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 **Swim England**
Artistic Swimming

NATIONAL AGE GROUP AND YOUTH CHAMPIONSHIPS

15-16 March 2025 | London Aquatics Centre

Entry Pack

Funding Partner



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PHOTOGRAPHY



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Contacts

Swim England	Venue
Jade Smith , Events Officer Email: Nationalevents@swimming.org	<u>London Aquatics Centre</u> Queen Elizabeth Olympic Park E20 2ZQ Tel: 02085363150
Rebecca Wood , Welfare officer Email: Rebecca.Wood@swimming.org Tel: 07581 065265	
Event Website	
<u>GoCardless Swim England Artistic Swimming National Age Group and Youth Championships 2025</u>	



Key Dates & Times

Entries OPEN	15:00, Wednesday 29 January 2025
Technical update (online meeting)	18:00, Wednesday 5 February 2025
Membership/Grading Queries Deadline	12 noon, Wednesday 19 February 2025
Qualifying Grade Deadline	12 noon, Wednesday 19 February 2025
Entries Close	12 noon, Wednesday 26 February 2025
Pre-event Information (online briefing)	12:30 OR 18:00, Tuesday 04 March 2025
Music and coach card Deadline	12 noon, Wednesday 05 March 2025
Athlete Registration*	08:00, Saturday 15 March 2025 08:15, Sunday 16 March 2025
Team Managers Meeting*	08:45 Saturday 15 March 2025 08:30, Sunday 16 March 2025
Judges Meeting*	09:00, Saturday 15 March 2025 08:45, Sunday 16 March 2025

*Timings subject to change and dependent on the number of entries received.

Technical update (online meeting)

Technical update (online briefing)	18:00, Wednesday 5 February 2025	JOIN MEETING HERE
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At least one coach from every club due to participate in the Championships is encouraged to attend an online technical update meeting. This meeting will specifically relate to the technical changes associated with this Championships.

Please see event Conditions (p.13 onwards) for further information and technical changes.

The online briefing will be 20 minutes in duration and the meeting is not mandatory. A recording of the briefing will be posted onto the Championships website afterwards in case coaches are not able to make the stipulated time.

Pre-event Information (online briefing)

Pre-event Information (online briefing)		12:30 OR 18:00, Tuesday 04 March 2025	
Option 1	Tuesday 4 March 2025	12:30	JOIN MEETING HERE
Option 2	Tuesday 4 March 2025	18:00	JOIN MEETING HERE

One representative from every club due to participate in the Championships (this can be a coach or team manager) is encouraged to attend an online pre-event briefing to hear all the key event information.

Only one of the above meetings needs to be attended, as the same information will be conveyed. There is no requirement to sign up in advance. Although this is not a mandatory briefing, we strongly encourage participation.



Photography and Video Consent

All individuals attending Swim England events are asked to complete the photo consent form below, prior to attending the event:

[PHOTOGRAPHY CONSENT FORM](#)

To view further details about how Swim England manages your data, download [Swim England's Privacy Policy](#).



Travel Insurance

Affiliated Swim England clubs and members thereof have the benefit of third party and personal accident insurance effected by Swim England. However, this does not include travel insurance for trips in the UK or abroad, in particular, there is no cover for travel or accommodation costs for the cancellation of an event.

Some clubs and members may already have the benefit of their own group or personal travel insurance. For those that do not have travel insurance for this event and wish to get a Sport Travel Insurance quote please contact Howden directly on 0121 698 8052. Alternatively, you can seek cover from another insurance provider.

Unfortunately, non-Swim England members do not have the benefit of third party and personal accident insurance effected by Swim England and would therefore need to seek insurance coverage separately.



HOW TO ENTER

All clubs are asked to read the entry information below and Event Conditions (see p.13) very carefully and to resolve any membership related queries at the earliest opportunity.

Entry Deadlines

Entries OPEN	15:00, Wednesday 29 January 2025
Membership/Grading Queries Deadline	12 noon, Wednesday 19 February 2025
Entries Deadline	12 noon, Wednesday 26 February 2025

All competitors must be Swim England **Club Compete** category members (or Swim Wales and Scottish Swimming equivalent).

