

LONDON REGION AMATEUR SWIMMING ASSOCIATION

LONDON INVITATIONAL COMPETITION 2015 - SYNCHRONISED SWIMMING CONDITIONS

License Number SSL2/15 /010

1. The combined Skill Level, Recreational and Masters Competition shall be held annually upon dates approved by the Board of London Swimming under ASA laws and the Regulations and FINA Technical Rules of Synchronised Swimming.
2. Dates of the Competition will be advertised on the website www.londonswimming.org
3. The competition is a Routine only event and will be split into three sections: Skill Level Competition, Recreational Competition and Masters Competition.
- 3.1. Any dispute for which the forgoing conditions do not provide shall be determined as the Synchronised Swimming Committee may decide.
4. Eligibility; General/Individual Events
 - 4.1. The competition shall be open to eligible swimmers as defined by the ASA.
 - 4.2. Events (as listed in the table below) are open only to swimmers registered with the ASA or the equivalent International body.
 - 4.3. A swimmer must have been a registered member of the Club whose name they are affiliated to for at least sixty (60) days prior to the day of the Competition.
 - 4.4. Anyone entering the competition at Skill Level 3 or who have achieved entry level to national Age Group Competition should be Category two (2) registered.
 - 4.5. Anyone entering the Recreational Competition may be Category One (1) or Category Two (2) Registered.
 - 4.6. All swimmers entering the Combination routine Section must be a minimum of eight (8) years old as of 31st December 2015. All swimmers entering the duet & solo section must be a minimum of nine (9) years old as of 31st of December in the year of the Competition.
 - 4.7. For age group categories, swimmers will compete in the relevant age group for their age as of 31st of December in the year of the Competition.
 - 4.8. Clubs may enter more than one (1) solo but no more than ten (10) routines in total throughout the whole Competition.
5. Eligibility; Duet/Team Events
 - 5.1. Duets and Teams must represent one (1) club only.
 - 5.2. Clubs may enter more than one (1) Duet and one (1) Team but no more than ten (10) routines in total throughout the whole Competition.
 - 5.3. Swimmers shall compete in only one (1) Duet, one (1) Free Team and one (1) Combination Team.
6. Entry Forms & Fees
 - 6.1. Entries shall be made via a spreadsheet as supplied by the Competition Organiser. It must be completed in full and returned by the closing date of 28 days prior to the day of competition, unless another date is given by the Competition Organiser.
 - 6.2. The Board of London Swimming shall decide annually, the entry fees for the Competition. All fees are payable at the time of entry.

7. General Conditions

- 7.1. For all routines, time includes up to a maximum of ten (10) seconds for deck work.
- 7.2. For all routines, the walk-on of the swimmers from the designated starting point to achievement of a stationary position(s) may not exceed thirty (30) seconds. Timing shall commence when the first swimmer passes the starting point and ends when the last swimmer becomes stationary.
- 7.3. Timing of the routines shall start and finish with the accompaniment.
- 7.4. Timing of the deck work shall end as the last swimmer leaves the deck.
- 7.5. Routines may start on the deck or in the water, but they must finish in the water.
- 7.6. The accompaniment and judging shall begin upon a signal (whistle) from the Referee or appointed official.
- 7.7. After the signal (whistle), the swimmer(s) must perform the routine without interruption unless requested to stop by the Referee.
- 7.8. Allotted time allowances are stated for individual events as per National Licensing Guidelines.

8. Skill Level Competition – Age Group Solos and Duets

- 8.1. Routines will be judged on Execution & Artistic Impression.
- 8.2. Swimmers will not be allowed to swim out of their Age Group Category.
- 8.3. The total number of swimmers entered for a duet shall not exceed three (3). If three (3) names are submitted for entry, the names of the two (2) swimmers competing should be notified to the Clerk of the Course 30 mins prior to the start of the Competition.
- 8.4. For all Skill Level Duets, swimmers are allowed to swim up one Skill level only. For example in Skill Level 2 Duets - one (1) swimmer must have achieved Skill Level 2 but the other swimmer can have achieved Skill Level 1 or 2. For Skill Level 3 Duets, one (1) swimmer must have achieved Skill Level 3, but the other swimmer can be Skill Level 2 or 3. For Skill Level 4 Duets, one (1) swimmer must have achieved the Skill Level 4 but the other swimmer can be Skill Level 3 or 4.

9. Recreational Competition – Age Group Combination Teams

- 9.1. The total number of swimmers entered for a Combination Team shall not exceed ten (10).
- 9.2. There is no Skill Level required for Age Group Recreational Combination Teams.
- 9.3. Routines will be run under current National Age Group Recreational rules.
- 9.4. Routines will be judged on Execution & Artistic Impression only.

10. Masters Competition

- 10.1. Masters shall be defined as anyone 20 years old as of 31st of December in the year of the competition.
- 10.2. There will be no minimum time limit for routines.
- 10.3. There is no Skill Level required for Masters Routines.
- 10.4. All routines will be marked under ASA ruling using the 3 tier marking system. Marks are awarded for execution, artistic impression & difficulty.

