

KIDS LIGA

NATIONAL COMPETITION

REGULATIONS FOR KIDS

AGE GROUPS, REGULATIONS

FOR KIDS LIGA CUP AND

MASTERCLASSES

ARTISTIC SWIMMING

NOVEMBER, 2024

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INTRODUCTION

To ease the transition of athletes into the competitive system, Swiss Aquatics Artistic Swimming has revised the national guidelines for younger age groups, as well as related events, in accordance with the [Swiss Olympic "Smart Competitions" guidelines](#).

The Kids Liga concept encompasses the national guidelines for competitions in the age groups of 12 years and younger and 10 years and younger. It also outlines the national requirements for the organization of the Kids Liga Cup as a national competition, as well as the regional Kids Liga Masterclasses.

In the 2023-2024 revision of the Kids Liga concept, all relevant competition guidelines for the young talent age groups, along with the corresponding events, have been consolidated into a single document. The updated Kids Liga now encompasses not only the Kids Liga Cup but also comprehensive guidelines for young talents.

The focus has been on age-appropriate development and a gradual introduction to the national competition system of Artistic Swimming. To ensure relevant standards for each age group, we have established specific requirements for transitions and imposed difficulty limitations on routines. These Kids Liga competition guidelines are applicable to all Swiss competitions within the specified age groups.

For athletes aged 10 and under, the competition format has been revised to align with the [Swiss Olympic "Smart Competitions" guidelines](#). A new scoring system has been introduced that excludes the difficulty of performed elements, focusing instead on execution and artistic impression.

To promote the sport among the youngest athletes, regions will organize Kids Liga Masterclasses, providing them with an introduction to the various aspects of Artistic Swimming.

This updated young talent concept aims to provide age-appropriate development, laying a strong foundation for sustainable growth and continued success in Artistic Swimming in Switzerland.

1.1. NATIONAL COMPETITION RULES FOR AGE GROUP 10 AND UNDER

The national competition rules for the age group 10 and under are valid for all Swiss competitions (regional, national, etc.) and must be applied in the respective age groups.

The figures for the Winter version must be applied from September 1st to January 31st, while the Summer version will be used from February 1st to August 31st.

1.1.1. FIGURES WINTER VERSION (STARTING FROM 01.09.2025 ONLY)

Back Layout Position – Bent Knee Back Layout – Back Layout Position 0.9

Begin in a **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 toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.



Back Layout Position to Tuck Position 0.7

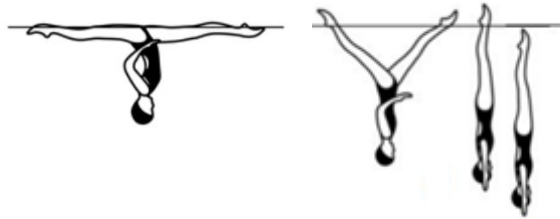
From a **Back Layout Position** the knees, shins and toes are drawn along the surface of the water to assume a Tuck Position.



Split Position + Vertical Closing

0.8

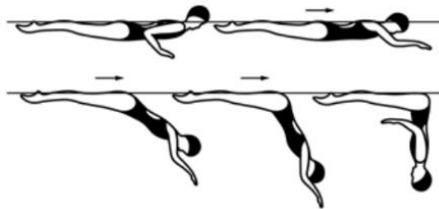
Start in a **Split Position** (left or right is free). The legs simultaneously join to assume a **Vertical Position** at ankle level. A *Vertical Descent (BM10)* is executed.



BM 3 – To assume a Front Pike Position

1.1

From a **Front Layout Position** with face in the water as the trunk moves downward to assume a **Front Pike Position**, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action.



1.1.2. FIGURES SUMMER VERSION

101 Ballet Leg single

1.6

Begin in a **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 ballet leg 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.



316 Kipnus

1.4

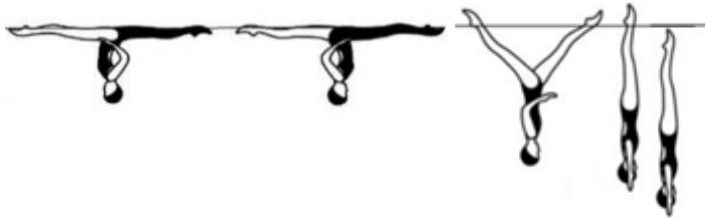
From a **Back Layout Position** a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs assume a **Bent Knee Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A *Vertical Descent (BM10)* is executed in a **Bent Knee Vertical Position**.



