

**SCOTTISH SWIMMING**

**SYNCHRONISED SWIMMING**

**REGULATIONS**

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**SS1.0 GENERAL**

- SS1.01 The Scottish Synchronised Swimming Committee (SSSC), a **National Discipline Committee of Scottish Swimming** shall comply with the relevant sub-sections of **Company Article A3.1.3.**
- SS1.0.2 The SSSC shall conduct its business in accordance with **A3.1.3.2** of the Company **Articles**
- SS1.0.3 Membership of the Synchronised Swimming Committee shall be in accordance with Company Article **A3.1.3.7.1.**
- SS1.0.4 The Synchronised Swimming Committee shall have the following responsibilities in addition to those stated in **Company Article A3.1.3.6.1.**
  - SS1.04.1 Draft and formulate Regulations for Synchronised Swimming activities held in Scotland;
  - SS1.04.2 Decide on the interpretation of the Regulations pertaining to synchronised swimming and give rulings there on;
  - SS1.04.3 Compile and submit for Company Board of Directors approval a calendar of events for International, National Meets and Contests and District Championship Events;
  - SS1.04.4 Conduct Synchronised Swimming Championships;
  - SS1.04.5 Arrange lectures and conduct examinations of synchronised swimming teachers and judges certificates;
  - SS1.04.6 Select competitors eligible to compete out with Scotland or in International contests held in Scotland;
  - SS1.0.4.7 Appoint all necessary officials for synchronised swimming events.
- SS1.0.5 Eligibility to compete is as defined in Company Rule **R4.5**
- SS1.06 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 **R11.3** and **R11.4.**

- SS1.07 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 1<sup>st</sup> August each year. In addition the pack will be issued to District Synchronised Swimming Conveners or the District Secretary (if there is no Convener).
- SS1.08 The Scottish Swimming and Company Governance documents will apply with regard to:-
- (a) Championships and Meets(C8.2.1 and R4.0)
  - (b) Trophies (R10)
  - (c) Eligibility (R4.5)
  - (d) Fees (R3.4.2)
  - (e) Protests (R11.1.1, R11.1.3 and R11.2)
  - (f) Complaints (R12.0)
  - (g) Suspensions and Fines(R13.0)
  - (h) Appeals (R14.0)
  - (i) Clearance (R5.2 Change of 1<sup>st</sup> or 2<sup>nd</sup> Claim Club)

## **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.

### SS2.9.1 Free Combination Conditions

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.

### SS2.10 Pool Requirements

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

### SS2.11 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.

### SS2.12 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.

### SS2.13 Officials

Officials appointed by the SSSC shall consist of:

SS2.13.1 Referee

SS2.13.2 An Assistant Referee for each additional panel of judges

SS2.13.3 A Chief Recorder

SS2.13.4 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 competitions Grade A Examiners (Advanced Assessors) may be used where insufficient judges are available.

SS2.13.5 For each figure panel – a clerk of the course, two scorers (one of whom will be the recorder) and a caller will be required

SS2.13.6 For routines – Three timekeepers, a clerk of course, two scorers and a number of runners will be required.

SS2.13.7 Controller of music and underwater speakers, Meet Secretary, Announcer and other officials as may be necessary.

## SS2.14 Technical Officials Training

- SS2.14.1 The SSSC shall arrange for the training / retraining and examination of teachers and technical officials in accordance with the **relevant subparagraphs** of Company Article **A3.1.3.7.1**
- SS2.14.2 Candidates for training and examinations must be 16 years of age and registered with Scottish Swimming 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

## SS2.15 Expenses

- SS2.15.1 All claims for expenses shall be made on the official forms in accordance with Company Rule **R3.7and** shall be submitted, countersigned by the discipline budget holder, to the Company.

## SS2.16 Videos

- SS2.16.1 All Technical and Combination 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 - 3minutes 30 seconds max 4 entries per Club
  - Trios 2 minutes 30 seconds - 3 minutes max 3 entries per club
  - Combo Team 3 minutes - 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;  
Points awarded shall depend on entries for each event. Example – if 10 entries are received for an event, 1<sup>st</sup> place shall gain 10 points, 2<sup>nd</sup> place 9 points, 3<sup>rd</sup> place 8 points and so on. In an event of only two competitors then 1<sup>st</sup> place shall gain 2 points and 2<sup>nd</sup> place 1 point.
- SS3.3.2 In the event of a tie each solo, duet, trio or team that is tied will receive the points for that place. The subsequent place(s) will not be awarded.

### **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 1<sup>st</sup> place and if an event has less than five competitors then an award will only be made to the 1<sup>st</sup> and 2<sup>nd</sup> 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 1<sup>st</sup> places in each event shall be awarded the Rosebowl.

## **SS4.0 INTER DISTRICT CHAMPIONSHIPS**

### **SS4.1 General**

- SS4.1.1 A maximum of twelve Competitors per District for each Competition
- SS4.1.2 Recreation Competitors must hold the relevant Recreation Grade.
- SS4.1.3 All competitors must compete in the figure competition.

### **SS4.2 Skills 1/2 – Recreational Grade 1/2 Competition - Shell Oil Trophy**

#### **SS4.2.1 Figure Competition**

All competitors 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 District Team will be divided by the number of swimmers in that Team to give the Team Figure Score.

