

TECHNICAL SYNCHRONISED SWIMMING CONGRESS



SS 2: The events of Synchronised Swimming are Solos, Duets, Teams, Free Combination and Highlight Routine*.

Note: Highlight routine for World Trophy and World Cup only

SS 4.5: Highlight Routine: Preliminary / Final

Highlight Routine has eight (8) to ten (10) competitors to perform the required elements described in the Appendix VII of these rules.

SS 4.1: Each competitor in Solo, Duet and Team must perform four (4) figures as described in the Appendix V of these rules. Each competitor in Free Combination may perform four (4) figures as described in the Appendix V of these rules.

SS 5.1: For Olympic Games, Teams: Technical Routine and Free Routine, with Free Routine draw according to SS 13.5.1. For Olympic Games, Duets, in this order: Free Routine Preliminary, Technical Routine and Free Routine Final.

SS 5.4: For World Junior Championships: Figures and Free Routines In this order: Free Routines Preliminaries, Free Combination Preliminary (time limits as listed in SSAG 6), Junior Figures, Free Routine Finals and Free Combination Final.

SS 6.1: For Olympic Games, World Junior Championships, Continental and Regional Championships and FINA competitions each country shall be entitled to enter one Solo, one Duet, one Team, one Free Combination and one Highlight Routine (unless otherwise specified).

SS 9.2.1: All figures and judging shall commence at a signal from the referee or assistant referee.

SS 13.2: In Free Combination, at least two (2) parts must have fewer than three (3) competitors and at least two (2) parts must have eight (8) 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.

SS 13.3: A highlight routine shall consist of at least eight (8) but not more than ten (10) competitors.

SS 13.4: In a Free Combination and a Highlight routine, the number of competitors may not change between Preliminary and Finals.

TECHNICAL SYNCHRONISED SWIMMING CONGRESS



SS 13.4.2: When a federation draws start number one (1) in a Technical Routine or Free Routine Preliminary or Combination Preliminary, this federation shall be exempted from start number one (1) in all remaining preliminary sessions

13.6.2 Theatrical make-up shall not be worn
Straight makeup that provides a natural, clean and healthy glow is acceptable.

Time Limits for Routines

14.1.1 Technical Routine Solos: 2 minutes 00 seconds
Free Routine Solos: 2 minutes 30 seconds

14.1.2. Technical Routine Duets: 2 minutes 20 seconds
Free Routine Duets: 3 minutes 00 seconds

14.1.5. Highlight Routine: 2 minutes 30 seconds

SSAG: The time limits for different age groups, including ten (10) seconds of deck movements, shall be:

Solo Duet Team Free Combination

12 years and under solo 2.00 Duet: 2.30 Team:3.00 Combo: 3.30 minutes

13, 14, 15 years Solo: 2:15 Duet:2:45 Team: 3.30 Combo: 4.00 minutes

Juniors: 15-18 years Solo:2:30 Duet:3.00 Team:4.00 Combo:4.30 minutes

There shall be an allowance of fifteen (15) seconds less or plus the allotted time limit.

SS 16.1 Three (3) panels of five (5) judges must officiate: in Free Routines, Free Combination and Highlight Routine one for Execution, one for Artistic Impression and one for Difficulty, and in Technical Routines one for Execution one for Impression and one for Elements. Canadian Rule!

SS 16.1.1 Judges must officiate:

In Free Routines and Free Combination

Panel One - Execution

Panel Two - Artistic Impression

Panel Three- Difficulty

In Technical Routines

Panel One - Execution

TECHNICAL SYNCHRONISED SWIMMING CONGRESS



Panel Two - Impression

Panel Three - Elements

SS. 17.2.2 Second panel – ARTISTIC IMPRESSION Score - 40%

Consider:

CHOREOGRAPHY - the creative skill of composing a routine that combines artistic and technical elements.

The design and weaving together of variety and creativity of all movements

MUSIC INTERPRETATION - expressing the mood of the music, use of the music's structure.

MANNER OF PRESENTATION - the manner in which the swimmer(s) present(s) the routine to the viewers.

The total command of the performance of the routine