Ariana Rotation + Vertical Closing

1.3

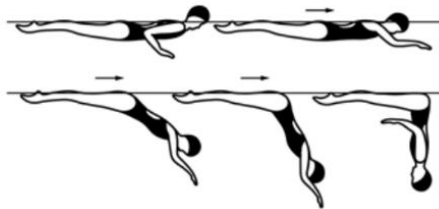
Start in a **Split Position** (left or right is free), the *Ariana Rotation (BM16)* is performed. The legs simultaneously join to assume a **Vertical Position** at ankle level. A *Vertical Descent (BM10)* is executed.



BM 3 – To assume a Front Pike Position

1.1

From a **Front Layout Position** with face in the water as the trunk moves downward to assume a **Front Pike Position**, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action.



1.1.3. ROUTINES

1.1.3.1. SCORING

A different scoring system from the World Aquatics Rules will be applied. In this approach, the degree of difficulty will not be factored into the scoring. Instead, marks will be awarded solely for Execution and Artistic Impression, with each accounting for 50% of the total score. The aim is to prioritize execution of basic elements and the quality of artistic presentation over the complexity of the elements performed. Coaches will be required to submit a Coach Card to validate both the mandatory and optional elements included in the routine. The Difficulty Technical Controllers will check whether the required mandatory elements are executed. The Synchronization Technical Controllers will evaluate the synchronization.

1.1.3.2. LIMITS FOR DEGREE OF DIFFICULTY

The difficulty degree limits for this age group will be determined by the mandatory and optional elements specified. If a non-listed element is executed a penalty of 8 points will be applied.

1.1.3.3. APNEA RULES

The Apnea Rules will be applied for age group 10 and under. If the Apnea Limit is not respected, a penalty of 8 points will be given.

1.1.3.4. TUTORIALS ROUTINE CONSTRUCTION

Only for age group 10 and under: A hybrid is defined as having a combination of two or more movements performed with lower limbs with intentional Apnea (head down under hips level). Horizontal movements along the surface with 1-2 lower limb actions that have consequential Apnea (rolling over, kicking, etc.) are considered transitional movements.

1.1.3.4.1. TEAM ROUTINES

- Time 2:30min+/-5sec
- Total of 4 elements: 3 Hybrids + 1 Team Acrobatic
- Apnea Limit: max. 1min
- A coach card must be presented for each program.
- Compliance with mandatory elements will be assessed during the evaluation.
- A penalty of 8 points applies to the final score for each missing compulsory element.

		Compulsory (elements may be repeated)	Optional (not more than 1 for each hybrid)
Hybrids (3 in total)	Rotations	Swirl 180°-360°	Spin descending 180° (1 or 2 legs)
	Flexibility	Rapid split from any position	Clearly demonstrated split sustained at the surface for 3sec+ (the split does not need to meet an 8.5 score standard)
			Walkout front
	Airborne Weight	Front Pike Position to a Fishtail or Bent knee Vertical position	Bent knee vertical position holding for 3s.
Vertical descent in Bent knee vertical VP		Vertical ascent with 1 or 2 legs	
Transitions	Horizontal position	Traveling on the bent knee, tub or flamingo positions	Ballet legs combinations
		Side flutter kick moves	Torpedo
		Side flutter kicks to a Front Layout position, with the arm moving horizontally at the surface, to assume a Front Pike position	Surface connected actions (can be performed with arms alone or with both arms and legs)
	Head up position	Eggbeater	Eggbeater: lateral (1 arm up)
		Kick-pull-kick	Body boost
		Cadence actions (can be performed with the arms and also with a ballet leg)	Diagonal kick


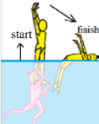
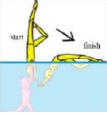
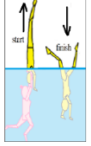
<p>Pattern changes*</p> <p>Surface Pattern changes*</p> <p>Two mandatory pattern changes must be performed and can be executed during ballet leg actions.</p>	<pre> x x x x x x x x x x x x x x x x </pre>	<pre> x x x x x x x x x x x x x x x x </pre>
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<p>Recommendation: Execute during surface cadence actions.</p>	<pre> x x x x x x x x </pre> <pre> x x x x x x x x x x </pre>	

*Repeating the pattern change is permitted.

