

Anhang I zu "Wettkampfbegleitung Synchronschwimmen"
Annexe I au "Règlement de concours de Natation synchronisée"

SPESEN DER WETTKAMPFLEITUNG
INDEMNITES ALLOUEES A LA DIRECTION DE COMPETITION

Im Grundsatz gelten folgende Ansätze:

Kostenerstattung, bzw. Naturalleistungen
für Richter und Resultatdienst:

- 1/2 Tag Einsatzdauer:
1 Mahlzeit oder Fr. 30.--;
- 1 Tag Einsatzdauer:
2 Mahlzeiten oder Fr. 45.--;
- wenn Uebernachtung notwendig:
Zimmer mit Frühstück oder Fr. 80.--.

Ab einem Tag Einsatz:

Preis eines Bahnbillets 2. Klasse, sofern überhaupt
Reisespesen aufgetreten sind. Reisespesen und
Übernachtungen werden nur bezahlt, wenn der
Wettkampf weiter als 20 km vom Wohnort entfernt
ist.

Frais indicatifs, respectivement frais d'entretien
pour juges et personnel du service résultat:

- durée d'engagement 1/2 jour:
1 repas ou Fr. 30.--;
- durée d'engagement 1 jour:
2 repas ou Fr. 45.--;
- s'il est nécessaire de passer la nuit:
1 chambre et petit déjeuner ou Fr. 80.--.

A partir d'un jour d'engagement:

Valeur d'un billet de chemin de fer de 2ème classe,
à condition que les frais de voyage soient effectifs.
Les frais de voyage et de logement ne sont dûs que
lorsque la compétition se déroule à plus de 20 km
du domicile du juge.

Anhang II zu "Wettkampfbegleitung Synchronschwimmen"
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FINA SENIOR, JUNIOR FIGURE GROUPS 2009 - 2013

OBLIGATORISCHE FIGUREN / FIGURES OBLIGATOIRES

Compulsory Figures

1	313	Kip Split Closing 180°	2.5
2	112f	Ibis Continuous Spin (720°)	<u>2.8</u>
			<u>5.3</u>

WAHL-FIGUREN / FIGURES OPTIONNELS

Optional Figures

Group 1

3	336	Gaviata Open 180°	2.8
4	436	Cyclone	<u>2.7</u>
			<u>10.8</u>

Group 2

3	355b	Porpoise Full Twist	2.5
4	150	Knight	<u>3.1</u>
			<u>10.9</u>

Group 3

3	307	Flying Fish	3.0
4	115c	Catalina Twirl	<u>2.8</u>
			<u>11.1</u>

Anhang III zu "Wettkampfbreglement Synchronschwimmen"
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**BEWERTUNG NACH FINA-REGELN
EVALUATION SELON LES REGLES DE LA FINA**

GRUNDSÄTZE / PRINCIPES

Die Bewertung erfolgt grundsätzlich vom Standpunkt der Perfektion aus.

Die Punktebewertung durch die Wertungsrichter reicht von 0 - 10 Punkten, mit Anwendung von 1/10 Punkten, nach folgendem Schema:

perfekt	10
beinahe perfekt	9,9 - 9,5
excellent	9,4 - 9,0
sehr gut	8,9 - 8,0
gut	7,9 - 7,0
kompetent	6,9 - 6,0
genügend	5,9 - 5,0
mangelhaft	4,9 - 4,0
schwach	3,9 - 3,0
sehr schwach	2,9 - 2,0
knapp erkennbar	1,9 - 0,1
nicht ausgeführt	0

Le jugement se fonde en principe sur la perfection.

Les juges disposent d'une échelle de valeur allant de 0 à 10, avec utilisation de 1/10 points, selon le schéma suivant:

parfait	10
presque parfait	9,9 à 9,5
excellent	9,4 à 9,0
très bien	8,9 à 8,0
bien	7,9 à 7,0
réussi	6,9 à 6,0
satisfaisant,	5,9 à 5,0
insuffisant	4,9 à 4,0
faible	3,9 à 3,0
très faible	2,9 à 2,0
méconnaissable	1,9 à 1,0
non exécuté	0

PFLICHTWETTKAMPF / FIGURES IMPOSÉES

Bewertet werden die Perfektion des hohen und kontrollierten Ausführens der Pflichtfiguren, nach folgenden Kriterien:

- Ausführen der Pflichtfigur,

wie nach den FINA Regeln vorgeschrieben, mit allen Einzelementen, jedes Einzelement klar definiert.

