# Scottish Swimming

# Regulations

**for the**

# Synchronised Swimming

# National Discipline Committee

## Issue 8 – April 2017

# Synchronised Swimming Committee Regulations

## INDEX


| | | |
|---|---|---|
| SECTION | SS1 | General |
| SECTION | SS2 | Championship Conditions |
| | SS2.1 | Management |
| | SS2.2 | Competitions |
| | SS2.3 | Penalties in Figure Session |
| | SS2.4 | Figure Results |
| | SS2.5 | Penalties in Routine Session |
| | SS2.6 | Routine Results |
| | SS2.7 | Final Result |
| | SS2.8 | Time Limits for Routines |
| | SS2.9 | Team Routine |
| | SS2.10 | Pool Requirements |
| | SS2.11 | Entries & Withdrawals |
| | SS2.12 | Draw – Order of Appearance |
| | SS2.13 | Officials |
| | SS2.14 | Technical Officials Training |
| | SS2.15 | Expenses |
| | SS2.16 | Videos |
| SECTION | SS3 | Synchronised Swimming Club Championships |
| | SS3.1 | General |
| | SS3.2 | Awards |
| SECTION | SS4 | Inter District Championships |
| | SS4.1 | General |
| | SS4.2 | Marking and Awards |
| | SS4.3 | Expenses |
| SECTION | SS5 | Scottish National and Open Age Group Synchronised Swimming Championships |
| | SS5.1 | General |
| | SS5.2 | Awards |
| | SS5.3 | Trophies |
| SECTION | SS6 | Scottish Swimming Senior and Figure competition |
| | SS6.1 | General |
| | SS6.2 | Awards |
| SECTION | SS7 | Licensing |
| | SS7.1 | General |
| | SS7.2 | Licence Categories |
| | SS7.3 | Jurisdiction |
| | SS7.4 | Applying for a Licence |
| | SS7.5 | Reports |
| | SS7.6 | Fees |

**SS1.0 General**

SS1.1 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.

SS1.2 The SSSC shall conduct its business in accordance with A3.1.3.2 of the Company Articles

SS1.3 Membership of the Synchronised Swimming Committee shall be in accordance with Company Article A3.1.3.7.1.

SS1.4 The Synchronised Swimming Committee shall have the following responsibilities in addition to those stated in Company Article A3.1.3.6.1.

- SS1.4.1 Draft and formulate Regulations for Synchronised Swimming activities held in Scotland;
- SS1.4.2 Decide on the interpretation of the Regulations pertaining to synchronised swimming and give rulings there on;
- SS1.4.3 Compile and submit for Company Board of Directors approval a calendar of events for International, National Meets and Contests and District Championship Events;
- SS1.4.4 Conduct Synchronised Swimming Championships;
- SS1.4.5 Arrange lectures and conduct examinations of synchronised swimming teachers and judges certificates;
- SS1.4.6 Select competitors eligible to compete out with Scotland or in International contests held in Scotland;
- SS1.4.7 Appoint all necessary officials for synchronised swimming events.

SS1.5 Eligibility to compete is as defined in Company Rule R4.5.

SS1.6 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 R11.3 and R11.4.

SS1.7 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).

SS1.8 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)
e) Protests (R11.)
f) Complaints & Appeals (R12.0 - R15)
g) Suspensions and Fines (R13.10 & R13.11)
h) Clearance (R5.2 Change of 1st or 2nd 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).
All free Combination Team routines shall be video recorded.

**SS2.2 Competitions**

SS2.2.1 Competitions shall consist of any combination of the following sessions.

SS2.2.1.1 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.

SS2.2.1.2 Technical Routine - Each Solo, Duet and Team Routine must perform the required elements as published in the Meet Information Pack.

SS2.2.1.3 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.

SS2.2.1.4 In the mixed duet, entries must be for one male and one female.

SS2.2.1.5 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. Start of the first part of the routine may be on the deck or in the water. All of the following parts must start in the water. A new part begins in very close proximity to the previous part.

