D1. TWISTS BLIND ENTRY

1/2 tw \ 1/2 ss	1	3	5	7	9
1	0,2	0,3	0,5	0,7	0,9
3	-	0,6	1,0	1,4	-
5	-	1,1	1,7	2,3	-
7	-	1,7	2,5	3,3	-
9	-	2,4	3,4	-	-

F1. BACK CONTROL ENTRY

1/2 ss	1	3	5	7	9
	0,1	0,2	0,3	0,4	0,6

INWARD (GROUP 5)

6 - 64

A1. SOMERSAULTS

1/2 ss	1	3	5	7
	2,6	2,9	3,4	4,1

B1. APPROACH

1/2 ss	1	3	5	7
	0,1	0,3	-	-

C1. TWISTS BARANI ENTRY

1/2 tw \ 1/2 ss	1	3		
1	0,1	0,3	-	-

E1. BLIND ENTRY

1/2 ss	1	3	5	7
	0,1	0,3	-	-

VALUE FOR ALLTHE POSITIONS

STAND. 1/2 ss	2	4	6	8	-
ARM. 1/2 ss	1	3	5	7	-
A	0,2	0,2		-	-
B	0,0	0,0	0,0	0,0	-
Flying B	0,1	0,1	0,2	0,4	-
Mid-turn B	-	-	0,1	0,3	-
C	-0,1	-0,2	-0,2	-0,3	-
Flying C	0,0	-0,1	-0,1	-0,2	-
Mid-turn C	-	-	0,0	0,0	-
D	0,0	0,0	0,0	0,0	-
E	0,1	0,1	0,2	0,4	-

REVERSE (GROUP 5)

6 - 63

A1. SOMERSAULTS

1/2 ss	1	3	5	7
	2,5	2,8	3,4	4,4

B1. SOMERSAULTS

1/2 ss	1	3	5	7
	0,1	0,3	0,5	0,7

F1. BACK CONTROL ENTRY

1/2 ss	1	3	5	7
	0,1	0,2	0,3	0,4

HIGH DIVING: 27 METRES

STANDING DIVES

A+B+C+D+E+F+POS=DD

FORWARD (GROUP 1)

1 - 51

A. SOMERSAULTS

1/2 ss	2	4	6	8	10	12
	2,6	2,9	3,4	4,1	5,1	6,4

B. APPROACH

1/2 ss	2	4	6	8	10	12
	0,0	0,0	0,0	0,0	0,0	0,0

C. TWISTS BARANI ENTRY

1/2 tw \ 1/2 ss	2	4	6	8	10	12
1	0,0	0,0	0,0	0,0	0,0	0,0
3	0,2	0,3	0,4	0,6	0,8	-
5	0,5	0,7	0,9	1,3	1,7	-
7	0,9	1,2	1,5	2,1	2,7	-
9	1,4	1,8	2,2	3,0	3,8	-

D. TWISTS BLIND ENTRY

1/2 tw \ 1/2 ss	2	4	6	8	10	12
2	0,4	0,6	0,8	1,2	1,6	-
4	-	1,1	1,4	2,0	-	-
6	-	1,7	2,1	2,9	-	-
8	-	-	2,9	-	-	-

E. BLIND ENTRY

1/2 ss	2	4	6	8	10	12
	0,2	0,3	0,4	0,6	0,8	1,0

INWARD (GROUP 4)

4 - 54

A. SOMERSAULTS

1/2 ss	2	4	6	8	10	12
	2,6	2,9	3,4	4,1	5,1	6,4

B. APPROACH

1/2 ss	2	4	6	8	10	12
	0,0	0,2	0,4	0,6	0,8	1,0

C. TWISTS BARANI ENTRY

1/2 tw \ 1/2 ss	2	4	6	8	10	12
1	0,0	0,0	0,0	0,0	0,0	0,0
3	0,3	0,4	0,5	0,7	0,9	-
5	0,7	0,9	1,1	1,5	1,9	-
7	1,2	1,5	1,8	2,4	3,0	-
9	1,8	2,2	2,6	3,4	4,2	-

D. TWISTS BLIND ENTRY

1/2 tw \ 1/2 ss	2	4	6	8	10	12
2	0,6	0,8	1,0	1,4	1,8	--
4	-	1,4	1,7	-	-	-
6	-	2,1	2,5	-	-	-
8	-	-	-	-	-	-

E. BLIND ENTRY

1/2 ss	2	4	6	8	10	12
	0,3	0,4	0,5	0,7	0,9	1,1

BACK (GROUP 2)

2 - 52

A. SOMERSAULTS

1/2 ss	2	4	6	8	10	12
	2,6	2,9	3,4	4,1	5,1	6,4

B. APPROACH

1/2 ss	2	4	6	8	10	12
	0,1	0,2	0,3	0,4	0,5	0,6

C. TWISTS BARANI ENTRY

1/2 tw \ 1/2 ss	2	4	6	8	10	12
2	0,0	0,0	0,0	0,0	0,0	-
4	0,2	0,3	0,4	0,6	0,8	-
6	0,5	0,7	0,9	1,3	1,7	-
8	0,9	1,2	1,5	2,1	2,7	-
10	1,5	1,9	2,3	3,1	3,9	-

D. TWISTS BLIND ENTRY

1/2 tw \ 1/2 ss	2	4	6	8	10	12
1	0,2	0,3	0,5	0,7	0,9	-
3	-	0,6	0,9	1,3	-	-
5	-	1,1	1,5	2,1	-	-
7	-	1,7	2,2	3,0	-	-
9	-	2,5	3,1	-	-	-

F. BACK CONTROL ENTRY

1/2 ss	2	4	6	8	10	12
	0,0	0,0	0,0	0,1	0,2	0,2

REVERSE (GROUP 3)

3 - 53

A. SOMERSAULTS

1/2 ss	2	4	6	8	10	
	2,6	2,9	3,4	4,1	5,1	6,4

B. APPROACH

1/2 ss	2	4	6	8	10	12
	0,1	0,2	0,4	0,6	0,8	1,0

C. TWISTS BARANI ENTRY

1/2 tw \ 1/2 ss	2	4	6	8	10	12
2	0,0	0,0	0,0	0,0	0,0	--
4	0,3	0,4	0,6	0,8	1,0	--
6	0,7	0,9	1,3	1,7	2,1	--
8	1,2	1,5	2,1	2,7	3,3	--
10	1,9	2,3	3,1	3,9	4,7	--

D. TWISTS BLIND ENTRY

1/2 tw \ 1/2 ss	2	4	6	8	10	12
1	0,2	0,3	0,5	0,7	0,9	-
3	-	0,7	1,1	1,5	-	-
5	-	1,3	1,9	2,5	-	-
7	-	2,0	2,8	3,6	-	-
9	-	2,9	3,9	--	-	-

F. BACK CONTROL ENTRY

1/2 ss	2	4	6	8	10	12
	0,0	0,0	0,0	0,1	0,2	0,2

ARMSTAND DIVES

A1+B1+C1+D1+E1+F1+POS=DD

FORWARD (GROUP 5)

6 - 61

A1. SOMERSAULTS

1/2 ss	1	3	5	7	9
	2,6	2,9	3,4	4,1	5,1

B1. APPROACH

1/2 ss	1	3	5	7	9
	0,0	0,1	0,3	0,5	0,7

C1. TWISTS BARANI ENTRY

1/2 tw \ 1/2 ss	1	3	5	7	9
1	0,0	0,0	0,0	0,0	0,0
3	0,2	0,3	0,4	0,6	0,8
5	0,5	0,7	0,9	1,3	1,7
7	0,9	1,2	1,5	2,1	2,7
9	1,4	1,8	2,2	3,0	3,8

D1. TWISTS BLIND ENTRY

1/2 tw \ 1/2 ss	1	3	5	7	9
2	-	0,6	0,9	1,3	-
4	-	1,1	1,5	2,1	-
6	-	-	2,2	-	-
8	-	-	-	-	-

E1. BLIND ENTRY

1/2 ss	1	3	5	7	9
	0,1	0,3	0,5	0,7	0,9

BACK (GROUP 5)

6 - 62

A1. SOMERSAULTS

1/2 ss	1	3	5	7	9
	2,6	2,9	3,4	4,1	5,1

B1. APPROACH

1/2 ss	1	3	5	7	9
	0,0	0,1	0,2	0,4	0,6

C1. TWISTS BARANI ENTRY

1/2 tw \ 1/2 ss	1	3	5	7	9
2	0,0	0,0	0,0	0,0	0,0
4	0,3	0,4	0,5	0,7	0,9
6	0,7	0,9	1,1	1,5	1,9
8	1,2	1,5	1,8	2,4	3,0
10	1,8	2,2	2,6	3,4	4,2

D1. TWISTS BLIND ENTRY

1/2 tw \ 1/2 ss	1	3	5	7	9
1	0,2	0,3	0,5	0,7	0,9
3	-	0,7	1,0	1,4	-
5	-	1,3	1,7	2,3	-
7	-	2,0	2,5	3,3	-
9	-	2,8	3,4	-	-

F1. BACK CONTROL ENTRY

1/2 ss	1	3	5	7	9
	0,0	0,1	0,2	0,3	0,4

INWARD (GROUP 5)

6 - 64

A1. SOMERSAULTS

1/2 ss	1	3	5	7	9
	2,6	2,9	3,4	4,1	5,1

B1. APPROACH

1/2 ss	1	3	5	7	9
	0,1	0,2	--	--	--

C1. TWISTS BARANI ENTRY

1/2 tw \ 1/2 ss	1	3			
1	0,1	0,2	--	--	--

E1. BLIND ENTRY

1/2 ss	1	3	5	7	9
	0,1	0,3	--	--	--

VALUES FOR ALL THE POSITIONS

STAND. 1/2 ss / ARM. 1/2 ss	2 / 1	4 / 3	6 / 5	8 / 7	10 / 9	12 / 11
A	0,2	0,2		-	-	-
B	0,0	0,0	0,0	0,0	0,0	0,0
Flying B	0,1	0,1	0,2	0,4	-	-
Mid-turn B	-	-	0,1	0,3	0,5	
C	-0,1	-0,2	-0,2	-0,3	-0,5	-0,5
Flying C	0,0	-0,1	-0,1	-0,2	-	-
Mid-turn C	-	-	0,0	0,0	0,2	
D	0,0	0,0	0,0	0,0	0,0	0,0
E	0,1	0,1	0,2	0,4		

REVERSE (GROUP 5)

6 - 63

A1. SOMERSAULTS

1/2 ss	1	3	5	7	9
	2,6	2,9	3,4	4,1	5,1

B1. APPROACH

1/2 ss	1	3	5	7	9
	0,1	0,3	0,5	0,7	0,9

F1. BACK CONTROL ENTRY

1/2 ss	1	3	5	7	9
	0,0	0,1	0,2	0,3	0,4

Appendix 7 – Table of Degrees Of Difficulty

		DD TABLE - 12 mts					DD TABLE - 15 mts				
Dive Number	Dive description	A	B	C	D	E	A	B	C	D	E
	Group 1 - Forward										
102	Forward 1 Somersault	2,7	2,5	2,4		2,6	2,8	2,6	2,5		2,7
104	Forward 2 Somersaults		3,1	2,9		3,2		3,2	3,0		3,3
106	Forward 3 Somersaults		4,2	4,0		4,4		4,0	3,8		4,2
108	Forward 4 Somersaults		5,9	5,6				5,4	5,1		
112	Forward Flying 1 Somersault		2,6	2,5				2,7	2,6		
114	Forward Flying 2 Somersaults		3,2	3,0				3,3	3,1		
116	Forward Flying 3 Somersaults		4,4	4,1				4,2	3,9		
5121	Forward 1 Somersault 1/2 Twist		2,3	2,2				2,4	2,3		
5141	Forward 2 Somersaults 1/2 Twist		2,8	2,6		2,9		2,9	2,7		3,0
5(1)141	Forward Flying 2 Somersaults 1/2 Twist		2,9	2,7				3,0	2,8		
5161	Forward 3 Somersaults 1/2 Twist		3,8	3,6		4,0		3,6	3,4		3,8
5181	Forward 4 Somersaults 1/2 Twist		5,3	5,0				4,8	4,5		
5142	Forward 2 Somersaults 1 Twist				3,4					3,5	
5143	Forward 2 Somersaults 1 1/2 Twist				3,1					3,2	
5144	Forward 2 Somersaults 2 Twists				4,0					4,0	
5145	Forward 2 Somersaults 2 1/2 Twists				3,6					3,6	
5146	Forward 2 Somersaults 3 Twists				4,8					4,6	
5147	Forward 2 Somersaults 3 1/2 Twists				4,3					4,1	
5149	Forward 2 Somersaults 4 1/2 Twists				5,2					4,7	
5162	Forward 3 Somersaults 1 Twist		4,7	4,5				4,5	4,3		
5163	Forward 3 Somersaults 1 1/2 Twist		4,3	4,1				4,1	3,9		
5164	Forward 3 Somersaults 2 Twists		5,5	5,3				5,2	5,0		
5165	Forward 3 Somersaults 2 1/2 Twists		5,0	4,8				4,7	4,5		
	Group 2 - Back										
202	Back 1 Somersault	2,8	2,6	2,5		2,7	2,9	2,7	2,6		2,8
204	Back 2 Somersaults	3,3	3,1	2,9		3,2	3,4	3,2	3,0		3,3
206	Back 3 Somersaults		4,4	4,2		4,6		4,0	3,8		4,2
208	Back 4 Somersaults		6,2	5,9				5,4	5,1		
20(10)	Back 5 Somersaults								6,9		
212	Back Flying 1 Somersault		2,7	2,6				2,8	2,7		
214	Back Flying 2 Somersaults		3,2	3,0				3,3	3,1		
5241	Back 2 Somersaults 1/2 Twist				3,4					3,5	
5242	Back 2 Somersaults 1 Twist				3,1					3,2	
5243	Back 2 Somersaults 1 1/2 Twist				3,8					3,8	
5244	Back 2 Somersaults 2 Twists				3,5					3,5	
5245	Back 2 Somersaults 2 1/2 Twists				4,5					4,3	
5246	Back 2 Somersaults 3 Twists				4,1					3,9	
5248	Back 2 Somersaults 4 Twists				4,9					4,5	
5261	Back 3 Somersaults 1/2 Twist		4,7	4,5				4,5	4,3		
5262	Back 3 Somersaults 1 Twist		4,2	4,0				4,0	3,8		
5263	Back 3 Somersaults 1 1/2 Twist		5,3	5,1				5,0	4,8		
5264	Back 3 Somersaults 2 Twists		4,8	4,6				4,5	4,3		
5265	Back 3 Somersaults 2 1/2 Twist		6,2	6,0				5,7	5,5		
5266	Back 3 Somersaults 3 Twists		5,6	5,4				5,1	4,9		
5282	Back 4 Somersaults 1 Twist		5,8	5,5				5,3	5,0		
	Group 3 - Reverse										
302	Reverse 1 Somersault	2,9	2,7	2,6		2,8	2,9	2,7	2,6		2,8
304	Reverse 2 Somersaults		3,3	3,1		3,4		3,3	3,1		3,4
306	Reverse 3 Somersaults		4,5	4,3				4,2	4,0		
308	Reverse 4 Somersaults		6,4	6,1				5,7	5,4		
312	Reverse Flying 1 Somersault		2,8	2,7				2,8	2,7		
5341	Reverse 2 Somersaults 1/2 Twist				3,5					3,6	
5342	Reverse 2 Somersaults 1 Twist				3,2					3,3	
5343	Reverse 2 Somersaults 1 1/2 Twist				3,9					4,0	
5344	Reverse 2 Somersaults 2 Twists				3,6					3,7	
5345	Reverse 2 Somersaults 2 1/2 Twists				4,7					4,6	
5346	Reverse 2 Somersaults 3 Twists				4,3					4,2	
5347	Reverse 2 Somersaults 3 1/2 Twists				5,8					5,3	
5348	Reverse 2 Somersaults 4 Twists				5,3					4,8	
5361	Reverse 3 Somersaults 1/2 Twist		4,8	4,6				4,6	4,4		

		DD TABLE - 12 mts					DD TABLE - 15 mts				
Dive Number	Dive description	A	B	C	D	E	A	B	C	D	E
	Group 4 - Inward										
402	Inward 1 Somersault		2,9	2,8		3,0		3,0	2,9		3,1
404	Inward 2 Somersaults		3,6	3,4				3,7	3,5		
406	Inward 3 Somersaults		4,9	4,7				4,7	4,5		
412	Inward Flying 1 Somersault		3,0	2,9				3,1	3,0		
5421	Inward 1 Somersault 1/2 Twist		2,6	2,5				2,7	2,6		
5441	Inward 2 Somersaults 1/2 Twist		3,2	3,0		3,3		3,3	3,1		3,4
5461	Inward 3 Somersaults 1/2 Twist		4,4	4,2				4,2	4,0		
5481	Inward 4 Somersaults 1/2 Twist		6,2	5,9				5,7	5,4		
5442	Inward 2 Somersaults 1 Twist				4,0					4,1	
5443	Inward 2 Somersaults 1 1/2 Twist				3,6					3,7	
	Group 5 - Armstand										
611	Armstand Forward 1/2 Somersault	2,6	2,4	2,3			2,7	2,5	2,4		
613	Armstand Forward 1 1/2 SomersaultS		3,1	2,9				3,2	3,0		
615	Armstand Forward 2 1/2 SomersaultS		4,5	4,3				4,3	4,1		
6131	Arm. Forward 1 1/2 Somersault 1/2 Twist				2,8					2,9	
6151	Arm. Forward 2 1/2 Somersaults 1/2 Twist		4,0	3,8				3,8	3,6		
621	Arm. Back 1/2 Somersault	2,7	2,5	2,4			2,8	2,6	2,5		
623	Arm. Back 1 1/2 Somersault	3,2	3,0	2,8			3,3	3,1	2,9		
625	Arm. Back 2 1/2 Somersaults		4,4	4,2				4,2	4,0		
627	Arm. Back 3 1/2 Somersaults		6,2	5,9				5,7	5,4		
631	Arm. Reverse 1/2 Somersault	2,8	2,6	2,5			2,9	2,7	2,6		
633	Arm. Reverse 1 1/2 Somersault		3,3	3,1				3,4	3,2		
635	Arm. Reverse 2 1/2 Somersaults		4,5	4,3				4,3	4,1		
6132	Arm. Forward 1 1/2 Somersault 1 Twist				3,6					3,7	
6133	Arm. Forward 1 1/2 Somersault 1 1/2 Twist				3,3					3,4	
6134	Arm. Forward 1 1/2 Somersault 2 Twists				4,4					4,4	
6135	Arm. Forward 1 1/2 Somersault 2 1/2 Twists				4,0					4,0	
6152	Arm. Forward 2 1/2 Somersaults 1 Twist		5,2	5,0				4,9	4,7		
6153	Arm. Forward 2 1/2 Somersaults 1 1/2 Twist		4,7	4,5				4,4	4,2		
6254	Arm. Forward 2 1/2 Somersaults 2 Twists									4,4	
6271	Arm Back 3 1/2 Somersaults 1/2 Twist		6,5	6,2				6,0	5,7		
6272	Arm. Back 3 1/2 Somersaults 1 Twist		5,8	5,5				5,3	5,0		

Blind entry
Flying dive
Back rotation control entry

		DD TABLE 27m					DD TABLE 20m				
Dive Number	Dive description	A	B	C	D	E	A	B	C	D	E
	Group 1 - Forward										
102	Forward 1 Somersault		2,8	2,7		2,9		2,7	2,6		2,8
104	Forward 2 Somersaults		3,2	3,0		3,3		3,1	2,9		3,2
106	Forward 3 Somersaults		3,8	3,6				3,8	3,6		
108	Forward 4 Somersaults		4,7	4,4				5,0	4,7		
112	Forward Flying 1 Somersault		2,9	2,8				2,8	2,7		
114	Forward Flying 2 Somersaults		3,3	3,1				3,2	3,0		
116	Forward Flying 3 Somersaults		4,0	3,7				4,0	3,7		
5121	Forward 1 Somersault 1/2 Twist		2,6	2,5				2,5	2,4		
5141	Forward 2 Somersaults 1/2 Twist		2,9	2,7		3,0		2,8	2,6		2,9
5(1)141	Forward Flying 2 Somersaults 1/2 Twist		3,0	2,8				2,9	2,7		
5161	Forward 3 Somersaults 1/2 Twist		3,4	3,2		3,6		3,4	3,2		3,6
5181	Forward 4 Somersaults 1/2 Twist		4,1	3,8				4,4	4,1		
51(10)1	Forward 5 Somersaults 1/2 Twist		5,1	4,6							
51(12)1	Forward 6 Somersaults 1/2 Twist		6,4	5,9							
5142	Forward 2 Somersaults 1 Twist				3,5					3,4	
5143	Forward 2 Somersaults 1 1/2 Twist				3,2					3,1	
5144	Forward 2 Somersaults 2 Twists				4,0					3,9	
5145	Forward 2 Somersaults 2 1/2 Twists				3,6					3,5	
5146	Forward 2 Somersaults 3 Twists				4,6					4,5	
5147	Forward 2 Somersaults 3 1/2 Twists				4,1					4,0	
5149	Forward 2 Somersaults 4 1/2 Twists				4,7					4,6	
5162	Forward 3 Somersaults 1 Twist		4,2	4,0				4,3	4,1		
5163	Forward 3 Somersaults 1 1/2 Twist		3,8	3,6				3,9	3,7		
5164	Forward 3 Somersaults 2 Twists		4,8	4,6				5,0	4,8		
5165	Forward 3 Somersaults 2 1/2 Twists		4,3	4,1				4,5	4,3		
5166	Forward 3 Somersaults 3 Twists				5,5					5,8	
5167	Forward 3 Somersaults 3 1/2 Twists				4,9						
5169	Forward 3 Somersaults 4 1/2 Twists				5,6						
5182	Forward 4 Somersaults 1 Twist		5,3	5,0							
5183	Forward 4 Somersaults 1 1/2 Twist		4,7	4,4							
5185	Forward 4 Somersaults 2 1/2 Twists		5,4	5,1							
5187	Forward 4 Somersaults 3 1/2 twists		6,2	5,9							
	Group 2 - Back										
202	Back 1 Somersault	2,9	2,7	2,6		2,8	2,9	2,7	2,6		2,8
204	Back 2 Somersaults	3,3	3,1	2,9			3,4	3,2	3,0		
206	Back 3 Somersaults		3,7	3,5				4,0	3,8		
208	Back 4 Somersaults		4,6	4,3				5,2	4,9		
20(10)	Back 5 Somersaults		5,8	5,3							
20(12)	Back 6 somersaults			6,7							
212	Back Flying 1 Somersault		2,8	2,7				2,8	2,7		
214	Back Flying 2 Somersaults		3,2	3,0				3,3	3,1		
216	Back Flying 3 Somersaults		3,9	3,6				4,2	3,9		
5241	Back 2 Somersaults 1/2 Twist				3,4					3,4	
5242	Back 2 Somersaults 1 Twist				3,1					3,1	
5243	Back 2 Somersaults 1 1/2 Twist				3,7					3,7	
5244	Back 2 Somersaults 2 Twists				3,4					3,4	
5245	Back 2 Somersaults 2 1/2 Twists				4,2					4,2	
5246	Back 2 Somersaults 3 Twists				3,8					3,8	
5247	Back 2 Somersaults 3 1/2 Twists				4,8						
5248	Back 2 Somersaults 4 Twists				4,3					4,4	
524(10)	Back 2 Somersaults 5 Twists				5,0						
5261	Back 3 Somersaults 1/2 Twist		4,2	4,0				4,3	4,1		

		DD TABLE 27m					DD TABLE 20m				
Dive Number	Dive description	A	B	C	D	E	A	B	C	D	E
5262	Back 3 Somersaults 1 Twist		3,7	3,5				3,8	3,6		
5263	Back 3 Somersaults 1 1/2 Twist		4,6	4,4				4,8	4,6		
5264	Back 3 Somersaults 2 Twists		4,1	3,9				4,3	4,1		
5265	Back 3 Somersaults 2 1/2 Twist		5,2	5,0							
5266	Back 3 Somersaults 3 Twists		4,6	4,4				4,9	4,7		
5267	Back 3 Somersaults 3 1/2 Twists				5,9						
5268	Back 3 Somersaults 4 Twists				5,2						
526(10)	Back 3 Somersaults 5 Twists				6,0						
5281	Back 4 Somersaults 1/2 Twist		5,2	4,9							
5282	Back 4 Somersaults 1 Twist		4,5	4,2				4,9	4,6		
5283	Back 4 Somersaults 1 1/2 Twist		5,8	5,5							
5284	Back 4 Somersaults 2 Twists		5,1	4,8							
5286	Back 4 Somersaults 3 Twists		5,8	5,5							
52(10)2	Back 5 Somersaults 1 Twist		5,6	5,1							
	Group 3 - Reverse										
302	Reverse 1 Somersault	2,9	2,7	2,6		2,8	2,9	2,7	2,6		2,8
304	Reverse 2 Somersaults		3,1	2,9				3,2	3,0		
306	Reverse 3 Somersaults		3,8	3,6				4,1	3,9		
308	Reverse 4 Somersaults		4,8	4,5				5,4	5,1		
30(10)	Reverse 5 Somersaults		6,1	5,6							
30(12)	Reverse 6 Somersaults			7,1							
312	Reverse Flying 1 Somersault		2,8	2,7				2,8	2,7		
5341	Reverse 2 Somersaults 1/2 Twist				3,4					3,4	
5342	Reverse 2 Somersaults 1 Twist				3,1					3,1	
5343	Reverse 2 Somersaults 1 1/2 Twist				3,8					3,8	
5344	Reverse 2 Somersaults 2 Twists				3,5					3,5	
5345	Reverse 2 Somersaults 2 1/2 Twists				4,4					4,4	
5346	Reverse 2 Somersaults 3 Twists				4,0					4,0	
5347	Reverse 2 Somersaults 3 1/2 Twists				5,1					5,2	
5348	Reverse 2 Somersaults 4 Twists				4,6						
534(10)	Reverse 2 Somersaults 5 Twists				5,4						
5361	Reverse 3 Somersaults 1/2 Twist		4,3	4,1				4,4	4,2		
5362	Reverse 3 Somersaults 1 Twist		3,8	3,6				3,9	3,7		
5363	Reverse 3 Somersaults 1 1/2 Twist		4,9	4,7							
5364	Reverse 3 Somersaults 2 Twists		4,4	4,2							
5365	Reverse 3 Somersaults 2 1/2 Twists		5,7	5,5							
5366	Reverse 3 Somersaults 3 Twists		5,1	4,9							
5368	Reverse 3 Somersaults 4 Twists				5,9						
5381	Reverse 4 Somersaults 1/2 Twist		5,4	5,1							
5382	Reverse 4 Somersaults 1 Twist		4,7	4,4							
	Group 4 - Inward										
402	Inward 1 Somersault		2,9	2,8				3,0	2,9		
404	Inward 2 Somersaults		3,5	3,3				3,6	3,4		
406	Inward 3 Somersaults		4,3	4,1				4,5	4,3		
408	Inward 4 Somersaults		5,4	5,1				5,9	5,6		
412	Inward Flying 1 Somersault		3,0	2,9				3,1	3,0		
5421	Inward 1 Somersault 1/2 Twist		2,6	2,5				2,7	2,6		
5441	Inward 2 Somersaults 1/2 Twist		3,1	2,9				3,2	3,0		
5461	Inward 3 Somersaults 1/2 Twist		3,8	3,6				4,0	3,8		
5481	Inward 4 Somersaults 1/2 Twist		4,7	4,4				5,2	4,9		
54(10)1	Inward 5 Somersaults 1/2 Twist		5,9	5,4							
5442	Inward 2 Somersaults 1 Twist				3,9						
5443	Inward 2 Somersaults 1 1/2 Twist				3,5					3,6	
5445	Inward 2 Somersaults 2 1/2 Twists				4,0					4,1	
5447	Inward 2 Somersaults 3 1/2 Twists				4,6						
5462	Inward 3 Somersaults 1 Twist		4,8	4,6							
5463	Inward 3 Somersaults 1 1/2 Twist		4,3	4,1							

WORLD AQUATICS



WATER POLO

COMPETITION REGULATIONS

TABLE OF CONTENTS

PART SIX: WATER POLO RULES

PART SIX: WATER POLO RULES 214

1 GENERAL PROVISIONS 214
2 TEAMS AND PLAYERS 214
3 TECHNICAL OFFICIALS 216
4 DURATION AND OUTCOME OF A MATCH 222
5 TIMEOUTS 223
6 START AND RESTART OF PLAY 224
7 METHOD OF SCORING 225
8 ORDINARY FOULS 227
9 TEAM POSSESSION AND THE SHOT CLOCK 228
10 EXCLUSION FOULS 229
11 PENALTY FOULS 233
12 FREE THROWS 234
13 GOAL THROWS 235
14 CORNER THROWS 235
15 NEUTRAL THROWS 236
16 PENALTY THROWS 236
17 PERSONAL FOULS 237
18 YELLOW AND RED CARDS 238
19 ACCIDENT, INJURY, ILLNESS, AND SAFETY REQUIREMENTS 240
20 THE FIELD OF PLAY 241
21 FACILITIES AND EQUIPMENT 242
22 APPENDICES 245
22.1 APPENDIX 1 – DIAGRAM OF WATER POLO FACILITIES (NOT AT THE WORLD AQUATICS CHAMPIONSHIPS OR OLYMPIC GAMES) 246
22.2 APPENDIX 2 – SIGNALS TO BE USED BY TECHNICAL OFFICIALS 247
22.3 APPENDIX 3 – PENALTY SHOOTOUTS 253
22.4 APPENDIX 4 – VIDEO ASSISTANT REFEREE PROTOCOL 257
22.5 APPENDIX 5 – COACH'S CHALLENGE PROTOCOL 262
22.6 APPENDIX 6 - AGE GROUP RULES AND ELIGIBILITY 264
22.7 APPENDIX 7: REGISTRATION AND SPORT ENTRIES 265
22.8 APPENDIX 8: POINTS AND TIE-BREAKING 265
22.9 APPENDIX 9: WATER POLO 4S 267
22.10 APPENDIX 10 – DEFINED TERMS IN PART SIX (WATER POLO) 292

PART SIX: WATER POLO RULES

1 GENERAL PROVISIONS

1.1 These Regulations will apply to Water Polo events at the Olympic Games and at World Aquatics Events and any other events held under the rules of World Aquatics (specifically, these Competition Regulations).

1.2 The defined terms in this Part Six (denoted by initial capital letters) have the meaning given to them in Part Nine and in Appendix 10 of this Part Six.

2 TEAMS AND PLAYERS

2.1 Each match will be contested by two (2) teams.

2.2 **Team Start Lists:**

2.2.1 Each team must submit a Start List prior to the start of each match and in accordance with any deadline set by World Aquatics and/or the Management Committee.

2.2.2 Subject to Appendix 7 of this Part Six each team's Start List must include a minimum of seven (7) and a maximum of fourteen (14) Players who may participate in that match. Each Start List must include:

2.2.2.1 a maximum of twelve (12) Players must be designated as Field Players;

2.2.2.2 a minimum of one (1) and a maximum of two (2) Players must be designated as Goalkeeper(s). For the avoidance of doubt, even if a team has only one (1) designated Goalkeeper on its Start List, the maximum number of Field Players on its Start List remains at twelve (12); and

2.2.2.3 one Player designated as captain. Captains, together with a team's Head Coach, will promote the good conduct and discipline of the team.

2.2.3 A team's Start List may also include:

2.2.3.1 a maximum of three (3) Team Officials which, if listed, must specify a Head Coach; and

2.2.3.2 a maximum of two (2) members of medical staff.

2.3 **Team composition during play:**

2.3.1 Each team must start the match with seven (7) Players on the Field of Play, one (1) of which must be a Goalkeeper.

2.3.2 Each team must only have a maximum of one (1) Goalkeeper on the Field of Play at any point during Play.

2.3.3 After the start of the match, a team is not obliged to have a Goalkeeper on the Field of Play and may instead choose to have only Field Players on the Field of Play.

2.3.4 A Player designated as a Goalkeeper on a team's Start List:

2.3.4.1 subject to Article 2.3.4.2 of this Part Six, must only play as a Goalkeeper during that match, including after replacement of a Goalkeeper by a Substitute.

2.3.4.2 may only play as a Field Player if, at that point in the match, their team has fewer than six eligible and available Field Players (including Substitutes).

2.3.5 If during a match a team has no remaining eligible or available Goalkeepers, a Field Player from its Start List may play as a Goalkeeper, subject to the rules applying to Goalkeepers in this Part Six.

2.3.6 If during a match a team does not have seven (7) available Players, for example due to injury or exclusion, the team must continue the match with its available Players. The minimum number of Players for a team during a match is two (2). If during a match, a team has fewer than two (2) available Players, that team will forfeit the match, the match will end, and the consequences will be determined by the Disciplinary Panel.

2.3.7 Where a Player changes role from Field Player to Goalkeeper or vice versa, the Player must complete the required cap-change prior to entering the Field of Play.

2.3.8 **Substitutes and any Player not on the Field of Play must be positioned:**

2.3.8.1 At the start of each Period: on their team bench, except that an excluded Player may be positioned in the Exclusion Re-Entry Area at the start of a Period where their period of exclusion is ongoing.

2.3.8.2 During play:

2.3.8.2.1 seated on their team bench throughout the match unless moving to enter or leave the Field of Play, the Exclusion Re-Entry Area, or the Flying Substitution Area where permitted in accordance with this Part Six; except that

2.3.8.2.2 during the intervals between Periods and during Timeouts, Substitutes and/or Players on their team bench may stand and move along the side of the pool between their team bench and the Halfway Line.

2.4 **Team Officials:**

2.4.1 In accordance with Article 2.2.3 of this Part Six, a team may have up to three (3) Team Officials (but is not required to have any). If a team has any Team Officials, one (1) must be designated as Head Coach.

2.4.2 A Head Coach may remain seated on their team bench, or may stand or move along the side of the pool that is in front of their team bench, but not beyond their team's defensive Goal Line, except:

2.4.2.1 during their team's Possession, a Head Coach is permitted to stand or move along the side of the pool in front of their team bench but not beyond their team's defensive 6 Metre Line; and

2.4.2.2 during the intervals between Periods or before the restart of play after a Goal or during Timeouts, a Head Coach may stand and move in the side of the pool between their team bench and the Halfway Line.

2.4.3 Team Officials other than Head Coach must be seated on the team bench, except that during the intervals between Periods and during a Timeout they may stand and move along the side of the pool between their team bench and the Halfway Line.

2.4.4 Team medical staff must be seated on the team bench, except when required to attend to a Player or other medical needs.

2.5 **Substitution procedure:**

2.5.1 Subject to this Article 2.5 and as set out elsewhere in this Part Six, a team may replace a Player (whether a Field Player or a Goalkeeper) on the Field of Play by way of substitution at any time during play, via their team's:

2.5.1.1 Exclusion Re-Entry Area; or

2.5.1.2 Flying Substitution Area.

2.5.2 Subject to Article 2.5.8 of this Part Six, Players on the Field of Play may be substituted at any time during play via their team's Exclusion Re-Entry Area, as follows:

2.5.2.1 The Player leaving the Field of Play must swim into the Exclusion Re-Entry Area closest to the Goal that they are defending, after which they may remain in that Exclusion Re-Entry Area or may move to their team bench.

2.5.2.2 The Substitute may then enter the Field of Play from the Exclusion Re-Entry Area, only after the Player leaving the Field of Play has visibly risen to the surface of the water within the Exclusion Re-Entry Area.

2.5.3 Subject to Article 2.5.8 of this Part Six, Players on the Field of Play may be substituted at any time during play via their team's Flying Substitution Area, as follows:

2.5.3.1 The Player leaving the Field of Play must swim into their team's Flying Substitution Area.

2.5.3.2 **The Substitute must:**

2.5.3.2.1 enter their team's Flying Substitution Area from behind the Goal Line;

2.5.3.2.2 enter the Field of Play from their team's Flying Substitution Area, only after both Players have touched hands above the water.

2.5.4 Players leaving the Field of Play and Substitutes replacing them must be ready to leave and join the Field of Play without causing undue delay to a match (including when substitutions are made before the restart of play after any Stoppage).

2.5.5 If Player involved in a substitution is not ready to or does not leave or enter the Field of Play without undue delay, the Referee may, at their discretion, continue or restart the match without the Substitute entering the Field of Play. At any time thereafter, the Substitute may enter the Field of Play from the relevant area in accordance with the procedures set out in this Article 2.5.

2.5.6 **Replacement of excluded Players:**

2.5.6.1 Where under this Part Six an excluded Player may be replaced immediately on the Field of Play by another Player, that replacement Player may enter the Field of Play from any place before the restart of play.

2.5.6.2 Where a Player has been excluded and cannot be replaced immediately by a Substitute, a Substitute replacing them may (when permitted to do so in accordance with this Part Six) enter the Field of Play from the Exclusion Re-Entry Area in accordance with the procedure for substitution via the Exclusion Re-Entry Area set out in Article 2.5.2 of this Part Six.

2.5.7 Unless during a Timeout, substitutions cannot be made between the time a Referee awards a Penalty Throw and the taking of that Penalty Throw.

2.5.8 Players leaving and entering the Field of Play by substitution may do so from any place at any of the following times:

2.5.8.1 During the intervals between Periods.

2.5.8.2 Immediately after a Goal has been scored.

2.5.8.3 During a Timeout.

2.5.8.4 At any time, to replace a Player who has left the Field of Play due to bleeding or injury in accordance with Article 19 of this Part Six.

2.5.9 Players are permitted to leave the Field of Play without having been excluded and without being replaced immediately by a Substitute. Where this occurs:

2.5.9.1 a Player is permitted to leave the Field of Play from any location (including, but not limited to, the Exclusion Re-Entry area or Flying Substitution Area);

2.5.9.2 that Player, or a Substitute replacing them, will be permitted to re-enter the Field of Play:

2.5.9.2.1 at any time from the Exclusion Re-Entry Area, with the permission of the Referee; or

2.5.9.2.2 from any location during a Timeout, during intervals between Periods, or immediately after a Goal has been scored (without the permission of the Referee).

3 TECHNICAL OFFICIALS

3.1 **Water Polo matches held under these Competition Regulations must be officiated by:**

3.1.1 two (2) Referees;

3.1.2 two (2) Assistant Referees;

3.1.3 two (2) Timekeepers;

3.1.4 two (2) Secretaries; and

3.1.5 Video Assistant Referee(s).

3.2 At all World Aquatics Events, each match will also be officiated by a TWPC Delegate, who will oversee and assist with the proper functioning of and compliance with these Competition Regulations, including:

3.2.1 the correct and efficient officiating of each match and event;

3.2.2 the process of and decisions made by Technical Officials during Coach's Challenges and VAR Reviews; and

3.2.3 the use of equipment that is used to officiate the match, including VAR Monitors.

3.3 Technical Officials will in each case be appointed by World Aquatics or its designee.

3.4 World Aquatics may in addition to the Technical Officials required in Articles 3.1 and 3.2 of this Part Six, appoint any one (1) or more of the following additional Technical Officials to assist in the conduct of any competition, namely: TWPC Delegates, World Aquatics TWPC Evaluator(s) and/or Timeout Officials.

3.5 **Referees' overall authority:**

3.5.1 Referees have the overall responsibility and authority to officiate a match and have full authority to direct Players, Team Officials, Technical Officials, spectators and other persons at the Venue in order to enforce these Competition Regulations during a match or event.

3.5.2 All decisions of a Referee are authoritative and final, unless otherwise stated.

3.5.3 Where these Competition Regulations provide that Referees may or will take a specified action or decision, the Referee has full discretion as to whether and/or how to take that decision or action in order to enforce these Competition Regulations. Where that requires the judgment, view or discretion of the Referees, the Referees have absolute authority to exercise such judgment, view or discretion.

3.5.4 Referees will not make any presumption as to the facts of any situation during the match but will interpret what they observe to the best of their ability, taking into account the evidence provided by a VAR Review and/or information from other Technical Officials where appropriate and as provided for by these Competition Regulations.

3.5.5 Players, Team Officials, Technical Officials who are not Referees, and all other attendees at a match must follow the decisions and instructions of the Referees throughout a match.

3.5.6 Where necessary or appropriate to do so to comply with these Competition Regulations, the Referee may order a match or part of a match to be replayed, including where the Referee discovers or considers (after a VAR Review, or otherwise) that a mistaken decision or omission has been made by any Technical Official.

3.5.6.1 If a TWPC Delegate has been appointed, the Referee will consult with the TWPC Delegate as to whether to replay a match or part of it, but the final decision remains with the Referee.

3.5.6.2 No match or part of a match may be replayed as the result of a mistake or other circumstance discovered after the match ends.

3.5.6.3 In accordance with Article 12.6 of Part One, decisions in Water Polo are not subject to appeal and, in accordance with Article 1.5 of Appendix 4 of this Part Six, the result or score of a match will not be invalidated or otherwise affected by any decision (whether involving a VAR Review or otherwise) which is considered to be incorrect (except as addressed by the Referee during a Match pursuant to this Part Six).

3.5.7 Generally, in addition to the specific powers and duties set out in these Competition Regulations, Referees may:

3.5.7.1 Award or not award any Ordinary Foul, Exclusion Foul or Penalty Foul.

3.5.7.2 Refrain from awarding any Ordinary Foul, Exclusion Foul or Penalty Foul if awarding it would deny the team being fouled an Advantage or would otherwise be an advantage to the offending Player's team.

3.5.7.3 Order the removal from the Field of Play or the Competition Area any Player, Team Official, spectator, Technical Official or other attendee at a match whose behaviour prevents the proper continuance of the match or prevents the Referees, other Technical Officials from carrying out their duties in a proper and impartial manner, or if otherwise necessary to do so in order to enforce these Competition Regulations.

3.5.7.4 Abandon or pause a match at any time if the behaviour of Players, Team Officials, spectators or other individuals, or any other circumstance:

3.5.7.4.1 prevents the proper continuance of a match, or prevents the match from being brought to a proper conclusion; or

3.5.7.4.2 if necessary to do so to ensure the safety of individuals in attendance at the match (including Players, Team Officials, Technical Officials and/or spectators).

3.5.7.5 Abandon a match if a Player or a Team Official refuses to leave the Field of Play or the Competition Area when ordered to.

3.5.8 If a match is abandoned, the outcome of the match will be decided by World Aquatics or its designee.

3.6 **Decision-making between two Referees:**

3.6.1 The Referees are jointly in absolute control of the match.

3.6.2 The Referees each, independently or jointly, have full, equal and overriding authority to officiate the match, including to declare Fouls, award sanctions, and make decisions in order to enforce these Competition Regulations.

3.6.3 Any reference to a decision, action, discretion or otherwise to a "Referee" or to "Referees", or to any Article applying to a Referee or Referees in this Part Six, may apply to a single Referee or to Referees jointly (unless the context requires otherwise).

3.6.4 Each Referee will observe and officiate the match as a whole. Each Referee may make any award or decision relating to play or circumstances in any part of the Field of Play or Competition Area (irrespective of whether they are the Referee closest to play or that circumstance at the time of the decision).

3.6.5 The Referees may consult and discuss decisions with each other, or with any other Technical Official, if they consider it necessary or appropriate to do so (including, for example, if the other Referee or another Technical Official may have had a different or better view of play or the relevant circumstance). For the avoidance of doubt, however, a Referee is not (unless otherwise specified under these Competition Regulations) required to consult any person in order to make a decision under these Competition Regulations.

3.6.6 A Referee may alter a decision, award or sanction, either:

3.6.6.1 if such alteration is made before the ball is put back into play or before play (where stopped) has been restarted; or

3.6.6.2 in accordance with these Competition Regulations (including in the case of a VAR Review).

3.6.7 If the Referees make conflicting decisions other than in the circumstances of Article 3.8.6 of this Part Six, the Referees will consult and issue a joint decision, having consulted other Technical Officials if the Referees consider it necessary or appropriate to do so.

3.6.8 Differences of opinion or decision-making between the Referees at any stage of the match or a decision will not serve as a basis for protest or appeal.

3.7 **Position of the Referees:**

3.7.1 At the start of the match and at the start of each Period, the Referees will be positioned:

3.7.1.1 one on each side of the pool;

3.7.1.2 on the 6 Metre Line which is to the right-hand side as they face the Field of Play (unless a ball-release device is not available and a Referee is therefore required to start the match by releasing the ball in accordance with Article 6.5.2 of this Part Six, in which case that Referee will release the ball and then proceed to their position); and

3.7.1.3 the Referee listed first in the official program or schedule of the competition will start the match on the same side of the pool as the Officials Table.

3.7.2 **During a match:**

3.7.2.1 During play, Referees will remain on the same side of the Pool that they started that Period, but will be free to move without restriction along that side of the Pool in order to take the position which they consider best in order to view and officiate the match as they see fit.

3.7.2.2 At the start of any Period where the teams have not changed ends (the start of the second and fourth periods), the Referees will switch positions (sides of the Pool and 6 Metre Lines).

3.7.2.3 During any Stoppage and in intervals between Periods, Referees may move freely to any part of the Venue.

3.8 **Responsibilities of the Referees during a match:**

3.8.1 In accordance with Article 3.5 of this Part Six, the Referees have absolute authority and responsibility to direct and officiate the match. The responsibilities of the Referee are set out throughout this Part Six and include, but are not limited to those set out in this Article 3.8.

3.8.2 To start a match, the Referee on the same side of the Officials Table will blow a whistle.

3.8.3 Thereafter, Referees will blow a whistle to:

3.8.3.1 start and restart play (including at the start of a Period) if the Referee deems necessary;

3.8.3.2 restart play after a Goal;

3.8.3.3 award Goals, Goal Throws, Corner Throws or Neutral Throws;

3.8.3.4 signal infringements of this Part Six, including the award of a Foul;

3.8.3.5 signal that a Timeout has been called in accordance with Article 5 of this Part Six;

3.8.3.6 signal any other Stoppage in play; and/or

3.8.3.7 as otherwise required by this Part Six.

3.8.4 Subject to the obligation of Players to be prepared for substitutions without delaying the match in accordance with Article 2.5.4 of this Part Six, where there is a Stoppage, Referees will allow substitutions to be completed before restarting play.

3.8.5 When awarding a Free Throw, Goal Throw, Corner Throw or Penalty Throw, the Referee making that award will blow a whistle and make the relevant signal (as set out in Appendix 2). Both Referees will signal the direction of the Goal that the team awarded the throw is attacking, if applicable.

3.8.6 If the Referees award Fouls simultaneously for opposing teams, the Referees will either consult in order to reach a joint decision on which Foul should apply in accordance with Article 3.6.7 of this Part Six. If no joint decision is reached:

3.8.6.1 In the event of simultaneous awards of Ordinary Fouls for opposing teams, the award will be a Neutral Throw, conducted by the Referee.

3.8.6.2 In the event of simultaneous awards of an Ordinary Foul and an Exclusion Foul or a Penalty Foul for opposing teams, the Exclusion Foul or Penalty Foul will be awarded.

3.8.6.3 In the event of simultaneous awards of an Exclusion Foul and a Penalty Foul for opposing teams, the Penalty Foul will be awarded.

3.8.6.4 In the event of simultaneous awards for opposing teams where one is for a Goal Throw and the other is for a Corner Throw, the Corner Throw will be awarded.

3.8.6.5 In the event of simultaneous awards for Exclusion Fouls for opposing teams:

3.8.6.5.1 Each Exclusion Foul will be applied.

3.8.6.5.2 The Referees will inform the Secretaries as to which Players are to be excluded and to ensure that those Players leave the Field of Play. The Referees will, if deemed necessary, order the removal of the ball from the water while this occurs.

3.8.6.5.3 Play will be restarted with a Free Throw to the team that had Possession of the ball prior to the award of the Exclusion Fouls, without resetting the Shot Clock.

3.8.6.5.4 If neither team had Possession of the ball when the simultaneous Exclusion Fouls were awarded, play will be restarted with a Neutral Throw and the Shot Clock will be restarted.

3.8.6.6 In the event of simultaneous awards of Penalty Throws for opposing teams:

3.8.6.6.1 A Penalty Throw will be taken by each team.

3.8.6.6.2 The first Penalty Throw will be taken by the team in Possession or most recently in Possession of the ball before the awards were made.

3.8.6.6.3 After the second Penalty Throw has been taken, the match will restart with a Free Throw on or behind the Halfway Line, given to the team who took the first Penalty Throw, with the Shot Clock reset to 28 seconds.

3.8.6.7 In the event of any other simultaneous awards of Fouls or throws simultaneously but for opposing teams (i.e., where not specified in this Article 3.8), the Referees will determine the appropriate award.

3.8.7 If the Referees award Fouls simultaneously for the same team, the Referees will consult in order to reach a joint decision on which Foul should apply in accordance with Article 3.6.7 of this Part Six. If no joint decision is reached:

3.8.7.1 In the event of simultaneous awards of Ordinary Fouls for the same team, a Free Throw will be taken from the position of the ball in the usual manner.

3.8.7.2 In the event of simultaneous awards of an Ordinary Foul and an Exclusion Foul or a Penalty Foul for the same team, the Exclusion Foul or Penalty Foul will be awarded.

3.8.7.3 In the event of simultaneous awards of an Exclusion Foul and a Penalty Foul for the same team, the Penalty Foul will be awarded.

3.8.7.4 In the event of simultaneous awards of a Goal Throw a Corner Throw for the same team, the Corner Throw will be awarded.

3.8.8 Referees' and Technical Officials' audio equipment:

3.8.8.1 During a match, each Referee will have an audio headset in order to communicate with the other Referee, the Officials Table and the Video Assistant Referee as required.

3.8.8.2 The TWPC Delegate and the Video Assistant Referee will have an audio headset, in order to:

3.8.8.2.1 receive information for the Officials' Table; and

3.8.8.2.2 assist the Referees when requested to do or as set out in this Part Six.

3.9 **Assistant Referees:**

3.9.1 Assistant Referees will be positioned at the end of the Side Line, alongside each Goal Line, on the same side of the pool as the Officials' Table.

3.9.2 The powers and responsibilities of Assistant Referees are set out throughout this Part Six and include (but are not limited to) signalling:

3.9.2.1 at the start of a Period when the Players are correctly positioned on their respective Goal Lines, by raising one arm vertically;

3.9.2.2 for the award of a Goal, by raising and crossing both arms;

3.9.2.3 for the award of a Goal Throw, by pointing with the arm in the direction that the team being awarded the Goal Throw is attacking;

3.9.2.4 for the award of a Corner Throw, by pointing with the arm in the direction that the team being awarded the Goal Throw is attacking;

3.9.2.5 for a False Start, by raising both arms vertically; and

3.9.2.6 for an Improper Entry by an excluded Player or a Substitute, by raising both arms vertically.

3.9.3 The Assistant Referee's signal is advisory and subject to the award of the Referee.

3.9.4 Notwithstanding the responsibilities of Assistant Referees set out in this Article 3.9, the Referees retain overall authority at all times to officiate the match and to make decisions within it. If at any point a decision of a Referee conflicts with that of an Assistant Referees, the decision of the Referee (subject to any consultation the Referee deems necessary or appropriate) will prevail.

3.9.5 Each Assistant Referee will be provided with a supply of balls, which may be kept in a basket or other container. When a ball leaves the Field of Play, the Assistant Referee will as soon as possible throw a new ball onto the Field of Play:

3.9.5.1 for a Goal Throw, to the Goalkeeper of the team that is entitled to restart Play;

3.9.5.2 for a Corner Throw, to the offensive Player nearest to the Assistant Referee; or

3.9.5.3 as otherwise appropriate in the view of the Assistant Referee, or as directed by the Referee or this Part Six.

3.10 **Timekeepers:**

3.10.1 Two (2) Timekeepers will be located at the Officials' Table:

3.10.2 The Timekeepers will record the timings of:

3.10.2.1 Actual Play;

3.10.2.2 Timeouts;

3.10.2.3 the intervals between the Periods;

3.10.2.4 continuous Possession of the ball by each team; and

3.10.2.5 the exclusions of Players, together with the re-entry times of excluded Players and/or the Substitutes replacing them.

3.10.3 One (1) Timekeeper will record the exact periods of Actual Play, Timeouts and the intervals between Periods, the other Timekeeper will record the periods of continuous Possession of the ball by each team.

3.10.4 Timekeepers will operate the Shot Clock as set out in this Part Six, including to set and reset the Shot Clock following the start or change of the team in Possession. For the avoidance of doubt, the Referees maintain authority and overall responsibility to officiate the match, including to determine matters relevant to Possession and to direct the Timekeepers in respect of timings and/or the Shot Clock as necessary.

3.10.5 Timekeepers will audibly announce the start of the last minute of the match, and will signal by whistle (or, if necessary, by any other audible and distinctive means):

3.10.5.1 Once forty-five (45) seconds of a Timeout has passed.

3.10.5.2 The end of each Timeout.

3.10.5.3 The end of each Period, which will take immediate effect to end the Period, except:

3.10.5.3.1 in the case of the award by a Referee of a Penalty Throw simultaneously with the end of the Period, in which case the Penalty Throw will be taken before the Period ends; or

3.10.5.3.2 if Article 7.7 of this Part Six applies.

3.10.5.4 In each case under Articles 3.10.5.3.1 and 3.10.5.3.2 of this Part Six, the Period will end immediately after the taking of the Penalty Throw or the award of the Goal, as applicable.

3.11 **Secretaries:**

3.11.1 Two (2) Secretaries will be located at the Officials' Table.

3.11.2 The Secretaries will:

3.11.2.1 Maintain the Record of the Game.

3.11.2.2 Where a Timeout is called in accordance with Article 5 of this Part Six, signal the Timeout and Stoppage of the match by whistle.

3.11.2.3 Administer the periods of exclusion of Players specified by this Part Six, including by:

3.11.2.3.1 Where a period of exclusion expires (as opposed to, for example, ending due to a change in possession), signalling the expiration of that period of exclusion of a Player by raising the appropriate flag or by another approved method of signalling; and

3.11.2.3.2 Signalling when four (4) minutes of Actual Play has passed following the exclusion of a Player for Violent Action in accordance with Article 10 of this Part Six, at which point, the excluded Player may be replaced by a Substitute. The Secretary should signal that four (4) minutes of Actual Play have passed by raising the yellow flag along with the appropriate coloured flag (white or blue, depending on the cap colour of that team) or by another approved method of signalling.

3.11.2.4 Signal with a red flag, or by another approved method of signalling, for:

3.11.2.4.1 any Improper Entry of an excluded Player or Improper Entry of a Substitute (including, but not necessarily, after a signal by an Assistant Referee to indicate an Improper Entry), such signal will stop play immediately; and

3.11.2.4.2 the award by the Referee of a third Personal Foul by a Player.

3.11.3 One (1) Secretary will maintain the Record of the Game. The other will carry out the duties relating to the Improper Entry of excluded Players or Substitutes, exclusion of Players and third Personal Fouls.

3.11.4 For the avoidance of doubt, the Secretaries' role is to record and/or signal events in the match and decisions taken by the Referees and/or other Technical Officials, rather than to make those decisions.

3.12 **Video Assistant Referees:**

3.12.1 Video Assistant Referees will be located next to the VAR Monitor.

3.12.2 Video Assistant Referees will follow the procedure specified in Appendix 4 (VAR Review Protocol), including but not limited to:

3.12.2.1 Alert the Referees if a VAR Review may assist the Referee, for example in the case of a possible Goal or Violent Action (or as otherwise specified in Appendix 4).

3.12.2.2 Provide a Referee with video footage if requested to do so by a Referee.

3.13 **Competitions that are not World Aquatics Events:**

3.13.1 Matches in events that are not World Aquatics Events should, if possible, have the numbers and allocation of Technical Officials set out in Article 3.1 of this Part Six.

3.13.2 If the numbers of Technical Officials set out in Article 3.1 of this Part Six are not available, matches must be officiated by a minimum of four (4) Technical Officials, not including any Video Assistant Referee.

3.13.3 If there is a discrepancy in the number of Technical Officials available between events or matches at one competition, consideration should be given to the degree of importance and/or any special requirements of the respective events or matches. Where matches are of equal importance, either an equal number of Technical Officials will be used, or any discrepancy in the number of Technical Officials used for each match will be decided randomly by the event organisers.

3.14 If, in events that are not World Aquatic Events, a match is officiated by between four (4) and (8) Technical Officials:

3.14.1 There must be a minimum of two (2) Referees or Assistant Referees (when combined), which in any case must meet one of the following minimum requirements:

3.14.1.1 two (2) Referees and two (2) Assistant Referees;

3.14.1.2 one (1) Referee and two (2) Assistant Referees; or

3.14.1.3 two (2) Referees and zero (0) Assistant Referees.

3.14.2 Where a match is officiated by two (2) Referees and zero (0) Assistant Referees, the Referees will assume the duties of the Assistant Referees (but without being required strictly to make the signals required of Assistant Referees).

3.14.3 Where a match is officiated by one (1) Referee, that Referee will officiate the match from the same side of the pool as the Officials' Table, with the Assistant Referees positioned on the opposite side of the pool.

3.14.4 There must be a minimum of one (1) Timekeeper and (1) Secretary:

3.14.4.1 if there are two (2) Timekeepers and two (2) Secretaries, their responsibilities will be split as set out in Articles 3.10 and 3.11 of this Part Six.

3.14.4.2 if there are two (2) Timekeepers and one (1) Secretary:

3.14.4.2.1 one (1) Timekeeper will record the exact periods of Actual Play, Timeouts and the intervals between Periods, the other Timekeeper will record the periods of continuous Possession of the ball by each team, in accordance with Article 8.12 of this Part Six; and

3.14.4.2.2 the Secretary will maintain the Record of the match and perform all other duties of a Secretary set out in Article 3.11 of Part Six;

3.14.4.3 if there is one (1) Timekeeper and one (1) Secretary:

3.14.4.3.1 the Timekeeper will record the periods of continuous Possession of the ball by each team, in accordance with Article 8.12 of this Part Six;

3.14.4.3.2 the Secretary will record the exact periods of Actual Play, Timeouts and the intervals between Periods, maintain the Record of the match as set out in Article 20.5.5 of Appendix 4 of this Part Six and will also record the respective periods of exclusion of Players ordered from the water.

3.14.5 Where available, a Video Assistant Referee will assist the Referee(s) as set out in Article 3.12 of this Part Six. For the avoidance of doubt and in accordance with Article 3.13.2 of this Part Six, the Video Assistant Referee will not count towards the minimum of four (4) Technical Officials.

4 DURATION AND OUTCOME OF A MATCH

4.1 **Each match will have four Periods, each of eight (8) minutes of Actual Play.**

4.2 **Actual Play:**

4.2.1 Commences at the start of each Period when a Player first touches the ball.

4.2.2 Stops at the end of each Period, as indicated by the Referee.

4.2.3 During play in each Period, stops at any Stoppage, for example as a result of a Foul or VAR Review.

4.2.4 Once stopped, remain stopped until the ball is put back into play by the ball leaving the hand of the Player taking the appropriate throw or until the ball is touched by a Player following a Neutral Throw.

4.3 **There will be an interval between each Period of:**

4.3.1 Two (2) minutes between the first and second Periods and between the third and fourth Periods.

4.3.2 Five (5) minutes between the second and third Periods (i.e., at the half-way point of the match).

4.4 Each match will have a winner and a loser at the conclusion of the match:

4.4.1 The winner of a Water Polo match is the team that has scored the most Goals at the end of the fourth Period.

4.4.2 If both teams have scored the same number of Goals at the end of the fourth Period, the winner of the match will be determined by a Penalty Shootout, conducted in accordance with Appendix 3 of this Part Six.

4.5 If a match or part of a match must be replayed for any reason, any Goals, Personal Fouls, and Timeouts that occurred during the part of the match to be replayed are deleted from the Record of the match along with any consequences resulting from them. However, exclusions for Violent Action, Misconduct and/or any Red Card will remain on the Record of the match even if they occurred during a part of a match that is being replayed, and any consequences for future matches arising from those events will continue to apply.

5 TIMEOUTS

5.1 **Each team may request up to two (2) Timeouts in each match.**

5.2 The duration of a Timeout is (1) minute.

5.3 **A Timeout may be requested:**

5.3.1 during play, by the team in Possession of the ball; or

5.3.2 during any Stoppage, by the team that is due to have possession of the ball at the restart after the Stoppage (including, for example, after a Goal or after the award of a Penalty Throw).

5.3.3 **A Timeout may not be called:**

5.3.3.1 during a VAR Review (including as a result of a Coach's Challenge); or

5.3.3.2 between Periods.

5.4 **A Timeout must be requested by:**

5.4.1 the Head Coach of a team (or another Team Official acting as Head Coach in accordance with this Part Six, or any Team Official or Player of the team if no other Team Official is acting as Head Coach); or

5.4.2 any Team Official or Player of the team using any device authorised for the calling of a Timeout by the Management Committee from the team bench; and

5.4.3 in any case, by calling "*Timeout*" audibly and signalling, to the Officials Table or to a Referee, with their hands forming the shape of a capital 'T' (one hand held horizontally on top of one hand held vertically).

5.5 **If a Timeout is requested in accordance with this Article 5:**

5.5.1 A Secretary or Referee hearing or seeing the request will immediately signal the Timeout and the immediate Stoppage of play by whistle. The match will remain stopped for the duration of the Timeout.

5.5.2 Players on the Field of Play must without delay position themselves in the half of the Field of Play which they are defending at the time of the Timeout.

5.6 In accordance with Article 3.10 of this Part Six, the Timekeepers will by whistle or other audible method announce:

5.6.1 once forty-five (45) seconds of a Timeout has passed, at which point the Players of both teams are permitted to move anywhere in the Field of Play; and

5.6.2 the end of each Timeout.

5.7 **After a Timeout has ended, play will be restarted on the Referee blowing a whistle, as follows:**

5.7.1 If the Timeout was requested during play, the team that was in Possession at the time the Timeout was requested will restart play with a Free Throw taken on or behind the Halfway Line.

5.7.2 Subject to Article 5.7.3 of this Part Six, if the Timeout was requested during a Stoppage, play will be restarted with a Free Throw taken on or behind the Halfway Line, taken by the team that would have had Possession after that Stoppage.

5.7.3 If the Timeout was requested between the award of a Penalty Throw and the taking of that Penalty Throw, play will be resumed by the Penalty Throw being taken by the team to which it was awarded.

5.8 Timeouts may only be called in accordance with this Article 5. Requests for Timeouts that do not comply with this Article 5 (or otherwise breach this Part Six) are invalid and will not result in a Timeout. Accordingly:

5.8.1 If a Timeout is requested during play by the team that is not in Possession:

5.8.1.1 play will be stopped and a Penalty Throw will be awarded to the opposing team (the team that is in Possession); and

5.8.1.2 the team that made the invalid request will lose the right to request one (1) of its (valid) Timeouts if the team still had one (1).

5.8.2 If a Timeout is requested by a team that has already called two (2) Timeouts in that match or otherwise has no Timeout requests remaining:

5.8.2.1 If the Timeout is called during play by the team in Possession, but with no Timeout requests remaining, play will be stopped and will be restarted with a Free Throw taken by the opposing team on or behind the Halfway Line.

5.8.2.2 If the Timeout is called during play by the team that is not in Possession and has no remaining Timeout requests, play will be stopped and a Penalty Throw will be awarded to the opposing team (the team that is in Possession).

5.8.2.3 If the Timeout is called during a Stoppage by a team that has no remaining Timeout requests, no Timeout will be awarded.

6 START AND RESTART OF PLAY

6.1 At the start of each Period, including the start of the match, the Players on the Field of Play for each team must:

6.1.1 each position themselves with at least some part of their head in line with their defensive Goal Line;

6.1.2 each be positioned approximately one (1) metre apart from any other Player;

6.1.3 each be positioned not less than one (1) metre away from Goal posts; and

6.1.4 accordingly, a maximum of two (2) Players will be permitted between the Goal posts at the start of a Period.

6.2 The team listed first in the official program or schedule of the competition for that match will start the match on the side of the Field of Play that is to the right of the Officials' Table, when viewed from the Side Line opposite to the Officials' Table. The opposing team will start on the other side of the Field of Play.

6.3 The teams, including the Players and Team Officials, will change ends before starting the third Period.

6.4 Each team will, for the duration of a match, occupy the team bench on the same side of the Field of Play which that team is defending during that Period. Teams will change team benches when changing ends.

6.5 When the Referees are satisfied that the teams are ready and in position, a Referee will blow a whistle to start the Period, after which:

6.5.1 if a ball release device is available, it will be used to release the ball at the Halfway Line; or

6.5.2 if a ball release device is not available, the Referee will release or throw the ball into play on the Halfway Line (aiming to release the ball as close to the Halfway Line as possible).

6.6 Following the release of the ball at the start of a Period, the Referee is of the opinion that the ball has fallen in a position to the definite advantage of one team, the Referee will award a Neutral Throw from the Halfway Line, in accordance with Article 15 of this Part Six.

6.7 After a Goal has been scored:

6.7.1 Players will take up positions anywhere within their respective defensive halves of the Field of Play. No part of a Player's head may be beyond the Halfway Line.

6.7.2 When all Players are in the correct position, the Referee will blow a whistle to indicate the restart of play.

6.7.3 Without delay after the Referee's whistle, play will be restarted with a Free Throw taken on or behind the Halfway Line by the team that conceded the Goal. Play resumes when the ball leaves the hand of the Player taking the Free Throw.

6.8 Following a Timeout, subject to the rules in this Part Six relating to the taking of Corner Throws, Penalty Throws or any other circumstance specified in this Part Six:

6.8.1 Players may take up any position in the Field of Play.

6.8.2 Play will be restarted with a Free Throw on the whistle of a Referee, in accordance with Article 5.7 of this Part Six.

6.9 A start or restart of play not conducted in accordance with this Article 6 may, at the discretion of the Referees, be retaken.

7 METHOD OF SCORING

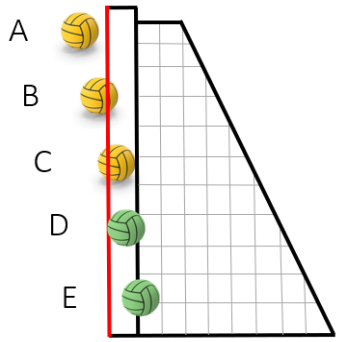
7.1 **A Goal is scored when the ball passes into the Goal, meaning that:**

7.1.1 the ball has passed the front edge of the Goal posts (specifically, the Goal Line), such that no part of the ball is visible in front of the Goal Line;

7.1.2 between the Goal posts; and

7.1.3 underneath the crossbar,

as demonstrated by the balls marked "D" and "E" in the image immediately below, with the front edge of the Goal Line marked in red.



7.2 When a Goal is scored, it is scored for the team who is attacking that Goal, regardless of the Player that last touched the ball or otherwise caused the Goal to be scored.

7.3 **Accordingly, a Goal may be scored, unless specified otherwise in this Article 7 or elsewhere in this Part Six:**

7.3.1 **intentionally or unintentionally;**

7.3.2 by a Player into the opponent's Goal or their own team's Goal (i.e., the latter case often being referred to as an 'own Goal'), even when (for example) taking a Free Throw;

7.3.3 from anywhere within the Field of Play; and

7.3.4 by any part of a Player's body, except that an attacking Player may not score a Goal with a clenched fist (for the avoidance of doubt, a defensive Player may score a Goal for the opposing team (an 'own Goal') with a clenched fist).

7.4 Except in the circumstances set out in Article 7.5 of this Part Six, a Goal may only be scored, following the most recent start or restart of play at the beginning of a Period or after any Stoppage, after at least two (2) Players (of either team, including the Player that Visibly Puts The Ball Into Play and the Player who scores the Goal, but excluding the defending Goalkeeper) intentionally play or touch the ball.

7.5 A Goal may be scored without two (2) Players intentionally playing or touching the ball in the following circumstances:

7.5.1 **A Goal may be scored by a Direct Shot, or after the ball is Visibly Put Into Play, without the need or for any other Player to touch the ball, from:**

7.5.1.1 a Penalty Throw;

7.5.1.2 a Free Throw taken behind the offensive 6 Metre Line taken without delay; or

7.5.1.3 a Goal Throw or a Corner Throw.

7.5.2 **A Goal may be scored by a Player who Visibly Puts The Ball Into Play, without any other Player being required to touch the ball, but not from a Direct Shot:**

7.5.2.1 from a Corner Throw; or

7.5.2.2 from behind their offensive 6 Metre Line:

7.5.2.2.1 from a Goal Throw;

7.5.2.2.2 from a Neutral Throw at the start of a Period;

7.5.2.2.3 from a Free Throw;

7.5.2.2.4 following the start of a match or Period;

7.5.2.2.5 following a Timeout;

7.5.2.2.6 following a Goal;

7.5.2.2.7 following a Stoppage for an injury, or the replacement of a cap;

7.5.2.2.8 following the ball leaving the side of the Field of Play; or

7.5.2.2.9 following any other Stoppage.

7.5.3 A Goal may also be scored by a Player who Visibly Puts the Ball Into Play inside their offensive 6 Metre Line, and then swims behind their offensive 6 Metre Line (without any other Player being required to touch the ball):

7.5.3.1 following a Stoppage for an injury, or the replacement of a cap or any other reason;

7.5.3.2 from a Neutral Throw;

7.5.3.3 from a Free Throw; or

7.5.3.4 following the ball leaving the side of the Field of Play.

7.6 For the avoidance of doubt, in accordance with the definitions in Appendix 10:

7.6.1 A Free Throw is considered taken 'behind' the offensive 6 Metre Line if, when the Free Throw is taken, both the head of the Player taking the Free Throw and the ball are behind the offensive 6 Metre Line.

7.6.2 A Player is considered 'behind' the offensive 6 Metre Line when both their head and the ball are behind the offensive 6 Metre Line.

7.7 A Goal may only be scored during play. In accordance with Article 3.10.5 of this Part Six, a Goal will be awarded if, at the expiration of the time at the end of a Period:

7.7.1 the ball is in flight and without any other Player then gaining Possession of the ball, or any offensive Player intentionally playing or touching the ball, crosses the Goal Line, in which case the Goal will be awarded (notwithstanding that the ball will have been scored by crossing the Goal Line after the signal for the end of the Period);

7.7.2 therefore, without prejudice to the generality of Article 7.7.1 of this Part Six, a Goal will be awarded where the ball enters the Goal after bouncing off the water, after touching or being played by the defensive Goalkeeper or any other defensive Player (so long as they do not gain Possession of the ball), or after being touched or played unintentionally by an offensive Player (so long as they do not gain Possession of the ball), or any combination thereof.

7.8 If the ball is in flight at the end of a Period and a Goal is not scored in accordance with Article 7.7 of this Part Six, the Period will end.

8 ORDINARY FOULS

8.1 If an Ordinary Foul is committed, a Free Throw will be awarded to the opposing team, unless otherwise specified in this Part Six.

8.2 **An Ordinary Foul is committed if a Player:**

8.2.1 commits a False Start;

8.2.2 deliberately affects the alignment of the Goal before the start of a Period;

8.2.3 holds on to or Pushes-Off from the Goal posts or their fixtures, from sides or ends of the pool during play or at the start of a period;

8.2.4 gives up Possession intentionally (whether resulting in the other team gaining Possession, or otherwise);

8.2.5 commits Simulation;

8.2.6 receives any physical assistance from any member of their team during play;

8.2.7 pushes or Pushes-Off from an opponent who is:

8.2.7.1 Dribbling the ball; or

8.2.7.2 not holding, lifting or carrying the ball;

8.2.8 is positioned anywhere in their offensive Goal Area, unless behind the line of the ball (seen horizontally across the Field of Play). For the avoidance of doubt, therefore:

8.2.8.1 it will not be a Foul if a Player is beyond the opposing team's 2 Metre Line but outside the Goal Area;

8.2.8.2 a Player who is behind the line of the ball may enter the Goal Area to receive the ball so long as they remain behind the line of the ball;

8.2.8.3 a Player with Possession inside the Goal Area who then passes or shoots the ball, or otherwise passes the ball to another Player on their team (backwards) must leave the Goal Area without delay to avoid being sanctioned under this Article 8.2.8;

8.2.9 takes a Free Throw, Goal Throw, Corner Throw or a Penalty Throw other than in the prescribed manner except under the circumstances provided by Article 13.4 and 14.4 of this Part Six; or

8.2.10 takes or holds the whole of the ball under the surface of the water when Tackled or with the intention of hiding or shielding it from the opposing team or otherwise preventing the opposing team from being able to Tackle or attempt to gain Possession of the ball;

8.2.11 except for a Goalkeeper in their defensive 6 Metre Area:

8.2.11.1 strikes or attempts to strike the ball with a clenched fist;

8.2.11.2 touches (intentionally or otherwise) the ball with two (2) hands at the same time, unless by the Goalkeeper while within the 6 Metre Area; or

8.2.11.3 touches the floor of the pool during play with one (1) or both legs, including but not limited to:

8.2.11.3.1 walking on the floor of the pool during Play; and/or

8.2.11.3.2 jumping from the floor of the pool in order to play the ball or to Tackle or block an opponent; or

8.2.12 swims or otherwise moves the whole of their body under the surface of the water in order to gain a positional advantage.

8.3 An Ordinary Foul is also committed if a team retains Possession at the expiry of the Shot Clock, as set out in Article 9 of this Part Six.

9 TEAM POSSESSION AND THE SHOT CLOCK

9.1 **A team may retain Possession without shooting at the opponent's Goal for no more than 28 seconds of Actual Play.**

9.2 If a team retains Possession for longer than 28 seconds of Actual Play, or otherwise for longer than the time specified in this Article 9 of this Part Six, without shooting at the opposing team's Goal, an Ordinary Foul will be awarded in accordance with Article 8.3 of this Part Six.

9.3 The time remaining for a team in Possession will be kept by the Timekeepers, using any reliable time-keeping device, and displayed on a Shot Clock visible to Technical Officials and Players in accordance with Article 21.12 of this Part Six.

9.4 **A team's period of Possession commences when a Player for that team gains Possession, including at the start or restart of Actual Play.**

9.5 **A team's period of Possession ends, and the Shot Clock will be reset, when:**

9.5.1 a Player from the opposing team gains Possession of the ball, at which point the Shot Clock will be reset and the opposing team's possession will begin; or

9.5.2 a Player from that team shoots the ball at the opposing team's Goal.

9.6 For the avoidance of doubt, therefore, a team's period of Possession will be deemed to continue:

9.6.1 while the ball is being passed or transferred between Players on that team, including by way of deflection off the surface of the water or another Player (whether intentionally or otherwise), without the other team gaining Possession; and

9.6.2 once Actual Play resumes following the Referee's having awarded a Foul or following any other Stoppage in play (except for the end of a Period), unless that Stoppage results in a change of the team in Possession or as otherwise provided by this Part Six.

9.7 A Player will be deemed to have shot the ball at the opposing team's Goal once the ball has left the hand of that Player with the intention of shooting and scoring at the opponent's Goal, whether or not the shot is accurate (i.e., whether or not the ball actually travels towards the Goal).

9.8 Following a shot:

9.8.1 If a Goal is scored, the match will be restarted in the usual manner following a Goal, as set out in Article 6.7 of this Part Six, and the Shot Clock will be reset to 28 seconds.

9.8.2 If the ball rebounds or deflects into the Field of Play after hitting the Goal posts or crossbar, or any other Player(s) (including a Goalkeeper and/or including a Player on the same team) or any combination thereof, without any other Player gaining Possession of the ball:

9.8.2.1 the Shot Clock will be reset and will not restart until the ball comes into a Player's Possession;

9.8.2.2 if the team that shot the ball regains Possession, that team is then able to maintain Possession without shooting at the opponent's Goal for a maximum of 18 seconds of Actual Play;

9.8.2.3 if the opposing team gains Possession after a shot by the other team, that team's period of Possession will begin with the Shot Clock reset to 28 seconds.

9.8.3 If the ball exits the Side Line of the Field of Play (including after deflection, but without another Player gaining Possession of the ball):

9.8.3.1 play will be restarted in the usual manner set out in Article 12.3.1 of this Part Six; and

9.8.3.2 the Shot Clock will be reset to 28 seconds, except under the circumstances set out at Article 9.10.3 of this Part Six.

9.9 **If play is restarted following the award of an Exclusion Foul which does not result in a change of the team in Possession, upon restart that team may retain Possession without shooting at the opponent's Goal for the greater of:**

9.9.1 18 seconds of Actual Play; or

9.9.2 the time remaining on the Shot Clock, if at the time the Exclusion Foul was committed there was more than 18 seconds remaining on the Shot Clock.

9.10 In the following circumstances, a team may retain Possession without shooting at the opponent's Goal for a maximum of 18 seconds (irrespective of the time previously remaining on the Shot Clock):

9.10.1 following the taking of a Penalty Throw not resulting in a change of Possession;

9.10.2 following the taking of a Corner Throw; or

9.10.3 a Free Throw awarded when the ball leaves the Field of Play through the Side Lines as a result of either:

9.10.3.1 an intentional action (a Player intending to play or otherwise touch the ball, whether or not they intended for the ball to leave the Field of Play) by a Player on the team without Possession; or

9.10.3.2 the blocking of a shot by the defending Goalkeeper (whether intentional or otherwise).

9.11 When a match is restarted with a change of Possession following the award of a Penalty Throw, a Goal Throw or a Neutral Throw, a team may then retain Possession subject to the usual 28 second time limit.

10 EXCLUSION FOULS

10.1 **An Exclusion Foul is committed if a Player:**

10.1.1 Interferes with the taking of a Free Throw, Goal Throw or Corner Throw by the opposing team, including, but not limited to:

10.1.1.1 intentionally touching the opponent or pushing or failing to release the ball;

10.1.1.2 attempting to play the ball before it has left the hand of the thrower; or

10.1.1.3 once a Free Throw is awarded, failing to move to a position at least one (1) metre away from the ball and/or raising an arm to block a pass or a shot before being at least one (1) metre away from the ball.

10.1.2 Blocks, or attempts to block, a pass or shot with two (2) hands outside of their defensive 6 Metre Area.

10.1.3 Intentionally splashes water in the face of an opponent.

10.1.4 Impedes or otherwise prevents the free movement of an opponent who:

10.1.4.1 is Dribbling the ball; or

10.1.4.2 is not holding, lifting or carrying the ball.

10.1.4.3 'Impeding' an opponent under this Article 10.1.4 includes, but is not limited to:

10.1.4.3.1 swimming or climbing on the opponent's shoulders, back or legs;

10.1.4.3.2 a defensive Player swimming or otherwise moving the whole of their body under the surface of the water in order to gain a positional advantage;

10.1.4.3.3 holding, sinking or pulling-back an opponent; or

10.1.4.3.4 using one (1) or two (2) hands to hold an opponent who is not holding the ball.

10.1.5 Commits a Foul (any Ordinary Foul or Exclusion Foul) tactically, meaning a Foul committed with the sole or primary purpose of impeding or stopping the flow of the opposing team's attack. For the avoidance of doubt, a Foul will not be deemed to have been committed tactically if a Player intends to Tackle, block or otherwise validly defend the attack, but in doing so impedes or stops the flow of the opposing team's attack.

10.1.6 Makes any disproportionate movement (meaning any movement with intent to kick or strike another Player, whether or not it results in such contact with another Player), including Kicking and Striking.

10.1.7 Interferes with the taking of a Penalty Throw, after the whistle of the Referee, in which case:

10.1.7.1 the Penalty Throw will still be taken by the opposing team (a Free Throw will not be awarded); and

10.1.7.2 that Player will be excluded for the remainder of the match in accordance with Article 10.7 of this Part Six.

10.2 **An Exclusion Foul will also be committed if:**

10.2.1 a Player commits Violent Action;

10.2.2 a Player commits Misconduct, meaning:

10.2.2.1 the use of unacceptable language;

10.2.2.2 Aggressive Play;

10.2.2.3 refusing to follow the orders of the Referee;

10.2.2.4 showing disrespect for a Referee or another Technical Official;

10.2.2.5 leaving the pool (including to sit or stand on the side of the pool or the steps or other exit of the pool), except:

10.2.2.5.1 in the case of substitution (including following exclusion) in accordance with this Part Six;

10.2.2.5.2 in the case of accident, injury, illness; or

10.2.2.5.3 with the permission of the Referee or as otherwise permitted by this Part Six; or

10.2.2.6 otherwise behaves in a manner which is against the Spirit of the Game or likely to bring the match, event or competition into disrepute; or

10.2.3 if at the taking of a Penalty Throw:

10.2.3.1 the defending Goalkeeper or any other Player fails to take up or moves away from the correct position, having been ordered to take up the correct position by the Referee. If a Goalkeeper is excluded under this Article 10.2.3.1, another defensive Player may take the position of the Goalkeeper for the taking of the Penalty Throw, but without the Goalkeeper's privilege (i.e., they must play as Goalkeeper but for that Penalty Throw they will not, for example, be permitted to use two (2) hands or a clenched fist to block the ball); or

10.2.3.2 the defending Goalkeeper moves forward before the Referee blows the whistle, and the Player then takes the shot and Goal is not scored. If this occurs, the Goalkeeper will be excluded according to Article 10.2.3.1 of this Part Six and the Penalty Throw will be retaken.

10.3 **Unless otherwise provided in this Article 10 or elsewhere in this Part Six, if an Exclusion Foul is committed:**

10.3.1 the Referee will order the exclusion of the Player who committed the Exclusion Foul; and

10.3.2 the Referee will award a Free Throw to the opposing team.

10.4 **If a Player is excluded under this Article 10, unless otherwise specified:**

10.4.1 the excluded Player must leave the Field of Play at the nearest location to them;

10.4.2 the excluded Player must then, without leaving the pool, move to the Exclusion Re-Entry Area behind their team's defensive Goal Line, visibly rising to the surface of the water without interfering with the play.

10.4.3 an excluded Player or a Substitute replacing an excluded Player must not enter the Field of Play or otherwise interfere with the play for the entire period of exclusion;

10.4.4 the excluded Player or a Substitute replacing them will, when permitted to enter/re-enter the match, only be permitted to enter the Field of Play through the Exclusion Re-Entry Area nearest to their team's defensive Goal Line, unless such entry/re-entry occurs between Periods, after a Goal has been awarded or during a Timeout;

10.4.5 if the excluded Player is replaced by a Substitute, the excluded Player must return to the team bench;

10.4.6 if the excluded Player is excluded for the remainder of the match, they must leave the pool via the Exclusion Re-Entry Area and then leave the Competition Area, except under the circumstances of Article 17.3 of this Part Six where the excluded Player is permitted to sit on their team bench.

10.4.7 if the excluded Player is a Goalkeeper:

10.4.7.1 a Substitute Goalkeeper may replace another Field Player at any time through substitution in accordance with Article 2.5 of this Part Six; and

10.4.7.2 a further Player, to replace the excluded Player and restore that team to the full number of Players, may only enter in accordance with Articles 10.7 to 10.9 of this Part Six; and

10.4.8 a Player entering the Field of Play must not do so by jumping or Pushing-Off from the side or wall of the pool or the Field of Play.

10.5 **When an Exclusion Foul is committed, other than for Misconduct, Violent Action or interference with the taking of a Penalty Throw, the Player:**

10.5.1 will not be excluded for the remainder of the match; and

10.5.2 will instead be permitted to re-enter the Field of Play, or be replaced by a Substitute, from the Exclusion Re-Entry Area nearest to that Player's own Goal Line after the earliest of:

10.5.2.1 18 seconds of Actual Play having elapsed since the Exclusion Foul was awarded. The Secretaries will signal that 18 seconds of Actual Play have elapsed since an Exclusion Foul using the appropriate flag or with the use of any device authorised for signalling at that match;

10.5.2.2 a Goal having been awarded, in which case the excluded Player or Substitute may enter/re-enter the Field of Play from any place (such Player may, but is not required to, enter from the relevant Exclusion Re-Entry Area);

10.5.2.3 the excluded Player's team having retaken Possession of the ball, at which time the Referees will signal re-entry by a hand signal; or

10.5.2.4 the excluded Player's team being awarded a Free Throw, a Goal Throw or a Penalty Throw.

10.6 If an Exclusion Foul is awarded for Misconduct:

10.6.1 The excluded Player will be shown a Red Card and will be excluded for the remainder of the match with immediate effect.

10.6.2 The excluded Player must leave the Field of Play in accordance with Article 10.4 of this Part Six.

10.6.3 The excluded Player may be replaced by a Substitute:

10.6.3.1 If the Exclusion Foul was awarded during play:

10.6.3.1.1 the Referee will award a Free Throw to the opposing team; and

10.6.3.1.2 a Substitute may replace the excluded Player at the earliest occurrence of any of the circumstances set out in Article 10.5.2 of this Part Six, and in accordance with Article 10.4 of this Part Six.

10.6.3.2 If the Exclusion Foul for Misconduct is awarded during any Stoppage (including between Periods, during a Timeout, or after a Goal has been awarded):

10.6.3.2.1 the match will restart in the normal manner (the manner in which play would have restarted irrespective of the Foul; no throw will be awarded); and

10.6.3.2.2 a Substitute replacing the excluded Player will be permitted to enter immediately prior to the restart of the match.

10.6.3.3 If the excluded Player is a Goalkeeper:

10.6.3.3.1 a Substitute Goalkeeper may replace another Field Player at any time through substitution in accordance with Article 2.5 of this Part Six; and

10.6.3.3.2 a further Player, to replace the excluded Player and restore that team to the full number of Players, may enter at the earliest occurrence of any of the circumstances set out in Article 10.5.2 of this Part Six, and in accordance with Article 10.4 of this Part Six.

10.7 **If an Exclusion Foul is awarded for interference with a Penalty Throw:**

10.7.1 The excluded Player will be shown a Red Card and excluded for the remainder of the match.

10.7.2 The excluded Player must leave the Field of Play in accordance with Article 10.3 of this Part Six.

10.7.3 The Penalty Throw will be maintained (including that if it had already been taken and scored, that team will score a Goal) or retaken if deemed appropriate by the Referee.

10.7.4 A Substitute may replace the excluded Player at the earliest occurrence of any of the circumstances set out in Article 10.5.2 of this Part Six, and in accordance with Article 10.4 of this Part Six.

10.8 **If an Exclusion Foul is awarded for Violent Action:**

10.8.1 The excluded Player will be excluded for the remainder of the match and must leave the Field of Play in accordance with Article 10.4 of this Part Six.

10.8.2 If awarded during play:

10.8.2.1 A Penalty Throw will be awarded to the opposing team.

10.8.2.2 Play will resume on the taking of the Penalty Throw, taken in accordance with Article 16 of Part Six.

10.8.2.3 A Substitute may replace the excluded Player when four (4) minutes of Actual Play have elapsed following the award of the Exclusion Foul.

10.8.2.4 If the excluded Player is a Goalkeeper:

10.8.2.4.1 a Substitute Goalkeeper may replace another Field Player at any time through a Flying Substitution in accordance with Article 2.5 of this Part Six; and

10.8.2.4.2 a further Player, to replace the excluded Player and restore that team to the full number of Players, may enter at the earliest occurrence of any of the circumstances set out in Article 10.5.2 of this Part Six, and in accordance with Article 10.4.3 of this Part Six.

10.8.3 If awarded during any Stoppage (including a Timeout, after a Goal has been awarded or between Periods):

10.8.3.1 Play will restart in the normal manner (the manner in which play would have restarted irrespective of the Foul; no throw will be awarded).

10.8.3.2 A Substitute may replace the excluded Player when four minutes of Actual Play have elapsed following the award of the Exclusion Foul.

10.9 **The Referee may award Exclusion Fouls against any number of Players, from either or both teams, simultaneously or otherwise. If Exclusion Fouls are awarded simultaneously against both teams:**

10.9.1 Play will restart with a Free Throw, taken by the team that had Possession of the ball at the time the Exclusion Fouls were awarded. The Shot Clock will not be reset.

10.9.2 If neither team had Possession when the simultaneous Exclusion Fouls were awarded, the Shot Clock will be reset to 28 seconds and play will be restarted with a Neutral Throw.

10.9.3 Where Players are excluded simultaneously, all excluded Players will be excluded until the earliest of:

10.9.3.1 18 seconds of Actual Play having elapsed since the Exclusion Foul was awarded;

10.9.3.2 a Goal having been awarded, in which case the excluded Players or Substitutes may re-enter/enter the Field of Play from any place (such Players may, but are not required to, enter from the relevant Exclusion Re-Entry Area); or

10.9.3.3 the next change of team in Possession after the Free Throw or Neutral Throw (as applicable).

10.10 **Where Exclusion Fouls for Violent Action are awarded against multiple Players of opposing teams during Play:**

10.10.1 Each excluded Player will be excluded for the remainder of the match.

10.10.2 A Substitute may replace each excluded Player when four (4) minutes of Actual Play have elapsed following the award of the Exclusion Foul.

10.10.3 Each team will shoot a Penalty Throw:

10.10.3.1 The team that last had Possession of the ball before the Exclusion Fouls were awarded will shoot the first Penalty Throw, followed by the opposing team.

10.10.3.2 After the second Penalty Throw, the team which last had Possession of the ball before the Exclusion Fouls were awarded will restart play with a Free Throw on or behind the Halfway Line.

10.11 **Where Exclusion Fouls are awarded simultaneously against multiple Players of the same team:**

10.11.1 Each Player will be excluded and may re-enter and/or be replaced by a Substitute, if applicable, as if they had each separately committed Exclusion Fouls.

10.11.2 If one (1) or more of the Exclusion Fouls are as a result of Violent Action, the opposing team will take one (1) Penalty Throw, even if more than one (1) Player was excluded for Violent Action.

10.11.3 Play will restart with a Free Throw to the opposing team, except if a Penalty Throw has been awarded, in which case it will resume with the taking of the Penalty Throw.

10.12 If a Referee, Video Assistant Referee, or TWPC Delegate suspects (including upon receiving information from another Technical Official) that Violent Action may have occurred, the Referees may conduct a VAR Review.

11 PENALTY FOULS

11.1 **A Penalty Foul is committed if:**

11.1.1 A Goalkeeper or a Field Player within their defensive 6 Metre Area:

11.1.1.1 commits any Foul (including any Ordinary Foul, Exclusion Foul or Penalty Foul listed in this Article 11) if, without their action, a Goal would, in the view of the Referees, have been likely to result;

11.1.1.2 takes the ball under the water when Tackled if a Goal would have been likely to result if they had not done so;

11.1.1.3 pulls over, pulls down or otherwise displaces the Goal that they are defending;

11.1.1.4 impedes an attacking Player from behind within the 6 Metre Area, when that attacking Player is facing the Goal and is making a shooting action. However, under this Article 11.1.1.4:

11.1.1.4.1 a defensive Player will not be impeding an attacking Player if they make contact only with the ball and not the Player;

11.1.1.4.2 the Referee will delay the award of a Penalty Foul until the shot has been attempted. If the shot results in a Goal, no Penalty Foul will be awarded. If the shot does not result in a Goal, the resultant Penalty Throw will be awarded.

11.1.2 A Field Player within their defensive 6 Metre Area:

11.1.2.1 blocks or attempts to block a pass or shot of the opposing team with two (2) hands; or

11.1.2.2 plays the ball with a clenched fist.

11.1.3 An excluded Player intentionally interferes with play, including but not limited to affecting the alignment of the Goal. If an excluded Player does not commence leaving the Field of Play without delay, the Referee may award a Penalty Foul for intentional interference under this Article 11.1.3.

11.1.4 A Head Coach, or any Team Official, of the team not in Possession of the ball requests a Timeout, as set out in Articles 5.8.1 and 5.8.2.2 of this Part Six. Where a Penalty Foul is awarded because a Timeout was called by a team not in Possession of the ball, no Personal Foul will be recorded.

11.1.5 A Head Coach, or any Team Official or Player, takes any action not in the usual course of play with the sole or primary intent (in the view of the Referee) to prevent a probable Goal or to delay the match, including but not limited to:

11.1.5.1 a Player deliberately throwing the ball away before a Player on the opposing team can take a Free Throw;

11.1.5.2 a defensive Player, after a Free Throw outside the 6 Metre Line, deliberately pushing the ball inside 6 Metre Line, to avoid a Direct Shot.

11.1.5.3 In the case of a Penalty Foul arising out of this Article 1.1.5, no Personal Foul will be recorded if the Penalty Foul was committed by the Head Coach or any Team Official.

11.1.6 A Player, including any excluded Player or Substitute, commits Improper Entry:

11.1.6.1 the resulting Penalty Throw will be taken after removing the offending Player from the Field of Play, including by an immediate substitution if necessary;

11.1.6.2 if Improper Entry is committed by a Player after that Player has committed a Foul, the offending Player receives only one Personal Foul, marked by the Secretary;

11.1.6.3 if an excluded Player or Substitute commits Improper Entry because the relevant period of exclusion has not expired, the offending Player must leave the Field of Play before the Penalty Throw is taken by the opposing team and will be permitted to enter the Field of Play at the earliest occurrence, after the Penalty Throw has been taken, of:

11.1.6.3.1 the expiry of the period of the exclusion; or

11.1.6.3.2 when that Player's team retakes Possession of the ball, or is awarded a Free Throw, Goal Throw or Penalty Throw, except where the excluded Player was excluded for Violent Action in which case the Substitute replacing them will only be permitted to enter at the expiry of the period of exclusion.

11.2 **If a Penalty Foul is committed:**

11.2.1 The Referee will, subject to Article 11.2.2 of this Part Six, award a Penalty Throw to the opposing team.

11.2.2 The Referee may at their discretion (and will, in the case of a Penalty Foul committed under Article 11.1.1.4.2) delay the award of a Penalty Foul in order to wait to see if the attacking Player scores a Goal in the same action.

11.2.2.1 If the Player does not score a Goal, the Referee will then award a Penalty Throw.

11.2.2.2 If the Player does score a Goal, no Penalty Throw will be awarded and the match will restart in the usual manner following the award of a Goal.

11.2.2.3 While delaying the award in accordance with this Article 11.2.2, the Referee should if possible raise one arm to indicate that a Penalty Throw may be awarded (failure to do so will not, however, affect the decision made by the Referee).

12 FREE THROWS

12.1 The award of a Free Throw gives Possession and the restart of play to the team to which it is awarded.

12.2 **Free Throws are awarded:**

12.2.1 where the entire ball leaves the Field of Play crossing a Side Line;

12.2.2 as a result of certain Fouls, as set out in this Part Six; or

12.2.3 as otherwise set out in this Part Six.

12.2.4 A Free Throw is not awarded where the ball touches the Side Line but does not leave the Field of Play.

12.3 **Where a Free Throw is awarded:**

12.3.1 As a result of the ball leaving the Field of Play crossing a Side Line, the Free Throw will be awarded to the opposing team from the team that last touched the ball, except that:

12.3.1.1 where the ball leaves the Field of Play from a Side Line when the ball was last touched by a Field Player blocking a shot, a Free Throw will be awarded to the team that blocked the shot.

12.3.2 As a result of a Foul or other circumstance, the Free Throw will be taken by the team that did not commit the Foul or as otherwise set out in the relevant Article of this Part Six.

12.4 **A Free Throw must be taken:**

12.4.1 without undue delay;

12.4.2 by either:

12.4.2.1 the Player who is closest or equal closest to the ball, or otherwise most ready (or equally ready as any Player on that team) to take the Free Throw; or

12.4.2.2 only where there is an attack or Counterattack in progress such that it may hinder the offensive team for the Player closest to the ball to take the Free Throw (for example, if that Player would have to swim away from the Goal that they are attacking in order to take the Free Throw), by a Player who is second or equal second closest to the ball, so long as the Free Throw is still taken without undue delay;

12.4.3 by a Player Visibly Putting the Ball Into Play.

12.5 **A Free Throw will be taken from the location of the ball at the time of the award of the Free Throw, except that:**

12.5.1 If a Foul is committed by a defensive Player while the ball is inside the Goal Area, the resulting Free Throw will be taken from the 2 Metre Line at the closest point to the position of the ball at the time the Free Throw is awarded.

12.5.2 If a False Start is committed:

12.5.2.1 if the ball has already been released, the Free Throw will be taken from the location of the ball once the team taking the Free Throw has reached it (which it will do without undue delay); or

12.5.2.2 if the ball has not already been released, the Free Throw will be taken from any location on the Halfway Line.

12.6 Actual Play will resume immediately when the ball is Visibly Put Into Play.

12.7 When a Free Throw is awarded, each defensive Player must:

12.7.1 position themselves not less than one (1) metre away from the ball; and

12.7.2 not raise any arm to block (for example a pass or a shot) until they are at least (1) metre away from the ball; except that

12.7.2.1 for the avoidance of doubt, it will not be a Foul if a Free Throw is taken by the offensive team while a defensive Player is in the process, without delay and without raising an arm to block, of moving away from the ball.

12.8 In accordance with Articles 8 and 9:

12.8.1 it will be an Ordinary Foul if a Free Throw is taken in a manner not according with this Article 12, including but not limited to a Free Throw taken with undue delay or taken by a Player who is not in a position most or equally as readily as another Player on that team to take the Free Throw; and

12.8.2 it will be an Exclusion Foul for interference pursuant to Article 10.1 of this Part Six if a defensive Player fails to move to a position at least one (1) metre away from the ball once a Free Throw is awarded and/or raises an arm to block a pass or shot before being at least one (1) metre away from the ball.

13 GOAL THROWS

13.1 **A Goal Throw will be awarded when:**

13.1.1 the entire ball leaves the Field of Play having passed fully over the Goal Line, but not into the Goal; and

13.1.2 the ball was last touched by any Player other than:

13.1.2.1 a Goalkeeper on the defensive team; or

13.1.2.2 any Player on the defensive team who:

13.1.2.2.1 takes Possession and throws the ball over the Goal Line, but not into the Goal; or

13.1.2.2.2 intentionally diverts, deflects or otherwise intentionally touches or plays the ball in any intended manner or direction after a pass or while an attacking Player was Dribbling the ball or holding, lifting or carrying the ball, and the ball then crosses over the Goal Line, but not into the Goal;

13.1.2.2.3 therefore, for the avoidance of doubt, a Goal Throw will be awarded if a Player on the defensive team diverts or deflects (intentionally or otherwise) a shot, and the ball then crosses over the Goal Line, but not into the Goal.

13.2 **A Goal Throw will be taken by the defensive team, and must be taken:**

13.2.1 without undue delay;

13.2.2 once the ball has been positioned in accordance with Article 13.3 of this Part Six, by the Player on the defensive team who is closest or equal closest to the ball, or otherwise most ready (or equally ready as any Player on that team) to take the Goal Throw;

13.2.3 by a Player Visibly Putting the Ball Into Play.

13.3 **A Goal Throw must be taken from:**

13.3.1 anywhere within the 2 Metre Area if the ball is inside the 2 Metre Area at the moment when the Goal Throw was awarded; or

13.3.2 from the location of the ball, if the ball is outside the 2 Metre Area at the moment when the Goal Throw was awarded.

13.4 In accordance with Article 8.2.9 of Part Six, it will be an Ordinary Foul if a Goal Throw is taken in a manner not according with this Article 13, except that a Goal Throw not taken in the correct position in accordance with Article 13.3 of Part Six will not result in an Ordinary Foul and will instead be retaken in the correct position.

14 CORNER THROWS

14.1 **A Corner Throw will be awarded if the ball leaves the Field of Play having passed fully over the Goal Line, but not into the Goal, having last been touched by:**

14.1.1 the Goalkeeper of the defensive team (intentionally or otherwise); or

14.1.2 any Player on the defensive team where that Player:

14.1.2.1 takes Possession and throws the ball over the Goal Line, but not into the Goal; or

14.1.2.2 intentionally diverts, deflects or otherwise intentionally makes contact with the ball (in any intended manner or direction) after a pass from either team or while the attacking Player was Dribbling the ball or holding, lifting or carrying the ball, and the ball then crosses over the Goal Line, but not into the Goal.

14.2 **A Corner Throw will be taken by the offensive team, and must be taken:**

14.2.1 without undue delay (for the avoidance of doubt, however, a Corner Throw does not need to be taken by the Player closest to the ball);

14.2.2 only once no Players on the offensive team are located in the Goal Area;

14.2.3 by a Player Visibly Putting the Ball Into Play.

14.3 **A Corner Throw must be taken from:**

14.3.1 the Side Line at the 2 Metre Line;

14.3.2 on the side of the pool closest to the location at which the ball crossed the Goal Line.

14.4 In accordance with Article 8.2.9 of this Part Six, it will be an Ordinary Foul if a Corner Throw is taken in a manner not according with this Article 14, except that a Corner Throw will be retaken (not resulting in an Ordinary Foul) where it is:

14.4.1 not taken in the correct position in accordance with Article 14.3 of this Part Six; or

14.4.2 taken before all attacking Players have left the Goal Area in accordance with Article 14.2.2 of this Part Six.

15 NEUTRAL THROWS

15.1 **A Neutral Throw will be awarded if:**

15.1.1 at the start of a Period, a Referee is of the opinion that the ball has fallen in a position to the definite advantage of one team;

15.1.2 one (1) or more Players of opposing teams commit Ordinary Fouls simultaneously;

15.1.3 both Referees blow their whistles at the same moment to award Ordinary Fouls to opposing teams;

15.1.4 neither team has Possession and one (1) or more Players of each team commit Exclusion Fouls simultaneously;

15.1.5 the ball strikes, or lodges in, an overhead obstruction; or

15.1.6 if otherwise required by this Part Six or in the view of the Referee.

15.2 **A Neutral Throw will be taken, and play restarted, by the Referee throwing the ball:**

15.2.1 into the Field of Play from approximately the same lateral position as it was when play was stopped (subject to Article 15.3 of this Part Six);

15.2.2 in a lateral manner (i.e., parallel to the Goal Lines);

15.2.3 in such a manner as to allow Players of both teams to have an approximately equal opportunity to reach the ball first.

15.3 A Neutral Throw awarded anywhere within the Goal Area will be taken in line with the 2 Metre Line.

15.4 If a Neutral Throw follows an Exclusion Foul, the Neutral Throw will be taken after the excluded Players have left the Field of Play.

15.5 If from a Neutral Throw the Referee considers that the ball has fallen in a position to the definite advantage of one team, the Referee will stop the match, call for the ball and retake the Neutral Throw.

16 PENALTY THROWS

16.1 A Penalty Throw will be awarded as set out in this Part Six, including in the case of a Penalty Foul in accordance with Article 11 of this Part Six.

16.2 **A Penalty Throw must be taken:**

16.2.1 and released from any point on the opponents' defensive 5 Metre Line;

16.2.2 by any Player of the team to which it is awarded;

16.2.3 upon the Referee's signal, without undue delay, by throwing the ball in one uninterrupted movement, with the intention of shooting the ball directly at the Goal.

16.2.4 For the avoidance of doubt, in accordance with this Article 16.2, a Player may:

16.2.4.1 take a Penalty Throw by lifting the ball from the water and then throwing it in one continuous movement; or

16.2.4.2 take a Penalty Throw, starting with the ball held in a hand raised out of the water; and

16.2.4.3 in any case, a Player may take the ball backwards from the direction of the Goal in their hand in preparation for the shot, provided that the Penalty Throw is taken (i.e., leaves the Player's hand) without undue delay and in one uninterrupted movement.

16.3 **Before a Penalty Throw is taken:**

16.3.1 No Player, except for the Player taking the Penalty Throw and the Goalkeeper of the opposing side, is permitted within the 6 Metre Area within which the Penalty Throw is being taken.

16.3.2 All Players must be positioned (such position determined by the position of each Player's head) at least three (3) metres from the Player taking the Penalty Throw.

16.3.3 The defensive Goalkeeper must be positioned between Goal posts, with some part of their head level with or behind the Goal Line.

16.3.4 The Player taking the Penalty Throw must be positioned with their head not beyond the opponents' defensive 5 Metre Line.

16.3.5 Subject to Article 16.2 and Articles 16.3.1 to 16.3.4 of this Part Six, Players (both offensive and defensive) may position themselves on the 6 Metre Line (or otherwise behind that line). If numerous Players choose to position themselves on the 6 Metre Line, one (1) Player on the defensive team will have the right to their first choice of position on each side of the Penalty Throw taker on the 6 Metre Line.

16.4 **The signal for a Penalty Throw to be taken will be given:**

16.4.1 by the Referee on the right-hand side of the Player as they face the Goal, except that if a Player wishes to take a Penalty Throw with their left hand, the Referee on the left-hand side of the Player as they face the Goal will move to the 5 Metre Line alongside that Player and will signal for the Penalty Throw to be taken;

16.4.2 once the Referee signalling for the Penalty Throw to be taken is satisfied that all Players are in the correct positions;

16.4.3 by the Referee blowing a whistle and simultaneously lowering the arm from a vertical to a horizontal position.

16.5 **If any Player, including a Goalkeeper, fails to take up the correct position in accordance with Article 16.3 of this Part Six, the Referee will:**

16.5.1 give one warning to the relevant Player, with instruction to take up a correct position; and

16.5.2 if after that warning the Player does not do so, exclude the Player in accordance with Article 10.2.3.1 of this Part Six.

16.6 If the defensive Goalkeeper moves forward before the Referee blows the whistle, and the Player then takes the shot and Goal is not scored, the Goalkeeper will be excluded according to Article 10.2.3.1 of this Part Six and the Penalty Throw will be retaken.

16.7 If a Penalty Throw is taken and the ball rebounds into the Field of Play having touched a Goal post or crossbar or the Goalkeeper (whether intentionally or not), or any combination thereof, Actual Play will resume immediately and it will not be necessary for a Player other than the Player who took the Penalty Throw to touch the ball before a Goal may be scored.

16.8 If the Referee awards a Penalty Throw as, simultaneously, a Timekeeper signals for the end of a Period:

16.8.1 All Players except the Player taking the Penalty Throw and the Goalkeeper of the opposing team will leave the Field of Play, entering the Flying Substitution Area, before the Penalty Throw is taken.

16.8.2 Play will cease and the ball will be deemed 'dead' once the Penalty Throw has been taken.

16.8.3 For the avoidance of doubt, a Penalty Throw is deemed to have been taken under Article 16.8.2 of this Part Six once it has left the hand of the Penalty Throw taker and then, whether directly or after touching the Goal post, crossbar, the surface of the water or the Goalkeeper (whether intentionally or otherwise), or any combination thereof:

16.8.3.1 enters the Goal, in which case a Goal will be awarded;

16.8.3.2 misses the Goal and exits the Field of Play; or

16.8.3.3 rebounds into the Field of Play.

16.9 If a Penalty Throw is awarded within the last minute of a match, the Head Coach (or any person acting as Head Coach) of the team to which the Penalty Throw is awarded may elect to be awarded a Free Throw instead of a Penalty Throw. In this circumstance:

16.9.1 play will be restarted by that team with a Free Throw on or behind the Halfway Line;

16.9.2 the Shot Clock will be reset to 28 seconds of Actual Play; and

16.9.3 it is the responsibility of that Head Coach to give a clear signal to the Referees, without delay, if the team elects to take a Free Throw and therefore maintain Possession in accordance with this Article 16.9.

17 PERSONAL FOULS

17.1 A Personal Foul will be recorded against any Player who commits an Exclusion Foul or a Penalty Foul.

17.2 If a Personal Foul is recorded against a Player, the Referee will indicate the offending Player's Cap Number to the Secretary, for the Secretary to record.

17.3 If three (3) Personal Fouls are awarded against a Player in a match, that Player will be excluded for the remainder of the match and must leave the Field of Play without delay in accordance with Article 10.4 of this Part Six.

17.4 If a Player is excluded as a result of this Article 17:

17.4.1 if the third Personal Foul is a Penalty Foul, a Substitute may replace the excluded Player immediately;

17.4.2 otherwise, a Substitute may replace the excluded Player at the earliest occurrence of any of the circumstances set out in 10.5.2 of this Part Six, and in accordance with Article 10.4 of this Part Six.

18 YELLOW AND RED CARDS

18.1 The Referee may issue a Yellow Card or a Red Card in order to enforce this Part Six including, as appropriate, as the result of acts or omissions of Team Officials or Players, as described in this Article 18.

18.2 **Yellow Cards:**

18.2.1 A Yellow Card may be issued by the Referee to either the Head Coach of a team, or to a team as a whole.

18.2.2 A Yellow Card constitutes an official warning, effective for the remainder of the match, to the Head Coach or team to which it was issued.

18.2.3 A Referee will issue a Yellow Card to a Head Coach, if that Head Coach:

18.2.3.1 acts in an unsporting manner (including through, but not requiring, persistent acts);

18.2.3.2 protests the decisions of Referees or Technical Officials, without using unacceptable language;

18.2.3.3 is positioned not complying with Article 2.4.2 or otherwise in accordance with this Part Six; or

18.2.3.4 makes a Coach's Challenge that is not permitted, as set out in Article 1.3.3 of Appendix 5.

18.2.4 A Referee may at their discretion issue a Yellow Card to a team if a Player on that team, including a Substitute and whether on the Field of Play or otherwise:

18.2.4.1 commits repeated or persistent Fouls (other than Violent Action or Misconduct) during a match;

18.2.4.2 commits Simulation;

18.2.4.3 acts in an unsporting manner (including through, but not requiring, persistent acts); or

18.2.4.4 protests the decisions of Referees or Technical Officials without using unacceptable language.

18.3 **Red Cards:**

18.3.1 A Red Card may be issued by the Referee to a Player, a Head Coach or another Team Official.

18.3.2 A Red Card will be issued to a Player if either:

18.3.2.1 that Player is excluded in accordance with Article 10, Article 17 or otherwise in accordance with this Part Six; or

18.3.2.2 a Yellow Card has previously been shown to their team in the match in accordance with Article 18.2.4 of this Part Six, and that Player thereafter commits conduct requiring or deserving the issue of a Yellow Card as described in Article 18.2.4 of this Part Six.

18.3.3 A Red Card will be issued to a Head Coach if either:

18.3.3.1 that Head Coach has received a Yellow Card in the match pursuant to Articles 18.2 of this Part Six and that Head Coach thereafter commits conduct requiring or deserving the issue of a Yellow Card as described in Article 18.2.3 of this Part Six; or

18.3.3.2 the Referee deems that the conduct in question is sufficiently serious and/or unsporting such that the award of a Red Card is appropriate, irrespective of whether that person has already received a Yellow Card in the match (for similar or other conduct). A Red Card will be issued under this Article 18.3.3.2 if a Head Coach uses unacceptable language towards a Technical Official.

18.3.4 A Red Card may be issued to a Team Official, other than Head Coach, who:

18.3.4.1 acts in an unsporting manner (including through persistent acts), including the use of unacceptable language towards a Technical Official;

18.3.4.2 protests the decisions of Referees or Technical Officials in a manner deemed unacceptable by the Referee;

18.3.4.3 is positioned incorrectly; or

18.3.4.4 makes a Coach's Challenge that is not permitted, as set out in Article 1.3 of Appendix 5 of this Part Six (where the Coach's Challenge is made by a Team Official other than a Head Coach).

18.3.5 For the avoidance of doubt:

18.3.5.1 the Referee may issue a person with a Red Card at any time without that person having first received a Yellow Card in the match;

18.3.5.2 a Red Card may be issued pursuant to Article 18.3.2.2 or 18.3.3.1 of this Part Six whether or not the action(s) or conduct in question is the same as that which caused the initial Yellow Card to be issued; and

18.3.5.3 a Red Card may be issued pursuant to Article 18.3.2.2 of this Part Six whether or not the Player receiving the Red Card caused or contributed towards the issuance of the initial Yellow Card.

18.3.6 When a Red Card is issued to a Head Coach or another Team Official, that person must leave the team bench and the Competition Area without delay and for the remainder of the match.

18.3.7 When a Head Coach is given a Red Card, and therefore excluded from the match in accordance with this Article 18.3, another Team Official may act as that team's Head Coach for the remainder of the match:

18.3.7.1 assuming the rights and responsibilities attributed to a Head Coach under this Part Six;

18.3.7.2 except that they must sit on the team bench, unless during intervals between Periods (where they may move away from the team bench), during a Timeout, or before the restart of the match after a Goal has been awarded.

18.4 **Where in a match one (1) or more Players of the same team persist in repeated Fouls, including but not limited to protesting decisions of the Referees or Technical Officials without the use of unacceptable language, the Referee:**

18.4.1 will award the relevant Fouls and order the relevant consequences for each individual Foul, as appropriate;

18.4.2 may, in respect of the team's persistent Fouls, issue a Yellow Card to the offending team, effective as a warning to the entire team; and

18.4.3 for the remainder of the match, if any Player(s) on that team engage in repeated Fouls, including but not limited to protesting the decisions of Referees or other Technical Officials not using unacceptable language, the Referee will issue that Player(s) with a Red Card, excluding the Player(s) for the remainder of the match.

18.5 **When issuing a Yellow Card or Red Card, the Referee will:**

18.5.1 show the card visibly to the recipient; and

18.5.2 show the card visibly to the Officials' Table, indicating the recipient's Cap Number (if a Player) or identity, which will be recorded by the Secretary.

18.6 If a Player or a Team Official has or may have committed conduct that could have led to them being excluded for the remainder of the match, regardless of whether the conduct was addressed or sanctioned by the Referee during the match, World Aquatics (including the Aquatics Integrity Unit), the Management Committee or its designee may:

18.6.1 Assess and decide, with regard to the nature and circumstances and the severity of the conduct in question, whether the Player or the Team Official should be excluded from future matches in the event (up to and including all further matches in the event).

18.6.2 Review video footage, if available, and/or any other reliable evidence available in order to make that assessment.

18.6.3 If a decision is made to exclude a Player or Team Official from future matches at the event, the Management Committee will, within 24 hours of the end of the match in which the relevant conduct occurred, notify the relevant Player or Team Official and their team of the exclusion.

18.6.4 Where necessary or appropriate to do so, with regard to the rules and regulations of World Aquatics, refer the matter to the Aquatics Integrity Unit.

18.7 If a Team Official is excluded in advance from any match in an event pursuant to Article 18.6 of this Part Six, the relevant team will have their maximum number of Team Officials for that match reduced accordingly, except that a team will always be permitted to have at least one (1) Team Official for each match.

18.8 If a Player is excluded in advance from any match in an event pursuant to Article 18.6 of this Part Six, that Player's team will, notwithstanding such exclusion, be permitted to have fourteen (14) Players listed for each match (or the full number of Players permitted on a Start List for that event). A team may therefore in that circumstance replace the excluded Player on their Start List with another Player. The replacement Player may participate for the Team at that event, provided that all Players on the Start List remain free of any suspension or exclusion that prevents them from participating in that match or event.

19 ACCIDENT, INJURY, ILLNESS, AND SAFETY REQUIREMENTS

19.1 **A Player is not permitted to leave the pool (including sitting or standing on the side of the pool or the steps or other exit of the pool), during play, except:**

19.1.1 in the case of substitution or replacement permitted by this Part Six;

19.1.2 where necessary in the case of accident, injury, illness; or

19.1.3 with the permission of a Referee.

19.2 The Referee may at any time stop play to order the immediate substitution of any ill or injured Player, or on account of any accident, if they consider it appropriate to do so.

19.3 **If a Player is bleeding:**

19.3.1 Play will continue without interruption unless the Referee deems it necessary or appropriate to stop the match pursuant to Article 19.2 of this Part Six.

19.3.2 The bleeding Player must leave the pool immediately from the nearest location to them. The Referee will order any Player they observe to be bleeding to leave the pool (however, for the avoidance of doubt, a Player who is bleeding must leave the pool whether observed by and/or ordered to do so by the Referees or otherwise).

19.3.3 A Substitute will be permitted to replace a bleeding Player who has left the pool (whether voluntarily or having been ordered to do so by the Referee), with immediate effect. The Substitute may enter the Field of Play:

19.3.3.1 where the Referee has stopped the game as a result of such injury, from any place; or

19.3.3.2 where the match has not been stopped, from either the Exclusion Re-Entry Area or the Flying Substitution Area.

19.3.4 A Player must not re-enter the Field of Play while bleeding. Once the Player has stopped bleeding, the Player may re-enter the Field of Play by way of substitution in accordance with this Part Six.

19.4 **Subject to Article 19.3 of this Part Six, a Player who has left the Field of Play in in the case of accident, injury or illness, or with the permission of a Referee:**

19.4.1 may re-enter the Field of Play from the Exclusion Re-Entry Area during a Stoppage, with the permission of a Referee; or

19.4.2 may be replaced by a Substitute in accordance with Article 2 of this Part Six.

19.5 **If play has been stopped as a result of accident, injury, illness or through any other unforeseen reason not provided for by this Part Six, play will be restarted:**

19.5.1 at the location of the ball when play was stopped;

19.5.2 by the team that was in Possession at the time of the Stoppage;

19.5.3 by a Player on that team Visibly Putting the Ball Into Play; or

19.5.4 if no team was in Possession at that time, with a Neutral Throw in accordance with Article 15 of this Part Six.

