

SLOVAKIA SYNCHRO

Beginners, 12&under, 15&under and Juniors
28.-30.11.2025



SLOVENSKÁ
PLAVECKÁ FEDERÁCIA
SLOVAK SWIMMING FEDERATION

INVITATION

34th SLOVAKIA SYNCHRO

- DATE** — November 28th - 30th 2025
- LOCATION** — 50m indoor pool [Pasienky, Junácka 4, 83104 Bratislava, Slovakia](#)
- EVENT CONTACT** — Mira Bartalošová,
email: bartalosova@swimmsvk.sk
slovakiasynchro25@gmail.com
+421 907 111 285
www.swimmsvk.sk
- ORGANIZER** — Slovak Swimming Federation
TECHNICAL ORGANIZER – Iuventa Aquatix, o.z.
- OFFICIALS** — Referee – Jana McDonnell
Assistant referee – Kristína Kvasňovská
Evaluator – Lucia Shepard
Chief Recorder – Zuzana Žáková
Asistent Chief Recorder – Romana Horská
Technical controllers' coordinator – Júlia Bachárová
General Secretary – Mira Bartalošová
Competition Director – Monika Thüringerová
- ENTRIES** — Preliminary entry no later than: 01.11.2025
Final entry no later than: 19.11.2025
Coach cards no later than: 19.11.2025
Withdrawal of entries: 26.11.2025 at 12:00 PM
Please send the preliminary entry to: bartalosova@swimmsvk.sk
Link for the final entry, coach cards and music submission:
<https://www.rgform.eu/login.php>
- DRAW** — Draw of Figures for 12&under and 15&under category will be on **26.11.2025 at 9:00 AM**.
Draw of Start Lists for Technical routines for Juniors will be on **28.11.2025**.
Draw of Start Lists for Free routines for category L3, 12&under and 15&under will be after the Figure competition on **29.11.2025**.
- ENTRY FEE** — **20 Euro/Competitor/Figures**
10 Euro/Competitor/Routine (including reserves)
Example:
Junior Technical Solo – 10 Euro.
U15 Free Duet – 20 Euro (if swimming without reserve).

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Junior Technical Duet – 30 Euro (if swimming with reserve).

Junior Technical Team (6 swimmers + 1 reserve) – 70 Euro.

If one competitor swims: U15 figures, U15 FS, U15 FD, junior TT= 20+10+10+10=50 Euro entry fee

Payment method: via invoice, no later than **28.11.2025**.

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 a white shirt, black trousers and black or white closed shoes.

PROTESTS — According to World Aquatics rules 2022 – 2025
<https://www.worldaquatics.com/artistic-swimming/rules>

MUSIC — Name the music as follows: **Age group_Event_Club_Name-Name.mp3**
Abbreviations used:
Categories: L3, U12, U15, Junior - JUN
Event: Free Solo - FS, Free Duet - FD, Free Team - FT, Free Combination - C, Acrobatic Routine - AR, Technical Solo - TS, Technical Duet - TD, Technical Team - TT
Example: JUN_TD_UnOI_Nova-Stara.mp3
Bring your USB disk with the music as your backup as well.

COMPETITION RULES — This competition is adapted to the World Aquatics rules of 2022 – 2025.
<https://www.worldaquatics.com/artistic-swimming/rules>

The modifications to World Aquatics rules of 2022 – 2025 are as follows:

1. U15 Figure Competition:

One group of 2 figures shall be performed. The Youth Figure Section A, B or C shall be drawn first. Then 1 of the 2 figure groups of the drawn Section will be drawn. For example, if Section B, Group 4 is drawn, then all competitors shall compete Section B, Group 4.

2. Coach Cards:

The changes to the coach cards can be made on 28.11.2025 between 09:00 and 20:00.

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CATEGORIES AND DISCIPLINES CATEGORY L1

CATEGORY L1 – 2013 and younger:

Figures: Competitors who have not yet scored 50 points in Level 1 and 2.

BP 1 Back Layout Position 1,0

Body extended with face, chest, thighs, and feet at the surface of the water. Head (ears specifically), hips and ankles in horizontal alignment.