1.1.3.5. DUET / MIXED DUET PROGRAMS

- Time 2:00min+/-5sec
- Total of 4 elements
- 3 Hybrids + 1 Pair Acrobatic
- Apnea Limit: Max. 50 seconds
- A coach card must be presented for each program.
- Compliance with mandatory elements will be assessed during the evaluation.
- A penalty of 8 points applies to the final score for each missing compulsory element.

		Compulsory (elements may be repeated)	Optional (not more than 1 for each hybrid)
Hybrids	Rotations	Swirl 180-360°	Turning 180-360° while doing other non-sustained or up-down actions
			Twist with 1 leg only 180°
	Spins	Spin descending 180°	Spin descending 360°
	Flexibility	Rapid split from any position	Back Layout to Surface Arch or Bent knee surface arch
		Walkout front	Ariana rotation or splits variations
	Airborne Weight	From a Front Pike Position, lifted to a Fishtail or Bent knee Vertical position	Bent knee vertical position holding for 3s
		Vertical descent in the VP	Blossom from the split to the vertical position
Vertical ascent with 1 or 2 legs		Front pike to VP	
	Connections	Pike body position at the surfaces in the water	One leg face to face connection
Transitions	Horizontal position	Ballet legs combinations	Surface connected actions
		Side flutter kick moves	Assuming a Ballet leg position with a straight leg
		Side flutter kicks to a Front Layout position, with the arm moving horizontally at the surface, to assume a Front Pike position	
		Torpedo	

	Head up position	Eggbeater	Eggbeater: lateral (1 arm up)
		Kick-pull-kick	Body boost with 1 arm
		Body boost (without arms)	Pair assistance action
Acrobatic elements		<p>Lift head-up L</p>  <p>Lift head-up with crashing L»</p>  <p>Lift legs-up with crashing L!»</p>  <p>Lift legs-up L!</p> 	

1.2.NATIONAL COMPETITION RULES FOR AGE GROUP 12 AND UNDER

The national competition rules for the age group 12 and under are applicable to all Swiss competitions for all disciplines, including regional and national events, and must be followed in the respective age groups.

1.2.1. FIGURES

For the Figures the World Aquatics Rules will be applied.

Group & Figure #	Figure Name	DD
Compulsory		
106	Straight Ballet Leg	1.6
301	Barracuda	1.8
Optional Groups:		
Group 1		
359	Front Ariana	2.2
348	Tower	1.9
Group 2		
363	Water Drop	1.8
401	Swordfish	2.1
Group 3		
311	Kip	1.6
227d	Swanita Spinning 180°	1.9

1.2.2. ROUTINES

For the routines the World Aquatics Rules will be applied for the duration and scoring.

The Apnea Rules will be applied for age group 12 and under.

1.2.2.1. LIMITS FOR DEGREE OF DIFFICULTY

In age group 12 and under for all disciplines, the following requirements and restrictions apply:

12 AND UNDER DIFFICULTY TABLE LIMITATIONS 2025-2028						
FAMILY	THRUSTS (T)	SPINS (S)	TWISTS (incl. Twirls, Swirls) (R)	AIRBORNE WEIGHT (A)	FLEXIBILITY (F)	CONNECTIONS (C)
LEVEL	SPECIFIC TECHNIQUES					
<i>Basic</i>	✓	SB, SCB, SCDB	RB, 1RB, 2RB, ROB, RCB	AB	FB	CB/CB+
1	✓	S1, SC1, SCD1	R1, 1R1, 2R1, R01, RC1	A1	F1	C1/C1+
2	✓	S2	R2	A2	F2	C2/C2+
3	✓			A3	F3	C3/C3+
4	✓			A4	F4	
5	✓				F5	
6				A6		

- Each routine - Solo, Duet, Team, and Free Combination must include elements from all families – Thrusts, Spins, Twists, Airborne Weight, Flexibility, and Connections. (For Solo without Connections.)
- In the Team and Free Combination, a minimum of one hybrid must include a pattern change and a minimum of one hybrid must be executed in full synchronization.

If these requirements are not met, a penalty of 8 points will be deducted from the Elements Score for each missing requirement.

If a difficulty level above the restrictions is declared and performed, the DD will be reduced Base Mark regardless of the execution of the element.

1.2.2.2. APNEA RULES

The Apnea Rules will be applied for age group 12 and under.

