

February 7, 2018

ARTISTIC SWIMMING LEVELS COMPETITION 2018

Saturday 17th March 2018 - 9:00am onwards (Figures)

Sunday 18th March 2018 – 9:00am onwards (Routines)

Otter Aquatic Club Pool

GENERAL INFORMATION

1. ENTRIES

- ❖ Entries must be in the attached ENTRY FORMS {ANNEX 2} and has to be accompanied with the corresponding payments (ANNEX-1) payable by cheque to the Sri Lanka Aquatic Sports Union (SLASU) and crossed "Account Payee Only". The entry forms may be reproduced as per your requirements.
- ❖ All required Entry forms must be typed legibly and should contain all required information. Incomplete forms may be rejected.

2. ELIGIBILITY

- ❖ Entries for the above championships will only be accepted from fully paid-up affiliate members and registered participants.

3. ENTRY FEES

- ❖ Please refer to ANNEX-1 Column 3 for the respective entry fees.
- ❖ Protests or objections will cost Rs.500.00 each, and must be submitted in writing within one (1) hour of finishing event.

4. ANNEXURES

- ❖ The following documents are attached.
 1. Payment entry form
 2. Entry Form

ENTRY FEES

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

All entry fees must be deposited to the following account (Can Be Deposited at Any Branch),

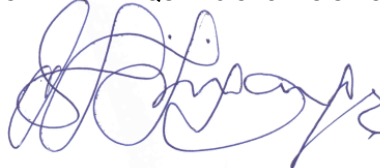
- Name of the Bank/ Branch - **Peoples Bank, Duke Street Branch**
- Account name - **Sri Lanka Aquatic Sports Union (SLASU)**
- Account Number - **0011 0012 0003 449**

5. ENTRIES CLOSE

- ❖ Entries will close on **Thursday, 08th March 2018 at 4:00pm** at the SLASU office.
- ❖ Entries without fees and/or late entries will not be accepted under any circumstances.

The Artistic Swimming Levels Competition 2018 will be held under the rules of The SRI LANKA AQUATIC SPORTS UNION (SLASU), and where inconsistent the rules of the FEDERATION INTERNATIONALE DE NATATION (FINA) 2017 - 2021 shall apply.

SRI LANKA AQUATIC SPORTS UNION



MAHINDA LIYANAGE
President

ARTISTIC SWIMMING

1. DRAW & TECHNICAL MEETING

- ❖ To be held on 15th March 2018 at 4:00pm at the SLASU Office.
- ❖ 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
1 None	<ol style="list-style-type: none"> 1. Standard Scull 2. Reverse standard scull 3. 310 Back tuck somersault 4. Propeller scull 5. Oyster 6. Flutter Kick traveling (both sides) 	No Free Routine	6 Level 5	<ol style="list-style-type: none"> 1. 355 Porpoise 2. 403 Swordtail 3. 423 Ariana 4. 315 Seagull 5. 140 Flamingo Bent Knee 6. 240 Albatross 	2:15 mins
2 Level 1 (2012)	<ol style="list-style-type: none"> 1. Dolphin Scull 2. Canoe Scull 3. BM14 Dolphin 4. Paddle Scull 5. BP14b Bent Knee traveling (both legs) 6. Egg beater traveling sideways 	No Free Routine	7 Level 6	<ol style="list-style-type: none"> 1. 345 Catalina Reverse 2. 355e Porpoise 360° (Descending) 3. 437 Oceanea 4. 301d Barracuda Spinning 180° 5. 311c Kip Twirl 6. 143 Rio 	2:30 mins
3 Level 2 (2012)	<ol style="list-style-type: none"> 1. BP10 Front Pike Position 2. BP13 Surface Arch Position 3. Feet First Dolphin (BM14 reverse) 4. Support Scull 5. Egg beater traveling with one arm straight out of the water for 10 sec. 6. BM1 & 2 Ballet Leg Single (each leg) 	2:00 mins	8 Level 7	<ol style="list-style-type: none"> 1. 308 Barracuda Airborne Split 2. 112 Ibis 3. 330c Aurora Twirl 4. 142 Manta Ray 5. 150 Knight 6. 115f Catalina Continuous Spin (720°) 	2:30 mins
4 Level 3	<ol style="list-style-type: none"> 1. BP7 Crane Position 2. BP4a Surface Flamingo Position 3. 301 Barracuda 4. 363 Water Drop 5. 360 Walkover Front 6. 311 Kip 	2:00 mins	9 Level 8	<ol style="list-style-type: none"> 1. 343 Butterfly 2. 330g Porpoise Twist Spin 3. 436 Cyclone 4. 307e Flying Fish Spinning 360° 5. 154j-2 London Combined Spin 720° 6. Double Rocket Split 	2:30 mins
5 Level 3	<ol style="list-style-type: none"> 1. 110 Ballet Leg Double 2. Inverted Vertical (BP6) holding 10 secs at a constant minimum knee level height 3. 401 Swordfish 4. 420 Walkover Back 5. 342 Heron 6. 125 Eiffel Tower 	2:15 mins	10 Level 8	<ol style="list-style-type: none"> 1. 308i Barracuda Airborne Split Spin Up 360° 2. 364 Whirlwind 3. 301f Barracuda Continuous Spin 720° 4. 141 Stingray 5. 328 Lagoon 6. 320 Kipswirl Split Closing 180° 	2:30 mins

*BP – Basic Positions (Fina Appendix II), BM – Basic Movements (Fina Appendix III), Other numbers – Fina International Figures

3. RULES AND REGULATIONS

- ❖ There will be an allowance of 15 seconds less or plus the allotted times in the free routine competition.
- ❖ Swimwear for Figure Competition: Black Swim Suit / White Swimming Cap / Goggles and Nose Clips.
- ❖ All figures will be performed at a signal from the referee.
- ❖ Figure score will be 50% of the total mark.
- ❖ All music should be submitted on flash drives in MP3 format with clear identification of swimmer, school/club and the level in conformity to the prescribed duration.
- ❖ **A minimum score of 50% of the total aggregate score should be achieved to be able to pass each level.**
- ❖ Athletes may participate in two levels only up to Level 3. 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. AWARDING OF LEVELS

- ❖ A certificate of achievement will be issued upon successful completion of a specified level with a minimum score 50 points.
- ❖ Certificates will be made available on a date after the competition at the SLASU office.

ARTISTIC SWIMMING LEVELS COMPETITION 2018
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**TO: THE TREASURER
SRI LANKA AQUATIC SPORTS UNION**

PAYMENT FORM

NAME OF ORGANIZATION:	REG. NO
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EVENT 01	ENTRY SHEET NO(S) 02	ENTRY FEE 03	NUMBER OF ENTRIES x FEE 04	TOTAL AMOUNT 05
ARTISTIC SWIMMING – LEVELS		Rs: 200.00	x 200.00	
TOTAL				

WE CERTIFY THAT THE COMPETITORS ENTERED ARE PRESENT STUDENTS/ MEMBERS OF THIS SCHOOL/CLUB.

PRINCIPAL / SECRETARY & SEAL OF INSTITUTION

TEACHER IN CHARGE / CLUB CAPTAIN

CONTACT No: (Mobile Preferred)

- (I) PLEASE USE THE CORRECT ENTRY FORM FOR EACH DISCIPLINE SUBMITTED.
- (II) SLASU COMPETITOR REGISTRATION NUMBER MUST BE ENTERED.
- (III) PAYMENT MUST ACCOMPANY ENTRY FORM.

