

SWIM ENGLAND, EAST REGION, SYNCHRONISED SWIMMING,  
CHAMPIONSHIPS 30 MARCH 2019

EVENT CONDITIONS

**1. Governing Legislation**

The Swim England East Region Competitions shall be held annually under Swim England Laws and Regulations and FINA Technical Rules of Synchronised Swimming upon dates approved by the Swim England East Region Synchronised Swimming Committee.

**2. Eligibility**

2.1. **ALL** Events are open to swimmers from an East Region club and registered with Swim England.

2.2. Individual Events:

2.2.1. The Competition shall be open to eligible swimmers as defined by Swim England.

2.2.2. A swimmer must have been a registered member of the club in whose name they are entered for at least 60 days prior to the last day of the competition.

2.2.3. **The swimmer's Grade level will be determined by the grade they held as at 25 JANUARY 2019 (i.e. as at the date of entry for our Age Group competition).**

2.3. Routine Events:

2.3.1. Swimmers must be representing one club only and this must be the same as club they represented in the figure section.

2.3.2. Clubs may enter more than one combination team but swimmers shall compete in one combination team only.

2.3.3. Routines will be judged on Execution, Artistic Impression and Difficulty.

2.4. **For the Novice section**, all swimmers must be a minimum of **9 years old** and a maximum of **18 years old as of 31st of December** in the year of the competition. **Swimmers who are 18 years old can choose whether they are in the Novice section or the Masters section but can only enter in one section for the whole competition (i.e. if you enter Novice figures you can only enter Novice routine events).**

2.5. For the **Masters** section, there is no maximum age but minimum age is **18 years old as of 31<sup>st</sup> of December** in the year of the competition.

**3. Entry forms and Fees**

3.1. Entries shall be made on the official entry form of the Swim England East Region which can be obtained, along with other information, from the regional Synchronised Swimming Manager.

3.2. All forms and payment must be received by the regional Synchronised swimming manager no later than **28 days prior** to the first day of the Championships. **Late entries will not be accepted.**

3.2.1. The number of copies of each entry form will be ONE.

3.3. The regional Synchronised Swimming Committee shall decide, annually, the entry fees for the Championships/Competitions. All fees are payable at the time of entry.

**4. Qualification**

4.1. The qualification of swimmers is based on Age and Grade, but is not limited to swimmers who only hold a Grade. If swimmers hold only old recreational grades and have no conversion to the new grading system they may enter in the relevant age group to match their ability level.

**5. Events**

The following events shall be held:

**5.1. Novice Figure Competition**

Entry requirements for age groups are as follows (age as at 31 December 2019):

Grade	Age Groups		
Ungraded (Less than 1 Years' Experience)	9-10*	11-12*	13+*

Ungraded (More than 1 Years' Experience)	9-10*	11-12*	13+*
Grade 1	9-10	11-12	13+
Grade 2	13+		
Grade 3	16+		

\* If swimmers have attained 1<sup>st</sup> to 3<sup>rd</sup> place in the age group **and** grade level previously, they will need to swim up into the next grade regardless of whether they have achieved the higher grade (i.e. Ungraded Less than 1 years' experience top 3, will need to enter the Ungraded More than 1 years' experience even if still under a year's experience / Ungraded More than 1 years' experience top 3, will need to enter the Grade 1, even if not gained Grade 1). This will also apply to the results for any future East Synchro events.

5.1.1. The Figures Competition shall consist of four figures. If, due to time constraints, it is necessary to reduce the number of figures being swum, figure number 4 in the list below will be dropped and swimmers will only swim three figures.

5.1.2. For Grade 2 and above, two figures are compulsory, and the other two figures will be one of the groups listed below. Clubs will be notified which group of figures in each age group will be swum on the Monday before the competition. If, due to time constraints, it is necessary to reduce the number of figures being swum, figure number 4 in the chosen group will be dropped and swimmers will only swim three figures.

5.1.3. Figure groups will be as follows:

**Ungraded – Less Than 1 Years' Experience**

<b><u>Figure</u></b>	<i>Fig No / Basic Position</i>	<i>Degree of Diff</i>
1) Back Tuck Somersault	310	1.1
2) Tub 360 rotation		
3) Back Layout to Bent Knee Position returning to Back Layout	BP 14b	
4) Oyster		

**Ungraded – More Than 1 Years' Experience**

<b><u>Figure</u></b>	<i>Fig No / Basic Position</i>	<i>Degree of Diff</i>
1) Back Layout to Bent Knee Position returning to Back Layout	BP 14b	
2) Inverted Split Position		
3) Fishtail Position	BP 8	
4) Back Layout to Back Pike Position	BP 11	

**Grade 1**

<b><u>Figure</u></b>	<i>Fig No / Basic Position</i>	<i>Degree of Diff</i>
1) Ballet Leg	101	1.6
2) Blossom	302	1.4
3) Neptunus	344	1.8
4) Somersault Front Pike	320	1.4

**Grade 2**

<b><u>Figure</u></b>	<i>Fig No / Basic Position</i>	<i>Degree of Diff</i>
<b><u>Compulsory:</u></b>		
1) Straight Ballet Leg	106	1.6

2) Barracuda	301	1.9
<u>Group 1</u>		
3) Walkover Back	420	1.9
4) Ballerina	327	1.8
<u>Group 2</u>		
3) Kip	311	1.6
4) Swordfish	401	2.0
<u>Group 3</u>		
3) Swan	226	2.1
4) Water Drop	363	1.5