BP 2 Front Layout Position 1,0

Body extended with head, upper back, buttocks, and heels at the surface of the water. Face is in the water.



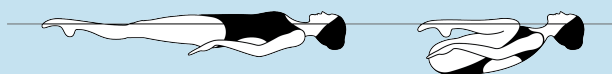
BP 16 Surface Split Position 1,0

Legs evenly split forward and back. The legs are parallel to the surface of the water. Lower back arched, with hips, shoulders, and head on a vertical line. 180° angle between the extended legs (flat split), with inside of each leg aligned on opposite sides of a horizontal line, regardless of the height of the hips. Legs are dry at the surface of the water.



Back Layout Position to Tuck Position 1,0

From a Back Layout Position, the knees, shins, and toes are drawn along the surface of the water to assume a Tuck Position.



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CATEGORIES AND DISCIPLINES CATEGORY L2

CATEGORY L2 – 2013 and younger:

Figures: Competitors who have not yet scored 50 points in Level 3.

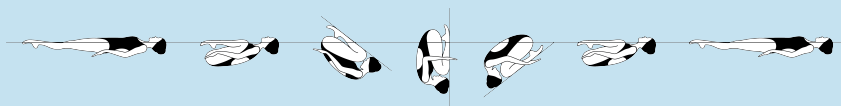
Back Layout Position to Bent Knee Back Layout Position 1,4

Begin in a Back Layout Position. One leg remains at the surface of the water throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a Bent Knee Back Layout Position. A rapid exchange of the legs is performed to assume a Bent Knee Back Layout Position of the other leg. The toe moves along the inside of the extended leg until a Back Layout Position is assumed.



Somersault Back Tuck 1,1

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



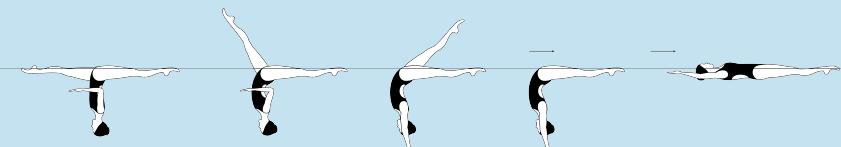
Front Layout Position to Bent Knee Front Layout Position 1,1

From a Front Layout Position, a Bent Knee Front Layout Position is assumed. A rapid exchange of the legs is performed to assume a Bent Knee Front Layout Position of the other leg. A Front Layout Position is assumed. Face is in the water throughout.



BM 6 Walkout Front 1,4

These movements start in a Surface Split Position. The front leg is lifted in a 180° arc over the surface of the water to meet the opposite leg in a Surface Arch Position and with continuous movement an Arch to Back Layout Finish Action is executed.



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CATEGORIES AND DISCIPLINES CATEGORY L3

CATEGORY L3 – 2010 and younger:

Figures: Competitors who have not yet scored 50 points in WA Figures.

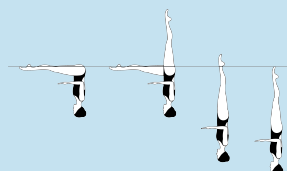
101 Ballet Leg Single 1,6

A Ballet Leg is assumed. The Ballet Leg is lowered.



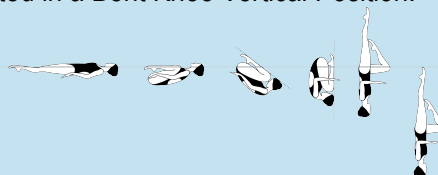
Tower Variant 1,5

From a Front Pike Position one leg is lifted to a Fishtail Position. The horizontal leg is lifted to a Vertical Position and is completed as the ankles reach the surface of the water. A Vertical Descent is executed.



