



MAGYAR  
SZINKRONÚSZÓ  
SZÖVETSÉG

1023 Budapest, Árpád fejedelem útja 8.  
e-mail: hungary.synchro@gmail.com  
mobil: +36 30 741 8496

## INVITATION



**30th Hungarian Cup**  
**International Artistic Swimming Competition**  
**November 10-12, 2023**





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**Dear Sport Friends,**

The Hungarian Artistic Swimming Federation kindly invite you to Hungary for the 30th Hungarian Artistic Swimming Cup.



<b>Competition Venue:</b>	Duna Arena Népfürdő utca 36, Budapest, Hungary, 1138
<b>Competition pool:</b>	50m x 25m, depth: 3.0m
<b>Competition Date:</b>	November 10-12, 2023
<b>Participants:</b>	Clubs and/or national teams
<b>Events:</b>	Solo, Male Solo, Duet, Mixed Duet, Team, Free Combination, Acrobatic Routine
<b>Sessions:</b>	World Aquatic Figures, Technical Routines, Free Routines, Free Combination, Acrobatic Routine
<b>Age groups:</b>	10 and under, 12 and under, Youth, Junior, Senior, Masters
<b>Rules to govern:</b>	Current World Aquatics 2022-25 Rules
<b>Referee:</b>	Judit Vizi





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## 1. Sessions

### 10 and under

Figures – Total DD: 5,8

- Ballet Leg Single - 101 (FINA 2017-2021) 1,6
- Front Layout Position to assume Split Position 1,4
- Eggbeater, boost with double arm 1,3
- Somersault Back Pike - 303 (FINA 2017-2021) 1,5

### Routines

Technical Duet and Technical Team

#### BALETT LEG COMBINATION

From a Tub Position, the legs are opened rapidly twice to Ballet Leg Position. A Flamingo Bent Knee Position is executed, then switched the legs. Then lowered to Tub Position.

#### EGGBEATER COMBINATION

Eggbeater to the side for 8 movements - 4 movements with one arm, than 4 movements with double arms.

#### FLEXIBILITY

Rapid Split by one leg from Fishtail Position.

#### ROTATION

From a Bent Knee Vertical Position 180° spin is executed as the Bent Knee is extended to Vertical Position and completed as the ankles reach the surface of the water.

#### THRUST

Thrust with crashing.

### 12 and under

Figures – Total DD: 6,9

- 106 Straight Ballet Leg 1,6
- 301 Barracuda 1,8
- 311 Kip 1,6
- 227d Swanita Spinning 180° 1,9

### Routines

Free Routines: Solo, Male Solo, Duet, Mixed Duet, Team, Free Combination

## Youth

### Age

Female:12-15 years

Male:13-16 years

### Figures

One group (2 figures) drawn from 4.5.6 groups. Each competitor Solo, Male Solo, Duet, Mixed Duet, and Team must performs the two figures.





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#### 4. group:

- 352 Venus 3,0
- 240i Albatross Spin Up 360' 2,5

#### 5. group:

- 144 Rio Straight Leg 3,1
- 421 Walkover Back Closing 360' 2,4

#### 6.group:

- 440d Ipanema Spinning 180' 3,1
- 311j Kip Combined Spin 2,4

### Routines

Free Routines: Solo, Male Solo, Duet, Mixed Duet, Team, Free Combination,

### Junior, Senior

#### Age

Junior Age: Female:15-19 years, Male 15-20 years  
Senior Age:15+ years

### Routines

Technical Routines: Solo, Male Solo, Duet, Mixed Duet, Team  
Free Routines: Solo, Male Solo, Duet, Mixed Duet, Team, Acrobatic routines

### Masters (25+) – FINA 2017-2022

#### Routines

Technical Routines: Solo, Duet, Mixed Duet, Team  
Free Routines: Solo, Duet, Mixed Duet, Team, Free Combination

## 2. Time limits

Time limits		Solo (women, men) Technical	Solo (women, men) Free	Duet technical	Duet Free	Mixed Duet Technical	Mixed Duet Free	Team Technical	Team Free	Free Combination	Acrobatic Routine
10 and under	max			1:30				1:45			
12 and under	5 sec +/-		2:00		2:30		2:30		3:00	3:00	
Youth			2:00		2:30		2:30		3:00	3:00	
Junior		2:00	2:15	2:20	2:45	2:20	2:45	2:50	3:30		3:00
Senior (+15)		2:00	2:15	2:20	2:45	2:20	2:45	2:50	3:30		3:00
Masters	max. +15 sec	1:30	2:30	1:40	3:00	1:40	3:00	1:50	4:00	4:00	

Masters: There is no minimum time limit.





