

2nd Singapore National Age Group Artistic Swimming Championships 2024

21 to 23 June 2024

1st Bulletin

(Addendum 8 May 2024)

This invitation is extended to all local clubs only.

1. Organizer

Singapore Aquatics (SAQ)

2. Venue

Our Tampines Hub

3. Programme

18 June 2024 (Tuesday)

- Drawing of Optional Figures Group

20 June 2024 (Thursday)

- Music practice
- Draw of Start List
- Team Managers' meeting (ID check) TBC
- Judges' briefing

21 June 2024 (Friday)

- Figures Competition

22 and 23 June 2024 (Saturday and Sunday)

- Routines

4. Rules

The Rules for this Competition will be held according to the World Aquatic New Rules (2022 – 2025) as well as the local rules of Singapore Aquatics.

4.1 For Figures events, World Aquatics Rules 2022 – 2025 and new figures judging will apply.

4.2 For Routines, the following rules will apply:

- World Aquatics Rules 2022 – 2025 will be applied.
- Coach cards are required for all routines.
- No change of coach card is allowed after the Team Manager Meeting. Details on the submission and administration of the Coach cards will be given out later.

4.3 The Organizing Committee and SAQ have the final right to change and amend any rules. Final decision rests solely on the Organizing Committee and SAQ. Any clarifications and queries will be addressed officially in writing to the competition secretariat.

- 4.4 For this Championship, local swimmers representing their clubs are not allowed to use any of the National Team's/ National Youth Team's routines choreographed and used by the National / National Youth Team *BETWEEN 1 Jan 2022 to 31 Dec 2024*.

5. Age Group Category and Events

- 5.1 Age is computed as of 31-Dec-2024

Age Group		Clarification
Novice	10yrs & Under	Born after 2014
Group A	11yrs to 12yrs	Born between 2012 to 2013
Group B	Youth 13yrs to 15yrs (Female)	Born between 2009 to 2011
	Youth 13yrs to 16yrs (Male)	Born between 2008 to 2011
Group C	Junior 15yrs to 19yrs (Female)	Born between 2005 to 2009
	Junior 15yrs to 20yrs (Male)	Born between 2004 to 2009

- 5.2 Events

Age Group	Events
Novice	○ Figures ONLY
Group A	○ Figures, Solo Free, Duet Free, Mixed Duet Free & Team Free
Group B	○ Figures, Solo Free, Duet Free, Mixed Duet Free & Team Free
Group A + Group B + Novice	○ Free Combination
Group C	○ Solo Junior – Technical, Free ○ Duet Junior – Technical, Free ○ Mixed Duet Junior – Technical, Free ○ Team Junior – Technical, Free ○ Acrobatics

6. Entries and Eligibility

- 6.1 As this is the first time SAQ is organizing the Artistic Swimming competition under the new Rules 2022-2025, each Club is limited to sending in 5 entries per event.

Addendum (8 May 2024) Each Club is limited to sending in 5 entries per routine event (no limit for figures)

- 6.2 For this Championships, local participating swimmers MUST have achieved the following minimum ASPIRE Program level:

Age Group	ASPIRE Level
Novice	Level 3
Group A	Level 4
Group B	Level 5
Group C	Level 6

- 6.3 Beside Novice group, each swimmer is only allowed to enter 1 Solo, 1 Duet/ Mixed Duet, 1 Team and 1 Free Combination/Acrobatics.

- 6.4 Swimmers that are 15 years of age are to select to swim in ONE Age Group only,

ie either Group B (13-15) OR Group C (15-19).