1.2.2.3. TUTORIALS ROUTINE CONSTRUCTION

Solo Free

- Time 2:00 +/-5sec
- 4 Free Hybrids
- Apnea Limit: Max. 1min

Duet Free

- Time 2:30 +/-5sec
- Total of 5 elements 4 hybrids and 1 Pair Acrobatic (free choice)
- Apnea Limit: Max. 1min 15 sec

Mixed Duet Free

- Time 2:30 +/-5sec
- Total of 5 elements: 3 hybrids and 2 Pair Acrobatic (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)
- Apnea Limit: Max. 1min 15 sec

Team Free

- Time 3:00 +/-5sec
- Total of 7 elements: 4 Free Hybrids and 3 Team Acrobatics with DD safety limit** (free choice but must not repeat the same acrobatic)
- Apnea Limit: Max. 1min 30 sec

Free Combination

- Time 3:00 +/-5sec
- 3 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)
- 1 x Team choreography hybrid with no DD (i.e. factor of 1.0) must be executed with a minimum of 4 athletes.
- Element parts can't occur simultaneously (i.e. Team Acrobatic occurs while solo hybrid starts)
- Apnea Limit: Max. 1min 30 sec

**Acrobatic Safety Limits for Team and Combo

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

1.2.2.4. TRANSITIONS

It is mandatory to use at least one element per group.

Groups	Elements	Disciplines
Strokes and propulsion techniques	Bent, straight, angled, or curved arms.	For all discipline: solo, duet, team and combo
	Front to back to side.	
	Flutter, eggbeater, scissors, whip, dolphin.	
	Body boost	
Ballet leg(s)	single	For all discipline: solo, duet, team and combo
	flamingo	
	from side	
	straight	
	rolled	
Speed, direction, and level.	Change of the direction can be done from forward to side, to a diagonal, to a turn, etc. Direction of travelling may be forward, backward, sideways, headfirst or feet first	For all discipline: solo, duet, team and combo
Groups in a team must to be varied	4-4 athletes	For team and combo
	2-2-2-2 athletes	
	3-2-3 athletes	
	1-7 athletes	
	2-6 athletes	

Connected surface movements, pair assisted actions	Pair assist	For duets, teams and combo at least one of those to be use in choreography.
Surface cadence Actions (1 by 1)		For team and combo
Pair acro		For team and combo
Engaging and well-coordinated exchanges with no unnecessary waiting time, clearly illustrating the performance sequence.	Change from solo to duet, from team to duet etc.	For combo

1.3. KIDS LIGA CUP

1.3.1. COMPETITION CALENDAR AND DISCIPLINES

The Winter and Summer Kids Liga Cups are national competitions for athletes aged 12 and under and 10 and under, held on the same weekends each year.

- Winter Kids Liga Cup: Takes place together with NSM qualifications in January (starting from 2026 only).
- Summer Kids Liga Cup: Held on the last weekend of June.

<u>Competitions</u>	Winter Kids Liga Cup	Figures Competition for 10 and under Figures Competition 12 and under
	Summer Kids Liga Cup	Figures Competition for 10 and under Routine Competition (Team and Duet only) for 10 and under Figures Competition for 12 and under Routine Competition (Team and Duet only) for 12 and under

1.3.2. PARTICIPATION REQUIREMENTS

Age / Test Requirements as at Swiss national competitions.

Participation in the Winter Kids Liga Cup is mandatory to be eligible for the Summer Kids Liga Cup (exceptions apply with a medical certificate).

1.3.3. FIGURES 10 AND UNDER

According to Kids Liga Rules

1.3.4. FIGURES 12 AND UNDER

According to World Aquatics Rules

1.3.5. ROUTINES 10 AND UNDER

According to Kids Liga Rules

1.3.6. ROUTINES 12 AND UNDER

According to World Aquatics Rules and Kids Liga Rules

1 Duet per club for 1 to 5 participants, 2 Duets per club for 6 to 8 participants

No limited participants for Mixed Duet

1.3.7. SCORING / RANKING

The Kids Liga Cup will adopt a format different from the NSM J1+J3 Final, incorporating the Smart competition approach. As a result, there will be two separate rankings:

1. Standard Ranking: Based on the World Aquatics (WA) and Kids Liga rules.
2. Smart Ranking: Based solely on the athletes' performance according to the criteria established for the Smart competition. Regions are free to implement Smart Ranking in addition to their Standard Ranking.

