Coach Card Checklists – 2025 Rules

These checklists are designed to help coaches review their routine submissions and coach cards before entering competitions. Use them to avoid common errors and reduce the chance of penalties under the 2025 Artistic Swimming rules.

Use the contents links below to navigate to the checklist you would like. These checklists can be used digitally (click the check box to tick off) or each page can be printed individually as needed.

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10 & Under / 12 & Under

10&U / 12&U Free Solo

- ☐ Music time is between **1:55 and 2:05**
- ☐ Walk on takes less than **20 sec**
- ☐ Deck work is less than **10 sec**
- ☐ Contains **4** free hybrids
- ☐ Contains at least one declaration from **each family**
    - ☐ Thrusts (T)
    - ☐ Spins (S)
    - ☐ Rotations (R)
    - ☐ Flexibility (F)
    - ☐ Airborne Weight (A)
- ☐ No hybrid has more than **5** declarations from one family
- ☐ No hybrid has more than **3** of the same code

10&U / 12&U Free Duet

- ☐ Music time is between **2:25 and 2:35**
- ☐ Walk on takes less than **20 sec**
- ☐ Deck work is less than **10 sec**
- ☐ Contains **4** free hybrids
- ☐ Contains at least one declaration from **each family**
    - ☐ Thrusts (T)
    - ☐ Spins (S)
    - ☐ Rotations (R)
    - ☐ Flexibility (F)
    - ☐ Airborne Weight (A)
    - ☐ Connections (C)
- ☐ No hybrid has more than **5** declarations from one family
- ☐ No hybrid has more than **3** of the same code
- ☐ Contains **one** pair acrobatic

10&U / 12&U Mixed Free Duet

- ☐ Music time is between **2:25 and 2:35**
- ☐ Walk on takes less than **30 sec**
- ☐ Deck work is less than **10 sec**
- ☐ Contains **3** free hybrids
- ☐ Contains at least one declaration from **each family**
    - ☐ Thrusts (T)
    - ☐ Spins (S)
    - ☐ Rotations (R)
    - ☐ Flexibility (F)
    - ☐ Airborne Weight (A)
    - ☐ Connections (C)
- ☐ No hybrid has more than **5** declarations from one family
- ☐ No hybrid has more than **3** of the same code
- ☐ Contains **two different** pair acrobatics
- ☐ Contains **three** declared sustained surface connections

12 & Under Free Team

- ☐ Music time is between **2:55 and 3:05**
- ☐ Walk on takes less than **30 sec**
- ☐ Deck work is less than **10 sec**
- ☐ Contains **4** free hybrids
- ☐ Contains at least one declaration from **each family**
    - ☐ Thrusts (T)
    - ☐ Spins (S)
    - ☐ Rotations (R)
    - ☐ Flexibility (F)
    - ☐ Airborne Weight (A)
    - ☐ Connections (C)
- ☐ No hybrid has more than **5** declarations from one family
- ☐ No hybrid has more than **3** of the same code
- ☐ Contains **3 different** acrobatics
- ☐ All acrobatics are below the **12&U safety limits**

Youth

Youth Free Solo

- ☐ Music time is between **1:55 and 2:05**
- ☐ Walk on takes less than **20 sec**
- ☐ Deck work is less than **10 sec**
- ☐ Contains **5** free hybrids
- ☐ Contains at least one declaration from **each family**
    - ☐ Thrusts (T)
    - ☐ Spins (S)
    - ☐ Rotations (R)
    - ☐ Flexibility (F)
    - ☐ Airborne Weight (A)
- ☐ No hybrid has more than **5** declarations from one family
- ☐ No hybrid has more than **3** of the same code

Youth Free Duet

- ☐ Music time is between **2:25 and 2:35**
- ☐ Walk on takes less than **20 sec**
- ☐ Deck work is less than **10 sec**
- ☐ Contains **5** free hybrids
- ☐ Contains at least one declaration from **each family**
    - ☐ Thrusts (T)
    - ☐ Spins (S)
    - ☐ Rotations (R)
    - ☐ Flexibility (F)
    - ☐ Airborne Weight (A)
    - ☐ Connections (C)
- ☐ No hybrid has more than **5** declarations from one family
- ☐ No hybrid has more than **3** of the same code
- ☐ Contains **one** pair acrobatic

