UNIVERSITY OF MINNESOTA SYNCHRONIZED SWIMMING
2011 INVITATIONAL MEET

OFFICIAL MEET ANNOUNCEMENT

DATE: January 28th, 2010
5:00-10:00pm

LOCATION: University of Minnesota Natatorium
1910 University Ave. SE
Minneapolis, MN  55455

HOSTED BY: University of Minnesota Synchronized Swimming

Routine Events (Solo, Duet, Trio, and Team)

SANCTION: Sanctioned by United States Synchronized Swimming, Inc.
LSSC Minnesota Association

RULES: 2011 USSS Official Rules shall govern this event.

ELIGIBILITY: All athletes must be collegiate athletes and registered members of USSS.

ENTRY DEADLINE: All entries and fees must be received by the Meet Manager no later than January 14, 2011. Please complete and submit the attached Summary Entry Form and Meet Fee Form. Entries and fees may be mailed and/or emailed to the following address:
Victoria Downey
1311/1313 Franklin Ave. SE (upper)
Minneapolis, MN  55414
Email: vdowney@gmail.com

ENTRY FEES: Entry fees are $6.00 per competitor per routine event. Sponsor fees are $6.00 per competitor. Make cheques payable to: U of M Synchro.

AWARDS: Ribbons shall be awarded to places 1-8 in each event.

SOUND SYSTEM: Only a CD player will be available. Please be sure that CDs are properly labeled.

POOL SPECS: 20 by 25 yards. 12’ deep at edges, sloping to 16’ deep in center. 12” drop from deck to water level. Spectator stands are elevated and located opposite the deckwork and entry area.

OFFICIALS: Officials’ attire will be navy bottoms with white tops. Please complete and return the enclosed Officials’ Availability Form to Victoria Downey by January 14th. Forms may be mailed to the above address or emailed to vdowney@gmail.com. Officials must be currently registered USSS members and have completed last years’ required Judges’ Update Training.

DECK PERSONNEL: All deck personnel must be USSS members or sign an insurance waiver form upon arrival at the meet.
COACHES: Please remember that all coaches must have completed the Level 1 CCP in order to be on deck during the competition.

GELLING: A gelling station will not be available at the pool. Please gel prior to arrival.

PARKING: Recommended parking options for access to the Natatorium are the University Avenue Ramp, the Washington Avenue Ramp, Lot 33/37, the Maroon Lot, and the 4th Street Ramp. Parking rates can be found at: http://www1.umn.edu/pts/parking/parkingrates.html#pvpark

ACCOMODATIONS: There are a number of hotels located conveniently in the area. We recommend the following hotels. Please call or check websites for rates and more information.

Radisson University Hotel-Minneapolis, 615 Washington Ave. SE, 612.379.8888 (for reservations call 1.800.395.7046) http://www.radisson.com/minneapolis

Days Inn Minneapolis-University of Minnesota, 2407 University Ave SE, 612.623.3999 (for reservations call 1.800.544.8313) http://www.daysinn.com/DaysInn/control/Booking/property_info?propertyId=08225

SCHEDULE:

5:00 Figure Warm-up, Officials, Coaches & Volunteers meeting
5:30 Figure Competition
6:45 Routine Warm-up
7:30 Routine Competition
9:30 Awards

THIS IS A TENTATIVE SCHEDULE. IT MAY BE ADJUSTED DEPENDING ON ENTRIES RECEIVED.
UNIVERSITY OF MINNESOTA INVITATIONAL TECHNICAL EVENT DIVISION A (ELEMENTS) FINAL COUNTS

ARTICLE 5

ADAPTATIONS FOR TECHNICAL ROUTINE
ELEMENT TESTING

The Senior/FINA Technical Elements for Team are described in the USSS Rulebook. See Appendix L. Adaptations to these elements are described below for use in judging these elements before a panel of judges.