19.6 World Aquatics seeks to minimise the occurrence of injuries, including through issuing the provisions of this Part Six. However, Water Polo is a contact sport and there is therefore an inherent risk of traumatic injuries in Water Polo. The incidence of such injuries in Water Polo is the highest of any Aquatic sport. Therefore, the Management Committee must ensure that at every competition there are:

19.6.1 a medical team, trained in trauma recognition and in water extractions;

19.6.2 a Chief Medical Officer and a Venue Medical Officer, one (1) or both of which must have a proper medical kit in order to respond to traumatic injuries, including suture material and/or skin glue to treat bleeding Players;

19.6.3 ice packs available for use during matches; and

19.6.4 an appropriate number of lifeguards, who must practice water retrieval on a daily basis during the duration of competition, taking into account lane ropes which may restrict access to Players during water rescue.

19.7 While dental services are not mandatory, the Management Committee at World Aquatics Events, the Olympic Games, and wherever possible any other competition should consider providing dental services including:

19.7.1 to, where appropriate, treat and stabilise Players with oro-facial injuries, prior to referral elsewhere;

19.7.2 to provide treatment that will enable Players with oro-facial injuries to return to a match, where medically appropriate; and

19.7.3 the Management Committee may consider whether to ensure a dentist is 'on call' during the competition if one is not present.

20 THE FIELD OF PLAY

20.1 The Management Committee of a competition is responsible for ensuring the correct measurements and markings for the Field of Play are used.

20.2 **General requirements for the Field of Play:**

20.2.1 The limits of the Field of Play are the inner edges of the two (2) Goal Lines and the two (2) Side Lines.

20.2.2 The dimensions of the Field of Play must be:

20.2.2.1 Length: the distance between the inner edge of the two (2) Goal Lines must be 25.00 metres.

20.2.2.2 Width: the distance between the inner edge of the two (2) Side Lines must be 20.00 metres.

20.2.3 The dimensions of the Field of Play are also set out in the diagram at Appendix 1 to this Part Six. However, in the case of any conflict between that Appendix and this Article 20, this Article 20 will prevail.

20.2.4 The depth of the water inside the Field of Play will at no point be less than 2.00 metres.

20.2.5 The water temperature must be between 25.0°C and 27.0°C.

20.2.6 The light intensity must not be less than 600 lux in any part of the Field of Play.

20.2.7 There is no minimum ceiling height, however the ceiling should not be so low as to interfere with reasonable movement of the ball or Players during a match.

20.3 **Two Goals will be located, one in the centre of each the Goal Line (an equal distance from each Side Line).**

20.4 **The Goal Area is the rectangular area at each end of the Field of Play:**

20.4.1 the width of which is 2 metres from the outer edge of each of the Goal posts (meaning the Goal Area is 7.16 metres wide); and

20.4.2 the length of which is 2 metres (from the Goal Line to the 2 Metre Line).

20.5 The 6 Metre Area is the rectangular area at each end of the Field of Play between the Goal Line and the 6 Metre Line (within the Side Lines).

20.6 **The Flying Substitution Area will be:**

20.6.1 Located in the pool, directly behind the Side Line which is on the same side as the team benches (the opposite side from the Officials' Table).

20.6.2 The width of the Flying Substitution Area must be at least 0.5 metres.

20.6.3 Each team may use only the part of the Flying Substitution Area between the Goal Line that is on the same side as their team bench and the Halfway Line.

20.7 **The Exclusion Re-Entry Areas will be:**

20.7.1 Located behind each Goal Line, within the width of the Field of Play, on the same side of the pool as the team benches; and

20.7.2 2.0 metres wide (extending 2.0 metres alongside the Goal Line) and 1.0 – 1.1 metres long (extending 1.0 – 1.1 metres alongside the Side Line).

20.8 **The Field of Play at the Olympic Games and the World Aquatics Championships:**

20.8.1 Unless specified otherwise, the Field of Play at the Olympic Games and the World Aquatics Championships is the same as set out in Articles 20.2 to 20.7 and elsewhere in this Part Six.

20.8.2 The Field of Play at the Olympic Games and World Aquatics Championships must:

20.8.2.1 be the same size as set out in this Article 20 and in Appendix 1 to this Part Six and the same depth (no less than 2.0 metres);

20.8.2.2 have light intensity of not less than 1500 lux in any part of the Field of Play; and

20.8.2.3 have a minimum ceiling height, or minimum height of any arial structure directly above the Field of Play, of not be less than 7.00 metres (measured from the surface of the water).

21 FACILITIES AND EQUIPMENT

21.1 The Management Committee of a competition is responsible for ensuring that the facilities and equipment used accord with the requirements of this Part Six.

21.2 **Balls must:**

21.2.1 be round and waterproof without external strapping or any covering of grease or similar substance;

21.2.2 weigh between 400 grams and 450 grams;

21.2.3 have an air chamber with a self-closing valve;

21.2.4 **in men's matches, have:**

21.2.4.1 a circumference of between 0.68 metres and 0.71 metres; and

21.2.4.2 an air pressure of between 7.5 and 8.5 pounds per square inch atmospheric; and

21.2.5 **in women's matches, must have:**

21.2.5.1 a circumference of between 0.65 metres and 0.67 metres; and

21.2.5.2 an air pressure of between 6.5 and 7.5 pounds per square inch atmospheric.

21.3 Any number of balls may be used during a match. Balls available for a match will be managed by the Assistant Referees (or Referees, where Assistant Referees are not available).

21.4 **Caps:**

21.4.1 Players must wear caps at all times while on the Field of Play or in the Flying Substitute Area or Exclusion Re-Entry Area.

21.4.2 Caps in Water Polo must comply with Part One (including Article 7.9 of Part One), except that caps:

21.4.2.1 must be fitted with malleable ear protectors of the same colour as the rest of the cap;

21.4.2.2 will be fastened under the chin; and

21.4.2.3 may be thicker than 2 mm.

21.4.3 Field Players for each team must wear caps of the same colour, as follows:

21.4.3.1 Field Players of the team listed first for that match in the official program or schedule of the event will wear either white caps, or caps reflecting the colour of their country, team or flag.

21.4.3.2 Field Players of the team listed second for that match in the official program or schedule of the event will wear either blue caps, or caps reflecting the colour of their country, team or flag.

21.4.3.3 Notwithstanding Articles 21.3.2.1 and 21.3.2.2 of this Part Six, the caps worn by Field Players of one (1) team must be different in colour and easy to distinguish from the caps worn by Field Players of the other team. Accordingly:

21.4.3.3.1 the Management Committee and/or Referees may order a team to wear different coloured caps than the colour a team would otherwise have worn pursuant to Article 21.4.3.1 or Article 21.4.3.2 of this Part Six; and

21.4.3.3.2 in the first instance, subject to the discretion of the Management Committee and/or Referees, the team listed second for the match in the official program or schedule of the event will be the team ordered to change the colour of its caps.

21.4.3.4 Notwithstanding the provisions of this Article 21.4 of this Part Six, Field Players in a team may, in order to ensure caps are easily distinguishable and/or available, wear caps of any colour, subject to the approval of the Referee prior to the match, if the Referee is satisfied that each team's caps can be easily distinguished from the other team's caps.

21.4.4 Goalkeepers, including any Substitute or other Player replacing a Goalkeeper (whether listed as a Goalkeeper in a team's Start List or otherwise), must wear red caps.

21.4.5 In matches between nations (international matches), caps:

21.4.5.1 must display the three-letter abbreviation of that nation on the front of the cap, 40 mm in height;

21.4.5.2 may display that nation's flag, with a maximum height of 40 mm.

21.4.6 Caps will be numbered on both sides:

21.4.6.1 Numbers must be 10 mm in height.

21.4.6.2 The Goalkeepers starting the match for each team will wear Cap Number 1. Substitute Goalkeepers may wear any Cap Number between 2 and 14.

21.4.6.3 The Field Players will wear caps numbered between 2 and 14.

21.4.6.4 In the case of a third Goalkeeper at a specific tournament where fifteen (15) Players (or more) are permitted on a team's Start List, such as the World Aquatics Championships, the third Goalkeeper will wear Cap Number 15.

21.4.6.5 Players are not permitted to change Cap Number during a match, except with the permission of a Referee, who will notify the Secretaries of the change.

21.4.7 A Player who enters the Field of Play during play without wearing the correct cap will be deemed to have entered or re-entered improperly, resulting in the award of a Penalty Throw in accordance with Article 11.1.6 of this Part Six.

21.5 Swimwear:

21.5.1 Players must:

21.5.1.1 Wear swimwear that complies with Article 6 of Part 1 and will, for the avoidance of doubt, remove any articles that could cause injury or obstruction to any other Player, themselves or any Technical Official.

21.5.1.2 Have their fingernails properly cut in a manner that will mitigate the risk of injury.

21.5.1.3 Not have grease, oil or any similar or foreign substance on the body or hands. If the Referee ascertains before the start of play that such a substance has been used, they will order it to be removed immediately. If the offence is detected after the play has started, the offending Player will be excluded for remainder of the match with immediate substitution.

21.6 Goals:

21.6.1 Each Goal is comprised of:

21.6.1.1 two (2) vertical posts, joined at their top by one (1) horizontal crossbar;

21.6.1.2 fixtures necessary to fix the position of the Goal; and

21.6.1.3 a net, fastened securely to the Goal's posts and crossbar (and (where necessary) other fixtures) to enclose the entire Goal space behind the Goal Line (away from the Field of Play), as one netted space behind the posts and beneath the crossbar.

21.6.2 Each Goal post and crossbar must be:

21.6.2.1 made of wood, metal or plastic;

21.6.2.2 rectangular in shape (cross-section) with a width (Goal posts) or height (cross bar) of between 75 mm and 80 mm;

21.6.2.3 fixed and rigid;

21.6.2.4 white; and

21.6.2.5 Free from any obstruction (in view or object) from the Field of Play.

21.6.3 Goal posts must be:

21.6.3.1 perpendicular to the surface of the water and the crossbar, and parallel to the other post;

21.6.3.2 3.0 metres apart, measured from the inside of each post; and

21.6.3.3 level at their front edge with the front edge of the Goal Line.

21.6.4 The crossbar must be:

21.6.4.1 parallel to the surface of the water and perpendicular to the Goal posts;

21.6.4.2 0.9 metres above the surface of the water, measured from the underside of the crossbar; and

21.6.4.3 level at its front edge with the front edge of the Goal Line.

21.6.5 The depth of the Goal must not be less than 0.3 metres, measured from the Goal Line to the rear part of the Goal's net.

21.7 Markers and lane ropes:

21.7.1 Distinctive markers, clearly visible to Players and Technical Officials during the match, must be placed on both Side Lines as follows:

21.7.1.1 At each Goal Line a white marker, the front edge of which is level with each Goal Line.

21.7.1.2 At each 2 Metre Line (2.0 metres towards the Halfway Line from each Goal Line), a red marker level with the 2 Metre Line.

21.7.1.3 At each 5 Metre Line (5.0 metres towards the Halfway Line from each Goal Line), a red marker level with the 5 Metre Line.

21.7.1.4 At each 6 Metre Line (6.0 metres towards the Halfway Line from each Goal Line), a yellow marker level with the 26 Metre Line.

21.7.1.5 At the Halfway Line (half the distance between the two (2) Goal Lines), a white marker level with the Halfway Line.

21.7.2 **Lane ropes must be used as follows:**

21.7.2.1 A lane rope must be used 0.3 m behind each Goal Line. That lane rope must be white lane rope, except that:

21.7.2.1.1 the part of the Goal Line forming part of the boundary of the Exclusion Re-Entry Area will be red; and

21.7.2.1.2 the 2 metres either side of the outer edge of each Goal Post (forming the width of the Goal Area) will be red.

21.7.2.2 A lane rope must be used to mark each Side Line, as follows:

21.7.2.2.1 between the Goal Line and the 2 Metre Line must be marked with a red lane rope;

21.7.2.2.2 between the 2 Metre Line and the 6 Metre Line must be marked with a yellow lane rope; and

21.7.2.2.3 between each 6 Metre Line (the middle section of the Field of Play) must be marked with a green lane rope.

21.7.2.3 The Exclusion Re-entry Area will be marked with red lane ropes.

21.7.3 Variations of the colour schemes set out in this Article 21.7 for markers and lane ropes may be used with the approval of World Aquatics.

21.7.4 **Each lane rope must:**

21.7.4.1 lay on the surface of the water;

21.7.4.2 have a minimum diameter of 60 mm and a maximum diameter of 120 mm, except that lane ropes at the Olympic Games and the World Aquatics Championships must have a have a diameter of at least 100 mm;

21.7.4.3 be equipped with a tension spring, absorbing sudden high point loads and a wire withstanding a tensile force of 12kN; and

21.7.4.4 be secured to an anchor.

21.8 **Anchors:**

21.8.1 Each lane rope must be secured to an anchor.

21.8.2 Where possible, lane ropes should be secured at each wall to anchor brackets recessed into the walls of the pool. If anchors are instead placed on the pool deck, an extender (which must be firm and non-elastic) must be in place.

21.8.3 Anchors, including any extender, must not extend more than 10 mm into the pool. The anchor will not influence the length of the lane rope by more than ± 10 mm at each end of the rope.

21.8.4 Anchors should be installed to withstand 20kN.

21.8.5 The anchor point at each end of the Field of Play will be placed 30 cm behind the front of the Goal Line.

21.9 **Referee platforms:**

21.9.1 Referee platforms will be placed behind each Side Line to enable:

21.9.1.1 Referees to have free movement and vision alongside the Field of Play.

21.9.1.2 Assistant Referees to have sufficient space and vision alongside each Goal Line.

21.9.2 No Player or Team Official is permitted on the Referee platforms.

21.9.3 Referee platforms must be:

21.9.3.1 provided on both sides of the Field of Play, alongside each Side Line;

21.9.3.2 1 metre in width and 70 cm in height above the water level; and

21.9.3.3 on their top surface, the same colour as the lane rope at each section of the Side Line (i.e., following the colour scheme specified in Article 21.7 of this Part Six, or other colours of the lane ropes if changed pursuant to Article 21.7.3 of this Part Six).

21.9.4 A basket containing balls (other than the ball currently being used in a match) may be placed at each end of the Referee's platform, on the same side as the Officials' Table.

21.10 **Officials' Table:**

21.10.1 The Officials Table will be placed behind the Referee platform on the same side of the pool as the Assistant Referees, but may, at the discretion of the Management Committee, be placed any distance away from the pool to assist the efficient management of the match, event or competition.

21.10.2 The Officials Table must, subject to the free movement of the Referees, have a clear view of the Field of Play.

21.11 Two (2) team benches, one (1) for each team, will be located outside of the pool at the two (2) corners on the opposite side of the pool to the Officials Table and in each case behind the Goal Line.

21.12 **Shot Clock:**

21.12.1 In accordance with Article 9.2 of this Part Six, the time remaining for a team in Possession will be kept by the Timekeepers, using any reliable time-keeping device.

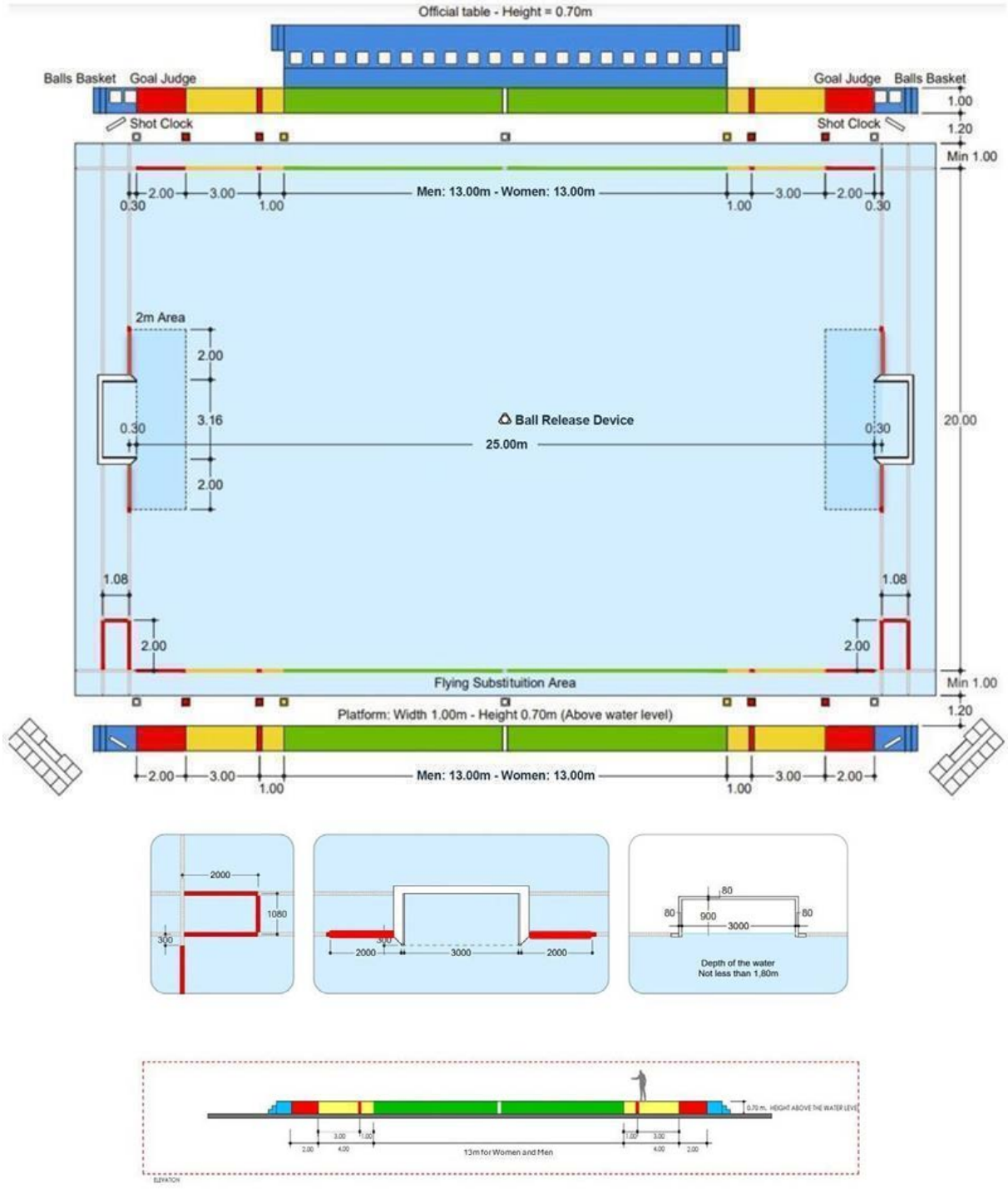
21.12.2 One (1) or more clocks displaying the time remaining on the Shot Clock should be placed in location(s) visible to Technical Officials and Players.

22 APPENDICES

22.1 APPENDIX 1 – DIAGRAM OF WATER POLO FACILITIES (NOT AT THE WORLD AQUATICS CHAMPIONSHIPS OR OLYMPIC GAMES) 246
22.2 APPENDIX 2 – SIGNALS TO BE USED BY TECHNICAL OFFICIALS 247
22.3 APPENDIX 3 – PENALTY SHOOTOUTS 253
22.4 APPENDIX 4 – VIDEO ASSISTANT REFEREE PROTOCOL 257
22.5 APPENDIX 5 – COACH'S CHALLENGE PROTOCOL 262
22.6 APPENDIX 6 - AGE GROUP RULES AND ELIGIBILITY 264
22.7 APPENDIX 7: REGISTRATION AND SPORT ENTRIES 265
22.8 APPENDIX 8: POINTS AND TIE-BREAKING 265
22.9 APPENDIX 9: WATER POLO 4S 267
22.10 APPENDIX 10 – DEFINED TERMS IN PART SIX (WATER POLO) 292

22.1 APPENDIX 1 – DIAGRAM OF WATER POLO FACILITIES (NOT AT THE WORLD AQUATICS CHAMPIONSHIPS OR OLYMPIC GAMES)

22.1 The following diagram is indicative of the facilities required for Water Polo, not including requirements for Water Polo at the World Aquatics Championships or Olympic Games. In the event of any conflict between this diagram and the requirements set out in Part Six, the latter will apply.



22.2 APPENDIX 2 – SIGNALS TO BE USED BY TECHNICAL OFFICIALS

22.2 The following signals are indicative of the signals to be used by Technical Officials during a Water Polo match. In the event of any conflict between this Appendix 2 and the requirements set out in Part Six, the latter will apply.

A. The Referee lowers the arm from a vertical position to signal (i) the start of the period (ii) to restart after a Goal (iii) the taking of a Penalty Throw.	
B. To point with one arm in the direction of the attack and, if necessary, to use the other arm to indicate the place where the ball is to be put into play at a Free Throw, Goal Throw or Corner Throw.	
C. To signal a Neutral Throw. The Referee points to the place where the Neutral Throw has been awarded, points both thumbs up and calls for the ball.	
D. To signal the exclusion of a Player, the Referee points to the Player and then moves the arm quickly towards the boundary of the Field of Play. The Referee then signals the excluded Player's Cap Number so that it is visible to the Field of Play and the Officials Table.	
E. To signal the simultaneous exclusion of two (2) Players, the Referee points with both hands to the two (2) Players, signals their exclusion in accordance with Fig. D, and then immediately signals the Players' Cap Numbers.	

F. To signal the exclusion of a Player for Misconduct, the Referee signals exclusion in accordance with Fig. D (or Fig. E if appropriate) and then rotates the hands round one another in such a way that is visible to both the Field of Play and the Officials Table in addition to issuing the Player with a Red Card. The Referee then signals the excluded Player's Cap Number to the Officials Table.	
G. To signal the exclusion of a Player with substitution after four (4) minutes, the Referee signals exclusion in accordance with Fig D (or Fig. E if appropriate) and then crosses the arms in such a way that is visible to both the Field of Play and the Officials Table in addition to issuing the Player with a Red Card. The Referee then signals the excluded Player's Cap Number to the Officials Table.	
H. To signal the award of a Penalty Throw, the Referee raises an arm with five fingers in the air. The Referee then signals the offending Player's Cap Number to the table.	
I. To signal that a Goal has been scored, the Referee signals by whistle and by immediately pointing to the centre of the Field of Play.	

J. To indicate the Exclusion Foul of holding an opponent, the Referee makes a motion holding the wrist of one hand with the other hand.	

K. To indicate the Exclusion Foul of sinking an opponent, the Referee makes a downward motion with both hands starting from a horizontal position.	
L. To indicate the Exclusion Foul of pulling back an opponent, the Referee makes a pulling motion with both hands vertically extended and pulling towards their body.	
M. To indicate the Exclusion Foul of Kicking an opponent, the Referee makes a Kicking movement.	
N. To indicate the Exclusion Foul of Striking an opponent, the Referee makes a Striking motion with a closed fist starting from a horizontal position.	

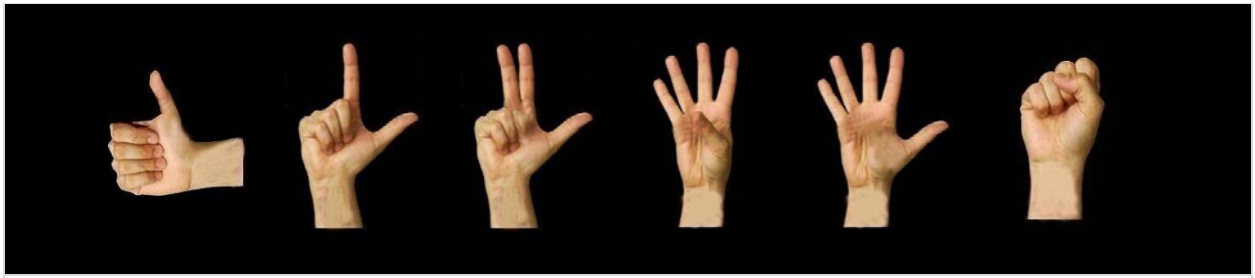
O. To indicate the Ordinary Foul of pushing or pushing off from an opponent, the Referee makes a pushing motion away from the body starting from a horizontal position.	
P. To indicate the Exclusion Foul of impeding an opponent, the Referee makes a crossing motion with one hand horizontally crossing the other.	

Q. To indicate the Ordinary Foul of taking the ball under the water, the Referee makes a downward motion with a hand starting from a horizontal position.	
R. To indicate the Ordinary Foul of standing on the bottom of the pool, the Referee raises and lowers one foot.	
S. To indicate the Ordinary Foul of undue delay in the taking of a Free Throw, Goal Throw or corner throw, the Referee raises a hand once or twice with the palm turned.	

T. To indicate the Ordinary Foul of a violation of the two-metre rule, the Referee indicates the number 2 by raising the fore and middle fingers in the air with the arm vertically extended.	
U. To indicate the Ordinary Foul of expiry of Possession time, the Referee moves a hand in a circular motion two or three times.	

V. To indicate that a shot from outside the 6 Metre Area is permitted, the Referee makes the motion in Fig. V (raising one hand in the air).	
V1. To indicate a team that is sanctioned with a Yellow Card, the Referee raises up the Yellow Card and points with one arm parallel to the Side Line in the direction of the location of the sanctioned team's team bench.	
V2. To indicate a Head Coach that is sanctioned with a Yellow Card, the Referee raises up the Yellow Card and points with one arm in the direction of that Head Coach.	
V3. To indicate that a Red Card has been issued, or as an additional signal when a Player has been excluded to indicate that they are excluded for the remainder of the Match, the Referee will raise up the red card and point with one arm in the direction of the relevant Player, Head Coach or other Team Official.	
W. To indicate a change of Possession, the Referee will extend one arm horizontally as shown in Fig. W.	

X. To signal for the start of a Period, an Assistant Referee will raise one arm vertically as shown in Fig. X.	
Y. To signal for an improper start, restart or Improper Entry of an excluded Player or Substitute, an Assistant Referee will raise both arms vertically as shown in Fig Y.	
Z. To signal for a Goal Throw or Corner Throw, an Assistant Referee will raise one arm horizontally as shown in Fig. Z.	
AA. To signal for a Goal, an Assistant Referee will raise both arms and cross them in the air, above their head, as shown in Fig. AA.	



Technical Officials may use their hands, as shown above, to indicate a Player's Cap Number when communicating with Players, the Secretary or other Technical Officials. For Cap Numbers between 1 and 10, the number of fingers shown indicates the Cap Number. A clenched fist indicates Cap Number 10. If the Cap Number is above 10, one hand will show a clenched fist (counting as 10), and the other hand will show the remainder of the Player's Cap Number (for example, a clenched fist and three fingers indicated Cap Number 13).

22.3 APPENDIX 3 – PENALTY SHOOTOUTS

1 PENALTY SHOOTOUTS

1.1 As set out in Article 4.4.2 of Part Six, if both teams have scored the same number of Goals at the end of the fourth Period, a Penalty Shootout will take place to determine the winner of the match.

1.2 Preparation for a Penalty Shootout:

1.2.1 If a Penalty Shootout occurs, immediately after the end of the fourth Period, there will be a three (3) minute break, timed by the Timekeepers with three (3) minutes shown on the Shot Clock, during which:

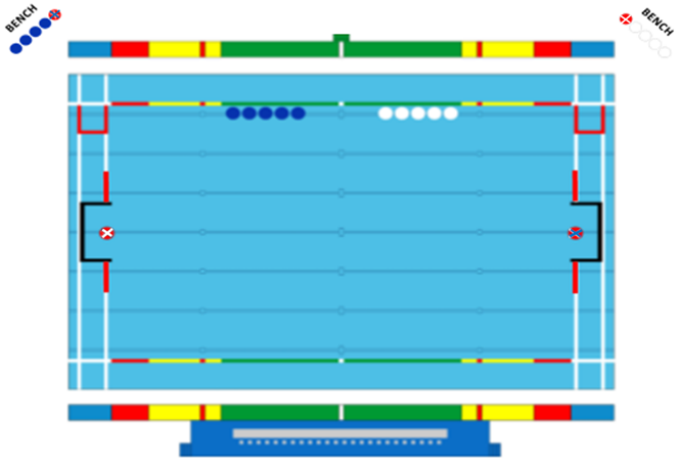
1.2.1.1 five (5) Players from each team will remain on the Field of Play, all other Players will leave the pool and sit on their team bench; and

1.2.1.2 the five (5) Field Players who remain on the Field of Play will position themselves:

1.2.1.2.1 in the half that their team was defending at the end of the fourth Period;

1.2.1.2.2 next to the Side Line that is on the same side as the team benches; and

1.2.1.2.3 between the 6 Metre Line and the Halfway Line, (as shown in the diagram below).



1.2.1.3 Each team's Goalkeeper will before the start of the Penalty Shootout:

1.2.1.3.1 change ends (moving to the half of the Field of Play their team was attacking during the fourth Period); and

1.2.1.3.2 position themselves in the Goal in that half of the Field of Play.

1.2.1.3.3 This Article 1.2.1.3 of this Appendix 3 is subject to the team's right to substitute a Goalkeeper prior to or at any time during a Penalty Shootout, as set out in Article 1.6 of this Appendix 3.

1.2.1.4 Prior to and during a Penalty Shootout, a Substitute Goalkeepers may either:

1.2.1.4.1 remain on the team bench; or

1.2.1.4.2 before the start of the Penalty Shootout, position themselves on the opposite side of the Field of Play to the team benches, outside of the pool, alongside to the Side Line, between their team's defensive 6 Metre Line and the Halfway Line.

1.2.1.5 Players are not permitted to hang on to or rest on the lane ropes during the Penalty Shootout.

1.2.1.6 During the three (3) minute break, the Referee that officiated the fourth Period on the same side as the team benches will call each team's captain towards them and will conduct a coin-toss, whereby:

1.2.1.6.1 the Referee will ask one of the team's captains to predict which side of the coin will land facing upwards;

1.2.1.6.2 the Referee will then toss the coin such that it rotates visibly multiple times in the air (that number of times not within the strict control of the Referee), before landing on the floor or the Referee's hand;

1.2.1.6.3 if the team captain who made the prediction, predicts correctly, their team will win the coin-toss. If that team captain predicted incorrectly, the opposing team will win the coin-toss; and

1.2.1.6.4 the team captain of the team that wins the coin-toss will choose which team shoots first in the Penalty Shootout.

1.2.2 After the end of the three (3) minute break, the Penalty Shootout will start immediately, however:

1.2.2.1 If both teams are ready before the three (3) minute break expires, the Referees may instruct the Timekeeper to stop the Shot Clock and may start the Penalty Shootout earlier.

1.2.2.2 If a team is not ready to start the Penalty Shootout at the time the three (3) minute break ends:

1.2.2.2.1 That team's Head Coach will be shown a Yellow Card, for delaying the start of the Penalty Shootout.

1.2.2.2.2 If, prior to end of the three (3) minute break, that team's Head Coach has already been excluded, any other Team Official may receive a Yellow Card for delaying the Penalty Shootout.

1.2.2.2.3 If that Head Coach (or person acting as Head Coach) has already been shown a Yellow Card, the Head Coach will be shown a Red Card, in accordance with Article 18 of Part Six.

1.3 The procedure during a Penalty Shootout:

1.3.1 Teams will take alternating Penalty Throws:

1.3.1.1 shooting into the Goal in the half they were defending during the fourth Period, against the opposing team's Goalkeeper;

1.3.1.2 taken alternately at each end of the Field of Play, unless, in the view of the Referee, conditions at one end of the Field of Play would advantage and/or disadvantage one team, in which case the Referee may decide that all Penalty Throws will be taken at the same end.

1.3.2 The order of Penalty Throw takers:

1.3.2.1 Each team may choose the order in which its Players take its first five (5) Penalty Throws.

1.3.2.2 If the Penalty Shootout progresses beyond five (5) Penalty Throws for each team in accordance with Article 1.4.1.2 of this Appendix 3, the order of Players taking Penalty Throws for each team will repeat the order of that team's first five (5) Penalty Throws.

1.3.3 When the Referee is satisfied that the Player and Goalkeeper are in the correct position, the Referee will signal for the Penalty Throw to be taken in accordance with Article 16 of Part Six.

1.3.4 The Penalty Throw in a Penalty Shootout will be deemed complete once either:

1.3.4.1 a Goal is scored, including having touched the Goal's posts, crossbar, water or Goalkeeper on the route into the Goal (or any combination thereof, but, for the avoidance of doubt, without any further touch from the Player taking the Penalty Throw);

1.3.4.2 the ball misses or does not reach the Goal; or

1.3.4.3 the ball rebounds off the water, the Goal's posts or crossbar or the Goalkeeper (or any combination thereof) and does not enter the Goal.

1.3.5 Where multiple balls are available, multiple balls will be used for the Penalty Shootout. Each side will use their own ball or set of balls for the Penalty Shootout (the ball will not be thrown from one end of the field to the other).

1.4 The winner of a Penalty Shootout:

1.4.1 Subject to Article 1.4.2 of this Appendix 3, each team will:

1.4.1.1 take five (5) Penalty Throws, one taken by each Field Player on the Field of Play for that team; and

1.4.1.2 if the teams have scored an equal number of Goals after having taken five (5) Penalty Throws each, the teams will continue to take alternate Penalty Throws in a 'sudden death' format: meaning that in any one set of alternate Penalty Throws (i.e., each team's sixth (6th) Penalty Throw, each team's seventh (7th) Penalty Throw, etc.), one team scores a Goal and the other team does not.

1.4.2 The winner of a Penalty Shootout, and therefore the match, is:

1.4.2.1 a team which, within the first five (5) Penalty Throws for each team, reaches a total of Goals that cannot be equalled or exceeded by the other team within the taking of five (5) Penalty Throws each;

1.4.2.1.1 for example, if the first team scores a Goal with each of its first three (3) Penalty Throws and the opposing team does not score any of its first three (3) Penalty Throws, the second team can no longer equal or exceed the first team's score. The first team will therefore be declared the winner after three (3) Penalty Throws each and the Penalty Shootout ends;

1.4.2.2 after each team has taken five (5) Penalty Throws, the team that has scored more Goals than the other; or

1.4.2.3 where each team has scored an equal number of Goals after five (5) Penalty Throws and the teams continue to take alternate Penalty Throws in accordance with Article 1.4.1.2 of this Appendix 3, the team that wins in 'sudden death' format, as explained in Article 1.4.1.2 of this Appendix 3.

1.5 The role of Technical Officials in a Penalty Shootout:

1.5.1 Each Penalty Throw will be officiated by one Referee:

1.5.1.1 A Referee will be positioned on each Side Line and on each 5 Metre Line. However:

1.5.1.1.1 if a Player is taking a Penalty Throw with their right hand, the Referee should position themselves on the Side Line, at the 5 Metre Line, on the right-hand side of a Player as the Player faces the Goal;

1.5.1.1.2 if a Player is taking a Penalty Throw with their left hand, the Referee should position themselves on the Side Line, at the 5 Metre Line, on the left-hand side of a Player as the Player faces the Goal; and

1.5.1.1.3 as such, Referee(s) may be required to walk between each 5 Metre Line on their side of the Field of Play during a Penalty Shootout, in order to ensure the Penalty Throw is officiated by a Referee on the same side of the Player as the hand they are taking the Penalty Throw with.

1.5.2 The Secretaries will:

1.5.2.1 Record the Cap Numbers of the Players who take Penalty Throws.

1.5.2.2 Together with the TWPC Delegate, prior to the Penalty Shootout commencing, ensure that no Player who has three (3) Personal Fouls against them, or has been excluded for the remainder of the match, participates in a Penalty Shootout.

1.5.2.3 If required, assist the Referees in directing the five (5) Penalty Shootout takers of each team, including as to the order of the Penalty Throws after the first five (5) Penalty Throws for each team taken place, if applicable.

1.5.2.4 No list of Penalty Throw takers needs to be written or submitted before the start of the Penalty Shootout.

1.5.3 Unless otherwise stated, Technical Officials will continue to manage and officiate the match throughout the Penalty Shootout as required by this Part Six.

1.6 Substituting a Goalkeeper during a Penalty Shootout

1.6.1 A Goalkeeper may be substituted before or at any time during the Penalty Shootout.

1.6.2 Where a Goalkeeper is substituted prior to the Penalty Shootout, the replacement Goalkeeper will assume the position of the Goalkeeper for the Penalty Shootout in accordance with Article 1.2.1.3 of this Appendix 3. The Goalkeeper leaving the Field of Play will move to their team bench.

1.6.3 Where a Goalkeeper is substituted on to the Field of Play after the Penalty Shootout has begun:

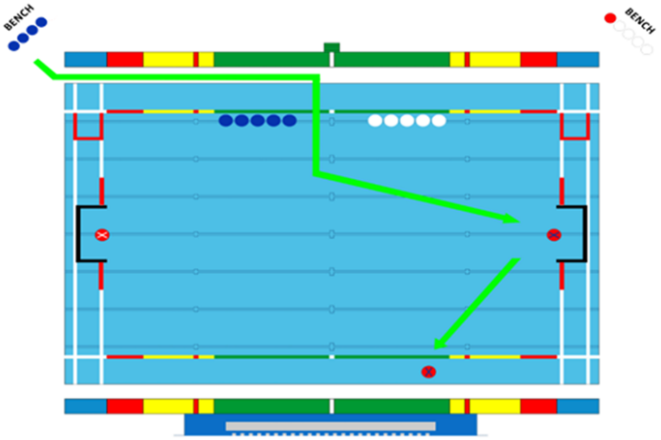
1.6.3.1 The Substitute Goalkeeper must walk from the team bench to the Halfway Line on the same side, enter the pool and then to swim to the Goal and take the position of the Goalkeeper.

1.6.3.2 The Goalkeeper who is substituted must leave the Goal and swim to a position:

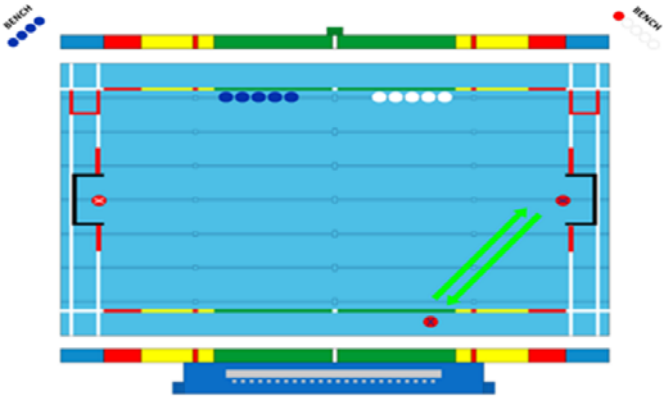
1.6.3.2.1 outside of the Side Line (outside of the Field of Play) opposite to the team benches; and

1.6.3.2.2 between the 6 Metre Line and the Halfway Line in the same half of the Field of Play;

1.6.3.2.3 until they are substituted back in, or until the end of the Penalty Shootout, (as shown in the diagram below).



1.6.3.3 If a Goalkeeper who has been substituted is then substituted back into the Penalty Shootout as Goalkeeper, they must switch positions with the Goalkeeper they are replacing (as shown in the diagram below).



1.7 **Exclusion of Goalkeepers during Penalty Shootouts:**

1.7.1 If during a Penalty Shootout, a Goalkeeper fails to take up the correct position on the Goal Line at the taking of a Penalty Throw, having been ordered once to do so by the Referee:

1.7.1.1 the Goalkeeper will be excluded for that Penalty Throw and a Player from the five Players participating in the Penalty Shootout must take the position of the Goalkeeper, but without the Goalkeeper's privileges (i.e., they must play as Goalkeeper for that Penalty Throw without, for example, using two (2) hands or a clenched fist to block the ball).

1.7.1.2 Following the taking of the Penalty Throw, the Goalkeeper or a Substitute will be permitted to re-enter the Penalty Shootout, except in the circumstances of Article 17.3 of this Part Six (a third Personal Foul).

1.7.2 If at the taking of a Penalty Throw the Goalkeeper moves forward before the Referee blows the whistle to signal that the Penalty Throw may be taken, and the Penalty Throw does not result in a Goal:

1.7.2.1 the Goalkeeper will be excluded for that Penalty Throw and a Player from the five Players participating in the Penalty Shootout must take the position of the Goalkeeper, but without the Goalkeeper's privileges (i.e., they must play as Goalkeeper for that Penalty Throw without, for example, using two (2) hands or a clenched fist to block the ball);

1.7.2.2 the Penalty Throw will be retaken; and

1.7.2.3 following the taking of the Penalty Throw, the Goalkeeper or a Substitute will be permitted to re-enter the Penalty Shootout, except in the circumstances of Article 17.3 of this Part Six (a third Personal Foul).

1.7.3 If a Goalkeeper is excluded for the remainder of a match during a Penalty Shootout for any reason including for a third Personal Foul in accordance with Article 17.3 of this Part Six:

1.7.3.1 a Player from the five (5) Players participating in the Penalty Shootout may for the next Penalty Throw take the position of the Goalkeeper, but without the privileges of the Goalkeeper (i.e., using two (2) hands or a clenched fist to block the ball); and

1.7.3.2 following the taking of that Penalty Throw, the excluded Goalkeeper may be substituted and replaced by a Substitute Goalkeeper or another Player.

1.7.4 If a Field Player is excluded for the remainder of the match during a Penalty Shootout:

1.7.4.1 that Player is removed from the sequence of the five Players participating in the Penalty Shootout for that team; and

1.7.4.2 another Player will be substituted in their place and put in the last in the sequence of Penalty Throw takers.

22.4 APPENDIX 4 – VIDEO ASSISTANT REFEREE PROTOCOL

1 VIDEO ASSISTANT REFEREE PROTOCOL

1.1 The purpose of this Video Assistant Referee protocol is to promote the accuracy, integrity and transparency of decision making in Water Polo, through the assistance of modern technology. This Appendix 4 applies where Video Assistant Review technology is in place during a match.

1.2 The Referees' decisions in Water Polo matches remain final and authoritative, including in circumstances where a VAR Review occurs in accordance with this Part Six. The Referee may make any appropriate decision under this Part Six following a VAR Review, including in respect of either team or any Player, regardless of the reason for conducting a VAR Review.

1.3 Referee's decision to conduct a VAR Review:

1.3.1 A VAR Review is where the Referee reviews match footage provided by the Video Assistant Referee in order to make or re-consider a decision.

1.3.2 VAR Reviews:

1.3.2.1 may only be conducted by the decision of the Referee;

1.3.2.2 may only be conducted in the circumstances set out in Article 1.6 of this Appendix 4; and

1.3.2.3 must be conducted no later than at the conclusion of first attacking phase following the incident or event that is the subject of the review.

1.3.3 A Referee may decide to conduct a VAR Review at their discretion:

1.3.3.1 prior to making a decision;

1.3.3.2 having already made a decision, in which case the Referee may if appropriate change that decision after reviewing footage during the VAR Review; or

1.3.3.3 following a Coach's Challenge made in accordance with Appendix 5 to this Part Six.

1.3.4 The Referee and the Video Assistant Referee may at any time communicate at any time during a match. That includes communicating prior to a possible VAR Review, during or after a VAR Review and/or as to whether a VAR Review should be conducted.

1.4 The procedure for VAR Reviews:

1.4.1 Prior to a VAR Review:

1.4.1.1 A Referee may, but is not obliged to, instruct the Video Assistant Referee to review video footage of a certain incident(s) or event(s) that occurred in the match. If so instructed, the Video Assistant Referee will then review that footage and communicate with the Referee as to whether a VAR Review should be conducted.

1.4.1.2 A Video Assistant Referee, TWPC Delegate and any other Technical Official may, where they consider it appropriate, alert a Referee to suggest that the Referees conduct a VAR Review.

1.4.1.3 The decision as to whether or not to conduct a VAR Review remains entirely with the Referees.

1.4.2 If a Referee deems it necessary to conduct a VAR Review, whether following communication or consultation with other Technical Officials or otherwise, the Referee will stop the match:

1.4.2.1 At the next appropriate moment after the circumstances which the Referee wishes to review.

1.4.2.2 An appropriate moment may, but does not necessarily have to, be when:

1.4.2.2.1 neither team has Possession;

1.4.2.2.2 a team is in Possession but would gain no clear advantage or disadvantage from the match being stopped; or

1.4.2.2.3 there is a Stoppage in play in any event (for example, as the result of the award of a Foul, a Corner Throw or a Timeout).

1.4.2.3 In any event, in accordance with Article 1.3.2.3 of this Appendix 4, a Referee may conduct a VAR Review no later than at the conclusion of first attacking phase following the occurrence that they wish to review. No VAR Review can be conducted after that point.

1.4.3 **During a VAR Review, a Referee:**

1.4.3.1 Will review any available footage of the relevant incident or event, using the Video Assistant Review technology.

1.4.3.2 May review:

1.4.3.2.1 the Video Assistant Referee's technology;

1.4.3.2.2 any available video replays shown on the TWPC Delegate's video boards, broadcast video-clips; and/or

1.4.3.2.3 any other reliable video or visual evidence.

1.4.3.3 Should, where possible, remain visible from the Field of Play.

1.4.3.4 Will prioritise the accuracy of their decision. There is no time limit for a VAR Review nor any obligation on a Referee to conduct the VAR Review quickly.

1.4.3.5 Will be entitled to consult with the other Referee or other Technical Officials, to the extent they deem appropriate.

1.4.4 **For the duration of a VAR Review:**

1.4.4.1 Players on the Field of Play must remain in their respective halves of the Field of Play.

1.4.4.2 Players and Team Officials not on the Field of Play must remain where they were positioned when the VAR Review began, unless ordered to do so otherwise by the Referee.

1.4.4.3 During any VAR Review, substitutions are permitted from any of the re-entry areas before the Referee communicates their decision.

1.4.4.4 Players must then ready themselves for the appropriate restart of the match in accordance with this Part Six.

1.4.5 The Referee who is not conducting the VAR Review will oversee and instruct the Players of both teams, so that they can take up the correct positions upon the restart of play.

1.4.6 Unless otherwise specified in this Appendix 4, once a decision has been made following a VAR Review, the Referee will order the applicable consequences for the Referee's decision and restart the match in accordance with the rules set out in this Part Six.

1.4.7 Before restarting the match, the Referee will:

1.4.7.1 determine the appropriate decision; and

1.4.7.2 order and signal any consequences resulting from that decision.

1.5 The result or score of a match will not be invalidated (or its result otherwise affected) by any of the following, each of which are not grounds for protesting or appealing the result or outcome of a match or a decision of a Referee:

1.5.1 any malfunction(s) of the VAR Review technology;

1.5.2 any decision(s) involving a VAR Review which are considered to be incorrect;

1.5.3 any decision(s) to conduct, or not to conduct, a VAR Review; or

1.5.4 any incident involving circumstances which are non-reviewable in accordance with this Appendix 4 of this Part 6.

1.6 **VAR Reviews may only be conducted in order to review one (1) or more of the following:**

1.6.1 whether a Goal should be awarded ('Goal/no Goal situation', as addressed in Article 1.8 of this Appendix 4), including but not limited to whether:

1.6.1.1 a Goal was validly scored; or

1.6.1.2 a Goal was scored validly before, as required by this Part Six, the expiry of the Shot Clock, before the end of a Period or before another relevant Stoppage which would affect whether a Goal is awarded;

1.6.2 errors or uncertainty resulting from:

1.6.2.1 the decisions of Technical Officials; or

1.6.2.2 the error or failure of any electronic system, including Timeout devices (including buttons, where in use) and/or the Shot Clock;

1.6.3 if a team has a Player excluded as a result of a prior Foul or circumstance, whether a change in the team in Possession occurred prior to the expiry of the Period, in order to determine whether the following Period will be restarted with that Player still excluded, or otherwise;

1.6.4 whether a Corner Throw or a Goal Throw should be awarded;

1.6.5 whether one (1) or more of the following Fouls have, or may have, been committed:

1.6.5.1 Violent Action;

1.6.5.2 Misconduct;

1.6.5.3 interference with the taking of a Penalty Throw; and/or

1.6.5.4 Improper Entry; and/or

1.6.6 whether there has been interference with the taking of a Penalty Throw.

1.7 Where deemed necessary by the Referee, any circumstance which may be the subject of a VAR Review can be considered for review after the expiry of a Period.

1.8 **VAR Reviews for Goal/no Goal situations:**

1.8.1 Where a Referee has doubt as to whether a Goal should be awarded, the Referee will conduct a VAR Review to decide whether to award a Goal.

1.8.2 Where a Referee conducts a VAR Review to review a Goal that has been awarded, they should do so immediately after the award of the Goal.

1.8.3 Where a Referee conducts a VAR Review for a possible Goal that has not been awarded, they should stop the match to conduct the VAR Review at the next appropriate moment in accordance with Article 1.4.2 of this Appendix 4.

1.8.4 When a Referee decides to conduct a VAR Review for a Goal/no Goal situation, they will:

1.8.4.1 signal that there will be a VAR Review;

1.8.4.2 call for the ball, which the Referee will then keep out of the water until the VAR Review is completed; and

1.8.4.3 the Referee closest to the VAR Monitor will review the situation and take the decision to allow or disallow the Goal. In doing so, they may consult with the other Referee and/or any other Technical Official.

1.8.5 If a Goal that has been awarded is subject to a VAR Review:

1.8.5.1 if the award of the Goal is confirmed following the VAR Review, the match will restart in the usual manner following a Goal as set out in Article 6.7 of Part Six;

1.8.5.2 if the award of the Goal is overturned following the VAR Review:

1.8.5.2.1 the match will restart with a Free Throw taken by the Goalkeeper of the team who would have conceded the Goal had it been awarded;

1.8.5.2.2 taken from that Goalkeeper's defensive 2 Metre Line; and

1.8.5.2.3 Field Players may take up any position within their respective defensive halves of the Field of Play.

1.8.6 If a possible Goal that has not been awarded is subject to a VAR Review:

1.8.6.1 if a Goal is then awarded following the VAR Review:

1.8.6.1.1 the match will restart in the usual manner following a Goal as set out in Article 6.7 of Part Six;

1.8.6.1.2 the time remaining in the match will be reset to the moment when the Goal was scored;

1.8.6.1.3 any Goals, Timeouts and Personal Fouls between the (now awarded Goal) and the time of the VAR Review will be nullified, but all Yellow Cards and Red Cards, Acts of Violence or Misconduct will remain on the Record of the Game (and their consequences will remain, unaffected by the award of the Goal).

1.8.6.2 if a Goal is not then awarded following the VAR Review:

1.8.6.2.1 the match will restart with a Free Throw taken by the team which had or last had Possession at the time the match was stopped for the VAR Review;

1.8.6.2.2 the Free Throw will be taken from the position of the ball at the time the match was stopped for the VAR Review;

1.8.6.2.3 Players will take up positions anywhere within their respective halves of the Field of Play; and

1.8.6.2.4 neither the time remaining in the match nor the Shot Clock will be reset.

1.9 If there is a VAR Review to review a possible Goal scored at the expiration of the Shot Clock or Period:

1.9.1 The VAR Review should be conducted:

1.9.1.1 if the Goal was awarded, immediately after the award of the Goal;

1.9.1.2 if the Goal was not awarded, at the next appropriate moment in accordance with Article 1.4.2 of this Appendix 4.

1.9.2 During the VAR Review, the Referee will review whether the Goal should be awarded, in view of the available evidence, including but not limited to reviewing:

1.9.2.1 If there is doubt to whether the Goal was scored before the expiry of the Shot Clock or Period, whether the ball had left the hand of the Player throwing it in time, in accordance with Article 9.7 of Part Six.

1.9.2.2 Where a Goal followed a rebound from another prior shot of the offensive team which was taken close to the expiry of the Shot Clock, whether that prior shot left the hand of the Player throwing it before the Shot Clock expired, in accordance with Article 9.7 of Part Six.

1.9.3 The relevant Period or match will not end until the VAR Review is completed and signalled.

1.10 If there is a VAR Review to review a possible Violent Action:

1.10.1 The Referee may make any appropriate decision, including but not limited to decide that:

1.10.1.1 Violent Action was committed;

1.10.1.2 a Foul, Misconduct, Simulation or another type of Foul was committed; or

1.10.1.3 no Foul was committed.

1.10.2 In making their decision, the Referee may (as with any VAR Review) confirm or amend any initial decision they made prior to the VAR Review.

1.10.3 If following a VAR Review the Referee decides that a Foul (including for Violent Action, Misconduct or Simulation) has been committed:

1.10.3.1 the appropriate sanctions will be ordered;

1.10.3.2 the match will continue from the time of the Foul, with the Shot Clock and time remaining in the Period reset as appropriate;

1.10.3.3 the match will restart in the usual manner following such a Foul in accordance with this Part Six.

1.10.4 If following a VAR Review the Referee decides that no Foul was committed:

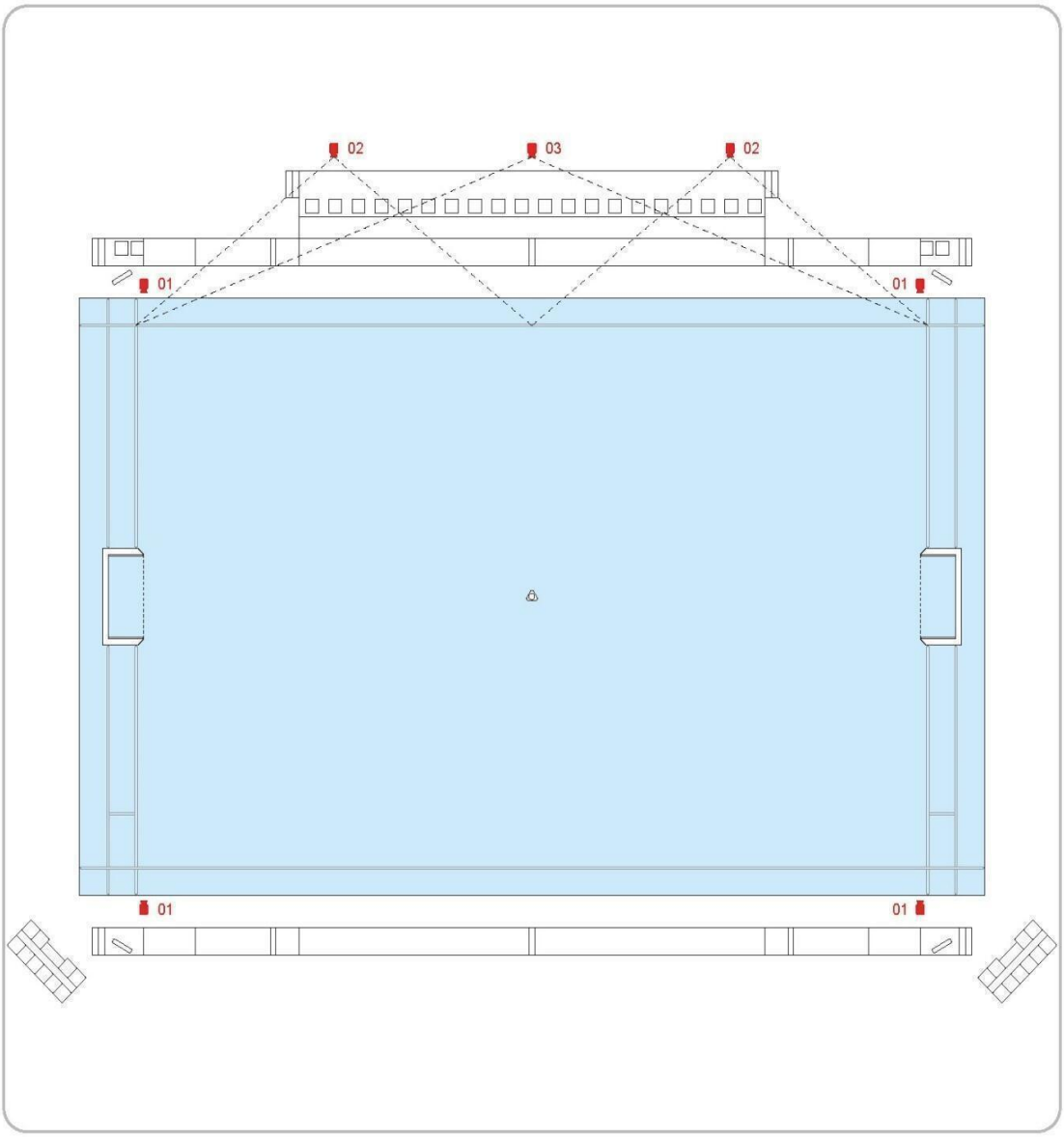
1.10.4.1 If no Foul was awarded prior to the VAR Review, the match will resume with a Free Throw to the team in Possession at the time the match was stopped or otherwise in the usual manner under this Part Six.

1.10.4.2 If a Foul was awarded prior to the VAR Review, and is therefore now overturned:

1.10.4.2.1 the match will be restarted in the usual manner following such a Foul, as set out in this Part Six;

1.10.4.2.2 any Goals, Timeouts and Personal Fouls between the (now awarded Goal) and the time of the VAR Review will be nullified. All Yellow Cards and Red Cards, Acts of Violence or Misconduct will remain on the Record of the Game (and their consequences will remain, unaffected by the award of the Goal).

1.11 **The diagram below sets out the required locations for VAR Review equipment:**



Cameras

1. Four cameras on the goal lines, two per goal. The location of the cameras should be at the edge of the pool or under referee's catwalk at about 1 m above the water level
2. Two cameras shall be fixed on the same side of the jury table. Each camera should film each a half of the field of play accordingly.The location of the cameras shall be that provide the best quality of video recording.
3. One camera is located at the side of the pool opposite to the benches. This camera shall film the entire field of play including both benches. This camera shall be capable to shoot at biggest possible angle (160 degrees is maximum today) with minimum resolution 2K pixels.

22.5 APPENDIX 5 – COACH'S CHALLENGE PROTOCOL

1 COACH'S CHALLENGES

1.1 This Appendix 5 applies where Video Assistant Review technology is in place during a match. Where that is the case, each team is entitled to challenge one (1) decision made by a Referee in that match (a **Coach's Challenge**), subject to the provisions of this Appendix 5.

1.2 A Coach's Challenge may only be made in respect of:

1.2.1 a Referee's decision to award or not award a Penalty Foul;

1.2.2 a Referee's decision that Violent Action has been committed, or a Referee's perceived failure to decide that Violent Action has been committed;

1.2.3 a Referee's perceived failure to conduct a VAR Review in respect of any circumstance that may be reviewed using a VAR Review in accordance with Appendix 4.

1.3 Coach's Challenges that are not permitted:

1.3.1 A Coach's Challenge may not be made unless it addresses one of the decisions specified in Article 1.2 of this Appendix 5.

1.3.2 Notwithstanding Article 1.2 of this Appendix 5, a Coach's Challenge may not be made:

1.3.2.1 if the Coach's Challenge is to challenge a decision has been made or reviewed following a VAR Review;

1.3.2.2 by a team which has already attempted to make a Coach's Challenge in respect of the relevant decision or circumstances, even if that Coach's Challenge was not accepted or not successful;

1.3.2.3 if a Coach's Challenge relating to the same decision or circumstances has already been made by the other team and accepted (whether that challenge successful or otherwise); or

1.3.2.4 unless it is made at a permitted time pursuant to Article 1.5 of this Appendix 5.

1.3.3 If a Coach's Challenge is requested when it is not permitted as set out in Article 1.3 of this Appendix 5, the Coach's Challenge is invalid, will be rejected and:

1.3.3.1 the Head Coach will be shown a Yellow Card (with applicable consequences, including a Red Card if a Yellow Card has already been awarded);

1.3.3.2 if another Team Official requested the Coach's Challenge (where a Head Coach has already been shown a Red Card), that Team Official will be shown a Red Card;

1.3.3.3 the team that made the invalid Coach's Challenge will have in any event used their right to make one (1) Coach's Challenge (if such right remained), and will therefore not be able to make any further Coach's Challenge for the remainder of the match.

1.4 Procedure for a Coach's Challenge:

1.4.1 To signal a Coach's Challenge, the Head Coach (or other Team Official acting as a Head Coach in accordance with this Part Six) must throw a green flag onto the Field of Play and make the VAR square-signal hand gesture (the motion of creating a square with one's index fingers).

1.4.2 When a Coach's Challenge is made:

1.4.2.1 Referees will stop the play at an appropriate moment for a VAR Review as set out set out in Article 1.3.2 of Appendix 4.

1.4.2.2 A Referee and any TWPC Delegate present will conduct a VAR Review, in accordance with Appendix 4, of the decision or circumstances being challenged. Referees may seek clarification on the nature of the Coach's Challenge from the relevant Coach or Team Official.

1.4.2.3 Once the VAR Review is complete, the Referee will move to be alongside the Halfway Line and will announce and/or signal their decision.

1.5 **Timing:**

1.5.1 A Coach's Challenge is only valid and will only be accepted if the Coach's Challenge is signalled for within the time limits set out in this Article 1.5.

1.5.2 If a Coach's Challenge is in respect of an uncalled possible Violent Action, the Coach's Challenge must be made without delay following the relevant incident or action (the possible uncalled Violent Action), and in any event no later than the end of the next Possession of the team making the challenge.

1.5.2.1 For the avoidance of doubt, 'next Possession of the team making the challenge' in this Article 1.5 means:

1.5.2.1.1 if the team making the challenge is in Possession at the time of the relevant incident or action, the challenge must be made: during that team's current Possession, during the opposing team's next Possession, or during the next Possession thereafter of the team making the challenge; or

1.5.2.1.2 if the team making the challenge is not in Possession at the time of the relevant incident or action, the challenge must be made: during the current Possession of the opposing team, or during the next Possession of the team making the challenge.

1.5.3 If a Coach's Challenge is made against a Penalty Foul that has been awarded, the Coach's Challenge must be made, without delay, before the Penalty Throw is taken.

1.5.4 If a Coach's Challenge is made against an uncalled possible Penalty Foul, the Referees' perceived failure to conduct a VAR Review to decide the award or non-award of a Goal or a Corner Throw, or in any other case which may be challenged but is not specified in this Article 1.5, the Coach's Challenge must be made without delay following the relevant (uncalled) action and no later than upon the earliest occurrence of any of the following:

1.5.4.1 the end of the next Possession of the team making the challenge (as described in Article 1.5.2.1 of this Appendix 5);

1.5.4.2 if a Timeout is called without delay after the relevant (challenged) incident or action, before the expiration of that Timeout;

1.5.4.3 before the taking of a Corner Throw or Penalty Throw, where one has been awarded after the relevant (challenged) incident or action;

1.5.4.4 before the restart of play where a Goal has been awarded after the relevant incident or action; or

1.5.4.5 before the restart of play, where the Referees have stopped the match and taken the ball. after the relevant incident or action.

1.5.5 If a Coach's Challenge is made against a Referee's perceived failure to conduct a VAR Review to review whether a Goal was scored before the expiry of time on the Shot Clock or before the end of a Period or before another relevant Stoppage, the Coach's Challenge must be made without delay and, in any event, before the restart of play.

1.6 **A successful Coach's Challenge:**

1.6.1 A Coach's Challenge is deemed to be successful by the Referee under this Appendix 5 if the initial decision of the Referee is overturned or changed:

1.6.1.1 in favour of the team making the challenge; and

1.6.1.2 for the same reason that the Coach's Challenge was made. The Referee may seek clarification (including from a Head Coach) if the reason for the Coach's Challenge is not clear.

1.6.2 A Coach's Challenge is not successful if either:

1.6.2.1 the Referee does not change their original decision; or

1.6.2.2 if the Referee changes their original decision for any other reason than the reason the Coach' Challenge was made (whether or not the new decision is in the favour of the team that made the Coach's Challenge).

1.6.3 If a Coach's Challenge is successful, the team that made the Coach's Challenge will retain its entitlement to make only one (1) additional Coach's Challenge in that match. Each team is not entitled to make more than two (2) Coach's Challenge in a match, even if both are successful.

1.6.4 If a Coach's Challenge is not successful, that constitutes the use of team's (1) Coach's Challenge and that Head Coach will not be able to make any further Coach's Challenge for the remainder of the match.

1.6.5 The Referee has authority to determine whether a Coach's Challenge has been successful or not.

1.7 **If the Coach's Challenge is successful:**

1.7.1 the match will restart in the usual manner following the (changed) decision of the Referee, in accordance with this Part Six;

1.7.2 the Shot Clock and time remaining in the Period will be reset to time at which the incident that was challenged occurred, or as otherwise determined by the Referee; and

1.7.3 any Goals, Timeouts and Personal Fouls that occurred in a period of the match that would not have taken place had the Referee made that decision in the first instance will be nullified, whereas all Yellow Cards and Red Cards, Acts of Violence or Misconduct will remain on the Record of the Game (and their consequences will remain, unaffected by the outcome of the Coach's Challenge), unless they were the subject of the decision that has been overturned.

1.8 If a Coach's Challenge is not successful, play will restart:

1.8.1 with the time remaining on the Shot Clock and in the Period as at the moment when the match was stopped for the Coach's Challenge;

1.8.2 by the team that was in Possession at the time the match was stopped. If no team was in Possession at the time the match was stopped, the game will be restarted with a Neutral Throw;

1.8.3 according to the decision made by the Referee and in the usual manner under this Part Six.

1.9 Other than the loss of their one (1) Coach's Challenge for that match, there will be no consequences for either team as the result of a permitted, but unsuccessful Coach's Challenge.

1.10 If the Coach's Challenge related to possible Violent Action that was not awarded, and it is determined by the Referee after VAR Review that there was no Violent Action and instead a Player on the team making the Coach's Challenge has committed Simulation:

1.10.1 the Referee will award Simulation and the applicable consequences will follow under this Part Six;

1.10.2 the match will be restarted with a Free Throw awarded to the opposing team (the team that did not commit Simulation);

1.10.3 the time remaining in the Period will remain as at the moment when the match was stopped for the Coach's Challenge, and the Shot Clock will be applied as set out in Article 9 of Part Six.

1.11 During the VAR Review resulting from a Coach's Challenge, both teams may make substitutions in accordance with this Part Six before the outcome of the Coach's Challenge is announced.

1.12 In the event of electronic failure or any malfunction of the VAR system meaning a Coach's Challenge cannot lead to a VAR Review, the Coach's Challenge will be nullified and the same team will retain the right to call a further Coach's Challenge.

22.6 **APPENDIX 6 – AGE GROUP RULES AND ELIGIBILITY**

2 AGE GROUP RULES AND ELIGIBILITY

2.1 **The junior age groups for boys and girls in Water Polo in International Competitions are as follows:**

2.1.1 15 and 16 years of age and under (u16).

2.1.2 17 and 18 years of age and under (u18).

2.1.3 19 and 20 years of age and under (u20).

2.2 To be eligible to compete in a junior age group (as listed above), a Player must not be older than the maximum (higher) age specified for that age group in Article 1.1 of this Part Six on 31 December in the year of the start date of the competition. For example:

2.2.1 The u16 category is for players that are aged 16 years or younger on 31 December of the competition year.

2.2.2 For example, a player will be eligible to compete in the u16 age group if they will not turn 17 before or on 31 December in the competition year.

2.3 Member Federations and Management Committees may adopt the same and/or alternative age group eligibility rules for competitions within their jurisdiction.

22.7 APPENDIX 7: REGISTRATION AND SPORT ENTRIES

1 REGISTRATION AND SPORT ENTRIES IN WATER POLO COMPETITIONS

1.1 **For each Water Polo competition organised by World Aquatics, World Aquatics will publish in advance:**

1.1.1 the rules applying to entry, registration and qualification for each event; and

1.1.2 the draw and schedule for each event.

1.2 **General rules applying to registration and sport entries:**

1.2.1 Part One (including Article 5 of Part One in respect of Registration and Sports Entries) applies to Water Polo. If there is any conflict between those Articles in Part One and this Appendix 7, or where specific provision is made in this Appendix 7, this Appendix 7 will apply.

1.2.2 In each instance where a team qualifies for a competition organised by World Aquatics, the relevant team will receive an invitation from World Aquatics. Thereafter, in accordance with Article 5.1.1 of Part One, the eligible Member Federation must confirm its intention to participate by completing and submitting its entry in the GMS (or other means specified by World Aquatics) by the deadline(s) specified by World Aquatics.

1.3 Unless otherwise specified by World Aquatics, each Member Federation may enter a maximum of one team to compete at the Olympic Games or any World Aquatics Event, where they are qualified and/or selected to do so.

1.4 Member Federations' team entries, and therefore those team's Start Lists, will comprise a maximum of:

1.4.1 thirteen (13) Players for each event at the Olympic Games;

1.4.2 fifteen (15) Players for each event at the World Aquatics Championships, (fourteen (14) Players in the playing squad and one (1) reserve); and

1.4.3 fourteen (14) Players for other Water Polo events at other World Aquatics Events (unless specified otherwise by World Aquatics).

22.8 APPENDIX 8: POINTS AND TIE-BREAKING

1 POINTS AND TIE-BREAKING IN WATER POLO MATCHES AND EVENTS

1.1 **Each match must have a winner at its conclusion, being either:**

1.1.1 the team with the most Goals at the end of the fourth Period; or

1.1.2 if the teams have an equal number of Goals at the end of the fourth Period, the match will proceed to a Penalty Shootout in accordance with Appendix 3 of Part Six.

1.2 **Points awarded for matches:**

1.2.1 Where points are awarded to a team for the outcome of a match (for example, in the group stage of an event), the points awarded are as follows unless otherwise specified:

1.2.1.1 Match won at the end of the fourth Period = 3 points.

1.2.1.2 Match won after a Penalty Shootout = 2 points.

1.2.1.3 Match lost after a Penalty Shootout = 1 point.

1.2.1.4 Match lost at the end of the fourth Period = 0 points.

1.2.2 In any group stage, or other scenario where teams are ranked according to the outcome of matches, each team's placing will be determined by:

1.2.2.1 the total number of points accumulated from the matches played within that group or relevant stage; and

1.2.2.2 if one (1) or more team has an equal number of points, the positions of those team will be determined in accordance with the tie-breaking rules in this Appendix 8.

1.3 **Tie-breaking**

1.3.1 A 'tie' occurs where two (2) or more teams have an equal number of points at the conclusion of a group or other stage where the teams are ranked.

1.3.2 If there is more than one tie, the highest placed tie will be determined first (and so on in descending order, until all ties have been determined).

1.3.3 If two (2) teams are tied:

1.3.3.1 first, their positions will be determined by the points accumulated only in the matches between those two (2) teams;

1.3.3.2 second, if still tied, their positions will be determined by each team's Goal Difference only in the matches between those two (2) teams; and

1.3.3.3 third, if still tied, their positions will be decided by a coin-toss.

1.3.4 If three (3) or more teams are tied, their positions will be determined:

1.3.4.1 first, their positions will be determined by the points accumulated by each tied team in only the matches between those tied teams;

1.3.4.2 second, if there is still a tie between two (2) or more teams, the remaining tied teams' positions will be determined by each team's Goal Difference in all matches;

1.3.4.3 third, if there is still a tie between two (2) or more teams, the remaining tied teams' positions will be determined by the number of Goals scored by each team in all matches;

1.3.4.4 fourth, if there is still a tie between two (2) or more teams, the remaining tied teams' positions will be determined considering matches played against the highest placed team that was originally tied, as follows:

1.3.4.4.1 first, by the points accumulated in matches against that highest placed team;

1.3.4.4.2 second, if any tie(s) remains, by considering each team's Goal Difference in matches against that highest place team;

1.3.4.4.3 third, if any tie(s) remains, by considering the number of Goals scored by each team against that highest placed team;

1.3.4.4.4 fourth, if any tie(s) remains, by the points accumulated against the second highest placed team that was originally tied. If necessary, remaining ties will be determined by the points accumulated by the next (third) highest placed team that was originally tied (and then fourth, and so on in descending order until all ties have been resolved); and

1.3.4.4.5 if any tie(s) remains, and there is no practical manner to determine the ranking, the remaining tied teams' positions will be decided by coin-toss.

1.4 For the avoidance of doubt, when considering points, Goal Difference and Goals in this Appendix 8:

1.4.1 the higher the number of points or Goals/ Goal Difference, the higher the team will place;

1.4.2 Goals scored in any Penalty Shootout will be excluded in Goal totals;

1.4.3 Goal Difference is as defined in Appendix 10 and, accordingly, in each case excludes Goals scored in Penalty Shootouts; and

1.4.4 references to matches in the tie-breaking procedures in Article 1.3 of this Appendix 8 are to matches in the relevant group or other stage where the tie occurred..

22.9 APPENDIX 9: WATER POLO 4S

2 GENERAL PROVISIONS

2.1 This Appendix 9 sets out the rules for Water Polo 4s (previously referred to as 'Beach Water Polo'). Although there are many similarities between the two (2) sports, Water Polo 4s is a distinct sport from Water Polo, and therefore:

2.1.1 the rules set out in this Appendix 9 are, unless otherwise stated, distinct from the rules for Water Polo (set out in Articles 1 to 21 of this Part Six);

2.1.2 in the event of any conflict between this Appendix 9 and the other provisions of Part Six, this Appendix 9 will apply to Water Polo 4s;

2.1.3 that notwithstanding, to the extent this Appendix 9 is silent, the provisions of Part Six will apply to Water Polo 4s, interpreted and applied by World Aquatics and/or the Technical Officials as appropriate to Water Polo 4s.

2.2 Subject to this Appendix 9, the following Appendices of Part Six apply to Water Polo 4s:

2.2.1 Appendix 2: Signals to be used by Technical Officials;

2.2.2 Appendix 3: Penalty Shootouts, subject to Article 17 of this Appendix 9;

2.2.3 Appendix 4: VAR Review Protocol (where Video Assistant Review technology in use, in accordance with Article 25.5 of Part Six);

2.2.4 Appendix 5: Coach's Challenge Protocol;

2.2.5 Appendix 7: Registration and Sport Entries;

2.2.6 Appendix 8: Points and Tie-Breaking; and

2.2.7 Appendix 10: Definitions.

2.3 For the avoidance of doubt, therefore, Appendix 1 (Diagram of Water Polo Facilities) and Appendix 6 (Age Group Rules and Eligibility) do not apply to Water Polo 4s.

2.4 World Aquatics is the global governing body of Water Polo 4s, and the rules in this Appendix 9 apply to Water Polo 4s at World Aquatics Events. World Aquatics will publish the rules for qualification, the draw and the schedule for Water Polo 4s in advance of relevant World Aquatics Events.

3 TEAMS AND PLAYERS IN WATER POLO 4S

3.1 Each team in Water Polo 4s will consist of between four (4) and seven (7) Players:

3.1.1 four (4) Players on the Field of Play at any one time:

3.1.1.1 one (1) of which will be the Goalkeeper; and

3.1.1.2 three (3) of which will be Field Players; and

3.1.2 not more than three (3) other Players, who may be used as Substitutes. Substitutes will remain on their team bench, unless moving to join the Field of Play. It is not required to have any Substitutes.

3.2 If during a match a team does not have four (4) Players on the Field of Play, for example due to injury or exclusion (or both), the team must continue the match with its available Players on the Field of Play. The minimum number of Players for a team during a match is two (2). If during a match, a team has fewer than two (2) available Players, that team will forfeit the match, the match will end and the consequences will be determined by the Disciplinary Panel.

3.3 Goalkeepers are permitted to touch the ball with two (2) hands or to play the ball with a closed fist while inside their team's defensive 5 Metre Area. Field Players are not entitled to do either at any location on the Field of Play.

3.4 Team benches:

3.4.1 Two (2) team benches will be located behind the Side Line that is the other side of the Field of Play from the Referee and Technical Officials, one towards each corner on that side. The team benches do not need to be directly behind the Side Line, nor entirely in the corner.

3.4.2 Team benches in Water Polo 4s may be located on a pontoon or other appropriate surface or structure near the Field of Play. Where appropriate (as determined by World Aquatics), there may also be a designated area in the water, outside of the Field of Play, for Substitutes.

3.5 **Team Officials:**

3.5.1 Each team may have up to two (2) Team Officials, who must be located at their team bench during the match. If a team has Team Officials, one (1) must be designated as a Head Coach.

3.5.2 Each team is, in addition, permitted to have up to two (2) medical staff, located in a separate location away from the team bench and the Field of Play, except when attending to a Player or other medical needs.

3.6 Each team will have a Player designated as captain. Team captains, together with the team's Head Coach, must promote the good conduct and discipline of the team.

3.7 **Prior to the match, the Referee will ensure that Players will only be able to enter the Field of Play if they have:**

3.7.1 their fingernails cut in a manner that will mitigate the risk of injury to and from them; and

3.7.2 removed any article or item from their body or clothing that is likely to cause injury.

3.8 Players must not have grease, oil or any similar or foreign substance on the body or hands. If the Referee identifies a failure to comply with this Article 2.8 of Appendix 9:

3.8.1 before the match has begun, the Referee will order it to be removed immediately (and such Player will only be able to enter the Field of Play once it has been removed);

3.8.2 after the match has begun, the offending Player will be excluded for the remainder of the match and may be immediately replaced by a Substitute in accordance with Article 3.2.1 or 3.2.2 of this Appendix 9.

4 SUBSTITUTES IN WATER POLO 4S

4.1 In accordance with Article 2.1.1.2 of this Appendix 9, each team may have up to three (3) Substitutes.

4.2 **A Substitute may at any time, unless specified otherwise in this Appendix 9, replace a Player on the Field of Play by either:**

4.2.1 substitution at the Touching Corner, once:

4.2.1.1 the Player leaving the Field of Play has visibly risen to the surface of the water behind the Goal Line at the Touching Corner; and

4.2.1.2 the Players leaving and entering the Field of Play have touched hands above the surface of the water; or

4.2.2 entering the Field of Play from the Flying Substitution Area, as soon as:

4.2.2.1 the Substitute has entered the Flying Substitution Area from behind the Goal Line;

4.2.2.2 the Player leaving the Field of Play has visibly risen to the surface of the water in the Flying Substitution Area; and

4.2.2.3 the Player leaving the Field of Play and the Substitute have touched hands above the surface of the water in the Flying Substitution Area.

4.3 The Players leaving the Field of Play and the Substitute entering the Field of Play must each be ready to do so without causing undue delay to a match, including to the restart of play after any Stoppage.

4.4 Notwithstanding a team's wish to substitute a Player, if a Player involved in a substitution is not ready to or does not leave or enter (as appropriate) the Field of Play without undue delay, the Referee may, at their discretion, continue or restart the match without the Substitute entering the Field of Play. At any time thereafter, the Substitute may enter the Field of Play from the relevant area in accordance with Article 3.2 of this Appendix 9.

4.5 Subject to the obligation of Players to be prepared for substitutions without delaying the match in accordance with Article 3.3 of this Appendix 9, where there is a Stoppage, the Referee will allow substitutions to be completed before restarting play.

4.6 A Goalkeeper may be replaced by a Substitute during a match in accordance with the procedures set out in this Article 3 of Appendix 9, except that:

4.6.1 During a Penalty Shootout, a Goalkeeper may only be substituted when that Goalkeeper has been excluded for the remainder of the match (including as a result of Misconduct, Violent Action, or as the result of a Red Card) or because of injury or illness.

4.6.2 **If a Goalkeeper is excluded:**

4.6.2.1 a Substitute replacing them in accordance with Article 11 of this Appendix 9 may enter the Field of Play immediately, from any location on the Field of Play;

4.6.2.2 if the Goalkeeper is excluded immediately before the taking of a Penalty Throw (whether during a Period or during a Penalty Shootout), the Substitute replacing the Goalkeeper will be permitted to position themselves in the Goal in the same manner as a Goalkeeper for that Penalty Throw, but will not until after the Penalty Throw has been taken have any of the other privileges of a Goalkeeper (i.e., they may play as Goalkeeper but for that Penalty Throw they will not, for example, be permitted to use two (2) hands or a clenched fist to block the ball).

4.7 A Goalkeeper who has been replaced by a Substitute (but not excluded for the remainder of the match) may at any time thereafter re-enter the Field of Play to play in any position.

4.8 After a Goal has been scored, substitutions may not be made until after the Goalkeeper has Visibly Put the Ball Into Play.

4.8.1 When a Penalty Foul is committed, substitutions may not be made until after the resulting Penalty Throw is taken, except to provide for the substitution of an excluded Goalkeeper as set out in this Appendix 9.

4.9 Any Player who is substituted from the Field of Play must move to their team bench once substituted, unless or until they are preparing to be substituted onto the Field of Play in accordance with this Article 3 of Appendix 9.

5 TECHNICAL OFFICIALS IN WATER POLO 4S

5.1 **Each Water Polo 4s match at a World Aquatics Event must be officiated by:**

5.1.1 one (1) Referee;

5.1.2 two (2) Secretaries; and

5.1.3 two (2) Timekeepers.

5.2 Technical Officials will in each case be appointed by World Aquatics or its designee. World Aquatics may in addition to the Technical Officials required by Article 4.1 of this Appendix 9, appoint any further Technical Officials it deems necessary to officiate a match or an event. If a Technical Official that is not listed in Article 4.1 of this Appendix 9 is appointed, the rules applying to that Technical Official will be as set out in Part Six (including Article 5 of Part Six).

5.3 **The Referee:**

5.3.1 The Referee has the overall responsibility and authority to officiate a match and have full authority under these to direct Players, Team Officials, Technical Officials, spectators and other persons at the Venue in order to enforce these Competition Regulations, during a match or event.

5.3.2 All decisions of the Referee are authoritative and final, unless otherwise stated in this Appendix 9. Where this Appendix 9 provides that a Referee may or will take a specified action or decision, the Referee has full discretion as to whether and/or how to take that decision or action in order to enforce these Competition Regulations. Where that requires the judgment, view or discretion of the Referee, the Referee has absolute authority to exercise such judgment, view or discretion.

5.3.3 The Referee will not make any presumption as to the facts of any situation during the match but will interpret what they observe to the best of their ability, taking into account the evidence provided by other Technical Officials where appropriate and as provided for by these Competition Regulations.

5.3.4 Players, Team Officials, Technical Officials who are not Referees, and all other attendees at a match must follow the decisions and instructions of the Referees throughout a match.

5.3.5 A Referee may alter their decision during a match before the match is restarted or a Player Visibly Puts the Ball Into Play, as applicable.

5.3.6 Generally, in addition to the specific powers and duties set out in this Appendix 9, the Referee will:

5.3.6.1 Award or not award any Ordinary Foul, Exclusion Foul or Penalty Foul.

5.3.6.2 Refrain from awarding any Ordinary Foul, Exclusion Foul or Penalty Foul if awarding it would deny the team being fouled an Advantage or would otherwise be an advantage to the offending Player's team.

5.3.6.3 Order the removal from the Field of Play or the Competition Area any Player, Team Official, spectator, Technical Official or other attendee at a match whose behaviour prevents the proper continuance of the match or prevents the Referee, other Technical Officials from carrying out their duties in a proper and impartial manner, or if otherwise necessary to do so in order to enforce these Competition Regulations and this Appendix 9.

5.3.6.4 Abandon or pause a match at any time if the behaviour of Players, Team Officials, spectators or other individuals, or any other circumstance:

5.3.6.4.1 prevents the proper continuance of a match, or prevent the match from being brought to a proper conclusion; or

5.3.6.4.2 if necessary to do so to ensure the safety of individuals in attendance at the match (including Players, Team Officials, Technical Officials and/or spectators). In this circumstance, the match will end and the Management Committee (or their nominee) will determine the result of the match and/or the appropriate outcome or next steps.

5.3.6.5 Abandon a match if a Player refuses to leave the Field of Play when ordered to. In this circumstance, the match will end, and the result will be a victory to the opposing team from the Player that refused to leave the Field of Play, scored five (5) Goals to zero (0).

5.3.7 **The Referee will blow a whistle to:**

5.3.7.1 indicate the start or restart of play;

5.3.7.2 award any Foul;

5.3.7.3 award a Goal;

5.3.7.4 award any Free Throw, Goal Throw or Penalty Throw;

5.3.7.5 indicate that a Timeout has been called in accordance with Article 6.4 of this Appendix 9; and/or

5.3.7.6 indicate any other Stoppage, or infringement or decision pursuant to this Appendix 9 of Part Six, or any other Stoppage or decision, as necessary.

5.3.8 The Referee will be positioned so that they have a clear view of the Field of Play during play:

5.3.8.1 the Referee may be positioned on a pontoon, on a vehicle, on land next to the Field of Play or any other appropriate surface;

5.3.8.2 during play, the Referee will be positioned on the opposite side of the Field of Play from the team benches. The Referee may move without restriction along that side of the Field of Play in order to take the position that they consider best in order to view and officiate the match as they see fit; and

5.3.8.3 during any Stoppage and in intervals between Periods, the Referee may move freely to any part of the Field of Play or Competition Area.

5.3.9 The Referee will use the signals set out in Appendix 2 to this Part Six, as applicable to Water Polo 4s.

5.3.10 During a match:

5.3.10.1 The Referee may, but is not required to, have an audio headset in order to communicate with the Officials Table and/or other Technical Officials.

5.3.10.2 A TWPC Delegate, if attending, may, but is not required to, have an audio headset, in order to:

5.3.10.2.1 receive information from the Officials' Table; and/or

5.3.10.2.2 assist the Referees when requested to do or as set out in these Competition Regulations.

5.3.11 The Referee will ensure that an adequate supply of balls is available during each match. When a ball leaves the Field of Play, the Referee will as soon as reasonably possible, throw a ball onto the Field of Play for the match to be restarted.

5.4 **Timekeepers:**

5.4.1 The Timekeepers will record the timings of:

5.4.1.1 Actual Play within each Period;

5.4.1.2 Timeouts;

5.4.1.3 the intervals between Periods;

5.4.1.4 the continuous Possession of the ball by each team; and

5.4.1.5 the periods of Players' exclusions, together with re-entry times of excluded Players and/or the Substitutes replacing them.

5.4.2 Timekeepers will be located within view of the Field of Play and, where possible, on the same side of the Field of Play as the Referee.

5.4.3 Timekeepers will audibly announce the start of the last minute of the match, and will signal by whistle (or, if necessary, by any other audible and distinctive means):

5.4.3.1 once forty-five (45) seconds of a Timeout has passed;

5.4.3.2 the end of each Timeout;

5.4.3.3 the end of each Period, which will take immediate effect to end the Period, except:

5.4.3.3.1 in the case of the simultaneous award by a Referee of a Penalty Throw, in which case the Penalty Throw will be taken in accordance with this Appendix 9; or

5.4.3.3.2 if Article 8.6 of this Appendix 9 applies.

5.5 **Secretaries:**

5.5.1 The Secretaries will maintain the Record of the Game;

5.5.2 The Secretaries will record Personal Fouls and Fouls committed by each team, including the number of Personal Fouls committed for the purpose of exclusion of Players and for the purpose of Bonus Penalty Throws in accordance with Article 18.3 of this Appendix 9.

5.5.3 The Secretaries will supervise the Alternating Possession System by recording and, where necessary, advising the Referee as to which team will receive the next Free Throw under the Alternating Possession System.

5.5.4 The Secretaries will record the time and Cap Numbers when Goalkeepers are substituted.

5.5.5 The Secretaries will signal to indicate:

5.5.5.1 three (3) minutes into a period of exclusion for Violent Action to indicate that a Substitute may replace the excluded Player, by raising a yellow flag along with a white or blue flag (for the first or second listed team for the match, as applicable;

5.5.5.2 Improper Entry of a Player or Substitute, with a red flag. When this occurs, the Referee will stop the game as soon as reasonably practicable, at an appropriate moment which does not deny an Advantage for the non-offending team;

5.5.5.3 when a Bonus Penalty Throw is awarded, using a suitable audible signal (e.g., whistle or electronic signal); and

5.5.5.4 the Secretaries will be provided with separate white, blue, red, and yellow flags, each measuring a minimum of 0.35 metres x 0.20 metres, with which to signal.

5.5.5.5 without delay, when a Player commits their fifth Penalty Foul:

5.5.5.5.1 with the red flag, or by another approved method of signalling, if the fifth Personal Foul is an Exclusion Foul;

5.5.5.5.2 with the red flag and a whistle, or by another approved method of signalling, if the fifth Personal Foul is a Penalty Foul; and/or

5.5.5.6 when a team should be awarded a Bonus Penalty Throw under Article 18.3 of this Appendix 9.

5.5.6 For the avoidance of doubt, the Secretaries' role is to record and/or signal events in the match and decisions taken by the Referee and/or other Technical Officials, rather than to make those decisions.

5.5.7 The Secretaries will be located within view of the Field of Play and, where possible, on the same side of the Field of Play as the Referee.

5.6 The Management Committee may choose to use Video Assistant Review technology where it is available and where they consider it to be appropriate. Where Video Assistant Review technology is in use, VAR Reviews will be conducted by the Referee as set out in Appendix 4 (modified as necessary to meet the rules and the quotient of Technical Officials set out in this Appendix 9, including that no Video Assistant Referee may be present).

5.7 In addition to the other Technical Officials required (according to this Appendix 9 and this this Part Six), World Aquatics may appoint any one (1) or more of the following Technical Officials to assist in the conduct of any Water Polo 4s match or event:

5.7.1 TWPC Delegates;

5.7.2 World Aquatics TWPC Evaluator(s);

5.7.3 Video Assistant Referee(s); and/or

5.7.4 Timeout Officials.

6 DURATION AND OUTCOME OF A WATER POLO 4S MATCH

6.1 **Each Water Polo 4s match will have four (4) Periods, each of five (5) minutes of Actual Play.**

6.2 **The Timekeepers are responsible for timing Actual Play. Actual Play:**

6.2.1 commences at the start of each Period when a Player first touches the ball;

6.2.2 stops at the end of each Period, as indicated by the Timekeepers;

6.2.3 during play in each Period, stops at any Stoppage, for example as a result of a Foul; and

6.2.4 once stopped, remain stopped until the ball is put back into play by the ball leaving the hand of the Player taking the appropriate throw or making the restart.

6.3 **There will be an interval between each Period of:**

6.3.1 two (2) minutes between the first and second Periods, and between the third and fourth Periods; and

6.3.2 three (3) minutes between the second and third Periods (i.e., at the half-way point of the match).

6.4 Each team will, for the duration of a match, occupy the team bench on the same side of the Field of Play that the team is defending during that Period.

6.5 **Each match will have a winner and a loser at the conclusion of the match:**

6.5.1 The winner of a Water Polo 4s match is the team that has scored the most Goals at the end of the fourth Period.

6.5.2 If both teams have scored the same number of Goals at the end of the fourth Period, the winner of the match will be determined by a Penalty Shootout, conducted in accordance with Appendix 3.

6.6 The Mercy Rule applies in Water Polo 4s. If at of at any time after the end of the Second Period in a match, one team is leading by ten (10) or more Goals, the Referee will end the match and the team with more Goals will be declared the winner. The score for the match will remain as it was at the time the match was ended.

6.7 If a match (or part of a match) must be replayed for any reason, then any Goals, Personal Foul and Timeouts that occurred during the part of the match to be replayed are deleted from the Record of the match, along with any consequences resulting from them. However, exclusions for Violent Action, Misconduct and/or any Red Card exclusions will remain on the Record of the match, even if they occurred during a part of a match that is being replayed, and any consequences for future matches arising from those events will continue to apply.

6.8 The Referee has discretion to order a match or a part of a match to be replayed where necessary and appropriate to do so to comply with these Competition Regulations. No match or a part of a match may be replayed as the result of a mistake or other circumstance discovered after the match.

7 TIMEOUTS IN WATER POLO 4S

7.1 **Each team may request up to two (2) Timeouts in a match.**

7.2 The duration of a Timeout is (1) minute.

7.3 **A Timeout may be requested:**

7.3.1 during play, only by a team in Possession of the ball; or

7.3.2 during any Stoppage by the team that is due to have Possession of the ball at the restart after the Stoppage (including, for example, after a Goal or after the award of a Penalty Throw), except that a Timeout cannot be called between Periods.

7.4 **A Timeout may be requested by:**

7.4.1 the Head Coach of a team (or another Team Official acting as Head Coach in accordance with this Part Six (or any Team Official or Player if no other Team Official is acting as Head Coach); or

7.4.2 any member of the team using any device authorised by the Management Committee for the calling of a Timeout; and

7.4.3 in any case, by calling "*Timeout*" audibly and signalling, to the Officials Table or to a Referee, with their hands forming the shape of a capital 'T' (one hand held horizontally on top of one hand held vertically).

7.5 If a Timeout is requested validly in accordance with this Article 6 of Appendix 9:

7.5.1 A Secretary or Referee hearing or seeing the request will immediately signal the Timeout and the immediate Stoppage of play by whistle. The match will remain stopped for the duration of the Timeout.

7.5.2 Players on the Field of Play must then without delay position themselves in the half of the Field of Play that they are defending in that Period. Players will stay in that half for the duration of the Timeout.

7.5.3 In accordance with Article 4.4.3 of this Appendix 9, the Timekeepers will by whistle or other audible method announce:

7.5.3.1 once forty-five (45) seconds of a Timeout has passed at which point the Players of both teams are permitted to move anywhere in the Field of Play; and

7.5.3.2 the end of each Timeout.

7.6 **After a Timeout has ended, play will be restarted on the Referee blowing a whistle, as follows:**

7.6.1 If the Timeout was requested during play, the team that was in Possession at the time the Timeout was requested (i.e., the team requesting the Timeout) will restart play with a Free Throw taken on or behind the Halfway Line.

7.6.2 Subject to Article 6.6.3 of this Appendix 9, if the Timeout was requested during a Stoppage, play will be restarted with a Free Throw taken on or behind the Halfway Line, taken by the team that would have had Possession after that Stoppage.

7.6.3 If the Timeout was requested during a Stoppage:

7.6.3.1 between the award of a Penalty Throw and the taking of that Penalty Throw, play will be resumed by the Penalty Throw being taken by the team to which it was awarded;

7.6.3.2 that would have preceded a Goal Throw or Free Throw to a team, play will be restarted with a Free Throw taken on or behind the Halfway Line, taken by the team that would have had Possession after that Stoppage in any event.

7.7 **Timeouts may only be called in accordance with this Article 6 of Appendix 9. Requests for Timeouts that do not comply with this Article 6 of Appendix 9 will be invalid and will not result in a Timeout. Accordingly:**

7.7.1 If a Timeout is requested during play by the team that is not in Possession:

7.7.1.1 play will be stopped, and a Penalty Throw will be awarded to the opposing team (the team that is in Possession); and

7.7.1.2 the team that made the invalid request will lose the right to request one (1) of its (valid) Timeouts if the team still had one (1).

7.7.2 If a Timeout is requested by a team in Possession when that team has already called two (2) Timeouts in that match:

7.7.2.1 If the Timeout is being called during play by the team in Possession, but with no Timeout requests remaining, play will be stopped and play will be restarted with a Free Throw taken by a Player on the opposing team on or behind the Halfway Line.

7.7.2.2 If the Timeout is requested during play by a team that is not in Possession and has no Timeout requests remaining, play will be stopped, and a Penalty Throw will be awarded to the opposing team (the team that is in Possession).

7.7.2.3 If the Timeout is being called during a Stoppage by a team that has no remaining Timeout requests, no Timeout will be awarded.

8 START AND RESTART OF PLAY IN WATER POLO 4S

8.1 At the start of each Period, including the start of the match, the Players on the Field of Play for each team must each position themselves on the Goal Line of the Goal that they are defending in that Period, each with at least some part of their head in line with their defensive Goal Line.

8.2 The team listed first in the official program or schedule for the event will start the match to the right of the Referee (as the Referee faces the Field of Play). The other team will start the match to the right of the Referee (as the Referee faces the Field of Play).

8.3 The teams, including the Players and Team Officials, will change ends before starting the third Period.

8.4 Each team will, for the duration of a match, occupy the team bench on the same side of the Field of Play that the team is defending during that Period. Teams will change team benches when changing ends of the Field of Play.

8.5 At the start of each Period (including the start of the match):

8.5.1 when the Referee is satisfied that the teams are ready and in position, the Referee will blow a whistle, after which the Referee will release or throw the ball into play on the Halfway Line (aiming to release the ball as close to the Halfway Line as possible);

8.5.2 once the Referee has blown the whistle to signal the start of the Period, Players may leave the Goal Line, including to swim to attempt to gain Possession of the ball;

8.5.3 following the release of the ball at the start of a Period, the Referee is of the opinion that the ball has fallen in a position to the definite advantage of one team, the Referee will stop the match and repeat the start.

8.6 Following a Goal:

8.6.1 The Goalkeeper on the team that conceded will Visibly Put the Ball Into Play at anywhere on the 2 Metre Line.

8.6.2 Other Players on the Field of Play may be positioned anywhere in the Field of Play.

8.7 A start or restart of play not conducted in accordance with this Appendix 9 of Part Six may, at the discretion of the Referee, be retaken.

8.8 Following a Timeout, subject to the rules relating to the taking of Penalty Throws, or any other applicable circumstance, in this Appendix 9:

8.8.1 Players may take any position in the Field of Play.

8.8.2 Play will be restarted on the whistle of a Referee, in accordance with Article 6.6 of this Appendix 9.

9 METHOD OF SCORING IN WATER POLO 4S

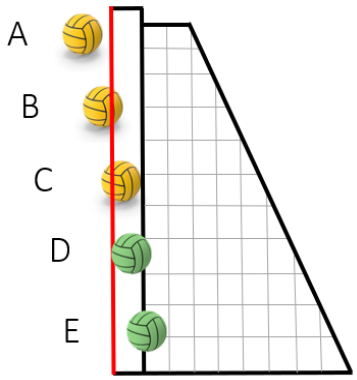
9.1 **A Goal is scored when the ball passes into the Goal, meaning that the ball has:**

9.1.1 passed the front edge of the Goal posts (specifically the Goal Line), such that no part of the ball is visible in front of the Goal Line when viewing the Goal from the Side Line and in line with the Goal;

9.1.2 between the Goal posts; and

9.1.3 underneath the crossbar,

as demonstrated by the balls marked “D” and “E” in the image immediately below, with the front edge of the Goal Line marked in red.



9.2 When a Goal is scored, it is scored for the team who is attacking that Goal, regardless of the Player that last touched the ball or otherwise caused the Goal to be scored.

9.3 **Accordingly, a Goal may be scored, unless specified otherwise in this Appendix 9:**

9.3.1 **whether intentionally or unintentionally;**

9.3.2 by a Player into the opponent's Goal or their own team's Goal (i.e., the latter case often being referred to as an 'own Goal'), even when (for example) taking a Free Throw;

9.3.3 from anywhere within the Field of Play; and

9.3.4 with any part of a Player's body, except that an attacking Player may not score a Goal with a clenched fist (for the avoidance of doubt, a defensive Player may score a Goal for the opposing team (an 'own Goal') with a clenched fist).

9.4 Except in the circumstances set out in Article 8.5 of this Appendix 9, a Goal may only be scored, following the most recent start or restart of play following a Stoppage or the start of a Period, after at least two (2) Players from either team (which may include the Player scoring the Goal) intentionally play or touch the ball.

9.5 A Goal may be scored without two (2) Players having intentionally played or touched the ball by a Direct Shot, or after the ball is Visibly Put Into Play, but without the need for any other Player to touch the ball, from:

9.5.1.1 a Penalty Throw;

9.5.1.2 a Goal Throw; or

9.5.1.3 a Free Throw awarded and taken outside of the offensive 5 Metre Line (a Free Throw is considered taken 'behind' the offensive 5 Metre Line if, when the Throw is taken, both the head of the Player taking the Free Throw and the ball are behind that line).

9.6 **Goals may only be scored during play. A Goal will be awarded if, at the expiration of the Shot Clock or at the expiration of time at the end of a Period:**

9.6.1 the ball has left the hand of the Player shooting or otherwise last throwing it; and

9.6.2 thereafter enters the Goal, including after deflecting off the water, the Goal posts, crossbar, the Goalkeeper or any other Player (or any combination thereof);

9.6.3 unless:

9.6.3.1 intentionally played or touched by another attacking Player; or

9.6.3.2 any Player (on either team) gains Possession,

in which case the Goal will not be awarded, and the Period will end and/or the Shot Clock be reset as provided for in this Appendix 9.

9.7 If the ball is in flight at the end of a Period and a Goal is not scored in accordance with Article 8.6 of this Appendix 9, the Period will end.

10 ORDINARY FOULS IN WATER POLO 4S

10.1 If an Ordinary Foul is committed, a Free Throw will be awarded to the opposing team, unless otherwise specified in this Appendix 9.

10.2 **The Ordinary Foul is committed if a Player:**

10.2.1 is at any time positioned in their offensive Goal Area, whether in Possession or otherwise;

10.2.2 commits a False Start;

10.2.3 receives any physical assistance from any member of their team during play;

10.2.4 holds on to or Pushes-Off from the Goal posts or their fixtures, from sides or ends of the Field of Play during play or at the start of a Period;

10.2.5 deliberately affects the alignment of the Goal before the start of a Period;

10.2.6 takes or holds the whole of the ball under the surface of the water when Tackled or with the intention of hiding or shielding it from the opposing team or otherwise preventing the opposing team from being able to Tackle or attempt to gain Possession of the ball;

10.2.7 pushes or Pushes-Off from an opponent who is:

10.2.7.1 Dribbling the ball; or

10.2.7.2 not holding, lifting or carrying the ball;

10.2.8 gives up Possession intentionally;

10.2.9 commits Simulation;

10.2.10 takes a Free Throw, Goal Throw or Penalty Throw other than in the prescribed manner, except a Goal Throw taken in the incorrect position (which may be retaken in accordance with Article 14.4 of this Appendix 9);

10.2.11 touches the floor during play;

10.2.12 swims or otherwise moves the whole of their body under the surface of the water in order to gain a positional advantage; or

10.2.13 if, except for a Goalkeeper within their defensive 5 Metre Area, a Player:

10.2.13.1 strikes or attempts to strike the ball with a clenched fist; or

10.2.13.2 touches (intentionally or otherwise) the ball with two (2) hands at the same time, unless by the Goalkeeper while within the 5 Metre Area (in which case a Penalty Foul will be awarded).

10.3 An Ordinary Foul is also committed if a team retains Possession at the expiry of the Shot Clock, as set out in Article 10 of this Appendix 9).

10.4 The Referee may, in their discretion, award or not award Ordinary Fouls in order to enable the non-offending team to maintain an Advantage.

11 TEAM POSSESSION IN WATER POLO 4S

11.1 **A team may retain Possession without shooting at the opposing team's Goal for no more than 20 seconds of Actual Play.**

11.2 If a team retains Possession for longer than 20 seconds of Actual Play, or otherwise for longer than the time specified in this Article 10 of Appendix 9, without shooting at the opposing team's Goal, an Ordinary Foul will be committed in accordance with Article 9.3 of this Appendix 9.

11.3 The time remaining for a team in Possession will be kept by the Timekeepers, using any reliable time-keeping device, and displayed on a Shot Clock visible to Technical Officials and Players.

11.4 A team's period of Possession commences when a Player for that team gains Possession, including at the start or restart of Actual Play.

11.5 **A team's period of continuous Possession ends, and the Shot Clock will be reset, when:**

11.5.1 a Player from the opposing team gains Possession of the ball, at which point the Shot Clock will be reset and the opposing team's possession will begin; or

11.5.2 a Player from that team shoots the ball at the opposing team's Goal.

11.6 For the avoidance of doubt, therefore, a team's period of Possession will be deemed to continue:

11.6.1 while the ball is being passed or transferred between Players on that team, including by way of deflection off the surface of the water or another Player (whether intentionally or otherwise), without the other team gaining Possession; and

11.6.2 once Actual Play resumes following the Referee's having awarded a Foul or following any other Stoppage in play (except for the end of a Period), unless that Stoppage results in a change of the team in Possession or as otherwise provided in this Appendix 9.

11.7 A Player will be deemed to have shot the ball at the opposing team's Goal once the ball has left the hand of that Player with the intention of shooting and scoring at the opponent's Goal, whether or not the shot is accurate (i.e., whether or not the ball actually travels towards the Goal).

11.8 Following a shot:

11.8.1 If a Goal is scored, the match will be restarted in the usual manner following a Goal, as set out in Article 7.6 of this Appendix 9 and the Shot Clock will be reset to 20 seconds.

11.8.2 If the ball rebounds or deflects into the Field of Play after hitting the Goal posts or crossbar, or any other Player(s) (including a Goalkeeper and/or including a Player on the same team) or any combination thereof, without any other Player gaining Possession of the ball:

11.8.2.1 the Shot Clock will be reset and will not restart until the ball comes into a Player's Possession;

11.8.2.2 the Shot Clock will be reset to 20 seconds of Actual Play, regardless of which team gains Possession.

11.8.3 If the ball exits the Side Line of the Field of Play (including after deflection, but without another Player gaining Possession of the ball):

11.8.3.1 play will be restarted with a Free Throw, taken in accordance with Article 13 of this Appendix 9; and

11.8.3.2 the Shot Clock will be reset to 20 seconds, except under the circumstances set out at Article 10.10.2 of this Appendix 9.

11.9 If play is restarted following the award of an Exclusion Foul, the Shot Clock will be reset to 20 seconds.

11.10 In the following circumstances, a team may retain Possession without shooting at the opponent's Goal for a maximum of 20 seconds, irrespective of the time previously remaining on the Shot Clock:

11.10.1 following the taking of a Penalty Throw not resulting in a change of Possession; or

11.10.2 when the ball leaves the Field of Play through the Side Lines, not resulting in a change in team Possession.

11.11 When a match is restarted with a change of Possession following the award of a Penalty Throw, a Goal Throw or a Free Throw pursuant to the Alternating Possession System a team may then retain Possession without shooting for 20 seconds of Actual Play.

12 EXCLUSION FOULS IN WATER POLO 4S

12.1 **An Exclusion Foul is committed if a Player:**

12.1.1 interferes with the taking of a Free Throw or Goal Throw, including, but not limited to:

12.1.1.1 intentionally touching the opponent or pushing or failing to release the ball; or

12.1.1.2 attempting to play the ball before it has left the hand of the thrower;

12.1.2 intentionally splashes water in the face of an opponent, if:

12.1.2.1 that opponent is behind their offensive 5 Metre Line; or

12.1.2.2 that opponent is inside their offensive 5 Metre Area, but not in the action of shooting or preparing to shoot at Goal;

12.1.3 impedes or otherwise prevents the free movement of an opponent who:

12.1.3.1 is Dribbling the ball; or

12.1.3.2 is not holding, lifting or carrying the ball.

12.1.3.3 'Impeding' an opponent under this Article 11.1.3 of Appendix 9 includes, but is not limited to:

12.1.3.3.1 swimming or climbing on the opponent's shoulders, back or legs;

12.1.3.3.2 a defensive Player swimming or otherwise moving the whole of their body under the surface of the water in order to gain a positional advantage;

12.1.3.3.3 holding, sinking or pulling-back an opponent; or

12.1.3.3.4 using two (2) hands to hold an opponent who is not holding the ball;

12.1.4 commits a Foul (any Ordinary Foul or Exclusion Foul) tactically, meaning a Foul committed with the sole or primary purpose of impeding or stopping the flow of the opposing team's attack. For the avoidance of doubt, a Foul will not be deemed to have been committed tactically if a Player intends to validly Tackle, block or otherwise validly defend the attack, but in doing so impedes or stops the flow of the opposing team's attack;

12.1.5 makes any disproportionate movement, i.e., any movement with intent to kick or strike another Player, whether or not it results in such contact with another Player, including Kicking and Striking.

12.1.6 interferes with the taking of a Penalty Throw after the whistle of the Referee, in which case:

12.1.6.1 the Penalty Throw will still be taken by the opposing team (a Free Throw will not be awarded); and

12.1.6.2 that Player will be excluded for the remainder of the match in accordance with Article 11.6 of this Appendix 9;

12.1.7 fails to take up the correct position at the taking of a Penalty Throw having been ordered once to do so by the Referee:

12.1.8 if the defensive Goalkeeper moves forward off the Goal Line before the Referee blows the whistle and the Player proceeds to take the Penalty Throw and:

12.1.8.1 a Goal is scored, the Goal will be counted, no exclusion will be necessary and the match will restart in the usual manner following a Penalty Throw;

12.1.8.2 a Goal is not scored, the Goalkeeper will be excluded under this Article 11.1.8 of Appendix 9 and the Penalty Throw will be retaken;

12.1.9 if the defensive Goalkeeper is excluded between the award and the taking of a Penalty Throw (including but not limited to under Article 11.1.7 or 11.1.8 of this Appendix 9):

12.1.9.1 another defensive Player may take the position of the Goalkeeper, but without the Goalkeeper's privileges for that Penalty Throw (i.e., they may play as Goalkeeper but for that Penalty Throw they will not, for example, be permitted to use two (2) hands or a clenched fist to block the ball).

12.1.9.2 the excluded Goalkeeper or a Substitute replacing them may only re-enter or enter the Field of Play after the Penalty Throw has been taken; and

12.1.10 commits Improper Entry as set out in Article 12.2.3 of this Appendix 9.

12.2 **An Exclusion Foul will also be committed if a Player:**

12.2.1 engages in Violent Action; or

12.2.2 engages in Misconduct, meaning:

12.2.2.1 the use of unacceptable language;

12.2.2.2 Aggressive Play;

12.2.2.3 refusing to follow the orders of the Referee;

12.2.2.4 showing disrespect for a Referee or another Technical Official;

12.2.2.5 leaving the Field of Play (including to sit or stand on the side of the Field of Play or the steps or other exit of the Field of Play), except:

12.2.2.5.1 in the case of substitution or exclusion in accordance with this Appendix 9;

12.2.2.5.2 in the case of accident, injury, illness; or

12.2.2.5.3 with the permission of the Referee;

12.2.2.6 otherwise behaves in a manner that is against the Spirit of the Game or likely to bring the match, event or competition into disrepute.

12.3 **Unless otherwise provided in this Article 11 or elsewhere in this Appendix 9, if an Exclusion Foul is committed the Referee will:**

12.3.1 order the exclusion of the Player who committed the Exclusion Foul;

12.3.2 if the Exclusion Foul occurred during play, the Referee will award a Free Throw to the opposing team;

12.3.3 if the Exclusion Foul occurred during any Stoppage (including in the interval between Periods, during a Timeout or after a Goal is awarded):

12.3.3.1 the match will restart in the normal manner (the manner in which play would have restarted irrespective of the Foul; no throw will be awarded); and

12.3.3.2 a Substitute replacing the excluded Player will be permitted to join the Field of Play prior to the restart of the match, except in the case of an Exclusion Foul for Violent Action, where the Substitute may not enter the Field of Play until three (3) minutes of Actual Play have passed since the award of the Exclusion Foul.

12.4 **If a Player is excluded, other than for Misconduct, Violent Action, interference or Improper Entry, that Player must immediately move to and touch the Touching corner, after which they may either:**

12.4.1 re-join play immediately; or

12.4.2 be substituted from the Touching Corner in accordance with Article 3.2.1 of this Appendix 9.

12.5 **If an Exclusion Foul is awarded for Misconduct:**

12.5.1 The excluded Player will be shown a Red Card and will be excluded for the remainder of the match with immediate effect.

12.5.2 The excluded Player must leave the Field of Play immediately via the Touching Corner.

12.5.3 The excluded Player may be replaced by a Substitute:

12.5.3.1 If the Exclusion Foul was awarded during Play:

12.5.3.1.1 the Referee will award a Free Throw to the opposing team; and

12.5.3.1.2 a Substitute may replace the excluded Player at the earliest occurrence of the excluded Player's team gaining Possession or a Goal.

12.5.3.2 If the Exclusion Foul for Misconduct is awarded during any Stoppage (including between Periods, during a Timeout or after a Goal has been awarded):

12.5.3.2.1 the match will restart in the normal manner (the manner in which play would have restarted irrespective of the Foul; no throw will be awarded); and

12.5.3.2.2 a Substitute replacing the excluded Player will be permitted to enter immediately prior to the restart of the match.

12.5.3.3 If the excluded Player is a Goalkeeper:

12.5.3.3.1 a Field Player may take the position of Goalkeeper, or a Substitute may replace a Field Player immediately in accordance with Article 3.2 of this Appendix 9 and play as Goalkeeper; and

12.5.3.3.2 in either case, once three (3) minutes of Actual Play have elapsed, a Substitute may join the Field of Play via the Touching Corner, to restore that team to the full number of Players.

12.6 **If an Exclusion Foul is awarded for interference with a Penalty Throw:**

12.6.1 The excluded Player will be shown a Red Card and excluded for the remainder of the match.

12.6.2 The excluded Player must leave the Field of Play immediately via the Touching Corner.

12.6.3 The Penalty Throw will be maintained (including that if it had already been taken and scored, that team will score a Goal) or retaken if deemed appropriate by the Referee.

12.6.4 A Substitute may replace the excluded Player at the earliest occurrence, following the restart of play after the Penalty Throw, a change of the team in Possession, or a Goal.

12.7 **If an Exclusion Foul is awarded for Violent Action:**

12.7.1 The excluded Player will be excluded for the remainder of the match and must leave the Field of Play immediately via the Touching Corner.

12.7.2 If awarded during Play:

12.7.2.1 A Penalty Throw will be awarded to the opposing team.

12.7.2.2 Play will resume on the taking of the Penalty Throw, taken in accordance with Article 16 of this Appendix 9.

12.7.2.3 A Substitute may replace the excluded Player when three (3) minutes of Actual Play have elapsed following the award of the Exclusion Foul.

12.7.2.4 If the excluded Player is a Goalkeeper:

12.7.2.4.1 a Field Player may take the position of Goalkeeper, or a Substitute may replace a Field Player immediately in accordance with Article 3.2 of this Appendix 9 and play as Goalkeeper; and

12.7.2.4.2 in either case, once three (3) minutes of Actual Play have elapsed, a Substitute may join the Field of Play via the Touching Corner, to restore that team to the full number of Players.

12.7.3 If awarded during any Stoppage (including a Timeout, after a Goal has been awarded or between Periods):

12.7.3.1 Play will restart in the normal manner (the manner in which play would have restarted irrespective of the Foul; no throw will be awarded).

12.7.3.2 A Substitute may replace the excluded Player when three (3) minutes of Actual Play have elapsed following the award of the Exclusion Foul.

12.8 **If one (1) or more Players from each side commit simultaneous Exclusion Fouls:**

12.8.1 Both Players will be excluded and must each return to the Touching Corner on their respective defensive Goal Lines.

12.8.2 Once both Players are at the Touching Corners, play will be restarted with a Free Throw, taken by the team in Possession at the time of the Exclusion Fouls. If no team was in Possession, Play will restart according to the Alternating Possession System.

12.8.3 The excluded Players, or Substitutes replacing them, will each be permitted to return to the Field of Play upon the earliest occurrence of:

12.8.3.1 a change in team Possession;

12.8.3.2 a Goal.

12.9 If a Player has been excluded for any reason, they must not intentionally participate or interfere with play (including by touching the ball or other Players) until they are permitted to re-enter the Field of Play in accordance with this Article 11 of Appendix 9. If a Player contravenes this Article 11.9 of Appendix 9, a Penalty Throw will be awarded as set out in Article 12 of this Appendix 9;

13 PENALTY FOULS IN WATER POLO 4S

13.1 If a Penalty Foul is committed, a Penalty Throw will be awarded to the opposing team.

13.2 **A Penalty Foul is committed if:**

13.2.1 any Player within their defensive 5 Metre Area:

13.2.1.1 commits any Foul (including any Ordinary Foul, Exclusion Foul or Penalty Foul listed in this Appendix 9) if, without that action, a Goal would, in the view of the Referee, have been likely to result;

13.2.1.2 takes the ball under the water when Tackled if a Goal would have been likely to result if they had not done so;

13.2.1.3 pulls over, pulls down or otherwise displaces or affects the alignment of the Goal that they are defending, during play;

13.2.1.4 splashes water in the face of an opponent who is inside the offensive 5 Metre Area, if that opponent is in the action of shooting or preparing to shoot at Goal;

13.2.1.5 commits Violent Action, or Kicks or Strikes an opponent. For the avoidance of doubt, as well as awarding a Penalty Throw, a Player who commits Violent Action will also be excluded for Violent Action as set out in Article 11.7 of this Appendix 9;

13.2.1.6 impedes an attacking Player from behind, when that attacking Player is within their offensive 5 Metre Area, is facing towards the Goal they are attacking is making a shooting action. However, under this Article 12.2.1.6 of Appendix 9:

13.2.1.6.1 a defensive Player will not be impeding an attacking Player if they only make contact with the ball and not the Player; and

13.2.1.6.2 the Referee will delay the award of a Penalty Foul until after any shot has been attempted, to determine whether the attacking team has an Advantage without the Penalty Foul being awarded. If the shot results in a Goal, no Penalty Foul will be awarded. If the shot does not result in a Goal, the Penalty Foul (and resultant Penalty Throw) will be awarded;

13.2.1.7 touches (intentionally or otherwise) the ball with two (2) hands at the same time, unless by the Goalkeeper;

13.2.2 an excluded Player or a Substitute intentionally interferes with play, including but not limited to affecting the alignment of the Goal and or intentionally interfering with the ball or another Player;

13.2.3 a Player enters the Field of Play not in accordance with this Appendix 9 (Improper Entry). The resulting Penalty Throw will be taken after the offending Player is removed from the Field of Play; or

13.2.4 any Team Official or Player, takes any action not in the usual course of play with the sole or primary intent (in the view of the Referee) to prevent a probable Goal or to delay the match, including but not limited to:

13.2.4.1 a Player deliberately throwing the ball away before a Player on the opposing team can take a Free Throw;

13.2.4.2 a defensive Player, after a Free Throw outside the 5 Metre Line, deliberately pushing the ball inside the 5 Metre Line with the intention of avoiding a Direct Shot from the opposing team;

13.2.4.3 no Personal Foul will be recorded for this offence, where committed by the Head Coach or any Team Official.