- Kontrolle der Pflichtfigur,

d.h. das hohe und kontrollierte Ausführen der Pflichtfigur in gleichmässiger Geschwindigkeit, wo nicht anders vorgeschrieben.

Ausführung und Kontrolle zählen je zur Hälfte.

Le jugement se fonde sur la perfection, la hauteur, le contrôle de l'exécution, selon les critères suivants:

- Exécution de la figure,

selon la description de la FINA et comprenant tous les éléments indépendants, chaque partie de la figure clairement défini.

- Contrôle de la figure,

c.à d. hauteur, contrôle et exécution en un mouvement uniforme (sauf précision contraire dans la description).

L'exécution et le contrôle de la figure compte chacun pour moitié dans l'établissement de la note.

KÜRWETTKAMPF: TECHNISCHE KÜREN / PROGRAMME TECHNIQUE:

Die Kürnote setzt sich aus zwei Teilen. Es gelten die nachstehende Bewertungsschematas:

La notation des programmes techniques et libres se compose de deux parties: les schémas de notation s'appliquent comme ci-dessous:

Ausführung	Solo	Duett	Team	Execution
AUSFÜHRUNG: - der vorgeschriebenen Elemente - überige Kür	70 % 30 %	70 % 30%	70 % 30%	EXECUTION, - des éléments - la partie restante du programme
Allgemeiner Eindruck	Solo	Duett	Team	Impression générale
SYNCHRONISATION, SCHWIERIGKEIT, CHOREOGRAPHIE+INTERPRETATION ART UND WEISE DER VORFUEHRUNG	10 % 30% 40% 20%	20 % 30% 40% 10%	30 % 20% 40% 10%	SYNCHRONISATION, DIFFICULTE, CHOREOGRAPHIE+INTERPRET. MANIÈRE DE SE PRÉSENTER

KÜRWETTKAMPF: FREIE KÜREN / PROGRAMMES LIBRES:

Technischer Wert	Solo	Duett	Team	Combo	Mérite technique
AUSFÜHRUNG der Schwimmzüge, Figuren und Figurenteile; Antriebstechniken, Präzision der Formationen	50 %	40 %	40 %	40 %	EXECUTION des techniques de natation, des figures et de leurs parties, des techniques de propulsion, de la précision des formations
SYNCHRONISATION der Schwimmerinnen untereinander und mit der Musik	10 %	30 %	30 %	30 %	SYNCHRONISATION des nageuses entre elles et avec la musique
SCHWIERIGKEIT der Schwimmzüge, Figuren und Figurenteile, Formationen, Synchronisation	40 %	30 %	30 %	30 %	DIFFICULTE des techniques de natation et de leurs parties, des formations, de la synchronisation
Künstlerischer Wert	Solo	Duett	Team	Team	Impression artistique
CHOREOGRAPHIE, Variationen, Kreativität, Bassinausnutzung, Formationen, Uebergänge	50 %	50 %	50 %	60 %	CHOREOGRAPHIE, variations, créativité, utilisation du bassin, formations, transitions
INTERPRETATION DER MUSIK, das Ausnützen der Musik	20 %	30 %	30 %	30 %	INTERPRETATION MUSICALE, utilisation de la musique
ART UND WEISE DER VORFUEHRUNG, das Beherrschen der ganzen Darbietung	30 %	20 %	20 %	10 %	MANIERE DE SE PRESENTER, contrôle général de la présentation

Anhang IV zu "Wettkampfbreglement Synchronschwimmen"
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MINIMALALTER UND STARTBERECHTIGUNGEN FÜR TESTS, WETTKÄMPFE UND NATIONALKADER
RESTRICTIONS D'AGE ET DE DROIT DE DEPART POUR LES TESTS, COMPETITIONS ET CADRES NATIONAUX