Entry Fees and Entry Portal

Online Entries System:	<u>SUBMIT ENTRIES HERE</u>			
Entry Fees	Figures	£16 / competitor	Duet	£32 / Duet
	Solo	£16 / competitor	Free Team	£52.50 / Team
	Combination Team			£63 / Team

Prior to Entry

Before commencing the athlete entry process, please ensure you have familiarised yourself with the event conditions.

The following must be in place first to ensure the athlete is available for selection in the entry system and an entry can be submitted:

- Correct membership category and Club
- Photograph
- Correct grades recorded on Swim England profile

If you have any entries related queries, please contact NationalEvents@swimming.org by no later than **Wednesday 19 February 2025**.

Grade Level

Qualifying Grade Deadline	12 noon, Wednesday 19 February 2025
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The required Routine and Figure Grade Levels are detailed in the Event Conditions (see *Conditions*, p.13). A competitor's Routine and Figure Grade Level can be viewed online via the Membership Check (see *Membership* section above).

For clarification, any competitor holding the required qualifying grade is eligible to compete in the Championships.

Membership*

Competitors must be Swim England **Club Compete** category members or equivalent. Competitors who do not hold current nor correct membership category will not be available for selection within the entry system.

***PLEASE NOTE: If a competitor needs registering as a new *Club Compete* member or needs upgrading, and their membership needs processing (to allow them to enter the Championships) prior to the club completing their renewals batch with the Membership team, the club will need to make the necessary amendments via the Online Membership System (OMS) and then complete the Fast Track Membership form (Club use only):**

Membership Check	MEMBERSHIP CHECK
Online Membership System	Online Membership System
Fast Track Membership Form (Club use only during the renewal period) Please note, any requests to register and upgrade members will be processed weekly on a Wednesday.	Fast Track Membership form
Membership Queries: All membership queries must be brought to the attention of Membership team by no later than Wednesday 19 February 2025 to ensure these can be resolved ahead of entries closing.	T: 01509 640 727 E: renewals@swimming.org

Uploading an accreditation photo

All competitors are required to upload a photo of themselves for accreditation purposes before an entry can be submitted.

Photos should be uploaded via the [BIOGS PAGE](#).

If the photo is deemed to be unsuitable (either on the grounds of poor quality or wrong identity) entry into the event may not be permitted.

Music and Coach Card Submission

Music and coach card Deadline	12 noon, Wednesday 05 March 2025
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Once an entry has been submitted, an email will be sent to the email provided at the time of entry confirming acceptance of the entry along with the music and coach card submission instructions. The email will contain a link to the music and coach card upload facility. Clubs will have the ability to review their submitted files and upload replacement ones if necessary.

If a club has not received an email with the link for their music and coach card upload facility, please email nationalevents@swimming.org as soon as possible.

Music Submission

All clubs should upload music for all their participating teams and competitors via this facility, using the following naming convention:

- Select the piece of music you wish to use for your entry;
- The max file size of the music you can upload is 50MB, please note it might take a little time to upload if the file is large;
- The supported file types are, mp3 and wav;
- The music files should be saved and uploaded using the following naming convention:
Event, Age Group, CLUB NAME, Surname(s)/Team name
Example: *Tech Solos_Youth_Rushmoor_Smith J*

Coach Card Submission

Please use the latest coach card and do not use any previous templates (see Event Conditions, Appendix 3).

All clubs should upload coach cards for all their participating teams and competitors via this facility, using the correct naming conventions.

- Select the coach card you wish to use for your entry;
- The max file size you can upload is 50MB, please note it might take a little time to upload if the file is large;
- The current supported file types are Excel files;
- The coach card files should be saved and uploaded using the following naming convention: **Event, Age Group, CLUB NAME, Surname(s)/Team name**
Examples: *Solo_12&U_Rushmoor_Smith J, Combo_Youth_Rushmoor_Team 2*

Youth Category Upper Age Limits

All online entries submitted as part of the Championships are bound by the event conditions. Clause 4 of the Championships conditions outlines the upper age limits which differ for Open (16 years) and Female (15 years) athletes in the Youth Category.

