

**Swim England North-East & North-West Multi-Regional Artistic Swimming Combination
Team, Novice/Non-Regional Standard Figures and Routines and Masters Competition
2026**

LICENCE NUMBER(S): ASL3/26/010 & ASLM/26/002

DATE OF COMPETITION: Saturday 23rd May 2026

VENUE: John Charles Centre for Sport, Middleton Grove, Belle Isle, Leeds LS11 5DJ

ENTRY DEADLINE: Saturday 25th April 2026 (nesynchro-competitions@outlook.com)

GRADE DEADLINE: Saturday 11th April 2026

MUSIC DEADLINE: Monday 4th May 2026 (neartisticswimmusic@outlook.com)

COACH CARD DEADLINE: Monday 4th May 2026 (coachcards@outlook.com)

COMPETITIONS CONDITIONS

A competitor must have been a registered member of a club in whose name they have entered at least 30 days prior to the first day of competition. The Club must be affiliated to Swim England and Swim England North-East or North-West Regions.

The multi-regional combination team competition shall be held annually, under Swim England Laws and Regulations and World Aquatics Technical Rules of Artistic Swimming.

The promotion of the Competition shall be the responsibility of the NE Working Group. The Promoters shall decide any matter that is not covered by these conditions.

Competitors in teams must be members of the same club and may only represent one club.

Closing date will be midnight, 28 days prior to the first day of competition. (Saturday 25th April 2026)

The age of all competitors is the age on the 31st December in the year of competition (2026).

Events

COMBINATION TEAM - 100% Routine Score.

SWIMMERS MAY ONLY ENTER INTO ONE COMBINATION TEAM

A Free Combination Team has a minimum of four (4) and maximum of ten (10) competitors who make a combination of routines.

If a club would like to enter more than one (1) combination team in the same category, but do not have a full team of ten (10) swimmers, you WILL be able to enter another team in the same category due to the event organisers combining age groups categories together.

Whilst it is recognised that at National level, combination Team events will be split into a range of different age groups, we will be using only 3 different age groups – 9-12, 9-15, 13-19. However, if you have a team that would be entered into the 13-15 section at combo cup, they should enter into the 13-19 category. The same applies to the 15-19 category, swimmers should be entered into the 13-19 category. There will be a division 1 event and division 2 event for each age group.

Age limits apply regardless of gender.

Time Limits and content for routines, including ten (10) seconds for deck work shall be:

(Timing of the deck movements shall end as the last competitor enters the water)

COMBINATION ROUTINE REQUIREMENTS:

Categories	Time Limit	Allowance	Grade requirements	Total	Total Required Elements & Summary
9 – 12 DIV 1	3:00	+/- 5 secs	Figure OR Routine Grade 0-2	7	2 Team Acrobatics (with safety limit+) 1 x Solo Hybrid, 1 x Duet Hybrid, 3 x Team Hybrid (min of 4 athletes) Element parts can't occur simultaneous (i.e. Team Acrobatic occurs while solo hybrid starts)
9-12 DIV 2	3:00	+/- 5 secs	Figure OR Routine Grade 1-3	8	3 Team Acrobatics (with safety limit+) 1 x Solo Hybrid, 1 x Duet Hybrid, 3 x Team Hybrid (min of 4 athletes) Element parts can't occur simultaneous (i.e. Team Acrobatic occurs while solo hybrid starts)
9 – 15 DIV 1	3:00	+/- 5 secs	Figure OR Routine Grade 0-3	7	2 Team Acrobatics (with safety limit+) 1 x Solo Hybrid, 1 x Duet Hybrid, 3 x Team Hybrid (min of 4 athletes) Element parts can't occur simultaneous (i.e. Team Acrobatic occurs while solo hybrid starts)
9-15 DIV 2	3:00	+/- 5 secs	Figure OR Routine Grade 3+	8	3 Team Acrobatics (with safety limit+) 1 x Solo Hybrid, 1 x Duet Hybrid, 3 x Team Hybrid (min of 4 athletes) Element parts can't occur simultaneous (i.e. Team Acrobatic occurs while solo hybrid starts)
13-19 DIV 1	3:00	+/- 5 secs	Figure OR Routine Grade 0-3	8	3 Team Acrobatics (with safety limit+) 1 x Solo Hybrid, 1 x Duet Hybrid, 3 x Team Hybrid (min of 4 athletes) Element parts can't occur simultaneous (i.e. Team Acrobatic occurs while solo hybrid starts)
13-19 DIV 2	3:00	+/- 5 secs	Figure OR Routine Grade 3+	9	4 Team Acrobatics (with safety limit+) 1 x Solo Hybrid, 1 x Duet Hybrid, 3 x Team Hybrid (min of 4 athletes) Element parts can't occur simultaneous (i.e. Team Acrobatic occurs while solo hybrid starts)

