

New System Regional League Guidelines 2025-2026 Season

GENERAL ROUTINE REQUIREMENTS

1. Full Regional League events will consist of a Figure event (8U, 10U, 11-12 & Adapted categories) and a Routine final (all categories).
2. Regional League routines must include all required Technical Required Elements as described in the OAS Rulebook Addendum.
3. Teams may choose to perform any or all optional routine elements including Choreography Hybrids or Acrobatic Movements as listed below, but may not exceed the maximum allowed elements per age category.
4. All required or optional elements must be executed according to the requirements described in the OAS Rulebook Addendum.
5. Routine Requirements must be performed in the order listed in the OAS Rulebook Addendum.

COACH CARDS

Coach cards will not be required for Regional League routines, however it is recommended that the Hybrid Difficulty Catalogue be used when building Choreography Hybrids.

TECHNICAL CONTROLLER PROTOCOL

Synchronization Technical Controllers will not be used in Regional League competitions.

One Difficulty Technical Controller will be assigned to each Regional League competition event. Partial basemarks will not apply, and elements will only be passed or failed.

Pass/Fail Criteria for TRE's & Choreography Hybrids

A "pass" on a TRE or ChoHy will be awarded provided it meets the following criteria:

- The element or hybrid appears to have been choreographed within the routine, i.e. after the music has started and before the music has ended; AND
- The element or hybrid is visibly attempted by 50% or more of the Team

| # of Athletes on Team | # of Athlete Attempts Required for Pass |
|-----------------------|---|
| 1 | 1 |
| 2 | 1 |
| 3 | 2 |
| 4 | 2 |
| 5 | 3 |
| 6 | 3 |
| 7 | 4 |
| 8 | 4 |
| 9 | 5 |
| 10 | 5 |

A “fail” on a TRE or ChoHy will be awarded for the following reasons:

- The element or hybrid does not appear to have been choreographed within the routine, i.e. after the music has started and before the music has ended; OR
- The element or hybrid is not visibly attempted by 50% of the Team

A fail on a TRE or ChoHy will be awarded a DD of zero.

Pass/Fail Criteria for Acrobatics

A “pass” on an Acro will be awarded provided it meets the following criteria:

- The Acro appears to have been choreographed within the routine, i.e. after the music has started and before the music has ended; AND
- The Acro is visibly attempted by the Team

A “fail” on an Acro will be awarded for the following reasons:

- The Acro does not appear to have been choreographed within the routine; OR
- The Acro is not visibly attempted by the Team

A fail on an Acrobatic will be awarded a DD of zero.

PENALTIES

The following penalties will be applied at the Regional League level.

| TYPE OF DEVIATION | DEDUCTION | RULE TO APPLY | DEDUCT FROM SCORE FOR |
|--|------------------|---|------------------------------|
| Deck Walk-on time limit exceeded | -8 points | AS 18.1.1, AS 18.2.1, AS 18.3.1, AS 18.4.2, AS 18.5.1, AS 18.6.1, AS 18.7.1, AS 18.8.2, AS 18.9.2, AS 18.10.2 | Routine |
| Deck Movements time limit exceeded | -8 points | AS 18.1.2, AS 18.2.2, AS 18.3.2, AS 18.4.3, AS 18.5.2, AS 18.6.2, AS 18.7.2, AS 18.8.3, AS 18.9.3, AS 18.10.3 | Routine |
| Overall Routine Time (less or more) | -8 Points | AS 18.1.4, AS 18.2.4, AS 18.3.4, AS 18.4.5, AS 18.5.4, AS 18.6.4, AS 18.7.4, AS 18.8.5, AS 18.9.5, AS 18.10.5 | Routine |
| Exceeding number of predetermined elements | -2 points | AS 18.1.8, AS 18.2.9, AS 18.3.9, AS 18.4.10, AS 18.5.8, AS 18.6.9, AS 18.7.9, AS 18.8.10, AS 18.9.10, AS 18.10.10 | Element |
| Omit all, part or incorrect action or TRE | Zero (0) | AS 18.1.8, AS 18.2.9, AS 18.3.9, AS 18.4.10, AS 18.5.8, AS 18.6.9, AS 18.7.9, AS 18.8.10, AS 18.9.10, AS 18.10.10 | Element |
| Routine element completed out of order | -2 points | AS 18.1.10, AS 18.2.11, AS 18.3.11, AS 18.4.12 | Element |

8U REQUIRED ELEMENTS

| ORDER # | ELEMENT TYPE | DESCRIPTION | DD |
|---------|--------------|--------------------------|-----|
| 1 | TRE1 | Somersault Back Tuck | 1.0 |
| 2 | TRE2 | Sailboat Alternate | 1.0 |
| 3 | ChoHy | Free Choreography Hybrid | 1.0 |

Element 1 - Somersault Back Tuck

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 as the body somersaults backward around a lateral axis for one complete revolution. A Back Layout Position is resumed.



