



Baltic Artistic Swimming Championship 2023

INVITATION

October 27th-29th 2023, Tartu, Estonia

ORGANIZERS:



SPONSORS AND SUPPORTERS:





Estonian Swimming Federation

with

Estonian Aquatic Sports School



The Estonian Swimming Federation in cooperation with Estonian Aquatic Sports School invites you to the
II Open Baltic Artistic Swimming Championships!

Venue: Turu 10, Tartu, Tartu region, Estonia, 51004

Pool dimensions: Swimming pool meeting with dimensions 25×50 m with depth 1.20 - 1.85 m..
Competition area 25×25 m, with depth 1.85 m.

Competition programme (preliminary):

October 27th 2023 – arrival,
October 28th -29th 2023 – competition,
October 29th 2023 – departure.

COMPETITION INFORMATION

Rules: The competitions are held in accordance with World Aquatics rules 2022-2025. All Free routines will be judged according to previous rules 2017 – 2021.

Coach card: The content of the free routines must correspond to the required number of elements: hybrids, acrobatics, etc. according to [Appendix III](#) World Aquatics. **NB!** In the coaching card, it is necessary to note the start and end times of each element, but there is no need to prescribe their content, bonus and DD.

For example:

Time	Part	EL	Base Mark	Declared Difficulty	Bonus	DD	TC
0:05 – 0:10	TRANS		-	-	-	-	-
0:11 – 0:18	HYBRID	1	-	-	-	-	-
0:19 – 0:25	TRANS		-	-	-	-	-
0:26 – 0:35	ACRO	2	-	-	-	-	-
etc...							

The coach card can be found in the attachment along with invitation. Coach card must be sent to estswim@swimming.ee with copy to competition@evk.edu.ee no later than **October 13th 2023**.

Competitors: National teams of the Baltic countries (Latvia, Lithuania and Estonia) and national team/clubs from other countries.

In each age group one national team/club can enter up to 12 participants (if a team enters a Mixed Duet, then it can add one or two participants according to the age of the competitive category).

Referi: Anton Rzhzanov

Age groups:

- AG8 (born in 2015 and younger);
- AG10 (born in 2013 and younger);
- AG12 (born in 2011 and younger);
- AG15 (born in 2008-2010);
- Beginners (born in 2011 - 2014).



Each sports organization is allowed to register:

- AG8, AG10, AG12 and AG15 – figures only;
- AG10, AG12 and AG15 - 2 Solos, 2 Duets, 2 Mixed Duets, 1 Team and 1 Combination;
- Beginners – Technical Solo*

**Rules of Beginners Technical Solo will be sent in a separate document.*

Competition events and awards:

AG8:

- Figures: 100%;

AG10:

- Figures: 100%;
- Free routine (Solo, Duet, Mixed Duet, Team, Combination): 100%;

AG12 and AG15:

- Figures: 100% + free routine (Solo, Duet, Mixed Duet, Team): 100%;
- Free Combination 100%.

Beginners:

- Technical Routine (Solo): 100%

The awards will be held in two categories:

- Among the national teams of the Baltic countries (Latvia, Lithuania and Estonia);
- Among all participating teams (national teams / clubs).

Medals and diplomas will be awarded for 1-3 places.

All AG8, AG10 and Beginners Technical Solo athletes will be awarded diplomas for participation.

The Baltic Cup will be played among the Baltic countries.

Time limits:

- For AG8, AG10, AG12 and AG15: Solo 2:00 min., Duet/Mixed Duet 2:30 min., Team 3:00 min., Combi 3:00 min.

The timing error can be 5 seconds.

Draw of Figures:

AG12 Figures Optional Group and AG15 Figures Section shall be drawn on **October 16th 2023** by Referee. Result of draw shall be sent to club/federation contact person by email without delay. All AG15 competitors must have to perform 4 figures (one section).

AG8 and AG10 figures will be sent in a separate document along with the invitation and entry form.

