

**ARTICLE III SYNCHRONIZED SWIMMING**  
**Approved Jan 2019**

**SWIMMER ELIGIBILITY**

**SECTION 1**

- 1-A. All swimmers may workout and compete with any organized group from the end of the VFCAL season up through January 15<sup>th</sup> prior to the start of the next season.
  
- 1-B. League Championships will be held the third weekend in July. Official League practices (which include routine-learning) will begin the Monday following 12 weeks prior to League championships. After the League starting date, no swimmer may swim with any organized synchronized swimming group outside the VFCAL teams for the duration of the VFCAL season (the VFCAL season ends with the Championship weekend). Penalty: Ineligibility

Definition of an "Organized Group": Any group that meets on a daily, weekly, or monthly basis in which an organized workout with a coach, instructor or other person responsible for the group is present on the deck or in the pool at one time. Specialized clinics or classes of only one (1) day in duration are allowed with a maximum of five (5) 1-day classes/clinics throughout the season.

- 1-C The League "Rest Period" is January 16 through the month of February. During the League's rest period, no swimmer may swim or compete with any organized synchronized swimming group, which meets on a daily, weekly or monthly basis.

From January 16 through the League's starting date, a swimmer who competes in any synchronized swimming meet (Attached, Unattached or Unofficial) is not eligible to participate in the VFCAL (exception: high school and college swim team members, practicing and competing for their schools)

- 1-D The penalty for swimming during a division's specified "rest period" and/or competing in a meet after January 15 will be cause for a swimmer's removal from the League and all points earned by that swimmer at any point during the season will be removed and the meets will be re-scored.

Complaints regarding a swimmer violating the "rest period" policy must be submitted in writing to a League Representative. (Appendix A of VFCAL Article 1, General Rules – Complaint Form)

- 1-E From March 1 to the beginning of the season, VFCAL Synchronized Swimmers may participate in clinics open to the public, not limited to team members. These clinics may include figures, conditioning, transitions, and routine elements. The clinics may not include routines practiced to music, including dry land drills, that may be used in the current season.

# **FIGURE COMPETITION**

## **SECTION 2**     AGE GROUP/ENTRIES

- 2-A     The following are the age groups/events for dual meet competition. (Order of Events)
- | NOVICE |             | INTERMEDIATE |           |
|--------|-------------|--------------|-----------|
| (1)    | 8 and Under | (6)          | 11 and 12 |
| (2)    | 9 and 10    | (7)          | 13 and 14 |
| (3)    | 11 and 12   | (8)          | 15 and 16 |
| (4)    | 13 and 14   | (9)          | 17 and 18 |
| (5)    | 15 thru 18  |              |           |
- 2-B     Age Group determined as of June 1.
- 2-C     Dual Meet:             Figures     Maximum 40 entries per team.  
Championship:         Figures     Maximum 40 entries per team.
- 2-D     Swimmers must remain in their age group for figure competition for the entire season.
- 2-E     Swimmers must wear a plain white cap during figure competition.

## **SECTION 3**     INTERMEDIATE CLASSIFICATION

- 3-A     Participants must compete in the Intermediate class if they have competed as an Intermediate in any previous season.
- 3-B     If a novice placed 1st three or more times in their age group figure competition during a dual meet within a single season, they are promoted to the Intermediate age group.
- 3-C     The first time a swimmer qualifies for Intermediate status by placing in the top eight Novice class (top six for 9-10) in a Synchronized Swimming Championship meet they have the option of moving up to Intermediates (unless they also fall under the 3-B criteria). A swimmer who qualifies for Intermediate classification in their first Synchronized Swimming Championship must have a coach's approval to move to Intermediate status. If a swimmer places in the top eight Novice class (top six for 9-10) in their second championship meet, then they must move up to Intermediates.
- 3-D     If a swimmer has competed at the USSS level, a committee of USSS coaches from the swimmer's team will determine the level of placement for the swimmer. The League must approve the committee and the Synchronized Division Chair will be a member of the committee. (Example: If a swimmer swims year-around for a few seasons, the recreation league's coach should discuss the swimmer's status with their year-around coach to provide a recommendation for classification of the swimmer as Novice or Intermediate, for the league to approve).
- 3-E     All swimmers compete at the Novice level until they meet the above criteria.