13.3 **If a Player is excluded for interference or an Improper Entry, the excluded Player may re-enter the Field of Play, or a Substitute may enter in their place as follows:**

13.3.1 if such interference or Improper Entry occurred following Violent Action, only once the relevant three (3) minute exclusion period for that Violent Action has expired; and

13.3.2 in any case, whether following the taking of the Penalty Throw or following the expiry of such three (3) minute period or otherwise, at the earliest occurrence of the excluded Player's team retaking Possession, including by being awarded a Free Throw, Goal Throw or Penalty Throw.

13.4 The Referee may at their discretion, (and will, in the case of a Penalty Foul committed under Article 12.2.1.6.1) delay the award of a Penalty Foul in order to wait to see if the attacking Player scores a Goal in the same action.

13.4.1 If the Player does not score a Goal, the Referee will then award a Penalty Throw.

13.4.2 If the Player does score a Goal, no Penalty Throw will be awarded and the match will restart in the usual manner following the award of a Goal.

13.4.3 While delaying the award in accordance with this Article 12.4, the Referee should if possible raise one arm to indicate that a Penalty Throw may be awarded (failure to do so will not, however, affect the decision made by the Referee).

14 FREE THROWS IN WATER POLO 4S

14.1 The award of a Free Throw gives the team to which it is awarded Possession in order to restart play.

14.2 **Free Throws are awarded:**

14.2.1 where the entire ball leaves the Field of Play crossing a Side Line (the ball remains in play if the ball just touches the sides of the Field of Play);

14.2.2 as a result of certain Fouls, as set out in this Appendix 9; or

14.2.3 as otherwise set out in this Appendix 9.

14.3 **If a Free Throw is awarded:**

14.3.1 as a result of the ball leaving the Field of Play crossing or rebounding from a Side Line, the Free Throw will be awarded to the opposing team from the team that last touched the ball, except that:

14.3.1.1 if the ball leaves the Field of Play from a Side Line when the ball was last touched by a Field Player blocking a shot, a Free Throw will be awarded to the team that blocked the shot;

14.3.2 as a result of a Foul or other circumstance, the Free Throw will be taken by the team that did not commit the Foul or as otherwise set out in this Appendix 9.

14.4 **A Free Throw must be taken:**

14.4.1 without undue delay;

14.4.2 by a Player Visibly Putting the Ball Into Play;

14.4.3 by either:

14.4.3.1 the Player who is closest or equal closest to the ball, or otherwise most ready (or equally ready as any Player on that team) to take the Free Throw; or

14.4.3.2 only if there is an attack or Counterattack in progress (such that it may hinder the offensive team for the Player closest to the ball to take the Free Throw (for example, if that Player would have to swim away from the Goal that they are attacking in order to take the Free Throw)), by a Player who is second or equal second closest to the ball – so long as the Free Throw is still taken without undue delay.

14.5 **Actual Play will resume immediately when the ball is Visibly Put Into Play.**

14.6 A Free Throw will be taken from the location of the ball at the time of the award of the Free Throw, allowing in the Referee's discretion for slight movement of the ball, not to the advantage of either team, between the award and taking of the Free Throw (for example, on the surface of the water), except that:

14.6.1 If a Foul is committed by a Player within their defensive Goal Area, the resulting Free Throw will be taken from the 2 Metre Line at the closest point to the position of the ball at the time the Free Throw is awarded.

14.6.2 If a False Start is committed, the resulting Free Throw will be taken:

14.6.2.1 if the Referee had already released the ball, from the location of the ball once the team taking the Free Throw has reached it (which it will do without undue delay); or

14.6.2.2 if the Referee had not yet released the ball, from any location on the Halfway Line.

14.7 **When a Free Throw is awarded, each defensive Player must:**

14.7.1 position themselves more than one (1) metre away from the ball; and

14.7.2 not raise any arm to block (for example a pass or a shot) until they are at least one (1) metre away from the ball; except that

14.7.3 for the avoidance of doubt, it will not be a Foul if a Free Throw is taken by the offensive team while a defensive Player is in the process, without delay and without raising an arm to block, of moving away from the ball.

14.8 In accordance with Article 9.2.9 of this Appendix 9:

14.8.1 it will be an Ordinary Foul if a Free Throw is taken in a manner not according with this Article 13 of Appendix 9, including but not limited to a Free Throw (taken with undue delay or taken by a Player who is not in a position most readily (or equally as readily as another Player on that team) to take the Free Throw); and

14.8.2 it will be an Exclusion Foul for interference pursuant to Article 11.1 of this Appendix 9 if a defensive Player fails to move to a position at least one (1) metre away from the ball once a Free Throw is awarded and/or raises an arm to block a pass or shot before being at least one (1) metre away from the ball.

15 GOAL THROWS IN WATER POLO 4S

15.1 A Goal Throw will be awarded when the entire ball has crossed the entire Goal Line, leaving the Field of Play, but not into the Goal, subject to Article 6.6.3.2 of this Appendix 9.

15.2 **A Goal Throw must be taken:**

15.2.1 by any Player of the team that is defending the Goal on the relevant Goal Line;

15.2.2 from anywhere within their defensive 2 Metre Area;

15.2.3 without undue delay; and

15.2.4 by a Player Visibly Putting the Ball Into Play or taking a shot or a pass.

15.3 **No Corner Throws are taken in Water Polo 4s.**

15.4 In accordance with Article 9.2.9 of this Appendix 9, it will be an Ordinary Foul if a Goal Throw is taken in a manner not according with this Article 14 of Appendix 9, except that a Goal Throw not taken in the correct position may be retaken in the correct position (and will not result in an Ordinary Foul).

16 THE ALTERNATING POSSESSION SYSTEM

16.1 **No Neutral Throws are taken in Water Polo 4s. Instead, the Alternating Possession System is used to restart play with a Free Throw where, pursuant to Article 15 of Part Six, a Neutral Throw would otherwise have been awarded.**

16.2 **The Alternating Possession System will therefore be applied if:**

16.2.1 at the start of a Period, the Referee is of the opinion that the ball has fallen in a position to the definite advantage of one team;

16.2.2 one (1) or more Players of each team commit Ordinary Fouls simultaneously;

16.2.3 neither team has Possession and one (1) or more Players of each team commit Exclusion Fouls simultaneously;

16.2.4 the ball strikes, or lodges in, an overhead obstruction; or

16.2.5 a Neutral Throw would otherwise have been awarded in accordance with Article 15 or elsewhere in this Part Six.

16.3 The Alternating Possession System will be applied as follows:

16.3.1 If an event occurs prior to a team gaining Possession at the start of a Period that would lead to a Free Throw under the Alternating Possession System as set out in Article 15.2 of this Appendix 9, the Period will be restarted.

16.3.2 When the first event occurs requiring the Alternating Possession System pursuant to this Article 15 of Appendix 9, the team that first gained Possession at the start of the match will be awarded a Free Throw.

16.3.3 Thereafter, the team awarded a Free Throw under the Alternating Possession System will alternate.

16.3.4 The team entitled to the next Free Throw under the Alternating Possession System will be indicated by a visible arrow, shown by the Secretary or another Technical Official, pointing towards the Goal that the team is attacking (the direction of that arrow will therefore be reversed each time a Free Throw is taken under this Article 15 of Appendix 9).

16.4 A Free Throw taken pursuant to the Alternating Possession System will be taken in the usual manner for a Free Throw, in accordance with Article 13 of this Appendix 9. Unless otherwise stated, a Free Throw referred to in this Appendix 9 includes, as required by the context, a Free Throw awarded as a result of the Alternating Possession System.

17 PENALTY THROWS IN WATER POLO 4S

17.1 A Penalty Throw will be awarded as set out in this Appendix 9, including but not limited to in the case of a Penalty Foul.

17.2 **Penalty Throws will be taken:**

17.2.1 from any point on the taking team's offensive 5 Metre Line;

17.2.2 by any Player of the team to which it is awarded; and

17.2.3 upon the Referee's signal, without undue delay, by throwing the ball in one, uninterrupted movement, with the intention of shooting the ball directly at the Goal.

17.2.4 For the avoidance of doubt, in accordance with this Article 16.2 of Appendix 9, a Player may:

17.2.4.1 take a Penalty Throw by lifting the ball from the water and then throwing it in one continuous movement; or

17.2.4.2 take a Penalty Throw, starting with the ball held in a hand raised out of the water; and

17.2.4.3 in any case, a Player may take the ball backwards from the direction of the Goal in their hand in preparation for the shot, provided that the Penalty Throw is taken (i.e., leaves the Player's hand) without undue delay and in one uninterrupted movement.

17.3 **When a Penalty Throw is taken:**

17.3.1 No Player, except for the Player taking the Penalty Throw and the Goalkeeper of the opposing side, is permitted within the 5 Metre Area within which the Penalty Throw is being taken.

17.3.2 All Players must be positioned (such position determined by the position of each Player's head) at least three (3) metres from the Player taking the Penalty Throw.

17.3.3 The defensive Goalkeeper must be positioned between Goal posts with some part of their head not beyond (i.e., level with or behind) the Goal Line.

17.3.4 The Player taking the Penalty Throw must be positioned with their head not beyond their offensive 5 Metre Line.

17.3.5 Subject to Article 16.2 and Articles 16.3.1 to 16.3.4 of this Appendix 9, other Players (both offensive and defensive) may position themselves on the 5 Metre Line (or otherwise behind that line). If numerous Players choose to position themselves on the 5 Metre Line, one (1) Player on the defensive team for each side will have the right to their first choice of position thereon.

17.4 **The signal for a Penalty Throw to be taken will be given by the Referee:**

17.4.1 once the Referee is satisfied that all Players are in the correct positions;

17.4.2 by the Referee blowing a whistle and simultaneously lowering the arm from a vertical to a horizontal position.

17.5 **If any Player, including a Goalkeeper, fails to take up the correct position in accordance with this Article 16 of Appendix 9, the Referee will:**

17.5.1 give one warning to the relevant Player, with instruction to take up a correct position; and

17.5.2 if after that warning the Player does not do so, award an Exclusion Foul for interference in accordance with Article 11.1 of this Appendix 9.

17.6 If the defensive Goalkeeper moves forward before the Referee blows the whistle, and the Player then takes the shot and a Goal is not scored, in accordance with Article 11.1.8 of this Appendix 9 the Goalkeeper will be excluded and the Penalty Throw retaken.

17.7 If a Penalty Throw is taken and the ball rebounds into the Field of Play having touched a Goal post or crossbar or the Goalkeeper (whether intentionally or not), or any combination thereof, Actual Play will resume immediately and it will not be necessary for a Player other than the Player who took the Penalty Throw to touch the ball before a Goal may be scored.

17.8 **If the Referee awards a Penalty Throw as, simultaneously, a Timekeeper signals for the end of a Period:**

17.8.1 All Players except the Player taking the Penalty Throw and the defensive Goalkeeper will leave the Field of Play before the Penalty Throw is taken.

17.8.2 Play will cease and the ball will be deemed 'dead' once the Penalty Throw has been taken.

17.8.3 For the avoidance of doubt, if a Penalty Throw is deemed to be taken under this Article 16.8 of Appendix 9 when it has left the hand of the Penalty Throw taker and, whether directly or after touching the Goal post, crossbar or the Goalkeeper (whether intentionally or otherwise), or any combination thereof:

17.8.3.1 enters the Goal, in which case a Goal will be awarded;

17.8.3.2 misses the Goal and exits the Field of Play; or

17.8.3.3 rebounds into the Field of Play.

17.9 **If a Penalty Throw is awarded within the last minute of a match, the coach of the team to which the Penalty Throw is awarded may elect to be awarded a Free Throw instead of a Penalty Throw. In this circumstance:**

17.9.1 play will be restarted by that team with a Free Throw on or behind the Halfway Line;

17.9.2 the Shot Clock will be reset to 20 seconds; and

17.9.3 it is the responsibility of the Head Coach to give a clear signal to the Referee, without delay, if the team elects to maintain Possession of the ball in accordance with this Article 16.9 of Appendix 9.

18 PENALTY SHOOTOUTS IN WATER POLO 4S

18.1 Except as set out in this Article 17 of Appendix 9, Penalty Shootouts in Water Polo 4s will follow the rules set out in Appendix 3.

18.2 **Prior to the start of the Penalty Shootout, each team will:**

18.2.1 nominate three (3) Players to take Penalty Throws, each of which must not have been excluded for the remainder of the match; and

18.2.2 state the order in which they will take Penalty Throws (which cannot thereafter be changed, unless otherwise provided for in this Article 17 of Appendix 9).

18.3 **A Goalkeeper may be one of the Players to take a Penalty Throw.**

18.4 All Players taking Penalty Throws will remain in the water, on the Field of Play at the location closest to their team bench, but behind their offensive 5 Metre Line. All Players not taking Penalty Throws must be seated on their team bench.

18.5 **If during a Penalty Shootout:**

18.5.1 a Goalkeeper is excluded:

18.5.1.1 a Player from the nominated three (3) Players taking Penalty Throws for that team may take the place of the Goalkeeper for the next Penalty Throw, but without the privileges of a Goalkeeper (i.e., they may play as Goalkeeper but for that Penalty Throw they will not, for example, be permitted to use two (2) hands or a clenched fist to block the ball); and

18.5.1.2 following the taking of that Penalty Throw, that Player may either (1) return to their position as a Field Player, and a Substitute may replace the Goalkeeper (with the privileges of a Goalkeeper) for the remainder of the Penalty Shootout, or (2) remain as the Goalkeeper, with the privileges of a Goalkeeper).

18.5.2 One of the nominated three (3) Players taking Penalty Throws is excluded, that Player's position is removed from the list of the three (3) Players taking Penalty Throws and a Substitute will be placed in the last position in the team's order.

18.5.3 If the teams are tied following the completion of three (3) Penalty Throws each, the same three (3) Players will then take alternate Penalty Throws in a 'sudden death' format, until one team misses and the other scores in the same pair of Penalty Throws (for example, in each team's fourth Penalty Throw).

19 PERSONAL FOULS AND BONUS PENALTY THROWS IN WATER POLO 4S

19.1 A Personal Foul will be recorded against any Player who commits an Exclusion Foul or a Penalty Foul.

19.2 A Player who has committed five (5) Personal Fouls will be excluded for the remainder of the match.

19.3 If a Player is excluded as the result of having committed five (5) Personal Fouls, that Player:

19.3.1 must leave the Field of Play from the Touching Corner without delay, without participating or interfering with play (including by touching the ball or other Players); and

19.3.2 may be replaced by a Substitute once they have left the Field of Play, having risen to the surface of the water at the Touching Corner.

19.4 **For every fourth Personal Foul awarded against a team in a Period, a Bonus Penalty Throw will be awarded to the opposing team:**

19.4.1 Once the Bonus Penalty Throw is taken, a new set of four (4) Personal Fouls will apply for the team against which the Bonus Penalty Throw was awarded.

19.4.2 When a Bonus Penalty Throw is awarded, the Player who committed that Foul will move to the Touching Corner and may not re-enter the Field of Play or be replaced by a Substitute until the Penalty Throw has been taken.

19.4.3 If any fourth Personal Foul within a Period is a Penalty Foul:

19.4.3.1 One (1) Penalty Throw (only) will be taken.

19.4.3.2 After that Penalty Throw is taken, the offending team's total of Personal Fouls for the purpose of this Bonus Penalty Throw rule will reset to zero (0).

19.5 Each team's number Personal Fouls for the purpose of the Bonus Penalty Throw rule will reset to zero (0) at the start of each Period.

19.6 If a Bonus Penalty Throw results in a Goal, the team that took that Penalty Throw will restart play in the same manner as after a Timeout in accordance with Article 6.6 of this Appendix 9. If the Penalty Throw does not result in a Goal, play will continue in the usual manner.

20 YELLOW AND RED CARDS IN WATER POLO 4S

20.1 The Referee may issue a Yellow Card or a Red Card in order to enforce this Part Six including, as appropriate, as the result of acts or omissions of Team Officials or Players, as described in this Article 19 of Appendix 9.

20.2 **Yellow Cards:**

20.2.1 A Yellow Card may be issued by the Referee to the Head Coach of a team.

20.2.2 A Yellow Card constitutes an official warning, effective for the remainder of the match.

20.2.3 A Referee will issue a Yellow Card to a Head Coach, if a Head Coach:

20.2.3.1 acts in an unsporting manner (including through, but not requiring, persistent acts);

20.2.3.2 protests the decisions of the Referee or another Technical Official, without using unacceptable language; or

20.2.3.3 is not positioned on their team bench; or

20.2.3.4 makes a Coach's Challenge that is not permitted, as set out in Article 1.3.3 of Appendix 5.

20.2.4 A Referee may at their discretion issue a Yellow Card to a Head Coach, if a Player or a Team Official on that team, including a Substitute and whether on the Field of Play or otherwise:

20.2.4.1 commits repeated or persistent Fouls (other than Violent Action or Misconduct) during a match;

20.2.4.2 commits Simulation;

20.2.4.3 acts in an unsporting manner (including through, but not requiring, persistent acts); or

20.2.4.4 protests the decision of the Referee or another Technical Official, without using unacceptable language.

20.3 **Red Cards:**

20.3.1 A Red Card may be issued by the Referee to a Player, a Head Coach or another Team Official.

20.3.2 A Red Card will be issued to a Player:

20.3.2.1 if that Player is excluded for the remainder of the match in accordance with this Appendix 9; or

20.3.2.2 if a Yellow Card has previously been shown to their team in that match, and thereafter that Player commits conduct requiring or deserving the issue of a Yellow Card as described in Article 19.2.

20.3.3 A Red Card will be issued to a Head Coach if:

20.3.3.1 After having received a Yellow Card pursuant to Article 19.2 of this Appendix 9, that Head Coach commits conduct that would otherwise (if that prior Yellow Card had not been issued) cause a Yellow Card to be issued pursuant to Article 19.2 of this Appendix 9, whether or not such action(s) are the same or different from the action(s) that caused the first Yellow Card to be issued; or

20.3.3.2 the Referee deems that the conduct in question is sufficiently serious and/or unsporting such that the award of a Red Card is appropriate, irrespective of whether that person has already received a Yellow Card in the match (for similar or other conduct). A Red Card will be issued under this Article 19.3.3.2 of Appendix 9 if a Head Coach uses unacceptable language towards a Technical Official.

20.3.4 A Red Card may be issued to a Team Official, other than Head Coach, who:

20.3.4.1 acts in an unsporting manner (including through persistent acts), including the use of unacceptable language towards a Technical Official;

20.3.4.2 protests the decision of the Referee or another Technical Official in a manner deemed unacceptable by the Referee;

20.3.4.3 is not positioned on their team bench; or

20.3.4.4 makes a Coach's Challenge that is not permitted, as set out in Article 1.3 of Appendix 5.

20.3.5 For the avoidance of doubt:

20.3.5.1 the Referee may issue a person with a Red Card at any time without that person having first received a Yellow Card in the match;

20.3.5.2 a Red Card may be issued pursuant to Article 19.3.2.2 or 19.3.3.2 of this Appendix 9 whether or not the action(s) or conduct in question is the same as that which caused the initial Yellow Card to be issued; and

20.3.5.3 a Red Card may be issued pursuant to Article 19.3.2.2 of this Appendix 9 whether or not the Player receiving the Red Card caused or contributed towards the issuance of the initial Yellow Card.

20.3.6 If a Red Card is issued to a Head Coach or another Team Official, that person must leave the team bench and leave the Competition Area without delay and for the remainder of the match.

20.3.7 When a Head Coach is given a Red Card, and therefore excluded from the match in accordance with this Article 19.3 of Appendix 9, another Team Official may act as that team's Head Coach for the remainder of the match, assuming the rights and responsibilities attributed to a Head Coach under this Appendix 9.

20.4 **Where in a match one (1) or more Players of the same team persist in repeated Fouls, including but not limited to protesting the decision of the Referee or another Technical Official without the use of unacceptable language, the Referee:**

20.4.1 will award the relevant Fouls and order the relevant consequences for each individual Foul, as appropriate;

20.4.2 may, in respect of the team's persistent Fouls, issue a Yellow Card to the offending team, effective as a warning to the entire team; and

20.4.3 for the remainder of the match, if any Player(s) on that team engage in repeated Fouls, including but not limited to protesting the Referee's or Technical Officials' decisions not using unacceptable language, the Referee will issue that Player(s) with a Red Card, excluding the Player(s) for the remainder of the match.

20.5 **When issuing a Yellow Card or Red Card, the Referee will:**

20.5.1 show the card visibly to the recipient; and

20.5.2 show the card visibly to the Officials' Table, indicating the recipient's Cap Number (if a Player) or identity, which will be recorded by the Secretaries.

20.6 **If a Player or a Team Official has or may have committed conduct that could have led to them being excluded for the remainder of the match, regardless of whether the conduct was addressed or sanctioned by the Referee during the match, the Management Committee or its designee may:**

20.6.1 assess and decide, with regard to the nature and circumstances and the severity of the conduct in question, whether the Player or the Team Official should be excluded from future matches in the event (up to and including all further matches in the event).

20.6.2 Review official video footage, if available, and/or any other reliable evidence available in order to make that assessment.

20.6.3 If a decision is made to exclude a Player or Team Official from future matches at the event, the Management Committee will, within 24 hours of the end of the match in which the relevant conduct occurred, notify the relevant Player or Team Official and their team of their exclusion.

20.6.4 Where necessary or appropriate to do so, with regard to the rules and regulations of World Aquatics, refer the matter to the Aquatics Integrity Unit.

20.7 If a Team Official is excluded in advance from any match in an event pursuant to Article 19.6 of this Appendix 9, the relevant team will have their maximum number of Team Officials for that match reduced accordingly, except that a team will always be permitted to have at least one (1) Team Official for that match.

20.8 If a Player is excluded in advance from any match in an event pursuant to Article 19.6 of this Appendix 9, that Player's team will, notwithstanding such exclusion, be permitted to have seven (7) Players listed for each match. A team may therefore in that circumstance replace the excluded Player on their team's Start List with another Player. The replacement Player may participate for the team at that event, provided that all Players on the Start List remain free of any suspension or exclusion that prevents them from participating in that match or event.

21 ACCIDENT, INJURY, ILLNESS, AND SAFETY REQUIREMENTS IN WATER POLO 4S

21.1 **A Player is not permitted to leave the Field of Play (including sitting or standing on any steps or the exit of the Field of Play or water, during play, except:**

21.1.1 in the case of substitution or replacement permitted in this Appendix 9;

21.1.2 where necessary in the case of accident, injury, or illness; or

21.1.3 with the permission of a Referee.

21.2 The Referee may at any time stop play to order the immediate substitution of any ill or injured Player, or on account of any accident, if they consider it appropriate to do so.

21.3 **If a Player is bleeding:**

21.3.1 Play will continue without interruption unless the Referee deems it necessary or appropriate to stop play.

21.3.2 The bleeding Player must leave the water as soon as possible. The Referee will order any Player they observe to be bleeding to leave the Field of Play (however, for the avoidance of doubt, a Player who is bleeding must leave the Field of Play and water, if possible, whether observed by and/or ordered to do so by the Referees or otherwise).

21.3.3 A Substitute will be permitted to replace a bleeding Player who has left the Field of Play (whether voluntarily or having been ordered to do so by the Referee), with immediate effect. The Substitute may enter the Field of Play from any location.

21.3.4 A Player must not re-enter the Field of Play while still bleeding. Once the Player has stopped bleeding, the Player may re-enter the Field of Play as a Substitute in accordance with this Appendix 9.

21.4 If play has been stopped as a result of accident, injury, illness or through any other unforeseen reason not provided for in this Part Six, play will be restarted:

21.4.1 on the Referee blowing a whistle;

21.4.2 at the location of the ball when play was stopped;

21.4.3 by the team that was in Possession at the time of the Stoppage;

21.4.4 by a Player on that team Visibly Putting the Ball Into Play; or

21.4.5 if no team was in Possession at that time, according to the Alternating Possession System.

21.5 World Aquatics seeks to minimise the occurrence of injuries, including through issuing the provisions of this Part Six and this Appendix 9. However, Water Polo 4s is a contact sport and there is therefore an inherent risk of traumatic injuries. The incidence of such injuries in Water Polo (including Water Polo 4s) is the highest of any Aquatic sport. Therefore, the Management Committee must ensure that at every competition there are:

21.5.1 a medical team, trained in trauma recognition and in water extractions;

21.5.2 a Chief Medical Officer and a Venue Medical Officer, one (1) or both of which must have a proper medical kit in order to respond to traumatic injuries, including suture material and/or skin glue to treat bleeding Players;

21.5.3 ice packs available for use during matches;

21.5.4 an appropriate number of lifeguards, who must practice water retrieval on a daily basis during the duration of the competition.

21.6 While dental services are not mandatory, the Management Committee should consider providing dental services including:

21.6.1 to, where appropriate, treat and stabilise Players with oro-facial injuries, prior to referral elsewhere;

21.6.2 to provide treatment that will enable Players with oro-facial injuries to return to a match, where medically appropriate; and

21.6.3 the Management Committee may consider whether to ensure a dentist is 'on call' during the competition, if one is not present.

22 THE FIELD OF PLAY IN WATER POLO 4S

22.1 The Management Committee of a competition is responsible for ensuring the correct measurements and markings for the Field of Play are used.

22.2 The Goal Line in Water Polo 4s will be in line with the end of the Field of Play.

22.3 The length of the Field of Play (the distance between the inner edge of each Goal Line) will be 15 metres.

22.4 The width of Field of Play (the distance between the inner edge of each Side Line) will be between 10 metres and 12.5 metres.

22.5 **The depth of the water in the Field of Play must not at any point be less than 2.0 metres.**

22.6 **Distinctive buoys will be placed on both Side Lines as follows:**

22.6.1 Red buoys, at the 2 Metre Line (2 metres from each Goal Line).

22.6.2 Green buoys, at the 5 Metre Line (5 metres from each Goal Line).

22.6.3 White buoys at the Halfway line.

22.6.4 Red buoys will be placed to denote each Touching Corner.

22.7 **The Flying Substitution Area:**

22.7.1 If segregated by lane ropes, must be between 0.5 metre and 1 metre wide.

22.7.2 Will be behind the Side Line on the same side as the team benches.

22.7.3 For each team, will be between the Goal Line that team is defending and the Halfway Line.

22.8 **The Touching Corner:**

22.8.1 Is the point on each Goal Line:

22.8.1.1 two (2) metres inside the Side Line;

22.8.1.2 on the side opposite to the Officials' Table; and

22.8.1.3 denoted by a red buoy.

22.8.2 As required by the context, a reference to a Touching Corner in this Appendix 9 is a reference to the Touching Corner on the Goal Line that the relevant team or Player is defending.

22.9 **The Goal Area in Water Polo 4s is the rectangular area at each end:**

22.9.1 The width of which is between the outer edge of each of the Goal posts.

22.9.2 The length of which is 2 metres (from the Goal Line to the 2 Metre Line).

23 FACILITIES AND EQUIPMENT IN WATER POLO 4S

23.1 The Management Committee of a competition is responsible for ensuring that the facilities and equipment used accord with the requirements of this Appendix 9.

23.2 **The ball in Water Polo 4s must:**

23.2.1 be round;

23.2.2 have an air chamber with a self-closing valve;

23.2.3 be waterproof without external strapping or any covering of grease or similar substance;

23.2.4 weigh between 400 grams and 450 grams;

23.2.5 have an air pressure of:

23.2.5.1 In men's matches have a circumference between 0.68 metres and 0.71 metres and a pressure between 6.5 - 8.5 pounds per square inch atmospheric; and

23.2.5.2 In women's matches, have a circumference between 0.65 metres and 0.67 metres and a pressure between 6.5 - 7.5 pounds per square inch atmospheric.

23.3 **Goals:**

23.3.1 Two Goals will be located, one in the centre of each Goal Line (an equal distance from each Side Line).

23.3.2 Goals will be comprised of:

23.3.2.1 two (2) vertical posts, joined at their top by one (1) horizontal crossbar;

23.3.2.2 fixtures necessary to fix the position of the Goal; and

23.3.2.3 a net, securely fastened to the Goal's posts and crossbar (and (where necessary) other fixtures) to enclose the entire Goal space behind the Goal Line (away from the Field of Play), as one netted space behind the posts and beneath the crossbar.

23.3.3 Each Goal post and crossbar:

23.3.3.1 May be any colour that can be easily seen by Players and Technical Officials.

23.3.3.2 May be made of any material. While it is preferable for events to use rigidly constructed and non-inflatable posts and crossbars, inflatable posts and crossbars may be used.

23.3.3.3 Must be between 75 mm and 80 mm in diameter.

23.3.3.4 Must be free from any obstruction (in view or object) from the Field of Play.

23.3.4 **Goal posts must:**

23.3.4.1 Be 2.5 metres apart, measured from the inside of each post.

23.3.4.2 Be perpendicular to the surface of the water and the crossbar, and parallel to the other post.

23.3.4.3 Be level at their front edge with the front edge of the Goal Line.

23.3.5 **Crossbars must be:**

23.3.5.1 0.8 metres from the surface of the water.

23.3.5.2 Parallel to the surface of the water, perpendicular to the Goal posts.

23.3.6 Referees will stand on a platform or pontoon with a view of the Field of Play. The nature and location of that structure will be determined by the Management Committee and/or World Aquatics, with regard to the nature of the Venue.

23.3.7 Anchors, lane ropes, markers and/or other fixtures should, if possible be in accordance with Article 21 of Part Six, adjusted for the dimensions and requirements of a Water Polo 4s Field of Play and the nature of the Competition Area. The Management Committee and/or World Aquatics have discretion to use fixtures and facilities that are available and appropriate for each match or event.

23.4 **Caps in Water Polo 4s**

23.4.1 Caps must be worn by any Player who at any time during a match is on the Field of Play or in the Flying Substitute Area or at the Touching Corner.

23.4.2 Each team's Field Players will wear Caps of one colour. Each team's cap colour must:

23.4.2.1 be easy to distinguish from the other team's cap colour;

23.4.2.2 be easy to distinguish from the colour of the ball; and

23.4.2.3 be approved by the Referee before a match begins.

23.4.3 A team's Field Players may instead be required by the Referee to wear white or blue caps.

23.4.4 Caps will be fastened under the chin. Caps will be fitted with malleable ear protectors that will be the same colour as that team's caps except that Goalkeepers may have red ear protectors.

23.4.5 Caps will be numbered on both sides with numbers that are 0.10 metres in height. The Goalkeeper will wear Cap Number 1, and the other caps will be numbered 2 to 7.

23.4.6 Goalkeepers will wear red caps. Each team will have a set of red caps numbered one (1) to seven (7), as well as a caps of each number in the colour of that team's Field Players.

23.4.7 A Player (whether designated as a Goalkeeper or otherwise) who replaces a Goalkeeper on the Field of Play wear a red cap with the same number as he/she was wearing as a Field Player. A Goalkeeper who is substituted will keep Cap Number 1, but once substituted will wear the same-coloured cap as their team's Field Players (unless returning to the Field of Play as a Goalkeeper).

23.4.8 A Player will not be permitted to change Cap Number during the match except with the permission of the Referee and after notifying the Secretary.

23.4.9 If a Player loses the cap during play, play will continue but that Player must replace their cap at the next appropriate Stoppage of the match when that Player's team is in Possession.

23.4.10 For international matches, the caps will display the international three letter country code on the front and may display the national flag.

23.5 Shot Clock

23.5.1 The time remaining on the Shot Clock in accordance with this Appendix 9 will be kept by the Timekeepers, using any reliable time-keeping device.

23.5.2 One (1) or more clocks showing the time remaining on the Shot Clock should be placed in the Field of Play in a location(s) visible to Technical Officials and Players.

23.6 Swimwear

23.6.1 Article 21.5 of Part Six applies to swimwear for Water Polo 4s, except that World Aquatics and/or the Management Committee may make reasonable adjustments in their discretion, notified to teams in advance of the relevant competition.

22.10 APPENDIX 10 – DEFINED TERMS IN PART SIX (WATER POLO)

1 GENERAL PROVISIONS REGARDING WATER POLO DEFINED TERMS

1.1 The capitalised terms used in this Part Six have the meanings given to them in this Appendix 10.

1.2 This Appendix 10 sets out terms that apply specifically to this Part Six (Water Polo and/or Water Polo 4s), in addition to the terms defined throughout these Competition Regulations. Accordingly:

1.2.1 The capitalised terms defined in Part Nine also apply to this Part Six.

1.2.2 Unless specified otherwise in this Part Six, the rules of interpretation set out in Part Nine also apply to this Part Six.

1.2.3 If there is any conflict or discrepancy between terms defined in this Appendix 10 and in Part Nine, the defined terms in this Appendix 10 will apply to this Part Six (only).

1.3 In each case where a line or area defined in this Appendix 10 is referred to in Part Six:

1.3.1 "*behind*" a line means, as required by the context, either:

1.3.1.1 further away from the Goal than that line, if a team is attacking;

1.3.1.2 closer to the Goal than that line, if a team is defending; or

1.3.1.3 the side of the line that is outside or furthest away from the Field of Play.

1.3.2 "*beyond*" a line means, as required by the context, either:

1.3.2.1 closer to the Goal than that line, if a team is attacking;

1.3.2.2 further away from the Goal than that line, if a team is defending; or

1.3.2.3 the side of the line that is inside the Field of Play.

1.3.3 The "*front edge*" or "*inner edge*" means the side of that line inside of which is the Field of Play.

1.3.4 A team's "*offensive*" or "*attacking*" area or line, is the line or area closest to the Goal that that team is attacking, whereas a team's "*defensive*" area or line is the line or area closest to the Goal that that team is defending.

1.4 Similarly, if in this Part Six (including this Appendix 10) the words "*attacking*" or "*defending*", "*offensive*" or "*defensive*" or other synonymous words are used:

1.4.1 an "*attacking*" or "*offensive*" team is the team in Possession at that point in time. An "*attacking*" or "*offensive*" Player means a Player on the team in Possession at that point in time;

1.4.2 a "*defending*" or "*defensive*" team is the team not in Possession at that point in time. A "*defending*" or "*defensive*" Player means a Player on the team not in Possession at that point in time;

1.4.3 the Goal that a team is seeking to score in is the Goal they are "*attacking*". A team is "*defending*" the Goal that its opponent is seeking to score in;

1.4.4 in each case as required, the Referees have full authority to interpret when a team is attacking or defending and to apply the rules accordingly.

2 DEFINED TERMS IN THIS PART SIX

2.1 **2 Metre Area** means the area at each end of the Field of Play between the 2 Metre Line and the Goal Line.

2.2 **2 Metre Line** means the line at each end of the Field of Play that is two (2) metres towards the Halfway Line from each Goal Line.

2.3 **5 Metre Area** means the area at each end of the Field of Play between the 5 Metre Line and the Goal Line.

2.4 **5 Metre Line** means the line at each end of the Field of Play that is five (5) metres towards the Halfway Line from each Goal Line.

2.5 **6 Metre Area** means the area at each end of the Field of Play between the 6 Metre Line and the Goal Line.

2.6 **6 Metre Line** means the line at each end of the Field of Play that is six (6) metres towards the Halfway Line from each Goal Line.

2.7 **Actual Play** means the time during which the match is in progress, with the ball in the Field of Play and not subject to any Stoppage or interval. Actual Play:

2.7.1 begins at the start of each Period when a Player touches the ball, and stops at the end of each Period;

2.7.2 stops on every Stoppage indicated by the Referee;

2.7.3 restarts, after a Stoppage indicated by the Referee, when the ball is Visibly Put Into Play (or is otherwise restarted after a Stoppage in accordance with this Part Six).

2.8 **Advantage** means the opportunity for an attacking Player and/or the attacking team to continue or to generate an opportunity to score a Goal.

2.9 **Alternating Possession System** means the system of determining the team that will take Possession in a Water Polo 4s match in the circumstances set out in Article 15 of Appendix 9.

2.10 **Aggressive Play** means conduct or behaviour, other than Violent Action, that could lead to the injury of opponent(s) or any other persons. Without prejudice to the generality of that definition, Aggressive Play may include:

2.10.1 conduct or behaviour intended to provoke an opponent;

2.10.2 conduct or behaviour that displays hostility or physical force that exceeds acceptable sporting contact;

2.10.3 dangerous play, whether or not there is an intent to injure an opponent or other person; and/or

2.10.4 behaviour that is reckless or retaliatory.

2.11 **Bonus Penalty Throw** means, in Water Polo 4s, a Penalty Throw taken as a result of the opposing team's fourth Personal Foul in a Period, as set out in Article 18.3 of Appendix 9 of this Part Six.

2.12 **Cap Number** means the numerical identifier located on each Player's cap.

2.13 **Competition Area** means the entire space designated for the match, including the Field of Play, the pool, the team bench, the Officials Table and the area(s) surrounding the Field of Play.

2.14 **Corner Throw** means a throw awarded to a team on their attacking 2 Metre Line, as set out in Article 14 of this Part Six.

2.15 **Counterattack** means a transition or movement whereby the team in Possession is making definitive progress towards the Goal they are attacking in an attempt to score before the defending team can slow their progress and/or take up an organised defensive position.

2.16 **Disciplinary Panel** means a panel appointed by World Aquatics, with responsibilities including those set out in Article 2 of this Part Six.

2.17 **Direct Shot** means a shot from which a team may score a Goal after the restart of play or after the ball has been Visibly Put Into Play, as set out in Article 7.5 of this Part Six (and for Water Polo 4s, Article 8.5 of Appendix 9).

2.17.1 For example: (a) a Direct Shot may be taken following a Free Throw taken following a Foul outside the 6 Metre Line; from a Penalty Throw; or from a Corner Throw; and (b) where a Direct Shot is permitted, there is no requirement for two (2) or more Players to play or touch the ball before a Goal may be scored.

2.18 **Dribbling** means to swim with the ball or to progress the ball while swimming, without Holding the ball.

2.19 **Exclusion Foul** means a Foul where a Player is excluded from taking part in the match for a period of time as prescribed in Article 10 of this Part Six (and for Water Polo 4s, Article 11 of Appendix 9). As such:

2.19.1 '*exclusion*' refers to the act of a Referee excluding a Player for an Exclusion Foul, or the period during which a Player is '*excluded*' having committed an Exclusion Foul or for another reason accordance with this Part Six.

2.19.2 an '*excluded Player*' is a Player who at that point in time is excluded from taking part in the match on the Field of Play.

2.20 **Exclusion Re-Entry Area** means the location from which a Player or Substitute returns to the Field of Play after exclusion, as set out in Article 2.5 and the location and dimensions of which are set out in Article 20.7 of this Part Six.

2.21 **False Start** means a Player leaving the Goal Line at the start of a Period before the Referee's signal to do so.

2.22 **Field Player** means a Player who is not a Goalkeeper.

2.23 **Flying Substitution Area** means the area from which flying substitutions may be made, as set out in Article 2.5 of this Part Six (and for Water Polo 4s Article 3.2.2 of Appendix 9), and the location and dimensions of which are set out in Article 20.6 of this Part Six (and for Water Polo 4s Article 21.7 of Appendix 9).

2.24 **Foul** means an Ordinary Foul, Exclusion Foul, Penalty Foul, and/or Personal Foul.

2.25 **Free Throw** means the method of restarting play following a Foul or Stoppage by a Player Visibly Putting the Ball Into Play, in accordance with Article 12 of this Part Six (and for Water Polo 4s, Article 13 of Appendix 9) (and, for Water Polo 4s, Article 13 of Appendix 9).

2.26 **Goal** means, as required by the context:

2.26.1 when the entire ball crosses the entire Goal Line between the posts and underneath the crossbar, as set out in Article 7 of this Part Six (and for Water Polo 4s, Article 8 of Appendix 9); or

2.26.2 the structure, comprised of two (2) Goal posts, a net and a crossbar, at the centre of each Goal Line.

2.27 **Goal Area** means a rectangular area at each end of the Field of Play between the Goal Line and the 2 Metre Line, the width of which is parallel to the outer edge of each Goal Post.

2.28 **Goal Difference** means the number of Goals scored by a team, less the number of Goals conceded by a team, excluding Goals scored in Penalty Shootouts.

2.29 **Goal Line** means the line at each end of the Field of Play, in line with the front edge of the Goal posts.

2.30 **Goal Throw** means a throw awarded to the defensive team after the ball has crossed the Goal Line (but not into the Goal) as set out in Article 13 of this Part Six (and for Water Polo 4s, Article 14 of Appendix 9).

2.31 **Goalkeeper** means a Player whose main role is to prevent the ball from entering the Goal.

2.31.1 Goalkeepers are designated as such in a team's Start List, however when used in this Part Six, the term 'Goalkeeper' includes any Substitute Goalkeeper or Player acting as a Goalkeeper in accordance with this Part Six unless otherwise stated or otherwise required by the context.

2.32 **Halfway Line** means the line that divides the length of the Field of Play into two (2) equal halves.

2.33 **Head Coach** means a Team Official with the rights and responsibilities set out in this Part Six.

2.34 **Holding** means lifting, carrying or touching the ball but does not include Dribbling the ball.

2.35 **Improper Entry** means the entry of a Player (including the re-entry of an excluded Player or a Substitute) onto the Field of Play when they are not permitted to join the Field of Play, or from a location or in a manner which is not permitted under this Part Six.

2.36 **Kicking** means a blow, strike or forceful thrust with the foot to or towards another person's body or face.

2.37 **Mercy Rule** means in Water Polo 4s that where one team is leading the match by ten (10) or more Goals at any point from or after the end of the second Period, the match will end and the team with more Goals will be declared the winner in accordance with Article 5.6 of Appendix 9.

2.38 **Misconduct** means the unacceptable conduct set out in Article 10.2.2 of this Part Six (and for Water Polo 4s, Article 11.2.2 of Appendix 9), which will result in the award of an Exclusion Foul.

2.39 **Neutral Throw** means the restart of play by the Referee putting the ball into the Field of Play, as set out in Article 15.2 of this Part Six.

2.40 **Officials Table** means the table and designated location where Technical Officials (including Secretaries, Timekeepers and TWPC Delegates but not Referees) are located during a match.

2.41 **Ordinary Foul** means one of the Fouls set out in Article 8 of this Part Six (and for Water Polo 4s, Article 9 of Appendix 9), typically resulting in a Free Throw to the opposing team.

2.42 **Penalty Foul** means one of the Fouls set out in Article 11 of this Part Six (and for Water Polo 4s, Article 12 of Appendix 9), typically resulting in the award of a Penalty Throw to the opposing team.

2.43 **Penalty Shootout** means the method of determining the result of a match through Penalty Throws if the teams' scores are level at the end of the fourth Period, as set out in Appendix 3 of this Part Six.

2.44 **Penalty Throw** means a throw taken at Goal from a team's offensive 5 Metre Line, typically as the result of a Penalty Foul, as set out in Article 16 of this Part Six (and for Water Polo 4s, Article 16 of Appendix 9).

2.45 **Period** means one of the four (4) timed portions of a match, as set out in Article 4 of this Part Six (and for Water Polo 4s, Article 5 of Appendix 9).

2.46 **Personal Foul** means an Exclusion Foul or a Penalty Foul recorded against a Player, as set out in Article 17 of this Part Six (and for Water Polo 4s, Article 18 of Appendix 9).

2.47 **Player** means an individual Athlete member of a water polo team, including Field Players and Goalkeepers.

2.48 Possession means:

2.48.1 when used in respect of a Player, when a Player is Holding, Dribbling or in the action of throwing the ball;

2.48.2 when used in respect of a team, refers to the team of the Player that has Possession of the ball and/or the period of time for which that team has had Possession, as set out in Article 9 of this Part Six (and for Water Polo 4s, Article 10 of Appendix 9).

2.49 **Push-off** (or **Pushes-Off or Pushing Off**) means a Player using their hand, arm, foot or other body part to push against an opponent in order to gain a positional advantage.

2.50 **Record of the Game** means a written record of certain events in a match, in particular: the Players on the Field of Play; Goals scored; Timeouts taken; Exclusion Fouls (including Misconduct and Violent Action); Penalty Fouls; and Personal Fouls.

2.51 **Red Card** means a card shown by the Referee to indicate a person's exclusion for the remainder of the match, as set out in Article 18 of this Part Six (and for Water Polo 4s, Article 19 of Appendix 9).

2.52 **Shot Clock** means, as required by the context, either:

2.52.1 the time remaining for a team in Possession in accordance with Article 9 of this Part Six (and for Water Polo 4s, Article 10 of Appendix 9); or

2.52.2 the visible clock showing the time remaining for a team in Possession in accordance with Articles 9 and 21.12 of this Part Six (and for Water Polo 4s, Article 10 and 22.5 of Appendix 9).

2.53 **Side Line** means the line at each side of the Field of Play.

2.54 **Simulation** means for a Player to pretend or act in order to give the impression that they have been fouled when they have not.

2.55 **Spirit of the Game** means endeavouring to win a match, while respecting all Players (whether teammates or opponents), Team Officials, Technical Officials, and spectators, and respecting the competition and the match itself. To accord with the Spirit of the Game, Players and other participants should endeavour to follow these Competition Regulations and play with integrity and honesty.

2.56 **Start List** means the list of Players submitted by a team prior to the start of each match.

2.57 **Stoppage** means a break in Actual Play signalled by the Referee by whistle or other means, during which play does not continue until play is restarted in the manner prescribed in this Part Six or by the Referee, for example as the result of a Foul or for any other reason in accordance with this Part Six.

2.58 **Striking** means a Player hitting, with their hand or arm, (or towards) another person's body or face.

2.59 **Substitute** means a Player entering the field to replace a Player on the Field of Play or an excluded Player.

2.60 **Tackle** means to impede or to attempt to take Possession from a Player on the opposing team who is Holding the ball, including by: 'holding' (holding on to an opponent to restrict their movement); 'sinking' (to push an opponent under so that they are under the water) to pull-back an opponent, or 'impeding' (to obstruct another Player's movement in an unauthorised manner, such as holding or blocking them). In accordance with this Part Six, tackling encompasses both 'legal' acts and Fouls/'illegal' acts.

2.61 **Team Official** means a coach or other member of a team who is not a Player.

2.62 **Timeout** means a one (1) minute break in play, as set out in Article 5 of this Part Six (and for Water Polo 4s, Article 6 of Appendix 9).

2.63 **Timeout Official** means an area in Water Polo 4s from which substitutions may be made, or which Players must touch or leave via in certain cases of exclusion, as set out in Articles 3.2.1, 11 and 18 of Appendix 9 of this Part Six, respectively. The location and dimensions of the Touching Corner are set out in Article 21.8 of Appendix 9 of this Part Six.

2.64 **Touching Corner** means in Water Polo 4s, the point on each Goal Line, two (2) metres inside the Side Line and on the side opposite to the Officials' Table, denoted by red buoys.

2.65 **TWPC Delegate** means a World Aquatics TWPC delegate who supervises and assists the officiating of a match and/or event in accordance with this Part Six, as set out in Article 3.2 of this Part Six.

2.66 **VAR Review** means a review by the Referees of match footage, as set out in Appendix 4 of this Part Six.

2.67 **VAR Monitor** means the screens or other technology to review footage during a VAR Review.

2.68 **Violent Action** means making contact or attempting to make contact with another person using actions or movements that, in the view of the Referee, involve malicious intent (meaning the intent to cause harm or injure, regardless of whether contact is made), including but not limited to Kicking and Striking or attempting to do so, as set out in Article 10.2.1 of this Part Six (and for Water Polo 4s, Article 11.2 of Appendix 9).

2.69 The ball being **Visibly Put Into Play** (including formulation of that term such as **Visibly Puts the Ball Into Play** or **Visibly Putting the Ball Into Play**) means the ball visibly leaving the hand of a Player after a Stoppage, including where a Player transfers the ball from one hand to another.

2.70 Water Polo 4s means the form of Water Polo described in Appendix 9 to this Part Six.

2.71 **World Aquatics TWPC Evaluator** means a delegate of the TWPC appointed to evaluate the performance of the Referees during the match.

2.72 **Yellow Card** means a card issued to a team or Head Coach, effective as an official warning for the remainder of a match as set out in Article 18 of this Part Six (and for Water Polo 4s, Article 19 of Appendix 9).

WORLD AQUATICS



ARTISTIC SWIMMING

COMPETITION REGULATIONS

TABLE OF CONTENTS

PART SEVEN: ARTISTIC SWIMMING RULES

PART SEVEN: ARTISTIC SWIMMING RULES 299

1 EVENTS AT ARTISTIC SWIMMING COMPETITIONS 299
2 SESSIONS OF EVENTS 299
3 EVENT PROGRAMS 300
4 REGISTRATION AND SPORT ENTRIES 301
5 FIGURE SESSIONS 302
6 ROUTINE SESSIONS 304
7 FINAL RESULT 319
8 TECHNICAL OFFICIALS 320
9 DUTIES OF THE LOC 322
10 AGE CATEGORY RULES AND ELIGIBILITY 323
11 SWIMWEAR AND WEARABLES 324
12 ARTISTIC SWIMMING FACILITIES AND EQUIPMENT 324
13 ARTISTIC SWIMMING-SPECIFIC MEDICAL AND SAFETY REQUIREMENTS 326
14 APPENDICES 327
14.1 APPENDIX 1 - WORLD AQUATICS BASIC POSITION, BASIC MOVEMENT AND FIGURES 327
14.2 APPENDIX 2 – TECHNICAL ROUTINES 355
14.3 APPENDIX 3 – SET NUMBERS OF ELEMENTS FOR ROUTINES 369
14.4 APPENDIX 4 – REQUIRED ELEMENTS FOR ACROBATIC ROUTINE 372
14.5 APPENDIX 5 – REQUIRED ELEMENTS FOR THE OPEN FREE COMBINATION 373
14.6 APPENDIX 6 – HYBRID CATALOGUE 375
14.7 APPENDIX 7 – ACROBATICS CATALOGUE 404
14.8 APPENDIX 8 – IDENTIFICATION OF SYNCHRONISATION ERRORS 499
14.9 APPENDIX 9 – ARTISTIC SWIMMING WORLD RANKING 503
APPENDIX 10 – DIAGRAM OF THE FIELD OF PLAY FOR THE OLYMPIC GAMES AND THE WORLD AQUATICS CHAMPIONSHIPS 506
APPENDIX 11 – DIAGRAM OF THE FIELD OF PLAY (50M POOL) FOR THE OLYMPIC GAMES AND THE WORLD AQUATICS CHAMPIONSHIPS 507

PART SEVEN: ARTISTIC SWIMMING RULES

1 EVENTS AT ARTISTIC SWIMMING COMPETITIONS

1.1 This Part Seven applies to Artistic Swimming competitions at the Olympic Games and World Aquatics Events and any other events held under the rules of World Aquatics (i.e., these Competition Regulations).

1.2 The Artistic Swimming events at the Olympic Games will be as follows:

Open	Women
Team Technical Routine	Duet Technical Routine
Team Free Routine	Duet Free Routine
Team Acrobatic Routine	

1.3 The Artistic Swimming events at the World Aquatics Championships and the World Aquatics Junior Championships will be as follows:

Open	Women	Men	Mixed
Team Technical Routine	Solo Technical Routine	Solo Technical Routine	Duet Technical Routine
Team Free Routine	Solo Free Routine	Solo Free Routine	Duet Free Routine
Team Acrobatic Routine	Duet Technical Routine		
	Duet Free Routine		

1.4 The Artistic Swimming events at the World Aquatics Youth Artistic Swimming Championships will be as follows:

Open	Women	Men	Mixed
Team Free Routine	Solo Free Routine	Solo Free Routine	Duet Free Routine
Free Combination	Duet Free Routine		
Figures			

1.5 The events and sessions at all other international Artistic Swimming competitions should be in accordance with the events and sessions for the applicable age category as set out in Articles 1.3 and 1.4 of this Part Seven.

2 SESSIONS OF EVENTS

2.1 **Figure sessions for 12U and Youth events:**

2.1.1 Each Athlete in the Women Solo, Men Solo, Women Duet, Mixed Duet, and Open Team events must perform four (4) or two (2) figures, according to the applicable age category, as described in Appendix 1.

2.1.2 Each Athlete in the Open Free Combination event may perform figures as described in Appendix 1.

2.1.3 The figures for performance by 12U and Youth Athletes (as described in Appendix 1) will be selected by the Technical Artistic Swimming Committee every four (4) years, subject to approval by the Bureau. World Aquatics may make revisions more regularly if deemed necessary by the Technical Artistic Swimming Committee.

2.2 **Technical Routine sessions (preliminaries and finals):**

2.2.1 In the Technical Routine during the Women Solo, Men Solo, Women Duet, Mixed Duet, and Open Team events, each Athlete must perform the Technical Required Elements (described in Appendix 2), a predetermined number of Elements (Hybrids, Acrobatics), and a free choice of Transitions (described in Appendix 3).

2.2.2 The Technical Required Elements and the number of Elements for each event will be selected by the Technical Artistic Swimming Committee every four (4) years, subject to approval by the Bureau. World Aquatics may make revisions more regularly if deemed necessary by the Technical Artistic Swimming Committee.

2.2.3 The Technical Routines will be choreographed to music.

2.3 **Free Routine sessions (preliminaries and finals):**

2.3.1 In the Free Routine during the Women Solo, Men Solo, Women Duet, Mixed Duet, and Open Team events, each Athlete must perform a predetermined number of Elements (Hybrids and Acrobatics), and a free choice of Transitions (described in Appendix 3).

2.3.2 The number of Elements for each event will be selected by the Technical Artistic Swimming Committee every four (4) years, subject to approval by the Bureau. World Aquatics may make revisions more regularly if deemed necessary by the Technical Artistic Swimming Committee.

2.3.3 The Free Routines will be choreographed to music.

2.4 **Open Free Combination sessions (preliminaries and finals):**

2.4.1 In the Open Free Combination routine, each Athlete must perform a predetermined number of Elements (described in Appendix 3).

2.4.2 The Open Free Combination routines are choreographed to music.

2.5 Acrobatic Routine sessions (preliminaries and finals):

2.5.1 In the Acrobatic Routine, each Athlete must perform a predetermined number of Elements (described in Appendix 3).

2.5.2 **The Acrobatic Routines will be choreographed to music.**

2.6 For all Elements and Technical Required Elements (including Hybrids, Acrobatics, and Transitions), the written descriptions in this Part Seven will take precedence over any other written descriptions or video examples (whether or not produced by World Aquatics). If there is a discrepancy between a written description in this Part Seven and a diagram, image, or photograph, the written description will take precedence. Diagrams, images, and photographs are for example purposes only, and other variations may be possible within the written description.

3 EVENT PROGRAMS

3.1 For the Olympic Games, the event programme will be confirmed by World Aquatics.

3.2 For the World Aquatics Championships, the event program will be: Technical Routine preliminary, Technical Routine final, Free Routine preliminary, Free Routine final, Acrobatic Routine preliminary, and Acrobatic Routine final. World Aquatics will determine the final competition programme.

3.3 For the Artistic Swimming World Cup, the event programme will be: Technical Routine final, Free Routine final, Acrobatic Routine final (the final order of sessions will be determined by World Aquatics following consultation with the LOC).

3.4 For the World Aquatics Junior Artistic Swimming Championships, the event programme will include preliminaries for Solo Free Routine, Women Duet Free Routine, Mixed Duet Free Routine, and Open Team Free Routine, and all other events will proceed directly to finals (the final order of sessions will be determined by World Aquatics following consultation with the LOC).

3.5 For the World Aquatics Youth Artistic Swimming Championships, the event programme will be: Free Routine preliminary, Open Free Combination preliminary, Figures, Free Routine final, Open Free Combination final (the final order of sessions will be determined by World Aquatics following consultation with the LOC).

3.6 For competitions that are not World Aquatics Events, the event organiser will determine the event programme.

4 REGISTRATION AND SPORT ENTRIES

4.1 The Bureau will determine and publish the principles and system of qualification for Artistic Swimming competitions at the World Aquatics Championships and (in collaboration with the IOC) the Olympic Games.

4.2 At the Olympic Games, unless otherwise specified in advance by World Aquatics, each Member Federation may enter a maximum of nine (9) Athletes including up to two (2) male Athletes (the routines will be performed by eight (8) Athletes and one (1) Athlete will be a reserve).

4.3 At the World Aquatics Championships each Member Federation may enter: one (1) Women Solo Technical, Women Solo Free, Men Solo Technical, and Men Solo Free; one (1) Women Duet Technical, Women Duet Free, Mixed Duet Technical, Mixed Duet Free; and one (1) team into each of the Open Team Technical, Open Team Free, and Open Acrobatic Routine (in each case, including the reserves specified at Article 4.10 of this Part Seven).

4.4 At the World Aquatics Junior Artistic Swimming Championships each Member Federation may enter one (1) Women Solo Technical, Women Solo Free, Men Solo Technical, and Men Solo Free; one (1) Women Duet Technical, Women Duet Free, Mixed Duet Technical, Mixed Duet Free; and one (1) team into each of the Open Team Technical, Open Team Free, and Open Acrobatic Routine (in each case, including the reserves specified at Article 4.10 of this Part Seven).

4.5 At the World Aquatics Youth Artistic Swimming Championships each Member Federation may enter one (1) Women Solo Free and Men Solo Free; one (1) Women Duet Free and Mixed Duet Free; and one (1) team into each of the Open Team Free and Open Free Combination, and all Athletes in the Figures event (in each case, including the reserves specified at Article 4.10 of this Part Seven).

4.6 At the Artistic Swimming World Cup competitions, additional Athletes from a Member Federation may be entered in the Women Solo Technical, Women Solo Free, Men Solo Technical, Men Solo Free, Women Duet Technical, Women Duet Free, Mixed Duet Technical, Mixed Duet Free, Open Team Technical, Open Team Free, and Open Acrobatic Routine. Other than the Super Final, a Member Federation may enter up to two (2) Athletes in the Women Solo, up to two (2) Athletes in the Men Solo, up to two (2) pairs in the Women Duet, up to two (2) pairs in the Mixed Duet, and up to two (2) teams per team event, with the exception of the host country, which may enter up to three (3) Athletes in individual events and up to three (3) pairs in Duet events. In the Super Final, a Member Federation may enter one (1) Athlete in the Women Solo, one (1) Athlete in the Men Solo, one (1) pair in the Women Duet, one (1) pair in the Mixed Duet, and one (1) team per team event.

4.7 At all other international Artistic Swimming competitions, the Open Free Combination is for Athletes in the U12 and Youth age categories, and the Open Acrobatic Routine is for Athletes in the Senior and Junior age categories.

4.8 **The following numbers of Athletes may be entered (and will perform) team routines:**

4.8.1 At the Olympic Games, team routines will be performed by eight (8) Athletes. Each Member Federation may enter up to nine (9) Athletes. One (1) Athlete will be a reserve and the total number of Athletes may include a maximum of two (2) male Athletes.

4.8.2 At the World Aquatics Championships and the World Aquatics Junior Artistic Swimming Championships, team routines will be performed by between four (4) and eight (8) Athletes. Each Member Federation may enter those Athletes and a maximum of two (2) reserve Athletes, and the total number of Athletes may include a maximum of two (2) male Athletes.

4.8.3 At the World Aquatics Youth Artistic Swimming Championships, team routines will be performed by between four (4) and eight (8) Athletes except for the Open Free Combination, which will be performed by between four (4) and ten (10) Athletes. Each Member Federation may enter those Athletes and a maximum of two (2) reserve Athletes, and the total number of Athletes may include a maximum of two (2) male Athletes.

4.9 At least fourteen (14) days prior to the start of the competition, each Member Federation must submit in the relevant system and/or platform the Athletes for each event entered and the corresponding music information sheets.

4.9.1 After this deadline, World Aquatics will only accept changes to sport entries on properly evidenced medical grounds. The Member Federation must send to the World Aquatics Office a medical report for review.

4.9.2 If a Member Federation makes a change after the deadline on any other grounds, the Member Federation must pay to World Aquatics a fine of five hundred (500) United States Dollars.

4.10 **The Member Federation must designate in the entries for each event:**

4.10.1 The names of the Women Technical Solo Athlete and the reserve, the names of the Women Solo Free Athlete and the reserve, the names of the Men Solo Technical Athlete and the reserve, and the names of the Men Solo Free Athlete and the reserve.

4.10.2 The names of the Women Duet Technical Athletes and a maximum of one (1) reserve, the names of the Women Duet Free Athletes and a maximum of one (1) reserve, the names of the Mixed Duet Technical Athletes and a maximum of two (2) reserves, the names of the Mixed Duet Free Athletes and a maximum of two (2) reserves.

4.10.3 The names of the Open Team Technical Athletes and a maximum of two (2) reserves, the names of the Open Team Free Athletes and a maximum of two (2) reserves, and the names of the Open Acrobatic Routine Athletes and a maximum of two (2) reserves or the names of the Open Free Combination Athletes and a maximum of two (2) reserves.

4.11 The Member Federation must electronically submit Coach Cards of declared difficulty for each event entered by the deadline and method specified in the information bulletin. A change to a Coach Card may be made before 18:00 (local time) on the day prior to the relevant session (unless World Aquatics specifies a different deadline). After this deadline, World Aquatics will not accept any Coach Card changes.

4.12 **Preliminaries and finals:**

4.12.1 Whether or not preliminaries will be held will be communicated in the competition information bulletin.

4.12.2 If there are thirteen (13) or more entries in any Open Team Technical, Open Team Free, Open Free Combination, or Open Acrobatic Routine event, or any Technical Routines or Free Routines, preliminaries will be held (unless determined otherwise by World Aquatics). Only the twelve (12) entrants with the best results will be permitted to compete in the official finals.

4.12.3 If there are twelve (12) or fewer entries in any Open Team Technical, Open Team Free, Open Free Combination, or Open Acrobatic Routine event, or any Technical Routines or Free Routines, preliminaries will not be held (unless determined otherwise by World Aquatics).

5 FIGURE SESSIONS

5.1 **The following organisational and other requirements apply to Figure sessions:**

5.1.1 At any given competition, only one Figure session will be held.

5.1.2 In competitions other than the World Aquatics Youth Artistic Swimming Championships, World Aquatics Events and continental championships, participating Member Federations or clubs may, by mutual consent, select figures from the list described in Appendix 1 according to the ability level of the Athletes entered in the competition.

5.1.3 **The following figures will be selected for performance:**

5.1.3.1 In the 12U category each Athlete in Women Solo, Men Solo, Women Duet, Mixed Duet, and Open Team must perform four (4) figures from the list described in Appendix 1: two (2) compulsory figures and one (1) group of two (2) selected figures. Each Athlete in 12U Open Free Combination may perform four (4) figures selected by the above-described process.

5.1.3.2 In the Youth category each Athlete in Women Solo, Men Solo, Women Duet, Mixed Duet, and Open Team must perform a group of two (2) to four (4) figures from the Section (A, B, or C) of figures drawn from the list described in Appendix 1. Each Athlete in Youth Open Free Combination may perform the figures selected by the above-described process.

5.1.4 **The draw will be conducted as follows:**

5.1.4.1 Between eighteen (18) and seventy-two (72) hours before the start of the Figure session, the Referee and/or the Technical Artistic Swimming Committee will draw the figure section and groups from the list described in Appendix 1. The draw will be announced at least twenty-four (24) hours in advance and will take place in public. The draw may be performed and/or publicised on one (1) or more social media platforms.

5.1.4.2 In the 12U category, the Figures to be performed will be drawn, then the order of performance will be drawn.

5.1.4.3 In the Youth category, the Figure section (A, B, or C) will be drawn, then the order of appearance will be drawn. The order of appearance draw list will be divided into two equal Athlete groups: group 1 and group 2 (if numbers are not equal, group 1 will have 1 extra Athlete). Then one of the two figure groups of the drawn section (see Appendix 1) will be assigned by lot to Athlete group 1 and Athlete group 2. For example, if Section B is drawn, Athlete group 1 may have group 4 drawn, and Athlete group 2 may have group 3 drawn. Each Athlete group will have a separate ranking. The two rankings will not be combined.

5.2 Athletes in the Figure session must wear black Swimwear and a white cap. Article 11 of this Part Seven applies, except that goggles and nose clips may be worn.

5.3 **When sufficient numbers of Judges are available, Figure sessions will be officiated by one (1), two (2), or four (4) panels each of four (4) to six (6) Judges:**

5.3.1 If one (1) panel of Judges are officiating, all Athletes will perform the four (4) or two (2) figures (according to age category) one by one in the listed order.

5.3.2 If two (2) panels of Judges are officiating, each panel will judge one (1) or two (2) figures.

5.3.3 If four (4) panels of Judges are officiating, each panel will judge one (1) figure.

5.4 During the Figure session, the Judges will be positioned in an elevated position with a profile view of the Athletes.

5.4.1 All Figures and judging will commence at a signal from the Referee (or designated Assistant Referee).

5.4.2 On a signal from the Referee (or designated Assistant Referee) all Judges will simultaneously display their score.

5.4.3 Judge scores may only be displayed on the scoreboard or be sent to the computer after approval by the Referee (or the appointed Technical Official).

5.5 **Figures will be judged as follows:**

5.5.1 The Athlete can obtain points of between 0 and 10 including tenths, in accordance with the table immediately below.

Perfect	10	**Satisfactory**	5.9 – 5.0
Near perfect	9.9 – 9.5	**Deficient**	4.9 – 4.0
Excellent	9.4 – 9.0	**Weak**	3.9 – 3.0
Very good	8.9 – 8.0	**Very weak**	2.9 – 2.0
Good	7.9 – 7.0	**Hardly recognisable**	1.9 – 0.1
Competent	6.9 – 6.0	**Completely failed**	0

5.5.2 All judgements 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.

5.5.3 If a Judge by reason of illness or other unforeseen circumstances makes no award for any one figure, the average of the awards of the other Judges will be calculated and considered as that of the missing award (calculated to the nearest 0.1 point, rounding up if necessary).

5.6 **The following penalties will apply in the Figure session:**

5.6.1 If an Athlete in the Youth category does not perform the correct figure, or if the figure does not have all the required elements or is performed other than according to the description, the Referee (or designated Assistant Referee) will advise the Judges and the Athlete that the result of the figure will be a zero (0).

5.6.2 In Figure competition, if the award for the figure is a zero (0), the Referee may review the official video together with two (2) World Aquatics Evaluators or Judges (ensuring that three different Member Federations are represented). One (1) review is permitted, which may be a review in slow motion. If a definite decision cannot be reached after one (1) review, it will be awarded in the Athlete's favour. All Judges will award a score prior to the review so that marks may be given to the Athlete should the zero be overturned during the review process.

5.6.3 In a Figure competition for the 12U category, if the Athlete does not perform the correct figure, the Athlete will be allowed to perform the figure again and a one (1) point penalty will be applied. If the Athlete fails again to perform the correct figure, the zero (0) will be applied.

5.7 **The Figure result is calculated as follows:**

5.7.1 **First:**

5.7.1.1 For scores awarded by a panel of four (4) Judges, the average of the four scores is calculated for a total of five scores. The highest and lowest of those five scores are disregarded and the average of the remaining three scores is calculated.

5.7.1.2 For scores awarded by a panel of five (5) Judges, the highest and lowest of those five scores are disregarded and the average of the remaining three scores is calculated.

5.7.1.3 For scores awarded by a panel of six (6) Judges, the highest and lowest of those six scores are disregarded and the average of the remaining four scores is calculated.

5.7.2 **Second,** the score for each Figure is multiplied by the applicable Degree of Difficulty for that figure.

5.7.3 **Third,** the sum of the scores (after multiplication by the applicable Degree of Difficulty for that figure) for the four (4) or two (2) Figures is calculated.

5.7.4 **Fourth,** that summed score is divided by the total (summed) Degree of Difficulty of the four (4) or two (2) Figures competed.

5.7.5 **Fifth,** the resulting number is multiplied by 10.

5.7.6 **Sixth,** any penalties will be deducted from the resulting number.

5.7.7 **The Figure result will be:**

5.7.7.1 For solo events, the result obtained by the calculation at Article 5.6.1 to 5.6.6 of this Part Seven.

5.7.7.2 For duet events, each Athlete's result obtained by the calculation at Article 5.6.1 to 5.6.6 of this Part Seven will be summed, and the total divided by two (2) to determine the average score (rounded off to the fourth decimal place) for the routine.

5.7.7.3 For team events, each Athlete's result obtained by the calculation at Article 5.6.1 to 5.6.6 of this Part Seven will be summed, and the total divided by the number of Athletes in the Team to determine the average score (rounded off to the fourth decimal place) for the routine.

5.7.7.4 If after the preliminaries in a duet or team event, an Athlete is not able due to illness or injury to compete in the Figure session:

5.7.7.4.1 In a duet event, the Figure score of the reserve Athlete is used to determine the total score for the routine.

5.7.7.4.2 In a team event, the higher Figure score of the reserve Athlete that competes is used to determine the total score for the routine.

6 ROUTINE SESSIONS

6.1 **The following organisational and other requirements apply to Routine sessions:**

6.1.1 A Mixed Duet will consist of one (1) female Athlete and one (1) male Athlete.

6.1.2 A team in an Open Team event will consist of at least four (4) Athletes but not more than eight (8) Athletes The number of Athletes in a team may not change between preliminary and final or between the Technical and Free Routines. The total number of Athletes may include a maximum of two (2) male Athletes.

6.1.3 An Open Free Combination team will consist of at least four (4) but not more than ten (10) Athletes. The total number of Athletes may include a maximum of two (2) male Athletes.

6.1.4 An Open Acrobatic Routine team will consist of at least four (4) but no more than eight (8) Athletes. The total number of Athletes may include a maximum of two (2) male Athletes.

6.1.5 In an Open Free Combination and an Open Acrobatic Routine, the number of Athletes in a team may not change between preliminary and final.

6.1.6 In Women Duet, Mixed Duet, Open Team, Open Free Combination and Open Acrobatic Routine events, Athletes who are listed on the entry according to Article 4.10 of this Part Seven may be interchanged before routine sessions.

6.1.6.1.1 Any changes of the names of the Athletes from the most recent entry list must be handed to the Referee in writing at least two (2) hours prior to the published start time of the relevant session. This time will be published in the official competition schedule. Changes after this time may only be made with the permission of the Referee if an Athlete suffers sudden illness or accident and the reserve is ready to compete without delay to the event.

6.1.6.1.2 If an Open Team, Open Free Combination or Open Acrobatic Routine team size is reduced to fewer than that the specified number of team members (for example if an Athlete suffers injury or accident and the team has no reserve), a half (0.5) point penalty will be deducted from the total score for each Athlete fewer than eight (8) Athletes.

6.1.6.1.3 Failure to notify the Referee of a change of Athletes or that an Athlete will not start in accordance with Article 6.1.6.1.1 of this Part Seven will result in disqualification of the team.

6.2 **The draw process for all events, with the exception of finals that are preceded by a preliminary session and to which Article 6.2.2.2 of this Part Seven applies, is as follows:**

6.2.1 All Routine events will be entered according to the World Ranking (described in Appendix 9). The draws will be divided into two parts: Athletes with a current World Ranking ('ranked Athletes') and Athletes without a current World Ranking ('non-ranked Athletes').

6.2.1.1 **Draw process for non-ranked Athletes for preliminaries:**

6.2.1.1.1 The non-ranked Athletes will be randomly drawn into start order. These Athletes will compete first in the event in the drawn order.

6.2.1.2 **Draw process for ranked Athletes for preliminaries:**

6.2.1.2.1 The ranked Athletes will compete in the draw following the non-ranked Athletes, in reverse order of ranking with the highest-ranked Athlete competing last, followed by the next highest-ranked Athlete, etc. In cases of ties in the World Rankings, there will be a separate draw between tied Athletes to decide the order of the main draw.

6.2.1.2.2 For example, if there were thirty (30) entries in the World Aquatics Championship Technical Duet (eighteen (18) ranked duets and twelve (12) non-ranked duets) then the draw process would be that the non-ranked duets would draw for start order places 1-12 based on a random draw, and then the ranked duets would compete in start order places 13-30 in reverse order based on World Ranking.

6.2.1.3 If no World Aquatics approved electronic draw system is available, the draw will be conducted manually. The draw will take place at least eighteen (18) hours before the start of the competition. The time and location of the draw will be announced at least twenty-four (24) hours in advance and will take place in public.

6.2.1.4 The order of the draw will be Teams, Open Free Combination, Acrobatic Routine, Duets, and Solo preliminaries. For events involving both Technical and Free Routines, the draw for the event's Technical Routine will be held first followed by the Free Routine Draw (Open Team Technical, Open Team Free preliminary, Open Free Combination preliminary, Open Acrobatic Routine preliminary, Women Duet Technical, Women Duet Free preliminary, Mixed Duet Technical, Mixed Duet Free preliminary, Women Solo Technical, Women Solo Free preliminary, Men Solo Technical and Men Solo Free preliminary).

6.2.1.5 The Member Federation that draws start number one (1) in a Technical Routine or Free Routine preliminary, Open Free Combination preliminary, or Open Acrobatic Routine preliminary, or direct finals will be exempt from start number one (1) in all remaining preliminary or direct final sessions in the family (for example: Solo (Men and Women), Women Duet, Mixed Duet or Teams) that the Member Federation drew start number one (1) in. This rule does not apply when the start lists are established by use of World Rankings.

6.2.2 After the Figures and/or Technical Routines and Free Routines preliminaries and Open Free Combination/Acrobatic Routine preliminaries, the first twelve (12) Athletes by total score will compete in the finals.

6.2.2.1 If the number of Athletes in the preliminaries is higher than thirty-five (35), the first fourteen (14) Athletes by total score will compete in the finals, except in the World Aquatics Championships, where the first twelve (12) Athletes by total score will compete in the finals in the Technical Routine and Free Routine and Open Acrobatic Routine events.

6.2.2.2 In finals, the Athletes will compete in reverse order based on total score in the preliminaries. For example, the best-placed Athlete in the preliminaries will compete last in the final, and the twelfth-placed Athlete in the preliminaries will compete first in the final. If there is a tie for places in the preliminaries, the Referee will hold a separate draw between the tied Athletes to determine the order in which they will compete.

6.3 **Time limits for Routines:**

6.3.1 Time limits for Technical Routines, Free Routines, and Open Acrobatic Routines, including a maximum of ten (10) seconds for deck movement, are as follows:

Event	Time limit
Women Solo Technical Routine	2:00 minutes
Men Solo Technical Routine	2:00 minutes
Women Solo Free Routine	2:15 minutes
Men Solo Free Routine	2:15 minutes
Women Duet Technical Routine	2:20 minutes
Women Duet Free Routine	2:45 minutes
Mixed Duet Technical Routine	2:20 minutes
Mixed Duet Free Routine	2:45 minutes
Open Team Technical Routine	2:50 minutes
Open Team Free Routine	3:30 minutes
Open Acrobatic Routine	3:00 minutes

6.3.2 An allowance of five (5) seconds under or over the allotted time limit is permitted.

6.3.3 In all Routine events, the walk-on of the Athlete(s) from the designated starting point to the achievement of a stationary position, on deck or in the water, may not exceed thirty (30) seconds for Mixed Duet Technical and Mixed Duet Free, Open Team Technical and Open Team Free, Open Free Combination and Open Acrobatic Routine, and may not exceed twenty (20) seconds for any Women or Men Solo Technical and Free and Women Duet Technical and Free events.

6.3.4 The time limits for Athletes in the 12U, Youth, and Junior age categories are set out at Article 10.4 of this Part Seven.

6.3.5 Timing of the walk-on will commence when the first Athlete moves past the designated starting point and ends when the last Athlete assumes a starting position. Timing of the deck movements will begin with the accompaniment and end as the last Athlete leaves the deck. Timing of the routine will begin with the accompaniment and end at the end of the accompaniment.

6.3.6 The accompaniment will begin upon a signal from the Referee (or other appointed Technical Official). After the signal the Athlete(s) must perform the routine without interruption. Routines may start on the deck or in the water, and must finish in the water.

6.3.7 The Timer will check the overall time of the deck movements and the walk-on. If the time limit is exceeded for the deck movements or walk-on or there is a deviation from the Routine time limit allowance, the Timer or Music Manager will advise the Referee (or other appointed Technical Official).

6.4 **Music accompaniments:**

6.4.1 **Submission and clearance of music:**

6.4.1.1 At least fourteen (14) days prior to the start of the competition sessions and in accordance with any instructions in the information bulletin, each team leader must electronically submit to World Aquatics (or World Aquatics' designee) the music that their Athlete(s) will use. Each team leader must clearly label the music submission with the relevant event, Athlete name(s), and Member Federation.

6.4.1.2 Each Athlete must provide their music in accordance with the quality requirements of World Aquatics, as stated in the information bulletin. World Aquatics may request new music if the submitted music does not meet any of the standards required. Team leaders will provide on the registration form the exact running time of the music, not the swimming time. The official time will be reviewed by the Music Manager's electronic running time. The Music Manager will notify the Referee if any music submitted does not comply with Artistic Swimming timing rules.

6.4.1.3 Each Member Federation participating in a competition must upload (1) the music to be used by their Athlete(s) and (2) proof of the corresponding licences to the specified licence clearance platform before each competition. The means by which an Athlete or Member Federation obtains the necessary licences for the music they will use is entirely at the discretion of the Athlete or Member Federation. Licences may be requested through the licence clearance platform. From 1 January 2026, World Aquatics may prevent Athlete(s) who do not hold the correct licences for the music that they will use from competing in the competition.

6.4.2 If there is no official training with music, World Aquatics should provide the Athlete and/or team leader the opportunity to listen to their music in the competition venue prior to the start of the event.

6.4.3 The Music Manager is responsible for the securing and properly presenting the accompaniment for each routine.

6.4.4 For World Aquatics Events, a decibel (sound level) meter will be used to monitor the sound level and ensure that no person is exposed to average sound levels exceeding 90 decibels (rms) or momentary peak sound levels exceeding 100 decibels.

6.4.5 Member Federations and their Athletes shall at all times comply with World Aquatics' 'music clearance rules for Artistic Swimming, which shall be shared with Member Federations within thirty (30) days after publication of these Competition Regulations.

6.5 Routine panels:

6.5.1 The Technical Officials will be located in elevated positions on opposite sides of the pool.

6.5.2 Two (2) panels of five (5) Judges must officiate in all Routines: one (1) panel for Elements, and one (1) panel for Artistic Impression.

6.5.3 Three (3) Difficulty Technical Controllers and three (3) Synchronisation Technical Controllers must officiate in all Routines:

6.5.3.1 The Difficulty Technical Controllers will check the number, order of performance, and predeclared difficulty of the Free Elements (Hybrids and Acrobatics), and the performance and predeclared order of Technical Required Elements (Technical Routines), and the Synchronisation Technical Controllers will register the number and type of synchronisation errors observed. The Technical Controllers may use the video review for one (1) review, which may be a review in slow motion, for each Element or transition part they are questioning. In order for a Base Mark, a zero (0), or major errors to be applied or the review to be dismissed, two of the three Technical Controllers must be in agreement.

6.5.3.2 The purpose of the Difficulty Technical Controllers is to 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. They are also responsible for the identification of any 'technical errors', which are differences between what is declared on the Coach Card and what is performed in the water, or any errors in a Technical Required Element (Technical Routines).

6.5.3.3 Three (3) Synchronisation Technical Controllers will be seated on deck with a clear view of the pool and will record the number of synchronisation errors (unequal actions) they observe during the performance of a routine.

6.5.4 At the completion of each routine the Judges submit their scores.

6.5.4.1 If one (1) or more Judges by reason of illness or other unforeseen circumstances makes no award for a routine, the average of the awards of the other Judges will be calculated and considered as that of the missing award (calculated to the nearest 0.25 point).

6.5.4.2 If an unexpected situation occurs during a session and one (1) or more Technical Officials cannot give an award for a routine, the Referee may disrupt the session and performance. After resolution of the matter, the Referee will resume the session and allow the Athlete(s) to compete again.

6.5.5 The Referee approves the display of the unofficial scores on the scoreboard. Judges' scores cannot be changed after being posted on the scoreboard. Scores are only official once the Referee has signed them at the end of every session.

6.5.6 For all routines, Technical Official(s) will be appointed by the World Aquatics Technical Delegate to monitor the use of the bottom of the pool.

6.6 Judgement of routines:

6.6.1 The Athlete can obtain points of between 0 and 10 including intervals of 0.25 points, in accordance with the table immediately below:

Perfect	10
Near perfect	9.75 - 9.5
Excellent	9.25 – 9.0
Very good	8.75 – 8.0
Good	7.75 – 7.0
Competent	6.75 – 6.0

Satisfactory	5.75 – 5.0
Deficient	4.75 – 4.0
Weak	3.75 – 3.0
Very weak	2.75 – 2.0
Hardly recognisable	1.75 – 0.25
Completely failed	0

6.6.2 Each of the five (5) Elements panel Judges will award one (1) score for the execution of each Element (Free and Technical Required). In the execution, the Judges will consider the level of excellence in performing highly specialised skills, and the execution of all routine Elements: Technical Required Elements and Elements (Hybrids and Acrobatics).

6.6.3 Each of the five (5) Artistic Impression panel Judges will award three (3) scores: one (1) score for choreography and musicality, one (1) score for performance, and one (1) score for Transitions.

6.6.3.1 In choreography and musicality, the Judges will 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; and expressing the mood of the music, use of the music's structure and the movements and synchronisation with the music.

6.6.3.2 In performance, the Judges will consider the manner in which the Athlete(s) present(s) the routine to the viewers including the walk-on and deck movements. The use of body language to express physical and emotional power, confidence, and total command of the performance.

6.6.3.3 In Transitions, the Judges will consider the execution and complexity of varied and purposeful movements, propulsions, and strokes that link routine elements.

6.6.4 The Difficulty Technical Controllers will check the predeclared Degree of Difficulty on the submitted Coach Card. Degree of Difficulty values are set out in Appendix 6 and Appendix 7, and the Coach Card format is set out in Appendix 6. World Aquatics may amend the components assigned to each category by 31 December each year, to take effect from 1 January the following year, if deemed necessary by the Technical Artistic Swimming Committee.

6.7 **Deduction, penalties, and other matters in Solo Technical Routines:**

6.7.1 Deck walk-on: An eight (8) point penalty will be deducted from the routine score if the time limit of twenty (20) seconds for the deck walk-on is exceeded.

6.7.2 Deck movements: An eight (8) point penalty will be deducted from the routine score if the time limit of ten (10) seconds for deck movements is exceeded.

6.7.3 New start: A two (2) point penalty will be deducted from the routine score if a routine is interrupted by an Athlete during the deck movements and a new start is allowed.

6.7.4 Overall routine time: An eight (8) point penalty will be deducted from the routine score if there is a deviation from the specified routine time limit permitted.

6.7.5 Stop swimming or use of pool wall: If an Athlete stops swimming or makes clear use of the wall before the routine is completed, the Athlete performing the routine will be disqualified. The Referee will assess if the cessation is caused by circumstances beyond the control of the Athlete. The Referee may allow the routine to be re-swum during the session.

6.7.6 Deliberate use of bottom to propel: An eight (8) point penalty will be deducted from the routine score if an Athlete has made deliberate use of the bottom of the pool during a routine to propel themself.

6.7.7 Base Mark: All Free Elements (Hybrids and Acrobatics) have a calculated Base Mark that is the minimum Degree of Difficulty that will be applied if one (1) or more components of the Element is not performed or is not in conformance to what is declared in the Coach Card.

6.7.8 Exceeding number of predetermined Elements: A two (2) point penalty will be deducted from the Elements score for each Element exceeding the predetermined number assigned to the particular event and category.

6.7.9 Omit all, part, or incorrect action of Technical Required Element: If an Athlete omits all or part of a Technical Required Element or performs an incorrect action in a Technical Required Element, the Difficulty Technical Controllers will make note that the declared movement was not correct. If the Difficulty Technical Controller video review confirms that the declared movement was not correct, a zero (0) will be assigned as the Degree of Difficulty for this particular Technical Required Element.

6.7.10 Swum out of order: The Difficulty Technical Controller will submit a zero (0) for each Technical Required Element #1 - #5 swum out of the order declared on the Coach Card (each violation of General Requirement #4 in Appendix 2).

6.7.11 Additional Routine requirement #6: An eight (8) point penalty will be deducted from the Elements Score for violation of the Solo Technical Routine additional requirement #6 in Appendix 2:

6.7.11.1 One (1) additional Hybrid must be performed.

6.7.12 Exceeding Hybrid maximums: if 5x per family or 3x per technique is exceeded in a Hybrid the Difficulty Technical Controller will apply a Base Mark to the Hybrid.

6.8 **Deduction, penalties, and other matters in Duet Technical Routines:**

6.8.1 Deck walk-on: An eight (8) point penalty will be deducted from the routine score if the time limit of twenty (20) seconds for the deck walk-on is exceeded.

6.8.2 Deck movements: An eight (8) point penalty will be deducted from the routine score if the time limit of ten (10) seconds for deck movements is exceeded.

6.8.3 New start: A two (2) point penalty will be deducted from the routine score if a routine is interrupted by an Athlete during the deck movements and a new start is allowed.

6.8.4 Overall routine time: An eight (8) point penalty will be deducted from the routine score if there is a deviation from the specified routine time limit permitted.

6.8.5 Stop swimming or use of pool wall: If an Athlete stops swimming or makes clear use of the wall before the routine is completed, the duet performing the routine will be disqualified. The Referee will assess if the cessation is caused by circumstances beyond the control of the Athlete. The Referee may allow the routine to be re-swum during the session.

6.8.6 Deliberate use of bottom to propel: An eight (8) point penalty will be deducted from the routine score if an Athlete has made deliberate use of the bottom of the pool during a routine to propel themself.

6.8.7 Deliberate use of bottom to assist: An eight (8) point penalty will be deducted from the routine score if an Athlete has made deliberate use of the bottom of the pool to assist another Athlete. No penalty will be applied when the contact with the bottom of the pool results from the Athlete's self-protection against impact injuries.

6.8.8 Base Mark: All Free Elements (Hybrids and Acrobatics) have a calculated Base Mark that is the minimum Degree of Difficulty that will be applied if one (1) or more components of the Element is not performed or is not in conformance to what is declared in the Coach Card.

6.8.9 Exceeding number of predetermined Elements: A two (2) point penalty will be deducted from the Elements score for each Element exceeding the predetermined number assigned to the particular event and category.

6.8.10 Omit all, part, or incorrect action of Technical Required Element: If one (1) or more Athletes omits all or part of a Technical Required Element or performs an incorrect action in a Technical Required Element, the Difficulty Technical Controllers will make note that the declared movement was not correct. If the Difficulty Technical Controller video review confirms that the declared movement was not correct, a zero (0) will be assigned as the Degree of Difficulty for this particular Technical Required Element.

6.8.11 Swum out of order: The Difficulty Technical Controller will submit a zero (0) for each Technical Required Element #1 - #5 swum out of the order declared on the Coach Card (each violation of General Requirement #4 in Appendix 2).

6.8.12 **General Requirement #6: A two (2) point penalty will be deducted from the Elements score for each violation of General Requirement #6 in Appendix 2:**

6.8.12.1 With the exception of deck work and entry into the water, getting into and out of the circle (Team), and Acrobatics, Technical Required Elements, Hybrids and Transitions are to be performed simultaneously and facing the same direction by all duet or team members.

6.8.13 Additional Routine requirements #6 and #7: An eight (8) point penalty will be deducted from the Elements score for violation of Women Duet Routine additional requirement #6 and #7 in Appendix 2:

6.8.13.1 Additional Routine requirement #6 - One (1) additional hybrid must be performed.

6.8.13.2 Additional Routine requirement #7 - One (1) Pair Acrobatic must be performed.

6.8.14 **Synchronisation errors and penalty values:**

6.8.14.1 For all routines, the sum of all synchronisation errors (unequal actions) observed by the Synchronisation Technical Controllers (each factored by its assigned value) will be deducted from the Elements score. Types of synchronisation errors and penalty values are small (0.1 points), obvious (0.5 points), and major (3.0 points).

6.8.14.2 The description of small, obvious, and major synchronisation errors (unequal actions) is detailed in the scoring synchronisation guide at Appendix 8. Maximum deduction can reduce the Elements score to zero (0), but not to a negative Elements score.

6.8.15 Exceeding Hybrid maximums: If 5x per family or 3x per technique is exceeded in a Hybrid, the Difficulty Technical Controller will apply a Base Mark to the Hybrid. For the connections family, in Duet and Mixed Duet only, there is a maximum of five (5) declarations per Hybrid, with a limit of two (2) per technique.

6.8.16 If a reserved acrobatic code is used by a Member Federation that does not own that code, a Base Mark will be applied to the Acrobatic.

6.9 **Deduction, penalties, and other matters in Mixed Duet Technical Routines:**

6.9.1 Deck walk-on: An eight (8) point penalty will be deducted from the routine score if the time limit of thirty (30) seconds for the deck walk-on is exceeded.

6.9.2 Deck movements: An eight (8) point penalty will be deducted from the routine score if the time limit of ten (10) seconds for deck movements is exceeded.

6.9.3 New start: A two (2) point penalty will be deducted from the routine score if a routine is interrupted by an Athlete during the deck movements and a new start is allowed.

6.9.4 Overall routine time: An eight (8) point penalty will be deducted from the routine score if there is a deviation from the specified routine time limit permitted.

6.9.5 Stop swimming or use of pool wall: If an Athlete stops swimming or makes clear use of the wall before the routine is completed, the duet performing the routine will be disqualified. The Referee will assess if the cessation is caused by circumstances beyond the control of the Athlete. The Referee may allow the routine to be re-swum during the session.

6.9.6 Deliberate use of bottom to propel: An eight (8) point penalty will be deducted from the routine score if an Athlete has made deliberate use of the bottom of the pool during a routine to propel themself.

6.9.7 Deliberate use of bottom to assist: An eight (8) point penalty will be deducted from the routine score if an Athlete has made deliberate use of the bottom of the pool to assist another Athlete. No penalty will be applied when the contact with the bottom of the pool results from the Athlete's self-protection against impact injuries.

6.9.8 Base Mark: All Free Elements (Hybrids and Acrobatics) have a calculated Base Mark that is the minimum Degree of Difficulty that will be applied if one (1) or more components of the Element is not performed or is not in conformance to what is declared in the Coach Card.

6.9.9 Exceeding number of predetermined Elements: A two (2) point penalty will be deducted from the Elements score for each Element exceeding the predetermined number assigned to the particular event and category.

6.9.10 Omit all, part, or incorrect action of Technical Required Element: If one (1) or more Athletes omits all or part of a Technical Required Element or performs an incorrect action in a Technical Required Element, the Difficulty Technical Controllers will make note that the declared movement was not correct. If the Difficulty Technical Controller video review confirms that the declared movement was not correct, a zero (0) will be assigned as the Degree of Difficulty for this particular Technical Required Element.

6.9.11 Swum out of order: The Difficulty Technical Controller will submit a zero (0) for each Technical Required Element #1 - #3 swum out of the order declared on the Coach Card (each violation of General Requirement #4 in Appendix 2).

6.9.12 **General Requirement #7: A two (2) point penalty will be deducted from the Elements Score for each violation of General Requirement #7 in Appendix 2:**

6.9.12.1 Only Technical Required Elements must be performed simultaneously and facing the same direction. Deck work and entry into the water, 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).

6.9.13 **Additional Routine requirements #4, #5, #6 and #7: An eight (8) point penalty will be deducted from the Elements score for each violation of Mixed Duet Routine additional requirements #4, #5, #6 and #7 in Appendix 2:**

6.9.13.1 Additional Routine requirement #4 – One (1) Hybrid.

6.9.13.2 Additional Routine requirement #5 – One (1) required Hybrid which must contain only one Thrust declaration and two (2) different Connection declarations.

6.9.13.3 Additional Routine requirement #6 – Two (2) Pair Acrobatics of free choice but must not repeat the same acrobatic.

6.9.13.4 Additional Routine requirement #7 – Three (3) declared Sustained Surface Connections with travel (1m or more) or rotation (180° or more).

6.9.14 Repetition of Pair Acrobatic: A Base Mark will be applied for a repetition of the Pair Acrobatic.

6.9.14.1 For Mixed Duet – the same pair acrobatic code may not be used.

6.9.15 **Synchronisation errors and penalty values:**

6.9.15.1 For all routines, the sum of all synchronisation errors (unequal actions) observed by the Synchronisation Technical Controllers (each factored by its assigned value) will be deducted from the Elements score. Types of synchronisation errors and penalty values are small (0.1 points), obvious (0.5 points), and major (3.0 points).

6.9.15.2 The description of small, obvious, and major synchronisation errors (unequal actions) is detailed in the scoring synchronisation guide at Appendix 8. Maximum deduction can reduce the Elements score to zero (0), but not to a negative Elements score.

6.9.16 Exceeding Hybrid maximums: If 5x per family or 3x per technique is exceeded in a Hybrid, the Difficulty Technical Controller will apply a Base Mark to the Hybrid. For the connections family, in Duet and Mixed Duet only, there is a maximum of five (5) declarations per Hybrid, with a limit of two (2) per technique.

6.9.17 If a reserved acrobatic code is used by a Member Federation that does not own that code, a Base Mark will be applied to the Acrobatic.

6.10 **Deduction, penalties, and other matters in Team Technical Routines:**

6.10.1 Fewer than eight (8) Athletes: A half (0.5) point penalty will be deducted from the total score for each Athlete fewer than eight (8) Athletes.

6.10.2 Deck walk-on: An eight (8) point penalty will be deducted from the routine score if the time limit of thirty (30) seconds for the deck walk-on is exceeded.

6.10.3 Deck movements: An eight (8) point penalty will be deducted from the routine score if the time limit of ten (10) seconds for deck movements is exceeded.

6.10.4 New start: A two (2) point penalty will be deducted from the routine score if a routine is interrupted by an Athlete during the deck movements and a new start is allowed.

6.10.5 Overall routine time: An eight (8) point penalty will be deducted from the routine score if there is a deviation from the specified routine time limit permitted.

6.10.6 Stop swimming or use of pool wall: If an Athlete stops swimming or makes clear use of the wall before the routine is completed, the team performing the routine will be disqualified. The Referee will assess if the cessation is caused by circumstances beyond the control of the Athlete. The Referee may allow the routine to be re-swum during the session.

6.10.7 Deliberate use of bottom to propel: An eight (8) point penalty will be deducted from the routine score if an Athlete has made deliberate use of the bottom of the pool during a routine to propel themself.

6.10.8 Deliberate use of bottom to assist: An eight (8) point penalty will be deducted from the routine score if an Athlete has made deliberate use of the bottom of the pool to assist another Athlete. No penalty will be applied when the contact with the bottom of the pool results from the Athlete's self-protection against impact injuries.

6.10.9 Base Mark: All Free Elements (Hybrids and Acrobatics) have a calculated Base Mark that is the minimum Degree of Difficulty that will be applied if one (1) or more components of the Element is not performed or is not in conformance to what is declared in the Coach Card.

6.10.10 Exceeding number of predetermined Elements: A two (2) point penalty will be deducted from the Elements score for each Element exceeding the predetermined number assigned to the particular event and category.

6.10.11 Omit all, part, or incorrect action of Technical Required Element: If one (1) or more Athletes omits all or part of a Technical Required Element or performs an incorrect action in a Technical Required Element, the Difficulty Technical Controllers will make note that the declared movement was not correct. If the Difficulty Technical Controller video review confirms that the declared movement was not correct, a zero (0) will be assigned as the Degree of Difficulty for this particular Technical Required Element.

6.10.12 Swum out of order: The Difficulty Technical Controller will submit a zero (0) for each Technical Required Element #1 - #5 swum out of the order declared on the Coach Card (each violation of General Requirement #4 in Appendix 2).

6.10.13 **General Requirement #6: A two (2) point penalty will be deducted from the Elements score for each violation of General Requirement #6 in Appendix 2:**

6.10.14 With the exception of deck work and entry into the water, getting into and out of the circle (Team), and Acrobatics, Technical Required Elements, Hybrids and Transitions are to be performed simultaneously and facing the same direction by all duet or team members.

6.10.15 **Additional Routine requirements #6 and #7: An eight (8) point penalty will be deducted from the Elements score for each violation of Team Routine additional requirements #6 and #7 in Appendix 2:**

6.10.15.1 Additional Routine requirement #6 – Two (2) additional Hybrids, one of which must include a Cadence action.

6.10.15.2 Additional Routine requirement #7 – One (1) acrobatic movement must be performed by all team members.

6.10.16 Routine Requirement #7 Degree of Difficulty: A Base Mark will be applied for a violation of team Degree of Difficulty Routine Requirement #7 for the acrobatic movement exceeding 3.00 (inclusive of Base Mark value of 0.5).

6.10.17 Maximum of one (1) circle pattern: A two (2) point penalty will be deducted from the Elements score if a Team Technical routine exceeds a maximum of one (1) circle pattern.

6.10.18 **Synchronisation errors and penalty values:**

6.10.18.1 For all routines, the sum of all synchronisation errors (unequal actions) observed by the Synchronisation Technical Controllers (each factored by its assigned value) will be deducted from the Elements score. Types of synchronisation errors and penalty values are small (0.1 points), obvious (0.5 points), and major (3.0 points).

6.10.18.2 The description of small, obvious, and major synchronisation errors (unequal actions) is detailed in the scoring synchronisation guide at Appendix 8. Maximum deduction can reduce the Elements score to zero (0), but not to a negative Elements score.

6.10.19 Exceeding Hybrid maximums: If 5x per family or 3x per technique is exceeded in a Hybrid, the Difficulty Technical Controller will apply a Base Mark to the Hybrid.

6.10.20 If a reserved acrobatic code is used by a Member Federation that does not own that code, a Base Mark will be applied to the Acrobatic.

6.11 **Deduction, penalties, and other matters in Solo Free Routines:**

6.11.1 Deck walk-on: An eight (8) point penalty will be deducted from the routine score if the time limit of twenty (20) seconds for the deck walk-on is exceeded.

6.11.2 Deck movements: An eight (8) point penalty will be deducted from the routine score if the time limit of ten (10) seconds for deck movements is exceeded.

6.11.3 New start: A two (2) point penalty will be deducted from the routine score if a routine is interrupted by an Athlete during the deck movements and a new start is allowed.

6.11.4 Overall routine time: An eight (8) point penalty will be deducted from the routine score if there is a deviation from the specified routine time limit permitted.

6.11.5 Stop swimming or use of pool wall: If an Athlete stops swimming or makes clear use of the wall before the routine is completed, the Athlete performing the routine will be disqualified. The Referee will assess if the cessation is caused by circumstances beyond the control of the Athlete. The Referee may allow the routine to be re-swum during the session.

6.11.6 Deliberate use of bottom to propel: An eight (8) point penalty will be deducted from the routine score if an Athlete has made deliberate use of the bottom of the pool during a routine to propel themself.

6.11.7 Base Mark: All Free Elements (Hybrids and Acrobatics) have a calculated Base Mark that is the minimum Degree of Difficulty that will be applied if one (1) or more components of the Element is not performed or is not in conformance to what is declared in the Coach Card.

6.11.8 Exceeding number of predetermined Elements: A two (2) point penalty will be deducted from the Elements score for each Element exceeding the predetermined number assigned to the particular event and category.

6.11.9 Not including a skill from every family: An eight (8) point penalty will be deducted from the Elements score for not including a skill from every family in the routine (with the exception of connections in Solo).

6.11.10 Exceeding Hybrid maximums: If 5x per family or 3x per technique is exceeded in a Hybrid, the Difficulty Technical Controller will apply a Base Mark to the Hybrid.

6.12 **Deduction, penalties, and other matters in Duet Free Routines:**

6.12.1 Deck walk-on: An eight (8) point penalty will be deducted from the routine score If the time limit of twenty (20) seconds for the deck walk-on is exceeded.

6.12.2 Deck movements: An eight (8) point penalty will be deducted from the routine score if the time limit of ten (10) seconds for deck movements is exceeded.

6.12.3 New start: A two (2) point penalty will be deducted from the routine score if a routine is interrupted by an Athlete during the deck movements and a new start is allowed.

6.12.4 Overall routine time: An eight (8) point penalty will be deducted from the routine score if there is a deviation from the specified routine time limit permitted.

6.12.5 Stop swimming or use of pool wall: If an Athlete stops swimming or makes clear use of the wall before the routine is completed, the duet performing the routine will be disqualified. The Referee will assess if the cessation is caused by circumstances beyond the control of the Athlete. The Referee may allow the routine to be re-swum during the session.

6.12.6 Deliberate use of bottom to propel: An eight (8) point penalty will be deducted from the routine score if an Athlete has made deliberate use of the bottom of the pool during a routine to propel themself.

6.12.7 Deliberate use of bottom to assist: An eight (8) point penalty will be deducted from the routine score if an Athlete has made deliberate use of the bottom of the pool to assist another Athlete. No penalty will be applied when the contact with the bottom of the pool results from the Athlete's self-protection against impact injuries.

6.12.8 Base Mark: All Free Elements (Hybrids and Acrobatics) have a calculated Base Mark that is the minimum Degree of Difficulty that will be applied if one (1) or more components of the Element is not performed or is not in conformance to what is declared in the Coach Card.

6.12.9 Exceeding number of predetermined Elements: A two (2) point penalty will be deducted from the Elements score for each Element exceeding the predetermined number assigned to the particular event and category.

6.12.10 Not including a skill from every family: An eight (8) point penalty will be deducted from the Elements score for not including a skill from every family in the routine (with the exception of connections in Solo). All routine members must perform that skill in the same declaration on the Coach Card (not factored).

6.12.11 Repetition of Pair Acrobatic: A Base Mark will be applied for any repetition of Pair Acrobatics.

6.12.11.1 For Duet – the same pair acrobatic code may not be used.

6.12.12 **Synchronisation errors and penalty values:**

6.12.12.1 For all routines, the sum of all synchronisation errors (unequal actions) observed by the Synchronisation Technical Controllers (each factored by its assigned value) will be deducted from the Elements score. Types of synchronisation errors and penalty values are small (0.1 points), obvious (0.5 points), and major (3.0 points).

6.12.12.2 The description of small, obvious, and major synchronisation errors (unequal actions) is detailed in the scoring synchronisation guide at Appendix 8. Maximum deduction can reduce the Elements score to zero (0), but not to a negative Elements score.

6.12.13 Exceeding Hybrid maximums: If 5x per family or 3x per technique is exceeded in a Hybrid, the Difficulty Technical Controller will apply a Base Mark to the Hybrid. For the connections family, in Duet and Mixed Duet only, there is a maximum of five (5) declarations per Hybrid, with a limit of two (2) per technique.

6.12.14 If a reserved acrobatic code is used by a Member Federation that does not own that code, a Base Mark will be applied to the Acrobatic.

6.13 **Deduction, penalties, and other matters in Mixed Duet Free Routines:**

6.13.1 Deck walk-on: An eight (8) point penalty will be deducted from the routine score if the time limit of thirty (30) seconds for the deck walk-on is exceeded.

6.13.2 Deck movements: An eight (8) point penalty will be deducted from the routine score if the time limit of ten (10) seconds for deck movements is exceeded.

6.13.3 New start: A two (2) point penalty will be deducted from the routine score if a routine is interrupted by an Athlete during the deck movements and a new start is allowed.

6.13.4 Overall routine time: An eight (8) point penalty will be deducted from the routine score if there is a deviation from the specified routine time limit permitted.

6.13.5 Stop swimming or use of pool wall: If an Athlete stops swimming or makes clear use of the wall before the routine is completed, the duet performing the routine will be disqualified. The Referee will assess if the cessation is caused by circumstances beyond the control of the Athlete. The Referee may allow the routine to be re-swum during the session.

6.13.6 Deliberate use of bottom to propel: An eight (8) point penalty will be deducted from the routine score if an Athlete has made deliberate use of the bottom of the pool during a routine to propel themself.

6.13.7 Deliberate use of bottom to assist: An eight (8) point penalty will be deducted from the routine score if an Athlete has made deliberate use of the bottom of the pool to assist another Athlete. No penalty will be applied when the contact with the bottom of the pool results from the Athlete's self-protection against impact injuries.

6.13.8 Base Mark: All Free Elements (Hybrids and Acrobatics) have a calculated Base Mark that is the minimum Degree of Difficulty that will be applied if one (1) or more components of the Element is not performed or is not in conformance to what is declared in the Coach Card.

6.13.9 Exceeding number of predetermined Elements: A two (2) point penalty will be deducted from the Elements score for each Element exceeding the predetermined number assigned to the particular event and category.

6.13.10 Not including a skill from every family: An eight (8) point penalty will be deducted from the Elements score for not including a skill from every family in the routine (with the exception of connections in Solo). All routine members must perform that skill in the same declaration on the Coach Card (not factored).

6.13.11 Additional requirements not performed: A two (2) point penalty will be deducted from the Artistic Impression score for each of the additional requirements in Appendix 3 not performed.

6.13.11.1 A minimum of 3 (Youth/12U) or 4 (Senior/Junior) declared Surface Connections with travel (1m or more) or rotation (180° or more).

6.13.12 Repetition of Pair Acrobatic: A Base Mark will be applied for any repetition of Pair Acrobatics.

6.13.12.1 For Mixed Duet – the same pair acrobatic code may not be used.

6.13.13 **Synchronisation errors and penalty values:**

6.13.13.1 For all routines, the sum of all synchronisation errors (unequal actions) observed by the Synchronisation Technical Controllers (each factored by its assigned value) will be deducted from the Elements score. Types of synchronisation errors and penalty values are small (0.1 points), obvious (0.5 points), and major (3.0 points).

6.13.13.2 The description of small, obvious, and major synchronisation errors (unequal actions) is detailed in the scoring synchronisation guide at Appendix 8. Maximum deduction can reduce the Elements score to zero (0), but not to a negative Elements score.

6.13.14 Exceeding Hybrid maximums: If 5x per family or 3x per technique is exceeded in a Hybrid, the Difficulty Technical Controller will apply a Base Mark to the Hybrid. For the connections family, in Duet and Mixed Duet only, there is a maximum of five (5) declarations per Hybrid, with a limit of two (2) per technique.

6.13.15 If a reserved acrobatic code is used by a Member Federation that does not own that code, a Base Mark will be applied to the Acrobatic.

6.14 **Deduction, penalties, and other matters in Team Free Routines:**

6.14.1 Fewer than eight (8) Athletes: A half (0.5) point penalty will be deducted from the total score for each Athlete fewer than eight (8) Athletes.

6.14.2 Deck walk-on: An eight (8) point penalty will be deducted from the routine score if the time limit of thirty (30) seconds for the deck walk-on is exceeded.

6.14.3 Deck movements: An eight (8) point penalty will be deducted from the routine score if the time limit of ten (10) seconds for deck movements is exceeded.

6.14.4 New start: A two (2) point penalty will be deducted from the routine score if a routine is interrupted by an Athlete during the deck movements and a new start is allowed.

6.14.5 Overall routine time: An eight (8) point penalty will be deducted from the routine score if there is a deviation from the specified routine time limit permitted.

6.14.6 Stop swimming or use of pool wall: If an Athlete stops swimming or makes clear use of the wall before the routine is completed, the team performing the routine will be disqualified. The Referee will assess if the cessation is caused by circumstances beyond the control of the Athlete. The Referee may allow the routine to be re-swum during the session.

6.14.7 Deliberate use of bottom to propel: An eight (8) point penalty will be deducted from the routine score if an Athlete has made deliberate use of the bottom of the pool during a routine to propel themself.

6.14.8 Deliberate use of bottom to assist: An eight (8) point penalty will be deducted from the routine score if an Athlete has made deliberate use of the bottom of the pool to assist another Athlete. No penalty will be applied when the contact with the bottom of the pool results from the Athlete's self-protection against impact injuries.

6.14.9 Base Mark: All Free Elements (Hybrids and Acrobatics) have a calculated Base Mark that is the minimum Degree of Difficulty that will be applied if one (1) or more components of the Element is not performed or is not in conformance to what is declared in the Coach Card.

6.14.10 Exceeding number of predetermined Elements: A two (2) point penalty will be deducted from the Elements score for each Element exceeding the predetermined number assigned to the particular event and category.

6.14.11 Not including a skill from every family: An eight (8) point penalty will be deducted from the Elements score for not including a skill from every family in the routine (with the exception of connections in Solo). All routine members must perform that skill in the same declaration on the Coach Card (not factored).

6.14.12 Exceeding the Degree of Difficulty safety limit - Youth Team: A Base Mark will be applied for each acrobatic movement exceeding the Degree of Difficulty safety limit: Group A (2.7), Group B (2.8), Group C (2.8), and Group P (3.0). All Degree of Difficulty limits are inclusive of Base Mark value of 0.5.

6.14.13 Exceeding the Degree of Difficulty safety limit - 12U Team: A Base Mark will be applied for each acrobatic movement exceeding the Degree of Difficulty safety limit: Group A (2.5), Group B (2.6), Group C (2.6), and Group P (2.8). All Degree of Difficulty limits are inclusive of Base Mark value of 0.5.

6.14.14 **Repetition of Team Acrobatic: a Base Mark will be applied for any repetition of acrobatics. For Team - Must not repeat the same acrobatic is defined as:**

6.14.14.1 For Group A – can't repeat the same position/s (as P1 or as P2), with the exception of the third position bonus.

6.14.14.2 For Group B – can't repeat the same construction, can't repeat the same type of connection (grip).

6.14.14.3 For Group C – can't repeat the same construction.

6.14.14.4 For Group P – can't repeat the same construction, can't repeat the same type of connection (grip), and can't repeat the same position/s (as P1 or as P2), with the exception of the third position bonus, can't repeat the same bonus(es).

6.14.15 **Synchronisation errors and penalty values:**

6.14.15.1 For all routines, the sum of all synchronisation errors (unequal actions) observed by the Synchronisation Technical Controllers (each factored by its assigned value) will be deducted from the Elements score. Types of synchronisation errors and penalty values are small (0.1 points), obvious (0.5 points), and major (3.0 points).

6.14.15.2 The description of small, obvious, and major synchronisation errors (unequal actions) is detailed in the scoring synchronisation guide at Appendix 8. Maximum deduction can reduce the Elements score to zero, but not to a negative Elements score.

6.14.16 Exceeding Hybrid maximums: If 5x per family or 3x per technique is exceeded in a Hybrid, the Difficulty Technical Controller will apply a Base Mark to the Hybrid.

6.14.17 If a reserved acrobatic code is used by a Member Federation that does not own that code, a Base Mark will be applied to the Acrobatic.

6.15 **Deduction, penalties, and other matters in Acrobatic Routines:**

6.15.1 Fewer than eight (8) Athletes: A half (0.5) point penalty will be deducted from the total score for each Athlete fewer than eight (8) Athletes.

6.15.2 Deck walk-on: An eight (8) point penalty will be deducted from the routine score if the time limit of thirty (30) seconds for the deck walk-on is exceeded.

6.15.3 Deck movements: An eight (8) point penalty will be deducted from the routine score if the time limit of ten (10) seconds for deck movements is exceeded.

6.15.4 New start: A two (2) point penalty will be deducted from the routine score if a routine is interrupted by an Athlete during the deck movements and a new start is allowed.

6.15.5 Overall routine time: An eight (8) point penalty will be deducted from the routine score if there is a deviation from the specified routine time limit permitted.

6.15.6 Stop swimming or use of pool wall: If an Athlete stops swimming or makes clear use of the wall before the routine is completed, the team performing the routine will be disqualified. The Referee will assess if the cessation is caused by circumstances beyond the control of the Athlete. The Referee may allow the routine to be re-swum during the session.

6.15.7 Deliberate use of bottom to propel: An eight (8) point penalty will be deducted from the routine score if an Athlete has made deliberate use of the bottom of the pool during a routine to propel themself.

6.15.8 Deliberate use of bottom to assist: An eight (8) point penalty will be deducted from the routine score if an Athlete has made deliberate use of the bottom of the pool to assist another Athlete. No penalty will be applied when the contact with the bottom of the pool results from the Athlete's self-protection against impact injuries.

6.15.9 Base Mark: All Free Elements (Hybrids and Acrobatics) have a calculated Base Mark that is the minimum Degree of Difficulty that will be applied if one (1) or more components of the Element is not performed or is not in conformance to what is declared in the Coach Card.

6.15.10 Exceeding number of predetermined Elements: A two (2) point penalty will be deducted from the Elements score for each Element exceeding the predetermined number assigned to the particular event and category.

6.15.11 **General Requirements #4 and #5: a Base Mark will be applied for each violation of General Requirement #4 or #5 in Appendix 4:**

6.15.11.1 General Requirement #4 - A maximum of two (2) acrobatics from any group (A, B, C or P) may be performed. If a third from the same group is performed that acrobatic will go to base mark.

6.15.11.2 General Requirement #5 - Acrobatics must not be repeated (see Article 6.15.14 of this Part Seven).

6.15.12 **General Requirement #6: an eight (8) point penalty will be deducted from the Routine score for each violation of the General Requirement #6 in Appendix 4:**

6.15.12.1 General Requirement #6 - The Routine must portray a theme, which must be declared on the Coach Card.

6.15.13 **Acrobatic Required Element #1: An eight (8) point penalty will be deducted from the Elements score for each violation of Acrobatic Required Element #1 as specified in Appendix 4:**

6.15.13.1 Seven (7) acrobatic movements: one from each acrobatic group (A, B, C, P), and three (3) more of free choice as per the general requirements.

6.15.14 Repetition of Team Acrobatic: a Base Mark will be applied for a repeated acrobatic. For Team - Must not repeat the same acrobatic is defined as:

6.15.14.1 For Group A – can't repeat the same position/s (as P1 or as P2), with the exception of the third position bonus.

6.15.14.2 For Group B – can't repeat the same construction, can't repeat the same type of connection (grip).

6.15.14.3 For Group C – can't repeat the same construction.

6.15.14.4 For Group P – can't repeat the same construction and can't repeat the same type of connection (grip), and can't repeat the same position/s (as P1 or as P2), with the exception of the third position bonus, and can't repeat the same bonus(es).

6.15.15 **Synchronisation errors and penalty values:**

6.15.15.1 For all routines, the sum of all synchronisation errors (unequal actions) observed by the Synchronisation Technical Controllers (each factored by its assigned value) will be deducted from the Elements score. Types of synchronisation errors and penalty values are small (0.1 points), obvious (0.5 points), and major (3.0 points).

6.15.15.2 The description of small, obvious, and major synchronisation errors (unequal actions) is detailed in the scoring synchronisation guide at Appendix 8. Maximum deduction can reduce the Elements score to zero (0), but not to a negative Elements score.

6.15.15.3 If a reserved acrobatic code is used by a Member Federation that does not own that code, a Base Mark will be applied to the Acrobatic.

6.16 **Deduction, penalties, and other matters in Open Free Combination routines:**

6.16.1 Fewer than ten (10) Athletes: A half (0.5) point penalty will be deducted from the total score for each Athlete fewer than ten (10) Athletes.

6.16.2 Deck walk-on: An eight (8) point penalty will be deducted from the routine score if the time limit of thirty (30) seconds for the deck walk-on is exceeded.

6.16.3 Deck movements: An eight (8) point penalty will be deducted from the routine score if the time limit of ten (10) seconds for deck movements is exceeded.

6.16.4 New start: A two (2) point penalty will be deducted from the routine score if a routine is interrupted by an Athlete during the deck movements and a new start is allowed.

6.16.5 Overall routine time: An eight (8) point penalty will be deducted from the routine score if there is a deviation from the specified routine time limit permitted.

6.16.6 Stop swimming or use of pool wall: If an Athlete stops swimming or makes clear use of the wall before the routine is completed, the team performing the routine will be disqualified. The Referee will assess if the cessation is caused by circumstances beyond the control of the Athlete. The Referee may allow the routine to be re-swum during the session.

6.16.7 Deliberate use of bottom to propel: An eight (8) point penalty will be deducted from the routine score if an Athlete has made deliberate use of the bottom of the pool during a routine to propel themself.

6.16.8 Deliberate use of bottom to assist: An eight (8) point penalty will be deducted from the routine score if an Athlete has made deliberate use of the bottom of the pool to assist another Athlete. No penalty will be applied when the contact with the bottom of the pool results from the Athlete's self-protection against impact injuries.

6.16.9 Base Mark: All Free Elements (Hybrids and Acrobatics) have a calculated Base Mark that is the minimum Degree of Difficulty that will be applied if one (1) or more components of the Element is not performed or is not in conformance to what is declared in the Coach Card.

6.16.10 Exceeding number of predetermined Elements: A two (2) point penalty will be deducted from the Elements score for each Element exceeding the predetermined number assigned to the particular event and category.

6.16.11 **General Requirements #2 to #6: An eight (8) point penalty will be deducted from the Routine Score for violations of each General Requirement in Appendix 5:**

6.16.11.1 General Requirement #2 - Start may be on the deck or in the water, or a combination of both.

6.16.11.2 General Requirement #3 - All subsequent parts must start in the water.

6.16.11.3 General Requirement #4 - A new part begins in very close proximity to the previous part.

6.16.11.4 General Requirement #5 - The Routine must portray a theme, which must be declared on the Coach Card.

6.16.11.5 General Requirement #6 – The Coach Card must show the required Elements in the selected order of performance.

6.16.12 **Required Element #1: A two (2) point penalty will be deducted from the Elements score for each violation of Open Free Combination Required Element #1 in Appendix 5:**

6.16.12.1 At least two (2) parts must have fewer than three (3) Athletes and at least two (2) parts must have all Athletes.

