



# Entry Pack

## ASA National Age Group Synchronised Swimming Championships 2015

4–6 December | GL1, Gloucester



	Funding Partner	Official Partner	Official Supplier
			

## CONTENTS

KEY CONTACTS.....	2
WHATS NEW?.....	2
EVENT CONDITIONS.....	2
WHAT DO YOU NEED TO DO? .....	3
CLUB JUDGES & VOLUNTEERS .....	3
HOW TO ENTER .....	3
OFFICIAL MERCHANDISE.....	6
ACCREDITATION.....	6
COMPETITOR INFORMATION.....	7
BIOGRAPHIES .....	8
VIDEO & PHOTOGRAPHY.....	8
DRAFT SCHEDULE .....	9
EVENT CONDITIONS.....	11

This document contains information needed to enter the ASA National Age Group Synchronised Swimming Championships 2015. Please read the entry pack carefully as some of the information may be new as we continue to improve the event.

## KEY CONTACTS

### EVENTS OFFICER

**Event Officer:** Kate Furness  
**Email:** [Kate.Furness@swimming.org](mailto:Kate.Furness@swimming.org)  
**Tel:** 01509 640 266  
**Address:** ASA Events Department, SportPark, Pavilion 3, 3 Oakwood Drive, Loughborough, LE11 3QF

### VENUE

**Address:** GL1 Leisure Centre, Bruton Way, Gloucester, GL1 1DT  
**Tel:** 0845 643 4203

## WHATS NEW?

Please spend extra time to read and understand the new processes around:

- Swimmers who are 15 years of age
- Male entry into the event
- Club Judges & Volunteers
- Official Merchandise Pre-orders

## EVENT CONDITIONS

Please take time to read the event conditions which begin on page 9 of this entry pack, the conditions contain vital information relating to the event.

## WHAT DO YOU NEED TO DO?

	DEADLINE
- Thoroughly read the entry pack and conditions	-
- Send your club judge and volunteer to Jenny Gray	Wednesday 21 <sup>st</sup> October
- Advise swimmers to upload a photo to their Biogs page	Before you Enter
- Enter your swimmers into the competition	12 Noon Wednesday 4 <sup>th</sup> November
- Complete the official event merchandise preorder to ensure your swimmers get the event merchandise they would like.	Midnight Wednesday 4 <sup>th</sup> November
- Collect information at training and complete Biography forms for commentary	Wednesday 11 <sup>th</sup> November

## CLUB JUDGES & VOLUNTEERS

In line with all ASA Synchro events all participating clubs must provide one judge and one volunteer. Expenses for these officials must be the responsibility of the clubs. The event will however provide lunch when they are completing a full day at the event.

### JUDGES

Judges must be National judges and have completed both the figures and routine modules. If your club does not have a judge, please ask other clubs to 'borrow' one. If necessary we can ask judges if they will come on your behalf. Their expenses will be the responsibility of your club.

### VOLUNTEERS

Your volunteer should be any willing person who can lend their hand easily to a role, roles may include front of house, spectator services, act as a clerk or perhaps a timekeeper. These jobs should not be too onerous but essential to running the competition.

If you have not already done so please complete the form at the back of this pack and return to Jenny Gray ([jennysynchro@gmail.com](mailto:jennysynchro@gmail.com)) by **Wednesday 21<sup>st</sup> October**.

## HOW TO ENTER

### ENTRY FEES

Figures:	£10.50 per athlete	Duet:	£21.00 per Duet
Solo:	£10.50 per athlete	Team:	£26.00 per team

### ENTRY PROCESS

All entries must be made via the online entry system; no paper entries will be accepted.

<a href="#">Click Here</a> to access the online entry page for the <b>Recreational Strand</b>	<a href="#">Click Here</a> to access the online entry page for the <b>Competitive Strand</b>
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- Please select your club from the drop down list
- Select the event/s you wish to enter swimmers into
- Select swimmers from the drop down list
- Follow the instructions completely to the end of the process

Your entry is not complete until your payment is processed and you have received a confirmation email from PayPal. Payment is via debit/credit card ONLY; please follow the PayPal payment instructions.

Please note that no paper entries will be accepted.

You are also reminded that electronic entrants are bound by the conditions of entry without signature.