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### 3. Special Rules

#### 10 and under

##### Duet Technical, Team Technical

Rules FINA 2017-2021

Required elements: All required elements #1 - #5 must be executed in any order.

Coach card: compulsory without DD

Scoring: **FINA 2017-2021**

Will be checked: The required elements of the Routine. Any deviation 0,5-point deduction/Routine.

#### 12 and under & Youth

##### Solo Free, Free Combination

Rules FINA 2017-2021

Coach card: no need

Scoring: **FINA 2017-2021**

##### Duet Free, Mixed Duet Free, Team Free

Rules Partly FINA 2017-2021 Rules, partly 2022-2025 Rules

Required elements: According to World Aquatic 2022-2025 Rules

Coach card: compulsory without DD

Scoring: **FINA 2017-2021**

Will be checked: The required elements of the Routine. Any deviation 0,5-point deduction/Routine.

#### Junior & Senior

##### Solo Free

Rules FINA 2017-2021

Coach card: no need

Scoring: **FINA 2017-2021**

##### Duet Free, Mixed Duet Free, Team Free, All Technical Routines, Acrobatics Routine

Rules World Aquatics Rules

Exception: Acrobatic movement in Technical Routines can be less than 2.0

Required elements: According to World Aquatic Rules

Coach card content: all data

Scoring: **World Aquatics 2022-2025**

#### Masters

##### All Routines

Rules FINA 2017-2021

Coach card: no need

Scoring: **FINA 2017-2021**





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## 4. Deviation from World Aquatics Rules 2022-2025

- Entries only in Figures accepted.
- No Finals are held even if there are more than 13 entries in one session.
- In the Masters competition, if necessary, age groups will be divided after the entries.

## 5. Calculation of the result:

- Age Group 10  
Figures: 100 %,  
Technical Routines: 100%
- Age Group 12U, Youth  
Figures: 100 %,  
Routines: Routine 100 % + Figures 100 %  
Free Combination: 100%
- Junior, Senior  
Technical Routine: 100%  
Free Routine: 100%  
Acrobatic Routine: 100%
- Masters  
Technical Routine: 100%  
Free Routine: 100%  
Free Combination: 100%

Medals will be awarded to 1st – 3rd places.

## 6. Coach Card

The Coach Card should be sent to the Federation ([hungary.synchro@gmail.com](mailto:hungary.synchro@gmail.com)) until 24 October .





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## 7. Music:

The music of the routines can be sent via **Wetransfer** ([www.wetransfer.com](http://www.wetransfer.com)) to the address of the Federation ([hungary.synchro@gmail.com](mailto:hungary.synchro@gmail.com)) **until 24 October** in MP3 or WAV format.

Please take the music with you on a USB stick and hand it to the music man before the competition starts. All music could be on one USB per club. Different age groups should be in different directories, the music of the routines should be titled as follows:

Solo and Duet: *"Club\_Age Group\_Solo/Duet\_Compervisor(s)"*

Team and Combination: *"Club\_Age Group\_Team/Combination"*

## 8. Provisional schedule (may change after entries):

**Friday:** Figures, Technical Routines

**Saturday:** Solo Free Routines, Team Free Routines

**Sunday:** Duet, Mixed Duet Free Routines, Free Combination Acrobatic Routines

Programme for Masters Routines upon entries.

## 9. Entries & registration

**Entries:** Online exclusively **until 24 October midnight** (24:00) via <https://nevezes.mszusz.hu/en/>

**Registration is now open, and the entry procedure will open from 10 October.**

**Entry fee:** For those who do not take the official accommodation- 40 Euros/competitor/ age group

## 10. Draw

**Draw:** 07 November

## 11. COVID-19

- In the case of illness and quarantine, the OC cannot bear the costs, which must always be paid by the delegation concerned. It is strongly recommended that you take out **insurance** to cover additional hotel, transfer, and hospital costs.
- The physical distance of 1.5-meter minimum must be respected at **all times**.
- In case of change updated detailed rules will be sent 2 weeks before the competition.

