

**18<sup>th</sup> Singapore Open Artistic Swimming Championships 2024**  
**22 to 24 November 2024**

**1<sup>st</sup> Bulletin [updated on 23 September 2024]**

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**This invitation is extended to all National Federations, local and international clubs.**

**1. Organiser**

Singapore Aquatics (SAQ)

**2. Venue**

OCBC Aquatic Centre (AQC)

**3. Programme**

19 November 2024 (Tuesday)

- Drawing of Optional Figures Group

21 November 2024 (Thursday)

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

22 November 2024 (Friday)

- Figures/ Routines Competition

23 and 24 November 2024 (Saturday and Sunday)

- Routines

**4. Rules**

4.1 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.

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

4.3 For Routines, the following rules will apply:

4.3.1. World Aquatics Rules 2022 – 2025 will be applied.

4.3.2 Coach cards are required for all routines.

4.3.3 No change of coach card is allowed after the Team Manager Meeting.

4.3.4 Details on the submission and administration of the Coach cards will be given out later.

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

4.5 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
Group A	12 & Under	Born in 2012 or later
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
Group D	Senior Open 15yrs & Above	Born before 2009

5.2 Events:

Age Group	Events
Group A	<ul style="list-style-type: none"> <li>○ Figures, Solo Free, Duet Free, Mixed Duet Free &amp; Team Free</li> </ul>
Group B	<ul style="list-style-type: none"> <li>○ Figures, Solo Free, Duet Free, Mixed Duet Free &amp; Team Free</li> </ul>
Group A + Group B	<ul style="list-style-type: none"> <li>○ Free Combination</li> </ul>
Group C	<ul style="list-style-type: none"> <li>○ Solo Junior – Technical, Free</li> <li>○ Duet Junior – Technical, Free</li> <li>○ Mixed Duet Junior – Technical, Free</li> <li>○ Team Junior – Technical, Free</li> <li>○ Acrobatics</li> </ul>
Group D	<ul style="list-style-type: none"> <li>○ Solo – Technical, Free</li> <li>○ Duet – Technical, Free</li> <li>○ Mixed Duet – Technical, Free</li> <li>○ Team – Technical, Free</li> <li>○ Acrobatics</li> </ul>

## 6. Entries and Eligibility

6.1 Each Local Club is limited to sending in **5 entries per routine event (no limit for figures). Figures entry only limited to those participating in Solo, Duet, Mixed Duet and Team Events**

6.2 For this Championships, Local participating swimmers **MUST** have achieved the following minimum ASPIRE Level (Applicable to both female and male swimmers):

Age Group	ASPIRE Level
Group A	Level 4
Group B	Level 5
Group C	Level 6
Group D	Level 7