- If you are entering more than one team into a category please email the events officer with a name of each team e.g. A/B, Blue/Green

### **CAN'T FIND YOUR SWIMMER**

**If a swimmer is not appearing on the entry list please check whether it may be because of one of the following reasons:**

To ensure your swimmers appear under your team on the entries page before the closing date, please ensure you contact ASA Memberships with any membership forms or the events office with any questions about other queries no later than 7 days before the closing date to ensure they are processed and appear online in time. After this time it cannot be guaranteed the swimmers membership will be processed in time and appear on the entry system.

### **HAVE YOU UPLOADED A PHOTO?**

Prior to entry, if you/your swimmers have not updated your photo in the past 2 years (2013-2015) you/your swimmers will be required to upload an up to date photograph in Biogs. Entry will not be possible without this.

You can check whether a swimmer has a photo by checking their Biogs page by [CLICKING HERE](#). You can update your biographies page by using the same link.

Anyone who has difficulty updating their data can find full instructions via the index page or [CLICKING HERE](#).

**When uploading your photo to Biogs please follow these guidelines.**

1. PHOTO: Clear Head and shoulders shot. – Please crop it down if it's not.
2. SIZE: Width of 200 pixels
3. An easy way to resize is to open the photo in 'Microsoft Office Picture Manager'. > Edit Pictures> Resize> Type '200' in Custom Width x Height and hit enter to adjust the height accordingly.  
Similar can be achieved in 'Paint'. > Resize> Select 'Pixels'> Type '200' in Width and the height will adjust accordingly> Select 'Ok'.
4. If your photo is not suitable, it doesn't look like you, you may not be permitted entry into the event.



### **DO THEY HAVE THE CORRECT MEMBERSHIP?**

Swimmers looking to compete in the Competitive Strand of the competition must be Category 2 members. Swimmers in the recreational competition can be a Category 1 member. Please refer to the Conditions for further information.

Their membership category can be checked via the [Home Country Membership Check](#).

If you do need to register a swimmer as a category 2 members the club will need to work with the swimmer and memberships department to fill out the necessary forms to become a Category 2 member.

### **DO THEY HAVE THE CORRECT SKILL LEVEL?**

The required skill levels are detailed in the conditions.

A swimmer's Skill Level can be viewed via the [Home Country Membership Check](#).

### RECREATIONAL TEAMS

No skill level is required.

However there are limitations on the number of competitive swimmers you may have in your team. The skill level of the swimmers will be as of the first day of competition. The skill level classifying them as competitive will vary depending on the age group and whether it is the Recreational free combinations or the 19 & under free combination. Please see the conditions for further information.

### ENGLAND TALENT

Swimmers in the England Talent Squad will be competing for their clubs.

### INTERNATIONAL ENTRANTS

Please email the Events Officer Kate Furness ([kate.furness@swimming.org](mailto:kate.furness@swimming.org)) for a link to enter.

You will be requested to submit a photo for your accreditation when you receive the link.

## ENTRY DEADLINE

**ALL ENTRIES CLOSE: 12 Noon Wednesday 4<sup>th</sup> November**

**All individuals and team entries and appropriate payments must be received by this deadline. Late entries, entries without payment or athlete photographs and entries incorrectly completed will not be accepted.**

### ENTRY CONFIRMATION

No paper confirmations will be sent out to competitors. All complete entries will be posted online, this is accessible from the first page of the respective entry page.

#### Recreational Entries

#### Competitive Entries

Competitors and persons completing the entry are asked to check the details carefully and to contact the Event Officer immediately with any errors. If you are entering teams please take the time to check you have included all the members of the team you intended to.

Final competitor confirmation and order of draw will be available online, via the events page of the [swimming.org](http://swimming.org) website approximately one week before the championship. Please ensure your entry information is correct and notify the Events Officer immediately if there are any errors.

### DATA PROTECTION STATEMENT

Please [CLICK HERE](#) to view our Data Protection Notice and Policy.

## OFFICIAL MERCHANDISE

### ORDER YOUR OFFICIAL MERCHANDISE PRIOR TO THE EVENT

As with previous years, official event merchandise will be available to purchase at the event. This year a pre-order service will be available to help you and your swimmers secure your product.

