

IV RULES AND REGULATIONS OF SYNCHRONIZED SWIMMING

SECTION 1: OFFICIALS

A. REQUIRED OFFICIALS

The minimum recommended officials for a meet are:

- 1 Meet Manager
- 1 Referee
- 3 Judges
- 3 Scorers
- 1 Timer
- 2 Technical Element Judges
- 1 Announcer
- 1 Music Director
- 2 Meet Recorders
- 1 Runner
- 1 Marshall

B. SELECTION OF OFFICIALS

The Meet Manager shall select the officials.

C. DUTIES

All officials should report to the Meet Manager at the designated time; usually not less than 30 minutes before the start of the meet.

1. Meet Manager

- a] The Meet Manager shall be responsible for the organizational details of the meet, shall have control of the mechanics associated with running the meet, and shall be responsible for having the necessary equipment and personnel available during the meet.
- b] The meet manager shall certify all entry forms for eligibility and completeness, prior to the draw. All completed entry packages, including those for alternates and substitutes shall be in the possession of the Meet Manager by the stated deadline.

- c] The Meet Manager shall be responsible for conducting (or delegating) the draw.
- d] The Meet Manager shall arrange for all facilities and equipment for the efficient running of the meet.
- e] The Meet Manager shall inform the coaches of any penalties after the event(s) are completed.

2. **Referee**

- a] The Referee is in charge of the entire competition, and is responsible for carrying out the rules and for ensuring that they are enforced. The Referee shall enforce all the rules and decisions of BCSSA and shall decide all questions relating to the actual conduct of the competition.
- b] The Referee shall ensure that all necessary officials are in their respective positions to conduct the event. Substitutes may be appointed for any persons who are absent, incapable of acting or carrying out his/her duties. Additional officials may be appointed if considered necessary.
- c] The Referee shall instruct all officials. The Referee acts as liaison among the scorers, judges, competitors and announcers and sees that the competition is run efficiently.
- d] The Referee shall chair a meeting of the coaches prior to the meet to clarify rules and procedures.
- e] The Referee shall determine that the competitors are ready and shall signal for the start of the music.
- f] The Referee shall instruct the scorers to deduct a penalty to a competitor in the event of an infraction of the rules.
- g] The Referee shall approve results before the announcements are made.

- h) The Referee may intervene at any stage of the event, in order to ensure that the BCSSA regulations are observed.
- i) The Referee shall adjudicate all protests related to the event in progress.
- j) The Referee may disqualify any swimmer for any violation of the rules that is personally observed or which is reported to the Referee by other authorized officials.
- k) The Referee shall notify the Scorers of scratches from any event.
- l) The Referee shall verify the duet/team members and notify the Scorers of any scratches or substitutions of those members. This is to ensure the correct Figure Scores are used in Championship score calculations.

3. Judges' Panel

- a) A panel of at least three judges is selected by the Meet Manager, or designate, to judge an event. Each panel may have alternates named.
- b) Just prior to the event, each panel shall convene a meeting to review and discuss the figures and routines to be judged.
- c) The make-up of the panel may change during the competition, under the direction of the referee as a result of illness or other circumstances.

4. Technical Element Judge(s)

- a) The Technical Element Judge is responsible for observing and recording the routine technical elements, as well as ensuring that the elements are performed correctly and in the proper sequence.
- b) The Technical Element Judge shall inform the Referee of any violations at the conclusion of each age category event.

5. **Scorers**

- a] Each Scorer shall individually record the marks as they are read by the Referee and make the necessary computations.
- b] A Scorer shall immediately inform the referee or designated official in case of technical problems.

6. **Timers**

- a] The Timer is responsible for timing the routine as specified in the Section 2.E.2.d
- b] The Timer shall time the routine from the start of the music, including the Deck Drill Times to the end of the routine. The Deck Drill Time ends when the last swimmer leaves the deck to enter the water.
- c] The Timer shall record the overall time and deck drill time on the master score sheet, to the second.
- d] The Timer will notify the Referee of any deck time violations, at the end of the event.
- e] The Timer will notify the Referee if the Routine is more than 15 seconds over or under the set time limit, at the end of the event.

7. **Announcer**

- a] The Announcer shall indicate the start of the competition, the events and the competitor numbers.
- b] The Announcer, upon completion of the routine, will state the competitors' name and club and read the competitors' marks.
- c] The Announcer shall make other announcements as authorized by the Referee.

8. **Music Director**

- a] The Music Director is in charge of securing the competitors' music tapes and properly presenting the music for each routine when signalled by the Referee.
- b] The Music Director shall test the underwater sound system before each event, prior to the start of the competition.

