

LA84 Foundation Program Rules

Novice Synchronized Swimming

Summer 2017

Even years you may perform solos, duets, and / or teams.

Odd years you may perform solos, trios, and / or teams.

I ELIGIBILITY

- A Novice competition “Beginner” category is open to any swimmer who is new to the Summer Swim program or has competed in prior years with a routine average DD of 2.0 or below.
- B Novice Competition “Advanced” category is open to any swimmer who has competed in prior years with a routine average DD of 2.01 to 2.50.
- C All paid lifesaving personnel are ineligible to compete.
- D 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
- E Swimmers must compete for an LA84 affiliated agency. They must remain on that team through the competitive season. They may not swim unattached.
- F Any participant who has represented a “club team” is not allowed to participate in the Summer Splash program during the calendar year they represented a club program. Participants who have represented a “club team” and meet the non-participation requirement will compete in the “Advanced” category of the Summer Splash program.

II ENTRIES

- A A swimmer must be listed on the TEAM ROSTER and follow procedures of application before entering any meet. The summer festival roster could be used during summer programming if desired but is required for the LA84 Festival (Appendix A).
- 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/trio.

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 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/Trio or Team is absent one competitor (or more) at competition time, the Duet/Trio, 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 Routine Meet Entry Procedures (II, D., 1-3 above)

III ROUTINE COMPETITION RULES

A. The Beginner or Advanced Master Routine Sheets, with the required elements listed, will be used for all competitions. Calculating the average difficulty, as has been done in prior years, will not be required.

1. **Beginner Required Elements:** Will be used for all Teams and Beginner Solos and Duets/Trios.
 - a. Boost – a rapid, head-first rise with a maximum amount of the body above the surface of the water, with at least one arm out of the water, and is completed upon total submergence
 - b. Head First Standard Scull in Back Layout Position for a minimum of 8 counts
 - c. Figure #310 Somersault, Back Tuck
 - d. Side flutter on either side, followed by an arm sweep to Figure #320 Somersault, Front Pike
 - e. Figure #101 Ballet Leg, Single while sculling head first (traveling)
 - f. Required strokes: Any two of the three listed strokes must be performed in the routine. The strokes may appear in any order and at any point in the routine. Each stroke must be performed with at least three repetitions with no intervening actions. The proper kick must be done with the proper

arm strokes. Small additions to the stroke are acceptable, like pauses, with arm bends, wrist movements, etc. The three listed strokes are:

1. Breaststroke: Head may be in or out.
2. Backstroke: Stops at top of the arm stroke are allowed.
3. Sidestroke: Head up or down.

2. **Advanced Required Elements:** Will be used for all Advanced Solos and Duets/Trios.

- a. Side flutter on either side, followed by an arm sweep to Figure #349 Tower
 - b. Boost – a rapid, head-first rise with a maximum amount of the body above the surface of the water, with at least one arm out of the water, and is completed upon total submergence – and Traveling Eggbeater – must follow immediately after the Boost; traveling forward or sideways with at least one arm out of the water for 8 counts
 - c. Figure #360 Front Walkover followed by Torpedo sculling (arms sculling overhead and moving foot first) for 8 counts and completed with a back tuck somersault
 - d. Figure #102 Ballet Legs, Alternate while sculling head first (traveling)
 - e. Figure #380 Barracuda, Front Pike Somersault
 - f. Required strokes: Any two of the three listed strokes must be performed in the routine. The strokes may appear in any order and at any point in the routine. Each stroke must be performed with at least three repetitions with no intervening actions. The proper kick must be done with the proper arm strokes. Small additions to the stroke are acceptable; like pauses, with splash, arm bends, wrist movements, etc. The three listed strokes are:
 - (1) Breaststroke: Head may be in or out.
 - (2) Backstroke: Stops at top of the arm stroke are allowed.
 - (3) Sidestroke: Head up or down.
- B Coaches are responsible for labeling their competitor's CD with the swimmers name, age group, and event. They must also cue the CD to the beginning of the music to be used. Coaches are to provide **separate** CD's for each routine. The use of digital music files (AAC, MP3) is optional for the summer program but **REQUIRED** for the Festival. See Appendix B for Digital Music Submission Guidelines.
- 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 until the time the routine shall begin will be two minutes. The participant(s) 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 2:00 for Solos, 2:30 for Duet/Trios, and 3:00 for Teams. This time **includes a maximum of fifteen 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.
1. The routine elements and figures must be performed simultaneously and facing the same direction by all competitors in duet/trio and team events. The listed figures and elements must start and end together and be performed in their entirety. Mirror actions are not permitted.
 2. A swimmer may perform a Solo, Duet / Trio, or Team routine in their age category (or as listed in IIB).
 3. Participants may only swim a **maximum of two events per meet**. A participant can compete in a solo and a trio, but not a solo, duet/ trio and team. A participant **cannot** do two solos, two duets/ trios or two team events.
 4. 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).
 5. The order of events shall be:

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

IV GRADING, SCORING, AND PENALTIES

- A. Grading: *Refer to separate Judging Scale document for more information*
1. 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.
 - a. Execution represents the performance of all elements required and additional included in the **total** routine, including:
 - 1) Standard and or hybrid figures
 - 2) Swimming strokes

- 3) Propulsion techniques
- b. Content includes:
 - 1) Style Synchronization – one swimmer with the others and with the accompaniment.
 - 2) Construction of Routine – Fluidity, difficulty, and creativity.
- c. Judges shall award grades of 0 to 10, in 1/10th increments.

