

SCOTTISH AMATEUR SWIMMING ASSOCIATION LIMITED

SYNCHRONISED SWIMMING

REGULATIONS

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SS1.0 GENERAL

SS1.0.1 The responsibilities of the Scottish Synchronised Swimming Committee (SSSC) are set out in Section 9.3 and Section 9.9 of the Company Articles

SS1.0.2 The SSSC shall conduct its business in accordance with Section R11.0 of the Company Rules

SS1.0.3 The Company on receipt of information from SSSC shall issue an Annual Meet Information Pack for all National competitions to all Districts and Synchronised Swimming Clubs by 1st August each year. In addition the pack will be issued to District Synchronised Swimming Conveners or the District Secretary (if there is no Convener).

SS1.0.4 The SASA and Company Governance documents will apply with regard to:-

- (a) Championships and Meets (C13.0, BL13.0 and R13.0)
- (b) Trophies (C14.0, R 14.0)
- (c) Eligibility (R 13.5)
- (d) Fees (R 12.4.2)
- (e) Protests (C15.0, R 15.0)
- (f) Complaints (C16.0, R16.0)
- (g) Suspensions and Fines (C17.0, R17.0)
- (h) Appeals (C18.0, R18.0)
- (i) Clearance (BL.8.2.4 Change of 1st or 2nd Claim Club)

SS1.0.6 The SSSC shall appoint or arrange for the appointment of a jury of appeal in advance of each Championship / Meet. The procedure and treatment will be in accordance with Company Rules R15.3 and R15.4

SS2.0 CHAMPIONSHIP CONDITIONS**SS2.1 Management**

SS2.1.1 The management of Championships shall be the responsibility of the Scottish Synchronised Swimming Committee (SSSC) who may appoint an Organisation Sub-Committee

SS2.1.2 All Technical Routines will be video recorded. (see SS2.16)

SS2.2 Competitions

Competitions shall consist of any combination of the following sessions

SS2.2.1 Figure Competition - Each competitor must perform the required number of figures. The number and name of the figures will be as published in the Meet Information Pack

SS2.2.2 Technical Routine - Each Solo, Duet and Team Routine must perform the required elements as published in the Meet Information Pack

SS2.2.3 Free Routine – Each Solo, Duet, Trio and Team must perform the Free Routine, which may consist of any FINA listed figures, strokes and / or parts thereof to music. Free Routines are those having no restrictions as to choice of music, content or choreography

SS2.2.4 Free Combination Team – Free Combinations has a maximum of ten (10) competitors who make a combination of routines (Solos, Duets, Trios, Teams). At least two (2) parts must have fewer than three (3) competitors and at least two (2) parts must have four (4) to Ten (10) competitors

SS2.3 Penalties in Figure Session

Penalties in Figure Session as FINA Rule SS11.

SS2.4 Figure Results

Calculations of the Figure Results as FINA Rule SS12.

SS2.5 Penalties in Routine Session

Deductions and Penalties in Routines as FINA Rule SS18.

SS2.6 Routine Results

Calculation of the Routine Results as FINA Rule SS19.

SS2.7 Final Result

Calculation of the Final Result as FINA Rule SS20.

SS2.8 Time Limits for Routines

SS2.8.1 Time limits for Technical Routines and Free Routines will be published in the Meet Information Pack. These time limits include ten (10) seconds for deck movements.

SS2.8.2 There shall be an allowance of fifteen (15) seconds less or plus the allotted time for Technical Routines and Free Routines.

SS2.8.3 The walk on for the athletes from the designated starting point to the achievement of a stationary position(s) may not exceed 30 seconds. Timing shall commence when the first competitor passes the starting point and end when the last competitor becomes stationary.

SS2.8.4 Timing of the routine shall start and finish with the accompaniment. Timing of the deck movements shall end as the last competitor leaves the deck. Routines may start on the deck or in the water, but they must finish in the water.

SS2.9 Team Routine

A team routine shall consist of at least four (4) but not more than eight (8) members. The number of team members may not change between Technical and Free Routine.

SS2.10 Free Combination Conditions

Free Combinations have a maximum of ten (10) competitors who make a combination of routines (Solos, Duets, Trios, Teams). At least two (2) parts must have fewer than three (3) competitors and at least (2) parts must have four (4) to ten (10) competitor

SS2.11 Pool Requirements

Consideration must be given to the depth and width of the pool according to the level of competition.

SS2.12 Entries

Entries must be made on the standard application form available from the Company and returned completed, accompanied by the appropriate fee, not later than 28 days before the start of the event. Entry details may be changed upon consultation with the Referee up to 24 hours before the event.