## **SECTION 4**     EVENTS

### 4-A     NOVICE CLASS

All novice class competitors will perform two (2) compulsory figures and two (2) figures from a selected group at dual meet competition and championships.

#### NOVICE COMPULSORY FIGURES:

101 Ballet Leg, R/L	1.6	Figure #1
360 Walkover, Front	1.9	Figure #2

#### NOVICE SELECTED FIGURES:

##### GROUP 1

349 Tower	1.9	Figure #1
321 Somersub	1.9	Figure #2

##### GROUP 2

301 Barracuda	1.9	Figure #1
344 Neptunus	1.7	Figure #2

##### GROUP 3

315 Kipnus	1.4	Figure #1
361 Prawn Twirl	1.8	Figure #2

- 4-B **INTERMEDIATE CLASS**  
All intermediate class competitors will perform two (2) compulsory figures and two (2) figures from a selected group for dual meet competition and championships.

INTERMEDIATE COMPULSORY FIGURES

308 Barracuda Airborne Split	2.7	Figure #1
115 Catalina	2.3	Figure #2

INTERMEDIATE SELECTED FIGURES

GROUP 1

140 Flamingo, Bent Knee Spinning 360	2.5	Figure #1
420 Walkover, Back	1.9	Figure #2

GROUP 2

311a Kip Half Twist	2.0	Figure #1
326 Angelfish	2.5	Figure #2

GROUP 3

240 Albatross	2.2	Figure #1
346 Side Fishtail Split	2.0	Figure #2

**SECTION 5** REFEREEING, SCORING AND JUDGING

- 5-A There shall be four (4) judges and one (1) Referee/Judge at each station. Each team shall supply four (4) judges and one (1) Referee/Judge.
- 5-B If a team does not provide the amount of judges/referees needed, the Meet Director will select additional qualified judges/referees to fill the judging stations. If eight (8) qualified judges and (2) referee/judges are not available, two (2) judges and one (1) referee/judge will be used at each station. The use of only three (3) officials is discouraged. Every effort should be made to provide the required number of officials.
- 5-C There will be two (2) judges stations (Station A and Station B) and it is recommended that the Home Meet Coordinator will decide which figures will be performed at Station A and Station B as follows or in any format that best adapts to the pool space:

	<u>NOVICE</u>	<u>INTERMEDIATE</u>
Station A	Comp Fig 1, Sel Fig 1	Comp Fig 1, Sel Fig 1
Station B	Comp Fig 2, Sel Fig 2	Comp Fig 2, Sel Fig 2

5-D Scoring Procedures for Figures

- (1) Record the individual awards each time in the same consecutive order on the score sheet. Note: Never erase scores but rather draw a single line through the error and record the new score underneath or to the side.

The following computations are done by the computer program:

- (2) If five (5) judges are used, cancel the high and low score. If three (3) judges are used, there shall be no cancellation.
- (3) Add the remaining awards and multiply by the degree of difficulty (the degree of difficulty should be taken from the most recent USSS Figure Rules).
- (4) One (1) and two (2) point penalties shall be deducted from the total of the individual figure award after multiplying by the D.D.
- (5) Make the necessary computations to obtain the final scores. In the event of a computer problem, the written scores shall be the official scores.
- (6) For each figure event, a list of participants, by order of finish are listed and show points awarded to each team. A separate sheet is started for each event. Copies of these sheets will be provided to each club participating at the end of the meet.
- (7) As often as the computer can print results and ribbon labels, these should be given to the ribbon clerks to prepare ribbons.

- 5-E Approved Rulings and Clarifications
- (1) During Figure Competition, if a swimmer touches the wall, judges will take this into consideration. There will be no penalty and/or Referee decision.
  - (2) On Figures where it is specified that the swimmer must twist a certain direction, it is a one point penalty if she twists the other way. For example, in the crane, the swimmer must perform her vertical twist in the same direction as her crane twist.
  - (3) When performing the Ballet Leg and the swimmer performs the incorrect leg, a 1 point penalty will be assessed and the swimmer may reswim the figure.
  - (4) One coach shall be allowed on deck during Championship Figures competition. A separate area will be provided for coaches during Championship Routines competition. No bystanders are allowed on deck at Championships.