### **Grade 3**

<b><u>Figure</u></b>	<i>Fig No / Basic Position</i>	<i>Degree of Diff</i>
<u>Compulsory:</u>		
1) Ariana	423	2.2
2) Rio	143	3.1
<u>Group 1</u>		
3) Jupiter	351	2.8
4) Oceanea	437	2.1
<u>Group 2</u>		
3) Albatross Half Twist	240a	2.2
4) Swordtail	403	2.3
<u>Group 3</u>		
3) Porpoise Continuous Spin 720	355f	2.1
4) Seagull	315	2.1

## **5.2. Combination Team Routine Competition**

- 5.2.1. Results of the competition will be a 100% from Routines.
- 5.2.2. Routines will be swum following a random draw in advance of the competition.
- 5.2.3. The total number of swimmers entered for a team shall not exceed twelve.
- 5.2.4. There is no criterion of full combinations of 10 to be declared before a combination team can be entered. **MINIMUM NUMBER OF SWIMMERS WILL BE 4.**
- 5.2.5. Swimmers can only be entered in one combination team.
- 5.2.6. Teams will be split according to Division, Age and Grade Levels. Set out below are the splits and time limits (all times are +/- 15 secs):

<b>Age Group</b>	<b>Division 1</b>	<b>Division 2</b>
12 & Under	3 minutes (Grades 0-2)	3 minutes (Grades 1-3)
13-15	3 minutes (Grades 0-3)	3 minutes 30 seconds (Grades 3+)
15-18	3 minutes (Grades 0-3)	4 minutes (Grades 3+)
15 & Under	3 minutes (Grades 0-3)	3 minutes (Grades 3+)
13-18	3 minutes (Grades 0-3)	3 minutes (Grades 3+)

(including up to a maximum of 10 secs for deckwork)

- 5.2.7. Free 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.
- 5.2.8. Start of first part of the routine may be on the deck or in the water.
- 5.2.9. All of the following parts must start in the water.
- 5.2.10. A new part begins in very close proximity to the previous part.

### 5.3. **Masters Routine Competition**

- 5.3.1.1. For the Masters Competition, Routines will have no minimum time limit but the maximum time limits for each event are set out below. If there are a lot of entries, events may be split into age groups as set out below.
- 5.3.1.2. As per 2.1 above, the Masters duet competition is open to both female and male swimmers. There will be no separate mixed duet section.
- 5.3.1.3. For duets, the entrance age bracket to swim is calculated by the average age of the competitors (e.g. in a duet where one swimmer is 39 and the other is 45, they will compete in the 40-49 age group)

Age groups for solos and duets							
18-24	25-29	30-39	40-49	50-59	60-69	70-79	80+
Age groups for Combinations							
18-24	25-39	40-64	65+				

5.3.1.4. Goggles may be worn.

#### 5.3.1.5. **Free Solo Competition**

- 3 solos from each club will be accepted.
- Solo time is: 2 mins 45 seconds (including up to a maximum of 10 secs for deckwork)

#### 5.3.1.6. **Free Duet Competition**

- 3 duets from each club will be accepted.
- The total number of swimmers entered for a duet shall not exceed three.
- Swimmers can only be entered in one duet.
- Duet time is: 3 mins 15 seconds (including up to a maximum of 10 secs for deckwork)

## 6. **Medals and Awards**

- 6.1. Medals shall be awarded to the first, second and third placed competitors in each event.
- 6.2. In the event of a draw for a place, both competitors will be given that place and the next place will not be awarded.

## 7. **Team Managers**

- 7.1. Each club must submit the names of their Team Managers to the event organiser when entries are submitted.
- 7.2. Clubs may have multiple team managers.
- 7.3. Team managers will be required to attend a meeting prior to the commencement of the competition to ensure the smooth running of the event.

## 8. **Dispute**

- 8.1. Any dispute for which the foregoing Conditions do not provide shall be determined as the regional synchronised swimming committee may decide.

## 9. **Costumes**

- 9.1. Competitors shall wear **PLAIN BLACK** one-piece costumes and **WHITE CAPS** devoid of logos for the figure competition. Goggles may be worn.
- 9.2. For Routines, Swimwear must be appropriate for Synchronised Swimming competitions. Costumes should be one piece devoid of large logos and in good moral taste. Costumes should not have excessive decoration, additional adornment or added features, which are not part of the actual costume. Such things as overskirts, aprons, fringes, sleeves, and bows ties etc are not permitted. Logos The use of accessory equipment, goggles or additional clothing is not permitted, unless required for medical reasons. Nose clips or plugs may be worn.

- 9.3. Head-dresses should be neat and not excessive in size or style and in harmony with the suit and music. They should not cover any part of the face or neck.
- 9.4. The Referee's decision as to the suitability of any costume or head-dress will be final. Noncompliance may lead to the Referee excluding any competitor whose costume does not comply with this condition.

10. **Music**

- 10.1. All music must be registered through their clubs Music Licence Agreement.
- 10.2. Entry forms will require Club and individual CD music details as set out in the Swim England music licence agreements
- 10.3. All music must be sent to [amydavis.synchro@gmail.com](mailto:amydavis.synchro@gmail.com) at the same time as entry forms to be added to an iPod to be used at the competition only (with a CD brought on the day as back up).