You should enter the **13-19 Division 1** category, if you plan on entering the below events at the national combo cup:

- 13-15 division 1
- 13-19 division 1
- 15-19 division 1

You should enter the **13-18 Division 2** category, if you plan on entering the below events at the national combo cup:

- 13-15 division 2
- 13-19 division 2
- 15-19 division 2

<i>Acro DD safety limit</i>	
<i>Youth – Group A</i>	<i>2.65</i>
<i>Youth – Group B</i>	<i>2.60</i>
<i>Youth – Group C</i>	<i>2.45</i>
<i>Youth – Group P</i>	<i>2.50</i>

Teams may be mixed.

If the lack of a reserve reduces the Combination Team to less than four (4) swimmers, then the team shall be disqualified.

Judging of Combination Team Events

Judging will be complete by:

- 5 x Artistic Impression Judges
- 5 x Elements Judges
- 1 x Assistant Ref (if available)
- 1 x Referee
- 1 x Difficulty Technical Controller
- 3 x Synchronisation Technical Controllers.

Coach Cards will be required, and the correct number of Required Elements should be adhered to. All hybrids and acro's will be set at Basemark, (Hybrids 1.5, Acros 1.0). This means that the results would be based on the Execution, Synchronisation errors and Artistic Impression only. Coaches should focus on the quality of execution and synchronisation without the need to worry about adding difficulty at this stage.

Coach cards must be emailed to the event organiser (coachcards@outlook.com) by midnight on **4th May 2026**. Please use the most up to date Swim England Coach Card.

Scoring will be completed in 0.25 increments.

NOVICE/NON-REGIONAL STANDARD FIGURES

There are no routine grade requirements for this event, all entries will be bases on the swimmers figure grade on the grade deadline.

Figure Grade	Age Group	Figures
0 & 1	9-10 11-12 13-19 (20 for males)	1. Back layout to bent knee position returning to back layout (DD 1.0) 2. Back tuck somersault (Fig 310 DD 1.1) 3. Fishtail position held for 5 seconds (DD 1.0)
2	9-10 11-12 13-19 (20 for males)	1. Somersault front pike (Fig 323 DD 1.4) 2. Blossom (Fig 302 DD 1.4) 3. Neptunus (Fig 344 DD 1.6)
3	13-19 (20 for males)	1. Barracuda (Fig 301 DD 1.8) 2. Front Ariana (Fig 260 DD 2.2) 3. Waterdrop (Fig 363 DD 1.8)

NOVICE/NON-REGIONAL STANDARD ROUTINES

Swimmers must take part in the novice/non-regional standard figure competition.

The results of the figure competition will be used to qualify for entry into the routine competition. The highest-placed four (4) solo swimmers will swim their solo routines for each grade/age category as listed below. The four (4) duets with the highest placed combined figure score in each grade/age category will qualify to swim their routines.

100% Routine Score. No coach card required. Free choice of choreography – no requirements.

The swimmer may only swim in one Duet in the Duet competition, both swimmers must be registered and competing for the same club in the same age and grade category

Solos

Figure Grade	Age Group	Time (+/- 5 sec)
0	9-12	1:15
0	13-19 (20 for males)	1:15
1	9-12	1:15
1	13-19 (20 for males)	1:15
2	9-12	1:15
2	13-19 (20 for males)	1:15
3	13-19 (20 for males)	1:15

For the ease of the Officials, all grade 0 will compete in the same event then all grade 1's, then all grade 2's and finally all grade 3's will compete in the same event.

Duets

Figure Grade	Age Group	Time (+/- 5 sec)
0	9-12	1:30
0	13-19 (20 for males)	1:30
1	9-12	1:30
1	13-19 (20 for males)	1:30
2	9-12	1:30
2	13-19 (20 for males)	1:30
3	13-19 (20 for males)	1:30

For the ease of the Officials, all grade 0 will compete in the same event then all grade 1's, then all grade 2's and finally all grade 3's will compete in the same event.

