



HANDBOOK

2022-2023



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MANAGEMENT OF ARTISTIC SWIMMING VICTORIA

The day-to-day affairs of Artistic Swimming Victoria are managed by the Executive Committee as constituted and provided for in the Constitution of Artistic Swimming Victoria (ASV).

The Executive Committee consists of:

- President
- Two (2) Vice Presidents
- Secretary and Treasurer

The Executive Committee is responsible and accountable to the Committee of Artistic Swimming Victoria.

The Committee may consist of:

- A representative from each Club affiliated with ASV
- Swimmers Representative
- Coaching Director
- Judging Director
- Technical Director
- Recreation Director
- Promotions Officer
- Registrar
- Executive Committee

The Swimmers Representative, Clubs, and all Office Bearers (including the Executive Committee) have one vote each at meetings of the Committee.

Each Club has a copy of the Constitution and By-Laws of Artistic Swimming Victoria. If you require a copy of either document please contact your club secretary or the Secretary of ASV.

The Artistic Swimming Australia website at www.artisticswimming.org.au has further information about Members Welfare Policy, Child Welfare Policy together with the ASAI Constitution, By-Laws and Anti-Doping Policy.

ASV LIFE MEMBERS

ASV would like to acknowledge our Life Members:

- Rosamund Keeble (deceased)
- Muriel Head (deceased)
- Helen Hall (deceased)
- Barbara Lynch
- Barbara Schembri



FIGURES & ELEMENTS

FOR 2022–2023 VICTORIAN COMPETITIONS

Figures form the foundation of any routine. They are a combination of positions and movements as defined in the World Aquatics Artistic Swimming Manual and World Aquatics Masters Rules. Each competitor in Grade, 12 & Under and Youth Solo, Duet and Team categories MUST perform the prescribed figures for their Age Category.

Competitors in Free Combination MAY perform the prescribed figures for their Age Category.

Elements are components of Technical Routines and are also prescribed in the relevant World Aquatics Manuals. As per World Aquatics rules, Junior, Senior and Masters elements are not compulsory but may be performed at competitions (including Victorian State Championships) as practice for Technical Routines.

FIGURES & ELEMENTS	
Masters Elements	4 elements drawn from Masters Solo, Duet and Team World Aquatics required elements.
Senior and Junior Elements	5 elements which may be either the team, duet or solo required elements. A or B elements may be performed regardless of Age Group.
Youth Figures	4 figures drawn from World Aquatics Youth figures list.
12 & Under Figures	2 compulsory figures plus 2 figures from 1 of 3 optional groups.
Grade 6 Figures	2 compulsory figures plus 2 figures from 1 of 3 optional groups.
Grade 5 Figures	2 compulsory figures plus 2 figures from 1 of 3 optional groups.
Grade 4 Figures	2 compulsory figures plus 2 figures from 1 of 3 optional groups.
Grade 3 Figures	As per 12 & Under figures
Grade 2 Figures	As per Youth figures
Grade 1 Figures	As per Junior/Senior elements

Please see current World Aquatics Manual 2022-2025 for all Senior/Junior, Youth and 12 & Under figures or elements.

12 & UNDER FIGURES

COMPULSORY

1	106	Straight Ballet Leg	DD 1.6
2	301	Barracuda	DD 1.8

OPTIONAL GROUPS

Group 1

1	359	Front Ariana	DD 2.2
2	348	Tower	DD 1.9

Group 2

1	363	Water Drop	DD 1.8
2	401	Swordfish 2.0	DD 2.1

Group 3

1	311	Kip	DD 1.6
2	227d	Swanita Spinning 180	DD 1.9

GRADE 6 FIGURES

COMPULSORY

1		Tub Spin 360	DD 1.0
2		Oyster	DD 0.9

OPTIONAL GROUPS

Group 1

1	310	Somersault Back Tuck	DD 1.1
2		Pretzel	DD 1.1

Group 2

1		Waterwheel	DD 1.1
2		Front Pike	DD 0.9

Group 3

1		Flowerpot Rotation 180	DD 1.0
2		Inverted Tuck	DD 0.9

GRADE 5 FIGURES

COMPULSORY

1		Alternate Sailboats	DD 1.2
	302	Blossom	DD 1.4

OPTIONAL GROUPS

Group 1

1		Pike to Front Layout	DD 1.0
2	130*	Flamingo Position	DD 1.2

Group 2

1	348*	Tower (from fishtail a descent is executed with legs joining at the ankles)	DD 1.4
2		Arch Down	DD 1.1

