



**Regional Games 2023
(under Swim England & WA rules)**

Event: **Swim England Artistic Swimming Regional Games 2023**

Competition Date & Time:	Friday 2 nd June 2023, 9am-2pm
Venue:	Hengrove Leisure Centre, Hengrove Park, Bristol, BS14 0DE
Entry Closing Date:	19 th May 2023 12.00 (Noon)
Entries are submitted to:	artisticswimming@swimming.org
Referees:	Steve Fuller / Erica Moo

General conditions

Competition Conditions and Rules

1. The Regional Games shall be competed 'under SWIM ENGLAND Laws and Regulations and World Aquatics Technical Rules of Artistic Swimming.'
2. All competitors shall have been registered members of the club within the Region they will be representing for at least 60 days prior to the first day of the competition.

General rules

1. The REGIONAL GAMES shall be held annually in accordance with the World Aquatics Technical Rules of Artistic swimming. Where WORLD AQUATICS Rules do not provide the requirements SWIM ENGLAND Artistic swimming guidance will be given.
2. The organization and promotion of the Regional Games shall be the responsibility of Swim England Talent Artistic Swim Team. It shall decide any matter arising that is not covered by these conditions.
3. All officials shall be qualified.
4. All Regions are responsible for appointing judge(s) as set out in this document.
5. Competitors will enter as a Region for the REGIONAL GAMES.
6. The maximum number of entrants per Region for figures is 15 athletes and the minimum will be 8.
7. All competitors must be Swim England Category 2 registered swimmers.
8. All Regions must have a qualified Level 2 Artistic Swimming Coach on the poolside.
9. All entries shall be submitted to artisticswimming@swimming.org with the appropriate entry fees, no later than 12.00 (noon), 19th May 2023.

Events, Entry and Points

Land Video – see in separate document – Entry 19th May, video submitted by Thursday 12 (noon) 25th May 2023.

- Youth Figure Competition: See Appendix 2
 - 13-15 female
 - 13-16 male
 - Entry 19th May, Comp 2nd June

- Swim relay – Entry 19th May, Comp 2nd June

Land Video	Each Region will have their land video judged on synchronisation and execution	Each region will be awarded points in relation to their place in all 3 areas Winner/1 st place 7 2 nd place 6 3 rd place 5 4 th place 4 5 th place 3 6 th place 2 7 th place 1
Figure Competition	Figures will be judged in the usual way The top 8 individual athletes figure scores from each Region will be added together and divided by 8, to find the average score for each region	
Relay	Eight athletes will each swim 50m as fast as possible – dive and stroke is optional, swimming rules for relays will apply (take overs) The fastest time will be given the 1 st place	
The Region with the overall highest number of points will be the Regional Games Champions for 2023.		

Officials Requirement

Each Regional entry must provide the following officials at their expense.

- LAND VIDEO: 1 judge available on either 27th-28th May
- FIGURES: Minimum of 2 judges & 1 scorer (if entering 8-10 athletes)
Minimum of 3 judges & 2 scorers (if entering 11-15 athletes)
- RELAY: 1 nominated timekeeper

We will look to have two panels of judges and they should ideally be Level 2 or higher.

Entry Qualifications

1. Age as at midnight on the 31st December in the year of competition 2023.
2. Male swimmers may compete in all events.
3. Figure group will be drawn on Tuesday 30th May at 3pm.
4. Each athlete taking part in –
 - a. Land: Film a group of 4 athletes, at least 1 athlete from each age group 11, 12, 13, 14 or 15yrs/16yrs (M), – to make a total 4 athletes. See Appendix 1 for more details.
 - b. Figures: 8-15 athletes can take part, all to perform the drawn figures, each athlete will do 4 figures. See Appendix 2 for more details.
 - c. Relay: 8 athletes to represent the Region – no more than 2 from each age group 11, 12, 13, 14, 15yrs/16(M) – to make a total of 8 athletes, athletes swim 50m as fast as possible. See Appendix 3 for more details.

Swimwear World Aquatics rules shall apply

Swimwear for the figure session must be according to World Aquatics rule GR 5. It shall be black and competitors shall wear a white cap. Goggles, nose clips or plugs may be worn.

