

## **3<sup>rd</sup> Singapore National Age Group Artistic Swimming Championships 2025**

**5-7 September 2025**

### **1<sup>st</sup> Bulletin**

---

**This invitation is extended to all local clubs only.**

**1. Organizer**

Singapore Aquatics (SAQ)

**2. Venue**

Our Tampines Hub

**3. Programme**

2 September 2025 (Tuesday)

- Drawing of Optional Figures Group

4 September 2025 (Thursday)

- Music practice
- Draw of Start List
- Team Managers' meeting (ID check) TBC
- Judges' briefing

5 September 2025 (Friday)

- Figures Competition

6-7 September 2025 (Saturday and Sunday)

- Routines

**4. Rules**

The Rules for this Competition will be held according to the World Aquatic New Rules (2022 – 2025) as well as the local rules of Singapore Aquatics.

4.1 For Figures events, World Aquatics Rules 2022 – 2025 and new figures judging will apply.

4.2 For Routines, the following rules will apply:

- World Aquatics Rules 2022 – 2025 will be applied.
- Coach cards are required for all routines.
- No change of coach card is allowed after the Team Manager Meeting. Details on the submission and administration of the Coach cards will be given out later.

4.3 The Organizing Committee and SAQ have the final right to change and amend any rules. Final decision rests solely on the Organizing Committee and SAQ. Any clarifications and queries will be addressed officially in writing to the competition secretariat.

- 4.4 For this Championship, local swimmers representing their clubs are not allowed to use any of the National Team's/ National Youth Team's routines choreographed and used by the National / National Youth Team *BETWEEN 1 Jan 2023 to 31 Dec 2025*.

## 5. Age Group Category and Events

- 5.1 Age is computed as of 31-Dec-2025

Age Group		Clarification
Novice	10yrs & Under	Born after 2015
Group C	11yrs to 12yrs	Born between 2013 to 2014
Group B	Youth 13yrs to 15yrs (Female)	Born between 2010 to 2012
	Youth 13yrs to 16yrs (Male)	Born between 2009 to 2012
Group A	Junior 15yrs to 19yrs (Female)	Born between 2006 to 2010
	Junior 15yrs to 20yrs (Male)	Born between 2005 to 2010

- 5.2 Events

Age Group	Events
Novice	<ul style="list-style-type: none"> <li>○ Figures ONLY</li> </ul>
Group C	<ul style="list-style-type: none"> <li>○ Figures, Solo Free, Duet Free, Mixed Duet Free &amp; Team Free</li> </ul>
Group B	<ul style="list-style-type: none"> <li>○ Figures, Solo Free, Duet Free, Mixed Duet Free &amp; Team Free</li> </ul>
Group B + Group C	<ul style="list-style-type: none"> <li>○ Free Combination</li> </ul>
Group A	<ul style="list-style-type: none"> <li>○ Solo Junior – Technical, Free</li> <li>○ Duet Junior – Technical, Free</li> <li>○ Mixed Duet Junior – Technical, Free</li> <li>○ Team Junior – Technical, Free</li> <li>○ Acrobatics</li> </ul>

## 6. Entries and Eligibility

- 6.1 For this Championships, local participating swimmers MUST have achieved the following minimum ASPIRE Program level:

Age Group	ASPIRE Level
Novice	Level 4
Group C	Level 6
Group B	Level 7
Group A	Level 8

- 6.2 Besides Novice group, each swimmer is only allowed to enter 1 Solo, 1 Duet/ Mixed Duet, 1 Team and 1 Free Combination/Acrobatics, provided they meet the minimum ASPIRE level requirement.