Tests (T)		Meisterschaften / Championnats			Nationalmannschaften / Cadres nationaux			2010	2011	2012	2013	2014	2015
Mindest-Alter / Age minimum	Test / test	Schweiz. Jugendmeisterschaft / Championnat Suisse des espoirs	Schweizermeisterschaft / Championnat Suisse & Swiss Open	Masters-Wettkämpfe / Critérium des masters	Nachwuchskader / Cadre national Jeunesse	Junioren-National-Kader / Cadre national Juniors	Nationalmannschaft / Cadre national	Jahrgänge der Alterskategorien gemäss Spalte 1 / Années de naissance selon colonne 1					
7	1 - 6							03	04	05	06	07	08
8	7							02	03	04	05	06	07
9	8							01	02	03	04	05	06
10	9							00	01	02	03	04	05
11	10	J3 / T7						99	00	01	02	03	04
12	11	J3 / T7			NK / JE (Ausnahme / exception)			98	99	00	01	02	03
13	12	J2 / T9	T12		NK / JE			97	98	99	00	01	02
14	12	J2 / T9	T12		NK / JE	(JUN)	(NAT / CN)	96	97	98	99	00	01
15	12	J2 / T9	T12		NK / JE	JUN	NAT / CN	95	96	97	98	99	00
16	12	J1 / T11	T12		(NK / JE)	JUN	NAT / CN	94	95	96	97	98	99
17	12	J1 / T11	T12			JUN	NAT / CN	93	94	95	96	97	98
18	12	J1 / T11	T12			JUN	NAT / CN	92	93	94	95	96	97
19 u. älter / 19 et plus	12		T12				NAT / CN	91	92	93	94	95	96
20 u. älter / 20 et plus				T7 (alt 6)				90	91	92	93	94	95

Anhang V zu "Wettkampfbreglement Synchronschwimmen"
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Required Elements for technical ROUTINES (Elite)

General:

Rules written in English so that no translation in German and French is needed.

FINA REQUIRED ELEMENTS FOR TECHNICAL ROUTINES

GENERAL REQUIREMENTS

1. Supplementary elements may be added.
2. Unless otherwise specified in the description of an element:
 - All figures or components thereof shall be executed according to the requirements described in appendices II-IV.
 - All elements shall be executed high and controlled, in uniform motion with each section clearly defined.
3. Duet required elements # 4, # 9 and Team required elements # 1, # 5, # 8, # 9 shall be judged within remaining 30 % of the Execution score.
4. Time limits as in SS 14.1.
5. FINA competitions must use category A. One category must be chosen for any specific competition. See categories B and C in FINA SS Manual.

SOLO REQUIRED ELEMENTS (A)

Required elements 1 – 6 are to be performed in the order listed.

1 From a **Front Pike Position**, a *Full Twist* is executed as the extended legs are lifted to a **Vertical Position**. Continuing the same direction, a *Full Twist* is executed followed by a *Continuous Spin* of 1440° (4 rotations). [DD 3.3]

2 *Rocket Split* is executed to an **Airborne Split Position**, maintaining maximum height the front leg is lifted vertically as the back leg moves to a **Bent Knee Vertical Position**. The vertical leg is lowered backward toward the surface as the bent leg extends forward to assume an **Airborne Split Position**. [DD 3.1]

3 Boost – a rapid head-first rise, with a maximum amount of the body above the surface of the water. Both arms must be lifted at or above the shoulder line as the body reaches maximum height. A descent is executed until the swimmer is completely submerged. Immediately afterwards, a second boost with both arms

above the surface is executed. A second descent is executed until the swimmer is completely submerged. [DD 2.5]

4 Beginning with a straight leg lift to a **Ballet Leg Position**, 116 - Catalarc is executed with compulsory head first travel while assuming the ballet leg. [DD 2.9]

5 *Combined Spin* is executed. A *descending Spin* of 1080° (3 rotations) followed, without a pause, by an equal *ascending Spin* in the same direction. [DD 3.0]

6 From a Submerged **Back Pike Position**, 307e - Flying Fish Spinning 360° is executed. [DD 3.2]

DUET REQUIRED ELEMENTS (A)

Required elements 1 – 8 are to be performed in the order listed.

