



## **Technical Package**

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2019/2020 Season

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## 1. Coach/Judge/Athlete Workshops

Please check the SynchroWA website for the most up to date schedule.

<b>Date</b>	<b>Workshop</b>	<b>Location</b>	<b>Time</b>	<b>Topic</b>
	Technical Package Meeting: Coaching Workshop	TBC		Introduction to 2018/2019 Technical Package
	Judging Workshop	TBC		Skills Testing 2018/2019
	Coaching Workshop	TBA		Synchro WA Recreational Program 2018/2019
	Target Performance Workshop	HBF Stadium		2 days each (12&U, 13-15, Jr)
	Target Performance Workshop	HBF Stadium TBC		2 days each (12&U, 13-15, Jr)

## 2. Competition Schedule

Please check the SynchroWA website for the most up to date competition schedule.

<b>Date</b>	<b>Competition</b>	<b>Location</b>	<b>Time</b>	<b>Entries Due</b>
12 <sup>th</sup> -18 <sup>th</sup> August 2019	Skills Testing 1	Club	TBC	
14 <sup>th</sup> September 2019	Figure Group 1 (NS,SS) Jr/Sr Elements	HBF Stadium	TBC	
26 <sup>th</sup> October 2019	Figure Group 2 (NS,SS) Jr/Sr Elements	HBF Stadium	TBC	
16 <sup>th</sup> &17 <sup>th</sup> November 2019	Routines Figures Group 3 (NS, SS) Jr/Sr Elements Recreational Figures & Routines	HBF Stadium	8-6pm	
2 <sup>nd</sup> -8 <sup>th</sup> December 2019	Skills Testing 2	Club	TBC	
8 <sup>th</sup> & 9 <sup>th</sup> February 2020	Routines Figure Group Optional (NS, SS) Recreational Figures & Routines	HBF Stadium	TBC	
7 <sup>th</sup> & 8 <sup>th</sup> March 2020	State Championships (NS, SS) Recreational Display	HBF Stadium	TBC	
1 <sup>st</sup> – 6 <sup>th</sup> April 2020	National Championships	Perth	TBC	

### **3. General Information**

#### **3.1 Introduction**

SynchroWA strives to improve the quality and professionalism of its programs. While following FINA guidelines, concepts from other international programs such as the National and State Streams, the 10 and Under Age Group, and the Recreational Programs will be adhered to for competitions. Skills Testing, Target Performance Program and the Recreational Program will also be implemented.

The Technical Package should be used as your resource guide for the 2019-2020 season.

SynchroWA wishes to ensure a successful and productive season for its members.

#### **3.2 Programs for 2019-2020**

##### **3.2.1 Competitive National Stream (NS) and State Stream (SS)**

**Rationale:** Creating opportunities for athletes to develop the skills necessary to compete at varying levels of Synchronised Swimming.

**Description:**

- 10& Under State Stream
- 12 & Under State Stream
- 12& Under National Stream
- 13- 15 State Stream
- 13-15 National Stream
- 16 & Over State Stream
- Junior National Stream
- Open National Stream
- Masters Stream
- The State Stream is an opportunity for athletes to compete up to the State Championships in a program with modified figures and time limits.
- State Stream swimmers cannot be members of National Stream duets, teams, or combos.
- The State Stream category will have compulsory Routine components.
- State Stream routines may place a bid prior the State Championships to SynchroWA to pre-swim at Australian National Championships.

### **4. 2019-2020 Competitive Program**

#### **Competitive Figures and Elements for National Streams**

12 & Under National Stream	13-15 National Stream	Junior National Stream	Senior National Stream
Compulsory Figures			
106 Straight Ballet Leg	423 Ariana	Team Element no. 2 Twist Spin 1.8	Team Element no. 2 Twist Spin 2.2
301 Barracuda	143 Rio	Duet Element no. 2 Ballet Leg 2.9	Duet Element no. 2 Ballet Leg 2.9
Optional Group 1 Figures			
420 Walkover Back	351 Jupiter	Team Element no. 5 Rocket Split 2.5	Team Element no. 5 Rocket Split 2.5
327 Ballerina	437 Oceanea	Duet Element no. 4 Cyclone 3.0	Duet Element no. 4 Cyclone 3.0
Optional Group 2 Figures			
311 Kip	240a Albatross ½ Twist	Team Element no. 4 Manta Ray 3.1	Team Element no. 4 Manta Ray 3.1
401 Swordfish	403 Swordtail	Duet Element no. 5 Flying Fish 2.5	Duet Element no. 5 Flying Fish 2.5
Optional Group 3 Figures			
226 Swan	355f Porpoise Continuous Spin720		
363 Water Drop	315 Seagull		

### Competitive Figures and Elements for State Streams



10 & Under State Stream	12 & Under State Stream	13 & Over State Stream
Compulsory Figures		
301 Barracuda  101 Ballet Leg Single (Drawn)  349 Tower  360 Walkover Front	101 Ballet Leg Single (Drawn)  301 Barracuda	106 Straight Ballet Leg  301 Barracuda
Optional Group 1 Figures		
	Somersub  311 Kip	420 Walkover Back  327 Ballerina
Optional Group 2 Figures		
	311 Kip  420 Walkover Back	311 Kip  401 Swordfish
Optional Group 3 Figures		
	420 Walkover Back  363 Water Drop	226 Swan  363 Water Drop

#### 4.1 Junior National Stream Elements

The Junior National Stream will no longer be required to perform figures. Technical Team elements will be required each competition as replacement for figures. The elements will be prepared in front of a panel of judges and marked as a figure. The element will then be performed in line with the center marker.

- Refer to **Junior Technical Elements for Technical Routines**

#### 4.2 Senior National Stream Elements

The Senior National Stream Technical Team elements will be required each competition as replacement for figures. The elements will be prepared in front of a panel of judges and marked as a figure. The element will then be performed in line with the center marker.

- Refer to **Open Technical Elements for Technical Routines**

#### 4.3 Routine Time Limits for State and National Streams

##### 4.3.1 State Stream

	<b>SOLO</b>	<b>DUET</b>	<b>TEAM</b>
<b>10 &amp; Under SS</b>	1:45	2:15	2:45
<b>12 &amp; Under SS</b>	2:00	2:15	2:45
<b>13 &amp; Over SS</b>	2:00	2:30	3:00

##### 4.3.2 National Stream

	<b>SOLO</b>	<b>DUET</b>	<b>TEAM</b>	<b>COMBO</b>
<b>12&amp; Under NS</b>	2:00	2:30	3:00	-
<b>13-15 NS</b>	2:15	2:45	3:30	-
<b>Junior</b>	2:30	3:00	4:00	-
<b>Open/Jr Tech</b>	2:00	2:20	2:50	-
<b>Open Free</b>	2:30	3:00	4:00	4:00
<b>Mixed Free</b>		2:20		
<b>Mixed Tech</b>		3:00		
<b>Free Age</b>	-	-	-	4:00

- All routines are +/- 15 seconds
- Deck work must be 10 seconds or less
- Walk on must be 30 seconds or less, timed from the first athlete crossing the starting point until all are stationary

## 5 Recreational Program

Opportunities for participants in the Recreational Program are included in the competition program.

### 5.1 Recreational Figures

For recreational figure testing, a black suit and white cap must be worn. Goggles are permitted. Recreational figures will be set to a grading scale rather than following FINA judging. Marks will not be flashed, and recreational coaches will receive the grades following the testing. Testing will take place at allocated competitions throughout the SynchroWA competition season.