**SECTION 6** AWARDS

- 6-A Dual Meet Figures will be scored 7, 5, 3, 2, 1.
- 6-B Dual Meet Ribbons will be awarded to six (6) places. (2" X 8" sized ribbons.)
- 6-C Championship Meet Figures will be scored 10, 8, 6, 5, 4, 3, 2, 1.
- 6-D Championship Meet Ribbons will be awarded to eight (8) places. (2" X 10" sized ribbons.)
- 6-E Ties will be given split points (both Dual Meets and Championships):  
 EXAMPLE: Two (2) competitors tie for first -- take the 7 points for First Place plus 5 points for Second; then divide by two (2); thus each swimmer's team receives six (6) points. Each swimmer should receive a first place ribbon and the next place awarded should be a third place ribbon and not a second place ribbon.
- 6-F Each team individually will determine whether or not they will have an awards presentation at their home meets and whether or not they will stay for an awards presentation at away meets.
- 6-G Awards for figures and routines will be awarded at the championship awards presentation.

**ROUTINE COMPETITION**

**SECTION 7** AGE GROUP/ENTRIES

- 7-A The following are routine age group/events for meet competition.

<u>EVENT</u>	<u>NOVICE</u>	<u>INTERMEDIATE</u>
Solo, Duet & Trio	10 and Under 11-14 15-18	11-14 15-18
Team	12 and Under 13-18	11-14 15-18
Combination	-----	11-18* -----

\*Combination routine competition shall be a single entry of swimmers 11-18 years old which includes any mix of Novice and/or Intermediate swimmers.

- 7-B Dual Meet Routines: A maximum of four (4) routines may be entered per team.
- (1) In dual meets, each team should enter two routines as per required category per meet, however, entering the maximum of four routines is highly suggested.
  - (2) The third and fourth routines can be from any category (Solo, Duet, Trio or Team) and any level (Novice or Intermediate). All routines will be judged and ranked for place and ribbons, but only the two required routines from each team will receive 5 points each, regardless of place.
- 7-C Championship Routines: A maximum of 12 routines may be entered per team.
- 7-D In championships, routines will be arranged in age group order.

- 7-E If a Swimmer swims up an age group, that swimmer must only remain in the upper age group for that particular routine (Example: A 12 year old is put into the 13-18 Team routine but still competes in 11-14 Solo).
- 7-F Routine groups, must have at least one eligible swimmer from stated age group for competition.
- 7-G Novice and Intermediate swimmers cannot be mixed in a routine, except in the Combination Team Routine.
- 7-H A swimmer may compete in a routine without competing in figure competition.
- 7-I Participants may compete in any combination or number of routines.
- 7-J Team routines are limited to 4-8 members. Combination team routines are limited to 4-10 members.
- 7-K Routines may consist of any hybrids, swimming propulsion techniques, strokes or parts thereof; however, routines must include assigned technical elements as listed in Appendix A.
- 7-L Coaches will upload Champs music to specified site two weeks prior to start of Champs. Link to upload site will be provided to coaches four weeks prior to start of Champs. Each song should be named as it will appear in the Champs Program followed by a comma and the routine type (e.g., Intermediate Duet). Any music revisions should be named as above but appended with the word "revised."
- 7-M Each competitor is entitled to a trial accompaniment test just prior to her competition to verify the volume and speed of her accompaniment. (Exception, no sound testing during Championships.)
- 7-N The accompaniment and judging shall begin on a signal from the Referee. After the signal, the competitors must perform the routine without interruption.
- 7-O Routines must start and finish with the accompaniment.
- 7-P If during competition, the music stops or is interrupted by a malfunction of the sound system, the routine will be stopped and restarted at an appropriate time.
- 7-Q If swimmers have a complaint about the music during their Championship routine, the coach must bring it to the attention of a VFCAL Representative before the next routine starts. A decision will be made based on the complaint.
- 7-R There shall be a minimum time limit of 1:25 for routines in dual meet competition and championships.
- 7-S There shall be a maximum time limit for routines as follows:

	<u>NOVICE</u>	<u>INTERMEDIATE</u>
Solo	2:00	2:15
Duet/Trio	2:45	3:00
Team	3:30	3:45
Combination	4:30	4:30

