



Novice Competition Guidelines

Board Approved September 2011

These guidelines were created for all Member Clubs, Community Members, and Scholastic Members that have Novice Swimmers registered with Synchro Swim Ontario and wish to compete at Novice Competition. All member activities must follow the Synchro Swim Ontario documents, including policies, procedures and guidelines.

Competition Information

- Synchro Swim Ontario Novice Competitions are open to all registered recreational/novice & scholastic swimmers with Synchro Swim Ontario Member Clubs and Community Members. *(Just a reminder that all Memberships are valid from September 1 through August 31 of the following year. You must have a current Membership in order to be eligible to participate in any meet.)*
- On all entry forms, please indicate the swimmers age on the entry form as of the **date of the meet**.
- From 5.1.6 a) of the CASSA Rulebook: The Meet Manager is in charge until the Chief Referee arrives. The Meet Manager provides scorers, announcers, runners, timers, music person etc.
- The Chief Referee shall chair an instructor/coach meeting at the start of the meet to clarify rules and procedures. ALL coaches will provide their email addresses at the time of registration to ensure full communication prior to the competition.
- Only swimmers, those people directly instructing or coaching the swimmers, officials, facility staff and volunteers shall be on the deck during the competition. Individuals will be asked to leave the deck if they do not have the proper identification.
- Note: Within these guidelines, some age groups have more than one level of competition. As general guideline a 'Beginner' swimmer is a first year swimmer in synchro or a swimmer still working on basic skills. An 'Intermediate' swimmer generally has one or more years in synchro or is quite competent in the basic skills. An 'Advanced' swimmer generally has many years experience and is ready for the challenge of harder skills. It should also be noted that a first year swimmer may be capable of intermediate or advanced figures and does not need to compete in 'Beginner'. Likewise, a weaker swimmer could remain in 'Beginner' figures for more than one year. Coaches can determine what is in the best interest of their swimmer and place them accordingly.

- At least one coach or a representative from each organization must be present for the Coaches Meeting prior to the start of the meet. Therefore one coach must arrive at the beginning of the meet, regardless of whether the club has swimmers registered in the first event.
- Please be sure to pick up all information from the Club Folder on the day of the competition, before you leave the pool. The Club Folder will be located on the Scoring Table.

Figure Competitions

Please note swimmers may enter *one figure competition only* per Novice Competition. For all Novice Competition please indicate the swimmers age as of **the day of the meet**.

Please note: New for the 2011-2012 Season is the combining of 13-14 Age Group with 15+ Age Group. All swimmers will compete in the 13-19 Age Group but will still be awarded separately.

The categories are as follows:

- 8 & Under (Ages 5,6,7,8)
 - 9 -10 (Ages 9 & 10)
 - 11-12 (Ages 11 & 12)
 - 13 & Over (Ages 13, 14, 15, 16, 17, 18, 19; skill level - Beginner, Intermediate or Advanced)
 - Recreational Masters (Ages 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+; skill level - Beginner, Intermediate or Advanced)
 - Recreational Athletes with a Disability (Physical & Cognitive) will be integrated into the appropriate Age Group but awarded separately.
- Entry fee is \$20.00 per swimmer. For entries received after the deadline, an entry fee of \$25.00 per swimmer will be paid.

What to expect

- At a Figures Competition each swimmer will compete within their Age Group. For the 8&U, 9-10 and 11-12 age groups there will be four panels in total: three figure panels and a split testing panel. The remaining age groups will do three in water figures only. The swimmers will be randomly assigned a number and this will also be their Competitor Number for the entire meet. Before the start of competition each Age Group will be divided into four groups, one group starting at each panel. Swimmers will line up in order, by Competitor Number, at their panel. Each swimmer will perform their figure and then move to the next panel. Swimmers will be evaluated by Synchro Ontario Officials. Each swimmer will swim in front of the Officials and perform their required figure. The Officials will show a mark with their flash cards. These marks are then recorded. Each swimmer will remain in numerical order for the competition. The swimmers move clockwise through the panels around the pool. At the end of each age group competition all of the swimmers will be assembled for awards.