Participation fee – 35 €

If competitor participants only in figures session, then his participation fee is 15 €.

If competitor participants in Beginners Technical Solo session, then his participation fee is 20 €.

Competitor can take part in both figures sessions (for example can take part in AG8 and AG10) if he meets the age criteria. In this case, the payment is calculated from participation in two events (Figures + Figures = 30 euros).

Competitors who compete in Beginners Technical Solo are not eligible to compete in other age categories. In the Free Routines competitor has the right to compete in only one age category.

Each sports organization is required to provide:

- **National team – at least 2 judge;**
- **Club – at least 1 judge.**

In case the organization does not provide judge, the fine is 50 euros per one judge.



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Music:

For the performance we ask to send the audio files via wetransfer (www.wetransfer.com) to competition@evk.edu.ee no later than **October 13th 2023**.

The music files must be submitted electronically via the Internet in mp3 format *Fina Rule AS15.3 Method 2.

Each performance must be named "age group_routine_name of the competitors/team_name of the club/national federation.mp3".

For example:

12andunder_free team_Crocodiles_EST.mp3 or *10andunder_free duet_Kask_Tamm_EST.mp3*

We also ask you to bring a good quality music on USB media with you.

Note: All issues not addressed in this guide will be resolved by the competition referee in accordance with World Aquatics competition regulations

Preliminary competition schedule:

28.10.2023 Saturday

10:00 – 19:00 - Figures, Free Solo and Combi (all age categories)

29.10.2023 Sunday

10:00 – 16:30 - Duet/Mixed-Duet Free, Team Free, Solo Tech Beginners (all age categories)

The Organizing Committee reserves the right to make changes to the schedule. The exact schedule will be sent to registered participants within one week after the registration deadline.

Entry Form:

The entry form can be found in the attachment along with invitation. The completed form must be sent to estswim@swimming.ee and competition@evk.edu.ee

Please, in the registration application, indicate the phone number of a contact person who can be added to the group in WhatsApp.

Pre-registration: September 22nd 2023.

Registration deadline: October 13th 2023.

After registration, invoices will be issued within three days, which are payable by October 21st 2023.

Bank details

Estonian Swimming Federation

Account no: EE037700771008720022

Recipient's address: Tondi 84/3, 11316 Tallinn, Estonia.

Bank details: AS LHV Pank, Tartu mnt 2, 10145 Tallinn, Estonia.

S.W.I.F.T.: LHVBE22

On the payment order please indicate: "ARTSWIM/TARTU/FEE/CLUB(SHORT)NAME"

Photo and Video

II Open Baltic States Championships in artistic swimming is a public event, where videos and photos might be taken. The filmed and photographed material may be published in the media and online.

Safety

The organizers of the competition guarantee the medical safety service throughout the competition period. Each participant must have medical insurance for the duration of the competition.



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The host party guarantees medals, cups, diplomas. Accommodation, food and transport costs are covered by the participants.

Do not hesitate to ask further information concerning competitions, accommodation, transfer or any other issue.

Contact

(+372) 555-85-930 (Russian, Estonian)

(+372) 518-71-61 (English, Russian)

E-mail: estswim@swimming.ee or competition@evk.edu.ee

See you at competitions in Tartu!

Sincerely,

Organizing Committee of the Competition.

Baltic Artistic Swimming Championship 2023

Rules for the Beginners Technical Solo Competition.

TECHNICAL ELEMENTS

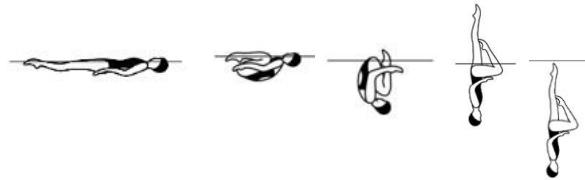
The competitor must perform 7 mandatory elements in a certain order while swimming 25 meters distance.

1. Ballet Leg or Flamingo Position (DD 1.6)



Mandatory: 3-5 second fixation of the position.