SS2.13 Draw – Order of Appearance

The draw for the order of appearance shall be made by the SSSC Convener or an Official appointed for this purpose 14 days after the receipt of entry forms.

SS2.14 Officials

Officials appointed by the SSSC shall consist of:

- SS2.14.1 Referee
- SS2.14.2 An Assistant Referee for each additional panel of judges
- SS2.14.3 A Chief Recorder
- SS2.14.4 Each panel of judges shall consist of five (5) or seven (7) judges. In Routines two panels of judges may be used. In Free Routine sessions, if two panels are used, one panel shall judge Technical Merit and one Artistic Impression. In Technical Routine sessions, one panel shall judge Execution and one panel shall judge Overall Impression. Grade A and B Examiners (Basic / Advanced Assessors) may be used for Skill Level 1 and 2 competition. For Skill Level 3 and over competition Grade A Examiners (Advanced Assessors) may be used where insufficient judges are available.
- SS2.14.5 For each figure panel – a clerk of the course, two scorers (one of whom will be the recorder) and a caller will be required
- SS2.14.6 For routines – Three timekeepers, a clerk of course, two scorers and a number of runners will be required.
- SS2.14.7 Controller of music and underwater speakers, Meet Secretary, Announcer and other officials as may be necessary.

SS2.15 Technical Officials Training

- SS2.15.1 The SSSC shall arrange for the training / retraining and examination of teachers and technical officials in accordance with Company Article 9.9.2.
- SS2.15.2 Candidates for training and examinations must be 16 years of age or over and registered with the SASA prior to commencing training.
- SS2.14.3 Workshops will be arranged after which an examination will be held in conjunction with other disciplines.
- SS2.14.4 The SSSC will be responsible for maintaining a list of all qualified Officials

SS2.16 Expenses

- SS2.16.1 All claims for expenses shall be made on the official forms in accordance with Section 12.7 of the Company Rules and shall be submitted, countersigned by the discipline budget holder, to the Company

SS2.17 Videos

- SS2.17.1 All Technical Routines will be video recorded. It is the Referees responsibility to ensure that these videos are deleted after the event.

SS3.0 SYNCHRONISED SWIMMING CLUB CHAMPIONSHIPS (Mary Black Rosebowl)

SS3.1 General

SS3.1.1 This competition is open to all affiliated clubs in Scotland and shall be held on a date to be decided by the Scottish Synchronised Swimming Committee (SSSC)

SS3.1.2 There is no figure section in this competition.

SS3.2 Events

The competition consists of the following Events

*Solos	3 minutes	max 2 entries per Club
Duets	3 minutes - 3 minutes 30 seconds	max 4 entries per Club
Trios	2 minutes 30 seconds - 3 minutes	max 3 entries per Club
Combo Team	5 minutes	no limit for Clubs

- Please note that Solos must be as per the Long Term Athlete Development Plan.
- Recreational Solos must have a minimum of Grade 4 Recreational Award or above.

SS3.3 Marking

SS3.3.1 Points shall be awarded for each Event as follows:-

The points awarded shall depend on the number of entries for each event.

For example - if 10 entries are received for an Event then 1st place shall gain 10 points, 2nd place 9 points, 3rd place 8 points and so on.

In an event of only two entries then 1st place shall gain 2 points and 2nd place 1 point

SS3.3.2 In the event of a tie for 1st, 2nd or 3rd place, each Solo, Duet Trio or Team that is tied will receive the points for that place. The subsequent place(s) points will be diminished by those used in the tied positions

SS3.4 Awards

SS 3.4.1 Individual Awards

An award will be made for the 1st, 2nd and 3rd in each Event, however, if an Event has less than three competitors then an award will only be made to the 1st place and if an event has less than five competitors then an award will only be made to the 1st and 2nd place

SS3.4.2 Club Awards

The Mary Black Rosebowl will be awarded to the Club with the highest number of points. In the event of a tie for the Mary Black Rosebowl, the Club with the most 1st places in each Event shall be awarded the Rosebowl.

SS4.0 INTER DISTRICT CHAMPIONSHIPS**SS4.1 General**

SS4.1.1 A maximum of 10 competitors per District for each Championship

SS4.1.2 Each competitor must compete in the figure competition

SS4.2 Shell Oil Championship

SS4.2.1 Figure Competition

Each competitor must perform two compulsory figures and one group of two optional figures, which shall be drawn on the closing date for entries. The Compulsory and Optional Figures for each group will be published in the Meet Information Pack.

