

KIDS LIGA

NATIONAL COMPETITION
REGULATIONS FOR KIDS
AGE GROUPS, REGULATIONS
FOR KIDS LIGA CUP AND
MASTERCLASSES

ARTISTIC SWIMMING

SEPTEMBER 2026

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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.

Revision September 2026

In September 2026, the Kids Liga Concept was further revised based on practical experience, stakeholder feedback and developments in the World Aquatics rules.

The main adaptations concern the routine structure and requirements, including Required Elements, Free Hybrids, transitions and patterns, difficulty and apnea limitations, as well as Acrobatic Elements. The J4 requirements were also revised to ensure an age-appropriate progression towards the higher age categories. In addition, the evaluation framework and the content of the Kids Liga Masterclasses were further clarified.

Further adaptations may be made where necessary to ensure alignment with new or updated World Aquatics rules and regulations.

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 \(including NSM Qualification and Winter Kids Liga Cup\)](#), while the Summer version will be used from February 1st to August 31st.

Figure Draw

The figure program for the 10 and under age group is designed to encourage athletes to learn and master a broader range of basic positions and basic movements from an early stage of their development.

For each competition, [four figures \(1 group, A or B\)](#) will be drawn from the complete list of figures applicable to the respective Winter or Summer version. There are no compulsory figures; the four competition figures will be determined by the draw of either group A or group B.

The draw will take place 15 days prior the competition day. The four drawn figures will then constitute the figure program to be performed at that competition.

General remarks regarding the figures:

All positions indicated in **bold** must be held for 3 seconds, unless otherwise specified.

For the recommended sculling techniques, please refer to the corresponding list and videos available on the website.

1.1.1. FIGURES WINTER VERSION

Group A:

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

0.9

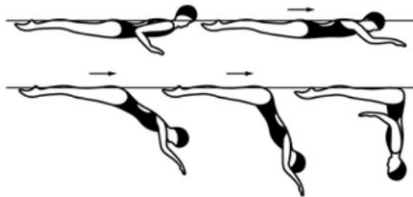
Begin in a **Back Layout Position**. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.



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.



BP – Hold Bent Knee Vertical Position for 6 seconds

1.2

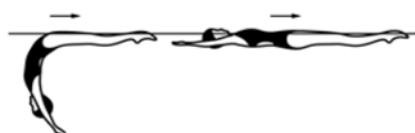
The **Bent Knee Vertical Position** may be assumed in any manner. Hold the **Bent Knee Vertical Position** for 6 seconds. The position may then be exited in any manner.



Arch to Back Layout Finish Action

0.9

From a **Surface Arch Position** the hips, chest and face surface sequentially at the same point with foot first movement to a **Back Layout Position** until the head occupies the position of the hips at the beginning of this action.



Group B:

Back Layout Position to Tuck Position

0.7

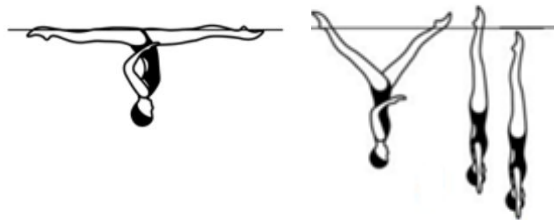
From a **Back Layout Position** the knees, shins and toes are drawn along the surface of the water to assume a **Tuck Position**.



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.



To Assume a Surface Arch Position

0.9

From a **Back Layout Position** with the head leading, the head, hips and feet move along the surface of the water. With continuous movement the head leaves the surface of the water as the back is arched more to assume a **Surface Arch Position** with the hips occupying the position of the head at the beginning of this action.



To Assume a Back Pike Position

1.0

From a **Back Layout Position** the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface of the water.