For this event, same-sex and mixed duets will be judged in the same category and only be eligible for one set of medals.

Judging of Novice/Non-Regional Standard Events

Coach cards are not required for any event in this category of the competition.

Judging of figures will be completed by a panel of five (5) judges for each figure being swum.

Judging of all routines will be completed by two (2) panels of five (5) judges:

1. Execution
2. Artistic Impression

Scoring for all figure novice/non-regional standard events will be completed in 0.1 increments.

Scoring for all solos, duets and combo routines will be in increments of 0.25

MASTERS ROUTINE EVENTS

The average age of the competitors in a routine shall be determined by adding the ages of the actual swimmers, dividing by the number of swimmers (not including the reserves) and dropping any resulting fraction or decimal.

Team shall consist of a minimum of four (4) members and a maximum of eight (8) members.

Free Combination shall consist of a minimum of four (4) members and a maximum of ten (10) members.

All competitors in the Technical Team and Free Combination Team must be from the same club.

Event	Age Group	Time
Technical Team	18-34 / 35+	2:50
Free Combination	18-34 / 35+	3.30

There shall be no minimum time limit. Time limits include 10 seconds for the deck work. The walk-on time is a maximum of 30 seconds.

Judging of Masters Events

Coach cards are not required for any Masters events. Elements 1–5 must be completed in the order listed.

Judging of all Masters technical routines will be completed by three (3) panels of five (5) judges; one panel each for Execution, Impression and Elements.

- Elements panel judges shall award one score each for Technical Required Elements 1-5 for execution and synchronisation.
- Execution panel judges shall award one score for execution and synchronisation of everything that is not Technical Required Element 1-5.
- Impression panel judges shall award one score for difficulty of everything that is not Technical Required Element 1-5 and choreography, music interpretation, and manner of presentation of all movements including elements.

Judging of Masters combination team routines will be completed by three (3) panels of five (5) judges, one panel each for Execution, Artistic Impression and Difficulty.

- Execution panel judges shall award one score for execution and synchronisation,
- Artistic Impression panel judges shall award one score for Choreography, Music Interpretation, and Manner of Presentation.
- Difficulty panel judges shall award one score for Difficulty.

Scoring for all Masters events will be completed in 0.1 increments.

The referee and/or the assistant referee will monitor that the required elements have been completed.

Masters General Requirements

Supplementary elements may be added.

Unless otherwise specified in the description of an element

1. All figures or components thereof shall be executed according to the requirements described in this Appendix;
2. All elements shall be executed high and controlled in uniform motion with each section clearly defined.

Technical Solo Required Elements

Elements 1 to 5 have to be performed in the order. Element 6 may be performed at any time during the routine.

1. FISHTAIL – from a **Front Layout Position**, a *Front Pike Position* is assumed; one leg is lifted to a **Fishtail Position** the second leg is lifted to a **Vertical Position** (ending is optional).
2. SPLIT POSITION – followed by a *walkout front or walkout back*.
3. SPINNING 180° – from a **Bent Knee Position**, a *Spin 180°* is executed as the legs are joined to a **Vertical Position** at the ankles followed by submergence.
4. FLAMINGO – a *Ballet Let* is assumed. The shin of horizontal leg is drawn along the surface of the water to assume a **Surface Flamingo Position**
5. BARRACUDA BENT KNEE – from the **Back Pike Position** with the legs perpendicular and the toes just below the surface, a *Thrust* is executed as one leg is drawn along the inside of the other extended leg to assume a **Bent Knee Vertical Position**. A *Vertical Descent* is executed in a **Bent Knee Vertical Position** at the same tempo as the *Thrust*.
6. TWO (2) FORMS OF PROPULSION – Must include Egg Beater travelling sideways and/or forward (arms optional).

Technical Duet and Mixed Duet Required Elements

Elements 1 – 5 have to be performed in the order listed. Elements 6-7 may be executed at any time during the routine. **Routine Required Elements for Duet 1 to 6 as above for Solo plus.**

7. **JOINED ACTION** – where the swimmers are connected (touching) in some manner to perform one of the following:
 - a. A connected figure or a connected float or connected stroking
 - b. Action must be performed simultaneously. Minor action is permitted.