Photography

Anyone who is not a SWIM ENGLAND Club member must apply to the organiser before the competition for permission to take photos.

Timings of the competition

Provisional timetable:

9am	9.30am	Team Manager: Competitor Registration in Foyer
9am	9.30am	Land: Warm-up Sports Hall
9.30am	10.30am	Pool: Figure warm-up (9.30-10am group 1, 10-10.30am group 2)
9.30am	10.30am	Judges: Report to Referee & Judges Meeting
10.35am	1pm	Figure Competition
1pm	1.45pm	Lunch and display by GB athletes
1.45pm	2pm	Regional Relay Race
2pm	2.15pm	Medals and Awards
2.30pm		GB Training resumes and Regional Squads are welcomed to watch

Entries are submitted to: artisticswimming@swimming.org

FEES: £15.00 per individual athlete no matter how many events they take part in. (Example: athlete 1 is taking part in land video, figures and relay – they pay £15, athlete 2 is taking part in just figures £15).

Fees can be submitted by bank transfer, with the reference made up with your Region and **ASRG** (example: North West - NWASRG)

Bank Account

Bank Name Lloyds Bank plc
Bank Address 37-38 High Street, Loughborough, Leicestershire, LE11 2QG

Name on Account: Amateur Swimming Association (Swim England) Ltd
Sort Code 30-65-85
Account No. 49818760
IBAN: GB32 LOYD 3065 8549 8187 60
BIC: LOYDGB21689

Awards and Trophies

1. Regional Games Figures: individual winners 1st, 2nd, 3rd
2. Regional Overall Figures: The Region with the highest average figure score of their top 8 swimmers.
3. Regional Games Overall Champions [land, figures and relay]: The Region with the highest combined points in all 3 areas will be the Regional Games Overall Champions.

Appendix 1.

Land Video

- Four athletes will follow sequence of movements
- Last years videos can be viewed here:
<https://swimming.box.com/s/f1w5qb57naru2q1y6q2psevnnuivwqih>
- At least 1 athlete from each age group 11,12, 13, 14 or 15/16(M) – total of 4 athletes
- Send video by WeTransfer to artisticswimming@swimming.org
- Send between 19th – 26th May, no later than 12noon 26th May

Please follow instructions

- If you are unsure about an exercise – please email for confirmation prior to filming
- Follow instructions on how each exercise should be done
- Using music is your choice
- Each component listed in general information will be judged 0-10

The following preparation guidelines should be followed

Athletes must -

- complete the routines in one run through with no stopping
- wear similar yoga/fitted leggings/shorts and a fitted sports top, or swimming suit with shorts over
- have hair off face in a bun or ponytail for long hair
- have bare feet

HOW TO FILM

- The videos must be filmed in landscape and uploaded in MP3 format
- All athletes full bodies must be seen clearly on video
- All athletes ankles, knees and arms should be visible for each of the exercises
- The video must be taken in one take without a gap/stopping/pause or editing
- You may use music, record with or without sound
- Clearly label/name the video with Regions name

LAND SPECIFIC

Goal: Perform all moves with perfect execution and synchronisation

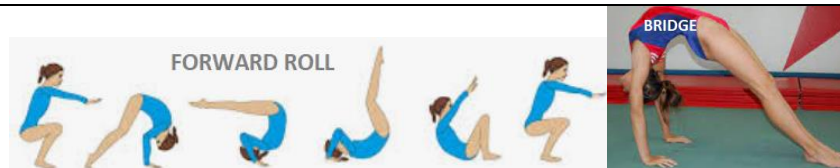
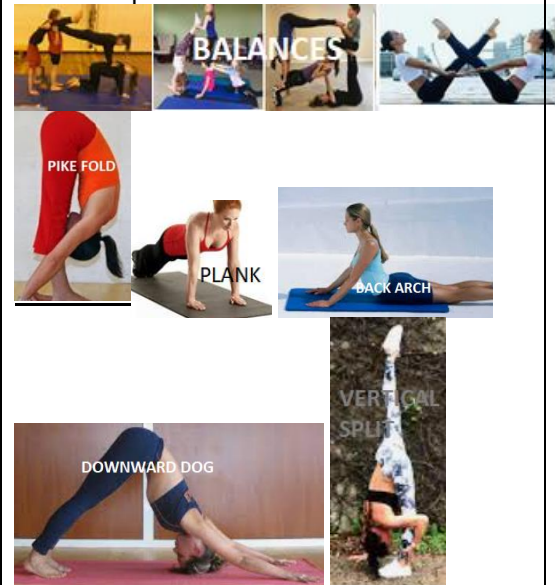
Start recording