**CLICK HERE** to secure your product and size to avoid disappointment.

### SIZE GUIDE

The measurement is for the body, not the garment e.g. If you are 93cm across the chest, you would be an XS. If you are 95cm across the chest, you would need to choose if you want a tighter fitting garment (XS) or a looser fitting garment (S).

	Chest Body Measurement	Waist Body Measurement
<b>XS</b>	93cm	78cm
<b>S</b>	97cm	83cm
<b>M</b>	101cm	88cm
<b>L</b>	105cm	93cm
<b>XL</b>	109cm	98cm
<b>XXL</b>	113cm	103cm

### PROCESS

- Products will be sold on a first come, first served basis. In the unlikely circumstance that your selected size has sold out, you will be contacted via the contact number you provided to select an alternative size.
- You will be contacted after the 4th November via the contact number you provided in order to take payment and secure your order.
- You agree to fulfilling the payment of your order, as the products are made to order especially for you. Unfortunately we will not be able to guarantee an exchange of the size of your products as we can't guarantee availability. Please therefore use the size guide provided in the entry pack to select the correct size. We cannot refund your order unless the product is faulty. The products are the same sizes as 2014 and 2013 event merchandise for this competition if you would like to reference what you or your team mate bought last year.
- Please contact [eventqueries@speedo.com](mailto:eventqueries@speedo.com) before the 4<sup>th</sup> November 2015 if you would like to cancel your order.

## ACCREDITATION

### COMPETITORS

Athletes will not be able to enter the competition without uploading a photo, this photo will be used for accreditation; this is completed when entering the event using the online system. It is important that you follow the photo guidelines in the 'Uploading a Photo' section to ensure the photo is suitable.

Accreditation must be worn at all times inside the venue and athletes will not be allowed to gain access to the changing rooms or poolside without it. The location and times of accreditation pick up will be confirmed in the team confirmation pack.

If you lose this accreditation you will be charged a replacement fee of £5.

### COACHES & CHAPERONES

Any coaches/chaperones wishing to gain access to the changing area and poolside will need to apply for a coach/chaperone pass.

Please note all pass applications must be made online via the ASA website or by **CLICKING HERE**.

You will be prompted to upload a picture via this page.

**Every club needs to have a Level 2 Coach on poolside at all times, a Level 1 coach can apply for a coaches pass but they will need to be accompanied by a Level 2 coach at all times. Only coaches with these qualifications will be issued with a pass.**

## 7 | ASA NATIONAL AGE GROUP SYNCHRONISED SWIMMING CHAMPIONSHIPS 2015 ENTRY PACK

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- If your highest qualification is a Synchronised Swimming Assistant Teacher or Synchronised Swimming Coach Level 1 you will be issued with a Level 1 Coach pass.
- If your highest qualification is a Synchronised Swimming Teacher or Synchronised Swimming Coach Level 2 or higher you will be issued with a Level 2 Coach Pass.

Failure to show your pass will result in not being able to access the poolside. Any chaperone found to be coaching on poolside will have their pass removed.

Please ensure the Coach/Chaperone has relevant DBS disclosure issued by ASA/WASA/SASA. If there is any doubt as to whether the coach/chaperone has the relevant DBS disclosure please contact:

**The ASA DBS Office:** 01509 618738

**Events Department:** 01509 640261

Please be aware the application process for a DBS could take up to 4 weeks to complete and is valid for 3 years from the date of issue.

The cost of a pass for this event is £7.00

**The closing date to apply for a pass: 10<sup>th</sup> November 2015**

Please note a late additional fee of £20.00 will be payable if you apply for a coach pass after this closing date. Passes will be available to collect from the event at the Clerk's Desk from the start of warm up on **Friday 4<sup>th</sup> December**. Lost/replacement passes will be charged at £5.00.

2015 Annual Synchronised Swimming Coach and Chaperone Passes will be accepted at this event providing the Coach and Chaperone have a valid DBS.

If you have any queries please contact Janice Munning on 01509 640261

## COMPETITOR INFORMATION

### TRAINING

Training will be available Friday 4<sup>th</sup> December 2015 between 11:00 and 13:45 in the Barton Pool for recreational competitors only. There will be no training to music for the recreational or championship competitions. The Twyver Pool will be available on Saturday 5<sup>th</sup> December and Sunday 6<sup>th</sup> December for training. A full warm up schedule will be available once entries have been confirmed and all times are subject to change.

