



# SYNCHRO STARS 2025

Beginners  
Začiatočníci

3. - 4.5.2025

Bratislava/Slovakia

# GENERAL INFORMATION

## DATE

May 3rd - 4th, 2025

## PLACE

[Swimming pool STU, Imricha Karvaša, 811 07 Bratislava, Slovak Republic](#)

Indoor pool: 25x 12 m, depth: 2,40 m - 2,00 m

## ORGANIZER

Slovak Swimming Federation

## TECHNICAL ORGANIZER

SYNCHRO Žralok Bratislava

## OFFICIALS

Referee:	Júlia Bacharová
Assistent of referee:	Jana McDonnell
Technical controllers coordinator:	Vesna Jarina
Chief Recorder:	Martina Nela Vaculčík
Competition Director:	Andrea Šulcová

## CONTACT

General Secretary: Mira Bartalošová  
e-mail: [bartalossova@swimmsvk.sk](mailto:bartalossova@swimmsvk.sk)

## ENTRIES

Preliminary entry not later than	<b>5.4.2025</b>
Final entry not later than	<b>21.4.2025</b>
Coaches' cards no later than	<b>21.4.2025</b>
Withdrawal of entries	<b>30.4.2025 at 8:00 PM</b>

Please send the preliminary entry to:  
[bartalossova@swimmsvk.sk](mailto:bartalossova@swimmsvk.sk).

You will receive a confirmation e – mail with a link for the final entry, coach cards and music submission.

## DRAW

Draw of start lists for Figures will be on **3.5.2025**.

Draw of Start list for Free routines will be after the Figures competition on **3.5.2025**.

## ENTRY FEE

20 Euro /competitor/ level/ figures  
10 Euro /competitor/ routine (including reserves)

Payment method: via invoice, no later than **2.5.2025**.

The payment of entry fee must be done via bank transfer upon receiving the invoice from Slovak Swimming Federation.

## CONDITIONS FOR ENTRY

### Judges:

Each participating Club or Federation is required to nominate at its own expense at least one qualified judge or technical controller. Minimum 1 per 5 swimmers.

### DRESS CODE

All judges and technical controllers must wear white shirts, black trousers and black or white closed shoes.

### PROTESTS

According to World Aquatics rules 2022 - 2025

### MUSIC

Name the music as follows:

**Age group\_Event\_Club\_Name-Name.mp3**

Abbreviations used:

Categories: Level 3 (L3)

Event: Tech Duet (TD), Tech Mixed Duet (TMD), Tech Team (TT)

Example:

L3\_TD\_UnOI\_Nova-Stara.mp3

Deadline for music submission: **1.5.2025 / 08:00 PM.**

Bring your USB disk with the music as your backup as well.

# SYNCHRO STARS 2025

## COMPETITION RULES

This competition is partly adapted to the new World Aquatics rules of 2022 - 2025

## CATEGORIES & DISCIPLINES

### Category Level 1

- year of birth 2013 and under
- Competitors who have not yet scored 50 points in Level 1 and Level 2

Figures: 100%

### Category Level 2

- year of birth 2013 and under
- Competitors who have not yet scored 50 points in Level 3

Figures: 100%

### Category Level 3

- year of birth 2010 and under
- Competitors who have not yet scored 50 points in WAQ Figures

Figures: 100%

Tech routines:

Duet	100%
Mixed Duet	100%
Team	100%

Final result of routine is total sum of figure points and tech routine points achieved.

**There is NO final !!!**

### Time limits:

- Duet, Mix Duet: max. 1:45 minutes  $\pm$  5 seconds
- Team: max. 2:00 minutes  $\pm$  5 seconds

### Number of competitors in the team routine:

- 8 swimmers – for each missing swimmer, a penalty of 0.5 points will be applied (the minimum number of competitors is 4).

## RULES FOR ROUTINES - BEGINNERS - LEVEL 3



### Disciplines:

- Technical Duet
- Technical Mixed Duet
- Technical Team

Technical Elements of Routines (for Technical Duet, Technical Mixed Duet, and Technical Team):

Technical elements	The movement description	Declared difficulty	
1	<b>Ballet Leg Combination</b>	From the basic position "Tub Position," transition into the Ballet Leg position with one leg, then return to the Tub Position and perform the Ballet Leg position on the other leg. Return to the Tub Position again, followed by the "Flamingo Bent Knee Position." Next, switch legs in the Flamingo Bent Knee Position, and finally, place both legs back into the "Tub Position."	1,3
2	<b>Flexibility</b>	A rapid split with one leg from the "Tuck Position," followed by a swim-out into a walkout front.	1,4
3	<b>Airborne weight</b>	From the "Front Pike" position, transition into the "Bent Knee Vertical Position."	1,1
4	<b>Rotation</b>	From the "Bent Knee Vertical Position," perform a 180° spin down while extending the bent leg into a vertical position. The extension is complete when the ankles are above the water's surface.	1,1
5	<b>Thrust</b>	Thrust with one or two legs crashing on the surface (starting from the back pike position).	1,4

