

SINGAPORE AQUATICS

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14TH SAQ NATIONAL SCHOOLS ARTISTIC SWIMMING CHAMPIONSHIPS

11-12 APRIL 2026, OUR TAMPINES HUB

OFFICIAL APPAREL PARTNER



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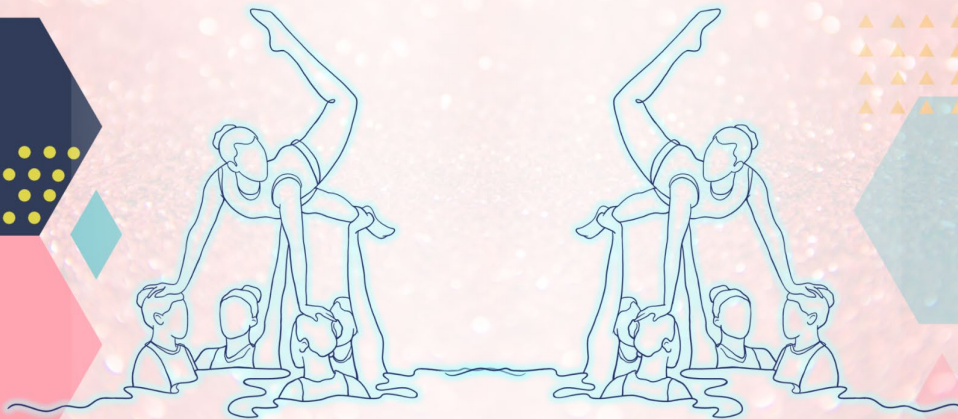
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11th & 12th April 2026
Our Tampines Hub

1st Bulletin

This invitation is extended to all schools.

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1. Competition Information

Organiser: Singapore Aquatics

Venue: Our Tampines Hub

Dates:

8 April 2026 (Wednesday)	<ul style="list-style-type: none">• Draw of Start List• Team Managers' meeting via zoom (details will be shared at a later date)
10 April 2026 (Friday)	<ul style="list-style-type: none">• Music practice• Judges' Meeting (TBC)
11 & 12 April 2026 (Saturday & Sunday)	<ul style="list-style-type: none">• Team Managers' meeting (TBC)• Routines Competition

For further queries, please email to: myra.goh@sqaquatics.org.sg

2. 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.

2.1 Please refer to the following documents for the **World Aquatics New rules (2022-2025)**:

- [Competition Regulations - Part 7 - Artistic Swimming Rules](#) - in force as from 25 June 2025
- [Artistic Swimming Manual for Judges, Technical Controllers, Referees & Coaches 2022-2025](#) - in force as from 15 January 2025
- [2026 Routine Factors](#) – in force as from 1 January 2026
- [Appendix 6 – Hybrid Catalogue \(v5.2\)](#) – in force as from October 2025

2.2 The Organizing Committee and SAQ reserve the right to change/amend any rules, and all final decisions rests solely on the Organizing Committee and SAQ.

2.3 For this Championship, swimmers 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 2024 to 31 Dec 2026.

2.4 Withdrawal / Change Form must be submitted at least 2 hours before the start of the respective event.

3. Divisions

3.1 Primary Division

Divisions	Age	YOB	Events	Routine Requirements
A	13yrs & above	Born in 2013, 2012, or earlier but still studying in primary school	Solo, Duet, Team	Youth (13-15)
B	12yrs	Born in 2014	Solo, Duet, Team	12U
C	11yrs	Born 2015	Solo, Duet, Team	12U
D	10yrs & under	Born in 2016 or later	Solo, Duet, Team	12U

3.2 Secondary Division

Divisions	Age	YOB	Events	Routine Requirements
A	17yrs - 20yrs	Born in 2009, 2008, 2007, 2006 (studying in Junior Colleges and Centralized Institute)	Solo, Duet, Team	Junior (Free routine)
B	15yrs – 16yrs	Born in 2011, 2010, or earlier but still studying in secondary school	Solo, Duet, Team	Junior (Free routine)
C	13yrs – 14yrs	Born 2013, 2012	Solo, Duet, Team	Youth (13-15)

3.3 Invitational schools / Open Division

Divisions	Age	YOB	Events	Routine Requirements
Junior	12yrs & under	Born in 2014 or later (studying in International Schools)	Solo, Duet, Team	12U
Senior	13yrs & above	Born in 2013 or earlier (studying in International Schools, Polytechnic, University)	Solo, Duet, Team	Senior (Free routine)

4. Entries

- 4.1** Each swimmer is only allowed to enter 1 solo, 1 duet and 1 team event.
- 4.2** In the event of less than 3 entries for any event, SAQ reserves the right to cancel the event.

