

SYNCHRONISED SWIMMING

EVENT INFORMATION 2009

ASA NATIONAL AGE GROUPS SYNCHRONISED SWIMMING CHAMPIONSHIPS

ASA National Age Groups 4/5/6th December 2009 GL1, Gloucester Leisure Centre

Entry forms may be obtained from British Swimming, Events Department, 41 Granby Street, Loughborough, LE11 3DU Tel: 01509 632 260

GENERAL CHAMPIONSHIP CONDITIONS – All Disciplines

1. 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.
4. 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.

SWIM WEAR

FINA rules shall apply

GR5.1 The swimwear (swimsuit, cap and goggles) of all competitors shall be in good moral taste and suitable for the individual sports disciplines and not to carry any symbol which may be considered offensive.

GR5.2 All costumes shall be non-transparent

GR5.4 The Referee of a competition has the authority to exclude any competitor(s) whose costume and/or body symbols do not comply with this rule.

SS13.5 In Routines the swimwear must conform to GR5 and be appropriate for synchronised swimming competitions. The use of accessory equipment, goggles or additional clothing is not permitted unless required by medical reason. Nose clips or plugs may be worn.

SS13.5.1 In the event that the referee thinks a competitor(s) swimwear does not conform to GR5 and SS13.5, the competitor(s) will not be permitted to compete until changing into appropriate swimwear.

Figure Competitions

All competitors must wear a one-piece plain black suit and plain white cap. Goggles and nose clips may be worn. Jewellery is not allowed.



ASA NATIONAL SYNCHRONISED SWIMMING **AGE GROUP CHAMPIONSHIP CONDITIONS**

1. The Championships shall be held annually, under ASA Synchronised Swimming Laws (701 et seq) Technical Rules and as provided by the following conditions.
2. The promotion of the championships shall be the responsibility of the ASA Synchronised Swimming 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 ASA Laws.
3. The organisation shall be the responsibility of a Management Committee appointed by the Region in which the competitions are being held, upon which the ASA Synchronised Swimming Committee shall be represented.
4. All officials shall be qualified and appointed from the ASA Synchronised Swimming Officials List.
5. The Referee shall be approved by the ASA Synchronised Swimming Committee.
6. The date and venue of the championships shall be decided by the ASA Committee on the recommendations of the ASA Synchronised Swimming Committee.
7. The competition events shall be divided into two strands: **Competitive** and **Recreational**.
 - a. **Competitive** shall consist of figures, solo, duet and free team
 - b. **Recreational** shall consist of combination and 18-19 duets only
8. In the event of there being more than 75 entries in any one section of the competition, the Synchronised Swimming Committee may reduce to three the number of figures to be performed in that Age Group.
9. **Competitors may only enter one team event. Free Team in competitive strand and Combination in recreational event .**

10. Entry Qualifications for the Competitive Strand

- 10.1. The Age Groups shall be as outlined below:
 - 10.1.1 Age as at midnight on the 31 December in the year of competition.
 - 10.1.2 **Competitors to swim in figures, solo & duet – if eligible, and ONE team only.**
 - 10.1.3 12 years & Under having a minimum of ASA Skill Level 2 for figures and team and ASA Skill Level 3 for solo and duet.
 - 10.1.4 13/14 years having a minimum of ASA Skill Level 3 for figures and team and ASA Skill Level 4 for solo and duet.
 - 10.1.5 15/16/17 years having a minimum of ASA Skill Level 4 for figures and team and ASA Skill Level 5 for Solo and duet.
 - 10.1.6 18/19 years having ASA Skill Level 5
 - 10.1.7 Qualifying Skills must have been attained by the closing date for the competition.

Entry Qualifications for the Recreational Strand

- 10.2 The Age Groups shall be as outlined below
 - 10.2.1 Age as at midnight on the 31 December in the year of competition
 - 10.2.2 **Competitors to swim in figures if eligible, recreational duet (18/19 years) and swim in one team only.**
 - 10.2.3 **No skill entry is required.**
 - 10.2.4 All Age group combinations to consist of up to 50% of competitive Swimmers, but no more than three (3) competitive swimmers, i.e. 12 & under skill 2+, 13/14 skill 3+, 15/17 skill 4+.
 - 10.2.5 19 & under combination to consist of up to 50% of competitive swimmers (12 & under skill 2+, 13/14 skill 3+, 15/17 skill 4+, 18/19 skill 5) but no more than three (3) eligible to enter skill 5 or skill 4 swimmers in the recreational team.