#### **SS4.2.2 Free Routine Competition**

**Duets and Trios** - The result will be 50% of the figure and 50% of the routine.

**Duets:** Competitors have to hold either Skill Level 1 or 2 or Recreational Grade 1 or 2.

**Trios:** Competitors have to hold either Skill Level 1 or 2 or Recreational Grade 1 or 2.

Skill 1/2 – Rec Grade 1/2	2 Duets per District	3 mins – 3mins 30 secs
	2 Trios per District	2mins 30secs – 3mins
	1 Free combination per District	3 mins - 5mins

**Free Combination Team:** Free Routine combination can consist of 4 – 10 swimmers.

District with times for each event will be published in the Meet Information Pack

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

### **SS4.3 Skill Level/Recreational 3/4/5 Competition - Elizabeth Hamilton Trophy**

#### 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 Free 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

**Solo, Duets and Trios:** The result will be 50% of the figure and 50% of the routine.

**Duets:** Competitors have to hold either Skill Level 3, 4 or 5 or Recreational Grade 3, 4 or 5.

**Trios:** Competitors have to hold either Skill Level 3, 4 or 5 or Recreational Grade 3, 4 or 5.

**Solo:** Competitor **must** hold Skill Level 4 or 5 or Recreational Grade 4 or 5

Skill / Recreational Grade 3, 4 and 5	2 Duets per District	3mins - 3mins30secs.
Skill/Recreational Grade 3, 4 and 5	2 Trios per District	3mins.
Skill/Recreational Skill Level 4 or 5	1 Solo per District	3 mins.
Skill/Recreational Grade 3, 4 and 5	1 Combination Team per District	3mins. – 5 mins

SS4.3.3 Final Result: Figures 50% Technical 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 Scottish Swimming 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 twelve 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 organizations affiliated to FINA.

SS5.1.3 The minimum Skill Level 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 organizations affiliated to FINA.

SS5.1.4 The minimum Skill Level 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 organizations 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**

The championship shall consist of two parts

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.

#### **SS5.2.2 Routine Competition**

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

SS5.2.3 12 years and under Duet

Duets shall be members of the same club and have competed in the Figure Competition. The 12 highest average figure scores by competitors with Scottish eligibility, in accordance with **Company Rule R4.5**, together with ONE duet from each participating Club/Country in the Open Category shall qualify to perform Duet Routines.

**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

Free Routine competition in Solo and Duet. The times will be published in the Meet Information Pack. There is a minimum entry standard of Skill Level 3 for all UK entries for solo and duets.

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

Duets shall be members of the same club and have competed in the Figure Competition. The 12 highest average figure scores by competitors with Scottish eligibility, in accordance with **Company Rule R 4.5** together with ONE duet from each participating Club/Country in the Open Category shall qualify to perform Duet Routines.

SS5.3.4 13yrs, 14yrs & 15 years Age Group Duet Recreational Strand  
Duet partners shall be members of the same club. The result shall be 100%.

**SS5.4 Junior Championships (Competitors must be 15 - 18 as at 31<sup>st</sup> Dec)**

SS5.4.1 The championship shall consist of two parts.

SS5.4.2 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

SS5.4.3 Routine Competition

Free Routine competition in Solo and Duet. The times will be published in the Meet Information Pack. There is a minimum entry standard of Skill Level 4 for all UK entries for solo and duets

SS5.4.4 Junior Solo Championship

The highest 10 figure scores by competitors with National eligibility plus ONE competitor from each participating Club / Country in the Open category shall qualify to perform Solo Routines.

SS5.4.5 Junior Duet Championship

Duets shall be members of the same club and have competed in the Junior Figure Competition. The eight highest average figure scores by competitors with Scottish eligibility, in accordance with **Company Rule R4.5**, together with ONE duet from each participating Club/Country in the Open Category shall qualify to perform Duet Routines.

SS5.4.6 Junior Duet 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 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.

SS5.6.2 Recreational Strand Free Combination  
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.

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

**SS5.7 Awards**

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.

Trophies shall also be awarded where applicable.

Medals shall be presented to competitors in the Recreational Strand.

**SS5.8 Trophies**

12 & under Scottish Swimming Figure Championship **Portsmouth Victoria Quaich**

12 & under Open Figure Championship

12 & under Scottish Swimming Solo Championship

12 & under Open Solo Championship

12 & under Scottish Swimming Duet Championship

12 & under Open Duet Championship

12 & under Scottish Swimming Free Team Championship

12 & under Open Free Team Championship

13, 14 & 15 years Scottish Swimming Figure Championship

13, 14 & 15 years Open Figure Championship

13, 14 & 15 years Scottish Swimming Solo Championship

13, 14 & 15 years Open Solo Championship

13, 14 & 15 years Scottish Swimming Duet Championship

13, 14 & 15 years Open Duet Championship

13, 14 & 15 years Scottish Swimming Free Team Championship

13, 14 & 15 years Open Free Team Championship

Junior Scottish Swimming Figure Championship

Junior Open Figure Championship

Junior Scottish Swimming Solo Championship

**The Berlin Trophy**

Junior Open Solo Championship

Junior Scottish Swimming Duet Championship

**The Neilson Trophies**

Junior Open Duet Championship

Junior Scottish Swimming Free Team Championship

Junior Open Free Team Championship

Scottish Swimming National Solo Championships

**Helen Murray Trophy**

Open Solo Championship

Scottish Swimming National Duet Championship

Open Duet Championship

Scottish Swimming National Team  
Championship

**Glasgow Sports Promotion Council**

Open Team Championship

Scottish Swimming National Open Free  
Combination Team Championship

**Avril Dempster Memorial Trophy**

Open Free Combination Team Championship

## **SS6.0 LICENCING**

### **SS6.1 General**

SS6.1.1 Licensing 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 that involves two or more participating Clubs.

SS6.1.3 All swimmers must be members of Scottish Swimming 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

Level1 - International Meets between two or more Nations and National Meets

Level 2 - District organised events.

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

**SS6.3 Jurisdiction**

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

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

**S6.4 Applying for a License**

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 **R3.4.1**.