Element 2 - Sailboat Alternate

A Back Layout Position is assumed. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a Bent Knee Back Layout Position. The toe moves along the inside of the extended leg until a Back Layout Position is resumed. Repeat using the opposite legs.



10U REQUIRED ELEMENTS

| ORDER # | ELEMENT TYPE | DESCRIPTION | DD |
|---------|--------------|-------------------------------|-----|
| 1 | Acro* | Limited Acrobatic (see chart) | 1.0 |
| 2 | TRE1 | Ballet Leg Single | 1.0 |
| 3 | TRE2 | Blossom | 1.0 |
| 4 | TRE3 | Kipnus | 1.0 |
| 5 | ChoHy* | Free Choreography Hybrid | 1.0 |

*Indicates optional element

Element 1 - Ballet Leg Single

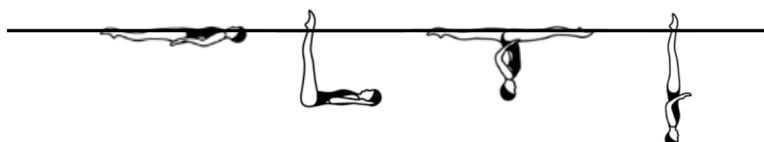
Begin in Back Layout Position. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a Bent Knee Back Layout Position.

The knee is straightened without movement of the thigh to assume a Ballet Leg Position. The knee 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.



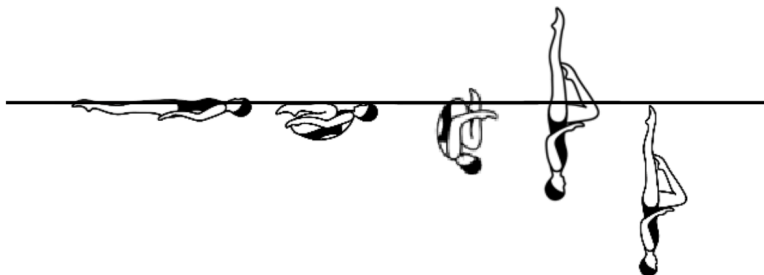
Element 2 - Blossom

From a Back Layout Position the trunk is lowered as the hips are bent to assume a Submerged Ballet Leg Double Position. The feet separate along the surface of the water as the hips rise and the body assumes a Split Position. The legs join to assume a Vertical Position at ankle level. A Vertical Descent is executed.



Element 3 - Kipnus

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 assume a Bent Knee Vertical Position midway between the former vertical line through the hips and the former vertical line through the head and the shins. A Vertical Descent is executed in a Bent Knee Vertical Position.



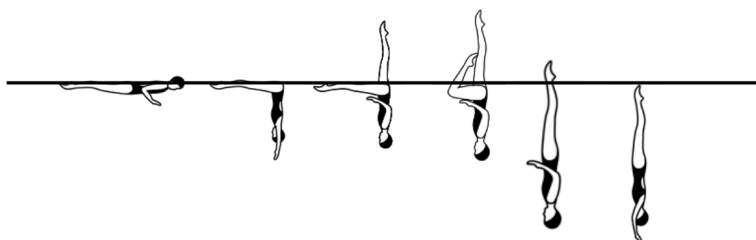
11-12 REQUIRED ELEMENTS

| ORDER # | ELEMENT TYPE | DESCRIPTION | DD |
|---------|--------------|-------------------------------|-----|
| 1 | Acro* | Limited Acrobatic (see chart) | 1.0 |
| 2 | TRE1 | Neptunus | 1.0 |
| 3 | TRE2 | Walkover Front | 1.0 |
| 4 | TRE3 | Barracuda | 1.0 |
| 5 | ChoHy* | Free Choreography Hybrid | 1.0 |

*Indicates optional element

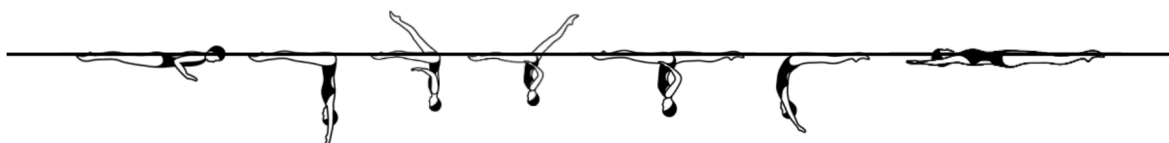
Element 1 - Neptunus

From a Front Layout Position a Front Pike Position is assumed. 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 meet the vertical leg while descending and assuming a Vertical Position at ankle level. A Vertical Descent is executed.



