



Tech Talk 2019

Updates & information from 2018 Convention Nov. 2018

The following information summarizes rule changes that were made during the 2018 USAS Convention held Sept. 26-30 in Jacksonville. The summary does not replace the rules that will be updated in the 2019 rulebook and posted on USA Synchro's website in coming weeks.

A. 2019 National Competitions

2019 Collegiates & US Nationals, San Antonio, TX
Palo Alto College Aquatic Center

March 28-31, 2019

Schedule: Will be the same as last year and is posted on the website. Non-collegiate teams will have practice with music Friday night. Collegiate teams will have practice with music on Wednesday. There will be space for non-collegiate teams to practice Saturday during the Collegiate finals. (This facility has a 50-meter pool plus additional space.)

New rules for 2019: Grade level 5 are required for US Nationals. **Stay to Play Fee:** Athletes who do not stay in the host hotel may be charged a \$20-\$25 fee. Host hotel information is on the event page.

Rules & Reminders that are the same as last year:

Grade Levels: Grade levels are not required for Collegiate Nationals.

US Nationals: Tech routines and Free routines are separate events. Neither is mandatory. Each event will be awarded separately. We will be using the qualifying process described in the rulebook. 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. All solo and duet tech routines are required to perform technical elements parallel to the judges.

2019 US Jr, 13-15 Nationals and Age Group Trials, Riverside, CA
Riverside Aquatic Center

April 10-14, 2019

Schedule: Will be the same as last year. It is posted on the website.

New rule this year: Grade level 5 is required for Jr Nationals. **Stay to Play Fee:** Athletes who do not stay in the host hotel may be charged a \$20-\$25 fee. Host hotel information is on the event page.

Rules & Reminders that are the same as last year:

Grade Levels: 13-15 athletes will need to have passed grade level 4.

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.

According to FINA rules, **13-15 Combo only athletes** may compete in figures, but they are not required to.

Junior tech and free routines are still required and scores will be added together.

All **Junior** solo and duet tech routines are required to perform technical elements parallel to the judges.

2019 Synchro America Open, Greensboro, NC
Greensboro Aquatic Center

May 24-26, 2019

Schedule: Competition dates will be May 24, 25 & 26. Stay tuned for tentative schedule of events.

New rules this year: Junior Tech routines and Junior Free routines are separate events. Neither is mandatory. Each event will be awarded separately. **Stay to Play Fee:** Athletes who do not stay in the host hotel may be charged a \$20-\$25 fee. Check the event page for an upcoming announcement of the host hotels.

Rules & Reminders that are the same as last year:

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

Senior Tech and Free routines will be separate events. Each event will be awarded separately. **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. All solo and duet tech routines are required to perform technical elements parallel to the judges.

2019 US Junior Olympics, Tonawanda, NY
Tonawanda Aquatic Center

June 29-July 6, 2019

Schedule: Will be the same as last year. It is posted on the website.

New rules this year: There are no new rules for 2019 JOs other than the **Stay to Play Fee**. Athletes who do not stay in the host hotel may be charged a \$20-\$25 fee.

Rules & Reminders that are the same as last year:

Grade levels: Athletes will need to have passed grade levels 1 and 2.

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.

Solos: Two solos per region (in all age groups) will qualify to compete at the US Junior Olympics. The 12&U and 13-15 solo event will be a final-only event of 32 routines. The 16-17 and 18-19 age groups will have 32 Tech Solos and 32 Free Solos each.

All solo and duet tech routines are required to perform technical elements parallel to the judges.

2019 US Masters, Tupelo, MS
Tupelo Aquatic Center

October 10-13, 2019

Schedule: Will be very similar to the 2018 schedule.

New rules this year: Masters Free Combination routines may have competitors from 2 or more U.S. clubs. **Stay to Play Fee.** Athletes who do not stay in the host hotel may be charged a \$20-\$25 fee.

Rules & Reminders that are the same as last year:

All solo and duet tech routines are required to perform technical elements parallel to the judges.

Check the event page for an upcoming announcement of the host hotels.

B. Major Rule Changes:

1. Intermediate Technical elements:
 1. 348 Tower 1.9
 2. Boost with one arm 1.3
 3. 360 Walkover, front 1.9
 4. 101 Ballet Leg, Single 1.6
 5. 301 Barracuda 1.9
2. Free Combos are added for intermediates with a time limit of 3:00
3. Figures are no longer required for swimmers who compete in free combination routines only at the U.S. Junior Olympic Championships.
4. The number of competitors on a team, combo or highlight routine may not increase between preliminary and semifinal events or the preliminary/semifinal and final event or between technical and free events. If the lack of reserves reduces the size of the team, combo or highlight routine below that defined in the rules it will be disqualified.
5. The ineligibility rule for all Junior Olympic competition applies to technical **and/or** free routines.
6. For any competition where the Solo, Duet, Mixed Duet and Team Technical or Free routine sessions are Final only events, the order of draw will be a random draw. Where possible, when a club draws start number 1 in a Solo, Duet, Mixed Duet or Team Technical Final only event, this club shall be exempt from start number 1 in any remaining preliminary or Final only events in that event only.
7. Collegiate:

The Collegiate Competitive Rules Board is renamed to the Collegiate Technical Rules Board.

The Collegiate All-American Award is renamed to USA Synchro Collegiate All-America Team and the All Collegiate Awards is renamed to USA Synchro All-Collegiate Awards.

The Collegiate Technical Category A and B routine will be determined by the High-Performance Director, the Collegiate Chair and the Collegiate Technical Chair. The video will be released prior to the USAS convention. If changes are made an updated video and count sheet will be posted no more than 30 days after the USAS convention.

*The video and count sheet were released to the Collegiate coaches. This information will also be posted on the USA Synchro website.

An international student athlete must have a letter from the athlete's federation granting the athlete's participation in US Collegiate synchronized swimming. This letter must be submitted to the Collegiate Technical Chair prior to the athlete's first day of competition.

C. Rule Reminders:

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.

D. Bonus Entries for the 2019 US National/Junior/13-15 Championships

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 2019 U.S. National, Junior and 13-15 Championships, the bonus entries awarded based on last year's final placements are as follows:

Championship	Solo	Duet	Team
U.S. National Tech	East 5, West 1 North 0, South 2	East 1, West 1 North 0, South 3	East 1, West 1 North 0, South 2
U.S. National Free	East 2 (revised from 1), West 3 North 3, South 4 (revised from 3)	East 1, West 6 North 1, South 4	East 1, West 2 North 1, South 2
U.S. Junior Free	East 3, West 7 North 2, South 0	East 5, West 5 North 1, South 1	East 6, West 3 North 1, South 2
U.S. 13-15	East 1, West 11 North 0, South 0	East 2, West 8 North 1, South 1	East 1, West 9 North 1, South 1

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.