The total figure marks gained by each Team will be divided by the number of swimmers in that Team to give the Team Figure Score.

SS4.2.2 Free Routine Competition

The Free Routine Competition will consist of one solo, one duet, and one team routine per competing District with times for each event published in the Meet Information Pack

SS4.2.3 Final Result: Figures 50%, Routines 50%

SS4.3 Elizabeth Hamilton Championship

SS4.3.1 Figure Competition

Each competitor must perform two compulsory figures and one group of two optional figures, which shall be drawn on the closing date for entries as intimated in the Meet Information Pack

The total figure marks gained by each Team will be divided by the number of swimmers in that Team to give the Team Figure Score.

SS4.3.2 Routine Competition

The Routine Competition will consist of one technical solo, one technical duet and one technical team event per competitor with times for each event published in the Meet Information Pack

SS4.3.3 Final Result: Figures 50% Routines 50%.

SS4.4 Marking & Awards

SS4.4.1 The marks gained by each Team in each Section (Figures, Solo, Duet and Team) shall be added together and the Trophy awarded to the District with the highest overall total. The winning team shall receive SASA medals

SS4.5 Expenses

SS 4.5 1 All expenses up to the agreed budget limit shall be borne by the SASA who shall receive all income. Costs in excess of the agreed limit, shall be borne by each individual District. Assembly costs within each District shall be the responsibility of the District. The Company Board may consider exceptional cases requesting assistance and grant additional expenses. Each District may send up to ten swimmers a coach and a Team Manager for each Championship / Competition.

SS5.0 SCOTTISH NATIONAL AND OPEN AGE GROUP SYNCHRONISED SWIMMING CHAMPIONSHIPS**SS5.1 General**

- SS5.1.1 The Senior Championships in Solo and Duet are open to competitors who have passed Skill Level 4 or above of the ASA Award Scheme and are open to members of organisations affiliated to FINA.
- SS5.1.2 The minimum requirements for the Junior Championships is Skill Level 3 of the ASA Award Scheme for National competitors and is open in Solo and Duet to members of organisations affiliated to FINA.
- SS5.1.3 The minimum grade requirement for the 13, 14 & 15 year age group Championship is Skill Level 2 of the ASA Award Scheme for National competitors and is open in Solo and Duet to members of organisations affiliated to FINA
- SS5.1.4 The minimum grade requirement for the 12 and under age group Championship is Skill Level 2 of the ASA Award Scheme for National competitors and is open in Solo and Duet to members of organisations affiliated to FINA
- SS5.1.5 Recreational Strand competition consists of Solo, Duet and Combination team routines

SS5.2 12 and Under Age Group Championship

SS5.2.1 Figure Competition

Each competitor must perform two compulsory figures and one group of two optional figures, which shall be drawn 48 hours before the figure competition. The Compulsory and Optional Figures for each Group will be published in the Meet Information Pack. There is a minimum entry standard of Skill Level 2 for all UK entries

SS5.3 13yrs, 14yrs & 15 years Age Group Championship

The championship shall consist of two parts.

SS5.3.1 Figure Competition

Each competitor must perform two compulsory figures and one group of two optional figures, which shall be drawn 48 hours before the figure competition. The draw for the Figure Competition shall be taken from the current FINA Age Group List. There is a minimum entry standard of Skill Level 2 for all UK entries.

SS5.3.2 Routine Competition

Free Routine Duet competition. The times will be published in the Meet Information Pack.

SS5.3.3 13yrs, 14yrs & 15years Age Group Duet

Duets shall be members of the same Club and have competed in the Junior Figure Competition. The 12 highest average figure scores by competitors with Scottish eligibility, in accordance with R13.5.3, together with ONE duet from each participating Club / Country in the Open Category shall qualify to perform Duet Routines

SS5.3.4 13yrs, 14 yrs & 15 years Age Group Duet Recreational Strand

Duet partners shall be members of the same Club. The result shall be 100%

SS5.4 Junior Championship (Competitors must be 15 – 18 as at 31st December)

The Championship shall consist of two parts

SS5.4.1 Figure Competition

Each Competitor must perform two compulsory figures and one group of two optional figures. The draw will take place 18 - 48 hours prior to the start of the figure competition and be taken from the current FINA Junior List. There is a minimum entry standard of Skill Level 3 for all UK entries

SS5.4.2 Routine Competition

Free Routine competition in Solo and Duet. The times will be published in the Meet Information Pack.

SS5.4.3 Junior Solo Championship

The highest 10 figure scores for competitors with Scottish eligibility, in accordance with R13.5.3, plus ONE competitor from each participating Club / Country in the Open category shall qualify to perform Solo Routines.

