



# Tech Talk 2018

Updates & information from 2017 Convention Nov. 2017

*The following information summarizes rule changes / updates that were made during the 2017 USAS Convention held Sept. 13-17 in Dallas. The summary does not replace the rules that will be updated in the 2018 rulebook and posted on USA Synchro's website in the coming weeks.*

## **A. 2018 National Competitions**

### **1. 2018 Collegiates & US Nationals, Oro Valley (Tucson), AZ**

**March 29-March 31 / March 31-April 1**

**Grade Levels:** Grade levels are not required for Collegiate Nationals. For US Nationals, athletes will need to have passed grade level 4.

**Schedule for Collegiates:** will be the traditional schedule as it's been prior to last year. US Nationals Tech routines will be Saturday night and US Nationals Free routines will be on Sunday. Non-collegiate teams will have practice with music Friday night. Collegiate teams will have practice with music on Wednesday.

**Rule changes:** "A" Technical category will do Tech routines with Senior Tech elements, "B" Technical category will do Tech routines with Junior Tech elements. (C & D will do Figures as in past years.)

**All Technical routines, Technical categories A & B (Tech routines) and C & D Figures:** an element or figure done incorrectly will receive a zero (with no opportunity to redo the figure).

**For US Nationals:** Tech routines and Free routines are separate events. Neither is mandatory. Each event will be awarded separately. Awards are 1-3 only for US Nationals.

**Qualifying for US Nationals (Seniors):** We will be using the qualifying process described in the rulebook. For Tech routines for the 2018 US Nationals, we will use last year's Tech routine results to qualify. Collegians who want to do a Tech routine this year can ask for a waiver from the Competitive Ops VP for qualification. Bonus entries based on last year's results are at the end of this Tech Talk and will be applied to Senior Tech and Free routines.

**Senior combos** may include 13 and 14 year-olds and may include athletes from several clubs.

**Please make sure to book the event official hotels as highlighted on the event page.**

### **2. 2018 US Jr and 13-15 Nationals and Age Group Trials, Lewisville (Dallas), TX**

**April 10-15**

**Grade Levels:** For 13-15 and Jr Nationals, athletes will need to have passed grade level 4.

**The schedule is still being worked on.**

**Rule changes:** Juniors will do Tech routines instead of Figures. Tech routines are mandatory for Juniors. One set of awards will be given in each event based on the combined score of Tech routine plus Free routine. Awards are 1-3.

**In Tech routines and in Figures:** an element or figure done incorrectly will receive a zero (with no opportunity to redo the figure).

**Qualifying:** We will be using the qualifying process described in the rulebook. Bonus entries for the Free routine based on last year's Final results are at the end of this Tech Talk.

**Junior Combos** can have 13 and 14-yr olds.

**Junior Combo-only** athletes do not do a Technical event.

Per FINA rules, Combo only athletes may compete in their respective figure event. (However, Figures are not added to the Combo score.)

**Please make sure to book the event official hotels as highlighted on the event page.**

### 3. 2018 Synchro America Open, La Mirada, CA

June 6-9

**Grade Levels:** No grade levels are needed for the US Open.

**Schedule:** June 6 will be a training day, June 7-9 will be competition days.

**Rule changes:** Junior and Senior combos will be separate events. Neither can have 13 or 14 yr-olds or athletes from combined clubs. This meet is run strictly by FINA rules.

Juniors will do Tech routines instead of Figures. Tech routines are mandatory for Juniors. One set of awards are given based on the combined score of Tech routine plus Free routine. Awards are 1-3 only.

Senior Tech Routines and Free routines are separate events. Neither is mandatory. Each event will be awarded separately. Awards are 1-3 only.

**In Technical routines:** An element done incorrectly will receive a zero.

**Qualifying:** There are no qualifying scores or placements for this meet.

**Age requirements:** Junior Open competitors must be 15-18 years of age. Senior Open competitors must be 15 or older.

Senior Highlight Routine has been added to this championship.

**Please make sure to book the event official hotels as highlighted on the event page.**

### 4. 2018 US Junior Olympics, Miami of Ohio, Oxford, OH

June 23-30

**Grade levels:** Athletes will need to have passed grade level 2.

**Rule changes:** 16-17s and 18-19s will do Tech routines instead of Figures. Tech routines are mandatory for 16-17 and 18-19 solos, duets and teams. One set of awards will be given in each event based on the combined score of Tech routine plus Free routine.