5.01 GENERAL RULES:

A. Each element will be performed, individually, in front of a panel of judges.

B. Each athlete will swim underwater (no breath) for approximately 25 yards or meters to the panel. Without coming up for air, the athlete will perform the element as described. The underwater swim will not be judged. Penalties will be assessed for taking a breath during the underwater swim.

C. Upon completion of the element, the athlete will swim underwater to the side of the pool, or, if necessary, face away from the panel of judges to take air, then submerge and swim underwater to the side of the pool.

D. The elements should be judged as described in the USSS Rulebook, Appendix L with the addition of the adaptations set forth below. Note: A specific sequence has been designated for the Boost element.

E. The “general” tempo of the element is judged. Each element has been assigned counts. Each count is equal to 1 tick (2 ticks/beats per second; ½ second ticks). A metronome or count tape should be played during the competition to signal the swimmers (See counts in Section 5.04, following each element description). It is recommended that the metronome tape be played on both the underwater and overhead speakers.

F. Positions are bolded and transitions are in Italics as described in the USSS Rules.

G. Each element begins with the right side of the body nearest the judges with the exception of the Boost element, which begins facing the judges.

H. For all elements, a judge on each panel will serve as Referee. It is recommended, where possible, to have an additional Referee, aside from the judging panel, to assess the appropriate penalties for the following elements:
   1. The number of spins on the Nova element.

I. It is recommended that these elements be performed, whenever possible, in 2 rounds. It is also recommended that the Nova, 1080° Spin, Spin Up 180° element be included in the first round of testing.

J. In the Boost element, one score for both jumps will be given.

5.02 ADJUSTMENTS: The rules set forth above are recommended for National Team Trials. Adjustments may be necessary for other competitions. They should be adjusted for the appropriate skill level of the competition and pool dimensions. Adjustments should be considered for the following:

A. Required distance of underwater swim prior to performing each element.

B. Number of required spins on the Nova, 1080° Spin, Spin Up 180° element.

5.03 REFEREE PENALTIES:

A. One-half point shall be deducted for the following infractions:
   1. Twirls, twists and spins that turn in the wrong direction.
   2. Any omissions from the described element.
3. For each 360° spin omitted from the Nova, 1080° Spin, Spin Up 180° element.

4. A sequence which is performed incorrectly or other than described.

5. The incorrect leg is bent, or lowered.

6. The incorrect leg is split forward and back.

7. The incorrect side of the body is nearest to the judges at the beginning of the element.

8. Taking a breath during the underwater swim.

B. One point shall be deducted for performing the incorrect element. The competitor shall be allowed a second attempt. If the competitor makes the same or another mistake or does not attempt to perform the element again, then the 1 point penalty will be removed and “0” will be recorded for the element.

5.04 ELEMENT DESCRIPTIONS, JUDGING FACTORS AND COUNTS:

Note: Weighting factors are based on FINA’s Degree of Difficulty for Basic Body Positions contained in the “Synchronized Swimming Manual for Judges, Coaches and Referees” used as a basis for judging in all international competitions. These totals are not based on a scale of one hundred but rather on the difficulty of each position. These procedures are available at U.S. Synchronized Swimming upon request.

A. THRUST TO BENT KNEE: DD – 2.3.

Begin underwater in a Back Pike Position with the legs perpendicular to the surface. A Thrust is executed to a Vertical Position, maintaining maximum height a Twirl is executed as one leg is lowered to a Right Bent Knee Vertical Position. A Vertical Descent is executed as the bent knee is extended to meet the vertical leg at the ankles, submerge with the same tempo as the Thrust. The Twirl must be executed toward the left shoulder (left shoulder back).

Judging Factors not otherwise described in the USSS Rulebook: Judging begins as the toes break the surface (count 3). The Thrust from the Back Pike Position to the Vertical Position should be a direct 1-count move, i.e. minimal “rocking over face” is desirable in the thrust action. The Thrust, Twirl and Vertical Descent are rapid.