Approved Novice and Scholastic Figures 2011-2012

Please note: The T# indicates which level in the Trillium Manual these skills are found.

8 & Under

LTAD Testing

Tub turn, **ONE WAY** – T1

Back tuck Somersault – T1

Sailboat single – T2*

*Taught as a Sailboat Alternate in the Trillium Manual. For the purposes of Novice Competition, the swimmers will demonstrate a back layout, sailboat position and resume a back layout.

9-10

LTAD Testing

Back Tuck Somersault – T1

Sailboat Alternate – T2

Front Pike Pulldown – T3

11-12

LTAD Testing

Sailboat Alternate – T2

Back Pike Somersault – T3

Front Pike Somersault – T4

13-19 Beginner

Sailboat Alternate – T2

Front Pike Pulldown to Submerged Double Ballet Leg – T3

Split Position – T4

13-19 Intermediate

Front Pike Somersault – T4

Ballet Leg Single – T4

Bent Knee Vertical Position – T5

13-19 Advanced

Kipnus – T6

Neptunus – T7

Front Walkover - T8

Masters – Beginner

Sailboat Alternate – T2

Front Pike Pulldown to Submerged Double Ballet Leg – T3

Back Tuck Somersault – T1

Masters – Intermediate

Ballet Leg Single – T4

Front Pike Pulldown lift to Crane Position – T6

Kipnus – T6

Masters – Advanced

Flamingo Bent Knee figure - T8

Kip ½ Twist – T9

Ariana – T10

- The above skills should be performed as full figures. For all figures, please refer to your Trillium Manual for a description and test standards.
- LTAD testing will take place in the 8&U, 9-10 and 11-12 age groups only.

Swimwear

- Swimmers are encouraged to wear a solid black suit and white cap, but it is not mandatory. All swimmers should wear a one-piece suit and a bathing cap. Suits should be without any adornment.

Results for Figure Competitions

- Age groups will be awarded by year of age for figures (for example a 6 year old competing in the 8&U category will be awarded separately than a 7 year old in the same category). In the case of Master swimmers, figures will be awarded by age group.
- Swimmers ranking 1st through 6th in each category will be awarded ribbons
- All swimmers will receive participation awards

- **AWARDS TO BE FINALIZED SHORTLY**

LTAD Competitions

The Synchro Canada Long-Term Athlete Development (LTAD) model was created to develop physical literacy, strong fundamental skills, and address the windows of trainability. Currently there are two LTAD events at each of the Novice Figure Meets. These events are incorporated into the regular meet and include tests of Suppleness and Speed.

Suppleness Test: Land Splits Standards

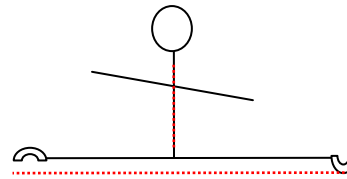
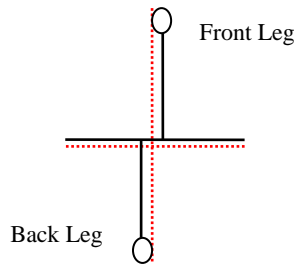
The LTAD Committee has approved the following Split Testing Standards for the upcoming 2011-2012 Season. Novice Competitions will use these standards at all competitions. Please use the following documents as the standard for split testing.

Split Testing Standards

Set-up: Tape on ground to establish centerline and horizontal line

Right & Left Split Description
<ul style="list-style-type: none"> • Athlete will assume a split position • Legs evenly split forward and back • Lower back arched, with hips, shoulders and head on a vertical line above the hips, with shoulders square. • Each leg aligned on opposite side of horizontal centerline • Hips may stretch forward and backward from designated horizontal alignment • Minimal turnout is allowed (2 o'clock or less) • Completely extended knees and feet • Hands cannot be used for continuous support

Red = centerline and horizontal line (hips and shoulders square)