With the exception of the **DECK WORK** and **ENTRY** and as noted in the **JOINED ACTION**, all elements, required and supplementary, **MUST** be performed simultaneously and facing the same direction by both swimmers. Variation in propulsion and direction facing are permitted during pattern changes.

Technical Team Required Elements

Elements 1 – 5 have to be performed in the order listed. Elements 6 – 9 may be executed at any time during the routine. **Routine Required Elements for Team 1 to 7 as above for Duet plus.**

8. CADENCE ACTION – identical movements performed sequentially, one by one, by all team members. When more than one cadence action is performed, they must be consecutive and not separated by other optional or required elements. A second cadence action may begin before the first cadence action is completed by all team member's but each team member must do the action of each cadence.
9. PATTERNS – must show one circle and one straight line. Elements may be performed when in the circle or the straight-line patterns.

With the exception of the **DECK WORK**, **ENTRY**, **CADENCE** and as noted in the **JOINED ACTION**, all elements, required and supplementary, **MUST** be performed simultaneously and facing the same direction by all swimmers. Swimmers need not face the same direction in the circle pattern. Variation in propulsion and direction facing are permitted during pattern changes. Mirror actions are not permitted except in the description of the elements.

Free Combination Team Required Elements

1. At least two (2) parts must have fewer than three (3) competitors and at least two (2) parts must have eight (8) to ten (10) competitors

ALL COMPETITION EVENTS

Method of Entry

Entries will be submitted via an excel spreadsheet which will be emailed out to clubs once entries are open. NO alternations are permitted to the formatting of the spreadsheet. The form MUST be submitted no later than midnight on Saturday 25th April 2026. Alterations after this date will not be permitted.

The appropriate entry fees must be paid no later than noon on Monday 27th April 2026.

Swim England North East Region
Sort Code 82-12-08
Account Number 10245685

Please put your club name as the reference and email nesynchro-competitions@outlook.com to advise the total amount paid.

Duet and Team Declarations

Duet and team declarations are to be completed and given to the Registration Team at the start of the competition day. Changes after this time may only be made in the case of sudden illness or accident of a member of the duet or team, and if the reserve is ready to compete without delaying the event. If a reserve is not ready to compete without delay to the event the duet or team shall be disqualified.

Please note that if a swimmer is unable to swim on the day for any reason including, but not limited to, physical injury, then they must not be included on the declaration form and will not be eligible for a medal.

Order of appearance

The order of appearance for all events shall be selected by a random draw.

Medals

Medals will be presented for:

1. **Combination Teams** – ages 9-12 div 1 + div 2, 9-15 div 1 + div 2, 13-18 div 1 + div 2
2. **Novice/non-regional standard: Figures;** Grade 0 age 9-10, 11-12, 13-19 (20 for males); Grade 1 age 9-10, 11-12, grade 1 age 13-19 (20 for males); grade 2 age 9-10, 11-12, grade 2 age 13-19 (20 for males), grade 3 age 13-19 (20 for males).
3. **Solos;** Grade 0 age 9-12, 13-19 (20 for males); Grade 1 age 9-12, grade 1 age 13-19 (20 for males); grade 2 age 9-12, grade 2 age 13-19 (20 for males), grade 3 age 13-19 (20 for males).
4. **Duets;** Grade 0 age 9-10, 13-19 (20 for males); Grade 1 age 9-12, grade 1 age 13-19 (20 for males); grade 2 age 9-12, grade 2 age 13-19 (20 for males), grade 3 age 13-19 (20 for males).
5. **Master's Technical Team and Free Combination team routines** – age groups 18-34 and 35+ apply for all Masters event categories.

Music

Music for this competition is free choice and has not been pre-selected.

All music information must be registered with The Limited Manufacturing License, Mechanical Copyright Protection Society (MCPS).

All music must be submitted via email to the event organiser (heartisticswimmusic@outlook.com). Please send a copy of all music in **MP3 format** Each track to be labelled **12&U-Duet-MinnieMouse&MickeyMouse**. All Music must be of good quality.

Late entries will not be accepted resulting in the routine not being able to be swam.

If the sound level of the competitor's accompaniment is found to be incorrect during the deck work the competitor may stop and, after adjustment of the music, restart without penalty.

The accompaniment and judging shall begin upon a signal from the referee. After the signal, the performance shall continue without interruption.