**SS2.3 Penalties in Figure Session**

SS2.3.1 Penalties in Figure Session as FINA Rule SS11

**SS2.4 Figure Results**

SS2.4.1 Calculations of the Figure Results as FINA Rule SS12

**SS2.5 Penalties in Routine Session**

SS2.5.1 Deductions and Penalties in Routines as FINA Rule SS18.2

**SS2.6 Routine Results**

SS2.6.1 Calculation of the Routine Results as FINA Rule SS19

**SS2.7 Final Result**

SS2.7.1 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 In routine events, when the Routine starts in the water, the time allowance for the athletes to achieve a stationery starting position in the water shall not exceed 30 seconds. Timing shall commence when the first competitor moves past the starting point and end when the last competitor assumes a starting position.

SS2.8.5 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**

SS2.9.1 A team routine shall consist of at least four (4) but not more than eight (8) Competitors (for exceptions, see SS 6.2). The number of team Competitors may not change between Technical and Free Routines.

SS2.9.2 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. Start of the first part of the routine may be on the deck or in the water. All of the following parts must start in the water. A new part begins in very close proximity to the previous part.

**SS2.10 Pool Requirements**

SS2.10.1 Consideration must be given to the depth and width of the pool according to the level of competition.

**SS2.11 Entries & Withdrawals**

SS2.11.1 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.

SS2.11.2 Competitors withdrawing from National events will be fined as follows.
A withdrawal after the closing date - £4.00 per routine.
Any withdrawal after 12 noon on the day prior to the competition - £7.00 per routine.
If the withdrawal is due to the medical reasons the swimmer must produce documentary proof of the medical condition.

**SS2.12 Draw – Order of Appearance**

SS2.12.1 The draw for the order of appearance shall be made by the SSSC Convener or an Official appointed for this purpose 7 days after the receipt of entry forms.

**SS2.13 Officials**

SS2.13.1 Officials appointed by the SSSC shall consist of:

a) Referee
b) An Assistant Referee for each additional panel of judges
c) A Chief Recorder
d) 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.
e) In Technical Routine sessions, three panels of judges must officiate, one panel shall judge Execution, one panel shall judge Impression and one panel will judge Elements.

SS2.13.2 For each figure panel – a clerk of the course, two scorers (one of whom will be the recorder) and a caller will be required

SS2.13.3 For routines – Three timekeepers, a clerk of course, two scorers and a number of runners will be required.

SS2.13.4 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 sub-paragraph SS1.4.5.

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 R3.7 and 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.

SS3.1.3 Swimmers may enter in one Combination team and one Free Team.

SS3.1.4 All details of Routines and Times will be published in the Meet Information Pack

**SS3.2 Awards**

SS3.2.1 Individual Awards
An award will be made for the 1st, 2nd and 3rd in each Event.

SS3.2.2 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 twelve Competitors per District for each Competition.
SS4.1.2 Competitors must hold a minimum of Skill Level 1.
SS4.1.3 All competitors must compete in the figure competition.
SS4.1.4 Each District shall pay £50 entry fee for each Competition.
SS4.1.5 All details of Figures, Routines and Times will be published in the Meet Information Pack.

**SS4.2 Marking & Awards**

SS4.2.1 The marks gained in each section (Figures, Duet, and Free Combination Team shall be added together for the Skill Level 1 & 2 Championship. The winning District shall receive the Shell Oil Trophy and be presented Scottish medals.

SS4.2.2 The marks gained in each section (Figures, Solo, Duet and Free Combination Team) shall be added together for the Skill Level 3/4/5 Recreational 4/5 Championship. The winning District shall receive the Elizabeth Hamilton Trophy and be presented Scottish medals.

SS4.2.3 Medals shall be awarded to the winner of each section only.

**SS4.3 Expenses**

SS4.3 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 Synchronised Swimming Age Group and Open Championships**

**SS5.1 General**

SS5.1.1 The Senior Championships in Solo and Duet are open to competitors who have passed Grade 4 or above of the ASA Award Scheme and are open to members of organisations affiliated to FINA.

SS5.1.2 The minimum requirement for the Junior Championships is Grade 4 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 requirement for the 13, 14 & 15 year age group Championship is Grade 3 of the ASA Award Scheme for National competitors and is open in Solo and Duet to members of organisations affiliated to FINA.