9. **Meet Recorder**

- a] The Meet Recorder shall receive and verify all judges' scoresheets, including penalties.
- b] The Meet Recorder shall ensure that scratches and substitutions are incorporated into scoring calculations.
- c] The Meet Recorder shall calculate official scores.
- d] The Meet Recorder shall verify and post official results.

10. **Runner**

- a] The Runner shall collect judges' slips, penalty slips from the Referee, Judges and Timer and deliver all slips to Scorers.
- b] The Runner shall collect completed scoresheets from Scorers and deliver to the Meet Recorder.

11. **Marshall**

- a] The Marshall shall assist the Referee as required.
- b] The Marshall shall notify the Referee of scratches from any event.
- c] The Marshall shall verify the duet/team members and notify the Referee of any scratches of substitutions of those members.
- d] The Marshall shall usher competitors to their events.

12. **Dress Code**

- a] All Judges shall wear navy blue clothing.
- b] All other officials should wear white clothing and shoes. Shoes should conform to local pool regulations.

***Note:** *The objective is uniformity of attire. The meet organizing committee may elect to use colours other than white, provided they supply the garments.*

- c] The organizing committee may supply distinctive badges or ribbons for all officials.

SECTION 2: Rules of Meet Conduct

A. FORMS

1. All entry packages must be completed (including alternates and substitutes) and shall be in the possession of the Meet Manager by the stated deadline. A hard copy of the Entry Forms must be included.
2. Registrants must use the BCSSA entry form and include the BCSSA registration numbers.

B. ENTRIES

1. Number of Routine Entries

A competitor may be permitted to compete in a maximum of one duet event and one team event. Alternates may be listed on more than one entry but may only compete in one duet and/or team event. All competitors including alternates shall compete in the figures event for their age group.

2. Alternates

- a) One alternate swimmer will be allowed for each duet and two alternate swimmers will be allowed for each team.
- b) Alternates must be listed on the entry forms. However, they may only compete in one duet and/or one team event.
- c) Alternates must compete in the figure event for their age group.

C. AGE CATEGORIES

1. Synchro Routine Categories are based on the current BCSSA Swimming/Synchro Age Locator.
2. Each competitor's age group category will be based on his/her age as of April 30th.
3. For the duet event, the competitors enter the age category of the older duet member.
4. For the team event, the competitors enter the age category of the oldest team member.
5. When duet or team members are in different age group categories, each duet/team member must compete in his/her age group for the figure events.

6. Synchro Routine Categories are:
 Division II and Under
 Division III/IV
 Division V and Over
7. Synchro Figure Categories are:
 Division I Division IV
 Division II Division V
 Division III Division VI and Over

D. FIGURE EVENTS
FIGURES MAY VARY FROM YEAR TO YEAR
(SEE PROVINCIAL MEET PACKAGE)

Figure Events

- Eggbeater
- Eggbeater Sideways
- Eggbeater Forward
- Alternate Sailboat
- Ballet Leg Combo
- Stroking Sequence
- Split join Vertical ankle height
- Ariana Rotation
- Walkover Front
- Back Tuck Somersault
- Kick-Pull-Kick-Airplane, shoulders square, 2 strokes to Front Pike Pulldown
- Kick-Pull-Kick-Airplane, shoulders open, to Front Pike Pulldown
- Bent Knee Vertical Spin 180
- Bent Knee Vertical ½ Twist join descent
- Kipnus
- Kip
- Thrust
- Bent Knee Vertical ½ Twist
- Vertical ½ Twist
- Ariana
- Crane to Bent Knee Vertical, Vertical descent
- Crane to Vertical, Vertical descent
- Split closing to Vertical, Vertical descent
- Tub Turn
- Vertical spin 360
- Ariana Rotation, Walkout

1. Each competitor will swim one figure skill at a time in the order of the draw. At the direction of the Referee, the competitor will swim out in front of a panel of judges, perform the assigned figure and then swim to the designated side of the pool. The judges use Synchro flashcards to evaluate the swimmer's execution of the figure. All marks given, are out of ten to the nearest 10th (e.g. 5.7).

2. A minimum of three judges per panel shall judge any figures event.
3. Each panel shall convene a meeting to review and discuss the figures to be judged, just prior to the event.
4. Competitors must wear a plain coloured bathing suit of their choice for the figures competition. Black is the preferred colour.
5. Nose plugs are recommended.

