

Schools' Team Synchronised Swimming Championships of England for Girls

Regulations (Effective from October 2009)

The Schools' Team Synchronised Swimming Championships of England shall take place annually under ASA Law and Technical Rules and the following conditions:

1 Eligibility

(a) Only schools which are in affiliation with the English Schools' Swimming Association are eligible to compete.

(b) Competitors must be on the roll of the School entering the Championship and in full-time attendance there at the commencement of the Spring Term immediately prior to the Championship.

2 Age

Competitors must be aged 11 years and under 18 years as at midnight 31st August/1st September at the commencement of the academic year of the Championships.

3 Control

The sole control and management of the Championships will be in the hands of the Council.

4 Entries

(a) Entries will be limited to one free combination and/or duet in each category (see 6 (d)) below, per school. Free combinations will consist of not less than three and not more than ten members.

(b) There will be an entry fee for each event, the level of which will be decided by ESSA Council.

(c) Entries shall be made on the official entry form which is to be returned, duly completed, and countersigned by the Headteacher to the Hon. Synchronised Swimming Organiser no later than the 4th Saturday in January.

(d) A maximum number of entries for each event will be set by the Hon. Synchronised Swimming Organiser and entries will be accepted in the order in which they are received.

(e) The names, contact addresses, telephone numbers and email addresses of teachers responsible for the teams must accompany each entry.

5 Team Lists

(a) A signed statement showing names with date of birth of swimmers, and certifying conformity with conditions must be returned to the Hon. Synchronised Swimming Organiser at least 1 month prior to the Championships.

(b) Substitution of reserves is permitted but the names and dates of birth must be included in the signed statement in 5(a) above.

6 Conduct of Championships

(a) A pool plan showing pool profile; including the dimensions of the length, breadth and depth of the pool; and width of the deck shall be supplied by the Local Championships Organizer.

(b) The draw for the order of swimming will be made by the Hon. Synchronised Swimming Organiser prior to the Championships.

(c) Competing teams and duets, are responsible for handing to the controller of accompaniment Compact Discs of their accompaniments, each labelled with the school name, Division and Phonographic Performance Limited label. There will be a maximum of two accompaniments on each CD, with an 8 second leeway between each accompaniment and a 4 second lead in for the first recording. Each team and duet, is entitled to a trial test of a part of their accompaniment just prior to their performance to adjust the volume and speed.

(d) There will be four events organised in two levels:

i) **Free Combination Championship** – time limit of 3 minutes 30 seconds plus/minus 15 seconds including a maximum of 10 seconds deckwork.

ii) **Free Combination Plate Competition** – time limit of 2 minutes 30 seconds plus/minus 15 seconds including a maximum of 10 seconds deckwork.

iii) **Duet Championship** – time limit of 3 minutes 30 seconds plus/minus 15 seconds including a maximum of 10 seconds deckwork.

iv) **Duet Plate Competition** – time limit of 2 minutes 30 seconds plus/minus 15 seconds including a maximum of 10 seconds deckwork.

Timing of deck movements will end as the last competitor leaves the deck. Routines may start on the deck or in the water but must finish in the water.

(e) The accompaniment and judging will start upon a signal from the referee. After the signal the routine must be performed without interruption.

(f) Free combinations, and duets, will be prompt at the starting point for the competition. Late arrivals may not be allowed to compete out of order of the draw.

(g) Two scores will be awarded, 1-10 points each.

i) First Score – TECHNICAL MERIT

ii) Second Score – ARTISTIC IMPRESSION

(h) At the completion of each routine the judges, on a signal from the referee, will indicate the marks awarded. On the F.I.N.A. Two Mark System judges first display marks for TECHNICAL MERIT followed by those for ARTISTIC IMPRESSION. The highest and lowest marks are cancelled and those remaining added together, in two sets, and divided by the number of judges, less two. The marks for Technical Merit are then multiplied by 5 and those for Artistic Impression by 5 and the result added together. From the total score any referee's penalties are deducted.

(i) In the case of a tie the team with the highest eligible individual technical merit mark will decide the winner.

(j) One point penalties will be deducted when:

i) the ten second limit for deck movements is exceeded;

ii) the time limit, plus or minus fifteen seconds, for a free combination routine or duet is exceeded or not attained;

iii) deliberate use is made of the bottom of the pool by a competitor when executing a figure during a routine;

iv) a false start is made at the beginning of a routine. If caused by circumstances beyond the control of the competitors no penalty point is deducted.

(k) Failure of a team to complete a routine after entering the water entails disqualification unless caused by circumstances beyond the control of the competitors, when there will be no penalty.

7 Awards

(a) The Schools attended by the free combinations, and duets, placed 1st, 2nd and 3rd in the each event will be awarded a commemorative plaque to be held permanently, and each member of these teams, and duets, will be awarded a Championship medal.

(b) Challenge trophies will be awarded to the winning school in each event.

(c) Council may issue awards at other levels of the Championships, at its discretion.

8 Expenses

Each competing school shall be responsible for its own expenses.

9 Responsibility

A qualified school teacher, or suitable adult as approved by the Head Teacher of the School, must accompany each team at all stages of the competition.