- 4.3** There are **no** separate events for Male Swimmers. Accordingly, mixed duets will compete with the women's duet events, following the women's duet routine requirements.
- 4.4** There is no restriction on the number of swimmers each school may enter in the competition. However, for team events, if a school decides to send more than 1 team for the same division, the preceding team must comprise a minimum of 8 swimmers (excluding reserves). The number of athletes in Team events may be four to eight (4-8). 2 reserves are allowed per team. Maximum 2 male swimmers per Team event is allowed.
- 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 EACH and third team may be four to eight (4-8) swimmers.
- 4.5** Each entry for Team events may have a minimum number of 4 to a maximum number of 8 swimmers.
- A penalty of 0.5 points per swimmer shall be deducted where the team has less than 8 members.
 - If a team has only 4 swimmers, 2 points shall be deducted from the total score; if the team has 7 swimmers, 0.5 points shall be deducted.
- 4.6** Swimmers must participate in their respective Divisions except for the Team event.
- Primary Division: Swimmer may swim solo/duet in the D division and select to swim UP in the C, B or A Division for the team event if there are insufficient swimmers in the C, B or A Division team event.
 - Secondary Division: Swimmer may swim solo/duet in the C division and elect to swim UP in the B or A division team event if there are insufficient swimmers in the B or A Division team event.

5. Combined School Entries

- 5.1** Duet: Two athletes from different schools may form a duet, splitting points between their schools.
- 5.2** Team: Teams may include athletes from up to three schools, with points split among them.

- 5.3** Schools have priority over their own athletes. If a school has already formed its duet/team, it may allow its extra athletes to join those from other schools. The athletes' first obligation is to their own school.
- 5.4** Extra athletes from a school may join other teams only with written approval from their current school. An athlete may represent their school in solo events and combine with an athlete from another school for duets if their school has no duet athlete. The same rules will apply for the team event.
- Duet: If School A wants their athlete to pair with an athlete from School B, it implies that School A doesn't have another athlete for a duet. If School A has only 3 athletes, they must enter one pair and may then permit the third athlete to pair with an athlete from another school. School A may not form 3 duets by pairing each of their athletes with 3 other athletes from different schools.
 - Team: If School A has 12 athletes, they must form Team A with 8 athletes. The remaining 4 can team up with other schools to form a team of 5, 6, 7 or 8 athletes. They may not split their 4 athletes into 4 different teams with several other schools.
 - Alternatively, per the rules, School A can enter their second team of 4 under their own school (Team A-2nd team) if they do not wish to be part of a bigger team.

6. Routines

- 6.1** The competition will be based 100% on free routine scores.
- 6.2** The routine requirements for each division are specified in point 6.3.
- 6.3** Routine requirements and time limits will follow Appendix 3 of the [Competition Regulations - Part 7 - Artistic Swimming Rules](#)

Routines	Divisions	Total Required Elements	Summary
Senior / Junior Solo Free	Secondary Division A Secondary Division B Open Senior Division	6	6 Free Hybrids (must include one declaration from each family in the routine – except connections)

Senior / Junior Duet Free	Secondary Division A Secondary Division B Open Senior Division	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)
Senior / Junior Team Free	Secondary Division A Secondary Division B Open Senior Division	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 – see below)**
12U Solo Free	Primary Division B Primary Division C Primary Division D * Refer to 6.4 for exceptions Open Junior Division	4	4 Free Hybrids (must include one declaration from each family in the routine)
Youth Solo Free	Primary Division A Secondary Division C	5	5 Free Hybrids (must include one declaration from each family in the routine)
12U Duet Free	Primary Division B Primary Division C Primary Division D * Refer to 6.4 for exceptions Open Junior Division	5	4 Free Hybrids (must include one declaration from each family in the routine) 1 Pair Acro (free choice)
Youth Duet Free	Primary Division A Secondary Division C	6	5 Free Hybrids (must include one declaration from each family in the routine) 1 Pair Acro (free choice)
12U Team Free	Primary Division B Primary Division C Primary Division D * Refer to 6.4 for exceptions Open Junior Division	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 – see below)**
Youth Team Free	Primary Division A Secondary Division C	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 – see below)**

