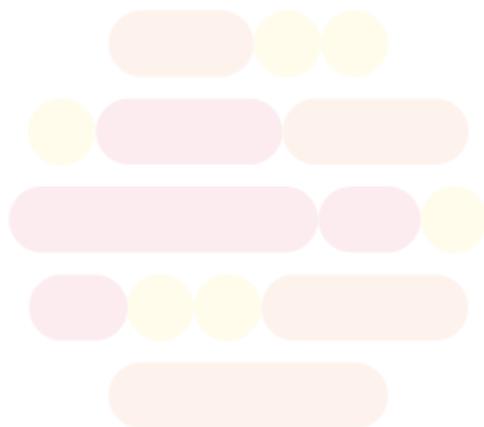


Rules & Regulations

12th Asian Age Group Championships Bangkok 2026



The ASIA AQUATICS and Thailand Aquatics Association are the Organizing Committee of the 12th Asian Age Group Championships hereby notifies and invites all affiliated National Federations in Asia to participate in the 12th Asian Age Group Swimming Championships.

1. TITLE

12th Asian Age Group Championships 2026
Bangkok from 17 - 25 July 2026

2. AUSPICES

The Championships (Swimming, Diving, Water Polo, and Artistic Swimming) will be held under the auspices of the ASIA AQUATICS.

3. RULES

The Championships will run under the World Aquatics and Asia Aquatics Rules and Regulations.

4. DATES AND VENUE

The Championships will be held from 17 - 25 July 2026 (actual days)
Bangkok - Thailand.

5. ELIGIBILITY

1. National Teams of ASIA AQUATICS Member Federation / Association.
2. Only the athlete with citizenship of the country or sports country. (participation is restricted to athletes possessing valid citizenship of the country or sports nationality they present)

*** *Non-Adherence to the Age Limit***

If the physical appearance of an athlete does not fit into his/her age group or if other teams produce evidence supporting this case, and this would cause protest by the other teams, the appointed Committee shall decide on the case.

The three (3) Members of the task force Committee will be appointed by the ASIA AQUATICS President.

For any positive case where forgery of age is proven:

- a) The National Federation whom that athlete represents will be levied USD 1.000.00 (U.S. Dollars one thousand only) per case.

b) Suspend the athlete for 4 years for participating in all ASIA AQUATICS events and recommend to World Aquatics to take necessary measures in World Aquatics events.

c) The Officials of the National Federation will be subjected to a hearing by the task force and recommend actions to the ASIA AQUATICS Executive Board.

**** Changing the Nationality of Competitors**

This event adheres to the IOC Charter, particularly Rule 41 (Nationality of Competitors) and its By-Laws, as well as the similar rules enforced by World Aquatics and ASIA AQUATICS.

Should a competitor represent his / her country or sports country, he/she shall be a citizen whether by birth or naturalization of the nation he/she represents provided that a naturalized citizen shall have lived in that country for at least one year. Any competitor who wishes to change his/her affiliation from one Federation to another Federation must have a release letter from his/her previous National Federation, an acceptance letter from his/her new National Federation and an agreement between two related NOCs. Both these letters should be submitted to ASIA AQUATICS, for approval, for a period of at least 2 years before he/she starts competing for his new National Federation in ASIA AQUATICS activities.

6. AGE GROUP

Swimming

- 17 - 18 years (2008 - 2009) Group A
- 15-16 years (2010 - 2011) Group B
- 13 -14 years (2012 - 2013) Group C

Diving

- 16 -18 years (2008-2010) Group A
- 14 -15 years (2011-2012) Group B
- 12 -13 years (2013 - 2014) Group C

Artistic Swimming

- 15-19 years Women (2007-2011) and 15-20 years Men (2006-2011) Group A (Junior)
- 13-15 years Women (2011-2013) and 13-16 years Men (2010-2013) Group B (Youth)
- 12 years and Under Women and Men (2014 and below) Group C

Water Polo

- Junior: 19 years and under
- (Players who were born in 2007 and later)

7. NUMBER OF COMPETITORS

Swimming: Maximum of 50 participants , including 6 officials

Diving: Not more than 15 inclusive of 3 officials (Judge is included)

Artistic Swimming: Per Age Group, not more than 14 Swimmers (if participating in Mixed Duet and Free Combination / Acrobatic) with 4 officials (Judges are not included)

Water Polo (Men & Women): Not more than 21 inclusive of up to 6 officials (Referee with the team is included)

8. ENTRIES

A. Swimming

| | |
|------------|---|
| Individual | Only 2 entries per Federation per event |
| Team | Only 1 entry per Federation per event |

B. Diving

| | |
|---------------------|---|
| Individual | Only 2 entries per Federation per event |
| Synchronized Diving | Only 1 entry per Federation per event |

C. Artistic Swimming

For Solos, Duet, and Mixed Duets not more than 2 entries per Country per age group.