- 7-T Included in the time limits is the allowed maximum of ten (10) seconds for deck movements. Timing of the routine shall begin and end with the music. The routine must end in the water. Coaches need to be aware that different CD players will have different settings and the music may be longer or shorter than on the team's player. Plan for this when timing routines. There will be no leniency.
- 7-U Substitution of a competitor(s) in a routine will be allowed for any reason. The competitor being substituted will be allowed to remain in competition.
- 7-V No entry changes (i.e. duet to a solo) will be allowed in routine competition after entry deadline.
- 7-W No substitutions or entry changes for both figures and routines will be allowed after scratch session each day of championship competition.
- 7-X No substitutions for an illegal entry will be allowed in routines at Championships. If the illegal entry is found prior to the start of the meet, the coach will decide which entry to scratch. If the illegal entry is found during the meet or after the meet has ended, the remaining or second event will be scratched.
- 7-Y If a Swimmer leaves the routine in progress, an appropriate deduction or disqualification will be applied by the dual meet referee. At Championships, the referee will blow the whistle to stop the routine. The routine will be disqualified unless the League Representatives vote to allow the routine to run again at a later time based on unusual

extenuating circumstances.

## **SECTION 8**     JUDGING

- 8-A     Seven (7) judges and two (2) referees shall be used in all Solo, Duet, and Trio events at both Dual Meets and Championships and at Team events during Dual Meets. Ten (10) judges and three (3) referees shall be used in Team events during Championships.
- 8-B     If a team does not provide the amount of judges needed, the Meet Director shall select additional qualified judges to complete the station. If seven (7) qualified judges are not available, five (5) judges may be used.
- 8-C     Judges shall be placed in position by the Referee.
- 8-D     Judges shall be provided with routine worksheet scoring. No scores will be flashed.
- 8-E     Judges are required to complete the routine worksheet scoring form for every routine. Scores will be written on the routine worksheets and turned in to the runner who will then deliver them to the scorer's table.
- 8-F     Any written records with a running total of scores, must be turned in to the scoring table at the end of the event. The forms can be returned to the judge at the conclusion of the meet.
- 8-G     Judges are required to judge routines at a minimum of two Dual Meets in order to be eligible to judge routines at Championships.  
Shadow Judging: Shadow judging will be allowed during routines in order for judges to have enough opportunities to work the required number of meets prior to Championships and for additional experience in general. These judges will be seated directly behind the official judges.
- 8-H     At the completion of each routine at Dual Meets and Championships with the exception of Team events at Championships, each of the judges shall record both the technical merit and the artistic impression scores and shall hand the recorded awards to the runner. At Team events during Championships five (5) judges will record scores for technical merit and five (5) judges will record scores for artistic impression.  
Technical Merit - Includes execution of strokes, figures, and parts thereof, propulsion techniques, precision of patterns; synchronization one with the other and with the music; and difficulty of strokes, figures, and parts thereof, and patterns.  
Artistic Impression - Involves choreography including variety, creativity, pool coverage, patterns and transitions; music interpretation, use of music and manner of presentation.
- 8-I     At Championships only, a judge should not sit on the panel of his/her child(ren)'s routine.
- 8-J     A person may NOT judge or referee a routine that he/she had any part in choreographing and/or coaching.
- 8-K     Approved Rulings and Clarifications
- (1)     Swimmers shall not be penalized for not covering the entire pool.
  - (2)     A one (1) point penalty will be assessed by the Referee for elements performed out of order or left out of a routine.

## **SECTION 9**     AWARDS AND SCORING

### 9-A     Computation of Routine Scores

- (1)     If seven (7) judges are used, discard the two high and two low scores from the technical scores and discard the two high and two low scores from the artistic scores. If ten (10) judges are used (Teams at Championships), discard low and high scores from the technical scores and discard low and high scores from the artistic scores. There should always be three (3) remaining technical scores and three (3) remaining artistic scores.
- (2)     Total technical score is the sum of the remaining technical scores multiplied by the degree of difficulty (2.0).
- (3)     Total artistic score is the sum of the remaining artistic scores.
- (4)     Penalty is provided by the referee.
- (5)     Bonus is awarded for team routines based on the number of swimmers. One half (0.5) of a point is added for each swimmer in excess of 4 swimmers to a maximum of 3.0 bonus points.
- (6)     The final routine score is the sum of total technical, total artistic, and bonus minus the penalty.
- (7)     For final results, routines are listed by order of finish and points awarded to each team are shown. Copies of these sheets will be provided to each club

participating at the end of the meet.

