

LA84 Foundation Novice Synchronized Swimming Rules Summer 2010

I ELIGIBILITY

- A Novice competition "Beginner" category is open to any swimmer who has an average DD of 2.0 or below.
- B Novice Competition "Advanced" category is open to any swimmer who has an average DD of 2.01 to 2.50.
- C Any swimmer who has an average DD above a 2.51 is ineligible to compete at the LA84 Festival, however swimmer may compete during their regular season.
- D All paid lifesaving personnel are ineligible to compete.
- E A swimmer must compete within the age group for which he/she will be eligible as of July 1 of the current year (exception; Section IIB). Age groups are as follows:
 - (1) Midgets 7 – 10
 - (2) Juniors 11 – 13
 - (3) Seniors 14 – 17
- F Swimmers must compete for an LA84 affiliated agency. They must remain on that team through the competitive season. They may not swim unattached.

II ENTRIES

- A A swimmer must be listed on the TEAM ROSTER and follow procedures of application before entering any meet.
- B A swimmer may compete in a higher age group and change between events. An example of this would be having a swimmer who is a junior, but competes on a senior team, that junior can still compete as a junior in a solo or duet.
- C Figure Meet Entry Procedures
 - 1 Submit a Team Roster
 - 2 Submit a Figure Entry Card
 - 3 Arrive at the meet location 45min. prior to start time

D Routine Meet Entry Procedures

- 1 Fax a Team Roster and completed **Master Routine Score Sheet** for each event to your **SYNCHRO COORDINATOR** by 12:00PM. This should be done the Wednesday before the routine meet.
- 2 Seeding for routine will be determined by the Synchro Coordinator.
- 3 If a listed Duet, or Team is absent one competitor (or more) at competition time, the Duet, or Team may compete as a **scored, un-awarded** competitor in that Event. A team of four, absent one competitor, would be able to compete for awards subject to a penalty point; or, they may compete as the first routine in the duet or solo category provided he/she is not competing in that category already.

E Championship Meet Entry Procedures

- 1 All competitors must have participated in two meets during the competition season in order to qualify for the Agency's Championship or LA84 Festival.
- 2 Follow rules of entry of routine meets (D: 1-3)

III Routine Competition Rules

- A For purposes of computation, the average difficulty (sum of difficulties divided by five) will be used for determining which category the swimmer will compete in (Beginner or Advanced). The DD will be the exact average of this sum.
- B Coaches are responsible for labeling their competitor's tape with the swimmers name, age group, and event. They must also cue the tape to the beginning of the music to be used. Coaches are to provide **separate** tapes for each routine.
- C The accompaniment and judging shall begin on a signal (usually a whistle) from the head judge. After the signal, the competitors must perform the routine without interruption. The routine must start and end with the music.
- D. The time limit from the time the routine is announced till the time the routine shall begin will be two minutes. The participant will be granted one false start (the whistle was blown and music begins) and after the second false start they will not perform the routine.
- E. If music cannot be heard underwater or cuts out while participants are performing, participants are to continue to perform until notified by Head Judge.

- F. There shall be a maximum time limit of 3:15 of Solos, 3:45 for Duets, and 4:15 for Teams. This time **includes a maximum of twenty seconds** for the deck movements. Timing of routine and deck movement shall begin and end with the accompaniment of the music. In team routines, the timing of the deck movements shall end when the last swimmer enters the water. The routine must end in the water.
- a. The five competitive stunts must be performed simultaneously in the duet and team events. The figures must start and end together. Figures must be performed in their entirety.
 - b. A swimmer may perform a Solo, Duet, or Team routine in their age category (or as listed in IIB).
 - c. Participants may only swim a **maximum of two events per meet**. For example, a participant can compete in a solo and a duet, but not a solo, duet and team. A participant **cannot** do two solos, duets or team events.
 - d. Teams for team events must consist of a minimum of four swimmers and a maximum of eight swimmers (see sections II.D.3, IV.C.1.d, IV.C.3.a).
 - e. The order of events shall be:

1	Midget Solo -Beg	7	Midget Duet-Beg	13	Midget Teams-Beg
2	Midget Solo - Adv	8	Midget Duet – Adv	14	Midget Teams – Adv
3	Junior Solo-Beg	9	Junior Duet-Beg	15	Junior Teams-Beg
4	Junior Solo – Adv	10	Junior Duet – Adv	16	Junior Teams – Adv
5	Senior Solo-Beg	11	Senior Duet-Beg	17	Senior Teams-Beg
6	Senior Solo - Adv	12	Senior Duet - Adv	18	Senior Teams – Adv

G. GRADING, SCORING, AND PENALTIES

- a. Grading
 - i. At the completion of each routine, each of the judges shall record both execution and content scores on paper and shall hand this to a runner. When the head judge determines that all runners have received the scores, he/she shall signal for all judges to flash the execution scores simultaneously. Upon a second signal, content scores shall be flashed simultaneously.