- 6.5 In the event of less than 3 entries for any event, SAQ reserves the right to cancel the event.
- 6.6 Male swimmers are welcome to participate, however, there will be no separate event for Solo, Team, Acrobatics & Free Combi and they will compete in the Age Groups for the medals. Maximum 2 male swimmers per Team and Free Combi event is allowed.
- 6.7 Each female can only take part in **either** the Duet or Mixed Duet
- 6.8 No reserve for Solo, 1 reserve is allowed per Duet/ Mixed Duet pair and 2 reserves are allowed for Team, Combi and Acrobatics events.
- 6.9 Swimmers in Novice are allowed to swim-up for Group A Solo, Duet, Mixed Duet and Team events and must achieved minimum ASPIRE Level 4.
Addendum (8 May 2024) However, the entry limit of 5 entries for Group A per event for each team still applies.
- 6.10 For Team events (including Acrobatics), the number of swimmers in Team events may be four (4) to eight (8). One half (0.5) point penalty shall be deducted from the total score for each member less than eight (8). 2 reserves are allowed per team. If a Club decides to send more than 1 Team for the same age group, the preceding team must comprise a minimum of 8 swimmers (excluding reserves).
E.g.
- *If 2 teams: First team: 8 swimmers and second team may be four to eight (4 – 8) swimmers.*
 - *If 3 teams: First and second team: 8 swimmers and third team may be four to eight (4 – 8) swimmers.*
- 6.11 Free Combination event will be combined age group of Novice, Group A and Group B. Minimum ASPIRE level for Free Combination is Level 4. The number of athletes in the Free Combination event may be four to ten (4 - 10). 2 reserves are allowed per Combi.

7. Figure Sessions

- 7.1 For Novice, each competitor must perform **FOUR (4) figures: the two (2) compulsory figures and one (1) group of optional two (2) figures** drawn from the list as described in Appendix I of AS Rules 2022-2025.
- 7.2 For Group A (11&12), each competitor in Solo, Duet, Mixed Duet and Team must perform **FOUR (4) figures: the two (2) compulsory figures and one (1) group of optional two (2) figures** drawn from the list as described in Appendix I of AS Rules 2022-2025.
- 7.3 For Group B (13-15 Youth), each competitor in Solo, Duet, Mixed Duet and Team must perform a group of **FOUR (4) figures from the Section (A, B or C) of figures** drawn from the list described in Appendix I of AS Rules 2022 - 2025.

8. Routines

8.1 Set Numbers of Elements for Routines

Group A - 11-12	Total Required Elements	Summary
Solo Free	5	Total of 5 Free Hybrids
Duet Free	6	Total of 5 Free Hybrids and 1 Pair Acrobatic
Mixed Duet Free	6	Total of 5 Free Hybrids (one which must include a hybrid connection) and 1 Pair Acrobatic PLUS Additional Required movement for Free Mixed Duet: Two (2) connected surface movements with travel
Team	9	Total of 6 Free Hybrids and 3 Team Acrobatics**

Group B - 13-15	Total Required Elements	Summary
Solo Free	6	Total of 6 Free Hybrids
Duet Free	7	Total of 6 Free Hybrids and 1 Pair Acrobatic
Mixed Duet Free	7	Total of 5 Free Hybrids (one which must include a hybrid connection) and 2 Pair Acrobatics PLUS Additional Required movement for Free Mixed Duet: Two (2) connected surface movements with travel
Team	9	Total of 6 Free Hybrids and 3 Team Acrobatics** PLUS required components in any of the 6 Free Hybrids, both performed fully synchronised: One (1) Thrust (T1-T9) One (1) Spin descending 720o with one or two legs (R3)
Free Combination (Combine Group A+B+Novice)	8	3 Team Acrobatics**+ Free Transitions + ONLY 1 x Solo Hybrid, 1 x Duet Hybrid, 3 x Team Hybrid (min of 4 athletes required)

****Acrobatic Elements cannot have a DD higher than the following: for Group A: 2.65, for Group B: 2.6, for Group C: 2.45, and for group P 2.5. Please refer to the World Aquatics Acrobatics Catalogue.**