### DOPING CONTROL

Swimmers are warned that random doping control may take place during these championships. Please ensure that you keep your accreditation on your person at all times, this will be used as your identification.

### TICKETS

Tickets will be available to purchase on the door:

### RECREATIONAL COMPETITION

**Friday 4<sup>th</sup> December 2015**

Adult: £5.00      Concession (Under 16 & Over 60): £4.00

### COMPETITIVE NATIONAL AGE GROUP COMPETITION

**Saturday 5<sup>th</sup> December 2015- Sunday 6<sup>th</sup> December 2015**

One Day	Two Days
Adult: £8.00 Concession (Under 16 & Over 60): £6.00	Adult: £14.00 Concession (Under 16 & Over 60): £10.00

Programmes, Ear Pieces for Event Commentary and Event Footage will be available to purchase at the event.



## BIOGRAPHIES

Throughout the National Age Group Championships we will be providing in ear commentary and recording the event to produce event footage available for you to purchase. In order for the commentators to provide some detailed commentary clubs are asked to provide some biographical information on the athletes and teams.

Please take some time to fill in the forms toward the back of this pack, please return completed forms to the Event Officer via email or post. Or otherwise use the links below to complete the online form.

Solo & Duet  
Biography Form

Team & Combination  
Events Biography Form

Please return/complete these by **Wednesday 11<sup>th</sup> November**.

## VIDEO & PHOTOGRAPHY

British Swimming and the ASA are aware of the wide range of devices including mobile telephones which have photographic and filming capabilities. This enables the capture of both static and moving images. Used responsibly, such devices are perfectly safe, but sharing images widely may betray a confidence or identify a child/children which may present a risk of harm to the child/children concerned. The use of such equipment is difficult to control but we can all be vigilant if you have any concerns in this area, please bring them to the immediate attention of the events officer present at the event.

This event will be photographed and filmed. Static images will be displayed on the British Swimming and ASA website [www.swimming.org](http://www.swimming.org) and at the venue. They will be used to promote the sport at this event and events in the future. Moving images will be displayed at the venue and on the live stream via [www.swimming.org](http://www.swimming.org).

The safety of children and young people for British Swimming and the ASA is of paramount importance. If you have any child safeguarding concerns at the event please contact the Events Officer present at the event.

### **Data Protection - Recording and Photography**

Images of individuals, whether in still photographs or moving film images, will often be caught by the definition of personal data in the Data Protection Act 1998. In many cases consent from the individuals will need to be obtained in order to process (capture and use) the images fairly and lawfully.

The ASA and British Swimming may record the competition events in which you participate and general images of swimmers will form part of the information we hold and use. In addition to the purposes for general information set out above, the ASA and/or British Swimming may use these recordings and images for the purposes of education and training, swimmer analysis, promotion, performance, development and selection and event analysis.

If you are a swimmer and have any concerns about being photographed/filmed at our events please complete the Refusal of Consent Form provided at the end of this pack in Appendix 4. If you are a Parent/Guardian/Carer who has concerns about your child being photographed/filmed, please refer to the ASA Wavepower document section 2.5, pages 84-85. If you have any concerns in this area, please contact the Data Protection Officer.



## DRAFT SCHEDULE

FRIDAY 4TH DECEMBER 2014- Recreational Strand		
TIME	AGE GROUP	EVENT
11:00-13:45	Recreational Only	General Warm Up
tbc	9/10/11/12	Combination
tbc	18/19	Duet
tbc	13/14	Combination
tbc	Break	
tbc	19 & Under	Combination
tbc	15/17	Combination
After 2 <sup>nd</sup> event, presentation of the 1 <sup>st</sup> event		

SATURDAY 6TH DECEMBER 2014- Competitive Strand		
TIME	AGE GROUP	EVENT
07:45	13/14/15	Figures Warm Up
08:05	12 & Under Group 1	Figures Warm Up
08:25- 08:45	12 & Under Group 2	Figures Warm Up
09:00	13/14/15	Figures
10:30	Break	
10:45	12 & Under	Figures
12:35-12:55	15/16/17/18 & 19yrs	Figures Warm Up
12:55	15/16/17/18 & 19yrs	Figures
14:10	Break	
14:25-14:55	12 & Under	Duet Warm Up
	13/14/15	Solo Warm Up
	18/19	Duet Warm Up
15:10	13/14/15	Solo
	12 & Under	Duet
	18/19	Duet
	Presentations	
17:15	Break	
17:30-18:00	15/16/17/18 & 19yrs	Solo Warm Up
18:15	15/16/17/18	Solo
	19yrs	Solo
	Presentations	