Group 3

1	303	Somersault Back Pike	DD 1.5
2		Lift to Knight	DD 0.9

GRADE 4 FIGURES

COMPULSORY

1	101	Ballet Leg Single	DD 1.6
2	301	Baracuda	DD 1.9

OPTIONAL GROUPS

Group 1

1	323	Somersault Front Pike	DD 1.4
2	316	Kipnus	DD 1.4

Group 2

1	360	Walkover Front	DD 1.9
2	435*	Half Nova (a Vertical Descent is executed as bent leg is extended to meet vertical leg after assuming Bent Knee Vertical Position)	DD 1.6

Group 3

1		Princess	DD 1.6
2	349	Tower	DD 1.9



AGE GROUPINGS

The rule regarding the Age Groups is ASAG 2 Age categories.

All Age Group Competitors remain qualified from 1 January to the following 31 December at the age they are at the close

of day (12 midnight) on 31 December of the year of the competition.

ASAG 2.2 Age Groupings for Artistic Swimming are:

- 12 years of age and under
- Youth (13-15 years of age)
- Junior (15-19 years of age)
- Senior (15+ years of age)

ASAG 2.3 Male Age Groupings for Artistic Swimming are:

- 12 years of age and under
- Youth (13-16 years of age)
- Junior (15-20 years of age)
- Senior (15+ years of age)

ROUTINES

Time limits include a maximum of 10 seconds for deck work and the walk on time shall not exceed 30 seconds for Technical or Free Mixed Duets, Technical and Free Tams, Free combination and Acrobatic Routines and may not exceed 20 seconds for any Solo and Duet Events. There is an allowance of 5 seconds plus or minus the allotted time for routines.

MASTERS

Routine	Time Limit
Technical Routines Solo	1 minute 30 seconds
Free Routines Solo	2 minutes 30 seconds
Technical Routines Duet	1 minute 40 seconds
Free Routines Duet	3 minutes 00 seconds
Technical Routines Mixed Duet	1 minute 40 seconds
Free Routines Mixed Duet	3 minutes 15 seconds
Technical Routines Teams	1 minute 50 seconds
Free Routines Teams	4 minutes 00 seconds
Free Combination	4 minutes 00 seconds

SENIOR

Routine	Time Limit
Technical Routine Solo	2 minutes 00 seconds
Free Routine Solo	2 minutes 15 seconds
Technical Routine Duets	2 minutes 20 seconds
Free Routine Duets	2 minutes 45 seconds
Technical Routine Mixed Duets	2 minutes 20 seconds
Free Routine Mixed Duets	2 minutes 45 seconds
Technical Routine Teams	2 minutes 50 seconds
Free Routine Teams	3 minutes 30 seconds
Acrobatic Routine	3 minutes 00 seconds

YOUTH

Routine	Time Limit
Free Solo	2 minutes 00 seconds
Free Duet	2 minutes 30 seconds
Free Duet Mixed	2 minutes 30 seconds
Free Team	3 minutes 00 seconds
Free Combination	3 minutes 00 seconds

JUNIOR

Routine	Time Limit
Technical Routine Solo	2 minutes 00 seconds
Free Routine Solo	2 minutes 15 seconds
Technical Routine Duets	2 minutes 20 seconds
Free Routine Duets	2 minutes 45 seconds
Technical Routine Mixed Duets	2 minutes 20 seconds
Free Routine Mixed Duets	2 minutes 45 seconds
Technical Routine Teams	2 minutes 50 seconds
Free Routine Teams	3 minutes 30 seconds
Acrobatic	3 minutes 00 seconds

12 & UNDER

Routine	Time Limit
Free Solo	2 minutes 00 seconds
Free Duet	2 minutes 30 seconds
Free Duet Mixed	2 minutes 30 seconds
Free Team	3 minutes 00 seconds
Free Combination	3 minutes 00 seconds

Grade 6	1 minute
Grade 5	1 minute 15 seconds
Grade 4	1 minute 30 seconds



AGGREGATE FIGURE & ELEMENTS COMPETITION : 2022–2023

The aggregate Grade Figures and Age Group Figures Competition will be conducted over all Victorian domestic competitions with the exception of, the Artistic Swimming Victoria State Championship. The aggregate competition is to provide recognition to swimmers who continually perform at a high level throughout the season. Then aggregate score will be the sum of all figure scores obtained throughout the season.