**In Technical routines and in Figures:** an element or figure done incorrectly will receive a zero (with no opportunity to redo the figure).

**Solos:** Just as in 2017, two solos per region (in all age groups) will qualify to compete at the US Junior Olympics. The solo event will be a final-only event of 32 routines for each of the four age groups. (Plus there will be 32 Tech solos.)

**Please make sure to book the event official hotels (including campus dorms and apartments) as highlighted on the event page.**

### 5. 2018 US Masters, Roseville (Sacramento), CA

October 18-21

Masters Adopted the FINA Master Technical Elements beginning in 2018.

<http://fina.org/content/fina-rules> (Scroll down to Masters Rules)

MAS Masters Artistic Swimming rules begin on page 13.

The judging at Masters will now be the same as it is at all other National Championships.

**Please make sure to book the event official hotels as highlighted on the event page.**

## **B. Link to FINA Rules, which include Technical elements and Figures:**

<http://fina.org/content/fina-rules> (Scroll down to Artistic Swimming Rules)

*Figure groups start on p. 77*

*Tech elements start on p. 80*

## C. Major Rule Changes:

1. **Junior athletes will perform Tech routines instead of Figures. This is mandatory at Junior Nationals, Jr US Opens, and at JO's for 16-17s and 18-19s.** Elements can be found under the FINA Rules link.

Tech routine score plus Free routine score will determine award. One set of awards will be given for each solo, duet and team event.

Tech routine times (plus or minus 15 seconds)

Solo Tech routine: 2:00, Duet Tech routine: 2:20, Team Tech routine: 2:50

At JO's, 16-17s and 18-19s will use the FINA Junior Technical elements in the Junior Tech routines.

### **New rules for Tech routines in Intermediate, Junior, Junior Olympic 16-17/18-19, Senior and Masters.**

In solo, duet and mixed duet Tech routines, elements must be performed parallel to the side of the pool where the judges are placed. (A .5 point penalty will be given for failure to follow this rule.)

In a Technical routine, any change in the order of elements results in a zero score from the judges for the element not placed in the correct order. Example: element 1, 2, 4, 3, 5 (incorrect order) the judge(s) on the element panel shall award a zero for #3.

The above penalty rules re: Tech routines do not apply to Novice.

The requirement that all tech routines wear black suits, white caps and goggles **did not pass**. Any Tech Routine can wear any type, color suit, any cap or headpiece they require. No goggles.

2. **Free Team Routines may have a maximum of six acrobatic movements. This does not include partner (2 swimmers) lifts.**

**Acrobatic movements:** A general term for jumps, throws, lifts, stacks, platforms, etc., which are performed as spectacular gymnastic feats and/or risky actions, and are mostly achieved with assistance from other swimmer(s). The acrobatic movement ends with complete submersion of all participants including the one(s) being pushed.

For **multiple acrobatic movements:**

When submersion occurs between two acrobatic movements it shall be considered as two lifts.

When two acrobatic movements happen simultaneously it shall be considered as one lift.

*Note: This description of acrobatic movements applies to Free Routines and Highlight routines.*

In Team Free Routines, if the number of acrobatic movements exceeds the required number, a two point penalty shall be deducted from the routine score. Regardless of the number of additional acrobatic movements, the maximum penalty would be two points.

3. **At US Nationals, and US Senior Open competitions, Tech routines and Free routines will be separate events with separate awards given for each event.** Senior Zone competitions will be separate Tech and Free routine events as well and each zone may decide regarding awards.

**4. Combo time changes: (plus or minus 15 seconds)**

12 & under Age Division: 3:00

13-15 Age Division: 3:30

Junior, 16-19 Age Division & Senior: 4:00

**5. Changes to penalties in Figures and Collegiate Technical Category A & B:** If a competitor does not perform the correct figure, or if the figure does not have all of its parts or the figure is done incorrectly, a zero will be given with no opportunity to redo figure. In a Continuous Spin, any 180° deviation (more or less) in the exact required number of rotations would be considered a zero. **If the award for a figure is a zero, the Panel Referee may review the official video.**

**6. In Tech routines, if an element is done incorrectly (omits all or part of an element or performs an incorrect action), a zero will be given.** In a Continuous Spin, any 180° deviation (more or less) in the exact required number of rotations would be considered a zero. **If the award for an element is a zero, the Event Referee may review the official video.**

This is applicable to US Nationals, Jr Nationals, JO 16-17/18-19, Zone, Intermediate and Masters events.