- 6.3 **Swimmers that are 15 years of age are to select to swim in ONE Age Group only, ie either Group B (13-15) OR Group A (15-19).**
- 6.4 In the event of less than 3 entries for any event, SAQ reserves the right to cancel the event.
- 6.5 Male swimmers are welcome to participate, however, there will be no separate event for Solo, Team, Acrobatics & Free Combi and they will compete in the Age Groups for the medals. Maximum 2 male swimmers per Team and Free Combi event is allowed.
- 6.6 Each female can only take part in either the Duet or Mixed Duet
- 6.7 No reserve for Solo, 1 reserve is allowed for Duet, 2 for Mixed Duet (1 Female and 1 Male). 2 reserves are allowed for teams, Combi and Acrobatic events.
- 6.8 Swimmers in Novice are allowed to swim-up for Group C Solo, Duet, Mixed Duet and Team events but must achieve minimum ASPIRE Level 6.
- 6.9 For the team events, the number of swimmers in Team events may be four (4) to eight (8). One half (0.5) point penalty shall be deducted from the total score for each member less than eight (8). 2 reserves are allowed per team. If a Club decides to send more than 1 team for the same age group, the preceding team must comprise a minimum of 8 swimmers (excluding reserves). E.g.
- *If 2 teams: First team: 8 swimmers and second team may be four to eight (4 – 8) swimmers.*
  - *If 3 teams: First and second team: 8 swimmers and third team may be four to eight (4 – 8) swimmers.*
- 6.10 Free Combination event will be combined age group of Novice, Group C and Group B. Minimum ASPIRE level for Free Combination is Level 6 for athletes in Novice and Group C, and Level 7 for athletes who are in Group B. The number of athletes in the Free Combination event may be four to ten (4 - 10). 2 reserves are allowed per Combi.

## 7. Figure Sessions

7.1 For Novice, each competitor must perform **FOUR (4) figures: the two (2) compulsory figures and one (1) group of optional two (2) figures** drawn from the list as described in Appendix I of AS Rules 2022-2025.

7.2 For Group C (11&12), each competitor in Solo, Duet, Mixed Duet and Team must perform **FOUR (4) figures: the two (2) compulsory figures and one (1) group of optional two (2) figures** drawn from the list as described in Appendix I of AS Rules 2022-2025.

7.3 For Group B (13-15 Youth), each competitor in Solo, Duet, Mixed Duet and Team must perform a group of **FOUR (4) figures from the Section (A, B or C) of figures** drawn from the list described in Appendix I of AS Rules 2022 - 2025.

## 8. Routines

### 8.1 Set Numbers of Elements for Routines

Group C - 11-12	Total Required Elements	Summary
Solo Free	4	4 Free Hybrids (must include one declaration from each family in the routine)
Duet Free	5	4 Free Hybrids (must include one declaration from each family in the routine) 1 Pair Acro (free choice)
Mixed Duet Free	5	3 Free Hybrids (must include one declaration from each family in the routine) 2 Pair Acro (free choice but must not repeat the same acrobatic) A minimum of 3 declared Sustained Surface Connections ("SuCon") with travel (1m or more) or rotation (180o or more)
Team	7	4 Free Hybrids (must include one declaration from each family in the routine) 3 Team Acrobatics with DD safety limit (free choice but must not repeat the same acrobatic *)

Group B - 13-15	Total Required Elements	Summary
Solo Free	5	5 Free Hybrids (must include one declaration from each family in the routine)
Duet Free	6	5 Free Hybrids (must include one declaration from each family in the routine) 1 Pair Acro (free choice)

Mixed Duet Free	5	3 Free Hybrids (must include one declaration from each family in the routine) 2 Pair Acro (free choice but must not repeat the same acrobatic) A minimum of 3 declared Sustained Surface Connections (“SuCon”) with travel (1m or more) or rotation (180o or more)
Team	8	5 Free Hybrids (must include one declaration from each family in the routine) 3 Team Acrobatics with DD safety limit (free choice but must not repeat the same acrobatic*)
Free Combination (Combine Group C+B) [Follow youth combo required elements]	9	4 Team Acrobatics with DD safety limit (free choice but must not repeat the same acrobatic) 1 x DD Solo Hybrid 1 x DD Duet Hybrid 2 x Team DD 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 DD hybrids) 1 x Team choreography hybrid ( “ChoHY” ) with no DD (ie factor of 1.0) must be executed with a minimum of 4 athletes Element parts can’t occur simultaneously (ie 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):

- For Group A – can’t repeat 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

Group A and B Acrobatic Safety Limits:

	Acro DD	Plus Base Mark	Total DD (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