- Refer to **Grading Scale**

<b>Star Category</b>	<b>Figures</b>
<b>Starfish- Level 1</b>	<ul style="list-style-type: none"> <li>• Sailboat on the wall (Right Leg &amp; Left Leg)</li> <li>• Oyster</li> <li>• Back Tuck Somersault</li> <li>• Stationary Eggbeater</li> </ul>
<b>Flamingo- Level 2</b>	<ul style="list-style-type: none"> <li>• Sailboat (drawn)</li> <li>• Split Position</li> <li>• Front Pike Position (off the wall)</li> <li>• Stationary Eggbeater</li> </ul>
<b>Dolphin- Level 3</b>	<ul style="list-style-type: none"> <li>• Tuck Position (starting from tub)</li> <li>• Front Pike Pull Down</li> <li>• Oyster to Split Position</li> <li>• Side Eggbeater (5m)</li> </ul>
<b>Barracuda- Level 4</b>	<ul style="list-style-type: none"> <li>• Front Pike to Split Position</li> <li>• 101 Ballet Leg</li> <li>• Body Boost (no arm)</li> <li>• Blossom</li> </ul>
<b>Swordfish- Level 5</b>	<ul style="list-style-type: none"> <li>• Front Walkover</li> <li>• Surface Prawn</li> <li>• Kipnus to Bent Knee Position (at ankle)</li> <li>• Traveling Eggbeater One Arm (5m) – trailing arm</li> </ul>
<b>Flying Fish- Level 6</b>	<ul style="list-style-type: none"> <li>• Tower</li> <li>• Barracuda</li> <li>• Front Pike Pull Down- Submerged Double Ballet Leg</li> <li>• Traveling Eggbeater alternating One Arm (10m) both ways</li> </ul>

### 5.2 Recreational Routines

For recreational routine competition, uniform suits must be worn. Hair may be gelled with a head piece or a white cap worn. Make up according to FINA rules may be worn.

The Team and Duet events are the only features in the Recreational Program and will have routine elements that must be included for each Level.

A team must be comprised of four (4) to eight (8) athletes. Routines will be judged as Technical Routines. Following the criteria of Execution, Artistic Impression and Elements. Routines will be worth 100%.

### 5.2.1 Recreational Routine Elements

The following routine elements must be included in Recreational Team and Duet routines in the correct order.

Category	Elements
Starfish- Level 1	<ul style="list-style-type: none"> <li>• Line Pattern</li> <li>• Circle Pattern</li> <li>• Float (partner or group)</li> </ul>
Flamingo-Level 2	
Dolphin-Level 3	
Barracuda-Level 4	
Swordfish- Level 5	
Flying Fish-Level 6	

### 5.2.2 Recreational Routine Time Limits

Category	Team	Duet
Starfish- Level 1	1:30- 2:00 (No penalties for over time, .5 penalty for under time limit)	
Flamingo- Level 2		
Dolphin- Level 3		
Barracuda- Level 4		
Swordfish- Level 5		
Flying Fish- Level 6		

- Deck work must be 10 seconds or less
- Walk on must be 30 seconds or less, timed from the first athlete crossing the starting point until all are stationary. Should the routine commence in the water, all athletes must be in position in the water within the 30 second time limit for walk on.

## 6 Masters Program

The Master's program promotes fitness, friendship, and the lifelong joy of synchronised swimming.

### 6.1 Masters Routines

Please refer to the FINA Handbook regarding Rules.

Goggles may be worn.

The events for Masters Synchronised Swimming are Solo, Duet, Team, and Free Combination. The program for a Masters Event shall be Technical Routines, Free Routines and Free Combination. Technical Routines must include all required elements.

- Please refer to **Masters Elements for Routines**.

#### 6.1.1 Masters Routine Time Limits

	<b>Solo</b>	<b>Duet</b>	<b>Team</b>	<b>Combo</b>
<b>Technical Routines</b>	1:30	1:40	1:50	-
<b>Free Routines</b>	2:30	3:00	4:00	4:30

- There shall be no minimum time limit
- There shall be an allowance of fifteen (15) seconds plus the allotted time for Technical Routines, Free Routines, and Combination.

## 7 Target Performance Program

The Target Performance Program (TPP) is SynchronoWA's strand of the High Performance Program. The program is supported by Hancock Prospecting, Western Australia Institute of Sport (WAIS) and the Department of Local Government, Sport and Cultural Industries.

SynchronoWA will identify an Athlete Pool for the senior, junior and age group athletes who will train for the 2018-2019 season at designated high performance facilities. The new season will commence officially in, August 2018 and run continuously for those athletes already identified in the program. The focus between April and September will be for athletes that have been selected for Australian National Squads to train for the upcoming international competitions and camps.

- Please refer to **Target Performance Selection Policy**

## 8 RECREATIONAL FIGURES

Any queries regarding the Recreational Figures please contact the State Coaching Director.

### **8.1 Participation & Clarifications**

The athletes eligible to participate in the Recreational Figures are:

- Starfish- Level 1
- Flamingo- Level 2
- Dolphin- Level 3
- Barracuda- Level 4
- Swordfish- Level 5
- Flying Fish- Level 6

### **8.2 Testing**

For Recreational Figure Testing, a black suit and white cap must be worn. Goggles are permitted. Recreational Figures will be set to a grading scale rather than following FINA judging. Marks will not be flashed and club coaches will receive the grades following the testing. Testing will take place at allocated locations throughout the SynchroWA 2017-2018 season.

The testing of the Recreational Figures will be evaluated at:

- November, 2019
- February, 2020

### **8.3 Starfish- Level 1**

### 8.3.1 Oyster

From a Back Layout Position, the legs are raised to vertical as the body is submerged to a Submerged Back Pike Position with toes just under the surface.

#### 8.3.1.1 Grading Scale

<b>0 1</b>	Back Layout: determined by height and body alignment- face, chest, thighs and feet (1pt- all aligned and dry, 0pts- one or more parts underwater and/or not aligned)
<b>0 1 2 3</b>	Submerged Back Pike Position- determined by the compactness and vertical line of the legs (3pts- torso compacted between 1 o'clock & 12 o'clock legs with legs on vertical line, 2pts- torso between 2 & 1 o'clock with legs on vertical line, 1pt- torso between 3 & 2 o'clock with legs on vertical line, 0pts- legs not on vertical line)
<b>0 1</b>	Vertical Alignment: determined by head (specifically ears, hips & ankles in line) (1pt- the body was perfectly aligned, 0pts- one or more parts not aligned)
<b>0 1</b>	Extension: legs and feet (1pt- both parts extended and together, 0pts- one part not extended or together)

### 8.3.2 Back Tuck Somersault

Start in a **Back Layout Position**, legs are drawn through a tub position (no stop). Body as compact as possible, with the back rounded and legs together. Heels close to the buttocks with head close to knees. Maintain the position through the rotation.

#### 8.3.2.1 Grading Scale

<b>0 1 2</b>	Layout: determined by height and body alignment- head (specifically ears), chest, thighs & feet (2 pts- all aligned and dry, 1pt- one part underwater and not aligned, 0pts- more than one part underwater and not aligned)
<b>0 1 2</b>	Leg Alignment: determined by hip, knee and ankle (2 pts- all parts aligned, 1pt- one part out of alignment, 0pts- no parts aligned)
<b>0 1 2 3</b>	Back Tuck Position: determined by the compactness and vertical line of the legs (3pts- compact between 1 & 12 o'clock with legs on vertical line, 2pts- compacted between 2 & 1 o'clock with legs on vertical line, 1pt- compacted between 3 & 2 o'clock with legs on vertical line, 0pts- legs not on vertical line)

### 8.3.3 Stationary Eggbeater

Breaststroke out to assume an Eggbeater Position. A sustained Eggbeater Position is executed followed by a descent. **Hold for 10 seconds.**

### 8.3.3.1 Grading Scale

<b>0 1 2 3 4</b>	Eggbeater: determined by height, must have correct technique (4pts- at or above bust line, 3pts- between armpit and bust, 2pts- armpits dry, 1pt- collar bone dry, 0pts- wash over shoulders) Note: incorrect eggbeater technique- automatic 0pts
<b>0 1 2 3 4</b>	Eggbeater Alignment: determined by head, shoulders, ribs, hips (4pts- all parts aligned, 3pts- one part not aligned, 2pts- two parts not aligned, 1pt- three parts not aligned, 0pts- no parts aligned)

### 8.3.4 Sailboat on the Wall

Begin in a **Back Layout Position**. The left leg remains at the surface as the right foot is drawn along the inside of the extended leg to assume a **Right Sailboat Position**. Hold **Right Sailboat Position**. The right toe moves along the inside of the extended leg until a **Back Layout Position** is assumed. Repeat with left leg and finish in **Back Layout Position**.

