

## SA Level 2 and Level 3 Synchronised Swimming Championships 2019

### 1. GENERAL EVENT INFORMATION

The 2019 SSA Synchronized Swimming Level 2 and Level 3 Championships take place as follows:

28 March (training day), 29 – 31 March

Fairmont High Pool, Durbanville, Cape Town

Tournament Director: Sage Smith ([sagesmith1@gmail.com](mailto:sagesmith1@gmail.com))

**Swimmers in the 2019 SSA 13-15 training squad must compete at SSA level 3 and should only depart late afternoon on 1 April to allow squad training on Sunday afternoon and Monday morning.**

### 2. ENTRY PROCEDURES

- 2.1 All Affiliated clubs with SSA registered members, are invited to compete at the event
- 2.2 This will be an inter club competition
- 2.3 The competition requires at least 3 affiliated clubs to enter.
- 2.4 Events are figures, free solo, free duet and trio. Free team and Free combo are only at Level 3 for age groups 12U and 13+
- 2.5 Ages
  - 2.5.1 Age is determined as at the 31st December of the year of competition.
  - 2.5.2 Age Groups are:- 10&u (Level 2 only), 12&u, 13-15, Open.
- 2.6 Qualification

#### 2.6.1 SA LEVEL 2

- 2.6.1.1 Medal winners may still compete in Level 2 up to a maximum of 2 years.
- 2.6.1.2 Competitors may only compete at Level 2 for a maximum of 3 years.
- 2.6.1.3 Competitors may not have competed at SA Intermediate Championships or SA Nationals or represented SSA in an international competition.
- 2.6.1.4 Competitors may not have won an individual medal (solo or figures) at SA National Age groups
- 2.6.1.5 This competition will be held at one venue set by TASC.
- 2.6.1.6 Age Groups are 10&u, 12&u, 13-15, Open
- 2.6.1.7 Level 2 swimmers can swim team events at Level 3

#### 2.6.2 SA LEVEL 3

- 2.6.2.1 For those athletes not eligible for Level 2 and who have not qualified (minimum figure score 5 or better at NAG/Level 3 and age 15 years or over) for SA Intermediate or SA Nationals.
- 2.6.2.2 This competition will be held at one venue set by TASC.



- 2.6.2.3 Age Groups are 12&u, 13-15, Open. (NB – no 10&u)
- 2.6.2.4 Competitors who qualify at SA Level 3 may still attend SA Nationals.
- 2.7 Entries must be made on spread-sheet or relevant forms. Please include names of officials. Email entries to:  
Daphne Bird ([daphne@swimsa.co.za](mailto:daphne@swimsa.co.za)), Moira Norden ([nords@mweb.co.za](mailto:nords@mweb.co.za)), and the Tournament Director of each tournament.
- 2.8 The closing date for entries with payment into SSA account is **5 March 2019**  
Bank: ABSA BANK  
Acc. number: 1003790807  
Branch: 160 Jan Smuts Code: 508005  
Proof of payment must be emailed to SSA through the affiliate, and copied to Moira Norden ([nords@mweb.co.za](mailto:nords@mweb.co.za)), and the Tournament Director of each tournament.
- 2.9 Entry fees for 2019 are R60 (Level 2) or R70 (level 3) per figures or solos, and R120 for trios, duets and teams (level 3 only).

### 3. TECHNICAL OFFICIALS

- 3.1 Only technical officials registered with SSA will be eligible to officiate.
- 3.2 Each team must supply a minimum of two judges for the duration of the event.
- 3.3 Technical Officials must be correctly attired, navy blue skirts/trousers, white shoes and white shirt.

### 4. COMPETITION RULES

- 4.1 These competitions run according to the following rules laid out in the SA Technical Guidelines. FINA rules apply unless otherwise stated.
- 4.2 Swimmers, coaches, managers and officials must be capitated to SSA through their affiliate.
- 4.3 The Technical Committee normally sets figures for a 4-year period, which runs with FINA.
- 4.4 Duet partners are allowed from different age groups but they must then do 2 sets of figures. Points and medals are only allocated for figures in own age groups.
- 4.5 Athletes from different clubs may compete together in duets and trios. Points will be allocated on a pro rata basis.
- 4.6 Trios may comprise competitors from both Level 2 and 3, as no figures scores are included. In this case the trio will fall into the Level 3 competition.**
- 4.7 Team events (at Level 3 only) may comprise competitors from both Level 2 and 3, as no figures scores are included.**

- 4.8 Deck work must not exceed 10 seconds. The FINA penalty will be applied.
- 4.9 **Time limits:** Routine time limits are recommended as follows:  
**SA LEVEL 2:** Solo - 2min, Duet - 2min 15secs  
**SA LEVEL 3:** Routine time limits are per FINA with FINA penalties applicable  
**Trio time limits are 2 mins to 2min 30sec for both competitions.**
- 4.10 A minimum of 3 entries are required for any event to qualify for medals. Otherwise standard of performance will determine medal awards.
- 4.11 Music to be clearly marked with age group, event, club, name
- 4.12 Competition - Program details will be finalized after entries close. The program may run over 3 days.

## Recommended program 2019

### Day 1

- 0900: Training  
Allocated music times  
1200: Managers' meeting and start draw  
1300 Figures  
1700 Managers meeting

### Day 2

- 0700 - 0900  
Allocated music time  
0930: Routines

### Day 3

- 0700 - 0900  
Allocated music time  
0930: Routines

### NOTE:

Schedule may change depending on pool availability & entries.

## 5 Points and Scoring

No figure score will be added to trios  
Clubs will score points as per swimming (14,11,9,7,6,5,4,3,2,1) with double points for teams.

## 6 Trophies

Victrix Ludorum

Most Outstanding Synchro Swimmer - **Host Province to supply a miniature for winner at Level 2 and Level 3**



The Braaf Floating Trophy

Best Club at Level 3 (Host Province to supply a miniature to be presented to Winning Club)



## SA LEVEL 3 FIGURES

FINA Figure groups apply for all age groups. A draw will take place prior to the competition according to FINA rules

## SA LEVEL 2 FIGURES

### Jnr & OPEN

|        |                            |     |
|--------|----------------------------|-----|
| 1 301i | Barracuda spin up 360      | 2.5 |
| 2 355  | Porpoise                   | 1.9 |
| 3 320  | Kipswirl Split closing 180 | 2.3 |
| 4 330  | Aurora                     | 2.3 |

### 13-15

|       |           |     |
|-------|-----------|-----|
| 1 423 | Ariana    | 2.2 |
| 2 301 | Barracuda | 1.9 |
| 2 240 | Albatross | 2.2 |
| 4 315 | Seagull   | 2.1 |

### 12&U

|       |                     |     |
|-------|---------------------|-----|
| 1106  | Straight Ballet leg | 1.6 |
| 2 301 | Barracuda           | 1.9 |
| 3 363 | Water drop          | 1.5 |
| 4 311 | Kip                 | 1.6 |

### 10&U

|       |                       |     |
|-------|-----------------------|-----|
| 1101  | Ballet leg            | 1.6 |
| 2 323 | Front pike somersault | 1.4 |
| 3 302 | Blossom               | 1.4 |
| 4 303 | Back pike somersault  | 1.5 |