



ARTISTIC SWIMMING
SOUTH EAST REGION – AGE GROUP ROUTINE COMPETITION
Saturday 7th February 2026
12.00pm – 8.00pm
Haslemere Leisure Centre, Kings Road, Haslemere, GU27 2QT

Licence No: ASL3/26/009R

Dear Clubs

We invite you as a Swim England, South East club to enter the above competition which will be held under Swim England Artistic Swimming Laws & Technical Rules and as provided by the conditions set out below.

The Age Groups shall be as outlined below, and the age is as at midnight on 31st December in the year of competition. Minimum age is 9 in year of competition.

There are three sections:

- 12 & Under Category
- Youth 13 – 15 Years Female Eligibility Category
- Youth 13 – 16 Years Open Eligibility Category

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

There are five events:

- Solo – maximum number two per club per category
- Duet – maximum number two per club per category
- Mixed Duet – maximum number two per club per category
- Free Team – maximum number one per club per category
- Free Combination (4 – 8 swimmers) – maximum number one per club per category

Entry Requirements:

Event	Minimum Grade	
	9-10 + 12 & Under	Youth
Solo	Figure 3 Silver + Routine 3 Silver	Figure 4 Silver + Routine 4 Silver
Duet	Figure 3 Bronze + Routine 3 Bronze	Figure 4 Silver + Routine 4 Silver
Mixed Duet	Figure 3 Bronze + Routine 3 Bronze	Figure 4 Bronze + Routine 4 Bronze
Free Team	Figure 2 Bronze + Routine 2 Bronze	Figure 3 Bronze + Routine 3 Bronze
Free Combination	Figure 2 Bronze + Routine 2 Bronze	Figure 3 Bronze + Routine 3 Bronze

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

All competitors shall have been registered members of the club under whose name they compete for at least 60 days prior to the first day of the competition. All Grades need to be obtained before the competition closing date 25.01.2026.

Entry fees:

Solo - £15.00 per entry

Duet - £20.00 per entry

Free Team & Free Combination Team - £30.00 per entry

Routine Time Limits:

Routine	Time	Time Allowance	Walk On Time	Deck Time
Solo	2:00	+/- 5	20 seconds	10 seconds
Duet	2:30	+/- 5	20 seconds	10 seconds
Mixed Duet	2:30	+/- 5	30 seconds	10 seconds
Free Team	3:00	+/- 5	30 seconds	10 seconds
Free Combination	3:00	+/- 5	30 seconds	10 seconds

A Coach Card must be submitted for each routine prior to the competition. Please complete and return the Coach Card by Sunday 25th January. Routines without a submitted Coach Card by this date will not be permitted to swim.

Coach Card template can be downloaded here: [Artistic Swimming Coach Card - Swim England Artistic Swimming Hub](#)

Hybrid and Acrobatic Count:

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) <ul style="list-style-type: none"> 1x DD Solo Hybrid 1x DD Duet Hybrid 2 x Team DD Hybrid (must be executed with a minimum of 4 athletes) 1x 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) <ul style="list-style-type: none"> 1x DD Solo Hybrid 1x DD Duet Hybrid 2 x Team DD Hybrid (must be executed with a minimum of 4 athletes) 1x 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

12U/Youth Acrobatic Safety Limits

Acrobatic Elements cannot have a DD higher than the following:

for Group A: 2.65, for Group B: 2.6, for Group C: 2.45, and for group P 2.5. Please refer to the FINA Acrobatics Catalogue.

All music information must be registered with The Limited Manufacturing License, Mechanical-Copyright Protection Society (MCPS). All music shall be submitted electronically prior to the competition no later than 29th January.

Routines without submitted music prior to the deadline will not be permitted to swim.

All Clubs must have a qualified Level 2 Artistic Swimming Coach on the poolside.

Please make sure your club are aware, and can comply with the new minimum supervisory rules as per Swim England Team Manager, Coach & Chaperone policy at this event: <https://www.swimming.org/swimengland/swim-england-releases-supervision-ratios-policy/> We are keen to support clubs to be able to participate, please contact Di Hughes if you need some assistance with this policy for your club at this event.

Please note that we are tight for time at this event. Warm ups will be short and there will not be long gaps between events. Please ensure you consider this prior to entering your athletes in multiple events.

Scoring and penalties will be done in accordance with World Aquatics Rules. Medals will be awarded to the top three in each age group and each event. If there are three or less entrants only the gold medal will be awarded to the winner of each event.

Please be aware that photos will be taken of the medal presentations. These images or videos may be used by Swim England South East on its website and social media channels to promote this event. If you have any concerns, please contact sesynchronmanger@btinternet.com in advance of the event.

The promotion of the competition shall be the responsibility of the South East Region Technical Management Committee, 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 Swim England Laws.

The organisation of the competition shall be the responsibility of Meet Organiser appointed by the South East Region Technical Committee, who will also appoint the Referee Chief Clerk and Chief Scorer.

It is necessary for the smooth efficient running of this competition that all clubs taking part provide Officials for the day.

We hope you can join us and look forward to receiving your entry forms no later than Sunday 25th January 2026.

Payment can be made by cheque or Bacs transfer. Please ensure payment is received before Monday 26th January, entries will not be accepted without payment.

For BACS transfers please ensure you use reference: 07.02.26 + your club's name.

Bank: HSBC

Sort Code: 40-32-19

Account Number: 81420070

With thanks

Di Hughes, South East Region, Artistic Swimming Manager