Youth Mixed Free Duet

- ☐ Music time is between **2:25 and 2:35**
- ☐ Walk on takes less than **30 sec**
- ☐ Deck work is less than **10 sec**
- ☐ Contains **3** free hybrids
- ☐ Contains at least one declaration from **each family**
    - ☐ Thrusts (T)
    - ☐ Spins (S)
    - ☐ Rotations (R)
    - ☐ Flexibility (F)
    - ☐ Airborne Weight (A)
    - ☐ Connections (C)
- ☐ No hybrid has more than **5** declarations from one family
- ☐ No hybrid has more than **3** of the same code
- ☐ Contains **two different** pair acrobatics
- ☐ Contains **three** declared sustained surface connections

Youth Free Team

- ☐ Music time is between **2:55 and 3:05**
- ☐ Walk on takes less than **30 sec**
- ☐ Deck work is less than **10 sec**
- ☐ Contains **5** free hybrids
- ☐ Contains at least one declaration from **each family**
    - ☐ Thrusts (T)
    - ☐ Spins (S)
    - ☐ Rotations (R)
    - ☐ Flexibility (F)
    - ☐ Airborne Weight (A)
    - ☐ Connections (C)
- ☐ No hybrid has more than **5** declarations from one family
- ☐ No hybrid has more than **3** of the same code
- ☐ Contains **3 different** team acrobatics
- ☐ All acrobatics are below the **Youth safety limits**

Youth Combination Routine

- ☐ Music time is between **2:55 and 3:05**
- ☐ Walk on takes less than **30 sec**
- ☐ Deck work is less than **10 sec**
- ☐ Contains **4 different** team acrobatics
- ☐ All acrobatics are below the **Youth safety limits**
- ☐ Contains **1 declared solo** hybrid
- ☐ Contains **1 declared duet** hybrid
- ☐ Contains **2 declared team** hybrids (min. of 4 swimmers)
- ☐ Contains at least one declaration from **each family**
    - ☐ Thrusts (T)
    - ☐ Spins (S)
    - ☐ Rotations (R)
    - ☐ Flexibility (F)
    - ☐ Airborne Weight (A)
    - ☐ Connections (C)
- ☐ No hybrid has more than **5** declarations from one family
- ☐ No hybrid has more than **3** of the same code
- ☐ Contains **1 team choreography** hybrid with no declared difficulty ("ChoHY") with at least 4 athletes
- ☐ Has at least **2** parts with **all competitors** performing them
- ☐ No element parts occur simultaneously
- ☐ The routine has a recognisable **declared theme**

Junior/Senior

Junior/Senior Free Solo

- ☐ Music time is between **2:10 and 2:20**
- ☐ Walk on takes less than **20 sec**
- ☐ Deck work is less than **10 sec**
- ☐ Contains **6** free hybrids
- ☐ Contains at least one declaration from **each family**
    - ☐ Thrusts (T)
    - ☐ Spins (S)
    - ☐ Rotations (R)
    - ☐ Flexibility (F)
    - ☐ Airborne Weight (A)
- ☐ No hybrid has more than **5** declarations from one family
- ☐ No hybrid has more than **3** of the same code

Junior/Senior Tech Solo

- ☐ Music time is between **1:55 and 2:05**
- ☐ Walk on takes less than **20 sec**
- ☐ Deck work is less than **10 sec**
- ☐ Contains **1** free hybrids
- ☐ The free hybrid has no more than **5** declarations from one family
- ☐ The free hybrid has no more than **3** of the same code
- ☐ Contains **all 5** TREs (with correct a/b denominations)

Junior/Senior Free Duet

- ☐ Music time is between **2:40 and 2:50**
- ☐ Walk on takes less than **20 sec**
- ☐ Deck work is less than **10 sec**
- ☐ Contains **6** free hybrids
- ☐ Contains at least one declaration from **each family**
    - ☐ Thrusts (T)
    - ☐ Spins (S)
    - ☐ Rotations (R)
    - ☐ Flexibility (F)
    - ☐ Airborne Weight (A)
    - ☐ Connections (C)
- ☐ No hybrid has more than **5** declarations from one family
- ☐ No hybrid has more than **3** of the same code
- ☐ Contains **two different** pair acrobatics