6.16.13 **Required Element #2 – Youth Open Free Combination: a Base Mark will be applied for each violation of Youth Open Free Combination Required Element #2 in Appendix 5:**

6.16.13.1 Four (4) Team Acrobatics with Degree of Difficulty safety limit (free choice but must not repeat the same acrobatic).

6.16.13.2 One (1) x Degree of Difficulty solo Hybrid.

6.16.13.3 One (1) x Degree of Difficulty duet Hybrid.

6.16.13.4 Two (2) x team Degree of Difficulty Hybrid (must be executed with a minimum of four (4) Athletes).

6.16.13.5 One (1) x team choreography Hybrid with no Degree of Difficulty (i.e., factor of 1.0) must be executed with a minimum of four (4) Athletes.

6.16.13.6 Element parts cannot occur simultaneously (i.e., Team Acrobatic occurs while solo Hybrid starts).

6.16.14 **Required Element #3 – 12U Open Free Combination: a Base Mark will be applied for each violation of 12U Open Free Combination Required Element #3 in Appendix 5:**

6.16.14.1 Three (3) Team Acrobatics with Degree of Difficulty safety limit (free choice but must not repeat the same acrobatic).

6.16.14.2 One (1) x Degree of Difficulty solo Hybrid.

6.16.14.3 One (1) x Degree of Difficulty duet Hybrid.

6.16.14.4 Two (2) x team Degree of Difficulty Hybrid (must be executed with a minimum of four (4) Athletes).

6.16.14.5 One (1) x team choreography Hybrid with no Degree of Difficulty (i.e., factor of 1.0) must be executed with a minimum of four (4) Athletes.

6.16.14.6 Element parts cannot occur simultaneously (i.e., Team Acrobatic occurs while solo Hybrid starts).

6.16.15 **Required Elements #4 and #5: a Base Mark will be applied for each violation of Open Free Combination Required Elements #4 or #5 in Appendix 5:**

6.16.15.1 Required Element #4 - 12U and Youth Team Acrobatic safety limit for Open Free Combination is as follows. Acrobatic Elements cannot have a Degree of Difficulty higher than the Total Degree of Difficulty (maximum):

6.16.15.1.1 For Youth: Group A (2.7), Group B (2.8), Group C (2.8) and Group P (3.0). All Degree of Difficulty limits are inclusive of Base Mark value of 0.5.

6.16.15.1.2 For 12U: Group A (2.5), Group B (2.6), Group C (2.6) and Group P (2.8). All Degree of Difficulty limits are inclusive of Base Mark value of 0.5.

6.16.15.2 Required Element #5 - Acrobatics must not be repeated (see Article 6.16.16 of this Part Seven).

6.16.16 **Repetition of Team Acrobatic: A Base Mark will be applied for any repetition of acrobatics. For Team - Must not repeat the same acrobatic is defined as:**

6.16.16.1 For Group A – can't repeat the same position/s (as P1 or as P2), with the exception of the third position bonus.

6.16.16.2 For Group B – can't repeat the same construction, can't repeat the same type of connection (grip).

6.16.16.3 For Group C – can't repeat the same construction.

6.16.16.4 For Group P – can't repeat the same construction and can't repeat the same type of connection (grip), and can't repeat the same position/s (as P1 or as P2), with the exception of the third position bonus, and can't repeat the same bonus(es).

6.16.17 **Synchronisation errors and penalty values:**

6.16.17.1 For all routines, the sum of all synchronisation errors (unequal actions) observed by the Synchronisation Technical Controllers (each factored by its assigned value) will be deducted from the Elements score. Types of synchronisation errors and penalty values are small (0.1 points), obvious (0.5 points), and major (3.0 points).

6.16.17.2 The description of small, obvious, and major synchronisation errors (unequal actions) is detailed in the scoring synchronisation guide at Appendix 8. Maximum deduction can reduce the Elements score to zero (0), but not to a negative Elements score.

6.16.18 Exceeding Hybrid maximums: If 5x per family or 3x per technique is exceeded in a Hybrid, the Difficulty Technical Controller will apply a Base Mark to the Hybrid. For the connections family, in Duet and Mixed Duet only, there is a maximum of 5 declarations per Hybrid, with a limit of 2 per technique.

6.16.19 Not including a skill from every family: An eight (8) point penalty will be deducted from the Elements score for not including a skill from every family in the routine (with the exception of connections in Solo). All routine members must perform that skill in the same declaration on the Coach Card (not factored) if performed during the duet or team Hybrids.

6.16.20 If a reserved acrobatic code is used by a Member Federation that does not own that code, a Base Mark will be applied to the Acrobatic.

6.17 **Calculation of the Routine results:**

6.17.1 **Calculation procedure for all Routines:**

6.17.1.1 Elements score = EL1DD*Ex + EL2DD*Ex +...+ ELnDD*Ex - Sy errors penalty - other penalties.

6.17.1.2 Artistic Impression score = CH/MU score + EP score + Tr - other penalties.

6.17.1.3 Routine score = Elements score + Artistic Impression score - other penalties.

6.17.2 **The constituent elements in those calculations are:**

6.17.2.1 EL = Element (either required or free).

6.17.2.2 DD = Sum of values of each element component and bonuses + Base Mark for Free Elements (all in Hybrid Difficulty Table); assigned Degree of Difficulty for Technical Required Elements #1 to #5.

6.17.2.3 Ex = Execution score.

6.17.2.4 n = Total number of Elements in an event (see Appendix 3).

6.17.2.5 CH/MU = choreography and musicality.

6.17.2.6 EP = performance.

6.17.2.7 Sy = synchronisation.

6.17.2.8 Tr = Transitions.

6.17.3 **The score for each Element is calculated as follows:**

6.17.3.1 The highest award and the lowest award for each score are disregarded.

6.17.3.2 The three (3) remaining awards are added.

6.17.3.3 The resulting number is divided by three (3).

6.17.3.4 The resulting number is multiplied by its correspondent Degree of Difficulty.

6.17.4 **Each of the Artistic Impression scores are calculated as follows:**

6.17.4.1 The highest award and the lowest award for each score are disregarded.

6.17.4.2 The three (3) remaining awards are added.

6.17.5 World Aquatics will manage all final Degree of Difficulty values. Factoring can be applied. World Aquatics reserves the right to adjust if required.

7 FINAL RESULT

7.1 The final Figures result will be that of the Athletes who competed in the Figure session and also swam the Free Routine (with the sole exception set out at Article 5.6.7.4 of this Part Seven).

7.2 The final result in an event 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 will replace that of the preliminary session and will be used to determine the final result.

7.2.1 In events that include one (1) session (Open Acrobatic Routine, Open Free Combination, Free Routine, Technical Routine, or Figures), the final result and placings will be determined by the Athlete's respective scores in that one (1) session.

7.2.2 In events that include two (2) sessions (Figures and Free Routine, Technical Routine and Free Routine), the final results and placings will be determined by the sum of each Athlete's scores in those two (2) sessions.

7.2.3 In events that include three (3) sessions (Technical Routine, Free Routine, Open Acrobatic Routine), the final results and placings will be determined by the sum of each Athlete's scores in those three (3) sessions.

7.3 If the scores of two (2) or more Athletes, duets, or teams (as applicable) are equal (calculated to four (4) decimals) in Women Solo, Men Solo, Women Duet, Mixed Duet, Open Team, Open Free Combination, or Open Acrobatic Routine, and the tie must be broken (eg, for qualification or other purposes), the following process will apply to break the tie:

7.3.1 The highest Elements score will determine the position.

7.3.2 If there is still a tie, the highest choreography and musicality score in the Artistic Impression panel will determine the position.

7.3.3 If there is still a tie, the highest verified total declared Degree of Difficulty in the Elements panel will determine the position.

7.3.4 If there is still a tie in events with combined results (Technical Routine, Free Routine, Open Acrobatic Routine):

7.3.4.1 The highest Free Routine score of the final result will determine the position.

7.3.4.2 If there is still a tie, the Elements score of the Free Routine will determine the position.

7.3.4.3 If there is still a tie, the highest choreography and musicality score in the Artistic Impression panel of the Free Routine will determine the position.

7.3.4.4 If there is still a tie, the highest Elements score from the Technical Routine will determine the position.

7.4 If an Athlete, duet, or team is registered to participate in an event but is not present in the final call room at the designated start time, the Athlete, duet, or team will be recorded in the final results as 'did not start' (also known as 'DNS' or 'scratched') below all of the other Athletes, duets, or teams that competed and received an official score.

7.5 If the Referee personally observes any breach of the rules by an Athlete, duet, or team, the Referee will disqualify that Athlete, duet, or team. If another Technical Official personally observes any breach of the rules by an Athlete, duet, or team and reports that breach to the Referee, the Referee may disqualify that Athlete, duet, or team. A disqualified Athlete, duet, or team will be recorded in the final results as 'disqualified' (also known as 'DSQ') below all of the other Athletes, duets, or teams that competed and received an official score.

8 TECHNICAL OFFICIALS

8.1 For World Aquatics Championships, Referees, Technical Controllers, and Judges will be selected by World Aquatics. For Artistic Swimming World Cup competitions, Referees, Technical Controllers, and Judges will be proposed by the Member Federation and approved by World Aquatics.

8.1.1 In making selections, World Aquatics will consider the evaluations of the Technical Controllers and Judges, their bias scores, and their participation in World Aquatics Events in the past two (2) seasons. World Aquatics will also consider continental representation among the selected Technical Controllers and Judges for a competition, but the best Technical Controllers and Judges will be selected to officiate final events. Selections by World Aquatics will be final except for in emergency situations (see Article 8.3.8 of this Part Seven).

8.1.2 All Judges and Technical Controllers are required to be at the competition venue one full day prior to the start of the competition they are officiating at in order to view the practice sessions.

8.2 **The following Technical Officials are required at World Aquatics Events and the Olympic Games:**

8.2.1 One (1) Referee and one (1) Assistant Referee.

8.2.2 One (1) Assistant Referee for each Figures panel of Judges.

8.2.3 Three (3) Difficulty Technical Controllers, who will be selected from the relevant World Aquatics list.

8.2.4 Three (3) Synchronisation Technical Controllers, who will be selected from the relevant World Aquatics list.

8.2.5 Figure sessions will be officiated by one (1), two (2), or four (4) panels each of four (4) to six (6) Judges.

8.2.6 One (1) panel referee, one (1) panel marshall, and two (2) to three (3) scorers for each Figures panel.

8.2.7 Two (2) Timers.

8.2.8 One (1) World Aquatics-approved Music Manager.

8.2.9 One (1) World Aquatics-approved announcer.

8.2.10 One (1) World Aquatics-approved underwater camera operator.

8.2.11 One (1) or two (2) World Aquatics Evaluators, selected from the trained appointed group of World Aquatics Evaluators, who will lead all Judge panel discussions and Judge debriefs.

8.2.12 Other Technical Officials as deemed necessary by World Aquatics.

8.3 **The Referee:**

8.3.1 The Referee will work in collaboration with the World Aquatics Technical Delegate and the World Aquatics Evaluators, and will enforce the decisions of the group. The Referee will take attendance and provide the Judges with logistical information for the session (for example, if there is break or if any Athlete did not start).

8.3.2 The Referee will be responsible for the draw for order of appearance in all sessions, recording any changes of Athletes prior to each session, checking the electronic scoring system, checking the computer results, and ensuring that a World Aquatics Evaluators program is provided.

8.3.3 The Referee will be responsible for ensuring that Coach Cards have been made available to the Technical Controllers.

8.3.4 The Referee will maintain communication with the announcer, LOC Medical Team, Music Manager, lifeguards, and Assistant Referee(s).

8.3.5 The Referee will receive Coach Card changes and ensure their distribution to the scorer, the Technical Controllers, the announcer, and the media.

8.3.6 The Referee will be responsible for the running of the deck and the flow of the event. The Referee will enforce the rules after collaboration with the World Aquatics Technical Delegate. The World Aquatics Evaluators may be consulted, as the Referee considers necessary. The Referee, in collaboration with the World Aquatics Technical Delegate, will determine any other matter in relation to the conduct of the event.

8.3.7 The Referee will ensure that all the necessary Technical Officials are in their respective positions to conduct the session, have their assignments for each routine, and are provided with a programme sheet for each Athlete.

8.3.8 If the Referee considers, after consultation with the World Aquatics Technical Delegate, that any Technical Official is absent, incapable of acting, or found to be inefficient or biased, the Referee will appoint a reserve Technical Official. If an emergency situation arises, the Referee will appoint a reserve Technical Official.

8.3.9 The Referee will ensure that the Athletes are ready and signal for the start of the accompaniment. The Referee will approve the penalties resulting from any infraction to the rules, and the Referee and World Aquatics Technical Delegate will approve the results before announcements are made.

8.3.10 The Referee may intervene at any stage to ensure that these Competition Regulations and other World Aquatics Rules are observed and will, in collaboration with the World Aquatics Technical Delegate, adjudicate all protests related to the session in progress.

8.3.11 If the Referee personally observes any breach of the rules by an Athlete, duet, or team, the Referee will disqualify that Athlete, duet, or team. If another Technical Official personally observes any breach of the rules by an Athlete, duet, or team and reports that breach to the Referee, the Referee may disqualify that Athlete, duet, or team.

8.3.12 The Referee will attend the Technical/Team Leaders' Meeting and ensure the logistics for the event are in place. The Referee will run the draws at the Technical/Team Leaders' Meeting. Draws will commence after all media information sheets on each routine have been submitted to the LOC.

8.3.13 If the Difficulty Technical Controllers are divided and located on both sides of the pool, the Referee may request that the Technical Controllers on one side of the pool review an Element, Acrobatic, or Hybrid that was or may not have been fully visible on that side of the pool. The Technical Controllers that have already made a review will abstain from the subsequent review.

8.4 Other Technical Official(s) will carry out the duties assigned to them by the Referee (and otherwise as set out in this Part Seven).

9 DUTIES OF THE LOC

9.1 **The LOC organising the competition is responsible for:**

9.1.1 Compliance with pool specifications and related rules set out at Article 12 of this Part Seven (any non-compliance must be approved in advance by World Aquatics).

9.1.2 Provision of suitable sound equipment approved by World Aquatics.

9.1.3 Provision of four (4) underwater speakers for the competition pool and four (4) underwater speakers for the practice and warm up pool.

9.1.4 Production of programme sheets for each routine for Judges, and Coach Cards for Technical Controllers.

9.1.5 Preparation of a list of entries and judging forms.

9.1.6 Electronic provision of event information to the Technical Artistic Swimming Committee, Technical Officials, Coaches, and the media.

9.1.7 Provision to the Judges for Figure sessions of a means of signalling scores (the automatic officiating equipment, and flash cards in case of technical failure).

9.1.8 Ensuring that practice periods prior to the start of events will apply at all World Aquatics Events.

9.1.9 Ensuring that a World Aquatics approved scoring system is used.

9.1.10 Ensuring that electronic marks and a scoreboard are used for World Aquatics Events. The scoreboard must be capable of showing placings in previous sessions (preliminaries or Technical Routine) and placings in the current session (final or Free Routine) and an overall current placement.

9.1.11 Ensuring that video records of all sessions (including underwater video) are available if required to enable the Technical Officials to check Athlete use of the bottom of the pool.

9.1.12 Determining the position of the spectators with reference to the pool and the designated VIP seating area; the open space for entrance and exit, including a designated starting point for walk-ons, and alternative facilities (if required).

9.1.13 Communicating to World Aquatics any preferences regarding the schedule of events, indicating which sessions (see Article 2 of this Part Seven) might be included in the programme (see Article 3 of this Part Seven) and stating whether preliminaries and finals might be held (see Article 4.12 of this Part Seven).

9.1.14 Organising the gala water show at the end of the competition. Participating Athletes must perform a new routine of 60 and 90 seconds in duration. Costumes, make up, props, and lighting are permitted. The gala show program must be approved in advance by World Aquatics.

10 AGE CATEGORY RULES AND ELIGIBILITY

10.1 To be eligible to compete at the Olympic Games, World Aquatics Championships, or Artistic Swimming World Cup, an Athlete must be at least fifteen (15) years old as at 31 December in the year of the start date of the competition.

10.2 **Age categories for women in Artistic Swimming are:**

10.2.1 12U (12 years of age and younger). To be eligible to compete in 12U events, an Athlete must be twelve (12) or younger as at 31 December in the year of the start date of the competition.

10.2.2 Youth (13 to 15 years of age). To be eligible to compete in Youth events, an Athlete must be thirteen (13) or fourteen (14) or fifteen (15) as at 31 December in the year of the start date of the competition.

10.2.3 Junior (15 to 19 years of age). To be eligible to compete in Junior events, an Athlete must be fifteen (15), sixteen (16), seventeen (17), eighteen (18) or nineteen (19) as at 31 December in the year of the start date of the competition.

10.2.4 Senior (15 years of age and older). To be eligible to compete in Senior events, an Athlete must be fifteen (15) or older as at 31 December in the year of the start date of the competition.

10.3 **Age categories for men in Artistic Swimming are:**

10.3.1 12U (12 years of age and younger). To be eligible to compete in 12U events, an Athlete must be twelve (12) or younger as at 31 December in the year of the event.

10.3.2 Youth (13 to 16 years of age). To be eligible to compete in Youth events, an Athlete must be thirteen (13), fourteen (14), fifteen (15), or sixteen (16) as at 31 December in the year of the start date of the competition.

10.3.3 Junior (15 to 20 years of age). To be eligible to compete in Junior events, an Athlete must be fifteen (15), sixteen (16), seventeen (17), eighteen (18), nineteen (19), or twenty (20) as at 31 December in the year of the start date of the competition.

10.3.4 Senior (15 years of age and older). To be eligible to compete in Senior events, an Athlete must be fifteen (15) or older as at 31 December in the year of the start date of the competition.

10.4 The time limits for age category events, including ten (10) seconds of deck movements, will be as follows:

10.4.1 **12U and Youth events:**

Event	Time limit
Solo	2:00 minutes
Women Duet/Mixed Duet	2:30 minutes
Open Team	3:00 minutes
Open Free Combination	3:00 minutes

10.4.2 **Junior Free Routines:**

Event	Time limit
Solo	2:15 minutes
Women Duet/Mixed Duet	2:45 minutes
Open Team	3:30 minutes
Open Acrobatic Routine	3:00 minutes

10.4.3 **Junior Technical Routines:**

Event	Time limit
Solo	2:00 minutes
Women Duets / Mixed Duet	2:20 minutes
Open Team	2:50 minutes

10.4.4 An allowance of five (5) seconds under or over the allotted time limit is permitted.

11 SWIMWEAR AND WEARABLES

11.1 Athletes must comply with the following requirements in respect of Swimwear and other clothing, accessories, or equipment:

11.1.1 Swimwear worn by women during routines must comply with Article 6.3 of Part One.

11.1.2 Swimwear worn by men during routines must comply with Article 6.3 of Part One and must not extend above the navel nor below the upper thigh.

11.1.3 Swimwear must be dignified and appropriate for athletic competition and must not give the effect of excessive nudity inappropriate for the sport. Swimwear may represent character and/or a theme of the routine.

11.1.4 Unless otherwise permitted in Article 11 of this Part Seven, the use during routines of additional clothing, accessories, equipment, or goggles is not permitted unless required for medical reasons and approved by World Aquatics (or World Aquatics' designee). Nose clips or plugs and small ear stud jewellery may be worn.

11.1.5 Theatrical makeup must not be worn. The use of natural makeup that represents the Athlete's unique personality and/or the theme of the routine is permitted.

11.2 Other than permitted Swimwear, an Athlete must not wear or use during competition any device or swimsuit that may aid his/her speed, buoyancy, or endurance. An Athlete is permitted to use an automated data collection device for the sole purpose of collecting data. Such device must not be capable of transmitting or used to transmit data, sounds, or signals to the Athlete and must not be capable of aiding or used to aid the Athlete's speed, buoyancy, or endurance.

11.3 If the Referee, in his/her absolute discretion, considers that an Athlete does not comply with Article 11 of this Part Seven, he/she will not permit the Athlete to compete until the Athlete does comply with Article 11 of this Part Seven.

12 ARTISTIC SWIMMING FACILITIES AND EQUIPMENT

12.1 **Facilities for Artistic Swimming competitions must comply with the following requirements:**

12.1.1 Figure sessions and routine sessions of the competition will be conducted in a pool with a minimum area of 15 metres by 25 metres, within which an area of (at least) 12 metres by 12 metres must have a minimum depth of 3.0 metres. The minimum depth of the remaining area will be no less than 2.0 metres. World Aquatics may determine whether a non-compliant pool may be used on a case-by-case basis.

12.1.2 Where the general water depth is more than 2.0 metres, the depth at the pool wall may be 2.0 metres and then slope down to reach the general depth (at minimum 3.0 metres) at 1.2 metres maximum from the pool wall.

12.1.3 If the pool bottom does not feature the Swimming lane markings described at Article 15 of Part Two, the pool bottom must be marked with contrasting lines in one direction following the length of the pool as shown in the diagram at Appendix 10.

12.1.4 The water must be of sufficient clarity for the bottom of the pool to be visible, and the water temperature must not be less than 27° C.

12.1.5 Measured at the level of 1 metre above the water surface, the minimum light intensity must not be less than 600 lux. Sources of natural and artificial illumination must be provided with controls to prevent glare affecting the Judge's platforms and the starting platform.

12.1.6 The starting platform should be 1.0 metres in height and must not be lower in height than 0.5 metres. The surface of the platform must be covered in a slip-resistant material suggest a quick drying waterproof carpet.

12.1.7 The Athlete's entrance should always be centre-stage.

12.2 **Facilities for Artistic Swimming competitions at the Olympic Games and the World Aquatics Championships must also comply with the following requirements:**

12.2.1 The field of play will be as shown in the diagrams at Appendix 10 and Appendix 11.

12.2.2 The routine sessions of the competition will be conducted in a pool with a minimum area of 30 metres by 20 metres and a minimum depth of 3.0 metres.

12.2.3 Measured at the level of 1 metre above the water surface, the minimum light intensity must not be less than 1500 lux. Sources of natural and artificial illumination must be provided with controls to prevent glare affecting the Technical Officials' platforms and the starting platform.

12.2.4 The starting platform should be 1.0 metres in height and must not be lower in height than 0.7 metres (with a tolerance of ±1cm). The surface of the platform must be covered in a slip-resistant material suggest a quick drying water proof carpet.

12.2.5 The Technical Officials' platform must be of a minimum height of 0.6 metres and have tables and chairs positioned on it. The platforms must be no more than 2.0 metres from the edge of the pool, as shown in the diagrams at Appendix 10 and Appendix 11.

12.2.6 The practice and warm up pool must have a minimum area of 25 metres by 25 metres (or 30 metres by 20 metres) with a minimum depth of 3 metres.

12.2.7 A sound reproduction system that meets the requirements of Article 12.4 of this Part Seven must be available.

12.2.8 A dry land training and stretching area with mats must be provided for Athletes.

12.3 **Automatic officiating equipment must be used at all international competitions:**

12.3.1 **The minimum installation of automatic officiating equipment consists of:**

12.3.1.1 The same number of score recorder units as Judges (Figures: 5 up to 28; and routine: 5 up to 15).

12.3.1.2 A result unit (computer) with result recording and backup system. Only World Aquatics approved program and systems are allowed. The results may only be transferred after confirmation by the Referee or appointed Technical Official.

12.3.1.3 A print-out system for all recorded information, start lists, and result lists.

12.3.1.4 A Judge's and Technical Controller's evaluation system based on the recorded results. The Technical Artistic Swimming Committee approved evaluation program is required.

12.3.1.5 A scoreboard control unit with a scoreboard containing a minimum of 10 lines, each with 32 digits. The scoreboard must be able to display all recorded information and the running time.

12.3.1.6 For each Judge, flash cards to display in case of failure of the electronic system.

12.3.2 An automated timing system with two (2) independent Timers that time walk-on time, deck movement time, and overall time. The Timers should be placed close to the result secretariat.

12.3.3 An underwater review system comprised of an underwater camera is required with mounting and harness to the pool wall or bottom, depending on the type. The system must have video server or a computer control centre with data storage with the capacity for immediate slow motion replay. A monitor for the Technical Artistic Swimming Committee to perform immediate reviews must be available.

12.3.4 A routine and figure review system comprised of two (2) to four (4) cameras in defined positions with video server or computer control centre and data storage with the capacity for slow motion instant replay must be available.

12.4 **At the Olympic Games, the World Aquatics Championships, the World Aquatics Junior Artistic Swimming Championships, the World Aquatics Youth Artistic Swimming Championships, and the Artistic Swimming World Cup, the sound equipment and presentation standards must include (and at all other international competitions, the sound equipment and presentation standards should include), at minimum:**

12.4.1 An amplifier-mixer system that has at least 16 inputs and 6 outputs, an LR (left-right channels) PA, an LR speaker system on the field of play, and two (2) outputs spare or for broadcasting. Amplifiers should be suitable for the speakers that are used.

12.4.2 **A sound reproduction system with the following features:**

12.4.2.1 High quality microphones and microphone stations for announcements and ceremonies.

12.4.2.2 High quality air speakers in sufficient size, number, and placement to obtain uniform clear sound to the field of play area. The air speakers should be able to produce 105 dB SPL ('sound pressure level') A without distortion. The maximum SPL must not exceed 125 dB SPL A. Speaker frequency response should be at least 40Hz-16kHz.

12.4.2.3 High quality air speakers in sufficient size, number and placement to obtain uniform clear sound to the start podium of the competition area. The air speakers should be able to produce 105 dB SPL A without distortion. The maximum SPL must not exceed 125 dB SPL A. Speaker frequency response should be at least 40Hz-16kHz.

12.4.2.4 All air speakers in the field of play should be 'passive' (i.e., without built-in amplifier) to avoid risk of electrical shock.

12.4.2.5 Underwater speakers for clear and uniform underwater sound. Underwater speakers should be able to produce 98dB A without distortion. The maximum SPL must not exceed 110 dB SPL A. Underwater speaker frequency response should be at least 200Hz-10kHz. The underwater speaks should use or be connected to isolation and impedance matching transformer systems.

12.4.2.6 Digital sound processor to make amplitude frequency characteristic and delay corrections in between air speakers and underwater speakers. The digital sound processor should have at least two (2) inputs and (6) independent outputs (or three (3) stereo independent outputs). Each output should have high pass filter, low pass filter, graphic equalizer and/or parametric equalizer, compressor/limiter, and delay (minimum five (5) seconds).

12.4.3 **A public address system that reproduces sound for spectators:**

12.4.3.1 The system must be capable of reaching spectators seats at least with 110 dB A with deviations in overall direct sound levels across the spectator seating area not exceeding +/- 3 dB A. The maximum SPL must not exceed 125 dB SPL A.

12.4.3.2 The speech transmission index for the system should be within 0.5-1.0.

12.4.3.3 The system must provide enough headroom to compensate for the atmospheric loss of high frequencies.

12.4.3.4 The system should have a minimal impact to the field of play to avoid sound delay problems.

12.4.4 The following additional equipment: a sound volume (decibel) meter for monitoring music sound levels both above and under water; patch cords for interconnecting equipment properly and speaker extension lines adequate for placing speakers for optimal sound distribution; fusing systems as needed to protect speakers and other equipment; grounding lines to ensure safe grounding of all equipment; safety materials to minimise potential of injury to people or equipment from stepping on or tripping over electrical or speaker lines; a stopwatch; tools and meters as needed for initial special hookups and emergency repairs; systems for communication between Technical Officials and the sound desk (five (5) headsets must be available); and a system for continuously monitoring and recording underwater sound.

13 ARTISTIC SWIMMING-SPECIFIC MEDICAL AND SAFETY REQUIREMENTS

13.1 **In addition to the medical and safety requirements set out in Article 8 of Part One, the following medical and safety requirements apply to Artistic Swimming competitions:**

13.1.1 The Field of Play Medical Station should be located near the starting platform and the Athlete exit.

13.1.2 **Lifeguards and water rescue:**

13.1.2.1 During events, three (3) lifeguards are required. One (1) lifeguard will be positioned next to the coach of the competing Athlete(s) to react immediately in an emergency. Two (2) lifeguards will be positioned on different sides of the pool to provide cover for the whole competition area.

13.1.2.2 At the warm-up pool, a minimum of two (2) lifeguards are required.

14 APPENDICES

14.1 APPENDIX 1 - WORLD AQUATICS BASIC POSITION, BASIC MOVEMENT AND FIGURES 327
14.2 APPENDIX 2 – TECHNICAL ROUTINES 355
14.3 APPENDIX 3 – SET NUMBERS OF ELEMENTS FOR ROUTINES 369
14.4 APPENDIX 4 – REQUIRED ELEMENTS FOR ACROBATIC ROUTINE 372
14.5 APPENDIX 5 – REQUIRED ELEMENTS FOR THE OPEN FREE COMBINATION 373
14.6 APPENDIX 6 – HYBRID CATALOGUE 375
14.7 APPENDIX 7 – ACROBATICS CATALOGUE 404
14.8 APPENDIX 8 – IDENTIFICATION OF SYNCHRONISATION ERRORS 499
14.9 APPENDIX 9 – ARTISTIC SWIMMING WORLD RANKING 503
APPENDIX 10 – DIAGRAM OF THE FIELD OF PLAY FOR THE OLYMPIC GAMES AND THE WORLD AQUATICS CHAMPIONSHIPS 506
APPENDIX 11 – DIAGRAM OF THE FIELD OF PLAY (50M POOL) FOR THE OLYMPIC GAMES AND THE WORLD AQUATICS CHAMPIONSHIPS 507

14.1 APPENDIX 1 - WORLD AQUATICS BASIC POSITION, BASIC MOVEMENT AND FIGURES

1. Basic Body Position (BP)

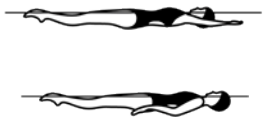
In all basic body positions:

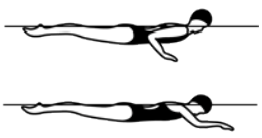
(a) arm positions are optional,

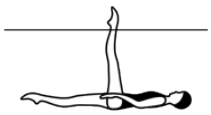
(b) toes must be pointed, ankles must be extended,

(c) the legs, trunk and neck are fully extended unless otherwise specified and

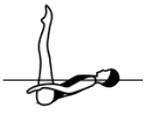
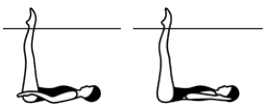
(d) diagrams are a guide only (see Article 2.6 of this Part Seven).

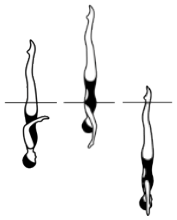
1 BACK LAYOUT POSITION	
Body extended with face, chest, thighs and feet at the surface of the water. Head (ears specifically), hips and ankles in horizontal alignment.	

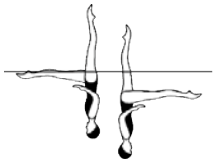
2 FRONT LAYOUT POSITION	
Body extended with head, upper back, buttocks and heels at the surface of the water. Unless otherwise specified, face may be in or out of the water.	

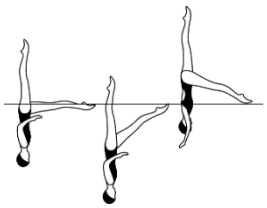
3 BALLET LEG POSITION	
a) Surface Body in **Back Layout Position**. One leg extended perpendicular to the surface of the water.	
b) Submerged Head, trunk and horizontal leg parallel to the surface of the water. One leg perpendicular to the surface with the water level between the knee and the ankle.	

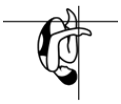
4 FLAMINGO POSITION	
a) Surface One leg extended perpendicular to the surface of the water. The other leg bent with the mid-calf opposite the vertical leg. Foot, shin and knee at and parallel to the surface of the water. Face at the surface of the water.	
b) Submerged Trunk, head, shin and foot of the bent leg parallel to the surface of the water. 90° angle between the trunk and extended leg. Water level between knee and ankle of the extended leg.	

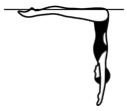
5 BALLET LEG DOUBLE POSITION	
a) Surface Legs together and extended perpendicular to the surface of the water. Head in line with the trunk. Face at the surface of the water.	
b) Submerged Trunk and head parallel to the surface of the water. 90° angle between the trunk and the extended legs. Water level between knees and ankles of the extended legs.	

6 VERTICAL POSITION	
Body extended perpendicular to the surface of the water; legs together, head downward. Head (ears specifically), hips and ankles in line.	

7 CRANE POSITION	
Body extended in **Vertical Position** with one leg extended forward at a 90° angle to the body.	

8 FISHTAIL POSITION	
Body extended in **Vertical Position** with one leg extended forward. The foot of the forward leg is at the surface of the water regardless of the height of the hips.	

9 TUCK POSITION		
Body as compact as possible, with the back rounded and the legs together. Heels close to buttocks. Head close to knees.		

10 FRONT PIKE POSITION		
Body bent at hips to form a 90° angle. Legs extended and together. Trunk extended with the back straight and head in line.		

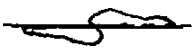
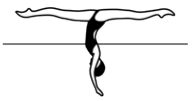
11 BACK PIKE POSITION		
Body bent at hips to form an acute angle of 45° or less. Legs extended and together. Trunk extended with the back straight and head in line.		

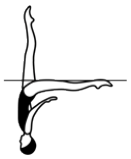
13 SURFACE ARCH POSITION	
Lower back arched with hips, shoulders and head on a vertical line. Legs together and at the surface of the water.	

14 BENT KNEE POSITIONS	
Body in **Front Layout, Back Layout, Vertical**, or **Arched Positions**. One leg bent, with the toe of the bent leg in contact with the inside of the extended leg at the knee or higher.	
a) Bent Knee Front Layout Position Body extended in **Front Layout Position** with the thigh of the bent leg perpendicular to the surface of the water. Unless otherwise specified face may be in or out of the water.	
b) Bent Knee Back Layout Position Body extended in **Back Layout Position**. The thigh of the bent leg is perpendicular to the surface of the water.	

c) Bent Knee Vertical Position Body extended in **Vertical Position** with the thigh of the bent leg parallel to the surface of the water.	
d) Bent Knee Surface Arch Position Lower back arched with hips, shoulders and head on a vertical line. The thigh of the bent leg is perpendicular to the surface of the water.	

15 TUB POSITION	
Legs bent and together, feet and shins at and parallel to the surface of the water with thighs perpendicular. Head in line with trunk. Face at the surface of the water.	

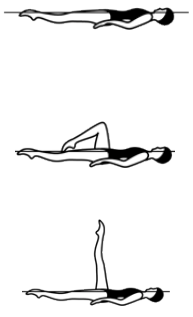
16 SPLIT POSITION	
Legs evenly split forward and back. The legs are parallel to the surface of the water. Lower back arched, with hips, shoulders and head on a vertical line. 180° angle between the extended legs (flat split), with inside of each leg aligned on opposite sides of a horizontal line, regardless of the height of the hips.	
a) Surface Split Position Legs are dry at the surface of the water.	
b) Airborne Split Position Legs are above the surface of the water.	

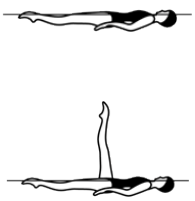
17 KNIGHT POSITION	
Lower back arched, with hips, shoulders and head on a vertical line. One leg vertical. Other leg extended backward with the leg at the surface of the water and as close to horizontal as possible.	

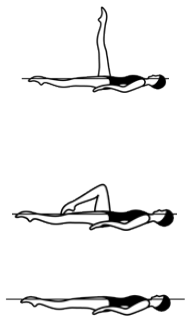
18 KNIGHT VARIANT POSITION	
Lower back arched, with hips, shoulders and head on a vertical line. One leg vertical. The other leg is behind the body with the knee bent at an angle of 90° or less. The thigh and shin of the bent leg are parallel to the surface of the water.	

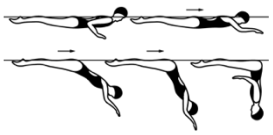
19 SIDE FISHTAIL POSITION	
Body extended in **Vertical Position** with one leg extended sideways with the foot at the surface of the water regardless of the height of the hips.	

2. Basic Movements (BM)

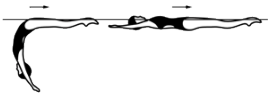
1A TO ASSUME A BALLET LEG / A BALLET LEG IS ASSUMED	
Begin in a **Back Layout Position**. One leg remains at the surface of the water throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. The bent leg is straightened without movement of the thigh to assume a **Ballet Leg Position**.	

1B TO ASSUME A STRAIGHT BALLET LEG / A STRAIGHT BALLET LEG IS ASSUMED	
From a **Back Layout Position** one leg is raised straight to a **Ballet Leg Position**.	

2 TO LOWER A BALLET LEG / THE BALLET LEG IS LOWERED	
From 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.	

3	TO ASSUME A FRONT PIKE POSITION / A FRONT PIKE POSITION IS ASSUMED	
From **a Front Layout Position** with the face in the water the trunk moves downward to assume a **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.		

4	TO ASSUME A SUBMERGED BALLET LEG DOUBLE POSITION FROM A FRONT PIKE POSITION/A SUBMERGED BALLET LEG DOUBLE POSITION IS ASSUMED	
While maintaining a **Front Pike Position** the body somersaults forward around a lateral axis as the buttocks, legs and feet move downward. The hips replace the head to assume a **Submerged Ballet Leg Double Position**.		

5	ARCH TO BACK LAYOUT POSITION	
From a **Surface Arch Position,** the hips, chest and face surface sequentially at the same point with foot first movement to a **Back Layout Position** until the head occupies the position of the hips at the beginning of this action.		

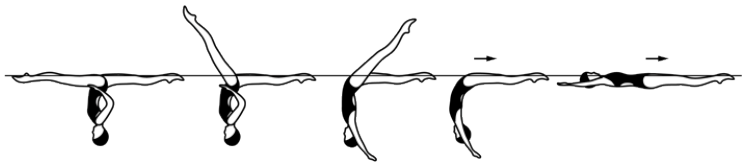
6 WALKOUTS

These movements start in a **Split Position** unless otherwise specified in the figure description. The hips remain stationary as one leg is lifted in an arc over the surface of the water to meet the opposite leg.



a) Walkout Front

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** and with continuous movement an **Arch to Back Layout Position** is executed.



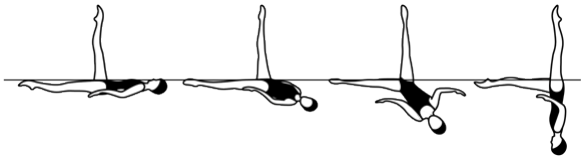
b) Walkout Back

The back leg is lifted in a 180° arc over the surface of the water to meet the opposite leg in a **Front Pike Position** and with continuous movement the body straightens to a **Front Layout Position**. The head surfaces at the position occupied by the hips at the beginning of this action.



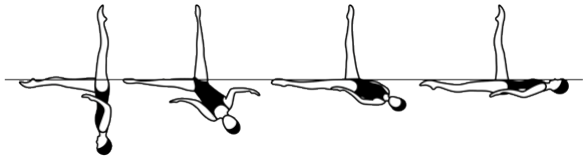
7 CATALINA ROTATION

From a **Ballet Leg Position** a rotation of the body is initiated. The head, shoulders and trunk begin the rotation at the surface of the water while descending without lateral movement to 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, a **Catalina Rotation** starts from a **Ballet Leg Position.**



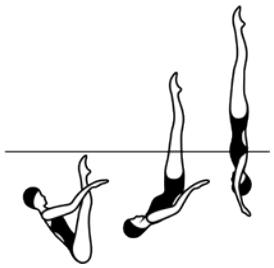
8 CATALINA REVERSE ROTATION

From a **Fishtail Position** the hips rotate as the trunk rises without lateral movement to assume a **Ballet Leg 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.



9 THRUST

From a submerged **Back Pike Position** with the legs 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**. Maximum height desirable.



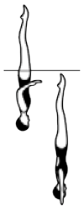
THRUST ALLOWANCE

Deviation allowances for the Thrust action are unique and allow for the legs to be up to an additional 15 degrees off the vertical line.

Deductions are as follows:		
	Angle Deviation	**Deduction Amount**
Small Deviation	16 – 30 degrees	0.2
Medium Deviation	31 – 45 degrees	0.5
Large Deviation	More than 45 degrees	1.0

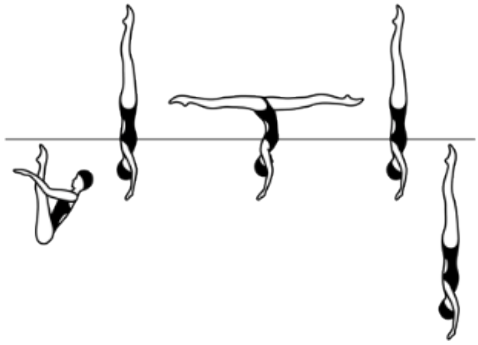
10 VERTICAL DESCENT

Maintaining a **Vertical Position** the body descends along its longitudinal axis until the toes are submerged.



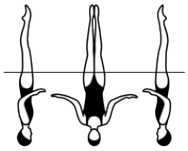
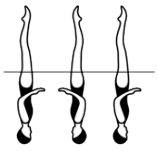
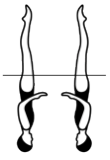
11 ROCKET SPLIT

A **Thrust** is executed to a **Vertical Position**. Maintaining maximum height, the legs are split simultaneously and rapidly to assume an **Airborne Split Position** and rejoin to a **Vertical Position**, followed by a **Vertical Descent**. The **Vertical Descent** is executed at the same tempo as the **Thrust**.



12 TWISTS

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 completed with a **Vertical Descent**.

a) Half Twist: a Twist of 180°	**b) Full Twist:** a Twist of 360°	**c) A Twirl:** a rapid Twist of 180°
		

TWIST ALLOWANCE

The acceptable allowance for **Twist** rotations (**Half Twist, Full Twist** and **Twirl**) is up to ¼ less than/more than the required rotation.

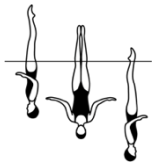
13 SPINS

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.**

A *descending* **Spin** must start at the height of the vertical and 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**.

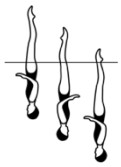
a) 180° Spin/Spinning 180°

A descending **Spin** with a rotation of 180°.



b) 360° Spin/Spinning 360°

A descending **Spin** with a rotation of 360°.

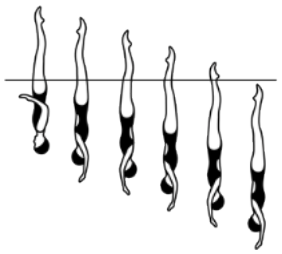


c) Continuous Spin

A descending **Spin** with a rapid rotation of:

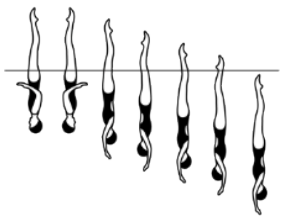
720° (2), 1080° (3), or 1440° (4) which is completed as the ankles reach the surface of the water and continues through submergence.

A **Continuous Spin** 720° is shown in the diagram.

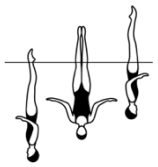
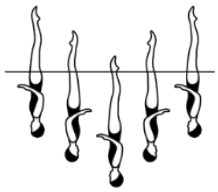
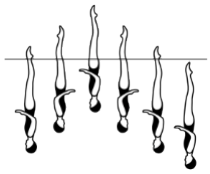
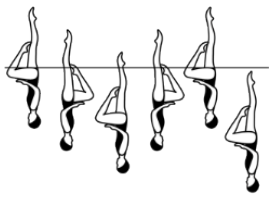
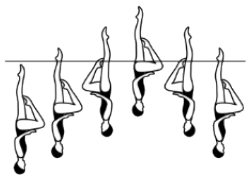


d) Twist Spin

A **Half Twist** is executed and without a pause is followed by a **Continuous Spin** of 720° (2) performed in the same direction as the **Half Twist**.



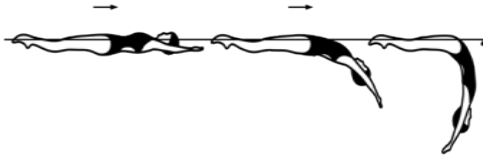
An *ascending* **Spin** begins with the water level at the ankles unless otherwise specified. A vertical upward **Spin** is executed until a water level is established between the knees and hips. An *ascending* **Spin** is finished with a **Vertical Descent**.

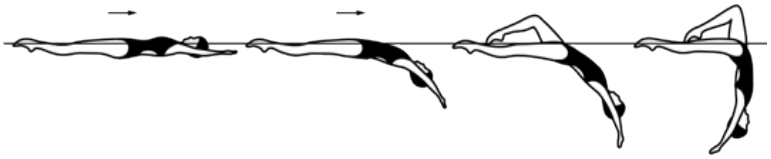
e) Spin Up 180° An ascending **Spin** with a rotation of 180°.	
f) Spin Up 360° An ascending Spin with a rotation of 360°.	
g) Combined Spin: A *descending* **Spin** of at least 360° followed without a pause by an equal *ascending* **Spin** in the same direction. The *ascending* **Spin** reaches the same height where the *descending* **Spin** started.	
h) Reverse Combined Spin An *ascending* **Spin** of at least 360° followed without a pause by an equal *descending* **Spin** in the same direction.	
i) 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.	
j) 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**.	

<u>Spin Allowance</u>

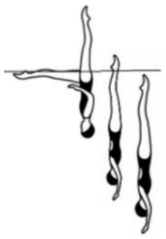
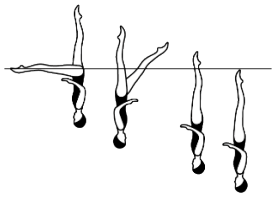
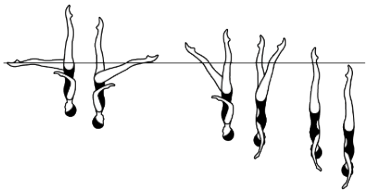
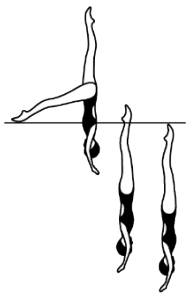
The acceptable allowance for a **Continuous Spin** is up to 180° less than/more than the required rotation.

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. There is no **Spin** allowance for **Combined Spin**.

14	TO ASSUME A SURFACE ARCH POSITION / A SURFACE ARCH POSITION IS ASSUMED
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 leaves 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.	
	

15	TO ASSUME A BENT KNEE SURFACE ARCH POSITION / A BENT KNEE SURFACE ARCH POSITION IS ASSUMED
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 leaves the surface of the water as the back is arched more to assume a **Bent Knee Surface Arch Position** with the hips occupying the position of the head at the beginning of this action.	
	

16	ARIANA ROTATION
From a **Split Position** maintaining the relative position of the legs to the surface of the water the hips rotate 180°.	

17 HELICOPTER ROTATION	
From a **Fishtail Position** the horizontal leg is lifted while closing into the vertical leg to assume a **Vertical Position** during a descending rotation and is completed as the ankles reach the surface of the water.	
a) Spinning 180° A descending **Spin** with a rotation of 180° completed with a **Vertical Descent**.	
b) Spinning 360° A descending **Spin** with a rotation of 360° completed with a **Vertical Descent**.	
c) Continuous Spin 720° A descending **Spin** with a rapid rotation of: 720° (2), completed as the ankles reach the surface of the water and continues through submergence.	
d) Rapid Airborne Spinning 180° From an airborne **Fishtail Position,** the horizontal leg is rapidly lifted while closing into the vertical leg to **Vertical Position** during a rapid descending **Spin** with a rotation of 180° and is completed as the ankles reach the surface of the water followed by a rapid **Vertical Descent**.	

18 FOUETTÉ 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. 12U Figures

Group and Figure #	Figure Name	Degree of Difficulty
Compulsory		
106	Straight Ballet Leg	1.6
301	Barracuda	1.8
Optional Groups		
Group 1		
359	Front Ariana	2.2
348	Tower	1.9
Group 2		
363	Water Drop	1.8
401	Swordfish	2.1
Group 3		
311	Kip	1.6
227d	Swanita Spinning 180°	1.9

Compulsory:

(a) 106 – **Straight Ballet Leg** (Degree of Difficulty - 1.6)

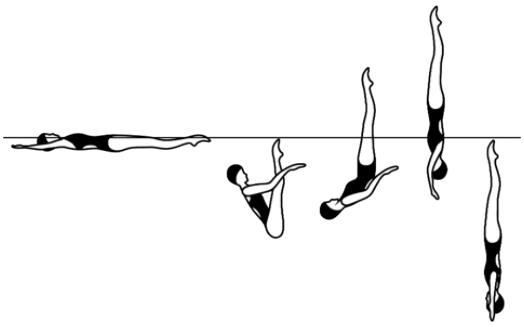
From a Back Layout Position, one leg is raised straight to a Ballet Leg Position. The Ballet Leg is lowered.



				**Total**
NVT=	18.5	11.0	10.5	**40**
PV =	4.63	2.75	2.63	**10**

(b) 301 – **Barracuda** (Degree of Difficulty - 1.8)

From a **Back Layout Position** the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface of the water. A **Thrust** is executed to a **Vertical Position**. A **Vertical Descent** is executed at the same tempo as the **Thrust**.



				**Total**
NVT=	7.0	31.0	13.0	**51**
PV =	1.37	6.08	2.55	**10**

Optional Groups

Group 1

(c) 359 – **Front Ariana** (Degree of Difficulty - 2.2)

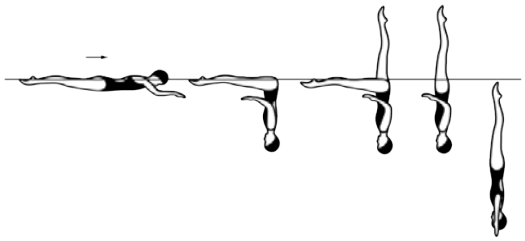
From a **Front Layout Position** a **Front Pike Position** *is* assumed. One leg is lifted in a 180° arc over the surface of the water to a **Split Position**. Maintaining the relative position of the legs to the surface of the water, an **Ariana Rotation** is performed. A **Walkout Front** is executed.

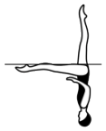
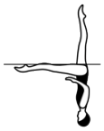


						**Total**
NVT=	6.0	20.0	17.0	23.0	7.0	**73**
PV =	0.82	2.74	2.33	3.15	0.96	**10**

(d) 348 – Tower (Degree of Difficulty - 1.9)

From a **Front Layout Position** a **Front Pike Position** is assumed. One leg is lifted to a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position**. A **Vertical Descent** is executed.

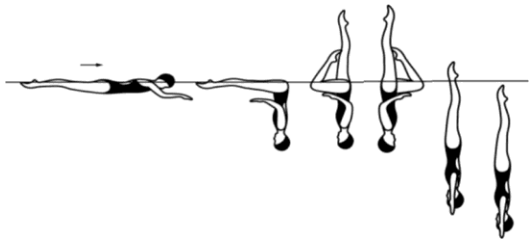


					**Total**
NVT=	6.0	14.5	20.5	14.0	**55**
PV =	1.09	2.64	3.73	2.55	**10**

Group 2

(a) 363 – **Water Drop** (Degree of Difficulty - 1.8)

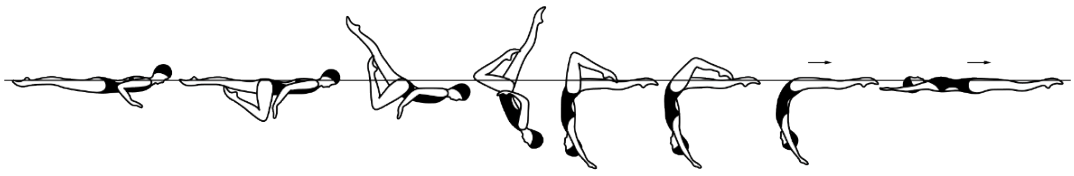
From a **Front Layout Position** a **Front Pike Position** is assumed. The legs are lifted simultaneously to a **Bent Knee Vertical Position**. A **Half Twist** is executed. A 180° **Spin** is executed in the same direction as the bent leg is extended to a **Vertical Position** and completed as the ankles reach the surface of the water. A **Vertical Descent** is executed.



						**Total**
NVT=	6.0	15.0	15.0	13.0	0	**49**
PV =	1.22	3.06	3.06	2.65	0	**10**

(b) 401 – **Swordfish** (Degree of 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° arc over the surface of the water to assume a **Bent Knee Surface Arch Position**. The bent leg is straightened to assume a **Surface Arch Position**. With continuous motion an **Arch to Back Layout Finish Position** is executed.

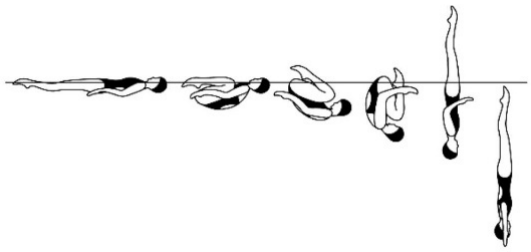


					**Total**
NVT=	4.0	47.0	11.5	7.0	**69.5**
PV =	0.58	6.76	1.65	1.01	**10**

Group 3

(a) 311 – **Kip** (Degree of Difficulty - 1.6)

From a **Back Layout Position** the knees, shins and toes are drawn along the surface of the water to assume a **Tuck Position**. With continuous motion the tuck becomes more compact, and a partial **Somersault Back Tuck** is executed until the shins are 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 the former vertical line through the head and shins. A **Vertical Descent** is executed.



					**Total**
NVT=	3.0	2.0	23.0	14.0	**42**
PV =	0.71	0.48	5.48	3.33	**10**

(b) 227d – **Swanita Spinning 180°** (Degree of Difficulty - 1.9)

From a **Back Layout Position** a **Bent Knee Surface Arch Position** is assumed. The bent leg is straightened to assume a **Knight Position**. The body rotates 180° to assume a **Fishtail Position**. Continuing in the same direction a descending **Spinning 180°** rotation is executed as the horizontal leg is lifted to a **Vertical Position** and is completed as the ankles reach the surface of the water. A **Vertical Descent** is executed.



						**Total**
NVT=	17.5	14.0	14.0	12.5	0	**58**
PV =	3.02	2.41	2.41	2.16	0	**10**

4. Youth Figures / 13-15 Figures

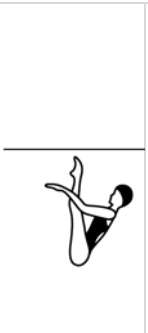
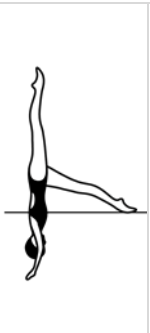
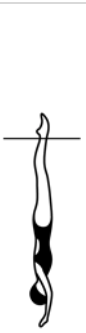
Group and Figure #	Figure Name	Degree of Difficulty
Section A		
Group 1		
307e	Flying Fish Spinning 360°	2.9
437	Cyclone, Open 180°	2.6
Group 2		
308h	Barracuda Airborne Split Spin Up 180°	2.9
407	Swordfish Straight Leg Ariana Rotation	2.6
Section B		
Group 3		
356f	Whip Continuous Spin 720°	3.0
441	Saturn	2.5
Group 4		
352	Venus	3.0
240i	Albatross Spin up 360°	2.5
Section C		
Group 5		
140j	Flamingo Bent Knee Combined 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

Section A

Group 1

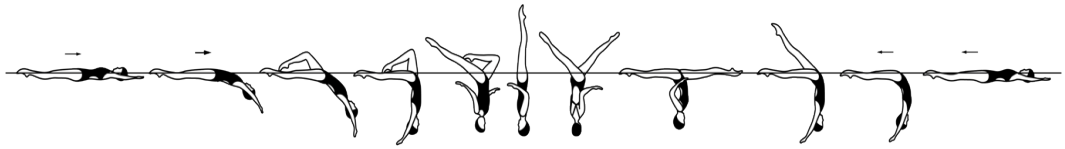
(a) 307e - **Flying Fish Spinning 360°** (Degree of Difficulty – 2.9)

From a **Back Layout Position** the legs are raised to vertical as the body is submerged to a **Back Piked Position,** with the toes just below the surface of the water. A **Thrust** is executed to a **Vertical Position** and without loss of height one leg is rapidly lowered to a **Fishtail Position,** and without a pause the horizontal leg is rapidly lifted to a **Vertical Position**. A **Spinning 360°** is executed at the same tempo as the **Thrust**.

							**Total**
NVT =	7.0	31.0	18.5	14.0	39.0	0	**109.5**
PV=	0.64	2.83	1.69	1.28	3.56	0	**10**

(b) 437 – **Cyclone, Open 180°** (Degree of Difficulty - 2.6)

From a **Back Layout Position** a **Bent Knee Surface Arch Position** is assumed. The legs are simultaneously lifted to a **Vertical Position** as a **Twirl** is executed. Continuing in the same direction the legs are opened symmetrically to a **Split Position** as a 180° rotation is executed. A **Walkout Front** is executed.

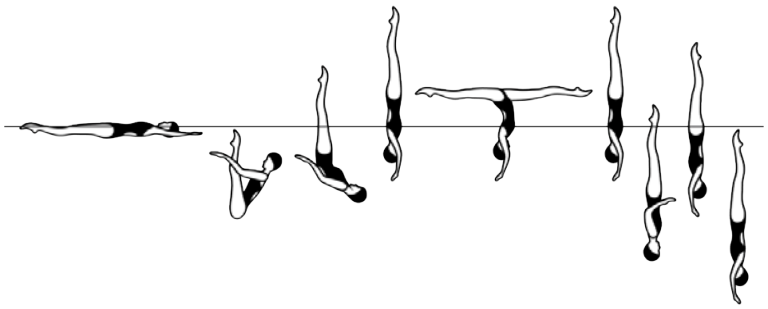


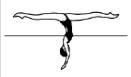
						**Total**
NVT=	17.5	29.0	20.0	23.0	7.0	**96.5**
PV =	1.81	3.01	2.07	2.38	0.73	**10**

Group 2

(a) 308h – **Barracuda Airborne Split**, **Spin Up 180°** (Degree of Difficulty - 2.9)

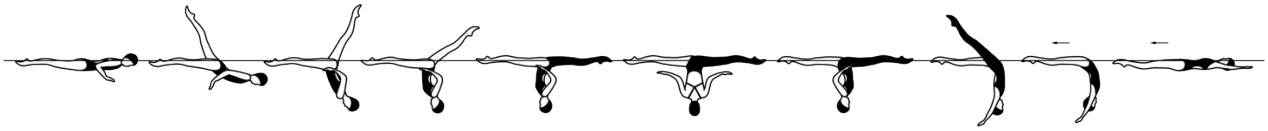
From a **Back Layout Position** the legs are raised to a vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface of the water. All remaining movements are performed rapidly. A **Rocket Split** is executed. A **Vertical Descent** is executed and is completed as the ankles reach the surface of the water. A **Spin Up 180°** is executed. A Vertical Descent is executed.



								**Total**
NVT=	7.0	31.0	17.0	13.0	13.0	20.0	13.0	**114**
PV =	0.61	2.72	1.49	1.14	1.14	1.75	1.14	**10**

(b) 407 – **Swordfish Straight Leg Ariana Rotation** (Degree of Difficulty - 2.6)

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**. Maintaining the relative position of the legs to the surface of the water an **Ariana Rotation** is performed. A **Walkout Front** is executed.



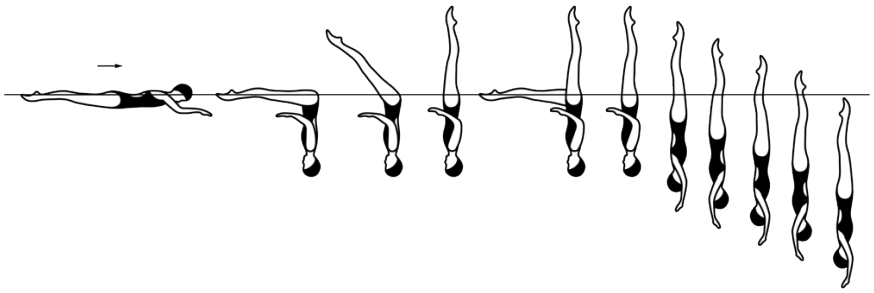
					**Total**
NVT=	48.0	17.0	23.0	7.0	**95**
PV =	5.05	1.79	2.42	0.74	**10**

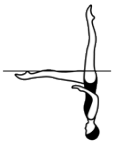
Section B

Group 3

(a) 356f - **Whip Continuous Spin 720°** (Degree of Difficulty - 3.0)

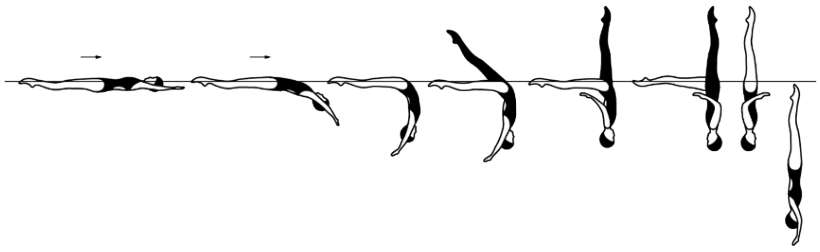
From a **Front Layout Position** a **Front Pike Position** is assumed. The legs are lifted to a **Vertical Position**. All remaining movements are performed rapidly. One leg is lowered to a **Fishtail Position** and without a pause is lifted to a **Vertical Position**. Without a pause a **Continuous Spin 720°** is executed.

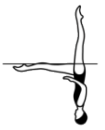


							**Total**
NVT=	6.0	33.0	22.5	20.5	34.0	0	**116**
PV =	0.52	2.84	1.94	1.77	2.93	0	**10**

(b) 441 – **Saturn** (Degree of Difficulty - 2.5)

From a **Back Layout Position** a *Surface Arch Position is assumed*. One leg is lifted to assume a **Knight Position**. Maintaining the vertical alignment, the body rotates 180° to assume a **Fishtail Position**. Continuing in the same direction a **Twirl** is executed as the horizontal leg is lifted to a **Vertical Position**. A **Vertical Descent** is executed.

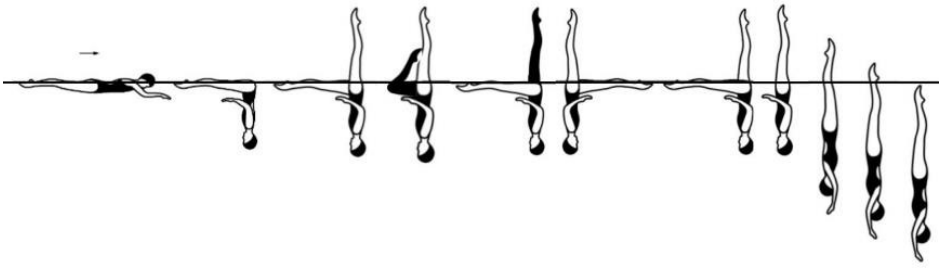


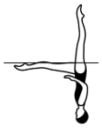
						**Total**
NVT=	12.0	23.5	14.0	23.5	14.0	**87**
PV =	1.38	2.70	1.61	2.70	1.61	**10**

Group 4

(a) 352 – **Venus** (Degree of Difficulty - 3.0)

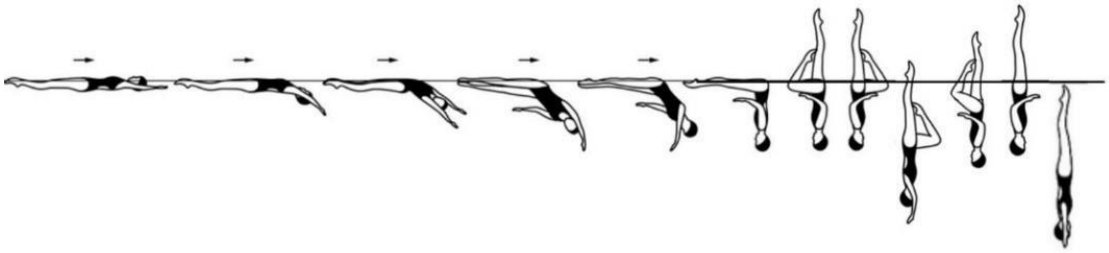
From a **Front Layout Position** a **Front Pike Position** is assumed. All remaining movements are performed rapidly. One leg is lifted to a **Fishtail Position**. The horizontal leg is bent to assume a **Bent Knee Vertical Position**. The bent leg is extended to vertical as the vertical leg is lowered to become the horizontal leg in **Fishtail Position**. A rotation of 360° is executed in the **Fishtail Position.** The horizontal leg is lifted to a **Vertical Position.** A **360° Spin** is executed.

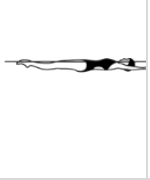


						**Total**
NVT=	12.0	23.5	14.0	23.5	14.0	**87**
PV =	1.38	2.70	1.61	2.70	1.61	**10**

(b) 240i – **Albatross Spin Up 360°** (Degree of Difficulty - 2.5)

From a **Back Layout Position** with the head leading, the head, hips and feet move along the surface of the water. The hips, legs and feet continue to move along the surface of the water as the body rolls onto the face and a **Front Pike Position** is assumed with the hips occupying the position of the head at the beginning of this action. The legs are lifted simultaneously to a **Bent Knee Vertical Position**. A **Half Twist** is executed. Maintaining a **Bent Knee Vertical Position**, a **Vertical Descent** is executed until the ankle of the extended leg reaches the surface of the water. A **Spin Up 360°** is executed as the bent leg is extended to **Vertical Position**. A **Vertical Descent** is executed.



							**Total**
NVT=	15.0	15.0	15.0	10.0	18.5	14.0	**87.5**
PV =	1.71	1.71	1.71	1.14	2.11	1.60	**10**

Section C

Group 5

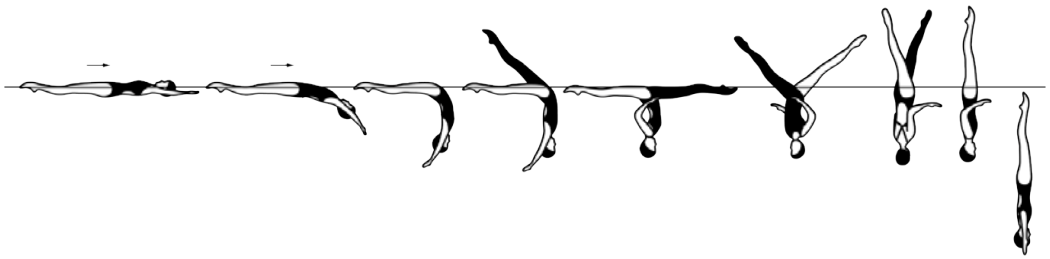
(a) 140j – **Flamingo Bent Knee Combined Spin 360° + 360°** (Degree of Difficulty - 3.1)

A **Ballet Leg** is assumed. The shin of the horizontal leg is drawn along the surface of the water to assume a **Surface Flamingo Position**. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves to a **Vertical Bent Knee Position**. The bent leg is extended to **Vertical Position**. A rapid **Combined Spin** (360°+360°) is executed followed by a rapid **Vertical Descent**.

								**Total**
NVT=	10.5	11.0	7.5	20.0	16.5	40.0	14.0	**119.5**
PV =	0.88	0.92	0.63	1.67	1.38	3.35	1.17	**10**

(b) 421 – **Walkover Back Closing 360°** (Degree of Difficulty 2.4)

From a **Back Layout Position** a **Surface Arch Position** is assumed. One leg is lifted in a 180° arc over the surface of the water to a **Split Position**. With continuous motion a rotation of 360° is executed as the legs are symmetrically lifted and closed to a **Vertical Position**. A Vertical Descent is executed.

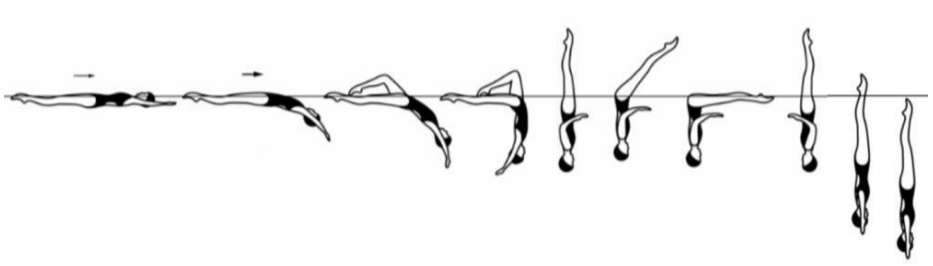


					**Total**
NVT=	12.0	29.0	27.0	14.0	**82**
PV =	1.46	3.54	3.29	1.71	**10**

Group 6

(a) 440d – **Ipanema Spinning 180°** (Degree of Difficulty - 3.1)

From a **Back Layout Position** a **Bent Knee Surface Arch Position** is assumed. The horizontal leg is lifted to vertical as the bent leg is straightened to assume a **Vertical Position**. The legs are lowered to a **Front Pike Position**. A rapid 180° rotation is executed as the legs are lifted to a **Vertical Position**. Continuing in the same direction a rapid **180° Spin** is executed.



							**Total**
NVT=	17.5	21.0	33.0	33.0	16.0	0	**120.5**
PV =	1.42	1.70	2.67	2.67	1.54	0	**10**

(b) 154f – **London Continuous Spin 720°** (Degree of Difficulty - 2.4)

A **Ballet Leg** is assumed. Followed by a partial Somersault Back Tuck as both legs are drawn into a **Tuck Position**, until the shins are perpendicular to the surface. The trunk unrolls rapidly 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 the shins. A **Continuous Spin 720°** is executed.

						**Total**
NVT =	10.5	11.0	6.0	20.0	34.0	**81.5**
PV =	1.29	1.35	0.74	2.45	4.17	**10**

14.2 APPENDIX 2 – TECHNICAL ROUTINES

1. Technical Required Elements

Solo Elements	Element Name	Degree of Difficulty
1a	Thrust Continuous Spin 720°	2.7
1b	Thrust Spinning 360°	2.1
2a	Combined Spin 1080° – Continuous Spin 1080°	3.0
2b	Combined Spin 720° – Continuous Spin 1080°	2.7
3	Swordfish Straight Leg – Knight	3.2
4a	Fishtail Half Twist – Continuous Spin 720°	2.9
4b	Fishtail – Continuous Spin 720°	2.6
5a	Rocket Split Bent Knee Joining 360°	2.4
5b	Rocket Split Bent Knee	2.1

Duet Elements	Element Name	Degree of Difficulty
1a	Walkover Back Closing 360° – Continuous Spin 1080°	3.0
1b	Walkover Back Closing 180° – Continuous Spin 720°	2.5
2a	Rocket Split Alternating Legs – Spinning 180°	2.8
2b	Rocket Split – Spinning 180°	2.4
3	Beginning from a Ballet Leg Position - Flamingo Bent Knee rollback - Join to Vertical Position – Half Twist – 360° open to Split – Walkout	3.1
4a	Fishtail – Knight – Continuous Spin 1080°	3.2
4b	Fishtail – Knight – Continuous Spin 720°	2.7
5a	Thrust Bent Knee Twirl Spin 360°	2.3
5b	Thrust – Bent Knee Twirl	2.1

Mixed Duet Elements	Element Name	Degree of Difficulty
1a	Rocket Split Twirl Spin 180°	2.7
1b	Rocket Split Twirl	2.5
2a	Front Pike – Vertical 360° Rotation – Full Twist to Bent Knee – Continuous Spin 720°	2.4
2b	Front Pike – Vertical 180° Rotation – 1/2 Twist to Bent Knee – Continuous Spin 720°	2.2
3	Manta Ray Half Twist	3.0

Team Elements	Element Name	Degree of Difficulty
1a	Flying Fish Hybrid Spinning 180°	2.5
1b	Flying Fish Hybrid	2.3
2a	Vertical – Full Twist to Bent Knee – Full Twist to Vertical – Open 180° – Walkout	2.6
2b	Vertical – Half Twist to Bent Knee – Half Twist to Vertical – Split – Walkout	2.3
3a	Two Fouetté Rotations – Vertical – Continuous Spin 720°	2.6
3b	Two Fouetté Rotations – Vertical – Spinning 360°	2.3
4	Butterfly Hybrid	2.9
5a	Rocket Split Bent Knee Twirl Hybrid	2.4
5b	Rocket Split Bent Knee Hybrid	2.1

5. General Requirements

In Olympic Games, Olympic Games Qualifier, Artistic Swimming World Cup, World Aquatics Artistic Swimming Championships and World Aquatics Junior Artistic Swimming Championships and other World Aquatics competitions as designated, required Elements are used.

1) Unless otherwise specified in the description all required elements must be executed according to the requirements described in the 'World Aquatics Artistic Swimming Manual for Judges, Technical Controllers, Referees and Coaches'.

2) If one or more Athletes omits all or part of an element or performs an incorrect action in an element, refer to 2022-2025 World Aquatics Competition Regulations for penalties regarding incorrect or omitted actions.

3) Required Elements #1 - #5 (Solo, Duet and Team), or #1-3 (Mixed Duet) can be performed in any order.

4) Required Elements #1 - #5 (Solo, Duet and Team), or #1-3 (Mixed Duet) - It is required that the elements and the degrees of difficulty for each element selected to be performed, and the order of performance selected, must be declared and submitted on the Coach Card for the Technical Routine. This form must be submitted prior to the Competition/Event.

5) Additional hybrids and the degrees of difficulty for each hybrid selected, and the order to be performed, must be declared and submitted on the Coach Card for the Technical Routine. This form must be submitted prior to the Competition/Event.

6) For Team and Women Duet: With the exception of deck work and entry into the water, getting into and out of the circle (Team), and Acrobatics, Technical Required Elements, Hybrids and Transitions are to be performed simultaneously and facing the same direction by all duet or team members.

7) For Mixed Duets: Only Technical Required Elements must be performed simultaneously and facing the same direction. Deckwork and Entry into the water, 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).

8) Additional movements can be added immediately before and after (breath to breath) required Elements #1 - #5 (Solo, Duet and Team), or #1-3 (Mixed Duet). These movements will not add any extra difficulty nor will be considered as the additional hybrids.

9) Time limits – refer to Articles 0 and 10.4 of this Part Seven.

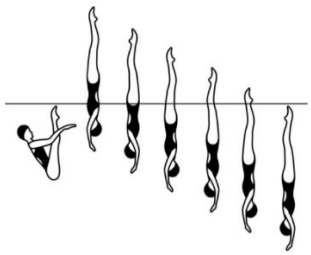
10) Recommendation for all Technical Routines: It is strongly recommended for clarity of judgment that required Elements #1 - #5 (Solo, Duet and Team), or #1-3 (Mixed Duet) are separated by other content.

6. Solo Required Elements

Element 1

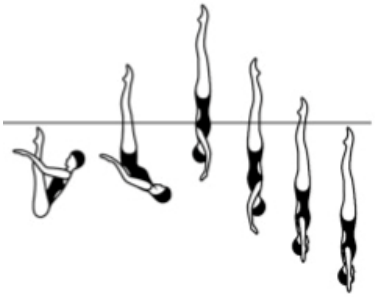
1A – **Thrust Continuous Spin 720°** (Degree of Difficulty - 2.7)

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a **Thrust Continuous Spin 720°** (2 rotations) is executed.



1B – **Thrust Spinning 360°** (Degree of Difficulty - 2.1)

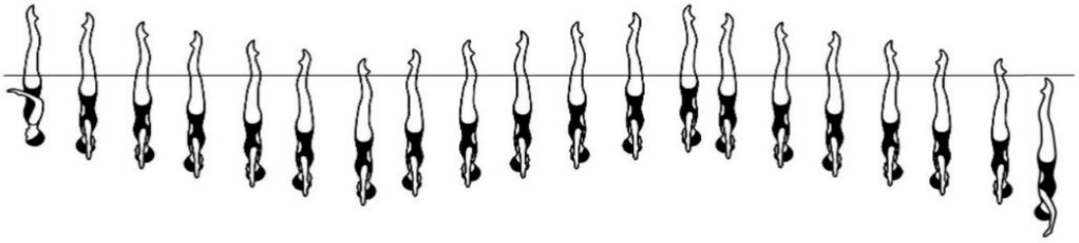
From a submerged **Back Pike Position**, with the legs perpendicular to the surface, a **Thrust Spinning 360°** (1 rotation) is executed.



Element 2

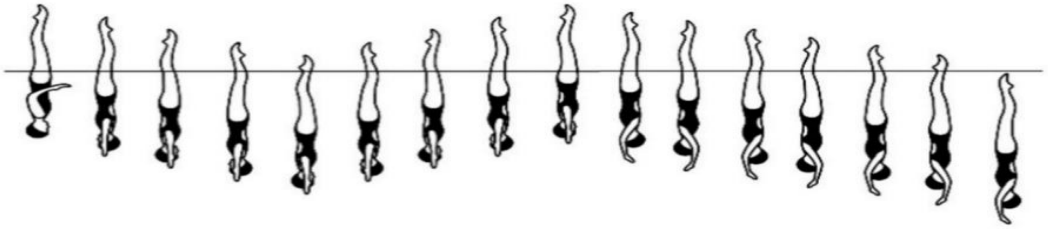
2A – **Combined Spin 1080° – Continuous Spin 1080°** (Degree of Difficulty - 3.0)

From a **Vertical Position** a **Combined Spin of 1080°** is executed (3 rotations + 3 rotations). Continuing in the same direction and without a pause a **Continuous Spin 1080°** (3 rotations) is executed.



2B – **Combined Spin 720° – Continuous Spin 1080°** (Degree of Difficulty - 2.7)

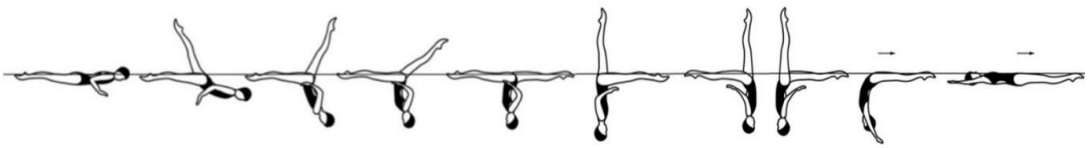
From a **Vertical Position** a **Combined Spin of 720°** is executed (2 rotations + 2 rotations). Continuing in the same direction and without a pause *a* **Continuous Spin 1080°** (3 rotations) is executed.



Element 3

3 – **Swordfish Straight Leg – Knight** (Degree of Difficulty - 3.2)

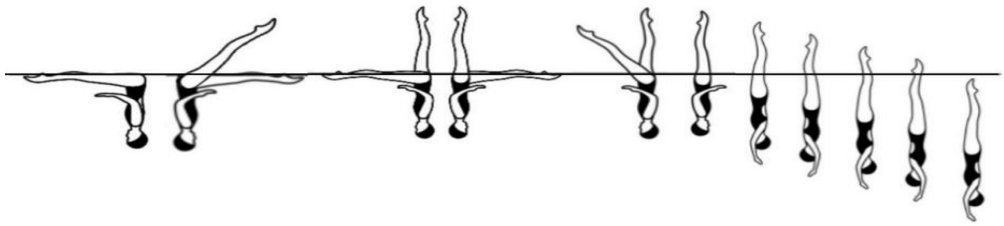
From a **Front Layout Position**, the back arches as one leg is lifted in a 180° arc over the surface to a **Split Position**. A hip rotation of 180° is executed as the front leg is rapidly raised to assume a **Fishtail Position**. Maintaining the vertical alignment of the body and with accelerating speed, the foot of the horizontal leg is moved in a horizontal arc of 180° at the surface 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.



Element 4

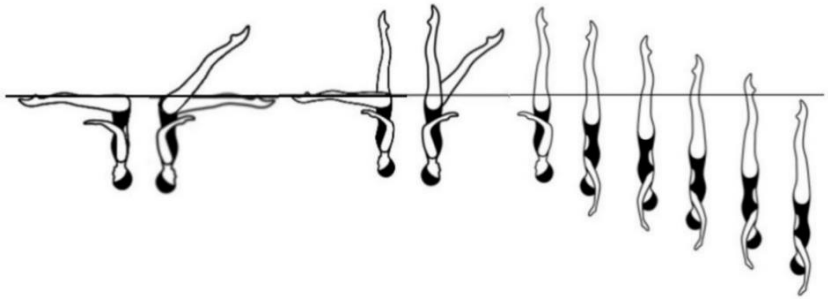
4A – **Fishtail Half Twist – Continuous Spin 720°** (Degree of Difficulty – 2.9)

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 of 720°** (2 rotations) is executed.



4B – **Fishtail – Continuous Spin 720°** (Degree of Difficulty – 2.6)

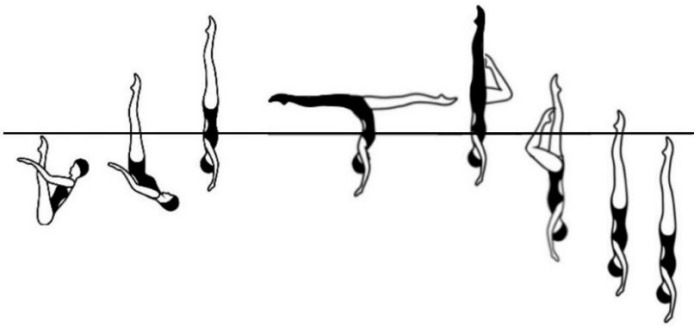
From a **Front Pike Position**, a rotation of 360° is executed as one leg is lifted to a **Fishtail Position**. Continuing in the same direction another rotation of 360° is executed, as the horizontal leg is lifted to a **Vertical Position**. Continuing in the same direction a **Continuous Spin of 720°** (2 rotations) is executed.



Element 5

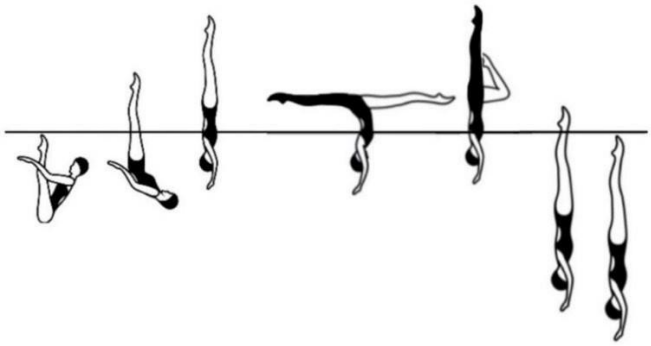
5A – **Rocket Split Bent Knee Joining 360°** (Degree of Difficulty - 2.4)

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a **Thrust** is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position**. The back leg is rapidly lifted to vertical as the front leg bends to assume a **Bent Knee Vertical Position**. A rapid **360° Spin** is executed as the bent knee is extended to a **Vertical Position** completed as the ankles reach the surface of the water followed by a **Vertical Descent** at the same tempo as the **Thrust**.



5B – **Rocket Split Bent Knee** (Degree of Difficulty - 2.1)

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a **Thrust** is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position**. The back leg is rapidly lifted to vertical as the forward leg bends to assume a **Bent Knee Vertical Position**. A **Vertical Descent** is executed with the bent knee extended to a **Vertical Position** completed as the ankles reach the surface of the water, followed by a **Vertical Descent** at the same tempo as the **Thrust**.



Solo Technical Routine Additional Requirements

Element 6

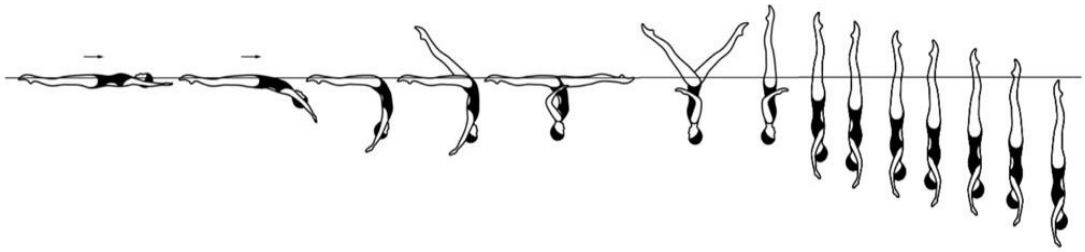
One (1) additional Hybrid must be performed. It may be placed anywhere in the routine.

7. Duet Required Elements

Element 1

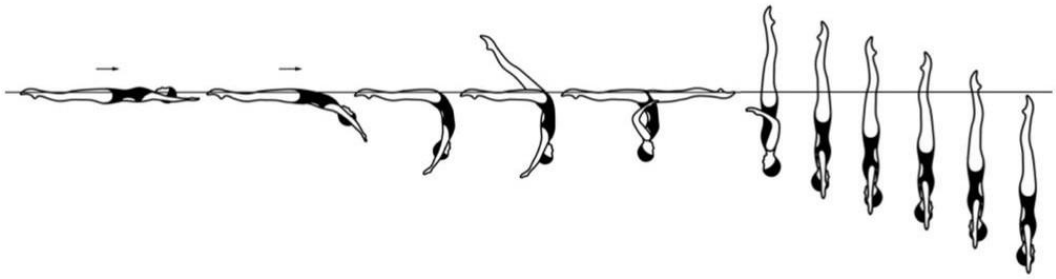
1A – **Walkover Back Closing 360° – Continuous Spin 1080°** (Degree of Difficulty - 3.0)

From a **Back Layout Position** a **Surface Arch Position** is assumed. One leg is lifted in a 180° arc over the surface to a **Split Position**. A rotation of 360° is executed, as the legs symmetrically close to a **Vertical Position**. Continuing in the same direction a **Continuous Spin of 1080°** (3 rotations) is executed.



1B – **Walkover Back Closing 180° – Continuous Spin 720°** (Degree of Difficulty - 2.5)

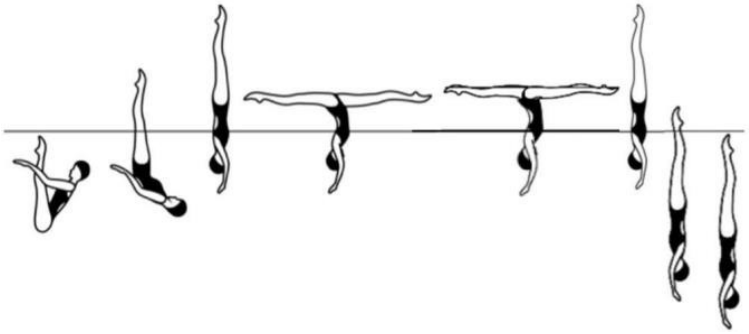
From a **Back Layout Position** a **Surface Arch Position** is assumed. One leg is lifted in a 180° arc over the surface to a **Split Position**. A rotation of 180° is executed, as the legs symmetrically close to a **Vertical Position**. Continuing in the same direction a **Continuous Spin of 720°** (2 rotations) is executed.



Element 2

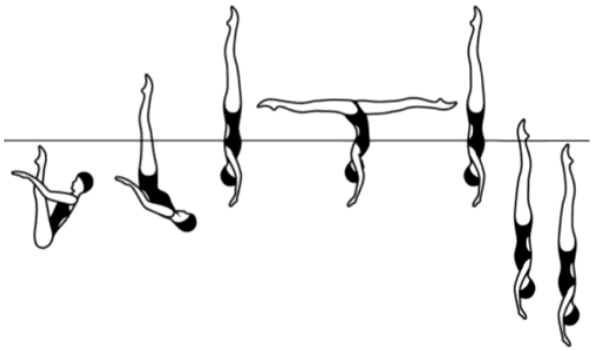
2A – **Rocket Split Alternating Legs – Spinning 180°** (Degree of Difficulty - 2.8)

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a **Thrust** is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume two (2) alternating **Airborne Split Positions**. The legs rapidly re-join to a **Vertical Position**. A rapid **180° Spin** is executed.



2B – **Rocket Split – Spinning 180°** (Degree of Difficulty - 2.4)

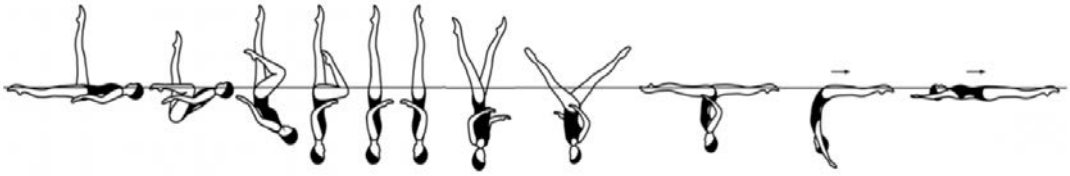
From a submerged Back Pike Position, with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position. Maintaining maximum height, the legs are split rapidly to assume an Airborne Split Position. The legs rapidly re-join to Vertical Position. A rapid 180° Spin is executed.



Element 3

3 – **Beginning from Ballet Leg Position - Flamingo Bent Knee rollback - Join to Vertical Position – Half Twist – 360° open to Split – Walkout** (Degree of Difficulty 3.1)

From a **Surface Ballet Leg Position**, the shin of the horizontal leg is drawn along the surface to assume a **Surface Flamingo Position**. With the ballet leg maintaining its **Vertical Position**, the hips are lifted as the trunk unrolls, while the bent leg moves to **a Bent Knee Vertical Position**. The bent leg is extended to a **Vertical Position**. A **Half Twist** 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 **Split Position**. **A Walkout Front** is

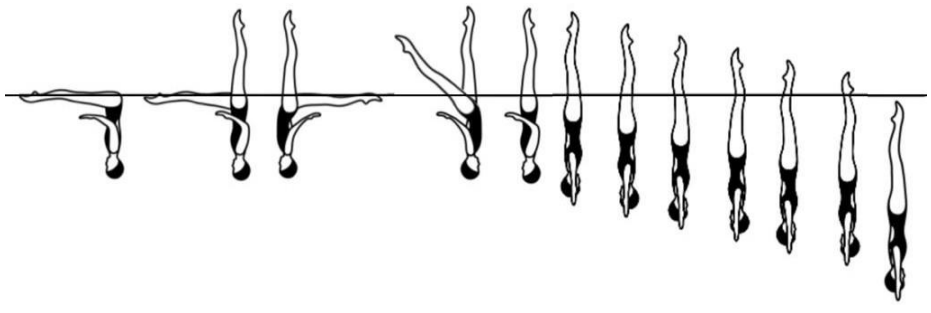


executed.

Element 4

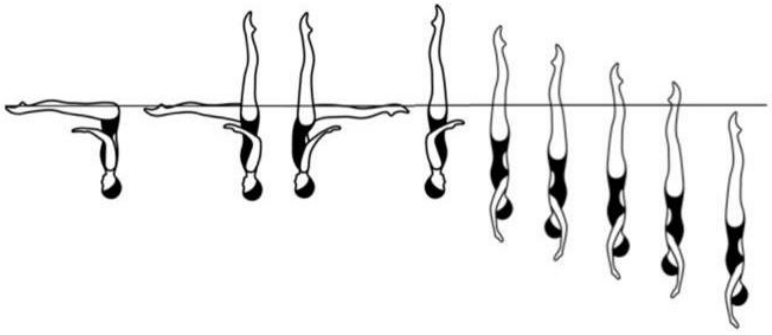
4A – **Fishtail – Knight – Continuous Spin 1080°** (Degree of Difficulty - 3.2)

From a **Front Pike Position** one leg is lifted to a **Fishtail Position**. The horizontal leg is rapidly lifted through an arc of 180° to assume a **Knight Position**. A rapid **Full Twist** is executed as the horizontal leg is lifted to a **Vertical Position**. Continuing in the same direction a **Continuous Spin 1080°** (3 rotations) is executed.



4B – **Fishtail – Knight – Continuous Spin 720°** (Degree of Difficulty - 2.7)

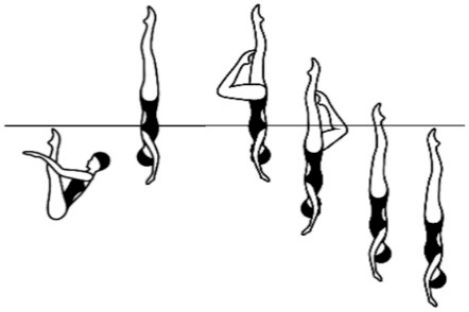
From a **Front Pike Position** one leg is lifted to a **Fishtail Position**. The horizontal leg is rapidly lifted through an arc of 180° to assume a **Knight Position**. A rapid **Half Twist** is executed as the horizontal leg is lifted to a **Vertical Position**. Continuing in the same direction a **Continuous Spin 720°** (2 rotations) is executed.



Element 5

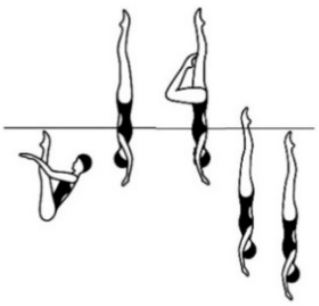
5A – **Thrust Bent Knee Twirl Spin 360°** (Degree of Difficulty - 2.3)

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a **Thrust** is executed to a **Vertical Position**. One leg is lowered to a **Bent Knee Vertical Position** as a **Twirl** is executed. Continuing in the same direction and without a pause a rapid **360° Spin** is executed as the bent knee is extended to join the vertical leg in a **Vertical Position** completed as the ankles reach the surface of the water, followed by a **Vertical Descent** at the same tempo as the **Thrust**.



5B – **Thrust – Bent Knee Twirl** (Degree of Difficulty 2.1)

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a **Thrust** is executed to a **Vertical Position**. One leg is lowered to a **Bent Knee Vertical Position** as a **Twirl** is executed. Without a pause a **Vertical Descent** is executed as the bent knee is extended to join the vertical leg in a **Vertical Position** completed as the ankles reach the surface of the water, followed by a **Vertical Descent** at the same tempo as the **Thrust**.



Women's Duet Technical Routine Additional Requirements.

Element 6

One (1) additional Hybrid must be performed. It may be placed anywhere in the routine.

Element 7

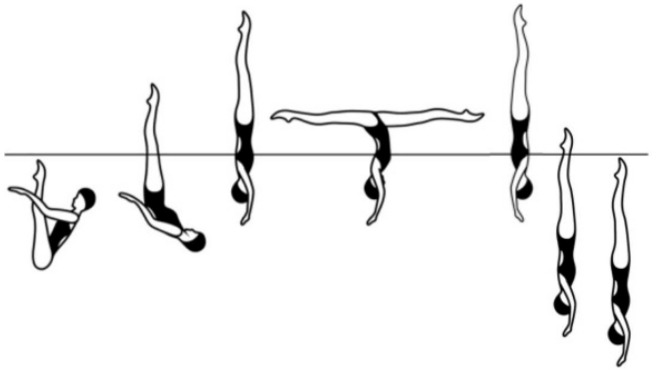
One (1) Pair Acrobatic must be performed. It may be placed anywhere in the routine.

8. Mixed Duet Required Elements

Element 1

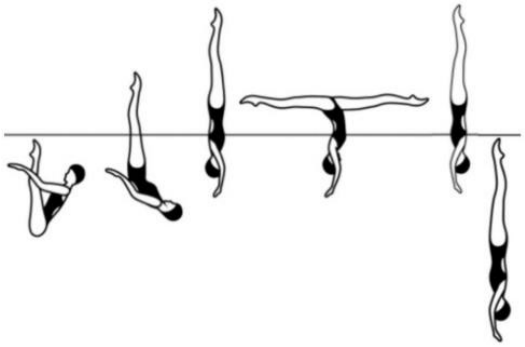
1A – **Rocket Split Twirl Spin 180°** (Degree of Difficulty – 2.7)

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a **Thrust** is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position**. A **Twirl** is executed, as the legs symmetrically close to a **Vertical Position**. Continuing in the same direction a rapid **180° Spin** is executed.



1B – **Rocket Split Twirl** (Degree of Difficulty - 2.5)

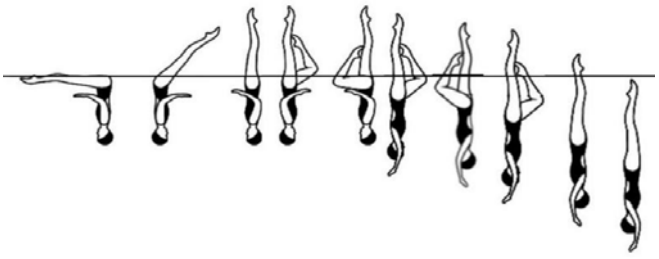
From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position**. A *Twirl* is executed, as the legs symmetrically close to a **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.



Element 2

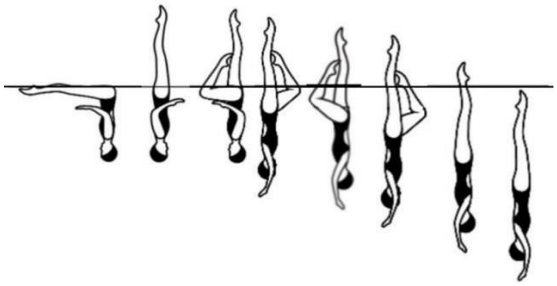
2A – **Front Pike – Vertical 360° Rotation – Full Twist to Bent Knee – Continuous Spin 720°**
(Degree of Difficulty 2.4)

From a **Front Pike Position**, the legs are lifted to a **Vertical Position** as a rotation of 360° is executed. Continuing in the same direction a **Full Twist** is executed as one leg is lowered to a **Bent Knee Vertical Position**. Continuing in the same direction a **Continuous Spin 720°** (2 rotations) is executed as the bent knee is extended to join the vertical leg in a **Vertical Position** completed as the ankles reach the surface of the water and continues through submergence.



2B – **Front Pike – Vertical 180° Rotation – 1/2 Twist to Bent Knee – Continuous Spin 720°**
(Degree of Difficulty 2.2)

From a **Front Pike Position**, the legs are lifted to a **Vertical Position** as a rotation of 180° is executed. Continuing in the same direction a **Half Twist** is executed as one leg is lowered to a **Bent Knee Vertical Position**. Continuing in the same direction a **Continuous Spin 720°** (2 rotations) is executed as the **Bent Knee** is extended to join the vertical leg to a **Vertical Position** completed as the ankles reach the surface of the water and continues through submergence.

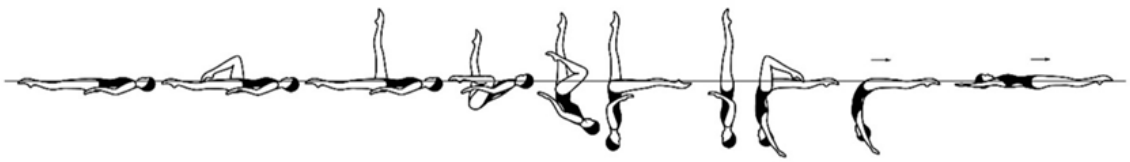


Element 3

3 - **Manta Ray Half Twist** (Degree of Difficulty 3.0)

From a **Back Layout Position** a **Ballet Leg** is assumed and the shin of the horizontal leg is drawn along the surface of the water to assume a **Surface Flamingo Position**, 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 **Fishtail Position**. The horizontal leg is lifted rapidly to a **Vertical Position**, 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 **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.



Mixed Duet - Technical Routine Additional Requirements

Element 4

One (1) Hybrid.

Element 5

One (1) Required Hybrid which must contain only one (1) Thrust declaration and two (2) different Connection declarations.

Element 6

Two (2) Pair Acrobatics of free choice but must not repeat the same Acrobatic.

Element 7

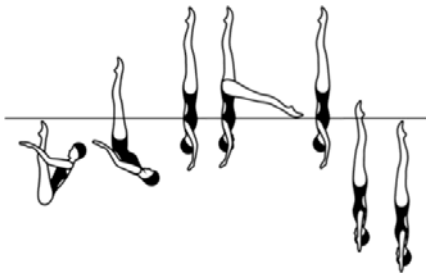
Three (3) declared Sustained Surface Connections ("SuCon") with travel (1m or more) or rotation (180o or more).

9. Team Required Elements

Element 1

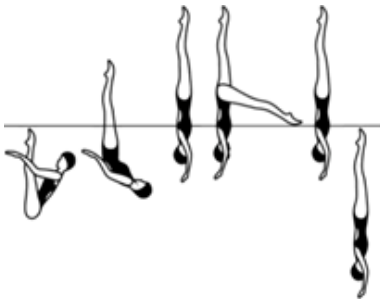
1A – **Flying Fish Hybrid Spinning 180°** (Degree of Difficulty - 2.5)

From a **Submerged Back Pike Position** with the legs perpendicular to the surface, 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 rapid **180° Spin**.



1B – **Flying Fish Hybrid** (Degree of Difficulty - 2.3)

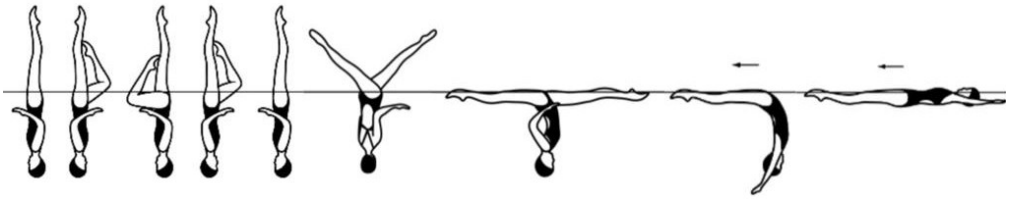
From a **Submerged Back Pike Position** with the legs perpendicular to the surface, a **Thrust** is executed to a **Vertical Position** and with no loss of height one leg is rapidly lowered to an airborne **Fishtail Position**. Without a pause the horizontal leg is rapidly lifted to a **Vertical Position** followed by a **Vertical Descent**.



Element 2

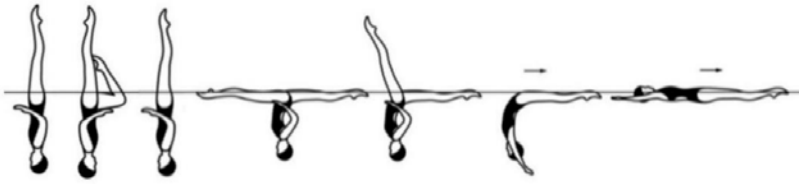
2A – **Vertical – Full Twist to Bent Knee – Full Twist to Vertical – Open 180° – Walkout**
(Degree of Difficulty - 2.6)

From a **Vertical Position**, a **Full Twist** is executed as one leg is lowered to a **Bent Knee Vertical Position**. Continuing in the same direction another **Full Twist** is executed, as the bent knee is extended to a **Vertical Position**. Continuing in the same direction a **Half Twist** is executed as the legs are symmetrically lowered to a **Split Position**. A **Walkout Front** is executed.



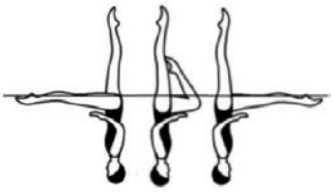
2B – **Vertical – Half Twist to Bent Knee – Half Twist to Vertical – Split – Walkout** (Degree of Difficulty - 2.3)

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.



Fouetté Rotation - New movement

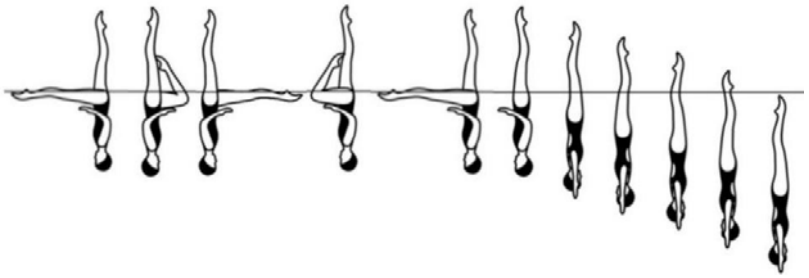
From a **Fishtail Position**, with the horizontal leg leading toward the vertical leg, a rapid 180° rotation is executed as the front leg bends to assume a **Bent Knee Vertical Position**. The bent leg rapidly extends to a **Fishtail Position**.



Element 3

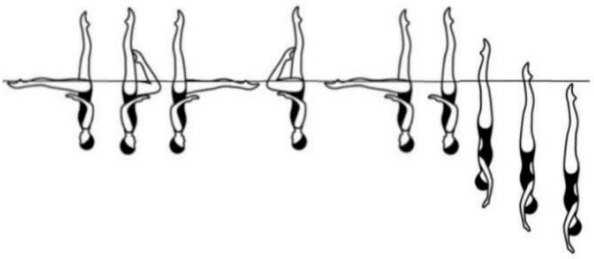
3A – **Two Fouetté Rotations – Vertical – Continuous Spin 720°** (Degree of Difficulty – 2.6)

From a **Fishtail Position**, 2 **Fouetté Rotations** (180°+180°) are executed. The horizontal leg is rapidly lifted to a **Vertical Position**. Continuing in the same direction a **Continuous Spin of 720°** (2 rotations) is executed.



3B – **Two Fouetté Rotations – Vertical –Spinning 360°** (Degree of Difficulty - 2.3)

From a **Fishtail Position**, 2 **Fouetté 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.

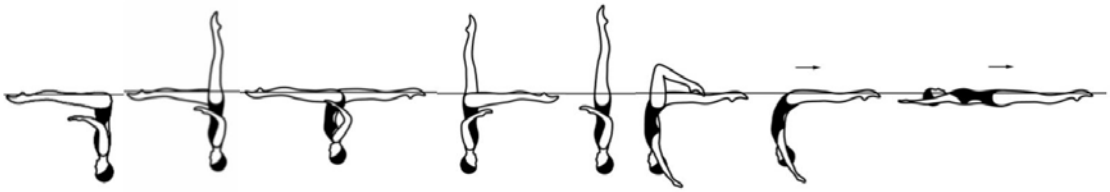


Element 4

4 – **Butterfly Hybrid** (Degree of Difficulty - 2.9)

The **Butterfly Hybrid** is to be 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**.

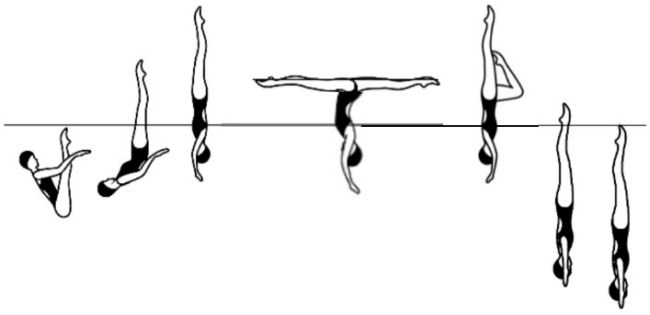
Continuing in the same direction a 180° rotation is executed as the horizontal leg is lifted to a **Vertical Position**. The legs are lowered simultaneously to a **Bent Knee Surface Arch Position**. (*Note*: The **Bent Knee Surface Arch Position** can be assumed by using either leg). The bent knee is straightened to a **Surface Arch Position** and with continuous motion an **Arch to Back Layout Finish Action** is executed.



Element 5

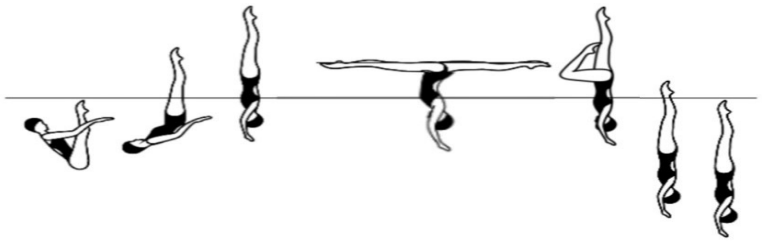
5A – **Rocket Split Bent Knee Twirl Hybrid** (Degree of Difficulty - 2.4)

From a **Submerged Back Pike Position** with the legs perpendicular to the surface, a **Thrust** is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position**, followed by a rapid rotation of 180º to assume an airborne **Bent Knee Vertical Position** with the front leg bent. A rapid **Vertical Descent** 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 **Vertical Descent**.



5B – **Rocket Split Bent Knee Hybrid** (Degree of Difficulty - 2.1)

From a **Submerged Back Pike Position** with the legs perpendicular to the surface, a **Thrust** is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position** followed by the front leg rapidly bending and the back leg rapidly lifting to a vertical to assume an airborne **Bent Knee Vertical Position**. A rapid **Vertical Descent** 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 **Vertical Descent**.



Team Technical Routine Additional Requirements (Note: These may be placed anywhere in the routine)

Element 6

Two (2) additional Hybrids, one of which must include a Cadence Action.

Element 7

One (1) Team acrobatic movement must be performed by all team members. The Degree of Difficulty for the acrobatic movement must not exceed 3.0 inclusive of Base Mark value.

Cadence action: Identical movement(s) performed sequentially, one by one, by all team members. When more than one 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.

Acrobatic movements: A general term for jumps, throws, lifts, stacks, platforms, etc., which are performed as spectacular gymnastic feats and/or risky actions and are mostly achieved with assistance from other Athlete(s). An acrobatic movement is considered when it starts and ends once all team members are in the water.

- A routine may contain a maximum of one Circle pattern.
- The direction of propulsion may vary as long as all Athletes are facing the same direction.
- Variations in propulsion and direction facing are permitted only during underwater pattern changes, underwater actions, and getting into and finishing a Circle.

14.3 APPENDIX 3 – SET NUMBERS OF ELEMENTS FOR ROUTINES

Please note: the requirement to include one declaration from each family in the routine (except for connections in Solo) is applicable for ***Free Routines only.***

Senior/Junior	Time (+/- 5 sec)	Total Required Elements	Summary
Solo Tech	2:00	6	5 Technical Required Elements 1 Hybrid
Solo Free	2:15	6	6 Hybrids **(must include one declaration from each family in the routine – except connections)**
Women Duet Technical	2:20	7	5 Technical Required Elements 1 Hybrid 1 Pair Acrobatics **(free choice)**
Women Duet Free	2:45	8	6 Hybrids **(must include one declaration from each family in the routine)** 2 Pair Acrobatic **(free choice but must <u>not</u> repeat the same acrobatic*)**
Mixed Duet Technical	2:20	7	3 Technical Required Elements 1 Hybrid 1 Required Hybrid **(must contain only one Thrust declaration and 2 <u>different</u> Connection declarations – for example T8, C3, C4)** 2 Pair Acrobatics **(free choice but must <u>not</u> repeat the same acrobatic*)** 3 declared Sustained Surface Connections with travel (1m or more) or rotation (180° or more)
Mixed Duet Free	2:45	7	4 Hybrids **(must include one declaration from each family in the routine)** 3 Pair Acrobatics **(free choice but must <u>not</u> repeat the same acrobatic*)** A minimum of 4 declared Sustained Surface Connections with travel (1m or more) or rotation (180° or more)
Open Team Technical	2:50	8	5 Technical Required Elements 2 Hybrids one of which must include a Cadence action 1 Team Acrobatic **(Max. Degree of Difficulty limit of 3.0 inclusive of Base Mark Value)** May contain max of 1 circle
Open Team Free	3:30	9	6 Hybrids **(must include one declaration from each family in the routine)** 3 Team Acrobatics **(free choice but must <u>not</u> repeat the same acrobatic*)**
Open Acrobatic	3:00	7	7 Acrobatics: One from A, B, C, P **Maximum of 2 acrobatics from any group** **Must not repeat the same acrobatic***

* '*Must not repeat the same acrobatic*' is defined as follows (please also see the Team Acrobatic Catalogue for examples):

a) For Group A – can't repeat same position/s (as P1 or as P2), with the exception of the third position bonus.

b) For Group B – can't repeat the same construction and can't repeat the same type of connection (grip).

c) For Group C – can't repeat the same construction.

d) For Group P – can't repeat the same construction AND can't repeat the same type of connection (grip), AND can't repeat same position(s) (as P1 or as P2), with the exception of the third position bonus.

12U/Youth (13-15)

Please note: the requirement to include one declaration from each family in the routine (except for connections in Solo) is applicable for 12U and Youth Free Routine Events.

In regards to 12U – Member Federations can adapt based on their development goals for 12U

12U/Youth (13-15)	Time (+/- 5 sec)	Total Required Elements	Summary
12U Solo Free	2:00	4	4 Hybrids **(must include one declaration from each family in the routine)**
Youth Solo Free	2:00	5	5 Hybrids **(must include one declaration from each family in the routine)**
12U Duet Free	2:30	5	4 Hybrids **(must include one declaration from each family in the routine)** 1 Pair Acrobatics (free choice)
Youth Duet Free	2:30	6	5 Hybrids **(must include one declaration from each family in the routine)** 1 Pair Acrobatics **(free choice)**
Mixed Duet Free (12U/Youth)	2:30	5	3 Hybrids **(must include one declaration from each family in the routine)** 2 Pair Acrobatics **(free choice but must <u>not</u> repeat the same acrobatic*)** A minimum of 3 declared Sustained Surface Connections with travel (1m or more) or rotation (180° or more)
12U Open Team Free	3:00	7	4 Hybrids **(must include one declaration from each family in the routine)** 3 Team Acrobatics with Degree of Difficulty safety limit **(free choice but must <u>not</u> repeat the same acrobatic*)**
Youth Open Team Free	3:00	8	5 Hybrids **(must include one declaration from each family in the routine)** 3 Team Acrobatics with Degree of Difficulty safety limit **(free choice but must <u>not</u> repeat the same acrobatic*)**
12U Open Free Combination	3:00	8	3 Team Acrobatics with Degree of Difficulty safety limit **(free choice but must <u>not</u> repeat the same acrobatic*)** 1 x Degree of Difficulty solo Hybrid 1 x Degree of Difficulty duet Hybrid 2 x team Degree of Difficulty Hybrid **(must be executed with a minimum of 4 athletes)** **Must include one declaration from each family in the routine (counted across solo, duet and team Degree of Difficulty hybrids)** 1 x Team choreography hybrid with no Degree of Difficulty (i.e. factor of 1.0) **must be executed with a minimum of 4 athletes** **Element parts can't occur simultaneously (i.e. Team Acrobatic occurs while solo hybrid starts)**
Youth Open Free Combination	3:00	9	4 Team Acrobatics with Degree of Difficulty safety limit **(free choice but must <u>not</u> repeat the same acrobatic – see below)** 1 x Degree of Difficulty solo Hybrid 1 x Degree of Difficulty duet Hybrid 2 x team Degree of Difficulty Hybrid **(must be executed with a minimum of 4 athletes)** **Must include one declaration from each family in the routine (counted across solo, duet and team Degree of Difficulty hybrids)** 1 x Team choreography hybrid with no Degree of Difficulty (i.e., factor of 1.0) **must be executed with a minimum of 4 athletes** **Element parts can't occur simultaneously (i.e., Team Acrobatic occurs while solo hybrid starts)**

* '*Must not repeat the same acrobatic*' is defined as follows (please also see the Team Acrobatic Catalogue for examples):

a) For Group A – can't repeat same position/s (as P1 or as P2), with the exception of the third position bonus.

b) For Group B – can't repeat the same construction and can't repeat the same type of connection (grip).

c) For Group C – can't repeat the same construction.

d) For Group P – can't repeat the same construction AND can't repeat the same type of connection (grip), AND can't repeat same position(s) (as P1 or as P2), with the exception of the third position bonus.

Please note apnea limits are being removed – Artistic Impression factoring is being revised inclusive of implementing an increased value for Transitions.

12U and Youth Team Acrobatic safety limits for Team and Open Free Combination events are as follows. Acrobatic elements cannot have a Degree of Difficulty higher than the Total Degree of Difficulty (MAX):

	Acrobatic Degree of Difficulty	Plus Base Mark	Total Degree of Difficulty (MAX)
Youth - Group A	2.2	0.5	**2.7**
Youth - Group B	2.3	0.5	**2.8**
Youth - Group C	2.3	0.5	**2.8**
Youth - Group P	2.5	0.5	**3.0**
12U - Group A	2.0	0.5	**2.5**
12U - Group B	2.1	0.5	**2.6**
12U - Group C	2.1	0.5	**2.6**
12U - Group P	2.3	0.5	**2.8**

14.4 APPENDIX 4 – REQUIRED ELEMENTS FOR ACROBATIC ROUTINE

1. General Requirements

1) Time Limits: refer to Articles O and 10.4 of this Part Seven.

2) Start may be on the deck or in the water, or a combination of both.

3) Required Technical Element #1 may be performed in any order.

4) A maximum of 2 acrobatics from any group (A, B, C or P) may be performed.

5) Acrobatics must not be repeated. 'Must not repeat the same acrobatic' is defined as:

- For Group A – can't repeat the same position(s) (as P1 or as P2), with the exception of the third position bonus.
- For Group B – can't repeat the same construction and can't repeat the same type of connection (grip).
- For Group C – can't repeat the same construction.
- For Group P – can't repeat the same construction, AND can't repeat the same type of connection (grip), AND can't repeat same position/s (as P1 or as P2), with the exception of the third position bonus, and can't repeat the same bonus(es).

6) The Routine must portray a Theme, which must be declared on the Coach Card.

7) As in all routines, the Coach Card must show the Required Technical Elements in the selected order of performance.

10. Acrobatic Required Technical Elements

Element 1

Seven (7) acrobatic movements: one from each acrobatic group (A, B, C, P), and three (3) more of free choice as per the general requirements.