Due to the introduction of a number of new rules and the system changes required to meet the new updates, the entry system does not differentiate the bespoke upper age limits required between Open and Female athletes in the Mixed Duet and Team events in the Youth Category. The entry system upper age limit has been set to 16 years to enable Open athletes to appear for selection. Female athletes who are 16 years may appear in the drop-down list for selection for Youth events, but please note that their selection would be in breach of the Championships conditions. **Please select athletes as per the stated upper age limit outlined in the Championships conditions and review the selection being made for entry.**

International Entrants

Please email the Event Officer at nationalevents@swimming.org for specific details on how to enter. A photo will need to be submitted for accreditation as part of the entry process.

Entry Deadline

Entries Deadline	12 noon, Wednesday 26 February 2025
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All entries and appropriate payments must be received by the above closing deadline. Late entries, entries without payment or competitor photographs, and entries incorrectly completed will not be accepted beyond the closing deadline.

A Confirmation Pack will be circulated to all entrants once the entry deadline has passed.

Entry Confirmation

All confirmed entries can be viewed online	<u>CONFIRMED ENTRIES</u>
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The entry is not complete until payment is processed and a confirmation email has been received from PayPal. Please follow the PayPal payment instructions (a PayPal account is not necessary to make the payment). Clubs are reminded that electronic entrants are bound by the conditions of entry without signature.

NOTE: the entry confirmation email is a 'no reply' automated email sent from **automated.entries@swimmingresults.org**. If you do not receive the confirmation email please contact nationalevents@swimming.org.



COMPETITION INFORMATION

Provisional Schedule*

*Please note that the event schedule is subject to change once entries are confirmed.

Saturday 15 March	
Start Time*	Event
09:00	Youth Figures Warm Up
	Youth Figures
11:45	12&U Figures Warm Up
	12&U Figures
14:45	12&U Duet and 12&U Mixed Duet Warm Up
	12&U Duet
	12&U Mixed Duet
	Figure, 12&U Duet and 12&U Mixed Duet Presentations
17:30	Free Combination Warm Up
	12&U Free Combination
	Youth Free Combination
	Free Combination Presentations

Sunday 16 March	
Start Time*	Event
09:00	Solo Warm Up
	Youth Solo
	12&U Solo
11:30	Duet and Youth Mixed Duet Warm Up
	Youth Duet
	Youth Mixed Duet
	Solo, Youth Duet and Youth Mixed Duet Presentations
13:30	Free Team Warm Up
	Youth Free Team
	12&U Free Team
	Free Team Presentations

Athlete Registration

Athlete Registration*	08:00, Saturday 15 March 2025 08:15, Sunday 16 March 2025
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Warm up and swim down

Warm up and swim down information will be provided once final entries have been received and further information will be communicated via competitors Confirmation Pack.

Technical Meetings

Team Managers Meeting

Team Managers Meeting*	08:45 Saturday 15 March 2025 08:30, Sunday 16 March 2025
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Judges Meetings

Judges Meeting*	09:00, Saturday 15 March 2025 08:45, Sunday 16 March 2025
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**All timings are subject to change and dependent on number of entries received. Further information will follow in Confirmation Pack.*

Anti-Doping

Whether by accident or on purpose, doping is against the rules of the sport. Swim England and Aquatics GB promote a culture of doping-free sport. Competitors are advised that Anti-Doping control may take place during this event.

Please ensure competitors keep their accreditation with them at all times, as this will be used for identification. For further information, please refer to Anti-Doping section:

<https://www.swimming.org/swimengland/anti-doping/>

Please note that in accordance with the International Standards for Testing, it is the competitor's responsibility to provide all information and dosage for any medications and supplements taken on the doping control form, at the point of doping control.

Strict liability means competitors are responsible for any banned substance found in their system, no matter how it got there.

All medications should be checked on www.globaldro.com

If support is required, or there is a query about any medications, supplements or the anti-doping rules around this, please contact Diane Elliot at diane.elliott@swimming.org.



ACCREDITATION

Accreditation must be worn at all times inside the venue within accredited areas. Accreditation will be issued on an individual and event basis and is non-transferrable.

Competitors

Competitor accreditation will be sent in a confirmation email on completion of the entry and will be sent to the email address provided at the time of entry.

Competitor accreditation must be printed in advance and brought to the event. A £10 charge will be applied to replace any lost or forgotten accreditations.

Accreditation checks will be carried out at the event and entry into the event may be denied without the accreditation pass.

