



## Technical Regulations for Synchronised Swimming

### **A) Categories**

- For DSISO Synchronized swimming competitions there is only one class aged 14 years and over
- At this time Mosaic and T21 Down syndrome swimmers will compete together

### **B) Competitions**

Synchronized swimming competitions include the following events:

- solo
- duet
- team (maximum of 4 athletes)

### **C) Referees**

Will be drawn from the National Governing Body (NGB)

### **D) Replacements and delays**

- The athlete is only allowed to perform in events they register for in the entry pack.
- If, at the competition, the athlete, for reasons of injury or documented illness, cannot participate in the event for which she is registered, it is the responsibility of the team manager to alert the competition Technical Director. Once the Technical Director has been verified and the correct procedure has been followed and the acceptable justifications given, they may allow the athlete to compete later if such an opportunity is available.
- The score obtained as a result will be effective for the ranking.

- For the same reasons, if an athlete withdraws from the duet or team event, for reasons of injury or documented illness, it is possible to replace one athlete per duet or team.

## **E)Complaints**

The complaint must be produced in writing together with the payment of the fee expected, in cash, and given to the competition Technical Director within 30 minutes of the release of the official results. If the complaint is upheld, the fee will be returned, if rejected the fee will be retained by DSISO.

## **F)Preliminaries and Finals**

If there are more than twelve (12) entries, preliminaries shall be held. Only twelve (12) best results shall be allowed in the official finals.

## **G)Music**

Team Managers/Coaches are responsible for individually labelling **CDs** name of the competitor(s) and country, **3 copies** for each routine. If the sound reproduction is not working during the competition , the Team Manager is entitled to bring another copy immediately to the Sound Centre Manager. If it also fails to work, then the competitor(s) will have 0.5 point penalty.

## **H)Rankings and awards**

- For each event (free solo, free duet and free team) there will be a single ranking.
- In every official competition (provincial/regional/national/world and in all other events authorized by DSISO) there must be an individual award ceremony for each event with gold, silver and bronze medals to the first three places.
- Participation medals may be awarded separately for the other competitors.

## **J)Technical rules**

### **COSTUMES AND MAKE-UP**

- Costumes for routines must not be transparent nor accessorised (e.g. mini-skirts, sleeves).
- Hairstyles cannot have swinging accessories.
- Makeup has to be light and confined to eyes and lips.
- If the competition referee considers the costume and make-up non-conforming to such rules, he/she will award a 1 point penalty.

## **RULES FOR THE ROUTINES**

Routines can be performed on the basis of the following time limits:

### **Solo 2'00''**

Including 10 seconds for the deck movement (not mandatory) the athlete has to open the exercise from the starting point trying to move along the entire pool.

There shall be an allowance of 15 seconds plus or minus the allotted time of 2 minutes

### **Duet 2'20''**

Including 10 seconds for the deck movement (not mandatory) the athlete has to open the exercise from the starting point trying to move along the entire pool.

There shall be an allowance of 15 seconds plus or minus the allotted time of 2 minutes

### **Team 2'30''**

Including 10 seconds for the deck movement (not mandatory) the athlete has to open the exercise from the starting point trying to move along the entire pool.

There shall be an allowance of 15 seconds plus or minus the allotted time of 2 minutes

## **TECHNICAL ELEMENTS**

### **SOLO**

- Back layout travelling for a minimum of 2 metres
- Side flutter with at least one arm movement above the surface
- Eggbeater with at least two double arms movement above the surface
- Ballet leg
- Somersault back tuck
- Walkover front
- Body Boost
- Barracuda

## **DUET**

- Back layout travelling for a minimum of 2 metres
- Side flutter with at least one arm movement above the surface
- Eggbeater with at least two double arms movements above the surface
- Ballet leg
- Somersault back tuck
- Walkover front
- Body Boost
- Link/Lift

## **TEAM**

- Side flutter with at least one arm movement above the surface
- Eggbeater with at least one arm movement above the surface
- Ballet leg
- Somersault back tuck
- Walkover front
- Bucket position (Helicopter position) with a least 4 switches
- Body Boost
- Lift/Link
- At least three different pattern formations which must include
  1. a straight line
  2. a circle
  3. a diagonal

**Solo, Duet and Team routines have to travel along the entire pool at least 30 meters in any direction.**

**Required elements are to be performed in any order**

## **PENALTIES**

A 0.5 penalty point will be deducted from the score of an athlete who does not perform the required elements.

A 0.5 penalty point will be deducted from the score of the TEAM routine for each athlete less than 8.

## **ROUTINE ASSESMENT METHODS**

In routines with music, points from 0 to 10 will be assigned by using tenths of a point.

### **SCORE**

Perfect	10
Nearly perfect	from 9.5 to 9.9
Excellent	from 9.0 to 9.4
Very good	from 8.0 to 8.9
Good	from 7.0 to 7.9
Decent	from 6.0 to 6.9
Sufficient	from 5.0 to 5.9
Insufficient	from 4.0 to 4.9
Scarce	from 3.0 to 3.9
Very scarce	from 2.0 to 2.9
Nearly	from 1.0 to 1.9
Completely wrong	from 0 to 1.9

**For the Basic Positions visit FINA.ORG Synchro rule Appendix 2**