Group A – 15-19	Total Required Elements	Summary
Solo Tech	6	5 TREs 1 Free Hybrid
Solo Free	6	6 Free Hybrids (must include one declaration from each family in the routine – except connections)
Duet Tech	7	5 TREs 1 Free Hybrid 1 Pair Acro (free choice)
Duet Free	8	6 Free Hybrids (must include one declaration from each family in the routine) 2 Pair Acro (free choice but may not repeat the same acrobatic)
Mixed Duet Tech	7	3 TREs 1 Free Hybrid 1 Required Hybrid (must contain only one Thrust declaration and 2 different Connection declarations – for example T8 C3 C4) 2 Pair Acro (free choice but must not repeat the same acrobatic) 3 declared Sustained Surface Connections (“SuCon”) with travel (1m or more) or rotation (180o or more)
Mixed Duet Free	7	4 Free Hybrids (must include one declaration from each family in the routine) 3 Pair Acro (free choice but must not repeat the same acrobatic) A minimum of 4 declared Sustained Surface Connections (“SuCon”) with travel (1m or more) or rotation (180o or more)
Team Tech	8	5 TREs 2 Free Hybrids one of which must include a cadence action 1 Team Acro (Max. DD limit of 3.0 inclusive of Base Mark Value) May contain max of 1 circle
Team Free	9	6 Free Hybrids (must include one declaration from each family in the routine) 3 Team Acro (free choice but must not repeat the same acrobatic **)
Acrobatics	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):

- For Group A – can't repeat 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

8.2 Age Group time Limits for the routines are as follow:

Age Group	Time Limit				
	Solo Routines	Duet/ Mixed Duet Routine	Team Routine	Free Combi	Acrobatics
Group C	2:00	2:30	3:00	3:00	NA
Group B	2:00	2:30	3:00		
Group A	2:15 (Free)	2:45 (Free)	3:30 (Free)	NA	3:00
	2:00 (Technical)	2:20 (Technical)	2:50 (Technical)		
Routine Music Allowance	+/- 5sec	+/- 5sec	+/- 5sec	+/- 5sec	+/- 5sec
Walk-on	20 sec	20sec (Duet) 30sec (Mixed)	30sec	30sec	30sec
Deck Work	10sec				

8.3 In routine events, when the Routine starts in the water, the time allowance for the athletes to achieve a stationery starting position in the water shall not exceed 30 seconds for Technical and Free Mixed Duet, Technical and Free Teams, Free Combination, and 20 seconds for any Solo and for female Duets Events.

## 9. Award

9.1 Medals will be awarded to the following:

Events	Novice	Group C	Group B	Group A
Figures (100%)	Top 3	Top 3	Top 3	NA
Solo Free Routines + Figures (100%)	NA	Top 3	Top 3	NA
Duet Free Routines + Figures (100%)	NA	Top 3	Top 3	NA
Mixed Duet Free Routines + Figures (100%)	NA	Top 3	Top 3	NA
Team Free Routines + Figures (100%)	NA	Top 3	Top 3	NA
Solo Technical	NA	NA	NA	Top 3

Solo Free	NA	NA	NA	Top 3
Duet Technical	NA	NA	NA	Top 3
Duet Free	NA	NA	NA	Top 3
Mixed Duet Technical	NA	NA	NA	Top 3
Mixed Duet Free	NA	NA	NA	Top 3
Team Technical	NA	NA	NA	Top 3
Team Free	NA	NA	NA	Top 3
Acrobatics	NA	NA	NA	Top 3
Free Combination (routine only)	Top 3			NA

9.2 E-Certificate of Participation will be sent to the clubs after the Competition.

9.3 There will be a Championship Trophy for the overall highest points to the winning local club. Points will be awarded to participating local clubs for the top 8 positions in each event as follows:

Position	1st	2nd	3rd	4th	5 <sup>th</sup>	6th	7th	8 <sup>th</sup>
Points	9	7	6	5	4	3	2	1

9.4 Any event with less than 3 swimmers will NOT be credited with Championship points.

## 10. Fees

10.1 Entry Fees - **\$30 per swimmer (before GST)**

10.2 Fees per swimmer per event

Category	Fees			
	\$88.00 per swimmer per event	\$88.00 per swimmer per event	\$58.00 per swimmer per event	\$38.00 per swimmer per event
Novice	Figures			
Group B & C	Figures	Solo Free	Duet Free	Team Free
			Mixed Duet Free	Free Combi
Group A		Solo Free	Duet Free	Team Free
		Solo Tech	Duet Tech	Team Tech
			Mixed Duet Free	Acrobatics
			Mixed Duet Tech	