**** 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

Safety Limits for acrobatics:

	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

6.4 The following exceptions apply **ONLY** for **Primary Division D**:

- It is not mandatory to include one declaration from each family in the routine
- **No acrobatics** are required for both duet and team events for safety reasons

6.5 Time Limits

To follow Appendix 3 of the [Competition Regulations - Part 7 - Artistic Swimming Rules](#)

- **Exceptions:**
 - Time limits for all divisions have greater flexibility of +5 sec / - 30 sec
Eg. **Primary Division D Solo: 1:30 – 2:05 is allowed**
- **Primary Divisions**

Divisions	Time Limit		
	Solo Free Min (+5 sec/- 30 sec)	Duet Free Min (+5 sec/- 30 sec)	Team Free Min (+5 sec/- 30 sec)
A Division	2:00 +/-	2:30 +/-	3:00 +/-
B Division	2:00 +/-	2:30 +/-	3:00 +/-
C Division	2:00 +/-	2:30 +/-	3:00 +/-
D Division	2:00 +/-	2:30 +/-	3:00 +/-

- **Secondary Divisions**

Divisions	Time Limit		
	Solo Free Min (+5 sec/- 30 sec)	Duet Free Min (+5 sec/- 30 sec)	Team Free Min (+5 sec/- 30 sec)
A Division	2:15 +/-	2:45 +/-	3:30 +/-
B Division	2:15 +/-	2:45 +/-	3:30 +/-
C Division	2:00 +/-	2:30 +/-	3:00 +/-

- **Invitational School / Open Divisions**

Divisions	Time Limit		
	Solo Free Min (+5 sec/- 30 sec)	Duet Free Min (+5 sec/- 30 sec)	Team Free Min (+5 sec/- 30 sec)
Junior Division	2:00 +/-	2:30 +/-	3:00 +/-
Senior Division	2:15 +/-	2:45 +/-	3:30 +/-

- Walk on:
 - Solo and Duet – 20 seconds
 - Team – 30 seconds
- Maximum deck time: 10 seconds
- In routine events, when the routine starts in the water, the time allowance for the athletes to achieve a stationary starting position in the water shall not exceed 30 seconds for Free Teams, and 20 seconds for any Solo and for female Duets Events.

7. Scoring system

- 7.1 Routines will be judged based on World Aquatics New Rules (2022 - 2025)
- 7.2 Judges for this competition will be assigned by the SAQ-TASC, Head Judges Panel.

8. Final Entry Form Submission

- 8.1 Final Entry Form **MUST be endorsed** with the school stamp(s), failing which such forms will be deemed as an incomplete entry. Kindly provide the name of the coach(es) in charge of the school program.

- 8.2** If participants are combining schools for an event, please submit a **separate final entry form** for the combined school, **endorsed with the school stamp from each school**.
- If an athlete from school A is competing in the duet event with another athlete from school B.
 - Submit the solo entry in the final entry form under school A
 - Submit the duet entry in a separate final entry form under school AxB
- 8.3** Incorrect and incomplete entries may lead to disqualification of participants.
- 8.4** Late entries or any amendments after Final Entry Form deadline **will not** be accepted.

9. Music Submission

- 9.1** Digital music will be used at this competition.
- 9.2** Routine should be saved in MP3 format and to upload to the google drive **by 12pm, 31 March 2026 (Tue)**, via a link that will be sent across at a later date.
- 9.3** It is recommended to include in 2-3 second lead from 'play' until music starts.
- 9.4** Please save your routines in a USB and bring along as back-up.
- 9.5** Routine to be named as follows:
CategoryDivison_Event_School_LastName_Initials-
LastName_Initials.mp3
- Category: PRI, SEC, OP
 - Division: A, B, C, D, JNR, SNR
 - Event: SF, DF, TF
 - Name:
 - For duets, please use both last name and initial (without reserve) E.g Ng Vivien, Kok Tracy - E.g: SECB_DF_MGS_Ng_V-Kok_T
 - For teams, please use the first swimmer's last name and initials (first last name in alphabetical order) – Chan Jessica E.g: SECB_TF_MGS_Chan_J

10. Coach Card Submission

- 10.1** Coach cards are required for all routines.

