

Synchronized Swimming Rules

SS 1. Eligibility & General

A. Synchronized swimming competitions will be divided into age categories:

- a. Pre-Junior – Ten (10) years and under, as of June 24th
- b. Junior –Thirteen (13) years and under, as of June 24th
- c. Senior – Sixteen (16) years and under, as of June 24th

B. a. The age cut off for the summer will be June 24th. For example, if an athlete turns 13 on July 21st, they are still considered 12 years old for that summer.

b. A competitor is classified as senior if s/he: has finished in 1st place in two consecutive years in solo or duet, and/or is 13 or over.

B. Full-time staff members may not compete in any ALPS synchro competition. A part-time staff member may compete, provided that person does not coach any part of the competitive synchro program (they may coach a category 'B' team and/or a summer swimmer event).

C. The rules, based on those of the Federation Internationale de Natation Amateur (FINA), shall govern all ALPS Synchronized Swimming competitions.

D. The following competitions shall be scheduled in each ALPS season: Summer Synchro Competition, Solo & Duet Finals, and Team Finals.

E. Synchronized swimming competitions will be divided into the following events

a. Summer Synchro Competition

- i. Pre-Junior – Solo, duet and team
- ii. Junior – Solo, duet and team
- iii. Senior – Solo, duet and team

b. Solo & Duet Finals

- i. Junior - Solo and duet
- ii. Senior - Solo and duet

c. Team Finals

- i. Pre-Junior team
- ii. Junior team
- iii. Senior team

SS 2. Entry Forms

A. I. All coaches will be asked to fill out an online Google Form provided by the ALPS synchro coordinator(s), indicating how many events their pool will be competing in no later than one week before the synchro draw meeting.

ii. One week before the synchro draw meeting. Any pool that fails to do so will incur a fine according to the ALPS Cross-Discipline Rules. Teams, duets or solos not having paid their fines before the first competition of the ALPS Synchronized Swimming Season(Summer Swimmer Synchro Meet) will not be eligible to compete.

lii. Last-minute changes, including scratches, may be made up to the date of the competition.

B. i. All coaches will be asked to complete an online Excel sheet provided by the ALPS synchro coordinator(s) (indicating full name, date of birth and coaches' names) one and a half weeks before the said competition.

ii. Any pool that fails to do so will incur a fine according to the ALPS Cross-Discipline Rules. Teams, duets or

solos not having paid their fines before the first competition of the ALPS Synchronized Swimming Season (Summer Swimmer Synchro Meet) will not be eligible to compete

SS4. Multi-Event Participation

- A. Competitors may compete in a maximum of two events per season. A competitor may not swim the same event in different age groups. (e.g. Junior Solo and Senior Solo).
- B. A competitor may swim in an older category but not in a younger category than their own (e.g., a junior swimmer may swim in the senior category, but a senior swimmer may not compete in the junior category).
- C.
 - a. Each pool may submit one entry per Junior and Senior category.
 - b. A pool may now submit an entry for a Pre-Junior category (previously Junior B), even if they do not have a junior category.
 - c. Pools are permitted to submit more than one team in the Pre-Junior category, however, only the "Pre-Junior A" team will count.

SS5. Order of Competitors

- C. A meeting will be held to draw up the order of competitors for all events. The meeting will be held three weeks before the team finals. The exact time & location of the meeting will be announced at the beginning of the season.
- D. No pool may compete first in more than two events. If the same pool is drawn a third time to swim first, the draw will be re-done from scratch for said event. This rule does not apply to the draw of pre-swimmers.
- E. Competitors whose entry forms are received after the start of the synchro draw meeting will automatically swim first in their respective events. If more than one pool submits late entry forms for the same event, the order for the late entries will be drawn together, separate from the other competitors, and those pools will begin the event.
- F. There is a limit of 2 pre-swimmers for each event. The 1st choice pre-swimmer would be to the hosting pool (they may not have any pre-swimmers), and the 2nd choice would be drawn from a hat. Two pools will be drawn to pre-swim if the hosting pool does not have a pre-swimmer. The deadline for the entry of pre-swimmers is the draw meeting. A pool cannot be drawn more than once unless there are no volunteers for pre-swimmers for that particular event.

SS6. Competition Warm-Up

- A.
 - a. The host pool for each competition will hold a minimum of 15-minute warm-up for competitors before each event.
 - b. Warm-up details and schedule may be subject to change at the discretion of the ALPS coordinators.
 - c. Neither music, tapping, nor boosts are permitted during the warm-up time. Pre-swimmers may also warm up for the event they are swimming in.