- Hold a balance for 5 seconds involving all 4 athletes
- Stand in a line, arms stretched fully above head
- Pike fold hold for 3 seconds, walk hands
- Plank with arms straight hold 3 seconds
- Lower hips to show back arch hold 3 seconds
- Push hips up to downward-dog hold for 3 seconds
- Walk hands in to pike hold
- Lift one leg to a vertical split (optional split) hold for 3 seconds, unroll to standing
- Perform one at a time in a cadence a forward roll to standing
- After number 4 stands, all drop to splits
- Swing back leg to seated L shape, showing good posture
- Open both legs through box split to lying prone position, extend arms above head
- Log roll onto back and set up for bridge, push arms and legs straight into bridge
- Creative exit from bridge (this is your choice of movement it can be synchronised, cadence or 2 & 2)
- Finish in an optional position (this can be standing, sitting, lying on floor, athletes may be in different positions)

General Information about the land video

- Balance: optional balance, all can be in different positions and levels
- Pike fold: legs straight with body as close to legs as possible
- Plank: flat back, full body tension
- Back arch: hands close to hips, body as vertical as possible with hips remaining on ground, ears in line with shoulders
- Downward dog: arms and legs straight, heels close/touching floor
- Vertical Split: lift one leg as high as possible aiming for 180°
- Forward Roll: fluid rotation from standing back to standing
- Splits: flat, good legs and feet extension, body back
- Seated L Shape: extension and posture
- Around the world: hip stay as close to ground as possible
- Bridge: arms straight, nice arch, straight legs
- All optional movements will be given a score on execution

Examples



All moves must be performed in the correct order, with the correct technique
Athletes should try and move from one to the other with fluidity

Appendix 2.

Youth Figures

<https://resources.WorldAquatics.org/WorldAquatics/document/2022/11/01/0345c744-4726-4ccd-b70b-8cd3071e7bf4/02-AS-Rules-2022-2025-Appendix-1-13-15-figures.pdf>

Group 1

140g Flamingo Bent Knee, Twist Spin 2.9

437 Cyclone, Open 180° 2.6

Group 2

308h Barracuda Airborne Split Spin Up 180° 2.9

407 Swordfish Straight Leg Ariana Rotation 2.6

Group 3

356f Whip Continuous Spin 720° 3.0

441 Saturn 2.5

Group 4

352 Venus 3.0

240i Albatross Spin up 360° 2.5

Group 5

144 Rio Straight Leg 3.1

421 Walkover Back Closing 360° 2.4

Group 6

440d Ipanema Spinning 180° 3.1

311j Kip Combined Spin 2.4

Appendix 3.

Swimming Relay

- 8 athletes to represent the Region
- No more than 2 from each age group 11, 12, 13, 14, 15/16 (M)
- Athletes swim 50m as fast as possible
- Stroke is optional
- Optional entry - dive or you may start in the water
- Official Rules for take overs apply
- Choice of swimwear is optional

World Aquatics rules for Relays

SW 10.11 In relay events, the team of a swimmer whose feet lose touch with the starting platform before the preceding team-mate touches the wall shall be disqualified.

SW 10.12 Any relay team shall be disqualified from a race if a team member, other than the swimmer designated to swim that length, enters the water when the race is being conducted, before all swimmers of all teams have finished the race.

Please note if a swimmer is starting in the water, they shall not leave the side until the other swimmer has touched.

The final swimmer must stay in the water until the teams have finished the race.