Group C – 15-19	Total Required Elements	Summary
Solo Tech	7	Total of 5 Technical Required Elements and 2 Free Hybrids
Solo Free	7	Total of 7 Free Hybrids
Duet Tech	8	Total of 5 Technical Required Elements, 2 Free Hybrids and 1 Pair Acrobatic
Duet Free	9	Total of 7 Free Hybrids, and 2 Pair Acrobatics
Mixed Duet Tech	8	Total of 5 Technical Required Elements, 2 Free Hybrids (one which must include a hybrid connection), and 1 Pair Acrobatic
Mixed Duet Free	9	Total of 6 Free Hybrids (one which must include a hybrid connection) and 3 Pair Acrobatics (one Lift, one Throw/Jump and one free choice) PLUS Additional Required movement for Free Mixed Duet: Two (2) connected surface movements with travel
Team Tech	9	Total of 5 Technical Required Elements and 3 Free Hybrids (one which must include Cadence action), and 1 Required Team Acrobatic*
Team Free	11	Total of 7 Free Hybrids and 4 Free Team Acrobatics*
Acrobatics	7	7 Team Acrobatics* (1 of each group = 4 + 3 of free group choice) + transitions are free but no difficulty awarded + hybrids are free but no difficulty awarded

*** Team Acrobatic definition as per the Acrobatic Catalogue (page 2): “A team acrobatic movement is considered as an Element, starting from 4 swimmers and more (for example: 3 base swimmers + 1 featured swimmer; or 2 base swimmers + 1 support-swimmer who pushes 1 featured-swimmer) Must start and finish in the water! All other actions are considered as pair acrobatics or pair assist actions.”**

8.2 AS 14.1.9 Age Group time Limits for the routines are as follow:

Age Group	Time Limit				
	Solo Routines	Duet/ Mixed Duet Routine	Team Routine	Free Combi	Acrobatics
Group A	2:00	2:30	3:00	3:00	NA
Group B	2:00	2:30	3:00		
Group C	2:15 (Free)	2:45 (Free)	3:30 (Free)	NA	3:00
	2:00 (Technical)	2:20 (Technical)	2:50 (Technical)		
Routine Music Allowance	+/- 5sec	+/- 5sec	+/- 5sec	+/- 5sec	+/- 5sec
Walk-on	20 sec	20sec (Duet) 30sec (Mixed)	30sec	30sec	30sec
Deck Work	10sec				

8.3 AS 14.1.8 In routine events, when the Routine starts in the water, the time allowance for the athletes to achieve a stationery starting position in the water shall not exceed 30 seconds for Technical and Free Mixed Duet, Technical and Free Teams, Free Combination, and 20 seconds for any Solo and for female Duets Events.

8.4 The new Apnea bonuses will not be applied. SAQ strongly encourages all clubs to adhere to the new Apnea rules for athlete safety.

9. Award

9.1 Medals will be awarded to the following:

Events	Novice	Group A	Group B	Group C
Figures (100%)	Top 3	Top 3	Top 3	NA
Solo Free Routines + Figures (100%)	NA	Top 3	Top 3	NA
Duet Free Routines + Figures (100%)	NA	Top 3	Top 3	NA
Mixed Duet Free Routines + Figures (100%)	NA	Top 3	Top 3	NA
Team Free Routines + Figures (100%)	NA	Top 3	Top 3	NA
Solo Technical	NA	NA	NA	Top 3
Solo Free	NA	NA	NA	Top 3
Duet Technical	NA	NA	NA	Top 3
Duet Free	NA	NA	NA	Top 3
Mixed Duet Technical	NA	NA	NA	Top 3
Mixed Duet Free	NA	NA	NA	Top 3
Team Technical	NA	NA	NA	Top 3
Team Free	NA	NA	NA	Top 3
Acrobatics	NA	NA	NA	Top 3
Free Combination (routine only)	Top 3			NA

9.2 E-Certificate of Participation will be sent to the clubs after the Competition.

9.3 There will be a Championship Trophy for the overall highest points to the winning local club. Points will be awarded to participating local clubs for the top 8 positions in each event as follows:

Position	1st	2nd	3rd	4th	5 th	6th	7th	8 th
Points	9	7	6	5	4	3	2	1

9.4 Event with less than 3 swimmers will NOT be credited with Championship points.

10. Fees

10.1 Entry Fees - **\$30 per swimmer (before GST)**

10.2 Fees per swimmer per event

Fees				
Category	\$88 per swimmer per event	\$58.00 per swimmer per event	\$58.00 per swimmer per event	\$38 per swimmer per event
Novice	Figures			
Group A & B	Figures	Solo Free	Duet Free	Team Free
			Mixed Duet Free	Free Combi
Group C		Solo Free	Duet Free	Team Free
		Solo Tech	Duet Tech	Team Tech
			Mixed Duet Free	Acrobatics
			Mixed Duet Tech	

Note : All fees are before GST

Payment Mode:

Funds transfer with payment details:

Bank Name : DBS BANK LTD

Account No : 005-016170-3

SWIFT : DBSSGSGXXX

Account Name : SINGAPORE SWIMMING ASSOCIATION

Address : 7 Stadium Drive #01-50, OCBC Aquatic Centre, Singapore 397632

Paynow to : S61SS0088B703

10.3 1 event T-shirt will be given to each participant.

10.4 Full payment of final entry fees due by **10 June 2024, Monday**

*Existing Government tax applies

10.5 No refund for withdrawal after **issuance of invoice**

11. Judges

Judges for this Championships will be assigned by SAQ. SAQ may invite neutral Judges and Technical Controllers for this Championships.

12. Music

- a. Digital music will be used at this competition.
- b. Routine should be saved in **MP3 format** and to upload to the google drive via link that will be sent across by **10 June 2024**
- c. Routine to be named as follows:
Category_Event_Club_LastName_Initials-LastName_Initials.mp3
 - a. Category: U10, 11-12, 13-15, 15-18, Open
 - b. Event: ST, SF, DT, DF, TT, TF, Combi
 - c. Name: For duets, please use both last name and initial (without reserve)
E.g Ng Vivien, Kok Tracy - E.g: 13-15_DT_SGP_Ng_V-Kok_T
 - d. For teams, please use the first swimmer's last name and initials (first last name in alphabetical order) – Chan Jessica
E.g: 13-15_TF_SGP_Chan_J
- d. It is recommended to include in 2-3 second lead from 'play' until music starts.
- e. Please save your routines in a thumb drive and bring along as back-up

13. Accreditation

The Organizing Committee will provide an accreditation pass. Clubs are to write the athletes & coaches name on the accreditation pass.

14. SAQ Annual Membership Fees

- 14.1 All swimmers should be paid members on the SAQ annual membership portal of \$40 (Before 9% GST) with effect from 1 Jan 2024.
- 14.2 If the swimmer do not belong to any club, these swimmers have to be registered under the Singapore Sports Council in the SAQ membership portal.
- 14.3 Please register at <https://ssa.swim-community.net/> if you do not have an account by clicking on the Login/ Register on the top right corner.
- 14.4 SAQ annual membership will be valid from 1 Jan 2024 to 31 Dec 2024.
- 14.5 All outstanding 2023 and 2024 SAQ annual membership fees must be paid by 10 June 2024 otherwise swimmers **will not** be allowed to participate in the 2nd Singapore National Age Group Artistic Swimming Championships 2024.

15. NROC

Coaches who wish to apply for an accreditation pass to be on deck during Competition must be an NROC Member. Clubs are required to send in the names of their coaches and team managers (min age of 18 years old based on DOB) on the registration portal for organizer (pending verification from organizer) to secure a pass. Remarks: The team manager pass will only be allowed in the back of house, and not on deck.

16. Deadlines

17 May 2024, Mon	✓ Preliminary Form https://rebrand.ly/2ndSnagAS-Prelim ✓ Event t-shirt request https://rebrand.ly/2ndSNAGAS-Tshirt ✓ Accreditation Pass Request Form for NROC Coaches
3 June 2024, Mon	✓ Final Entry Form ✓ Swimmer's Profile
10 June 2024, Mon	✓ Payment for fees ✓ Routine songs – Links will be sent across to clubs to upload songs
14 June 2024, Fri	✓ Submission of Coach Card

17. Inquiries & Contact

Please address any inquiries regarding the Championship by email to:

Singapore Aquatics

Myra Goh

E-mail: myra.goh@sqaquatics.org.sg