2. Bent Knee Vertical Position (DD 1.4)



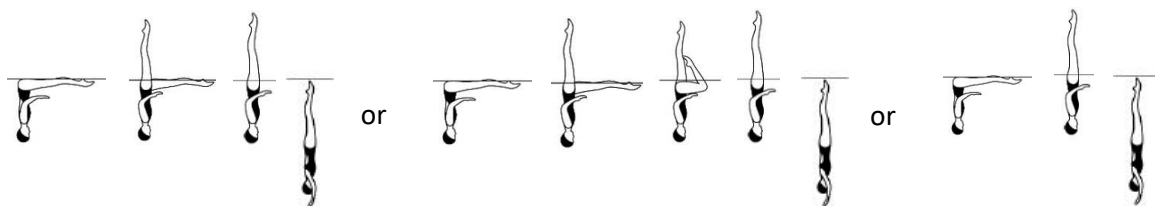
Mandatory: 3-5 second fixation of the Bent Knee Vertical Position.

3. Eggbeater (DD 1.4)



Mandatory: 8 counts of music with hands on the water and 8 counts with one/two hands up.

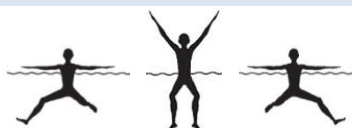
4. From Front Pike Position to Vertical Position (DD 1.8)



Mandatory: Perform the maximum height of Vertical Position for 2-3 seconds.

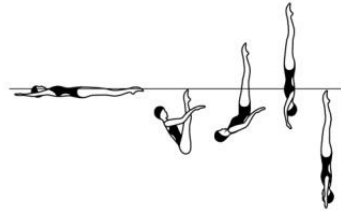
From the Front Pike Position, the athlete must raise the legs to the Vertical Position (examples above, or similar), hold the maximum height of Vertical Position, and then perform a Vertical Descent.

5. Boost out of an Eggbeater (DD 1.6)



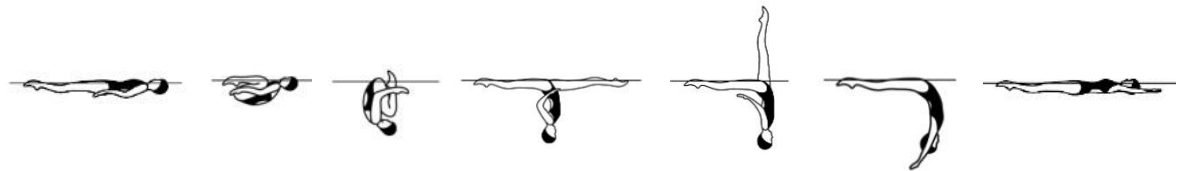
Mandatory: Boost out with hands up in a free position.

6. Barracuda (DD 1,8)



From a Back Layout Position the legs are raised to vertical as the body is submerged to a Back Pike Position with the toes just under the surface of the water. A Thrust is executed to a Vertical Position. A Vertical Descent is executed at the same tempo as the Thrust.

7. Split (DD 1.6)



Mandatory: Perform the split position (fixing the position for 3-5 seconds).

Swimmer start element with swimming feet forward. Through the Tuck Position swimmer does a Split Position. After that forward leg will return to the back leg to Surface Arch Position through the Knight Position.

JUDGING

The performance of the elements is evaluated by the judges according to the principles of evaluation of technical routines: the height of the performance, the pace of performance, etc. The artistic impression is also evaluated.

It is allowed to use competitive swimsuits, make-up and hairstyles in accordance with the rules of World Aquatics/FINA.

The participant must provide the music to the organizers according to the deadlines specified in the main invitation. The duration of the music is 1:30 minute. Name of file: BEG_Tech.Solo_Name.mp3

Routines are evaluated by 12 judges: 7 (seven) judges for technical elements (one judge evaluates one element) and 5 (five) judges for artistic impression (evaluates the impression of the whole routine).

