



# INVITATION - Brussels Open Masters synchronized swimming championship

The Brussels aquatic synchro swimming club has the pleasure to invite you to the Brussels Open Masters on March 24th-25th 2018.

**Venue:** Piscine Olympique Louis Nameche - Rue van Kalck 93, 1080 Bruxelles  
**(!!!! Not the same swimming pool than the other years!!!!)**

**Rules:** Age Categories  
Age shall be determined as of December 31 of the year of competition. The competitors must be 20 in 2018. The average age of the competitors in a routine shall be determined by adding the ages of the actual swimmers, dividing by the number of swimmers (not including the reserves) and dropping any resulting fraction or decimal. (For example, if the average age of a Team is 49.833, they would swim in the 35-49 age group).  
There will be a category of 20 – 24 for solo/ duo and team.  
Anyway, The swimmers who are less than 25 years old can participate in a team of any categories; categories will be defined based on the average age of the team.  
Men can participate. There will be a category “mixed duet” whatever the age of the participants. For all the other categories, men and women will compete together.

Categories  
Solo: 20-24, 25-29, 30-39, 40-49, 50-59, 60 - 69, 70-79, 80 and over  
Duet: 20-24, 25-29, 30-39, 40-49, 50-59, 60 - 69, 70-79, 80 and over with age determined by the average age of the competitors + mixed duet whatever the age of the participants  
Trio/Team: 20-24, 25-34, 35-49, 50-64, 65-79 and 80 and over with age determined by the average age of the competitors.  
Combination 20-24, 25-39; 40-64 and 65 and over with age determined by the average age of the competitors.  
Teams shall consist of a minimum of four (4) members and a maximum of eight (8) members. Combination shall consist of a minimum of four (4) members and a maximum of ten (10) members.

There is no podium for technical or free routines, just for both together.

Required elements for technical routine (see attached)

**Entries:** No limitation in number of solos, duos, trios, teams, combos per category.  
For an optimized organisation, 1 judge per club is requested the club with less than 10 competitors, 2 judges are required for club with more than 10 competitors. The fee to pay if you participate without judge (or only one judge for more than 10 competitors) is 50 euros. The judges can swim too.

**Financial conditions:**

**Fees :**  
15 euros for solo  
25 euros for duo and trio  
10 euros per swimmer for team/combo  
50 euros if the club has no judge

**Entry:**

Preliminary entry: December 31st 2017  
Final entry: February 9th 2018

**Preliminary Schedule:**

**Saturday, 24th**

8.00-9.00	Warming up
9.00-9.30	Meeting
9.30-10.30	Team/Trio – technical routine
10.30-11.00	Warming up
11.00-13.00	Solo – technical routine
13.00-13.30	Warming up
13.30-15.30	Duo – technical routine
15.30-16.30	Warming up
16.30-18.00	Team/Trio – free routine
18.00-18.30	Warming up
18.30-20.30	Solo – free routine (some categories)

**Sunday, 25th**

8.00-9.00	Warming up
8.30-9.00	Meeting
9.00-10.00	Solo – free routine (the other categories)
10.00-11.30	Warming up
11.30-13.00	Combo
13.00-13.30	Warming up
13.30-16.30	Duo – free routine
17.00	End of the competition

**The schedule may be adapted based on the number of competitors.**

**Meals:**

The BRASS club will propose sandwiches, pastas and others snacks.

**Information/  
Registration:**

E-mail: [fannybouvry@gmail.com](mailto:fannybouvry@gmail.com)  
Website: <http://www.ebrass.be/>

With kind regards,

Fanny Bouvry  
Tel : +32 477 75 88 82  
E-mail: [fannybouvry@gmail.com](mailto:fannybouvry@gmail.com)

**Supported by:**



## **Required elements for masters technical routine and time limits**

- Technical Routines Solo : 1 minute 30 seconds**
- Free Routines Solo: 2 minutes 30 seconds**
- Technical Routines Duet and Mixed Duet : 1 minute 40 seconds**
- Free Routines Duet and Mixed Duet: 3 minutes**
- Technical Routines Teams: 1 minute 50 seconds**
- Free Routines Teams: 4 minutes**
- Free Combination: 4 minutes**