Please check the entry rules: [Consular Services \(kormany.hu\)](http://kormany.hu)



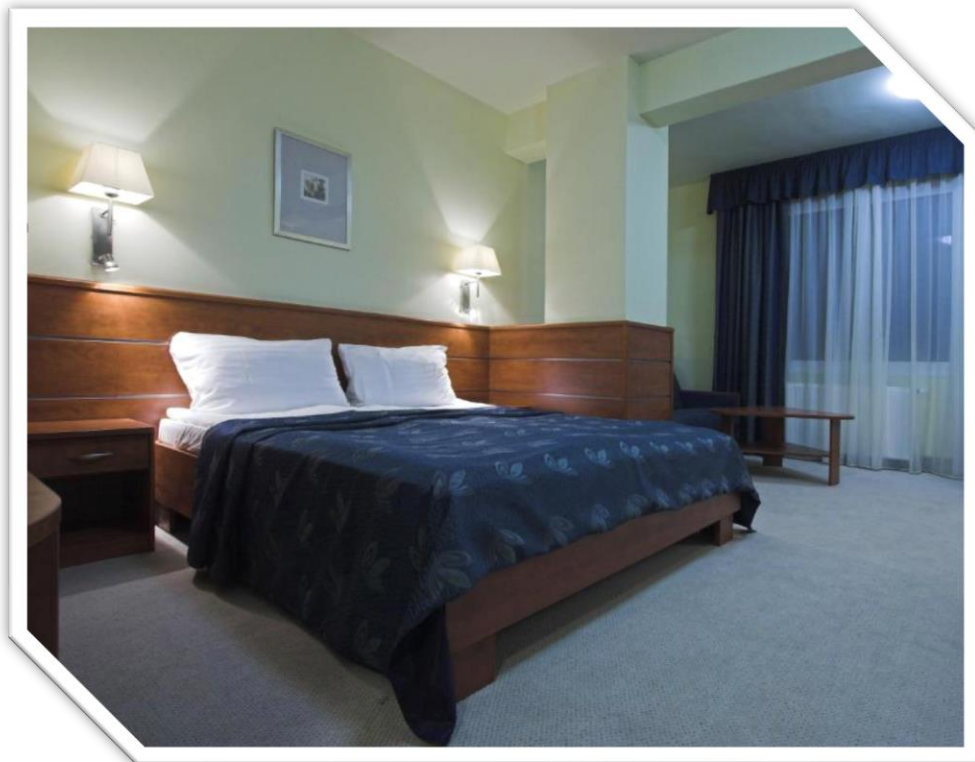


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## 12. Accomodation

### Accommodation with half board



The price also including half board (breakfast, dinner), airport transfer and daily one hotel- swimming pool- hotel transfer.

**Single room: 160 EUR/ person/ night**

**Double room: 125 EUR/ person/ night**

Accommodation is provided on a **first come first served basis**. If you would like to take the official accommodation, please take the high season and the very limited capacity of the hotel into consideration. **Please send your booking ASAP.**