- 6.3 Each foreign federation/club can submit up to a maximum of **2 solos, 2 pairs of duets, 1 Team Free and 1 Team Acrobatic/ Free Combination** per category. Figures entry limited to those participating in Solo, Duet, Mixed Duet and Team events.
- 6.4 Each swimmer is only allowed to enter 1 Solo, 1 Duet/ Mixed Duet, 1 Team and 1 Free Combination/Acrobatcs in the Age Group Categories.
- 6.5 **Swimmers that are 15 years of age are to swim in ONE Age Group only. I.e. either Group B (13-15) OR Group C (15-19).**
- 6.6 In the event of less than 3 entries for any event, SAQ reserves the right to cancel the event.
- 6.7 It is compulsory for swimmers to participate in both Figures and Routine events in the Solo, Duet/ Mixed Duet, Team, for Group A and Group B.
- 6.8 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.
- 6.9 Each female can only take part in either the Duet or Mixed Duet.
- 6.10 No reserve for Solo, 1 reserve is allowed per Duet, 1 reserve is allowed for 1 male and 1 female for Mixed Duet pair and 2 reserves are allowed for Team, Combi and Acrobatics events.
- 6.11 Swimmers are NOT allowed to swim up except for the Group A + Group B Free Combination event.
- 6.11.1 Swimmers are to swim in their respective age group for Group A, Group B Solo, Duet/ Mixed Duet and Team events.
- 6.11.2 The entry limit of 5 entries per event for local clubs and 1 entry per event for foreign teams still applies for Group A and Group B.
- 6.12 Team routines shall consist of four (4) to eight (8) competitors and a maximum of two (2) reserves. The total number of competitors may include a maximum of two (2) male competitors. Penalty points will apply as per World Aquatics Rules.
- 6.13 For Free Combination (combined age group of Group A and Group B), each foreign team may send 1 team to participate, and local clubs may send up to 5 teams. Free Combination shall consist of at least four (4) but not more than ten (10) competitors. The total number of competitors may include a maximum of two (2) male competitors and a maximum of two (2) reserves.
- 6.13.1 For local clubs, the minimum ASPIRE level for Free Combination is Level 4.
- 6.14 If a local club decides to send more than 1 team for the same age group, the preceding team must comprise of 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.*
- 6.15 If a local club decides to send more than one (1) free combination for the same age group, the preceding team must comprise a minimum of 10 swimmers (excluding reserves). E.g.
- *If 2 teams: first team: 10 swimmers and second team may be four to ten (4 – 10) swimmers.*
  - *If 3 teams: first and second team: 10 swimmers and third team may be four to ten (4 – 10) swimmers.*
- 6.16 Exhibition Performance (applicable to local swimmers only):
- 6.16.1 To further expand the sport and showcase diverse talents, SAQ will be introducing an Exhibition Performance in the upcoming Championships.
- 6.16.2 These exhibition performances aim to provide athletes with the opportunity to demonstrate their skills and creativity, allowing for greater innovation and male participation in the sport.
- 6.16.3 This exhibition performance will feature the following events:
- a. Men Solo (Technical, Free) - Open category
  - b. Mixed Duet (Technical, Free) - Open category
- 6.16.4 Please note that the **ASPIRE entry requirement will be waived** for both males and females participating in these exhibition events.
- 6.16.5 Entry Limitation: Each local club is permitted to submit a maximum of 2 entries per category from each club.
- 6.16.6 Entry fees will apply as listed for the various categories. However, please note that no scores or medals will be issued for these events, and they will not contribute to the club championships points.

## 7. Figure Sessions

- 7.1 For Group A (12&U), 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.
- 7.2 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 12 & under	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* (with safety limit**)

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* (with safety limit**) 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)	8	3 Team Acrobatics* (with safety limit**) + Free Transitions + ONLY 1 x Solo Hybrid, 1 x Duet Hybrid, 3 x Team Hybrid (min of 4 athletes required)

Group C 15-19 Group D Open	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

A base mark will be applied for violations of Appendix 3 (safety limits and violations in acrobatics and pair acrobatics).

\* 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.”

\*\*12U/Youth Acrobatic Safety Limit: 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.

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 Group B	2:00	2:30	3:00	3:00	NA
Group C Group D	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	30sec	30sec

		30sec (Mixed)			
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 be applied. SAQ strongly encourages all clubs to adhere to the new apnea rules for athlete safety and well being.

**9. Award**

9.1 Medals will be awarded to the following:

**Local and International**

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

- **FINAL NUMBER OF MEDALS TO BE AWARDED PER EVENT WILL BE DETERMINED BY THE FINAL ENTRIES RECEIVED FOR EACH EVENT.**
- **ORGANISING COMMITTEE'S DECISION WILL BE FINAL.**

9.2 A separate ranking, aside from the actual competition ranking, will be given to local competitors for all events, with medals to be presented. No International category medal will be presented if there are no overseas entries in an event.

9.3 E-Certificate of Participation will be sent to participating federations/clubs after the Competition.

9.4 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 <sup>th</sup>	6th	7th	8 <sup>th</sup>
Points	9	7	6	5	4	3	2	1

9.5 Swimmers competing in any event where there are 2 swimmers or less will NOT be credited with Championship points.



## 10. Fees

10.1 Entry Fee is **SGD \$30 per swimmer (before GST)**.

10.2 Event Fees in SGD per swimmer, per event (before GST).

Fees (in SGD before gst)				
Category	SGD88.00 per swimmer per event	SGD88.00 per swimmer per event	SGD58.00 per swimmer per event	SGD38.00 per swimmer per event
Group A	Figures	Solo Free	Duet Free	Team Free
			Mixed Duet Free	Free Combi
Group 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	
Group D		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.
- Total fees to be invoiced will include GST.