1.1.2. FIGURES SUMMER VERSION

Group A:

101 Ballet Leg single

1.6

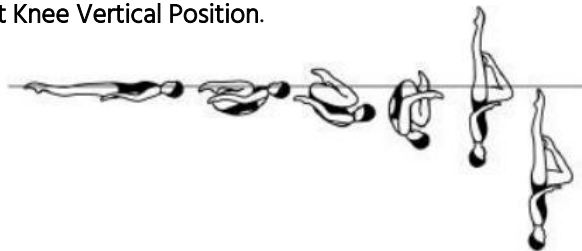
Begin in a **Back Layout Position**. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. The knee is straightened, without movement of the thigh, to assume a **Ballet Leg Position**. The ballet 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

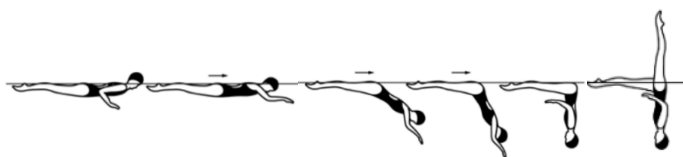
From a **Back Layout Position** a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs assume a **Bent Knee Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and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



Front Layout position to Front Pike Position to Fishtail position

1.5

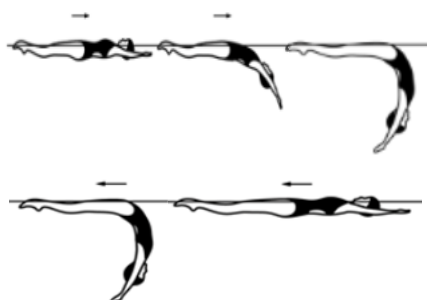
From a **Front Layout Position** with the face in the water, as the trunk moves downward to assume a **Front Pike Position**, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action. One leg is lifted to assume a **Fishtail Position**.



Back Layout position to Surface Arch Position to Back Layout position

1.3

From a **Back Layout Position**, with the head leading, the body moves along the surface to assume a **Surface Arch Position**, with the hips occupying the position of the head at the beginning of the action. The hips, chest and face then surface sequentially at the same point with foot-first movement to assume a **Back Layout Position**.



Group B:

Ariana Rotation + Vertical Closing

1.3

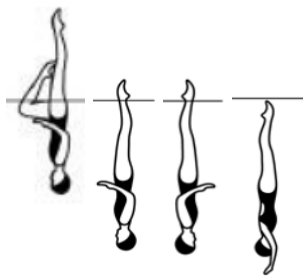
Start in a **Split Position** (left or right is free), the *Ariana Rotation (BM16)* is performed. The legs simultaneously join to assume a **Vertical Position** at ankle level. A *Vertical Descent (BM10)* is executed.



Bent Knee Vertical Position – Vertical Position at ankle level – Half Twist 180° with ankle hold

1.2

From a **Bent Knee Vertical Position**, the bent leg is extended to join the vertical leg and assume a **Vertical Position**, completed as the ankles reach the surface of the water. A Half Twist of 180° is performed in Vertical Position with the ankles maintained at the surface. A *Vertical Descent (BM10)* is executed.



To Assume a Back Pike Position

1.0

From a **Back Layout Position** the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface of the water.



BP: Hold Bent Knee Surface Arch Position for 6 seconds

1.1

The **Bent Knee Surface Arch Position** may be assumed in any manner. Hold the **Bent Knee Surface Arch Position** for 6 seconds. The position may then be exited in any manner.



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 Required and Additional elements included in the routine. The Difficulty Technical Controllers will check whether all the elements are executed.](#)

[The Synchronization Technical Controllers \(STC\) will evaluate synchronization.](#)

[For the 10 and Under age group, the following synchronization penalties will apply based on the number and type of synchronization errors recorded:](#)

[Calculation of Synchronization Penalties](#)

Type of Error	Number of Errors	Synchronization Penalty
Small	≤ 19	2
	20 – 39	4
	≥ 40	6
Obvious	≤ 19	3
	20 -39	6
	≥ 40	9
Major	≤ 5	3
	6 – 10	6
	≥ 11	9

[The synchronization penalties and the corresponding error ranges may be reviewed and adjusted during the season based on practical experience.](#)

1.1.3.2. 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.

1.1.3.3. TUTORIALS ROUTINE CONSTRUCTION

Only for the 10 and Under age group:

Free Hybrid → The types of movements and difficulty levels are limited to those permitted for the J3 category (see the corresponding table for J3 limitations).

If a difficulty level above the permitted restrictions is declared and performed, a penalty of 8 points is applied to the Element Score. The FREE Hybrid has a fixed DD of 1.0.

