

SINGAPORE
AQUATICS



12th – 14th June 2026
Our Tampines Hub

1st Bulletin

This invitation is extended to all local clubs only.



1. Competition Information

Organiser: Singapore Aquatics

Venue: Our Tampines Hub

Dates:

9 June 2026 (Tuesday)	<ul style="list-style-type: none">• Drawing of Optional Figures Group
11 June 2026 (Thursday)	<ul style="list-style-type: none">• Music practice• Draw of Start List• Team Managers' meeting• Judges' Meeting
12 June 2026 (Friday)	<ul style="list-style-type: none">• Figures Competition
13 & 14 June 2026 (Saturday & Sunday)	<ul style="list-style-type: none">• 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 Competition Regulations (in force as from February 2026) as well as the local rules of Singapore Aquatics.

2.1 Please refer to the following documents for the **World Aquatics Competition Regulations (in force as from February 2026):**

- [Competition Regulations - Part 7 - Artistic Swimming Rules \(as of Feb 2026\)](#) - in force as from February 2026 (from pg 297)
- [Artistic Swimming Manual for Judges, Technical Controllers, Referees & Coaches \(as of Feb 2026\)](#) - in force as from 20 February 2026

2.2 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.

2.3 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 2024 to 31 Dec 2026.

3. Entries

Age Group	Aspire Level*	Age	YOB	Events
Novice	Level 4	10yrs & Under	Born in 2016 or after	Figures
Group C	Level 6	11yrs to 12yrs	Born between 2014 to 2015	Figures, Solo Free, Duet Free, Mixed Duet Free & Team Free
Group B	Level 7	13yrs to 15yrs (Female)	Born between 2011 to 2013	Figures, Solo Free, Duet Free, Mixed Duet Free & Team Free
		13yrs to 16yrs (Male)	Born between 2010 to 2013	
Group B+C	Level 6 (if Group C)	11yrs to 15yrs (Female)	Born between 2011 to 2015	Free Combination
	Level 7 (if Group B)	11yrs to 16yrs (Male)	Born between 2010 to 2015	
Group A	Level 8	15yrs to 19yrs (Female)	Born between 2007 to 2011	Solo (Technical, Free), Duet (Technical, Free), Mixed Duet (Technical, Free), Team (Technical, Free, Acrobatics)
		15yrs to 20yrs (Male)	Born between 2006 to 2011	

***Local participating swimmers MUST have achieved the minimum ASPIRE Program level**

- 3.1** 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.
- 3.2** Swimmers in Novice are allowed to swim-up to Group C for Solo, Duet, Mixed Duet and Team events but must achieve minimum ASPIRE Level 6.
- 3.3** 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).
- 3.4** In the event of less than 3 entries for any event, SAQ reserves the right to cancel the event.
- 3.5** There are **no** separate events for Male Solo, Team, Acrobatics & Free Combi. Maximum 2 male swimmers per Team and Free Combi event is allowed.

- 3.6** Each female can only take part in either the Duet or Mixed Duet.
- 3.7** Reserves
- No reserve for Solo is allowed
 - 1 reserve is allowed for Duet
 - 2 reserves (1 Female and 1 Male) are allowed for Mixed Duet
 - 2 reserves are allowed for Team, Combi and Acrobatic events.
- 3.8** 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).
 - 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)
 - Example:
 - 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.
- 3.9** Free Combination event
- The number of swimmers in the Free Combination event may be four to ten (4 - 10)
 - World Aquatics Competition Regulations (in force as from February 2026). AS Rules Part 7, Clause 6.16.1 - Few than ten (10) Athletes: A half (0.5) point penalty will be deducted from the total score for each Athlete few than ten (10) Athletes.
 - If a local club decides to send more than 1 free combination for the same age group, the preceding team must comprise a minimum of 10 swimmers (excluding reserves)
 - Example
 - If 2 teams: first team: 10 swimmers and second team may be four to ten (4 – 10) swimmers.
 - If 3 teams: first and second team: 10 swimmers and third team may be four to ten (4 – 10) swimmers.

4. Figures

- 4.1** For Novice (10 & under), 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 1 - World Aquatics Basic Position, Basic Movement and Figures \(as of Feb 2026\)](#)- in force as from February 2026 (from pg 343 - 347)
- 4.2** 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 1 - World Aquatics Basic Position, Basic Movement and Figures \(as of Feb 2026\)](#)- in force as from February 2026 (from pg 343 - 347)
- 4.3** 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 1 - World Aquatics Basic Position, Basic Movement and Figures \(as of Feb 2026\)](#)- in force as from February 2026 (from pg 348 - 354)
- 4.4** The Organizing Committee and SAQ have the final right to change the number of figures to be performed. Final decision rests solely on the Organizing Committee and SAQ.