**7. Current NTC (National Training Center) athletes may compete in any zone meet (one only).** If they qualify for US Nationals, US Juniors or US 13—15 Championships in Solo or Duet, their spot will not take away bonus spots from any zone. They will also not count as bonus entries for the following year.

**8. Novice and Intermediate Rule Changes:**

**Novice Figures**

**Compulsory:**

Ballet Leg 1.6

Blossom 1.4

**Optional Group 1:**

Kipnus 1.4

Somersault, front pike 1.4

**Optional Group 2:**

Prawn 1.5

Dolphin 1.4

**Intermediate**

Intermediate Divisions A & B have been eliminated.

**Intermediate Figure Selection Groups**

**Compulsory:**

Ballet Leg 1.6

Barracuda 1.9

**Optional Group 1:**

Walkover, Front	1.9
Kip	1.6

**Optional Group 2:**

Tower	1.9
Walkover, Back	1.9

**Change in description of the Blossom:**

From a **Back Layout Position**, the legs are raised to the vertical as the body is submerged to a **Back Pike Position** with toes just under the surface. The feet separate along the surface as a vertical upward movement of the trunk is executed as the body unrolls to assume a **Split Position**. The legs join to assume a **Vertical Position** at the ankle level. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.

**9. Collegiate Rule Changes**

**Technical Category B will perform a Technical routine with Junior Tech elements.**

Foreign National Team Athletes who do not have figure scores from the past 2 calendar years can only compete in Technical Category B after submitting a video to be reviewed by a panel of judges. This panel of judges must approve the request by a majority vote prior to the athlete's entry into Technical Category B.

Category A.	71.00 and higher
Category B	64.00 to 70.999
Category C	52.000 to 63.999
Category D	51.999 or lower

Addition of Mixed Duets for Collegiate, but it is Honorary (does not count in point totals).

**10. Penalties in Free, Highlight & Combos**

**Free Team:** 2 point penalty if the # of acrobatic movements exceeds 6. Maximum penalty is 2 points regardless of the number of additional acrobatic movements over 6.

**Free Combo:** 2 point penalty for combo if a part is omitted (At least 2 parts must have fewer than 3 competitors and at least 2 parts must have 4 to 10 competitors); after the start, the other parts must start in the water and a new part begins in very close proximity to the previous part.

**Highlight:** 2 point penalty in Highlight routine for each required element omitted and if 1, 2, 3, or 4 of the acrobatic movements are missing.

**11. Transfer Policy**

There are changes to Appendix J. The appendix and new form will be posted when finalized.

#### **D. Bonus Entries for the 2018 US National/Junior/13-15 Championship**

Each zone receives one additional entry for each solo, duet or team routine it places in finals at the previous U.S. National, Junior or 13-15 Championships. If an eligible entry from the zone is unable to attend, the next highest ranked entry from the most recent zone championship (Senior, Junior, 13-15) will become eligible to enter the respective championship. For the 2018 U.S. National, Junior and 13-15 Championships, the bonus entries awarded based on last year's final placements are as follows:

<b>Championship</b>	<b>Solo</b>	<b>Duet</b>	<b>Team</b>
U.S. National Tech	3 West, 2 East, 2 North, 2 South	3 West, 3 East, 3 South, 1 North	1 South, 2 North
U.S. National Free	3 West, 2 East, 2 North, 2 South	3 West, 3 East, 3 South, 1 North	1 South, 2 North
U.S. Junior Free	7 West, 3 East, 1 South, 1 North	9 West, 3 East	4 West, 5 East, 1 North, 2 South
U.S. 13-15	10 West, 2 East	9 West, 1 East, 2 South	7 West, 2 East, 2 South, 1 North

**Have a question?** Additional questions about Technical rules that were adopted at this year's convention may be forwarded to VP of Competitive Operations Sheila McNabb [smmcnabb@aol.com](mailto:smmcnabb@aol.com).