**10 | ASA NATIONAL AGE GROUP SYNCHRONISED SWIMMING CHAMPIONSHIPS 2015**  
**ENTRY PACK**

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SUNDAY 7TH DECEMBER 2014- Competitive Strand		
TIME	AGE GROUP	EVENT
08:00-08:30	12 & Under	Solo Warm Up
	13/14/15	Duet Warm Up
	15/16/17/18	Duet Warm Up
08:45	12 & Under	Solo
	13/14/15	Duet
	15/16/17/18	Duet
	Presentations	
11:45	Break	
12:00-12:30	12 & Under	Team Warm Up
	13/14/15	Team Warm Up
	15/16/17/18	Team Warm Up
12:45	12 & Under	Team
	13/14/15	Team
	15/16/17/18	Team
	Presentations	

\*Please note the above schedule is subject to change, this will be confirmed once all entries are received

# **EVENT CONDITIONS**

## **ASA SYNCHRONISED SWIMMING**

### **ASA National Age Group Synchronised Swimming Championships (inc. Recreational Competition)**

**4/5/6 December 2015 - GL1, Bruton Way, Gloucester GL1 1DT**

On-line entries are submitted via the ASA Events Department, SportPark, Pavilion 3, 3 Oakwood Drive, Loughborough University, Loughborough, Leicestershire LE11 3QF

#### **GENERAL CHAMPIONSHIP CONDITIONS – All Disciplines**

1. ASA Championships and competitions shall be competed for under the Laws, Rules, Regulations and Championship Conditions of the Association.
2. The promoter of each ASA Championship or competition shall be the appropriate ASA Management Group.
3. The individual event conditions may not include any conditions, which affect the event conditions of another discipline.
4. All competitors shall have been registered members of the club under whose name they compete for at least 60 days prior to the first day of the competition.

#### **SWIM WEAR**

##### **FINA rules shall apply**

- GR5.1** The swimwear (swimsuit, cap and goggles) of all competitors shall be in good moral taste and suitable for the individual sports disciplines and not to carry any symbol which may be considered offensive.
- GR5.2** All costumes shall be non-transparent.
- GR5.4** The Referee of a competition has the authority to exclude any competitor(s) whose costume and/or body symbols do not comply with this rule.
- SS13.6** In Routines the swimwear must conform to **GR5** and be appropriate for synchronised swimming competitions. The use of accessory equipment, goggles or additional clothing is not permitted unless required for medical reasons. Nose clips or plugs may be worn. Jewellery is not allowed.
- SS13.6.1** In the event that the referee thinks a competitor(s) swimwear does not conform to **GR.1** and **GR5.4** the competitor(s) will not be permitted to compete until changing into appropriate swimwear.
- SS13.8** Theatrical make-up shall not be worn. Straight make-up that provides a natural, clean and healthy glow is acceptable.

#### **Figure Competitions**

All competitors must wear a one-piece plain black suit and plain white cap. Goggles, nose clips and plugs may be worn. Jewellery must not be worn.

#### **Routine Competitions**

Nose clips or plugs may be worn. A Doctor's note must be presented to the Referee if it is recommended that goggles must be worn. Jewellery must not be worn.