Coaches, Team Managers and Chaperones

Poolside Accreditation Pass Charge	£14
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Coaches, team managers and chaperones requiring access to poolside must purchase a Poolside accreditation pass in advance of the event and must fulfil the following criteria, as required by their role, when applying for a pass to attend any Swim England National events:

To obtain an accreditation, coaches, team managers and chaperones must fulfil the following criteria, as required by their role, when applying to attend a Swim England National event:

- 1. DBS:** You must have a valid Disclosure and Barring Service (DBS) with Barred List check.
- 2. Safeguarding Certificate:** All coaches, team managers and chaperones are required to have an approved and in date safeguarding certificate recorded with the Swim England's Membership department.
- 3. Minimum Qualification/Requirements (specific to the role):** Coaches must have a qualification in line with the Swim England [Coaching Policy](#). Team Managers must have the appropriate Team Manager module for the competition and Chaperones must only be in attendance on a 1:1 support basis for an athlete as per the [Team Manager, Coach and Chaperone Policy](#).

Membership Check	<u>MEMBERSHIP CHECK</u>
Apply for Accreditation – England	<u>Apply for Accreditation</u>
Apply for Accreditation – Scottish, Welsh & Overseas	<u>Apply for Accreditation</u>
Membership Queries: All membership queries must be brought to the attention of Membership team by no later than Wednesday 19 February to ensure these can be resolved ahead of the Championships.	T: 01509 640 727 E: <u>renewals@swimming.org</u>

Lost or Forgotten Accreditation Passes

A £10 charge will be applied on all lost or forgotten passes if a swimmer arrives at the event without their accreditation.

Accreditation checks will be carried out at the event and entry into the event may be denied without the accreditation pass.

GENERAL INFORMATION

All updates and additional information will be uploaded to the [Swim England Artistic Swimming Hub](#).



Venue Information

London Aquatics Centre
Queen Elizabeth Olympic Park
Stratford
London
E20 2AQ

Travelling by train and tube

The Elizabeth Line, Central and Jubilee underground lines, London Overground and Network Rail all stop at Stratford Station, which is just a 10-minute walk from the venue. Meanwhile, the London Overground also stops at Hackney Wick, which is a 15-minute walk.

Trains from central London (St Pancras International & Kings Cross stations) take just seven minutes to reach Stratford International, which is just a five-minute walk to the venue.

Visit www.tfl.gov.uk to plan your journey.

Parking

Public transport is the best and easiest way to get to the venue and we strongly discourage all those coming to the event from travelling to the venue by car as there is no available event venue parking.

Accessible Parking

A limited amount of accessible parking bays is available at the venue. Accessible parking is free with a badge but please note you will have to enter your registration number into the system at reception.

Café

The venue has a café on site that serves a range of food and refreshments.



Spectators

Spectator tickets are now on sale and can be purchased on the [spectator information page](#).

Tickets	
Online Early Bird – 1 day ticket Online early bird tickets go off sale at 12 noon on 14 March 2025.	£12
On Venue – 1 day ticket	£14
Championships Pass	£21

Spectators are not permitted to bring any food or drinks into the venue. Food and beverages can be purchased via the café or concessions stands on the concourse.

A bag search will be conducted by security personnel upon entry to the venue. Only athletes are permitted to bring water and food with them to the event.

Event Merchandise

A limited stock of event specific merchandise will be available to purchase ahead of the event. 'How to purchase' information will be published on the spectator information page of the event website in due course and a notification will be emailed to the participation clubs when sales open.

Pre-ordered merchandise will be available for collection from the Front of House desk on the day of the event. Please bring the proof of purchase.

****Volunteers****

We have a variety of volunteer opportunities available across numerous event functional areas:

- Athlete Services / Field of Play
- Timekeepers
- Front of House
- Videographers (iPad filming)
- Medal bearers / Runners

If anyone is interested and keen to get involved, please contact nationalevents@swimming.org.

