

SYNCHRONISED SWIMMING

S1 All international Synchronised Swimming competitions shall be held under FINA rules.

S2 The events of Synchronised Swimming are Solos, Duets, Teams and Combination.

S3 Competitors in Synchronised Swimming younger than fifteen (15) years of age (on December 31st on the year of the competition) shall not be permitted to compete at the Olympic Games, World Championships or World Cups.

S4 SESSIONS

SS 4.1. Figures

Each competitor must perform four (4) figures as described in the Appendix V of these rules.

The Senior Figures, the Junior Figures and the Age Group Figures will be selected by the TSSC every four (4) years, subject to the approval of the FINA Bureau.

SS 4.2. Technical Routine: Preliminaries / Finals

In the Technical Routine each Solo, Duet and Team must perform the required elements described in the Appendix VI of these rules. The required elements are selected by the TSSC every four (4) years, subject to approval by the FINA Bureau.

SS 4.3. Free Routine: Preliminaries / Finals

Each Solo, Duet and Team must perform the Free Routine, which may consist of any listed figures, strokes and / or parts thereof to music.

Free Routines have no restrictions as to choice of music, content or choreography.

SS 4.4. Combination: Preliminaries / Finals

Combination has a maximum of ten (10) competitors who make a combination of routines.

5. PROGRAMMES

SS 5.1. For Olympic Games, Teams: Technical Routine and Free Routine, with Free Routine draw according to SS 13.4.1.

For Olympic Games, Duets: Technical Routine, Free Routine Preliminary and Free Routine Final.

SS 5.2. For World Championships: Technical Routines Preliminaries, Technical Routines Finals, Free Routine Preliminaries, Free Routine Finals, Combination Preliminary and Combination Final.

SS 5.3. For FINA World Cups: See BL xxx.

For FINA World Trophy: See BL xxx.

SS 5.4. For Junior World Championships, in this order: Free Routines Preliminaries, Combination Preliminary (time limits as listed in SSAG6), Junior Figures (see Appendix V), Free Routine Finals and Combination Final.

SS 5.5. For all other international competitions the programme may be any combination of SS 4.1. – SS 4.3. so that the Free Routine is included. The Combination may be included.

SS 6 ENTRIES

SS 6.1. For Olympic Games, Junior World Championships, Continental and Regional Championships and FINA competitions each country shall be entitled to enter one Solo, one Duet, one Team and one Combination (unless otherwise specified)

SS 6.1.1. In World Championships each country shall be entitled to enter one Technical Solo, one Free Solo, one Technical Duet, one Free Duet, one Technical Team, one Free Team and one Combination. A competitor may compete in all seven events.

SS 6.1.2. In all other competitions, by mutual agreement of all participating federations, more than one Solo, more than one Duet, more than one Team and more than one Combination shall be allowed.

SS 6.1.3. A competitor shall be permitted to swim one Solo, one Duet, one Team and one Combination. (unless otherwise specified).

SS 6.2. Team Routines:

SS 6.2.1. For Olympic Games, team routines shall consist of eight (8) competitors. The total number of competitors entered by each Federation (unless otherwise specified) may not exceed nine (9) competitors.

SS 6.2.2. For World Championships and FINA competitions, team routines shall consist of eight (8) competitors and ten (10) for Combination. The total number of competitors entered by each Federation (unless otherwise specified) may not exceed twelve (12) competitors.

SS 6.3. Entry forms must be received by the secretary or deputy of the meet at least seven (7) days prior to the start of the competition. After this date no entries will be accepted.

SS 6.3.1. The entry shall designate the name of the Solo and the reserve, the names of the Duet members and a maximum of one reserve, the names of Team competitors and maximum of two reserves and the names of the competitors in Combination and two reserves.

For World Championships: The name of the Technical Solo and the reserve, the name of the Free Solo and the reserve, the names of the Technical Duet competitors and a maximum of one reserve, the names of the Free duet competitors and a maximum of one reserve, the names of the Technical Team competitors and the two reserves, the names of the Free Team competitors and the two reserves, and the names of the competitors in the Combination and two reserves.

For FINA World cup: See BL 9.4.

For FINA World Trophy see BL 9.4.2.

SS 7 PRELIMINARIES AND FINALS

SS 7.1. If there are more than twelve (12) entries in any Free Routine or Combination, preliminaries shall be held. Only the twelve (12) best results shall be allowed in the official finals.

SS 7.1.1. In World Championships: Applies also for Technical Routines.

SS 7.2. If there are less than thirteen (13) entries in any Free Routine or Combination, preliminaries may be held.

SS 7.2.1. In World Championships: Applies also for Technical Routines.

SS 7.3. This information must be included on the information sheet (see SS 24.2.7.)

SS8 FIGURE SESSION

SS 8.1. Only one figure session shall be held.

SS 8.2. Competitors in competitions other than World Junior Championships and FINA competitions, continental Championships and regional Championships may, by mutual consent, choose from the Age Group figures (see Appendix V) for the level of ability of the competitors entered in the competition.

SS 8.3. For the Figure session one group of Figures shall be drawn by the Management Committee.

SS 8.3.1. The draw shall be made eighteen (18) to seventy-two (72) hours before the start of the Figure Session.

SS 8.3.2. The draw shall be public.

SS 8.4. The order of appearance for figures shall be decided by lot. The draw shall take place at least twenty-four (24) hours before the first part of the competition and shall be public. Place and time shall be announced at least twenty-four (24) hours in advance.