#### 8.3.4.1 Grading Scale

<b>0 1</b>	Layout: determined by height and body alignment- head (specifically ears), chest, thighs & feet (1pt-all aligned and dry, 0pts-one or more parts underwater and/or not aligned)
<b>0 1 2</b>	Sailboat (2pts- both thighs on vertical line, 1pt- one thigh not on vertical line, 0pts-both thighs not on vertical line)
<b>0 1</b>	Horizontal Leg Extension (1pt-both legs extended throughout, 0pts- one or both not extended)
<b>0 1 2</b>	Foot Placement (2pts- both feet stayed at surface, 1pt- one foot stayed at surface, 0pts-both feet went underwater)
<b>0 1</b>	Head Placement (1pt- head in line, 0pts- head is tucked, over extended or underwater)

## 8.4 Flamingo- Level 2

### 8.4.1 Front Pike Position off the Wall

Begin in a **Front Layout Position**. Body bent at hips to form a 90-degree angle. Legs extended and together. Trunk extended with the back straight and head in line.

#### 8.4.1.1 Grading Scale

<b>0 1</b>	Front Layout: determined by height and body alignment, head, upper back, buttocks & heels (1pt-all aligned and dry, 0pts- one or more parts underwater and/or not aligned)
<b>0 1</b>	Surface Front Pike Position: determined by 90degree angle (1pt- 90degree angle held, 0pts- over or under 90 degrees)
<b>0 1 2 3</b>	Alignment: head (specifically ears), torso, hips, knees & ankles (3pts- all parts aligned, 2pts-one part not aligned, 1pt- two parts not aligned, 0pts- three or more parts not aligned)



### 8.4.2 Sailboat

Begin in a **Back Layout Position**. The leg remains at the surface as the foot is drawn along the inside of the extended leg to assume a **Sailboat Position**. Hold **Sailboat Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.

#### 8.4.2.1 Grading Scale

<b>0 1</b>	Layout: determined by height and body alignment- head (specifically ears), chest, thighs & feet (1pt-all aligned and dry, 0pts-one or more parts underwater and/or not aligned)
<b>0 1 2</b>	Sailboat (2pts- thighs on vertical line, 1pt- thigh slightly off vertical line, 0pts- thigh not on vertical line)
<b>0 1</b>	Horizontal Leg Extension (1pt-both legs extended throughout, 0pts- one or both not extended)
<b>0 1 2</b>	Foot Placement (2pts- both feet stayed at surface, 1pt- one foot stayed at surface, 0pts-both feet went underwater)
<b>0 1</b>	Head Placement (1pt- head in line, 0pts- head is tucked, over extended or underwater)

### 8.4.3 Stationary Eggbeater

Breaststroke out to assume an Eggbeater Position. A sustained Eggbeater Position is executed followed by a descent. **Hold for 10 seconds.**

#### 8.4.3.1 Grading Scale

<b>0 1 2 3 4</b>	Eggbeater: determined by height, must have correct technique (4pts- at or above bust line, 3pts- between armpit and bust, 2pts- armpits dry, 1pt- collar bone dry, 0pts- wash over shoulders) Note: incorrect eggbeater technique- automatic 0pts
<b>0 1 2 3 4</b>	Eggbeater Alignment: determined by head, shoulders, ribs, hips (4pts- all parts aligned, 3pts- one part not aligned, 2pts- two parts not aligned, 1pt- three parts not aligned, 0pts- no parts aligned)

### 8.4.4 Right Split Position

Perform and hold **Right Split Position**, right side to the wall. Legs evenly split forward and back. The legs are fully extended. Lower back arched, with hips, shoulders and head on a vertical line. The inside of each leg is aligned on opposite sides of a horizontal line, regardless of the depth of the hips. The skill is performed without traveling.

#### 8.4.4.1 Grading Scale

<b>0 1</b>	Hip and Leg Rotation: (1pt- between square & 1 o'clock rotation, 0pts- more than 1 o'clock rotation)
<b>0 1 2</b>	Horizontal Split alignment: (2pts- both legs horizontally aligned, 1pt- one leg out of alignment, 0pts- major leg misalignment)
<b>0 1 2 3</b>	Extension: torso, knees & ankles (3 pts- perfect, 2pts- one are not extended, 1pt- two areas not extended, 0pts- no area extended)

<b>0 1</b>	Vertical Alignment: hips, shoulders & head (2pts- all parts aligned, 1pt- two parts not aligned, 0pts- no parts aligned)
<b>0 1</b>	No Travel (1pt- stationary, 0pts- not stationary)

## 8.5 Dolphin- Level 3

### 8.5.1 Tuck Position

From a **Tub Position** the knees and toes are drawn along the surface to assume a **Tuck Position**: Body as compact as possible, with the back rounded and legs together, heels close to buttocks, head close to knees.

#### 8.5.1.1 Grading Scale

<b>0 1 2</b>	Layout: determined by height and body alignment- head (specifically ears), chest, thighs & feet (2 pts- all aligned and dry, 1pt- one part underwater and not aligned, 0pts- more than one part underwater and not aligned)
<b>0 1 2</b>	Leg Alignment: determined by hip, knee and ankle (2 pts- all parts aligned, 1pt- one part out of alignment, 0pts- no parts aligned)
<b>0 1 2 3</b>	Back Tuck Position: determined by the compactness and vertical line of the legs (3pts- compact between 1 & 12 o'clock with legs on vertical line, 2pts- compacted between 2 & 1 o'clock with legs on vertical line, 1pt- compacted between 3 & 2 o'clock with legs on vertical line, 0pts- legs not on vertical line)

### 8.5.2 Side Eggbeater

Breaststroke out to assume an Eggbeater Position. A traveling Eggbeater Position sideways is executed for 5 meters followed by a descent.

#### 8.5.2.1 Grading Scale

<b>0 1 2 3 4</b>	Eggbeater: determined by height, must have correct technique (4pts- at or above bust line, 3pts- between armpit and bust, 2pts- armpits dry, 1pt- collar bone dry, 0pts- wash over shoulders) Note: incorrect eggbeater technique- automatic 0pts
<b>0 1 2 3 4</b>	Eggbeater Alignment: determined by head, shoulders, ribs, hips (4pts- all parts aligned, 3pts- one part not aligned, 2pts- two parts not aligned, 1pt- three parts not aligned, 0pts- no parts aligned)

### 8.5.3 Front Pike Pull Down

From a **Front Layout Position** as the trunk moves downward to assume a **Front Pike Position**, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action.

#### 8.5.3.1 Grading Scale

0 1	Front Layout: determined by height and body alignment, head, upper back, buttocks & heels (1pt- all aligned and dry, Opts- one or more parts underwater and/or not aligned)
0 1	Surface Front Pike Position: determined by 90degree angle (1pt- 90degree angle held, Opts- over or under 90 degrees)
0 1 2 3	Alignment: head (specifically ears), torso, hips, knees & ankles (3pts- all parts aligned, 2pts- one part not aligned, 1pt- two parts not aligned, Opts- three or more parts not aligned)
0 1	Transition: determined by front layout to assume front pike position (1pt- hips replaces head, Opts- under or over the required transition)

### 8.5.4 Oyster to Split Position

From a **Back Layout Position**, the trunk is lowered as the hips are bent to assume a **Submerged Ballet Leg Double Position**. The feet separate along the surface as the hips rise and the body assumes a **Split Position**. A **Back Tuck Somersault** is executed to finish the skill.