Acrobatic movement: is a general term for jumps, throws, lifts, stacks, platforms, etc., which is performed as spectacular gymnastic feats and/or risky actions and is mostly achieved with assistance by another Athlete(s).

14.5 APPENDIX 5 – REQUIRED ELEMENTS FOR THE OPEN FREE COMBINATION

1. General Requirements

1) Time Limits: refer to Article 10.4 of this Part Seven.
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.
6) As in all routines, the Coach Card must show the required Elements in the selected order of performance.

11. Open Free Combination Required Elements

Element 1

At least two (2) parts must have fewer than three (3) Athletes, and at least two (2) parts must have all Athletes.

Element 2

As per Appendix 3, Youth Open Free Combination must include:

a) 4 Team Acrobatics with Degree of Difficulty safety limit (free choice but must not repeat the same acrobatic).
b) 1 x Degree of Difficulty solo Hybrid.
c) 1 x Degree of Difficulty duet Hybrid.
d) 2 x team Degree of Difficulty Hybrid (must be executed with a minimum of 4 Athletes).
e) 1 x team choreography hybrid with no Degree of Difficulty (i.e. factor of 1.0) must be executed with a minimum of 4 Athletes.
f) Element parts can't occur simultaneously (i.e. Team Acrobatic occurs while solo hybrid starts).

Element 3

As per Appendix 3, the 12U Open Free Combination must include:

a) 3 Team Acrobatics with Degree of Difficulty safety limit (free choice but must not repeat the same acrobatic).
b) 1 x Degree of Difficulty solo Hybrid.
c) 1 x Degree of Difficulty duet Hybrid.
d) 2 x team Degree of Difficulty Hybrid (must be executed with a minimum of 4 Athletes).
e) 1 x team choreography hybrid with no Degree of Difficulty (i.e. factor of 1.0) must be executed with a minimum of 4 Athletes.
f) Element parts can't occur simultaneously (i.e. Team Acrobatic occurs while solo hybrid starts).

Element 4

12U and Youth Team Acrobatic safety limits for Open Free Combination is as follows. Acrobatic elements cannot have a Degree of Difficulty higher than the Total Degree of Difficulty (MAX):

	Acrobatic Degree of Difficulty	Plus Base Mark	Total Degree of Difficulty (MAX)
Youth - Group A	2.2	0.5	**2.7**
Youth - Group B	2.3	0.5	**2.8**
Youth - Group C	2.3	0.5	**2.8**
Youth - Group P	2.5	0.5	**3.0**
12U - Group A	2.0	0.5	**2.5**
12U - Group B	2.1	0.5	**2.6**
12U - Group C	2.1	0.5	**2.6**
12U - Group P	2.3	0.5	**2.8**

Element 5

Acrobatics must not be repeated. '*Must not repeat the same acrobatic*' is defined as:

a) For Group A – can't repeat same position(s) (as P1 or as P2), with the exception of the third position bonus.

b) For Group B – can't repeat the same construction and can't repeat the same type of connection (grip).

c) For Group C – can't repeat the same construction.

d) For Group P – can't repeat the same construction, AND can't repeat the same type of connection (grip), AND can't repeat same position/s (as P1 or as P2), with the exception of the third position bonus, and can't repeat the same bonus(es).

14.6 APPENDIX 6 – HYBRID CATALOGUE

1. Introduction

- Article 2.6 of this Part Seven applies.
- As stated in the 'World Aquatics Artistic Swimming Manual for Judges, Technical Controllers, Referees and Coaches' regarding judging routines, the same principle will also apply for Technical Controllers: Hybrids may be performed close to or far from a Technical Controllers position and/or in moving water caused by the (intentional) power of actions, the number of Athletes performing, or the moving progression ("travelling") of the Hybrid, as such Technical Controllers must focus on what they see at or over the water surface.
- In regard to any hybrid techniques where compliance to specific angles or height levels is required:
    - If technology is available at a competition where Athletes can be accurately measured via analysis software for compliance to stated angles or height levels, then clear non-compliance to a required angle or level would result in a Base Mark.
    - For Difficulty Technical Controllers without technology – then non-compliance to a required angle or height level should be very obvious and clear in a video review (so far off the angle/height that there is no doubt). If too close to call and in doubt, then the ruling should go in favour of the Athlete.

12. Hybrids

Definition of a Hybrid:

- A free Hybrid (one intentionally being declared for Degree of Difficulty on a Coach Card) is defined as having a combination of five (5) or more movements performed with lower limbs with intentional apnea (head down under hips level).
- Short hybrid-like movements of 4 or less movements with or without intentional apnoea OR horizonal movements along the surface with lower limb actions that have consequential apnoea (rolling over, kicking, etc.) are considered as transitional movements.
- The definition of a Hybrid movement = a definitive change in the position or direction of the lower limbs as mandated by the choreography of the routine.

How to count Hybrid Movements:

A Hybrid Movement is a definitive change in the position or direction of the lower limbs as mandated by the choreography of the routine.

- Regarding entries and exits:

a) Front Pike Pulldown - the action of the body bending into the pike position is movement number one, with counting continuing from there.

b) Entry from a Ballet Leg - A Ballet Leg kick counts in the hybrid if used as an entry into the hybrid (kick up and then a Catalina like rotation, kick up and then into inverted tuck, etc.).

c) If starting from underwater, start counting from the first position – for example a pike, tuck, tabletop, or a submerged back pike (before a thrust).

d) No movements will be counted underwater – for example, a tuck from ankles at the end of a spin would count as one movement, however if the Athlete(s) tuck when completely submerged no movement will be counted.

e) Spins / Twists / Twirls: each ½ turn (180 o) will count as 1 movement.

f) A "swirl" action counts as one movement from it's beginning to its clear stopping point or next clear action as momentum/force must be considered.

g) Fast kick type actions (for example fast "tendu" like action similar to ballet: movement in ballet where the working leg is extended along the floor until only the tip of the toe remains touching the floor) will count as 1 movement (i.e. there is a clear exertion of energy/muscle tension and then a recovery).

h) When rotating and performing leg movements at the same time, only the rotations will be counted.

i) Cadence: each cadence movement will count as 1 movement. You do not count the movements of each Athlete as they all do the same action, but on their own counts.

Hybrid difficulty components:

- Hybrid difficulty components are declared skills with assigned Degree of Difficulty values that comprise transitions in a hybrid and are grouped in the following "families" by level:
  - THRUSTS (T)
  - SPINS (S)
  - TWISTS (R) – which include Twirls and Swirls
  - FLEXIBILITY (F)
  - AIRBORNE WEIGHT (A)
  - CONNECTIONS (C)
- All families include a first level which is defined as Basic (B), then each family progresses from level 1 upwards to a maximum of level 10.

Bonuses:

- Open Team Technical, Open Team Free and Open Free Combination routines will include a bonus for each Pattern Change executed valued at 0.20 each up to a MAXIMUM of 6 Pattern Changes declared per Hybrid. If more pattern changes are executed, they can't be declared nor will they receive any additional credit.

Hybrid Base Mark:

- Base Mark for all hybrids is the same and has a value of 0.5.
- The Hybrid Base Mark value of 0.5 is added to the value of the hybrid Degree of Difficulty, and it is the value (0.5) the hybrid will go to if not successful in achieving the declared difficulty.
- Total Hybrid Declared Difficulty Value is calculated as follows:
  - *Total Hybrid Degree of Difficulty = BASE MARK (0.5) + MOVEMENTS (Families) + BONUS (Team only).*

13. Families of movements

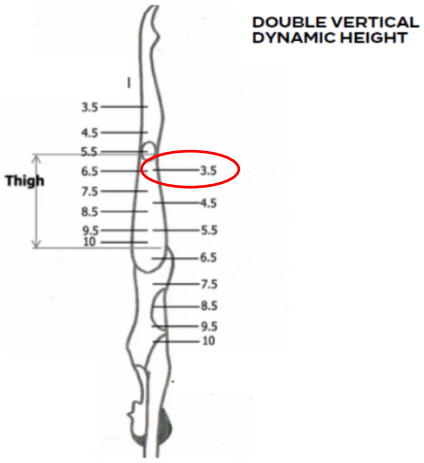
Thrusts (T)

The Thrust (T) family includes variations of Thrusts as defined in Basic Movements: "From a Submerged Back Pike Position with the legs 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*. Maximum height desirable".

*Note: other 1 and 2 leg body positions are allowed as per the Thrust levels defined.

a) Whenever "Thrust" is stated it means two legs, otherwise one leg is stated.

b) The minimum height for a Thrust to be able to be accepted is a 3.5 (Dynamic height) which is above the knees meaning Technical Controllers must clearly see that height level achieved, or the thrust will be subject to Base Mark.

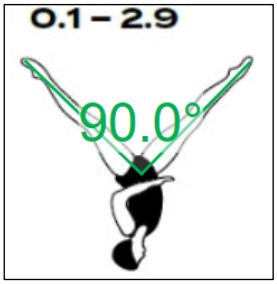


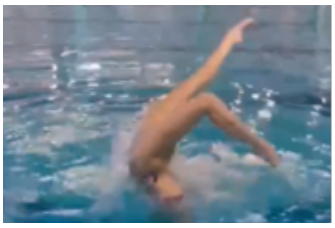
c) Thrust endings with crashing OR with descent are clearly differentiated and defined in the difficulty table at different levels and values.

For a Thrust and vertical descent

- If a descent is executed from maximum height until below the knee (kneecaps submerged) and then a crash occurs, this still applies as an accomplished descent.

d) A Thrust with flexibility must exhibit flexibility at maximum height like Airborne Split Position or Vertical Position to Knight or back flexibility (i.e. arch with legs backwards at 45o). A thrust with Airborne Split Position or a split variant must show body alignment under hips, as described in Basic Body Position and must show flexibility at minimum of "scissors (90°) / 0.1-2.9 for split as per the 'World Aquatics Artistic Swimming Manual for Judges, Technical Controllers, Referees and Coaches'. Body alignment means lower back arched, with hips, shoulders, and head on a vertical line. Split variants may not exhibit bent front legs, and only back legs that bend downward (with the knee facing the ceiling / not inward).





e) For Thrusts with flexibility followed by a Spin or Twirl, the Spin or Twirl can begin at any time – i.e., the legs can be out of the Vertical Position cone.

f) For Thrusts followed by a Twirl = A rotation at a sustained height - height remains constant throughout the rotation. Therefore, any obvious change in height downwards is subject to a Base Mark. "Obvious" is defined as a drop in two height levels. So, if the Athlete starts above their knee (6.5) and drops to below knee (4.5) that would be a Base Mark. A change in one height level = execution.

g) In the case that a Thrust is performed that exhibits actions from different levels – declare the most difficult movement. For example, if a Thrust with Flexibility continued by catching (clearly stopping – stable height demonstrated) in a Vertical Position above the knees is performed, declare a T9b.

h) Regarding a Thrust (T9b) with catching Once the "stable height demonstrated for 1 second (1s) or more" in Vertical Position has occurred any difficulty movement can then be performed and be declared as per the rules, for example: T9b followed by A6, S3, etc.

i) Spins following Thrusts must drop gradually. Athletes who obviously hold the rotation at the ankle level (i.e. twisting vs spinning) will be subject to a Base Mark as per below standards:

- For Spin 180° to Spin 720°, that the entire rotation must be gradual.
- For Spin 1080°, that a maximum of one rotation at the ankle level is allowed.

Level	Code	Description	Degree of Difficulty Value
B	**TB**	Thrust with one or two legs followed by crashing on the surface	**0.30**
1	**T1**	Thrust with one leg followed by vertical descent	**0.45**
2	**T2a**	Thrust with one leg followed by Spin 180°	**0.50**
	T2b	Thrust with one leg followed by Twirl 180° and a crash	
3	**T3a**	Thrust and vertical descent	**0.65**
	T3b	Thrust with one leg followed by Spin 360°	
	T3c	Thrust with one leg followed by Twirl 180° and descent	
	T3d	Thrust with flexibility followed by crashing	
4	**T4a**	Thrust with one leg followed by Spin 720°	**0.80**
	T4b	Thrust with flexibility and descent	
	T4c	Thrust followed by Spin 180°	
	T4d	Flying Fish (with descent) *A thrust is executed to a Vertical Position and with no loss of height one leg is rapidly lowered to an airborne Fishtail Position*. After the Flying Fish the join may be with a straight or bent leg followed by a vertical descent. The declaration ends with the descent.* **The bottom leg must be out of the "Vertical Position cone" area* ***Reminder you may not combine with a rotation or vertical descent declaration*	
	T4e	Thrust followed by Twirl 180° in Vertical Position and a crash	
5	**T5a**	Thrust followed by Spin 360°	**0.90**
	T5b	Thrust followed by Twirl 180° (in Vertical Position) and descent	
	T5c	Thrust with flexibility followed by Spin 180°	
	T5d	Flying Fish Spin 180° or Thrust Fishtail Helicopter Spinning 180° *Same definition as T4 Flying Fish with a Spin 180° as ending*	
	T5e	One leg Thrust with Twirl 180° followed by Spin 360°	
6	**T6a**	Thrust with flexibility followed by Spin 360°	**1.10**
	T6b	Thrust with Twirl 180° (in Vertical Position) followed by Spin 360°	
	T6c	Flying Fish 360° or Thrust Fishtail Helicopter Spinning 360° *Same definition as T4 Flying Fish with a Spin 360° as ending*	
7	**T7**	Thrust followed by Spin 720°	**1.50**
8	**T8**	Thrust with flexibility followed by Spin 720°	**1.70**
9	**T9a**	Thrust to height of 8.5 (waist) or higher followed by Spin 1080° or more	**2.00**
	T9b	Thrust to height of 8.5 (waist) or higher continued by catching (clearly stopping - stable height demonstrated for 1s or more) in a **Vertical Position** above the knees or higher	

Spins (S)

This family includes all types of Spins – which is a rotation in a Vertical Position (as per General Requirements). It includes ascending/descending Spins and combined/reversed Spins.

a) When Spin is stated, it can be either an ascending or descending Spin (same code and value) – ascending and descending are NOT differentiated.

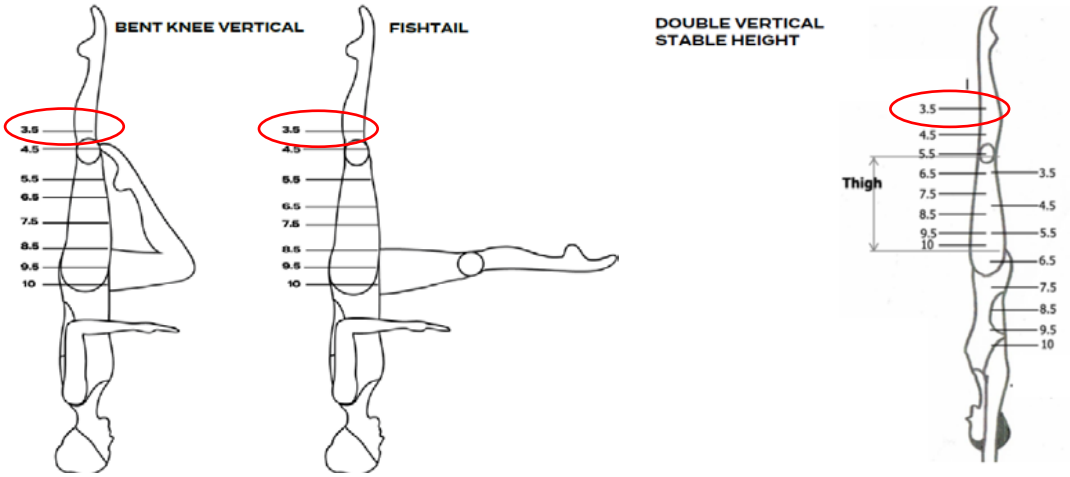
b) For descending Spins in freeHybrids, the definition of degrees is by the submersion of the toes, OR when the rotation has come to a complete stop at the ankles level. Please note this is different than for Figures or Technical Required Elements (see BM 13).

c) For ascending Spins in free Hybrids, the definition of degrees begins when the toes break the water's surface, OR at the ankles level. Please note this is different than for Figures or Technical Required Elements (see BM 13).

d) A **Spin** (ascending or descending) is defined as a gradual change of a minimum of two height levels. Descending spins must always end at the ankles or the submersion of the toes. A change of only one height level during a spin declaration would be subject to Base Mark.

e) Spin allowances (BM 12 and 13) do not apply to Spin declarations in free Hybrids. Athletes must fully complete rotations as declared on the Coach Card. For example, if a S2 is declared (Spin 720° with one or two legs), then the Difficulty Technical Controllers will be watching for completion of at least a full 720°+ following the above principles. Rotating more than declared is acceptable, rotating less than declared is subject to a Base Mark.

f) A minimum height of 3.5 as per single and double leg height chart must be demonstrated to start a spin descending and a minimum height of 3.5 as per single and double leg height chart must be demonstrated to finish a Spin ascending:



g) Ascending and descending spins must rise/drop gradually. Athletes who obviously hold the rotation at the same height level (i.e., twisting vs spinning) will be subject to a Base Mark as per below standards:

- For Levels SB-S2: Entire rotation must be gradual.
- For Levels S3-S5: A maximum of one rotation at each height level is allowed.
- For Levels S6-S10: A maximum of two rotations at each height level is allowed.

h) Spin Level Basic (B), Level 1 and Level 2, are for spins with one or two legs. Beginning at level 3 all Spins must be performed with two legs.

i) Spins will have the rotation of the BODY counted "wall-to-wall" to accomplish the declared degree of rotation. For rotations of 360° or more - the wall or direction you start at is the wall or direction you must finish for Technical Controllers to verify completion of rotation. Rotating more than declared is acceptable, rotating less than declared is subject to a Base Mark.

j) Various modifications of leg positions during Spins are allowed as long as the one or two leg position meets the definition of Vertical Position as per General Requirement a). Unbalanced or off-angle Spins are not differentiated, and those movements would be considered in Artistic Impression.

k) When "two legs" is stated, it means Vertical Position definition (two legs within 45o of vertical), and "one leg" means one leg within 45° of vertical. Both as per General Requirement a).

l) Spins with one leg includes Bent Knee Vertical Position, Fishtail/Crane, Knight, and other one leg Vertical Position options or variants.

m) Rotations with two legs includes Vertical Position, Fishtail within 45° of Vertical, Arched Vertical Position and other positions where 2 legs are clearly visible within 45° of the vertical line.

n) Joining/opening/bending/extending movements from one leg positions to two leg (Vertical Position) positions (or two-leg to one leg positions) such as Bent Knee Vertical Position/Fishtail to Vertical Position or Vertical Position to Bent Knee Vertical Position/Fishtail, are considered in all "one leg" Spin classifications.

o) A Combined or Reverse Combined Spin (defined in the table as "Combined") will be counted only in the case of an equal number of descending and ascending or ascending and descending rotations with no stop that start and finish at the same height (for example if toes breaking the surface is beginning of Spin, then toes submerging must be the end).

p) A Combined or Reverse Combined Spin in Levels Basic, 1 and 2 where it states, "one or two legs" MAY include a combination of one and two legs:

- Example 1: starting in a Bent Knee Vertical Position, spin descending 360° while joining to Vertical Position, and then spin ascending 360° staying in Vertical Position.
- Example 2: starting in a Bent Knee Vertical Position, spin descending 360° while joining to Vertical Position, then ascending spin 360° while returning to a Bent Knee Vertical Position.

q) Ascending and descending during Combined or Reverse Combined Spins (including Two-Direction) must rise/drop gradually. Athletes who obviously hold the rotation at the same height level (i.e., twisting vs spinning) will be subject to a Base Mark as per the below standards:

- For Levels SCB-SC2 / SCDB-SCD2: Entire rotation must be gradual.
- For Levels SC3-SC5 / SCD3-SCD5: A maximum of one rotation at each height level is allowed.
- For Level SC6 / SCD6: A maximum of two rotations at each height level is allowed.

r) A "Two-Direction" Spin means a spin in one direction, followed without a pause by an equal Spin in the opposite direction.

For example: SCD2 - Combined 720° (one or two legs) = a descending or ascending rotation of 720° followed without a pause by an ascending or descending rotation of 720° in the opposite direction.

Level	Code	Description	Degree of Difficulty Value
B	**SB**	Spin 180° (one or two legs)	**0.15**
	SCB	Combined 180° (one or two legs)	**0.35**
	SCDB	Two-direction Combined 180° (one or two legs)	**0.40**
1	**S1**	Spin 360° (one or two legs)	**0.35**
	SC1	Combined 360° (one or two legs)	**0.80**
	SCD1	Two-direction Combined 360° (one or two legs)	**0.85**
2	**S2**	Spin 720° (one or two legs)	**0.75**
	SC2	Combined 720° (one or two legs)	**1.60**
	SCD2	Two-direction Combined 720° (one or two legs)	**1.65**
3	**S3**	Spin 1080° (two legs)	**1.15**
	SC3	Combined 1080° (two legs)	**2.40**
	SCD3	Two-direction Combined 1080° (two legs)	**2.45**
4	**S4**	Spin 1440° (two legs)	**1.55**
	SC4	Combined 1440° (two legs)	**3.20**
	SCD4	Two-direction Combined 1440° (two legs)	**3.25**
5	**S5**	Spin 1800° (two legs)	**1.95**
	SC5	Combined 1800° (two legs)	**4.00**
	SCD5	Two-direction Combined 1800° (two legs)	**4.05**

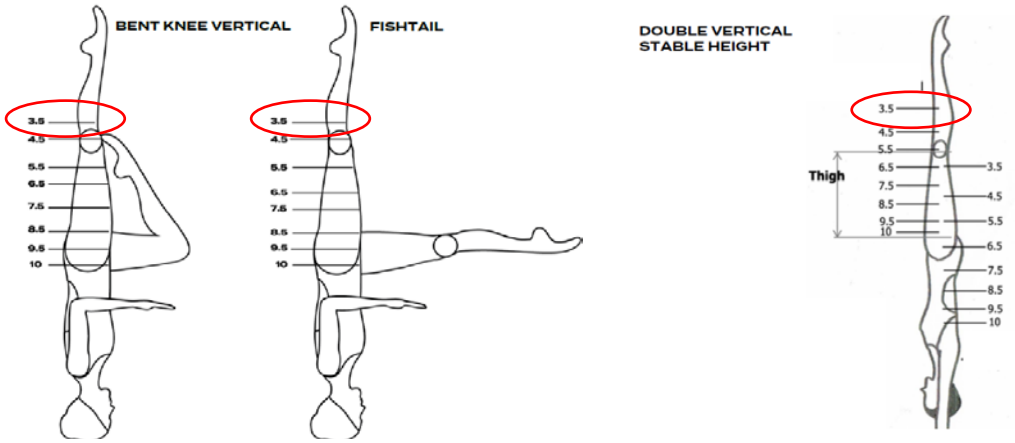
6	**S6**	Spin 2160° (two legs)	**2.35**
	SC6	Combined 2160° (two legs)	**4.80**
	SCD6	Two-direction Combined 2160° (two legs)	**4.85**
7	**S7**	Spin 2520° (two legs)	**2.75**
8	**S8**	Spin 2880° (two legs)	**3.15**
9	**S9**	Spin 3240° (two legs)	**3.55**
10	**S10**	Spin 3600° (two legs)	**3.95**

Twists including Twirls/Swirls (R)

This family includes Twists and Twirls (as defined in Basic Movements - the body remains on its longitudinal axis throughout the rotation) and Swirls.

a) Twisting or Twirling = A rotation at a sustained height - height remains constant throughout the rotation. Therefore, any obvious change in height downwards will be subject to a Base Mark. A change in height upwards will be considered in execution. "Obvious" is defined as a drop in two height levels. So, if the Athlete starts above their knee (6.5) and drops to below knee (4.5) that would be a Base Mark. A change in one height level = execution.

b) The minimum height for a Twist to be able to be accepted is a 3.5 (as per single and double leg height chart) meaning Technical Controllers must clearly see that height level achieved, or the Twist will be subject to Base Mark.



c) Swirl = A 1 or 2 leg rotation in a piked/arched body position (or other positions where the body is not aligned with its vertical axis), while turning. Swirls may have height variation - the legs can be lower than Vertical Position definition or can move in and out of Vertical Position area.

d) Twist allowances (BM 12 and 13) do not apply to twist/twirl/swirl declarations in Free Hybrids. Athletes must fully complete rotations as declared on the Coach Card. For example, if a 2R3 is declared - Twist 1080° (Vertical Position), then the Difficulty Technical Controllers will be watching for completion of at least a full 1080°. Rotating more than declared is acceptable, rotating less than declared is subject to a Base Mark.

e) Twists, Twirls and Swirls will have the rotation of the BODY counted "wall-to-wall" to accomplish the declared degree of rotation. For rotations of 360° or more - the wall or direction you start at is the wall or direction you must finish for Technical Controllers to verify completion of rotation. Rotating more than declared is acceptable, rotating less than declared is subject to a Base Mark.

f) Various modifications of leg positions during rotations are allowed as long as the one or two leg position meets the definition of Vertical Position and the requirement to complete rotations (as per above point).

g) For ROB, RO1, RCB and RC1, the legs may be slightly bent during the rotation.

h) Rotations with one leg includes Bent Knee Vertical Position, Fishtail, Crane, and other position options. Please note that Knight rotations are included in the Flexibility family, however, if a Knight is done as a 1 leg rotation declaration (1RB, 1R1, etc.) this is acceptable (not Base Mark).

i) Rotations with two legs includes Vertical Position, Fishtail within 45° of Vertical, Arched Vertical Position and other positions where 2 legs are clearly visible within 45° of the vertical line.

j) Joining/opening/bending/extending movements from one leg positions to two leg Vertical Positions (or two-leg to one leg positions): such as Bent Knee Vertical Position/Fishtail to Vertical Position, or Vertical Position to Bent Knee Vertical Position/Fishtail, are considered in all "1 leg only" Twist/Twirl classifications.

k) Unbalanced one leg twists are considered in all "1 leg" rotation classifications. Please see general requirement h) at point 5 of Appendix 6, below, for the definition of unbalanced.

l) When an Unbalanced Twist is being performed while simultaneously turning (for example RU4 is performed while turning a quarter turn for each unbalanced 360), the Difficulty Technical Controllers observe the knees of the athlete(s) to ensure the declared number of 360 rotations are executed (in this example 4) "wall-to-wall".

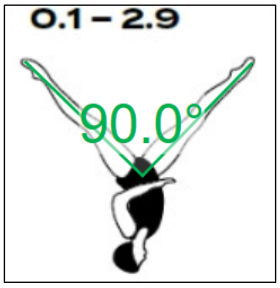
m) A Two-direction Twist means a rotation in one direction, followed without a pause by an equal rotation in the opposite direction. For example:

- RD1 - Two-Direction 360° (Vertical Position) = a rotation of 180° in one direction followed without a pause by a rotation of 180° in the opposite direction.
- RD2 - Two-Direction 720° (Vertical Position) = a rotation of 360° in one direction followed without a pause by a rotation of 360° in the opposite direction.

n) For Vertical Position open 180°/360° to Split (ROB/RO1) by the halfway point (90°/180°) the legs must be at least at 45° – meaning the opening must be gradual (not a Twirl 360° then open to Split rapidly). Also – the starting "Vertical Position" position must begin with feet/ankles touching.

o) Split close 180°/360° to Vertical Position (RCB/RC1) must not reach the Vertical Position until 135°/270° – meaning if close (where feet/ankles must be touching) finishes at ¾ point and then a ¼ turn in Vertical Position is executed that is acceptable, however if less than 135°/270° is accomplished – the rotation would be subject to Base Mark.

p) For ROB, RO1, RCB and RC1, Split position must show flexibility at minimum of "scissors (90°) / 0.1-2.9 for split as per the 'World Aquatics Artistic Swimming Manual for Judges, Technical Controllers, Referees and Coaches'.



Level	Code	Description	Degree of Difficulty Value
B	**RB**	Swirl 180°/Turn 180° non-sustained or up-down	**0.10**
	1RB	1 leg Twist/Twirl 180°	**0.15**
	2RB	Twist/Twirl 180° (Vertical Position)	**0.20**
	ROB	Vertical Position open 180° to Split	**0.25**
	RCB	Split close 180° to Vertical Position	**0.25**
1	**R1**	Swirl 360°/Turn 360° non-sustained or up-down	**0.20**
	1R1	1 leg Twist/Twirl 360°	**0.35**
	2R1	Twist/Twirl 360° (Vertical Position)	**0.45**
	RD1	Two-direction 360° (Vertical Position)	**0.50**
	RU1	Unbalanced Twist/Twirl 360° (Vertical Position)	**0.55**
	RO1	Vertical Position open 360° to Split	**0.55**
	RC1	Split close 360° to Vertical Position	**0.55**
2	**R2**	Swirl 720°	**0.40**
	1R2	1 leg Twist 720°	**0.75**
	2R2	Twist 720° (Vertical Position)	**0.95**
	RD2	Two-direction 720° (Vertical Position)	**1.05**
	RU2	Unbalanced Twist 720° (Vertical Position)	**1.15**
3	**R3**	Swirl 1080°	**0.60**
	1R3	1 leg Twist 1080°	**1.15**
	2R3	Twist 1080° (Vertical Position)	**1.45**
	RU3	Unbalanced Twist 1080° (Vertical Position)	**1.75**
4	**R4**	Swirl 1440°	**0.80**
	1R4	1 leg Twist 1440°	**1.55**
	2R4	Twist 1440° (Vertical Position)	**1.95**
	RD4	Two-direction 1440° (Vertical Position)	**2.15**
	RU4	Unbalanced Twist 1440° (Vertical Position)	**2.35**
5	**1R5**	1 leg Twist 1800°	**1.95**
	2R5	Twist 1800° (Vertical Position)	**2.45**
	RU5	Unbalanced Twist 1800° (Vertical Position)	**2.95**
6	**1R6**	1 leg Twist 2160°	**2.35**
	2R6	Twist 2160° (Vertical Position)	**2.95**
	RD6	Two-direction 2160° (Vertical Position)	**3.35**
	RU6	Unbalanced Twist 2160° (Vertical Position)	**3.55**
7	**2R7**	Twist 2520° (Vertical Position)	**3.45**
	RU7	Unbalanced Twist 2520° (Vertical Position)	**4.15**
8	**2R8**	Twist 2880° (Vertical Position)	**3.95**
	RU8	Unbalanced Twist 2880° (Vertical Position)	**4.75**
9	**2R9**	Twist 3240° (Vertical Position)	**4.45**
	RU9	Unbalanced Twist 3240° (Vertical Position)	**5.35**
10	**2R10**	Twist 3600° (Vertical Position)	**4.95**
	RU10	Unbalanced Twist 3600° (Vertical Position)	**5.95**

Airborne Weight (A)

This family includes movements that require an amount of the body out of the water (single or double legs) and reflect the difficulty of maintaining balanced and unbalanced airborne weight.

a) When "sustained height" is stated, it means airborne weight lasting equal or more than 3 seconds. The duration of execution should be sufficient to clearly identify the difficulty by the Difficulty Technical Controllers.

b) Please take note of general requirement d) as Airborne Weight may not be declared when occurring simultaneously with a rotation.

c) Please see general requirement at point 5 of Appendix 6, below, for the definition of unbalanced.

- For A8 – rocking (unbalanced forward to unbalanced back with both legs together, also side to side, or back-side-front-side. Both legs move at same time, not one and then the other making a clear balanced action in-between.
- In A8 going from a back unbalanced to front unbalanced through a balanced "V" (one leg back/one leg forward) position is a Base Mark as the "V" position makes it balanced.
- Example of balanced "V" (one leg back/one leg forward) position



d) When two A6 or A7 or A8 are declared back-to-back (Ie A6 A6 or A7 A7 or A8 A8), then the two 3 seconds or more sustained holds must be separated by either coming out of the VP cone (for A6 and A7) or coming out of the cone or balancing for A8. In the case of declaring two different Airborne Weight's (ie A6 A7 or A7 A8), then coming out of the VP cone is not required.

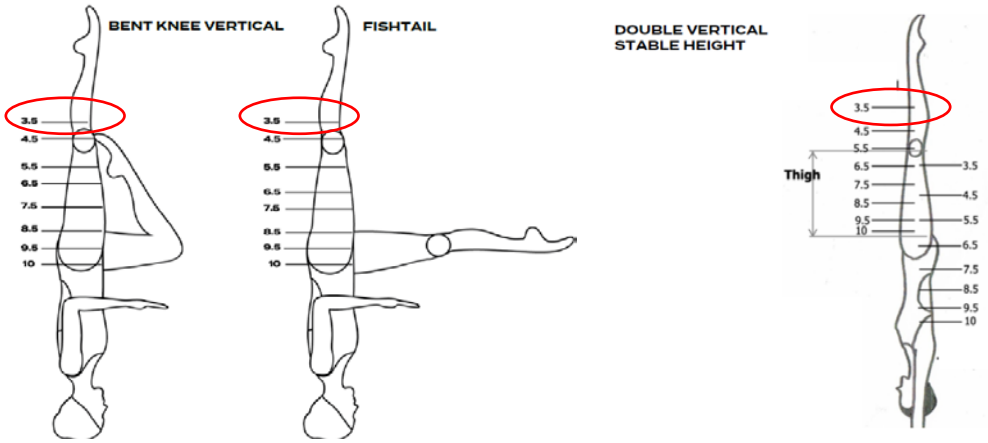
e) The minimum height required for Airborne Weight is 3.5, meaning starting or finishing positions or sustained actions must meet this standard.

- For example, if doing AB (Lift to any single leg position from Inverted Tuck, Table Top or a variant), the single leg position must be at 3.5;
- For example, if doing an A5 (Front Pike to Vertical Position while rotating 360°), the ending Vertical Position must be at 3.5.

f) An ascent (A3b) or a descent (A2a) is defined as a change of a minimum of two height levels. A change of only one height level during an ascent or descent declaration would be subject to a Base Mark.

g) For Vertical descent with 1 or 2 legs (A1b, A2a): in addition to a change of a minimum of two height levels as per f) a vertical descent must also descend below the knees (kneecaps clearly submerged). After the kneecaps have submerged a crash may occur. For example, a descent is executed from a high VP (high thigh), until below the knee (kneecaps submerged) and then a crash occurs, then A1b or A2a still applies as a change of two height levels was executed and a crash occurred once the knees were submerged.

h) As per general requirement f) for Vertical ascent with 1 or 2 legs (A3b): A vertical ascent must rise above the knees (kneecaps clearly visible) or not bend at the knees before reaching above the knees (kneecaps clearly visible). Once above knees other movements/declarations can occur.



i) For movement from Front Pike to Vertical Position (Porpoise Action): There may be variations in leg movements as long as the integrity of the porpoise lift action is maintained. For example:

- Legs may be slightly apart (not more than 45 degrees).
- Legs may be crossed or one slightly bent and one straight, or both slightly bent – as long as still in the "Vertical Position Cone" area.

j) For movements with lifting from Front Pike and rotating:

- From Front Pike to a single leg position (Bent Knee Vertical Position, Fishtail, etc.) while rotating 180°.
- From Front Pike to a single leg position (Bent Knee Vertical Position, Fishtail, etc.) while rotating 360°.
- Front Pike to Vertical Position while rotating 180°.
- Front Pike to Vertical Position while rotating 360°.
- The lift to single or double leg in Vertical Position with 180°/360° rotation must be gradual and not reach the single or double leg Vertical Position until 135°/270° - meaning if lift finishes at ¾ point and then a ¼ point in Vertical Position is executed this is acceptable, however if less than 135°/270° is accomplished – the rotation would be subject to a Base Mark.

Level	Code	Description	Degree of Difficulty Value
B	**AB**	Lift to any single leg position from Inverted Tuck Table Top or a variant	**0.05**
1	**A1a**	Lift to any single leg position from Front Pike	**0.10**
	A1b	Single leg descent	
	A1c	Lift to Vertical Position from Inverted Tuck, Table Top or a variant	
	A1d	Join to Vertical Position from Fishtail, Bent Knee Vertical Position or Split	
2	**A2a**	Vertical descent in Vertical Position (with or without isolated movements)	**0.15**
	A2b	From Front Pike to a single leg position (Bent Knee Vertical Position, Fishtail, etc.) while rotating 180°	
3	**A3a**	Front Pike to Vertical Position (Porpoise Lift)	**0.20**
	A3b	Vertical ascent with 1 or 2 legs (with or without isolated movements)	
4	**A4a**	From Front Pike to a single leg position (Bent Knee Vertical Position, Fishtail, etc.) while rotating 360°	**0.45**
	A4b	Front Pike to Vertical Position while rotating 180°	
5	**A5**	Front Pike to Vertical Position while rotating 360°	**0.65**

6	**A6**	Sustained height with one leg or a combination of one or two legs lasting equal or more than 3 seconds Or Isolated movements performed in a stable and fixed single leg position (within Vertical Position definition of 0-45 degrees) – isolated movements performed with other (non-fixed) leg lasting 3 seconds or more Or A combination of the two techniques *(for example 2 seconds of isolated movements, then 1 second of a combination of one and two leg movements)*	**1.15**
7	**A7**	Sustained height in Vertical Position lasting equal or more than 3 seconds	**1.45**
8	**A8**	Sustained height shown at least 3 seconds or more in Vertical Position performed in an unbalanced position	**1.65**

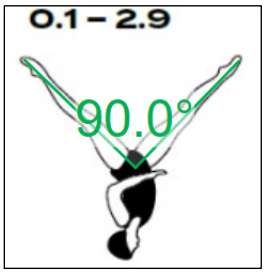
Flexibility (F)

This family includes different types of flexibility movements that require an extreme range of suppleness (bring a joint to its maximum range of motion), such as Arches, Splits, Knights, Walkouts, and Nova/Cyclone lift.

a) All positions should be shown with maximum strength in legs and a body position with shoulders under the hips that demonstrates the flexibility of the Athletes.

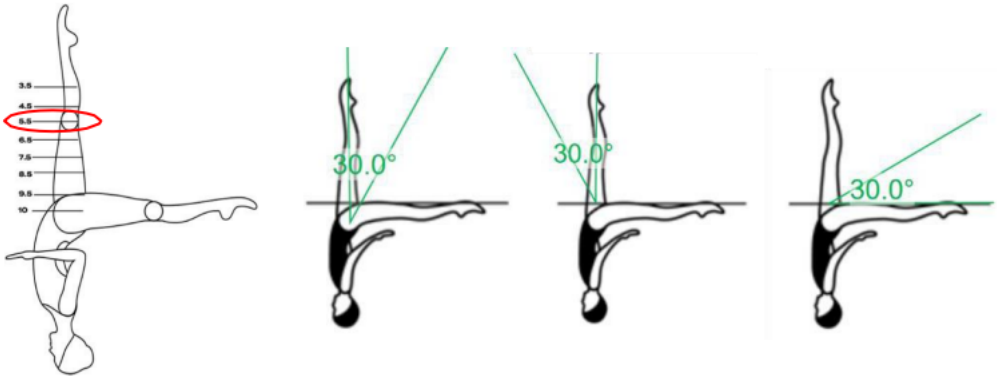
b) The duration of execution should be sufficient to clearly identify the difficulty by the Difficulty Technical Controllers.

c) Split position must demonstrate flexibility at the minimum height for split (0.1-2.9 = "scissors") as per the 'World Aquatics Artistic Swimming Manual for Judges, Technical Controllers, Referees and Coaches' or it is subject to a Base Mark.



d) For Knight position:

- Minimum height of 5.5 (kneecap visible) is required. The kneecap obviously fully underwater constitutes a Base Mark.
- The vertical leg can be a maximum of 30 degrees off the vertical line.
- The horizontal leg can't come off the surface more than 30 degrees.



e) If declaring Rapid Knight (F1b), you may declare consecutively, however the vertical leg must come out of the Vertical Position Cone.

f) In regard to Rapid Knight Position (F1b) or Rapid Split (F1a) from any position, the action from the starting position to the Knight or Split must be rapid.

g) The declaration examples regarding F1a and F1b:

- F1a (Rapid Split) followed by RCB or RCI is allowed.
- F1a (Rapid Split) followed by F2a (Walkout front), F2b (Walkout Back) or F3b (Ariana) is allowed.
- A F1a (Rapid Split) can be declared before a F3a to get into the first starting split position before declaring a F3a (the transition of changing legs twice). F1a is one movement, then F3a must be two additional splits.
- For F1a (Rapid Split) followed by F2c (Split variants at the surface- demonstration of at least 2 different splits) – F1a is one movement, then F2c must be two additional splits.
- F1b (Rapid Knight) followed by F4e, F4f, F5a, F5c, F6b, F6c or F8a is allowed.
- F1b (Rapid Knight) followed by F3c (Combo of R-L Knight) F1b is one movement, then F3c must be two additional Knights.
- F1a (Rapid Split) followed by F6d (Flat split/Split variants sustained at the surface 3 seconds or more) – if athletes reach the Split position with a rapid movement, then clearly hold for an additional 3 seconds this is allowed.
- F6d followed by RCB/RO1 – split hold followed by a close (RCB/RO1) declaration is acceptable.
- ROB/RO1 followed by F1a as per general Requirement d) – can't be a simultaneous declaration.

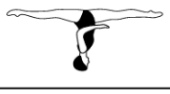
h) Knight join 180°/360° () to Vertical Position (F6c or F8a): the rotation must be gradual and not reach Vertical Position (where feet/ankles must be touching) until 135°/270° - meaning if join finishes at ¾ point and then a ¼ turn in Vertical Position is executed this is acceptable, however if less than 135°/270° is accomplished – the rotation would be subjected to Base Mark.

i) For Bent Knee Surface Arch Position to Vertical Position rotating 180° or 360° (F6a or F8b°): the rotation must be gradual and not reach Vertical Position until 135°/270° - meaning if join finishes at ¾ point and then a ¼ turn in Vertical Position is executed this is acceptable, however if less than 135°/270° is accomplished – the rotation would be subjected to Base Mark.

j) For movement from Surface Arch to Vertical Position (F7, F9 and F10), there may be variations in leg movements as long as the integrity of the surface arch and lift action is maintained. For example:

- A Surface Arch position must be visible at the surface of the water (not airborne).
- Legs may be slightly apart (not more than 30 degrees). Legs that are obviously wider than 30 degrees will be subject to a Base Mark.
- Legs may be crossed or one slightly bent and one straight.
- Both legs may not be bent intentionally – slight bending (soft knees) due to bad execution should not be Base Marked.
- For F9 and F10: the rotation must be gradual and not reach Vertical Position until 135°/270° - meaning if lift finishes at ¾ point and then ¼ turn in Vertical Position is executed this is acceptable. However if less than 135°/270° is accomplished, the rotation would be subject to Base Mark.

k) Flat Split (F6d) as per Height Chart 8.5 level:

8.5	170° - 180°			Legs dry

Level	Code	Description	Degree of Difficulty Value
B	**FB**	Back Layout to Surface Arch or Bent Knee Surface Arch	**0.05**
1	**F1a**	Rapid Split from any position	**0.10**
	F1b	Rapid Knight Position from any position	
	F1c	Bent Knee Surface Arch to Knight (extending the Bent Knee up to Knight)	
2	**F2a**	Walkout Front (to breath)	**0.20**
	F2b	Split to Front Pike (180° arc with a straight leg)	
	F2c	Split variants at the surface (demonstration of at least 2 different Splits)	
3	**F3a**	Split to Split through Vertical Position (changing legs) This means from a Right/Left Split to a Left/Right Split passing through Vertical Position and then back again through Vertical Position to the initial starting Right/Left Split position. A F1a (Rapid Split) can be declared before a F3a to get into the first starting split position before declaring a F3a (the transition of changing legs as per above).	**0.30**
	F3b	Ariana Rotation	
	F3c	Combination of a Right and Left Leg Knight Position	
4	**F4a**	Bent Knee Front Layout to Bent Knee Arch Position OR Front Layout to Split with a straight leg	**0.40**
	F4b	From Surface Arch Position to Knight or Split with a straight leg through the vertical arc/axis.	
	F4c	Bent Knee Surface Arch to Bent Knee Vertical Position	
	F4d	Bent Knee Surface Arch to Knight (lifting the extended leg to Vertical Position and extending the bent leg horizontally on the surface)	
	F4e	Fishtail to Knight (horizontal plane, along the surface)	
	F4f	Fishtail to Knight (through Vertical Position)	
5	**F5a**	Knight to Vertical Position OR Knight to Fishtail through Vertical Position	**0.50**
	F5b	Bent Knee Surface Arch to Vertical Position	
	F5c	Knight rotating 180° (twisting in the Knight position)	
6	**F6a**	Cyclone 180° (Bent Knee Surface Arch Twirl 180° to a Vertical Position	**0.65**
	F6b	Knight rotating 360° (twisting in the Knight position)	
	F6c	Knight Join to Vertical Position while rotating 180°	
	F6d	Flat Split or Split variants sustained at the surface 3 seconds or more (split variants may not bend knees more than 90° or lift the thigh past 45° while transitioning from one split to another)	
7	**F7**	Surface Arch to Vertical Position	**0.75**
8	**F8a**	Knight Join to Vertical Position while rotating 360°	**0.90**
	F8b	Bent Knee Surface Arch Position to Vertical Position rotating 360° (Nova rotating 360°)	
9	**F9**	Surface Arch Position to Vertical Position rotating 180°	**1.00**
10	**F10**	Surface Arch Position to Vertical Position rotating 360°	**1.30**

Connections (C)

This family includes movements when Athletes join or link together with their legs creating a connected action.

a) The Athletes must be touching with 1-2 legs in the manner detailed in the table. An exception will be wrapping a leg around the body (CB and C1 levels).

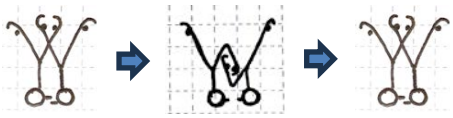
Connected Actions in Teams (Connections of 4-10 Athletes):

b) This means groupings of 4-10 Athletes are connected - for example 2 lines of 4-5 Athletes, 1 line of 8-10 Athletes, a circle of 8-10 Athletes or circles of 4-5 Athletes

- For these Connected Actions of 4-10 Athletes 0.10 will be added to the declared connection.
- Connected Actions for groupings of 4-10 Athletes will have a plus symbol (+) added to the codes.
- Connections with or without the plus symbol (+) are considered the same technique. For example, C4 and C4+ are considered the same technique and therefore combined (C4 and C4+) can only be declared a maximum of 3 times per Hybrid – for example: C4 + C4 + C4 C3 C3 would be a maximum declaration for one hybrid.

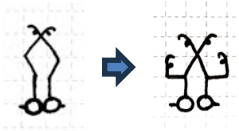
c) When two of the SAME Connections are performed consecutively (one after the other), then they must be separated by a disconnection OR the connected legs coming out of the Vertical Position "cone" area.

- For example, if declaring C2a C2a, then the Athletes must connect, disconnect/or come out of Vertical Position "cone", then connect again:



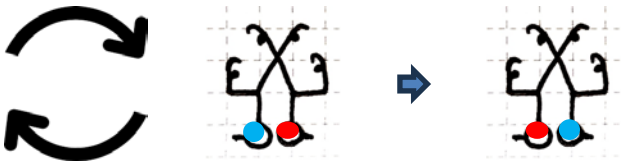
d) When two DIFFERENT Connections are performed consecutively (one after the other) then they may be performed one after the other without a disconnection or coming out of the Vertical Position "cone" area.

- For example, if declaring C4 C3, then the Athletes may demonstrate a C4 Connection, immediately followed by a C3 Connection:



e) For Connections with a rotation of at least 180o or 360o at sustained height:

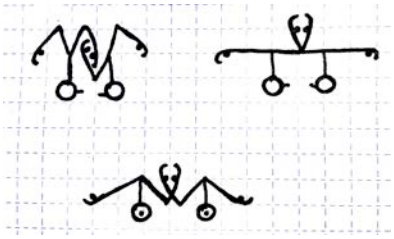
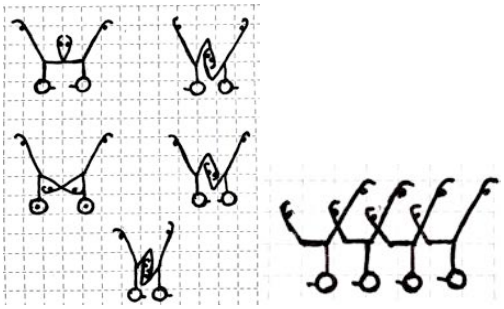
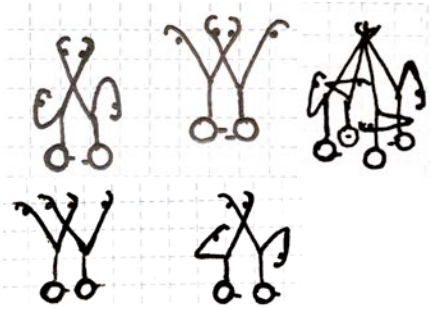
- Rotations in the Connections family must have the Athletes rotate around (change of position), be a "rotation of the construction" and NOT just a pivot of the hips (like a RD1).

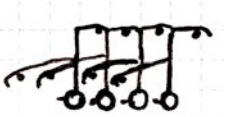
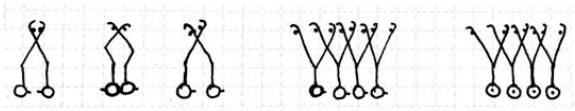


- Connected rotations must be completed at a sustained height – the rotation may not begin while ascending or end while descending. A drop of two height levels during the rotation would be subject to Base Mark.
- For example, a duet may rise Connected in a two leg connection and claim an A3b, THEN once the ascent is complete, they can then turn 180o for the C6a.

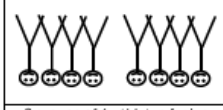
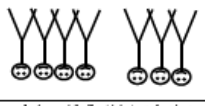
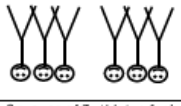
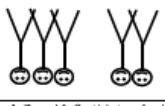
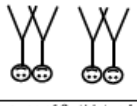
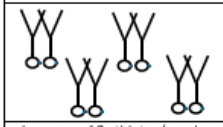
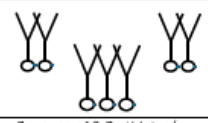
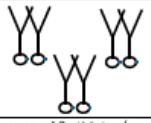
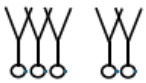
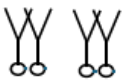
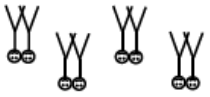
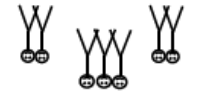
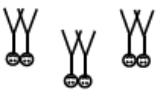
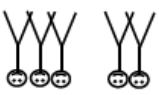
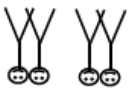
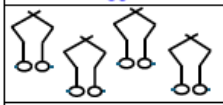
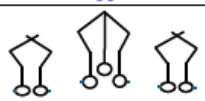
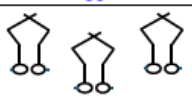
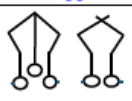
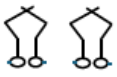
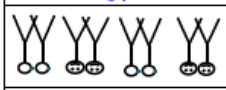
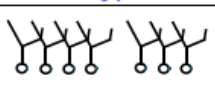
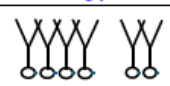
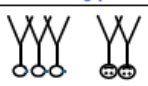
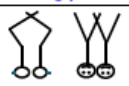
f) An ascent (A3b or A3a) can't be declared simultaneously with a Connection. The lift or ascent must be completed first (rise above the knee) and then the Connection must occur as a separate movement.

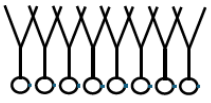
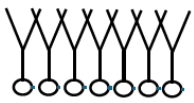
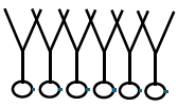
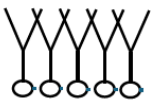
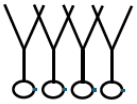
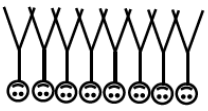
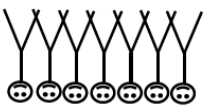
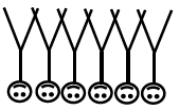
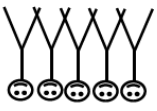
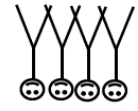
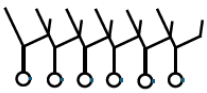
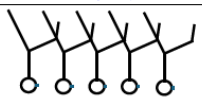
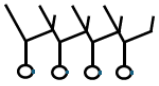
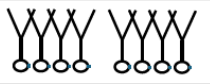
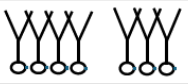
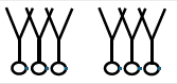
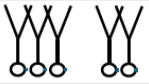
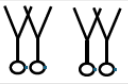
Please see the following table for example images of descriptions of Connections:

Level	Description	Code	Degree of Difficulty Value
B	Piked body position at the surface of the water or any position out of Vertical Position "cone" area (facing any direction). Connections are on the surface of the water without lifting the feet from the water OR any position out of Vertical Position "cone" area (facing any direction) OR wrapping a leg around the body (pelvis). 	**CB** **2-3 Connected**	**0.10**
		CB+ **4-5, 8-10 Connected**	**0.20**
1	C1a: Connection in any one leg Vertical Position (in "cone" area) with the "bottom" leg (non-Vertical Position leg) connected. Can be facing any direction. C1b: Connecting a bottom leg (non Vertical Position leg) with the Vertical leg of the athlete in front of them (Athletes facing same direction) OR wrapping a leg around the body (pelvis) – can be facing any direction. 	**C1a** **C1b** **2-3 Connected**	**0.20**
		C1a+ **C1b+** **4-5, 8-10 Connected**	**0.30**
2	C2a: One leg (in Vertical Position "cone" area) face-to-face Connection. C2b: One leg back (in Vertical Position "cone") one leg forward (in Vertical Position "cone") Connection. In C2a or C2b Athletes connect in any one or two leg Vertical Position and make a clear Connection with one vertical ("top") leg. C2c: C1 Connections with a rotation of at least 180° at sustained height. 	**C2a** **C2b** **C2c** **2-3 Connected**	**0.30**
		C2a+ **C2b+** **C2c+** **4-5, 8-10 Connected**	**0.40**
3	One leg (in Vertical Position "cone" area) back or side Connection. Athletes are Connected in any one or two leg Vertical Position with one leg back or to the side of each other and make a clear connection with one vertical ("top") leg.	**C3** **2-3 Connected**	**0.40**
		C3+	**0.50**

Level	Description	Code	Degree of Difficulty Value
	  <- Exception C3+ (top leg at 90 degrees feet to knee Connection).	**4-5, 8-10 Connected**	
4	Two-leg Connection (both legs must be in Vertical Position "cone" area). May be facing any direction. Athletes are Connected with two legs facing ANY direction in any two-leg Vertical Position (variants of 2 legs close to vertical – legs can be up to 45° off from vertical). 	**C4** **2-3 Connected**	**0.50**
		C4+ **4-5, 8-10 Connected**	**0.60**
5	Rotation vertical Connection with one leg in Vertical Position "cone" area (Rotation of 180°+ at maximum height). May be facing any direction. When Athletes are Connected with ONE LEG, which could be executed in a one or two leg vertical position. Facing any direction, Athletes make a clear Connection with one vertical (top) leg while performing a rotation of at least 180° at sustained height.	**C5** **2-3 Connected**	**1.00**
		C5+ **4-5, 8-10 Connected**	**1.10**
6	C6a: Rotation vertical connection with two legs in Vertical Position "cone" area (rotation of 180°+ at maximum height). May be facing any direction. When Athletes are Connected with TWO LEGS facing ANY direction in any two-leg Vertical Position (variants of 2 legs close to vertical – legs can be up to 45° off from vertical), while performing a rotation of at least 180° at sustained height. C6b: Rotation vertical Connection with one leg (rotation of 360°+ at maximum height. May be facing any direction. C5 definition with rotation of 360° or more at sustained height.	**C6a** **C6b** **2-3 Connected**	**1.25**
		C6a+ **C6b+** **4-5, 8-10 Connected**	**1.35**
7	360° Rotation vertical Connection with two legs in Vertical Position "cone" area (rotation of 360°+ at maximum height). May be facing any direction. C6a definition with rotation of 360° or more at sustained height.	**C7** **2-3 connected**	**1.50**
		C7+ **4-5, 8-10 connected**	**1.60**

Team connection examples:

Team of 8	Team of 7	Team of 6	Team of 5	Team of 4
				
2 groups of 4 athletes facing forwards (sideways)	1x4 and 1x3 athletes facing forwards (sideways)	2 groups of 3 athletes facing forwards (sideways)	1x3 and 1x2 athletes facing forwards (sideways)	2 groups of 2 athletes facing forwards (sideways)
C4+ or C3+	**C4+*0.5 C3*0.3**	**C3**	**C3**	**C3**
				
4 groups of 2 athletes (one leg forward/one leg back)	3 groups of 2-3 athletes (one leg forward/one leg back)	3 groups of 2 athletes (one leg forward/one leg back)	2 groups of 2-3 athletes (one leg forward/one leg back)	4 groups of 2 athletes (one leg forward/one leg back)
C2b	**C2b**	**C2b**	**C2b**	**C2b**
				
4 groups of 2 athletes facing forwards (sideways)	3 groups of 2-3 athletes facing forwards (sideways)	3 groups of 2 athletes facing forwards (sideways)	1x3 and 1x2 athletes facing forwards (sideways)	2 groups of 2 athletes facing forwards (sideways)
C3	**C3**	**C3**	**C3**	**C3**
				
4 groups of 2 athletes with 2-leg connection	3 groups of 2-3 athletes with 2-leg connection	3 groups of 2 athletes with 2-leg connection	1x3 and 1x2 athletes with 2-leg connection	2 groups of 2 athletes with 2-leg connection
C4	**C4**	**C4**	**C4**	**C4**
				
2 groups C2b, 2 groups C3	C1b – group of 4 + group of 3	C2b – group of 4 + group of 2	3 doing C2b, 2 doing C3	1 pair doing C4, 1 pair doing C3
C2b*0.5 C3*0.5	**C1b+*0.5 C1b*0.3 or C1b**	**C4+*0.5 C2b*0.3**	**C2b*0.5 C3*0.3**	**C4*0.5 C3*0.5**

Team of 8	Team of 7	Team of 6	Team of 5	Team of 4
				
All 8 athletes facing forwards (one behind the other)	All 7 athletes facing forwards (one behind the other)	All 6 athletes facing forwards (one behind the other)	All 5 athletes facing forwards (one behind the other)	All 4 athletes facing forwards (one behind the other)
C4+ or C2b+	**C4+ or C2b+**	**C4+ or C2b+**	**C4+ or C2b+**	**C4+ or C2b+**
				
All 8 athletes facing forwards (sideways)	All 7 athletes facing forwards (sideways)	All 6 athletes facing forwards (sideways)	All 5 athletes facing forwards (sideways)	All 4 athletes facing forwards (sideways)
C4+ or C3+	**C4+ or C3+**	**C4+ or C3+**	**C4+ or C3+**	**C4+ or C3+**
				
All 8 athletes facing forwards connecting bottom leg with a thigh of VP leg	All 7 athletes facing forwards connecting bottom leg with a thigh of VP leg	All 6 athletes facing forwards connecting bottom leg with a thigh of VP leg	All 5 athletes facing forwards connecting bottom leg with a thigh of VP leg	All 4 athletes facing forwards connecting bottom leg with a thigh of VP leg
C1b+	**C1b+**	**C1b+**	**C1b+**	**C1b+**
				
2 groups of 4 athletes facing forwards (one behind the other)	1x4 and 1x3 athletes facing forwards (one behind the other)	2 groups of 3 athletes facing forwards (one behind the other)	1x3 and 1x2 athletes facing forwards (one behind the other)	2 groups of 2 athletes facing forwards (one behind the other)
C4+ or C2b+	**C4+*0.5 C2b*0.3**	**C2b**	**C2b**	**C2b**

14. Bonuses

Pattern Changes (PC)

- This bonus is applied for Teams only for changes of formations made by the spatial relationship between members of a team.
- Open Team Technical, Open Team Free and Open Free Combination routines will include a bonus for each Pattern Change executed valued at 0.20 each, up to a MAXIMUM of 6 Pattern Changes declared per Hybrid. If more pattern changes are executed, they can't be declared nor will receive any additional credit.
- Each pattern change in a Hybrid is counted. For example, if a hybrid has 3 pattern changes the code would be 3PC in the bonus section of the Coach Card.

Important Notes regarding Technical Controller verification of pattern changes:

a) Traveling of all Athletes in the same direction while maintaining the pattern is not a pattern change.

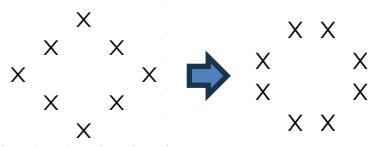
b) When pattern changes are 'transitional' – passing through from one to another – the pattern change must pause and *clearly demonstrate the new pattern* before continuing.

c) If a team declares a pattern change, the Difficulty Technical Controllers do need to see that the change was clearly attempted. They do not judge execution of the pattern change or new pattern, but they do need to clearly see that that a new pattern was created.

d) If there is a lack of clarity in the pattern changes declared, meaning change to a new pattern is *not recognisable,* this will result in a Base Mark.

Further notes:

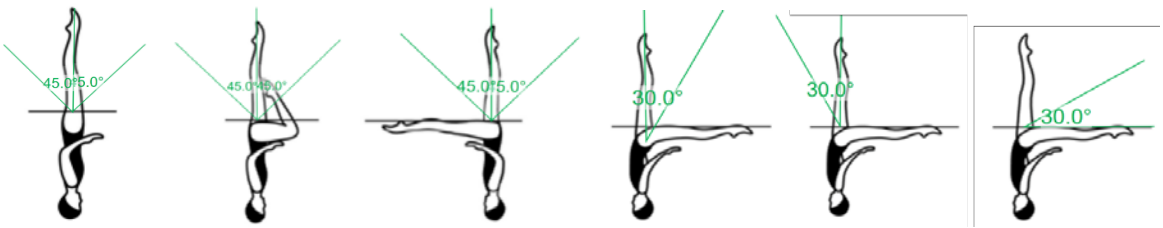
e) If from the Rhombus/Diamond ❖ a change to a circle O is executed – this is acceptable – the Difficulty Technical Controllers should not see the points for the Rhombus/Diamond.



f) If a rotation on themselves in Rhombus/Diamond ❖ (remaining in a Rhombus/Diamond) then it is not a pattern change.

15. General Requirements

a) When Vertical Position is indicated it includes variants of 2 legs at or close to vertical (legs can be up to 45° off from vertical). One leg Vertical Positions such as Bent Knee, Crane, or Fishtail can also be up to 45° off vertical line. Knight position is as per Flexibility family (max 30° off top or bottom leg).



b) Each Free Routine (Senior, Junior, Youth, 12U) MUST include a skill from every family (except for **Connections** in Solo). All routine members must perform that skill in the same declaration on the Coach Card (not factored). The only exception shall be in Open Free Combination (Youth and 12U) where one declaration from each family in the routine may be counted across solo, duet and team DD hybrids.

- Example: The skill is a Thrust Level 3a (Thrust and vertical descent). A T3a is declared on the Coach Card. It could be done all 8 together (fully synchronised), or as a cadence action; for example, 4 and then 4, or 3/3/2 or 2/2/2/2, or one at a time.

c) There is a maximum of 5 declarations per family per Hybrid, with a limit of 3x per technique. For example, you may do 5x "R" family declarations but a maximum of 3 specific techniques (i.e., 2R1 x 3 and RO1 x 2).

For Duet and Mixed Duet only – for the Connections family – there is a maximum of 5 declarations per Hybrid, with a limit of 2x per technique.

d) When two movements from different families in the difficulty table *occur simultaneously* then you may only declare one. Examples:

- If a Vertical Position open to Split 360° (RO1) is being executed, then you may not also declare F1a (Rapid Split from any position).
- If a SB (Spin 180°) is declared performed as a spin ascending, then an A3b (vertical ascent) can't be declared simultaneously
- If a RU5 (Unbalanced Twist 180°) is declared and it takes 3 seconds or more then an A8 can't be declared simultaneously.

e) In teams or duet: when a Code (technique) is not performed by all team or duet members its value will be factored by *0.5 (half of Athletes included), or by *0.3 (fewer than half of Athletes included). This requirement also applies in duet actions where just one Athlete is performing a Hybrid Movement while the other performs surface accompaniment (whether connected or not).

When a code (for example when 3x maximum per technique is being used) has a factor applied of 0.5 (half Athletes) or 0.3 (fewer than half of Athletes) a coach may declare that movement a maximum of 6x in one hybrid when factored.

Factoring *does not apply* to the pattern change bonus.

Factoring can only be used when different codes/techniques are being executed by the Athletes. If all Athletes are doing the same choreography (same Code/technique) factoring can't be used.

With regards to factoring and the Open Free Combination routine (Youth/12U):

- According to Appendix 5, Required Element #1 must include at least two parts with fewer than 3 competitors and at least two parts featuring all competitors. To clarify, this does not mean that Team Hybrids must consist of all competitors; it can also apply to transitions or acrobatic sections in which all athletes participate at least twice.
- Regarding team Hybrids: since an Open Free Combination has 4 to 10 athletes, the minimum required for a team Hybrid is 4 athletes (as stated in Appendix 3).
- For Team Hybrids in Open Free Combinations, the minimum requirement is 4 Athletes. However, if a team performs a Hybrid with fewer Athletes than the total number in the Open Free Combination routine, the appropriate factors from the Hybrid Difficulty Catalogue must be applied.
- The following are examples of team Hybrids in Free Combination comprised of 6 athletes in total:
  - Example 1: The team performs a Hybrid with only 4 athletes. Whatever is declared for that Hybrid will be multiplied by a factor of ***0.5**
  - Example 2: The team performs the Hybrid with all 6 Athletes and therefore no factoring is applied because the entire team participates.
  - Example 3: The team starts the Hybrid with all 6 Athletes, but 2 Athletes end the Hybrid with rotation level 3 (R3). That R3 would be factored by *0.3 (R3*0.3).

f) When a Cadence is performed you just declare the full code once on the Coach Card. Difficulty Guide General Requirement e) does not apply (factoring). Meaning – when the whole team does the same "Cadence" movement sequentially/consecutively (one after the other – 1 at a time, 2 at time, 4/4/2, 4/4, etc.), you just put the difficulty Code once.

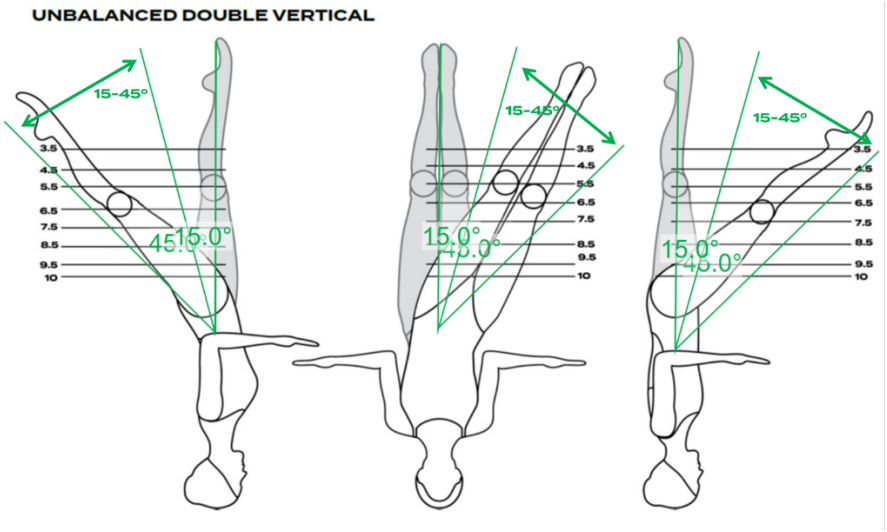
- For example, if all 8 Athletes on a team do a S1 (spin descending/ascending 360°) one at a time – just declare S1 once on the Coach Card.

g) When Unbalanced is stated it means both legs from thighs to feet, in the same direction: forwards, backwards, or sideways (Body position Arched, Piked, or Tilted) clearly OFF the vertical line, and clearly ABOVE (off) the surface of the water.

If one leg bends while the other leg is unbalanced and the Athlete's centre of gravity out of the vertical line is compensated by the knee bending that keeps the athlete in a stable position – this does not qualify as unbalanced.

If technology is available at a competition where Athletes can be measured for compliance 15-45 degrees off Vertical Position is the required angle to be achieved 0-15 degrees is *too straight* and therefore not unbalanced, and *lower than 45 degrees* is out of the Vertical Position definition.

For Difficulty Technical Controllers without technology – if an Athlete is completely straight during a declared unbalanced action that is subject to a Base Mark. If an Athlete is clearly lower than 45 degrees and near the surface of the water that is subject to a Base Mark.



16. The Coach Card

The Coach Card is where the declared difficulty for a routine is detailed – Technical Required Elements, Hybrids and Acrobatics. Transition parts will also be declared on the Coach Card to assist with following the order of performance.

For acrobatics difficulty please refer to the Team Acrobatics Catalogue and Pair Acrobatics Catalogue. This acrobatics information is needed to complete a routine's declared difficulty on the Coach Card for Duet and Team routines.

Online Coach Cards are also provided by the scoring systems that support World Aquatics competitions. Specific instructions for online Coach Cards are provided in competition information packages so please ensure these packages are read thoroughly with instructions followed.

Below is an example of a coach card template should technology not be available.

WORLD AQUATICS

COACH CARD
In force as from 1 October 2024

Please fill in with type or write in capital letters!

Member Federation:				
Competition:				
Event:	❑ **PRELIMS**	❑ **FINALS**		
	❑ Women Solo Tech	❑ Men Solo Tech	❑ Women Duet Tech	❑ Mixed Duet Tech
	❑ Women Solo Free	❑ Men Solo Free	❑ Women Duet Free	❑ Mixed Duet Free
	❑ Mixed Team Tech	❑ Mixed Team Free	❑ Acrobatic	❑ Combo
Theme:				
Name of competitor(s):				

ELEMENTS IN ORDER OF PERFORMANCE

TIME	PART	EL	BASE MARK	DECLARED DIFFICULTY	BONUS	DD	TC

Member Federation: _____

Date: _____ Signature: _____

17. Important notes regarding Declared Difficulty Movements / Coach Card

It is very important that Athletes perform skills (codes/techniques) as declared on the Coach Card AND in the order in which they are declared – otherwise a deduction will occur. We strongly advise "Do what you declare!"

If the Coach has declared a movement on the Coach Card and an Athlete does not perform it at all (it is omitted), or does not perform it in conformance to what is declared on the Coach Card (Code/technique is different or in wrong order than declared) then the following will occur:

For a Free Hybrid:

- Only the Base Mark (value of 0.5) will be applied
    - For example, a routine hybrid is declared to have:
        - Thrust Level 3 (T3a), Airborne Weight Level 3 (A3b), and a Spin Level 4 (S4).
        - However, an Athlete does not perform their Spin Level 4 (for example a spin descending 1440°) and instead does a S3 (spin descending 1080°).
        - The routine will have this hybrid put to Base Mark (value of 0.5).
- Please note in duet or team if ONE Athlete does not perform movement as declared the deduction will apply.
- The hybrid declaration must be in the exact order that it appears in the hybrid chronologically – as above – First a T3, then A3, then S4 occurs. IF this is incorrectly ordered on Coach Card vs what is done in the water, the deduction will apply.

For a Technical Required Element:

- In technical routines, a Technical Required Element (TRE) will be declared as TRE1a or TRE1b, TRE2a or TRE2b, TRE3a or TRE3b, TRE4a or TRE4b, and TRE5a or TRE5b (note: in disciplines where there is only one option for an element no letter is included when declared on the Coach Card – for example "TRE3").
- Required Elements can be performed in any order; however, Athletes must perform the Technical Required Elements in the order as declared on the Coach Card or a penalty (a zero) will be applied in accordance with Article 6 of this Part Seven.
- Please also note that additional movements can be added immediately before and after (breath to breath) a Technical Required Element. Those movements will not add any extra difficulty nor will be considered as additional hybrids and therefore are not to be added to the Coach Card.

For an Acrobatic movement (Teams and Duets):

- Acrobatic codes should be added to the Coach Card as per the Acrobatic Catalogues.
- A Base Mark will be applied to acrobatics not performed in conformance to what is declared on the Coach Card.
- Please refer to the Acrobatic Catalogue for Acrobatic Base Marks.

18. Coach Card Legend

Acrobatics Base Mark:

Group A	ACRO-A	For Acrobatics, please enter the acrobatic code in the "declared difficulty" column as per the Acrobatics Catalogue. ***Please refer to the Acrobatics Catalogue for Acrobatic codes and Acro Base Marks.*
Group B	ACRO-B	
Group C	ACRO-C	
Group P	ACRO-P	
Pair Acro	Acro-Pair	

Hybrid Base Mark:

Hybrid Base Mark is fixed at 0.5 and is added to the value of the hybrid Degree of Difficulty, and it is the value (0.5) the hybrid will go to if not successful in achieving the declared difficulty.

Hybrid Families and Bonuses:

Families (groups)/Bonuses:		**Family and Level Codes:**
Thrusts	T	TB, T1-T9
Spins:		
Spins – ascending/descending	S	SB, S1-S10
Spins – combined	SC	SCB, SC1-SC6
Spins – combined two-direction	SCD	SCDB, SCD1-SCD6
Twists (Incl. Twirls and Swirls)		RB, R1-R9
Swirl	R	RB, R1-R4
One leg Twists	1R	1RB, 1R1-1R6
Two leg Twists	2R	2RB, 2R1-2R10
Two-direction Twist	RD	RD1-RD6
Unbalanced Twist	RU	RU1-RU10
Vertical Position to Split	RO	ROB, RO1
Split to Vertical Position	RC	RCB, RC1
Flexibility	F	FB, F1-F10
Airborne Weight	A	AB, A1-A8
Connections		
Connections (2-3 athletes)	C	CB, C1-C7
Connections (4-5, 8-10 athletes)	C+	CB+, C1+-C7+
Pattern Changes	PC	1PC, 2PC, etc . . .
In Thrusts, Airborne Weight, Flexibility and Connections where are few skills are grouped together in one level, each technique has been labelled as a, b, c, d, e or f to ensure clarity or what is being declared.		

Technical Required Elements:

Note: in disciplines where there is only one option for an element, no letter is included – for example "TRE3".

Element 1	**Element 2**	**Element 3**	**Element 4**	**Element 5**
TRE1a	TRE2a	TRE3a	TRE4a	TRE5a
TRE1b	TRE2b	TRE3b	TRE4b	TRE5b

19. Hybrid Difficulty Table - important notes:

a) All hybrids will start with a base value or "Base Mark" of 0.50 and then start adding difficulty from that base value.

b) Each Free Routine (Senior, Junior, Youth, 12U) must include a skill from every family (except for Connections in Solo). All routine members must perform that skill in the same declaration on the Coach Card (not factored). The only exception will be in Free Combination (Youth and 12U) where one declaration from each family in the routine may be counted across solo, duet and team DD Hybrids.

- Example: The skill is a Thrust Level 3a (Thrust and vertical descent). A T3a is declared on the coach card. It could be done all 8 together (fully synchronised), or as a Cadence action; for example, 4 and then 4, or 3/3/2 or 2/2/2/2, or one at a time.

c) There is a maximum of 5 declarations per family per Hybrid, with a limit of 3x per technique.

For the connections family only, duets and mixed duets are limited to a maximum of five declarations per hybrid, with each technique allowed no more than twice.

d) In Spins (S) or Twists (R), you may do 5x "S" family and 5 x "R" family declarations per Hybrid but a maximum of 3 specific techniques. Each Spin (S) or Twist (R) code on the table represents a specific technique.

- For example, for Twists you could declare: 2R1 x 3 and R01 x 2.

e) In other families (thrusts, airborne weight, flexibility and connections) where a few skills are grouped together in a level, each technique has now been labelled as a, b, c, d, e, or f to ensure clarity of what is being declared (for example in Flexibility Level 1 you will now see: F1a, F1b and F1c).

- For example, for Flexibility you could declare: 1 x F7, 3 x F5a, and 1 x F1a.

f) Thrust family: Whenever "Thrust" is stated it means two legs, otherwise one leg is stated.

g) Spin family:

- Spins for ascending and descending are not differentiated, for example an S1 (spin 360 with one or two legs) may be ascending or descending.

- When "Combined" is stated, it means a Combined (descending then ascending) or Reverse Combined (ascending then descending) Spin.

h) Open Team Technical, Open Team Free and Open Free Combination routines will include a bonus for each Pattern Change executed valued at 0.20 each, up to a maximum of 6 pattern changes declared per hybrid. If more pattern changes are executed they can't be declared nor will receive any additional credit.

L	THRUSTS (T)	SPINS (S)		TWISTS *incl. Twirls/Swirls* (R)		AIRBORNE WEIGHT (A)	FLEXIBILITY (F)	CONNECTIONS (C)	
(B) A S I C	Thrust with one or two legs followed by crashing on the surface	**SB = 0.15**	Spin 180° (one or two legs)	**RB = 0.10**	Swirl 180°/Turn 180° non-sustained or up-down	Lift to any single leg position from Inverted Tuck, Table Top or a variant	Back Layout to Surface Arch or Bent Knee Surface Arch	Piked body position at the surface of the water or any position out of VP "cone" area (facing any direction)	
		SCB = 0.35	Combined 180° (one or two legs)	**1RB = 0.15**	1 leg Twist/Twirl 180°				
		SCDB = 0.40	Two-direction Combined 180° (one or two legs)	**2RB = 0.20**	Twist/Twirl 180° (VP)				
				ROB = 0.25	VP open 180° to Split				
	TB = 0.30			**RCB = 0.25**	Split close 180° to VP	**AB = 0.05**	**FB = 0.05**	**CB = 0.10**	**CB+ = 0.20**
1	Thrust with one leg followed by vertical descent	**S1 = 0.35**	Spin 360° (one or two legs)	**R1 = 0.20**	Swirl 360°/Rotation 360° non-sustained or up-down	**a.** Lift to any single leg position from Front Pike **b.** Single leg descent **c.** Lift to VP from Inverted Tuck, Table Top or a variant **d.** Join to VP from Fishtail, Bent Knee VP or Split	**a.** Rapid Split from any position **b.** Rapid Knight from any position **c.** BK Surface Arch to Knight (extending the BK up to Knight)	a. Connection in any one leg VP position (in "cone" area) with the "bottom" leg (non-VP leg) connected. Can be facing any direction. b. Connecting a bottom leg with a thigh of VP leg (athletes facing same direction) OR wrapping a leg around the body (pelvis) – can be facing any direction.	
		SC1 = 0.80	Combined 360° (one or two legs)	**1R1 = 0.35**	1 leg Twist/Twirl 360°				
		SCD1 = 0.85	Two-direction Combined 360° (one or two legs)	**2R1 = 0.45**	Twist/Twirl 360° (VP)				
				RD1 = 0.50	Two-direction 360° (VP)				
				RU1 = 0.55	Unbalanced Twist/Twirl 360° (VP)				
				RO1 = 0.55	VP open 360° to Split				
				RC1 = 0.55	Split close 360° to VP				
	T1 = 0.45					**A1 = 0.10**	**F1 = 0.10**	**C1 = 0.20**	**C1+ = 0.30**
2	a. Thrust with one leg followed by Spin 180° b. Thrust with one leg followed by Twirl 180° and a crash	**S2 = 0.75**	Spin 720° (one or two legs)	**R2 = 0.40**	Swirl 720°	a. Vertical descent in VP (with or without isolated movements) b. From Front Pike to a single leg position (Bent Knee VP, Fishtail, etc.) while rotating 180°	**a.** Walkout Front (to breath) **b.** Split to Front Pike (180° arc with straight leg) **c.** Split variants at the surface (demonstration of at least 2 different Splits)	a. One leg (in VP "cone" area) face-to-face connection b. One leg back (in VP "cone"), one leg forward (in VP cone) connection c. C1 connections with a rotation of at least 180° at maximum height	
		SC2 = 1.60	Combined 720° (one or two legs)	**1R2 = 0.75**	1 leg Twist 720°				
		SCD2 = 1.65	Two-direction Combined 720° (one or two legs)	**2R2 = 0.95**	Twist 720° (VP)				
				RD2 = 1.05	Two-direction 720° (VP)				
	T2 = 0.50			**RU2 = 1.15**	Unbalanced Twist 720° (VP)	**A2 = 0.15**	**F2 = 0.20**	**C2 = 0.30**	**C2+ = 0.40**

L	THRUSTS (T)	SPINS (S)		TWISTS *incl. Twirls/Swirls* (R)		AIRBORNE WEIGHT (A)	FLEXIBILITY (F)	CONNECTIONS (C)	
3	**a.** Thrust and vertical descent **b.** Thrust with one leg followed by Spin 360° **c.** Thrust with one leg followed by Twirl 180° and descent **d.** Thrust with flexibility followed by crashing	**S3 = 1.15** **SC3 = 2.40** **SCD3 = 2.45**	Spin 1080° (two legs) Combined 1080° (two legs) Two-direction Combined 1080° (two legs)	**R3 = 0.60** **1R3 = 1.15** **2R3 = 1.45** **RU3 = 1.75**	Swirl 1080° 1 leg Twist 1080° Twist 1080° (VP) Unbalanced Twist 1080° (VP)	**a.** Front Pike to VP (Porpoise lift) **b.** Vertical ascent with 1 or 2 legs (with or without isolated movements)	**a.** Split to Split through VP (changing legs) **b.** Ariana Rotation **c.** Combination of a Right and Left Leg Knight Position	One leg (in VP "cone" area) back or side connection	
	T3 = 0.65					**A3 = 0.20**	**F3 = 0.30**	**C3 = 0.40**	**C3+ = 0.50**
4	**a.** Thrust with one leg followed by Spin 720° **b.** Thrust with flexibility and descent **c.** Thrust followed by Spin 180° **d.** Flying Fish (with descent) **e.** Thrust followed by Twirl 180° (in VP) and a crash	**S4 = 1.55** **SC4 = 3.20** **SCD4 = 3.25**	Spin 1440° (two legs) Combined 1440° (two legs) Two-direction Combined 1440° (two legs)	**R4 = 0.80** **1R4 = 1.55** **2R4 = 1.95** **RD4 = 2.15** **RU4 = 2.35**	Swirl 1440° 1 leg Twist 1440° Twist 1440° (VP) Two-direction 1440° (VP) Unbalanced Twist 1440° (VP)	**a.** From Front Pike to a single leg position (Bent Knee VP, Fishtail, etc.) while rotating 360° **b.** Front Pike to VP while rotating 180°	**a.** Bent Knee Front Layout to Bent Knee Arch Position OR Front Layout to Split with a straight leg **b.** From Surface Arch Position to Knight or Split with a straight leg through the vertical arc/axis **c.** Bent Knee Surface Arch to Bent Knee VP **d.** BK Surface Arch to Knight (lifting the extended leg and extending on the surface the bent leg) **e.** Fishtail to Knight (horizontal plane, along the surface) **f.** Fishtail to Knight (through VP)	Two-leg connection (both legs must be in VP "cone" area). May be facing any direction.	
	T4 = 0.80					**A4 = 0.45**	**F4 = 0.40**	**C4 = 0.50**	**C4+ = 0.60**

L	THRUSTS (T)	SPINS (S)		TWISTS *incl. Twirls/Swirls* (R)		AIRBORNE WEIGHT (A)	FLEXIBILITY (F)	CONNECTIONS (C)	
5	**a.** Thrust followed by Spin 360° **b.** Thrust followed by Twirl 180° (in VP) and descent **c.** Thrust with flexibility followed by Spin 180° **d.** Flying Fish Spin 180° or Thrust Fishtail Helicopter Spinning 180° **e.** One leg Thrust with Twirl 180° followed by Spin 360°	**S5 = 1.95** **SC5 = 4.00** **SCD5 = 4.05**	Spin 1800° (two legs) Combined 1800° (two legs) Two-direction Combined 1800° (two legs)	**1R5 = 1.95** **2R5 = 2.45** **RU5 = 2.95**	1 leg Twist 1800° Twist 1800° (VP) Unbalanced Twist 1800° (VP)	Front Pike to VP while rotating 360°	**a.** Knight to VP OR Knight to Fishtail through VP **b.** Bent Knee Surface Arch to VP **c.** Knight rotating 180° (twisting in the Knight position)	Rotation vertical connection with one leg in VP "cone" area (rotation of 180°+ at maximum height). May be facing any direction.	
	T5 = 0.90					**A5 = 0.65**	**F5 = 0.50**	**C5 = 1.00**	**C5+ = 1.10**
6	**a.** Thrust with flexibility followed by Spin 360° **b.** Thrust with Twirl 180° (in VP) followed by Spin 360° **c.** Flying Fish 360° or Thrust Fishtail Helicopter Spinning 360°	**S6 = 2.35** **SC6 = 4.80** **SCD6 = 4.85**	Spin 2160° (two legs) Combined 2160° (two legs) Two-direction Combined 2160° (two legs)	**1R6 = 2.35** **2R6 = 2.95** **RD6 = 3.35** **RU6 = 3.55**	1 leg Twist 2160° Twist 2160° (VP) Two-direction 2160° (VP) Unbalanced Twist 2160° (VP)	Sustained height with one leg or a combination of one or two legs lasting equal or more than 3 seconds Or Isolated movements performed in a stable and fixed single leg position (within VP definition of 0-45 degrees) – isolated movements performed with other (non-fixed) leg lasting 3 seconds or more Or A combination of the two techniques	**a.** Cyclone 180° (BK Surface Arch Twirl 180° to a VP) **b.** Knight rotating 360° (twisting in the Knight position) **c.** Knight Join to VP while rotating 180° **d.** Flat Split/Split variants sustained at the surface 3 seconds or more	**a.** Rotation vertical connection with two legs in VP "cone" area (rotation of 180°+ at maximum height). May be facing any direction. **b.** Rotation vertical connection with one leg (rotation of 360°+ at maximum height). May be facing any direction.	
	T6 = 1.10					**A6 = 1.15**	**F6 = 0.65**	**C6 = 1.25**	**C6+ = 1.35**

L	THRUSTS (T)	SPINS (S)		TWISTS *incl. Twirls/Swirls* (R)		AIRBORNE WEIGHT (A)	FLEXIBILITY (F)	CONNECTIONS (C)	
7	Thrust followed by Spin 720°	**S7 = 2.75**	Spin 2520° (two legs)	**2R7 = 3.45** **RU7 = 4.15**	Twist 2520° (VP) Unbalanced Twist 2520° (VP)	Sustained height in VP lasting equal or more than 3 seconds	Surface Arch to VP	Rotation vertical connection with two legs in VP "cone" area (rotation of 360°+ at maximum height). May be facing any direction.	
	T7 = 1.50					**A7 = 1.45**	**F7 = 0.75**	**C7 = 1.50**	**C7+ = 1.60**
8	Thrust with flexibility followed by Spin 720°	**S8 = 3.15**	Spin 2880° (two legs)	**2R8 = 3.95** **RU8 = 4.75**	Twist 2880° (VP) Unbalanced Twist 2880° (VP)	Sustained height shown at least 3 seconds or more in VP performed in an unbalanced position	**a.** Knight Join to VP while rotating 360° **b.** Bent Knee Surface Arch Position to VP rotating 360° (Nova rotating 360°)		
	T8 = 1.70					**A8 = 1.65**	**F8 = 0.90**		
9	**a.** Thrust to height of 8.5 (waist) or higher followed by Spin 1080° or more **b.** Thrust to height of 8.5 (waist) or higher continued by catching (clearly stopping - stable height demonstrated for 1s or more) in a VP above the knees or higher	**S9 = 3.55**	Spin 3240° (two legs)	**2R9 = 4.45** **RU9 = 5.35**	Twist 3240° (VP) Unbalanced Twist 3240° (VP)		Surface Arch Position to VP rotating 180°		
	T9 = 2.00						**F9 = 1.00**		
10		**S10 = 3.95**	Spin 3600° (two legs)	**2R10 = 4.95** **RU10 = 5.95**	Twist 3600° (VP) Unbalanced Twist 3600° (VP)		Surface Arch Position to VP rotating 360°		
							F10 = 1.30		

14.7 APPENDIX 7 – ACROBATICS CATALOGUE

1. Team Acrobatics Catalogue

1.1 Important Terminology

a) **Acrobatic movement**: General term for jumps, throws, lifts, stacks, platforms, etc., which is 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 of other Athletes.

A team acrobatic movement is considered as an Element, starting from 4 Athletes and more (for example: 3 base-Athletes + 1 featured-Athlete; or 2 base-Athletes + 1 support-Athlete who pushes 1 featured-Athlete). They must start and finish in the water! Acrobatic actions involving 3 Athletes or less are considered as pair acrobatics or pair assisted actions.

- For example: the below would not be considered as acrobatic movement:



Note in team-routines we might see choreographic formations that consist of 3 athletes and more that can't be considered as "team acro" and look like pair-assist movements. The featured athlete is usually halfway in the water or on the surface and never gets in the air "completely" - this is OK and is a transition/artistic impression. If a team performs this kind of assisted choreographic movement that is not declared as a "team acrobatic" on the coach card, it should not be penalized as an extra element if the DTCs cannot find a match for it in the catalogue.

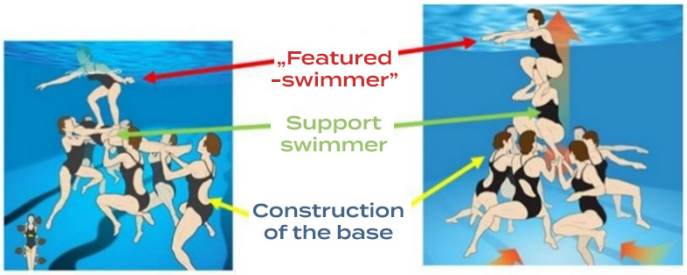
b) **Base-Athlete**: role of base Athlete consists of pushing/lifting the featured-Athlete/s or the support-Athlete/s with the featured-Athlete on top.

c) **Support-Athlete** (middle): Athlete working or maintaining position on top of the base-Athlete(s) in a "three tier/level" construction. Example: stack, standard platform, and "Sq" construction in group A.

d) **Featured-Athlete** (flyer or featured performer): top Athlete who executes the acrobatic actions or movements on the support-Athlete/s or in the air.

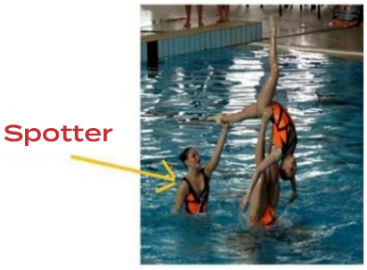
e) **Construction**: generalised name for collaborated work of all Athletes according to their assigned role in the acrobatic movement (base + support + featured-Athlete/s). The construction is the "idea", "skeleton", "architecture" of the acrobatic movement.

f) **Construction of the base**: name of the coordinated actions of team members to form a support (under or at the water's surface) from which (or on which) one or more featured-Athlete/s execute acrobatic actions. It includes the base-Athletes, and sometimes spotter/s.



g) **Spotter** ("helper"): one Athlete, with a role of additional support (lift or push) inside the construction. Usually placed close to the "main" construction. They are attached to the featured-Athlete,. It is possible to have few (1-4) separate spotters or "pair" of spotters (aka "pair-boost"). Their role is to provide additional support/assistance to the featured-Athlete/s.

- For example: a featured-Athlete is lifted on a stack head-down in an owl position and one spotter is holding the back foot of the featured-Athlete.



h) **Formation**: two or more groups of Athletes (that are separated, there's a distance between both groups), from which construction is comprised. Well synchronised actions of this group guarantee the execution of acrobatic movements. Without proper work from one of the formations, usually a whole acrobatic movement will fail.

i) **Jump**: when a featured-Athlete jumps from the construction using their legs to become airborne with a "repulsion phase".

j) **Throw**: when a featured-Athlete is thrown in the air /disconnected from the support by the construction of the base or support-Athlete/s. There's no "repulsion phase" by the feet of the featured-Athlete.

k) **Stack**: when a featured-Athlete sits, stands or lays on "support-Athlete/s" which is/are in a vertical body position (head-down or head-up).

l) **Lift**: when a featured-Athlete sits, stands or lays on base-Athletes. The featured-Athlete must be lifted up (away) from water's surface (as high as possible) to be considered as a lift.

m) **Platform** (Standard): coordinated actions of base-Athletes where they lift from underwater a support-Athlete in horizontal position; and the featured-Athlete stands, sits, or lays on the support-Athlete. Some platforms may be formed at the surface. A platform may finish with a jump/dismount of the featured athlete at the end of the acrobatic movement.

n) **Floats**: coordinated actions of base-Athletes and/or support-Athletes that form a stable geometric figure (from legs, hands or both) at the surface on which a featured-Athlete executes movements. In some exceptions, floats can be lifted from underwater. A float may finish with a jump/dismount of the featured athlete at the end of the acrobatic movement.

o) **Until the Submergence of the Featured athlete**: Defined as submergence underwater of the featured athlete's waist (if head-down), knees (if head-up), or full body (horizontal) in alignment with general principles g) Positions (vii).

p) **Until the Submergence of the Support/Base Athlete(s):** Defined as complete body submergence underwater of the support/base athlete(s).

1.2 Main Groups of Acrobatic movements

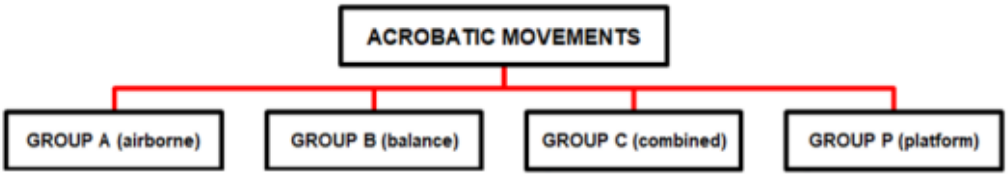
All the acrobatic movements are divided into 4 main groups:

a) A - stands for "airborne":
- All elements in this group are performed by a featured-Athlete in the air.

b) B - stands for "balance":
- Acrobatic movements in this group are performed on a support/base, with connection between support-Athlete/s or base-Athletes from beginning to end.

c) P - stands for "platform":
- The coordinated effort of team members to form a stable support on which one or more Athletes is lifted to pose or perform actions. May have jump or "dismount" ending (water entrance).

d) C - stands for "combined":
- Encompasses combination of the characteristics of all three groups above in the same acrobatic.



1.3 Algorithm for the Total Degree of Difficulty

The "basic" algorithm for calculating Degree of Difficulty of each acrobatic movement is:

e) BM + C + S + D + P + R + T + B = Degree of Difficulty

Where the letters in that calculation have the following meanings:
- BM - Base Mark of 0.5 points ("start or base value of every acrobatic)
- C - construction
- CS - area of support and type of connection
- D - direction
- P - position/s
- R - rotation of construction
- T - the plane and degree of rotation of the featured athlete in the air.
- B – bonus/es
- DD - Degree of Difficulty

Note: not every acro needs to have all the components. Please refer to General Requirements n) Minimum Declaration Requirements for details.

f) The **Base Mark** for all the Main Groups is the same and has a **value of 0.5**.

g) The **Base Mark** is a starting point for the acrobatic code. It means that the Degree of Difficulty of each component will be added to the base mark value.

1.4 General Requirements and Rules

World Aquatics documents written word will prevail over any other documents or video examples (AQUA or otherwise)

a) As stated in the AS Manual regarding judging hybrids, and in the hybrid catalogue, the same principle shall also apply for TCs for Acrobatics – TCs must focus on what they see at or over the water surface.

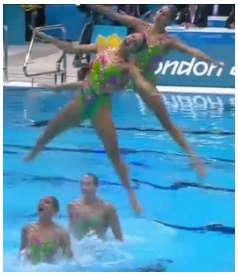
b) In regard to any acrobatic movements/declarations where compliance to specific angles or height levels is required:

- If technology is available at a competition where athletes can be accurately measured via analysis software for compliance to stated angles or height levels, then clear non-compliance to a required angle or level would result in a Base Mark
- For Technical Controllers without technology – then non-compliance to a required angle or height level should be very obvious and clear in a video review (so far off the angle/height that there is no doubt). If too close to call and in doubt, then the ruling should go in favour of the athlete.

c) If there is a discrepancy between the images and the written tables the "written description" always prevails. Images are there to show examples. Other variations might be possible as long as they respect the "written description".

d) Two acrobatic movements

- If two equal/same acrobatic movements are performed at the same time It will be calculated as one acrobatic movement with a bonus for double acrobatic movements ("Dbl").

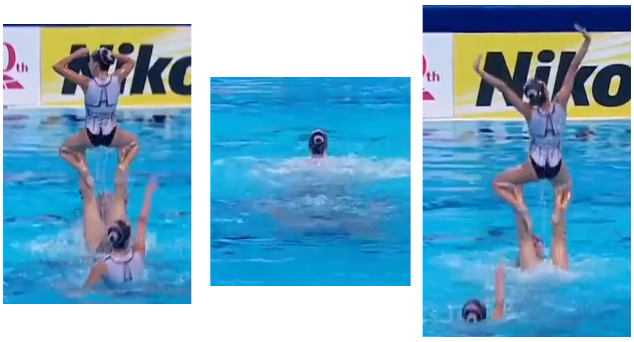


e) Bonus for double acrobatic movements:

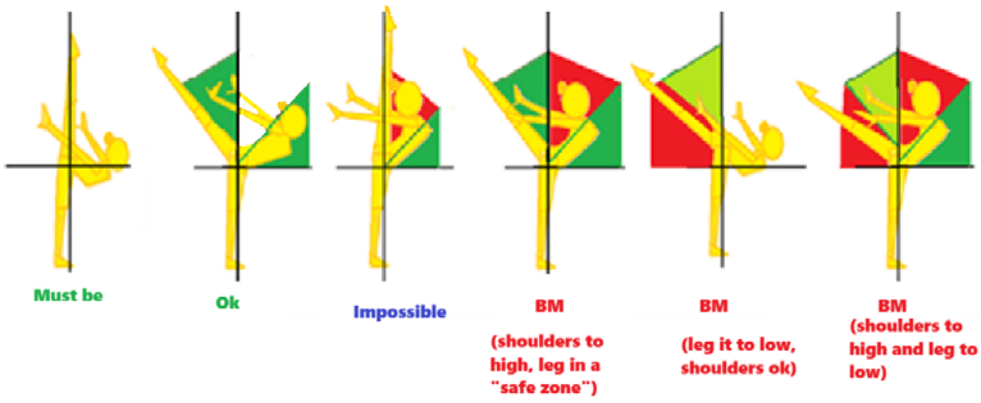
- Elements judges do not pay attention to the timing, but to the design of the positions.
- However, if it is declared in the Coach Card that two (2) acrobatic movements are supposed to be simultaneous (synchronised actions for double acrobatic movements bonus code "Dbl" used), and they **are obviously performed one after the other** (huge difference in timing) - the bonus will be deemed not executed, and it would put the acrobatic movement to a Base Mark.
- It is not allowed to have 2 different acrobatic movements performed at the same time. If this occurs, it will result in a Base Mark for both acrobatic movements.



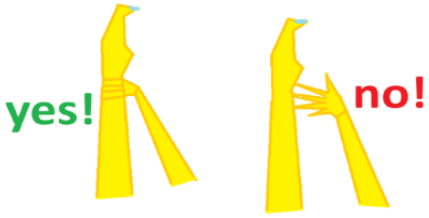
- Whether there is submersion or not it will be two separate acrobatic movements.

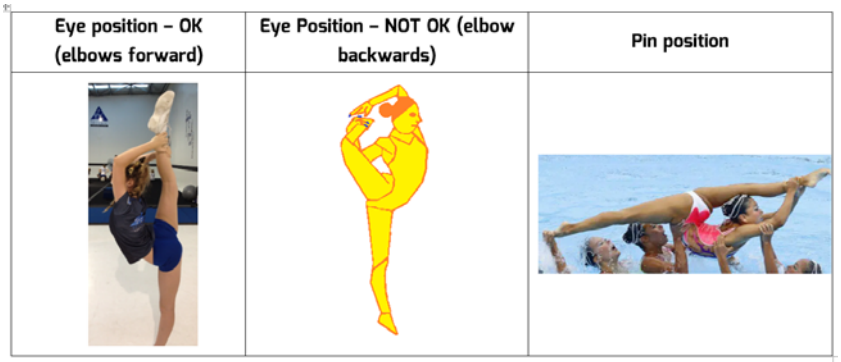


1.5 Positions (all Groups)

i.	Declared position(s) are the one(s) demonstrated by the featured athlete(s).
ii.	We do not consider "start positions" at the surface since they do not meet the minimal height requirement as per vii. As such, they can't be declared as position 1.
iii.	All declared positions have an allowance of **45 degrees** from what is written in the tables. Note: if the position (Needle, Sail, Queen, Eye) also requires a deviation of the torso (not just degree of the leg) – 45 degrees allowance applies separately for torso and leg. For example in Needle Position: 
v.	Unless specified, arms & hands positions/captures are optional.
vi.	Positions must be clearly shown • We must see a small stop in positions fixed in the clearly defined shape within 45 degrees allowance. • Note: in Group A or C during multiple somersaulting some positions might look "passing". For TCs - please use slow motion to verify a clearly defined shape within 45 degrees - If you can recognize that the position was performed within 45 degrees then there is no BM.
vii.	All declared positions, in all Main Groups (1st Position, 2nd Position and the bonus for the 3rd position) must be clearly shown and higher than: • **Knees** for head-up positions • **Waist** for head-down positions • **Full body out of water** for horizontal and "free" positions
viii.	Positions must be declared in **order of performance**. When a position is clearly shown and is above the height allowance as per vii, it must be declared and cannot be skipped. Any position held for 2 seconds or more without being declared is subject to a Base Mark, including between position 1 and 2. Transitioning from position 1 to position 2 must follow a direct pathway.
ix.	Position 2 must be a different declared position than position 1. This means that the same position code can't be declared consecutively, they must be different position codes from the table. This rule does not apply to the bonus for the third position. • Example 1: Group B: he/2he= not possible, but he/2gl = is OK • Example 2: Group A: kt/2kt = not possible, but kt/2tk = is OK • Example 3: Group P: bb/2ow + Pos3 bonus (switch legs and do another ow) = OK (DTC's need to see an obvious change in position from Position 2 to the Position 3 bonus)
x.	The **1st Position** in **Group A** (also used in Group C) is defined as:

	• The first position clearly shown by the featured athlete in the air, following the take-off position. • Example 1: The featured athlete takes off the construction in a line and then immediately brings the legs to a pike position to perform one somersault. In that case, "pike" will be position 1. • Example 2: The featured athlete takes off the construction in a line and remains in that position to perform a full twist head-up. In that case, "line" will be position 1 as the line is shown during the main action of the acrobatic (so more than just the take-off position). • In the picture below, the first declared position will be tuck 
xi.	The **1st Position** in **Group B** (also used in Group P) is defined as: • The first position clearly shown by the featured athlete that is above the height allowance (per vii). This does not include "rising" transitional positions. • If the featured athlete rises-up from underwater, past the height allowance as per vii (knees/waist) in a position and clearly demonstrates that position – it must be declared as Position 1. o Example 1: The featured athlete starts at the surface in a tuck position. When the acrobatic movement starts lifting, the athlete opens the legs and demonstrates an "owl" position above the waist and therefore is OK. In that case, "owl" will be Position 1 (and not the tuck which is considered as the set-up/rising position). o Example 2: In a Platform, the featured athlete is in a pike position underwater. While the construction is lifting the featured athleteathlete performs a porpoise action to a Bamboo position (completed above the waist). In this case, "bamboo" will be Position 1 (and not "box" through which the featured athleteathlete is passing through during the porpoise action (the "box" is considered as a "rising" position). • When the construction is rising: o The DTC can usually detect if the featured athleteathlete begins standing on two legs and then moves onto one leg (ie. Heron, Needle, etc.). o This phase of the acro is considered the same as the "take-off" as in group A, so we do not count this "standing/rising" phase (transitional to Position 1). o DTC will check for how long the featured athlete holds the Stand (sd) position once fully extended. If more than 2 seconds, Stand (sd) must be declared as position 1, otherwise it will be a base mark. o If the athlete is still in the process of standing/rising and doesn't hold the Stand (sd) position for more than 2 seconds, this rising position must not be declared, and the coach must only declare the position on 1 leg shown after. • For **handstands**: o Ex 1: If the legs of the featured athleteathlete go through (passes-by) an "owl" position or through a "box" to get to the bamboo, coaches must declare bamboo as the 1st position. o Ex 2: If the legs of the featured athleteathlete starts in a tuck at the surface, and the legs open directly to an "owl" or a "box" position showing a clear stop above height allowance as per vii, then the coaches must declare the "owl"/"box" as the 1st position.
xii.	The **positions** in **group C** for a fly above formation (constructions **Thr^2F** or **Thr^Lh**) is defined as:

	• If there are two featured athleteathletes, position 1 indicates the position of the 1st featured athlete (who is usually lifted, so group B is used) and position 2 indicates the position of the second featured athleteathlete (the one who flies, so group A is used). • All other positions of either featured athleteathletes may be indicated in the bonus for third position ("Pos3").
xiii.	For **group C** constructions **Thr+Thr** or **Sn**: • Position 1 indicates position of the first featured athlete athlete(leading) • Position 2 indicates position of the second featured athlete athlete(following) • Any subsequent position may be declared as a third position bonus
xiv.	When an acrobatic movement has two featured athletes athletewith the same position shown at the same time: • You have to declare only one position (due to the rule saying that position 2 must be different than position 1) • Example below: both featured athletes athleteperform cobra. The coach declares "cobra" only once. 
xv.	If a hand capture is required as per table, we must see a clear and controlled holding (not a "tap" touch). It must be as a held grasp. There is no duration specified for how long you need to "hold" the capture, as long as it shows clear and controlled grasp.  The featured athlete athletemay capture leg "inside" or "outside" and can grab any part of the leg: knee/s, foot/feet, shin/s, ankle/s. Hand capture (and transition to any hand capture) must happen by the featured athlete athletethemself, by their own ability and without the help or support of base athlete athlete(s).
xvii.	Opposite arm means: a) If in the description of a position it is stated that the featured athlete athletemust demonstrate **opposite arm**, the capture cannot be done with the same leg and arm, or it will be a Base Mark. Example: It must be left leg capture with right arm, but not left leg capture with left arm. Or opposite: right leg capture with left arm, but not right leg capture with right arm b) The movement to an opposite arm catch must happen directly – meaning no help from the other arm/hand. For example: the featured athlete athletestands on their right leg, the left leg moves, performs kick backwards or sideways and then featured athlete athletemust catch the left leg with their right arm/hand.

xviii.	"**Blind catch**" or "**blind capture**": means that the featured athlete athletemust capture any part of the leg/s (knee/s, foot/feet, shin/s, ankle/s) without looking with the opposite arm or both arms. Elbow/s look forward – not backwards - not a "side" capture). For example: 
xix.	If nothing is specified in the written description of the position, the capture can be done with either arm.
xx.	If the value is "O" (zero) in the capture column of the table, it means that a capture is not required, but may happen.

1.6 Constructions (all Groups)

a) The way the base-Athletes hold each other is optional.

b) The way the base-Athletes support the featured-Athlete is optional.

1.7 Area of Support / Type Connections (Groups B and P)

a) If you have 2 types of connections in your acrobatic movements, you must declare the first one shown above the surface. You are not allowed to skip the first one and declare the second one instead, unless specified otherwise.

b) In groups B and P, the base/support-Athletes cannot help the featured-Athlete achieving positions, except if stated otherwise in the description of the position/bonus.

c) A blind connection is defined as when the featured-Athlete and the support-Athlete are connected while looking in different directions/not seeing each other (for example back to back).

1.8 Rotations – Plane and Degree (Groups A, C and Bonuses in Group P)

Twists (all, including bonuses)

a) The number of **Twists** is calculated until the waist level of the featured-Athlete (visible/clear border for detecting rotations).

b) A declared twist can happen at any time in the acrobatic movement. For example, after completing somersault, or while rotating in the air, or while taking off etc.)

c) Allowance for 360o Twists and more:

180° less than declared = Base Mark (note: Athlete can over rotate – you can do more than what is declared).

- *Example 1: Declared 720° twist, but only rotated 540° by the waist level (1 ½) = Base Mark.*

- *Example 2: Declared 720° twist, and rotated 630° be the waist level (1 7/8) = acceptable.*



d) Allowance for 180o twists: There is no allowance – performing less than a 180° is a Base Mark.

e) Twists can be started with legs together (after take-off) or with the fast kick forward action during the take-off phase (before twisting). We do not consider it as a position, regardless of the degree of the kicking leg (the degree of the "kicking leg" can be more than 90°)!

Somersaults (all, including bonuses)

a) The number of Somersaults is calculated until the beginning of the submergence of the featured-Athlete.

Beginning of submergence – means not "a slide of the body part" or "body part submerging and then coming back and appearing above the surface", but when the body of the featured-Athlete goes directly into the water and never "rises-up again". Beginning of submergence starts to be counted when a quarter of the body "disappears" underwater.

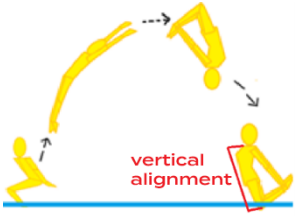
b) Allowance for all Somersaults (regular/frontal/two axes, etc.) is 90o less than declared before submergence = Base Mark (note: Athlete can over rotate – you can do more than was declared).

Note: if you are trying a **Somersault** backwards 360° in a flexibility position (for example: Ring), and the Athlete can't complete a 360° somersault (with allowance) - you can instead declare "Jump-Dive" and stay inside "the rule of allowance" that you can over-rotate but at least "pass" the required rotation.

c) Regarding rotations in the air, allowances and how to see if the featured-Athlete passed the "border line" and enters the "safe" zone, we look at part "from shoulders to knees" (this rule applies for positions: line/arch position; variations of kite and jay positions).



d) To qualify for "open" ("o") in ANY group – DTCs must see a "closed" position with forward flex stomach (tuck, pike) followed by an opening in a straight body position. Line (ln) position MUST be performed (with 45 degrees allowance) and may be declared as Position 2, or may be declared as the 3rd position bonus, OR it may be a subsequent position after a 3rd position. Line MUST be performed by the knees (head-up) or waist (head-down). Reminder: "ln" cannot be declared in group P as it is a group A position. If a group P bonus requires an opening to a straight body position, a line must be performed by the knees/waist, but cannot be declared.



e) When “forwards” (“f”) is beside the degree of rotation, it means the direction in which the actual somersault in the air is happening is forward.



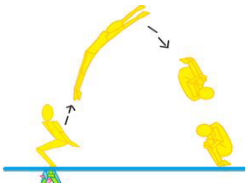
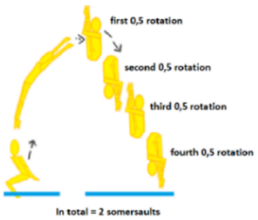
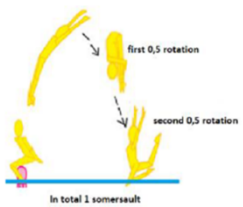
Note: if a team performs the somersault forwards and does not declare the "f" (so just a regular somersault) - we consider it as underdeclared, and it is not a Base Mark.

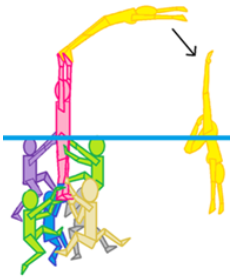
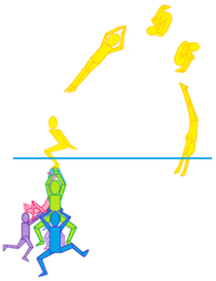
f) When “straight body” (“ss”) is beside the degree of rotation, it means that the featured athlete must keep a straight body position from the take-off until the end of the rotation.

A small arch in the back is allowed (as positions have a 45-degree allowance), and it is allowed to have a small kick action after take-off, which is not declared as a position.

To declare a “straight body somersault”, position 1 always needs to be Line (In) from the beginning to the end of the acrobatic movement. No other position can be declared.



How to Calculate Somersault Rotations		
	To get value for a “full somersault” the featured- athlete who jumps head-first needs to enter the water feet-first (after “full” rotations. Example: 360°, 720°, 1080°). For example: tuck position, straight body positions.	
	For “Open” positions or variations of arch positions (Jay, Kite, etc) – the featured athlete must enter the water demonstrating vertical alignment between shoulders and knees to get a full somersault.	
	Pike somersault (without changing the body position throughout the rotation): We count somersaults in a pike position the same way that diving does. The first 180-degree movement of the legs after take-off is considered as the first half of the rotation and then count from there.	
	If the somersault is performed using 2 positions – for example Pike and Jay: we count the number of somersaults in our regular method where we look how many times the torso with the head turns each 180. Note: position 1 must be declared as Pike, and position 2 must be different than Pike. It must not be a “pike somersault” all the way through.	

	If there's a half somersault/dive when the featured athlete jumps head-up or is thrown feet-first and after demonstrating a parabola in the air enters the water head-first or feet-first, it should be written in the code as the letter "d" with indicated number of twists (if there are any). Not entering water head-first or feet-first in this situation would be counted just as a change of position and will not be written as dive/half somersault.	
	When "open" ("o") is beside the degree of rotation it means: • Ex 1) 540° somersault + open = 360° in position + 0.5 open to Line Position • Ex 2) 720° + open = 540° in position + 0.5 open to Line Position To qualify for "open" refer to iv in Somersaults (Groups A, C and bonuses in Group P) chart. In group A the Plane and Degree of Rotation bonus for opening is only granted in codes for 1.5 somersaults and more.	

Cartwheels and Handsprings (Groups A, C and bonuses in Group P)

a) In **Cartwheels and Handsprings** the same rule as somersaults applies: **90° less** than declared before submergence = Base Mark.

b) A **Handspring** is an acrobatic move in which a person executes a complete revolution (360o) of the body on the sagittal plane by lunging headfirst from an upright position into an inverted vertical position and then pushing off (i.e., "springing") from the support or base athlete/athlete(s) with the hands so as to leap back to an upright position. The direction of body rotation in a handspring may be either forward or backward.

c) A **Cartwheel** is a lateral, rotational movement where the featured athlete (starting from standing position) rotates their body sideways, using one hand to push off the support or base athlete/athlete(s), followed by the other, while their legs move in a wide, circular pattern. The cartwheel is a full 360° degree side-flip.

Rotations of the Constructions (for Group B and C)

a) The number of rotations of the construction is calculated until the waist level of the featured-Athlete (visible/clear border for detecting rotations) when position is head-up or head-down. If the featured athlete is in a horizontal/free position rotations are calculated until the beginning of submergence of the featured athlete. It must be a "visible" rotation: the support-Athlete turns with the featured-Athlete on top while submerging. It is not just a turn of the body of the featured-Athlete.

b) The direction (left or right) of the construction's base rotation does not influence the value.

When rotation of the Stack or Stack head-down is declared TCs should look at the turning of the support athlete to ensure it is a rotation of the construction base, in addition to the featured athlete completing the declared rotation until the allowance

If the support athlete is submerged, but you can clearly see that the turning continues – look at the featured athlete and make sure the required number of rotations are completed until the allowance (it must not look like a turn of only the featured athlete on their own – unconnected to the support)

If the ability of execution is low in height and TCs can't see the support athlete, TCs should look at the featured athlete as per above.

c) The rotation may start during the ascent.

d) Allowances for 360° and more:

- 90° less than declared = Base Mark (note: Athlete can over rotate – you can do more than what is declared).
  - *Example 1: Declared 720° rotation, but only rotated 540° by the waist level (1 ½) = Base Mark.*
  - *Example 2: Declared 720° rotation, and rotated 675° be the waist level (1 7/8) = acceptable.*

e) Allowance for 180°:

- There is no allowance – performing less than a 180° is a Base Mark.

Rotations of the Construction (for Group P)

a) The rotation of the construction is calculated until the *knees* of the featured-Athlete (if the position is head-up) or *waist* (if the position of the featured-Athlete is head-down) or until the beginning of submergence of the featured-Athlete (if the position is horizontal or 'free').

b) Rotation will only begin to be counted once platform is at maximum height. If during the rotation the featured-Athlete significantly loses height (i.e., knees of the featured-Athlete if position is head-up go under, or waist goes under if position of featured-Athlete is head-down) or until beginning of submergence of the featured athlete (if position is horizontal or "free") – it's a base mark if the construction has not completed declared rotation (considering allowance) at this point.

c) Rotation may start during the ascent, but the Difficulty Technical Controller will start counting the degrees of rotation from the moment construction reaches its maximum height.

- Allowances for 180° and more: 45° less than declared = Base Mark (note: Athlete can over rotate – you can do more than was declared).
- Allowance for 90°: There is no allowance – performing less than 90° is a Base Mark. It must be done precisely (or more).

1.9 Bonus (all Groups)

a) Any bonus can be declared only **ONCE** per acrobatic movement, unless specified otherwise (ex: "C-Roll" can be declared twice).

b) A maximum of **two (2) different bonuses** can be declared per acrobatic.

c) Some bonuses cannot be declared with another bonus of the same "category" or it will result in a Base Mark. If it is the case, it will be stated in the bonus chart for that group.