Routine Requirements

- A Coach Card must be submitted for each routine.
- Compliance with the required elements will be verified during the evaluation.
- A penalty of 8 points will be applied to the Final Score for each missing required element.
- The same routine structure and element codes apply to all the disciplines (see table above below).
- The routine consists of two predetermined Required Elements, one Free Hybrid, and, for Duet/Trio and Team, one Acrobatic (Pair Acrobatic for Duet/Mixed Duet / Trio - Team Acrobatic for Team).
- The order of the elements is free and may be determined by the coach.
- A minimum of one Additional Transition Element per group is required per routine. The Difficulty Technical Controllers (DTC) will verify that this requirement is fulfilled.
- No difficulty calculation is performed by the DTC. All elements have a fixed Degree of Difficulty (DD) of 1.0. Only the Elements (ELE) and Artistic Impression (AI) scores are considered and weighted using the applicable factors.
- The DTC verify that all declared elements (Required Elements, Free Hybrid, Acrobatic and Additional Transition Element) are included in the routine and performed in accordance with the applicable requirements.
- For these elements, the DTC provide feedback to the coaches only; no Base Mark (BM) is applied.

Event	Total No. of Elements	Acrobatics	Required Elements	Free Hybrid	Time Limit (± 5 sec)	Apnea Limit per Required Element / Hybrid
Solo*	3	-	2	1	1:45	15 sec
Duet / Mixed Duet (Trio*)	4	1 Pair Acrobatic	2	1	2:00	15 sec
Team	4	1 Team Acrobatic	2	1	2:30	15 sec

**Solo and Trio are permitted at regional competitions only.*

Required Elements

J4_TRE1 (see video)

From **Side Flutter Kicks**, assume a **Front Layout Position**, with the arm moving horizontally along the surface.

→ Assume a **Front Pike Position**

→ Assume a **Fishtail Position** (left/right optional)

→ Assume a **Helicopter Position** (left/right optional)

→ Exchange the **Helicopter Position** (1 exchange – 2 Helicopter Positions in total)

→ Assume a **Tuck Position**

→ Assume a **Bent Knee Vertical Position**

→ Perform a **180° Spin**, with the bent leg joining the vertical leg, and stop at ankle level

→ Perform a descent and a back rotation in **Inverted Tuck Position** to reach the surface and prepare for the next transition (*e.g. Eggbeater, Boost, etc.*)

End of the element: The element ends when the athlete reaches the surface and starts the next transition.

J4_TRE2 (*see video*)

From a **Back Layout Position**, execute a rapid **Full Ballet Leg**.

→ Assume an **Inverted Tuck Position**

→ Assume a **Helicopter Position** (right leg extended forward)

→ Close to **Table Position** while performing a **180° rotation**

→ Open to **Helicopter Position**-(*right leg extended forward*)

→ Close to **Table Position** while performing a **180° rotation**

→ Rapidly extend to a **Vertical Position**

→ Perform a full **Vertical Descent**, followed by a back rotation in **Inverted Tuck Position**, to reach the surface and prepare for the next transition (*e.g. Eggbeater, Boost, etc.*)

End of the element: The element ends when the athlete reaches the surface and starts the next transition.

Additional Required Elements

For all disciplines: All of the following transitions must be performed **at least once** during the routine:

- **1 Horizontal Ballet Leg Combination**
A combination of at least 3 positions, with a maximum of 2 identical positions.
- **1 Body Boost**
With or without arm movements. May start below or above the water surface.
- **Flutter Kicks**
Straight, lateral or diagonal.
- **Eggbeater**
With 2 movements, with 1 or 2 arms held up at 90°.

For Team, Duet, Mixed Duet and Trio: **At least 1 Pair Assisted Action** must be performed during the routine, with a maximum of 2 Pair Assisted Actions allowed.

- The action may be either a **“Boost type”** or a **“Float type”**. All members of the team must perform the Pair Assisted Action, except in the case of an uneven number of athletes, but a minimum of 4 must perform the Pair Assisted Action.

For Team discipline only: All of the following transitions/patterns must be performed **at least once** during the routine:

- **1 Sequence 1 by 1**
Arms or legs are optional.
- **1 “Group Work” with arms**
Examples: 4/4 – 2/2/2/2 – 3/2/3 – etc.
- **1 Line Pattern**

- **1 Circle Pattern**

This may be performed during arm or leg movements. Athletes may face each other, face backwards, or be positioned laterally on the circle perimeter.