**ASA NATIONAL AGE GROUP SYNCHRONISED SWIMMING**  
**CHAMPIONSHIPS CONDITIONS**

1. The Championships shall be held annually, under FINA/ ASA Synchronised Swimming Laws (701 et seq) Technical Rules and as provided by the following conditions.
2. The promotion of the Championships shall be the responsibility of the ASA Synchronised Swimming Management Group, which shall for all purposes be regarded as the Promoter. It shall decide any matter arising that is not covered by these conditions, subject to conformity with ASA Laws.
3. Competitors registered as members of the Amateur Swimming Association (ASA), Scottish ASA (SASA) or Welsh ASA (WASA) must at the time of entry via the ASA ON-LINE ENTRY system clearly state their national information, and entry club.
- 3.1. Competitors from one of the countries affiliated to FINA – who must hold comparable level of entry standard for a Championship event.
4. The organisation shall be the responsibility of a Management Committee appointed by the ASA Management Group for Synchronised Swimming.
5. All officials shall be qualified and be on the ASA Synchronised Swimming Licensed Officials List (where applicable). All clubs are responsible for appointing one judge for the days the club is competing. The club is responsible for the expenses of the judge.
6. Additional Officials will be appointed from the ASA Synchronised Swimming Licensed Officials List (where applicable).
7. The Referee and Chief Recorder shall be approved by the ASA Management Group for Synchronised Swimming.
8. The date and venue of the Championships shall be decided by the ASA Sport Governing Board upon the recommendation of the ASA Management Group for Synchronised Swimming.
9. The competition events shall be divided into two strands: Championships and Recreational.
  - a) Championships shall consist of figures, solo, duet and free team.
  - b) Recreational shall consist of free combination and 18/19 duets only.
10. Competitors may only enter one team event. Team is either team in the Championships or free combination in the Recreational Event.
11. Competitors representing the England/ GB Team will be jointly entered as England/ GB and their home club for figures, solo and duet. Competitors swimming from different clubs in the duet, team or free combination events will swim in the Open event for these events only. England/GB athletes will be permitted to take part in the England/GB Team events only.
12. Male and Female competitors may enter all events except 19 years and under Free Combinations. For 19 years and under teams must be single sex.
13. Mixed Duets, Mixed Teams and Free Combinations except 19 years and under, will be allowed in all age-groups.
14. All Clubs must have a qualified Level 2 Synchronised Swimming Coach on the poolside, the Coach must be in possession of an official Coach Pass.
- 15. Entry Qualifications for the Championships Events**

The Age Groups shall be as outlined below:

  - 15.1. Age as at midnight on the 31 December in the year of competition.
  - 15.2. Competitors to swim in figures, solo & duet – if eligible, and ONE team only.
  - 15.3. 9/ 10/ 11/ 12 years - having a minimum of ASA Skill Level 2 for figures and team, and ASA Skill Level 3 for solo and duet.
  - 15.4. 13/ 14/ 15 years - having a minimum of ASA Skill Level 3 for figures and team, and ASA Skill Level 4 for solo and duet.
  - 15.5. Swimmers who are 15 years of age may either swim in the 13/ 14/ 15 age group or in the 15/ 16/ 17/18 age group. For all competitive events they must enter the same age group, but may swim in a different age-group in the recreational strand.
  - 15.6. 15/ 16/ 17/18 years - having a minimum of ASA Skill Level 4 for figures and team, and ASA Skill Level 5 for Solo and duet.

## 13 | ASA NATIONAL AGE GROUP SYNCHRONISED SWIMMING CHAMPIONSHIPS 2015 ENTRY PACK

- 15.7. 19 years- having a minimum of ASA Skill Level 5 for figures, and ASA Skill Level 5 for Solo
- 15.8. 18/ 19 years - having ASA Skill Level 5 for duet. Swimmers who are 18 years of age may swim in the 18/19 years Duet if their partner is 19.
- 15.9. Qualifying Skills must have been attained by the closing date for the competition and must be valid on day of competition.

### 16. Entry Qualifications for the Recreational Event

The Age Groups shall be as outlined below.

- 16.1. Age as at midnight on the 31 December in the year of competition.
- 16.2. Swim in up to one team only and 18/19yrs Recreational duet.
- 16.3. No skill entry is required.
- 16.4. Recreational - free combinations may consist of competitive swimmers, up to 50% of the total number - 9/ 10/ 11/ 12 years ASA Skill Level 2 and above, 13 /14 years ASA Skill Level 3 and above, 15/ 17 years ASA Skill Level 4 and above.
- 16.5. 19 & under free combination may consist of up to 50% of competitive swimmers (9/ 10/ 11/ 12 years ASA Skill Level 2 and above, 13/ 14 years ASA Skill Level 3 and above, 15/ 16/ 17 years ASA Skill Level 4 and above, 18/19 years ASA Skill Level 5. No more than three (3) swimmers who hold ASA Skill Level 5 or 4 will be eligible to compete in the recreational free combination.
- 16.6. Artistic Impression and Execution will be judged.