#### 8.5.4.1 Grading Scale

0 1	Back Layout: determined by height and body alignment-face, chest, thighs and feet (1pt- all aligned and dry, Opts- one or more parts underwater and/or not aligned)
0 1 2 3	Submerged Ballet Leg Double Position: determined by the vertical line of the legs (3pts- Perfect 90degree alignment, 2pts- 90degree alignment off axis, 1pt- +/- 90 degrees, Opts- Unrecognizable)
0 1 2	Horizontal Split Alignment (2pts- both legs horizontally aligned, 1pt- one leg out of alignment, Opts- major leg misalignment)
0 1 2 3	Extension: torso, knees & ankles (3pts- perfect, 2pts- one area not extended, 1pt- two areas not extended, Opts- no area extended)

## 8.6 Barracuda- Level 4

### 8.6.1 Ballet Leg

Begin in a **Back Layout Position**. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. The knee straightened, without movement of the thigh, to assume a **Ballet Leg Position**. From a **Ballet Leg Position** the ballet leg is bent, without movement of the thigh, to a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.

### 8.6.1.1 Grading Scale

<b>0 1</b>	Layout: determined by height and body alignment- head (specifically ears), chest, thighs & feet (1pt-all aligned and dry, 0pts-one or more parts underwater and/or not aligned)
<b>0 1 2</b>	Sailboat (2pts- both thighs on vertical line, 1pt- one thigh not on vertical line, 0pts-both thighs not on vertical line)
<b>0 1</b>	Horizontal Leg Extension (1pt- leg extended throughout, 0pts- one or both not extended)
<b>0 1</b>	Vertical Leg Extension (1pt- leg extended on the vertical line, 0pts- not extended and over or under vertical line)
<b>0 1 2</b>	Foot Placement (2pts- both feet stayed at surface, 1pt- one foot stayed at surface, 0pts-both feet went underwater)
<b>0 1</b>	Head Placement (1pt- head in line, 0pts- head is tucked, over extended or underwater)

### 8.6.2 Body Boost

Breaststroke out to assume an Eggbeater Position. The athletes descend at the center marker to execute a body boost.

#### 8.6.2.1 Grading Scale

<b>0 1 2 3 4</b>	Body Boost: determined by height, must have correct technique (4pts- at or below hip line, 3pts- between hip and waist, 2pts- between waist and rib line, 1pt- center of the chest line, 0pts- shoulders)
<b>0 1 2 3 4</b>	Body Boost Alignment: determined by head, shoulders, ribs, hips (4pts- all parts aligned, 3pts- one part not aligned, 2pts- two parts not aligned, 1pt- three parts not aligned, 0pts- no parts aligned)

### 8.6.3 Front Pike to Split Position

From a **Front Layout Position** as the trunk moves downward to assume a **Front Pike Position**, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action. The left leg is then lifted in an 180 degree arch to assume a **Split Position**.

#### 8.6.3.1 Grading Scale

<b>0 1</b>	Front Layout: determined by height and body alignment, head, upper back, buttocks & heels (1pt-all aligned and dry, 0pts- one or more parts underwater and/or not aligned)
<b>0 1</b>	Surface Front Pike Position: determined by 90degree angle (1pt- 90degree angle held, 0pts- over or under 90 degrees)
<b>0 1</b>	Hip and Leg Rotation (1pt- between square & 1 o'clock rotation, 0pts- more than 1 o'clock rotation)
<b>0 1 2 3</b>	Extension: torso, knees & ankles (3pts- perfect, 2pts- one area not extended, 1pt- two areas not extended, 0pts- no area extended)
<b>0 1 2 3</b>	Alignment: head (specifically ears), torso, hips, knees & ankles (3pts- all parts aligned, 2pts-one part not aligned, 1pt- two parts not aligned, 0pts- three or more parts not aligned)

### 8.6.4 Blossom

From a **Back Layout Position**, the trunk is lowered as the hips are bent to assume a **Submerged Ballet Leg Double Position**. The feet separate along the surface as the hips rise and the body assumes a **Split Position**. The legs join to assume a **Vertical Position** at ankle level. A Vertical Descent is executed.

#### 8.6.4.1 Grading Scale

<b>0 1</b>	Back Layout: determined by height and body alignment-face, chest, thighs and feet (1pt- all aligned and dry, 0pts- one or more parts underwater and/or not aligned)
<b>0 1 2 3</b>	Submerged Ballet Leg Double Position: determined by the vertical line of the legs (3pts- Perfect 90degree alignment, 2pts- 90degree alignment off axis, 1pt- +/- 90 degrees, 0pts- Unrecognizable)
<b>0 1 2</b>	Horizontal Split Alignment (2pts- both legs horizontally aligned, 1pt- one leg out of alignment, 0pts- major leg misalignment)
<b>0 1 2 3</b>	Extension: torso, knees & ankles (3pts- perfect, 2pts- one area not extended, 1pt- two areas not extended, 0pts- no area extended)
<b>0 1 2</b>	Vertical Alignment: hips, shoulders & head (2pts- all parts aligned, 1pt- two parts not aligned, 0pts- no parts aligned)

### 8.7 Swordfish- Level 5

#### 8.7.1 Traveling Eggbeater with One Arm

Breaststroke out to assume an Eggbeater Position. An Eggbeater Position traveling sideways with one arm extended above the head, with upper arm near the ear. Palm facing in, with fingers together is executed for 5 meters followed by a descent.

#### 8.7.1.1 Grading Scale

<b>0 1 2 3 4</b>	Eggbeater: determined by height, must have correct technique (4pts- at or above bust line, 3pts- between armpit and bust, 2pts- armpits dry, 1pt- collar bone dry, 0pts- wash over shoulders) Note: incorrect eggbeater technique- automatic Opts
<b>0 1 2 3 4</b>	Eggbeater Alignment: determined by head, shoulders, ribs, hips (4pts- all parts aligned, 3pts- one part not aligned, 2pts- two parts not aligned, 1pt- three parts not aligned, 0pts- no parts aligned)
<b>0 1 2 3</b>	Extension: arm, hand, fingers (3pts- perfect, 2pts- one area not extended, 1pt- two areas not extended, 0pts- no area extended)

#### 8.7.2 Surface Prawn

From a **Front Layout Position**, a *Front Pike Position* is assumed. One foot is moved in horizontal arc of 180 degrees at the surface to a **Split Position**. The legs are joined to assume a **Vertical Position** at the ankles. A *Vertical Descent* is executed.

### 8.7.2.1 Grading Scale

0 1	Front Layout: determined by height and body alignment, head, upper back, buttocks & heels (1pt-all aligned and dry, 0pts- one or more parts underwater and/or not aligned)
0 1	Surface Front Pike Position: determined by 90degree angle (1pt- 90degree angle held, 0pts- over or under 90 degrees)
0 1 2	Horizontal Split Alignment (2pts- both legs horizontally aligned, 1pt- one leg out of alignment, 0pts- major leg misalignment)
0 1 2 3	Extension: torso, knees & ankles (3pts- perfect, 2pts- one area not extended, 1pt- two areas not extended, 0pts- no area extended)
0 1 2	Vertical Alignment: hips, shoulders & head (2pts- all parts aligned, 1pt- two parts not aligned, 0pts- no parts aligned)

### 8.7.3 Front Walkover

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted in a 180-degree arc over the surface to a **Split Position**. A *Walkover Front* is executed.

