



**Technical Committee Memorandum - August 7, 2013
2013-2017 Figure Groups, Technical Elements & Time Limits**

Note: All figure descriptions as per final FINA 2013-2017 Rulebook, which will be reflected in the Synchro Swim Ontario Provincial Rulebook.

NATIONAL STREAM FIGURES:

11-12 NATIONAL STREAM

Figure groups and descriptions as per FINA.

13-15 FINA

Figure groups and descriptions as per FINA.

JUNIOR FINA

Figure groups and descriptions as per FINA.

PROVINCIAL STREAM FIGURES:

8 & UNDER PROVINCIAL STREAM

Sailboat Single
Back Tuck Somersault
Front Pike Pulldown
Split Position

Note: For Trillium Figure event and will be 8&U Pre-competitive figures

10 & UNDER PROVINCIAL STREAM

Compulsory : Blossom
Front Pike Somersault

Group 1: Kipnus
Ballet Leg Single

Group 2: Walkout Front (starting from split position)
Sailboat Alternate

11-12 PROVINCIAL STREAM

Figure groups and descriptions as per FINA 11-12 figures.

13-15 PROVINCIAL STREAM

Compulsory: Ariana
Barracuda Spinning 180

Group 1: Heron
Catalina

Group 2: Porpoise Spin 180
Flamingo Bent Knee

Group 3: Albatross
Side Fishtail Split

16-20 NATIONAL STREAM

Compulsory: Ariana
Barracuda Spinning 360

Group 1: Aurora
London – modified (up until Kip and vertical descent)

Group 2: Manta Ray
Butterfly

Group 3: Ibis
Porpoise Half Twist

AWD FIGURES:

- Shall be aligned with Synchro Canada AWD Figures.

PRE-COMPETITIVE & RECREATIONAL FIGURES:

- Are being finalized and will be released as soon as possible.

TECHNICAL ELEMENTS:

- All Senior FINA technical routine elements as per FINA 2013-2017 Rulebook.
- Provincial Stream 10 and Under Team Elements have been eliminated. There are no longer routine elements for any age group routine.
- Masters Technical Routine elements shall be aligned with Synchro Canada rules.

TIME LIMITS:

*ONE TIME LIMIT CHART – NO LONGER SEPARATE FOR TRILLIUMS

Red = changes

- FINA made changes to 13-15 and 16-18 solo and duet – those have been changed below in both Provincial Stream and National Stream.
- 10&U Team changed to 2:30
- 8&U Team will be 2:00 – this event is held at Trilliums only, shall be time limit for 8&U Pre-competitive as well.
- All time limits +/- 15 seconds as per rule 4.8.1

Provincial Stream	Solo	Duet/Trio	Team
8 & under	N/A	N/A	2:00
10 & under	N/A	2:15	2:30
11-12 years	2:00	2:30	3:00
13-15 years	2:15	2:45	3:30
16-20 years	2:30	3:00	4:00
Free Combination	N/A	N/A	4:00
National Stream	Solo	Duet	Team
13-15 FINA	2:15	2:45	3:30
Junior FINA	2:30	3:00	4:00
Senior FINA - Tech	2:00	2:20	2:50
Senior FINA - Free	2:30	3:00	4:00
Free Combination Espoir (13-15)	N/A	N/A	4:00
Free Combination COSSC	N/A	N/A	4:30
Masters	Solo	Duet/Trio	Team
Free Combination	N/A	N/A	5:00
Technical	1:30	1:40	1:50
Free	3:00	3:30	4:00
Trio Free Routine	N/A	3:30	N/A