

Proposed Synchro Changes – 3.1.3 (new), 3.3.2, 3.3.5, 3.3.9, 3.4.1, 3.6.3 (new)

By Annemarie Salama-Siroishka (VP Synchro)

3.1 General

Added amendment*

3.1.3 Synchronized swimming competitions will be divided into the following events

- Pre-Junior – Duet and team
- Junior – Solo, duet and team
- Senior – Solo, duet and team

3.3 Rules of Participation

3.3.2 Current

Each pool shall be entitled to enter one (1) solo and one (1) duet in the Junior and Senior categories. Pools may enter more than 1 one team in each category as long as rule 3.3.1 is adhered to. The top scoring pool representative at finals will be the scoring team that will count for points towards their pool's overall trophies. (Only one team per pool can score points). This not will affect the awarding of ribbons and medals at Prelims and Finals and will not affect the order of swim at finals as per rule 3.5.2.

3.3.2 New

Each pool shall be entitled to enter one (1) solo in the Junior and Senior categories and **one (1) duet in the Pre-Junior**, Junior and Senior categories. Pools may enter more than 1 one team in each category as long as rule 3.3.1 is adhered to. The top scoring pool representative at finals will be the scoring team that will count for points towards their pool's overall trophies. (Only one team per pool can score points). This not will affect the awarding of ribbons and medals at Prelims and Finals and will not affect the order of swim at finals as per rule 3.5.2.

3.3.5 Current

For the benefit of the swimmers, there will be time restrictions to all routines. Junior solo will be one (1) minute thirty (30) seconds and Senior solo will be two (2) minutes. Junior duet will be one (1) minute forty-five (45) seconds and Senior duet will be two (2) minutes fifteen (15) seconds. Pre-Junior team will be one (1) minute, Junior team will be two (2) minutes and Senior team will be two (2) minutes thirty (30) seconds. There will be fifteen (15) seconds plus or minus for the routine time limits. All routines shall have a maximum time of ten (10) seconds for deck movements, which is included in the overall routine time limits. If the routine exceeds these time restraints, there will be a one (1) point penalty off the final score.

	Solo	Duet	Team
Pre-Junior	N/A	N/A	1:00 (+/- 15 seconds)
Junior	1:30 (+/- 15 seconds)	1:45 (+/- 15 seconds)	2:00 (+/- 15 seconds)
Senior	2:00 (+/- 15 seconds)	2:15 (+/- 15 seconds)	2:30 (+/- 15 seconds)

3.3.5 New

For the benefit of the swimmers, there will be time restrictions to all routines. **Junior solo** will be one (1) minute thirty (30) seconds and **Senior solo** will be two (2) minutes. **Pre-Junior duet will be one (1) minute**, **Junior duet** will be one (1) minute forty-five (45) seconds and **Senior duet** will be two (2) minutes fifteen (15) seconds. **Pre-Junior team** will be one (1) minute, **Junior team** will be two (2) minutes and **Senior team** will be two (2) minutes thirty (30) seconds. There will be fifteen (15) seconds plus or minus for the routine time limits. All routines shall have a maximum time of ten (10) seconds for deck movements, which is included in the overall routine time limits. If the routine exceeds these time restraints, there will be a one (1) point penalty off the final score.

	Solo	Duet	Team
Pre-Junior	N/A	1:00 (+/- 15 seconds)	1:00 (+/- 15 seconds)
Junior	1:30 (+/- 15 seconds)	1:45 (+/- 15 seconds)	2:00 (+/- 15 seconds)
Senior	2:00 (+/- 15 seconds)	2:15 (+/- 15 seconds)	2:30 (+/- 15 seconds)

3.3.9 Current

Accompaniment must be provided in a format (CD, MP3, Other) decided by the host pool of each event, in consultation with the VP Synchronized Swimming; If music is required in advance of the event date a deadline will be set by the VP, if the deadline is not met by a pool, a one (1) point penalty per routine will be assessed at the event that the deadline is missed for. Coaches are responsible for the labeling of music as to the name of the competitor and pool name, as well as the title of the routine. Only one routine per CD/File will be permitted. Both a Master (if not already submitted) and Backup music source must be supplied for each routine prior to the commencement of the competition (ex: Prelims), a backup source may NOT be on a laptop.

3.3.9 New

Accompaniment must be provided in a format (CD, MP3, Other) decided by the host pool of each event, in consultation with the VP Synchronized Swimming; If music is required in advance of the event date a deadline will be set by the VP, if the deadline is not met by a pool, a one (1) point penalty per routine will be assessed at the event that the deadline is missed for. **Host pools are responsible for providing the DJ with the music in the order of the draws.** Coaches are responsible for the labeling of music as to the name of the competitor and pool name, as well as the title of the routine. Only one routine per CD/File will be permitted. Both a Master (if not already submitted) and Backup music source must be supplied for each routine prior to the commencement of the competition (ex: Prelims), a backup source may NOT be on a laptop.

3.4 Preliminary – Prelims Competitions

3.4.1 Current

The draws for prelims shall be made at the first synchro coaches meeting. All synchro coaches are encouraged to attend this meeting. A deadline will be established by the Vice President Synchronized Swimming.

3.4.1 New

The draws for prelims and Pre-Junior Finals shall be made at a meeting two (2) weeks prior to the first preliminary competition. Coaches are required to hand in their routine score sheet provided by the VP Synchronized Swimming at the first synchro coaches meeting. All synchro coaches are encouraged to attend this meeting. A deadline will be established by the Vice President Synchronized Swimming at this meeting to allow scratches or substitutions for Finals.

3.6 Miscellaneous

Added amendment*

3.6.3 Host pools are required to test their underwater and overhead music equipment within one (1) week prior to the competition to avoid speaker failure.

Starting Times

Current

Event	Day of the week	Warm-up time	Start time
Pre-Jr Synchro Finals	Wednesday	6:00	6:15

New

Event	Day of the week	Warm-up time	Start time
Pre-Jr Synchro Finals	Wednesday	4:00	4:15