(8) As often as the computer can print results and ribbon labels, these should be given to the ribbon clerks to prepare ribbons.

9-B For the purpose of computing scores in routines, the technical merit score shall be multiplied by 2.0 degree of difficulty and that total added to the artistic impression score total.

9-C Ties will be handled the same as figures, see Section 6-E.

9-D In Dual Meets, teams will be awarded five (5) points for each of the two mandatory entries. The points will be added to the total team score. All routines are judged and scored and places awarded.

9-E If the written numbers and total points awarded on a routine worksheet do not equal, the table worker will accept the total score written for the correct score.

9-F Championship Routine Team Points

<u>Place</u>	<u>Solo/Figures</u>	<u>Duet</u>	<u>Trio</u>	<u>Team/Combo</u>
1	10	14	16	18
2	8	11	13	15
3	6	8	10	12
4	5	6	8	10
5	4	5	7	9
6	3	4	6	7
7	2	3	4	5
8	1	2	3	4

9-G At the conclusion of all routine presentations, final place is noted on each score sheet and placed on summary sheet and ribbons prepared.

9-H Ribbons will be awarded to four (4) places for routines for Dual Meets and eight (8) places for routines for Championships.

9-I A penalty of 20 points will be assessed to any team who failed to represent their team (a minimum of 3 coaches/judges) at the annual Judges training clinic

## **SECTION 10** PREPARATION PRIOR TO MEET

10-A Equipment Needed:

Sound system, five (5) Flash Cards, stopwatch, 2 red markers each for station A and B, scissors, pencils, pens, stapler, paper clips, paper weights, pencil sharpener, calculator, and 8 or more clip boards.

10-B Set up the Pool Area Including

- (1) Station A and B each with 5 chairs for judges, a table and chairs for 2 recorders and a reader. The meet starts with routines, so 7 chairs for judges need to be arranged for judging routines.
- (2) Routine judges are to sit along the long sides of the pool deck. No judges should be placed on the pool deck of the short sides of pool.
- (3) Computer, scorer and ribbon preparation area with tables and chairs for 6 workers. The area needs power, lighting, shade and possibly a fan to keep the computer cool. Copy of VFCAL rules. Scoring paperwork and ribbons.
- (4) Team Areas: Designate separate areas for each team attending team.
- (5) Place mandatory red markers in pool prior to figure competition.

10-C Get ribbons ready by events (computer will print labels with date, teams, age groups).

10-D Use Sections 10-13 as a "How to" guide to running a meet.

## **SECTION 11** OFFICIALS NEEDED

11-A Home Team: Referee/Judge, three (3) table workers, four (4) or more Judges, 2 Recorders, 1 Reader, 1 Runner, a Computer Operator, a Scorer/ribbon Preparation Person, an Announcer and a Sound System Operator. Flash cards for 5 people.

11-B Visiting Team: Referee/Judge, three (3) table workers, four (4) or more Judges, 2 Recorders, 1 Reader, 1 Runner, a Computer Operator, a Scorer/ribbon Preparation Person. Flash cards for 5 people.

11-C The Referees from each team will decide their positions on the deck for figure competition during Dual Meets.

11-D Both teams will provide a Referee for routine competition during Dual Meets.

11-E The meet Referees and the 2 recorders at each station shall be from different teams.

- 11-F Table Worker Positions: There should be a member of each team reviewing and confirming the computer entries. At the Championship meet, the review and data entry should be rotated among all teams, with multiple teams being represented at all times.

## **SECTION 12** ENTRIES

### 12-A Dual Meets

- (1) The order of events at Dual Meets shall be: Routines, novice figures, intermediate figures.
- (2) All entries must be turned in to the home team on the "Meet Participant" sheet by 15 minutes prior to official meet start time on meet day. A randomized listing of all competitors will be compiled by the home team computer.
- (3) Figure Draw: An "Entry Summary" sheet, summarizing the number of competitors in each age group/division, and each age group should accompany the Meet Participant sheet. The order of age groups should be: Novice 8 & Under, 9-10, 11-12, 13-14, 15-18, Intermediate 11- 12, 13-14, 15-16, 17-18. Starting with number one, all competitors will be given a number in the same order they are printed (all novice competitors are considered one group, intermediates are another). The number of competitors should then be divided equally by the number of judging panels (dual meets = 2 panels, championships = 4 panels) and then lines are drawn at the closest age group breaks. If a station has fewer than 4 swimmers assigned, add the next age group to that station. If this process fails or in the opinion of the Head Referee creates an unfair or burdensome situation, the groups shall be divided evenly among the stations without regard to age group.