For Teams and Acrobatics, not more than 1 entry per Country per age group.

For Free Combinations, not more than 1 entry per Country.
Swimmers who are 15 years old must decide to take part in either Youth or Junior.

D. Water Polo

Only 1 Men and 1 Women team.

* All entries must be accompanied by photocopies of:

- 1) Passport
- 2) Birth Certificate

All documents must be certified by the President / Secretary General of the National Swimming Federation.

Entries not supported by the documents will be automatically rejected.

9. DRAWS

The Draws for Diving and Artistic Swimming shall be held at the respective Team Manager's Meeting.

The Draws for Water Polo will be held at least 1 month prior to the event.

10. CANCELLATION OF EVENTS

In any individual and team event, where there are only 3 entries or fewer on the closing date for Entries, the event will be canceled.

Organizers are obliged to inform the Federation / Association concerned and to permit those concerned to resubmit fresh entries (within the Rules). A grace period of 10 days will be permitted.

11. ENTRY FEES

No fees will be charged.

12. PRIZES

- Gold, Silver, and Bronze medals will be awarded to the respective winners.
- Certificates will be presented to the six finalists (Individual Events) and to the
- first four finalists (Team Events).
- Diplomas/ Certificates will be awarded to all Record Holders.
- Certificates of Participation will be presented to all participants

13. CHAMPIONSHIP AWARDS

The Champion Team will be declared on the following basis:

- A. Total number of Gold medals
- B. If there is a tie, count the total number of Silver medals
- C. If there is a tie, count the total number of Bronze medals
- D. If there is a tie, count the total number of Records

14. JURY

The Jury consists of the ASIA AQUATICS Chairman of the Technical Committee of Discipline concerned, and 2-3 ASIA AQUATICS-appointed officials who will be nominated to the Organizing Committee.

15. EVENTS

A. SWIMMING

| EVENTS | 17 - 18 | | 15-16 | |
|--------------------------------|---------|---|-------|---|
| | B | G | B | G |
| 50 m Free | * | * | * | * |
| 100 m Free | * | * | * | * |
| 200 m Free | * | * | * | * |
| 400 m Free | * | * | * | * |
| 800 m Free | * | * | * | * |
| 1500 m Free | * | * | * | * |
| 50 m Breast | * | * | * | * |
| 100 m Breast | * | * | * | * |
| 200 m Breast | * | * | * | * |
| 50 m Back | * | * | * | * |
| 100 m Back | * | * | * | * |
| 200 m Back | * | * | * | * |
| 50 m Butterfly | * | * | * | * |
| 100 m Butterfly | * | * | * | * |
| 200 m Butterfly | * | * | * | * |
| 200 m Individual Medley | * | * | * | * |
| 400 m Individual Medley | * | * | * | * |
| 4 x 100 m Free Relay | * | * | * | * |
| 4 x 200 m Free Relay | * | * | * | * |
| 4 x 100 m Medley Relay | * | * | * | * |
| 4 x100 m Free Relay(Mixed) | * | * | * | * |
| 4 x 100 m Medley Relay (Mixed) | * | * | * | * |

- a. Heats and Finals will be held for all events except 800m and 1500m which will be timed final.
- b. The Rules for the Mixed Relays are the same as for gender relays except that the Mixed Relays must consist of 2 (two) Male and 2 (two) Female swimmers. The starting order of the swimmers is decided by each team.

The relay entry form (provided by the OC) should as usual be handed in one hour before the start of the competition for both heats and finals.

c. Time Schedule

All Heats shall start at 0800 hrs.

All Finals shall start at 1700 hrs.

For timed finals events:

- The slower heats will be held in the mornings
- The faster heats will be held in the evenings.

B. DIVING

| Age Group | |
|----------------|--------------------|
| Group A | 16 - 18 |
| Group B | 14 - 15 |
| Group C | 12 - 13 |
| Synchro Diving | Group A/B Combined |

DIVES

| Group | Event | No. of Dives | Gender |
|--------------------------|---------------------|---|--------|
| Group B 14 - 15 Years | 1 M | 8 dives (5 from 5 groups with total DD no more than 9.0 +3 optional) | G |
| | | 9 dives (5 from 5 groups with total DD no more than 9.0 +4 optional) | B |
| | 3 M | 8 dives (5 from 5 groups with total DD no more than 9.5 +3 optional) | G |
| | | 9 dives (5 from 5 groups with total DD no more than 9.5 +4 optional) | B |
| | 5M/ 7.5M/ 10M | 7 dives from 5 groups (4 from 4 groups with total DD no more than 7.6+3 optional) | G |
| | | 8 dives from 5 groups (4 from 4 groups with total DD no more than 7.6+4 optional) | B |