Note : All fees are before GST

**Payment Mode:**

**Funds transfer with payment details:**

Bank Name : DBS BANK LTD  
Account No : 005-016170-3  
SWIFT : DBSSSGSGXXX  
Account Name : SINGAPORE SWIMMING ASSOCIATION  
Address : 7 Stadium Drive #01-50, OCBC Aquatic Centre, Singapore 397632

**Paynow to** : S61SS0088B703

10.3 1 event T-shirt will be given to each athlete. Any additional T-shirts requested will be chargeable.

10.4 Full payment of final entry fees due by **25 August 2025, Monday**  
\*Existing Government tax applies

10.5 No refund for withdrawal after **issuance of invoice**

**11. Judges**

Judges for this Championships will be assigned by SAQ. SAQ may invite neutral Judges and Technical Controllers for this Championships.

**12. Music**

- a. Digital music will be used at this competition.
- b. Routine should be saved in **MP3 format** and uploaded to the google drive via link that will be sent across by **25 August 2025**
- c. Routine to be named as follows:  
Category\_Event\_Club\_LastName\_Initials-LastName\_Initials.mp3
  - a. Category: A, B, C
  - b. Event: ST, SF, DT, DF, TT, TF, Combi
  - c. Name: For duets, please use both last name and initial (without reserve)  
E.g Ng Vivien, Kok Tracy - E.g: A\_DT\_SGP\_Ng\_V-Kok\_T
  - d. For teams, please use the first swimmer's last name and initials (first last name in alphabetical order) – Chan Jessica  
E.g: B\_TF\_SGP\_Chan\_J
- d. It is recommended to include in 2-3 second lead from 'play' until music starts.
- e. Please save your routines in a thumb drive and bring along as back-up

**13. Accreditation**

The Organizing Committee will provide an accreditation pass. Clubs are to write the athletes and coaches name on the accreditation pass.

**14. SAQ Annual Membership Fees**

14.1 All swimmers should be paid members on the SAQ annual membership portal of \$40 (Before 9% GST) with effect from 1 Jan 2025.

14.2 If the swimmer does not belong to any club, these swimmers have to be registered under the Singapore Sports Council in the SAQ membership portal.

14.3 Please register at <https://ssa.swim-community.net/> if you do not have an account by clicking on the Login/ Register on the top right corner.

14.4 SAQ annual membership will be valid from 1 Jan 2025 to 31 Dec 2025.

14.5 All outstanding SAQ annual membership fees must be paid by 25 August 2025 otherwise swimmers **will not** be allowed to participate in the 3<sup>rd</sup> Singapore National Age Group Artistic Swimming Championships 2025.

**15. NROC**

Coaches who wish to apply for an accreditation pass to be on deck during Competition must be an NROC Member. Clubs are required to send in the names of their coaches and team managers (min age of 18 years old based on DOB) on the registration portal for organizer (pending verification from organizer) to secure a pass. Remarks: The team manager pass will only be allowed back of house, and not on deck.

**16. Deadlines**

<b>28 July 2025, Mon, 12pm</b>	✓ Preliminary Form: <a href="https://tinyurl.com/3rdsnagprelim">https://tinyurl.com/3rdsnagprelim</a> ✓ Event t-shirt request ✓ Accreditation Pass Request Form
<b>11 August 2025, Mon, 12pm</b>	✓ Final Entry Form ✓ Swimmer's Profile
<b>25 August 2025, Mon, 12pm</b>	✓ Payment for fees ✓ Routine songs – Links will be sent across to clubs to upload songs
<b>29 August 2025, Fri, 12pm</b>	✓ Submission of Coach Card

**17. Inquiries & Contact**

Please address any inquiries regarding the Championship by email to:

Singapore Aquatics

**Vivien Tai**

E-mail: [vivien.tai@sqaquatics.org.sg](mailto:vivien.tai@sqaquatics.org.sg)