### 12-B Championships

- (1) For Saturday/Sunday Champs, all intermediate swimmers will compete in figures on Saturday, and all novice swimmers will compete in figures on Sunday. Novice routines will take place on Saturday, and Intermediate routines will take place on Sunday.
- (2) For Friday night/Sunday Champs, both novice and intermediate figures will compete Friday night with novice competing first. Routines will compete on Sunday. During this meet the draw will be split into division age groups. All competitors in that age group will be placed in a random draw for position numbers.
- (3) Routine order at Champs shall be:  
Novice Trio, Intermediate Trio  
Novice Duet, Intermediate Duet  
Novice Team, Intermediate Team  
Novice Solo, Intermediate Solo  
Combination
- (4) Substitution of a competitor within an age group (i.e., 15-18 novice for 15-18 novice) for figures will be allowed for reasons of illness or injury only. The competitor being substituted will be allowed to remain in routine competition.
- (5) An entry change (i.e., 9-10 novice for 13-14 novice) will be allowed for figures provided the competitor being scratched is sick or injured and there are no other swimmers in her age group to substitute for her. The new entrant will be placed in the first position of the first flight of her entry group.
- (6) No substitution or entry changes for both figures and routines will be allowed after scratch session each day of Championship competition.
- (7) Each team must provide pre-swimmers as determined in the Champs Assignments.

## **SECTION 13** CONDUCT OF DUAL MEETS

### 13-A Routine Competition

- (1) Routine order at Dual Meets shall be determined by Home Meet Coordinator.
- (2) Announcer calls routine to deck side.
- (3) Routine is timed from start of music.

### 13-B Figure Competition

- (1) A maximum ten (10) minute break between routine and figure competition will be

allowed. The home team should get officials' Stations set up as quickly as possible (extra swimmers can be utilized to set things up more quickly). Officials at both Stations must report immediately after routine competition. The home team may allow Intermediates from both teams to utilize the 10 minute break, between novice and intermediate figures, for a quick warm-up. Coaches should ensure proper supervision of the swimmers.

- (2) The announcer will announce which figure will be performed at each panel and which swimmer number will compete first at each panel. Competitors line up in order of their number.
- (3) Reader: To announce each competitor, the reader will confirm that the swimmer and paper correspond by asking the swimmer, "Swimmer number X?" (allow swimmer to respond), "Figure name". If a swimmer is missing from the order, the reader should yell the swimmer number. If no answer, the reader should check which team the swimmer is from and notify that coach. At the completion of each figure and after the judges have prepared their score cards, the Reader will say "Scores". The judges will simultaneously flash their scores and the reader will call out their scores to the recorder beginning with the judge closest to the Reader.
- (4) Referee/Judge: If a competitor has not lined up an appropriate distance from the wall, the referee may elect to ask the competitor to move the appropriate distance. The referee may also dictate which direction the competitor must lay out. The referee will blow the whistle when the competitor has established a full layout position. If a penalty must be assessed, the referee will wait until after the scores have been recorded before tactfully explaining the error to the swimmer. After the scores have been recorded, the referee will ask the recorder for the competitor's sheet to record and initial the penalty.
- (5) When a competitor has completed the figure at her first station, she will immediately exit the pool and report to the end of the line at the second station.
- (6) The competitor's score will be computed as outlined in Section 5-D.
- (7) To standardize the pool set-up, Judge #1 sits closest to the Reader.

## **SECTION 14**    OFFICIALS

- 14-A Qualified officials must be used in all meets. This is the responsibility of the coaches and League Representative to ascertain. Officials will only qualify by passing the League written test and by attending a League approved clinic. Each teams' Head Judge will be responsible for determining who is experienced enough to judge Championships. They will need to verify that at least two (2) routine competitions were officiated for both judges and referees during the dual meet season in order to officiate at Championships. Note: In order to officiate both novice and intermediate figures at Championships, an official must have officiated at least two novice and two intermediate figures during the dual meet season. An official may choose to officiate only novices or only intermediates at Championships therefore only having to officiate at least two competitions of the category of choice during the dual meet season.
- 14-B New Judges/Referees cannot use their "Shadowing" as one of their 2 meets to be eligible to officiate at Championships.
- 14-C Each year the League test shall be evaluated and, if necessary, be rewritten. This test shall also be retaken each year by all Judges and Referees.
- 14-D Complaints about a Judge or Referee in regard to cheating will be dealt with in the following manner.
- (1) First Offense: The complaint will be dealt with within own team.
  - (2) Second Offense: The League Representative, the representative from the initial meeting and the offender will meet. The offender will be required to shadow judge.
  - (3) Third Offense: The offender will no longer be able to judge or referee for the rest of the season.