GROUP EVENT NUMBER OF DIVES GENDER UP B- 15

| Group | Event | No. of Dives | Gender |
|------------------------|--------------------------|---|--------|
| Group A 16-18 Years | 1 M | 9 dives (5 from 5 groups with total DD no more than 9.0+4 optional) | G |
| | 3 M | 9 dives (5 from 5 groups with total DD no more than 9.5+4 optional) | G |
| | 5 M / 7.5 M / 10 M | 8 dives from 5 groups (4 from 4 groups with total DD no more than 7.6+4 optional) | G |
| | 1 M | 10 dives (5 from 5 groups with total DD no more than 9.0+5 optional) | B |
| | 3 M | 10 dives (5 from 5 groups with total DD no more than 9.0+5 optional) | B |
| | 5 M / 7.5 M / 10 M | 9 dives from 6 groups (4 from 4 groups with total DD no more than 7.6+5 optional) | B |

** (Whether preliminaries + finals or direct finals for each event are to be decided by ASIA AQUATICS. It is proposed that for event with less than 12 entries, direct final could be conducted.)

- a. RULES: According to WORLD AQUATICS Feb. 2023 Rules.(Pages 124 to 154) <https://www.worldaquatics.com/rules/competition-regulations>
- b. ENTRIES: Each Team may enter a maximum of 2 divers per individual event, and one team per synchronized event.
- c. Judges: each Federation participating in these events shall bring a Diving Judge.

C. ARTISTIC SWIMMING

| Group | Age Group | Solo Tech | Solo Free | Duet Tech | Duet Free | Team Tech | Team Free | Free Comb | Acrobatics |
|---------|---------------------------|-----------------------|-----------------------|---------------|---------------|------------------------|-----------|----------------------------|------------|
| Group A | Junior 15-19 years | * | * | * | * | * | * | | * |
| | | Mixed Duet Tech | Mixed Duet Free | | | | | | |
| | | * | * | | | | | | |
| Group B | Youth 13 - 15 years | Figures | Solo + Fig | Duet + Fig | Team + Fig | Mixed duet + Fig | | Combined Group B & C | |
| | | * | * | * | * | * | | | |
| Group C | 12&Under | Figures | Solo + Fig | Duet + Fig | Team + Fig | Mixed duet + Fig | | | |
| | | * | * | * | * | * | | * | |

AGE GROUP AND EVENTS

a. Rules: According to World Aquatics AS and ASAG Rules (2022-2025)

- Swimmers who are 15 years old must decide to take part in either Youth or Junior.
- For each Age Group (Junior, 13-15 years and 12 years & under), each Federation may participate in 2 Solos, 2 Duets, 2 Mixed Duets, and 1 Team).
- For Acrobatic (for Junior only), each Federation may send 1 team to participate.
- For Free Combination (for combined Group B and C only), each Federation may send 1 team to participate.

- Reserves are allowed, 1 for Duet, 2 for Mixed duet (1 male and 1 female) and 2 reserves for a Team, Free Combination, and Acrobatic.
- Team routines (Team and Acrobatics) shall consist of four (4) to eight (8) competitors and a maximum of two (2) reserves. The total number of competitors may include a maximum of two (2) male competitors.
- Free Combination shall consist of at least four (4) but not more than ten (10) competitors. The total number of competitors may include a maximum of two (2) male competitors and a maximum of two (2) reserves.
- Note: Total Requirement Elements for Free Combination to follow Youth Combination which is 9 Required Elements.
- Swimmers are only allowed to participate in their age group. No swim-up is allowed.
- Any event with less than 3 entries may be canceled. (refer to Clause 10 above).
- Medals of Figure Competitions for each age group will be given.

b. Final Results and Medals

- For Age Group - 12&Under, Youth 13-15 - Figures
 - Figure 100%
- For Age Group - 12&Under, Youth 13-15 - Solos, Duet, Mixed Duet, and Team
 - Figures + Free Routine
- For Junior - Solo, Duets, Mixed Duets, and Team
 - Technical 100%
 - Free Routine 100%
- Free Combination (Combined 12&Under and Youth 13-15)
 - Routine 100%
- Acrobatic Routine (Junior only)
 - Routine 100%
- In solo events, male competitors are to compete against female competitors. The rankings will be under the same category. **** If there are 3 or more National Federation (NF) register male competitors in the event, then rankings and medals will be awarded separately.**

- Each National Federation (NF) can send a maximum number of routines to participate in each event as per above Events and Entry; however, the top 3 medals will only be awarded to the top ranking of each NF.
- Medals of Figure Competitions for each age group will be given according to the ranking.