**There shall be no minimum time limit. Maximum Time Limits: there shall be an allowance of fifteen (15) seconds plus the allotted time for Technical Routines, Free Routines and Combination.**

## **FINA REQUIRED ELEMENTS FOR MASTERS TECHNICAL ROUTINES**

### **GENERAL REQUIREMENTS**

**Supplementary elements may be added**

- 1. Unless otherwise specified in the description of an element:**
  - All figures or components thereof shall be executed according to the requirements described in this Appendix.**
  - All elements shall be executed high and controlled in uniform motion with each section clearly defined.**
- 2. Time limits as in MAS 4.1**
- 3. Swimwear shall be black and the competitor shall wear a white cap.**

### **SOLO REQUIRED ELEMENTS**

**Elements 1 to 5 MUST be performed in the order listed.  
Element 6 may be performed at any time during the routine.**

- 1. FISHTAIL – from a Front Layout Position, a Front Pike Position is assumed; one leg is lifted to a Fishtail Position, the second leg is lifted to a Vertical Position (ending is optional).**
- 2. SPLIT POSITION – followed by a walkout front or walkout back.**
- 3. SPINNING 180° – From a Bent Knee Position, a Spin 180° is executed as the legs are joined to a Vertical Position at the ankles followed by submergence.**
- 4. TRAVELLING BALLET LEG COMBINATION – Beginning in a Back Layout Position to include any 2 of the following positions – Bent Knee Back Layout, right; Bent Knee Back Layout, left; Ballet Leg, left; Ballet Leg, right; Flamingo Position, left; Flamingo Position, right; Ballet Leg Double.**
- 5. BARRACUDA BENT KNEE – From the Back Pike Position with the legs perpendicular and the toes just below the surface, a Thrust is executed as one leg is drawn along the inside of the other extended leg to assume a Bent Knee Vertical Position. A Vertical Descent is executed in a Bent Knee Vertical Position at the same tempo as the Thrust**
- 6. TWO (2) FORMS OF PROPULSION – Must include Egg Beater travelling sideways and/or forward (arms optional)**

## **DUET REQUIRED ELEMENTS**

**Elements 1 – 5 MUST be performed in the order listed**  
**Elements 6 – 7 may be executed at any time during the routine**

**Routines for Duet 1 to 6 as above for Solo**

**7. JOINED ACTION – Where the swimmers are connected (touching) in some manner to perform on of the following:**

- **A connected figure or a connected float or connected stroking**
- **Action must be performed simultaneously. Minor action is permitted.**
- **Stacks, lifts, platforms, throws are not permitted.**

**With the exception of the DECK WORK and ENTRY and as noted in the JOINED ACTION, all elements, required and supplementary, MUST be performed simultaneously and facing the same direction by both swimmers, Variation in propulsion and direction facing are permitted during pattern changes.**

## **TEAM REQUIRED ELEMENTS**

**Elements 1 – 5 MUST be performed in the order listed**  
**Elements 6 – 9 may be executed at any time during the routine**

**Routines for Team 1 to 7 as above for Duet**

**8. CADENCE ACTION – Identical movements performed sequentially, one by one, by all team members. When more than one cadence action is performed, they must be consecutive and nor separated by other optional or required elements. A second cadence action may begin before the first cadence action is completed by all team members but each team member must do the action of each cadence.**

**9. PATTERNS – must show a circle and straight line. Elements may be performed when in the circle or the straight-line patterns.**

**With the exception of the DECK WORK, ENTRY, CADENCE and as noted in the JOINED ACTION, all elements, required and supplementary, MUST be performed simultaneously and facing the same direction by all swimmers. Swimmers need not face the same direction in the circle pattern. Variation in propulsion and direction facing are permitted during pattern changes. Mirror actions are not permitted except in the description of the elements.**