2020 Virtual Event
RULES

1. Divisions:
   b. Age Group Clubs: age as of December 31, 2020
      i. Athletes may move up to complete a routine. CP 3.5.2.2
   c. Masters Clubs: age as of December 31, 2020 and average of your team in the division you participate in
   d. Collegiate Division: if enough collegiate teams are able to participate, we will create a division specifically for them.

2. Events:
   a. Routine Swims: Solo, Duet, Mixed Duet & Team
   b. Lift Contest: Duet & Team

3. Registration:
   a. Routines: $15.00 per athlete per event
   b. Lifts: $5.00 per athlete per event

4. Routine
   a. Time Limit: 1 minute 30 seconds maximum, no minimum
   b. Each club can submit one video per event with the same group of athletes

5. Lifts
   a. 8 athletes maximum per team for a lift competition
   b. An athlete may only compete in one lift in the age division

6. Recording
   a. All videos must be recorded from the center of the pool from the judge’s perspective.
   b. The individual holding the camera may not walk around the deck and must remain stationary.
   c. The camera can move to follow athletes as they do their lap.

7. Judging
   a. Routines will be judged for Difficulty, Artistic Impression and Execution
   b. A panel of judges will review each routine only once and produce a score
      i. If there are technical difficulties the routine may be reviewed a second time
   c. Lifts will be judged based on execution, difficulty, and creativity.
   d. Closeness of patterns will not be judged in accordance with COVID-19 social distancing requirements. Judges will not score down for larger patterns.
   e. Athletes can wear goggles to swim their routine if desired.
   f. Knox and performance wear are not required.

8. Event Training & Preparedness
   a. All teams must follow their facility and local government regulations when practicing and preparing their routine or lift.