1 240 c - Albatross Twirl is executed until completion of the rotation, followed by a *Continuous Spin* of 1440° (4 rotations). [DD 3.3]

2 From a **Back Layout Position**, travelling ballet leg combination beginning with a straight leg lift to a **Ballet Leg Position**. The horizontal leg is lifted to a **Ballet Leg Double Position**. Maintaining the **Ballet Leg Double Position** a rotation of 360° is executed, the first leg is lowered to a **Ballet Leg Position**, the second leg is lowered to a **Back Layout Position**. The legs are held straight throughout the element. [DD 2.5]

3 Rocket Split - A *Thrust* to a **Vertical Position** followed by two rapid alternating **Airborne Split Positions**, followed by a join to a **Vertical Position** with maximum height. A *Vertical Descent* is executed. [DD 3.4]

4 A connected action – connected, joined or intertwined movements. Lifts, throws and platforms are not included.

5 Maintaining a **Fishtail Position**, three rapid *Full Twists* are executed at maximum height. [DD 2.9]

6 Boost – a rapid head-first rise, with a maximum amount of the body above the surface of the water. Both arms must be lifted at or above the shoulder line as the body reaches maximum height. A descent is executed until the swimmer is completely submerged. [DD 1.7]

7 From a **Split Position** rotation of a 180° is executed as the legs are symmetrically lifted and closed to a **Vertical Position** followed by a *Half Twist* in the same direction. A *Twirl* is executed in the opposite direction; completed by a *Continuous Spin* of 1080° (3 rotations) in the same direction as the *Half Twist*. *Half Twist*, *Twirl* and *Continuous Spin* to be executed in **Vertical Position**. [DD 2.3]

8 *Thrust* followed by a rapid 360° *Spin*. [DD 2.2]

9 With the exception of the deck work, entry and a connected action, all elements – required and supplementary – must be performed simultaneously and facing the same direction by both swimmers. Mirror actions are not permitted.

TEAM REQUIRED ELEMENTS (A)

Required elements 1 – 7 are to be performed in the order listed.

1 Acrobatic move – Jump

a. Two simultaneous jumps are required.

If there are less than eight swimmers only one jump is required.

b. Underwater set-up is optional, but all remaining swimmers must be involved.

c. Each jump performs simultaneous identical movements facing the same direction.

d. Each jump must rise once with supported person becoming airborne at peak of lift.

2 A *Thrust* is executed to a **Vertical Position**, maintaining maximum height a *Twirl* is executed as one leg is lowered to a **Bent Knee Vertical Position**. A *Vertical Descent* is executed as the bent knee is extended to meet the vertical leg at the ankles submerge with the same tempo as *Thrust*. [DD 2.3]

3 435 - Nova is executed to the completion of a **Bent Knee Surface Arch Position**; the legs are simultaneously lifted to a **Vertical Position** as the bent knee is extended. A *Continuous Spin* of 1080° (3 rotations) is executed until heels reach the surface, without submergence, followed by a rapid *Spin Up 180°*. A *Vertical Descent* is executed at the same tempo as *Spin Up 180°*. [DD 2.9]

4 Boost – a rapid head-first rise, with a maximum amount of the body above the surface of the water. Both arms must be lifted at or above the shoulder line as the body reaches maximum height. A descent is executed until the swimmer is completely submerged. [DD 1.7]

5 Cadence Action with legs – identical leg movement(s) performed sequentially oneby-one by all team members. When more than one cadence action is performed, they must be consecutive, and not separated by other optional or required elements. There shall be at least 2 consecutive pattern changes during the cadence action.

6 From a **Front Pike Position**, porpoise lift is executed to a **Vertical Position**. A *Full Twist* is executed, then the legs are lowered symmetrically to a **Split Position**. A *walkout front* is executed. [DD 2.9]

7 *Rocket Split* is executed to an **Airborne Split Position**, maintaining maximum height the legs are lifted to a **Vertical Position** as *Twirl* is executed with a rapid *Vertical Descent*. [DD 2.6]

8 The pattern formations must include a straight line and circle.

9 With exception of the deck work, entry and the Cadence Action, all elements – required and supplementary – must be performed simultaneously and facing the same direction by all team members except during the circle pattern. Variations in propulsion and direction facing are permitted only during pattern changes and underwater actions. Mirror actions are not permitted.