## **SECTION 15**    END OF THE DUAL MEET

- 15-A Final results are announced, including places for participants in figure and routine competition.
- 15-B Give each coach a copy of summary sheets, figure sheets for her participants and routine score sheets.

- 15-C A copy of the meet results, final team scores as well as the names of any newly qualified judges or referees needs to be given to the team's League Representative. All meet results are submitted at the championship seeding meeting.

**SECTION 16** PARENT/MEET COORDINATOR - GENERAL PROVISIONS

- 16-A Arrange for officials from your team.  
16-B If a Parent/Meet Coordinator should discover that his/her team cannot supply the required number of officials for the coming meet, contact their League representative ASAP preceding the meet so that arrangements can be made.  
16-C Assist the coach in taking down meet equipment and facilities.

**SECTION 17** SOUNDMANAGER

- 17-A The sound manager shall be responsible for properly presenting the accompaniment for each routine. He/she shall arrange the accompaniments in their order of performance. There will be no sound test prior to the routine in Championships.

**SECTION 18** TIMER/REFEREE

- 18-A The timer shall check overall time of routine as well as that of the deck movement; the deck time and the total routine time shall be recorded on the Master Score Sheet. When the time of either the overall routine or the deck movement is in excess of the limit, a timer shall so inform the Referee. NOTE: When a penalty for exceeding allowed time has been given, the Referee will inform the League Representative. The League Representative will retime the routine for accuracy before officially issuing a penalty.