SS 8.4.1. For FINA competitions preswimmers are recommended for figures.

SS 8.5. Swimwear for the figure session must be according to FINA rule GR6. It shall be black and competitor shall wear white cap. Goggles and nose clips may be worn. Jewelry is not allowed.

SS 9 FIGURE PANELS

SS 9.1. When qualified judges are available in sufficient numbers one (1), two (2) or four (4) panels of six (6) or seven (7) judges may officiate.

SS 9.1.1. When one (1) panel of judges is used, all competitors shall perform the four (4) figures one by one in the listed order.

SS 9.1.2. When two (2) panels of judges are officiating, each panel shall judge two (2) figures.

SS 9.1.3. When four (4) panels of judges are officiating, each panel shall judge one (1) figure.

SS 9.2. During the Figure session, the judges shall be placed in such elevated positions as to have a profile view of the competitors.

SS 9.2.1. All figures shall commence at a signal from the referee or assistant referee.

SS 9.2.2. On a signal from the referee or assistant referee all judges shall simultaneously flash their score.

SS 9.2.3. Judges scores may only be flashed on the score board or be sent to the computer after approval by the referee or the appointed official.

SS 10 JUDGEMENT OF FIGURES

SS 10.1. All judgement are made from the standpoint of perfection.
Design: Consider: the accuracy of positions and transitions as specified in figure description.
Control: Consider: extension, height, stability, clarity, uniform motion, unless otherwise specified in the figure description
Figures are executed in a stationary position (unless otherwise specified in the figure description).

SS 10.1.1. The competitor can obtain points from 0 – 10 using 1/10th points.

Perfect	10
Near perfect	9.9 to 9.5
Excellent	9.4 – 9.0
Very Good	8.9 – 8.0
Good	7.9 – 7.0
Competent	6.9 – 6.0
Satisfactory	5.9 – 5.0
Deficient	4.9 – 4.0
Weak	3.9 – 3.0
Very weak	2.9 – 2.0
Hardly recognizable	1.9 – 0.1
Completely failed	0

SS 10.2. If a judge by reason of illness or other unforeseen circumstances has made no award for any one figure, the average of the awards of the other five (5) or six (6) judges shall be computed and shall be considered as that of the missing award. This shall be calculated to the nearest 0.1 point.

SS 11 PENALTIES IN FIGURE SESSION

SS11.1. A two (2) point penalty shall be deducted (See SS 12.2.)

SS11.1.1. A competitor stops voluntarily and requests to do the figure again.

SS11.1.2. A competitor does not perform the announced figure, or if the figure does not have all the required elements, the assistant referee shall advise the judges and the competitor. The competitor shall have another opportunity to perform the announced figure.

SS 11.2. If the competitor makes the same or another mistake or does not attempt to perform the figure again, then the result of this figure will be zero.

SS12 CALCULATION OF THE FIGURE RESULT

SS 12.1. The highest and the lowest awards are cancelled (one of each). The four (4) or five (5) awards are added, the sum divided by four (4) or five (5). The result is multiplied by the degree of difficulty, to obtain the score for each of the four figures.

SS 12.2. The sum of the four figures shall be divided by the total of the degree of difficulty of the group and multiplied by 10, and then the penalties shall be deducted.

SS 12.3. The figure result shall be:

SS 12.3.1. For Solo the result shall be obtained according to SS 12.2.

SS 12.3.2. For Duets – for each competitor the result shall be obtained according to SS 12.2. These results shall be added and divided by two (2) to find the average score (round off to the fourth decimal places).

SS 12.3.3. For Teams – for each competitor who swims a team routine the result shall be obtained according to SS 12.2. These results shall be added and the total divided by the number of competitors on the team to find out the average score (round off to the fourth decimal places).

SS 12.3.4. If a competitor after the preliminaries in Duet or Team is not able to swim figures (due to illness or injury), in Duet the figure score of the reserve is used to determine the total score for the duet; in Team, the higher figure score of the two reserves is used to determine the total score for the team.

SS13 ROUTINE SESSIONS

SS13.1. A team shall consist of at least four (4) but not more than eight (8) members (for the exceptions, see SS 6.2.) The number of team competitors may not change between Preliminary and Finals or Technical and Free Routines.

SS 13.2. In Combination, 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. Start of the first part of the routine may be on the deck or in the water. All of the following parts must start in the water. A new part begins where the previous part ends.

SS 13.5.2. For the final draw: the highest qualifier in each group shall draw first, with the next qualifiers drawing in order of placement. If there is a tie for the placement within the same group of six, the names of the tied competitors shall be drawn by lot to determine the competitor to draw first for order of swim. If there is a tie for places 6 and 7 (different groups), those routines will form their own group in the draw (1-5, 6-7, 8-12).

SS 13.5. In routines the swimwear must conform to GR 6 and be appropriate for synchronised swimming competitions. The use of accessory equipment, goggles or additional clothing is not permitted unless required by medical reasons. Nose clips or plugs may be worn.

SS 13.5.1. In the event that the referee thinks a competitor(s) swimwear does not conform to GR 6 and SS 13.5, the competitor will not be permitted to compete until changing into appropriate swimwear. Jewellery is not allowed.