SS7. Competition Penalties

- A. One (1) penalty point shall be deducted for each of the following infractions:
 - a. If the time limit of ten (10) seconds for deck movements is exceeded.
(Reference: FINA rule ss43.1)

- b. If the time limit exceeds or is too short for the times recommended in the ALPS rule book.
- c. If the competitor has made deliberate use of the bottom of the pool.

(Reference: FINA rule ss43.3)

d. If one or more competitors leave the water before completing a routine, the routine will be disqualified unless circumstances beyond the competitor's control cause the departure. (Reference: FINA rule 45)

SS8. General Rules of Participation

- A. A team must have at least four (4) participants to compete in the team event. There is a maximum of ten (10) participants in the team event.
 - B. National level winter swimmers placing in the top 50 athletes in figures at the Canadian Championship Competition, in the previous season, may compete within a team event according to their age category. There may be a maximum of 4 swimmers of this caliber on the team. However, they may only participate as a senior competitor for the solo or duet events.
 - C. Any athlete who has swum as part of the Canadian National Team, may not compete in a solo or duet event but may participate in the senior team event.
 - D. The music and judging shall begin upon the signal from the Referee. After the signal, the swimmer(s) must perform the routine without interruption. If unforeseen circumstances occur (e.g., speaker failure, serious outside interference, etc.) which interrupt the routine, the coach of the swimmer(s) affected may request the opportunity to repeat the routine. This request must be made before the scores are read. At this point, the referee will decide if and when the swim will occur. When this happens, the routine affected will be marked only on the repeated attempt, the first mark being disregarded.
 - E. Costumes for the routine shall conform to the current concept of the appropriate. As defined by FINA, props and glitter shall not be permitted.
 - F. The referee shall have complete and total control of the competition and assign and instruct the officials accordingly.
 - G.
 - a. For routine events, there should be five judges and one Referee. (The referee may have no other tasks to perform (ex: coaching, Judging, Playing music).
- b. The Referee shall have complete control of the event. He/she shall instruct all officials. (Fina Rule SS 22.1)
- c. Each judge awards one mark for Technical Merit and one mark for Artistic Impression. The highest and the lowest marks of each series are taken off, then the sum of the remaining three marks in each series is calculated, and an average of these three marks is found. The Technical Merit average is multiplied by 6.0, and the Artistic Impression average is multiplied by 4.0. Each average is rounded to 3 decimal places (ex. 36.284). These two totals are then added together, resulting in the final score (rounded to 3 decimal places). All penalties will be deducted from the final score.
- d. If there are only four judges, the four marks are kept. The average of the four marks becomes the fifth mark and the same procedure as above is followed, starting with the removal of high and low marks.
- e. To Follow Canada Artistic Swimming (formerly Synchro Canada) rule 4.7.2 Routines/Scoring iii) Routine Adjusted Score: There will be no points added to the Total Score for teams over four (4)

competitors.

SS 9. Length of Routines

Summer synchro competition timelines

	Solo	Duet	Team
Pre-Junior	0:45 (+/- 15 seconds)	0:45 (+/- 15 seconds)	1:00 (+/- 15 seconds)
Junior	1:15 (+/- 15 seconds)	1:30 (+/- 15 seconds)	1:45 (+/- 15 seconds)
Senior	1:30 (+/- 15 seconds)	1:45 (+/- 15 seconds)	2:00 (+/- 15 seconds)

Solo & Duet & Team Finals

	Solo	Duet	Team
Pre-Junior	0:45 (+/- 15 seconds)	0:45 (+/- 15 seconds)	1:00 (+/- 15 seconds)
Junior	1:15 (+/- 15 seconds)	1:30 (+/- 15 seconds)	1:45 (+/- 15 seconds)
Senior	1:30 (+/- 15 seconds)	1:45 (+/- 15 seconds)	2:00 (+/- 15 seconds)

SS10. Music Requirements

- A. All competitors will have a sound check immediately before they swim in the competition.
- H. The timing of a routine shall start and finish with the accompaniment. Timing of the deck movements shall end when the last performer leaves. Routines may begin in the water or on the deck but must end in the water.
- I. There will be a penalty of one point off the final score, for those competitors who do not meet the time limit requirements for the length of the routines. There will also be a penalty of one (1) point off the final score for those competitors who exceed the time limit for the deck movement.
- 1) a. Accompaniment must be provided by the pools in a format (CD, MP3, Other) decided by the commissioned DJ of each event in consultation with the ALPS coordinator(s).
- b. If music is required in advance of the event date, the Coordinator(s) will set a deadline; if a pool does not meet the deadline, a one (1) point penalty per routine will be assessed at the event that the deadline is missed.
- c. Host pools are responsible for providing the DJ with the music in the order of the draws.
- D.Coaches are responsible for the labelling of music as to the name of the competitor and pool name, as well as the title of the routine. Only one routine per CD/File will be permitted.
- e.A Master (if not already submitted) and Backup music source must be supplied for each routine before the commencement of the competition; a backup source may NOT be on a laptop.