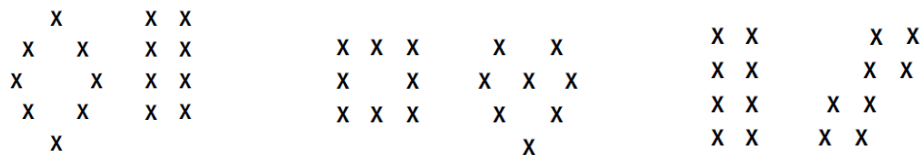
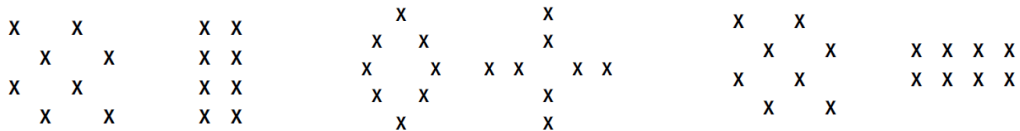
- **Minimum 3 Pattern Changes for Team Routines**

See examples from the list below.

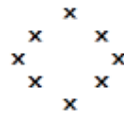
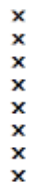
Examples of Pattern Changes

The pattern changes shown below are examples only. Other pattern changes may also be used.

A minimum of 3 Pattern Changes must be performed during the team routine.



X	X			X	X	
	X			X	X	
X	X			X	X	
	X			X	X	
X	X					



Acrobatic elements for Team

One Acrobatic Element must be performed, selected from one of the four permitted Acrobatic Types. A non-listed Team Acrobatic Element will result in an 8-point deduction from the Final Score.

Acro A

Levels 1 and 2 are permitted, including all variations within Level 2.

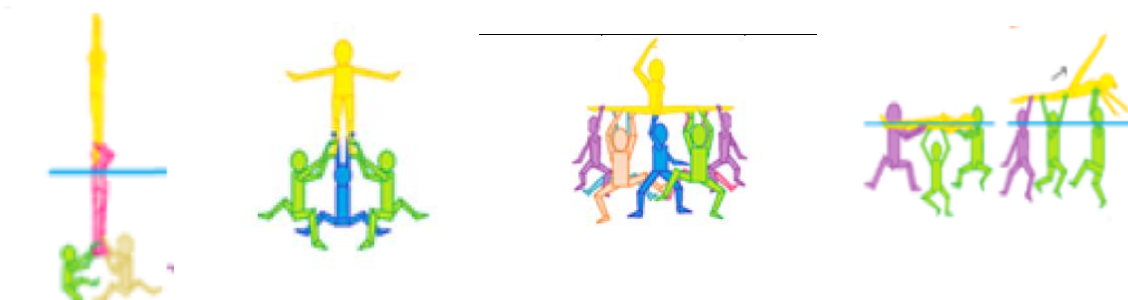
Direction: Forward only.



Acro B

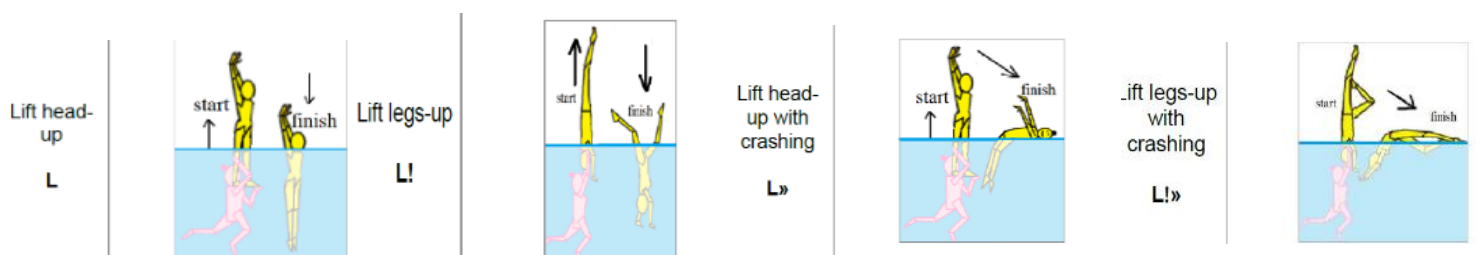
The following types are permitted:

- Simple Lift
- Simple Stack



Acrobatic elements for Duet / Mixed Duet

One Acrobatic Element must be performed, selected from one of the four permitted Acrobatic Types. A non-listed Duet Acrobatic Element will result in an 8-point deduction from the Final Score.