CONDITIONS

1. General Conditions

- 1.1. The Artistic Swimming Leadership Group (“the Group”) reserves full powers over the Swim England Artistic Swimming National Age Group Championships (“the Championships”), including but not limited to cancelling, postponing or changing the Championships venue and/or format due to reasons beyond its reasonable control.
- 1.2. The Championships shall be competed for annually, under World Aquatics Technical Rules of Artistic Swimming (701 et seq) and as provided by the following conditions. Where World Aquatics Rules do not provide (for example: Health and Safety Regulations and guidelines and Safeguarding), the requirements of Swim England shall apply.
- 1.3. Entries will only be accepted from:
 - 1.3.1. Competitors registered as members of Swim England.
 - 1.3.2. Competitors from Scottish Swimming, Swim Wales and countries affiliated to World Aquatics
- 1.4. The promotion of the Championships shall be the responsibility of the Group, which shall for all purposes be regarded as the Promoter. It shall decide any matter arising that is not covered by these conditions, subject to conformity with the Swim England Regulations.
- 1.5. The date and venue of the Championships shall be decided by the Group.
- 1.6. A competitor must have been a registered member, or equivalent, of the club in whose name she/he is entered, at least 60 days prior to the first day of the competition.
- 1.7. All Clubs must have a qualified Level 2 Artistic Swimming Coach on the poolside. The Coach must be in possession of an official event poolside accreditation pass.
- 1.8. Competitors must be Swim England Category 2 registered swimmers or equivalent if competing under 1.3.2.

2. Officials

- 2.1. All officials shall be qualified and be on the Artistic Swimming Licensed Officials List (where applicable).
- 2.2. Additional Officials will be appointed from the Artistic Swimming Licensed Officials List (where applicable).
- 2.3. The Referee and Chief Recorder shall be approved by the Group.

3. Method of Entry

- 3.1. Online entry system – contact - National Events Department, Pavilion 3, SportPark, Oakwood Drive, Loughborough, Leicestershire, LE11 3QF.
- 3.2. Entries shall be submitted online to Swim England Events Department together with the appropriate entry fees, no later than the set closing deadline. An updated photograph of each competitor must be also submitted online.
- 3.3. A Coach Card must be submitted for each routine, electronically prior to the competition Routines without a submitted Coach Card by the published deadline will not be permitted to swim in the Championships
- 3.4. If required, all music information must be registered with The Limited Manufacturing License, Mechanical-Copyright Protection Society (MCPS).
- 3.5. All music shall be submitted electronically prior to the competition. Routines without the submitted music prior to the published deadline will not be permitted to swim in the Championships

4. Championship Events

4.1. Championships Figure Competition

4.1.1. 12& Under Age Category

4.1.1.1. 9-10 Years

4.1.1.2. 11-12 Years

4.1.2. Youth Category:

4.1.2.1. 13-15 Female eligibility category

4.1.2.2. 16-16 Open Eligibility category

4.2. Championship Routine Competition

4.2.1. 12 & Under Years: Solo, Duet, Mixed Duet, Free Team, Free Combination

4.2.2. 13-15 Years: Solo, Duet, Mixed Duet, Free Team, Free Combination

4.2.3. 13-15 Years Female eligibility category

4.2.4. 13-16 Years Open eligibility category

5. Entry Qualifications for the Championships Events

5.1 All Competitors, wishing to compete in Solos, Duets, Mixed Duets and Teams and Free Combination must compete in the Figure competition,

5.2 Age as at midnight on the 31 December in the year of competition.

5.3 Competitors may only enter one solo, one duet, and one team and one Free Combination

5.4 Male and/or female competitors with the appropriate Grades (See Appendix 1) are eligible to compete in the Solo, Duet, and Free Team

5.5 In line with Swim England Transgender and Non-Binary Competition Policy, to be eligible for the Mixed Duet a pairing must consist of one competitor from each of the following eligibility categories:

5.5.1 Female – Athletes with a birth sex of female

5.5.2 Open – Athletes with a birth sex of male, Trans or Non-Binary competitors and any competitor not eligible for the Female category

5.6 The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Female' category competitors confirm that their birth sex is female.

5.7 Qualifying Grades must have been attained by 19 February 2025. Any competitor holding the required qualifying grade is eligible to compete in the Championships.

5.8 Competitors must have achieved the minimum Swim England qualifications Grades in line with Appendix 1.

5.9 Clubs may enter one or more Free Team and/or Free Combination in each age group providing the first entry has the maximum competitors allowed, plus two (2) reserves

5.10 Competitors may enter in the name of one club only. Competitors are permitted to combine and compete in Duet and/or Mixed Duet if they are from different clubs.

