

2009 USA Synchro Tech Talk
Edited by Carole Mitchell
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A number of changes were made at the 2009 USAS Convention. The following is a summary of those changes which take effect January 1, 2010. If you have any questions, please contact the appropriate committee chair: Rules-Joanna Scoons, Joanna@scoons.net, Championship Management-Patty Flanagan, pflanagan@ywcaworcester.org, Athlete Programs-Myrna Hagedorn, Hagedorn@mywdo.com, Figures-Betsy Caza, bcaza@cox.net, Scoring-Sue Johnson, suealbj01@verizon.net, Collegiate-Rebecca Story, story_rebecca@wheatonma.edu, Sites-Ted Roche, ted.roche@comcast.net, or the new USA Synchro VP-Competitive Operations Toby Smith at ptobysmith@gmail.com. Contact Toby for Masters until the new chair is elected.

Rules:

- **Novice** Routines-all routines have a maximum 1:30 time limit (plus 15 seconds, with no minimum).
- **Novice** Routine now have required technical elements which can be found at the bottom of this document.
- 11-12 Age Group Routines are now **FREE** Routines (so, now, all age group routines for ages 11-19 are **FREE** Routines. Ten & under Age Group routines remain as Free Routines with Tech Elements but the routines times were changed to match Intermediate and Senior tech times (ie 2:00 for Solo, 2:20 for Duet/Trio and 2:50 for Team).
- **US National Championships (US Nationals)**-Qualification from Zone Championships is determined by Final **FREE** Routine score.
- **US Nationals**-Qualification from US Collegiates is determined by **FREE** Routine score. (Note, the logistics of this are still being worked out by the Collegiate Committee and the Board of Directors.)
- **US Nationals-Combination (Combo)** has been added as an event. Participation in this event does not count towards the number of routines a competitor may enter. Beginning **2011**, the points for this event **WILL** count toward high point awards.
- **US Nationals**-Honorary routines from Zone Championships (Solo, Duet & Team) are **NOT** eligible to qualify for this meet.
- **Zone and Junior/Senior Association Championships**-competitors ages 13-14 may enter as honorary competitors and may combine with competitors ages 15 and over to enter honorary junior/senior routines. These routines are **NOT** eligible for US Nationals.
- **US Junior Championships (US Juniors)**-Trios have been **eliminated**.
- **US Juniors**-Combo has been added as an event. Participation in this event does not count towards the three routines a competitor may enter. There is **no** qualifying score for this event. Clubs **cannot** be combined at US Juniors. Points for this event **WILL** count towards high point.
- **US Juniors** qualifying scores are: **Solo-78.0, Duet-77.0, Team-75.0**.
- **US Junior Open**-Each club may enter **three** solos, **three** duets, **three** trios. (unlimited entry into teams remains)
- **US Junior Open** qualifying scores are: **Solo-76.0, Duet-75.0, Trio-74.0**. There remains no qualifying score for team and combo.
- **US Junior Open**-competitors ages 13-14 may enter the **Combo** event only.
- **Timing of deck movement** ends when the last competitor **leaves the deck**. (routines may still start in the water)
- **Judging and accompaniment** begin on a signal from the referee ie deckwork is now judged.
- **Judging at National Championships**-panels shall consist of a minimum of **SIX** judges (instead of five). This is also recommended, where possible, for all other meets.
- **Judging/Penalties**-detailed information will be available in the 2010-2013 rulebook.
- The use of accessory equipment, goggles or additional clothing is not permitted at national competitions, unless required by medical reasons, excluding U.S. Masters Championships. Nose clips or plugs may be worn. Jewelry is not allowed except at U.S. Masters Championships.
- New time limit for Junior/Senior **Combo**: 4:30 (reduced from 5 minutes).
- **Masters**-New figures and new routine technical elements will be in the 2010 rulebook.
- **Collegiates**-a Varsity program shall have attended a minimum of **SIX** (instead of 8) **competitions** (including regionals) to attend US Collegiates. (no **change** for club programs)
- **Collegiates**-Categories for technical competition:
 - Category A: 71.000 or higher or National Team Competitor, Four of the Senior Team Technical elements
 - Category B: 64.000 to 70.999, Junior Figures
 - Category C: 59.000 to 63.999, 13-15 Figures
 - Category D: 58.999 or lower, 12 & Under Figures