Element Counts – Thrust to Bent Knee:
1, 2. Assume Back Pike Position
3. Toes touch the surface
4. Thrust to Vertical Position
5. Twirl at height to Right Bent Knee Vertical Position
6. Descending (1/2 way point from maximum height)
7. and Descend to ankles
1. Under
2. Tuck (not judged).
B. NOVA, 1080° SPIN, SPIN UP 180°: DD – 2.9.
Surface with a kick out on back, arms overhead to Back Layout Position. Initiate the dolphin beginning through the Right Bent Knee Surface Arch Position as per the Nova description. While the hips remain stationary, the legs are simultaneously lifted to a Vertical Position as the right bent knee is extended. A Continuous Spin of 1080° (3 rotations) is executed until the heels reach the surface, without submergence, followed by a rapid Spin Up 180°. A Vertical Descent is executed at the same tempo as the Spin Up 180°. The continuous spin has three (3) 360° rotations and is performed with counts and water levels as described below.

Judging Factors not otherwise described in the USSS Rulebook: Judging begins in the Back Layout Position. There is a pause in the Right Bent Knee Surface Arch Position and in the Vertical Position prior to the Continuous Spin. The bent knee should slide evenly to vertical position.

The Vertical Position at the beginning of the Continuous Spin and the Vertical Position at the end of the Spin Up should be at maximum height, stationary, still and extended. In addition look for the athlete’s ability to maintain counts and designated water lines on the spin. These are listed in order of importance (i.e. the athlete who performs this element high, stationary, and with clarity of Bent Knee Surface Arch Position and Vertical Positions, while maintaining counts and all water levels, should be given the highest score).

Element Counts - Nova, 1080° Spin, Spin Up 180°:

5, Competitor surfaces with a kick out on back, arms overhead
6, Hold
7, Face dolphins under
8, Arch to the Surface Arch Position
1, Bend right knee to the Right Bent Knee Surface Arch Position
2, Hold
3, Legs simultaneously lift to Vertical Position as the right bent knee is extended (height at "gold" standard)
4, Hold Vertical
5, First spin begins, turn ½ to wall
6, Spin to next corner
7, Spin back to starting wall (completes 1st spin to below knees)
8, Spin ½ (2 inches below the knees)
1, Spin ½ back to starting wall (completes 2nd spin to mid-shin)
2, Spin to corner
3, Spin to next corner
4, Spin back to starting wall (completes 3rd spin to heels)
5, Hold
6, Begin Spin Up 180°, turn to corner (above the knees)
7, Keep spinning up to next corner
8, Complete Spin Up 180° to wall at height
1, Hold vertical
2, Sink to knees
1, Toes under
2, Hold
3, Tuck (not judged).

Counts and height level for spins:
5,6,7, 1st spin -- height to below the knee
8,1, 2nd spin -- below the knee to mid-shin
2,3,4, 3rd spin -- mid-shin to heels
5, Hold vertical at heels
6, Begin Spin Up 180° -- heels to above the knees
7, Keep spinning up
8, Finish Spin Up 180° -- above the knees to suit out
1, Hold vertical
2, Sink to knees
C. **BOOSTS:** DD - 1.7.

(2 boosts should be performed; one facing the judges followed immediately by one in profile.)

Begin the boost from underwater facing the judges. As the head and shoulders break the surface, straighten the arms directly out to the side to assume 11 and 1 positions (v) with the fingers open, palms out (facing the wall). **Maximum Height.** As the body descends, the arms move to in front of the body (chest level), as the hands clap together. Maintain this position through submersion. Head is facing forward during the entire time. Without surfacing, perform the same boost with right side facing the judges.

**Judging Factors not otherwise described in the USSS Rulebook:** Judging begins as the head breaks the surface. The entire boost is at a rapid tempo. The height of the boost is when the arms are in the 11 and 1 positions. Judge the height of the boost along with the quality of the posture, extension of the arms, wrists and hands. (NOTE: these judging factors are listed in order of importance). The sink should begin only at the appropriate count, see counts below. There should be one score given for both jumps.