- B. Winter swimmers should use different music and change their routines for the summer competition.
- C. ALPS Coordinator(s) will be in charge of contacting DJ for the competitions and setting up services. ALPS will also cover DJ costs for the competitions.

SS 11. Entry into the Water

- A. Any competitor may commence a routine in the water. However, swimmers must wait for permission from the referee until the previous competitor is swimming off before entering the pool. Any infraction of this rule will result in a one (1) point penalty.
- B. No swimmer may re-enter any section of the pool after finishing their routine. Any infraction of this rule will result in a one (1) point penalty.
- C. For the deck work in the team and duet events, competitors may not execute stacks, towers, or human pyramids (i.e., each competitor must have some part of their body always touching the deck during deck work or competitors may begin in the water).

SS 12. Use of Pool Floor

Competitors may not intentionally use the shallow end as a base during a routine. For each event, a judge will act as technical monitor to ensure routines are not using the floor of the pool to their advantage. The penalty for a violation of this rule is one (1) point.

SS 12. Coaches Criteria

There is no maximum of coaches that can be on the deck while their team is swimming. Swimmers and parents are not permitted to watch the routines on Deck, they must do so from the specified spectator areas. Other coaches from the competing pool, not coaching that particular routine, must watch the participant(s) from the spectators' area.

SS 13. Pointage system and Awards

A. At the end of the competitions, points will be awarded to the competitors according to their placing in the meet. Only the top scoring routine per pool will be involved in these standings, meaning, each pool will have a maximum of Seven (7) routines that can be awarded points. Points will be awarded to the top 22 Pools.

PLACE	1	2	3	4	5	6	7	8	9	10
SOLO	57	54	51	48	45	42	39	36	33	30
DUET	76	72	68	64	60	55	52	48	44	40
TEAM	95	90	85	80	75	70	65	60	55	50

PLAC E	11	12	13	14	15	16	17	18	19	20	21	22
SOLO	27	24	21	18	15	12	9	6	3	2	1	1
DUET	36	32	28	24	20	16	12	8	4	3	2	1
TEA M	45	40	35	30	25	20	15	10	5	4	3	2

B. Awards for team spirit and merit awards will be determined by the Alps Coordinator(s).

C. The pool that has accumulated the most points for the combined events (Solo, Duet, and Team) at the Summer Swimmer Competition will be awarded a trophy. At the same competition, there will also be a Spirit of Synchro trophee given to the pool who demonstrated the best spirit during the entire duration of the competition, this will be decided by the ALPS Coordinator(s).

D. For the Junior and Senior Solos & Duets and Team Finals, there is one trophy for Junior and one for Senior. The club with the highest combined points (Junior and Senior together) will be declared the overall winner and will receive a trophy.

D. In addition, a trophy will be awarded to the club that has most improved its standing from the previous year in the combined overall category.

SS. 12 *Summer Swimmer's Competition*

A. All Summer Swimmer routines will compete at the ALPS Summer Swimmer Synchro Meet. There is no summer swimmer category at the junior solo & duet competition, the senior solo & duet competition or the team finals competition.

B. Swimmers that competed in the winter, Synchronized swimming season in level U10 and higher may not participate in the Summer Swimmers competition. Only those who participated in a pre-competitive group or lessons, may be eligible.

C. If you have not competed in a competitive winter synchro team for more than two (2) years, you may now be eligible to swim at the Summer Swimmer's Competition.

D. Summer swimmers may swim the same routine at the Summer Swimmer Synchro Meet and the junior solo & duet competition, the senior solo & duet competition or the team finals competition.

E. Order of events:

- 1) Pre Junior Solo
- 2) Junior Solo
- 3) Senior Solo
- 4) Pre Junior Duet
- 5) Junior Duet
- 6) Senior Duet

7) Pre Junior Team

8) Junior Team

9) Senior Team

J. Depending on how the competition is running, and the weather, Alps coordinator (s) will decide whether the awards ceremony will happen after each event or after the entirety of the competition. All routines will receive medals (1st, 2nd, 3rd place) or ribbons for their event.

K. All standard ALPS Synchro rules apply to warm-ups, entry form deadlines and age limits.

L. The use of any previously used winter routine is prohibited. Any participant using such a routine will not be eligible to compete.