SS14 TIME LIMITS FOR ROUTINES

SS 14.1. Time limits for Technical Routines and Free Routines including ten (10) seconds for deck movement:

SS 14.1.1. Technical Routine Solos: 2 minutes 00 seconds
Free Routine Solos: 3 minutes 00 seconds

SS 14.1.2. Technical Routine Duets: 2 minutes 20 seconds
Free Routine Duets: 3 minutes 30 seconds

SS 14.1.3. Technical Routine Teams: 2 minutes 50 seconds
Free Routine Teams: 4 minutes 00 seconds

SS 14.1.4. Combination: 4 minutes 30 seconds

SS 14.1.5. There shall be an allowance of fifteen (15) seconds less or plus the allotted time for Technical Routines, Free Routines and Combination.

SS 14.1.6. - In routine events, the walk-on of the athletes from the designated starting point to achievement of a stationary position(s) may not exceed 30 seconds. Timing shall commence when the first competitor passes the starting point and end when the last competitor becomes stationary.

SS 14.1.7. In routine events, when the Routine starts in the water, the time allowance for the walk-on of the athletes from the designated starting point to the achievement of a starting position in the water shall not exceed 30 seconds. Timing shall commence when the first competitor moves past the starting point and end when the last competitor assumes a starting position.

SS 14.1.8. Age Group time limits – See SSAG6.

SS 13.3. In Duet, Team and Combination events competitors who are listed on the entry according to Rule SS 6.3.1. may be interchanged before routine sessions.

SS 13.3.1. Any changes of the names of the competitors from the most recent entry lists must be handed to the referee in writing at least two hours prior to the published start time of routine number one. This time must be published in the official competition schedule. Changes after this can only be made in case of sudden illness or accident of a competitor and if the reserve is ready to compete without delaying the competition. The final decision in such a situation shall be made by the referee.

SS 13.3.2. If the lack of the reserve reduces the Team or Combination size to less than that defined in SS 6.2. or SS 13.1. or SS 13.2 the team shall be disqualified.

SS 13.3.3. Failure to notify the Referee of substitution and / or scratching according to the rule SS13.3.1 shall result in disqualification of the routine.

SS 13.4. The order of appearance for Technical Routines, Free Routines Preliminaries or Combination Preliminaries shall be decided by lot. The draw shall take place at least eighteen (18) hours before the first part of the competition and shall be public. Place and time shall be announced at least twenty-four (24) hours in advance.

SS 13.4.1. The order of the draw shall be Teams, Combination, Duets, and Solos Preliminaries. For competitions involving both Technical and Free Routines, the draw for the event's Technical Routine shall first be held followed by the Free Routine Draw (Team Technical, Team Free Preliminary, Combination Preliminary, Duet Technical, Duet Free Preliminary, Solo Technical, Solo Free Preliminary).

SS 13.4.2. When a federation draws start number one (1) in a Technical Routine or Free Routine Preliminary or Combination Preliminary, this federation shall be exempted from start number one in another Technical Routine, Free Routine Preliminary or Combination Preliminary.

SS 13.4.2. For FINA competitions preswimmers are recommended for Technical Routines, Free Routines and Combinations.

SS 13.5. After the Figures and / or Technical Routines and Free routines Preliminaries and Combination Preliminary the first twelve (12) by total score (see 20.1.) shall compete in the finals.

Exception: In World Championships: After each Technical / Free Routine / Combination the twelve best will compete in the respective Final.

SS 13.5.1. The order of appearance in the finals shall be determined by lot in groups of six participants. Those who placed 1-6 per SS 13.5. shall draw for start numbers 7 – 12; those who placed 7 – 12 per SS 13.5. shall draw for start numbers 1-6. If the number of the competitors is not divisible by six (6) the smallest group must start first.

At the Olympic Games the draw for order of appearance for the Team Free Routine shall be in two (2) groups of four (4).

SS 14.2. Timing of the routines shall start and finish with the accompaniment. Timing of the deck movements shall end as the last competitor leaves the deck. Routines may start on the deck or in the water, but they must finish in the water.

SS 14.3. The accompaniment and judging shall begin upon a signal from the referee or appointed official. After the signal the competitor(s) must perform the routine without interruption (See SS 18.4.)

SS 14.4. The timers shall check the overall time of the routine as well as that of the deck movements. The times shall be recorded on the score sheet. If the time limit is exceeded for the deck work or there is a deviation from the routine time limit allowance (See SS 14.1.) the timer shall advise the referee or the appointed official designated by the referee.

SS 15 MUSIC ACCOMPANIMENTS

SS 15.1. The Sound Center Manager shall be responsible for the securing and properly presenting the accompaniment for each routine.

SS 15.2. For FINA competitions a decibel (sound level) meter shall be used to monitor the sound level and ensure that no person is exposed to average sound levels exceeding 90 decibels (rms) or momentary peak sound levels exceeding 100 decibels.

SS 15.3. Team Managers/ Coaches are responsible for individually labeling tapes and/or discs (Minidisc or CD or DAT) as to speed, name of the competitor and country. Each competitor is entitled to trial test of a part of her music accompaniment prior to her start to adjust the volume and speed. If the sound reproduction is not working during the competition, the Team Manager is entitled to bring another copy immediately to the Sound Centre Manager. It is also fails to work, then the competitor(s) will have a one (1) point penalty. In case the tapes, Mini disc, CD or DAT are sent before the competition at the final entry date to the Management Committee, the Sound Center Manager will be responsible for correct execution of the music.

SS 16 ROUTINE PANELS

SS 16.1. When qualified judges are available in sufficient number, two panels of six (6) or seven (7) judges must officiate: in Free Routines and Combination one for Technical Merit and one for Artistic Impression and in Technical Routines one for Execution and one for Overall Impression.