FIGURES-A new rotation chart to be used for all optional figure groups:

Year	Association	Regional	National/Invitational
2010	Group 1	Group 2	Group 3
2011	Group 2	Group 3	Group 1
2012	Group 3	Group 1	Group 2
2013	Group 1	Group 2	Group 3

Junior and Age Group 16-19

Compulsory

313	Kip Split Closing 180°	2.5
112f	Ibis Continuous Spin (720°)	2.8

Optional Groups

Group 1

336	Gaviata Open 180°	2.8
436	Cyclone	2.7

Group 2

355b	Porpoise Full Twist	2.5
150	Knight	3.1

Group 3

307	Flying Fish	3.0
115c	Catalina Twirl	2.8

Notes:

For the Ibis, Continuous Spin (720), FINA is specifying the number of spins. For this figure, the swimmer may do only 2 spins - NOT 6 or 7. Since it is a continuous spin the swimmer continues to turn a bit more as the feet are disappearing.

Gaviata

From a **Front Layout Position**, a Somersault Front Pike is executed to a **Submerged Ballet Leg Double Position**. A rising double leg *Catalina Rotation* is executed to a **Vertical Position**. The legs open symmetrically to a **Split Position**. A *Walkout Front* is executed.

Gaviata Open 180°

A Gaviata is initiated to a **Vertical Position**. Continuing in the same direction, the legs open symmetrically and continue to open gradually during a 180° rotation to a **Split Position**. A *Walkout Front* is executed.

Age Group 13-15, Intermediate "A"

Compulsory

420	Walkover Back	2.0
355e	Porpoise Spinning 360°	2.1

Group 2

240	Albatross	2.2
345	Catalina Reverse	2.1

Optional Groups

Group 1

342	Heron	2.1
311a	Kip 1/2 Twist	2.2

Group 3

301d	Barracuda Spinning 180°	2.1
140	Flamingo Bent Knee	2.4

Age Group 12 and under, Intermediate "B"

Compulsory

101	Ballet Leg Single	1.6
360	Walkover Front	2.1

Optional Groups

Group 1

321	Somersub	2.0
315	Kipnus	1.6

Group 2

355	Porpoise	1.9
401	Swordfish	2.0

Group 3

344	Neptunus	1.8
301	Barracuda	2.0

Novice Compulsory Figures

101	Ballet Leg, Single	1.6
310	Somersault, Back Tuck	1.1
201	Dolphin	1.4
370	Shrimp	1.6

Shrimp-From a **Front Layout Position**, a *Surface Front Pike Position* is assumed. One leg is lifted in a 180 arc over the surface to a **Split Position**. The legs join to assume a **Vertical Position** at ankle level. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.

Novice Routine required technical elements:

NOVICE SOLO, DUET, TRIO AND TEAM- 1:30 Elements 1-5 are to be performed in the order listed.
1. Head First Standard Scull in Back Layout Position .
2. Figure #310 Somersault, Back Tuck, to the completion of at least a 90 degree rotation.
3. Side flutter on either side, followed by an arm sweep to a Front Layout Position , followed by a pull into a Surface Front Pike Position .
4. Split Position .
5. Figure #101 Ballet Leg, Single, while traveling.
6. Required Strokes: Any two of the three listed strokes must be performed in the routine. They may appear in any order and at any point in the routine. Each stroke must be performed with at least three repetitions with no intervening actions. The proper kick must be done with the proper arm strokes. The three listed strokes are: a. Breaststroke: Head may be in or out. b. Backstroke: Stops at top of the arm stroke are allowed. c. Sidestroke: Head up or down.
7. With the exception of the deck work and entry, all elements – required and supplementary – must be performed simultaneously and facing the same direction by all competitors. Mirror actions are not permitted. See E.1 and 2.

See Appendix L for Senior Technical Routine Changes.