Competition attire

For the figure competition: A plain black one-piece swimsuit (no logos, coloured piping, etc.) and a plain white swim cap (again no logos) must be worn. Goggles and nose clips are permitted.

For routine swims: Team costumes and headdresses should be in good taste and conform to World Aquatics and Swim England Law. Nose clips are permitted - goggles may only be worn for Novice and Combination Team events if the competitor provides a doctor's note. Goggles are permitted for Master's routines. Full event costumes can be worn for Masters Technical Routines.

Jewellery: Only small studs are permitted. Remove any dangling jewellery before the start of the event. Nail varnish must be removed for the figure's competition only, the referee's decision is final.

Makeup: Natural makeup that represents the athlete's unique personality and/or the theme of their routines may be used.

Swimwear: Swimsuits may represent the character or theme of the music. No excessive nudity, swimwear must be dignified and appropriate for athletic competition.

Schedule

Please note that the event schedule will be issued to clubs once entries are confirmed, and ahead of the competition.

Officials and Volunteers

A valid Disclosure with Barred Service Check (NB: applications can take up to 60 days. All officials/volunteers must be a member of Swim England, and any official/volunteer requiring access to the changing rooms/village **MUST** have a valid DB certificate issued through Swim England

All officials/volunteers should have minimum qualification/requirements (specific to the role):

- Coaches – Coaching Qualification or Assistant Coach Certificate
- Team Manager – Team Manager Training Module 1 or 2 Certificate
- Chaperone – Club authorisation to be acting in loco parentis on behalf of the Club

Safeguarding Certificate: valid Safeguarding certificate updated and recorded with Swim England Membership Department.

Clubs **MUST** provide the appropriate numbers of officials for swimmers entered or reduce the number of swimmers being entered. The competition cannot go ahead without the correct number of officials, which is increasing with the new rules and regulations coming into force. This rule has not always been enforced in the past, but if your club are short of officials then you can only enter the appropriate number of swimmers for the officials provided. It is each club's responsibility to contact other officials to see if they are available to help out.

1-5 swimmers = 2 judges, 1 scorer, 1 clerk of course plus 1 volunteer
6-15 swimmers = 3 judges, 2 scorers, 2 clerk of course, 3 volunteers
16-20 swimmers = 4 judges, 2 scorers, 3 clerk of course, 4 volunteers
21-30 swimmers = 5 judges, 2 scorers, 4 clerk of course, 4 volunteers
31-40 swimmers = 6 judges, 3 scorers, 4 clerk of course, 5 volunteers
41-50 swimmers = 7 judges, 3 scorers, 4 clerk of course, 5 volunteers

Photography

We are all aware of the wide range of devices including mobile telephones which have photographic and filming capabilities. This enables the capture of both static and moving images. It should also be acknowledged that most images taken in a Swim England setting are appropriate and taken in good faith. However, images of children and adults can be misused, and sharing images widely without consent may betray the confidence or identity of a child or adult, which could present a risk of harm to that individual if common sense procedures are not followed.

Parents and carers of participants under the age of eighteen who wish to take images are requested to focus on their own children as much as reasonably possible and to avoid including other children in images, particularly if those images are being shared with family and friends or through social media platforms. Whilst it is acknowledged that parents/carers wish to celebrate the achievements of their own children when taking part in aquatic events, it should be recognised and respected that other parents/carers may not wish for their child's image to be taken and shared in this way.

Swim England encourages all spectators and participants at Swim England events to make themselves familiar with the photography and filming arrangements for the event and be vigilant during that event.

Should individuals have any concerns about photography or filming at the event, this should be brought to the immediate attention of the competition organiser at the time.

Spectators

£8 per person, under 5's are free. Please note ALL spectators, including parents, must pay for spectator tickets, this will be completed via a QR code. The link to do this will be sent out ahead of the competition and also available on the day of competition.

Safeguarding

In order to ensure the safety of all swimmers and as per Swim England's Wavepower guidance - the use of mobile phones or other photographic devices is prohibited in the changing rooms. Team Managers must make sure your club is aware of and adheres to this rule.

Protests

Swim England/World Aquatics Penalties will apply.

Protests may be made and dealt with as detailed in Swim England Laws.

PLEASE NOTE: EVENTS ARE SUBJECT TO CHANGE DEPENDING ON NUMBER OF ENTRIES.

All communications regarding changes will be sent via email from nesynchro-competitions@outlook.com.