SS 16.2. During routine sessions the judges shall be placed in elevated positions on opposite sides of the pool.

SS 16.3. At the completion of each routine the judges record their scores on judging papers provided by the meet Management Committee. These judging papers shall be collected before the scores are flashed and shall be accepted score in case of error or dispute.

SS 16.3.1. On a signal of the referee (or assistant referee) all judges will simultaneously flash their scores.

SS 16.4. If a judge by reason of illness or other unforeseen circumstances has made no award for a routine, the average of the awards of the other five (5) or six (6) judges shall be computed and shall be considered as the award. This shall be calculated to the nearest 0.1 point.

SS 16.5. After approval by the referee or the appointed official, judges scores may be flashed on the score board or be sent to the computer.

SS 17 JUDGEMENT OF ROUTINES

SS 17.1. In Routines the competitor can obtain points from 0 – 10 using 1/10th points.

Perfect	10
Near perfect	9.9 to 9.5
Excellent	9.4 – 9.0
Very Good	8.9 – 8.0
Good	7.9 – 7.0
Competent	6.9 – 6.0
Satisfactory	5.9 – 5.0
Deficient	4.9 – 4.0
Weak	3.9 – 3.0
Very weak	2.9 – 2.0
Hardly recognizable	1.9 – 0.1
Completely failed	0

SS 17.2. In Free Routine and Combination two scores shall be awarded 0 – 10 points each (See SS 17.1.)

All the following percent arrays are subject of decision of the TSSC.

SS 17.2.1. First Score – Technical Merit Score				
Consider	Solo	Duet	Team	Combination
EXECUTION, of strokes, and parts thereof; propulsion techniques, precision of patterns	50	40%	40%	40%
SYNCHRONISATION; on with another and with music	10 %	30%	30%	30%
DIFFICULTY of strokes, figures and parts thereof, patterns, synchronization	40%	30%	30%	30%
SS 17.2.2. Second Score – Artistic Impression Score				
Consider	Solo	Duet	Team	Combination
CHOREOGRAPHY, variety, creativity, pool coverage, patterns, transitions	50%	50%	50%	60%
MUSIC INTERPRETATION use of music	20%	30%	30%	30%

A one (1) point penalty shall be deducted from the routine score, if:

SS 18.2.1. The time limit of ten (10) seconds for deck movements is exceeded.

SS 18.2.2. There is a deviation from the specified routine time limit allowed (less or more than) for the routine and in accordance with SS 14.1.

SS 18.2.3. If the time limit of 30 seconds for the deck walk-on is exceeded.

SS 18.2.4. Each violation of rule SS 13.2.

SS 18.2.5. A competitor has made a deliberate use of the bottom of the pool during the routine.

A two (2) point penalty shall be deducted from the routine score, if:

SS 18.2.6. A competitor has made a deliberate use of bottom of the pool during a routine to assist another competitor.

SS 18.2.7. A routine is interrupted by a competitor during the deck movements and a new start is allowed.

SS 18.2.8. If during the deck movements in routines competitors are executing stacks, towers or human pyramids.

SS 18.3. Penalties in Technical Routines

SS 18.3.1. A two (2) point penalty shall be deducted from the Execution score for each required element omitted by competitor in Solo or by all competitors in Duet and Team.

SS 18.3.2. A one (1) point penalty shall be deducted from the Execution score for each part of a required element omitted by competitor in Solo or by all competitors in Duet or Team or if there is an incorrect /additional sequence in required element or action performed by competitor in Solo or by all competitors in Duet or Team.

SS 18.3.3. A half-point (0,5) penalty shall be deducted from the Execution score for each competitor omitting a part of the required element, or if there is an incorrect /additional sequence in for each required element for each competitor, up to a maximum deduction of two (2) points.

SS 18.3.4. A half-point (0,5) penalty shall be deducted from the Execution score for each competitor for each violation in Duet required element XX and Team element XX of Appendix VI.

SS 18.3.5. In case of dispute about required elements, video recording may be used for final decision by the Referee.

MANNER OF PRESENTATION,	30%	20%	20%	10%
total command				

SS 17.2.3. In the Olympic Games, World Championships and World Cups, for the Free Routine and Combination sessions, each judge shall award three scores, from 0 – 10 points each (see SS 17.1.) Technical Merit judges shall enter scores for Execution, Synchronization and Difficulty. Artistic Impression judges shall enter scores for Choreography, Music Interpretation and Manner of Presentation. The scorers shall calculate the Technical Merit scores of each judge (see SS 17.2.1.) and Artistic Impression scores of each judge (see SS 17.2.2.)

SS 17.3. Technical Routines

For Technical Routines two scores shall be awarded, 0 to 10 points each (See SS 17.1.) All the following percent arrays are subject of decision of the TSSC.

SS 17.3.1. First score – Execution

Consider:			
Execution of required elements:			70%
Execution of rest of the routine:			30%

SS 17.3.2. Second score – Overall Impression

Consider:	Solo	Duet	Team
Choreography, use of music	40%	40%	40%
Synchronization	10%	20%	30%
Difficulty	30%	30%	20%
Manner of presentation	20%	10%	10%

SS 17.3.3. In the Olympic Games, World Championships and World Cups, for the Technical Routine session, the Execution judges shall record an individual score for each element. The scorers shall calculate the Execution scores.

In addition to the required elements, the Execution judges shall also consider the strokes, other figures and parts thereof, propulsion techniques and the precision of patterns.

Execution of required elements (Solo, Duet, Team) = 70%

Execution of the rest of the routine (Solo, Duet, Team) = 30 %.