B. Scoring

1. Execution Score

- a. Individual judge awards are recorded each time **in the same consecutive order** on the MASTER ROUTINE SCORE SHEET.
- b. If five or more judges are used, the highest and the lowest scores are cancelled.
- c. The remaining awards are added and the sum is multiplied by five (5) with that total divided by the number of judges minus 2. The sum constitutes the Execution Score.

2. Content Score

- a. Record and cancel the highest and lowest scores as in 1 & 2 above.
- b. Add the remaining awards. And the sum is multiplied by five (5) with the total divided by the number of judges minus 2. The sum constitutes the Content Score.

3. Routine Score

- a. The sum of the Execution Score and the Content Score constitutes the score for the routine performance.

C. Penalties and Bonuses

1. One Point Penalties per routine, not per competitors

- a. One or more competitors perform the routine with a change in the order of performance of a listed figure or element.
- b. One or more competitors fail to begin and/ or finish with the accompaniment.
- c. One or more competitors fail to perform a recognizable listed figure or element.
- d. Team events only – A team has only three members or exceeds the eight swimmers maximum rule.
- e. Deck movements exceed 15 seconds
- f. Specified time limit for routines is exceeded.
- g. One or more competitors interrupt a routine during deck movements and make a new start
- h. Failure to end routine in the water.
- i. Walking on the bottom of the pool.
- j. Use of inappropriate music.
- k. Digital music file / CD's not labeled appropriately or coaches not using separate digital music file / CD's for each routine.

- l. Coaching from deck.
 - m. Not using separate digital music file / CD's for each routine
 - n. Infraction of any Routine Competition Rules
 - o. Not labeling participant's digital music file / CD with swimmer's age group, ability level, event routine, pool name and theme song.
 - p. The digital music file / CD must be cued to the beginning of the music to be used.
 - q. Use of digital recording backup or secondary CD when a submitted CD does not work.
 - r. If costumes and or accessories are used prior to any Regional Championships, City Championships, or the LA84 Festival (as listed in VII B)
 - s. Costumes that are removed prior to entering the pool.
2. Other Penalties
- a. If a listed routine figure or element is omitted, the penalty shall be:
 - 1) Solo – 3 points per omission
 - 2) Duets/Trios – 2 points per omission
 - 3) Team – 1 point per omission
3. Bonus Points
- a. 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.

V AWARDS

- A. Figure Meets
 - 1. It is the individual agency's discretion what to award their participants.
- B. Routine Meet
 - 1. It is the individual agency's discretion what to award their participants.
- C. Championship Meet
 - 1. It is the individual agency's discretion what to award their participants.
- D. Participation Awards
 - 1. 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.

VI 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.

VII COSTUMES

- A. Costume accessories cannot interfere with the execution of the routine.
- B. Costumes are **not to be used** until Regional Championships, City Finals 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.
- E. Makeup: For the festival, athletes should apply makeup that provides a natural, clean and healthy glow. Theatrical makeup, like portraying an animal or a character (ninja, etc.) should not be used. Use strokes in the routine to portray the desired animal or character. For the season, each Agency should make a determination about make-up use. If there are makeup questions for Festival please send a picture to Bettie Williams (bwilliams@la84.org.)

VII 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.

Appendix A: LA84 Summer Festival Roster – Synchronized Swimming

Pool Name: _____ Coach Name: _____

Agency: _____ Coach email: _____

Team Name: _____ Phone #: _____

***** TEAM INFO *****

Date of Birth

BEG (B) / ADV (A)	First Name	Last Name	M	D	YR	Gender (M/F)

Judges: 1 _____ 2 _____ 3 _____ 4 _____
 Controllers: 1 _____ 2 _____

Submit all roster forms, entry cards, consent forms and code of conduct forms to:
 Kathryn Lasick by August 7, 2017
 Send forms via email to klasick@santa-clarita.com

Appendix B: Digital Music Submission Guidelines

Digital Music Submission (LA84 Festival)

Digital music files (ACC, MP3) are to be submitted for routines for the LA84 Foundation Synchronized Swimming Festival.

- Submit digital music in person to Synchronized Swimming Coordinator Kathryn Lasick by Monday, August 7th, 2017.
- Digital music will be imported to iTunes or a compatible program and each file tested to ensure it plays. You will **not** be contacted if your music is correct. You will only be contacted if your music is missing or will not play.
- Playlists will be created for each routine competition to be played through the sound system.
- We recommend submitting 160 kbit/s AAC or higher quality audio for best sound results. 128 kbit/s MP3s are NOT recommended, if using MP3 files, please ensure they are at least 192 kbit/sec.
- A minimum one second leader (silence) before the music starts added to all files is recommended.
- Use the following naming format when saving files to your USB/ Memory Drive
 - Routine names should be “space” separated

Age Group (Midget, Junior or Senior), Level (Beginner or Advanced), Routine Event (Solo, Duo/Trio, Team) Pool Name, Theme Song

M B Solo LACES Fireflies	JR A Trio South Gate Let It Go	SR Team Hemmingway Fly
M= Midget B= Beginner Level Solo= Routine Event LACES= Pool Name Fireflies= Theme Song	JR= Junior A= Advanced Trio= Routine Event South Gate= Pool Name Let It Go= Theme Song	SR= Senior Combined levels for teams Team= Routine Event Hemmingway= Pool Name Fly= Theme Song