5. Routines

- 5.1** Routine requirements and time limits will follow Appendix 3 of the [Competition Regulations - Part 7 - Artistic Swimming Rules \(as of Feb 2026\)](#) - in force as from February 2026 (from pg 369 - 371)

Age Group	Event	Total Required Elements	Summary
Group C (U12)	Solo Free	4	4 Hybrids (must include one declaration from each family in the routine)
	Duet Free	5	4 Hybrids (must include one declaration from each family in the routine) 1 Pair Acro (free choice)

	Mixed Duet Free	5	3 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 (180 degree or more)
	Team Free	7	4 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 (Youth)	Solo Free	5	5 Hybrids (must include one declaration from each family in the routine)
	Duet Free	6	5 Hybrids (must include one declaration from each family in the routine) 1 Pair Acro (free choice)
	Mixed Duet Free	5	3 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 (180 degree or more)
	Team	8	5 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+C	Free Combination	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)

Group A (Junior)	Solo Tech	6	5 TREs 1 Hybrid
	Solo Free	6	6 Hybrids (must include one declaration from each family in the routine – except connections)
	Duet Tech	7	5 TREs 1 Hybrid 1 Pair Acro (free choice)
	Duet Free	8	6 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 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 (180 degree or more)
	Mixed Duet Free	7	4 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 (180 degree or more)
	Team Tech	8	5 TREs 2 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 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

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

5.2 Time Limits

To follow Appendix 3 of the [Competition Regulations - Part 7 - Artistic Swimming Rules](#) (pg 369 and 370)

Age Group	Time Limit (+/- 5sec)				
	Solo	Duet/ Mixed Duet	Team	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)		

- Walk on:
 - Solo and Duet – 20 seconds
 - Mixed Duet, Team, Free Combination and Acrobatics– 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 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.

6. Scoring system

- 6.1 Routines will be judged based on the latest World Aquatics Competition Regulations (in force as from February 2026).
- 6.2 Judges for this competition will be assigned by the SAQ-TASC, SAQ may invite neutral Judges and Technical Controllers for this Championships.

7. Music Submission

- 7.1 Digital music will be used at this competition.
- 7.2 Routine should be saved in MP3 format and to upload to the google drive **by 12pm, 25 May 2026 (Mon)**, via a link that will be sent across at a later date.
- 7.3 It is recommended to include in 2-3 second lead from 'play' until music starts.
- 7.4 Please save your routines in a USB and bring along as back-up.
- 7.5 Routine to be named as follows:
Category_Event_Club_LastName_Initials-LastName_Initials.mp3
 - Category: A, B, C, B+C
 - Event: ST, SF, DT, DF, TT, TF, Combi
 - Name:
 - For duets, please use both last name and initial (without reserve) E.g Ng Vivien, Kok Tracy - A_DT_SGP_Ng_V-Kok_T
 - For teams, please use the first swimmer's last name and initials (first last name in alphabetical order) Eg. Chan Jessica - B_TF_SGP_Chan_J

8. Coach Card Submission

- 8.1 Coach cards are required for all routines.
- 8.2 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, 1 June 2026 (Mon)**.
 - **Final submission of coach cards is on 6pm, 11 June 2026 (Thu)**. Strictly no changes to the coach cards after 6pm, 11 June 2026 (Thu).

9. Awards

9.1 Medals will be awarded to the top 3 positions for Solo, Duet, Team, Free Combination and Acrobatic Events in each age group.

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	5th	6th	7th	8th
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. Entry Fees

10.1 Entry Fee is SGD \$30.00 per swimmer (before GST)

10.2 Fees per swimmer per event (before GST)

Age Group	\$88.00	\$88.00	\$58.00	\$38.00
Novice	Figures	NA	NA	NA
Group B & C	Figures	Solo Free	Duet Free	Team Free
	NA	NA	Mixed Duet Free	Free Combi
Group A	NA	Solo Free	Duet Free	Team Free
	NA	Solo Tech	Duet Tech	Team Tech
	NA	NA	Mixed Duet Free	Acrobatics
	NA	NA	Mixed Duet Tech	NA

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 May 2025 (Mon), 12pm**

10.5 All fees are strictly non-refundable after issuance of invoice, without exception and under any circumstances.

11. SAQ Annual Membership Fees

11.1 All swimmers should be paid members on the SAQ annual membership portal of \$40 (before 9% GST) with effect from 1 Jan 2024.

11.2 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.

11.3 Please register [here](#) if you do not have an account by clicking on the Login/ Register.

11.4 SAQ annual membership will be valid from 1 Jan 2026 to 31 Dec 2026.

11.5 All outstanding 2025 & 2026 SAQ annual membership fees must be paid **by 25 May 2026 (Mon) 12pm**, otherwise swimmers **will not** be allowed to participate in the 4th Singapore National Age Artistic Swimming Championships 2026.

12. Accreditation Pass

- 12.1** Coaches who wish to apply for an accreditation pass to be on deck during the competition must be an NROC Member.
- 12.2** Accreditations will only be granted to individuals who are 18 years old or older at the date of the event.
- 12.3** 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.
- 12.4** The team manager pass will only be allowed in the back of house, and not on the field of play.
- 12.5** 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.
- 12.6** A fine of \$50 will be imposed on any loss of pass or re-issuance of pass.

13. Deadlines

4 May 2026, Mon, 12pm	<ul style="list-style-type: none"> • Preliminary Entry Form – https://forms.gle/k671tMYKzZUvwMH88 • Event Tshirt Request
15 May 2026, Fri, 12pm	<ul style="list-style-type: none"> • Final Entry Form • Swimmer's Profile & Indemnity Form • Accreditation Pass Request Form
25 May 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
1 June 2026, Mon, 12pm	<ul style="list-style-type: none"> • Submission of Coach Card