Criteria for the second ranking will be based only on the performance of the athletes:

- "WOW" factor
- Emotional impact
- Represent unique style of performance
- Energy
- Manner of Presentation
- Memorable moments
- Showmanship

The purpose of this type of ranking is:

- to allow competitors to enjoy performing in the water.
- to achieve an artistic presentation in the water.
- to return to the foundation of the sport—artistry and storytelling—using the expressive means of artistic swimming.

Ratings will be given on a scale from 1 to 10 with intervals of 0.5. Scores will be presented immediately using a raised poster featuring a sign with dancing dolphins.

1.3.8. MEDALS, AWARDS, DIPLOMAS

Medals will be awarded to the first, second, and third places in the Standard Ranking, and awards will be given to the top three places in the Smart Ranking. Additional awards will recognize the six most improved figure scores (from Winter to Summer), and a Participation Diploma will be given to all participants.

1.3.9. RITUALS

Before the award ceremony, there will be a parade where athletes will clap to show their appreciation to the judges.

1.4.KIDS LIGA CLASSES

1.4.1. GENERAL NOTE

The Kids Liga Classes are distinct from the Kids Liga Cup and are specifically designed for athletes aged 10 and under, although older athletes are welcome to participate. Each region is expected to host one Masterclass in the first half of the season and another in the second half. Regions are encouraged to collaborate and organize joint events.

1.4.2. PROGRAM

Masterclass events should not exceed half a day and will follow this structure:

- Meeting
- Masterclasses
- Lunch (shared by all)
- Award Ceremony

Each event will include 3 Masterclasses: 2 sessions of 45 minutes on land and 1 session of 60 minutes in the water. Allow 15 minutes for organizational tasks and 10 minutes for concluding the Masterclasses. All participants will receive a diploma of participation.

1.4.3. LESSON CONTENT

Regions are responsible for selecting the instructors for the Masterclasses. However, the lessons must cover the topics listed below. General note: The lessons should be delivered in a playful and age-appropriate manner.

1.4.3.1.LAND

Gymnastics - basic skills:

Performing forward rolls, walking on a beam with correct posture, and flexibility exercises such as bridges and various splits—ensuring proper positioning.

Working with equipment to develop agility and coordination:

Using equipment like balls of different sizes, hoops, bands, and veils to enhance agility and coordination. Incorporating music can further develop a sense of rhythm.

Yoga for kids:

Encouraging proper breathing, improving flexibility, and teaching body awareness through enjoyable activities.

Dance:

- Basic ballet or jazz positions with feet and hands, using age-appropriate music—songs and musical fragments that children recognize.
- Ability to follow the rhythm of music through musical games.
- Freedom to interpret music creatively—expressing different animals, emotions, and scenarios through movement and music.

1.4.3.2. WATER:

Swimming

Skills in 3 swimming styles: Freestyle and backstroke swimming in coordination, leg breaststroke skills ([according to Swiss Aquatics Learn to swim concept](#)).

Artistic Swimming

Executing water jumps with legs or head forward, performing dolphin kicks, and traveling in basic positions such as back layout, front layout, torpedo, and tub position with correct body alignment.

Practicing back and front flips in the tub position, maintaining a vertical line (balancing only), and performing the eggbeater kick, side flutter kick, and front kicks (kick-pull-kick).

- In winter, incorporate the back layout with bent knees and back layout skills.

1.4.4. INSTRUCTOR QUALIFICATIONS

Instructors must have J+S Kids Education or equivalent specialized training and experience with this age group. For water lessons, at least one instructor must hold the SRLG Pool Plus Life Saving Brevet. There should be one instructor/assistant for every ten athletes, with additional assistants added based on the number of participants. It is the region's responsibility to determine the number of attending athletes.

1.4.5. RESPONSIBILITIES OF THE ORGANIZING REGION

Beginning of the season	The dates for the Masterclasses must be published and communicated to Swiss Aquatics Artistic Swimming at the beginning of the season. Regions have the flexibility to select their own dates for the Masterclasses.
One month before the event	The invitation including time schedule and place must be sent to both the clubs and SAAS.
One week before the event	The detailed schedule and participant list must be sent to SAAS.
One week after the event	After each Masterclass, a brief summary of general feedback must be sent to SAAS. This should include details on the classes conducted, the number of athletes, and the instructors involved.