**E. ROUTINE EVENTS (DUETS AND TEAMS)
ROUTINE REQUIRED ELEMENTS MAY VARY
FROM YEAR TO YEAR (SEE PROVINCIAL
MEET PACKAGE)**

Figure Events

- Eggbeater
- Eggbeater Sideways
- Eggbeater Forward
- Alternate Sailboat
- Ballet Leg Combo
- Stroking Sequence
- Split join Vertical ankle height
- Ariana Rotation
- Walkover Front
- Back Tuck Somersault
- Kick-Pull-Kick-Airplane, shoulders square, 2 strokes to Front Pike Pulldown
- Kick-Pull-Kick-Airplane, shoulders open, to Front Pike Pulldown
- Bent Knee Vertical Spin 180
- Bent Knee Vertical ½ Twist join descent
- Kipnus
- Kip
- Thrust
- Bent Knee Vertical ½ Twist
- Vertical ½ Twist
- Ariana
- Crane to Bent Knee Vertical, Vertical descent
- Crane to Vertical, Vertical descent
- Split closing to Vertical, Vertical descent
- Tub Turn
- Vertical spin 360
- Ariana Rotation, Walkout

1. Routine Events

- a] Duet Routines must consist of 2 members.
- b] Team Routines shall consist of a minimum of three (3) to a maximum of 10 members.

2. In Duet and Team Events, competitors who are listed on the entry may be interchanged before the Routine Events.
 - a] Any changes from the original entry must be handed to the Referee in writing at least two hours prior to the start of the respective routine competition. Changes after this can only be made in case of sudden illness or accident of a competitor and if the alternate is ready to compete without delaying the competition.
 - b] If the lack of an alternate reduces the team size to less than three, that team shall be disqualified. The team may swim unofficially at the discretion of the Referee.
 - c] Failure to notify the Referee of a substitution and/or scratches shall result in the disqualification of the routine.
3. The order of appearance for routines shall be decided by a draw. The draw shall take place prior to the competition.
4. **Routine Time Limits**
 - a] Time limits for Duet and Team Events including ten (10) seconds for deck movement are as follows:

	Minutes	
	DUET	TEAM
Div III & Under	2:00	2:15
Div IV & Over	2:30	3:00
 - b] Time limits allow plus or minus 15 seconds.
 - c] Timing of the routines 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 must finish in the water.

- d] The accompaniment and judging shall begin upon a signal from the Referee. After the signal, the competitor(s) must perform the routine without interruption.

5. **Technical Difficulties**

In the case of technical problem(s) during a Routine, the swimmers may be allowed to re-swim at the discretion of the Referee.

F. **MUSIC AND TAPES**

1. **Music Tapes**

Competitors shall provide one (1) music tape per routine, clearly labelled with club/competitor's name and event.

- 2. There should be no more than a 10 second lead in before the music starts.
- 3. Competitors are entitled to a trial test of part of their music accompaniment, prior to competition to adjust the volume and speed.
- 4. There shall be one music tape per routine.
- 5. Tapes must be handed in at the start of the competition and left with the Music Director until after the event. It is recommended that a second copy of the music be readily available.

G. **SCORING**

- 1. **Figure Score:** Final placing in the figure competition for each figure event is determined by the figure scores.
 - a] If there are 5 judges' marks, cross out the high and the low mark and add up the remaining 3 marks. If there are 4 judges' marks, calculate the average of the 4 marks and use that as a fifth judge's mark, then treat as 5 judges' marks. If there are only 3 marks, just add them up.
 - b] Divide the figure total by the number of judges' marks used.

- c] Multiply by the Degree of Difficulty (DD). The result is the score for that individual figure.
- d] Add the scores for all four figures.
- e] Apply the % score formula:
 - i] Multiply total figure score by 100 = A
 - ii] Divide A by (total DD x 10) = B
 - iii] B = Total Figure Score

J 1	J 2	J 3	J 4	J 5				D.D.	Total
5.1	5.3	5.4	4.9	5.4	=	15.80	÷ 3	x 1.4	7.3733
5.0	5.2	5.2	5.0	5.3	=	15.40	÷ 3	x 1.2	6.1600
5.0	5.2	5.1	5.0	5.3	=	15.30	÷ 3	x 1.9	9.6900
5.3	5.2	5.2	5.0	5.3	=	15.70	÷ 3	x 1.8	9.4200

6.3	32.6433
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$$\frac{A}{D \times 10} = \frac{2.6433 \times 100}{6.3 \times 10} = \frac{3264.33}{63} = 51.8148$$