Right Split Checklist (out of 10 points)		Left Split Checklist (out of 10 points)	
<input type="checkbox"/> 1 point	Vertical alignment of torso, shoulders, and head.	<input type="checkbox"/> 1 point	Vertical alignment of torso, shoulders, and head.
<input type="checkbox"/> 1 point	Hips and shoulders square	<input type="checkbox"/> 1 point	Hips and shoulders square
<input type="checkbox"/> 1 point	Extension of right leg (front leg) and right ankle	<input type="checkbox"/> 1 point	Extension of left leg (front leg) and left ankle
<input type="checkbox"/> 1 point	Extension of left leg (back leg) and left ankle	<input type="checkbox"/> 1 point	Extension of right leg (back leg) and right ankle
<input type="checkbox"/> 1 point	Alignment of right leg (in accordance to the center line)	<input type="checkbox"/> 1 point	Alignment of left leg (in accordance to the center line)
<input type="checkbox"/> 1 point	Alignment of left leg (in accordance to the center line)	<input type="checkbox"/> 1 point	Alignment of right leg (in accordance to the center line)
<input type="checkbox"/> 4 points	For a completely FLAT Right Split with arms held up parallel to the ground and held for 8 counts.	<input type="checkbox"/> 4 points	For a completely FLAT Left Split with arms held up parallel to the ground and held for 8 counts.
<input type="checkbox"/> 3 points	For a Right Split held less than 13cm from the ground	<input type="checkbox"/> 3 points	For a Left Split held less than 13cm from the ground
<input type="checkbox"/> 2 points	For a Right Split held 14+ cm off the ground	<input type="checkbox"/> 2 points	For a Left Split held 14+ cm off the ground
Total out of 10:		Total out of 10:	

Speed Test: Front flutter with kick board

Swimmers will participate in the LTAD time trial event to measure speed. For all ages this will be a 25 m front flutter with kick boards, **face out**.

- Time trials will begin in the water, with one hand holding the wall. Swimmers may push off the wall to start
- Time trial ends when swimmer touches the wall. The timer will not press stop until the swimmer touches the wall to end the time trial

The Start for 25m:

- Referee will ask swimmers to enter the pool and take their places in their assigned lane, with one hand holding the wall and one hand holding the kick board
- When all swimmers are in their places and stationary, the Referee will call 'Take your marks'
- The Referee will then blow their whistle (short and fast) for the race to start
- These events will assist coaches, parents and swimmers in tracking swimmer development. These events are included in the entry fee and include awards.

Results for LTAD Competitions

- LTAD seals and progress cards will be distributed at the competition in the club folders. (These are in the stand up file on the Scoring Table.)
- Coaches need to pick up progress cards and seals on the day of the competition, before leaving the pool.
- In order to determine the appropriate seals for each swimmer all results for the meet will be posted on the Synchro Ontario website no later than one week after the event. All results will also be emailed.
- All communication regarding the meet and distribution of the results will be sent to the 'Contact E-Mail' as indicated on the registration forms **as well as all coaches' emails**.

Routine Competition

The competition will consist of the following routine events:

- 8 & Under Duet/Trio and Team
 - Team/Trio average age must be 8&U, duet must all be 8&U
- 9-10 Duet/Trio and Team
 - Team/Trio average age must be 9-10, duet must all be 10&U
- 11-12 Duet/Trio and Team
 - Team/Trio average age must be 11-12, duet must all be 12&U

Please note that there is no Solo Category for 8 & Under, 9-10 and 11-12

- Entry fee is \$20.00 per swimmer for all routines. If a swimmer were to compete in a second routine event the fee is \$20.00 per routine. If one swimmer swims on a team and a duet, then she pays \$20 for the team and \$10 for the duet. If her duet partner only swims duet, then she pays \$20 to swim in the duet.