Other mandatory elements of the routine (evaluated within the artistic impression):

Required element	Routines								
	Duet tech	Duet tech mix	Team tech						
<b>Eggbeater</b> – side kick with arm movements. A total of 8 movements (4 movements with one arm, followed by 4 movements with both arms).	✓	✓	✓						
<b>Acrobatic element</b> – Basic lift – all participants in the routine must be involved in the acrobatic element - Basic lift in a standing position. <div style="display: flex; align-items: center; margin-top: 10px;">  <table border="1" style="margin: 0 10px;"> <tr> <td style="padding: 2px;">Simple Lift</td> <td style="padding: 2px;">L</td> <td style="padding: 2px;">Low</td> </tr> <tr> <td></td> <td></td> <td style="padding: 2px;">0.1</td> </tr> </table>  </div> <p style="font-size: small; margin-top: 5px;">Can be done from surface</p>	Simple Lift	L	Low			0.1	✗	✗	✓
Simple Lift	L	Low							
		0.1							
<b>Pattern</b> – circle and line.	✗	✗	✓						
<b>Pair assisted action</b>	✓	✓	✗						

## Penalties

Penalty deducted from the total score obtained for the routine	
Exceeding the 30-second time limit for entry.	2
Exceeding the time limit for the total routine duration.	2
Exceeding the 10-second time limit on land after the music starts.	2
Touching the bottom by one or more competitors to push off or assist another competitor.	2
Interruption of the routine by one or more competitors and allowing a repeated start of the routine.	2
Each missing competitor from the total of 8.	0,5

Penalty deducted from the total score obtained for the elements	
Each missed mandatory element.	2
Each additional performed hybrid or acrobatic element.	2

## ADDITIONAL RULES FOR ROUTINES

- The order of technical elements and other mandatory elements in the routine is not fixed and can be chosen freely according to the choreography.
- For each unperformed or incorrectly performed technical element, the judges will award 0 points.
- The order of technical elements and mandatory elements must be recorded on the coach's card.
- Any other movements can be performed in the routine, which will be evaluated exclusively by the judges for artistic impression. These other movements can also be performed immediately before or after the mandatory element, while the technical judges evaluate only the prescribed technical element.
- There must be a transition between two different technical elements, meaning technical elements cannot be performed immediately one after the other.
- All movements in the routine (all elements, mandatory elements, and transitions) must be performed in one direction, except for movements on land, transitioning into the circle and out of the circle, and acrobatics.
- Performing any hybrids or acrobatics other than the prescribed technical elements or mandatory elements is prohibited.

Factorization of scores for artistic impression	
Choreography and musicality	0,7
Transitions	0,5
Execution	0,5

Synchronization errors	
Small mistake	0,05
Obvious mistake	0,3
Major mistake	1

## AWARD CEREMONY

Medals and diplomas will be awarded for 1<sup>st</sup> - 3<sup>rd</sup> places in figures and in all routine events .

Figures competition will be awarded according to the year of birth.

## SCHEDULE

Timetable of the competition will be known after the preliminary number of the competitors. Timetable can be changed during the competition.

## ACCOMMODATION

Each club or national federation on their own charge.

Near the swimming pool:

### **Hotel Safron \*\*\*\***

address: Radlinského 27, 811 07 Bratislava, Slovak republic

<http://hotelsaffron.sk>

3 minutes by walk from swimming pool

### **Hotel Arcus \*\*\***

address: Líščie Nivy 3, 821 08 Bratislava, Slovak Republic

<https://www.hotelarcus.sk/>

10 minutes by walk from swimming pool

### **Hotel Tatra \*\*\*\***

address: Námestie 1. mája 5, 811 06 Bratislava, Slovak Republic

<https://hoteltatra.sk>

10 minutes by walk from swimming pool

### **Hotel Lindner Gallery Central \*\*\*\***

address: Metodova 4, 821 08 Bratislava, Slovak Republic

<https://lindnerhotels.com/sk/hotels/lindner-hotel-bratislava>

20 minutes by walk from swimming pool

Yours sincerely,

Organizing Committee