- ii. Execution represents the performance of all elements included in the **total** routine, including:
 - 1. Standard and or hybrid figures
 - 2. Swimming strokes
 - 3. Propulsion techniques
- iii. Content includes:
 - 1. Style Synchronization – one swimmer with the others and with the accompaniment.
 - 2. Construction of Routine – Fluidity, difficulty, and creativity.
- iv. Judges shall award grades of 1 to 10.

b. Scoring

- i. Execution Score
 - 1. Individual judge awards are recorded each time **in the same consecutive order** on the MASTER ROUTINE SCORE SHEET.
 - 2. If five or more judges are used, the highest and the lowest scores are cancelled.
 - 3. The remaining awards are added and the sum is multiplied by the degree of difficulty of the routine.
- ii. Content Score
 - 1. Record and cancel the highest and lowest scores as in 1. a & b. above.
 - 2. Add the remaining awards. **Do not multiply by the degree of difficulty.** The sum constitutes the Content Score.
- iii. Routine Score
 - 1. The sum of the Execution Score and the Content Score constitutes the score for the routine performance.

c. Penalties and Bonuses

- i. One Point Penalties per routine, not per competitors
 - 1. One or more competitors perform the routine with at change in the order of appearance of a listed figure.
 - 2. One or more competitors fail to begin and/ or finish with the accompaniment.

3. One or more competitors fail to perform a recognizable required figure.
 4. Team events only – A team has only three members or exceeds the eight swimmers maximum rule.
 5. Deck movements exceed 20 seconds
 6. Specified time limit for routines is exceeded.
 7. One or more competitors interrupt a routine during deck movements and make a new start
 8. Failure to end routine in the water.
 9. A competitor fails to perform a listed twist or spin (including figures that contain these movements).
 10. Walking on the bottom of the pool.
 11. Use of inappropriate music.
 12. Tapes not labeled appropriately or coaches not using separate tapes for each routine.
 13. Coaching from deck.
 14. Not using separate tapes/CD's for each routine
 15. Infraction of any Routine Competition Rules
 16. Not labeling participant's tape/CD with swimmer's name, age group, and event number
 17. The tape/CD must be cued to the beginning of the music to be used
 18. If costumes and or accessories are used prior to any Regional Championships, City Championships, or the LA84 Festival (as listed in VII B)
 19. Costumes that are removed prior to entering the pool.
- ii. Other Penalties
1. If a listed routine figure is omitted, the penalty shall be:
 - a. Solo – 3 points per omission
 - b. Duets – 2 points per omission
 - c. Team – 1 point per omission
- iii. Bonus Points
1. ½ point per swimmer will be awarded in team events for every swimmer over the minimum four swimmers required up to a maximum of two points.

H. AWARDS

- a. **Figure Meets**
 - i. It is the individual agency's discretion what to award their participants.
- b. **Routine Meet**
 - i. It is the individual agency's discretion what to award their participants.
- c. **Championship Meet**
 - i. It is the individual agency's discretion what to award their participants.
- d. **Participation Awards**
 - i. All swimmers will receive participation awards. They are awarded based upon participation during the season. Each participant must have competed in two events, one of which is a routine meet in order to qualify to receive the participation award.

I. CONDUCT AND SPORTSMANSHIP

- a. Coaches assigned to the team will be held responsible for the good conduct, sportsmanship and discipline of their respective teams and themselves.

J. COSTUMES

- a. Costume accessories cannot interfere with the execution of the routine.
- b. Costumes are **not to be used** until Regional Championships, City Championship or the LA84 Festival.
- c. The use of goggles during routine competitions is discouraged.
- d. No part of the costume shall be removed before entering the water.

K. PROTESTS

- a. Only a violation for misinterpretation of the rules can be opposed.
- b. Video Tapes will not be reviewed for protest purposes.
- c. All protests must be recorded in writing and submitted to the Head Judge at the time of the infractions. All awards involved in events being protested shall be withheld until the protest has been acted upon by a committee consisting of the protesting party (represented by the coach), the head

judge and Aquatic Facility Manager and/or the Synchronized Swimming Coordinators. If the protest cannot be resolved immediately, all awards must be held until the Head Judge, the Synchronized Swim Coordinator and Aquatic Director can review and resolve the protest.