SS 17.3.4. In the Olympic Games, World Championships and World Cups, for the Technical Routine session, the Overall Impression judges shall record an individual score for each component (Choreography and Use of Music, Synchronization, Difficulty and Manner of Presentation). The scorers shall calculate the Overall Impression scores.

SS 18 DEDUCTIONS AND PENALTIES IN ROUTINES

SS18.1. In Team competition, whether in Free Routine Preliminary, Free Routine Final or Technical Routine, one half point penalty shall be deducted from the total score for each member less than eight (8) (See SS 13.1.).

SS 18.2. Penalties in Free Routines, Technical Routines and Combinations:

SS 18.4. If one (or more) competitor(s) stops swimming before the routine is completed the routine will be disqualified. If the cessation is caused by circumstances beyond the control of the competitor(s), the Referee shall allow the routine to be resumed during the session.

SS 19 CALCULATION OF THE ROUTINE RESULTS

SS 19.1. All routine scores shall be the total of the Technical Merit and Artistic Impression, respectively Execution and Overall Impression (Technical Routine) after canceling highest and lowest award (one each). These results shall be divided by the number of judges less two (2) and multiplied by five (5) for a maximum of 100 points.

Example with six (6) judges:

Example with seven (7) judges:

SS 19.2. Any penalties in Technical Routines involving the required elements from SS 18.3. shall be deducted from the Execution score to calculate a new Execution score.

SS 19.3. The routine score shall be the sum of the Technical Merit and Artistic Impression scores (Free Routine) or Execution and Overall Impression scores (Technical Routines), less any penalty deductions from rules SS 18.1., 18.2. and 18.3.

SS 20 FINAL RESULT

SS 20.1. The final figure result shall be that of the competitors who actually swam the Free Routine. For exceptions see rule SS 12.3.4.

SS 20.2. The final result is determined by adding the final score of each performed session; with each session worth a maximum of 100 points (if both Preliminary and Final Routine sessions are held, the routine score from the Final session shall replace that of the Preliminary session to determine the Final result.)

SS 20.2.1. In events that include one (1) session – Combination or Technical Routine or Free Routine or Figures – the result shall be the score of that session, for a maximum of 100 points.

SS 20.2.2. In events that include two (2) sessions – Figures and Free Routine or Technical Routine and Free Routine – the results shall be the sum of each session, for a maximum of 200 points.

SS 20.2.3. In events that include three (3) sessions – Figures, Technical Routines and Free Routines – the results shall be the sum of each session, for a maximum of 300 points.

SS 20.3. In case of the same final result (calculated to four decimals) in Solo, Duet, Team and Combination, a tie shall be declared for the particular place(s).

If a decision has to be made to go to finals, to be qualified, to be promoted/ demoted, the following procedure will be used:

For Solo, Duet, Team:

The higher Free Routine scores of the final result will decide.

If they are still the same, the technical merit score of Free Routine determines the position.

If they are still the same, the higher Technical Routine scores will decide.

If they are still the same, the Execution score of the Technical Routine determines the position.

For Combination:

The higher Technical Merit score shall decide.

For competitions with point system (GR 10.8.5. and BL 7.1)

In case of a tie, the Final result according to SS 20 of all events shall be added and the higher total sum shall decide.

SS 21 OFFICIALS AND DUTIES

SS 21.1. Officials shall be chosen by the Management Committee. Their choice shall be final except emergency situation (See SS 22.3. and SS 22.4.)

SS 21.2. The required officials shall be:

SS 21.2.1. A Referee

SS 21.2.2. An assistant referee for routines and an assistant referee for each panel of judges in figures.

SS 21.2.3. Each panel of judges shall consist of five (5) or seven (7) judges. In Routines two (2) panels of judges may be used. If two panels are used, in Free Routine sessions, one panel shall judge Technical Merit and one Artistic Impression, in Technical Routine session, one panel shall judge Execution and one panel shall judge Overall Impression.

At FINA competitions, judges shall be chosen from the FINA list of judges.

SS 21.2.4. For Technical Routines three (3) technical assistants to monitor the required elements.

SS 21.2.5. For Combination three (3) technical assistants to monitor the SS 13.2.

SS 21.2.6. For each Figure panel – a clerk of course, a recorder and if no electronic system is used, two scorers.

SS 21.2.7. For routines – three (3) timers, a clerk of course, a recorder, and if no electronic system is used, two scorers.

SS 21.2.8. A Chief Recorder

SS 23.4. The clerks shall perform duties as assigned by the Referee. A clerk shall obtain the order of the draw for each event and ascertain that all competitors are ready at the required time.

SS 23.5. The announcer shall make only such announcements as are authorized by the Referee.

SS 24 DUTIES OF ORGANIZER

SS 24.1. The country holding the competition is responsible for:

SS 24.1.1. Pool specifications and related regulations listed in rules FR10, FR11, FR12, FR13 and FR14.

SS 24.1.2. Providing suitable equipment for reproduction of an accompaniment.

SS 24.1.3. Providing underwater speakers which shall conform to the safety rules of the governmental jurisdiction of the hosting country.

SS 24.1.4. Providing the entry forms.

SS 24.1.5. Preparing a list of entries and judging forms.

SS 24.1.6. Providing programs.

SS 24.1.7. Providing the judges for figure and routine sessions with a means of signaling scores. When automatic Officiating Equipment is used each judge shall be provided with flash cards in case of technical failure.