The Grades prize will be awarded to the swimmer who has obtained the highest aggregate score across all grade figure competitions. The winner will be awarded a ribbon.

The 12 & Under and Youth aggregate medal shall be awarded to the swimmer who has the highest aggregate figure score in their age group.

The Junior, Senior and Masters aggregate medal will be conducted over all Victorian domestic competitions with the exception of the Artistic Swimming Victoria State Championships. The aggregate score shall be awarded to the swimmer(s) with the highest aggregate score in their category.

Routine scores are not included in the overall total for the aggregate results for each season – only figure scores count toward awards for each grade or age group competition.

PERPETUAL TROPHIES

Tarren Otte Award – for highest figure score in 12 & Under Age Group at the Artistic Swimming Victoria State Championships

Tarren is a 2 time Olympian (2008 & 2012) and co-founder of Golden Fish Synchronised Swimming Club

Barbara Schembri Award – for highest figure score in the Youth Age Group at the Artistic Swimming Victoria State Championships.

Barbara is an ASV Life Member, lifelong member of Nunawading Synchronised Swimming Club and the longest serving Treasurer of ASV.

Anna Nepotacheva Award – encouragement award for the Most Improved Swimmer

Anna was Head coach of the Australian Synchronised Swimming Team (as it was then known) from 2004 until 2001, co-founded Golden Fish Synchronised Swimming Club and in 2013 was appointed to the World Aquatics TASC as the member for Oceania.

Roz Keeble Trophy – awarded for exemplary service to the sport of Synchronised Swimming

Roz Keeble (deceased) was the coach and founder of the Nunawading Synchronised Swimming Club and an Olympic Judge.

ARTISTIC SWIMMING VICTORIA STATE CHAMPIONSHIPS

Artistic Swimming Victoria State Championships and Victoria domestic competitions shall be conducted in accordance with the relevant World Aquatics and Australian Artistic Swimming rules, and the following Artistic Swimming Victoria rules. Please refer to the current Artistic Swimming Australia, Australian National Championships Policy for all rules regarding the Australian National Championships.

PREREQUISITES

- Unless swimming by invitation all competitors shall be registered with a club affiliated with Artistic Swimming Victoria and shall be registered as competitors with ASA, with the exception of interstate visitors who must be registered with ASA.

- All Grade, 12 & Under and Youth Age Group competitors (except interstate visitors) shall have participated in at least one domestic competition in the current season where the competitor has performed both figures and all routines (complete or incomplete) they wish to compete at the Artistic Swimming Victoria Championships.

Junior and Senior competitors must have participated in at least one domestic figure competition where they have performed the routine(s) (complete or incomplete) that they wish to compete at the Artistic Swimming Victoria Championships.

Masters competitors must have participated in at least one domestic competition in the current season where they have performed either elements or routines (complete or incomplete).

Exemptions to these requirements:

Any swimmer who has represented Australia during the current season is automatically eligible for entry into the Artistic Swimming Victoria Championships.

MEDICAL EXEMPTIONS

For a pre-existing medical condition or injury the athlete must apply in writing with supporting evidence before the final domestic competition of the season prior to the Artistic Swimming Victoria State Championships.

Medical exemption request is to be considered by the ASV President, Judging Director and Technical Director.

If medical exemption is sought by an athlete who is part of a Duet, the other athlete in the Duet should complete routine as a solo in order to qualify the routine for the Artistic Swimming Victoria State Championships and the athlete with the exemption, if approved, will still be able to compete the routine at the Artistic Swimming Victoria State Championships.