Junior/Senior Tech Duet

- ☐ Music time is between **2:15 and 2:25**
- ☐ Walk on takes less than **20 sec**
- ☐ Deck work is less than **10 sec**
- ☐ Contains **1** free hybrids
- ☐ The free hybrid has no more than **5** declarations from one family
- ☐ The free hybrid has no more than **3** of the same code
- ☐ Contains **all 5** TREs (with correct a/b denominations)
- ☐ Contains **one** pair acrobatic

Junior/Senior Free Mixed Duet

- ☐ Music time is between **2:40 and 2:50**
- ☐ Walk on takes less than **30 sec**
- ☐ Deck work is less than **10 sec**
- ☐ Contains **4** free hybrids
- ☐ Contains at least one declaration from **each family**
    - ☐ Thrusts (T)
    - ☐ Spins (S)
    - ☐ Rotations (R)
    - ☐ Flexibility (F)
    - ☐ Airborne Weight (A)
    - ☐ Connections (C)
- ☐ No hybrid has more than **5** declarations from one family
- ☐ No hybrid has more than **3** of the same code
- ☐ Contains **three different** pair acrobatics
- ☐ Contains **four** declared sustained surface connections

Junior/Senior Tech Mixed Duet

- ☐ Music time is between **2:15 and 2:25**
- ☐ Walk on takes less than **30 sec**
- ☐ Deck work is less than **10 sec**
- ☐ Contains **1** free hybrids
- ☐ The free hybrid has no more than **5** declarations from one family
- ☐ The free hybrid has no more than **3** of the same code
- ☐ Contains **all 3** TREs (with correct a/b denominations)
- ☐ Contains **1 required** hybrid
    - ☐ The required hybrid contains **1 thrust** declaration
    - ☐ The required hybrid contains **2 different connection** declarations
- ☐ Contains **two different** pair acrobatics
- ☐ Contains **three** declared sustained surface connections

Open

Open Free Team

- ☐ Music time is between **3:25 and 3:35**
- ☐ Walk on takes less than **30 sec**
- ☐ Deck work is less than **10 sec**
- ☐ Contains **6** free hybrids
- ☐ Contains at least one declaration from **each family**
    - ☐ Thrusts (T)
    - ☐ Spins (S)
    - ☐ Rotations (R)
    - ☐ Flexibility (F)
    - ☐ Airborne Weight (A)
    - ☐ Connections (C)
- ☐ No hybrid has more than **5** declarations from one family
- ☐ No hybrid has more than **3** of the same code
- ☐ Contains **3 different** team acrobatics

Open Tech Team

- ☐ Music time is between **2:45 and 2:55**
- ☐ Walk on takes less than **30 sec**
- ☐ Deck work is less than **10 sec**
- ☐ Contains **2** free hybrids
- ☐ The free hybrids have no more than **5** declarations from one family
- ☐ The free hybrids have no more than **3** of the same code
- ☐ 1 of the free hybrids contains a **cadence**
- ☐ Contains **all 5** TREs (with correct a/b denominations)
- ☐ Contains **one** team acrobatics with a **max. DD of 3.0**
- ☐ Only contains a maximum of **1 circle**

Acrobatic Routine

- ☐ Music time is between **2:55 and 3:05**
- ☐ Walk on takes less than **30 sec**
- ☐ Deck work is less than **10 sec**
- ☐ Contains **7 different** team acrobatics
    - ☐ One acrobatic from Group **A**
    - ☐ One acrobatic from Group **B**
    - ☐ One acrobatic from Group **C**
    - ☐ One acrobatic from Group **P**

Aquanaut

Aquanaut Free Solo

- ☐ Music time is between **1:55 and 2:05**
- ☐ Walk on takes less than **20 sec**
- ☐ Deck work is less than **10 sec**
- ☐ Contains **4** free hybrids
- ☐ Contains at least one declaration from **each family**
    - ☐ Thrusts (T)
    - ☐ Spins (S)
    - ☐ Rotations (R)
    - ☐ Flexibility (F)
    - ☐ Airborne Weight (A)
- ☐ No hybrid has more than **5** declarations from one family
- ☐ No hybrid has more than **3** of the same code