10.2 Instructions for coach card:

- Please go to this link for the coach card: [Artistic Swimming | Download](#)
- Click on and install on your laptop: **2024 Coach Card**
- Do fill up the Coach Card for each routine.
- Save it as an excel spreadsheet and send it to asevents.sg@gmail.com **by 12pm, 31 March 2026 (Tue)**.
- **Final submission of coach cards is on 12pm, 9 April 2026 (Thu)**. Strictly no changes to the coach cards after 12pm, 9 April 2026 (Thu).

11. Medals

11.1 Medals will be awarded to the top 3 positions for Solo, Duet and Team Events in each division.

11.2 Trophies will be awarded to Schools as follows:

- Division Champions
 - Primary – A, B, C, D
 - Secondary - A, B, C
- Secondary and Primary Division Champions
 - Overall Champion
 - Overall 1st Runner-Up
 - Overall 2nd Runner-Up

11.3 To determine the Winners in 11.2, points will be awarded to participating schools for the top 8 positions in each event:

Position	1st	2nd	3rd	4th	5th	6th	7th	8th
Points	9	7	6	5	4	3	2	1

11.4 Points for Combined School Duet and team are as follows:

- Duet: If Combined Schools Duet AB takes first position, School A and School B will each be awarded 4.5 points each
- Team: If Combined Schools Team ABC comprises 2 athletes from School A, 1 athlete each from Schools B & C, points will be awarded as follows:
 - School A: $9/4 \times 2 = 4.5$
 - School B: $9/4 \times 1 = 2.25$
 - School C: $9/4 \times 1 = 2.25$

11.5 In the event of a tie in an individual event, for the calculation of 11.3, the higher of the points in the tie position will be awarded to each of the schools.

- If Schools A & B are tied in 3rd & 4th positions, 6 points will be awarded to each of the schools.

12. Entry Fees

- 12.1** No entry fees will be collected for Primary and Secondary Divisions
- 12.2** For Invitational School / Open Divisions, fees are as follows:
- Entry Fee is SGD \$30.00 per swimmer (before GST)
 - Event Fee are as follows:
 - Solo – SGD \$88.00 (before GST)
 - Duet – SGD \$58.00 per swimmer (before GST)
 - Team – SGD \$38.00 per swimmer (before GST)
 - Note: All fees are before GST and total fees to be invoiced will include GST.
- 12.3** Full payment of entry fees due by **12pm, 23 March 2026 (Mon)**
- 12.4 All fees are strictly non-refundable after issuance of invoice, without exception and under any circumstances.**

13. SAQ Annual Membership Fees

- 13.1** All swimmers should be paid members on the SAQ annual membership portal of \$40 (before 9% GST). SAQ annual membership will be valid from 1 Jan 2026 to 31 Dec 2026.
- 13.2** If the swimmer does not belong to any club, these swimmers will have to be registered under the Singapore Sports Council in the SAQ membership portal.
- 13.3** Please register [here](#) if you do not have an account by clicking on the Login/ Register.
- 13.4** All outstanding 2025 & 2026 SAQ annual membership fees must be paid **by 23 February 2026**, otherwise swimmers will not be allowed to participate in the 14th SAQ National Schools Artistic Swimming Championships 2026.

14. Accreditation Pass

- 14.1** Coaches who wish to apply for an accreditation pass to be on deck during the competition must be an NROC Member.
- 14.2** Accreditations will only be granted to individuals who are 18 years old or older at the date of the event.

- 14.3** Clubs must submit the names and photos of their coaches and team managers to secure accreditation. Accreditations are subject to approval by the event organiser.
- 14.4** The team manager pass will only be allowed in the back of house, and not on the field of play.
- 14.5** This pass is the property of SAQ, who have the rights at their sole discretion to revoke or remove the pass at any time. This pass is personal, non-transferable and must be displayed at all times in areas requiring accreditation.
- 14.6** A fine of \$50 will be imposed on any loss of pass or re-issuance of pass

15. Deadlines

23 February 2026, Mon (12pm)	<ul style="list-style-type: none">• Accreditation Pass Request Form
2 March 2026, Mon (12pm)	<ul style="list-style-type: none">• Final Entry Form• Swimmer's Profile & Indemnity Form
23 March 2026, Mon (12pm)	<ul style="list-style-type: none">• Payment for entry fees• Routine songs – Links will be sent across to clubs to upload songs
30 March 2026, Mon (12pm)	<ul style="list-style-type: none">• Submission of Coach Card