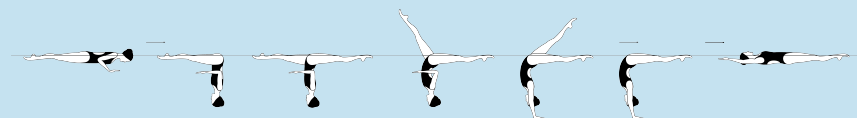
316 Kipnus 1,4

From a Back Layout Position the knees, shins and toes are drawn along the surface of the water to assume a Tuck Position. With continuous motion the tuck becomes more compact and a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. The trunk unrolls as the legs are straightened to assume a Bent Knee Vertical Position midway between the former vertical line through the hips and the former vertical line through the head and the shins. A Vertical Descent is executed in a Bent Knee Vertical Position.



Walkout Front Variant 1,7

From a Front Layout Position, a Front Pike Position is assumed. One foot is moved in a horizontal arc of 180° at the surface to a Split Position. A Walkout Front is executed.



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CATEGORIES AND DISCIPLINES CATEGORY L3

Technical routines: Duet, Mixed Duet, Team

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).

Disciplines:

Technical Duet

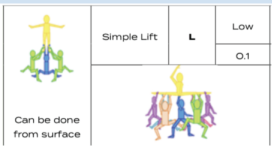
Technical Mixed Duet

Technical Team

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

Technical elements	The movement description	Declared difficulty
1	Ballet Leg Combination 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	Flexibility A rapid split with one leg from the "Tuck Position," followed by a swim-out into a walkout front.	1,4
3	Airborne weight From the "Front Pike" position, transition into the "Bent Knee Vertical Position."	1,1
4	Rotation 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	Thrust 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
Eggbeater – side kick with arm movements. A total of 8 movements (4 movements with one arm, followed by 4 movements with both arms).	✓	✓	✓
Acrobatic element – Basic lift – all participants in the routine must be involved in the acrobatic element - Basic lift in a standing position. 	✗	✗	✓
Pattern – circle and line.	✗	✗	✓
Pair assisted action	✓	✓	✗

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CATEGORIES AND — Penalties
DISCIPLINES
CATEGORY L3

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 technical controllers 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		Synchronization errors	
Choreography and musicality	0,7	Small mistake	0,05
Performance	0,5	Obvious mistake	0,3
Transitions	0,7	Major mistake	1

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CATEGORIES AND DISCIPLINES

CATEGORY 12 & UNDER

CATEGORY 12 & UNDER

Figures

Free routines: Solo, Duet, Mixed Duet, Team, Free Combination

There is NO final.

CATEGORY 15 & UNDER

CATEGORY 15 & UNDER

Figures

Free routines: Solo, Duet, Mixed Duet, Team, Free Combination

There is NO final.

CATEGORY JUNIOR

CATEGORY JUNIOR

Technical routines: Solo, Duet, Mixed Duet, Team

There is NO final.

The organizer reserves the right to determine the number of disciplines per club/federation on the basis of total number of entries.

AWARDS

Beginners L1–L3 Figures and L3 Routines: Medals will be awarded for the 1st, 2nd and the 3rd place in each category. The organizer reserves the right to determine the awards to the competitors in categories L1-L3 on the basis of their year of birth and the number of entries in each category.

Age Group 12 & under, 15 & under and Juniors: Medals will be awarded for the 1st, 2nd and the 3rd place in Figures and in all Free and Technical Routine events in all categories.

B. Mudrochová Award – winner of Technical Solo Junior

P. Pošvanc Award – winner of Figures Beginner L1, L2 and L3

SCHEDULE

The schedule will be finalized based on the received preliminary and final entries.

ACCOMMODATION

Each club or national federation on their own charge.

Near the swimming pool:

Hotel Blue

Riazanská 38

831 03 Bratislava

10min walk from swimming pool

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

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DoubleTree by Hilton Bratislava

Trnavská cesta 27/A,

831 04, Bratislava

12min walk from swimming pool

https://www.hilton.com/en/hotels/btsdidi-doubletree-bratislava/?SEO_id=GMB-EMEA-DI-BTSDIDI

Hotel Set

Kalinčiakova 12085/29A

831 04 Bratislava

12min walk from swimming pool

<https://www.hotelset.sk/en/home/>

Yours sincerely,

Organizing Committee