SS 24.1.8. Ensuring that BL 6.2.3. regarding practice periods prior to the start, shall apply at all FINA competitions.

SS 24.1.9. Produce video recordings of all Routines and underwater video records of all Routines to enable checking the use of the bottom of the pool.

SS 24.2. The information sheet for all Synchronised Swimming competitions must include the following information.

Pool dimensions with specific reference to the depth of the water, the water level below deck, position of diving boards, ladders, etc. A cross section drawing of the pool is desirable, and diagrams of the pools for figure session and routine sessions. In case the pool specifications are not according to FR10, diagrams and cross section drawing are obligatory and must be sent out with meet invitation.

SS 24.2.1. Markings of bottom and sides of the pool.

SS 24.2.2. Position of audience with reference to the pool.

SS 24.2.3. Type of lightning

SS 21.2.9. Sound Center Manager

SS 21.2.10. An announcer

SS 21.2.11. Other officials as deemed necessary

SS 22 REFEREE

SS 22.1. The Referee shall have full control of the event. He/she shall instruct all officials.

SS 22.2. He/she shall enforce all the rules and decisions of FINA and shall decide all questions relating to the actual conduct of the event and be responsible for the final settlement of any matter not otherwise covered by the rules.

SS 22.3. The Referee shall ensure that all the necessary officials are in their respective positions to conduct the session. She/he may appoint substitutes for any persons who are absent, incapable of acting or found to be inefficient. He/she may appoint additional officials if considered necessary.

SS 22.4. In emergencies the referee is authorized to assign a substitute judge.

SS 22.5. He/she shall ensure that the competitors are ready and signal for the start of the accompaniment. He/she shall instruct the scorers to penalize the competitors in the session of an infraction of the rules. He/she shall approve the results before announcements.

SS 22.6. The Referee may intervene in the event at any stage to ensure that the FINA regulations are observed, and shall adjudicate all protests related to the session in progress

SS 22.7. The referee shall disqualify any competitor for any violation of the rules that he/she personally observes or which is reported to her/him by other authorized officials.

SS 23 OTHER OFFICIALS

SS 23.1. The assistant referee(s) shall carry out duties assigned by the referee.

SS 23.2. The Chief Recorder shall be responsible for:

1. Draw for order of appearance in all sessions.
2. Distribution of start and result lists to all concerned, including those responsible for informing press and public.
3. Recording changes of competitors prior each session.
4. Checking the electronic scoring system.
5. Ensuring the accuracy of recording the scores.
6. Checking the computer results.
7. Overseeing preparation of result lists for distribution.

SS 23.3. The scorers, individually, shall record the marks and make the necessary computations. The recorder on each panel shall immediately inform the Referee or the designated official in case of technical problems.

SS 24.2.4. Open space for entrance and exit, to include designated starting point for walk-ons.

SS 24.2.5. Types of sound equipment available.

SS 24.2.6. Alternative facilities, if required.

SS 24.2.7. Schedule of events, indicating which sessions (per SS3) will be included in the programme (SS4) and stating whether preliminaries and finals will be held according to SS7.1 and SS7.2.

AGE GROUP RULES

SSAG 1 FINA Rules of competition will apply in all Age Group competitions.

SSAG 2 Age Categories

SSAG2.1. All Age Group competitors remain qualified from 1 January to the following 31 December at the age they are at the close of day (12 midnight) on 31 December of the year of the competition.

SSAG 2.2. Age Groupings for Synchronised Swimming are:
12 years of age and under
13 – 15 years of age
16 – 18 years of age
Junior: 15-18 years of age

SSAG3 Age Group figure sessions

SSAG 3.1. Each competitor must perform two (2) compulsory figures. One group of two (2) optional figures will be drawn as per SS 7.3.

SSAG 3.2. Figure lists:
The figure groups are listed in Appendix V of the Synchronised Swimming Rules. Participating members may also by mutual consent choose from other Age Groups or Senior Figure Groups for level of ability of the competitors entered in the meet.

SSAG 3.3. The final result of the figures session will be divided by the total degree of difficulty of the group and multiplied by 10. (SS 12.2.)

SSAG 4 In a duet or team event all competitors must swim the same figure groups. The choice of the groups is optional.

SSAG 5 Competitors 12 and under may not swim out of their age group for routine sessions because of the time limitation.

SSAG 6 The time limits for different age groups, including ten (10) seconds of deck movements, shall be:

	Solo	Duet	Team	Combination
12 years and under	2.00	2.30	3.00	3.30 minutes
13, 14, 15 years	2.30	3.00	3.30	4.00 minutes
16, 17, 18 years	3.00	3.30	4.00	4.30 minutes
Juniors: 15-18 years	3.00	3.30	4.00	4.30 minutes

There shall be an allowance of fifteen (15) seconds less or plus the allotted time limit.

Figure Groups 2009-2013

APPENDIX V FINA FIGURE GROUPS 2009-2013

Senior, Junior and Age Group 16-17-18

Compulsory			
1	313	Kip Split Closing 180°	2.5
2	112f	Ibis Continuous Spin (720°)	2.8

Optional Groups

Group 1			
3	336	Gaviata Open 180°	2.8
4	436	Cyclone	2.7

Group 2			
3	355b	Porpoise Full Twist	2.5
4	150	Knight	3.1

Group 3			
3	307	Flying Fish	3.0
4	115c	Catalina Twist	2.8

Note:

335 GAVIATA 2.7

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.