**Only bookings received by 10 October will be accepted.**

**Payment:** 100% until 10 October via bank transfer.

**Cancellation policy:** After 10 October, the cancellation fee is 100%.

**Visa:** Assistance is provided on demand.



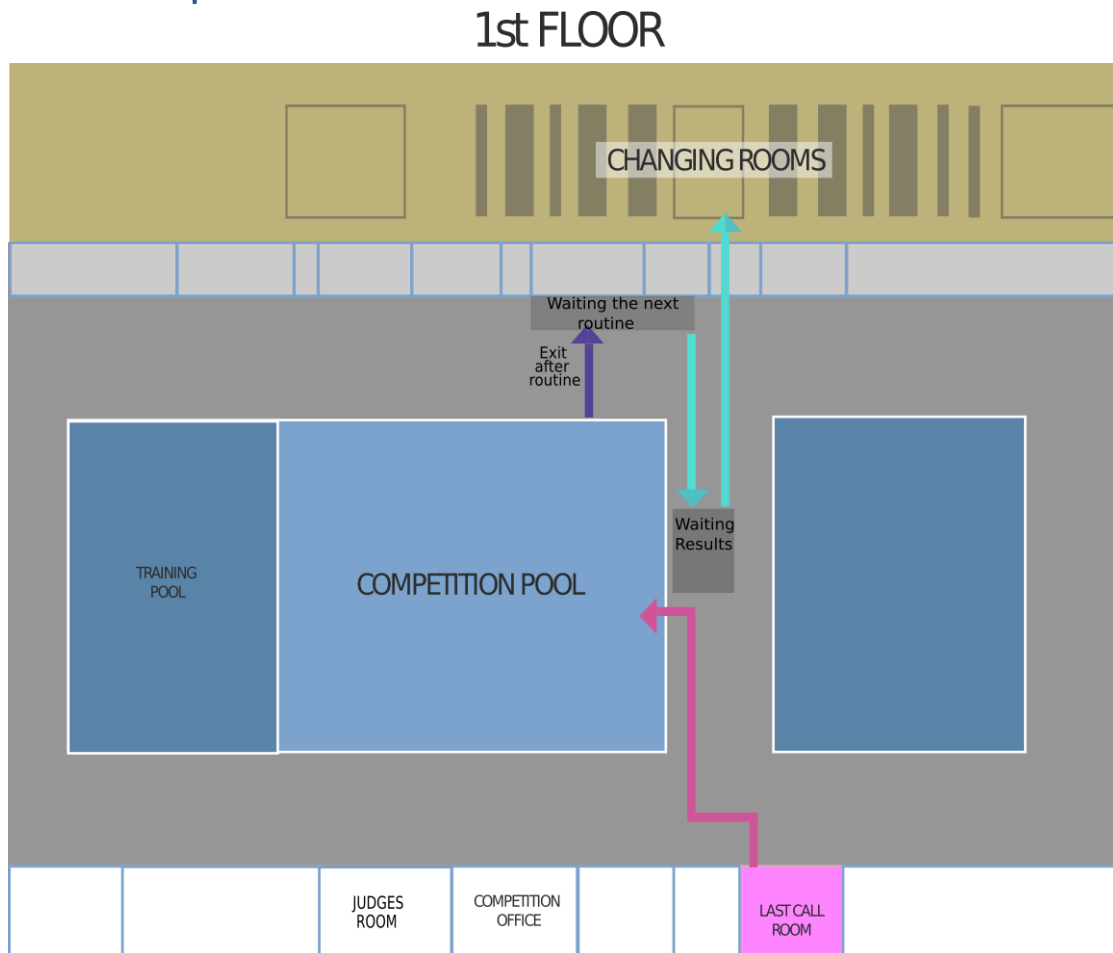




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### 13. Venue plan:



E-mail: [hungary.synchro@gmail.com](mailto:hungary.synchro@gmail.com)

If you have further questions do not hesitate to contact us.

Looking forward to seeing you in Hungary!





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## Contents

1. Sessions .....	3
10 and under .....	3
Figures – Total DD: 5,8 .....	3
Routines.....	3
12 and under .....	3
Figures – Total DD: 6,9 .....	3
Routines.....	3
Youth .....	3
Age.....	3
Figures .....	3
Routines.....	4
Junior, Senior.....	4
Age.....	4
Routines.....	4
Masters (25+) – FINA 2017-2022.....	4
Routines.....	4
2. Time limits .....	4
3. Special Rules .....	5
10 and under .....	5
Duet Technical, Team Technical .....	5
12 and under & Youth .....	5
Solo Free, Free Combination .....	5
Duet Free, Mixed Duet Free, Team Free .....	5
Junior & Senior .....	5
Solo Free.....	5
Duet Free, Mixed Duet Free, Team Free, All Technical Routines, Acrobatics Routine .....	5
Masters.....	5
All Routines.....	5





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4.	Deviation from World Aquatics Rules 2022-2025 .....	6
5.	Calculation of the result: .....	6
6.	Coach Card.....	6
7.	Music: .....	7
8.	Provisional schedule (may change after entries): .....	7
9.	Entries & registration .....	7
10.	Draw .....	7
11.	COVID-19 .....	7
12.	Accomodation .....	8
13.	Venue plan:.....	9