#### 8.7.3.1 Grading Scale

0 1	Layout: determined by height and body alignment, head, upper back, buttocks & heels (1pt-all aligned and dry, 0pts- one or more parts underwater and/or not aligned)
0 1	Surface Front Pike Position: determined by 90degree angle (1pt- 90degree angle held, 0pts- over or under 90 degrees)
0 1	Hip and Leg Rotation (1pt- between square & 1 o'clock rotation, 0pts- more than 1 o'clock rotation)
0 1 2 3	Extension: torso, knees & ankles (3pts- perfect, 2pts- one area not extended, 1pt- two areas not extended, 0pts- no area extended)
0 1	Body Alignment: surface arch (1pt- all parts aligned with hips at the surface, 0pts- hips under, parts may not be aligned)

### 8.7.4 Kipnus to Bent Knee Position (at ankle)

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs assume a **Bent Knee Vertical Position** at ankle midway between the former vertical line through the hips and the former vertical line through the head and the shins. A *Vertical Descent* is executed in a **Bent Knee Vertical Position**.

#### 8.7.4.1 Grading Scale

0 1	Back Layout: determined by height and body alignment-face, chest, thighs and feet (1pt- all aligned and dry, 0pts- one or more parts underwater and/or not aligned)
0 1 2 3	Back Tuck Position: determined by the compactness and vertical line of the legs (3pts- compacted between 1 o'clock & 12 o'clock legs with legs on vertical line, 2pts- compacted between 2 & 1 o'clock with legs on vertical line, 1pt- compacted between 3 & 2 o'clock with legs on vertical line, 0pts- legs not on vertical line)

<b>0 1</b>	Bent Knee Vertical Alignment: determined by head (specifically ears, hips & ankles in line (1pt- the body was perfectly aligned, Opts- one or more parts not aligned)
<b>0 1</b>	Extension: legs and feet (1pt-both parts extended and together, Opts- one part not extended or together)

## 8.8 Flying Fish- Level 6

### 8.8.1 Submerged Double Ballet Leg

From a **Front Layout Position** as the trunk moves downward to assume a **Front Pike Position**, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action. From a **Front Pike Position**, maintaining this position, the body somersaults forward around a lateral axis so that the hips replace the head at one quarter point to assume a Submerged **Ballet Leg Double Position**. The buttocks, legs and feet travel (move) downward until the hips occupy the position of the head at the beginning of this action.

#### 8.8.1.1 Grading Scale

<b>0 1</b>	Front Layout: determined by height and body alignment, head, upper back, buttocks & heels (1pt-all aligned and dry, Opts- one or more parts underwater and/or not aligned)
<b>0 1</b>	Pike Position: determined by 90degree angle (1pt- 90degree angle held, Opts- over or under 90 degrees)
<b>0 1 2 3</b>	Alignment: head (specifically ears), torso, hips, knees & ankles (3pts- all parts aligned, 2pts-one part not aligned, 1pt- two parts not aligned, Opts- three or more parts not aligned)
<b>0 1</b>	Transition: determined by front layout to assume front pike position (1pt- hips replaces head, Opts- under or over the required transition)

### 8.8.2 Traveling Eggbeater Alternating One Arm

Breaststroke out to assume an Eggbeater Position. An Eggbeater Position traveling sideways with the right arm extended above the head, with upper arm near the ear. Palm facing in, with fingers together is executed for 5 meters. A 180-degree turn is executed as the left arm is extended above the head, with upper arm near the ear. Palm facing in, with fingers together is executed for 5 meters followed by a descent.

#### 8.8.2.1 Grading Scale

<b>0 1 2 3 4</b>	Eggbeater: determined by height, must have correct technique (4pts- at or above bust line, 3pts- between armpit and bust, 2pts- armpits dry, 1pt- collar bone dry, Opts- wash over shoulders) Note: incorrect eggbeater technique- automatic Opts
<b>0 1 2 3 4</b>	Eggbeater Alignment: determined by head, shoulders, ribs, hips (4pts- all parts aligned, 3pts- one part not aligned, 2pts- two parts not aligned, 1pt- three parts not aligned, Opts- no parts aligned)

<b>0 1 2 3</b>	Extension: arm, hand, fingers (3pts- perfect, 2pts- one area not extended, 1pt- two areas not extended, 0pts- no area extended)
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### 8.8.3 Ballet Leg

Begin in a **Back Layout Position**. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. The knee straightened, without movement of the thigh, to assume a **Ballet Leg Position**. From a **Ballet Leg Position** the ballet leg is bent, without movement of the thigh, to a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.

#### 8.8.3.1 Grading Scale

<b>0 1</b>	Layout: determined by height and body alignment- head (specifically ears), chest, thighs & feet (1pt-all aligned and dry, 0pts-one or more parts underwater and/or not aligned)
<b>0 1 2</b>	Sailboat (2pts-thigh on vertical line, 1pt-thigh slightly off vertical line, 0pts-thigh not on vertical line)
<b>0 1</b>	Horizontal Leg Extension (1pt- leg extended throughout, 0pts- one or both not extended)
<b>0 1</b>	Vertical Leg Extension (1pt- leg extended on the vertical line, 0pts- not extended and over or under vertical line)
<b>0 1 2</b>	Foot Placement (2pts- both feet stayed at surface, 1pt- one foot stayed at surface, 0pts-both feet went underwater)
<b>0 1</b>	Head Placement (1pt- head in line, 0pts- head is tucked, over extended or underwater)

### 8.8.4 Tower

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position**. A *Vertical Descent* is executed.

#### 8.8.4.1 Grading Scale

<b>0 1</b>	Front Layout: determined by height and body alignment, head, upper back, buttocks & heels (1pt-all aligned and dry, 0pts- one or more parts underwater and/or not aligned)
<b>0 1</b>	Surface Front Pike Position: determined by 90degree angle held throughout (1pt- 90degree angle held, 0pts- over or under 90 degrees)
<b>0 1 2 3</b>	Fishtail Alignment: head (specifically ears), torso, hips, knees & ankles (3pts- all parts aligned, 2pts-one part not aligned, 1pt- two parts not aligned, 0pts- three or more parts not aligned)
<b>0 1</b>	Vertical Alignment: determined by head (specifically ears, hips, and ankles (1pt- body was perfectly aligned, 0pts- one or more parts not aligned))



### 8.8.5 Barracuda

From a **Back Layout Position**, the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface. A *Thrust* is executed to **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

#### 8.8.5.1 Grading Scale

<b>0 1</b>	Back Layout: determined by height and body alignment- face, chest, thighs and feet (1pt- all aligned and dry, 0pts- one or more parts underwater and/or not aligned)
<b>0 1 2 3</b>	Submerged Back Pike Position- determined by the compactness and vertical line of the legs (3pts- torso compacted between 1 o'clock & 12 o'clock legs with legs on vertical line, 2pts- torso between 2 & 1 o'clock with legs on vertical line, 1pt- torso between 3 & 2 o'clock with legs on vertical line, 0pts- legs not on vertical line)
<b>0 1</b>	Vertical Alignment: determined by head (specifically ears, hips, and ankles (1pt- body was perfectly aligned, 0pts- one or more parts not aligned))
<b>0 1 2 3 4</b>	Vertical Height (4pts- vertical above buttocks, 3pts- vertical at bottom of buttocks, 2pts- vertical at high thigh, 1pt- vertical at low thigh, 0pts- vertical at knee caps)

## **9 STATE STREAM ROUTINE ELEMENTS**

- Checked off and judge reflects in difficult score.
- No penalties

### **11.1 10 & Under, 12& Under State, 13&Over Stream Required Elements- Solo, Duet & Team**

Please ensure the elements are performed clearly within the choreography to allow the judges and referee to view them.

Optional acrobatic movement: These may be placed anywhere in the routine. Acrobatic movements: A general term for jumps, throws, lifts, stacks, platforms, etc., which are performed as spectacular gymnastic feats and/or risky actions, and are mostly achieved with assistance from other swimmer(s).

The routine must contain a Cadence Action with either arms, legs or both. This may be placed anywhere in the routine. 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. A second cadence action may begin before the first cadence action is completed by all team members but each team member must do the action of each cadence.

A circle and at least one straight line must be included in the routine.