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

World Aquatics rules for the 12 and Under Age Category apply. Figures must be performed in accordance with the current World Aquatics Figure Groups.

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 2026-2028						
FAMILY	THRUSTS (T)	SPINS (S)	TWISTS (incl. Twirls, Swirls) (R)	AIRBORNE WEIGHT (A)	FLEXIBILITY (F)	CONNECTIONS (C)
LEVEL	SPECIFIC TECHNIQUES					
<i>Basic</i>	✓	✓	✓	✓	✓	✓
1	✓	✓	R1, 1R1, 2R1, R01, RC1	✓	✓	✓
2	✓	S2	R2, 1R2	✓	✓	✓
3	✓	S3		✓	✓	✓
4	T4b,c,d,e			✓	✓	✓
5	T5a,b,c,d				✓	
6	T6a			✓	F6a,c,d	
7				✓		

- 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. 18 sec per hybrid](#)

Duet Free

- Time 2:30 +/-5sec
- Total of 5 elements 4 hybrids and 1 Pair Acrobatic (free choice)
- Apnea Limit: [Max. 18 sec per hybrid](#)

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. 18 sec per hybrid](#)

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. 18 sec per hybrid](#)

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. 18 sec per hybrid](#)

**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, a minimum of 4 team members must perform the Pair Acro.
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 , Free Combination , Duet and Solo) 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 (AQUA) 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 displayed immediately by raising a score card featuring [the mascots](#).

1.3.8. MEDALS, AWARDS, DIPLOMAS

Medals will be awarded to the first, second, and third places in the Standard Ranking. [Diplomas for Figures will be awarded to the fourth, fifth, and sixth places in the Standard Ranking](#). 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 [may](#) 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.

The concept aims to provide a positive and varied experience, allowing athletes to discover different aspects of the discipline, meet athletes from other clubs, and work with different coaches.

1.4.2. PROGRAM

Masterclass events should not exceed half a day and will follow a flexible structure adapted to the needs and age of the athletes:

- Meeting
- Masterclasses (2 sessions in the morning, 1 session in the afternoon)
- Lunch (shared by all)
- Award Ceremony

Each event will include 3 Masterclasses:

- 1 water session (approx. 1h15–1h30)
- 2 land sessions (approx. 30–45 minutes each)

The duration of the sessions should be adapted to the age and concentration level of the athletes. Shorter sessions are recommended for activities requiring high concentration (e.g. yoga). Allow additional time for transitions, warming up, and flexibility in case of environmental factors (e.g. cold water conditions). 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, allowing space for creativity and interaction between athletes.

1.4.3.1. LAND

Gymnastics/Acrobatics – Basic Skills:

Performing forward and backward rolls, walking on a beam with correct posture, basic handstands, and other age-appropriate acrobatic elements.

Developing correct technique and proper positioning for bridges, various splits, and basic walkover preparations, with a focus on body alignment, flexibility, coordination, and control.

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 short and engaging activities adapted to the attention span of the athletes.

Dance/Theatre, Acting – Basic Skills:

- Performing **basic ballet or jazz positions** with feet and hands, using age-appropriate and recognizable music.
- Developing the ability to **follow the rhythm of the music** through musical games.
- Introduction to the **creative interpretation of music** through emotions, characters and simple storytelling, with a specific focus on **facial expressions** and on showing and switching between different emotions and characters clearly.
- Exercises should remain **simple and supported**, as independent musical interpretation is still developing at this age.

The focus is on developing **artistic expression** and supporting the athletes in transferring these skills into their routines.

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.

Where appropriate, athletes should be encouraged to work in pairs or small groups and create short, simple routines based on given elements to promote creativity and motivation.

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.

Regions are encouraged to use a combination of qualified coaches and available internal resources (e.g. coaches with additional skills such as yoga, dance, or gymnastics) to ensure both quality and feasibility of the sessions.

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.