



Regional Games 2024

Event: **Swim England Artistic Swimming Regional Games 2024**

Competition Date & Time:	Friday 31 st May 2024, 9am-2pm
Venue:	Hengrove Leisure Centre, Hengrove Park, Bristol, BS14 0DE
Entry Closing Date:	20 th May 2024 12.00 (Noon)
Entries are submitted to:	artisticswimming@swimming.org
Referees:	TBC

General conditions

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 (for example Health and Safety regulations, Child Safeguarding) the requirements of SWIM ENGLAND shall apply.
2. The organisation and promotion of the Regional Games shall be the responsibility of Swim England Artistic Swim Team. It shall decide any matter arising that is not covered by these conditions.
3. Competitors will enter as a Region, with entries will only be accepted from Swim England Regions
4. 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
5. Competitors must be Swim England Club Compete registered members

Officials

1. All officials shall be qualified and be on the Artistic Swimming Licensed Officials List (where applicable)
2. Each Regional entry must provide the following officials at their expense.
3. Judge quotas -
 - o LAND VIDEO: 1 judge available on either 25th-26th May
 - o FIGURES: Min of 2 judges & 1 scorer (if entering 8-10 athletes)
Min of 3 judges & 2 scorers (if entering 11-15 athletes)
 - o RELAY: 1 nominated timekeeper

Competition Conditions

1. The maximum number of entrants per Region for figures is 15 athletes and the minimum will be 8.
2. All Regions must have a qualified Level 2 Artistic Swimming Coach on the poolside.
3. All entries shall be submitted to artisticswimming@swimming.org with the appropriate entry fees, no later than 12.00 (noon), 20th May 2024.

Events, Entry Requirements

Event	Entry Deadline	Competition	Information
Land Video	20 th May	24 th May (12noon)	Appendix 1
Figure Competition	20 th May	31 st May	Appendix 2
Swim Relay	20 th May	31 st May	Appendix 3

Scoring

Land Video	Each Region will have their land video judged on synchronisation and execution	<p>Each region will be awarded points in relation to their place in all 3 areas</p> <p>Winner/1st place 7 2nd place 6 3rd place 5 4th place 4 5th place 3 6th place 2 7th place 1</p>
Figure Competition	<p>Figures will be judged in line with World Aquatics Rules</p> <p>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</p>	
Relay	<p>Eight athletes will each swim 50m as fast as possible – dive and stroke is optional, swimming rules for relays will apply (take overs)</p> <p>The fastest time will be given the 1st place</p>	
<p>The Region with the overall highest number of points will be the Regional Games Champions for 2024.</p>		

Entry Qualifications

1. Age as at midnight on the 31st December in the year of competition 2024.
2. All events are open to both female and open eligibility categories in accordance with Swim England's Transgender and Non-Binary Competition policy.
3. Figure group will be drawn on Tuesday 28th May at 3pm.
4. Each athlete taking part in –
 - a. Land: Sequence of four (4) athletes: one athlete from any year of birth, (age groups 11yrs, 12yrs, 13yrs, 14yrs or 15yrs) – to make a total 4 athletes. See Appendix 1 for clarification.
 - b. Figures: Between eight (8) and fifteen (15) athletes can take part. Each athlete will do four (4) figures, athletes can be any age up to the top age limit 15 years (2009). See Appendix 2 for details.
 - c. Relay: Eight (8) athletes to represent the Region – no more than three (3) athletes aged 15 years may be used in the relay. See Appendix 3 for clarification.

Please note athletes taking part in land & relay must be part of the figure selection. Regions that are not able to fit the age criteria due to numbers/ability will have a deduction of two (2) ranking points per violation.

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
- One athlete from any of the years of birth (age groups 11,12, 13, 14 or 15)
- Example: 1x11yrs, 1x12yrs, 1x13yrs, 1x14yrs or 1 x 12yrs, 1x13yrs, 1x14yrs, 1x15yrs
- Send video by WeTransfer to artisticswimming@swimming.org
- Send between 20 – 24th May, **no later than 12noon 24th 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
- Optional: Use of music, music selection 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 MP4 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

Figure group selectin will be done on Tuesday 28th May 2024. An email will be sent to the email address supplied by each Region.

Appendix 3.

Swimming Relay

- Eight (8) athletes to represent the Region
- No more than three (3) athletes 15 years old (2009 DOB) within the total Eight (8) athletes swimming the relay
- Athletes swim 50m as fast as possible
- Stroke is optional
- Optional entry - dive or water start
- Official relay rules for take overs apply (see below)
- Choice of swimwear is optional
- You may nominate one (1) reserve swimmer, the guidelines regarding age still apply

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 wall.

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