Figure Score is 51.8148

Less Penalty: _____

Total: _____

2. **Routine Score:** Placing for the routine competition for each age group is determined by the routine score.
 - a] The marks for Technical Merit and for Artistic Impression shall be recorded separately.
 - b] With 5 judges' marks, eliminate the high and the low mark and add up the remaining 3 marks. If there are 4 judges' marks, calculate the average of the 4 marks and use that as a fifth judge's mark, then treat as 5 judges' marks. If there are only 3 marks, just add the 3 marks.
 - c] Multiply the technical score by .6 and multiply the artistic score by .4
 - d] Total the two scores, then calculate the % score:

**Multiply total score by 100, and then divide by 30. The result is the Routine Score.*

Judges	1	2	3	4	5	Total		Total
Technical Merit	5.4	5.2	5.3	5.5	5.3	16.0	X .6	9.6000
Artistic Impression	5.5	5.3	5.3	5.4	5.5	16.2	X .4	6.4800

Total Technical & Artistic Marks= 16.0800
 X 100= 1608.0000
 Divide by 30= 53.6000
 Less Penalty (if applicable)= _____
 Routine Score= 53.6000

3. **Championship Score:** Final placing for the routine competition for each age group is determined by the figure and routine scores.

- a] Determine the average Duet or Team Figures Scores.
- b] Add the routine and figure scores together and then divide by 2.
- c] The result is the Championship Score.

Total Routine Score = 53.6000
 Total Figure Score = 51.8148
 Total Routine & Figure Score = 105.4148
 Divide by 2

Championship Score = 52.7074

- d] If a competitor competed in a Duet and/or Team event, but not in a Figure event (scratch) then that competitor shall be awarded a zero score for the Figures event.

4. **Marks for Routines**

Two Scores shall be awarded, 0 – 10 points each, using tenths, (i.e. 10, 9.9, 9.8, 9.7, etc.), as follows:

ELEMENTS	% WEIGHTINGS	
	Duet	Team

FIRST SCORE – TECHNICAL MERIT		
EXECUTION of strokes, figures and parts thereof; propulsion techniques, precision of patterns	40	40
SYNCHRONIZATION one with the other and with the music	20	30
DIFFICULTY of strokes, figures and parts thereof, patterns, synchronization.	40	30
SECOND SCORE – ARTISTIC IMPRESSION		
CHOREOGRAPHY, variety, creativity, pool coverage, patterns, transitions	60	60
MUSIC INTERPRETATION, use of music	20	20
MANNER OF PRESENTATION, total command	20	20

5. Recording of Marks

The Judges shall record their marks on the Judges' slips provided. The Judge's mark is considered complete only if it consists of a digit, a decimal point, and another digit, e.g. 7.0. If not complete, the scorer shall ask the referee to return it to the Judge for clarification, before the marks are read.

The Judge shall pass the slip to the runner after each routine. The mark that is recorded on the Judge's slip becomes final as it reaches the scorers' table. At this point, the Judge may not alter the written mark in any way.

6. Judges' Slips

Judges' Slips should have a place to record the Judges' number, the event, the

competitor number and the Judges' score(s).

7. Announcing of Marks

- a] For all events, the individual Judges' marks must be announced following each competitor's performance, in numerical order by judge number. The list of Technical Merit marks is announced first, followed by the list of Artistic Impression marks.
- b] Scores are unofficial until certified by the Referee.

8. Correction of Marks

If there is any discrepancy between the mark announced and the mark written on the Judge's slip, the Judge concerned must inform the Referee as soon as the mark is read. The Referee will have the marks re-read immediately, from the slips.

SECTION 3: PENALTIES AND VIOLATIONS

A. PENALTIES FOR FIGURES

A one-point penalty (1.0) shall be deducted from the total score for the figure if:

1. A competitor performs a figure other than the figure posted for that panel and then, after being informed of the nature of the error by the referee, performs the correct figure on the second attempt, or
2. A competitor stops during the figure and requests to do the figure again.
3. Coaches will be informed of penalties after the event(s) are completed.

The Judges shall award (but not flash) a zero if the competitor does not make a second attempt, or if on the second attempt performs the wrong figure.

B. PENALTIES FOR ROUTINES

A one-point penalty (1.0) shall be deducted from the total routine score for:

1. Each required element omitted by one or more swimmers, or
2. A routine that is more than fifteen (15) seconds over or below the set time limit, or
3. Deck movements that exceed the ten (10) seconds time limit.
4. Coaches will be informed of penalties after the event(s) are completed.

A half point (0.5) penalty shall be deducted from the total routine score for:

1. Each part of a required element not attempted by one or more swimmers.
2. Team and Duet Routines where the required elements are not completed in order as specified.