### Payment Mode:

#### Funds transfer with payment details:

Bank Name : DBS BANK LTD

Account No : 005-016170-3

SWIFT : DBSSSGSGXXX

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 **4 November 2024, Monday**.

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

## 11. Judges

11.1 Each foreign Club / team may submit a maximum of 2 Judges / Technical Controllers for the championships. Judges / Technical Controllers are to submit their resume to the Organising Committee for their consideration and approval.

11.2 The Organising Committee reserves the right to accept / reject the foreign judge's nomination. Local Judges for this Championships will be assigned by SAQ.

## 12. Music

- 12.1 Digital music will be used at this competition. Routine should be saved in **MP3 format** and to upload to the google drive via link that will be sent across by **4 November 2024**.
- 12.2 Routine to be named as follows: Category\_Event\_Club\_LastName\_Initials-LastName\_Initials.mp3
- Category: U10, 11-12, 13-15, 15-18, Open
  - Event: ST, SF, DT, DF, TT, TF, Combi
  - 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
  - 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
- 12.3 It is recommended to include a 2-3 second lead from 'play' until music starts.
- 12.4 Please save your routines in a thumb drive and bring along as back-up.

## 13. Accreditation

The Organising Committee will provide an accreditation pass. Federations/clubs are to write the athletes & coaches name on the accreditation pass.

## 14. Accommodation

- 14.1 Details of an official event hotel will be announced shortly. Teams who choose to be accommodated in hotels other than the official hotel will be subject to an additional entry fee.
- 14.2 Note: The Organising Committee will not provide local transportation to or from the airport for teams that do not stay at the official event hotel.

## 15. SAQ Annual Membership Fees – Applicable to Local Clubs only

- 15.1 All swimmers must be paid members of SAQ. Membership effective from 1<sup>st</sup> Jan to 31<sup>st</sup> Dec 2024.
- 15.2 If the swimmer does not belong to a club, the swimmer must be registered under the Singapore Sports Council in the SAQ membership portal.
- 15.3 Please register at <https://ssa.swim-community.net/Login>. If you do not have an account.
- 15.4 SAQ annual membership will be valid from 1<sup>st</sup> Jan 2024 to 31<sup>st</sup> Dec 2024.
- 15.5 All outstanding 2023 and 2024 SAQ annual membership fees must be paid by **4<sup>th</sup> November 2024** otherwise local swimmers **will not** be permitted to participate.

**16. NROC – Applicable to Local Coaches only**

- 16.1 Coaches who wish to apply for an accreditation pass to be on deck during the competition must be an NROC Member.
- 16.2 Accreditations will only be granted to individuals who are 18 years old or older at the date of the event.
- 16.3 Clubs must submit the names of their coaches and team managers to secure accreditation. Accreditations are subject to approval by the event organiser.
- 16.4 The team manager pass will only be allowed in the back of house, and not on deck.

**17. Protest**

Protests will be acceptable as per the World Aquatic New Rules (2022 – 2025).

**18. Deadlines**

<b>7 Oct 2024, Mon</b>	✓ Preliminary Form - <a href="https://rebrand.ly/18thSOASC-Prelim">https://rebrand.ly/18thSOASC-Prelim</a> <b>Note: Final Entry Forms will be sent after closing of Prelim registrations.</b> ✓ Event t-shirt request - <a href="https://rebrand.ly/18thSOASC-Tshirts">https://rebrand.ly/18thSOASC-Tshirts</a> ✓ Accreditation Pass Request Form
<b>28 Oct 2024, Mon</b>	✓ Final Entry Form ✓ Swimmer’s Profile Form
<b>4 Nov 2024, Mon</b>	✓ Payment for fees ✓ Routine songs – Links will be sent across to clubs to upload songs
<b>15 Nov 2024, Fri</b>	✓ Submission of Coach Card

**19. Contact & Enquiries**

Please address any enquiries regarding the Championship by email to:

Singapore Aquatics

E-mail: [synchro@sgaquatics.org.sg](mailto:synchro@sgaquatics.org.sg)