Aquanaut Free Duet

- ☐ Music time is between **2:25 and 2:35**
- ☐ Walk on takes less than **20 sec**
- ☐ Deck work is less than **10 sec**
- ☐ Contains **4** free hybrids
- ☐ Contains at least one declaration from **each family**
    - ☐ Thrusts (T)
    - ☐ Spins (S)
    - ☐ Rotations (R)
    - ☐ Flexibility (F)
    - ☐ Airborne Weight (A)
    - ☐ Connections (C)
- ☐ No hybrid has more than **5** declarations from one family
- ☐ No hybrid has more than **3** of the same code
- ☐ Contains **one** pair acrobatic

AquaCombo

- ☐ Music time is between **2:55 and 3:05**
- ☐ Walk on takes less than **30 sec**
- ☐ Deck work is less than **10 sec**
- ☐ Contains **4 different** team acrobatics
- ☐ All acrobatics are below the **Youth safety limits**
- ☐ Contains **1 declared solo** hybrid
- ☐ Contains **1 declared duet** hybrid
- ☐ Contains **2 declared team** hybrids (min. of 4 swimmers)
- ☐ Contains at least one declaration from **each family**
    - ☐ Thrusts (T)
    - ☐ Spins (S)
    - ☐ Rotations (R)
    - ☐ Flexibility (F)
    - ☐ Airborne Weight (A)
    - ☐ Connections (C)
- ☐ No hybrid has more than **5** declarations from one family
- ☐ No hybrid has more than **3** of the same code
- ☐ Contains **1 team choreography** hybrid with no declared difficulty ("ChoHY") with at least 4 athletes
- ☐ Has at least **2** parts with **all competitors** performing them
- ☐ No element parts occur simultaneously
- ☐ The routine has a recognisable **declared theme**

Aquarina

Aquarina Free Solo

- ☐ Music time is between **1:55 and 2:05**
- ☐ Walk on takes less than **20 sec**
- ☐ Deck work is less than **10 sec**
- ☐ Contains **5** free hybrids
- ☐ Contains at least one declaration from **each family**
    - ☐ Thrusts (T)
    - ☐ Spins (S)
    - ☐ Rotations (R)
    - ☐ Flexibility (F)
    - ☐ Airborne Weight (A)
- ☐ No hybrid has more than **5** declarations from one family
- ☐ No hybrid has more than **3** of the same code

Aquarina Free Duet

- ☐ Music time is between **2:25 and 2:35**
- ☐ Walk on takes less than **20 sec**
- ☐ Deck work is less than **10 sec**
- ☐ Contains **5** free hybrids
- ☐ Contains at least one declaration from **each family**
    - ☐ Thrusts (T)
    - ☐ Spins (S)
    - ☐ Rotations (R)
    - ☐ Flexibility (F)
    - ☐ Airborne Weight (A)
    - ☐ Connections (C)
- ☐ No hybrid has more than **5** declarations from one family
- ☐ No hybrid has more than **3** of the same code
- ☐ Contains **one** pair acrobatic

AquaCombo Routine

- ☐ Music time is between **2:55 and 3:05**
- ☐ Walk on takes less than **30 sec**
- ☐ Deck work is less than **10 sec**
- ☐ Contains **4 different** team acrobatics
- ☐ All acrobatics are below the **Youth safety limits**
- ☐ Contains **1 declared solo** hybrid
- ☐ Contains **1 declared duet** hybrid
- ☐ Contains **2 declared team** hybrids (min. of 4 swimmers)
- ☐ Contains at least one declaration from **each family**
    - ☐ Thrusts (T)
    - ☐ Spins (S)
    - ☐ Rotations (R)
    - ☐ Flexibility (F)
    - ☐ Airborne Weight (A)
    - ☐ Connections (C)
- ☐ No hybrid has more than **5** declarations from one family
- ☐ No hybrid has more than **3** of the same code
- ☐ Contains **1 team choreography** hybrid with no declared difficulty ("ChoHY") with at least 4 athletes
- ☐ Has at least **2** parts with **all competitors** performing them
- ☐ No element parts occur simultaneously
- ☐ The routine has a recognisable **declared theme**