1.10 Minimum Declaration Requirements

If you declare an acrobatic movement, you cannot "skip" some required parts of the acrobatic movements - the following components of each group must always be declared, while the other components (not listed below) are optional:

a) GROUP A must have: CONSTRUCTION + DIRECTION + POS 1

b) GROUP B must have: CONSTRUCTION + TYPE OF CONNECTION + POS 1

c) GROUP P must have: CONSTRUCTION + TYPE OF CONNECTION + POS 1

d) GROUP C must have: CONSTRUCTION + DIRECTION + POS 1

Note: Not respecting the requirements will result in a Base Mark.

- Example 1: The Coach declares group B, Stack. Palms/palms connection and bamboo as position 1. But the Coach is not sure if the featured-Athlete will be able to complete 2nd position until waist level before submerging. So, the Coach declares all "minimum required" components (i.e., construction+ type of connection+ pos 1). The featured-Athlete can still perform position 2 without risk to receive a base mark.
- Example 2: The same acro as above plus position 2 and rotation of the stack 180°. The coach is not sure if the featured-Athlete will be able to complete 180° rotation of the construction respecting the allowances. So, the Coach declares all the "minimum required" components (i.e., construction+ type of connection+ position 1 also position 2 (if the Coach is sure). The featured-Athlete can still perform the rotation of the construction without risk to receive a base mark.
- Example 3: same acrobatic (group B, Stack. Palms/palms Connection and Bamboo as position 1, Owl as position 2, and stack turning 180°) plus 3rd position (as bonus 1) and Twirl (as bonus 2). The coach is still not sure if the Athletes are safe to perform the stack 180° rotation of the construction. So, the coach declares all components except the rotation of the construction, but Athletes are still allowed to attempt to do it.

1.11 Clarification to Rule in Appendix 3, 4 and 5

Acrobatics must not be repeated in the same routine. "Must not repeat the same acrobatic" is defined as:

For Group A: Can't repeat same position/s (as P1 or as P2 with the exception of the third position bonus). Examples:
In one routine – Not allowed: **A-Sq-Back-pk/2ln-s1** **A-Sq-Back-pk/2ja-s1** 
In one routine – this is acceptable: **A-Sq-Back-pk/2ln-s1** **A-Sq-Back-tk/2spl-s1** 
Note: *in group A, you must not repeat any of the positions declared in another acro from group A even if you change the construction, direction, bonuses or rotation in the air.*

For Group B: Can't repeat the same construction, can't repeat the same type of connection (grip). Examples:
In one routine – Not allowed: **B-St-1P1P-bb/2ow** **B-St-PP-bb/2ow** 
In one routine – this is acceptable: **B-St-1P1P-bb/2ow** **B-StH-FF-sd** 
Note: *in group B, you must not repeat any of the constructions, type of connection (grip) declared in another acro of group B even if you change the position/s, bonuses or rotation of the construction.*

For Group C: Can't repeat the same construction. Examples:
In one routine – Not allowed: **C-Thr>St-Bln-tk-Cs1** **C-Thr>St-Forw-sd/2tk-Cd-Jump** 
In one routine – this is acceptable: **C-Thr>St-Bln-tk-Cs1** **C-Thr>F-Forw-sd/2tk-Cd-Jump>** 
Note: *in group C, you must not repeat any of the constructions declared in another acro of group C even if you change the position/s, direction, bonuses, rotation in the air or rotation of the construction.*

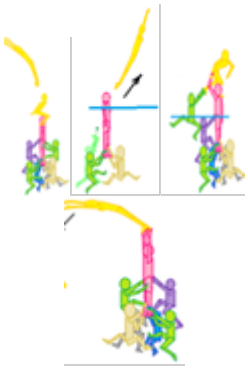
For Group P: Can't repeat the same construction, can't repeat the same type of connection (grip), can't repeat same position/s (as P1 or as P2 with the exception of the third position bonus), and can't repeat same bonus/es. Examples:
In one routine – Not allowed: **P-Knees-SP+K-bb/2ow-Pos3** **P-Knees-3pA-ne-Pos3** 
In one routine – this is acceptable: **P-Knees-SP+K-bb/2ow-Pos3** **P-2S-FA+PF-ne/2ey-Trav** 
Note: *in group P, you must not repeat any of the positions, any of the constructions, type of connection (grip) declared in another acro of group P even if you change the bonuses, or rotation in the construction.*

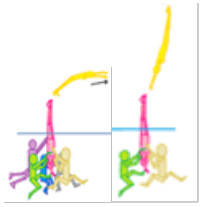
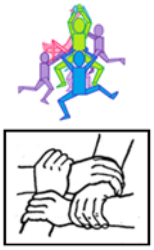
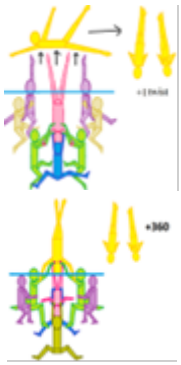
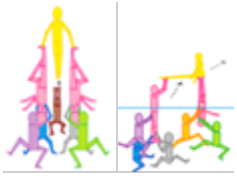
Q&A Note: P1 and/or P2 limit is applicable to the specific group, but it can be done in others.

e) For example: In a Platform (Group P), the featured-Athlete performs an owl position, the featured-Athlete can repeat an Owl position in another acrobatic of group B.

Group A

Component C – Construction

Group A Construction – Please note in table below Featured Athlete = (F), Support Athlete = (S)										
No.	**Picture**	**Name and number of levels**	**Code**	**Difficulty of coordinating actions and number of formations**	**Support : Body position and level of sustain-ability**	**Air-borne weight**	**Size of construction/ water resistance**	**Tempo of acceler-ation and push (lift/ throw)**	**Area of support from which featured athlete jumps**	**Total**
1	 Can be from surface	Simple jump/throw 2 levels (Note: If in routine of 8 athletes for example coach decides to do "double acro"- coach divides athletes in 2 groups of 4-5 athletes and declare Thr plus bonus for Double acro if the idea is to perform same/equal acrobatic movement at the same time)	**Thr**	Low	no	1	Type 1	fast	-	**0.60**
				0.1	0	0.1	0.1	0.3	0	
2	 May have spotter/s	Jump or throw (stack head-up) from shoulders, arms or different combinations (such as shoulder/arm or shoulder and spotter etc.) 3 levels	**Shou**	Med	High level of sustainability+ low vestibular load	1+0.5	Type 2:	med	Med	**0.90**
				0.2	0	0.15	0.15	0.2	0.2	

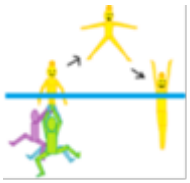
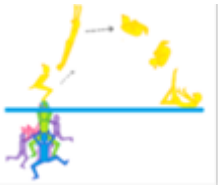
3		Jump/ throw from feet (stack head-down type) 3 levels	**Feet**	Med	Low level of sustainability+ high vestibular load+ blind connect	1+0.5	Type 2:	med	med	**1.00**
				0.2	0.1	0.15	0.15	0.2	0.2	
4		Jump from square ("basket") 3 levels Must have at least 2 people doing basket +1 leg-pusher (S) + at least 1 athlete pushing "leg-pusher" + (F) = in total 1 (F) + 4 base athletes who form Sq construction	**Sq**	Hard *	Head-down athlete counts as a support (0.2+0.1 +0.1)	1+0.5+ 0.5+ 0.5	Type 2-3	fast	Big	**1.20**
				0.35	0.1	0.25	0.1	0.3	0.1	
5		Jump/throw from two supports head-up, disconnection and enter the water 3 levels (may have additional pusher head-down or head up)	**2Sup**	med	High level of sustainability+ low vestibular load	1+0.5+ 0.5	Type 3	medium	Med	**1.00**
				0.2	0	0.2	0.2	0.2	0.2	
6		Jump/throw from two supports, from which at least one of them is head down 3 levels (may have additional pusher head-down or head-up)	**2SupH**	Hard	Low level of sustainability+ high vestibular load. doesn't matter how many supports + blind connect	1+0.5+ 0.5	Type 3	med	big	**1.10**
				0.3	0.1	0.2	0.2	0.2	0.1	

Notes on Group A Constructions:

- Constructions 2Sup and 2SupH can be done with or without a pusher in the middle of the 2 supports. The pusher can be head-up or head-down and may have additional Athlete(s) under for assistance.
- When both supports are head-down (2SupH), they can provide support to the featured-Athlete as such: 1+1 foot, 2+2 feet, or a combination of 1 foot+2 feet.
- If both supports are head-up (or only one of them), the way of pushing is optional. For example: push can be done with the palms of the support-Athlete, or featured-Athlete can jump from support's shoulders (unless specified).

Component D – Direction

Direction: Defined as the direction of the jump of the featured-Athlete.

	DIRECTION	CODE	DIAGRAM	VALUE
1	**Upwards** The featured-Athlete jumps up (or is thrown in the air by construction) and returns to the same spot they jumped from. The featured-Athlete can execute the entrance into the water or back on the construction.	Up		0.05
2	**Forwards** The featured-Athlete jumps forwards (or is thrown in the air in this direction by construction) and enters the water in front of the construction.	Forw		0.05
3	**Backwards** The featured-Athlete jumps backwards (or is thrown in the air in this direction by construction) and enters the water behind the construction.	Back		0.10
4	**Sideways** The featured-Athlete jumps sideways (or is thrown in the air in this direction by construction) and enters the water on the right/on the left the construction.	Side		0.20
5	**Reverse*** The featured-Athlete jumps forwards (or is thrown in the-air in this direction by construction) and then starts rotating backwards (facing the construction that the Athlete jumps from) and enters the water in front of the construction.	Rev		0.40

**Health and safety note*:

Due to the high risk involved in this type of movement, inwards direction (jumping backwards and turning forwards - so called "turning under yourself") rotation in the air is not allowed and will not be granted a new code, even upon request.

HOW TO DETERMINE THE DIRECTION

a) **Head-up Jumps:**

You must choose the direction the featured-Athlete demonstrates during the "take-off" phase (at the beginning of the acrobatic movement).

- Example 1: If the featured-Athlete starts a jump backwards then turns in the air around self (twisting action) and then starts somersaulting forwards = declare Backwards (Back).

- Example 2: If the featured-Athlete starts a jump forward and continues in the same direction executing a 360o Somersault forwards = declare Forwards (Forw).

- Example 3: Jump from a square backwards, the featured-Athlete after take-off twists 180o and starts a 540o Somersault forwards. After performing 360o somersault in Tuck Position, the featured-Athlete opens to a straight body position (i.e., Line) while continuing with an additional 180o Somersault and enters the water head-first.

  The code should be: A-Sq-Back-tk/2ln-s1,5t0,5fo.



- Example 4: Jump from square forwards, the featured-Athlete after take-off starts 540° somersault forwards. After performing 360° somersault in tuck position, the featured-Athlete opens to a straight body position (i.e., Line) while continuing with one more 180° somersault and enters the water head-first.

  The code should be: A-Sq-Forw-tk/2ln-s1,5fo.



b) **Head-Down Jumps (i.e., Throws):**

In throws (with no rotation), you must choose the direction where the featured-Athlete is thrown (where they move).

Exception: If there is a Somersault, choose the direction of the rotation instead.

- Example 1: If the featured-Athlete is head-down and thrown forwards, and then starts performing a 180 rotation (with the back part of the head moving upwards) ie moving backwards = declare backwards (Back).



- Example 2: If the featured-Athlete is head-down and is thrown backwards with no rotation = declare backwards. (Back).

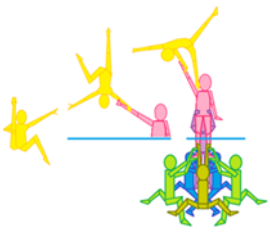


- Example 3: If the featured athlete is head-down and is thrown upwards – with arch in back, starts moving backwards then performs 180 rotation in the air moving "face-first" (i.e 180 somersault and becomes head-up and continues rotating to enter the water head-first). The actual rotation is happening forwards, so declare Forwards. (Forw).



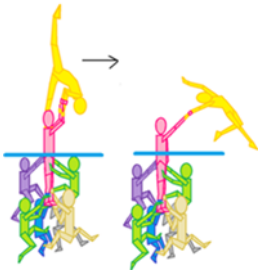
c) **Cartwheels:**

The direction is Sideways (Side).

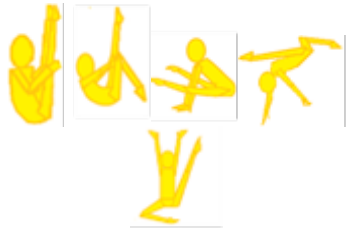


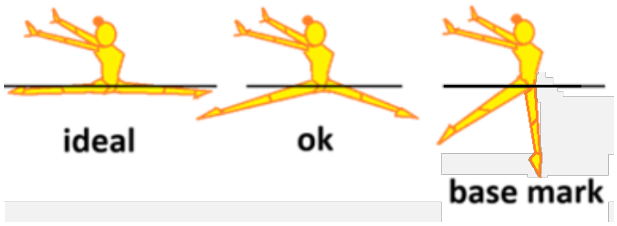
d) **Handsprings:**

The direction is Forwards (Forw) or Backwards (Back).



Component P – Position

No.	Picture	Name and code	Difficulty to balance	Presence or absence of a helping hand (capture)	Type and level of flexibility+ Deviation of torso from inner axis	Total	*Value of Position 2 (half value of Pos 1)*	Code for Position 2
Forward flex stomach								
1	 Knees must be within 90 degrees of chest (plus always consider 45° position allowance)	Tuck **tk**	No	Can be with or without hands	Stomach flex 1 (bent legs)	**0.125**	***0.0625***	**2tk**
			O	O	0.025+basic 0.1			
2	 Flexion at hip level with one or two legs (straight) touch stomach and/or chest	Pike **pk**	No	Can be with or without hands	Stomach flex 2	**0.20**	***0.10***	**2pk**
			O	O	0.2			
Miscellaneous								
3		Kite **kt**	No	Can be with or without hands	Free "compact" body position (different from straight or open body, tuck or line) with 1 or 2 knee(s) bent. May have a small arch in back.	basic **0.05**	***0.025***	**2kt**
			O	O	O			
4		"Open body" Line/Arch Can have "open" leg variations **ln**	No	-	Misc (straight body, may have small arch in back). At least one leg straight and/or spread in 45 degrees out of vertical line. One leg may be bent.	basic **0.10**	***0.05***	**2ln**
			O	O	O			
5		Split **sp**	No	Can be with or without hands	180 between legs can be different variations, however both legs should be **straight** (both legs must be in 45° cone from 180 line that is formed by legs). Torso position- optional	**0.25**	***0.125***	**2sp**
			O	O	0.25			

	Regarding the 45-degree position allowance for Split: For a "pass" both the front and back legs need to be at 90 degrees or more from each other (see ideal and ok images below).  							
Arched								
6		Jay **ja**	No	-	Arch in back+1 leg back straight 90 degrees and more	**0.175**	***0.087***	**2ja**
			0	0	0.175			
7	 At least toes of one foot must touch head (no allowance)	Ring **rg**	No	Can be with or without hands	Arch (maximum flex in back)	**0.3**	***0.15***	**2rg**
			0	0	0.3			

e) **Component S – Area of Support**

- N/A for Group A (value already inside construction).

f) **Component R – Rotation of the Construction Base**

- N/A for Group A.

g) **Component T – Plane and Degree of Rotations**

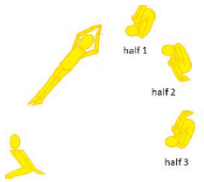
Horizontal plane (all twists: horizontal, head-up, head-down) – turns around self to the left or right (Performed in the air)								
Degree of rotation	Code	value	2nd axis	forw	straight body	open	bonus	total
180°	**t0.5**	0.025						**0.025**
360°	**t1**	0.05						**0.05**
540°	**t1.5**	0.10						**0.10**
720°	**t2**	0.20						**0.20**
900°	**t2.5**	0.25						**0.25**
1080°	**t3**	0.30					0.05	**0.35**

Frontal plane (Example: Side somersault) – turn to the left or to the right (sideways movements - Performed in the air)								
Degree of rotation	Code	value	2nd axis	forw	straight body	open	bonus	total
360° side somersault	**f1**	0.3					0.1	**0.40**
540° side somersault	**f1.5**	0.5					0.2	**0.70**
720° side somersault	**f2**	0.7					0.4	**1.10**

Sagittal plane (Example: forward somersault) – turns around self - forwards or backwards (Performed in the air) and Two-axes somersaults (have additional bonus for using both axes + Performed in the air)								
Degree of rotation	Code	value	2nd axis	forw	straight body	open	Bonus	Total
180° somersault /dive (any direction)	**D**	0.025					0.05	**0.075**
180° somersault /Dive + 180° twist (any direction)	**dt0.5**	0.025	0.025				0.05	**0.10**
180° somersault /Dive + 360° twist (any direction)	**dt1**	0.025	0.05				0.075	**0.15**
180° somersault /Dive + 540° twist (any direction)	**dt1.5**	0.025	0.1				0.125	**0.25**
180° somersault /Dive + 720° twist (any direction)	**dt2**	0.025	0.2				0.075	**0.30**
360° somersault	**s1**	0.3						**0.30**
360° somersault forwards	**s1f**	0.3		0.1				**0.40**
360° straight body somersault	**ss1**	0.3			0.2			**0.50**
360° straight body somersault forwards	**ss1f**	0.3		0.1	0.2			**0.60**
1 somersault + 0.5 twist	**s1t0.5**	0.3	0.05				0.1	**0.45**
1 somersault + 0.5 twist forwards	**s1t0.5f**	0.3	0.05	0.1			0.1	**0.55**
1 somersault + 1 twist	**s1t1**	0.3	0.1				0.1	**0.50**
1 somersault + 1 twist forwards	**s1t1f**	0.3	0.1	0.1			0.1	**0.60**
1 somersault + 1.5 twist	**s1t1.5**	0.3	0.15				0.1	**0.55**
1 somersault + 2 twist	**s1t2**	0.3	0.3				0.1	**0.70**
Straight body somersault 1 + 0.5 twist	**ss1t0.5**	0.3	0.025		0.275			**0.60**
Straight body somersault 1 + 0.5 twist forwards	**ss1t0.5f**	0.3	0.025	0.1	0.275			**0.70**
Straight body somersault 1 + 1 twist	**ss1t1**	0.3	0.05		0.275			**0.625**
Straight body somersault 1 + 1 twist forwards	**ss1t1f**	0.3	0.05	0.1	0.275		0,025	**0.75**
Straight body somersault 1 + 1.5 twist	**ss1t1.5**	0.3	0.1		0.3		0.2	**0.90**
Straight body somersault 1 + 2 twists	**ss1t2**	0.3	0.2		0.3		0.3	**1.10**
Straight body somersault 1 + 2.5 twists	**ss1t2.5**	0.3	0.25		0.3		0.4	**1.25**
Straight body somersault 1 + 3 twists	**ss1t3**	0.3	0.35		0.3		0.55	**1.50**

540° somersault	**s1.5**	0.65						**0.65**
540° somersault forwards	**s1.5f**	0.65		0.1				**0.75**
540° somersault + open	**s1.5o**	0.65				0.35		**1.00**
540° somersault forwards + open	**s1.5fo**	0.65		0.1		0,35		**1.10**
1.5 somersault + 0.5 twist	**s1.5t0.5**	0.65	0.025					**0.675**
1.5 somersault + 0.5 twist forwards	**s1.5t0.5f**	0.65	0.025	0.1				**0.775**
1.5 somersault + 0.5 twist + open	**s1.5t0.5o**	0.65	0.025			0.35	0.175	**1.20**
1.5 somersault + 0.5 twist + open forwards	**s1.5t0.5fo**	0.65	0.025	0.1		0.35	0.175	**1.30**
1.5 somersault + 1 twist + open forwards	**s1.5t1fo**	0.65	0.05	0.1		0.35	0.25	**1.40**
1.5 somersault + 1 twist	**s1.5t1**	0.65	0.05				0.1	**0.80**
1.5 somersault and 1.5 twist	**s1.5t1.5**	0.65	0.1				0.225	**0.975**
720° somersault	**s2**	0.9						**0.90**
720° somersault + open	**s2o**	0.9				0.5	0.3	**1.70**
720° somersault forwards	**s2f**	0.9		0.1			0.1	**1.10**
720° somersault forwards + open	**s2fo**	0.9		0.1		0.5	0.3	**1.80**
2 somersaults + 0.5 twist	**s2t0.5**	0.9	0.025				0.275	**1.20**
2 somersaults + 0.5 twist forwards	**s2t0.5f**	0.9	0.025	0.1			0.275	**1.30**
2 somersaults + 0.5 twist + open	**s2t0.5o**	0.9	0.025			0.5	0.325	**1.75**
2 somersaults + 0.5 twist + open forwards	**s2t0.5fo**	0.9	0.025	0.1		0.5	0.325	**1.85**
2 somersaults + 1 twist	**s2t1**	0.9	0.075				0,625	**1.60**
2 somersaults + 1 twist +open	**s2t1o**	0.9	0.075			0.5	0,625	**2.10**
2 somersaults + 1 twist forwards + open	**s2t1fo**	0.9	0.075	0.1		0.5	0.625	**2.20**
900° somersault	**s2.5**	1.2						**1.20**
900° somersault forwards	**s2.5f**	1.2		0.1				**1.30**
1080° somersault	**s3**	2						**2.00**
1.5 straight body somersaults	**ss1.5**	0.65		0.3			0.25	**1.20**

Example: 1.5 somersault+ 1.5 twist:

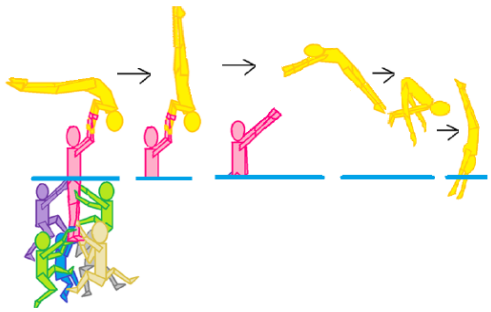


Cartwheels (frontal plane rotations) and Handsprings (sagittal plane rotations)

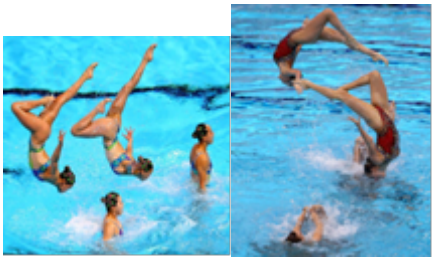
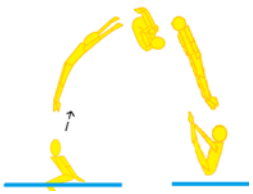
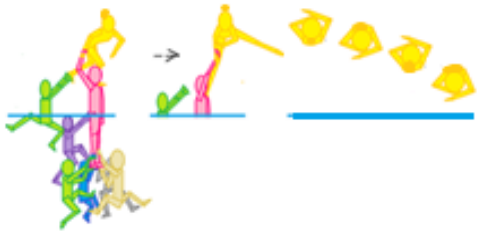
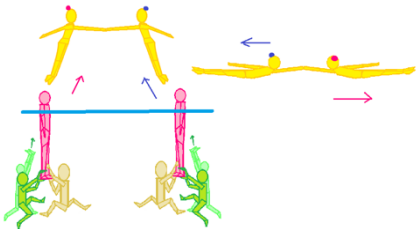
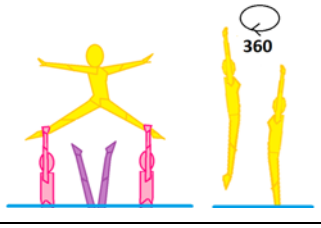
- Part of rotation starts with connection to support - ANY DIRECTION
- Cartwheel/handspring usually starts on a support and is partially performed on it. Then the featured athlete starts the movement head-up, becomes airborne, performs 360 rotation and enters the water (featured athlete may keep hand-connection with support until submergence of support athlete).
- As handspring/cartwheel is 360 degrees, to calculate how many additional somersaults or twists flyer does – we calculate how many additional 180 degree turns the featured athlete performs AFTER accomplishing the handspring/cartwheel.

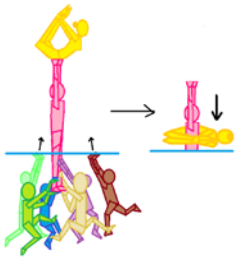
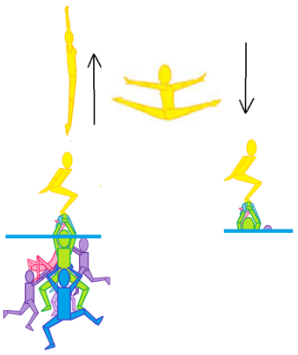
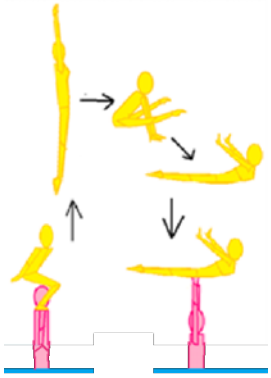
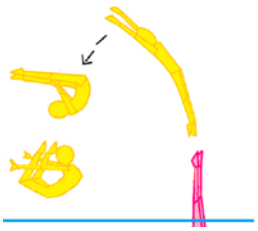
Degree of rotation	Code	value	2nd axis	forw	straight body	open	bonus	Total
Cartwheel	**C**	0.1						**0.10**
Cartwheel + 180° twist	**ct0.5**	0.1	0.025				0.025	**0.15**
Cartwheel + 360° twist	**ct1**	0.1	0.05				0.025	**0.175**
Handspring	**H**	0.1						**0.10**
Handspring + 180° twist	**ht0.5**	0.1	0.025				0.025	**0.15**
Handspring + 360° twist	**ht1**	0.1	0.05				0.025	**0.175**
Handspring + half (180°) somersault (dive)	**hd**	0.1	0.025					**0.125**
Handspring + 360° somersault	**hs1**	0.1	0.3					**0.40**

Example of "**hd**": Handspring (360° rotation) + half (180°) somersault (dive). This means after the handspring (360°) the featured athlete performs an additional 180° somersault and enters water head-first.



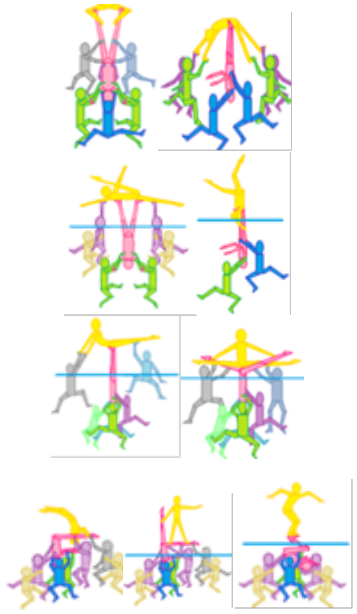
h) **Component B – Bonus**

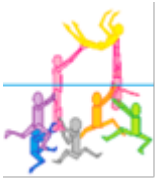
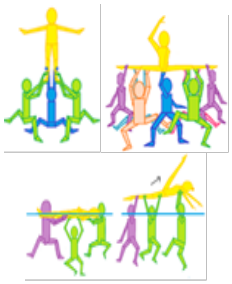
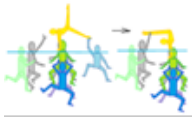
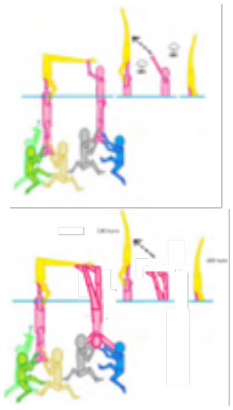
List of additions, bonuses, and risk elements in Group A				
Code		Description	Diagram	Value
Dbl		**Synchronized actions for double acrobatic movements** Where athletes are divided into two groups (separate small constructions. Usually 3 athletes underwater + 1 featured athlete) who perform identical (equal/same) simultaneous acrobatic movements. Note 1: "Mirror action" is possible – ie constructions face each other and featured athletes both jump backwards or forwards. Note 2: The two featured athletes may be connected with each other.		**0.20**
Pos3		**Third position** This bonus can be declared only once no matter how many positions the featured athlete will perform after the first and second declared positions.		**0.05**
Can't be combined in the same acrobatic. **You can only choose 1 of these!**	**Grip**	Arm connection (ie palms, or palms/elbows etc) between **2 featured athletes from the beginning** of the acrobatic movement and remain connected until submergence of both featured athletes.		**0.10**
	Conn	Connection between **support and featured athlete** (may disconnect before water entrance) NOTE: use this code if you have a handspring/cartwheel in your acro		**0.10**
	Catch	Connection between **2 featured athletes during airborne phase** and remain connected until submergence of both featured athletes (connection occurs after take-off), ***Can only be declared with bonus Dbl***		**0.15**
Split		**Jump/Throw from split** (head-up) position Note: as position 1 coach should indicate line or kite or tuck (depending on how the acro is performed), because split is considered as "take-off" phase		**0.20**

Can't be combined in the same acrobatic. **You can only choose 1 of these!**	**Hula**	**"Hulahoop" action** Featured athlete in ring/jay position enters water with support athlete inside the circle (which is made from legs/hands connection of featured athlete)		**0.35**
	RetSq	"**Return" on the "Square" construction (Sq)** <u>above water</u> after the airborne phase and remain on construction until submergence of the construction. **Note: only for senior/junior category (otherwise BM). Only for advanced level and well-prepared athletes,** **For athlete safety: somersault and landing back on construction is not allowed and will result in BM.**		**0.80**
	RetPa	"**Return" on support's palms** <u>above water</u> after the airborne phase and remain on construction until submergence of support athlete. Featured athlete needs to clearly land on palms of the support. **Note: only for senior/junior category (otherwise BM) Only for advanced level and well-prepared athletes.** **For athlete safety: somersault and landing back on construction is not allowed and will result in BM.**		**0.60**
Feet		**Jump from feet** feet/feet connect between support and featured athlete during "pushing phase" until disconnect.		**0.075**

i) **Group B**

Component C – Construction

Group B Construction – Please note in table below Featured Athlete = (F), Support Athlete = (S)										
No.	**Picture**	**Name and number of levels**	**Code**	**Difficulty of coordinating actions and number formations**	**Support: Body position and level of sustain-ability**	**Support: Type and level of flexibility or maintain position**	**Air-borne weight**	**Area of full construction, Proximity between athletes**	**Tempo of acceleration and push (lift/throw)**	**Total**
1		Stack Head-Up (may have spotter/s)	**St**	Med-Hard	High level of sustainability+ low vestibular load	Free body position (support is head-up)	1+1	Type 2	Med-fast	**1.00**
				0.25	0	0.1	0.2	0.2	0.25	
2		Stack Head-down (may have spotters)	**StH**	Med-Hard	Low level of sustainability+ high vestibular load	Free body position (support is head-down)	1+1	Type 2	Med-fast	**1.10**
				0.25	0.1	0.1	0.2	0.2	0.25	
3		Stack 2 head-up supports	**2SupU**	Hard	High level of sustainability+ low vestibular load (0.1+0.1)	straight body 1+1	1+1+1	Type 2	big-med	**1.15**
				0.3	0	0.2	0.3	0.2	0.15	
4		Stack 2 head-down supports	**2SupD**	Hard	Low level of sustainability+ high vestibular load 1+1	straight body 1+1	1+1+1	Type 2	med	**1.40**

				0.3	0.2	0.2	0.3	0.2	0.2	
5		Stack 2 supports (one of them head-down)	**2SupM**	Hard	Combined (1 head-up+1 head-down)	straight body 1+1	1+1+1	Type 2	big-med	**1.25**
				0.3	0.1	0.2	0.3	0.2	0.15	
6		Stack two head-down (S) + two (F)	**2SupD 2F**	Hard	Low level of sustainability+ high vestibular load 1+1	straight body 1+1	1+1+1+1	Type 2	med +connect	**1.55**
				0.3	0.2	0.2	0.4	0.2	0.25	
7	 Can be done from surface. The way base athletes hold each-other and/or featured athletes is optional (can be as combo. of supporting on heads and shoulders of the base athletes etc)  Lift+ spotters (that joins construction later)	Simple Lift	**L**	Low	no	no	1+ bonus	Type 1	fast	**0.70**
				0.1	0	0	0.2	0.1	0.3	
8		Lift of two (F) or more who must form one construction and must be connected	**L2F+**	Medium	no	no	2	Type 1	slow-med bonus for connection between two or more (F)	**0.80**
				0.2	0	0	0.2	0.1	0.3	
9		Transitional Stack: Any 2-stack formation (#3-2SupU, #4-2SupD, #5-2SupM, #6-2SupD2F) with a disconnection with one of the (S) Can only be used with a connection showing ∞ symbol	**St>**	Hard	Optional	Free body position	1+0.5+ 0.5	Other	small+bonus FOR TRANS DISCONNECT AND BALANCE	**1.025**
				0.3	0.1	0.1	0.2	0	0.325	

10	 Health and Safety note: head and neck.	Lift ONLY on Heads above water (Standing, sitting or laying) Arms/legs of (F) can only be connected to HEADS which must be visible above water.	**LH** +0.3 bonus for head connec t-ion	Hard	no	No	1 + 4 quarte rs	type1	med (bonus for head connectio n)	**1.10**
				0.3	0	0	0.2	0.1	0.5	
11	 Health and Safety note: head and neck.	Lift with two (F) ONLY on Heads above water (Standing, sitting or laying) Arms/legs of (F) can only be connected to HEADS which must be visible above water.	**Lh2F** +0.3 bonus for head connec tion+0.1 for connec t betwee n 2 f-swim	Hard	No	No	2 + 4 quarte rs	type1	slow-med bonus for head connectio n + connect between two (F)	**1.20**
				0.3	0	0	0.3	0.1	0.5	

j) **Component D – Direction**

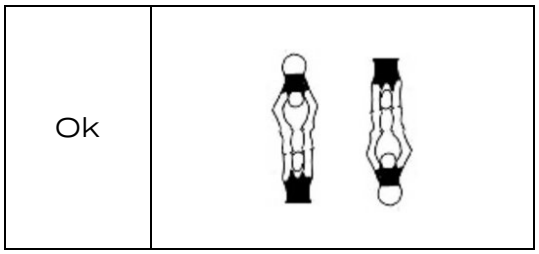
- N/A for Group B.

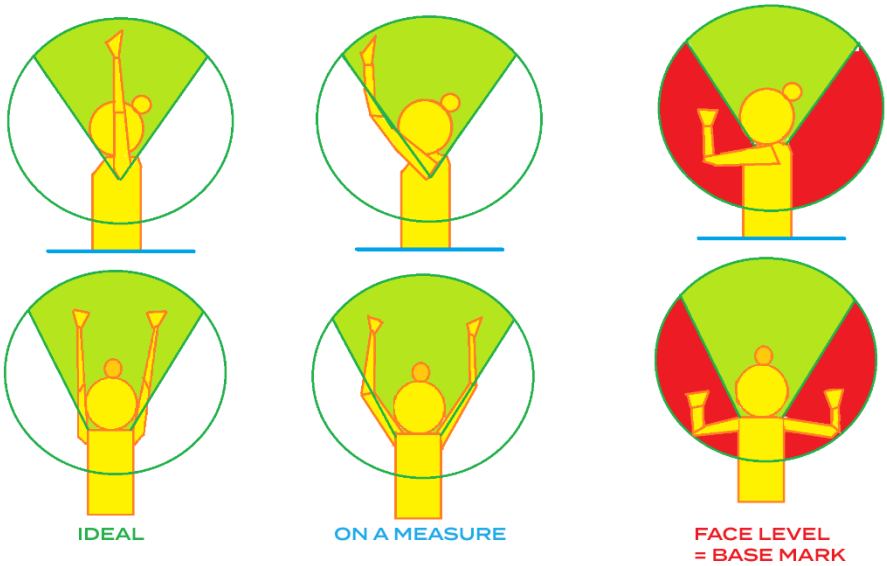
k) **Component S – Area of Support / Type of Connection ("Grip")**

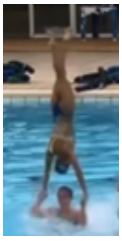
- Unless specified otherwise, the featured athlete(s) MUST remain connected with the support(s) or base athletes until the support(s) and the base athletes are completely submerged - meaning the area of connection can no longer be seen by the DTCs.Every Handstand type of Connection (PP,1P1P, 1PPx, PH/PP2, 1PH, 2PH, PF, 1P1F, , *) must be performed with straight arms from beginning of the handstand to the end (submergence of the support Athlete). .
- This applies for both the featured-Athlete and the support-Athlete, with the limit of the head as the allowance for any slight bending of the arms.

Note: The arms are not allowed to be bent with palms lower than the face (face = from top of the head-until chin level).

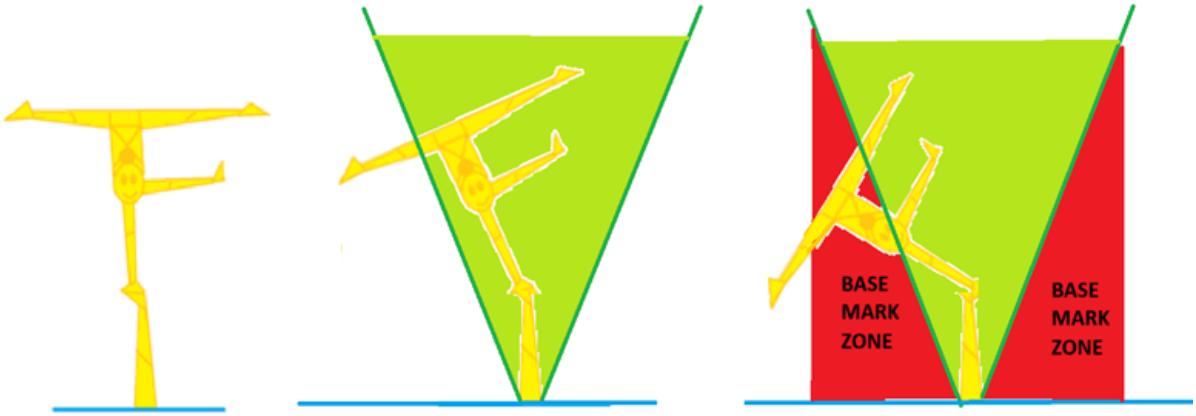
- In case of PF – the support Athlete has straight legs and any bending of the legs of the support Athlete is an execution issue not a Base Mark.
- Arm(s) of the support-Athlete must remain within vertical cone i.e., 45 degrees (the same rule applies for group C). The same rules for support-Athletes' arms positioning also applies to types of connection: FP, FPx, 1F1P.





BM	

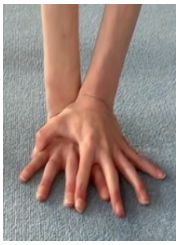
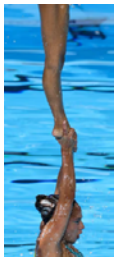
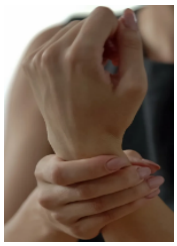
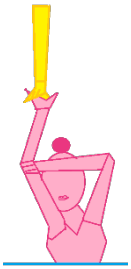
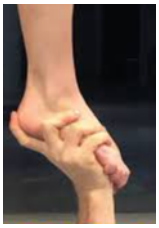
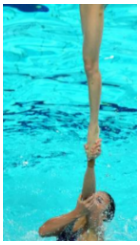
- A Handstand is the act of supporting the body in a stable, inverted Vertical Position by balancing on the hands.
- As per general principles of connections - If you have 2 types of connections in your acrobatic movements, you MUST declare the first one shown above the surface. You are not allowed to skip the first one and declare the second one instead.
- Therefore, in Group B, if the featured athlete with support athlete performs 2 types of connection/grips (for example: PP and then 1P1P) – the first connection/grip MUST be declared (in our example below it will be PP).
- The only exceptions shall be:
- 1F1F where the pushing phase may start with a FF connection that breaks the surface. 1F1F MUST be executed by the time the support athlete is at their knees.
- F1S where the pushing phase may start with a FS connection that breaks the surface. F1S MUST be executed immediately after FS breaks the surface.
- If construction St> is used, you must declare the connection shown after the disconnection from the pushing support athlete.
- In **Handstands** in groups B and C when there's a balance in handstand on both or one arm, the featured-Athlete needs to be aligned with the support-Athlete on the vertical axis until submergence with an allowance of 45 degrees from the vertical axis (invisible vertical line that runs through the middle of the bodies of the support and featured-Athlete). The 45-degree cone has a start point at point of connection of the featured athlete with the support/base athlete(s). DTCs should look at the torso of the featured athlete to validate that rule



Featured-swimmer aligned with support on vertical axis. F-swimmer must be „ON" support

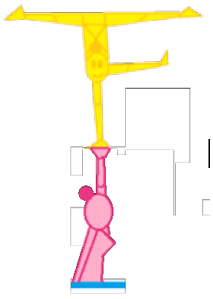
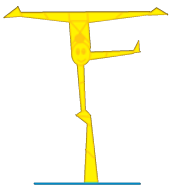
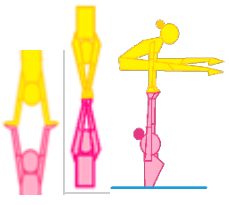
45 degrees allowance = ok

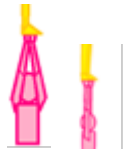
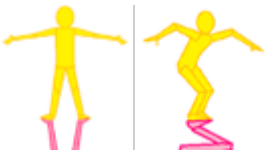
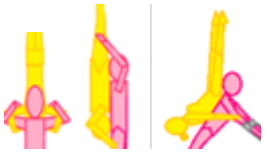
BASE MARK

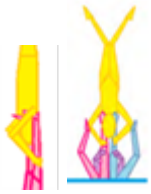
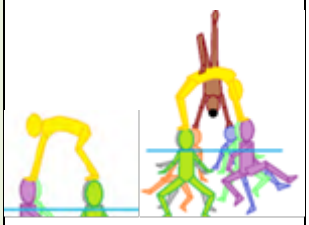
<table>
<tr><td rowspan="4">vii.</td><td colspan="3">XS (extra small) type of connection is where the support athlete's arms are straight, and their hands are positioned as follows:</td></tr>
<tr><td colspan="2">a) Palms one on top of the other.</td><td>  </td></tr>
<tr><td colspan="2">b) Wrists touching making an open "cone" with palms to grasp a foot or palm of featured athlete.</td><td>  </td></tr>
<tr><td colspan="2">c) Hand grasping wrist of the arm supporting the featured athlete.</td><td>  </td></tr>
<tr><td rowspan="2">viii.</td><td colspan="3">For 1P1P and 1F1P: the support athlete can hold the elbow or area from elbow to shoulder with one palm. The palm CAN'T hold the wrist area or it will be subject to Base Mark because that is then a different connection (an XS).</td></tr>
<tr><td> 
Example 1P1P:</td><td>Acceptable:
one palm can hold elbow or lower (area from elbow to shoulder).
  </td><td>Not Acceptable:
Obviously the wrist area
  </td></tr>
<tr><td></td><td> 
Example 1F1P:</td><td>Acceptable:
one palm can hold elbow or lower (area from elbow to shoulder).
  </td><td>Not Acceptable:
Obviously the wrist area
  </td></tr>
</table>

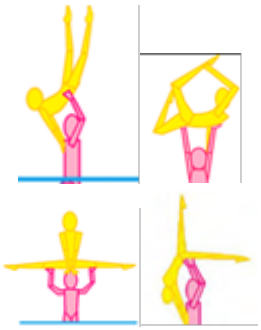
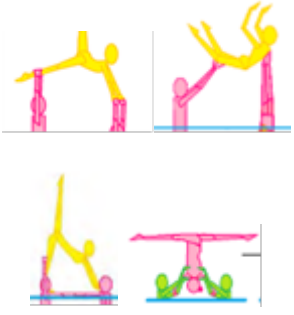
Group B Constructions with the type of connections that must be used with: *(if there is a discrepancy between this table and the original connection and the construction tables, the original connection and construction tables will prevail)*	
Construction	**Connections**
St	1P1P, 1PPx, PP, FP, SiSb, Bp, E, PH/, AP, SiS, FS, F1S, Tw, S+, 1PH 1F1P, 1F1F (in case support athlete is in head-up vertical split position)
StH	1P1F, FF, FF/ , PF, ShF, LayF, SiF, S+, 1F1F, H1F/, HT+
2SupU	Le, 1FH+1FP, PP2
2SupD	Tow
2SupM	Le, Ch
2SupD2F	Tow
L	Li
L2F+	Li
St>	PP, PF, Bp, ShF, E, F1S, LayF, 1P1F, 2pH, PH/ (must have symbol ∞ with connection code)
LH	LiH
Lh2F	LiH

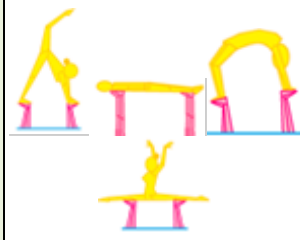
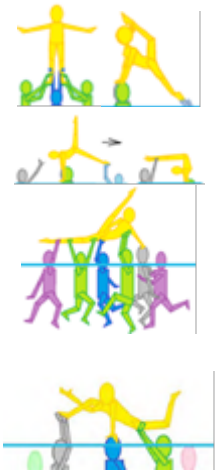
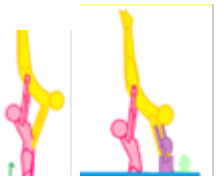
- In the below table, if you see a symbol **∞** near the picture of the grip – it may be used for the acrobatic movement with the construction "Transitional Stack" (St>) with specified types of connections in group B. If a grip does not include the infinity symbol **∞** then it can't be used with Transitional Stack (St>).

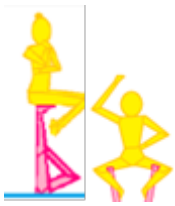
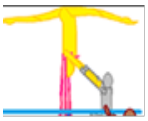
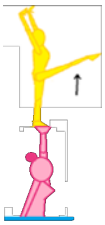
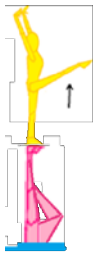
Area of support - Group B: Please note in table below Featured Athlete = (F), Support Athlete = (S)								
No.	**Picture**	**Type of Connection**	**Area of both Supports**	**Support**	**Featured athlete**	**Average**	**Bonus/ Deduction**	**Total**
1	 (F) + (S) = straight arms	1 palm (F) on 1 palm (S) Extra small + Extra small **1P1P**	Extra small + Extra small	1.2 (average for both)			0.3 - Vertical body on palm -0.2 for stabilization catch the support arm	**1.30**
2	 (F) = straight arm	1 palm (F) on 1 foot (S) **1P1F** **∞**	Extra small+ small	1.2	0.5	0.85	+0.2 ALL BODY ON 1 PALM	**1.05**
3	 (F) + (S) = straight arms	(F) balances on 1 palm on the "XS" type of grip of the (S) **1PPx**	Extra small + Extra small	0.6	1.2	0.9	+0.2 Vertical body on palms – 0.1 for 2 palms	**1.00**
4	 (F) + (S) = straight arms	Palms (F) to Palms (S) (S) and (F) can hold as XS grip (with hands together) or with hands apart **PP** **∞**	Extra small + Extra small	0.6	0.6	0.6	0.2 Body on palms	**0.80**

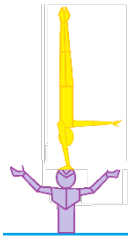
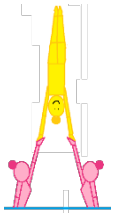
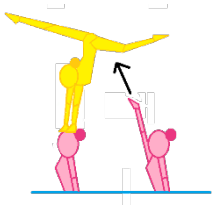
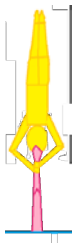
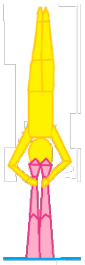
5	 (S) = straight arms	1 foot/2 Feet (F) on palms (S) (S) can hold as XS grip (with hands together) or with hands apart **FP**	Extra small + small	0.6	0.5	0.55	+0.15 for power press	**0.70**
6		Feet (F) on feet (S) With NO help from spotters or base athletes **FF**	Small + small	0.5	0.5	0.5	+0.1 No Capture	**0.60**
7		Feet (F) on feet (S) with help from base athletes or spotters **FF/**	Small + small	0.5	0.5	0.5	-0.225 for additional spotters help on side	**0.275**
8		Palms (F) on feet (S) **PF** **∞**	Extra small + small	0.6	0.5	0.55	- 0.1 for capture with support	**0.45**
9		Lower back (F) sits on shoulder blades (S) Blind Connection **SiSb**	Small + medium	0.5	0.3	0.4	Minus 0.1 for capture and minus 0.1 for close to support but +0.2 (for blind connection) Touch (not "sit") +0.1	**0.50**
10		"Backpack" grip: Back-to-back blind connection The back of (F) touches the back of (S). **Bp** **∞**	Big + Big	0.1	0.1	0.1	0.2 (for blind connection) - 0.15 for strong "double" hand connection between 2	**0.15**

11		Shoulders (F) on feet (S). Note: (F) may hold legs of (S) **ShF** **∞**	Small + medium	0.5	0.3	0.4		**0.40**
12		"Eiffel" grip: Palms (F) on shoulders (S)/ Palms (S) on shoulders (F) (Not a handstand) (S) and (F) may hold one side with a varying grip (like image on right). One grip must always be palms to shoulders. **E** **∞**	Medium/Small+Medium/ small	0.5 0.3	0.5 0.3	0.4	-0.025 close to center of mass	**0.375**
13	 (F) = straight arm (the one on the head)	Palm (F) on head (S) + palm/palm connection **PH/** **∞**	Extra small + extra small + help	0.6	0.60	0.6	Plus connection head 0.05 0.3- all body on palm -0,1 for balance capture arm	**0.85**
14	 	Lift ONLY on heads above water: (F) stand/lay/sit on 2-4 heads of base athletes (S) Arms/legs of (F) may only be connected to heads which must be visible above water **LiH** **Note: base athletes (for safety) may hold featured athlete**	4 medium supports = big sustainability	0.1	0.1	0.1	0.3 bonus for head connection Risk+0,05	**0.45**

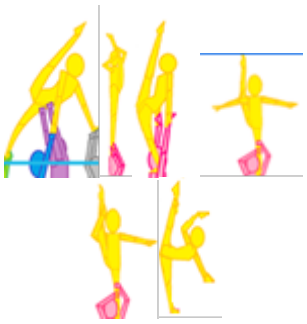
15		All (F) body on palms of (S) (lay or sit) (F) may have additional connection to (S) Note: (S) arms ABOVE or at same level with top of the head **AP**	Extra small + big	0.6	0.1	0.35	Bonus 0.1 all body on palms; (close to support center of mass) (-0.1)	**0.35**
16		(F) Sit/hang or lay on shoulders (S) **SiS**	Medium + big	0.3	0.1	0.2	(close to support center of mass) (-0.1)	**0.10**
17		Feet (F) on Shoulders (S) **FS**	Medium + small	0.3	0.5	0.4	-0.3 (for 2 hand capture by support) -0.15 for Stable, not risk connect -stabilization balance (divide by 2)	**0.025**
18		Foot (F) on a shoulder (S) + (F) can have additional connection with (S) **F1S** **∞**	Medium + Small	0.3	0.5	0.4	minus 0.275 for extra support (2 hands+leg sometimes)	**0.125**
19		"Lemur" grip Construction is 2 support athletes with at least 1 head-up. (F) lays, stands, hangs, or sits on their hands or is in a head-down position. (F) can also hold shoulders of one (S) **Le**	Big + small	0.1	0.5	0.3	Minus 0.1 for 2 supports + coordinate balance 0.05 between 2 people	**0.15**

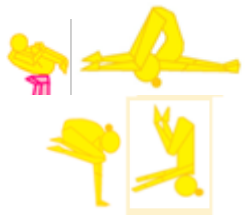
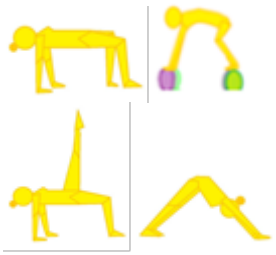
20		"Tower" grip Construction 2 support athletes head-down, (F) lay, stand, hang, or sit on their hands or is in a head-down position **Tow**	medium + medium	0.3	0.3	0.3	Minus 0.05 for capture	**0.25**
21		Simple lift: Base athletes hold (F) Note: (F) may use support of head/s of base athletes/ spotters **Li**	Small + big	0.5	0.1	0.3	-0.225 (for 3 or more hands capture by base athletes; stable)	**0.075**
22		"Chameleon" grip Construction 2 supports, one of them head-down. (F) connects to one (S) by stomach, and to second (S) by feet/legs, hands (3 points) **Ch**	Medium+medium+Small+Small = average	0.3 0.3	0.5 0.5	0.4	Minus 0.1 for 2 supports	**0.30**
23		Twins (F) holds the stomach of (S) and (S) holds pelvis of (F) Or (F) holds the shoulders of a spotter and (S) holds the pelvis of (F) **Tw**	Big + big	0.1	0.1	0.1		**0.10**
24		(F) Lay/Hang on Feet (S) **LayF** **∞**	Small+ Big	0.5	0.1	0.3	-0.125 close to the support (center of mass lays exactly on support)	**0.175**

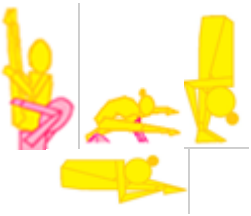
25		(F) Sit on feet or 1 foot of (S) **SiF**	Extra small+ Med	0.5	0.2	0.35	-0.1 for center of mass close to support -0.05 for stability catch	**0.20**
26		Construction: Two (S) head-up, (F) 1 leg stays on a head of first (S) and 2nd leg on palms (near head) of second (S) **1FH+1FP**	Small+ extra small + Extra small + Small+ help	0.5	0.6	0.55	Plus connection head 0.2 Minus -0.2 for 2 supports	**0.55**
27	  	(F) Sit, stand or lay on Stack or Stack head-down with spotter/s **S+**	Small+ Big	0.5	0.1	0.3	-0.25 for spotters	**0.05**
28	 (S) = straight arm	(F) 1 foot on 1 palm (S) **1F1P**	Small+ extra small	1.2	0.6	0.85	+0.4 ALL BODY ON 1 PALM	**1.25**
29		1 foot (F) on 1 foot (S) **1F1F** Leg of (S) on which (F) balances must be straight. The leg on which (F) stands must be straight.	Small+small	0.5	0.5	0.5	Bonus for no connect 0.1 1 body part multiply on 2	**1.10**

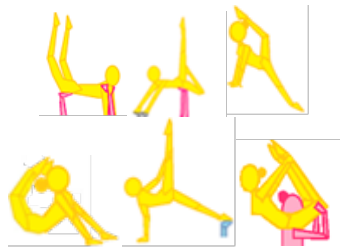
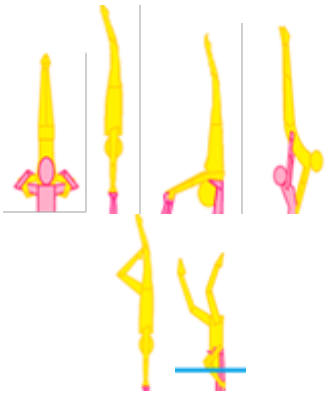
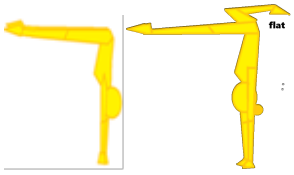
30	 (F) = straight arm	1 palm (F) on 1 head (S) grip. **1PH**	Extra small+ small	1.2	0.6	0.85	+0,3all body on 1 palm +0,2 connection with head +balane bonus 0,05	**1.40**
31	 (F) + (S) = straight arms	Palms/Palms connection on 2SupU Stack. **PP2**	small/small+ Small/small	0.6	0.6	0.6	+0.05 bonus for balancing in between 2 supports	**0.65**
32	 (F) = straight arms	**<u>Transitional stack only:</u>** Palm(s) on the head of (S). (S) can help (F) to keep balance with their hands. **2pH** **∞**	Small +Small	0.6	0.6	Capture	+0.175 connection to head -0,05 close to support centre of mass	**0.775**
33		Head of (F) on 1 foot of (S). (F) hand(s) connected to leg of (S). **H1F/**	Extra small + small	1.2	0.6	0.85	+0,2 balance on head only with head -0,1 for capture	**0.95**
34		Head of (F) on 2 feet of (S), with hand(s) of (F) holding leg(s) of (S). **HT+**	Small+small	0.6	0.6	0.6	+0,25 balance on head only with head -0,1 for capture	**0.75**

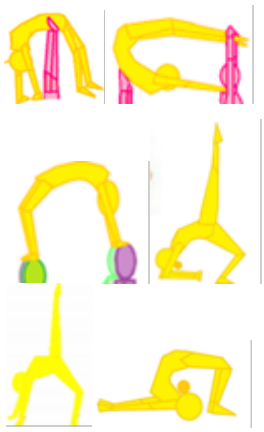
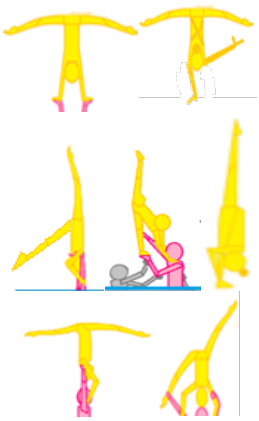
Component P – Position

Group B Positions								
No.	**Picture**	**Name and code**	**Vestibular load/ Difficulty to balance**	**Presence or absence of a helping hand (capture)**	**Type and level of flexibility+ Deviation of torso from inner axis**	**Total**	***Value If Position 2***	**Code for position 2 (level)**
Stand on 1 Leg: **HEAD-UP** with leg Forwards/Sideways Head-Up = the torso and head must be within 90 degrees of a head-up vertical position (no allowance).								
1		Heron **he** can be with arch in back	Stand on 1 Leg: HEAD-UP with leg Forwards/Sideways 0.075	Can be with or without capture 0	Leg (thigh) 135° or less Leg bent or straight 0.05	**0.125**	***0.062***	**2he**
2	 Both legs straight	Vertical Split **vs**	Stand on 1 Leg: HEAD-UP with leg Forwards/Sideways Both legs straight. 0.075	Can be with or without capture 0	Straight "upper" leg forwards or sideways 180° + can have torso deviation up to 90 degrees as per head-up rule 0.225	**0.30**	***0.10***	**2vs**
3	 Must see capture (not just a touch) with both hands and the opposite arm behind the head OR with just the opposite arm/hand, behind the head	Glass **gl**	Stand on 1 Leg: HEAD-UP with leg Forwards/Sideways 0.075	Yes - both hands and the opposite arm behind the head OR with just the opposite arm/hand, behind the head 0.025	Straight leg sideways 180° 0.3	**0.40**	***0.20***	**2gl**
Stand on 1 leg: **HEAD UP** with leg Backwards. Head-Up = the torso and head must be within 90 degrees of a head-up vertical position (no allowance). Positions in this subgroup are different from "sideways" positions and need to have hips square, and leg backwards.								
4		Ballerina **ba** can lean forward	Stand on 1 leg: HEAD UP with leg Backwards 0.075	Can be with or without capture 0	Arch with leg back at 90° (straight or bent at knee). May have torso forwards up to 90 degrees as per head up definition. 0.075	**0.15**	***0.075***	**2ba**
5	 Can be on 1 knee Must have leg capture (any arm)	Sail **sa**	Stand on 1 leg: HEAD UP with leg Backwards 0.075	Must have leg capture (any arm) 0.025	Arch with bent leg back 135° or more and must have torso **forwards** 90° as per Head Up definition 0.225	**0.325**	***0.162***	**2sa**

6		Needle **ne**	Stand on 1 leg: HEAD UP with leg Backwards	Can be with or without capture	Arch with torso forwards 90° as per Head Up definition and 180° between legs (both straight)	**0.425**	***0.212***	**2ne**
			0.075	0.1	0.25			
7	 Can be on 1 knee. Blind capture with 2 arms or opposite arm, (elbow/s point forwards - not a "side" capture)	Eye **ey**	Stand on 1 leg: HEAD UP with leg Backwards	Yes - Blind capture with 2 arms or opposite arm.	Leg (straight or bent) backwards 135° or more with torso as per Head Up definition	**0.50**	***0.25***	**2ey**
			0.075	0.2	0.225			
Standing on 2 Legs – **HEAD-UP** Head-Up = the torso and head must be within 90 degrees of a head-up vertical position (no allowance).								
8		Stand **sd**	Stand on 2 legs HEAD-UP	-	Stand on 2 legs (apart or together or can be on 1 knee) Can have an arch in back. Torso as per Head Up definition.	**0.05**	***0.025***	**2sd**
			0	0	0.05			
FREE POSITIONS								
9		Monkey **mo**	Open Tuck/Pike variations, Chair variations – head-up or head-down	Can be with or without capture	Legs are close to centre of mass ie. Chair variations, "open pike variations", different kind of sits where legs are close to centre of mass.	**0.075**	***0.037***	**2mo**
			0	0	0.075			
10		Porcupine **pp**	Tuck (both knees bent and closed to chest (within 90° from chest)	Can be with or without capture	Different variations of tuck on the support (laying, standing on palms, head-down etc)	**0.10**	***0.05***	**2pp**
			0	0	0.1			
11		Cat **ct**	Stand on 3 or 4 limbs (points of support)	-	Stand on 3 or 4 limbs (foot+2 palms or 1 palm+2 feet or 2 feet+2 palms) Horizontal alignment of torso which can be arched back or bent forwards. Arms/Legs can be bent or straight. If standing on one leg the other leg can be in a free position.	**0.025**	***0.012***	**2ct**
			0	-	0.025			

12		Shrimp **sh**	Legs straight and torso touches legs	Can be with or without capture	Both legs straight apart or together. Torso touches legs (legs within 45° of the torso as per allowance)	**0.175**	***0.087***	**2sh**
			0.05	0	0.125			
13	 Blind capture with 2 arms or opposite arm Blind capture = elbow(s) required to be pointing forwards	Harp **hp**	Sit/Lay/Hanging Head-Up or Head-Down	Blind capture with 2 arms or opposite arm Blind capture = elbow(s) required to be pointing forwards	Obvious arch in the back. Captured leg is bent. Other leg is in a free position.	**0.45**	***0.225***	**2hp**
			0.05	0.1	0.3			
14		Flamingo **fl**	Lay torso/head horizontal with legs free (not cobra)	Can be with or without capture	Straight torso on the horizontal axis, can have arch in back. Legs straight or bent.	**0.225**	***0.112***	**2fl**
			0.05	0	0.175			
15	 Blind capture with 2 legs and 2 arms Elbows must point forwards.	Turtle **tu**	Lay with arch in the back (stomach upwards, downwards or sideways)	Yes - Blind capture with 2 legs and 2 arms + elbows must point forwards	Arch in back. Legs can be bent.	**0.375**	***0.187***	**2tu**
			0.05	0.15	0.175			
Horizontal aligned positions – **HEAD-UP** Head-Up = the torso and head must be within 90 degrees of a head-up vertical position (no allowance).								
16		Cobra **co**	Lay whole body horizontal Head-Up	-	Horizontal aligned body. Can have arch in back up to 45° from horizontal line. Knees can be slightly bent. Legs can be up to 45° from horizontal line	**0.15**	***0.075***	**2co**
			0.05	0	0.10			

17		Split **spl** (Can be lay on stomach or back)	Sit/Lay in a Split Position (or variant) Head Up	Can be with or without capture	Must have from knee-to-knee an alignment of 180° with 45° allowance. Leg(s) may be bent.	**0.28**	***0.14***	**2spl**
			0.05	0	0.23			
18		Scorpio **so**	Lay torso horizontal on stomach Head-Up Arch in the back	-	90-degree arch between the back and at least one leg. Legs can be bent.	**0.275**	***0.137***	**2so**
			0.05	0	0.225			
19	 Blind capture with 2 arms or with opposite arm Elbow(s) must point forwards.	Pin **pi**	Lay with stomach upwards or downwards. Arch in the back with straight legs. Head-Up	Yes – Blind capture with 2 arms or opposite arm (elbow(s) must point forwards)	180° between straight legs and arch in back	**0.60**	***0.30***	**2pi**
			0.05	0.20	0.35			
Head-Down Head-Down = the torso and head must be within 90 degrees of a head-down vertical position (no allowance).								
20		Bamboo **bb**	Head-down Vertical Position (including variants) At least one leg must remain in VP "cone" (within 45 degrees of vertical line)	-	Small arch in back allowed. At least one leg must remain in VP "cone" (within 45 degrees of vertical line)	**0.15**	***0.075***	**2bb**
			0.1	0	0.05			
21		Box **bo**	Head-down 90° Pike Position At least one leg straight	-	90° Pike Position. Legs together or apart. At least one leg straight at 90 degrees.	**0.20**	***0.10***	**2bo**
			0.1	0	0.10			
22		Firefly **ff**	Head-down 90° Pike Position Both legs straight Hips with legs turned sideways (hips turned 90° from torso)	-	Hips with both legs clearly turned 90° from torso	**0.275**	***0.137***	**2ff**
			0.10	0	0.175			

23		Willow **wi**	Head-down Arch in the back with at least one leg straight and 90° back from vertical line.	No	Arch in the back with at least one leg straight and 90° back from vertical line.	**0.25**	***0.125***	**2wi**
			0.15	0	0.1			
24		Bridge **br**	C-shape arch of the back head-down standing or hanging. Legs/arms can be bent or straight	No	C-shape arch of the back head-down standing or hanging. Legs/arms can be bent or straight	**0.325**	***0.162***	**2br**
			0.05	0	0.275			
25		Owl **ow**	Split with straight legs Head-down	-	Must have straight legs split apart 180° (with a 45° allowance)	**0.30**	***0.175***	**2ow**
			0.15	0	0.15			
26	 MUST touch head with at least the toes of 1 foot - NO ALLOWANCE	Marlin **ma**	Head-down with arch in the back and connection to the head with at least the toes of 1 foot (no allowance)	-	Head-down with arch in the back and connection to the head with at least the toes of 1 foot (no allowance)	**0.35**	***0.175***	**2ma**
			0.15	0	0.2			
Positions with Extreme Flexibility: It is recommended these positions are only used by athletes who have the appropriate level of strength, flexibility and body awareness to perform these types of body positions safely. If executed incorrectly, there is a high risk of severe injuries.								
27	 Blind capture with 2 arms Elbows pointing forwards.	Drop **dr**	Head-down Standing on 2 straight legs (not hanging)	Yes - blind capture with 2 arms. (elbows forward) Can catch 1 leg or both legs with 2 arms.	Arch (back almost 180°)	**0.80**	***0.40***	**2dr**
			0.2	0.3	0.3			

28	 Blind capture with 2 arms or opposite arm. Elbow(s) pointing forwards.	Queen **qu**	Head-down Stand on 1 straight leg	Yes - blind capture with 2 arms or opposite arm. (elbow(s) forward)	Arch (back almost 180°) and must have from alignment of 180° with both legs straight	**0.70**	***0.35***	**2qu**
			0.1	0.2	0.4			
29	 Blind capture with 2 arms or opposite arm. Elbow(s) pointing forwards.	Snail **sn**	Head-down Balance on 1 knee/shin (not hanging). Other foot can't be helping to support the position (ie standing on a support/base)	blind capture with 2 arms or opposite arm capture (elbow(s) forward) Max arch in back	Balance on 1 knee/shin (not hanging). Other foot can't be helping to support the position (ie standing on a support/base)	**0.475**	***0.238***	**2sn**
			0.15	0.20	0.125			

Component R – Rotation of the Construction Base

We start counting the rotation of the support-Athlete (i.e., Stack or Stack head-down) when the support-Athlete starts turning. Sometimes you can see that the turning starts while rising and the featured-Athlete lifts her/his leg while the turn is already happening – it's not Base Mark.

<table>
<tr><th colspan="7">Values for Rotation of the Construction Base in Group B</th></tr>
<tr><td rowspan="2">Type</td><td colspan="6">Degree of rotation</td></tr>
<tr><td>90°</td><td>180°</td><td>360°</td><td>540°</td><td>720°</td><td>To be used with these connections:</td></tr>
<tr><td rowspan="2">Value for Stack where support athlete with featured athlete on top rotates on the vertical axis.

The featured athlete <u>stands on 2 feet</u> on the shoulders of the support athlete.</td><td rowspan="2">-</td><td>r0.5/</td><td>r1/</td><td>r1.5/</td><td rowspan="2">-</td><td rowspan="2">ONLY Connection FS</td></tr>
<tr><td>0.05</td><td>0.10</td><td>0.15</td></tr>
<tr><td rowspan="2">Value for Stack where support athlete with featured athlete on top rotates on the vertical axis.

The support athlete must be head up. The featured athlete can be head up or head down.

**If featured athlete stands on 2 feet on shoulders (FS) these codes are not valid. Must use above (r0.5/r1/r1.5/).</td><td rowspan="2">-</td><td>r0.5</td><td>r1</td><td>r1.5</td><td rowspan="2">-</td><td rowspan="2">FP

SiSb

Bp

E

AP

SiS

F1S

Tw

1F1P

S+ (when support is head-up)

PP (when featured athlete is not in handstand – for example shrimp)

1F1F (when support is head-up)</td></tr>
<tr><td>0.10</td><td>0.20</td><td>0.30</td></tr>
<tr><td>Value for Stack where support athlete with featured athlete on top rotates on the vertical axis.

The featured athlete stands on 1 leg with other leg at 135 to 180 degrees.

The position(s) with 1 leg 135-180° must be maintained through the whole declared rotation of the construction. This means for position 1, or positions 1 and 2, or positions 1, 2 and bonus for 3rd</td><td>-</td><td>r0.5+</td><td>r1+</td><td>r1.5+</td><td>r2+</td><td>F1S

1F1P

1F1F

FP (when featured athlete stands on 1 foot)</td></tr>
</table>

- the leg can't drop out of 135-180° (inclusive of allowance) For example: Position 2 must be with equal "leg-position" (135-180°) to Position 1 (ie Eye, Needle, Sail, Vertical Split, Glass etc). Note: the rising/moving of the position to a one leg position with the other leg at 135-180° can occur while the construction is ascending/turning. This is when the DTCs will start counting the rotation.		**0.125**	**0.225**	**0.325**	**0.425**	
Value for Stack where support athlete with featured athlete on top rotates on the vertical axis **The featured athlete is in a "Handstand" connection** **OR** **The support athlete is in a head-down construction**	-	**r0.5!**	**r1!**	**r1.5!**	**r2!**	Feat-Swim = Handstand connection: 1P1P 1P1F 1PPx PF PH/ PP2 2PH 1PH PP Support athlete head-down: FF FF/ ShF LayF SiF 1F1F H1F/ HT+ 1P1F PF S+
		0.15	**0.25**	**0.35**	**0.45**	
Value for Lift - big water resistance for base athletes while **the entire construction** rotates including the base athletes. Rotation starts from the surface, not from underwater.	**r/L**	**r0.5L**	**r1L**	-	-	LiH Li
	0.40	**0.50**	**0.80**			

Important:
For the grips **Le, Tow,** and **Ch** there is no rotation of the construction. In the case where only the featured athlete rotates without the support athlete (for example around self while submerging) declare the Group B twirl bonus **(Twirl).**

Component T – Plane and Degree of Rotations

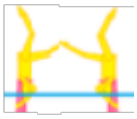
- N/A for GROUP B.

Component B – Bonus

<table>
<tr><th colspan="4">List of additions, bonuses, and risk-elements in Group B</th></tr>
<tr><th>Code</th><th colspan="2">Description</th><th>Diagram</th><th>Value</th></tr>
<tr><td>Dbl</td><td colspan="2">Synchronized actions for double acrobatic movements

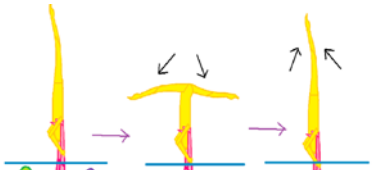
Where athletes are divided into two groups (separate small constructions. Usually 3 athletes underwater + 1 featured athlete) who perform identical (equal/same) simultaneous acrobatic movements.
Note 1: “Mirror action” is possible – ie constructions face each other and featured athletes both are lifted back-to-back or face to face.
Note 2: The two featured athletes may be connected with each other.</td><td>  </td><td>0.20</td></tr>
<tr><td colspan="5">Note on Dbl bonus: How to differentiate a construction with 2 supports and 2 featured athletes vs bonus for double acrobatic movement:

 
2 supports with 2 featured athletes (2SupD2F)

 
1 acro (StH) with bonus for double acro movement and connection between 2 featured athletes.

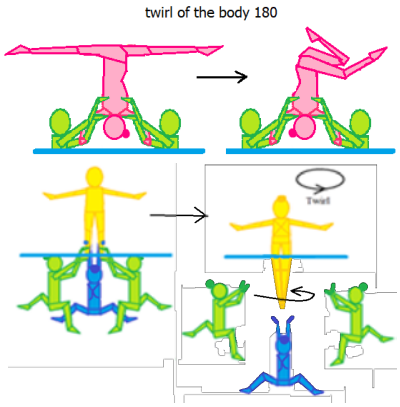
In 2SupD2F we clearly can see that both supports and both featured athletes form “a whole” construction and “look unified” (the weight of both athletes is distributed between two supports). But in a second example, we clearly see 2 identical “small” acrobatic movements where featured athletes are just connected in a touching manner. The 2nd acro can't use 2SupD2F, but instead StH with the bonus for double acro and if clearly connected the bonus for a connection.</td></tr>
<tr><td>Pos3</td><td colspan="2">Third position

Example: at the end of acrobatic movement closing legs from split to vertical or tucking (any additional position 3rd, 4th, 5th etc.).

This bonus should be declared only once no matter how many positions featured athlete will perform after the first 2 declared ones.</td><td>  </td><td>0.05</td></tr>
<tr><td rowspan="2">Can’t be combined in the same acrobatic.

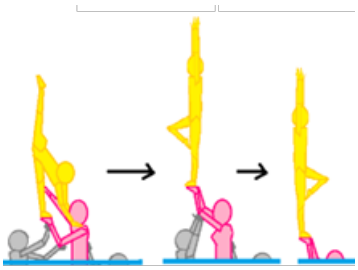
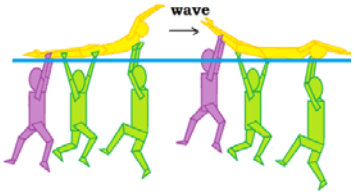
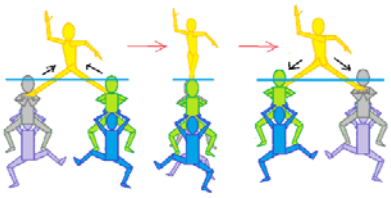
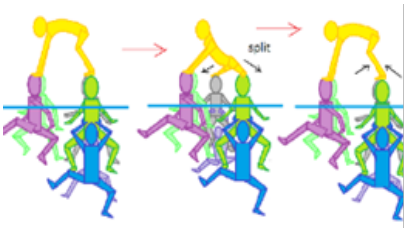
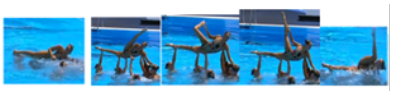
You can only choose 1 of these!</td><td>Twirl</td><td>“Twirl” of featured athlete in Group B 180° and more
(head-up or head-down).

Support athlete does not rotate. Only the featured athlete rotates (180-360). Support or base athletes stay static.

For this bonus only the featured athlete may remain on the construction for the twirl OR the support/base athletes can let go (disconnect) and the featured athlete twirls while submerging.
At least 180 MUST be achieved by the featured athlete’s waist (no allowance)</td><td>  </td><td>0.10</td></tr>
<tr><td>RotF</td><td>Featured athlete rotates on feet of support 180-360°

Support athlete does not rotate. Only the featured athlete rotates (180-360). Support or base athletes stay static.

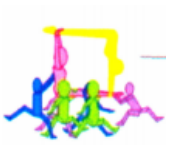
The featured athlete rotates on the feet of the support.
Featured athlete must be on horizontal plane on their stomach or on their back.</td><td>  </td><td>0.20</td></tr>
</table>

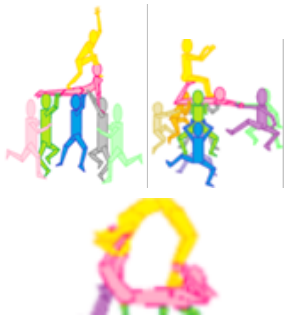
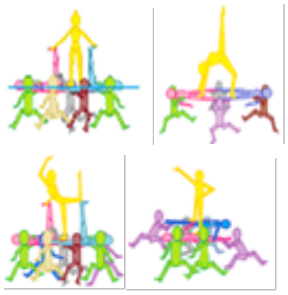
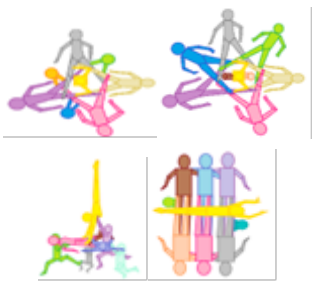
SdUp		**Stand-up** (lifting torso) from a head-down position. For example: Owl to Heron		**0.10**
Wave		**"Wave"** movements Featured athlete(s) must be lifted up/away from the surface.		**0.10**
Can't be combined in the same acrobatic. You can only choose 1 of these!	**Moon**	**"Moonwalk"**: Lift-up from split, legs sliding and changing place and opening back to the split on surface Base athletes hold legs of featured athlete and move underwater to change position of the featured athlete. The featured athlete can either move 1 leg while the other leg remains static or moves both legs at the same time. Legs can move forwards/backwards.		**0.275**
	Mov	**Moving base lift** Base athletes move backward and then return. OR Base athletes pass through each other under the featured athlete.		**0.70**
	Hold	**Long holding lift – 3 seconds and more** (Timed by the DTCs) Time starts when featured athlete achieves maximum height and ends when featured athlete starts submerging. Hold bonus declaration and rotation of the construction declaration CAN'T occur simultaneously.		**0.50**

Group P

Component C – Construction

- Any construction in group P can be lifted from underwater or starts at the surface. The ending of a platform can be done with the descent of the construction or as a "regroup" action on a surface (for example featured-Athlete dives away from platform and support-Athlete make a kick while base-Athletes stop holding him/her and continue the routine).

Group P Construction – Please note in table below Featured Athlete = (F), Support Athlete = (S)									
No.	**Picture**	**Name and number of levels**	**Difficulty of coordinating actions and number Formations**	**Support: Body position and level of sustain-ability**	**Support: Type and level of flexibility or maintain position**	**Airborne weight**	**Area of full construction, Proximity between athletes**	**Tempo of acceleration and push (lift/ throw)**	**TOTAL**
1		Platform where (S) is horizontal with straight body **P**	Hard	High level of sustainability+ low vestibular load (laying)	straight body	2	Type 2	slow-med	**1.00**
			0.3	0.1	0.1	0.2	0.2	0.1	
2		Platform where (S) is head-up with the torso bent at 90°, legs straight at the surface. **Box**	Hard	High level of sustainability+ low vestibular load (laying)+torso up (core hold)	Pike with 90 degrees angle between legs and torso	2	Type 2	Slow-med	**1.10**
			0.3	0.15	0.15	0.2	0.2	0.1	
3		Platform where (S) is horizontal with straight body and bent knees **Knees**	Hard	High level of sustainability+ low vestibular load (laying)	straight body	2+ may have bent knees	Type 2	slow-med	**1.05**
			0.3	0.1	0.1	0.25	0.2	0.1	
4		Platform where (S) is in a Ballet Leg position One thigh of (S) must be on the vertical axis. The shin of the vertical leg can be straight or bent at 90° max (parallel to the surface) **B**	Hard	High level of sustainability+ low vestibular load (laying)	Thigh forward 90 degrees	2+leg with thigh on the vertical axis	Type 2:	slow-med	**1.20**
			0.3	0.1	0.2	0.3	0.2	0.1	

5		Platform where (S) is in a Double Ballet Leg position Both thighs of (S) must be on the vertical axis. The shins of the vertical legs can be straight or bent at 90° max (parallel to the surface) **DB**	Hard	High level of sustainability+ low vestibular load (laying)	thighs forward 90 degrees or one leg forward vertical + one thigh vertical	2+two legs with thighs on the vertical axis	Type 2:	slow-med	**1.30**
			0.3	0.1	0.2	0.4	0.2	0.1	
6		Platform where (S) is horizontal on stomach with bent knees or in an arch "Chariot" (either legs up or torso up) **Chariot**	Hard	High level of sustainability+ low vestibular load (laying o)	straight body+ bent knees or arch	2	Type 2	med	**1.15**
			0.3	0.1	0.15	0.2	0.2	0.2	
7		Platform from 2 support athletes (any variation such as straight bodies, 1 or 2 Double or Single Ballet Legs) There MUST be base athletes under both (S). **2S**	*Hard	High level of sustainability+ low vestibular load (laying) 1	static straight body or ballet leg(s)	3	Type 2	slow-med	**1.25**
			0.45	0.1	0.1	0.3	0.2	0.1	
8		Platform "Flower" (3-8 athletes form support from legs) + Others are base athletes **Flower** Minimum requirement for this acro: 1 base athlete + 3 support+ 1 featured athlete = total 5 athletes	Med	No	static straight body	4-8	Type 3	-	**1.00**
			0.1	0	0.1	0.8	0	0	

9	 May or may not have Base athletes	Platform made from hands/arms. Base athletes form geometrical figure/or stable support from their hands/arms at the surface on top of which (F) balances **Hand** May or may not have base athletes	Hard	No	no	1	Type 1	small	**0.80**
			0.3	0	0	0.1	0.1	0.3	

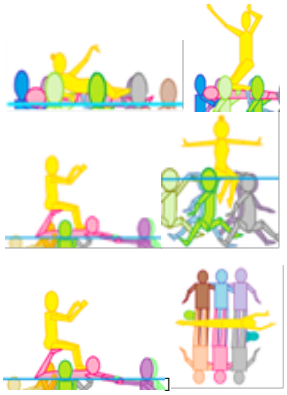
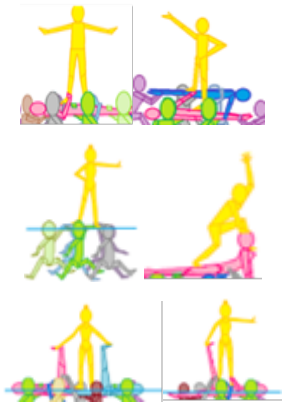
Component D – Direction

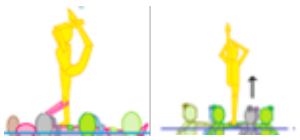
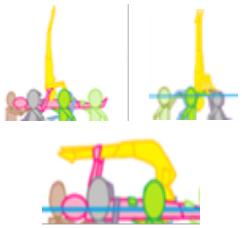
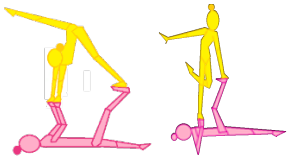
- N/A for GROUP P.

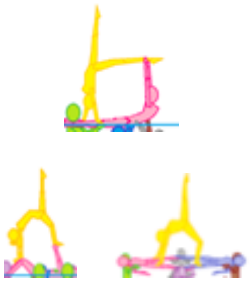
Component S – Area of Support / Type of Connection

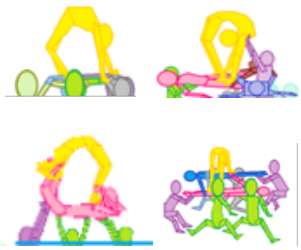
i.	In connections **SiA, F2A, 3pA, HA, 1FA, FA+PF, 2pA/, BA, 2pBb** : support athlete/s and/or base athlete/s can give additional support to the featured athlete to maintain balance for safety reasons.
ii.	In connections **FAb, SP+K, 3pK, 3pS, 3pbA, SP+L , SiF+Pb, ShF+P, L/SiF+P, 4p, DBB, 2pK, >1F1P, >2P2P, 2b/, SP+TF, ShiShi+, HP+L**: support athlete already/automatically holding featured athlete as per the definition.

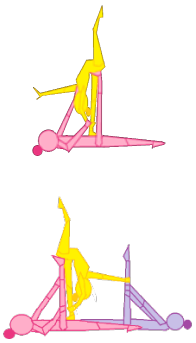
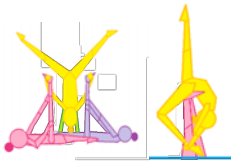
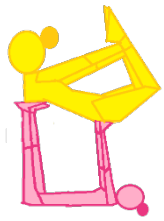
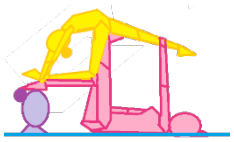
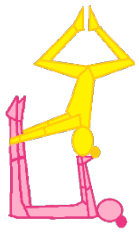
Area of support – Group P: Please note in table below Featured Athlete = (F), Support Athlete = (S)
In all grips if nothing is specified the support athlete(s) arms can be straight or bent.

No.	Picture	Type of Connection	Support	Featured Athlete	Average	Support/ base holds f-athlete	Bonus/ Deduction	Total
1		(F) sits or lays on big area of support such as: straight or arched body or hands/arms constructions. **SiA**	Big	med		Doesn't matter (can be)	-0.05 to close to support	**0.10**
			0.10	0.2	0.10			
2		(F) stands (two legs, two feet) on a big area of support such as: straight or arched body or hands/arms or ballet leg/s constructions. (F) may hold (S) (like one/two hand(s) on one/two Ballet Leg(s), or hand on head) **F2A**	Big	Medium (2 feet)		Doesn't matter (can be)		**0.20**
			0.1	0.3	0.2			
3		(F) stands (two legs, or 1 leg) on a big area of support such as: straight or arched body or ballet leg/s constructions + blind connect to (S) Blind connect = (S) and (F) look opposite ways (usually connected palms to palms) **FAb**	Big	Medium (2 feet)		Yes	+blind	**0.20**
			0.10	0.30	0.20	-0.10	0.1	

4		(F) connects at 3 points standing with at least one leg on a big area of support such as: straight or arched body or hands/arms constructions. **3pA**	Big	Extra small + small (1 foot)		Doesn't matter (can be)	-0,15 connect to sup	**0.15**
			0.1	0.4	0.3			
5		(F) stands on 1 leg on a big area of support such as: straight or ached body or hands/arms constructions. **1FA**	Big	Extra small (1 foot)		Doesn't matter (can be)		**0.40**
			0.1	0.7	0.4			
6		Headstand (F) on a big area of support such as: straight or arched body; or Head (F) can be between (S) legs or between the base athletes hands/arms etc. **HA**	Big	Small (head)		Doesn't matter (can be)	Centre of mass close to support	**0.10**
			0.1	0.5	0.3		- 0.2	
7		(F) holds knees (S), (S) holds shoulders (F). **SP+K**	Small + extra small	Medium (should-ders)		Yes		**0.25**
			0.4	0.3	0.35	- 0.1		
8		(F) is connected to knee/s (S) and palms/shoulders by any 3 points (for example: 2 palms and 1 knee OR 1 palm and a knee and knees in palms of the support etc.) **3pK**	Small + extra small	Extra small + small (1 leg/ knee)		Yes		**0.30**
			0.4	0.40	0.40	-0.10		
9		3 points of connection with (S) on small area with (F): palms to palms and one foot to one foot (or palm to foot and foot to 2 palms) **3pS**	Small	Small		Yes		**0.40**
			0.50	0.05	0.50	-0.10		

10		(F) is connected to a big area of support by any 3 points (for example: 2 palms and 1 foot OR 1 palm and 2 feet etc) in a blind connection where (F) does not see their foot/feet (for example bridge position) **3pbA**	Big	Extra small+big		Doesn't matter (can be)	+blind + high cm	**0.45**
			0.1	0.6	0.3		+0.15	
11		One foot (F) stands on (S) who is in a ballet leg position + (F) holds/grabs the Ballet Leg (S) (can have additional support with another Ballet Leg) **FA+PF**	medium	small (1 foot and 1 palm)		Yes	-0.05 for stability	**0.25**
			0.3	0.5	0.4	-0.1		
12		Shoulders (F) on palms (S) + (F) is connected by hands with the leg or 2 legs (S). **SP+L**	Extra small	Medium (shoulders)		Yes	-0.05 for stability + high cm 0.025	**0.375**
			0.7	0.3	0.5	- 0.1		
13		(F) sits on feet or 1 foot (S) + blind connection to (S) palms to palms ((F) can't see the palms to palms connection) **SiF+Pb**	Medium	Medium			+ blind +0.05 for connection	**0.35**
			0.3	0.3	0.3		+0.05	
14		Shoulders (F) on feet (S) + palms/palms connection between them **ShF+P**	Medium	Small		Yes	High cm	**0.40**
			0.3	0.5	0.4	- -0.1	+0,1	
15		(F) sits or lies on the foot or two feet (S). (S) connected to (F) with their palms. **L/SiF+P**	Small	Medium (bottom or lower stomach)		Yes		**0.30**
			0.5	0.3	0.4	-0.1		

16		4 points of connection - Palms (S) connected with ankles (F). Palms (F) connected with the ankles (S). **4p**	Medium	Medium (shins)		Yes (double)		**0.10**
			0.3	0.3	0.3	-0.2		
17		Handstand (F) on a big area of support (2 palms) + can have additional help from base/support athlete(s). Arms (F) must be straight with a limit of the top of the head for any bending due to execution (alignment with group B). **2pA/**	Small	Big		Yes	-0.025 for base athletes help	**0.275**
			0.5	0.1	0.3	-		
18		Bridge position (F) with 4 points of connection on a big area of support. (can have extra help from base/support athlete(s)) **BA**	Big	Small		Doesn't matter (can be)		**0.30**
			0.1	0.5	0.3			
19		Bridge position (F) with 4 points of connection on a Double Ballet Leg construction. (F) can face any way. The connection must be made between palms and feet of (S) and (F). **DBB**	Small	Small		Yes	Blind + high cm	**0.50**
			0.5	0.5	0.5	- 0.1	+ 0.1 +0,1	
20		2 points of connection (S) on platform construction Knees **2pK**	Small	Medium		Yes (double help)	-	**0.20**
			0.5	0.3	0.4	- 0.2		
21		(F) performs a transit to stand 1 leg on 1 or 2 palms (S). **>F1P**	Extra*2	Small		Yes	-0.15 for transit	**0.40**
			1.2	0.5	0.85	-0.1		

22		2 blind points of connection with (S) (blind points of support- is when (F) does not see the leg they are connected on). Can have one extra point of connection with (S), or (F) can hold another support athlete's leg. This connection is for Queen position only. **2pBb**	Small	Small/ Medium		Yes	+blind arch capture	**0.55**
			0.5	0.4	0.45	-0.1	+0.3	
23		(F) performs a transit to 2 arm handstand on both palms (S). (F) must have both arms straight with a limit of the top of the head for any bending due to execution (alignment with group B). **>2P2P**	Extra*2			Yes	-0.2 for transit	**0.60**
			1.2		0.9	-0.1		
24		(F) hanging on 1 or 2 ballet legs of one or two (S) + help from base athlete(s) **2b/**	Extra small	small		Yes		**0.45**
			0.6	0.5	0.55	-0.1		
25		Chest on feet+ Hips on palms Note: (F) may hold legs of (S) (depending on declared position) **SF+TP**	Small-Med	Med		Doesn't matter	Centre of mass is ON the support	**0.25**
			05/0.3	0.3	0.4	-	-0.15	
26		Shin (F) connected to Shin (S) + (F) lays on the other foot of (S). (S) may have additional connection with base athletes' head. (F) may have additional help of (S) **ShiShi+**	Med	Extra small		No!!	Shin/knee + Sheen/ knee bonus +0.3 -0.15 for head and extra help from support	**0.70**
			0.3	0.6	0.45	+0.1		
27		Head (F) on palms (S) + (F) connects with 1 or 2 legs(S) **HP+L**	small	Extra small	yes	Yes	+0.1 for head connection -0.125 for extra connection to legs	**0.425**
			0.5	0.6	0.55	-0.1		

Group P: Constructions with the type of connections that must be used with
(If there is a discrepancy between this table and the original connection and the construction tables, the original connection and construction tables will prevail.)

Construction	Connection
P	F2A; SiA; 1FA; 3pA; HA; >F1P; 2pA/; 4p; 3pbA; BA; >2P2P
Box	4p; 3pA; SiA; F2A; HA
Knees	2pK; 3pbA; 3pK; SP+K; F2A; SiA; 3pA; >F1P; >2P2P; BA; 1FA
B	2pBb; >F1P; L/Sif+P; SiF+Pb; SP+L; FA+PF; F2A; SiA; HP+L, FAb, 3pA; 1FA; HA; 3pS
DB	L/Sif+P; ShF+P; SiF+Pb; SP+L; FA+PF; 3pK; F2A; SiA; >F1P; ShiShi+; SF+TP; HP+L; 3pA, 1FA; 4p; DBB
Chariot	2pA/; 4p; 3pbA; 3pA; FAb; F2A; SiA; 1FA; BA
2S	2b/; 2pBb; FA+PF; 3pbA; HA; 3pA; F2A; SiA; 1FA; SP+K; 3pS; ShF+P; L/Sif+P; 2pA/; BA
Flower	2pA/; 3pbA; HA; 3pA; F2A; SiA, 1FA; BA
Hand	2pA/; 3pbA; HA; 1FA; 3pA; F2A; SiA; 3pbA; BA

Component P – Position

- Please use the Position Charts from GROUP B.

Component T – Plane and Degree of Rotations

- N/A for GROUP P.

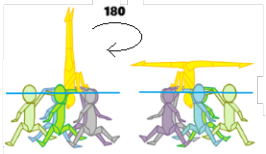
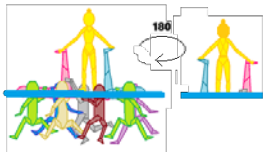
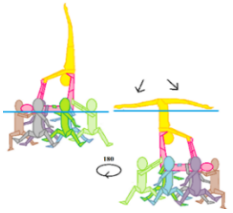
Component R – Rotation of the Construction Base

i.	If there is a change in the construction, the rotation of the construction declaration must match the criteria of the construction required when the actual rotation is being performed.
ii.	The declared rotation of the construction must be performed with the same construction throughout.

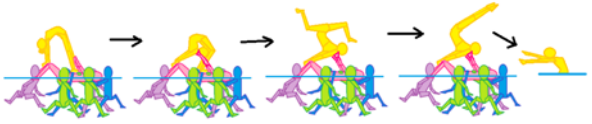
Sometimes athletes can change the type of construction while performing a Group P acrobatic movement.
For example, starts in a 2S construction and then 1 support athlete disconnects and becomes a base athlete and the construction becomes Ballet Leg B. The team will declare 2S as the Construction.

If, in this example, a rotation of the construction is also occurring the coach MUST ensure that the declared rotation code matches the criteria of the construction used when the rotation is being performed. The declared rotation must be performed with the same construction throughout.

For example: the platform starts as a 2S construction and then becomes a B construction. A 360o rotation occurs during the B construction. In this case the team will declare “Pr1” for rotation of the construction, and not “P2Sr1”.

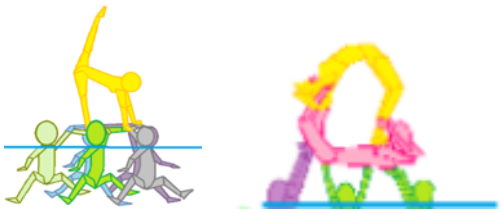
Values for Rotation of the construction base in Group P							
Type		Degree of rotation					
		90°	180°	360°	540°	720° and more	To be used with these connections
Value for platform where the entire construction rotates, including base swimmers The platform is made with **one horizontal support swimmer**		**Pr**	**Pr0.5**	**Pr1**	**Pr1.5**	**-**	P Box Knees B Chariot
		0.20	0.30	0.50	0.70	-	
Value for construction **made from hands**		**Ph**	**P0.5h**	**P1h**	**P1.5 h**	**P2h**	Hand
		0.10	0.20	0.30	0.50	0.70	
Value for platform made from legs with **2 or more support swimmers**		**P2S**	**P2Sr0.5**	**P2Sr1**	**-**	**-**	2S Flower
		0.30	0.40	0.60	**-**	-	
Value for platform construction **DB**		**PDB**	**PDB0.5**	**PDB1**	**-**	**-**	DB
		0.35	0.45	0.70	**-**	**-**	

Component B – Bonus

List of additions, bonuses, and risk elements in group P:			
Code	Description	Diagram	Value
Dbl	**Synchronized actions for double** acrobatic movements Where swimmers are divided into two groups separate small constructions. (usually, 3 swimmers underwater + 1 featured swimmer) and who perform identical equal/same simultaneous acrobatic movements. Note 1: "Mirror action" is possible – ie constructions face each other or away from each-other Note 2: The two featured swimmers may be connected with each other		**0.30**
Pos3	**Third position** Example: at the end of acrobatic movement closing legs from split to vertical or tucking any additional position 3rd, 4th, 5th etc. This bonus can be declared only once no matter how many positions featured swimmer will perform after the first 2 declared ones.		**0.05**

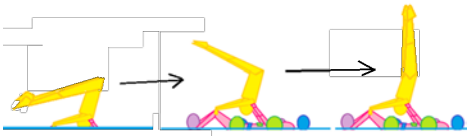
<table>
<tr><td colspan="2">UP</td><td>Platform (any construction) lifted UP out of the water off the surface.

Must hold 3 seconds or more with the featured swimmer completely dry and the support swimmer completely dry if support is horizontal OR with the featured swimmer completely dry and the holding arms of base swimmers completely dry from shoulders to fingers if construction is made from hands/arms

Rotation of the construction may be declared simultaneously.</td><td>  </td><td>1.00</td></tr>
<tr><td rowspan="2">Can’t be declared in the same acrobatic.

In both bonuses legs must be straight throughout the movement.</td><td>Porp</td><td>Porpoise

Transitional start-action for featured swimmer at the beginning of the acrobatic movement.

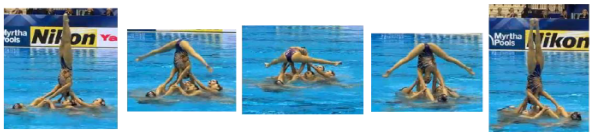
Porpoise bonus must start in a pike position and while the platform is rising the legs are continuously lifted into a Bamboo position which must be declared as Position 1.</td><td>  </td><td>0.15</td></tr>
<tr><td>Spich</td><td>Spichag

Power press-up from Shrimp Position to Bamboo Position, then power-lowering from Bamboo Position to Shrimp Position. Or in the opposite way - starts in Bamboo, lower to Shrimp, press up to Bamboo. Featured swimmer must be unassisted by support/base swimmer(s).

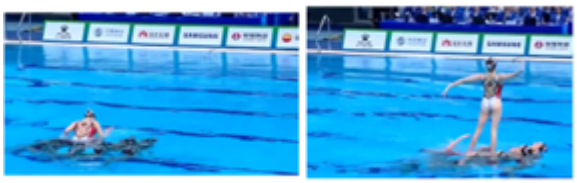
We do not declare a transitional position between Bamboo and Shrimp or Shrimp to Bamboo.

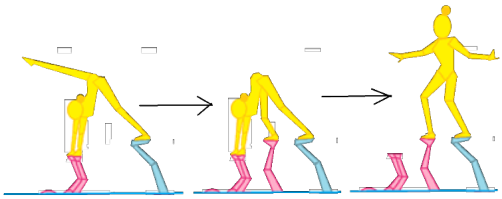
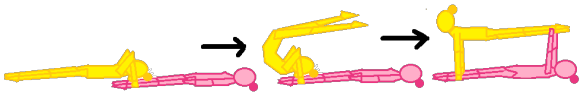
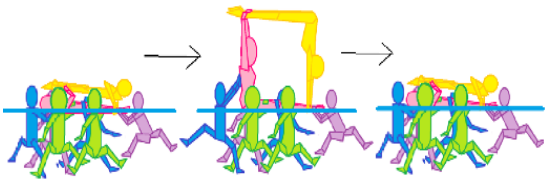
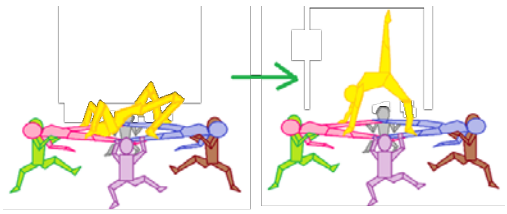
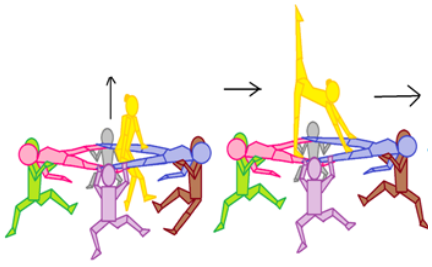
The declaration of the positions varies for the acro depending on when the Spichag is happening.

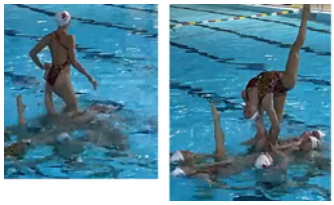
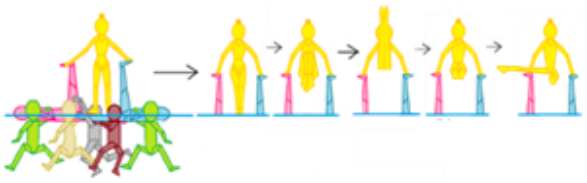
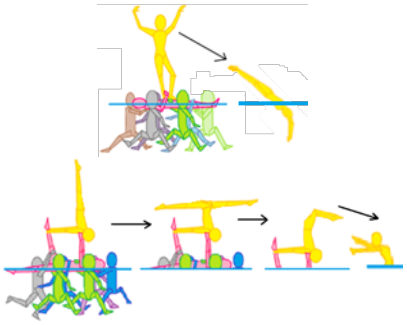
For this bonus, the legs in the Shrimp position must be parallel to the surface (with a 45-degree allowance)

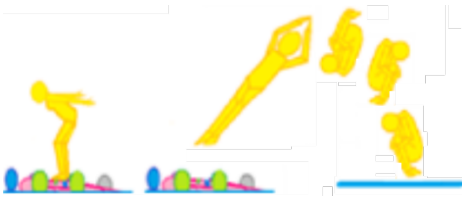
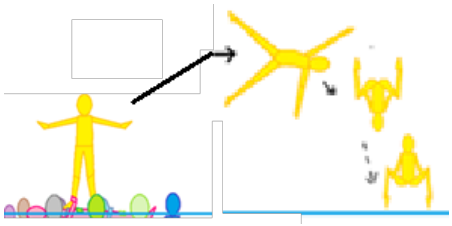
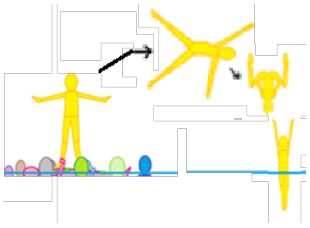
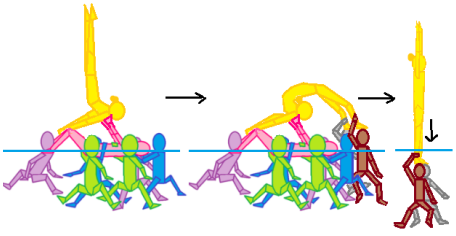
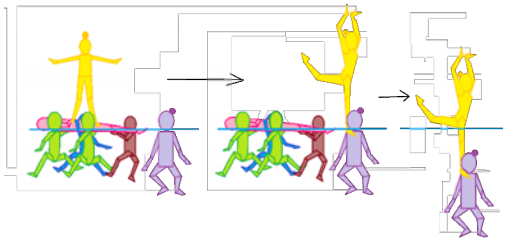
Can happen in any phase of acrobatic movement</td><td> 
How Spichag MUST be done (or opposite way)
  </td><td>0.50</td></tr>
<tr><td colspan="2">Trav</td><td>Travelling construction

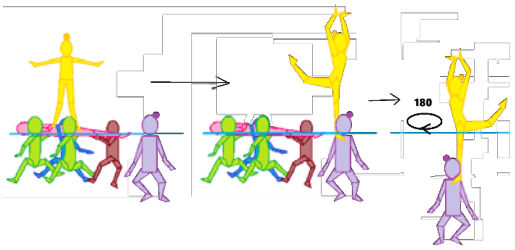
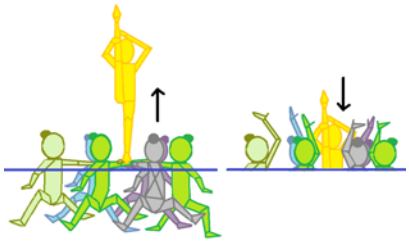
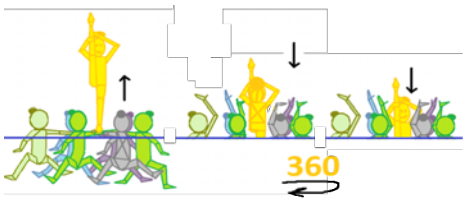
It must be an <u>obvious</u> movement from one spot to another. May start moving from underwater while ascending

Can occur simultaneously with rotation of the construction, but travelling must be obvious.</td><td>  </td><td>0.20</td></tr>
</table>

Can't be declared in the same acrobatic	**Stand**	**After handstand/head-down** position/s featured swimmer lowers legs on a platform and **stands-up.** For example: from Willow to Stand position		**0.10**
	Diva	For **2S** construction: featured swimmer starts in 3pS connection, then stands on two feet foot to foot on two different support swimmers, and stands up, remaining standing connected feet to feet until submergence of both support swimmers.		**0.30**
PRoll		**Roll on the Construction** From Back Layout Position on the surface featured swimmer holds ankles of the support swimmer, and lift legs upwards over the head. Support swimmer catches ankles and pulls featured swimmer up. Featured swimmer rolls while extending the arms into a horizontal position (parallel with the support swimmer). Support and featured swimmer hold each other's ankles using both arms at the end of this bonus. In the case of using this bonus, position 1 will be considered the one that is happening after the roll.		**0.125**
Box		**Lifting in a "Box" and/or lowering back** Featured swimmer starts from a horizontal body position. Construction is pushed by base swimmer/s and support swimmer rises and pikes simultaneously. Featured swimmer also simultaneously rises and pikes to form a Box position. The box can lower back down. The featured swimmer may remain on until submergence of the support swimmer or continue with other movements after the Box bonus is completed.		**0.175**
Can't be in the same acrobatic	**Spider**	**"Spider" action** Featured swimmer twists the shoulder and thigh joints and appears inside a construction from underwater and climbs on top of the construction into a Bridge position. This action has flexibility risk factor. Can only be used for constructions **2S, Flower and Hand**		**0.225**
	Climb	Featured swimmer **climbs** onto the platform from under the water inside the construction to perform Position 1. Can only be used for constructions **2S, Flower and Hand**		**0.10**

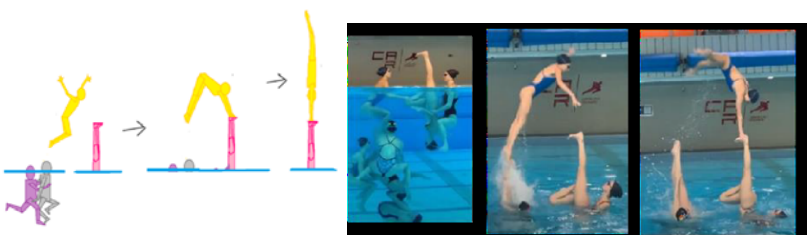
Arch	While platform is rising a non-stop transition to a Position 1 Queen or Drop that starts head-up. The featured swimmer can start arching back into position 1 only once knees are above surface of the water. Exception - the featured swimmer may have help from support/base swimmers to achieve position 1.		**0.40**
Kozak	**"Kozak" power press sequence** Featured swimmer presses up on 2 Ballet Legs, slowly balancing and pulling legs close to chest and then straightening them into a Shrimp Position with the legs at 45 degrees or less from the vertical line. Next, featured swimmer lowers legs straight to a Monkey position and executes a Static Power Hold for **3 sec or more.** Tempo of bonus must be slow-medium, not fast.		**0.60**
Ending Action Bonuses – Can only use ONE of the following codes as a bonus – two can't be declared together in the same acrobatic. **Same allowance rules for somersaults and twists apply in these bonuses as in group A. Must start from standing/head-up (on 1 or 2 legs) except for Dive bonus.**			
Dive	**Dive or Half Somersault** at the end of the platform performed headfirst or foot-first. Featured swimmer performs a dive/ half somersault to enter the water (may have twist around self while diving). Featured swimmer **can't** remain in connection with the support swimmer. TCs must see a disconnection.		**0.05**
CH	**Cartwheel or Handspring** 360° ending action off a platform. Can be performed as Handspring with connection.		**0.10**
Ps1	At the end of the platform, the featured swimmer performs **360° somersault** to enter the water		**0.10**
Ps1t0.5	At the end of the platform, the featured swimmer performs **360° somersault + half twist** to enter the water		**0.15**

Ps1o	At the end of the platform, the featured swimmer performs **360° somersault and open to a straight body position** to enter the water.		**0.30**
Ps1t0.5o	At the end of the platform, the featured swimmer performs **360° somersault + half twist and open to a straight body** position to enter the water		**0.40**
Ps1t1	At the end of the platform, the featured swimmer performs **360° somersault +** **1 twist** to enter the water		**0.35**
Pf1	At the end of the platform, the featured swimmer performs **360° Side Somersault** to enter the water		**0.15**
Pf1o	At the end of the platform, the featured swimmer performs a **360° Side Somersault and open to a straight body position** to enter the water.		**0.325**
Mov	The featured swimmer **Moves from platform onto 1 or 2 spotter's heads** for finishing acrobatic movement as a **Lift.**		**0.25**
Mov1	The featured swimmer **Moves from platform to standing with one leg on the shoulder of 1 spotter/base swimmer and submerge.** The standing on one leg position must be shown by the allowance of the knee.		**0.15**

Mov1+t	The featured swimmer **Moves from platform to standing with one leg on the shoulder of 1 spotter/base swimmer with a turn 180 degrees by the waist**. The standing on one leg position must be shown by allowance of the knee.		**0.275**
Fall	**Fast fall down inside construction** by the featured swimmer. Can only be used for constructions **2S, Flower and Hand**		**0.05**
FTurn	**Fast fall down inside construction with 360o or more twist(s)** by the featured swimmer**,** which must be completed by the waist. Can only be used for constructions **2S, Flower and Hand**		**0.15**

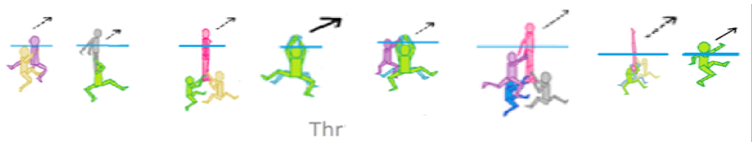
Group C

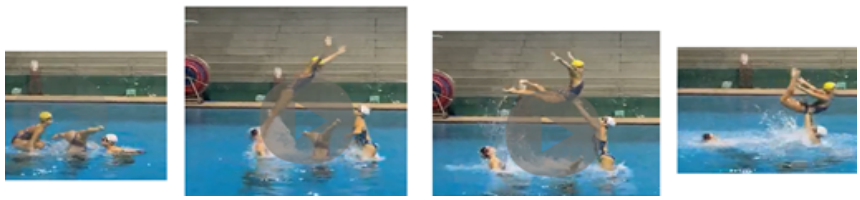
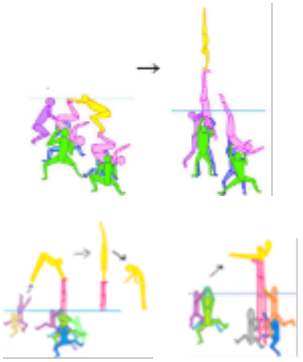
Specific terminology for Group C:

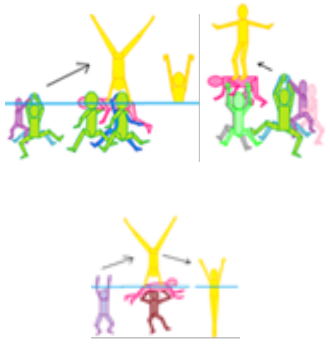
i.	**Transit –** is a term used when the featured swimmer is held/supported by the support swimmer of a second (main) formation from the start of the acrobatic movement. The support swimmer "pulls/helps" the featured swimmer to its own formation. The featured swimmer may continue their movement and enter the water or remain on this support swimmer until submergence of the support swimmer. Example of Transit: 
ii.	**Jump (when used in group C) –** is a term used when the featured swimmer is **not** connected from the start of the acrobatic action with the second (main) formation. **There must be a clear and obvious airborne jump (from head/fingers to toes of the featured swimmer)** from one formation to the other and a connection with the second (main) formation after the flying phase. The featured swimmer may remain on the support swimmer or continue their movement after a connection until entering the water. Example of desirable execution for a Jump: 

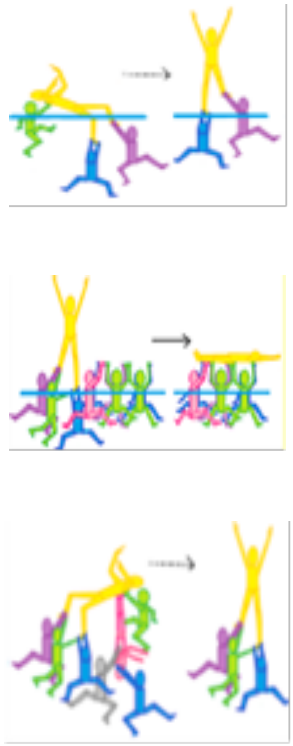
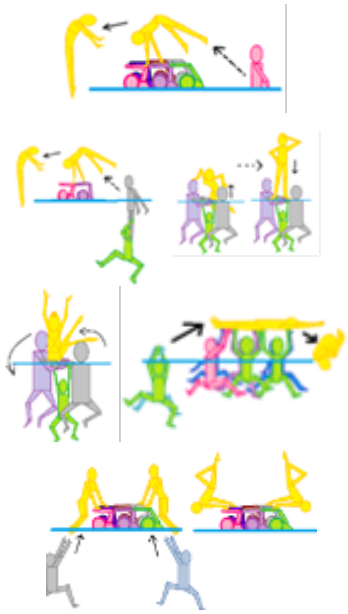
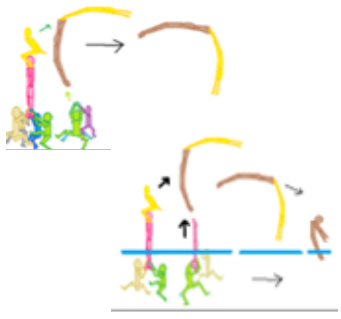
iii.	Onto the support - When the featured swimmer jumps/transits from first (pushing) formation onto another – second (main) formation and remains on it until submergence of the support swimmer
iv.	**Through the support -** When the featured swimmer jumps/transits and passes through the second (main) formation (touch and continues moving)
v.	**Fly above formation -** When the featured swimmer jumps and flies above the second (main) formation (without touching).

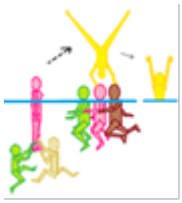
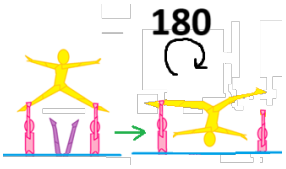
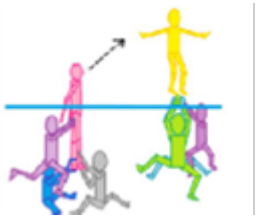
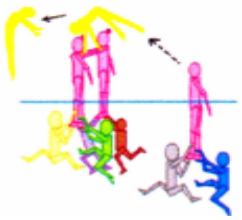
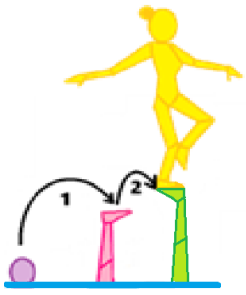
Component C – Construction

i.	When in the Code we see "Thr" – that means a "pusher" formation. Any way of pushing or jumping will be written as Throw (ie: Thr). Some examples of Thr in Group C:  Thr
ii.	Inside of a construction code the symbol > means a transit OR a jump from first (pushing) formation to the second (main) formation.
iii.	A **Piked arrow ^** inside of a construction code means a jump from first (pushing) formation and fly above second (main) formation without touching and entering the water beyond.
iv.	If there is no **>** at the end of the construction code, it means that you can remain on the 2nd (main) formation OR pass through the 2nd formation before entering water.
v.	If there is a **>** at the end of the construction code, we **MUST** see a pass through of the 2nd (main) formation and continue to enter the water.
vi.	When a Stack or Stack head-down construction is declared it must contain at least: 1 base swimmer, 1 support swimmer and 1 featured swimmer (after landing).
vii.	When a lift is declared it must contain at least: 2 base swimmers and 1 featured swimmer (as part of the formation/construction).
viii.	When platform(s) or float(s) construction is declared: It must have at least 1 base swimmer under support swimmer(s).
ix.	For flying over construction, the flying phase MUST be performed when the featured swimmer of the second (main) formation (above which the featured swimmer flies) is at the "positions allowance safe zone" or higher (waist, knees or full body dry). If the featured swimmer unintentionally touches the second (main) formation while flying - it is execution. If the featured swimmer falls on the second (main) formation while flying above it – this is a Base Mark.
x.	Connections can be "broken" before submergence if it is not clearly stated that it should remain connected until submergence of the featured swimmer or submergence the support swimmer.