A joined action and/or a float pattern must be included in the routine.

## 10. JUNIOR TECHNICAL ELEMENTS FOR TECHNICAL ROUTINES

### 10.1 General Requirements

Unless otherwise specified in the description of an element:

- All figures or components thereof shall be executed according to the requirements described in appendices II - IV.
- All elements shall be executed high and controlled, in uniform motion with each section clearly defined.
- Required Elements #1 - #5 shall be judged within the Elements score.
- Required Elements #1- #5 are to be performed in the order listed.
  - It is strongly recommended, for clarity of judgment that Required Elements #1 - #5 are separated by other content.
- For Solo, Duet and Mixed Duet only, Required Elements #1- #5 shall be performed parallel to the sides of the pool where the panels of judges are seated. Penalties SS18.
- Time limits as in SS 14.1. Penalties SS18.

#### 10.1.1 Solo Required Elements

1. Starting in a **Submerged Back Pike Position** with the legs perpendicular to the surface, a Barracuda Airborne Split is executed. [DD 2.5]
2. Starting in a **Vertical Position**, the body rotates 360° as the legs are lowered symmetrically to assume a **Split Position**. Continuing in the same direction an additional rotation of 360° is completed as the legs are raised symmetrically to assume a **Vertical Position**. Followed by a *Continuous Spin 1080°* (3) in the same direction. [DD = 2.5]
3. **141 – Stingray**. A Flamingo is executed to a **Surface Flamingo Position**, travelling head first. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves to assume a **Fishtail Position**. The horizontal leg is lifted in an arc over the surface. As it passes the vertical leg which moves symmetrically, a 180° rotation is started and is completed as a **Split Position** is assumed. A *Walkout Front* is executed. [DD 3.2]
4. Starting in a **Vertical Position** a *Combined Spin of 720°* (2 rotations + 2 rotations) is executed. [DD 1.9]
5. Starting in a **Submerged Back Pike Position** with the legs perpendicular to the surface, a Barracuda Spin 360° is executed. [DD 2. 0]

### 10.1.2 Duet Required Elements

1. Starting in a **Vertical Position**, a *Full Twist* is executed as one leg is lowered to a **Bent Knee Vertical Position**. Continuing in the same direction an additional *Full Twist* is completed, as the bent knee is extended to a **Vertical Position**. Followed by a Continuous Spin of  $720^\circ$  (2 rotations) is executed. [DD 2.2]
2. From a **Back Layout Position** a straight leg is lifted to a **Ballet Leg Position**. The shin of the horizontal leg is drawn along the surface to assume a **Surface Flamingo Position**. The bent knee is straightened to a **Surface Ballet Leg Double Position**. Maintaining the legs vertical, the body submerges to a **Submerged Back Pike Position** until the feet are just below the surface. Executing a  $360^\circ$  rotation the body rises to the surface simultaneously lowering one leg with foot at the surface to assume a **Surface Flamingo Position**. The horizontal leg is straightened to a **Ballet Leg Position**. The vertical leg is lowered straight to a **Back Layout Position**. Head first travel is allowed during the Ballet Leg sequence. [DD=2.9]
3. Starting and maintaining a **Fishtail Position**, with the horizontal leg leading toward the vertical leg, 2 rapid rotations ( $720^\circ$ ) are executed. [DD 1.8]
4. A Cyclone is executed to a **Vertical Position**. A *Half Twist* is executed. Continuing in the same direction an additional rotation of  $180^\circ$  is executed as the legs are symmetrically opened to assume a **Split Position**. A *Walkout Front* is executed. [DD 3.0]
5. Starting in a submerged **Back Pike Position** with the legs perpendicular to the surface, a Flying Fishtail is executed. [DD 2.5]
6. The routine must contain a lift, jump or throw, this can be placed anywhere in the routine.
7. With the exception of the deck work, entry and the lift, jump or throw, all elements required and supplementary must be performed simultaneously and facing the same direction. Mirror actions are not permitted.

### 10.1.3 Team Required Elements

1. Starting in a **Submerged Back Pike Position** with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position** and with no loss of height one leg is lowered to a **Bent Knee Vertical Position**. A rapid *180° Spin* is executed as the bent knee is extended to a **Vertical Position**. All movements are executed rapidly. [DD 2.3]
2. From a **Vertical position**, a *Twist Spin* is executed. [DD 1.8]
3. A Cyclone is executed to a **Vertical Position**, the legs are symmetrically lowered to a **Split Position**. A *Walkover Front* is executed. [DD 2.6]
4. Manta Ray Hybrid: A Flamingo is executed to a **Surface Flamingo Position**, travelling head first. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves with the knee at the surface to assume a **Fishtail Position**. The horizontal leg is lifted rapidly to a **Vertical Position**, with the horizontal leg leading toward the vertical leg, as the body rotates  $180^\circ$ . The legs are lowered rapidly simultaneously to a **Bent Knee Surface Arch Position**. The bent knee is straightened to a Surface Arch Position and with continuous motion, an *Arch to Back Layout Finish Action* is executed. [DD 3.1]
5. From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a Barracuda Airborne Split is executed. [DD 2.5]

The routine must contain only two acrobatic movements: one using all team members, and another two identical acrobatic movements performed simultaneously. These may be placed anywhere in the routine. Acrobatic movements: A general term for jumps, throws, lifts, stacks, platforms, etc., which are performed as spectacular gymnastic feats and/or risky actions, and are mostly achieved with assistance from other swimmer(s).

The routine must contain a Cadence Action with either arms, legs or both. This may be placed anywhere in the routine. 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. A second cadence action may begin before the first cadence action is completed by all team members but each team member must do the action of each cadence.

At least one circle and at least one straight line must be included in the routine.

With exception of the deck work, entry, the Acrobatic movements and the Cadence Action, all elements or required and supplementary or must be performed simultaneously and facing the same direction by all team members. Variations in propulsion and direction facing are permitted only during underwater pattern changes and underwater actions and making and finishing a circle. Mirror actions are not permitted with the exception of the circle.

## 11. OPEN TECHNICAL ELEMENTS FOR TECHNICAL ROUTINES

### 11.1 General Requirements

**\*Subject to change due to new FINA Manual**

Unless otherwise specified in the description of an element:

- All figures or components thereof shall be executed according to the requirements described in appendices II - IV.
- All elements shall be executed high and controlled, in uniform motion with each section clearly defined.
- Required Elements #1 - #5 shall be judged within the Elements score.
- Required Elements #1- #5 are to be performed in the order listed.
  - It is strongly recommended, for clarity of judgment that Required Elements #1 - #5 are separated by other content.
- For Solo, Duet and Mixed Duet only, Required Elements #1- #5 shall be performed parallel to the sides of the pool where the panels of judges are seated. Penalties SS18.
- Time limits as in SS 14.1. Penalties SS18

#### 11.1.1 Solo Required Elements

**1.** Starting in a **Submerged Back Pike Position** with the legs perpendicular to the surface a *Thrust* is executed to a **Vertical Position** and with no loss of height one leg is lowered rapidly to a **Bent Knee Position** and as the vertical leg is lowered forward, the bent knee is extended to assume an **Airborne Split Position** and maintaining maximum height the legs are lifted symmetrically to a **Vertical Position**, followed by a *Vertical Descent*. All movements are executed rapidly. [DD 2.7]

**2.** A *Dolphin* is initiated, and the back continues to arch to assume a **Surface Arch Position**. The legs are lifted to a **Vertical Position**. *Two Full Twists* (720°) are executed, and continuing in the same direction a *Continuous Spin 1080°* (3 rotations) executed. [DD 3.4]

**3. 141 - Stingray.** A Flamingo is executed to a **Surface Flamingo Position**, travelling head first. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves to assume a **Fishtail Position**. The horizontal leg is lifted in an arc over the surface. As it passes the vertical leg which moves symmetrically, a 180° rotation is started and is completed as a **Split Position** is assumed. A *Walkout Front* is executed. [DD 3.2]

**4.** Starting in a **Vertical Position** a *Full Twist* is executed followed by a *Combined Spin of 1080°* (3 rotations + 3 rotations). [DD 2.7]

**5.** Starting in a submerged **Back Pike Position** with the legs perpendicular to the surface, a Barracuda *Continuous Spin 720°* (2 rotations) is executed. [DD 2.3]

**Routine time limit including 10 seconds for deck work: 2:00**

### 11.1.2 Duet Required Elements

Required elements 1-5 are to be performed in the order listed.

