



*5th Open European Swimming DSISO
Championships - Sardinia, Italy
15-22 September 2019*



Synchronized Swimming Technical Regulations - Sardinia 2019

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
- Male and Female can participate in any events.

B) Competitions

Synchronized swimming competitions include the following events:

- Solo Tech (Male or Female)
- Solo Free (Male or Female)
- Duet Tech (Male, Female or Mixed)
- Duet Free (Male, Female or Mixed)
- Team Tech to be performed between 4 and 8 athletes (Male, Female or Mixed)

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. 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.

Team Managers/Coaches are required to bring routines music on USB as well.

H) Rankings and awards

- For each event (solo, duet, or 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.

COSTUMES AND MAKE-UP

- Costumes for routines must not be transparent nor accessorized (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 Tech and Free 2'00" Male or Female.

Including 10" for the deck movement (not mandatory).
There shall be an allowance of +/- 15"

Duet Tech and Free 2'20" Male - Female or Mixed

Including 10" for the deck movement (not mandatory).
There shall be an allowance of 15" +/-

Team Tech 2'50" Male - Female or Mixed

Including 10" for the deck movement (not mandatory).
There shall be an allowance of 15" +/-

Each Country can enter:

2 Solo tech - 2 Solo Free

2 Duet tech - 2 Duet Free

1 Team Tech

The Music for Tech routine and for Free routine MUST be different.

TECHNICAL ELEMENTS

SOLO

1 - Body Boost

2 - Side Flutter with at least one arm movement above the surface

3 - Ballet Leg

4 - Walkover front

5 - Barracuda

6 - Eggbeater with at least two double arms movement above the surface

7 - From a front pike position, the legs are lifted simultaneously to a Bent Knee Vertical position. The bent knee is extended to a Vertical position. A vertical descent is executed.

DUET

1 - Body Boost

2 - Side Flutter with at least one arm movement above the surface

3 - Fishtail position hold for at least two seconds

4 - Ballet Leg

5 - Walkover front

6 - Barracuda

7 - Eggbeater with at least two double arms movement above the surface

8 - From a front pike position, the legs are lifted simultaneously to a Bent Knee Vertical position. The bent knee is extended to a Vertical position. A vertical descent is executed.

- Mirrored movements are allowed

- The duet routine **must** have at least 1 lift or link **anywhere** in the routine. NO in a particular order

TEAM

1 - Ballet Leg

2 - Side flutter with at least one arm movement above the surface

3 - Walkover front

4 - Eggbeater with at least one arm movement above the surface

5 - Somersault back tuck

6 - Body boost

7 - From a front pike position, the legs are lifted simultaneously to a Bent Knee Vertical position. The bent knee is extended to a Vertical position. A vertical descent is executed.

- Mirrored movements are allowed

- There is no limit for **lift and/or link**. The team routine **must** have at least 1 lift or link **anywhere** in the routine, NO in a particular order.

- The Team routine must have at least 3 different patterns which include:

1 - a straight line

2 - a circle

3 - a diagonal line

Solo, Duet and Team routines have to travel along the entire pool in any directions to provide a good pool coverage

REQUIRED ELEMENTS ARE TO BE PERFORMED IN THE ABOVE ORDER

Teams with 4 athletes: 0 point will be added to the final score

Teams with 5 and/or 6 athletes: 0.5 point will be added to the final score

Teams with 7 and/or 8 athletes: 1 point will be added to the final score

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 final score of an athlete who does not performed the elements in the above specified order

ROUTINE ASSESSMENT 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