SS5.4.4 Junior Duet Championship

Duets shall be members of the same Club and have competed in the Junior Figure Competition. The 8 highest average figure scores by competitors with Scottish eligibility, in accordance with R13.5.3, together with ONE duet from each participating Club / Country in the Open Category shall qualify to perform Duet Routines

SS5.4.5 Junior Recreational Strand

Duet partners shall be members of the same Club. The result shall be 100%

SS5.5 Senior Championship

SS5.5.1 The Solo and Duet Championships shall consist of a Technical Routine and a Free Routine. There is a minimum entry standard of Skill Level 4 or above for all UK entries.

SS5.5.2 There will be no preliminary event.

SS5.5.3 Times will be published in the Meet Information Pack

SS5.6 Team Championship**Free Combination Conditions**

SS5.6.1 Free Combinations have a maximum of ten (10) competitors who make a combination of routines (Solos, Duets, Trios, Teams). At least two (2) parts must have fewer than three (3) competitors and at least two (2) parts must have four (4) to ten (10) competitors.

SS5.6.2 Recreational Strand Free Combination.
Free Combinations have a maximum of ten (10) competitors who make a combination of routines (Solos, Duets, Trios, Teams). At least two (2) parts must have fewer than three (3) competitors and at least two (2) parts must have four (4) to ten (10) competitors.

SS5.6.3 Times will be published in the Meet Information Pack.

SS5.7 Awards

SS5.7.1 Medals shall be presented as follows:-

(a) Open Championship - Gold, Silver and Bronze medals will be presented.

(b) National Champion - A Gold Medal will be presented provided the individual is not also the Open Champion.

SS5.7.2 Trophies shall also be awarded where applicable.

SS5.7.3 Certificates / Ribbons shall be presented to competitors in the Recreational Strand

SS5.8 Trophies

12 & under National Figure Championship

12 & under Open Figure Championship

13, 14, & 15 years National Figure Championship

13, 14, & 15 years Open Figure Championship

13, 14, & 15 years National Duet Championship

13, 14, & 15 years Open Duet Championship

National Combination Team Championship

Avril Dempster Memorial Trophy

Open Combination Team Championship

National Junior Solo Championship

The Berlin Trophy

Open Junior Solo Championship

National Junior Duet Championship

The Neilson Trophies

Open Junior Duet Championship

National Senior Solo Championships

Helen Murray Trophy

Open Senior Solo Championship

National Senior Duet Championship

SS6.0 LICENCING**SS6.1 General**

SS6.1.1 Licencing is to provide the Company with a means of control over events and to ensure the maintenance of minimum standards during the operation of these events in Scotland. Clubs / Organisations running events must be aware of the Health and Safety Regulations and implications in respect of insurance cover

SS6.1.2 A licence is required for any competitive event which involves two or more participating Clubs.

SS6.1.3 All swimmers must be members of the SASA or be registered members of another FINA affiliated country, prior to competing in any licensed meet

SS6.2 License Categories

SS6.2.1 Event licenses will be categorised as follows

Level 1 – International Meets between two or more Nations and National Meets

Level 2 - District organised Meets.

Level 3 - Other meets e.g. Regional Meets, Inter Club Meets.

(A license is not required for internal Club competitions)

SS6.3 Jurisdiction

SS6.3.1 The National Synchronised Swimming Committee is responsible for the issue of licences for Level 1 and 2 events.

SS6.3.2 The appropriate District Committee is responsible for the issue of licences for Level 3 events.

SS6.4 Applying for a Licence

SS6.4.1 Application must be made on the appropriate form available from the Company which will require the following details.

- (a) Name of organising body
- (b) Contact details, (name, address, day / evening tel / fax numbers, e-mail address)
- (c) Name / Title of Meet
- (d) Date of Meet
- (e) Venue
- (f) Details of Meet – Open or Age groups (specified), list of events.
- (g) Details of pool – Length and maximum and minimum depths.
- (h) Starting and estimated finishing time of sessions.
- (i) License type.

SS6.4.2 Application for level 1 and 2 meets must be made to the SSSC 12 weeks prior to the meet.

SS6.4.3 Application for a Level 3 meet must be made to the appropriate District committee no later than 8 weeks prior to the meet. A programme of events must accompany the application

SS6.5 Reports

SS6.5.1 A completed meet report form must be returned by the Referee within 7 days of the finish of the event to the SSSC.

SS6.6 Fees

SS6.6.1 The fee for each license category will be set annually in accordance with Company Rule R12.4.2.