1. Starting in a **Vertical Position**, a *Full Twist* is executed as one leg is lowered to a **Bent Knee Vertical Position**. Continuing in the same direction another *Full Twist* is executed, as the bent knee is extended to a **Vertical Position**. A *Continuous Spin of 1080°* is executed. (3 rotations). [DD 2.3]
2. From a **Back Layout Position** a straight leg is lifted to a **Ballet Leg Position**. The shin of the horizontal leg is drawn along the surface to assume a **Surface Flamingo Position**. The bent knee is straightened to a **Surface Ballet Leg Double Position**. Maintaining the legs vertical, the body submerges to a **Submerged Back Pike Position** until the feet are just below the surface. Executing a 360° rotation the body rises to the surface simultaneously lowering one leg with foot at the surface to assume a **Surface Flamingo Position**. The horizontal leg is straightened to a **Ballet Leg Position**. The vertical leg is lowered straight to a **Back Layout Position**. Head first travel is allowed during the Ballet Leg sequence. [DD 2.9]
3. Starting and maintaining a **Fishtail Position**, with the horizontal leg leading toward the vertical leg, 2 rapid rotations (720°) are executed. Continuing in the same direction and same speed, a rapid *Full Twist* is executed as the horizontal leg is lifted to a **Vertical Position**. A *Continuous Spin 720°* is executed. [DD 2.8]
4. A Cyclone is executed to the **Vertical Position**. A *Half Twist* is executed. Continuing in the same direction an additional rotation of 180 ° is executed as the legs are symmetrically opened to assume a **Split Position**. A *Walkout Front* is executed. [DD 3.0]
5. Starting in a submerged **Back Pike Position** with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position** and with no loss of height one leg is rapidly lowered to a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position** as a *Spin 360°* is executed. [DD 2.5]
6. The routine must contain a lift, jump or throw, this can be placed anywhere in the routine.
7. With the exception of the deck work, entry and the lift, jump or throw, all elements required and supplementary must be performed simultaneously and facing the same direction. Mirror actions are not permitted.

**Routine time limit including 10 seconds for deck work: 2:00**

### 11.1.3 Team Required Elements

Required elements 1-5 are to be performed in the order listed.

1. Starting in a **Submerged Back Pike Position** with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position** and with no loss of height one leg is lowered to a **Bent Knee Vertical Position**. A rapid *360° Spin* is executed as the bent knee is extended to a **Vertical Position**. [DD 2.5]
2. From **Vertical Position**, a *Full Twist* is executed, followed by a *Continuous Spin 1440°* (4 rotations). [DD 2.2]
3. A Cyclone is executed to a **Vertical Position**, the legs are symmetrically lowered to a **Split Position**. A *Walkover Front* is executed. [DD 2.6]
4. Manta Ray Hybrid: A Flamingo is executed to a **Surface Flamingo Position**, travelling head first. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves with the knee at the surface to assume a **Fishtail Position**. The horizontal leg is lifted rapidly to a **Vertical Position**, with the horizontal leg leading toward the vertical leg, as the body rotates 180°. The legs are lowered rapidly simultaneously to a **Bent Knee Surface Arch Position**. The bent knee is straightened to a **Surface Arch Position** and with continuous motion, an *Arch to Back Layout Finish Action* is executed. [DD 3.1]
5. From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a Barracuda Airborne Split is executed. [DD 2.5]

The routine must contain two acrobatic movements: one using all team members, and another with two simultaneous acrobatic movements, with each acrobatic movement performed simultaneously with identical movements facing the same direction. These may be placed anywhere in the routine. Acrobatic movements: A general term for jumps, throws, lifts, stacks, platforms, etc., which are performed as spectacular gymnastic feats and/or risky actions, and are mostly achieved with assistance from other swimmer(s).

The routine must contain a Cadence Action with either arms, legs or both. This may be placed anywhere in the routine. 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. A second cadence action may begin before the first cadence action is completed by all team members but each team member must do the action of each cadence.

At least one circle and at least one straight line must be included in the routine.

With exception of the deck work, entry, the Acrobatic movements and the Cadence Action, all elements – required and supplementary – must be performed simultaneously and facing the same direction by all team members. Variations in propulsion and direction facing are permitted only during underwater pattern changes and underwater actions. Mirror actions are not permitted with the exception of the circle.



#### 11.1.4 Mixed Duets Required Elements

Required elements 1-5 are to be performed in the order listed.

1. From **Front Pike Position** the legs are lifted to **Vertical Position** as a rotation of  $360^\circ$  is executed.
2. Ballet leg Sequence: A Ballet Leg is assumed followed by a rapid exchange to *assume the opposite Ballet Leg* as the vertical leg is lowered straight to horizontal. The horizontal leg is bent to assume a **Surface Flamingo Position**. The bent leg is straightened to a **Ballet Leg Double Position**. Maintaining the **Ballet Leg Double Position**, a rotation of  $360^\circ$  is executed. Travelling head first until the **Ballet Leg Double Position** is assumed.
3. From a **Submerged Back Pike Position** with the legs perpendicular to the surface, a Barracuda Twirl is executed
4. From a **Knight Position**, maintaining the vertical alignment of the body, the horizontal leg is moved in a  $180^\circ$  arc at the surface of the water to assume a **Fishtail Position**. Maintaining the angle between the legs, the horizontal leg moves to vertical as the vertical leg simultaneously continues its arc to the surface to assume a **Knight Position**. The vertical leg is lowered to assume a **Surface Arch Position**, with continuous motion a surface *arch to back layout finish action* is executed.
5. From a **Front Pike Position** the legs are lifted to a **Vertical Position** -A *Full Twist* is executed as one leg is lowered to a **Bent Knee Vertical Position**, followed by a *Continuous Spin of  $720^\circ$*  (2 rotations) as the bent knee is joined to a **Vertical Position**.
6. The routine must contain only one lift, jump, or throw, which can be placed anywhere in the routine.
7. The routine must contain at least one connected action, which can be placed anywhere in the routine. Connected Action: the swimmers must be touching in some manner during the performance of the element.
8. Required Elements #1 - #5 must be performed simultaneously and facing the same direction.

## 12. Masters Elements For Routines

### 12.1 General Requirements

\*Subject to change due to new FINA Manual

Supplementary elements may be added

Unless otherwise specified in the description of an element:

- All figures or components thereof shall be executed according to the requirements described in this Appendix.
- All elements shall be executed high and controlled, in uniform motion with each section clearly defined.
- Swimwear shall be black and the competitor shall wear a white cap.

#### 12.1.1 Solo Required Elements

Elements 1 -5 must be performed in the order listed.

Elements 6 may be performed at any time during the routine.

**1. Fishtail** – from a **Front Layout Position**, a **Front Pike Position** is assumed; one leg is lifted to a **Fishtail Position**, the second leg is lifted to a **Vertical Position** (ending is optional).

**2. Split Position** – followed by a walkout front or walkout back.

**3. Spinning 180°** – From a **Bent Knee Position**, a Spin 180° is executed as the legs are joined to a **Vertical Position** at the ankles followed by submergence.