Group C Construction : Please note in table below Featured Swimmer = (F), Support Swimmer = (S)									
#	**Picture**	**Name and number of levels**	**Difficulty of coordinating actions and number formations**	**Support: Body position and level of sustainability**	**Air-borne weight**	**Tempo of acceler-ation and push lift/ throw)**	**Area of support**	**Bonus**	**Total**
1		Transit or Jump on Stack head-up from any kind of throw. (F) may continue to move and enter the water or may remain on the 2nd (main) formation until submergence of (S). **Thr>St**	Med	High level of sustainability+ low vestibular load	1+0.5	Fast/med 0.3/0.2)	Small-med	+0.2 75 incre a-ser	**1.125**
			0.2	0	0.15	0.25	0.25	+0.2 75 incre a-ser	
	Please note in the acro below the coach decares Thr>St (Transit or Jump on Stack from any kind of throw). The additional formation between the two formations (pushing and main one) that does not take part in acro and does not influence the DD is considered in Artistic Impression and can't be declared as bonus. 								
2		Transit or jump onto Stack head-down from any kind of throw. (F) may continue to move and enter the water or may remain on the 2nd (main) formation until submergence of (S). **Thr>StH**	Med	Low level of sustainability+ high vestibular load and 1 support is head-down	1+0.5	Slo/med 0.2/0.1)	Small-med	+0.2 75 incre a-ser	**1.20**
			0.2	0.2	0.15	0.15	0.225		
3		Through: 2 pair One of them can be head-down) + (F) must continue (pass through the pair) and enter the water **Thr>Pair>**	Basic	-	1	Big	Med	+0.2 75 incre a-ser	**0.675**
			0	0	0.1	0.1	0.2		

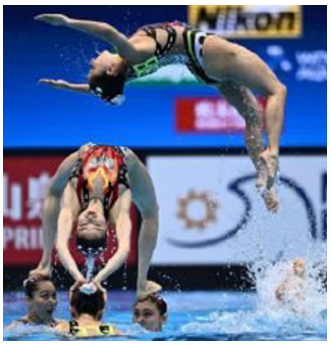
4		Transit or Jump from any kind of throw to 2 or more floats (swimmers floating at the surface and connected to each other). May remain on platforms until submergence of the (S)s or may continue to move and enter the water **Thr>FF**	Med*	High level of sustainability+ low vestibular load laying) at least **two** floats in connect	1+1+1	Optional	Big	+0.2 75 increa-ser	**1.0**
			0.225	0.1	0.3	0	0.1		
5		Transit or Jump on a float (One (S) is floating at the surface) (F) may continue to move and enter the water or may remain on support until submergence of (S). **Thr>F**	Easy	High level of sustainability+ low vestibular load laying)	1+1	Fast/no	Med-big	+0.2 75 increa-ser	**0.875**
			0.1	0	0.2	0.15	0.15		
6	 Lift can be made with 2, 3 or 4 heads only.	Fly above Lift on heads from any kind of throw. (F) must be in Cat or Bridge position. Lift can be made with 2, 3 or 4 heads only. **Thr^Lh**	Hard	-	1+1	Fast/ slow-med 0.3/0.1)	Big	+0.3 fly above formation on heads +0.2 lift on head +0.2 75 increa-ser	**1.575**
			0.3	0	0.2	0.2	0.1		
7		Fly above Second (main) formation (lift, pair acro, stack-head-down, stack) from any kind of throw **Thr^2F**	Med-Hard	May be	1+1	Fast/ slow-med 0.3/0.1)	Big	+0.2 fly above formation +0.2 75 increa-ser	**1.225**
			0.25	0	0.2	0.2	0.1		

8		Simple lift + spotter/s 2 formations of base swimmers under one (F) and <u>Option 1</u>: (F) is laying at the surface. One of the base swimmer's formation pushes part of the (F)'s body and they stand-up on a 2nd (main) formation. May remain on this 2nd (main) formation until submergence of the base swimmers or continue moving/disconnect and enter the water <u>Option 2</u>: (F) stands-up as regular lift on the 1st formation with 2nd (main) formation waiting. (F) falls on the 2nd (main) formations' base swimmer who catches them before submergence of the base swimmers. (F) may continue moving/disconnect and enter the water. **L+spot**	Low	-	1	Med/no 0.2/0)	Medium	+0.2 75 increa-ser	**0.775**
			0.1	0	0.1	0.1	0.2		
9		Transit or Jump on formation made from arms/hands. Arms may be on the surface. (F) may continue to move and enter the water or may remain on the 2nd (main) formation until submergence of the base swimmers. **Thr>hand**	Low	no	1	Fast/no	Easy-Medium	+0.2 75 increa-ser	**0.80**
			0.1	0	0.1	0.15	0.175		
10		2 Jumps from throws (2 (F)s in connection with each-other) : 1st (F) jumping and passing above the 2nd (F) while flying. 2nd (F) follows the 1st (F) to enter the water after showing an arc in the air. **Thr+Thr**	Hard	High level of sustainability+ low vestibular load	1+1	fast	Big	+0.1 for connect between 2 featured swimmers +0.2 75 increa-ser	**1.25**
			0.3	0	0.2	0.3	0.175		

11		**Snake-type** One (F) after showing balance stack becomes airborne in connection/ together with (S). After showing arc-dive both of them enter water one-by-one while still keeping the connection. **Sn**	Med	Optional	1+1	Med	Med	+0.2 75 incre a-ser	**1.175**
			0.2	0.1	0.2	0.2	0.2		
12	 ONLY ON HEADS.	Transit through 1, 2 or 3 **heads** from any kind of throw. **Can't be used with Jump bonus.** (F) **must** continue (pass through the heads formation) and enter the water. **Thr>head>**	Med	no	1	0.3/0) Med/no	Medium	+0.2 bonus for head-connec t-ion) +0.2 75 incre a-ser	**1.075**
			0.2	0	0.1	0.1	0.2		
13		2 mini-stacks (head-up) + spotter (head-up or head-down). Starts as 2 support Stack. After reaching max height (F) is pushed by one of the supports and disconnects to perform actions in the air while keeping connection with 2nd (S). **2Sup+**	*Med	no	1+0.5 +0.5	Medium-up	Med	+0.2 75 incre a-ser	**1.05**
			0.25	0	0.2	0.125	0.2		
14		Transit or Jump on Small-Square formation. (F) may continue to move and enter the water or remain on the square formation until submergence of the second (main) formation. **Thr>Sq**	Hard	NO	1	Fast/slow -med 0.3/0.1)	Extra-hard Small	+0.2 75 incre a-ser	**1.15**
			0.3	0	0.1	0.2	0.275		
15		Transit or jump on 2-Stacks (head up or head down) from any kind of throw. (F) may continue to move and enter the water or may remain on the 2 stack formation until submergence of both (S). **Thr>St2**	Hard	High level of sustainabilit y+ low vestibular load	1+1+1	Fast/med 2	Big	+0.2 75 incre a-ser	**1.20**
			0.3	0	0.3	0.225	0.1		
16		From any kind of throw (1st formation), jump/ step (1 foot to 1 foot) onto a Stack head-down (2nd formation). Followed by a step 1 (foot to 1 foot) onto a Stack Head-down (3rd formation). (F) may continue to move and enter the water or may remain on the 3rd formation until submergence of (S). **Thr>StH>1F**	Med - Hard	Low level of sustainabilit y+ high vestibular load and 1 support is head-up	1+0.5+ 0.5	Slo/med 0.2/0.1)	Small-med	+0.2 75 incre a-ser	**1.30**
			0.25	0.2	0.2	0.15	0.225		

Component D – Direction

The same as in group A, plus on additional special direction for group C:

Direction	Code	Diagram	Value
Blind back jump Blind means that the featured swimmer can't see the second (main) formation before and during takeoff and is not connected with the second (main) formation. Also use for Thr+Thr construction as there's no Main formation Please note if "Back" is declared instead of "Bln" this is NOT a Base Mark.	**Bln**		**0.20**

Component P – Position

- *Use the Position Charts from GROUP A and GROUP B.*
- If in an acrobatic movement, the featured-Athlete after getting on a second "main" formation remains on it until submergence of the support athlete-use table from group B only. Position 1 is the first position the featured athlete is in when they get on the second (main) formation.
- If in an acrobatic movement the featured-Athlete after getting on a second "main" formation continues their movement and becomes airborne and later enters the water, use table from group A only. Position 1 is the first position in the order after take-off that is happening in the air after leaving the second main formation. (for example: if it's a handspring or somersault use positions from group A)
- For Thr>FF and Thr>F a group B position must be declared as position 1 on the float(s). Position 2 or 3rd position bonus must also be Group B if featured swimmer remains on until submergence of the support swimmers or if featured swimmer continues to move and enters the water. Group A positions are not allowed.
- If a Group A position is declared when a Group B position is required = Base Mark.
- If a Group B position is declared when a Group A position is required = Base Mark.
- The positions in group C for a fly above formation (constructions Thr^2F or Thr^Lh) is defined as:
    - If there are two featured swimmers, position 1 indicates the position of the 1st featured swimmer (who is usually lifted, so group B is used) and position 2 indicates the position of the second featured swimmer (who usually flies, so group A is used).
    - All other positions of either featured swimmer may be indicated in the bonus for third position ("Pos3").

  For **group C** constructions **Thr+Thr** or **Sn**:
    - Position 1 indicates position of the first featured swimmer (leading)
    - Position 2 indicates position of the second featured swimmer (following)
    - Any subsequent position may be declared as a third position bonus

Component S – Area of Support

- N/A for Group C (Value already inside construction).

Component R – Rotation of the Construction Base

- Must happen with support and featured-Athlete together (for example: after the featured-Athletes lands on a second formation), unless otherwise specified.

Values for the rotation of the construction base in Group C					
Type	Degree of rotation				Use with these constructions
	90°	180°	360°	540°	
Value* for **Stack** **If the featured swimmer AND the support swimmer are NOT in head-down position**	-	**Cr0.5**	**Cr1**	**Cr1.5**	Thr>St (possible if (F) and (S) are not head-down)
**Support swimmer with featured swimmer on top rotates around self after landing or reaching max height stop-point*	-	0.20	0.30	0.40	Thr>St2 (possible if (F) and (S) are not head-down)
Value* for **Stack** **If the featured swimmer AND/OR the support swimmer is in head-down position**	-	**Cr0.5 !**	**Cr1!**	**Cr1.5!**	Th>StH Thr>StH>1F
**Support swimmer with featured swimmer on top rotates around self after landing or reaching max height stop-point*	-	0.30	0.40	0.50	Thr>St (possible if (F) and/or (S) is head-down) Thr>St2 (possible if (F) and/or (S) is head-down)
Value for **LIFT ON HEADS** while **featured swimmer flies above it**	-	**Cr0.5 L**	**-**	**-**	Thr^Lh ONLY
Big water resistance for base swimmers while the entire construction rotates including the base swimmers. Rotation starts from the surface, not from underwater.	-	0.40	**-**	**-**	
Value for the **platform/float made of hands** (formation) **after featured swimmer lands on it**	**-**	**CP0.5**	**-**	**-**	Thr>F Thr>FF Thr>hand
	-	0.40	**-**	**-**	
Special rotation for the formation being flown over in **Thr^2F construction**	**-**	**2F0.5**	**2F1**	**-**	Thr^2F ONLY
The rotation must happen during the flying phase of the featured swimmer (not before they jump or after they enter the water)	**-**	0.25	0.35	**-**	

Note:

- For constructions **Thr>Pair>; Thr+Thr; Sn; 2Sup+; Thr>head**>, there is no rotation of the base possible.
- For construction **L+spot** and **Thr>Sq**, the only option is to use the **twirl** bonus (no rotation of the base option available for this construction)

Component T – Plane and Degree of Rotations

For Thr+Thr Construction coach declares only one type of rotation in the air of the "second" featured swimmer (not the one that appears from underwater first and leads the jump). TCs look at the one who is "finishing the jump". For example: first featured swimmer performs a dive, second featured swimmer follows them and performs one somersault before entering the water. Coach declares only 1 somersault (Cs1).

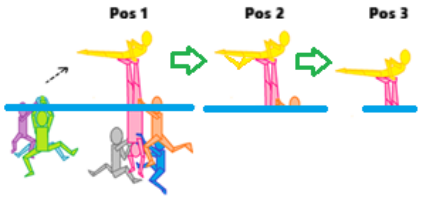
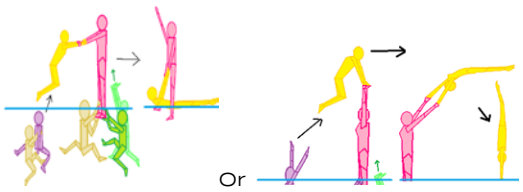
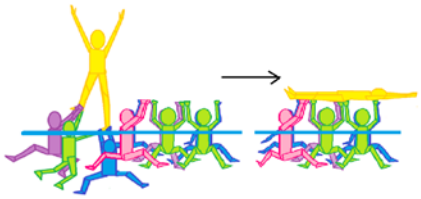
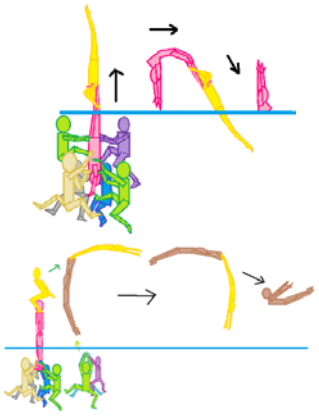
In group C for Thr>St or Thr >StH, if featured swimmer jumps head up and lands on the second (main) formation performing handstand position (such as Bamboo etc.) - it is NOT considered as a Dive.

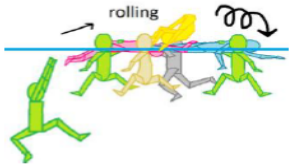
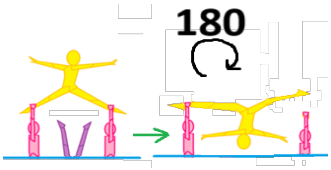
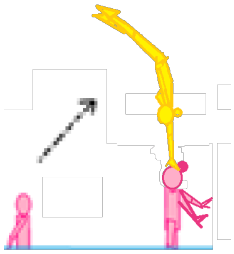
Values for featured swimmer's rotations in the air		
Degree of rotation	Code	value
1/2 twist group (C)	**Ct0.5**	0.05
1 twist group (C)	**Ct1**	0.10
1.5 twist group (C)	**Ct1.5**	0.20
2 twists group (C)	**Ct2**	0.30
2.5 twist group (C)	**Ct2.5**	0.40
3 twists group (C)	**Ct3**	0.50
Dive/180 somersault group (C)	**Cd**	0.10
1/2 twist + dive group (C)	**Cdt0.5**	0.15
1 twist + dive group (C)	**Cdt1**	0.20
1.5 twist + dive group (C)	**Cdt1.5**	0.30
1 somersault group (C)	**Cs1**	0.25
1 straight somersault group (C)	**Css1**	0.35
1.5 somersault group (C)	**Cs1.5**	0.45
1.5 somersault + open group (C)	**Cs1.5o**	0.55
1 frontal somersault group (C)	**Cf1**	0.35
1.5 frontal somersault group (C)	**Cf1.5**	0.55
Cartwheel group (C)	**Cc**	0.10
Cartwheel + 1/2 twist group (C)	**Cct0.5**	0.15
Cartwheel + 1 twist group (C)	**Cct1**	0.20
Handspring group (C)	**Ch**	0.10
Handspring + 1/2 twist group (C)	**Cht0.5**	0.15
Handspring + 1 twist group (C)	**Cht1**	0.20
1 somersault + 1/2 twist group (C)	**Cs1t0.5**	0.30
1 somersault + 1 twist group (C)	**Cs1t1**	0.40
1 somersault + 1.5 twist group (C)	**Cs1t1.5**	0.50
1 somersault + 2 twists group (C)	**Cs1t2**	0.60
1 straight somersault + 1/2 twist group (C)	**Css1t0.5**	0.40
1 straight somersault + 1 twist group (C)	**Css1t1**	0.50
1 straight somersault + 1.5 twist group (C)	**Css1t1.5**	0.60
1 straight somersault + 2 twists group (C)	**Css1t2**	0.70
1 somersault + 1 twist + open group (C)	**Cs1t1o**	0.75
1 somersault + 1.5 twist + open group (C)	**Cs1t1.5o**	0.90
1 somersault + 2 twists + open group (C)	**Cs1t2o**	1.05
Handspring + 1/2 somersault group (C)	**Chs0.5**	0.20

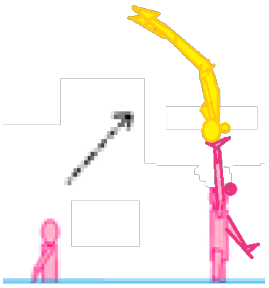
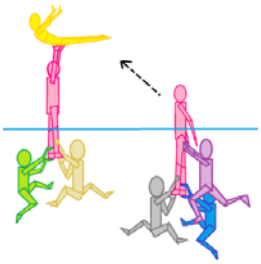
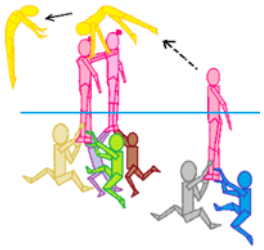
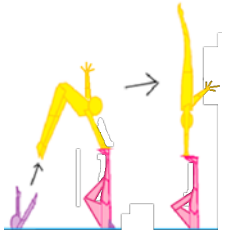
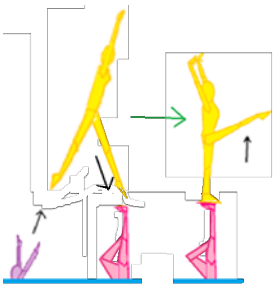
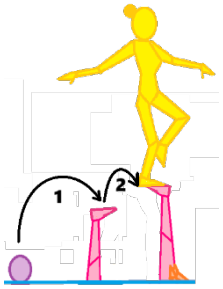
Component B – Bonus

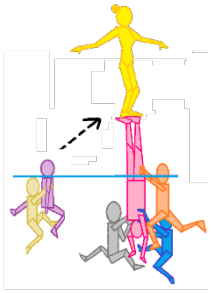
For Jump and H>1P: Support swimmers' arm(s) must remain in the vertical "cone" which is up to 45 degrees off the vertical line from beginning until submergence of the support swimmer (as per part 4 v. of group B)

For Ju, 1P>H, H>1P, Jump, On1Foot, 1F>1F, 1F>1F+, 2F>2F: The featured swimmer MUST be aligned with the support swimmer on the intended vertical axis until the submergence of the support swimmer with an allowance of 45 degrees from the vertical axis (as per part 4 vi. of group B)

List of additions, bonuses, and risk-elements in group C:			
Code	Description	Diagram	Value
Pos3	**Third position** This bonus should be declared only once no matter how many positions featured swimmer will perform after the first 2 declared positions.		**0.05**
Dbl	**Synchronized actions for double acrobatic movements** Where swimmers are divided into two groups separate small constructions. Usually 3 swimmers underwater + 1 featured swimmer who perform identical (equal/same) simultaneous acrobatic movements. Note 1: "Mirror action" is possible – ie constructions face each other and featured swimmers both are lifted (back-to-back or face-to-face) Note 2: The two featured swimmers may be connected with each other		**0.30**
Slip	Featured swimmer transits from first (pushing) formation to the 2nd (main) support (usually connected by hands). They then slip through (after take-off) between the support's legs (support is head-up) or between the arms, disconnects, and then continues movement until entering the water.		**0.175**
Star	"Superstar" **from a lift formation - blind fall backwards onto a 2nd formation made from hands**. Featured swimmer may remain on it until submergence of base swimmers, or continue the acrobatic movement in some way.		**0.10**
Cx	**Connection between 2 featured swimmers** (may be broken at the end of acrobatic movement before entering water). Featured swimmers can be connected in any way.		**0.125**

Twirl	"**Twirl**" of featured swimmer in Group C 180° or more (head-up or head-down). Support swimmer does not rotate. Only the featured swimmer rotates (180-360). Support/base swimmers stay static. For this bonus only: the featured swimmer may remain on the construction for the twirl OR the support/base swimmers can let go and the featured swimmer twirls while submerging. At least 180 MUST be achieved by the featured swimmer's waist (no allowance).		**0.075**
C-Roll	"**Rolling" on top of the construction** *Can be declared twice during one acro* (Action is like doing a somersault on the land) The featured swimmer climbs on the support swimmer, crouches down, places their hands shoulder width apart and facing forward. They tuck their chin to their chest and place the back of their head onto the support swimmer. They then push off the spotter with their legs and rotate over their head onto their back.		**0.15**
Turn	Push up from split (head-up) + featured swimmer disconnects with one of the supports, performs a 180° rotation in sagittal plane (still in connection with second support).	 Note: The proper declaration for this exceptional acro should be: C-2Sup+-Up-sp-Turn in this acro use positions from group A only)	**0.25**
Run	**Running on the back(s)** Torso of featured swimmer is vertical. Featured swimmer transits/jumps from first (pushing) formation and lands on 2nd (Main) formation. Only for construction or Thr>FF or Thr>F		**0.20**
The following bonus codes CAN'T be declared in the same acrobatic declaration. One may only be chosen. Each of the following bonuses are a "**JUMP**" and therefore must follow the rule part 6 a) ii. It is forbidden to do a somersault and land on another formation			
Ju	**JUMP** onto a non-Stack formation Only for: Thr>FF; Thr>F; Thr>hand; Thr>Sq and remain on it until submergence of the support swimmer(s), base swimmers or formation.		**0.15**
1P>H	**JUMP** with 1 hand onto head Jump of featured swimmer landing with one hand onto one head of the support swimmer and balancing on the head while performing actions until submergence of the support swimmer. Safety: Not permitted for 12 and under and Youth categories (otherwise BM). Only for experienced and prepared athletes.		**1.10**

H>1P	**JUMP** onto a Stack landing with the head onto 1 palm of the support swimmer. Featured swimmer jumps and lands with only their head (no help with hands) on one palm of the support swimmer and stays connected until submergence of the support swimmer. Arm of the support swimmer must be straight *with the allowance of the face as per part 4 c) iii Safety: Not permitted for 12 and under and Youth categories (otherwise BM). Only for experienced and prepared athletes.		**0.90**
Jump	**JUMP** onto Stack and remain on it until submergence of the support swimmer For constructions: Thr>St, Thr>StH, Thr>St2		**0.275**
Jump>	**JUMP** and <u>pass through</u> a second formation with an intentional connection occurring after JUMP/flying phase. Only for constructions: Thr>St, Thr>StH, Thr>FF, Thr>F, Thr>hand, Thr>Sq, Thr>St2		**0.225**
On1Foot	**JUMP** from any kind of Throw landing with 1 palm onto 1 foot of the support swimmer (in stack head-down) and balancing on 1 palm while performing actions until submergence of the support swimmer.		**0.40**
1F>1F	**JUMP** of the featured swimmer landing with 1 foot onto 1 foot of the support swimmer (in stack head-down) and balancing on 1 foot while performing actions until submergence of the support swimmer. Safety: Not permitted for 12 and under and Youth categories (otherwise BM). Only for experienced and prepared athletes.		**0.70**
1F>1F+	**JUMP** of the featured swimmer landing with 1 foot onto 1 foot onto a stack head-down (2nd formation) followed by a step (1 foot to 1 foot) onto another stack head-down (3rd formation) and remain on support until submergence of the support swimmer of the 3rd formation. Only for construction Thr>StH>1F Safety: Not permitted for 12 and under and Youth categories (otherwise BM). Only for experienced and prepared athletes.		**1.00**

2F>2F	**JUMP** of the featured swimmer landing on 2 feet onto 2 feet of a stack head-down and remain on support until submergence of the support swimmer. Only for construction Thr>StH		**0.50**

2. Pairs Acrobatics Catalogue (for Duet/Mixed Duet only)

2.1 General Requirements

1) A pair acrobatic movement is considered as a lift or a **throw** if the "bottom" (base/underwater) Athlete is *underwater* and lifts/throws the featured-Athlete (upper Athlete/ flyer/performer) up in the air (away from surface). The base-Athlete can lift/throw the featured-Athlete by holding/pushing their legs or shoulders.

2) A pair acrobatic movement is considered as a **jump** if the "bottom" (base) Athlete is underwater and the featured-Athlete jumps in the air from the base-Athlete.

3) Rotations around oneself (turn, twist) can be performed in any direction. The direction of the rotation does not influence the Degree of Difficulty of the pair acrobatic.

4) The way of connecting between the base-Athlete and the featured-Athlete is *optional* and does not influence the Degree of Difficulty of the pair acrobatic.

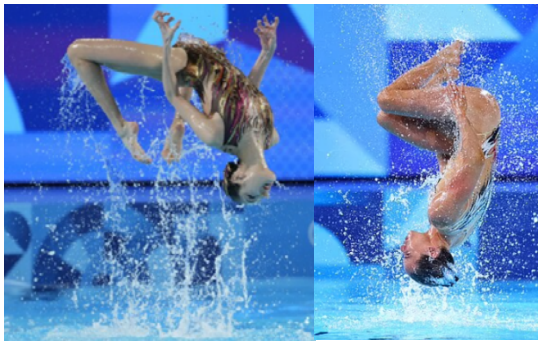
5) Pair acrobatic Degree of Difficulty values should not be compared to team acrobatic values. They are directly related to the duet/mixed duet events.

6) The **base mark** for all types of pair acrobatics is **0.10**.

7) When **travelling** is stated in the code and description it means *visible travel* from one spot to another of the base Athlete with featured-Athlete supported on top. It must be obvious "visible" moving across the water's surface.

8) When "**crashing**" is stated, it means that after the main phase of the lift, the featured Athlete dos not submerge but instead "crashes" (falls) onto the water's surface. By contrast, when **"crashing"** is not explicitly mentioned in the code and the description, but it happens, then it is a Base Mark.

9) When "**airborne**" is stated in the description of the pair acrobatic movement, it means that the featured-Athlete must *be disconnected from the base-Athlete and be completely out of water (airborne)* from toes to top of the head at the same time.



If there is a discrepancy between the images and the written tables:

a) The "written description" always prevails.

b) Images are there to show some examples.

c) Other variations might be possible as long as they respect the "written description".

10) Article 2.6 of this Part Seven applies.

11) For the clear verification of a pair acrobatic movement by the Difficulty Technical Controllers:

a) If it's a Throw ("W") or a Jump ("J"), a disconnect should be clearly seen. The featured-Athlete must be completely in the AIR (top of the head and toes must be above the surface at the same time).

b) If you can't achieve a clear disconnection with the featured-Athlete completely airborne, you must declare a lift instead (and not a Throw "W" or a Jump "J").

c) A clear difference between dynamic (Throws /Jumps) and balance (Lifts) pair acrobatics should be seen.

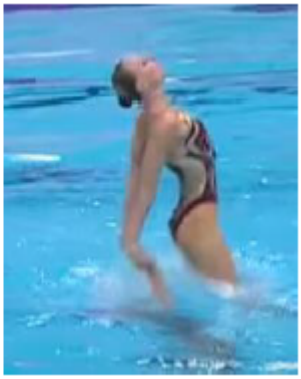
- For example: if it's a Lift legs-up with 360° rotation ("L!r1") the base-Athlete pushes up the featured-Athlete then rotation 360° occurs (not required to be airborne). The featured athlete can disconnect from the base athlete during the descent.

- In contrast: if it's a Throw legs-up with 180° rotation ("W!r0,5"): the base-Athlete needs to accelerate and push up the featured-Athlete into the air and disconnect. We must see the featured-Athlete completely out of the water (top of the head to toes) and then rotate 180° before the knees while submerging.

d) Lift head up clarification

Acrobatic movements like these are considered Lift head-up (L):

In this image (below on left), the featured-Athlete goes head-up, lifts their legs up and then crashes on the surface. Another example: in the image (below on right), the featured-Athlete is lifted straight up and then submerges.

However, these 2 types of movements pictured below are considered as Pair Assist (and therefore are Transitions):




12) As per the rules, in duets or mixed duets which have 2 pair acrobatic elements or more, a pair acrobatic code *must not be repeated*.

- Example 1: A duet could do L!fr1 and L!fr0.5
- Example 2: A duet could do Jd, W!d and L!f
- Example 3: A duet could do Jfs1B and Js1B+f
- Example 4: A duet COULD NOT do Jfs1B and Jfs1B
- Example 5: A duet COULD NOT do W!fr1 and W!fr1

2.2 Allowances

For Somersaults:

1) 90° less than declared = Base Mark
   - If you declare a somersault 360° but the featured-Athlete rotates 260°, this would be a Base Mark, but if the featured-Athlete rotates 300° this is acceptable.

2) Notes for declared 360° somersaults and more:
   - It must be visible fully above the water. For the water-entrance, it is allowed that up to half of the body of the featured-Athlete is submerged.
   - That means: if you declare a somersault back 360° in flexibility position and during the rotation in the air the head of featured-Athlete slides into the water but rotates fast enough to complete the somersault before entering water inside allowance – it's execution (not a Base Mark). But if after making half-somersault, half of the body of the featured-Athlete is submerged (or more) and then he/she just lifts up the head with top of shoulders – it's a Base mark.

3) The featured-Athlete can over-rotate (you can do more than you declared):
   - For example: if you declare a somersault 360° but the featured-Athlete does 400° (or even 540°), this is acceptable.

For Twists:

1) For Head-Down Lifts or Throws:
   - We calculate the number of rotations until above the knee(s) (kneecaps must be visible) of the featured-Athlete. The featured-Athlete must not be below the kneecaps.

2) For Lifts and Jumps that are head-up:
   - We calculate the number of rotations until the waist level of the featured- Athlete.

3) For 360° declared twists and more: 90° less than declared = Base Mark

   Meaning if you declare 360° but the featured-Athlete rotates 190° to waist (if head-up) or to knee level (if head-down), this would be Base Mark. But if they rotate 280°, it is acceptable.

4) For 180° declared twists:

   There is no allowance – performing less than a 180**°** is a Base Mark. It must be done precisely (or more).

5) The featured-Athlete can over-rotate. It is allowed to do more before height allowance (waist/knee), but not less

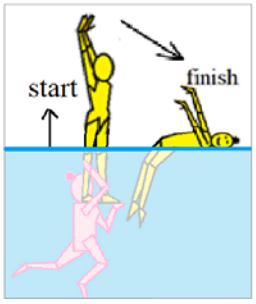
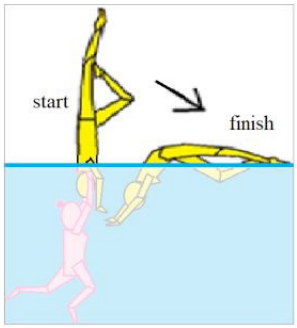
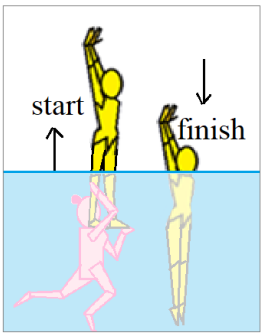
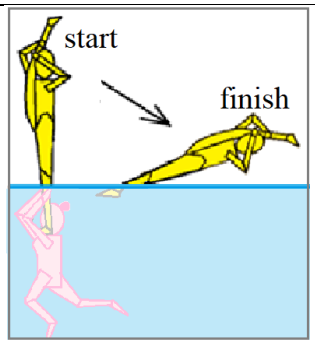
2.3 Flexibility Positions:

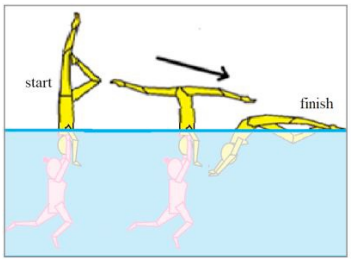
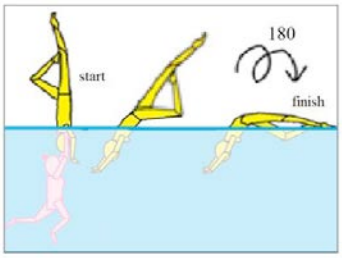
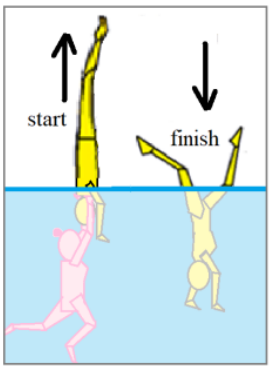
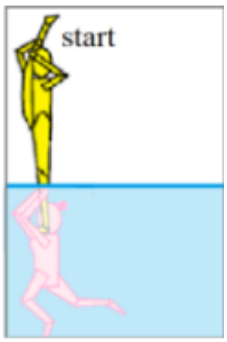
a) Flexibility Positions allowed are:
   - **Splits** and **Over-splits** (or variation where back leg is bent so toes touch the water). It is possible to bend the leg forward a little bit, but there must be a clear flexibility demonstrated (180° between knees is desired).

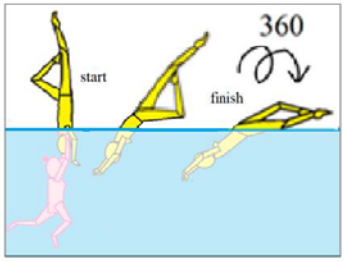
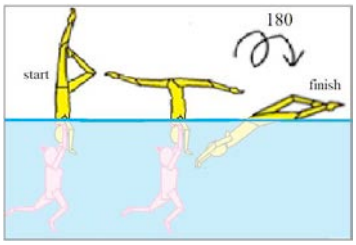
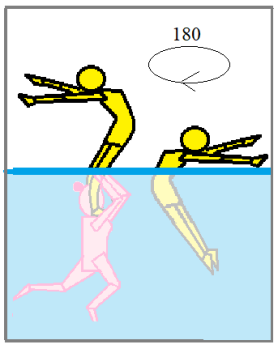
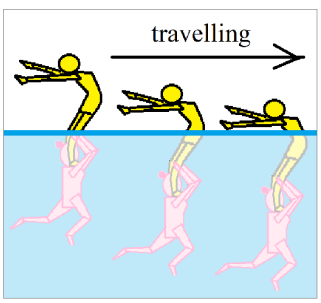
b) The following positions (as defined in Group A/B of the team acrobatics catalogue) are also allowed as flexibility positions:
   - From group B – can be used for lifts head-up "L" and its variation where flexibility is required:
     - **Vertical Split** "vs" / **Glass** "gl"/ sail "sa", needle "ne", **Eye** "ey" turtle "tu" split "spl"
   - From group B – can be used for lifts head-down "L!" and its variation where flexibility is required
     - . willow "wi", owl "ow", marlin "ma", and knights with back leg bent so toes touch the water.
   - From group A – can be used for throws/jumps ("W"/"J") and its variation where flexibility is required,
     - Split "sp", jay "ja", ring "rg"

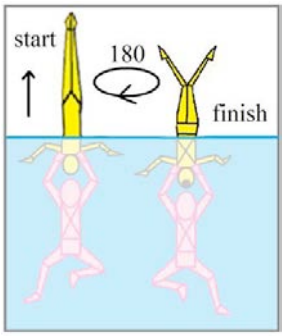
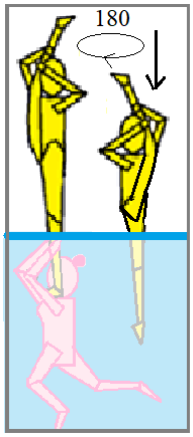
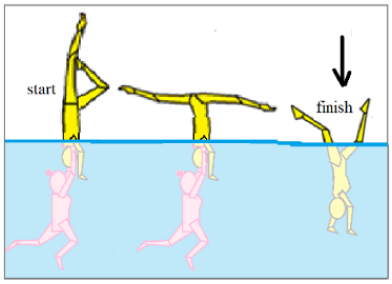
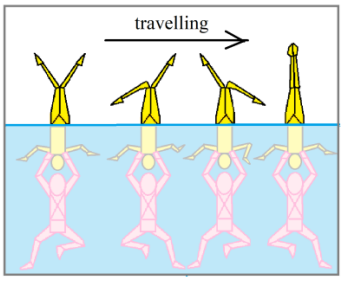
c) There is a 45° degree allowance for positions.

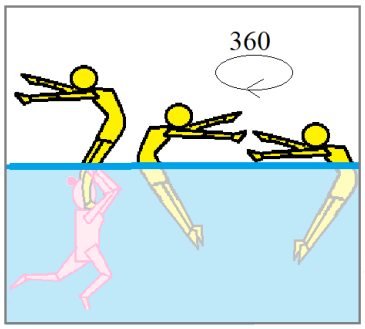
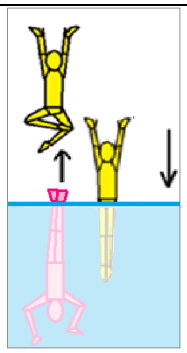
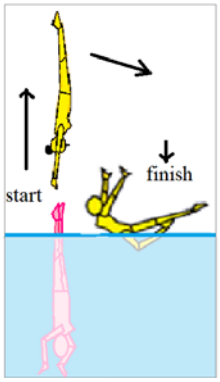
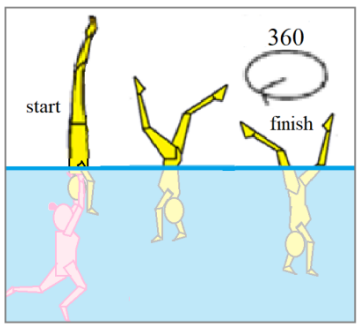
2.4 Pair Acrobatic Table:

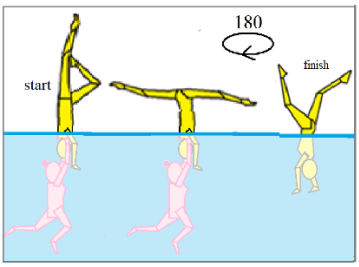
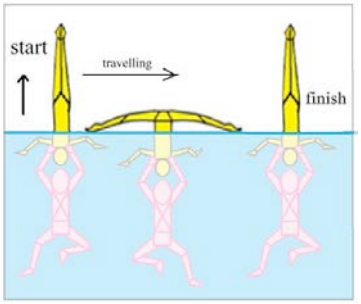
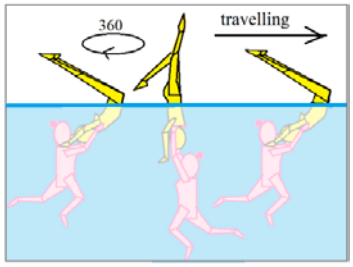
#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
1	Lift head-up with crashing **L»**		Base Athlete remains under the water and lifts the featured Athlete who performs actions above the water at maximum height. When the base Athlete pushes and releases support the featured Athlete "crashes" (falls) on the surface. Crashing - means that after the main phase of the lift the featured Athlete does not submerge, but instead falls on the water's surface.	**0.10**	**0.20**
2	Lift legs-up with crashing **L!»**		Base Athlete remains under the water and lifts the featured Athlete (position head-down) who performs actions above the water at maximum height. When the base Athlete pushes and releases support the featured Athlete "crashes" (falls) on the water's surface.	**0.20**	**0.30**
3	Lift head-up **L**		Base Athlete remains under the water and lifts the featured Athlete who performs actions above the water at maximum height. When the base Athlete releases support the featured Athlete submerges under the surface of the water.	**0.40**	**0.50**
4	Lift head-up with flexibility and crashing **Lf»**		Base Athlete remains under the water and lifts the featured Athlete, who demonstrates flexibility position/s (split variations, , etc.) above the water at maximum height. When the base Athlete releases support the featured Athlete crashes on the surface.	**0.40**	**0.50**

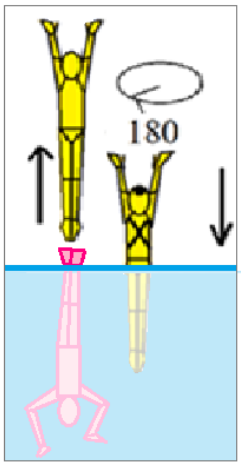
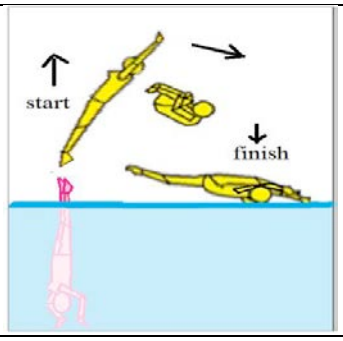
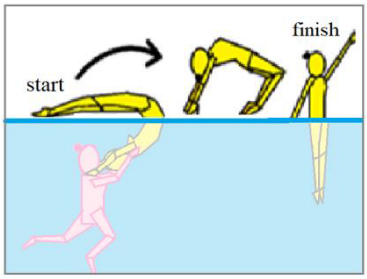
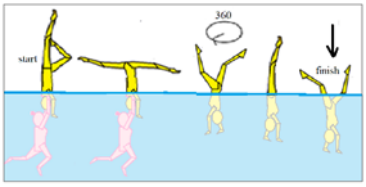
#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
5	Lift legs-up with flexibility and crashing **L!f»**		Base Athlete remains under the water and lifts the featured Athlete (position is head-down), who demonstrates flexibility position/s (split variations etc.) above the water at maximum height. When the base Athlete pushes and releases support the featured Athlete "crashes" (falls) on the water's surface.	**0.40**	**0.50**
6	Lift legs-up with crashing and rotation 180° **L!rO.5»**		Base Athlete remains under the water and lifts the featured Athlete (position is head-down), above the water at maximum height. When the base Athlete pushes and releases support the featured Athlete simultaneously "crashes" (falls) on the water's surface while rotating 180° around themself. Note: the rotation may also occur during the "maximum height" phase or while ascending.	**0.40**	**0.50**
7	Lift legs-up **L!**		Base Athlete remains under the water and lifts the featured Athlete (position is head-down) who performs some actions above the water at maximum height. When the base Athlete pushes and releases support the featured Athlete submerges under the water.	**0.60**	**0.70**
8	Lift head-up with flexibility **Lf**		Base athlete remains under the water and lifts the featured athlete,(position is head down) who demonstrates flexibility position/s (split variations, etc.) above the water at maximum height. When the base athlete releases support the featured athlete submerges under the water.	**0.60**	**0.70**

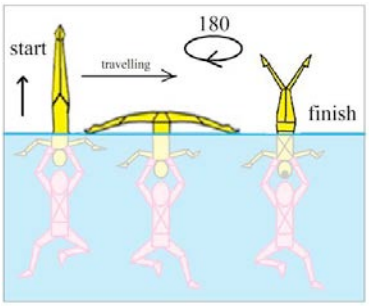
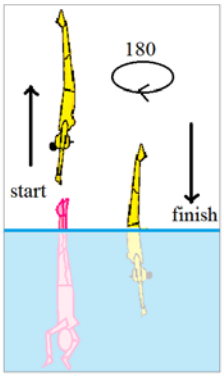
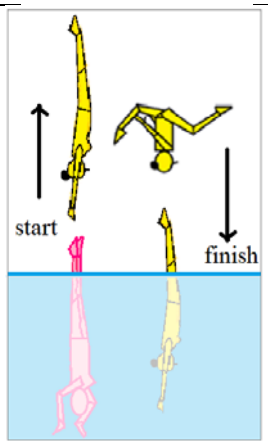
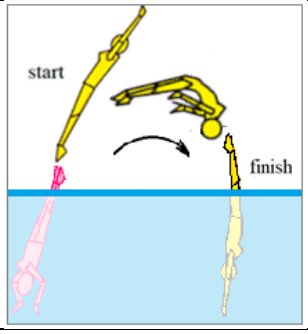
#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
9	Lift legs-up with crashing and rotation 360° **L!r1»**		Base Athlete remains under the water and lifts another Athlete (position is head-down) above the water at maximum height. When the base Athlete pushes and releases support the featured Athlete simultaneously "crashes" (falls) on the water's surface while rotating 360° around themself. Note: the rotation may also occur during the "maximum height" phase or while ascending.	**0.60**	**0.70**
10	Lift legs-up with crashing, flexibility and rotation 180° (turn) **L!fr0.5»**		Base Athlete remains under the water and lifts the featured Athlete (position is head-down) who demonstrates flexibility position/s (split variations etc.) above the water at maximum height. When the base Athlete pushes and releases support the featured Athlete simultaneously "crashes" (falls) on the water's surface while rotating 180° around themself. Note: the rotation may also occur during the "maximum height" phase or while ascending.	**0.60**	**0.70**
11	Lift head-up with 180° rotation **Lr0.5**		Base Athlete remains under the water and lifts the featured Athlete who performs actions above the water at maximum height. When the base Athlete releases support the featured Athlete simultaneously submerges under the water while rotating 180°. Note: the rotation may occur during the "maximum height" phase or while ascending.	**0.60**	**0.70**
12	Sustained lift head-up with travelling **SL>**		Base Athlete remains under the water and lifts the featured Athlete sustaining the lift for 3 seconds or more while travelling. The featured Athlete performs some actions above the water at maximum height and when the base Athlete pushes and releases support the featured Athlete submerges under the water.	**0.80**	**0.90**

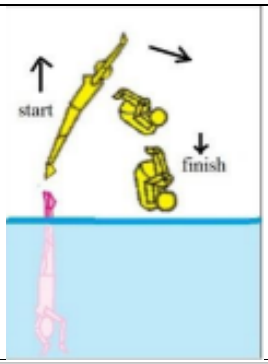
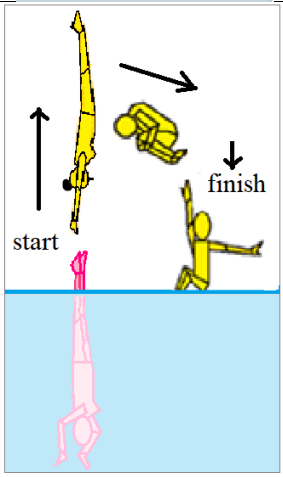
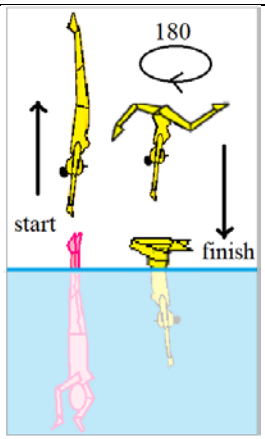
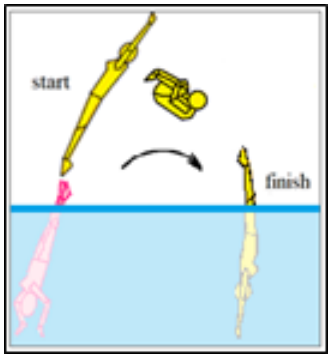
#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
13	Lift legs-up with 180° rotation **L!r0.5**		Base Athlete remains under the water and lifts the featured Athlete (position is head-down) who performs actions above the water at maximum height. When the base Athlete pushes and releases support (or helps to rotate) the featured Athlete submerges with a simultaneous rotation of 180°. Note: the rotation may also occur during the "maximum height" phase or while ascending.	**0.80**	**0.90**
14	Lift head-up with flexibility and rotation 180° **LfrO.5**		Base Athlete remains under the water and lifts the featured Athlete who demonstrates flexibility position/s (split variations, etc.) above the water at maximum height. When the base Athlete releases support (or helps to rotate) the featured Athlete submerges under the water with a simultaneous rotation of 180°. Note: the rotation may also occur during the "maximum height" phase or while ascending.	**0.80**	**0.90**
15	Lift legs-up with flexibility **L!f**		Base Athlete remains under the water and lifts the featured Athlete (position is head-down) who demonstrates flexibility position/s (split variations etc.) above the water at maximum height. When the base Athlete pushes and releases support the featured Athlete submerges under the water.	**0.80**	**0.90**
16	Sustained lift legs-up with travelling **SL!>**		Base Athlete remains under the water and lifts the featured Athlete (position is head-down) and sustains the lift for 3 seconds or more while travelling. The featured Athlete performs some actions above the water at maximum height and when the base Athlete pushes and releases support the featured Athlete submerges under the water.	**0.80**	**0.90**

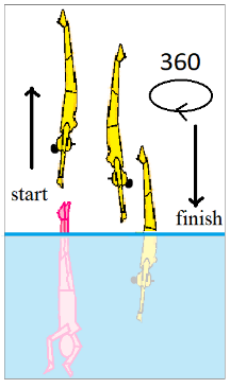
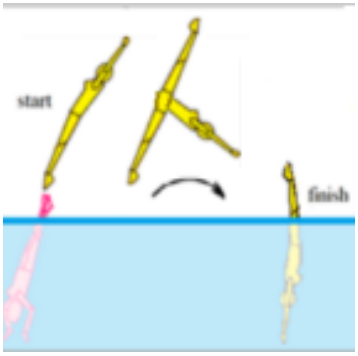
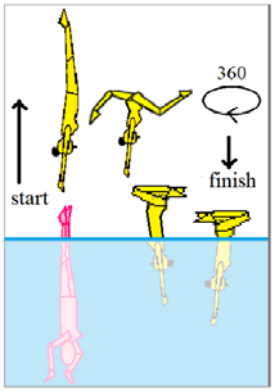
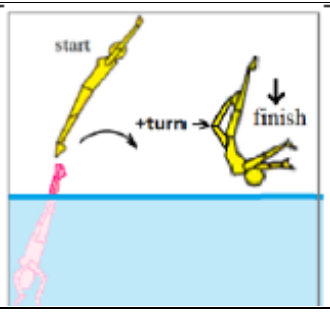
#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
17	Lift head-up with rotation 360° **Lr1**		Base Athlete remains under the water and lifts the featured Athlete, who performs actions above the water at maximum height. When the base Athlete releases support the featured Athlete simultaneously submerges under the water while rotating 360°. Note: the rotation may also occur during the "maximum height" phase or while ascending.	**0.80**	**0.90**
18	Jump head-up **J**		From under the water one Athlete pushes and throws (disconnects with) a featured () Athlete who becomes airborne. This featured () Athlete performs some actions in the air before entering the water.	**0.80**	**0.90**
19	Throw legs-up with crashing **W!»**		From under the water one Athlete pushes and throws (disconnects with) a featured () Athlete who becomes airborne. This featured Athlete starts their action feet-first and after demonstrating maximum height "crashes" (falls) on the surface.	**0.80**	**0.90**
20	Lift legs-up with rotation 360° **L!r1**		Base Athlete remains under the water and lifts the featured Athlete (position is head-down), who performs some actions above the water at maximum height. When the base Athlete pushes and releases support the featured Athlete simultaneously submerges under the water while rotating 360°. Note: the rotation may also occur during the "maximum height" phase or while ascending.	**1.00**	**1.10**

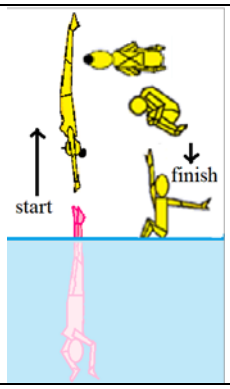
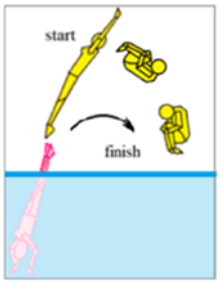
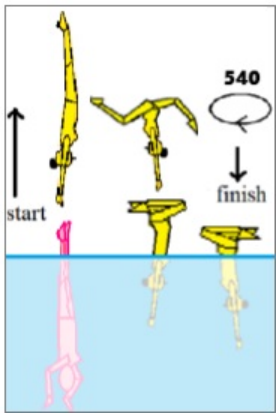
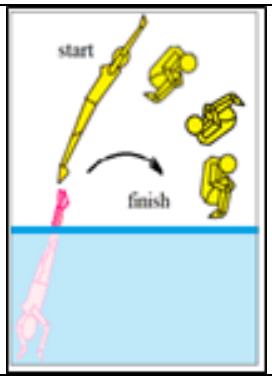
#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
21	Lift legs-up with flexibility and rotation 180° **L!frO.5**		Base Athlete remains under the water and lifts the featured Athlete (position is head-down), who demonstrates flexibility position/s (split variations etc.) above the water at maximum height. When the base Athlete pushes and releases the featured Athlete simultaneously submerges under the water while rotating 180°. Note: the rotation may also occur during the "maximum height" phase or while ascending.	**1.00**	**1.10**
22	Sustained lift legs-up with flexibility and travelling **SL!f>**		Base Athlete remains under the water and lifts the featured Athlete (position is head-down), sustaining the lift for 3 seconds or more while travelling. The featured Athlete demonstrates flexibility position/s above the water at maximum height and when base Athlete pushes and releases, the featured Athlete submerges under the water.	**1.00**	**1.10**
23	Sustained lift legs-up with travelling and rotation of 180° or more **SL!rO.5>**		Base Athlete remains under the water and lifts the featured Athlete (position is head-down), holding for 3 seconds or more while traveling. The featured Athlete performs some actions while rotating 180°or more above the water at maximum height. When the base Athlete pushes and releases support the featured Athlete submerges. Note: the rotation may also occur while ascending.	**1.00**	**1.10**

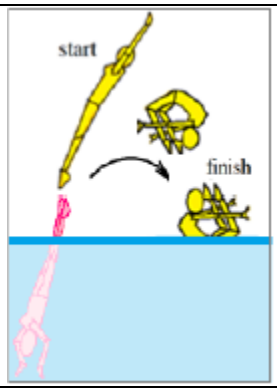
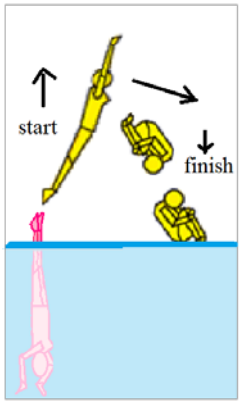
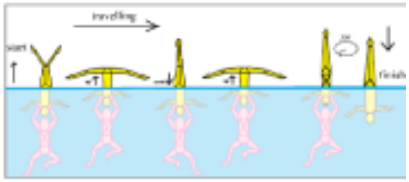
#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
24	Jump head-up with 180° rotation **JrO.5**		From under the water base Athlete pushes and throws (disconnects with) the featured () Athlete who becomes airborne. The featured () Athlete performs some actions in the air with a 180° rotation, before entering the water. Note: rotation may also occur while the featured - Athlete submerges.	**1.00**	**1.10**
25	Jump head-up with flexibility **Jf**		From under the water the base Athlete pushes and throws (disconnects with) the featured () Athlete who becomes airborne. The featured) Athlete demonstrates flexibility position/s (such as split variations etc.) in the air before entering the water or falling/crashing.	**1.00**	**1.10**
26	Legs-Up Throw-Dive **W!d**		From a Pike Position the featured Athlete is pushed/thrown by the base Athlete who disconnects and becomes airborne. The featured Athlete's legs are lifted in an arc over the surface of the water to meet the surface of the water again. The featured Athlete enters the water feet-first and lifting their upper body to a Vertical Position before submerging.	**1.00**	**1.10**
27	Lift legs-up with flexibility and rotation 360° **L!fr1**		Base Athlete remains under the water and lifts the featured Athlete (position is head-down). The featured Athlete demonstrates flexibility position/s above the water at maximum height with 360° rotation. When the base Athlete pushes and releases support the featured Athlete submerges under the water. Note: rotation may occur while the featured-Athlete submerges or while ascending.	**1.20**	**1.30**

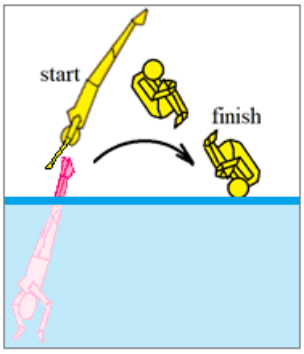
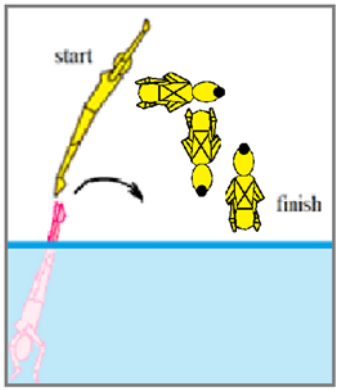
#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
28	Sustained lift legs-up with flexibility, travelling and rotation 180° or more **SL!frO.5>**		Base Athlete remains under the water and lifts the featured Athlete (position is head-down), sustaining the lift for 3 seconds or more while travelling. The featured Athlete demonstrates flexibility position/s above the water at maximum height with 180° or more rotation. When the base Athlete pushes and releases support the featured Athlete submerges under the water. Note: rotation may occur while the featured-Athlete submerges or while ascending.	**1.20**	**1.30**
29	Throw legs-up with 180° rotation **W!rO.5**		From under the water the base Athlete pushes and throws (disconnects with) the featured Athlete who becomes airborne. The featured Athlete starts their action feet-first and after demonstrating maximum height submerges with a simultaneous rotation of 180°. Note: rotation may also occur during "pushing"/ ascending phase.	**1.20**	**1.30**
30	Throw legs-up with flexibility **W!f**		From under the water the base Athlete pushes and throws (disconnects with) the featured Athlete who becomes airborne. The featured Athlete starts their action feet-first and demonstrates flexibility position/s during maximum height and then submerges.	**1.20**	**1.30**
31	Jump-Dive **Jd**		From under the water the base Athlete pushes and throws (disconnects with) the featured Athlete who becomes airborne. This featured Athlete demonstrates an arc over the surface before entering the water in a head-first Vertical Position.	**1.20**	**1.30**

#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
32	Jump head-up with 180° backwards somersault **JsO.5B**		From under the water base athlete pushes and throws (disconnects with) a featured athlete who becomes airborne. The featured athlete performs a half backwards somersault (180°) in the air demonstrating "tuck" position before entering the water.	**1.20**	**1.30**
33	Throw legs-up with 180° somersault **W!sO.5**		From under the water the base Athlete pushes and throws (disconnects with) the featured Athlete who becomes airborne. This featured Athlete starts their action feet-first and by lifting their body and tucking, performs 0.5 (half) somersault (180° rotation) in the air before entering the water. Note: the body of the featured Athlete should be fully out of the water (above the surface) before entering the water.	**1.40**	**1.50**
34	Throw legs-up with flexibility and rotation 180° **W!frO.5**		From under the water the base Athlete pushes and throws (disconnects with) an featured Athlete who becomes airborne. The featured Athlete starts their action feet-first and demonstrates flexibility position/s during maximum height. The featured Athlete then submerges while simultaneously rotating 180°.	**1.40**	**1.50**
35	Jump-Tuck/ Change position – Dive **Jpd**		From under the water the base Athlete pushes and throws (disconnects with) featured Athlete who becomes airborne. The featured Athlete performs a 180° (half) somersault backwards with 1 change of the position in the air before entering the water headfirst. Note: any "non-flexibility" position is allowed to be demonstrated in the air.	**1.40**	**1.50**

#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
36	Throw legs-up with rotation 360° **W!r1**		From under the water the base Athlete pushes and throws (disconnects with) the featured Athlete who becomes airborne. The featured Athlete starts their action feet-first and after demonstrating maximum height submerges with a simultaneous rotation of 360°. Note: rotation may also occur during "pushing"/ascending phase."	**1.40**	**1.50**
37	Jump head - up, with flexibility and dive **Jdf**		From underwater the base athlete pushes and throws the featured athlete in the air who becomes airborne. The featured athlete performs a 180 (half) somersault backwards with an airborne flexibility position and then changes position before entering in the water head -first. If the featured athlete over - rotates, it will not be a Base Mark .	**1.50**	**1.60**
38	Throw-legs up with flexibility and rotation 360° or more **W!fr1**		From under the water a base Athlete pushes and throws (disconnects with) a featured Athlete who becomes airborne. The featured Athlete starts their action feet-first and demonstrating flexibility position/s during maximum height. The featured Athlete then submerges while simultaneously rotating 360° degrees or more.	**1.60**	**1.70**
39	Jump head-up with half twist and 180 somersault **Js0.5t0.5**		From under the water the base Athlete pushes and throws (disconnects with) a featured Athlete who becomes airborne. The featured Athlete jumps backwards, twists 180° in the air, and then enters the water.	**1.60**	**1.70**

#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
40	Throw legs-up with 180 somersault and half twist **W!sO.5tO.5**		From under the water one Athlete pushes and throws (disconnects with) the upper (visible) Athlete who becomes airborne. This upper (visible) Athlete starts their action feet-first and by lifting their body and tucking, performs 0.5 (half) somersault with simultaneous turn on 180° in the air before entering the water.	**1.60**	**1.70**
41	Jump head-up with 1 somersault backwards **Js1B**		From under the water one Athlete pushes and throws (disconnects with) an upper (visible) Athlete who becomes airborne. The upper (visible) Athlete performs 1 backwards somersault (360°) in the air demonstrating "tuck" position before entering the water	**1.80**	**1.90**
42	Throw legs up with flexibility and rotation 540° **W!fr1.5**		From under the water one Athlete pushes and throws (disconnects with) and upper (visible) Athlete who becomes airborne. The upper visible Athlete starts their action feet first and demonstrating flexibility position/s during maximum height. The upper (visible) Athlete then submerges while simultaneously rotating 540 degrees or more.	**1.80**	**1.90**
43	Jump - Tuck - 1 somersault half twist **JBs1tO.5**		From under the water one Athlete pushes and throws (disconnects with) an upper (visible) Athlete who becomes airborne. The upper (visible) Athlete performs 1 backwards somersault (360°) and half twist (180°) around themself in the air demonstrating "tuck" position before entering the water.	**2.00**	**2.10**

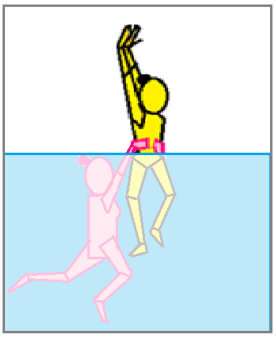
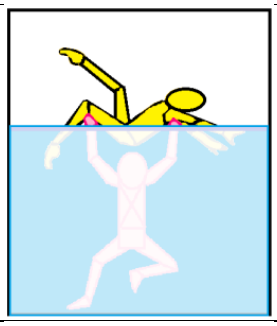
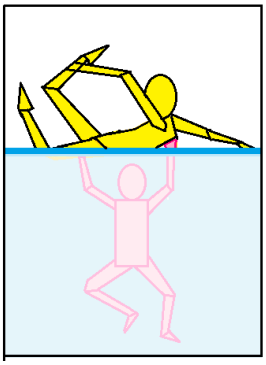
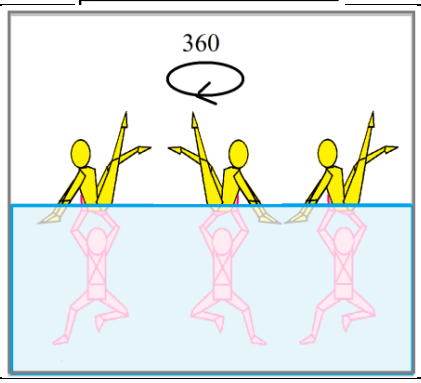
#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
44	Jump head-up with 1 somersault backwards and flexibility **Jfs1B**		From under the water one Athlete pushes and throws (disconnects with) an upper (visible) Athlete who becomes airborne. The upper (visible) Athlete performs 1 backwards somersault in the air demonstrating flexibility of their body (ring position and variations) before entering the water.	**2.00**	**2.10**
45	Jump head-up with 1 somersault forwards **Js1F**		From under the water one Athlete pushes and throws (disconnects with) an upper (visible) Athlete who becomes airborne. The upper (visible) Athlete performs 1 forwards somersault in the air before entering the water.	**2.00**	**2.10**
46	Jump head-up with 1 somersault backwards and open in Jay (flexibility) **Js1B+f**		From under the water one Athlete pushes and throws (disconnects with) an upper (visible) Athlete who becomes airborne. The upper (visible) Athlete jumps backwards, tucking and rotating 180° in the air, then turning another 180° while opening to a Jay (flexibility) position before entering the water.	**2.10**	**2.20**
47	Sustained Lift with traveling and 2 consecutive flexibility pushes with a clear catch + rotation 360° **SL!f2+r1>**		Pair Acro Sustained Lift (featured athlete head down) with travelling and 2 consecutive flexibility pushes with a clear catch in-between while remaining sustained, followed by a rotation 360°. Note 1: rotation can happen anywhere during this pair acrobatic sequence. Note 2: Sustained Lift must be 3s or more	**2.10**	**2.20**

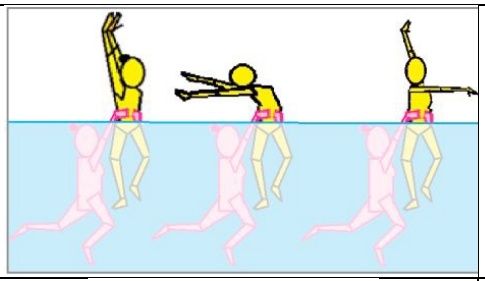
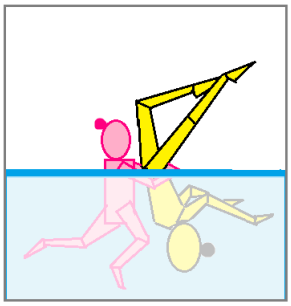
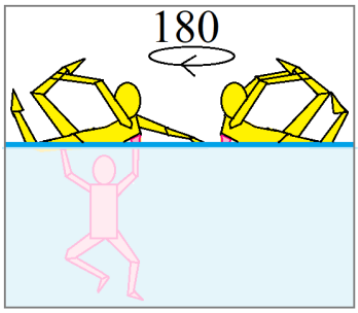
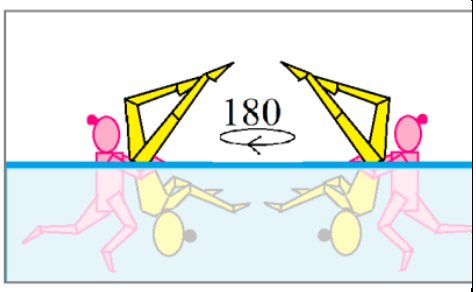
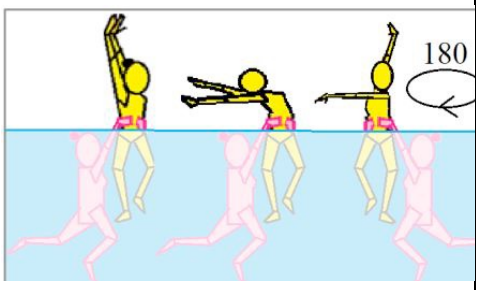
#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
48	Jump head up with 1 somersault backward +Pike + open in Jay (flexibility) **Js1B+pf**		From under the water base athlete pushes and throws (disconnects with) a featured athlete who becomes airborne. The featured athlete jumps backwards, piking, rotating 180° in the air and then rotates another 180° while opening into a Jay (flexibility) position before entering the water.	**2.15**	**2.25**
49	Throw legs-up with 1 somersault forwards **W!s1F**		From under the water one Athlete pushes and throws (disconnects with) an upper (visible) Athlete who becomes airborne. This upper (visible) Athlete starts their action feet-first and by lifting their torso performs 1 somersault forwards (360°) in the air before entering the water. Note: the somersault is usually performed in a tuck position.	**2.20**	**2.30**
50	Jump head-up-Backwards-Frontal 360 somersault **JsF1B**		From under the water one Athlete pushes and throws (disconnects with) an upper (visible) Athlete who becomes airborne. The upper (visible) Athlete jumps backwards, turns 90 degrees in the air and performs 1 side (frontal) somersault (360°) in the air demonstrating "tuck", "pike" or "variant of pike" position before entering the water.	**2.20**	**2.30**

2.5 Pair Assisted Actions

In pair assisted actions, the bottom (base) Athlete may remain under the surface of the water or on the surface, but the featured-Athlete always remains close to the surface (not lifted up). Also, "boost-type" assisted movements are considered as pair assisted actions. Coaches must ensure pair assisted actions do not meet a pair acrobatic definition.

Note: This is a list of pair assisted actions (for your information). They are not considered to be pair acrobatic movements. They are considered in transitions (artistic impression) in duets or teams.

Name	Diagram	Description
Pair assisted action "boost type"		Base Athlete remains under the water and lifts the featured Athlete who performs actions above the surface of the water. This action should demonstrate a boost of a "featured" Athlete to maximum height (crotch level) with assistance of the "base" Athlete.
Pair assisted action on the surface ("float")		Base Athlete remains under the water and holds the featured Athlete who remains on the surface and performs actions.
Pair assisted action on the surface ("float") with flexibility		Base Athlete remains under the water and holds the featured Athlete who remains on the surface and performs movements with a range of flexibility (such as: Split, Ariana, Ring etc.)
Pair assisted action on the surface with rotation 180°-360°		Base Athlete remains under the water and holds and rotates the featured Athlete (upper visible Athlete) 180-360 degrees who remains on the surface of the water.

Sustained assisted action head-up		Base Athlete remains under the water and lifts the featured Athlete who performs actions above the surface of the water sustained for 3 seconds or more.
Sustained assisted action legs-up		Base Athlete holds the featured Athlete whose position is head-down and sustained for 3 seconds or more.
Pair assisted action on surface with flexibility and rotation 180°-360°		Base Athlete remains under the water and holds and rotates the featured Athlete (upper visible Athlete) 180°-360° who remains at the surface and performs movements with a range of flexibility (such as: split, Ariana, ring etc.).
Sustained assisted action legs-up with rotation 180°-360°		Base Athlete holds the featured Athlete, whose position is head-down for 3 seconds or more with a simultaneous rotation of 180°-360°. Note: both Athletes rotate in connection one with another.
Sustained assisted action head-up with travelling and rotation 180°-360°		Base Athlete remains under the water and lifts the featured Athlete holding for 3 seconds or more while travelling. The featured Athlete performs some actions above the water at maximum height with a rotation of 180°. When the base Athlete pushes and releases support the featured Athlete submerges under the water. Note: the rotation must happen during "maximum height" phase.

14.8 APPENDIX 8 – IDENTIFICATION OF SYNCHRONISATION ERRORS

1. Scoring synchronisation

Introduction

- The synchronisation panel, comprised of three synchronisation technical controllers, will operate only in Duet and Team routines (Open Team Technical, Open Team Free, Open Free Combination and Acrobatic).
- The goal is to objectively identify synchronisation errors during the routine performance and calculate deductions accordingly.

Definition of synchronisation:

- Synchronisation is the precision of movements in unison one with the other/s. It means to have actions happen at the same time or correspond exactly in design.
- It can also be understood as an UNEQUAL ACTION (or accuracy error) when comparing two or more Athletes swimming at the same time. Unequal actions can be due to timing and/or design errors of the movements that make the "picture" not precise, accurate and/or perfect to what the choreography is demonstrating.

Definition of an UNEQUAL ACTION:

- Is any movement performed by two or more Athletes that is performed with a difference in timing or positioning (design/shape). Movements that are choreographed as intentional unequal movements will not be penalised.
    - A difference in timing:
        - Movements are not performed in complete unison one with the other(s).
        - Actions do not happen at the exact same time.
    - A difference in positioning (design/shape):
        - There is a difference in position of head, arms, legs or other body parts used.
        - There is a difference in water level of head, arms, legs or other body parts used.
        - There is a difference in spacing and pattern shape.

Example: In the figure below, the pattern, direction of the legs and height of the legs are not showing a "perfect picture" of what we should be watching. As this is just a photo, we can't speak about timing differences here.



Note: When you observe two or more Athletes showing different positioning – it is unknown which was the intended or correct one, that is, you do not know who made the error but you can clearly see a difference, and this is an unequal action.

2.6 Synchronisation Errors

General Requirements in regard to Synchronisation Errors

1) Synchronisation Technical Controllers start to count unequal actions when the music accompaniment begins.

2) When a timing error and a positioning error (shape/design) occur simultaneously, controllers will only register ONE synchro error (unequal action).

3) For those movements and positions for which there is a precise indication regarding degrees of deviation in execution (i.e., Vertical Position and Vertical Descent, perpendicular leg of Ballet Leg Position, Knight Position, Fishtail/Crane), Elements judges will also take this into account in their execution mark.

4) Routines will have as many errors counted as are observed by the synchronisation controllers and validated by the system – therefore unlimited. It can be more than one during the same hybrid or transition sequence. This means that each movement is susceptible to generate a synchro error (unequal action). Two of the most significant examples of continued accumulation of deductions are:

   - A hybrid beginning unsynchronised and keeping a timing difference until the end. Each movement delayed will be counted as a synchro error (unequal action).
   - A rotation where a difference in timing or positioning may occur during the entire rotation. It is stated in the Introductory Guide for the Application of Declared Difficulty that each 180° rotation is considered as one movement, and therefore a difference in timing maintained from beginning to end of a 720° spin (or twist) could accumulate a maximum of 4 unequal actions (either small or obvious).

5) When movements are very fast the controller registers as many unequal actions as seen with the time limitation of the validation system; that is: controllers can only register one unequal action approximately every 0.5 seconds.

Definitions of Synchronisation Errors

Synchronisation errors are defined in three categories – Small, Obvious or Major:

Small	**Slight differences that cannot be considered as two different movements but distort the image of perfect synchronisation.**
	Small synchronisation errors include: Slight differences in timing All differences in positioning (design/shape) will be considered as a small error (as they are also considered by Elements panel) Non-accurate movements in pattern alignment and spacing Differences in angles or height Non-parallel walkouts
Obvious	**Any unintentional difference in matching that produces the effect of two movements being done one after the other.**
	Obvious synchronisation errors include: Clear difference in timing (one after the other)
Major	**Any error that produces an alteration in routine content (missing one or more movements by one or more Athletes).**
	Major synchronisation errors include: An alteration of the routine content by one or more Athletes (missing movements). Any alteration (missing movement) counts as a major error – for example even if it's just one quick backstroke that is missed by an Athlete.

Note: When you are watching different routines, you might feel that some of the errors observed as "Small" in younger/developing Athletes, may be considered "Obvious" in older/experienced Athletes/routines. This is due to the length of time of the counting/speed of movement - speed adds more risk to synchronisation.

- For example: when Athletes are working at faster speeds (such as 4 movements per second), there's more risk to make "Obvious" errors (visual two different movements) than when routines are slower (such as one movement per second). Movements done one per second, need a complete second difference to appear to be two different movements.

2.7 Procedures

Using a Synchronisation Application or Device

- How we calculate the final result for the synchronisation panel:
- There will be one panel of three synchronisation technical controllers, each of them with a synchronisation application (via tablet)/or a device with three buttons. Each "button" will have a different colour:

  Green will be pressed for small errors.

  Yellow will be pressed for obvious errors.

  Red will be pressed for major errors.

- The average of small and obvious errors of the three Synchronisation Technical Controllers will be calculated to be applied for the synchro error deduction. If major errors are identified by the Synchronisation Technical Controllers the deduction will be applied following the process as per section 1.3 below.

Paper and pencil method (No access to application/device)

- If the implementation of the synchro application or device is not possible then a "paper and pencil" method can be used by the panel of synchronisation controllers.
- For this method a printed one-page chart should be made for each synchro controller with three columns – one for small errors, one for obvious errors and one for major errors. Please see the end of the document for the World Aquatics template.
- Synchro controllers then mark each small (S), obvious (O) and major (M) error they identify with a checkmark. Each controller then adds up their total number of errors. The average across the three Synchronisation Technical Controllers is taken of the small and obvious errors, and then is submitted to the scorer to be inputted for the synchro error deduction. Process for major errors to follow section 1.3 below.

2.8 Deductions

Predetermined deduction values for each validated unequal action:

Small	-0.1
Obvious	-0.5
Major	-3.0

The total of synchronisation errors will then be deducted from the elements score.

Calculation examples

		Small Errors	Obvious Errors	Major Errors
ROUTINE A	STC-1	14	3	0
	STC-2	16	4	0
	STC-3	12	2	0
	Average:	14	3	0
	Deduction:	14 x 0.1 = 1.4	3 x 0.5 = 1.5	0 x 3.0 = 0
	Total:	2.9		
ROUTINE B	STC-1	20	5	1
	STC-2	17	7	1
	STC-3	24	4	1
	Average:	20.3	5.3	1
	Deduction:	20.3 x 0.1 = 2.03	5.3 x 0.5 = 2.67	1 x 3.0 = 3.0*
	Total:	**7.7**		

A template synchronisation technical controller form is set out immediately below:

SYNCHRONISATION TECHNICAL CONTROLLER FORM (Example)

Competition:				
Age Category:				
Event:	❑ Duet Tech	❑ Mixed Duet Tech	❑ Team Tech	❑ Acrobatic
	❑ Duet Free	❑ Mixed Duet Free	❑ Team Free	❑ Combo

Controller Name: _____ **Controller: STC1 STC2 STC3**

Athlete No:		
Small	**Obvious**	**Major**
Total:	**Total:**	**Total:**

14.9 APPENDIX 9 – ARTISTIC SWIMMING WORLD RANKING

1. Definition, goal, and purposes

The Artistic Swimming World Ranking is a numerical representation (numeric value #0) of Athletes, duets and teams' performance and consistency among the past twenty-four (24) months. An objective merit-based method has been defined to ensure equality, fairness, and competitiveness.

Some of the purposes of the Artistic Swimming World Ranking are the following:

1) Recognise and allow all Artistic Swimming Athletes to be listed on the World Rankings based on the criteria.
2) Determine the start order of Artistic Swimming competition's start lists.
3) Help Member Federations to use the World Rankings as a tool to decide team selections.
4) Serve as qualification criteria for major World Aquatics competitions in the future.

3. Eligibility

- As soon as an Athlete achieves a result in a competition classified as Tier 2 or Tier 1, he/she will be included in the World Ranking.
- Solo and Duet Rankings belong to the Athletes competing who earned the ranking. Each soloist or duet must create their own World Ranking. Each Duet Ranking will also consider the reserve. Soloists' reserves will not be considered.
- Team Rankings belong to each Member Federation only if at least half (50%) of the Team composition matches, including the reserves.

4. Ranking method

Rolling System

- The Artistic Swimming World Ranking is based on a rolling twenty-four (24) months, considering the best performance achieved:
- Given the above, and considering that the World Ranking started with World Aquatics Championships - Doha 2024, the first twenty-four (24) months will expire as per the following table (and then it will continue rolling):

	Finals Event Date	24 months rolling
Women Solo Free	06/02/2024	05/02/2026
Women Solo Technical	03/02/2024	02/02/2026
Men Solo Free	07/02/2024	06/02/2026
Men Solo Technical	05/02/2024	04/02/2026
Women Duet Free	08/02/2024	07/02/2026
Women Duet Technical	05/02/2024	04/02/2026
Mixed Duet Free	10/02/2024	09/02/2026
Mixed Duet Technical	04/02/2024	03/02/2026
Open Team Free	09/02/2024	08/02/2026
Open Team Technical	06/02/2024	05/02/2026
Open Team Acrobatic	04/02/2024	03/02/2026

Competition Level Value

A different number of points will be distributed among all Athletes who achieve a result in a competition, depending on its level, as per World Aquatics Competition Regulations Part 1 – 2.2.1:

- **Tier 1.** Major Aquatics Competitions - the Olympic Games, World Aquatics Championships.
- **Tier 2**. Artistic Swimming World Cup.
- **Tier 3.** Continental Competitions - Continental Multi-Sport Games, Competitions organised by Continental or Organisations. These competitions will be considered at a later stage once World Aquatics has agreed upon the criteria and entered into a partnership with all Continental Associations to ensure the uniform application of the Competition Regulations.

Competition level	Tier value [TV^j]
Tier 1	100
Tier 2	90
Tier 3	70

Ranking Calculation

There is one World Artistic Swimming Ranking per event:

One (1) World AS Ranking for Women Solo Free

One (1) World AS Ranking for Women Solo Technical

One (1) World AS Ranking for Men Solo Free

One (1) World AS Ranking for Men Solo Technical

One (1) World AS Ranking for Women Duet Free

One (1) World AS Ranking for Women Duet Technical

One (1) World AS Ranking for Mixed Duet Free

One (1) World AS Ranking for Mixed Duet Technical

One (1) World AS Ranking for Open Team Free Routine

One (1) World AS Ranking for Open Team Technical Routine

One (1) World AS Ranking for Open Team Acrobatic Routine

The rankings are created by weighting the scores according to the Competition Level Value. The final points [P_i] to be considered for the rank will be get from:

$$P_i = TV^j \cdot p_i^j$$

Where:

p_i^j: points achieved by Soloist/Duet/Team [i] at competition [j].

TV^j: competition [j] value based on its Tier value [TV^j].

Ranking Application

- The World Rankings are used to determine the first phase (preliminaries, if applicable, or finals if the competition does not have both phases) of all events' start orders.

  Start Lists will be created during the Artistic Swimming Technical Meeting based on the World Ranking. The better Soloist/Duet/Team rank, the higher start order will get. Participants without a World Ranking are to be drawn randomly and are to receive the higher start order in the competition:

  - Thirty (30) entries in World Aquatics Championships - Women Technical Duet Event: eighteen (18) ranked duets and twelve (12) non-ranked duets.
  - Draw process: non-ranked duets will draw for start order one (1) to start order twelve (12) based on a random draw.
  - Ranked duets will compete in reverse order of the World Ranking order: from start order thirteen (13) to start order thirty (30).

Tie-break Rules

- In case of a tie in the Artistic Swimming World Ranking, it will be broken based on World Aquatics Championships' scores:

  1) If both of the tied Soloist/Duet/Team participated in the last World Aquatics Championships, the one that achieved a better result will get a higher rank.
  2) If one the tied Soloist/Duet/Team did not participate in the last World Aquatics Championships, the one that did participate will be ranked higher.
  3) If none of the tied Soloist/Duet/Team participated in the last World Aquatics Championships, the one that achieved a higher score within the twenty-four (24) months will get a higher rank. This is also applicable if, for any reason, a World Aquatics Championship cannot be considered.

5. Other Considerations

Scores' Phases Considered

- The last score obtained is the one considered for the World Ranking:
  - If a Soloist/Duet/Team participated in both preliminaries and finals, only results achieved in the final will be taken for the World Ranking calculation.
  - If a Soloist/Duet/Team does not make the finals, the preliminary result will the used for the World Ranking calculation.

Participation

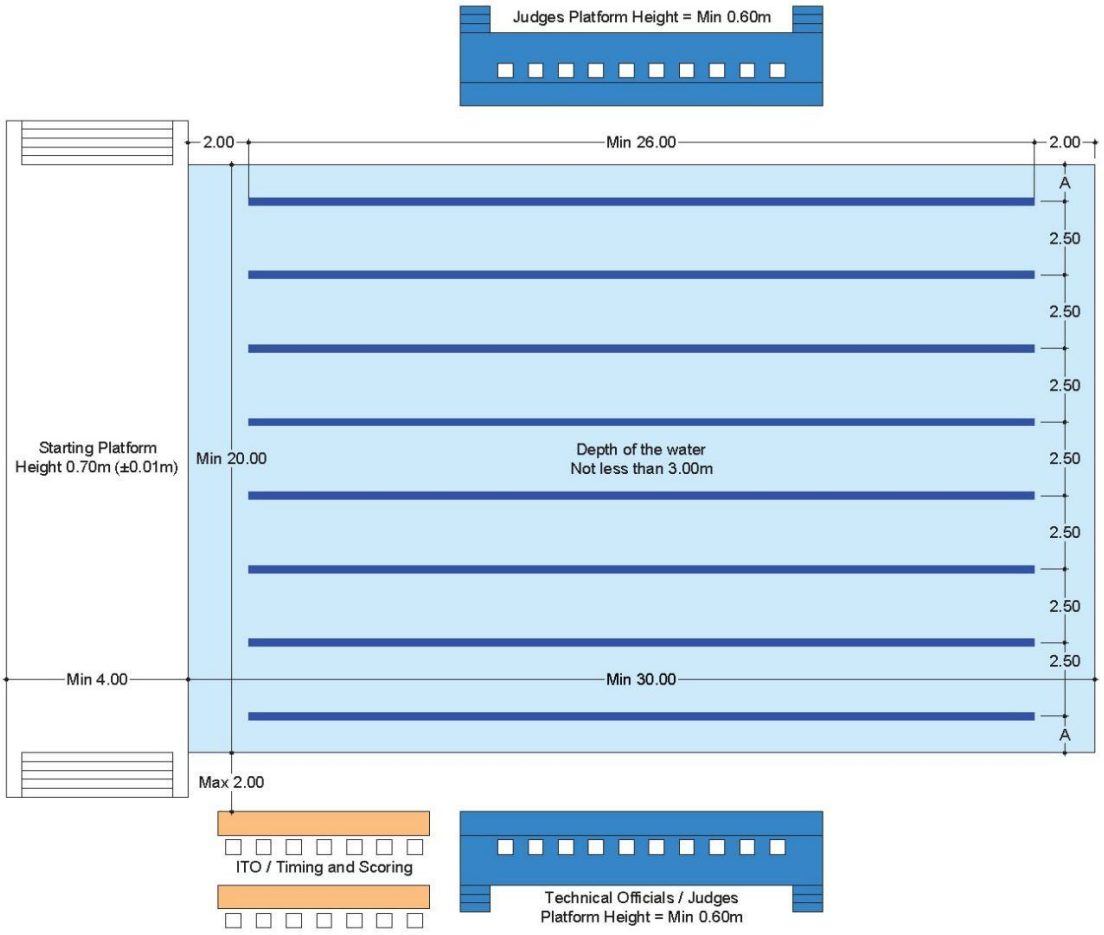
- Competitions will be considered for the World Ranking only if an Athlete achieved a final result.

Should an Athlete be:

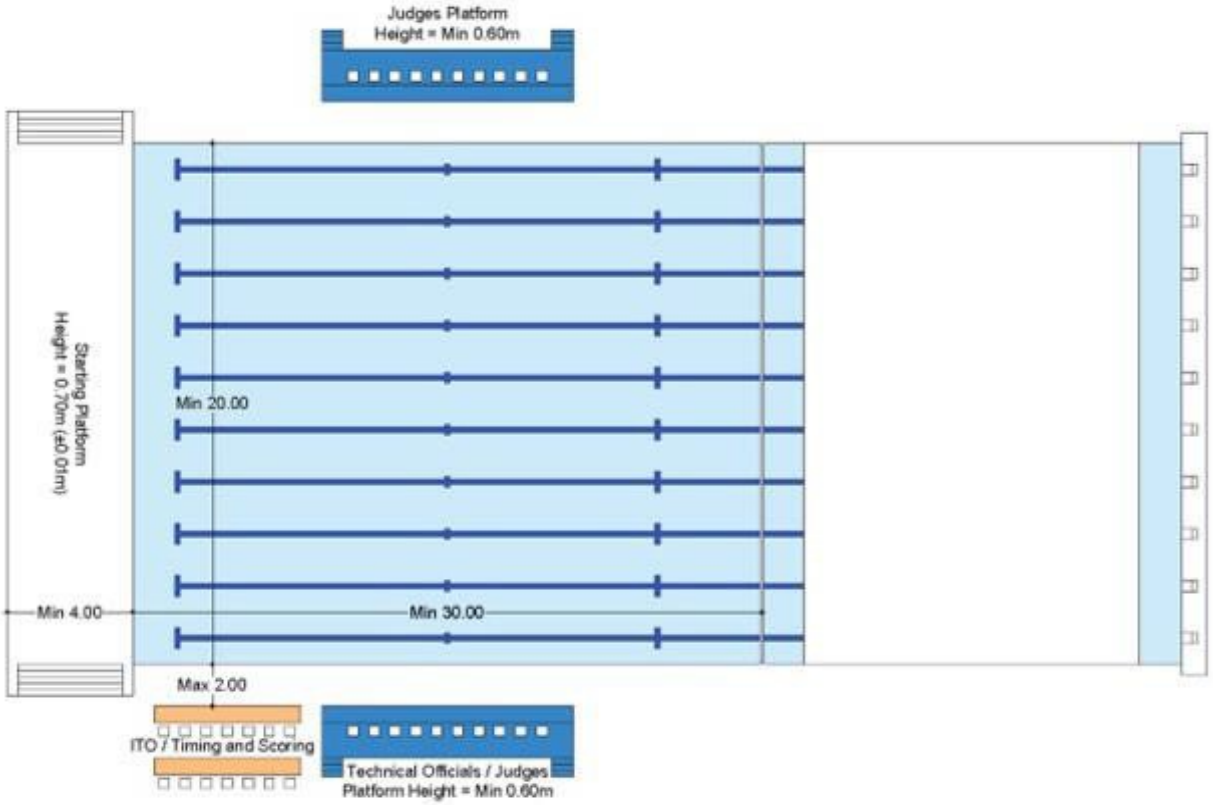
1) disqualified for breach of the Competition Regulations (DSQ);
2) disqualified for unsportsmanlike behaviour (DQB);
3) or did not start (DNS);

then the competition will not be considered.

APPENDIX 10 – DIAGRAM OF THE FIELD OF PLAY FOR THE OLYMPIC GAMES AND THE WORLD AQUATICS CHAMPIONSHIPS



APPENDIX 11 – DIAGRAM OF THE FIELD OF PLAY (50M POOL) FOR THE OLYMPIC GAMES AND THE WORLD AQUATICS CHAMPIONSHIPS



WORLD AQUATICS



MASTERS

COMPETITION REGULATIONS

TABLE OF CONTENTS

PART EIGHT: MASTERS RULES

PART EIGHT: MASTERS RULES 510

1 GENERAL PROVISIONS 510
2 MASTERS SWIMMING RULES 512
3 MASTERS OPEN WATER SWIMMING RULES 515
4 MASTERS DIVING RULES 515
5 MASTERS WATER POLO RULES 518
6 MASTERS ARTISTIC SWIMMING RULES 519
7 THE WORLD AQUATICS MASTERS CHAMPIONSHIPS 522
8 APPENDIX 531
8.1 APPENDIX 1 - THE DRAW AND SCHEDULE FOR WATER POLO AT THE WORLD AQUATICS MASTERS CHAMPIONSHIPS 531

PART EIGHT: MASTERS RULES

1 GENERAL PROVISIONS

1.1 This Part Eight provides for the participation of Masters Participants in Aquatic sports. World Aquatics intends by these rules to promote competition, fitness, friendship and understanding.

1.2 This Part Eight applies to World Aquatics Masters Events, being Masters events and/or competitions organised by World Aquatics, including where Masters events take place in 'mixed' competitions (competitions that include both Masters and non-Masters events), and to other Masters events held under the rules of World Aquatics (specifically, these Competition Regulations).

1.3 In this Part Eight, references to World Aquatics include the Technical Masters Committee.

1.4 Masters Participants are Athletes aged either 25 and over or 30 and over, dependent on and subject to the rules for the sport and event, as set out in this Part Eight.

1.5 Unless otherwise specified in this Part Eight, the age of a Masters Participant is determined by their age on 31 December in the year of start date of the relevant competition (the date that the first event at that competition begins).

1.6 As set out in each relevant section of this Part Eight, the rules in this Part Eight supplement and modify the rules throughout these Competition Regulations for each sport (Swimming, Open Water Swimming, Diving, High Diving, Water Polo and Artistic Swimming), as they apply to each sport in Masters events and competitions. As such:

1.6.1 The rules in each relevant Part of the Competition Regulations apply to Masters events and competitions, unless stated otherwise in this Part Eight.

1.6.2 Where there is overlap or conflict between an Article of this Part Eight and another rule or Part of these Competition Regulations, this Part Eight takes precedence as it applies to Masters events or competitions.

1.7 Registration of Masters Participants at World Aquatics Masters Events:

1.7.1 To be eligible to compete at a World Aquatics Masters Event, whether as an individual or as part of a Masters team, each Masters Participant must be registered with World Aquatics as a Masters Participant for the relevant sport.

1.7.2 Masters Participants who are registered as such with World Aquatics will retain the right to compete in other (non-Masters) competitions in any Aquatic sport, subject at all times to the rules governing the relevant sport, competition and event.

1.7.3 Masters Participants and Masters teams competing in Masters events must represent Clubs:

1.7.3.1 Entries for World Aquatics Masters Events will only be accepted from Masters Participants who are affiliated with a Club that is both affiliated with a Member Federation and recognised by World Aquatics.

1.7.3.2 A Masters Participant will only validly represent a Club where it is both affiliated with a Member Federation and recognised by World Aquatics.

1.7.3.3 No Masters Participant or Masters team will be designated as representing a Country or Member Federation.

1.8 A Masters Participant may represent only one Club per sport, in any one competition (but may, if permitted by the rules of the competition, compete for different Clubs in different sports).

1.9 Masters Participants must be aware of the need to be well-prepared and medically fit before entering into Masters competitions. By registering as a Masters Participant with World Aquatics and/or by participating in any Masters competition, each Masters Participant:

1.9.1 assumes full responsibility for the risks involved in competing;

1.9.2 in consideration of their entry, agrees to waive and release to the fullest extent possible World Aquatics, the Management Committee and/or the organising Member Federation from any kind of liability for accidents which may cause death, injury or property loss; and

1.9.3 agrees to sign and (whether signed or not) abide by the provisions in the applicable entry forms containing warnings of the relevant risks and waivers and/or releases in respect in relation to any liability or accident or otherwise.

1.10 Appeals

1.10.1 The rules governing appeals in World Aquatics Masters Events are set out in this Article 1.10. The rules governing appeals in Article 12 of Part One do not apply to World Aquatics Masters Events.

1.10.2 The only grounds for appeal at or in relation to a World Aquatics Masters Event are as follows:

1.10.2.1 where the rules and regulations for the organisation of the competition or event are not observed (including, but not limited to these Competition Regulations and/or the rules governing the qualification process, draw or schedule for the event);

1.10.2.2 any decision affected by unforeseen or dangerous conditions that is likely to have impacted the Masters Participants competing; or

1.10.2.3 a Referee's perceived failure to observe the applicable rules and regulations of the competition or event. No appeals will be allowed against decisions of fact.

1.10.3 If the conditions or circumstances giving rise to an appeal are identified or should reasonably have been identified by the Masters Participant prior to the start of the event, or prior to the match, race, routine or dive to which the appeal relates, the appeal must be made:

1.10.3.1 to the Referee, whether verbally or in writing;

1.10.3.2 by a Masters Participant or Masters team, or a person authorised to appeal on their behalf;

1.10.3.3 before either:

1.10.3.3.1 the start of that competition or event, if the appeal relates to the competition or event as a whole; or

1.10.3.3.2 the start of the match, race, routine or dive, if the appeal relates to a match or race, routine or dive within an event.

1.10.4 If an appeal is made prior to the start of the event (or a match, race, routine or dive within an event) in accordance with Article 1.10.3 of this Part Eight, the Referee will consider the appeal and decide prior to the start of the relevant competition, event, match, race, routine or dive whether to allow or reject it:

1.10.4.1 If the Referee rejects the appeal, the Referee must communicate that decision, with reasons and the applicable consequences, to the relevant Masters Participant, Masters team or other person authorised to appeal on their behalf.

1.10.4.2 If the Referee accepts the appeal, the Referee must communicate that decision, with reasons and the applicable consequences, to the Masters Participant, Masters team or other person authorised to appeal on their behalf, and to any other affected Masters Participant or Masters team.

1.10.5 If an appeal is made after either:

1.10.5.1 the start of the competition or event, where the appeal relates to the competition or event as a whole; or

1.10.5.2 the start of the match, race, routine or dive to which the appeal relates,

1.10.5.3 then the appeal must be made:

1.10.5.4 to the Referee;

1.10.5.5 in writing on the forms published for appeals by World Aquatics;

1.10.5.6 by a Masters Participant or Masters team affected by the subject of the Appeal, or a person authorised to appeal on their behalf;

1.10.5.7 with a deposit of 500 US Dollars (or an equivalent amount in the local currency in the country in which the competition is being held); and

1.10.5.8 within 30 minutes following the conclusion of the respective event or match.

1.10.6 If an appeal is made pursuant to Article 1.10.5 of this Part Eight, the appeal will be considered by the Referee, who will decide whether to allow or reject it:

1.10.6.1 If the Referee rejects the appeal, the Referee must communicate that decision, with reasons and the applicable consequences, to the relevant Masters Participant, Masters team or other person authorised to appeal on their behalf.

1.10.6.2 If the Referee accepts the appeal, the Referee must communicate that decision, with reasons and the applicable consequences, to the Masters Participant, Masters team or other person authorised to appeal on their behalf, and to any other affected Masters Participant or Masters team.

1.10.7 At the World Aquatics Masters Championships, an appeal may be made in accordance with the process set out in Articles 1.10.3 to 1.10.6 of this Part Eight or, alternatively:

1.10.7.1 to the Technical Masters Committee;

1.10.7.2 by a Masters Participant, Masters team or other person authorised to appeal on their behalf;

1.10.7.3 in writing on the forms published for appeals by World Aquatics;

1.10.7.4 with a deposit of 500 US Dollars (or an equivalent amount in the local currency in the country in which the competition is being held);

1.10.7.5 no later than 30 minutes after the conclusion of the event, match, race, routine or dive to which the appeal relates.

1.10.8 If an appeal is made to the Technical Masters Committee pursuant to Article 1.10.7 of this Part Eight, the Technical Masters Committee will, as soon as reasonably practicable, consider the appeal and communicate the final decision, with reasons, to the Masters Participant, Masters team or other person authorised to appeal on their behalf, and to any other affected Masters Participant or Masters team.

1.10.9 Any appeal made outside of the grounds listed in Article 1.10.2 of this Part Eight will be rejected. Any appeal that does not comply with the requirements of this Article 1.10 of this Part Eight will be rejected, irrespective of the validity of the reason(s) for the appeal.

1.10.10 In each case where an appeal is made under this Article 1.10 of this Part Eight, if the appeal is rejected or denied, the deposit will be retained by World Aquatics. If the appeal is upheld, the deposit will be returned.

2 MASTERS SWIMMING RULES

2.1 Except as stated below, the rules applying to swimming, including in part two, apply to masters swimming.

2.2 Masters Participants in Masters Swimming events must be 25 years of age or older. The age groups for individual Masters Swimming events begin with the 25 – 29 age group and continue in five-year age groups ascending as high in age as necessary (i.e.., 30 – 34, 35 – 39; 40 – 44, and so on). The age groups for Masters relay teams are determined in accordance with Article 2.5.4 of this Part Eight.

2.3 **Masters Swimming events:**

2.3.1 **The following events may be conducted for any Masters age group at a competition:**

2.3.1.1 **Short course (25m):**

2.3.1.1.1 Freestyle: 50m, 100m, 200m, 400m, 800m and 1500m.

2.3.1.1.2 Backstroke: 50m, 100m and 200m.

2.3.1.1.3 Breaststroke: 50m, 100m and 200m.

2.3.1.1.4 Butterfly: 50m, 100m and 200m.

2.3.1.1.5 Individual Medley: 100m, 200m and 400m.

2.3.1.1.6 Freestyle Relay: 4 x 50m, 4x100m, 4x200m.

2.3.1.1.7 Medley Relay: 4 x 50m, 4x100m.

2.3.1.1.8 Freestyle Mixed Relay: 4 x 50m, 4 x 100m, 4 x 200m.

2.3.1.1.9 Medley Mixed Relay: 4 x 50m, 4 x 100m.

2.3.1.2 **Long course (50m):**

2.3.1.2.1 Freestyle: 50m, 100m, 200m, 400m, 800m and 1500m.

2.3.1.2.2 Backstroke: 50m, 100m and 200m.

2.3.1.2.3 Breaststroke: 50m, 100m and 200m.

2.3.1.2.4 Butterfly: 50m, 100m and 200m.

2.3.1.2.5 Individual Medley: 200m and 400m.

2.3.1.2.6 Freestyle Relay: 4 x 50m, 4 x 100m and 4 x 200m.

2.3.1.2.7 Medley Relay: 4 x 50m, 4 x 100m.

2.3.1.2.8 Freestyle Mixed Relay: 4 x 50m, 4x100m and 4x200m.

2.3.1.2.9 Medley Mixed Relay: 4 x 50m, 4x100m.

2.4 Masters Swimming technical rules

2.4.1 The Start

2.4.1.1 When using the forward start, the Referee's whistle will indicate that Masters Participants may take their starting positions, on the starting platform or pool deck with at least one foot in contact with the front of the starting platform or pool deck, or in the water with at least one hand in contact with the starting wall.

2.4.1.2 When the Referee considers that all Masters Participants are ready to start (noting that Masters Participants do not necessarily need to be stationary in order to be ready), the Referee will indicate that the Starter may give the starting signal.

2.4.1.3 Any Masters Participant who initiates a start before the starting signal (observed and confirmed by both the Referee and the Starter) may be disqualified upon the completion of the race, at the discretion of the Referee, who will consider (consulting the Starter, if required) whether the relevant Masters Participant gained a significant advantage from their false start.

2.4.2 The disqualification of Masters Participants is as set out in Part Two, except as set out in this Part Eight, including Articles 2.4.1.3 and 2.4.7 of this Part Eight. Where a Masters Participant is disqualified, the results must state the reason for their disqualification with the relevant code.

2.4.3 To aid the efficient and coherent progress of the competition, including in order to avoid a Masters Participant or team having to swim a race alone and/or to fill empty lanes in a race(s), the Management Committee or other competition organiser may in their discretion decide that:

2.4.3.1 Masters age groups and/or sexes will be combined to swim in the same a race or set of races (while remaining separate events for the purposes of results and awards); and/or

2.4.3.2 in any individual Freestyle 400m, 800m, or 1500m Masters race(s), two (2) Masters Participants of the same sex may swim in the same lane. Separate timing will be required for each Masters Participant.

2.4.4 All Masters events will be conducted on a timed final basis.

2.4.5 Masters Participants must remain in their lane until directed by the Referee to exit the pool (which may, at the discretion of the Referee, be during the race, after the race or after the start of the following race).

2.4.6 The warm-up must be supervised by a suitable person(s), to be determined by the Referee.

2.4.7 In Butterfly races, a Masters Participant may use a Breaststroke kicking movement instead of a Butterfly kicking movement. Only one Breaststroke kick is permitted per arm pull, except that:

2.4.7.1 a single Breaststroke kick is permitted prior to the turn and the finish without an arm pull; and

2.4.7.2 a single Breaststroke kick is permitted after the start and after each turn prior to the first arm pull.

2.5 Masters Swimming relay events

2.5.1 Each Masters team in a Masters relay event will consist of four (4) Masters Participants each registered with the same Club.

2.5.2 In accordance with Part Two: a Masters team in a Mixed Relay event consists of two (2) female and two (2) male Masters Participants. A Masters team in a relay event that is not a Mixed Relay event consists of four (4) Masters Participants of the same sex. In each case, all Masters Participants must be registered with the same Club.

2.5.3 The age group of a Masters team competing in a Masters Relay is determined by the sum of the age of the four (4) team members, calculated in accordance with Article 1.5 of this Part Eight.

2.5.4 Masters relay event age groups are as follows:

2.5.4.1.1 100 – 119 years; and

2.5.4.1.2 thereafter, age groups in forty (40) year increments as high as is necessary (beginning with 120 – 159 years, 160 – 199 years, and so on).

2.6 Masters Swimming World Records

2.6.1 World Records will be maintained for all events listed in Article 2.3 of this Part Eight, for both sexes and for all Masters age groups in which an event has been completed.

2.6.2 For the avoidance of doubt, events in long course (50m) and short course (25m) pools are separate events and will have separate World Records and separate Top Ten Rankings.

2.6.3 The age group of the Masters Participant or team at the time of the relevant performance determines the relevant age group for the World Record and Top Ten Ranking, regardless of the age of the Masters Participant(s) at the time of the application or publication of the rankings.

2.6.4 In order for a performance to be eligible for a Masters Swimming World Record, it must have been achieved in accordance with all relevant World Aquatics Rules including these Competition Regulations and the eligibility and other criteria set out in Articles 12.3 to 12.8 of Part Two, as applicable, except that:

2.6.4.1 The Masters Participant(s) must have been wearing Swimwear permitted in accordance with Article 6 of Part One or a World Aquatics Masters Championships Accepted Swimsuit as set out in this Part Eight.

2.6.4.2 Masters World Records can only be established in any Masters event in a competition that is:

2.6.4.2.1 formally sanctioned by World Aquatics and/or a Member Federation;

2.6.4.2.2 organised by World Aquatics, or by or on behalf of a Club or an organisation that is a member of a Member Federation or otherwise recognised by World Aquatics;

2.6.4.2.3 conducted under the rules of World Aquatics (including but not limited to these Competition Regulations and this Part Eight); and

2.6.4.2.4 where only Masters Participants registered with a Club participate.

2.6.4.3 Articles 12.3.7.4, 12.3.7.5 and 12.3.8 of Part Two do not apply to Masters Swimming World Records. The requirements for pool length and facility certification will be prescribed by World Aquatics pursuant to Article 2.8.4 of this Part Eight.

2.6.4.4 The application procedure for recognition of a Masters Swimming World Record is set out in Article 2.8 of this Part Eight.

2.7 Masters Swimming Top Ten Rankings

2.7.1 World Aquatics will publish Top Ten Rankings, being the fastest ten (10) Aquatics Masters results in each event and age group each calendar year.

2.7.2 Results that are valid for the World Aquatics Masters Top Ten Rankings can only be established in a Masters meet which meets the criteria set out in Article 2.6.4.2 of this Part Eight.

2.8 Masters Swimming World Record and Top Ten Ranking applications

2.8.1 Applications for recognition of Masters World Record and Top Ten Ranking performances must be made to World Aquatics by the National Masters Recorder, a person authorised by the relevant Member Federation to submit the application.

2.8.2 Applications must be submitted:

2.8.2.1 on the World Aquatics 'Aqua App' on the webpage: https://aqua.apps.worldaquatics.com/account/login;

2.8.2.2 within thirty (30) days of the relevant race.

2.8.3 World Aquatics will inform the Member Federation on behalf of which the application was made of the results of the application.

2.8.4 The detailed process for Masters World Record and Top Ten Ranking applications is published by World Aquatics (in a "how to" document on the World Aquatics website). As part of each application, the Referee will be required to certify that the race was held in accordance with the rules of World Aquatics.

3 MASTERS OPEN WATER SWIMMING RULES

3.1 A Masters Open Water Swimming event is a Masters swimming event that takes place in rivers, lakes, seas, oceans, water channels, or any other body of open water.

3.2 Except as stated below, the rules applicable to Open Water Swimming in these Competition Regulations, including in Part Three, apply to Masters Open Water Swimming.

3.3 Masters Open Water Swimming events may be any distance between 1500m and 5000m, as decided by World Aquatics at each competition.

3.4 Masters Participants in Open Water Swimming events must be 25 years of age or older. The age groups for Masters Open Water Swimming events begin with the 25 – 29 age group and continue in five-year age groups ascending as high in age as necessary (i.e.., 30 – 34, 35 – 39; 40 – 44, and so on).

3.5 Masters Participants in Masters Open Water Swimming events must wear swim caps of a colour that is approved by the Management Committee.

3.6 Safety is of paramount importance in all Masters Open Water Swimming events. Masters Participants in Open Water Swimming must, in accordance with Article 1.9 of this Part Eight, be aware of the need to be well-prepared and medically fit before entering into any Open Water Swimming Event.

4 MASTERS DIVING RULES

4.1 Except as stated below, the rules applicable to Diving in these Competition Regulations, including in Part Four, apply to Masters Diving.

4.2 **Masters Diving consists of the following events:**

Category	Men	Women	Synchronised (Men, Women or Mixed Team)
Springboard	1m, 3m	1m, 3m	3m
Platform	5m, 7.5m, 10m	5m, 7.5m, 10m	5m, 7.5m, 10m

4.3 **Age groups and teams for Masters Diving:**

4.3.1 Masters Participants in Masters Diving events must be 25 years of age or older. The age groups for Masters Diving events begin with the 25 – 29 age group and continue in five-year age groups ascending as high in age as necessary (i.e.., 30 – 34, 35 – 39; 40 – 44, and so on). For the avoidance of doubt, while the tables in this Article 4 of this Part Eight end at "80+" or "100+", respectively, the age groups will continue in five-year age groups ascending as high in age as necessary.

4.3.2 The age group applicable for a pair in Masters synchronised Diving is determined by the total age of the two Masters Participants. For the avoidance of doubt, both members of a synchronised pair in Masters Diving must be registered Masters Participants (aged 25 or above, determined in accordance with these rules), but they need not be of the same age or age group as individuals).

4.3.3 A synchronised pair in Masters Diving pair may be comprised of two Masters Participants from the same or different Clubs, as long as those Clubs are both affiliated to the same Member Federation (for the avoidance of doubt, this rule remains unaffected by and Masters Participants remain subject to the requirement to only represent only one Club in any one sport at a competition).

4.3.4 Synchronised dives are performed by a pair of two (2) Masters Participants. A Mixed Team in synchronised Diving must consist of one (1) female and (1) male.

4.4 **The number of dives required in each event is as follows:**

4.4.1 **Masters Springboard Diving, Men and Women, 1m and 3m:**

Age group (years)	Total number of dives required	
	MEN	WOMEN
25 – 29	6	5
30 – 34	6	5
35 – 39	6	5
40 – 44	6	5
45 – 49	6	5
50 – 54	6	5
55 – 59	6	5
60 – 64	6	5
65 – 69	6	5
70 – 74	5	5
75 – 79	5	5
80 +	5	5

4.4.2 Masters Platform Diving, Men and Women, 5m, 7.5m, or 10m:

Age group (years)	Total number of dives required	
	MEN	WOMEN
25 – 29	6	5
30 – 34	6	5
35 – 39	6	5
40 – 44	6	5
45 – 49	6	5
50 – 54	5*	5*
55 – 59	5*	5*
60 – 64	5*	5*
65 – 69	5*	5*
70 – 74	4*	4*
75 – 79	4*	4*
80 +	4*	4*

4.4.2.1 Any dive in age group 50 – 54 or above (marked by '*' in the above table) from the 10m platform must:

4.4.2.1.1 enter the water feet first; and

4.4.2.1.2 not exceed a Degree of Difficulty of 2.0.

4.4.3 **Masters synchronised Diving: 3m Springboard – Men and Women and Mixed Team:**

Age Group (Years)	MEN	WOMEN	MIXED TEAM
50 – 99	2* + 2	2* + 2	2* + 2
100+	4*	4*	4*

4.4.3.1 As shown in the table above, all synchronised Diving pairs will have four (4) dives.

4.4.3.2 Where both Masters Participants in the pair are younger than 50 years of age, the first two (2) dives will be scored with a Degree of Difficulty of 2.0 (indicated by '* 'in the above table), regardless of the formula or the usual Degree of Difficulty for the dive, whereas the latter two (2) dives can have any applicable Degree of Difficulty.

4.4.3.3 Where either diver, or both Masters Participants, are 50 years of age or older (and therefore in every case in the 100+ age category), all four (4) dives must not exceed a Degree of Difficulty of 2.0, as indicated by '*' in the above table.

4.4.4 Masters synchronised Diving: Platform – Men and Women and Mixed Team, 5m, 7.5m, or 10m:

Age Group (Years)	MEN	WOMEN	MIXED TEAM
50 – 99	2* +2	2* + 2	2* +2
100+	4*	4*	4*

4.4.4.1 As shown in the table above, all synchronised Diving pairs will have four (4) dives.

4.4.4.2 Where both Masters Participants in the pair are younger than 50 years of age, the first two (2) dives will be scored with a Degree of Difficulty of 2.0 (indicated by '* 'in the above table), regardless of the formula or the usual Degree of Difficulty for the dive, whereas the latter two (2) dives may have any applicable Degree of Difficulty.

4.4.4.3 Where either diver, or both Masters Participants, are 50 years of age or older (and therefore in every case in the 100+ age category), as indicated by '*' the table above:

4.4.4.3.1 all four (4) dives must not exceed a Degree of Difficulty of 2.0; and

4.4.4.3.2 any dive from the 10m platform must enter the water feet first.

4.4.5 **Masters Diving technical rules**

4.4.6 A Masters Participant may choose to perform any dive permitted in Part Four, except that:

4.4.6.1 For individual Masters Participants aged between 25 and 69, each dive performed must have a different dive Number.

4.4.6.2 For individual Masters Participants aged 70 and above, dives with the same dive Number may be repeated, so long as any dive Number which is repeated is performed in a different Position (Straight, Pike, Tuck or Free).

4.4.6.3 Forwards facing dives may be performed with or without a running approach.

5 MASTERS WATER POLO RULES

5.1 Except as specified below, the rules applicable to Water Polo in these Competition Regulations, including in Part Six and the defined terms in Appendix 10 of Part Six, apply to Masters Water Polo.

5.2 **Age groups in Masters Water Polo**

5.2.1 The age group in which a Masters Water Polo team may compete is determined by the age of the youngest member of the team, determined by that Masters Participant's age on 31 December in the year of the start date of the relevant competition. Other Players on the team may be older than or equal to the youngest member of the team in age, with no upper age restriction.

5.2.2 Age groups for Masters Water Polo teams, both men's and women's, begin with 30 – 34 years old and continue in five-year age groups ascending as high in age as necessary (i.e., 35 – 39; 40 – 44, and so on).

5.3 **Masters Water Polo technical rules**

5.3.1 **Each team must consist of:**

5.3.1.1 a minimum of seven (7) Players;

5.3.1.2 at least one (1) Player designated as Goalkeeper; and

5.3.1.3 a maximum of (fifteen (15) Players, and therefore a maximum of eight (8) Players that may be used as substitutes).

5.3.2 Each team must submit a Team List to the Officials Table not less than 45 minutes before the start time for each match. The Team List must state each Player's name, including Substitute Players, and all Players must be Masters Participants eligible to play in the match.

5.3.3 **It is not compulsory for a team to name a substitute Goalkeeper. During a match:**

5.3.3.1 a Goalkeeper may be replaced by any Player via substitution; and

5.3.3.2 a Goalkeeper who has been replaced by a Substitute may, if returning to the game, play in any position (i.e., as a Goalkeeper or a Field Player).

5.3.4 **The rules in Part Six applying to caps apply to Masters Water Polo, except that:**

5.3.4.1 Field Players' caps will be numbered between 2 and 15.

5.3.4.2 Where a Player is listed as a substitute Goalkeeper, that Player will wear a red cap, marked with Cap Number 13.

5.3.5 **Size of the Field of Play:**

5.3.5.1 The distance between each Goal Line will be a minimum of 23.5m and a maximum of 25.6m.

5.3.5.2 The distance between each Side Line will be a minimum of 17.0m and a maximum of 20.0m.

5.3.6 **Masters Water Polo matches will be comprised of:**

5.3.6.1 For age groups 30 – 34, 35 – 39, 40 – 44 and 45 – 49, four (4) Periods of seven (7) minutes of Actual Play each.

5.3.6.2 For the 50 – 54 age group and all older age groups, four (4) Periods of six (6) minutes of Actual Play each.

5.3.7 **Possession and the Shot Clock:**

5.3.7.1 The maximum period of continuous Possession for a team in a Masters Water Polo match is 35 seconds (as opposed to 28 seconds under Part Six), in both men's and women's matches.

5.3.7.2 In circumstances where under Part Six the maximum period of team Possession is 18 seconds (for example, when a team regains Possession following a shot, pursuant to Article 9.8 of Part Six), the maximum period of Possession for a team in a Masters Water Polo match is 20 seconds.

5.3.8 There will be a two (2) minute interval between each Period (including between the second and third Periods).

5.3.9 Men's teams in Masters Water Polo may include both male and female Players. Women's teams in Masters Water Polo must only include female Players.

6 MASTERS ARTISTIC SWIMMING RULES

6.1 Except as stated below, the rules in these Competition Regulations applicable to Artistic Swimming, including in Part Seven, apply to Masters Artistic Swimming.

6.2 **The events in Masters Artistic Swimming are:**

OPEN	WOMEN	MEN	MIXED
Open Team Technical Routine	Women Solo Technical Routine	Men Solo Technical Routine	Mixed Duet Technical Routine
Open Team Free Routine	Women Solo Free Routine	Men Solo Free Routine	Mixed Duet Free Routine
Open Free Combination Routine	Women Duet Technical Routine		
	Women Duet Free Routine		

6.3 **Age groups in Masters Artistic Swimming:**

6.3.1 Solo routines (Women Solo Technical Routine, Women Solo Free Routine Men Solo Technical Routine and Men Solo Free Routine): 25 – 29; 30 – 39; 40 – 49; 50 – 59; 60 – 69; 70 – 79; 80 and over.

6.3.2 Duet routines (Women Duet Technical Routine, Women Duet Free Routine and Mixed Duet Routine): 25 – 29; 30 – 39; 40 – 49; 50 – 59; 60 – 69; 70 – 79; 80 and over, with age determined by the average age of the two (2) Masters Participants.

6.3.3 Open Team Free Routine and Open Team Technical Routine: 25 – 34; 35 – 49; 50 – 64; 65 and over, with age determined by the average age of all Masters Participants in the team.

6.3.4 Open Free Combination Routine: 25 – 39; 40 – 64; 65 and over, with age determined by the average age all Masters Participants in the team.