## *Appendix A: Technical Elements & Full Descriptions*

<i>Novice</i>	<i>Intermediate</i>
<p><b>Crain Join, followed by a Vertical Descent</b> From <b>Crane Position</b>, without movement of the vertical leg or trunk, the horizontal leg is lifted to meet the vertical leg to assume a <b>Vertical Position</b>. Maintaining a <b>Vertical Position</b>, the body descends along its longitudinal axis until the toes are submerged. (The action must end completely under the water.)</p>	<p><b>Crane Join, followed by a Spinning 180 and a Vertical Descent</b> From <b>Crane Position</b>, without movement of the vertical leg or trunk, the horizontal leg is lifted to meet the vertical leg to assume a <b>Vertical Position</b>. From the height of the <b>Vertical Position</b>, the body remains on the same vertical axis as the body simultaneously descends and rotates 180 degrees. The specified rotation must be completed as the heels reach the surface. Maintaining a <b>Vertical Position</b>, the body descends along its longitudinal axis until the toes are submerged. (Uniform motion is required; no stopping and starting or pausing at walls. The action must end completely under the water.)</p>
<p><b>Boost (jump-up) with one arm optional</b> A rapid headfirst rise with the maximum amount of the body above the surface of the water. The height and any required or optional arm action must be simultaneous. The action must begin and end completely under the water.</p>	<p><b>Boost (jump-up) arms optional</b> A rapid headfirst rise with the maximum amount of the body above the surface of the water. The height and any required or optional arm action must be simultaneous. The action must begin and end completely under the water.</p>
<p><b>Split Position, followed by a Front Walkout</b> From the <b>Split Position</b>, the hips remain stationary as the front leg moves in an arc over the surface to meet the other leg in a <b>Surface Arch Position</b>. From the <b>Surface Arch Position</b>, with continuous foot-first movement, the hips, chest and face surface sequentially, assuming a <b>Back Layout Position</b>. (Be aware of where travel may occur. From the <b>Split Position</b> to the <b>Surface Arch position</b>, movement to the surface is executed without travel. Travel is allowed following the surface arch position, and is not limited to the head replacing the hips as in a figure.)</p>	<p><b>Split Position, followed by a Front Walkout</b> From the <b>Split Position</b>, the hips remain stationary as the front leg moves in an arc over the surface to meet the other leg in a <b>Surface Arch Position</b>. From the <b>Surface Arch Position</b>, with continuous foot-first movement, the hips, chest and face surface sequentially, assuming a <b>Back Layout Position</b>. (Be aware of where travel may occur. From the <b>Split Position</b> to the <b>Surface Arch position</b>, movement to the surface is executed without travel. Travel is allowed following the surface arch position, and is not limited to the head replacing the hips as in a figure.)</p>
<p><b>Traveling Eggbeater with one arm extended out of the water</b> The swimmer must be traveling while at least one arm is extended out of the water.</p>	<p><b>Traveling Eggbeater with both arms extended out of the water</b> The swimmer must be traveling while both arms are extended out of the water.</p>
<p><b>Traveling Ballet Leg Combination</b> <b>To include the following 2 surface positions in any order:</b> <b>Ballet Leg Position with Right Leg</b> <b>Ballet Leg Position with Left Leg</b> In the <b>Ballet Leg Position</b>, the body is extended with the face, chest and one thigh and foot at the surface. One leg is extended vertically with the thigh perpendicular to the surface. These elements may be in any order and may be separated by other ballet leg movements.</p>	<p><b>Traveling Ballet Leg Combination</b> <b>To include the following 3 surface positions in any order:</b> <b>Ballet Leg Position with Right Leg</b> <b>Ballet Leg Position with Left Leg</b> <b>Flamingo</b> In the <b>Ballet Leg Position</b>, the body is extended with the face, chest and one thigh and foot at the surface. One leg is extended vertically with the thigh perpendicular to the surface. In the <b>Flamingo Position</b>, one leg is extended perpendicular to the surface. The other leg is drawn toward the chest, with its mid-calf opposite the vertical leg, and its foot and knee at and parallel to the surface. The face is at the surface. These elements may be in any order and may be separated by other ballet leg movements.</p>
<p><b>Thrust to Vertical Position, followed by a Vertical Descent at the same tempo as the Thrust</b> From a <b>Back Pike Position</b>, with legs remaining perpendicular to the surface, a vertical upward movement of the hips is rapidly executed as the body unrolls to assume a <b>Vertical Position</b>. Maintaining a <b>Vertical Position</b>, the body descends along its longitudinal axis until the toes are submerged. In the <b>Back Pike Position</b>, the toes may be at, under or above the surface prior to the <b>Thrust</b>. Maximum height and speed is desirable. The descent should be at the same speed as the <b>Thrust</b>. The action must end completely under the water.</p>	<p><b>Thrust to Vertical Airborne Split Position (Rocket Split), followed by a Vertical Descent at the same tempo as the Thrust</b> From a submerged <b>Back Pike Position</b>, with legs remaining perpendicular to the surface, a vertical upward movement of the hips is rapidly executed as the body unrolls to assume a <b>Vertical Position</b>. Maximum height and speed is desirable. Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b>. Legs should be split evenly forward and back and parallel to the surface. The legs rejoin rapidly to a <b>Vertical Position</b>, followed by a <b>Vertical Descent</b>. The descent should be at the same speed as the thrust. The action must end completely under the water.</p>
<i>Team Elements</i> <i>(to be added to team routine only)</i>	<i>Team Elements</i> <i>(to be added to team routine only)</i>
<p><b>Cadence Action</b> <b>(may be performed anywhere in the routine)</b> Identical movement(s) performed sequentially one-by-one by all team members. The Cadence movement must be performed in the exact same way by all team members. The Cadence Action may be performed in any pattern.</p>	<p><b>Cadence Action</b> <b>(may be performed anywhere in the routine)</b> Identical movement(s) performed sequentially one-by-one by all team members. The Cadence movement must be performed in the exact same way by all team members. The Cadence Action may be performed in any pattern.</p>
<p><b>A Minimum of Four Different Pattern Formations, one must be a Straight Line and one must be a Circle</b> <b>(may be performed anywhere in the routine)</b></p>	<p><b>A Minimum of Four Different Pattern Formations, one must be a Straight Line and one must be a Circle</b> <b>(may be performed anywhere in the routine)</b></p>

## *Appendix B*

Underwater (no-breath) swimming drills during VFCAL practices and meet warm-ups are limited to one 25-yard lap with no hyperventilation and a minimum of 2-minute break between laps.”