



## Regional Games 2025

Event: **Swim England Artistic Swimming Regional Games 2025**

Competition Date & Time:	Friday 30 <sup>th</sup> May 2025, 9am-2:30pm
Venue:	Hengrove Leisure Centre, Hengrove Park, Bristol, BS14 0DE
Entry Closing Date:	16 <sup>th</sup> May 2025 12.00 (Noon)
Entries are submitted to:	<a href="mailto:artisticswimming@swimming.org">artisticswimming@swimming.org</a>
Referees:	Erica Moo

### 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
6. All Regional staff should hold the relevant DBS, safeguarding and relevant qualifications to be on poolside.

### Officials

1. All officials shall be qualified and a member of Swim England
2. Each Regional entry must provide the following officials at their expense.
3. Judge quotas -
  - o LAND VIDEO: 1 judge available on the weekend of 24<sup>th</sup> and 25<sup>th</sup> 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](mailto:artisticswimming@swimming.org) with the appropriate entry fees, no later than 12.00 (noon), 16<sup>th</sup> May 2025.

### Events, Entry Requirements

Event	Entry Deadline	Competition	Information
Land Video	16th May	24 <sup>th</sup> /25 <sup>th</sup> May	Appendix 1
Figure Competition	16th May	30 <sup>th</sup> May	Appendix 2
Swim Relay	16th May	30 <sup>th</sup> 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/1<sup>st</sup> place 7  2<sup>nd</sup> place 6  3<sup>rd</sup> place 5  4<sup>th</sup> place 4  5<sup>th</sup> place 3  6<sup>th</sup> place 2  7<sup>th</sup> 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 1<sup>st</sup> place</p>	

The Region with the overall highest number of points will be the Regional Games Champions.

In the event of a tie in points, the Region with the highest average figure score will be declared the overall winner. If two Regions achieve the same average figure score, the tie will be broken by determining which Region has won or placed highest across all events.

## Entry Qualifications

1. Age as at midnight on the 31<sup>st</sup> December in the year of competition 2025.
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. The referee will draw the Figure group on Tuesday 27<sup>th</sup> May at 3pm.
4. Each athlete taking part in –
  - a. **Land: Sequence performed by four (4) athletes:** only one athlete from each year of birth, (select four (4) athletes from 2010, 2011, 2012, 2013, 2014). 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 (2010). See Appendix 2 for details.
  - c. **Relay: Eight (8) athletes to take part.** No more than three (3) athletes aged 15 (2010) years may be used in the relay, the others can be from any age group. 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	2.30pm	Medals and Awards
2.30pm		GB Training resumes and Regional Squads are welcomed to watch

**Entries are submitted to:** [artisticswimming@swimming.org](mailto:artisticswimming@swimming.org)

**FEES:** £16.00 per individual athlete no matter how many events they take part in. (Example: Athlete 1 is taking part in land, figures and relay = £16. Athlete 2 is taking part in just figures = £16).

Fees can be submitted by bank transfer, or go cardless after submission or an invoice can be raised. If you make a bank transfer please be clear with the reference, for example: North West Artistic Swimming, Regional Games - 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 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>
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 (2010, 2011, 2012, 2013, 2014)
- Example: 1x11yrs, 1x12yrs, 1x13yrs, 1x14yrs or 1 x 12yrs, 1x13yrs, 1x14yrs, 1x15yrs
- Send video by WeTransfer to [artisticswimming@swimming.org](mailto:artisticswimming@swimming.org)
- Send between 12<sup>th</sup>-16<sup>th</sup> May, **no later than 12noon 16<sup>th</sup> 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 and choreography is your choice
- Each component listed in general information will be judged 0-10 for execution and synchronisation

#### **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
- hair off face, a bun or ponytail for long hair
- bare feet

#### **HOW TO FILM**

- The videos must be filmed in landscape
- If you use your iphone or ipad please convert to 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**

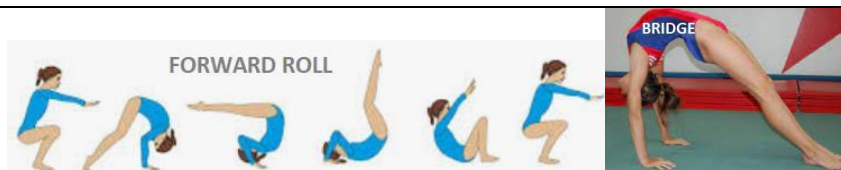
### Start recording

- 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**

#### **SECTION A**

##### **Group 1**

307e Flying fish Spinning 360 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

#### **SECTION B**

##### **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

#### **SECTION C**

##### **Group 5**

140j Flamingo Bent Knee Combined Spin 360 3.1

421 Walkover Back Closing 360° 2.4

##### **Group 6**

440d Ipanema Spinning 180° 3.1

154f London Continuous Spin 720 2.4

Video of figures: <https://www.swimming.org/artistic-swimming/figure-grade-4/>

**Figure draw will be completed by the Referee on Tuesday 27<sup>th</sup> May 2025, the group will be emailed to the Regional contact given on entry form.**

### **Appendix 3.**

#### **Swimming Relay**

- Eight (8) athletes to represent the Region
- No more than three (3) athletes 15 years old (2010 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.