6.3.5 In each case where the age group of the duet or team is determined by average age, the age group will be determined by:

6.3.5.1 first, calculating the total age by adding the ages of each Masters Participant (as at 31 December in the year of the start date of the relevant competition), not including reserves; and

6.3.5.2 second:

6.3.5.2.1 dividing that total age by the number of Masters Participants (not including the reserves); and

6.3.5.2.2 dropping any resulting decimal (i.e., rounding down to the nearest whole number: for example, if the average age of a Team is calculated as 49.833, that Team would swim in the 35 – 49 age group).

6.3.6 For the avoidance of doubt, even where the applicable age group is determined by the average age of all team or duet members, each competitor in any Masters event (whether in an individual, duet or team routine) must be a Masters Participant.

6.4 **Composition of Artistic Swimming Teams**

6.4.1 Solo routines must be performed by one (1) individual Masters Participant.

6.4.2 Women Duet routines must be performed by two (2) female Masters Participants. Mixed Duet routines must be performed by one (1) female Masters Participant and one (1) male Masters Participant.

6.4.3 Open Team Free Routines and Open Team Technical Routines must be performed by a minimum of four (4) a maximum of eight (8) Masters Participants.

6.4.4 Open Free Combination Routines must be performed by a minimum of four (4) and a maximum of ten (10) Masters Participants.

6.4.5 Teams in the Open Team Free Routine, Open Team Technical Routine and Open Free Combination Routine may include a maximum of two (2) male competitors.

6.4.6 Masters Participants competing (and/or listed to compete) as a duet or team in any event must represent the same Club.

6.5 **Time limits in Masters Artistic Swimming**

6.5.1 The time limits for Technical Routines and Free Routines, each including ten (10) seconds for deck movements, are as set out in Article 6.3 of Part Seven, except that the time limit for the Open Free Combination Routine in Masters Artistic Swimming is 4:00 minutes.

6.6 **The pool in Masters Artistic Swimming:**

6.6.1 The pool must, as set out in Article 12 of Part Seven, have a minimum competition area of at least 15m x 25m. There is no maximum size for the pool.

6.6.2 The pool must have an area of at least 12m x 12m that is at least 2.5m deep throughout.

6.6.3 The remaining pool area must have a minimum depth of at least 2.0m throughout.

6.7 **Goggles and nose clips may be worn during any routine.**

6.8 **Requirements for Free Routines in Masters Artistic Swimming:**

6.8.1 In accordance with the list of events at Article 6.2 of this Part Eight, Free Routines are performed in Solo (Men and Women's), Mixed Duet and Open categories (both Open Team Free Routine and Open Free Combination Routine).

6.8.2 There are no restrictions on choreography choices and no required Elements in a Free Routine.

6.8.3 Subject to the rules (including licencing requirements) in Part Seven, there are no restrictions regarding selection of music in Free Routines.

6.9 **Requirements for Technical Routines in Masters Artistic Swimming:**

6.9.1 Requirements for all Technical Routines

6.9.1.1 Technical Routines must include all the required Elements set out in this Part Eight.

6.9.1.2 The required Elements for Technical Routines will be selected by the Technical Masters Committee every four (4) years, subject to approval by the World Aquatics Bureau.

6.9.1.3 Unless otherwise specified in the description of an Element:

6.9.1.3.1 All Elements or components thereof will be executed according to the requirements described in this Article 6 of this Part Eight.

6.9.1.3.2 All Elements should be executed as high as possible, in a controlled and uniform motionm with each section clearly defined.

6.9.1.4 Supplementary Elements may be added to required Elements in any Technical Routine.

6.9.1.5 Subject to the licencing requirements in Part Seven, there are no restrictions regarding the selection of music (as such, the music used by a Masters Participant or team during a Technical Routine may be the same as the music used by that, or another, Masters Participant or team during another Routine (including their own Free Routine).

6.9.2 Required Elements in Solo Technical Routines:

6.9.2.1 **The required Elements in Solo Technical Routines are:**

6.9.2.1.1 **1 – Fishtail:** body extended in Vertical Position with one leg extended forward. The foot of the forward leg is at the surface of the water regardless of the height of the hips. The Masters Participant may choose their ending position.

6.9.2.1.2 **2 – Split Position:** 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. 180-degree 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. Including:

a) Surface Split Position: legs are dry at the surface of the water.
b) Airborne Split Position: legs are above the surface of the water.

6.9.2.1.3 **3 – Spinning 180°:** From a Bent Knee Position, a 180-degree spin is executed as the legs are joined to a Vertical Position at the ankles followed by submergence.

6.9.2.1.4 **4 – travelling Ballet Leg combination:** Beginning in a Back Layout Position a Ballet Leg Position alternate is executed with travel.

6.9.2.1.5 **5 – Barracuda bent knee:** From the Back Pike Position with the legs perpendicular and the toes just below the surface, 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 a Bent Knee Vertical Position at the same tempo as the Thrust.

6.9.2.1.6 **6 – Two (2) forms of propulsion:** Must include Eggbeater Kick (with the body in a relatively vertical sitting position, the lower limbs move in alternate directions (as the left foot moves clockwise, the right foot moves counterclockwise)) travelling sideways and/or forward (arms optional).

6.9.2.2 Order of performance of Elements 1 to 6 in this Article 6.9.2 of this Part Eight:

6.9.2.2.1 Elements 1 to 5 must be performed in the order listed by the team on its Elements order card.

6.9.2.2.2 Element 6 may be performed at any time during the Routine.

6.9.3 **Required Elements in Duet Technical Routines (Women's or Mixed)**

6.9.3.1 **The required Elements in Duet Technical Routines are:**

6.9.3.1.1 Elements 1 to 6 in Article 6.9.2 of this Part Eight (the required Elements for Solo Technical Routines); and

6.9.3.1.2 7 – Joined Action: where the Masters Participants are connected (touching) in some manner to perform a connected figure, a connected float or connected stroking. The Joined Action must be performed by both Masters Participants simultaneously and facing the same direction (mirror actions are permitted).

6.9.3.2 Order of performance of Elements 1 to 7 in this Article 6.9.3 of this Part Eight:

6.9.3.2.1 Elements 1 to 5 must be performed in the order listed by the team on its Elements order card.

6.9.3.2.2 Elements 6 and 7 may be performed at any time during the Routine.

6.9.3.3 **In all Duet Technical Routines:**

6.9.3.3.1 All Elements, whether required or supplementary, except for deck work and entry into the water (if performed), including but not limited to Joined Actions, must be performed simultaneously and with both Masters Participants facing the same direction (mirror actions are permitted).

6.9.3.3.2 Variation in propulsion and the directions Masters Participants are facing are permitted during pattern changes.

6.9.4 **Required Elements in Open Team Technical Routines**

6.9.4.1 **The required Elements in Open Team Technical Routines are:**

6.9.4.1.1 Elements 1 to 7 in Article 6.9.3 of this Part Eight (the required Elements for Duet Technical Routines); and

6.9.4.1.2 8 – Cadence Action: Identical movement(s) performed sequentially, one by one, by both team members. When more than one cadence action is performed, they must be consecutive and not separated by any other Element (whether required or supplemental. A second cadence action may begin before the first cadence action is completed by both team members, but each team member must do the action of each cadence.

6.9.4.1.3 9 – patterns: both team members must perform one circular and one non-circular movement. Patterns may be performed during an Element, or otherwise.

6.9.4.2 Order of performance of Elements 1 to 9 in this Article 6.9.4 of this Part Eight:

6.9.4.2.1 Elements 1 to 5 must be performed in the order listed by the team on its Elements order card.

6.9.4.2.2 Elements 6 to 9 may be performed at any time during the routine.

6.9.4.3 **In all Open Team Technical Routines:**

6.9.4.3.1 All Elements whether required or supplementary, except for deck work and entry into the water (if performed), including but not limited to Joined Actions, must be performed simultaneously and with both Masters Participants facing the same direction.

6.9.4.3.2 Masters Participants do not need to face the same direction during a circle pattern.

6.9.4.3.3 Variation in the propulsion and the directions Masters Participants are facing are permitted during pattern changes.

6.9.4.3.4 Mirror actions are not permitted, unless a prescribed part of the relevant Element.

7 THE WORLD AQUATICS MASTERS CHAMPIONSHIPS

7.1 Subject always to World Aquatics' discretion, the World Aquatics Masters Championships will be held every two years. The provisions in this Article 7 of this Part Eight apply to the World Aquatics Masters Championships. World Aquatics may specify from time to time that the rules and procedures in this Article 7 of this Part Eight will apply, in full or in part, to other Masters competitions or Masters events organised by World Aquatics.

7.2 The Management Committee

7.2.1 The composition of the Management Committee for the World Aquatics Masters Championships will be determined by the Technical Masters Committee, in consultation with World Aquatics. Subject always to the discretion of World Aquatics and the decision of the Chair of the Technical Masters Committee, the Management Committee may include:

7.2.1.1 representatives from the relevant Member Federation(s) and/or local organisers in the location of the championships. Subject to the discretion of World Aquatics and the Chair of the Management Committee, the majority of the persons comprising the Management Committee will likely be local representatives;

7.2.1.2 World Aquatics Office staff and personnel;

7.2.1.3 Members of the Bureau, or liaisons appointed to the Management Committee by the Bureau;

7.2.1.4 the Chair, Vice-Chair and other members of the Technical Masters Committee; and

7.2.1.5 any other personnel deemed appropriate by the Chair of the Technical Masters Committee.

7.2.2 The Management Committee will consider and propose the events that will take place at, and the competition schedule for, the World Aquatics Masters Championships. Once determined and approved by the Technical Masters Committee, the proposed events and schedule for the championships will be submitted to the Bureau for approval.

7.2.3 Subject to the requirements of this Part Eight, the Management Committee has discretion to organise and regulate the World Aquatics Masters Championships, including to:

7.2.3.1 set and publish criteria, instructions and/or other directions for Masters Participants, Masters teams and other participants; and

7.2.3.2 set and publish rules and regulations for the World Aquatics Masters Championships, so long as those rules and regulations comply with this Part Eight.

7.2.4 World Aquatics and the Management Committee will appoint personnel as appropriate in order to manage and administer the World Aquatics Masters Championships. Those personnel will include Competition Manager(s), Competition Disciplinary Manager(s) and any number of Technical Masters Committee designees. The roles and responsibilities of each person will be determined by World Aquatics and the Management Committee.

7.3 Entry

7.3.1 Entry fees will be determined by the Management Committee, subject to approval by World Aquatics.

7.3.2 Electronic entries via the GMS will be used for (a) Masters Participant and team registration and (b) payment of entry fees for the World Aquatics Masters Championships. World Aquatics will make that electronic system available and publish details regarding entries ahead of each World Aquatics Masters Championships.

7.4 Awards and medals

7.4.1 Medals will be awarded to Masters Participants and teams placed first (Gold), second (Silver) and third (Bronze) in each event and age group.

7.4.2 If the first, second, or third placed Masters Participants in an event are tied, medals will be awarded as follows (as applicable, depending on the place that is tied and the number of tied Masters Participants): (i) Gold, Gold, Gold; (ii) Gold, Gold, Bronze; (iii) Gold, Silver, Silver; or (iv) Gold, Silver, Bronze, Bronze.

7.4.3 In Artistic Swimming, reserves will receive medals only if they actually perform in the Technical and/or Free Routine.

7.4.4 Diplomas will be awarded to Masters Participants and team members placed first to tenth in each age group in each event.

7.5 Eligibility

7.5.1 Masters Participants will represent Clubs. As set out in Article 1.7 of this Part Eight, Masters Participants may only represent Clubs that are affiliated with a Member Federation and recognised by World Aquatics. In accordance with Article 1.8 of this Part Eight, a Masters Participant may represent only one Club in each sport at any one championships (but may, for the avoidance of doubt, compete for different Clubs in different sports at one championships).

7.5.2 Age groups in each sport and event will be in accordance with the Masters age groups set out in this Part Eight.

7.6 Swimming at the World Aquatics Masters Championships

7.6.1 Qualifying standards:

7.6.1.1 Qualifying standards for a World Aquatics Masters Championships will be considered by World Aquatics and the Management Committee, and published in advance of the deadline for registration.

7.6.1.2 Where qualifying standards are set, a Masters Participant or team must have reached that qualification standard (entry time) in a competition within the 2 years prior to the start date of the World Aquatics Masters Championships.

7.6.1.3 If a Masters Participant competing at the World Aquatics Masters Championships swims substantially slower than the Qualification Time in any event, that Masters Participant may be withdrawn by World Aquatics and/or the Management Committee from all other individual events they are due to participate in at those championships.

7.6.2 Swimming events at the World Aquatics Masters Championships

7.6.2.1 Swimming events at the World Aquatics Masters Championships are long course (50m pool) only. At World Aquatics' discretion, the World Aquatics Masters Championships may in the future include short course events, long course events, or any combination thereof.

7.6.2.2 World Aquatics will determine which events will be held at the World Aquatics Masters Championships, and the event programme may not include all Masters Swimming events as listed in Article 2.4 of this Part Eight. 1500m races will not be held at the World Aquatics Masters Championships.

7.6.2.3 At the World Aquatics Masters Championships, each age group will include at least one event in each of the following categories, as long as there are Masters Participants or teams that wish and are eligible to participate:

7.6.2.3.1 Freestyle;

7.6.2.3.2 Backstroke;

7.6.2.3.3 Breaststroke;

7.6.2.3.4 Butterfly;

7.6.2.3.5 Individual Medley; and

7.6.2.3.6 Relay.

7.6.3 A Masters Participant may be entered in a maximum of five (5) individual Swimming events at a World Aquatics Masters Championships.

7.6.4 At a World Aquatics Masters Championships, each Masters Participant may:

7.6.4.1 compete only for one club in all Swimming events at those championships; and

7.6.4.2 compete in up to five (5) individual and additional relay events, except that:

7.6.4.2.1 in individual Swimming events, each Masters Participant may compete in one (1) age group only; and

7.6.4.2.2 in relay events, each Masters Participant may compete in only one (1) age group per event;

(for example, a Masters Participant may compete in only one (1) age group in the 4x50m Mixed Medley Relay, but may compete in the 4x50m Mixed Medley Relay in one age group and the 4x100m Mixed Medley Relay in different age group);

7.6.4.2.3 each Masters Participant may swim only one (1) relay leg in any one (1) race.

7.6.5 Events will be pre-seeded with the oldest age groups first and the slowest heats swum first within each age group. Any event (including relay events) of 400m total distance or longer may be seeded from slowest to fastest regardless of age group.

7.6.6 The composition of a relay team can be changed up to the deadline announced by the Management Committee on the day prior to the relay event. The age of the substitute Masters Participant(s) must not change the age group of the entered relay team. Substitute Masters Participant(s) must be registered and eligible for the World Aquatics Masters Championships in accordance with the requirements of this Part Eight.

7.6.7 **Safety procedures**

7.6.7.1 Masters Participants and Technical Officials at the World Aquatics Masters Championships must prioritise safety at all times and must work together to do so, including by compliance at all times with the safety procedures in this Article 7.6.7 of this Part Eight.

7.6.7.2 The Management Committee will ensure the following safety procedures are followed at all times during warm-up and competition for all Swimming events at the World Aquatics Masters Championships:

7.6.7.2.1 Unless in a designated sprint lane, Masters Participants must enter the pool feet first in a cautious manner, entering from a start or turn end only and from a standing or sitting position.

7.6.7.2.2 Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.

7.6.7.2.3 The Management Committee (or any representative thereof, including the World Aquatics Discipline Manager or other authorised person) may, at its discretion, designate the use of one-way sprint lanes during the scheduled warm-up time for any event(s). Any such lane usage must be communicated to the Masters Participants with visible deck signage.

7.6.7.2.4 Where sprint lanes are in use: (a) Masters Participants may only swim one-way in designated sprint lanes, from the start/entry end to the other end; and (b) diving entries to the water are permitted only in designated sprint lanes.

7.6.7.2.5 One lane will be reserved for Masters Participants aged 65 and over.

7.6.7.2.6 Running on the pool deck is prohibited.

7.6.7.2.7 Where a pool has backstroke ledges available, the Management Committee may designate a lane at any time for the practice of backstroke starts.

7.6.7.2.8 Training aids (including, but not limited to pull-buoys, kick boards, fins, hand paddles, cords or other training aids) are not permitted.

7.6.7.2.9 Large jewellery will not be permitted (watches, stud earrings and medical alert identifiers and other items permitted or authorised by World Aquatics in accordance with Article 14 of Part Two will be permitted).

7.6.7.2.10 Only Masters Participants participating in the World Aquatics Masters Championships will be permitted on the Field of Play and in the designated warm-up or training pools at the venue for those championships. The Management Committee may, at its discretion and based on the space available, may allow non-Masters Participants to use the venue for a day or any part of it during the championships.

7.7 **Open Water Swimming at the World Aquatics Masters Championships**

7.7.1 A Masters Open Water Swimming event may be included in World Aquatics Masters Championships, organised in accordance with the rules applying to Masters Open Water Swimming in these Competition Regulations (including this Part Eight and Part Three).

7.7.2 The Masters Open Water Swimming event at the World Aquatics Masters Championships will be a men's 3000m event and a women's 3000m event save that, at World Aquatics' discretion, one or both of the events may be held over a distance between 1500m and 5000m.

7.7.3 **In both the men's race and the women's race:**

7.7.3.1 All age groups (and therefore events) will complete the same distance.

7.7.3.2 The men's event and the women's event may be either (i) swum in one race, with all age groups combined, or (ii) swum in any number of waves or divisions, over any number of days, at the discretion of the Management Committee (except that the maximum number of competitors in either the men's event or the women's event, per day, is 1000).

7.7.4 Where considered necessary by the Technical Masters Committee and/or by their nominee (who may be a Safety Officer or Referee), the Open Water Swimming events at the World Aquatics Masters Championships may be separated into a number of waves (i.e., groups with separate start times) as follows:

7.7.4.1 In either or both of the men's category and the women's category, Masters Participants may be (1) split into age groups and/or (2) split into any number of waves as appropriate, although waves should be kept in age group order if possible.

7.7.4.2 Masters Participants within age groups may also be ordered from fastest to slowest (determined by any reasonable measure) to determine the composition and/or order of each wave.

7.7.4.3 The procedures for the separation of the Masters Participants at the World Aquatics Masters Championships may be varied at the discretion of the Technical Masters Committee and/or by their nominee (including a Safety Officer or Referee).

7.7.5 **Cut-off time:**

7.7.5.1 Both the men's race and the women's race will be subject to a cut-off time of:

7.7.5.1.1 30 minutes per kilometre; or

7.7.5.1.2 a different cut-off time notified and decided by the Management Committee, in consultation with the Referee and subject to approval from the Technical Masters Committee (decided with regard to factors including, but not necessarily limited to, water conditions, weather conditions and/or other considerations of safety).

7.7.5.2 The Management Committee may select any point(s) in each race (for example, an intermediate time gate at the half-way point (e.g., 1500m into a 3000m race)) where any Masters Participant(s) who is slower than the cut-off pace must, and will be instructed by the Referee or their delegate to, end their race and leave the water without competing further in that event.

7.8 **Diving at the World Aquatics Masters Championships**

7.8.1 **The programme of the World Aquatics Masters Championships will include the following events:**

7.8.1.1 1m springboard, men and women.

7.8.1.2 3m springboard, men and women.

7.8.1.3 Platform (5m, 7.5m and 10m), men and women.

7.8.1.4 3m synchronised springboard, women, men and mixed team.

7.8.1.5 Synchronised diving platform (5m, 7.5m and 10m), women, men and mixed team.

7.8.2 The Competition Manager may decide to run events concurrently depending on the number of entries.

7.8.3 Statement of Dives:

7.8.3.1 Each Masters Participant and team must submit a statement of dives, electronically in accordance with the instructions provided by World Aquatics and/or the Management Committee, not less than twenty-four (24) hours prior to the start of the event.

7.8.3.2 Any Statements of Dives delivered or changed less than twenty-four (24) hours but at least three (3) hours prior to the start of the event will be accepted, but the Masters Participant(s) must pay a fine of 10 US Dollars (or an equivalent amount in the local currency in the country in which the competition is being held).

7.8.3.3 Statements of dives cannot be delivered or changed within three (3) hours of the start of the event.

7.8.4 Judges: A minimum of five (5) judges will judge each dive, except that in synchronised events, a minimum of seven (7) judges will judge each dive.

7.8.5 All Diving events will consist of one (final) stage, with no preliminaries. All Masters Participants must perform a full series of dives in that stage.

7.8.6 A Masters Participant may compete in only one (1) team per synchronised event.

7.9 Water Polo at the World Aquatics Masters Championships

7.9.1 Composition of teams

7.9.1.1 A Player may compete in only one (1) team at the World Aquatics Masters Championships.

7.9.1.2 Each team must submit a Team List, with Cap Numbers, electronically in accordance with the instructions provided by World Aquatics and/or the Management Committee to the championships. After this point, no additional Players may be added.

7.9.1.3 All Players must be registered as a Masters Participant and eligible to compete in the Water Polo competition according to the entry specifications published by the Management Committee and/or World Aquatics.

7.9.1.4 A Water Polo team must consist of a minimum of seven (7) Players and a maximum of fifteen (15) players, each registered with the same Club. As set out in Article 1.7.3 of this Part Eight, each Club competing must be affiliated with a Member Federation and recognised by World Aquatics.

7.9.2 Draw and Schedule

7.9.2.1 The draw and schedule for each Water Polo event at the World Aquatics Masters Championships will be determined by the Technical Masters Committee in advance of the championships, in accordance with this Part Eight.

7.9.2.2 The typical procedure for the draw and schedule, dependent on the number of teams entered in each age group, is set out in Appendix 1 to this Part Eight.

7.9.2.3 Appendix 1 of this Part Eight is indicative only. The Technical Masters Committee has absolute discretion, in consultation with the Management Committee, to determine the appropriate draw and schedule in advance of each event, and/or to combine any number of age groups into one event.

7.9.3 Unless otherwise stated, the rules in Appendix 8 of Part Six (Points and Tie-Breaking) will apply to Water Polo at the World Aquatics Masters Championships, including in respect of, where relevant: (a) the points awarded for wins, losses and draws; and (b) tie-breaking. As such, if teams are given positions or ranked in or following a group-stage, teams will be ranked according to the points they accumulated in that group in accordance with the points for wins, losses and draws set out in Appendix 8 of Part Six.

7.10 Artistic Swimming at the World Aquatics Masters Championships

7.10.1 Subject to the provisions of this Article 7.10 of this Part Eight, a Club may enter any number of Masters Participants or teams in any and age group.

7.10.2 Entry lists must be submitted to World Aquatics at least 30 days prior to the start date of the event (for example, the day of the first Open Team Free Routine event for Open Team Free Routine entry lists), or otherwise by the applicable deadline published by World Aquatics. Those entry lists must list the Masters Participants and any reserves for each event.

7.10.3 The maximum numbers of reserves are:

7.10.3.1 one (1) reserve for the Women Duet event;

7.10.3.2 one (1) woman and one (1) man, for the Mixed Duet Free Routine and Mixed Duet Technical Routine events;

7.10.3.3 two (2) reserves for the Open Team Free Routine, Open Team Technical Routine, and Open Free Combination Routine events.

7.10.4 Restrictions on entries:

7.10.4.1 A female Masters Participant may take part in any number events they are eligible for (Women Solo events, Women Duet events, Mixed Duet events, and the Open Team Technical Routine, Open Team Free Routine and Open Free Combination Routine events), but may take part in only one age group for each event.

7.10.4.2 A male masters Participant may take part in any number of events they are eligible for (Men's Solo events, Mixed Duet events, and the Open Team Technical Routine, Open Team Free Routine and Open Free Combination Routine events), but may take part in only one age group for each event.

7.10.4.3 A Masters Participant may be listed as a reserve in any event that they are eligible for, for more than one routine (i.e., by more than one team) in an event and (if applicable) across more than one age group. However, a Masters Participant may only compete for one team and, therefore, once a Masters Participant swims for one team, that Masters Participant is ineligible to swim for another team in the same event, or in any other age group in that event.

7.10.4.4 The reserves listed for a routine must be of an age that, if they participate in a routine, any combination of reserves and team members used would result in that team maintaining its eligibility for the same age group.

7.10.5 **Changes to entry lists:**

7.10.5.1 Changes or additions to the list of Masters Participants for a routine or event (whether performing in the routine or listed as a reserve) may be submitted to the Chief Recorder at least 14 days prior to the first event of the Artistic Swimming competition. Any Masters Participant added to the list for a routine must have already registered for the competition with the Management Committee.

7.10.5.2 Changes between the reserves and the participants listed for a routine or event may be submitted to the Chief Recorder in writing at least two (2) hours prior to the listed start time for the routine (or start of the session, if there is no start time for the routine).

7.10.5.3 Changes within two (2) hours of the start time for the routine (or start of the session, if there is no start time for the routine) may be made only (i) in the event of a Masters Participant suffering a sudden illness or an accident, and (ii) if the reserve is ready to compete without delaying the competition.

7.10.5.4 In all cases, changes to the entry list must not change the age group of the participant(s) or team(s) competing, calculated in accordance with this Part Eight.

7.10.6 Failure to notify the Chief Recorder of changes in the Masters Participants performing the routine (whether substitutions and/or scratches or otherwise) will result in disqualification of the team.

7.10.7 Judging and scoring: Masters Artistic Swimming will be officiated by three (3) Judges panels, with either four (4) or five (5) judges on each Judges panel.

7.10.8 Order of appearance for Technical Routines and Free Routines

7.10.8.1 The order of appearance for each of the Technical Routines and Free Routines will be determined by random computer draws, overseen by the Chief Recorder. The draw will be announced no later than eighteen (18) hours prior to the start of the event.

7.10.8.2 Those draws will be conducted in the following order:

7.10.8.2.1 Technical Routines: Open Team Technical Routine;; Mixed Duet Technical Routine; Women Duet Technical Routine; Women Solo Technical Routine; then Men's Solo Technical Routine.

7.10.8.2.2 Free Routines: Open Team Free Routine; Open Free Combination Routine; Mixed Duet Free Routine; Women Duet Free Routine; Women Solo Free Routine; then Men's Solo Free Routine.

7.10.9 **Draw:**

7.10.9.1 Each event will be drawn separately, into groups that will compete simultaneously, the number and size of which is at the discretion of the Referee and the Competition Manager.

7.10.9.2 The Referee or Competition Manager (as appropriate) may combine age groups and/or select groups of different sizes where they consider it appropriate or necessary to do so. Age group events will remain separate in their results, even where they are combined into groups for their routines.

7.10.10 **The Degree of Difficulty for required Elements at the World Aquatics Masters Championships is as follows:**

Element 1: Fishtail **DD: 1.6**	Body extended in Vertical Position with one leg extended forward. The foot of the forward leg is at the surface of the water regardless of the height of the hips. The Masters Participant may choose their ending position.			
				Total
NVT=	6.0	14.5	20.5	**41**
PV =	1.46	3.54	5.00	**1.61**

Element 2: Split Position **DD: 1.3**	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-degree 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. The following two options are available: a) Surface Split Position: legs are dry at the surface of the water. b) Airborne Split Position: legs are above the surface of the water. The DD is the lowest of the two values (1.3), regardless of the option performed.		
			Total
NVT=	23.0	8.0	**31**
PV =	7.42	2.58	**1.42**
			Total
NVT=	19.0	6.0	**25**
PV =	7.60	2.40	**1.31**

Element 3: Spinning 180° **DD: 1.1**	From a Bent Knee Position, a 180 degree spin is executed as the legs are joined to a Vertical Position at the ankles followed by submergence.		
			Total
NVT=	15.0	0.0	**15**
PV =	10.0	0.0	**1.13**

Element 4: travelling Ballet Leg combination **DD: 1.3**	Beginning in a Back-Layout Position a Ballet Leg Position alternate is executed with travel. The DD is based on the lowest value of two positions combined.					
						Total
NVT=	10.5	11.0	(13.0 or 18.5)	3.0	19.0	**21.5**
PV=	4.77	5.0		1.36	8.64	**1.25**

Element 5: Barracuda bent knee **DD: 1.6**	From the Back-Pike Position with the legs perpendicular and the toes just below the surface, 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 a Bent Knee Vertical Position at the same tempo as the Thrust.		
			Total
NVT=	28.0	11.0	**39**
PV =	7.18	2.82	**1.57**

7.11 **Safety Marshalls for all sports at the World Aquatics Masters Championships**

7.11.1 **The Management Committee will:**

7.11.1.1 Select Safety Marshalls to supervise and attend all sports at the World Aquatics Masters Championships.

7.11.1.2 Determine the appropriate number of Safety Marshalls at any time. A minimum of four (4) Safety Marshalls are required for every warm-up pool used during the competition (two (2) at each end).

7.11.1.3 Select Safety Marshalls with an appropriate level of training and experience to promote safety at each event.

7.11.2 **Safety Marshalls must:**

7.11.2.1 Wear a visible safety vest.

7.11.2.2 Be situated at each end of the pool (and, for Open Water Swimming events, in one or more appropriate locations).

7.11.2.3 Actively monitor all scheduled warm pools and training sessions, as well as all competition sessions.

7.11.2.4 Ensure Masters Participants comply with warm-up safety procedures and report any violations to the Referee.

7.12 **Safety violations**

7.12.1 During training or warm-up, any Masters Participant that dives, or enters the water dangerously or not in accordance with these rules or safety procedures, or otherwise acts in a manner that is or may be dangerous to themselves or others, may:

7.12.1.1 receive a verbal warning from the Safety Marshall, the Referee or the Competition Disciplinary Manager; or

7.12.1.2 (with or without having received a prior verbal warning) be removed from competing in their first individual event following the warm-up period in which the violation occurred, by the Referee, in consultation with Safety Marshall(s) if the Referee deems it appropriate.

7.12.2 Warnings received in accordance with Article 7.12.1 will be recorded by the Management Committee. If the same Masters Participant commits any subsequent violation(s) that would also receive a warning under Article 7.12.1 of this Part Eight, they may at the discretion of the Safety Marshall, in consultation with the Management Committee and World Aquatics, with regard to the severity of the violations, either:

7.12.2.1 without further warning be removed from their first individual event following the warm-up or training period in which the violation occurred; or

7.12.2.2 be removed from the remainder of the competition.

7.13 **Unsportsmanlike behaviour**

7.13.1 Any Masters Participant who engages in unsportsmanlike conduct, including deliberate interference with an event or another participant, verbal abuse towards Technical Officials, Masters Participants, staff or volunteers, intentional obstruction or any conduct contrary to the spirit of fair play (except if that conduct is dealt with under the rules for the relevant sport), may be immediately disqualified from the event by the Referee or the Management Committee and/or referred to World Aquatics for potential disciplinary action.

7.13.2 In accordance with Article 17(O) of the Constitution, World Aquatics and/or the Technical Masters Committee may remove a Masters Participant from an Aquatics competition and/or take any other appropriate measure if such participation poses a risk for the health and safety of the Masters Participant or another participant, based on the recommendation of the Management Committee, any competent medical team, local medical authorities, or other reliable information.

7.14 **Accepted Swimwear and equipment for the World Aquatic Masters Championships**

7.14.1 The rules that relate to Swimwear and equipment in Parts One and any other sport-specific Part will apply in the World Aquatics Masters Championships, except that for cultural, medical, modesty or religious reasons, Masters Participants may compete in a World Aquatics Masters Championships Accepted Swimsuit, which is a swimsuit that (i) covers more of the body than would otherwise be permitted under these Competition Regulations, and (ii) meets the criteria set out in Article 7.14.6 of this Part Eight.

7.14.2 This Article 7.14 applies only to swimsuits. Other Swimwear and equipment, including wetsuits, goggles, and swim caps must comply with the requirements of Articles 6 of Part One.

7.14.3 Masters Participants are not required to seek prior approval as to whether the swimsuit they intend to compete in meets the criteria for a World Aquatics Masters Championships Accepted Swimsuit. However:

7.14.3.1 Masters Participants will have the opportunity to and may present their proposed swimsuits to the Technical Officials for approval at an organised meeting prior to the competition.

7.14.3.2 If a Masters Participant does not attend that organised meeting, the Masters Participant will bear the risk that World Aquatics may later determine their swimsuit does not comply with this Article 7.14 of this Part Eight. The decision to approve or not approve a swimsuit, whether at the organised meeting or any other time, is at the sole discretion of World Aquatics.

7.14.3.3 If a swimsuit is presented for approval but not approved, the Masters Participant may not compete in that swimsuit, but may compete in another swimsuit that does comply with Article 6 of Part One or is a World Aquatics Masters Championships Accepted Swimsuit.

7.14.3.4 If requested to do so by World Aquatics, Masters Participants must provide additional information regarding a swimsuit to ensure compliance and facilitate monitoring by World Aquatics with this Article 7.14 of this Part Eight.

7.14.4 If a Masters Participant has not obtained prior approval for a swimsuit, World Aquatics may at any time during the competition (after consultation with the Referee and/or any other appropriate person) determine that a swimsuit worn or intended to be worn in competition by a Masters Participant does not comply with this Article 7.14 of this Part Eight. If that determination is made before an event in which the Masters Participant was intending to compete, the Masters Participant may only compete in a different swimsuit that does comply with either Article 6 of Part One or is a World Aquatics Masters Championships Accepted Swimsuit.

7.14.5 Notwithstanding the criteria in Article 7.14.6 of this Part Eight, World Aquatics maintains absolute discretion to determine whether any swimsuit is a World Aquatics Masters Championships Accepted Swimsuit.

7.14.6 A World Aquatics Masters Championships Accepted Swimsuit must comply with the following criteria:

7.14.6.1 It must be made of traditional permeable textile (i.e., open mesh) Material (such as cotton, nylon, Lycra and the like), with no application of surface treatment closing the open mesh structure. The Material must be flexible and soft folding.

7.14.6.2 It must not provide any technical advantage or any performance enhancement in terms of speed, buoyancy, or compression, and a swimsuit may be subject to inspection by World Aquatics before and/or after competition.

7.14.6.3 It must be modest and in good taste, and must not be transparent.

7.14.6.4 It may cover additional body surfaces beyond those surfaces permitted in Article 6 of Part One, including the legs, arms and/or head, but must not cover the face, because that would present a safety and drowning risk.

7.14.6.5 It must not give rise to any safety issues or risks, including prohibiting the body from moving freely and/or impeding natural buoyancy.

7.14.6.6 It must be in one (1) or two (2) pieces. However, World Aquatics may approve a specific combination of upper and lower body apparel components (see also the World Aquatics list of approved and not approved swimsuits). Exceptionally, Technical Officials may use their discretion to grant medical exemptions, enabling a Masters Participant to wear a swimsuit with an additional piece.

7.14.6.7 It is: (i) a swimsuit providing full body coverage with leggings (with or without a hood); (ii) a three-quarter length swimsuit; or (iii) a two-piece swimsuit that includes a rash shirt or a well- fitted t-shirt and any of: a swim skirt; swim shorts; trunks; or briefs.

8 APPENDIX

8.1 APPENDIX 1 – THE DRAW AND SCHEDULE FOR WATER POLO AT THE WORLD AQUATICS MASTERS CHAMPIONSHIPS

1 DRAW FOR WATER POLO AT THE WORLD AQUATICS MASTERS CHAMPIONSHIPS

1.1 The draw will, wherever possible, be made at least two (2) weeks prior to start of the competition.

1.2 The seeding for the draw for the preliminary rounds will be based on each team's result at the most recent World Aquatics Masters Championships.

1.3 If a team is entered that did not compete in the most recent World Aquatics Masters Championships, World Aquatics will determine their seeding by reference to that team's result at the prior World Aquatics Masters Championships, but will prioritise the results of the most recent World Aquatics Masters Championships in the event of any conflict. If that team did not compete at either World Aquatics Masters Championships, their seeding will comprise part of the random draw.

1.4 Where an age group is not drawn into groups and all teams are entered into the same round-robin, the order of matches will be decided by random draw.

1.5 Where an age group has two (2) groups in the preliminary round:

1.5.1 First, of the teams that are entered, the teams that placed highest and second highest in the next previous World Aquatics Masters Championships will be placed into Group A and Group B, respectively.

1.5.2 Second, of the teams that are entered, the teams which placed third and fourth highest in the next previous World Aquatics Masters Championships will be placed into Group A and Group B, respectively.

1.5.3 The rest of the entered teams will be placed into Groups A and B by random draw.

1.6 Where an age group has four (4) groups in the preliminary round:

1.6.1 First, of the teams that are entered, the four (4) teams that placed highest in the next previous World Aquatics Masters Championships will be placed, one into each of Groups A to D.

1.6.2 The rest of the entered teams will be placed in groups by a random draw, except that the Technical Masters Committee may amend the draw manually in order to ensure, if possible and appropriate to do so, that teams from the same Country are not drawn in the same group.

1.7 In accordance with Article 7.9.2 of this Part Eight, the Technical Masters Committee may, if required and/or appropriate to do so, enact and/or publish additional criteria or alternative procedures for the draw. World Aquatics retains absolute discretion to determine the seeding and draw.

2 INDICATIVE SCHEDULE FOR WATER POLO AT THE WORLD AQUATICS MASTERS CHAMPIONSHIPS

2.1 In accordance with Article 7.9.2 of this Part Eight, the draw and schedule for each event rankings will be determined by the Technical Masters Committee in advance of the competition.

2.2 This Article 2 of Appendix 1 sets out an indicative schedule for events with between one (1) and twenty (20) teams entered (where more than twenty (20) teams are entered in an age group, the Technical Masters Committee will determine the appropriate schedule). The draw and schedule for each championships and event nonetheless remains subject to the discretion and determination of the Technical Masters Committee.

2.3 Where only one (1) or two (2) teams are entered in an age group:

2.3.1 Those teams will compete in either the closest younger age group or the closest older age group, to be decided in the discretion of the World Aquatics Master Committee, in consultation if required with the Competition Manager, together with the Competition Disciplinary Manager.

2.3.2 All teams affected by this rule (whether a team being moved into an older/younger age group, or a team in the age group into which another team is being moved) will be notified of the implementation of this rule prior to the start of the event.

2.3.3 Any team that, having been notified of the implementation of this rule pursuant to Article 2.3.2 of this Appendix 1, wishes to cancel their entry may do so and their entry fee for the event will be returned in full.

2.4 **Where only three (3) teams are entered in an age group:**

2.4.1 The event for those teams may, at the discretion of the Technical Masters Committee, in consultation with the Management Committee if required, be combined with the closest younger or closest older age group, only if the age group to which those teams are moved do not already have five (5) or more teams entered.

2.4.2 The three (3) teams entered in that age group do not all need to move to the same new age group – each team, individually, may each be moved to the closest younger or closest older age group.

2.4.3 If age groups are combined pursuant to Article 2.4 of this Appendix 1, all teams in the combined event will be notified prior to the event. If any team in the closest older or younger age group may withdraw from the event and receive a refund if they wish to do so.

2.4.4 If, however, (a) the closest younger and older age groups each already have five (5) or more teams already entered, the three (3) teams entered together in an age group will not be moved and the event will proceed with three (3) teams or (b), if all three (3) teams in the relevant age group do not agree to be moved, the event will proceed with three (3) teams.

2.5 Schedule for Water Polo at the World Aquatics Masters Championships

2.5.1 Where there are three (3) teams in an event for age groups up to and including the 55 – 59 age group:

2.5.1.1 The three (3) teams will play a double round-robin (each team will play each other team twice).

2.5.1.2 The winner will be the team with most points at the end of the double round-robin, with second and third awarded to the teams with the second and third most points, respectively.

2.5.1.3 If, after the double round-robin is complete, there is a tie in points between first and second placed teams, they will play a decisive final match on Day 7 to determine first and second place. Any other tie will be decided in accordance with Appendix 8 of Part Six of these Competition Regulations.

2.5.1.4 **The schedule will be as shown in the table below.**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1. A1 - A3	2. A2 - A3	3. A1 - A2	4. A2 - A3	5. A1 - A3	6. A1 - A2	7. Where necessary, a final.

2.5.2 **Where there are three (3) teams in an event for age groups 60 and above (including the 60 – 64 age group):**

2.5.2.1 The schedule will be as set out in Article 2.5.1 of this Appendix 1 and the table above;

2.5.2.2 except that there will be no final on day 7 (if there is a tie for first place (or any other place) at the end of the double round-robin, no final will be played, and those teams will tie for the relevant place).

2.5.3 Where there are four (4) teams in an event for age groups up to and including the 55 – 59 age group:

2.5.3.1 The four (4) teams will play a single round-robin (each team will play each other team once) as a preliminary round from Day 1 to Day 3.

2.5.3.2 At the end of the preliminary round, teams will be ranked according to the points they accumulated in that single round-robin.

2.5.3.3 Two (2) semi-finals will be played on Day 4: between the first and fourth placed teams and between the second and third placed teams from the preliminary round.

2.5.3.4 Day 5 will be a rest day.

2.5.3.5 On Day 6, a match will determine third place will be played on Day 6 between the two (2) teams that lost the semi-final matches.

2.5.3.6 On Day 6 also, a final to determine the winner of the event will be played between the two (2) teams that won the semi-final matches.

2.5.3.7 **The schedule will be as shown in the table below.**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Rankings
1. A1 - A3	3. A1 - A4	5. A3 - A4	7. 1A - 4A	(rest day)	9. L7 - L8	**3rd/4th**
2. A2 – A4	4. A2 - A3	6. A1 - A2	8. 2A - 3A		9. W7 - W8	**1st/2nd**

2.5.4 **Where there are four (4) teams in an event for age groups 60 and above (including the 60 – 64 age group):**

2.5.4.1 teams will play a double round-robin (each team will play each other team twice).

2.5.4.2 The winner will be the team with most points at the end of the double round-robin, with second and third awarded to the teams with the second and third most points, respectively.

2.5.4.3 If there is a tie in points for first place (or any other place) at the end of the double round-robin, no further matches will be played, the tie(s) will be determined in accordance with Appendix 8 of Part Six of these Competition Regulations.

2.5.4.4 **The schedule will be as shown in the table below.**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	3	5	7	9	11	No Final
A1-A3	A1-A4	A3-A4	A1-A3	A1-A4	A3-A4	
2	4	6	8	10	12	
A2-A4	A2-A3	A1-A2	A2-A4	A2-A3	A1-A2	

2.5.5 **Where there are five (5) teams in the event:**

2.5.5.1 The five (5) teams will play a single round-robin as a preliminary round between Day 1 and Day 5.

2.5.5.2 At the end of the preliminary round, teams will be ranked according to the points they accumulated in that single round-robin.

2.5.5.3 The fifth ranked team from the preliminary round will place fifth.

2.5.5.4 Two (2) semi-finals will be played on Day 6: between the first and fourth placed teams and between the second and third placed teams from the preliminary round.

2.5.5.5 A final to determine the winner of the event will be played on Day 6 between the two (2) teams that won the semi-final matches.

2.5.5.6 A match to determine third place will also be played on Day 6 between the two (2) teams that lost the semi-final matches.

2.5.5.7 **The schedule will be as shown in the table below.**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Rankings
1. A1 - A5	3. A4 - A5	5. A3 - A4	7. A2 - A3	9. A3 - A5	11. 1A - 4A	13. L11 - L12	**3rd/4th**
2. A2 - A4	4. A1 - A3	6. A2 - A5	8. A1 - A4	10. A1 - A2	12. 2A - 3A	14. W11 - W12	**1st/2nd**

2.5.6 **Where there are six (6) teams in the event:**

2.5.6.1 The six (6) teams will play a single round-robin as a preliminary round between Day 1 and Day 5.

2.5.6.2 At the end of the preliminary round, teams will be ranked according to the points they accumulated in that single round-robin.

2.5.6.3 Two (2) semi-finals will be played on Day 6: between the first and fourth placed teams and between the second and third placed teams from the preliminary round.

2.5.6.4 A match will be played between the fifth and sixth ranked teams on Day 6, to determine fifth and sixth places.

2.5.6.5 A final to determine the winner of the event will be played on Day 7 between the two (2) teams that won the semi-final matches.

2.5.6.6 **The schedule will be as shown in the table below.**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Rankings
1. A1-A6	4. A3-A6	7. A4-A5	10. A5-A6	13. A4-A6	16. 5A-6A		**5th/6th**
2. A3-A4	5. A2-A4	8. A2-A6	11. A1-A4	14. A3-A5	17. 1A-4A	19. L17-L18	**3rd/4th**
3. A2-A5	6. A1-A5	9. A1-A3	12. A2-A3	15. A1-A2	18. 2A-3A	20. W17-W18	**1st/2nd**

2.5.7 **Where there are seven (7) teams in an event:**

2.5.7.1 The seven (7) teams will play a single round-robin (each team will play each other team once).

2.5.7.2 The winner will be the team with most points at the end of the single round-robin, with second and third awarded to the teams with the second and third most points, respectively.

2.5.7.3 No final will be played. Any tie in the number of points will result in a tie for the relevant place, without a further match to determine positions.

2.5.7.4 **The schedule will be as shown in the table below.**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1. A1-A5	4. A2-A3	7. A6-A7	10. A1-A3	13. A2-A7	16. A3-A5	19. A5-A6
2. A2-A4	5. A4-A7	8. A1-A4	11. A4-A6	14. A4-A5	17. A1-A7	20. A3-A4
3. A3-A7	6. A1-A6	9. A2-A5	12. A5-A7	15. A3-A6	18. A2-A6	21. A1-A2

2.5.8 **Where there are eight (8) teams in the event:**

2.5.8.1 The eight (8) teams will be split into two groups (four (4) teams in each of group A and B) for the preliminary round.

2.5.8.2 Between Day 1 and Day 3, each group will play a round-robin (each team will play each other team in their group, once).

2.5.8.3 At the end of the preliminary round, teams will be ranked within their groups according to the points they accumulated in that single round-robin.

2.5.8.4 Quarter-final matches will be played on Day 4: two (2) matches between the first and fourth placed teams in each group (first in Group A against fourth in Group B, and vice versa).; and two (2) matches between the second and third placed teams in each group (second in Group A against third in Group B, and vice versa).

2.5.8.5 Two (2) semi-final matches will be played on Day 5 between the winners of each quarter-final (in each case the winner of a 'first versus fourth' quarter-final will play the winner of a 'second versus third' quarter-final, as shown in the table below).

2.5.8.6 On Day 5, two (2) matches will be played between the teams which lost each quarter-final (the draw for which will is shown in the table below). Then, on Day 6, the two (2) teams that won those (Day 5) matches will play a match to determine fifth and sixth place, and the two (2) teams that lost those (Day 5) matches will play a match to determine finish in fifth to eighth place.

2.5.8.7 A final to determine the winner of the event will be played on Day 7 between the two (2) teams that won the semi-final matches.

2.5.8.8 A match to determine third place will also be played on day (7) between the two (2) teams that lost the semi-final matches.

2.5.8.9 **The schedule will be as shown in the table below.**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Rankings
1. A2 - A3	5. B1 - B3	9. A3 - A4	13. 2A - 3B	17. L13 - L16	21. L17 - L18		**7th/8th**
2. A1 - A4	6. B2 - B4	10. A2 - A1	14. 2B - 3A	18. L14 - L15	22. W17 - W18		**5th/6th**
3. B2 - B3	7. A2 - A4	11. B3 - B4	15. 1A - 4B	19. W13 - W16		23. L19 - L20	**3rd/4th**
4. B1 - B4	8. A1 - A3	12. B2 - B1	16. 1B - 4A	20. W14 - W15		24. W19 - W20	**1st/2nd**

2.5.9 **Where there are nine (9) teams in an event:**

2.5.9.1 The nine (9) teams will be split into two groups (four (4) teams in Group A, five (5) teams in Group B) for the preliminary round.

2.5.9.2 Between Day 1 and Day 5, each group will play a round-robin (each team will play each other team in their group, once).

2.5.9.3 At the end of the preliminary round, teams will be ranked within their groups according to the points they accumulated in that single round-robin.

2.5.9.4 The team ranked fifth in Group B will place ninth in the event.

2.5.9.5 Two (2) matches will be played on Day 6 between the between the third and fourth ranked team in each Group (third in Group A against fourth in Group B, and vice versa). On Day 7, the winners of these (Day 6) matches will play a match to determine fifth and sixth place, and the losers of these (Day 6) matches will play a match to determine seventh and eighth place.

2.5.9.6 Two (2) semi-finals will also be played on Day 6, between the first and second placed teams in each group (the first ranked Team in Group A will play the second ranked Team in Group B, and vice versa).

2.5.9.7 A final to determine the winner of the event will be played on Day 7 between the two Teams that won the semi-final matches.

2.5.9.8 A match will also be played on Day 7 between the two Teams that lost the semi-final matches, to determine third and fourth position.

2.5.9.9 **The schedule will be as shown in the table below.**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Rankings
1. A1 - A4	5. B4 - B5	7. A1 - A3	11. B2 - B3	13. A3 - A4	17. 3A - 4B	21. L17 - L18	**7th/8th**
2. A2 - A3	6. B1 - B3	8. A2 - A4	12. B1 - B4	14. A1 - A2	18. 3B - 4A	22. W17 - W18	**5th/6th**
3. B1 - B5		9. B2 - B5		15. B3 - B5	19. 1B - 2A	23. L19 - L20	**3rd/4th**
4. B2 - B4		10. B3 - B4		16. B1 - B2	20. 1A - 2B	24. W19 - W20	**1st/2nd**

2.5.10 **Where there are ten (10) teams in an event:**

2.5.10.1 The ten (10) teams will be split into two groups (five (5) teams in each of Group A and B) for the preliminary round.

2.5.10.2 Between Day 1 and Day 5, each group will play a round-robin (each team will play each other team in their group, once).

2.5.10.3 At the end of the preliminary round, teams will be ranked within their groups according to the points they accumulated in that single round-robin.

2.5.10.4 A match will be played on Day 6 between the fifth ranked team in each group, to determine ninth and tenth place.

2.5.10.5 Two (2) matches will be played on Day 6 between the between the third and fourth ranked team in each Group (third in Group A against fourth in Group B, and vice versa). On Day 7, the winners of these (Day 6) matches will play a match to determine fifth and sixth place, and the losers of these (Day 6) matches will play a match to determine seventh and eighth place.

2.5.10.6 Two (2) semi-finals will also be played on Day 6, between the first and second placed teams in each group (the first ranked team in Group A will play the second ranked team in Group B, and vice versa).

2.5.10.7 A final to determine the winner of the event will be played on Day 7 between the two (2) teams that won the semi-final matches.

2.5.10.8 A match will also be played on Day 7 between the two (2) teams that lost the semi-final matches, to determine third and fourth position.

2.5.10.9 **The schedule will be as shown in the table below.**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Rankings
1. A1 - A5	5. B4 - B5	9. A3 - A4	13. A2 - A3	17. B1 - B2	21. 5A - 5B		**9th/10th**
2. A2 - A4	6. B1 - B3	10. A2 - A5	14. A1 - A4	18. B3 - B5	22. 4A - 3B	26. L22 - L23	**7th/8th**
3. B1 - B5	7. A4 - A5	11. B3 - B4	15. B2 - B3	19. A3 - A5	23. 3A - 4B	27. W22 - W23	**5th/6th**
4. B2 - B4	8. A1 - A3	12. B2 - B5	16. B1 - B4	20. A1 - A2	24. 2A - 1B	28. L24 - L25	**3rd/4th**
					25. 1A - 2B	29. W24 - W25	**1st/2nd**

2.5.11 **Where there are eleven (11) teams in an event:**

2.5.11.1 The eleven (11) teams will be split into two groups (five (5) teams in Group A, six (6) teams in Group B) for the preliminary round.

2.5.11.2 Between Day 1 and Day 5, each group will play a round-robin (each team will play each other team in their group, once).

2.5.11.3 At the end of the preliminary round, teams will be ranked within their groups according to the points they accumulated in that single round-robin.

2.5.11.4 The team ranked sixth in Group B will place eleventh in the event.

2.5.11.5 A match will be played on Day 6 between the teams ranked fifth in each group to determine 9th and 10th place.

2.5.11.6 Two (2) matches will be played also on Day 6 between the between the third and fourth ranked team in each Group (third in Group A against fourth in Group B, and vice versa). On Day 7, the winners of these matches will play a match to determine fifth and sixth place, and the losers of these matches will play a match to determine seventh and eighth place.

2.5.11.7 Two (2) semi-finals will also be played on Day 6, between the first and second placed teams in each group (the first ranked team in Group A will play the second ranked team in Group B, and vice versa).

2.5.11.8 A final to determine the winner of the event will be played on Day 7 between the two (2) teams that won the semi-final matches.

2.5.11.9 A match will also be played on Day 7 between the two (2) teams that lost the semi-final matches, to determine third and fourth position.

2.5.11.10 **The schedule will be as shown in the table below.**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Rankings
1. A3 - A4	6. B3 - B5	11. A4 - A5	16. B5 - B6	21. A2 - A4	26. 5A - 5B		**9th/10th**
2. A2 - A5	7. B4 - B6	12. A1 - A3	17. B1 - B4	22. A1 - A5	27. 3A - 4B	31. L27 - L28	**7th/8th**
3. B1 - B6	8. B1 - B2	13. B2 - B6	18. B2 - B3	23. B3 - B6	28. 3B - 4A	32. W27 - W28	**5th/6th**
4. B3 - B4	9. A3 - A5	14. B4 - B5	19. A1 - A4	24. B2 - B4	29. 1A - 2B	33. L29 - L30	**3rd/4th**
5. B2 - B5	10. A1 - A2	15. B1 - B3	20. A2 - A3	25. B1 - B5	30. 1B - 2A	34. W29 - W30	**1st/2nd**

2.5.12 **Where there are twelve (12) teams in an event:**

2.5.12.1 The twelve (12) teams will be split into two groups (six (6) teams in each of Group A and B) for the preliminary round.

2.5.12.2 Between Day 1 and Day 5, each group will play a round-robin (each team will play each other team in their group, once).

2.5.12.3 At the end of the preliminary round, teams will be ranked within their groups according to the points they accumulated in that single round-robin.

2.5.12.4 Two (2) matches will be played on Day 6 between the between the fifth and sixth ranked teams in each Group (fifth in Group A against sixth in Group B, and vice versa). On Day 7, the winners of these (Day 6) matches will play a match to determine ninth and tenth place, and the losers of these (Day 6) matches will play a match to determine eleventh and twelfth place.

2.5.12.5 Two (2) matches will be played also on Day 6 between the between the third and fourth ranked team in each Group (third in Group A against fourth in Group B, and vice versa). On Day 7, the winners of these (Day 6) matches will play a match to determine fifth and sixth place, and the losers of these (Day 6) matches will play a match to determine seventh and eighth place.

2.5.12.6 Two (2) semi-finals will also be played on Day 6, between the first and second placed teams in each group (the first ranked team in Group A will play the second ranked team in Group B, and vice versa).

2.5.12.7 A final to determine the winner of the event will be played on Day 7 between the two (2) teams that won the semi-final matches.

2.5.12.8 A match will also be played on Day 7 between the two (2) teams that lost the semi-final matches, to determine third and fourth position.

2.5.12.9 **The schedule will be as shown in the table below.**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Rankings
1. A1 - A6	7. B4 - B6	13. A4 - A5	19. B5 - B6	25. A3 - A6	31. 6A - 5B	37. L31 - L32	**11th/12th**
2. A3 - A4	8. B3 - B5	14. A2 - A6	20. B1 - B4	26. A2 - A4	32. 5A - 6B	38. W31 - W32	**9th/10th**
3. A2 - A5	9. B1 - B2	15. A1 - A3	21. B2 - B3	27. A1 - A5	33. 4A - 3B	39. L33 - L34	**7th/8th**
4. B1 - B6	10. A4 - A6	16. B4 - B5	22. A5 - A6	28. B3 - B6	34. 3A - 4B	40. W33 - W34	**5th/6th**
5. B3 - B4	11. A3 - A5	17. B2 - B6	23. A1 - A4	29. B2 - B4	35. 2A - 1B	41. L35 - L36	**3rd/4th**
6. B2 - B5	12. A1 - A2	18. B1 - B3	24. A2 - A3	30. B1 - B5	36. 1A - 2B	42. W35 - W36	**1st/2nd**

2.5.13 **Schedule for thirteen (13) teams**

2.5.13.1 The eleven (11) teams will be split into four (4) groups (three (3) teams in each of Group A, Group B and Group C and four (4) teams in Group D).

2.5.13.2 Between Day 1 and Day 3, each group will play a round-robin (each team will play each other team in their group, once).

2.5.13.3 At the end of the preliminary round, teams will be ranked within their groups according to the points they accumulated in that single round-robin.

2.5.13.4 The team ranked fourth in Group D will place thirteenth in the event.

2.5.13.5 On Day 4, four (4) matches will be played between the second and third ranked teams in each group (the second ranked team in Group A against the third ranked team in Group B and vice versa; the second ranked team in Group C against the third ranked team in Group D, and vice versa).

2.5.13.6 Two (2) matches will be played on Day 5 between the teams that lost the Day 4 matches (the matches which, as at Article 2.5.13.5 of this Appendix 1, were between the second and third placed teams in each group). On Day 6, the winners of these (Day 5) matches will play a match to determine ninth and tenth place, and the losers of these matches will play a match to determine eleventh and twelfth place.

2.5.13.7 The quarter-final matches will also be played on Day 5 between the teams which ranked first in each group in the preliminary round, against the teams which won the Day 4 matches (the matches which, as at Article 2.5.13.5 of this Appendix 1, were between the second and third placed teams in each group). The draw for the quarter-finals is set out in the table below.

2.5.13.8 Two (2) semi-final matches will be played on Day 6 between the winners of each quarter-final. The draw for the semi-finals is set out in the table below.

2.5.13.9 Two (2) matches will also be played on Day 6 between the teams which lost each quarter-final (the draw for which will is shown in the table below). On Day 7, the winners of these (Day 6) matches will play a match to determine fifth and sixth place, and the losers of these (Day 6) matches will play a match to determine seventh and eighth place.

2.5.13.10 A final to determine the winner of the event will be played on Day 7 between the two (2) teams that won the semi-final matches.

2.5.13.11 A match will also be played on Day 7 between the two (2) teams that lost the semi-final matches, to determine third and fourth position.

2.5.13.12 **The schedule will be as shown in the table below.**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Rankings
1. A1 - A3	6. B1 - B2	11. C2 - C3	16. 2A - 3B	20. L16 - L18	26. L20 - L21		**11th/12th**
2. B1 - B3	7. C1 - C2	12. D1 - D4	17. 3A - 2B	21. L17 - L19	27. W20 - W2		**9th/10th**
3. C1 - C3	8. D3 - D4	13. D2 - D3	18. 2C - 3D	22. 1A - W18	28. L22 - L23	32. L28 - L29	**7th/8th**
4. D1 - D3	9. D1 - D2	14. A2 - A3	19. 3C - 2D	23. 1B - W19	29. L24 - L25	33. W28 - W29	**5th/6th**
5. D2 - D4	10. A1 - A2	15. B2 - B3		24. 1C - W16	30. W22 - W23	34. L30 - L31	**3rd/4th**
				25. 1D - W17	31. W24 - W25	35. W30 - W31	**1st/2nd**

2.5.14 **Where there are fourteen (14) teams in an event:**

2.5.14.1 The fourteen (12) teams will be split into four (4) groups (three (3) teams in each of Group A and B, four (4) teams in each of Group C and D) for the preliminary round.

2.5.14.2 Between Day 1 and Day 3, each group will play a round-robin (each team will play each other team in their group, once).

2.5.14.3 At the end of the preliminary round, teams will be ranked within their groups according to the points they accumulated in that single round-robin.

2.5.14.4 The teams that ranked first in each group will not play on Day 4 and will advance straight to the quarter-finals (as below).

2.5.14.5 A match will be played on Day 4 between the two (2) teams that placed fourth in Groups C and D, to determine thirteenth and fourteenth place.

2.5.14.6 Also on Day 4, four (4) matches will be played between the second and third ranked teams in each group (the second ranked team in Group A against the third ranked team in Group B and vice versa; the second ranked team in Group C against the third ranked team in Group D, and vice versa).

2.5.14.7 Two (2) matches will be played on Day 5 between the teams that lost the Day 4 matches (the matches which, as at Article 2.5.14.5 of this Appendix 1, were between the second and third placed teams in each group). Then, on Day 6, the winners of these (Day 5) matches will play a match to determine ninth and tenth place, and the losers of these matches will play a match to determine eleventh and twelfth place.

2.5.14.8 The quarter-final matches will also be played on Day 5 between the teams which ranked first in each group in the preliminary round, against the teams which won the Day 4 matches (the matches which, as at Article 2.5.14.5 of this Appendix 1, were between the second and third placed teams in each group). The draw for the quarter-finals is set out in the table below.

2.5.14.9 Two (2) semi-final matches will be played on Day 6 between the winners of each quarter-final. The draw for the semi-finals is set out in the table below.

2.5.14.10 Two (2) matches will also be played on Day 6 between the teams which lost each quarter-final, to determine the teams that will finish in fifth to eighth place (the draw for which will is shown in the table below). On Day 7, the winners of these (Day 6) matches will play a match to determine fifth and sixth place, and the losers of these (Day 6) matches will play a match to determine seventh and eighth place.

2.5.14.11 A final to determine the winner of the event will be played on Day 7 between the two (2) teams that won the semi-final matches.

2.5.14.12 A match will also be played on Day 7 between the two (2) teams that lost the semi-final matches, to determine third and fourth position.

2.5.14.13 **The schedule will be as shown in the table below.**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Rankings
1. A1 - 3	7. B1 - B2	13. C1 - C4	19. 4C - 4D				**13th/14th**
2. B1 - B3	8. C4 - C3	14. C2 - C3	20. 2A - 3B	24. L20 - L22	30. L24 - L25		**11th/12th**
3. C1 - C3	9. C1 - C2	15. D1 - D4	21. 3A - 2B	25. L21 - L23	31. W24 - W25		**9th/10th**
4. C2 - C4	10. D4 - D3	16. D2 - D3	22. 2C - 3D	26. 1A - W22	32. L26 - L27	34. L32 - L33	**7th/8th**
5. D1 - D3	11. D1 - D2	17. A2 - A3	23. 3C - 2D	27. 1B - W23	33. L28 - L29	35. W32 - W33	**5th/6th**
6. D2 - D4	12. A1 - A2	18. B2 - B3		28. 1C - W20	34. W28 - W29	36. L34 - L35	**3rd/4th**
				29. 1D - W21	35. W26 - W27	37. W34 - W35	**1st/2nd**

2.5.15 **Where there are fifteen (15) teams:**

2.5.15.1 The fifteen (15) teams will be split into four (4) groups (three (3) teams in Group A, four (4) teams in each of Groups B, C and D) for the preliminary round.

2.5.15.2 Between Day 1 and Day 3, each group will play a round-robin (each team will play each other team in their group, once).

2.5.15.3 At the end of the preliminary round, teams will be ranked within their groups according to the points they accumulated in that single round-robin.

2.5.15.4 The teams that ranked first in each group will not play on Day 4 and will advance straight to the quarter-finals (as below).

2.5.15.5 Between Day 4 and Day 6, the teams ranked fourth in Groups B, C and D in the preliminary round will play a round-robin (each team will play each other team in their group, once). Those teams will place thirteenth, fourteenth and fifteenth according to the points they accumulate in this (latter) round-robin. Any tie in points in this (latter) round-robin will be determined in accordance with Appendix 8 of Part Six of these Competition Regulations.

2.5.15.6 On Day 4, four (4) matches will be played between the second and third ranked teams in each group (the second ranked team in Group A against the third ranked team in Group B and vice versa; the second ranked team in Group C against the third ranked team in Group D, and vice versa).

2.5.15.7 Two (2) matches will be played on Day 5 between the teams that lost the Day 4 matches which, as at Article 2.5.15.5 of this Appendix 1, were between the second and third placed teams in each group. Then, on Day 6, the winners of these (Day 5) matches will play a match to determine ninth and tenth place, and the losers of these matches will play a match to determine eleventh and twelfth place.

2.5.15.8 The quarter-final matches will also be played on Day 5 between the teams which ranked first in each group in the preliminary round, against the teams which won the Day 4 matches (the matches which, as at Article 2.5.15.5 of this Appendix 1, were between the second and third placed teams in each group). The draw for the quarter-finals is set out in the table below.

2.5.15.9 Two (2) semi-final matches will be played on Day 6 between the winners of each quarter-final. The draw for the semi-finals is set out in the table below.

2.5.15.10 Two (2) matches will also be played on Day 6 between the teams which lost each quarter-final, to determine the teams that will finish in fifth to eighth place (the draw for which will is shown in the table below). On Day 7, the winners of these (Day 6) matches will play a match to determine fifth and sixth place, and the losers of these (Day 6) matches will play a match to determine seventh and eighth place.

2.5.15.11 A final to determine the winner of the event will be played on Day 7 between the two (2) teams that won the semi-final matches.

2.5.15.12 A match will also be played on Day 7 between the two (2) teams that lost the semi-final matches, to determine third and fourth position.

2.5.15.13 **The schedule will be as shown in the table below.**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Rankings
1. A1 - A3	8. B4 - B3	15. C1 - C4	22. 4B - 4D	27. 4C - 4D	34. 4B - 4C		**13th/14th/15th**
2. B1 - B3	9. B1 - B2	16. C2 - C3	23. 2A - 3B	28. L23 - L25	35. L28 - L29		**11th/12th**
3. B2 - B4	10. C4 - C3	17. D1 - D4	24. 3A - 2B	29. L24 - L26	36. W28 - W29		**9th/10th**
4. C1 - C3	11. C1 - C2	18. D2 - D3	25. 2C - 3D	30. 1A - W25	37. L30 - L31	41. L37 - L38	**7th/8th**
5. C2 - C4	12. D4 - D3	19. A2 - A3	26. 3C - 2D	31. 1B - W26	38. L32 - L33	42. W37 - W38	**5th/6th**
6. D1 - D3	13. D1 - D2	20. B1 - B4		32. 1C - W23	39. W30 - W31	43. L39 - L40	**3rd/4th**
7. D2 - D4	14. A1 - A2	21. B2 - B3		33. 1D - W24	40. W32 - W33	44. W39 - W40	**1st/2nd**

2.5.16 **Where there are sixteen (16) teams in an event:**

2.5.16.1 The sixteen (16) teams will be split into four (4) groups (four (4) teams in each of Groups B, C and D) for the preliminary round.

2.5.16.2 Between Day 1 and Day 3, each group will play a round-robin (each team will play each other team in their group, once).

2.5.16.3 At the end of the preliminary round, teams will be ranked within their groups according to the points they accumulated in that single round-robin.

2.5.16.4 The teams that ranked first in each group will not play on Day 4 and will advance straight to the quarter-finals (as below).

2.5.16.5 Two (2) matches will be played on Day 4 between the teams ranked fourth in each group (fourth in Group A against fourth in Group B, and fourth in Group C against Fourth in Group D). Then, on Day 5, the winners of these (Day 4) matches between the fourth ranked teams in the preliminary round will play a match to determine thirteenth and fourteenth place, and the losers of these (Day 4) matches will play a match to determine fifteenth and sixteenth place.

2.5.16.6 Also on Day 4, four (4) matches will be played between the second and third ranked teams in each group (the second ranked team in Group A against the third ranked team in Group B and vice versa; the second ranked team in Group C against the third ranked team in Group D, and vice versa).

2.5.16.7 Two (2) matches will be played on Day 5 between the teams that lost the Day 4 matches which, as at Article 2.5.16.5 of this Appendix 1, were between the second and third placed teams in each group. Then, on Day 6, the winners of these (Day 5) matches will play a match to determine ninth and tenth place, and the losers of these matches will play a match to determine eleventh and twelfth place.

2.5.16.8 The quarter-final matches will also be played on Day 5 between the teams which ranked first in each group in the preliminary round in the preliminary round, against the teams which won the Day 4 matches (the matches which, as at Article 2.5.16.5 of this Appendix 1, were between the second and third placed teams in each group). The draw for the quarter-finals is set out in the table below.

2.5.16.9 Two (2) semi-final matches will be played on Day 6 between the winners of each quarter-final. The draw for the semi-finals is set out in the table below.

2.5.16.10 Two (2) matches will also be played on Day 6 between the teams which lost each quarter-final, to determine the teams that will finish in fifth to eighth place (the draw for which will is shown in the table below). On Day 7, the winners of these (Day 6) matches will play a match to determine fifth and sixth place, and the losers of these (Day 6) matches will play a match to determine seventh and eighth place.

2.5.16.11 A final to determine the winner of the event will be played on Day 7 between the two (2) teams that won the semi-final matches.

2.5.16.12 A match will also be played on Day 7 between the two (2) teams that lost the semi-final matches, to determine third and fourth position.

2.5.16.13 **The schedule will be as shown in the table below.**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Rankings
1. A1 - A3	9. B4 - B3	17. C1 - C4	25. 4A - 4B	31. L25 - L26			**15th/16th**
2. A2 - A4	10. B1 - B2	18. C2 - C3	26. 4C - 4D	32. W25 - W26			**13th/14th**
3. B1 - B3	11. C4 - C3	19. D1 - D4	27. 2A - 3B	33. L27 - L29	39. L33 - L34		**11th/12th**
4. B2 - B4	12. C1 - C2	20. D2 - D3	28. 3A - 2B	34. L28 - L30	40. W33 - W34		**9th/10th**
5. C1 - C3	13. D4 - D3	21. A1 - A4	29. 2C - 3D	35. 1A - W29	41. L35 - L36	45. L41 - L42	**7th/8th**
6. C2 - C4	14. D1 - D2	22. A2 - A3	30. 3C - 2D	36. 1B - W30	42. L37 - L38	46. W41 - W42	**5th/6th**
7. D1 - D3	15. A4 - A3	23. B1 - B4		37. 1C - W27	43. W35 - W36	47. L43 - L44	**3rd/4th**
8. D2 - D4	16. A1 - A2	24. B2 - B3		38. 1D - W28	44. W37 - W38	48. W43 - W44	**1st/2nd**

2.5.17 **Where there are seventeen (17) teams:**

2.5.17.1 The seventeen (17) teams will be split into four (4) groups (four (4) teams in each of Group A, Group B and Group C and five (5) teams in Group D).

2.5.17.2 Between Day 1 and Day 4, each group will play a round-robin (each team will play each other team in their group, once. This will require each team in Group D to have two (2) matches on one day in one instance).

2.5.17.3 At the end of the preliminary round, teams will be ranked within their groups according to the points they accumulated in that single round-robin.

2.5.17.4 The team ranked fifth in Group D will place seventeenth in the event.

2.5.17.5 On Day 5, four (4) matches will be played between the third and fourth ranked teams in each group (the third ranked team in Group A against the fourth ranked team in Group D and vice versa; the third ranked team in Group B against the fourth ranked team in Group C, and vice versa).

2.5.17.6 On Day 6, the winners of the (Day 5) matches set out in Article 2.5.17.5 of this Appendix 1 will play two (2) matches (the draw for which is in the table below). Then, on Day 7, the winners of those (latter matches) will play a match to determine ninth and tenth place and, also on Day 7, the losers of those two (2) matches will play a match to determine eleventh and twelfth place.

2.5.17.7 Also on Day 6, the losers of the (Day 5) matches set out in Article 2.5.17.5 of this Appendix 1 will play two (2) matches (the draw for which is in the table below). Then, on Day 7, the winners of those (latter matches) will play a match to determine thirteenth and fourteenth place and, also on Day 7, the losers of those two (2) matches will play a match to determine fifteenth and sixteenth place.

2.5.17.8 The quarter-final matches will also be played on Day 5 between the teams which ranked first and second in each group in the preliminary round (the first ranked team in Group A against the second ranked team in Group D, and vice versa; the first ranked team in Group B against the second ranked team in Group C, and vice versa).

2.5.17.9 Two (2) semi-final matches will be played on Day 6 between the winners of each quarter-final. The draw for the semi-finals is set out in the table below.

2.5.17.10 Two (2) matches will also be played on Day 6 between the teams which lost each quarter-final, to determine the teams that will finish in fifth to eighth place (the draw for which will is shown in the table below). On Day 7, the winners of these (Day 6) matches will play a match to determine fifth and sixth place, and the losers of these (Day 6) matches will play a match to determine seventh and eighth place.

2.5.17.11 A final to determine the winner of the event will be played on Day 7 between the two (2) teams that won the semi-final matches.

2.5.17.12 A match will also be played on Day 7 between the two (2) teams that lost the semi-final matches, to determine third and fourth position.

2.5.17.13 **The schedule will be as shown in the table below.**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Rankings
1. D3 - D5	10. C1 - C3	17. D1 - D4	24. A2 - A4	29. 4A - 3D	37. L29 - L30	45. L37 - L38	**15th/16th**
2. D1 - D2	11. D4 - D5	18. D2 - D3	25. B1 - B3	30. 3A - 4D	38. L31 - L32	46. W37 - W38	**13th/14th**
3. C1 - C2	12. D1 - D3	19. A1 - A3	26. C3 - C4	31. 4B - 3C	39. W29 - W30	47. L39 - L40	**11th/12th**
4. B3 - B4	13. A2 - A3	20. B1 - B4	27. D3 - D4	32. 3B - 4C	40. W31 - 32	48. W39 - W40	**9th/10th**
5. B1 - B2	14. A1 - A4	21. B2 - B3	28. D2 - D5	33. 2A - 1D	41. L33 - L34	49. L41 - L42	**7th/8th**
6. A1 - A2	15. B2 - B4	22. C1 - C4		34. 1A - 2D	42. L35 - L36	50. W41 - W42	**5th/6th**
7. A3 - A4	16. C2 - C4	23. C2 - C3		35. 2B - 1C	43. W33 - W34	51. L43 - L44	**3rd/4th**
8. D1 - D5				36. 1B - 2C	44. W35 - W36	52. W43 - W44	**1st/2nd**
9. D2 - D4							

2.5.18 **Where there are eighteen (18) teams:**

2.5.18.1 The eighteen (18) teams will be split into four (4) groups (four (4) teams in each of Groups A and B, five (5) teams in each of Groups C and D) for the preliminary round.

2.5.18.2 Between Day 1 and Day 4, each group will play a round-robin (each team will play each other team in their group, once. This will require each team in Groups C and D to have two (2) matches on one day in one instance).

2.5.18.3 At the end of the preliminary round, teams will be ranked within their groups according to the points they accumulated in that single round-robin.

2.5.18.4 The teams that ranked first in each group will not play on Day 4 and will advance straight to the quarter-finals (as below).

2.5.18.5 The fifth placed teams in Groups C and D will play each other on Day 6 to determine seventeenth and eighteenth place.

2.5.18.6 On Day 5, four (4) matches will be played between the third and fourth ranked teams in each group (the third ranked team in Group A against the fourth ranked team in Group D and vice versa; the third ranked team in Group B against the fourth ranked team in Group C, and vice versa).

2.5.18.7 On Day 6, the winners of the (Day 5) matches set out in Article 2.5.18.5 of this Appendix 1 will play two (2) matches (the draw for which is in the table below). Then, on Day 7, the winners of those (latter matches) will play a match to determine ninth and tenth place and, also on Day 7, the losers of those two (2) matches will play a match to determine eleventh and twelfth place.

2.5.18.8 Also on Day 6, the losers of the (Day 5) matches set out in Article 2.5.18.5 of this Appendix 1 will play two (2) matches (the draw for which is in the table below). Then, on Day 7, the winners of those (latter matches) will play a match to determine thirteenth and fourteenth place and, also on Day 7, the losers of those two (2) matches will play a match to determine fifteenth and sixteenth place.

2.5.18.9 The quarter-final matches will also be played on Day 5 between the first and second ranked teams in each group in the preliminary round (the first ranked team in Group A against the second ranked team in Group D, and vice versa; the first ranked team in Group B against the second ranked team in Group C, and vice versa).

2.5.18.10 Two (2) semi-final matches will be played on Day 6 between the winners of each quarter-final. The draw for the semi-finals is set out in the table below.

2.5.18.11 Two (2) matches will also be played on Day 6 between the teams which lost each quarter-final, to determine the teams that will finish in fifth to eighth place (the draw for which will is shown in the table below). On Day 7, the winners of these (Day 6) matches will play a match to determine fifth and sixth place, and the losers of these (Day 6) matches will play a match to determine seventh and eighth place.

2.5.18.12 A final to determine the winner of the event will be played on Day 7 between the two (2) teams that won the semi-final matches.

2.5.18.13 A match will also be played on Day 7 between the two (2) teams that lost the semi-final matches, to determine third and fourth position.

2.5.18.14 **The schedule will be as shown in the table below.**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Rankings
1. B3 - B4	9. C4 - C5	18. D1 - D4	27. C2 - C5	33. 4A - 3D	41. 5C - 5D		**17th/18th**
2. B1 - B2	10. C1 - C3	19. D2 - D3	28. A2 - A4	34. 3A - 4D	42. L33 - L34	50. L42 - L43	**15th/16th**
3. C3 - C5	11. D4 - D5	20. A1 - A3	29. B1 - B3	35. 4B - 3C	43. L35 - L36	51. W42 - W43	**13th/14th**
4. C1 - C2	12. D1 - D3	21. B1 - B4	30. C3 - C4	36. 3B - 4C	44. W33 - W34	52. L44 - L45	**11th/12th**
5. D3 - D5	13. A2 - A3	22. B2 - B3	31. D3 - D4	37. 2A - 1D	45. W35 - W36	53. W44 - W45	**9th/10th**
6. D1 - D2	14. A1 - A4	23. C1 - C4	32. D2 - D5	38. 1A - 2D	46. L37 - L38	54. L46 - L47	**7th/8th**
7. A1 - A2	15. B2 - B4	24. C2 - C3		39. 2B - 1C	47. L39 - L40	55. W46 - W47	**5th/6th**
8. A3 - A4	16. C1 - C5	25. D1 - D5		40. 1B - 2C	48. W37 - W38	56. L48 - L49	**3rd/4th**
	17. C2 - C4	26. D2 - D4			49. W39 - W40	57. W48 - W49	**1st/2nd**

2.5.19 **Where there are nineteen (19) teams:**

2.5.19.1 The nineteen (19) teams will be split into four (4) groups (four (4) teams in Group A, five (5) teams in each of Groups B, C and D) for the preliminary round.

2.5.19.2 Between Day 1 and Day 4, each group will play a round-robin (each team will play each other team in their group, once. This will require each team in Groups B, C and D to have two (2) matches on one day in one instance).

2.5.19.3 At the end of the preliminary round, teams will be ranked in their groups according to the points they accumulated in that single round-robin.

2.5.19.4 The teams that ranked first in each group will not play on Day 4 and will advance straight to the quarter-finals (as below).

2.5.19.5 Between Day 5 and Day 7, the teams ranked fifth in Groups B, C and D in the preliminary round will play a round-robin (each team will play each other team in their group, once). Those teams will place sixteenth, seventeenth and eighteenth according to the points they accumulate in this (latter) round-robin. Any tie in points in this (latter) round-robin will be determined in accordance with Appendix 8 of Part Six of these Competition Regulations.

2.5.19.6 On Day 5, four (4) matches will be played between the third and fourth ranked teams in each group (the third ranked team in Group A against the fourth ranked team in Group D and vice versa; the third ranked team in Group B against the fourth ranked team in Group C, and vice versa).

2.5.19.7 On Day 6, the winners of the (Day 5) matches set out in Article 2.5.19.5 of this Appendix 1 will play two (2) matches (the draw for which is in the table below). Then, on Day 7, the winners of those (latter matches) will play a match to determine ninth and tenth place and, also on Day 7, the losers of those two (2) matches will play a match to determine eleventh and twelfth place.

2.5.19.8 Also on Day 6, the losers of the (Day 5) matches set out in Article 2.5.19.5 of this Appendix 1 will play two (2) matches (the draw for which is in the table below). Then, on Day 7, the winners of those (latter matches) will play a match to determine thirteenth and fourteenth place and, also on Day 7, the losers of those two (2) matches will play a match to determine fifteenth and sixteenth place.

2.5.19.9 The quarter-final matches will also be played on Day 5 between the first and second ranked teams in each group in the preliminary round (the first ranked team in Group A against the second ranked team in Group D, and vice versa; the first ranked team in Group B against the second ranked team in Group C, and vice versa).

2.5.19.10 Two (2) semi-final matches will be played on Day 6 between the winners of each quarter-final. The draw for the semi-finals is set out in the table below.

2.5.19.11 Two (2) matches will also be played on Day 6 between the teams which lost each quarter-final, to determine the teams that will finish in fifth to eighth place (the draw for which will is shown in the table below). On Day 7, the winners of these (Day 6) matches will play a match to determine fifth and sixth place, and the losers of these (Day 6) matches will play a match to determine seventh and eighth place.

2.5.19.12 A final to determine the winner of the event will be played on Day 7 between the two (2) teams that won the semi-final matches.

2.5.19.13 A match will also be played on Day 7 between the two (2) teams that lost the semi-final matches, to determine third and fourth position.

2.5.19.14 **The schedule will be as shown in the table below.**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Rankings
1. B3 - B5	11. C4 - C5	20. D1 - D4	29. B2 - B5	37. 5B - 5C	46. 5B - 5D	55. 5C - 5D	**17th/18th/19th**
2. B1 - B2	12. C1 - C3	21. D2 - D3	30. C2 - C5	38. 4A - 3D	47. L38 - L39	56. L47 - L48	**15th/16th**
3. C3 - C5	13. D4 - D5	22. A1 - A3	31. D2 - D5	39. 3A - 4D	48. L40 - L41	57. W47 - W48	**13th/14th**
4. C1 - C2	14. D1 - D3	23. B1 - B4	32. A1 - A4	40. 4B - 3C	49. W38 - W39	58. L49 - L50	**11th/12th**
5. D3 - D5	15. A2 - A4	24. B2 - B3	33. A2 - A3	41. 3B - 4C	50. W40 - W41	59. W49 - W50	**9th/10th**
6. D1 - D2	16. B4 - B5	25. C1 - C4	34. B3 - B4	42. 2A - 1D	51. L42 - L43	60. L51 - L52	**7th/8th**
7. A3 - A4	17. B1 - B3	26. C2 - C3	35. C3 - C4	43. 1A - 2D	52. L44 - L45	61. W51 - W52	**5th/6th**
8. A1 - A2	18. C1 - C5	27. D1 - D5	36. D3 - D4	44. 2B - 1C	53. W42 - W43	62. L53 - L54	**3rd/4th**
9. B1 - B5	19. C2 - C4	28. D2 - D4		45. 1B - 2C	54. W44 - W45	63. W53 - W54	**1st/2nd**
10. B2 - B4							

2.5.20 **Where there are twenty (20) teams in an event:**

2.5.20.1 The twenty (20) teams will be split into four (4) groups (five (5) teams in each of Group) for the preliminary round.

2.5.20.2 Between Day 1 and Day 4, each group will play a round-robin (each team will play each other team in their group, once. This will require each team to have two (2) matches on one day in one instance).

2.5.20.3 At the end of the preliminary round, teams will be ranked within their groups according to the points they accumulated in that single round-robin.

2.5.20.4 On Day 5, two (2) matches will be played between the fifth ranked teams in each group (the fifth ranked team in Group A against the fifth ranked team in Group D; the fifth ranked team in Group B against the fifth ranked team in Group C, and vice versa). Then, on Day 6, the winners of those (Day 5) matches will play a match to determine seventeenth and eighteenth place and the losers of those (Day 5) matches will play a match to determine nineteenth and twentieth place.

2.5.20.5 On Day 5, four (4) matches will also be played between the third and fourth ranked teams in each group (the third ranked team in Group A against the fourth ranked team in Group D and vice versa; the third ranked team in Group B against the fourth ranked team in Group C, and vice versa).

2.5.20.6 On Day 6, the winners of the (Day 5) matches set out in Article 2.5.20.5 of this Appendix 1 will play two (2) matches (the draw for which is in the table below). Then, on Day 7, the winners of those (latter matches) will play a match to determine ninth and tenth place and, also on Day 7, the losers of those two (2) matches will play a match to determine eleventh and twelfth place.

2.5.20.7 Also on Day 6, the losers of the (Day 5) matches set out in Article 2.5.20.5 of this Appendix 1 will play two (2) matches (the draw for which is in the table below). Then, on Day 7, the winners of those (latter matches) will play a match to determine thirteenth and fourteenth place and, also on Day 7, the losers of those two (2) matches will play a match to determine fifteenth and sixteenth place.

2.5.20.8 The quarter-final matches will also be played on Day 5 between the first and second ranked teams in each group in the preliminary round (the first ranked team in Group A against the second ranked team in Group D, and vice versa; the first ranked team in Group B against the second ranked team in Group C, and vice versa).

2.5.20.9 Two (2) semi-final matches will be played on Day 6 between the winners of each quarter-final. The draw for the semi-finals is set out in the table below.

2.5.20.10 Two (2) matches will also be played on Day 6 between the teams which lost each quarter-final, to determine the teams that will finish in fifth to eighth place (the draw for which will is shown in the table below). On Day 7, the winners of these (Day 6) matches will play a match to determine fifth and sixth place, and the losers of these (Day 6) matches will play a match to determine seventh and eighth place.

2.5.20.11 A final to determine the winner of the event will be played on Day 7 between the two (2) teams that won the semi-final matches.

2.5.20.12 A match will also be played on Day 7 between the two (2) teams that lost the semi-final matches, to determine third and fourth position.

2.5.20.13 **The schedule will be as shown in the table below.**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Rankings
1. A3-A4	11. B3-B5	21. C4-C5	31. D1-D4	41. 5A-5D	51. L41-L42		**19th/20th**
2. A2-A5	12. B1-B2	22. C1-C3	32. D2-D3	42. 5B-5C	52. W41-W42		**17th/18th**
3. B3-B4	13. C3-C5	23. D4-D5	33. A1-A4	43. 4A-3D	53. L43-L44	61. L53 - L54	**15th/16th**
4. B2-B5	14. C1-C2	24. D1-D3	34. A2-A3	44. 3A-4D	54. L45-L46	62. W53 - W54	**13th/14th**
5. C3-C4	15. D3-D5	25. A4-A5	35. B1-B4	45. 4B-3C	55. W43-W44	63. L55 - L56	**11th/12th**
6. C2-C5	16. D1-D2	26. A1-A3	36. B2-B3	46. 3B-4C	56. W45-W46	64. W55 - W56	**9th/10th**
7. D3-D4	17. A3-A5	27. B4-B5	37. C1-C4	47. 2A-1D	57. L47-L48	65. L57 - L58	**7th/8th**
8. D2-D5	18. A1-A2	28. B1-B3	38. C2-C3	48. 1A-2D	58. L49-L50	66. W57 - W58	**5th/6th**
9. A1-A5	19. B1-B5	29. C1-C5	39. D1-D5	49. 2B-1C	59. W47-W48	67. L59 - L60	**3rd/4th**
10. A2-A4	20. B2-B4	30. C2-C4	40. D2-D4	50. 1B-2C	60. W49-W50	68. W59 - W60	**1st/2nd**

WORLD AQUATICS

GLOSSARY

COMPETITION REGULATIONS

TABLE OF CONTENTS

PART NINE: GLOSSARY

PART NINE: DEFINED TERMS AND RULES OF INTERPRETATION 549

1 RULES OF INTERPRETATION 549
2 DEFINED TERMS 550

PART NINE: DEFINED TERMS AND RULES OF INTERPRETATION

1 RULES OF INTERPRETATION

1.1 The defined terms in these Competition Regulations (denoted by initial capital letters) have the meaning given to them in Article 2 of this Part Nine, and the following rules of interpretation will be used as an aid to interpretation of these Competition Regulations.

1.2 In these Competition Regulations, unless specified otherwise:

1.2.1 Words in the singular include the plural, and words in the plural include the singular, unless required by the context.

1.2.2 References to the Constitution and World Aquatics Rules with capitalised titles (e.g. Integrity Code) are to the rules and regulations with such names, as amended from time to time.

1.2.3 Any reference to a provision in the Constitution or any World Aquatics Rules includes any modifications or successor provisions made or issued from time to time.

1.2.4 Any reference to legislation includes any modification or re-enactment of legislation enacted in substitution of that legislation, and any regulation or other instrument from time to time issued or made under that legislation.

1.2.5 Any reference to an agreement includes that agreement as modified, supplemented, novated, or substituted from time to time.

1.2.6 A reference to 'writing' or 'write' or 'written' includes email.

1.2.7 A reference to 'may' means 'in the sole and absolute discretion of such person or body'.

1.2.8 A reference to a 'day' means a calendar day.

1.2.9 Any time limits will begin on the day after the day on which the notice triggering the time limit is received. Official holidays and non-working days (in any location) are included in the calculation of time limits except that if the time period ends on a non-working day in Lausanne, Switzerland, it will be deemed to end on the next working day in Lausanne, Switzerland. The time limit will be deemed respected if the notice or other communication is sent before midnight Central European Standard Time on the day on which the time limit expires.

1.2.10 A reference to a 'person' (with no initial capital letter) means a natural person.

1.2.11 Any words following the terms 'including', 'include', 'in particular', 'such as', 'for example', or any similar expression, are illustrative only, and will not limit the sense of the words, description, definition, phrase, or term preceding those terms.

1.3 In the event of any inconsistency between the Constitution on the one hand and these Competition Regulations or any other document on the other hand, the Constitution will prevail. In the event of any inconsistency between these Competition Regulations on the one hand and any other document on the other hand, the Competition Regulations will prevail.

1.4 If an issue arises on or in connection with the Field of Play or during competition and the issue is unforeseen, in whole or in part, by these Competition Regulations or the Competition Regulations are ambiguous regarding the issue, in whole or in part, the competent/applicable Technical Official(s) will (to the extent necessary) interpret, implement, and enforce the Competition Regulations in accordance with the overarching principles and purposes of the Competition Regulations, including but not limited to the principle of fair competition (and may first consult World Aquatics, and/or may take other steps as deemed appropriate by World Aquatics and/or its designee regarding the issue). If an issue arises other than on or in connection with the Field of Play or during competition and the issue is unforeseen by these Competition Regulations or if the Competition Regulations are ambiguous regarding the issue, World Aquatics will (as necessary) interpret, implement, and enforce the Competition Regulations in its sole and absolute discretion, and may consult the Bureau as deemed necessary, in accordance with Article 17.1.b) of the Constitution.

1.5 If these Competition Regulations confer decision-making authority for a particular issue on a specific entity or person, that entity or person may (subject to any other applicable rules) expressly delegate decision-making authority to another appropriate entity or person. Accordingly, if applicable, a reference in these Competition Regulations to a decision made by a specific entity or person will apply to decisions made by another entity or 8

1.6 person under delegated authority.

1.7 While informally in Aquatic sports the words 'competition' and event' are often used interchangeably, typically in the Competition Regulations (i.e., unless context requires otherwise) references in relation to Swimming and Open Water Swimming to:

1.7.1 a 'competition' means the overarching competition (for example, the World Aquatics Championship, or the World Aquatics Open Water Swimming World Cup – Ibiza 2025);

1.7.2 an 'event' means a specific event by stroke and distance and age and/or sex category, as applicable, or rounds/heats of an event, as appropriate (for example, the Men's 100m Freestyle final, or the Women's 100m Backstroke preliminary heats); and

1.7.3 a 'race' means an individual race (for example, the Women's 100m Butterfly semifinal 1).

2 DEFINED TERMS

2.1 **12U** means the age category for Athletes in Artistic Swimming described in Article 10 of Part Seven.

2.2 **3 km Knockout Sprint** means the Open Water Swimming event described in Article 7 of Part Three.

2.3 **Acrobatic Routine** means the Artistic Swimming routine described in Article 2.5 of Part Seven.

2.4 **Acrobatic** has the meaning given to it in Article 1.1 of Appendix 7 of Part Seven.

2.5 **Age Group A** means, in Diving, the age group described in Article 13 of Part Four and, in High Diving, the events described in Article 12 of Part Five.

2.6 **Age Group B** means, in Diving, the age group described in Article 13 of Part Four and, in High Diving, the events described in Article 12 of Part Five.

2.7 **Age Group C** means, in Diving, the age group described in Article 13 of Part Four and, in High Diving, the events described in Article 12 of Part Five.

2.8 **Appeal Form** means the form that is referenced in Article 12 of Part One and is available in electronic form on the World Aquatics website and in hard copy in competition Venues at World Aquatics Events.

2.9 **Aquatics** means all sport disciplines governed by World Aquatics, including Swimming, Open Water Swimming, Diving, High Diving, Water Polo, Artistic Swimming, Masters, and any other discipline that may be governed by World Aquatics from time to time.

2.10 **Aquatics Integrity Unit** means the independent World Aquatics Integrity Unit established under the Constitution and comprised of Supervisory Council, Chief Ethics and Compliance Officer, Adjudicatory Body, Investigatory Body and Anti-Doping Advisory Body.

2.11 **Armstand** means, in Diving and High Diving, a Group of dives where the Athlete assumes and takes off from a motionless handstand on the edge of the platform.

2.12 **Artistic Impression** means, in Artistic Swimming, the Routine characteristics that are judged, as described in Article 6.6.3 of Part Seven.

2.13 **Artistic Swimming** means the Aquatic sport described in Part Seven.

2.14 **Assistant Referee** means, in Diving, a person with the roles and responsibilities described in Article 8 of Part Four, in High Diving, a person with the roles and responsibilities described in Article 7 of Part Five, in Water Polo, a person with the roles and responsibilities described in Article 3 of Part Six and, in Artistic Swimming, a person with the roles and responsibilities described in Article 8 of Part Six.

2.15 **Athlete** means a person (i) who is taking part in aquatics competitions and events at national or international level, organised in accordance with the Constitution, World Aquatics Rules and/or regulations of World Aquatics Members or affiliated entities and/or (ii) who is registered by his/her respective national federation.

2.16 **Athlete Support Personnel** means any coach, trainer, manager, agent, doctor, therapist, nutritionist, team staff, or any other person working with, treating or assisting an Athlete participating in or preparing for a competition.

2.17 **Automatic Officiating Equipment** means, in Swimming, the automatic officiating equipment described in Articles 11 and 15.16 of Part Two and, in Open Water Swimming, the automatic officiating equipment described in Article 12.3.3 of Part Three.

2.18 **Back** means, in Diving and High Diving, a Group of dives where the Athlete starts the dive facing away from the pool and takes-off backwards away from the board or platform.

2.19 **Backstroke** means the swimming stroke described in Article 6 of Part Two.

2.20 **Barani** means, in High Diving, the movement of that name described in Article 3.6 of Part Five.

2.21 **Base Mark** means the minimum Degree of Difficulty that will be applied if one (1) or more components of the element is not performed or is not in conformance to what is declared in the Coach Card.

2.22 **Breaststroke** means the swimming stroke described in Article 7 of Part Two.

2.23 **Bureau** means the World Aquatics Bureau.

2.24 **Butterfly** means the swimming stroke described in Article 8 of Part Two.

2.25 **By-laws** means the World Aquatics By-laws.

2.26 **Cadence** has the meaning given to it in Appendix 2 of Part Seven.

2.27 **Call Room Judge** means, in Swimming, a person with the roles and responsibilities described in Article 2.6 of Part Two.

2.28 **Call Room Supervisor** means, in Swimming, a person with the roles and responsibilities described in Article 2.6 of Part Two.

2.29 **CAS** means the Court of Arbitration for Sport, based in Lausanne, Switzerland.

2.30 **Chief Finish Judge** means, in Open Water Swimming, a person with the roles and responsibilities described in Article 2.10 of Part Three.

2.31 **Chief Inspector of Turns** means, in Swimming, a person with the roles and responsibilities described in Article 2.7 of Part Two.

2.32 **Chief Medical Officer** means the person assigned the role of Chief Medical Officer described in Article 8 of Part One.

2.33 **Chief Recorder** means in Swimming a person with the roles and responsibilities described in Article 2.13 of Part Two and, in Masters Artistic Swimming, a person with the roles and responsibilities described in Articles 7.10.5 and 7.10.6 of Part Eight.

2.34 **Chief Referee** means, in Open Water Swimming, a person with the roles and responsibilities described in Article 2.4 of Part Three.

2.35 **Chief Timekeeper** means, in Swimming, a person with the roles and responsibilities described in Article 2.10 of Part Two and, in Open Water Swimming, a person with the roles and responsibilities described in Article 2.8 of Part Three.

2.36 **Clerk of the Course** means, in Open Water Swimming, a person with the roles and responsibilities described in Article 2.19 of Part Three.

2.37 **Close Friends** means a personal relationship between a Technical Official and an individual characterised by frequent social interaction, mutual trust, emotional closeness, and/or ongoing personal support.

2.38 **Club** means an organisation that provides training, development, and/or competitive opportunities in one or more Aquatic sports and, in Masters competitions and Part Eight, a club of Masters Participants.

2.39 **Coach Card** means the document set out in Appendix 6 of Part Seven.

2.40 **Control Room Supervisor** means, in Swimming, a person with the roles and responsibilities described in Article 2.4 of Part Two.

2.41 **Competition Disciplinary Manager** means, in Masters competition, a person with the roles and responsibilities described in Article 7.2.4 and elsewhere in Part Eight.

2.42 **Competition Manager** means, in Masters competition, a person with the roles and responsibilities described in Article 7.2.4 and elsewhere in Part Eight.

2.43 **Competition Regulations** means these World Aquatics Competition Regulations (including all nine Parts).

2.44 **Configuration** means an arrangement of elements in a particular form, figure, or combination.

2.45 **Constitution** means the constitution of World Aquatics, as adopted or amended from time to time.

2.46 **Construction** means the act or result of putting different things together.

2.47 **Continental Organisations** means organisations formed by World Aquatics Members of the same geographical continent, approved, and recognised by World Aquatics.

2.48 **Country** means a geographical territory or region which, in the discretion of World Aquatics, is considered to be autonomous in relation to the development and organisation of Aquatics.

2.49 **Course Officer** means, in Open Water Swimming, a person with the roles and responsibilities described in Article 2.18 of Part Three.

2.50 **Critical Technical Official** means a Chief Referee, Referee, Judge, or Technical Controller.

2.51 **Degree of Difficulty** means, in Diving and High Diving, the numerical value assigned to each dive based on its complexity and the elements it contains and, in Artistic Swimming, the numerical value assigned to Figures, Elements, and Transitions based on their complexity, risk, and skill requirements.

2.52 **Difficulty Technical Controller** means, in Artistic Swimming, a person with (among other things) the roles and responsibilities described in Article 6.5.3 of Part Seven.

2.53 **Diving** means the Aquatic sport described in Part Four.

2.54 **Elements** means, in Artistic Swimming, the technical components of a routine, and includes Hybrids and Acrobatics.

2.55 **Emergency Action Plan** means the emergency action plan referenced in Article 8 of Part One.

2.56 **Escort Craft** means, in Open Water Swimming, the Athlete support craft described in Article 4.3 of Part Three.

2.57 **Executive** means the organ of World Aquatics pursuant to Article 18 of the Constitution.

2.58 **Executive Director** means the person appointed as the World Aquatics Executive Director, pursuant to Article 23 of the Constitution.

2.59 **Family** means spouses, partners, parents, grandparents, in-laws, legal guardians, siblings, children, grandchildren, step-relatives, cousins, nephews, nieces, uncles, and aunts.

2.60 **Feeding Platform Judge** means, in Open Water Swimming, a person with the roles and responsibilities described in Article 2.14 of Part Three.

2.61 **Field of Play** means, in Water Polo, the part of the pool or water where the match takes place, inside each Side Line and Goal Line, and, in all other Aquatic sports, the area of and immediately around the sport activity during an Aquatics sport competition.

2.62 **Field of Play Medical Station** means the Medical Station close to the Field of Play (as described in Article 8.9.3 of Part One).

2.63 **Figures** means the combinations of movements listed in Appendix 1 of Part Seven.

2.64 **Finish Judge** means, in Swimming, a person with the roles and responsibilities described in Article 2.12 of Part Two and, in Open Water Swimming, a person with the roles and responsibilities described in Article 2.11 of Part Three.

2.65 **Free** means, in Diving, the combination Position described in Articles 2.5.1 and 10.5.5.4 of Part Four and, in High Diving, the combination Position described at Articles 2.9 and 10.4.4.4 of Part Five.

2.66 **Free Routine** means the Artistic Swimming routine described in Article 2.3 of Part Seven.

2.67 **Freestyle** means the swimming stroke described in Article 5 of Part Two.

2.68 **Forward** means, in Diving and High Diving, a Group of dives where the Athlete starts the dive facing toward the pool and takes off by rotating forwards away from the board or platform (in Diving, "Forward" is sometimes used interchangeably with "front").

2.69 **GMS** means the World Aquatics General Management System.

2.70 **Group** means, in Diving, the group of a dive described in Article 2.2 of Part Four and, in High Diving, the group of a dive described in Article 2.2 of Part Five.

2.71 **Healthcare Personnel** means persons with one or more healthcare skills and/or experience, in accordance with the requirements of Article 8.8 of Part One.

2.72 **High Diving** means the Aquatic sport described in Part Five.

2.73 **Hybrid** has the meaning given to it in Article 2 of Appendix 6 of Part Seven.

2.74 **Hybrid Movement** has the meaning given to it in Article 2 of Appendix 6 of Part Seven.

2.75 **Independent Swimwear Expert** means the independent expert with the experience and responsibilities set out in Article 6.6 of Part One.

2.76 **Inspector of Turns** means, in Swimming, a person with the roles and responsibilities described in Article 2.8 of Part Two.

2.77 **Integrity Code** means the World Aquatics Integrity Code.

2.78 **International Competition** means any competition organised or sanctioned by World Aquatics, any Continental or Regional Organisation or any Member in which other World Aquatics-recognised Federations, clubs or individuals participate. There are five tiers of International Competition, as defined in Article 2.1 of Part One.

2.79 **Inward** means, in Diving and High Diving, a Group of dives where the Athlete starts the dive facing away from the pool and takes off forwards toward the board or platform.

2.80 **IOC** means the International Olympic Committee.

2.81 **Judge** means, in Diving, a person with the roles and responsibilities described in Article 7 of Part Four and, in High Diving, a person with the roles and responsibilities described in Article 9 of Part Five and, in Artistic Swimming, a person with the roles and responsibilities described in Article 8 of Part Seven.

2.82 **Judge of Stroke** means, in Swimming, a person with the roles and responsibilities described in Article 2.9 of Part Two.

2.83 **Judges Panel** means, in Diving, a panel of Judges assembled to judge a dive as described in Article 7 of Part Four and, in High Diving, a panel of Judges assembled to judge a dive as described in Article 9 of Part Five.

2.84 **Junior** means the age category for Athletes in Artistic Swimming described in Article 10 of Part Seven.

2.85 **Jury of Appeal** means the body appointed to determine appeals in accordance with Article 12 of Part One.

2.86 **List of Approved Swimwear** means the list of swimwear that has been approved by World Aquatics as updated from time to time and published on the World Aquatics website.

2.87 **LOC** means the local organising committee for a World Aquatics Event, which might (for example) be, a host Member Federation, or a private entity.

2.88 **Management Committee** means the persons appointed by World Aquatics to oversee the overall organisation and execution of a competition. The Bureau will act as the Management Committee for the Olympic Games and World Aquatics Championships. The Management Committee may delegate responsibilities to members of the World Aquatics Team.

2.89 **Masters** means the sports, competitions and events for Masters Participants described in Part Eight.

2.90 **Masters Participant** has the meaning given to it in Article 1.4 of Part Eight.

2.91 **Masters Team** means a team of Masters Participants competing together in a team Aquatics event.

2.92 **Material** means all physical material and/or fabric used in Swimwear.

2.93 **Medical Officer** means, in Open Water Swimming, a person with the roles and responsibilities described in Article 2.17 of Part Three.

2.94 **Medical Plan** means a plan that addresses the medical and related issues at a World Aquatics Event in accordance with Article 8 of Part One.

2.95 **Medical Response Protocol** means the medical response protocol referenced in Article 8 of Part One.

2.96 **Medical Services** means the medical services provided by the LOC at a World Aquatics Event.

2.97 **Medical Station** means a location at a Venue designated for the provision of Medical Services and related activities.

2.98 **Medley** means the combination of swimming strokes described in Article 9 of Part Two.

2.99 **Member Federation** means a National Body recognised by World Aquatics to be a member of World Aquatics.

2.100 **Men Solo** means an Artistic Swimming event performed by one (1) male Athlete.

2.101 **Mixed Duet** means an Artistic Swimming event performed by one (1) female Athlete and one (1) male Athlete.

2.102 **Mixed Relay** means the Swimming relay event described in Article 10.4.1 of Part Two.

2.103 **Mixed Team Event** means the Open Water Swimming event described in Article 6 of Part Three.

2.104 **Music Manager** means, in Artistic Swimming, a person with the roles and responsibilities described in Article 6.4 of Part Seven.

2.105 **National Body** means a body which is established to represent the development and organization of Aquatics in a particular Country.

2.106 **New Member Federation** has the meaning given to it in Article 3.3.1 of Part One.

2.107 **NOC** means a National Olympic Committee recognised by the IOC.

2.108 **Number** means in Diving, the numeral digits assigned to a dive as described in Article 2 of Part Four.

2.109 **NVT** means the numerical value of a Transition.

2.110 **On-water Craft** means, in Open Water Swimming, any craft on the water, including Safety Craft and Escort Craft.

2.111 **Open Free Combination** means the Artistic Swimming routine described in Article 2.4 of Part Seven.

2.112 **Open Team** means an Artistic Swimming team event performed in accordance with the requirements set out in Article 6.1.2 of Part Seven.

2.113 **Open Water Swimming** means the Aquatic sport described in Part Three.

2.114 **Part** means a part of these Competition Rules.

2.115 **Pattern Change** means a change of formation made by the spatial relationship between Athletes of a team.

2.116 **Pike** means, in Diving, the Position described in Article 10.5.5.2 of Part Four and, in High Diving, the Position described at Article 10.4.4.2 of Part Five.

2.117 **Position** means, in Diving, the position of a dive described in Article 2.5 of Part Four and, in High Diving, the position of a dive described in Article 2.8 of Part Five.

2.118 **President** means the person elected as World Aquatics President under Article 16 of the Constitution or who fills any vacancy pursuant to Article 14.14 of the Constitution.

2.119 **Product** means Swimwear of a certain design, shape, and Material (for example: men classic, women closed back, goggles, cap, etc) that is the end result of the manufacturing process and offered to the market to satisfy a need or want. The Product may be in one or more components, but all components must be fixed and/or attached to each other and fulfil a practical function.

2.120 **Product Technology Identification** means the technical identification (which shall not include any identification of the manufacturer, or any part thereof) used on clothing to identify any fabric technology

2.121 **Race Judge** means, in Open Water Swimming, a person with the roles and responsibilities described in Article 2.12 of Part Three.

2.122 **Recorder** means, in Swimming, a person with the roles and responsibilities described in Article 2.14 of Part Two and, in Open Water Swimming, a person with the roles and responsibilities described in Article 2.20 of Part Three.

2.123 **Referee** means, in Swimming, a person with the roles and responsibilities described in Article 2.3 of Part Two and, in Open Water Swimming, a person with the roles and responsibilities described in Article 2.6 of Part Three and, in Diving, a person with the roles and responsibilities described in Article 8 of Part Four and, in High Diving, a person with the roles and responsibilities described in Article 7 of Part Five and, in Water Polo, a person with the roles and responsibilities described in Articles 3.5 to 3.7 of Part Six and, in Artistic Swimming, a person with the roles and responsibilities described in Article 8.3 of Part Seven.

2.124 **Referees, Officials, and Starters Committee** means the World Aquatics committee described in the By-laws.

2.125 **Relay Judge** means, in Open Water Swimming, a person with the roles and responsibilities described in Article 2.15 of Part Three.

2.126 Resolution Desk Judge means

2.127 **Reverse** means, in Diving and High Diving, a Group of dives where the Athlete starts the dive facing toward the pool and takes off by rotating backwards toward the board or platform.

2.128 **Round One** means the first round of the 3 km Knockout Sprint event.

2.129 **Round Two** means the second round of the 3 km Knockout Sprint event.

2.130 **Round Three** means the third round of the 3 km Knockout Sprint event.

2.131 **Safety Craft** means any craft that provides close-support safety functions at Open Water Swimming competitions, which may include, for example, kayaks, paddleboards, or other vessels.

2.132 **Safety Crew** means, in Open Water Swimming, safety personnel with the roles and responsibilities described in Article 14 of Part Three.

2.133 **Safety Plan** means the safety plan for an Open Water Swimming competition described in Article 14 of Part Three.

2.134 **Safety Officer** means, in Open Water Swimming, a person with the roles and responsibilities described in Article 2.15 of Part Three.

2.135 **Safety Marshall** means, in Masters competition, a person with the roles and responsibilities described in Article 7 of Part Eight.

2.136 **Sample** means a particular Product and/or a piece of material used in Product Construction of Swimwear that is submitted during the Swimwear approval procedure.

2.137 **Secretary** means, in Diving, a person with the roles and responsibilities described in Article 9 of Part Four and, in High Diving, a person with the roles and responsibilities described in Article 8 of Part Five and, in Water Polo, a person with the roles and responsibilities described in Article 3.11 of Part Six.

2.138 **Semi-Automatic Officiating Equipment** means, in Swimming, the automatic officiating equipment described in Articles 11 and 15.16 of Part Two.

2.139 **Senior** means the age category for Athletes in Artistic Swimming described in Article 10 of Part Seven.

2.140 **Sport Nationality** means an Athlete's affiliation and eligibility to represent a Member Federation in International Competition, as described in Article 3 of Part One.

2.141 **Sports Medicine Committee** means the committee of World Aquatics as established in the By-laws.

2.142 **Starter** means, in Swimming, a person with the roles and responsibilities described in Article 2.5 of Part Two and, in Open Water Swimming, a person with the roles and responsibilities described in Article 2.7 of Part Three.

2.143 **Statement of Dives** means the form setting out the relevant details for each of the dives that an Athlete will perform in a competition.

2.144 **Straight** means, in Diving, the Position described in Article 10.5.5.1 of Part Four and, in High Diving, the Position described at Article 10.4.4.1 of Part Five.

2.145 **Swimming** means the Aquatic sport described in Part Two.

2.146 **Swimwear** means any swimsuit, wetsuit, swim cap, and goggles.

2.147 **Synchronisation Technical Controller** means, in Artistic Swimming, a person with (among other things) the roles and responsibilities described in Article 6.5.3 of Part Seven.

2.148 **Technical/ Team Leaders' Meeting** means the meeting between representatives of World Aquatics, the LOC, and Member Federations prior to a World Aquatics Event.

2.149 **Technical Artistic Swimming Committee** means the Technical Committee for Artistic Swimming.

2.150 **Technical Committee** means the World Aquatics Technical Committees listed in Article 25.2 of the Constitution.

2.151 **Technical Controller** means a Difficulty Technical Controller or a Synchronisation Technical Controller.

2.152 **Technical Diving Committee** means the Technical Committee for Diving.

2.153 **Technical High Diving Committee** means the Technical Committee for High Diving.

2.154 **Technical Masters Committee** means the Technical Committee for Masters competition.

2.155 **Technical Official** means the technical officials officiating at competition, including (depending on the Aquatic sport) Referees, Starters, Judges, and Technical Controllers.

2.156 **Technical Open Water Swimming Committee** means the Technical Committee for Open Water Swimming.

2.157 **Technical Required Elements** means the movements that must be performed in Technical Routines in accordance with the requirements specified in Appendix 2 of Part Seven.

2.158 **Technical Routine** means the Artistic Swimming routine described in Article 2.2 of Part Seven.

2.159 **Technical Swimming Committee** means the Technical Committee for Swimming.

2.160 **Technical Water Polo Committee** means the Technical Committee for Water Polo.

2.161 **Therapeutic Use Exemption** has the meaning given to it in the World Aquatics Doping Control Rules.

2.162 **Three Positions** means, in High Diving, the Position described at Articles 2.10 and 10.4.4.5 of Part Five.

2.163 **Timekeeper** means, in Swimming, a person with the roles and responsibilities described in Article 2.11 of Part Two and, in Open Water Swimming, a person with the roles and responsibilities described in Article 2.9 of Part Three and, in Water Polo, a person with the roles and responsibilities described in Article 3.10 of Part Six.

2.164 **Timer** means, in Artistic Swimming, a person with the roles and responsibilities described in Article 6.3.8 of Part Seven.

2.165 **TOWSC Commission** means the commission of the Technical Open Water Swimming Committee.

2.166 **Transition** means the movement that link Elements within an Artistic Swimming routine.

2.167 **Tuck** means, in Diving, the Position described in Article 10.5.5.3 of Part Four and, in High Diving, the Position described at Article 10.4.4.3 of Part Five.

2.168 **Top Ten Ranking** means the Masters Swimming rankings described in Article 2.7 of Part Eight.

2.169 **Turn Judge** means, in Open Water Swimming, a person with the roles and responsibilities described in Article 2.13 of Part Three.

2.170 **Twisting** means, in Diving, a Group of dives.

2.171 **Unsporting Conduct** means, in Open Water Swimming, conduct that is unsporting, as described in Article 4.2.4 of Part Three.

2.172 **Venue** means the competition, training, or other venue in which a World Aquatics Event is being held.

2.173 **Venue Medical Officer** means the person designated that role by the Chief Medical Officer.

2.174 **Venue Medical Station** means the or a primary Medical Station at a Venue.

2.175 **Video Assistant Referee** (also known as 'VAR') means, in Open Water Swimming, the video assistant referee system described in Article 12.5 of Part Three and, in Water Polo, a person with the roles and responsibilities described in Article 3.12 of Part Six and Appendix 4.

2.176 **Video Review Judge** means, in Swimming, a person with the roles and responsibilities described in Article 2.16 of Part Two and, in Open Water Swimming, a person with the roles and responsibilities described in Article 2.21 of Part Three.

2.177 **Video Review Supervisor** means, in Swimming, a person with the roles and responsibilities described in Article 2.15 of Part Two.

2.178 **WADA** means the World Anti-Doping Agency.

2.179 **Water Polo** means the Aquatic sport described in Part Six.

2.180 **Women Duet** means an Artistic Swimming event performed by two (2) female Athletes.

2.181 **Women Solo** means an Artistic Swimming event performed by one (1) female Athlete.

2.182 **World Aquatics Calendar** means the calendar of all International Competitions approved by World Aquatics that is published on World Aquatics' website.

2.183 **World Aquatics Championships** means the world championships of that name organised by World Aquatics for Swimming, Open Water Swimming, Diving, High Diving, Artistic Swimming, and Water Polo.

2.184 **World Aquatics Doping Control Rules** means the Doping Control Rules issued by World Aquatics.

2.185 **World Aquatics Evaluator** means, in Artistic Swimming, a person with the roles and responsibilities described in Article 8.2.11 of Part Seven.

World Aquatics Event means all competitions organised by World Aquatics, including the Tier 1 and Tier 2 International Competitions listed at Article 2.1 of Part One (excluding the Olympic Games).

World Aquatics Homologation Mark means the homologation mark as featured in Article 7 of Part One, with further regulations and/or guidance to be published by World Aquatics from time to time.

2.186 **World Aquatics Junior Diving Championships** means the championships of that name organised by World Aquatics.

2.187 **World Aquatics Junior High Diving Championships** means the championships of that name organised by World Aquatics.

2.188 **World Aquatics Junior Open Water Swimming Championships** means the championships of that name organised by World Aquatics.

2.189 **World Aquatics Masters Championships** means the world championships of that name organised by World Aquatics.

2.190 **World Aquatics Masters Championships Accepted Swimsuit** means a Swimsuit accepted for use at the World Aquatics Masters Championships, as described in Article 7.14 of Part Eight.

2.191 **World Aquatics Masters Event** has the meaning given to it in Article 1.2 of Part Eight.

2.192 **World Aquatics Medical Delegate** means the member of the Sports Medicine Committee assigned the role of World Aquatics Medical Delegate (described in Article 8.5.1 of Part One) for a particular World Aquatics Event.

2.193 **World Aquatics Office** means the office managed by the Executive Director under the supervision of the President.

2.194 **World Aquatics Officials List** means the list of approved Technical Officials issued by World Aquatics from time to time.

2.195 **World Aquatics Swimming Championships (25m)** means the world championships of that name organised by World Aquatics.

2.196 **World Aquatics Points Table** means, in Swimming, a point scoring system that enables comparisons of results among different events.

2.197 **World Aquatics Rankings** means the sport-specific performance rankings compiled by World Aquatics using ranking criteria and performance results and published by World Aquatics from time to time.

2.198 **World Aquatics Rules** means the By-laws and any other rules and regulations adopted by World Aquatics other than the Constitution.

2.199 **World Aquatics Safety Delegate** means the member of the relevant Technical Committee assigned the role of World Aquatics Safety Delegate for a particular World Aquatics Event.

2.200 **World Aquatics Sport Manager** means the person at World Aquatics who is responsible for an Aquatic sport.

2.201 **World Aquatics Team** means all members of the Bureau, World Aquatics staff, World Aquatics committees, and World Aquatics-designated external contractors and/or personnel hired to provide on-site services at competitions.

2.202 **World Aquatics Technical Delegate** means the World Aquatics technical representative at a competition.

2.203 **World Cup** means a competition of that name in an Aquatic sport organised by World Aquatics.

2.204 **Youth** means the age category for Athletes in Artistic Swimming described in Article 10 of Part Seven.