

March 3, 2020  
SLASU/2020/CIRC

**ARTISTIC SWIMMING LEVELS COMPETITION 2020**

**Saturday 21<sup>st</sup> March 2020 - 9:00am onwards (Figures)**

**Sunday 22<sup>nd</sup> March 2020 - 9:00am onwards (Routines)**

**Otter Aquatic Club Pool**

There may be variations in actual times of competition according to participation. Please refer specific times stated in the time schedules in this summons and/or the updated schedule to be issued at the draw.

**GENERAL INFORMATION**

**1. ELIGIBILITY**

1.1. Entries for the above championships will only be accepted from fully paid-up affiliate members of the Sri Lanka Aquatic Sports Union (SLASU) and athletes registered for the year 2020 by the affiliate member will be permitted to participate.

**2. ENTRIES**

2.1. Entries must be in the attached ENTRY FORM (ANNEX B) and has to be accompanied with the corresponding payments (ANNEX-A).

2.2. All required Entry forms must be typed legibly and should contain all required information. Incomplete forms may be rejected.

**3. ENTRY FEES**

3.1. Please refer to ANNEX-E Column 3 for the respective entry fees.

3.2. Entry fees must be paid in full

a) by cheque in favour of the "Sri Lanka Aquatic Sports Union" and crossed "Account Payee Only" to the SLASU Office,

b) by cash deposit at any branch of the Peoples Bank or by bank transfer to the following account:

- Name of the Bank/ Branch: **Peoples Bank, Duke Street Branch**
- Account Name: **Sri Lanka Aquatic Sports Union (SLASU)**
- Account Number: **0011 0012 0003 449**

**Entries will not be accepted until a proof of deposit is tendered and a receipt is issued.**

3.3. Entry fees will not be refunded under any circumstances.

**4. PROTESTS**

4.1. Protests must be submitted to the referees within 30 minutes following the conclusion of the respective event and/or publication of the results, based on the nature of the protest. If conditions causing a potential protest are noted prior to the event, a protest must be lodged before the signal to start is given.

4.2. Protests must be made in writing on SLASU Protest forms by an authorized team representative.

4.3. A protest fee of Rs 1000.00 must be paid along with the submission of the protest.

4.4. The decision of the referee and/or jury of appeal shall be final and conclusive.

**5. ANNEXURES**

The following documents are attached.

5.1. Payment form (Annex A)

5.2. Entry Form, Girls Artistic Swimming (Annex B)

**6. DEADLINE FOR CLOSE OF ENTRIES**

6.1. Entries will close on **Wednesday 18<sup>th</sup> March 2020 at 4:00pm** at the SLASU office.

The Artistic Swimming Levels Competition 2020 will be held under the rules of The **SRI LANKA AQUATIC SPORTS UNION (SLASU)** and the rules of the **FEDERATION INTERNATIONALE DE NATATION (FINA) 2017 – 2021** shall apply.

**SRI LANKA AQUATIC SPORTS UNION**

**B.M. YAHAMPATH - GENERAL SECRETARY**

## ARTISTIC SWIMMING

### 1. DRAW & TECHNICAL MEETING

- 1.1. To be held on 19<sup>th</sup> March 2021 at 5:00pm at the SLASU Office.
- 1.2. All coaches/team representatives must attend.

### 2. LEVEL SPECIFICATIONS

#### SLASU ARTISTIC SWIMMING LEVELS (effective February 2018)

LEVEL/ PRE- REQUISITE	FIGURES	FREE ROUTINE DURATION	LEVEL/ PRE- REQUISITE	FIGURES	FREE ROUTINE DURATION
<b>1</b>  None	<ol style="list-style-type: none"> <li>1. Standard Scull</li> <li>2. Reverse Standard Scull</li> <li>3. 310 Back Tuck Somersault</li> <li>4. Propeller Scull</li> <li>5. Oyster</li> <li>6. Flutter Kick traveling (both sides)</li> </ol>	<b>No Free Routine</b>	<b>6</b>  Level 5	<ol style="list-style-type: none"> <li>1. 355 Porpoise</li> <li>2. 403 Swordtail</li> <li>3. 423 Ariana</li> <li>4. 315 Seagull</li> <li>5. 140 Flamingo Bent Knee</li> <li>6. 240 Albatross</li> </ol>	<b>2:15 mins</b>
<b>2</b>  Level 1	<ol style="list-style-type: none"> <li>1. Dolphin Scull</li> <li>2. Canoe Scull</li> <li>3. BM14 Dolphin</li> <li>4. Paddle Scull</li> <li>5. BP14b Bent Knee traveling (both legs)</li> <li>6. Egg beater traveling sideways</li> </ol>	<b>No Free Routine</b>	<b>7</b>  Level 6	<ol style="list-style-type: none"> <li>1. 345 Catalina Reverse</li> <li>2. 355e Porpoise 360° (Descending)</li> <li>3. 437 Oceanea</li> <li>4. 301d Barracuda Spinning 180°</li> <li>5. 311c Kip Twirl</li> <li>6. 143 Rio</li> </ol>	<b>2:30 mins</b>
<b>3</b>  Level 2	<ol style="list-style-type: none"> <li>1. BP10 Front Pike Position</li> <li>2. BP13 Surface Arch Position</li> <li>3. Feet First Dolphin (BM14 reverse)</li> <li>4. Support Scull</li> <li>5. Egg beater traveling with one arm straight out of the water for 10 sec.</li> <li>6. BM1 &amp; 2 Ballet Leg Single (each leg)</li> </ol>	<b>2:00 mins</b>	<b>8</b>  Level 7	<ol style="list-style-type: none"> <li>1. 308 Barracuda Airborne Split</li> <li>2. 112 Ibis</li> <li>3. 330c Aurora Twirl</li> <li>4. 142 Manta Ray</li> <li>5. 150 Knight</li> <li>6. 115f Catalina Continuous Spin (720°)</li> </ol>	<b>2:30 mins</b>
<b>4</b>  Level 3	<ol style="list-style-type: none"> <li>1. BP7 Crane Position</li> <li>2. BP4a Surface Flamingo Position</li> <li>3. 301 Barracuda</li> <li>4. 363 Water Drop</li> <li>5. 360 Walkover Front</li> <li>6. 311 Kip</li> </ol>	<b>2:00 mins</b>	<b>9</b>  Level 8	<ol style="list-style-type: none"> <li>1. 343 Butterfly</li> <li>2. 355g Porpoise Twist Spin</li> <li>3. 436 Cyclone</li> <li>4. 307e Flying Fish Spinning 360°</li> <li>5. 154j-2 London Combined Spin 720°</li> <li>6. Double Rocket Split</li> </ol>	<b>2:30 mins</b>
<b>5</b>  Level 3	<ol style="list-style-type: none"> <li>1. 110 Ballet Leg Double</li> <li>2. Inverted Vertical (BP6) holding 10 secs at a constant minimum knee level height</li> <li>3. 401 Swordfish</li> <li>4. 420 Walkover Back</li> <li>5. 342 Heron</li> <li>6. 125 Eiffel Tower</li> </ol>	<b>2:15 mins</b>	<b>10</b>  Level 8	<ol style="list-style-type: none"> <li>1. 308i Barracuda Airborne Split Spin Up 360°</li> <li>2. 364 Whirlwind</li> <li>3. 301f Barracuda Continuous Spin 720°</li> <li>4. 141 Stingray</li> <li>5. 328 Lagoon</li> <li>6. 320 Kipswirl Split Closing 180°</li> </ol>	<b>2:30 mins</b>