Event Table

Age	Skill Level Entry	Events	Times
			10secs deck work +/- 15secs
12 years & Under Competitive	Skill Level 2 Skill Level 2 Skill Level 3 Skill Level 3	Figures Free Team Solo Duet	- 3mins 2mins 2mins 30secs
12 years & Under Recreational	No skill required	Combination	3mins
13/14 years Competitive	Skill Level 3 Skill Level 3 Skill Level 4 Skill Level 4	Figures Free Team Solo Duet	- 3mins 30secs 2mins 30secs 3mins
13/14 years Recreational	No skill required	Combination	3mins 30secs
15-17 years Competitive	Skill Level 4 Skill Level 4 Skill Level 5 Skill Level 5	Figures Free Team Solo Duet	- 4mins 3mins 3mins 30secs
15-17 years Recreational	No skill required	Combination	3mins 30secs
18-19 years Competitive	Skill Level 5 Skill Level 5	Figures Duet	- 3mins 30secs
18-19 years Recreational	No skill required	Duet	3mins 30secs
19 years & Under Recreational	No skill required	Combination	3mins 30secs

10.3 Entry Requirements for all Team and Combination Competitions:

10.3.1 In both the competitive strand and recreational strand, clubs may enter one or more teams. If Clubs enter more than one Free Team the first entry must have the maximum 8 competitors.

10.3.2 Clubs may enter a competitive strand in one age group and a recreational strand in another age group or a competitive strand and a recreational strand in the same age Group.

10.3.3 Order of appearance for routines in the competitive strand will be by container draw and routines for the recreational strand will be by random draw.

10.3.4 A team shall consist of not less than four (4) nor more than eight (8) for free routines and not less than four (4) nor more than ten (10) for combinations

11 Closing date will be 28 days prior to the competition.

12 Competitors must be Category 2 registered swimmers of the ASA for the competitive strand and may be Category 1 for Recreational providing they are Skill Level 2 or less.

13 Competitors in duets and teams must be members of the same club.

Figures

14 Each age group shall perform the compulsory group plus one group drawn from groups as stated for solo, duet and team in the competitive strand only.

12 years and under

Compulsory:

101 Ballet Leg Single 1.6
360 Walkover Front 2.1

Group 2

355 Porpoise 1.9
401 Swordfish 2.0

Group 1:

321 Somersub 2.0
315 Kipnus 1.6

Group 3

344 Neptunus 1.8
301 Barracuda 2.0

13-14 years

Compulsory

420	Walkover Back	2.0
355e	Porpoise Spinning 360	2.1

Group 2

240	Albatross	2.2
345	Catalina Reverse	2.1

Group 1

342	Heron	2.1
311a	Kip 1/2 Twist	2.2

Group 3

301d	Barracuda Spin 180°	2.1
140	Flamingo Bent Knee	2.4

15-17 years

Compulsory

313	Kip Split Closing 180	2.5
112f	Ibis Continuous Spin (720)	2.8

Group 2

355b	Porpoise Full Twist	2.5
150	Knight	3.1

Group 1

336	Gaviata Open 180	2.8
436	Cyclone	2.5

Group 3

307	Flying Fish	3.0
115c	Catalina Twirl	2.7

15. Routines

- 15.1 The names of the swimmers competing in the free duets and teams must be submitted to the Referee in writing within two hours of the figure results being available (in the case of the competitive strand) or at such times as stated in advance by the organising committee. Changes after this time may only be made in the case of sudden illness or accident of the competitor, and if the reserve is ready to compete without delaying the event.
- 15.2 If the lack of a reserve reduces the team size to less than four (4) the team shall be disqualified.
- 15.3 Failure to notify the Referee of substitution and/or scratches according to 12.1 shall result in disqualification.
- 15.4 The results of the figure competition will be used to qualify for entry to the Solo, Duet and Team routines in the competitive strand as follows:
- 15.5 The highest placed 8 competitors in figures, with the relevant skill level, will perform solos and the highest placed 6 duets with combined figure scores, with the relevant skill level, will perform their free duet routine. All teams will swim.

Combination Conditions

Combination has a maximum of ten (10) competitors who make a combination of routines (Solos, Duets, Trios, Teams). At least two (2) parts must have fewer than three (3) competitors and at least two (2) parts must have four (4) to ten (10) competitors.

Start of first part of the routine may be on the deck or in the water.

All of the following parts must start in the water.

A new part begins where the previous part ends.

From the result of the National Age Groups the following trophies will be awarded:

12& under Team (combined figure and routine score)	The Margaret Coyne Trophy
13/14 Team (combined figure and routine score)	Mrs Y M Price Trophy
Junior Team (highest routine score)	Molly Gledhill Memorial Trophy
The Shacklock Trophy	Awarded to the swimmer with the highest total of routine scores in the duet and team events