**4. Travelling Ballet Leg Combination** – Beginning in a **Back Layout Position** to include any 2 of the following positions – **Bent Knee Back Layout, right; Bent Knee Back Layout, left; Ballet Leg, left; Ballet Leg, right; Flamingo Position, left; Flamingo Position, right; Ballet Leg Double.**

**5. Barracuda Bent Knee** – From the **Back Pike Position** with the legs perpendicular and the toes just below the surface, a Thrust is executed as one leg is drawn along the inside of the other extended leg to assume a **Bent Knee Vertical Position**. A Vertical Descent is executed in a **Bent Knee Vertical Position** at the same tempo as the Thrust

**6. Two (2) Forms of Propulsion-** Must include Eggbeater travelling sideways and/or forward (arms optional).

### 12.1.2 Duet Required Elements

Elements 1 -5 must be performed in the order listed.

Elements 6 may be performed at any time during the routine.

Routines for Duet 1 to 6 as above for Solo

**Joined Action-** Where the swimmers are connected (touching) in some manner to perform one of the following:

- A connected figure or a connected float or connected stroking.
- Action must be performed simultaneously. Mirror action is permitted.
- Stacks, lifts, platforms, throws are not permitted.

Except for the DECK WORK and ENTRY and as noted in the JOINED ACTION, all elements, required and supplementary, MUST be performed simultaneously and facing the same direction by all swimmers. Variation in propulsion and direction facing are permitted during pattern changes.

### 12.1.3 Team Required Elements

Elements 1 -5 **must** be performed in the order listed.

Elements 6-9 may be performed at any time during the routine.

Routines for Team 1 to 7 as above for Duet

1. **Joined Action-** Where the swimmers are connected (touching) in some manner to perform one of the following:
  - A connected figure or a connected float or connected stroking.
  - Action must be performed simultaneously. Mirror action is permitted.
  - Stacks, lifts, platforms, throws are not permitted.
2. **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. A second cadence action may begin before the first cadence action is completed by all team members but each team member must do the action of each cadence.
3. **Patterns-** Must show a circle and straight line. Elements may be performed when in the circle or the straight-line patterns.

Except for the DECK WORK and ENTRY and as noted in the JOINED 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 the circle patter. Variation in propulsion and direction facing are permitted during pattern changes. Mirror actions are not permitted except as specified in the description of the elements.

## **13. TARGET PERFORMANCE SELECTION POLICY**

The Target Performance Program (TPP) is SynchroWA's strand of the High Performance Program. The program is supported by Hancock Prospecting, Western Australia Institute of Sport (WAIS) and the Department of Local Government, Sport and Cultural Industries.

### **13.1 Program Purpose**

- To be the early talent identification element of SynchroWA's High Performance Program as part of Synchro Australia's strategy;
- To encourage the best young athletes in Western Australia to be part of the performance pathway;
- To create meaningful contacts during the season between the best young athletes in Western Australia, their coaches and the High Performance coach;
- To encourage local coaches in long term athlete development;
- To create a pool of identified coaches in each age group who can be used to disseminate best practice at the local level;
- The TPP is not intended to create "mini clubs" in Western Australia. The program is intended to motivate and improve athletes through coach led training and education squad sessions.

By identifying and engaging Western Australia's best junior, age group athletes and coaches through development and education opportunities, the TPP aims to encourage athletes and coaches to achieve their potential and to represent Australia at age group, junior and senior levels.

The 2019/20 SWA TPP program will focus on athletes born between 2006 and 2001.

Identified TPP Coaches will act as points of contact for the High Performance coach and the TPP squad athletes. Up to 4 SWA TPP Coaches may be appointed.

Throughout 2019/20, athletes who meet inclusion criteria and their personal coaches will be invited to attend TPP Workshop Days which will incorporate a combination of relevant group training clinics and both general and event-specific education workshops. The education workshops will also incorporate WAIS and DLGSC facilitators.

### **13.2 Athlete Inclusion Criteria:**

#### **Target Performance Program Period**

The 2019/20 TPP Squad will run annually with potential modifications made to the program post national squad trials. The athletes will undergo evaluations throughout the year and new athletes will be inducted during the pre-season.

#### **Eligibility Criteria**

To be eligible for inclusion in the TPP Program, athletes must:

- Be a registered athlete of Synchro Australia who is aged 13+ as of December 31<sup>st</sup> 2020;
- Submit an Expression of Interest to the Synchro Australia High Performance Program
- Be a registrant in good standing with SynchroWA;

- Not have any outstanding fee/fines payable to SynchronoWA;
- Be a member of a SynchronoWA recognized club;
- Have a personal coach who will attend the TPP Workshop Days and submit an annual training plan if required;
- Must sign SynchronoWA Athlete Agreement prior to first session;
- Not be a current WAIS scholarship athlete. WAIS scholarship athletes may be invited to specific sessions, if deemed appropriate.

## Notes

Priority will be given to athletes born between 2006 and 2001. SynchronoWA may also invite additional athletes and their personal coaches, who may fall outside the eligibility criteria above, based on their competitive results if they exceed performance standards for their age group, and with advice from Synchrono Australia National Head Coach, and SynchronoWA High Performance Coach.

Athletes not selected in the Target Performance Program for 2019/20 may be eligible for the SynchronoWA Talent Performance Program Workshop Day's.

## 13.3 SynchronoWA Athlete Agreement Responsibilities

As an athlete of SynchronoWA TPP Program, I commit:

1. To attend program informational meetings.
2. To work with personnel to provide a successful academic and athletic experience.
3. To attend scheduled training sessions and activities.
4. To acknowledge the authority of the coach in deciding strategy, training time, positions, and athlete selection in the best interest of the squad.
5. To provide appropriate behavior at all times.
6. To work cooperatively with others to assure a wholesome and successful program for Western Australia.
7. To work together with personnel to promote a reasonable and realistic future for each athlete.
8. To abide by the policies outlined by SynchronoWA.
9. To return all uniforms and equipment in the same condition, except for reasonable wear, or to pay for loss or damages.
10. I hereby absolve SynchronoWA of any responsibility for injury or accident incurred during activities.

### Athlete's Training Responsibilities

As an athlete's level and ability increase, so does his/her responsibility. This is a deep commitment that requires great effort on all parts. An athlete has responsibilities to the squad, the coach, his/her parents, and most importantly to her or himself. Athletes need to prepare themselves for a 100% effort each time they come to training.

**Expectations:** As a member of the Squad, each athlete agrees to:

- *Arrive* at the facility *before* each training session starts, with proper equipment, to be physically and mentally ready to enter the session on time

- *Attend* all scheduled training sessions(athletes should be prepared to stay throughout the whole session)
- *Compete* for their designated club during the SynchroWA season
- *Manage* time so that school work is completed on time and other commitments are fulfilled
- *Take care* by fueling and recovering the body properly
- *Show respect* and sportsmanship to all athletes and coaches (from other teams as well), officials and spectators (understand and observe the SynchroWA Code of Conduct)
- *Provide leadership* to younger squad members

## **Practice and Attendance Policies**

The following guidelines are designed to provide the best possible training environment for all, athletes, parents and coaches.

1. The least possible interruption in the training schedule will produce the greatest amount of success. The squad does encourage younger athletes to participate in other activities in addition to synchro. As the athlete advances and matures, a greater level of commitment is expected.
2. Athletes should arrive at training 15 minutes prior to their training session. They should be picked up no later than 15 minutes after their session is over. **Athletes should be ready to train no later than five minutes prior to the start of their practice.**
3. Parents should contact the coaches when athletes will be late or absent from a session.
4. Athletes should plan to stay for the entire session. The last part of the session is very often the most important. In addition, announcements are made at the end of each session.

## **Code of Conduct**

1. Use of alcohol, drugs, or tobacco by athletes is not tolerated.
2. Interference with the progress of another athlete, during training or otherwise, is not tolerated.
3. At all squad functions, whether training, competitions, or social gatherings, we expect each athlete's behavior to reflect positively on the squad.
4. All members of the squad, including athletes and parents, are expected to protect and improve the reputation of SynchroWA.