\*BP – Basic Positions (Fina Appendix II), BM – Basic Movements (Fina Appendix III), Other numbers – Fina (Appendix IV Category I to IV) Figures

### **3. RULES AND REGULATIONS**

- 3.1. A computer draw will be generated to determine the start order for the figure and routine competitions separately.
- 3.2. Swimmers must participate in both figures and routine component (except for Level 1 & 2) of the competition.
- 3.3. There will be an allowance of 15 seconds less or plus the allotted duration in the free routine competition.
- 3.4. Swimwear for Figure Competition: Black Swim Suit / White Swimming Cap / Goggles and Nose Clips.
- 3.5. All figures will be performed at a signal from the referee.
- 3.6. A minimum score of 50% of the total aggregate score (figures + routine) should be achieved to be able to pass each level.
- 3.7. Athletes may participate in two levels only up to Level 3 in a single competition. Those performing two levels will not be allowed to perform the higher level if they have not achieved a sufficient score. (Subject to the referee's decision).

### **4. MUSIC SUBMISSION**

- 4.1. All music should be submitted on flash drives in MP3 format with clear identification of swimmer, school/club and the respective routine in conformity to the prescribed duration.
- 4.2. Routine to be named as follows: Level\_No/Club\_LastName\_FirstName.mp3
  - Level No: 03,04, etc
  - School/Club: Standard abbreviation codes used by SLASU
  - Name: Last Name\_First Name  
E.g: 03\_LC\_DeSilva\_Prasadi
- 4.3. It is recommended to include a 2-3 second lead silence from 'play' until music starts. This shall not be considered as part of the total duration of music considered for performance.

### **5. AWARDING OF LEVELS**

- 5.1. A certificate of achievement will be issued upon successful completion of a specified level with a minimum aggregate score of 50 points for Level 1 and 2, and 100 points for Level 3 to 10.
- 5.2. Certificates will be made available on a date after the competition at the SLASU office.

<b>ARTISTIC SWIMMING LEVELS COMPETITION 2020</b>
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**TO: THE TREASURER**  
**SRI LANKA AQUATIC SPORTS UNION**  
 Department of Sports Development,  
 No.33 Torrington Place, Colombo 00700, Sri Lanka.

<i>For office use only:</i>	
<i>Date:</i>	<i>Invoice/Receipt No:</i>

<b>PAYMENT FORM</b>
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<b>NAME OF ORGANIZATION:</b>	<b>REG. NO</b>

EVENT	ENTRY FEE	NUMBER OF ENTRIES x FEE	TOTAL AMOUNT
<b>ARTISTIC SWIMMING:</b>	Rs.		Rs.
Levels	500.00		
<b>TOTAL</b>			

<b>Contact Person:</b>			
<b>Name of Team Leader:</b> <i>(Teacher-in-Charge/ Club Captain/ Authorized Representative)</i>		<b>Telephone No:</b> <i>(Preferably Mobile)</i>	

**We hereby certify that:**

1. The competitors entered are present students/members of this school/club and are registered with the Sri Lanka Aquatic Sports Union for the year of competition.
2. The details pertaining to each swimmer provided herein is true and correct.
3. The participation of the school/club and its athletes are subject to the conditions of entry, participation, selection and the rules specified in this meet summons and the rules of the Sri Lanka Aquatic Sports Union without reservation.
4. The rules in this circular have been explained to and accepted by the athletes.
5. The decisions of the referee, jury of appeal and the Sri Lanka Aquatic Sports Union is final and conclusive.
6. The undersigned is fully authorized to submit the entries for the above event.

**AUTHORIZED SIGNATORY:**

**Name:** \_\_\_\_\_

**Designation:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Seal**  
*(where applicable)*