336 GAVIATA OPEN 180° 2.8

A Gaviata is initiated to a Vertical Position. The legs open symmetrically and continue to open gradually during a 180° rotation to a Split Position. A *Walkout Front* is executed.

1

Figure Groups 2009-2013

Age Group 13-14-15

Compulsory			
1	420	Walkover Back	2.0
2	355e	Porpoise Spinning 360°	2.1

Optional Groups

Group 1			
3	342	Heron	2.1
4	311a	Kip 1/2 Twist	2.2

Group 2			
3	240	Albatross	2.2
4	345	Catalina Reverse	2.1

Group 3			
3	301d	Barracuda Spinning 180°	2.1
4	140	Flamingo Bent Knee	2.4

Age Group 12 and under

Compulsory			
1	101	Ballet Leg Single	1.6
2	360	Walkover Front	2.1

Optional Groups

Group 1			
3	321	Somersub	2.0
4	315	Kipnus	1.6

Group 2			
3	355	Porpoise	1.9
4	401	Swordfish	2.0

Group 3			
3	344	Neptunus	1.8
4	301	Barracuda	2.0

2009-2013 Elements

APPENDIX VI FINA REQUIRED ELEMENTS FOR TECHNICAL ROUTINES

GENERAL REQUIREMENTS

- Supplementary elements may be added.
- 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.
- FINA competitions must use category A. One category must be chosen for any specific competition.
- Duet required elements # 4, # 9 and Team required elements # 1, # 5, # 8, # 9 shall be judged within remaining 30 % of the Execution score.
- Time limits as in SS 14.1.

Category A

SOLO REQUIRED ELEMENTS (A)

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

- 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] *Elt 1 solo : 4 rotations ni plus ni moins avant que les talons atteignent la surface de l'eau (sans quoi pénalité) puis fin de la rotation ds un mvt uniforme jusqu'à immersion*
- 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 Vertical Bent Knee Position. The vertical leg is lowered toward the surface as the bent leg extends forward to assume an Airborne Split Position. [DD 3.1] *Elt 2 solo : les positions écart et jambe pliée durant la poussée doivent être identifiables selon description Finis, sans pour autant s'y arrêter.*
- 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 is performed. [DD 2.5] *Elt 3 Solo : le texte sera corrigé. Il faut réaliser 2 poussées rétro 2 bras suivies d'une immersion complète après chacune d'elle. Les 2 poussées sont libres (orientations, nature du mouvements).*
- 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]
- 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] *Elt 5 solo : (3 rotations) = ni plus, ni moins. (sans quoi pénalité) puis fin de la rotation dans un mouvement uniforme jusqu'à immersion desorteils*
- 307e - Flying Fish Spin 360° [DD 3.2]

DUET REQUIRED ELEMENTS (A)

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] *Elt1 duo : (4 rotations) = ni plus, ni moins. (sans quoi pénalité) puis fin de la rotation dans un mouvement uniforme jusqu'à immersion des arêtes.*
2. 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 Double Ballet Leg 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 - TBC]
3. Rocket Split - A *Thrust* to a **Vertical Position** followed by two rapid alternating an **Airborne Split Positions**, followed by a join to the vertical 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. *Elt4 duo : action en contact : le contact est libre, pas d'obligation de symétrie, possibilité d'être en contact avec des parties du corps différentes, ex : main/tête, bras/jambe etc..*
5. Maintaining a **Fishtail Position**, three rapid *full twists* are executed at maximum height. [DD 2.9] *Elt5 duo : possibilité de faire une très légère pousse après chaque tour.*
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] *Elt6 duo : idem Elt3 solo*
7. From a **Split Position** rotation of a 180° is executed as the legs are symmetrically lifted and close to a **Vertical Position** followed by a *Half Twist* in the same direction. A *Twirl* 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 performed in **Vertical Position**. [DD - TBC]
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)

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

1. Acrobatic move – one Jump
Elt1 Equipe : le texte sera corrigé. Il faut réaliser 2 portés éjectés identiques, même direction, simultanés. Possibilité d'entrer dans l'eau par n'importe quelle partie du corps mais identique aux 2 portés.

2

- 2 jumps are required.
 - Underwater set-up is optional, but all remaining swimmers must be involved.
 - Each jump performs simultaneous identical movements facing the same direction.
 - 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 lower to a bent knee vertical position. A *Vertical Descent* is executed as the bent knee is extended to meet the vertical leg as the ankles submerge. [DD 2.3]
 3. A 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 of 180°* to a **Vertical Position**. [DD 2.9] *Elt3 Equipe : (3 rotations) = ni plus, ni moins. (sans quoi pénalité) puis fin de la rotation dans un mouvement uniforme jusqu'à immersion des arêtes.*
 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 one-by-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. *Elt5 Equipe : cascade possible de 1 à 8 et 8 à 1 sans mouvement intermédiaire. Deux changements de formations = 3 formations au total.*
 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. [DD 2.6] *Elt7 Equipe : la descente est rapide après la spire*
 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 and the platform. Variations in propulsion and direction facing are permitted only during pattern changes and underwater actions. Mirror actions are not permitted.