SS5.1.4 The minimum requirement for the 12 and under age group Championship is Grade 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 duet and combination team routines.
SS5.1.6 All details of Figures, Routines and Times will be published in the Meet Information Pack.

**SS5.2 Awards**

SS5.2.1 SASA 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).

SS5.2.2 Trophies shall also be awarded where applicable.
SS5.2.3 Medals shall be presented to competitors in the Recreational Strand.

**SS5.3 Trophies**

a) 12 & under Scottish National Swimming Figure Championship - **Portsmouth Victoria Quaich**
b) 12 & under Open Figure Championship
c) 12 & under Scottish National Swimming Solo Championship
d) 12 & under Open Solo Championship
e) 12 & under Scottish National Swimming Duet Championship
f) 12 & under Open Duet Championship
g) 12 & under Scottish National Swimming Free Team Championship
h) 12 & under Open Free Team Championship
i) 13, 14 & 15 years Scottish National Swimming Figure Championship
j) 13, 14 & 15 years Open Figure Championship

k) 13, 14 & 15 years Scottish National Swimming Solo Championship
l) 13, 14 & 15 years Open Solo Championship **– The Dawn Zajac Cup**
m) 13, 14 & 15 years Scottish National Swimming Duet Championship
n) 13, 14 & 15 years Open Duet Championship
o) 13, 14 & 15 years Scottish National Swimming Free Team Championship
p) 13, 14 & 15 years Open Free Team Championship
q) Junior Scottish National Swimming Figure Championship
r) Junior Open Figure Championship
s) Junior Scottish National Swimming Solo Championship - **The Berlin Trophy**
t) Junior Open Solo Championship - The Jackie Brayshaw Prize
u) Junior Scottish National Swimming Duet Championship - **The Neilson Trophies**
v) Junior Open Duet Championship
w) Junior Scottish National Swimming Free Team Championship
x) Junior Open Free Team Championship
y) Open Solo Championship
z) Scottish Swimming National Duet Championship
aa) Scottish Swimming National Mixed Duet Championship
bb) Scottish Swimming National Team Championship
cc) Open Mixed Duet Championship
dd) Scottish Swimming Top Club Award - Glasgow Sports Council
ee) Scottish Combination Team Championship - **Avril Dempster Memorial Trophy**
ff) Open Free Combination Team Championship

**SS6.0 Scottish Swimming Senior and Figure competition:**

**SS6.1 General**

SS6.1.1 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).
SS6.1.2 There is no routine section in this competition.
SS6.1.3 Competitors must enter their Age group.
SS6.1.4 Age as at midnight on the 31 December in the year of competition.
SS6.1.5 All details of Figures and Times will be published in the Meet Information Pack.

**SS6.2 Awards**

SS6.2.1 Gold, Silver and Bronze medals shall be awarded in each event.

**SS7.0 Licensing**

**SS7.1 General**

SS7.1.1 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.
SS7.1.2 Clubs/Organisations running events must be aware of the Health and Safety Regulations and implications in respect of insurance cover
SS7.1.3 A licence is required for any competitive event that involves two or more participating Clubs.
SS7.1.3 All swimmers must be members of Scottish Swimming or be registered members of another FINA affiliated country, prior to competing in any licensed meet

**SS7.2 License Categories**

SS7.2.1 Event licences will be categorised as follows
a) Level 1 - International Meets between two or more Nations and National Meets
b) Level 2 - District organised events.
c) Level 3 - Other Meets e.g. Regional events, Inter Club Meets, Club events.

**SS7.3 Jurisdiction**

SS7.3.1 The National Synchronised Swimming Committee is responsible for the issue of licences for Level 1 and 2 events.
SS7.3.2 The appropriate District Committee is responsible for the issue of licences for Level 3 events.

**SS7.4 Applying for a Licence**

SS7.4.1 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) Licence type.

SS7.4.2 Application for level 1 and 2 meets must be made to the SSSC 12 weeks prior to the meet.

SS7.4.3 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

**SS7.5 Reports**

SS7.5.1 A completed meet report form must be returned by the Referee within 7 days of the finish of the event to the SSSC.

**SS7.6 Fees**

SS7.6.1 The fee for each licence category will be set annually in accordance with Company Rule R3.4.1.