### 17. Event Table

Age	Skill Level Entry	Events	Times 10secs deck work +/- 15secs
9/10/11/12 years Championships	Skill Level 2 Skill Level 2 Skill Level 3 Skill Level 3	Figures Free Team Solo Duet	3 mins 2 mins 2 mins 30 secs
13/14/15 years Championships	Skill Level 3 Skill Level 3 Skill Level 4 Skill Level 4	Figures Free Team Solo Duet	3 mins 30 secs 2 mins 15 secs 2 mins 45 secs
15 – 18 years Championships	Skill Level 4 Skill Level 4 Skill Level 5 Skill Level 5	Figures Free Team Solo Duet	4 mins 2 mins 30secs 3 mins
19 years Championships	Skill Level 5 Skill Level 5	Figures Solo	2 mins 30 secs
18/19 years Championships	Skill Level 5	Duet	3 mins
9/10/11/12 years Recreational	No skill required	Combination	3 mins
13/14 years Recreational	No skill required	Combination	3mins 30 secs
15 – 17 years Recreational	No skill required	Combination	3mins 30 secs
18-19 years Recreational	No skill required	Duet	3 mins
19 years & Under Recreational (single sex Free Combinations)	No skill required	Combination	3 mins 30 secs

**Entry Requirements for all Teams and Free Combination Competitions**

- 17.1. In both the competitive strand and recreational strand, clubs may enter one or more Teams.
- 17.2. If Clubs enter more than one Free Team, the first entry must have the maximum 8 (eight) competitors.
- 17.3. If Clubs enter more than one Free Combination, the first free combination must have the maximum of ten (10) competitors.
- 17.4. Clubs may enter a Championships event in one age group and a Recreational event in another age group, or a Championships event and a Recreational event in the same age group.
- 17.5. The order of appearance for routines in the Championships event will be by container draw, and routines for the Recreational event will be by random draw.
- 17.6. A team shall consist of not less than four (4) nor more than eight (8) for free routines and not less than four (4) nor more than ten (10) for combinations.
- 17.7. Closing date will be 28 days prior to the competition.
- 17.8. Competitors must be ASA Category 2 registered swimmers of the ASA for the Championships events, and may be Category 1 for Recreational events providing they have ASA Skill Level 2 or less. ASA Skill Level 3 competitors must therefore be ASA Category 2 registered swimmers.
- 17.9. Competitors in solo, duet, teams and free combinations must be members of the same club.

**18. Figures**

- 18.1. Each age group shall perform the compulsory group plus one group drawn from groups as stated for solo, duet and team in the competitive strand only.

**9/10/11 and 12 years**

Compulsory:		Group 1:	
101 Ballet Leg Single	1.6	437 Oceanita	1.9
301 Barracuda	2.0	362 Surface Prawn	1.4
Group 2		Group 3	
311 Kip	1.8	349 Tower	1.9
360 Walkover Front	2.1	406 Swordfish Straight Leg	2.0

**13/14/15 Years**

Compulsory:		Group 1:	
423 Ariana	2.2	342 Heron	2.1
301e Barracuda Spinning 360	2.2	115 Catalina	2.3
Group 2		Group 3	
355h Porpoise Spin Up 180	2.2	240 Albatross ½ twist	2.6
140 Flamingo bent Knee	2.4	246 Side Fishtail Split	2.0

**15/16/17/18 years and 19 years**

Compulsory:		Group 1	
330c Barracuda Airborne Split	2.8	330c Aurora Twirl	3.0
355g Porpoise Twist Spin	2.6	154 London	2.8
Group 2		Group 3	
142 Manta Ray	2.8	112f Ibis Continuous Spin 720	2.8
343 Butterfly	2.9	325 Jupiter	2.8

**19. Routines**

- 19.1. The names of the swimmers competing in the free duets and teams must be submitted to the Referee, in writing, within two hours of the figure results being available (in the case of the Championships events). Changes after this time may only be made in the case of sudden illness or accident of the competitor, and if the reserve is ready to compete without delaying the event.
- 19.2. If the lack of a reserve reduces the team size to less than four (4) the team shall be disqualified.
- 19.3. Failure to notify the Referee of substitution and/ or deletions shall result in disqualification.
- 19.4. The results of the figure competition will be used to qualify for entry to the Solo and Duet routine in the Championships events as follows:
- 19.5. Up to the 12 highest-placed competitors in figures, with the relevant ASA Skill Level, together with any overseas competitors (who will compete as Guests) will perform solos. To qualify to swim solo, the swimmer must be placed in the top 50% of figures in their age-group
- 19.6. All duets will swim. All teams will swim.

