

Routines

Types of Routines:

For all competitive Provincial & National Stream age groups and Masters :

- Solo
- Duet
- Mixed Duet
- Team

For National Stream Junior/Senior age groups there may also be:

- Free Combination
- Highlight Routines

Masters within Canada may also swim as

- Trio
- Free Combination



Time Limits:

There are set time limits for all routines and timers at all meets who record them. The overall time, the deck work time, and the routine walk on time are recorded to the nearest second. A routine may receive a penalty if timing is out in any of these three areas.

1. **Walk-On:** whether the athlete(s) start their routine on the deck or in the water the time limit from the designated starting point to when the last athlete assumes a starting position either on deck or in the water shall not exceed 30 seconds
2. **Deck Work:** a set of movements' part of a routine executed to music prior to entering the water, this must not exceed 10 seconds. Timed from the start of the music until the last swimmer leaves the deck.
3. **Overall (Total) Routine Time:** included deck work, it is timed from the start of the music to the end of the music. Examples: Age Group 10 U duet 1:45 minutes; Age Group 16-20 team 4:00 minutes. Routines times are given an allowance of +/- 15 seconds.

Routine Attire:

Athletes wear special routine suits, they may be designed by coaches and athletes and/or specialized suit designers and may be made specially for each person. Sometimes sequins or crystals are added to suits to give them sparkle in the water. There are often coordinating bun covers or head pieces worn as well. Nothing is permitted to hang or dangle from suits (such as long ties). No accessories or additional clothing are allowed. No jewellery is worn.

Athletes use nose clips and have extra nose clips clipped into their suits as back ups.

No goggles are worn except for medical reasons - Masters are permitted to use goggles

Hair is up in a tight bun (matching heights!) and held in place with coats of Knox Gelatin.



NATIONAL STREAM JUNIOR & SENIOR ATHLETES:

Technical and Free routines:

Junior and senior athletes do not compete in figures events. They do technical routines which contain required elements.

A complete event consists of both a technical and a free routine, typically all entries must compete in the technical event of the category entering in order to be eligible to enter the free event of the same category. Two exceptions to this are the Free Combination or Highlight Routine events which are Junior/Senior events consisting only of one free event.

Free Combination and Highlight Routines:

Free Combination: a routine consisting of parts of solos, duets, trios and teams.

Highlight Routine: a routine composed of mandatory and optional highlights in a routine format. Some required elements may be:

- acrobatic movements or highlights: a general term for jumps, throws, lifts, stacks, platforms etc. performed as spectacular gymnastic feats, mostly achieved with assistance by other swimmers.
- Connected or intertwined action: connected action means joined or linked together; intertwined action is the act of twisting together and around each other in spirals
- Float to give a kaleidoscopic effect: a float is a formation or pattern swimmers carry out with their bodies at the surface of the water; kaleidoscopic effect means a symmetrical design or pattern that continuously shifts and rapidly changes



Highlight routine



Free Combo routine showcasing a duet



Scoring Routines

Routines are scored by judges. There are 2 or 3 panels of judges each consisting of about 5 judges. Each judge will decide on a score from 1-10.

FREE ROUTINES:

Three components of free routine scores:

1. 30% Execution:

- EXECUTION – the level of excellence in performing highly specialized skills. Execution of all movements. For solos this makes up 90% of the total Execution score with synchronisation being 10%. For other routines each makes up 50% of the total Execution score.
- SYNCHRONISATION – the precision of movements in unison, one with the other, and the accompaniment above, at and below the surface. Synchronization of timing of one with another and with the music.

2. 40% Artistic Impression:

- CHOREOGRAPHY – the creative skill of composing a routine that combines artistic and technical elements. The design and weaving together of variety and creativity of all movements.
- MUSIC INTERPRETATION – expressing the mood of the music, use of the music's structure.
- MANNER OF PRESENTATION – the manner in which the swimmer(s) present(s) the routine to the viewers. The total command of the performance of the routine.

3. 30% Difficulty:

- – the quality of being hard to achieve. Difficulty of all movements and of synchronization.

TECHNICAL ROUTINES (National stream Jr and Sr events)

Three components of tech routine scores:

1. 30% Execution:

- EXECUTION – the level of excellence in performing highly specialized skills. Execution of all movements that do not have an assigned degree of difficulty
- SYNCHRONISATION – Synchronization of all movements that do not have an assigned degree of difficulty.

2. 30% Artistic Impression:

- CHOREOGRAPHY – the creative skill of composing a routine that combines artistic and technical elements. The design and weaving together of variety and creativity of all movements.
- MUSIC INTERPRETATION – expressing the mood of the music, use of the music's structure.
- MANNER OF PRESENTATION – the manner in which the swimmer(s) present(s) the routine to the viewers. The total command of the performance of the routine.
- DIFFICULTY – the quality of being hard to achieve. Difficulty of all movements that do not have an assigned degree of difficulty.

3. 40% Elements:

- 90% EXECUTION – the level of excellence in performing highly specialized skills. Execution of each required element with an assigned degree of difficulty.
- 10% SYNCHRONIZATION – Synchronization of each required element with an assigned degree of difficulty.



Warm Up!

At every meet whether it is a training meet or competitive meet there is time allotted on the schedule before each event for the swimmers to warm up. This may include swimming lengths and practicing figures and parts of routines. When the warm-up time is over the referee will blow their whistle and all swimmers get out of the water and prepare for the event.



Prior to the official scheduled warm up the coach will go through some stretching and warm up with the athletes on land. They may also land drill before a routine event. Land drilling is where they practice the routine on land. Land drill is essential in synchronized swimming. Land drill includes determining counts, setting patterns, clarifying position presentation, and practising movements out of the pool.



Stretching



Land drilling