8

Category B**SOLO REQUIRED ELEMENTS (B)**

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

1. From a **Front Pike Position**, a *Half Twirl* is executed as the extended legs are lifted to a **Vertical Position**. Continuing in the same direction, a *Full Twirl* is executed followed by a *Continuous Spin* (2 rotations). [DD 3.1]
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 **Vertical Bent Knee Position**. [DD 2.6]
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 afterward, a second boost is executed. [DD 1.7]
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* (2 rotations), followed, without a pause, by an *equal ascending Spin* in the same direction. [DD 2.3]
6. 307d - Flying Fish Spin 180° [DD 3.1]

DUET REQUIRED ELEMENTS (B)

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

1. 240 c - Albatross Twirl is executed. [DD 2.7]
2. Travelling ballet leg combination beginning with a straight leg lift to a **Ballet Leg Position**. The shin of the horizontal leg is drawn along the surface to assume a **Surface Flamingo Position**. From a **Surface Flamingo Position** the shin of the bent knee is extended to a **Ballet leg Position**. The ballet leg is lowered with a straight leg to a **Back Layout Position**. [DD 1.8]
3. *Rocket Split* is executed to an **Airborne Split Position**. [DD 2.1]
4. A connected action - connected, joined or intertwined movements. Lifts, throws and platforms are not included.
5. Maintaining a **Fishtail Position**, two rapid *full twists* are executed at maximum height. [DD 2.2]

4

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** to be a **Vertical Position** followed by a *Half Twirl*. A *Continuous Spin* of 720° (2 rotations) in the same direction as the *Half Twirl*. *Half Twirl* and *Continuous Spin* to be performed in **Vertical Position**. [DD - TBC]
8. *Thrust* followed by a rapid *180° Spin*. [DD 1.8]
9. With the exception of the deck work, entry and joined 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 (B)

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

1. Acrobatic move – one Jump
 - 2 jumps are required.
 - Underwater set-up is optional, but all remaining swimmers must be involved.
 - Each jump performs simultaneous identical movements facing the same direction.
 - Each jump must rise once with supported person becoming airborne at peak of lift.
2. *Thrust* followed by a *Twirl* and completed with a rapid *Vertical Descent* in a **Vertical Position**. [DD 2.4]
3. A 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 720° (2 rotations) is executed until heels reach the surface, without submergence, followed by a rapid *spin up of 180°* to a **Vertical Position**. [DD 2.5]
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 one-by-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.

5

6. From a **Front Pike Position**, a porpoise lift is executed to a **Vertical Position**. A *half twist* is executed, in the same direction a 180° rotation is executed while the legs are lowered symmetrically to a **Split Position**. A *Walkout Front* is executed. [DD 2.8]
7. *Rocket Split* is executed to an **Airborne Split Position**, maintaining maximum height the legs are joined to a **Vertical Position**. [DD 2.4]
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 and the platform. Variations in propulsion and direction facing are permitted only during pattern changes and underwater actions. Mirror actions are not permitted.

Category C

SOLO REQUIRED ELEMENTS (C)

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

1. Porpoise *Continuous Spin* of 720° (2 rotations) is executed. [DD 2.3]
2. *Rocket Split* is executed to an **Airborne Split Position**. [DD 2.1]
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. [DD 1.7]
4. Beginning with a straight leg lift to a **Ballet Leg Position**, the *Catalina Rotation* is executed, with compulsory head first travel while assuming the ballet leg. The vertical leg is lower to a **Split Position** and the *A Walkout Front* is executed. [DD 2.6]
5. *Combined spin* is executed. A *descending Spin* of 360° (1 rotation) followed, without a pause, by an equal *ascending Spin* in the same direction. [DD 1.6]
6. 307 - Flying Fish [DD 3.0]

DUET REQUIRED ELEMENTS (C)

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

1. 240 - Albatross [DD 2.2]
2. Travelling ballet leg combination, beginning with a straight leg lift to a **Ballet Leg Position**. The shin of the horizontal leg is drawn along the surface to assume a **Surface Flamingo Position**. From a **Surface Flamingo Position** the vertical leg is lowered as the horizontal leg is extended to a **Back Layout Position**. [DD 1.6]
3. *Rocket Split* is executed to an **Airborne Split Position**. [DD 2.1]
4. A connected action - connected, joined or intertwined movements. Lifts, throws and platforms are not included.
5. Maintaining a **Fishtail Position**, one rapid *full twist* is executed at maximum height. [DD 1.5]
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** to be a **Vertical Position** followed by a *Continuous Spin* of 720° (2 rotations). *Continuous Spin* to be performed in **Vertical Position**. [DD - TBC]
8. *Thrust* followed by a *Vertical Descent* is executed at the same tempo as the *Thrust*. [DD 1.8]
9. With the exception of the deck work, entry and joined 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 (C)

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

1. Acrobatic move – one Jump
 - a. 2 jumps are required.
 - b. Underwater set-up is optional, but all remaining swimmers must be involved.
 - d. Each jump performs simultaneous identical movements facing the same direction.
 - e. Each jump must rise once with supported person becoming airborne at peak of lift.

2. *Thrust* is executed as one foot is drawn along the inside of the other extended leg to assume a **Bent Knee Vertical Position**. A *Vertical Descent* is executed as the bent knee is extended to meet the vertical leg as the ankles submerge. [DD 1.7]
3. A 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 720° (2 rotations) is executed. [DD 2.0]
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 one-by-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.
6. From a **Front pike position**, a porpoise lift is executed to a **Vertical Position**. Then the legs are lowered symmetrically to a **Split Position**. A *walkout front* is executed. [DD 2.4]
7. *Rocket Split* is executed to an **Airborne Split Position**. The legs are joined to assume a **Vertical Position** at ankle level. A *Vertical Descent* is executed. [DD 2.3]
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 and the platform. Variations in propulsion and direction facing are permitted only during pattern changes and underwater actions. Mirror actions are not permitted.