AquaMasters

AquaMasters Free Solo

- ☐ Music time is between **1:55 and 2:05**
- ☐ Walk on takes less than **20 sec**
- ☐ Deck work is less than **10 sec**
- ☐ Contains **4** free hybrids
- ☐ Contains at least one declaration from **each family**
    - ☐ Thrusts (T)
    - ☐ Spins (S)
    - ☐ Rotations (R)
    - ☐ Flexibility (F)
    - ☐ Airborne Weight (A)
- ☐ No hybrid has more than **5** declarations from one family
- ☐ No hybrid has more than **3** of the same code

AquaMasters Free Duet

- ☐ Music time is between **2:25 and 2:35**
- ☐ Walk on takes less than **20 sec**
- ☐ Deck work is less than **10 sec**
- ☐ Contains **4** free hybrids
- ☐ Contains at least one declaration from **each family**
    - ☐ Thrusts (T)
    - ☐ Spins (S)
    - ☐ Rotations (R)
    - ☐ Flexibility (F)
    - ☐ Airborne Weight (A)
    - ☐ Connections (C)
- ☐ No hybrid has more than **5** declarations from one family
- ☐ No hybrid has more than **3** of the same code
- ☐ Contains **one** pair acrobatic

AquaMasters Combo

- ☐ Music time is between **2:55 and 3:05**
- ☐ Walk on takes less than **30 sec**
- ☐ Deck work is less than **10 sec**
- ☐ Contains ~~**4**~~ **different** team acrobatics correction: **3 different acrobatics**
- ☐ All acrobatics are below the **Youth safety limits**
- ☐ Contains **1 declared solo** hybrid
- ☐ Contains **1 declared duet** hybrid
- ☐ Contains **2 declared team** hybrids (min. of 4 swimmers)
- ☐ Contains at least one declaration from **each family**
    - ☐ Thrusts (T)
    - ☐ Spins (S)
    - ☐ Rotations (R)
    - ☐ Flexibility (F)
    - ☐ Airborne Weight (A)
    - ☐ Connections (C)
- ☐ No hybrid has more than **5** declarations from one family
- ☐ No hybrid has more than **3** of the same code
- ☐ Contains **1 team choreography** hybrid with no declared difficulty (“ChoHY”) with at least 4 athletes
- ☐ Has at least **2** parts with **all competitors** performing them
- ☐ No element parts occur simultaneously
- ☐ The routine has a recognisable **declared theme**

Masters

Masters Free Solo

- ☐ Music time is no more than **2:15**
- ☐ Walk on takes less than **20 sec**
- ☐ Deck work is less than **10 sec**

Masters Free Duet

- ☐ Music time is no more than **2:45**
- ☐ Walk on takes less than **20 sec**
- ☐ Deck work is less than **10 sec**

Masters Free Team

- ☐ Music time is no more than **3:30**
- ☐ Walk on takes less than **30 sec**
- ☐ Deck work is less than **10 sec**

Dolphins

Dolphin Free Combo

- ☐ Music time is between **2:55 and 3:05**
- ☐ Walk on takes less than **30 sec**
- ☐ Deck work is less than **10 sec**
- ☐ Contains **2 different** team acrobatics
- ☐ All acrobatics are below the **12&U safety limits**
- ☐ Contains **1 declared solo** hybrid
- ☐ Contains **1 declared duet** hybrid
- ☐ Contains **3 declared team** hybrids (min. of 4 swimmers)
- ☐ Contains at least one declaration from **each family**
    - ☐ Thrusts (T)
    - ☐ Spins (S)
    - ☐ Rotations (R)
    - ☐ Flexibility (F)
    - ☐ Airborne Weight (A)
    - ☐ Connections (C)
- ☐ No hybrid has more than **5** declarations from one family
- ☐ No hybrid has more than **3** of the same code
- ☐ Has at least **2 parts** with **all competitors** performing them
- ☐ No element parts occur simultaneously
- ☐ The routine has a recognisable **declared theme**