c. Time limits for Free Routines

Group A - Junior

- Solo - Technical: 2:00, Free: 2:15
- Duet/Mixed Duet - Technical: 2:20, Free: 2:45
- Team - Technical: 2:50, Free: 3:30
- Acrobatic - 3:00

Group B - Youth

- Solo - 2:00
- Duet/Mixed Duet - 2:30
- Team - 3:00

Group C - 12 & under

- Solo - 2:00
- Duet/Mixed Duet - 2:30
- Team - 3:00

Group B+C

- Free Combination - 3:00 (9 Requirement Elements)

d. Technical Officials

Every participating National Federation (NF) provides minimum of ONE accompanying judge OR Technical Controller. Priority of selection of judge and technical controller are as follows:

- Judges
 - Currently Gold, Silver and Bronze judges who are on the current World Aquatics List, must have successfully passed the judges exam administered at a World Aquatics Artistic Swimming Judges Certification School and the online annual exam.
 - National judges who are nominated must have passed the World Aquatics Advance or Certification School for Artistic Swimming Rules 2022-2025. Records of judging experience are to be submitted.

- Technical Controllers
 - Current Gold, Silver and Bronze Technical Controllers who are on the current World Aquatics Technical Controllers List
 - National Technical Controllers who are nominated must have passed the Technical Controller course conducted by World Aquatics. Records of judging experience are to be submitted.

- Nomination
 - The National Federations must apply to the Chairperson of Asia Aquatics TASC, for the registrations and approval of their accompanying judge and technical controller by the **(DATE)** (To be confirmed).
 - If a Federation wishes to nominate two (2) accompanying judges and/or technical controller, they must announce the first and then the second judge/TC. The second judge/TC will only be accepted if there are enough vacancies.
 - The final Selection of the accompanying Judges and Technical Controllers will be by Asia Aquatics TASC.
 - Each participating Federation is responsible for the international travel, accommodation, and meal expenses of the selected accompanying Judges and Technical Controllers.

- Neutral Judges and Technical Controllers
Asia Aquatics TASC will appoint neutral judges and neutral Technical Controllers to ensure a balance between the judges' nationalities.

- Practice Judges:
Practice judges may be available. National Federations must apply to the Chairman, Asia Aquatics TASC, for the registration and approval of their practice judge by **(DATE)** (To be confirmed).

D. WATER POLO

a. Age

19 years and under

b. Entry

Each Federation/ Association will enter 1 Team for Men consisting of 15 players, 1 head coach, 2 Assistant coaches, 1 referee with the team, 1 manager, and 1 Physician.

Each Federation/ Association shall enter 1 Team for Women only consisting of 15 players, 1 head coach, 2 Assistant coaches, 1 referee with the team, 1 manager, and 1 Physician.

Each team shall appoint 14 players for each game out of the listed 15 player roster and shall notify the Organizing Committee of the team's roster for each game prior to the designated deadline.

Competition

In the case of not more than 6-7 teams participating, the competition will be played on a round robin basis in one group.

In the case of 7-8 or 12 teams participating, the competition will be played in preliminary round by two or more divided groups on round robin basis in each group, followed by cross-over final rounds.

In case of 13 or more teams participating, the preliminary round will be played in groups a round robin basis in each group, followed by cross-over final rounds. Detailed schedule will be drawn up at the Managers Meeting.

c. Ball

The ball used in the competitions shall be Men's ball for Men's competition, and Women's Ball for Women's competition in accordance with World Aquatics Rules & Regulations.

d. Field of Play (FOP)

The size of the field shall be 25m x 20m for Men's competition, and 25m x 20m for Women's competition.

e. Rules

World Aquatics Regulations and Water Polo Rules will be implemented. Any Team who withdraws after the closing date for entries shall pay a penalty fee of US\$ 1,000.00 to Asia Aquatics. Any Team who withdraws after the drawing ceremony and competition schedule shall pay US\$ 2,000.00 and face a suspension of 3-6 months.

16. ANTI-DOPING

Urine and blood samples will be collected during the Championships for the purpose of doping controls. The doping controls will be done in accordance with the World Aquatics Doping Control Rules and the World Anti-Doping International Standards found in this link:

<https://www.wada-ama.org/en/what-we-do/international-standards>

The list of prohibited substances can be found in this link:

<https://www.wada-ama.org/en/prohibited-list>

For reminder, all athletes are strictly responsible for any prohibited substance found in their sample and it is particularly important for them to check any medication they take against the prohibited list. As the usual practice, Therapeutic Use Exemptions (TUE) Forms must be filled up, should any athlete feel they need to declare the use of any of the prohibited substances listed in the updated Prohibited Lists in the link above.