**Element Counts – Boosts:**

*Note: One score needed.

1. Boost
2. Lift arms to 11 and 1, fingers open
3. Hold
4. Hands clap together in front of chest as you go under
5. Recover underwater

Then repeat in side profile, beginning on next 1 and using the same counts.

D. **PORPOISE, FULL TWIST, SPLIT WALKOUT:** DD – 2.9.

Entry to pike position should be performed with a quarter turn (without coming up for air) with a small breast stroke pull, and kick, to achieve the **Surface Front Pike Position** with the hips, legs and feet at the surface. A porpoise lift is executed to a **Vertical Position.** A **Full Twist** is executed, then the legs are lowered symmetrically to a **Right Split Position.** A **Walkout Front** is executed, with the hips remaining stationary as the front leg moves in an arc over the surface to meet the other leg in a **Surface Arch Position.** An **Arch up** is executed to a **Back Layout Position.** A back tuck somersault is used to exit (this is not judged). The Full Twist must be executed toward the left shoulder (left shoulder back).

**Judging Factors not otherwise described in the USSS Rulebook:** Judging begins with the **Surface Front Pike Position.** Look for accurate body position during the porpoise lift. Maximum height should be maintained during the Full Twist. Legs should open symmetrically and simultaneously during the leg lowering to the **Right Split Position.** As the legs pause in the **Right Split Position** look for “Gold” Standard. There is a pause in the **Surface Arch Position** on the completion of the walkout. All positions should be fully extended. Judging is completed in the **Back Layout Position.**

**Element Counts – Porpoise, Full Twist, Split Walkout:**

5,6. Pull forward (no breath)
7. Assume Surface Front Pike Position
8. Hold Front Pike Position
1. Porpoise lift to 45°
2. Finish Porpoise lift to Vertical Position
3. Hold Vertical Position
4. Begin Full Twist – Left shoulder back ½ turn
   - Turn to corner
   - Half wall
   - Turn another 1/4
   - Turn to corner
   - End at beginning wall
2. Hold Vertical Position
3. Lower legs to Right Split Position, 10 and 2
4. Right Split Position
5. Hold Right Split Position
6. Hip reach out to engage walkout
1,2,3,4. Walkout (should be Knight position on 2, surface arch on 4)
5. Hold Surface Arch Position
6,7. Arch up to Back Layout (face surfaces on 7)
8. Back tuck somersault and exit panel (not judged).

E. ROCKET SPLIT, TWIRL: DD - 2.6.
Begin underwater in the Back Pike Position. A Thrust is executed to a Vertical Position, maintaining maximum height the legs are split rapidly to assume an Airborne Split Position. Maintaining maximum height the legs are lifted to a Vertical Position as a Twirl is executed. A rapid Vertical Descent is executed. The Airborne Split Position is executed with the right leg split forward and the left leg split back. The Twirl turns towards the left shoulder (left shoulder back).

Judging Factors not otherwise described in the USSS Rulebook: Judging begins as the toes break the surface (count 5). The Thrust, Airborne Split Position, join to Vertical Position, Twirl and sink are all rapid, separate movements with three clear, fully extended positions - Vertical, Split, Vertical. Maximum Height is desired at the completion of the Thrust in the Vertical Position, the Airborne Split Position and the rejoin to Vertical Position during the Twirl.

Element Counts - Rocket Split, Twirl:

2,3,4. Prepare for element
5. Assume Back Pike Position
6. Thrust to Vertical Position
7. Right Airborne Split Position
8. Hold Split
1. Join legs to Vertical Position as the Twirl is executed at maximum height (left shoulder back)
2. Hold
3,4. Descend (knee level)
5. Feet under
6. Descending
7. Tuck (not judged).