

## SYNCHRONIZED SWIMMING FACT FILE

**MINIMUM AGE LIMIT;** 20 years

**AGE DETERMINING DATE;** The actual age of the competitor as of 31 December (2010).

### COMPETITION DATES

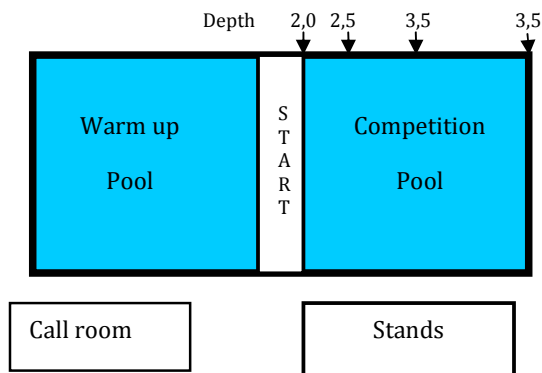
Monday, 2 August to Friday, 6 August, 2010 inclusive  
 Monday, 2 August – Technical routines solos & Trios  
 Monday, 2 August – Free routines, Combinations  
 Tuesday, 3 August – Technical routines – Duets & Teams  
 Wednesday, 4 August – Free routines, solos

Thursday, 5 August – Free routines - Duets  
 Friday, 6 August – Free routines, trios and teams

The final competition schedule will be provided on the internet prior to the championships once registration closes. This will also be available at the information Centre both in Valhalla Swimming Arena as well as Åby Swimming Arena.

**COMPETITION VENUE;** Åby Swimming Arena, Mölndal close to Göteborg

**POOL CHARACTERISTICS;** Indoor 50 meters pool with removable bulkhead at 25 meters. The bulkhead will be expanded and be used as starting podium. The competition pool, LENGTH 25 metres; WIDTH 16,5 metres; DEPTH; 2,0 meters to 3,5 meters. Ladders in each corner of the pool. The pool complies with requirements of FR 10. Detail sketches of pool to be published later.



### AGE GROUPS;

**SOLO AND DUET EVENTS** 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+.

**TRIO / TEAM EVENTS** 20-34, 35-49, 50-64, 65-79, 80+.

**FREE COMBINATION** 20-39, 40-64, 65+

For duet, trio, and free combination and team events the age is determined by the average age of the competitors.

**TECHNICAL MEETING;** The synchronized swimming technical meeting will be held on Sunday, 1 August, 2010 at 15.00. The location of the meeting will be at the Åby Swimming Arena. The draw will be performed by computer after the entry closing day.

**PRACTICE PROVISION;** Practice opportunities with music will be available in the competition pool from Saturday, 31 July to Sunday, 1 August, 2010. On competition days, there will be no practice with music, but time will be allocated for practice after the last event of the day. Warm up and cool down will be available in the other half of the 50 meter pool. Only laps in this part of the pool. The exact times of practice are subject to entry numbers. Start lists, practice and competition schedules will be sent to all registered competitors by e-mail in advance and be published on the internet prior to the competition. Up to date information will also be provided at the Information Centre.

### SOUND EQUIPMENT;

Competitors are responsible for providing their own music. It is a requirement that music be recorded on tapes and/or disc (Minidisc/CD or DAT) Preferable, please use CD-disc only, and that a separate CD be provided for each routine. Each CD must have the name of the competitor, the country and club name, event and music time written on the CD using a permanent marker. The same information should be written on the CD case. Do not attach a label directly to the CD itself. Music should be recorded so that the sound levels for soft, quiet and low -pitched music are

clearly audible. Competitors are responsible for ensuring that they have appropriate copyright authorization.

Music for each event must be delivered to the music controller on the pool deck at least 15 minutes prior to the start of each event. CD's will be available for collection at the conclusion of each event.

**ENTRY RESTRICTIONS;** Athletes may enter no more than three (3) routine events and one (1) free combination. All duet, trio and team and free combination competitors must represent the same club. Each club may submit up to a maximum of five (5) routine entries per age group per event. Each Club may enter one free combination in each age group.

**TEAM MEMBERS;** Each team shall consist of a minimum of four (4) and a maximum of eight (8) members. One half point penalty will be deducted from the total final team score for each member less than eight (8). Free combination shall consist of a minimum of four (4) members and a maximum of ten (10) members.

**MAXIMUM TIME LIMITS;** Time limits for technical routines and free routines including ten (10) seconds for the deck movement.

Technical routines:	solo	1 minute 30 seconds,
Free routine.	solo:	3 minutes
Technical routines	duet/trio	1 minutes, 40 seconds
Free routine	duet/trio	3 minutes, 30 seconds
Technical routine	team	1 minute , 50 seconds
Free routine	team	4 minutes
Free combination		5 minutes

There is no minimum time limit. "Walk-on-Time"; The maximum time is 30 seconds. See MSS 8.1.7

There shall be an allowance of fifteen (15) seconds plus the allotted time for Technical Routines, Free Routines and Free Combination.

**TECHNICAL ROUTINES;** The technical routine shall be performed for solos, duets, trios and teams, to music as described in Appendix 1 of MSS rules, with the required elements selected by the Masters Technical Committee every four years, subject to approval by the FINA Bureau. Technical routines must include all required elements. Music selection is optional and may be the same as the music used in the free routine. Technical routines will be recorded (video) in the event and if necessary reviewed.

**OTHERS;**

Goggles may be worn. Reserves Forms must be received at the designated point no later than 3 hours prior to the published start time of the event.

**SCORING;** To be calculated as in SS 19 and 20 of FINA Handbook.

**REPORTING;** It is the responsibility of each competitor, including all members of duets, trios, teams and Free Combination to report to the call room at least 30 minutes prior to the start of the designated event.

**MEDALS;** Medal will be awarded to 1st to 3rd place in all events in each group (each member of a duet/trio/team/free combination will receive a medal).

**IMPORTANT:** No one may smoke in any of the pool complexes or in the surrounding areas.

**APPENDIX 1**

**FINA REQUIRED ELEMENTS FOR MASTERS TECHNICAL ROUTINES.**

**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 8.
4. Swimwear shall be black and the competitors shall wear a white cap.

**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 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 (see FINA Handbook)
- 5 Two 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 above

- 6 A joined action where the swimmers are connected (joined) in some manner by (hands, by feet) to perform **one** of the following,
  - a. A connected figure,
  - b. A connected float or
  - c. Connected strokingStacks, lifts, or throws are not permitted.  
Elements 1-4 **must** be performed in order.
- 7 Elements 5–6 may be executed at any time during the routine.
- 8 With the exception of the **deck work, entry, and joined action** all elements, required and supplementary, **must** be performed simultaneously and facing the same direction by all swimmers. Mirror actions are not permitted except in the joined action.

**TEAM REQUIRED ELEMENTS**

Elements 1–5 as above

- 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
  - b. connected float or
  - c. connected strokingStacks, lifts and throws are not permitted.
- 7 Cadence action – identical movement(s) performed sequentially one by one, by all team members. When more than one cadence action is performed, they must be consecutive and not separated by other optional or required elements.
- 8 Pattern Formation must include a straight line and a circle.  
Elements 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 a 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.