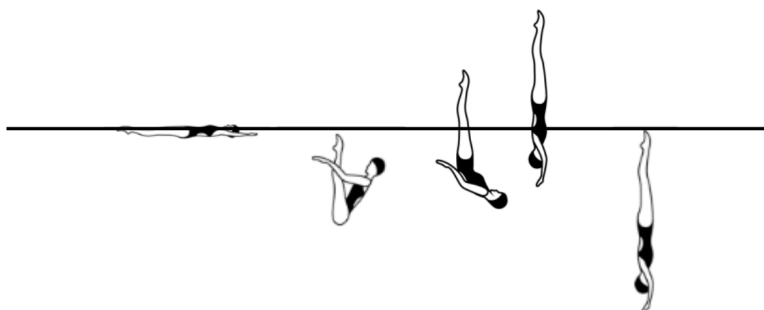
Element 2 - Walkover Front

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. A Walkout Front is executed.



Element 3 - Barracuda

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 Vertical Position. A Vertical Descent is executed at the same tempo as the Thrust.



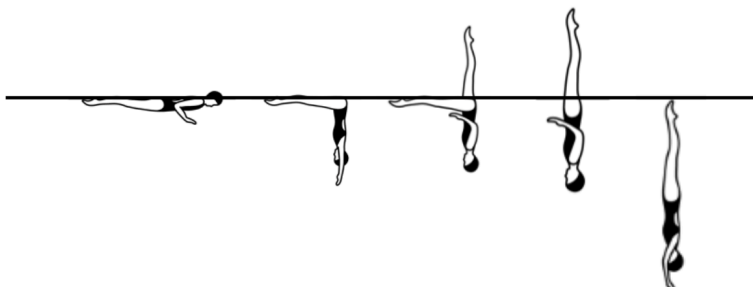
13-15 & 16-20 REQUIRED ELEMENTS

| ORDER # | ELEMENT TYPE | DESCRIPTION | DD |
|---------|--------------|-------------------------------|-----|
| 1 | Acro* | Limited Acrobatic (see chart) | 1.0 |
| 2 | TRE1 | Tower | 1.0 |
| 3 | TRE2 | Walkover Front | 1.0 |
| 4 | TRE3 | Barracuda | 1.0 |
| 5 | ChoHy* | Free Choreography Hybrid | 1.0 |
| 6 | ChoHy* | Free Choreography Hybrid | 1.0 |

*Indicates optional element

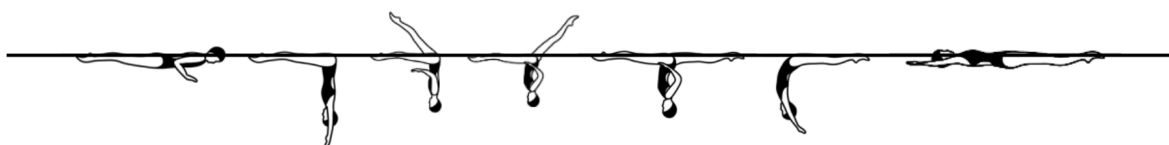
Element 1 - Tower

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.



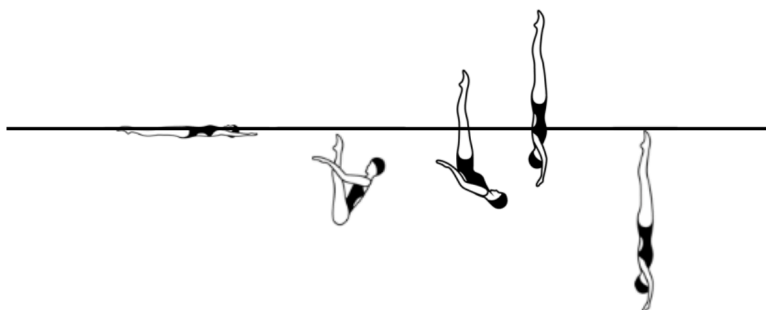
Element 2 - Walkover Front

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. A Walkout Front is executed.



Element 3 - Barracuda

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 Vertical Position. A Vertical Descent is executed at the same tempo as the Thrust.



ADAPTED LEVEL 1 (C&P) REQUIRED ELEMENTS

| ORDER # | ELEMENT TYPE | DESCRIPTION | DD |
|---------|--------------|--------------------------|-----|
| 1 | TRE1 | Back Tuck Somersault | 1.0 |
| 2 | TRE2 | Sailboat Alternate | 1.0 |
| 3 | ChoHy | Free Choreography Hybrid | 1.0 |

For descriptions of these TREs, please see the 8U required elements.