SECTION 4: PROTESTS/JURY OF APPEAL

A. PROTESTS

1. No protests shall be made against the judges' marks or penalties.
2. Protests shall be made by Coaches participating in the Meet.
3. The procedure for filing a protest by the Head Coach (or designate) of the club is as follows:
 - a] A verbal protest must be submitted within 30 minutes following the respective event's Coaches' meeting.
 - b] If a verbal protest is not upheld, the Coach may submit the protest in writing to the Referee.
 - c] The Referee shall deliver the written protest to the Meet Manager for consideration by the Jury of Appeal.
 - d] A Jury of Appeal will then be convened, and reach a decision on the day the written protest is filed.

**Note: The results of any event conducted under protest, or any protested event, should be withheld (not announced or published and no prizes or scoring points should be awarded) until the protest is withdrawn or resolved.*

B. JURY OF APPEAL

1. The Jury of Appeal shall resolve any protests referred to it.
2. The members, excluding the chair, shall be of an odd number (preferably 3 or 5) and shall be chaired by the Meet Manager or designate. (The chair shall have no vote).
3. The Jury of Appeal shall convene and reach a decision by majority vote as soon as is practical, during or after the session in question. When a decision is reached the

Protestor and the Referee shall be informed immediately.

4. Decisions of the Jury of Appeal may be made verbally, but must be followed by a written decision.
5. A written report of the decision must be forwarded to the Meet Manager.
6. Any decision of the Jury of Appeal may be appealed to the Appeals Committee of the BCSSA whose adjudication and decision shall be final. All appeal submissions shall be in writing and accompanied by a \$50.00 fee (refundable if successful).

SECTION 5: COMPETITOR ELIGIBILITY

- A. Competitors must be affiliated with the BCSSA for the current season.
- B. Only Recreational Synchro BC Swimmers may participate in BCSSA events.
- C. All competitors must be registered on or before the registration deadline.
- D. All competitors must compete in events at Regional Synchro Championships to be eligible for Provincial Championships. If a competition cannot be scheduled, a request for an exemption must be submitted to the President of BCSSA. Where an exemption is granted, competitors are responsible to put on a synchro demonstration or exhibition at Regionals to be eligible to compete at Provincials.

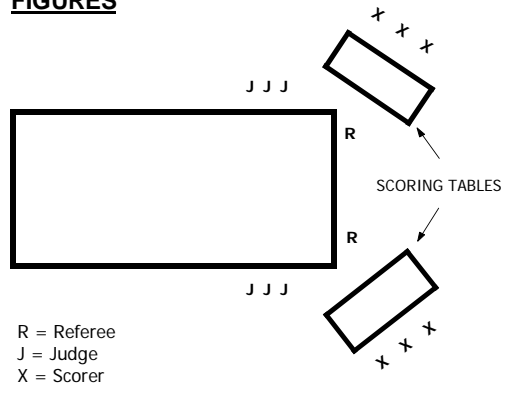
SECTION 6: DISABLED SYNCHRO SWIMMERS

- A. Disabled Synchronized Swimmers are encouraged to participate in the BCSSA.
- B. Disabled Synchronized Swimmers shall be integrated within BCSSA competitions.
- C. All BCSSA Rules shall apply to disabled swimmers, except the Referee shall permit variations and exceptions which aid the disabled swimmers, but which do not give them any advantage over any other swimmer.

SECTION 7: POOL LAYOUT AND EQUIPMENT RECOMMENDATIONS

- A. For the figure competition, two areas each 10.0 metres long by 3.0 metres wide are to be provided. Each area is to be close to a wall of the pool with 10.0 metres long side parallel to and not greater than 1.5 metres from the pool wall. One of these areas is to be 3.0 metres minimum depth and the other area is to be of 2.5 metres minimum depth. Minimum pool space for a figures competition is 1/2 of a 25-metre pool. There should be no activity in the other portion of pool, that will disturb the figure competition.
- B. For the routine competition, a 25-metre pool is required. At least 1/2 of the pool should be deep (minimum depth of 2.5 metres). The depth of the remaining area should be 1.8 metres minimum.
- C. The areas for figure competition can occupy the same area of the pool as that used for routine competition.
- D. If there are no lane markings, the floor of the pool **MUST** be marked with contrasting lines in one direction, following the length of the pool.
- E. The water must be of sufficient clarity for the bottom of the pool to be visible.
- F. It is recommended that the water temperature should not be less than 26° plus 1° minus 1° Centigrade.

RECOMMENDED POOL SET UP FOR FIGURES



RECOMMENDED POOL SET UP FOR ROUTINES