**20. Free Combination Conditions**

- 20.1. Free Combination has a maximum of ten (10) competitors who make a combination of routines (Solos, Duets, Trios, and Teams). At least two (2) parts must have fewer than three (3) competitors and at least two (2) parts must have four (4) to ten (10) competitors.
- 20.2. The start of first part of the routine may be on the deck or in the water.
- 20.3. All of the following parts must start in the water.
- 20.4. A new part begins where the previous part ends.

**21. Trophies**

- 21.1. From the results of the National Age Groups Championships the following trophies will be awarded:

13/14 Team (combined figure and routine score)

Mrs Y M Price Trophy

Junior Team (highest routine score)

Molly Gledhill Memorial Trophy

The Shacklock Trophy

This trophy is awarded annually to the swimmer with the highest total of routine scores, without figures added, in the solo, duet and team events in the National Age Group Championships.



## APPENDIX 1-BIOGRAPHY FORM

### Solo & Duet Entries Only.

Name:	Club:
Age (at time of the competition):	
What events are you competing in at this competition?	

<b>About your SOLO routine</b>	
Music:	Theme or inspiration:
Interesting points about your routine <i>e.g. What do you love most? Highlights? Your focus in training? Coach/choreographer?</i>	

<b>About your DUET routine</b>	
Music:	Theme or inspiration:
Interesting points about your routine <i>e.g. What do you love most? Highlights? Your focus in training? Coach choreographer?</i>	

**Your BEST past results and achievements:**

*e.g. previous Champs, NAGs, Multi-regionals, international competitions, England training camps etc*

**Your role models:**

**Your synchro dream and aims:**

**Other Sports:**

**Describe yourself in three words:**

**Sporting relations:**

**Thing you love most about synchro:**

**What have you been working hard on this year?**

## APPENDIX 2- BIOGRAPHY FORM

### Team and Combination Events

Club:

Coach's name/s:

#### Team Event

Athletes Names	DOB

#### Combination Event

Athletes Names	DOB

#### About your FREE TEAM

Music:

Theme or inspiration:

Interesting points about your routine

*e.g. What do you love most? Highlights to look out for? Your focus in training? Coach/choreographer?*

Best past results:

#### About your COMBINATION ROUTINE

Music:

Theme or inspiration:

Interesting points about your routine

*e.g. What do you love most? Highlights to look out for? Your focus in training? Coach/choreographer?*

Best past results:

## APPENDIX 3

### CLUB NOMINATED JUDGES & VOLUNTEERS

#### ASA National Age Groups Synchronised Swimming Championships

Club .....

##### Nominated Judge

Name .....

ASA Number .....

Dates they are attending.....

Email Address .....

Telephone Number .....

##### Nominated Volunteer

Name .....

ASA Number .....

Preferred Role/ Skill Set .....

Dates they are attending.....

Email Address .....

Telephone Number .....

Name of Club Contact for the event.....

Club contact email address.....

If you have more than one judge or volunteer attending to cover the days your team are competing please complete more than one of these forms.

**Please return to Jenny Gray ([jennysynchro@gmail.com](mailto:jennysynchro@gmail.com))  
by Wednesday 21st October 2015**

With thanks  
Jenny Gray  
Manager ASA Management Group

## APPENDIX 4

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### ASA NATIONAL AGE GROUP SYNCHRONISED SWIMMING CHAMPIONSHIPS 2015

#### PHOTOGRAPHY REFUSAL OF CONSENT FORM

**Name of Swimmer:**

**ASA Number:**

**Event:**

I refuse permission for the taking and/or publication of images of my child or myself by the event's Official Photographer(s) in respect of swimming.

**Signed (Competitor/Parent/Carer):**

**Print Name:**

**Date:**

Please return this form back to: **Events Department, The ASA, Pavilion 3, SportPark, 3 Oakwood Drive, Loughborough University, Leicestershire, LE11 3QF**