FIGURES

AG10 FIGURES

1. BALLET LEG SINGLE (1.6)

From a **Back Layout Position** one leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. After that, the bent leg is straightened in **Ballet Leg Position**. The leg is then returned to a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.



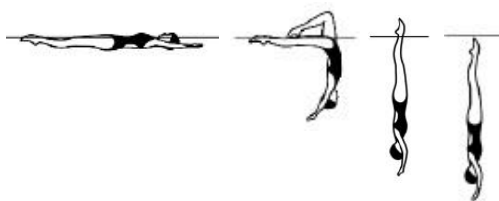
2. FISHTAIL (1.5)

From a **Front Layout Position** a **Front Pike Position** is assumed. One leg is lifted to a **Fishtail Position**. The foot of the forward leg is at the surface, regardless of the height of the hips. The legs join to assume a **Vertical Position** while descending to ankle level. A *Vertical Descent* is executed.



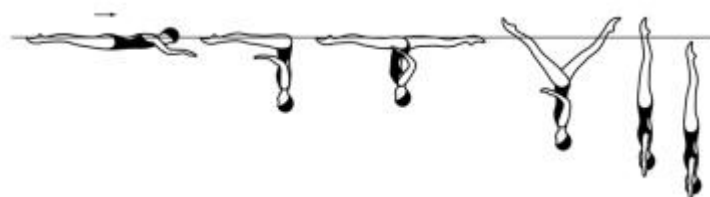
3. SIMPLE NOVA (1.4)

From a **Back Layout Position** a **Bent Knee Surface Arch Position** is assumed. The legs join to assume a **Vertical Position** while descending to ankle level. A *Vertical Descent* is executed.



4. 362. SURFACE PRAWN (1.3)

From a **Front Layout Position**, a **Front Pike Position** is assumed. One foot is moved in horizontal arc of 180° at the surface to a **Split Position**. The legs are joined to assume a **Vertical Position** at the ankles. A *Vertical Descent* is executed.



AG8 FIGURES

1. 360 DEGREES ROTATION IN TUCK POSITION (1.0)

From a **Back Layout Position**, the knees and toes are drawn along the surface to assume a **Tuck Position**. A 360 degrees rotation is made while keeping the body position. Hips stay as the centre of rotation. Feet and body will be extended back to **Back Layout Position**.



2. SOMERSAULT BACK TUCK (1.1)

From a **Back Layout Position**, the knees and toes are drawn along the surface to assume a **Tuck Position**. With continuous motion, the tuck becomes more compact as the body somersaults backward around a lateral axis for one complete revolution. A **Back Layout Position** is resumed.



3. BENT KNEE BACK LAYOUT POSITION (1.2)

Begin in a **Back Layout Position**. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. After that the toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.



4. BENT KNEE FRONT LAYOUT POSITION (1.0)

From a **Front Layout Position**, one leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Front Layout Position**. After that the toe moves along the inside of the extended leg until a **Front Layout Position** is assumed.



Please fill in with type or write in capital letters!

Member Federation:					
Competition:					
Event:	<input type="checkbox"/> PRELIMS	<input type="checkbox"/> FINALS			
	<input type="checkbox"/> Solo Tech	<input type="checkbox"/> Male Solo Tech	<input type="checkbox"/> Duet Tech	<input type="checkbox"/> Mixed Duet Tech	
	<input type="checkbox"/> Solo Free	<input type="checkbox"/> Male Solo Free	<input type="checkbox"/> Duet Free	<input type="checkbox"/> Mixed Duet Free	
	<input type="checkbox"/> Team Tech	<input type="checkbox"/> Team Free	<input type="checkbox"/> Acrobatic	<input type="checkbox"/> Combo	
Theme:					
Name of competitor(s):					

ELEMENTS IN ORDER OF PERFORMANCE

[illegible]**FINA Member Federation:** _____

Date: _____ **Signature:** _____