ADAPTED LEVEL 2 (C&P) REQUIRED ELEMENTS

| ORDER # | ELEMENT TYPE | DESCRIPTION | DD |
|---------|--------------|--------------------------|-----|
| 1 | TRE1 | Ballet Leg Single | 1.0 |
| 2 | TRE2 | Blossom | 1.0 |
| 3 | TRE3 | Kipnus | 1.0 |
| 4 | ChoHy | Free Choreography Hybrid | 1.0 |

For descriptions of these TREs, please see the 10U required elements.

ADAPTED LEVEL 3 (C&P) REQUIRED ELEMENTS

| ORDER # | ELEMENT TYPE | DESCRIPTION | DD |
|---------|--------------|--------------------------|-----|
| 1 | TRE1 | Neptunus | 1.0 |
| 2 | TRE2 | Walkover Front | 1.0 |
| 3 | TRE3 | Barracuda | 1.0 |
| 4 | ChoHy | Free Choreography Hybrid | 1.0 |

For descriptions of these TREs, please see the 11-12 required elements.

ADAPTED LEVEL 4 (C&P) REQUIRED ELEMENTS

| ORDER # | ELEMENT TYPE | DESCRIPTION | DD |
|---------|--------------|--------------------------|-----|
| 1 | TRE1 | Tower | 1.0 |
| 2 | TRE2 | Walkover Front | 1.0 |
| 3 | TRE3 | Barracuda | 1.0 |
| 4 | ChoHy | Free Choreography Hybrid | 1.0 |
| 5 | ChoHy | Free Choreography Hybrid | 1.0 |

For descriptions of these TREs, please see the 13-15 & 16-20 required elements.

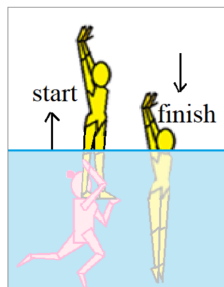
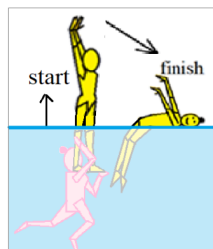
ACROBATIC MOVEMENTS

A limited number of Acrobatics may be performed at the Regional League level. These have been selected to introduce the concept of basic acrobatic movements while enforcing safety limits. Acrobatics must be selected based on the number of athletes on each team:

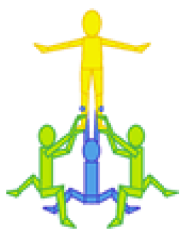


- Teams consisting of 1 athlete may not include an acrobatic
- Teams consisting of 2-3 athletes may perform a pair acrobatic, performed by 2 or 3 athletes.
- Teams consisting of 4 or more athletes may perform a team acrobatic, performed by 4 or more athletes.

Acrobatic movements are an optional element for 10U, 11-12, 13-15, and 16-20 teams. Penalties will not be applied for teams which do not include an acro.

Acrobatic DD will be equalized at 1.0 to avoid the use of coach cards and focus on execution. Available Pair acrobatic movements include:

| Code | Explanation | Description | DD | Image |
|------|-----------------------------|---|-----|---|
| L | Lift, head-up | One swimmer remains under the water and lifts another swimmer who performs actions above the water at maximum height. When the bottom swimmer releases support the upper swimmer submerges under the surface of the water. | 1.0 |  |
| L>> | Lift, head-up with crashing | <p>One swimmer remains under the water and lifts another swimmer who performs actions above the water at maximum height. When the bottom swimmer pushes and releases support the upper swimmer "crashes" (falling) on the surface.</p> <p>Crashing - means that after the main phase of the lift the upper (visible) swimmer does not submerge, but instead falls on the water's surface.</p> | 1.0 |  |

Available Team acrobatic movements include:

| Group | Code | Explanation | DD | Image |
|--------------|------------|---|------|--|
| B (Balance) | B-L-Li-sd | Simple lift Base athletes hold featured swimmer with hands and perform full body lift Featured swimmer performs standing pose | 1.00 |  |
| P (Platform) | P-P-F2A-sd | Platform with a straight support body, OR with bent knees, OR box construction Featured swimmer performs standing pose with two feet on support body | 1.00 |  |
| | P-P-SiA-mo | Platform with a straight support body, OR with bent knees, OR box construction Featured swimmer sits or lays on support body, performs monkey pose | 1.00 |  |

Teams will not be permitted to perform acrobatics not listed in the above catalogue.

CHOREOGRAPHY HYBRIDS

Choreography Hybrids (ChoHy) are an optional element for Regional League teams. Penalties will not be applied for teams which do not include one or all of the available choreography hybrids for each category.

A choreography hybrid in Regional League is defined as athletes performing 3 or more movements. While choreography hybrids do not require coding of individual movements, it is suggested that these hybrids be built using the AQUA difficulty chart.

These elements will be given a DD of 1.0.