If a medical exemption is sought by an athlete who is part of a team or combination, the other athletes in the Team/Combo should compete the routine in order to qualify the routine for the Artistic Swimming Victoria State Championships and the athlete with the exemption (if approved), will still be able to complete the routine at the Artistic Swimming Victoria State Championships.

If an emergency situation arises that precludes an athlete from seeking a medical exemption as per above requirement (e.g., an accident on the day or day prior to the last qualifying domestic competition), they may still seek a medical exemption to compete at the Artistic Swimming Victoria State Championships. This shall be supplied in writing with supporting evidence to be considered as a special matter by the ASV President, Judging Director and Technical Director. In this instance the request for medical exemption should be submitted as soon as possible after the final domestic competition of the season and at least 2 weeks prior to the Artistic Swimming Victoria State Championships.



GENERAL RULES

The following is a list of general rules. These rules shall be read in conjunction with the relevant World Aquatics and ASA rules.

1. Swimwear should reflect the athletic nature of the sport and should be in good moral taste.
 - Theatrical make-up shall not be worn and should be age appropriate. AS 13.9
 - The use of accessory equipment, goggles or additional clothing is not permitted unless required for medical reasons. Nose clips may be worn.
 - Dangling jewellery is not allowed. AS 13.12
 - Swimwear for figure competitions shall be black and the competitor shall wear a white cap. Goggles and nose clips may be worn.
2. In a figure competition a score of zero (0) will be awarded if:
 - A swimmer stops voluntarily during the figure.
 - A swimmer does not perform the announced figure or if the figure does not have all the required elements. The referee or assistant referee shall advise the judges and scorers accordingly.
 - In the 12 & Under category the swimmer may re-swim the figure with a 1-point penalty.
3. In a routine, competition penalties shall be deducted as per World Aquatics AS 18 (with the exception of AS 18.1)
4. If one or more competitors stop swimming before the routine is completed the routine will be disqualified. If the cessation is caused by circumstances beyond the control of the competitor(s) the Referee shall allow the routine to be re-swum.
5. A team shall consist of at least four (4) but not more than eight (8) competitors.
6. A Free Combination shall consist of at least six (6) but not more than ten (10) competitors ASA Rule 15.4.5a
7. An Acrobatic Routine shall consist of at least six (6) but not more than ten (10) competitors.
8. For teams less than the maximum number of swimmers no penalty will apply ASA Rule 15.3j
9. If a duet, team, or free combination performs at the Victorian Open/Senior and Age Group Championships with less than the MINIMUM number of swimmers required the performance may be judged in its entered category, but it WILL NOT be eligible for a medal.
10. If one (or more) competitor stops swimming before the routine is completed, the routine will be disqualified as per World Aquatics AS Rule 18.2.
11. Competitors who are 12 & Under in accordance with World Aquatics rule ASAG 2.1 may also compete in a Youth Team or make up one half of a Youth Duet, but they must also compete in the Youth Age Group Figures. ASA bylaw 15.3c
12. Competitors who are 13 or 14 years old in accordance with World Aquatics rule ASAG 2.1 may compete in a Junior team or make up one half of a Junior Duet. ASA bylaw 15.3d
13. There are no age restrictions for Free Team ie can be a mixture of 12 & Under, Youth, Junior and Senior and Masters athletes.
14. Free Combination is restricted to 12 & Under, Youth and Masters teams.
15. Grade competitors will perform Grade figures and routines.
16. Junior, Senior and Masters swimmers may perform/compete Elements at the Artistic Swimming Victoria State Championships, but this is not compulsory.
17. Clubs may enter more than one Solo entry in each Age Group.
18. Where a registered Non-Competitive athlete is entitled to try a competition under ASA Membership, Participation and Registration Policy, trial competition may NOT occur at Artistic Swimming Victoria State Championship competition.
19. Where an incomplete routine is entered at a domestic competition the routine will not be judged and scored unless prior arrangement is agreed between the Judging Director and coach. However, coaches may seek feedback and commentary from Judges. Routines presented as a display are not judged or scored.



ARTISTIC SWIMMING VICTORIA

ABN: 47 254 685 198