- 10.5. The total number of swimmers entered for a duet shall not exceed three (3). If three (3) names are submitted for entry, the names of the two (2) swimmers competing should be notified to the Clerk of the Course thirty (30) mins prior to the start of the Competition.
- 10.6. The total numbers of swimmers entered for a Combination Team or Mixed Combination Team shall not exceed ten (10).
- 10.7. The total numbers of swimmers entered for a Free Team shall not exceed ten (10), however only eight (8) swimmers may swim.
- 10.8. If ten (10) names are submitted for entry, the names of the eight (8) swimmers competing should be notified to the Clerk of the Course thirty (30) mins prior to the start of the Competition.

11. Medals and Awards

- 11.1. Medals shall be awarded to the first, second and third placed competitors in each routine and age group section.
- 11.2. A trophy will be awarded to the Club with the most points scored overall at the end of the Competition – see table.
- 11.3. Each club will be limited to two (2) scoring entries per designated band, regardless of how many routines they enter within that band.
- 11.4. Points are awarded to the routine with the highest overall score for any of the routine events highlighted within the designated 6 bands. 1st Place = 5 points, 2nd Place = 4 points, 3rd Place = 3 points, 4th Place = 2 points and 5th Place = 1 point.
- 11.5. Where two or more swimmers/teams score exactly the same total score for a routine within the same band, both/all routines will be awarded the same points. For example – if two clubs receive the same overall routine score and therefore qualify for points in 3rd place, 3 points will be awarded to both routines with no points being awarded for 4th place.

12. Chaperones/Officials

- 12.1. The Association shall send to each Club one (1) complimentary chaperone pass for an adult to accompany juniors from that Club on poolside & within the changing areas.
- 12.2. If there are more than 10 junior swimmers from any given Club, extra passes will be issued in an appropriate ratio.
- 12.3. Chaperones must have undertaken a registered ASA Team Managers course or be a qualified Coach/Assistant Coach.
- 12.4. Where Chaperones, Coaches and Officials are used/provided, all must have proof of DBS clearance. This must be submitted to the Competition Organiser prior to the event.

13. Costumes

- 13.1. Swimwear must be appropriate for Synchronised Swimming Competitions. Costumes should be one piece and 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.
- 13.2. The use of accessory equipment ie goggles or additional clothing is not permitted unless required for medical reasons. Nose clips/nose plugs or ear plugs may be worn.
- 13.3. Headdresses should be neat and not excessive in size and should be in harmony with the music. They should not cover any part of the face or neck.

13.4. The Referees decision as to the suitability of any costume or headdress will be final. Non compliance may lead to the Referee excluding any swimmer whose costume does not comply with this condition.

14. Music

14.1. Entry forms will require Club and individual CD music details to be supplied as set out in the ASA music license agreement.

14.2. All music should be on CD, unless otherwise requested by the Competition Organiser due to equipment requirements.

14.3. On Competition days, the Club music license designate is required to bring the appropriate paperwork.

14.4. All music must be submitted to the music desk prior to the start of the competition and should be clearly labelled with the clubs name, swimmer name/s (if Solo's and Duet's), age group entered and the routine section entered.

15. Dispute

15.1. Any dispute for which the forgoing conditions do not provide, shall be determined as the Executive may decide.

Routine Entries						
Combination Teams or Free Team (Masters only)	8 - 12 years Recreational (any skill level) 3 min (+/- 15 secs)	13 -17 years Recreational (any skill level) 3 min 30 secs (+/- 15 secs)	19 and Under Recreational (any skill level) 3 min 30 secs (+/- 15 secs)	Masters Combination & Mixed Team 4 min 30 secs (+ 15 secs)	Masters Free Team 4 min (+ 15 secs)	
Duets	Maximum of Skill 2 / Rec Grade 3, 12 & Under 2 min (+/- 15 secs)	Skill 3 / Rec Grade 4-5 12 & Under & 13 or over 2 min 45 secs (+/- 30 secs)	Skill 4 & over 12 & Under & 13 or over 2 min 45 secs (+/- 30 secs)		Masters Free Duet 3 min (+ 15 secs)	
Solos	Maximum of Skill 2 / Rec Grade 3 12 & Under 1 min (+/- 10 secs)	Skill 3 / Rec Grade 4-5 12 & Under & 13 or over 2 min (+/- 15 secs)	Skill 4 & Over 12 & Under & 13 or over 2 min 30 secs (+/- 15 secs)		Masters Male & Female Solo 2 min 30 secs (+ 15 secs)	

London Overall Club Trophy - Points Award

EVENT	1 st Place Points	2 nd Place Points	3 rd Place Points	4 th Place Points	5 th Place Points	
Band 1 - Combination Teams 9-12 years 13 – 17 19 & Under	5	4	3	2	1	
Band 2 - Teams Masters Combination & Mixed Team Masters Free Team	5	4	3	2	1	
Band 3 - Duets Skill 2 - 12 & Under & 13 or over Skill 3 - 12 & under & 13 or over Skill 4 - 12 & under & 13 or over	5	4	3	2	1	
Band 4 - Duets Masters Free Duet	5	4	3	2	1	
Band 5 - Solos Skill 2 - 12 & Under & 13 or over Skill 3 - 12 & under & 13 or over Skill 4 - 12 & Under & 13 or over	5	4	3	2	1	
Band 6 - Solo Masters Male & Female	5	4	3	2	1	