6. Figures

6.1 In the 12& Under age category, each competitor must perform four (4) figures: The two (2) compulsory figures and one (1) group of two (2) figures drawn from the list in Appendix 2

6.2 In the Youth category, each competitor must perform a group of four (4) from Section A, B or C in Appendix 2

6.2 The order of appearance for figures shall be decided by random draw. The draw shall take place at least 24 hours before the first part of the competition.

7 Routines

- 7.1 In each Age Group, up to twelve (12) of the highest placed competitors from the figure competition who hold the appropriate Grade levels, shall perform in the Solo events. This includes a maximum of 3 competitors from 1.3.2 and a minimum of 9 competitors from 1.3.1.
- 7.2 In each Age Group, up to twelve (12) of the highest placed pairs from the figure competition with the appropriate Grade level shall compete in the Duet events. This includes a maximum of 3 competitors from 1.3.2 and a minimum of 9 competitors from 1.3.1.
- 7.3 Competitors in the 9-10 years figure section will be eligible to compete in the 12 & Under solo and duet events if their scores place them within the overall top twelve (12)
- 7.4 All Mixed Duets and Teams shall swim.
- 7.5 The order of appearance for routines in the Solo, Duet and Free Team events will be by container draw.
- 7.6 The order of appearance for Mixed Duets will be by random draw
- 7.7 A Free Team shall consist of not less than four (4) or more than eight (8) plus two (2) reserves
- 7.8 A Free Combination shall consist of not less than four (4) or more than ten (10) plus two (2) reserves
- 7.9 The names of the competitors competing in the Duets and Free Teams and Free Combinations must be submitted to the Referee, in writing, within one hour of the figure results being available. Changes after this time may only be made in the case of sudden illness or accident of the competitor, and if the reserve is ready to compete without delaying the event. If the lack of a reserve reduces the team size to less than four (4) in the Free Team or the Free Combination the team shall be disqualified.
- 7.10 Failure to notify the Referee of substitution and/ or withdrawals shall result in disqualification.
- 7.11 Time limits for the routines will be according to Appendix 3.
- 7.12 The number of hybrids and acrobatics shall be performed in accordance to Appendix 3.

8 Trophies and Medals

- 8.1 Medals will be awarded to competitors who are placed first, second and third overall in each age group Figures, Solos, Duets, Mixed Duets, Free Team and Free Combination. Reserves are eligible for medals. Only competitors who swim will be allowed on the podium.
- 8.2 Medals will be awarded to highest placed competitors who are registered with Swim England clubs who are placed first, second and third in each age group in figures, solos and duets, only if different from the overall results in 8.1
- 8.3 For Solos, Duets, Mixed Duets and Free Team, the averaged figure results will be added to the routine score. For Free Combination the final result will be the total routine score.
- 8.4 Only Clubs registered with Swim England will be eligible to receive a trophy listed in 8.4.1 -8.4.3.
 - 8.4.1 The Richard Whitehead Trophy will be awarded to the club with the highest combined figure and routine score in the 12& U Age Group Free Team event.
 - 8.4.2 The Mrs Y M Price Trophy will be awarded to the club with the highest combined figure and routine score in the 13-15 Age Group Free Team event.
 - 8.4.3 The Shacklock Trophy will be awarded annually to the competitor, who is registered with a Swim England Club, with the highest total of routine scores without figures added, in the Solo, Duet/Mixed Duet and Free Team and Free Combination Championship events. The winner can be from any age group at these Championships.

9 Event cancellation and abandonment

9.1 In the instance that the event is cancelled or abandoned:

9.2 Full refunds of entry fees to the Championships will be offered to all competitors.

9.3 No refunds will be offered for any other expenses incurred in relation to the Championships.

Appendices**Appendix 1 – Minimum Figure (F) and Routine (R) Grades required for each age group/ event**

Event	Minimum Grade		
	9-10 years	12 & Under	Youth
Figures	F3B	F3B	F4B
Solos	(incorporated into 12&Under category)	F3S+ R3S	F4S+R4S
Duets		F3B+R3B	F4S+R4S
Mixed Duet		F3B+R3B	F4B+R4B
Free Team		F3B+R3B	F4B+R4B
Free Combination		F3B+R3B	F4B+R4B