What to expect

- At a Routine Competition each solo, duet, trio or team will compete within their Age Group. Each routine will be randomly assigned a number. This is will be their Competitor Number for the entire meet. Once assigned a number, each routine will compete in numerical sequence. The Chief Referee will check your Competitor Number before you swim and will indicate when you may start the walk on. Once the walk on is completed the Chief Referee will wait for all movement to stop before blowing the whistle. The whistle indicates that the music can be started. Routines will be evaluated by Synchro Ontario Officials. The Officials will show a mark with their flash cards at the end of the routine. These marks are then recorded. Once the routine is completed the swimmers will exit the pool in a timely fashion.

Music

Coaches shall provide one (1) CD copy of their music. Music must be handed in at the 'Music Table' to the music person at the beginning of the competition, no later than during 'warm-up' for the event. While the swimmers are competing, the coach must have a backup copy immediately available for the music person. While a team is in the water competing, the coach of the team should be near the music table in case of any problems.

The use of CD is now standard. Each CD shall be clearly marked with:

- Club or Organization name
- Event name
- Coach(es) name(s)
- Swimmer or team name

- There should be one routine only per CD and this should be 'Track One'. The music on the CD should be cut to the appropriate time (for example a routine that is 2 minutes long should only have 2 minutes of music on the CD). The lead-in time for each routine should not exceed 5 seconds.
- Be sure to have the best quality of recording possible as this will affect the quality of sound produced.
- It is the responsibility of each organization to pick up their music at the Music Table after the completion of their event. CDs will be held at the Music Table only until the end of the competition. If CDs are not picked up by the end of competition they will be disposed of.
- **Two (2) sound systems to be provided by host club; one main and second as back-up.**

Maximum Time Limits

Novice / Recreational	Solo	Duet/Trio	Team
8 & Under	NA	2:15	2:30
9-10	NA	2:15	2:30
11-12	NA	2:30	2:30
13-19 Beginner	NA	2:30	2:30

13-19 Advanced	2:30	3:00	3:00
Beginner Masters	2:00	2:30	2:30
Advanced Masters	2:30	3:00	3:00

Please note: The above times are the maximum allowed time. There is no penalty if the routine is shorter than the allowed time. The meet schedule is very tight and due to this time constraints music will be turned off if a routine runs over time. Please be aware of this.

Deckwork

- For the deck work in Team, Trio or Duet events, swimmers may not execute stacks, towers or human pyramids (i.e. each swimmer must have some part of their body touching the deck.)
- Deck work should not exceed 20 seconds.
- Props may not be used during routine competition.

Swimwear

- Swimmers are asked to wear a one-piece suit and a bathing cap. Swimmers may gel their hair and wear headpieces, but it is not mandatory. Please refer to the meet package for pool rules and regulations regarding the gelling of hair.

Coaching

- There can be coaching from the deck during the event in the case of the 8 & Under Age Group and the 9-10 Age Group. Coaching includes cues from the coach indicating what element is next, while the swimmers are in the water. This coaching should not be required for the full routine but can help these new swimmers either start the routine or get back on track. The coaching should be done in such a way that it does not detract from the judge's view of the routine.
- There shall be no on deck coaching for all other Age Groups.
- At least one coach from each organization must be present for the Coaches Meeting prior to the start of the meet. Therefore one coach must arrive at the beginning of the meet, regardless of whether the club has swimmers registered in the first event.
- Please be sure to pick up all information from the Club Folder on the day of the competition, before you leave the pool. The Club Folder will be located on the Scoring Table.

Communication and Results

- Teams ranking 1st through 6th in each age category will be awarded:
 - 8&U Duet/Trio and Team
 - 9-10 Duet/Trio and Team
 - 11-12 Duet/Trio and Team
 - 13-19 (Beginner, Intermediate and Advanced) Duet/Trio and Team
 - Masters (Beginner, Intermediate and Advanced): 20-34, 35-49, 50-64, 65+
 - All athletes will receive participation ribbons or buttons

○ **AWARDS TO BE FINALIZED SHORTLY**

- All communication regarding the meet will be emailed to the 'Contact E-Mail' on the registration forms.
- All results for the meet will be posted on the website not more than one week after the completion of the event.