

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
- Acrobatic 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 athletes assumes a starting position either on deck or in the water.
2. **Deck Work:** a set of movements' part of a routine executed to music prior to entering the water. 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.

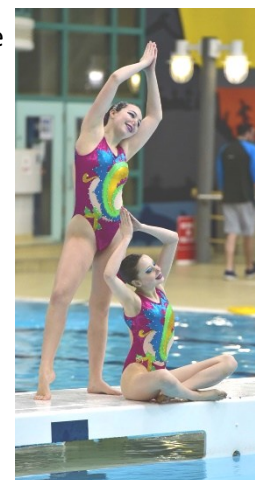
Routine Attire:

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:

Junior and senior athletes do not compete in figures events.

Technical and Free routines:

In Junior and Senior competitions - Tech and Free are separate events that are entered individually. It is not mandatory to enter one to be eligible to enter the other.

The technical routine contains technical required elements, a number of free elements (hybrids and acrobatics) and a free choice of transitions.

The free routine consists of a number of free elements (hybrids and acrobatics) and a free choice of transitions.

Free Combination and Acrobatic Routines:

Free Combination: a routine consisting of parts of solos, duets, trios and teams and includes technical required elements and free elements and acrobatic movements.

Acrobatic Routines—a combined Junior/Senior event which includes a number of required technical elements and acrobatic movements.

- 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.

Free Combo routine showcasing a duet



Scoring Routines

Routines are scored by panels of judges. Each judge will decide on a score from 1-10.

ELEMENTS

Scores awarded for the execution of all routine Elements, Technical Required elements and Free elements (hybrids and acrobatics)

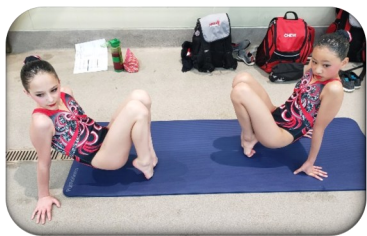
ARTISTIC IMPRESSION

Three scores are awarded:

1. Choreography & Musicality: the creative skill of composing a routine that combines artistic and technical elements. The design and weaving together of variety, creativity, and innovation of all movements: elements and transitions. The pool coverage. Expressing the mood of the music, use of the music's structure and the movements and synchronization with music.
2. Performance: the manner in which the swimmer(s) present(s) the routine to the viewers: the walk-on and deck movements. The use of body language to express physical and emotional power, confidence, and total command of the performance.
3. Transitions: the artistry and mastery of varied and purposeful movements, propulsions and strokes that link routine elements

DIFFICULTY

Difficulty Technical Controllers check the predeclared difficulty on submitted Coach Cards



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 artistic swimming. Land drill includes determining counts, setting patterns, clarifying position presentation, and practising movements out of the pool.