Appendix 2 – Figure Groups

12 & Under Age Group – FIGURES			
COMPULSORY			
1	106	Straight Ballet Leg	1.6
2	301	Barracuda	1.8
OPTIONAL GROUPS			
GROUP 1			
3	359	Front Ariana	2.2
4	348	Tower	1.9
GROUP 2			
3	363	Water Drop	1.8
4	401	Swordfish	2.1
GROUP 3			
3	311	Kip	1.6
4	227d	Swanita spinning 180	1.9

Appendix 2 – Figure Groups (continued)

YOUTH 13-15 Age Group – FIGURES*		
Section A		
Group 1		
307e	Flying Fish Spinning 360°	2.9
437	Cyclone, Open 180°	2.6
Group 2		
308h	Barracuda Airbourne split spin up 180°	2.9
407	Swordfish straight leg Ariana rotation	2.6
Section B		
Group 3		
356f	Whip Continuous Spin 720°	3.0
441	Saturn	2.5
Group 4		
352	Venus	3.0
240i	Albatross Spin up 360°	2.5
Section C		
Group 5		
140j	Flamingo Bent Knee Combined Spin 360° + 360°	3.1
421	Walkover Back Closing 360	2.4
Group 6		
440d	Ipanema Spinning 180	3.1
154f	London Continuous Spin 720°	2.4

* The highlighted figures in the above table have come into effect from January 2025.

To watch the videos demonstrating the new figures, click on the links below:

- 307e Flying Fish Spinning 360°2.9 - [view video demonstration](#)
- 140j Flamingo Bent Knee Combined Spin 360°+360°3.1 - [view video demonstration](#)
- 154f London Continuous Spin 720° 2.4 - [view video demonstration](#)

More information on all grades can be viewed on the [Grades page](#) of Swim England website.

Appendix 3 – Routine Requirements

As per World Aquatics Rules, Appendix 3:



REVISED APPENDIX 3 – SEPTEMBER 11, 2024

Revised Appendix 3 – 12U/Youth Events

Please note: the requirement to include one declaration from each family in the routine (except for connections in Solo) is applicable for 12U and Youth Free Routine Events

**In regards to 12 and Under – Federations can adapt based on their development goals for 12U*

Event (12U/Youth)	Time (+/- 5s)	Total Required Elements	Summary
12U Solo Free	2:00	4	<ul style="list-style-type: none"> 4 Free Hybrids
Youth Solo Free	2:00	5	<ul style="list-style-type: none"> 5 Free Hybrids
12U Duet Free	2:30	5	<ul style="list-style-type: none"> 4 Free Hybrids 1 Pair Acro (free choice)
Youth Duet Free	2:30	6	<ul style="list-style-type: none"> 5 Free Hybrids 1 Pair Acro (free choice)
Mixed Duet Free (12U/Youth)	2:30	5	<ul style="list-style-type: none"> 3 Free Hybrids 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° or more)
12U Team Free	3:00	7	<ul style="list-style-type: none"> 4 Free Hybrids 3 Team Acrobatics with DD safety limit (free choice but must not repeat the same acrobatic – see below)
Youth Team Free	3:00	8	<ul style="list-style-type: none"> 5 Free Hybrids 3 Team Acrobatics with DD safety limit (free choice but must not repeat the same acrobatic – see below)
12U Combo	3:00	8	<ul style="list-style-type: none"> 3 Team Acrobatics with DD safety limit (free choice but must not repeat the same acrobatic – see below) 1 x DD Solo Hybrid 1 x DD Duet Hybrid 2 x Team DD Hybrid (must be executed with a minimum of 4 athletes) 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)
Youth Combo	3:00	9	<ul style="list-style-type: none"> 4 Team Acrobatics with DD safety limit (free choice but must not repeat the same acrobatic – see below) 1 x DD Solo Hybrid 1 x DD Duet Hybrid 2 x Team DD Hybrid (must be executed with a minimum of 4 athletes) 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)

12U and Youth Team Acrobatic Safety Limits for Team and Combo events are as follows. Acrobatic elements cannot have a DD higher than the Total DD (MAX):

	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

Appendix 4 – Coach Card

Available to download using the link [HERE](#).