

Appendix 1:

GENERAL REQUIREMENTS

1. Supplementary elements may be added
2. Unless otherwise specified in the description of an element
 - All figures or components thereof shall be executed according to the requirements described in Appendix II
 - All elements shall be executed high and controlled, in uniform motion with each section clearly defined
3. Time limits as in MSS 6.5 and MSS 6.6
4. Swimwear shall be black and the competitor shall wear a white cap. Goggles may be worn.

SOLO

1. SPLIT POSITION followed by a Walkout Front or a Walkout Back
2. PORPOISE (#355 FINA Handbook) complete figure
3. TRAVELLING BALLET LEG COMBINATION – to include at least two (2) of the following positions: BALLET LEG with right leg, BALLET LEG with left leg, BALLET LEG DOUBLE, FLAMINGO
4. HERON THRUST and descent starting from a Submerged Ballet Double Position
5. Two (2) forms of propulsion techniques, including at least one sequence with one arm above the surface of the water.

Elements 1 – 4 MUST be performed in order

Element 5 may be executed at any time.

DUET/TRIO REQUIRED ELEMENTS

Elements 1-5 as listed

6. A JOINED ACTION where the swimmers are connected (joined) in some manner by (hands, by feet) to perform ONE of the following:

a connected figure

a connected float

or connected stroking

Stack, Lifts, Throws are not permitted

7. Elements 1-4 MUST be performed in order.

Elements 5-6 may be executed at any time during the routine

8. With the exception the of DECK WORK, ENTRY AND THE JOINED ACTION, all elements, required and supplementary MUST be performed simultaneously and facing the same direction of all swimmers. Mirror actions are not permitted except in the Joined Action.

TEAM REQUIRED ELEMENTS

Elements 1-5 as listed

6. A JOINED ACTION where the swimmers are connected (joined) in some manner (by hands, by feet) to perform ONE of the following:

a connected figure

a connected float

or connected stroking

Stacks, Lifts, and Throws are not permitted

7. CADENCE ACTION: - identical movements (s) performed sequentially one by one, by all team members. When more than one cadence action is performed they must be consecutive and not separate by other optional or required element.

8. Pattern Formation must include a straight line and a circle.

Element s 1-4 MUST be performed in order.

Elements 5-7 may be performed at any time.

9. With the exception of DECK WORK, ENTRY, JOINED ACTION AND CADENCE ACTION all elements, required and supplementary MUST be performed simultaneously and facing the same direction by all swimmers. Swimmers need not face the same direction in the circle pattern.

Variation in propulsion and direction facing are permitted only during pattern changes. Mirror actions are not permitted with the exception in the Joined Action.

SCORING

Execution/Technical Merit Score

The scores are added less the hi/lo

Divided by judges less 2, Multiplied by 5

Any Technical penalties are deducted

The Execution score is then rounded from 4 decimal places to 3 to give the final Execution/Technical Merit Score

Overall Impression/Artistic Impression Score

The scores are added less the hi/lo

Divided by judges less 2, Multiplied by 5

The Final Execution/Technical Merit Score is taken across and added to the Overall Impression/Artistic Impression Mark

Deduct any penalties

The Routine result is x 50%

The score is then rounded from 4 decimal places to 3 to give the Final Technical/Final Routine Result Score.

Any bold black on the entry form denotes a final score and at this stage is rounded from 4 decimal places to 3.

In Masters team competition, one half-point penalty shall be deducted from the total final score for each member less than eight (8).

General Championships Conditions

1. **the asa** Championships and competitions shall be competed for under the Laws, Rules, Regulations and Championship Conditions of the Association.

2. The promoter of each asa Championship or competition shall be the appropriate asa Technical Committee

3. The individual event conditions may not include any conditions, which affect the event conditions of another discipline.

