

Educational establishment
"Belarusian State
University of Physical Culture"

Public association "Belarusian
Synchronized Swimming Federation"

REGULATION

About international competition "SUZOR'E
CUP" 2019 in synchronized swimming, as part
of the open synchronized swimming tournament
"BSUPC CUP - 2019"

Invitation and General information

Dates : From May 31 to June 2, 2019. International competitions held in Minsk on the basis of USC
"Swimming pool", 109B, Pobediteley ave.

Arrival day: May 30, 2019.

The day of departure is 2-3 June 2019.

Organizations involved are countries, clubs, regions, societies, sports schools.

The nature of the competition: personally - team.

Entry Fee – 20 euro (for one athlete – all competitions)

Participating organizations and participants of the competition

To participate in the competition are allowed:

- teams of the CIS countries,
- teams of foreign countries;
- teams of Minsk, Brest region, Gomel region

Team total:	23 people - Including: 2 solos, 4 duets, 1 team, 1 combo (open group)
Athletes:	14 people
Coaches:	3 people
Team meneger:	1 person
Staff:	2 people
Judges:	3 people

All competitors must have a uniform sportswear of their team.

International competitions are held in the following age categories:

- Girls and boys - 8 years and younger
- Girls and boys - 10 years and younger
- Girls and boys - 12 years and younger

Applications and entry form to the competition

Sports organizations that have received this Regulation (invitation) confirm their participation in writing no later than **March 31, 2019** to the postal address swimcupbgufk@gmail.com, send a copy to blr.synchro@gmail.com

Final entry - the number of programs and age categories until **April 30, 2019**.

FINAL entry (names of participants) a nominal (technical) application for each type of program and age category until **May 10, 2019**.

In the types of programs spare athletes can be declared:

- Solo - 1 athlete;
- Duet - 1 athlete;
- Mixed duet - 1 athlete
- Group - 4 athletes;
- Combined group - 2 athletes.

Competition program

Competitions are held in the pool of 30 x 30 m, 5 m deep.

Sports base: USK "Swimming pool" BGUFK.

At the address: Republic of Belarus 220020 Minsk, Pobediteley Avenue 109 V

RULES in accordance with the rules of FINA 2017-2021

Combined group 100%.

Team 100% + 100% of the figure.

Duet 100% + 100% of the figure, Mixed Duet 100% + 100%

Solo 100% + 100% of the figure.

Program:

8 years: Solo (time = 1.30 + -15 seconds), Duet (time = 2.00 + -15 seconds), Mixed Duet (time = 2.00 + -15 seconds), Group (time = 2 , 30 + -15 sec.)

Figures for the age group of 8 years:

1. Flamingo Back Layout Position 1.5

From a BACK LAYOUT POSITION the knees are drawn toward the chest, with toes at the surface to assume a TUB POSITION. One leg is straightened to assume a SURFACE FLAMINGO POSSITION. Without movement of the things, the leg is returned to TUB POSSITION. The knees are straightened to resume a BACK LAYOUT POSITION.

2. Somersault Back Pike 1.5

From a BACK LAYOUT POSSITION with the body remaining parallel and close to the surface, the legs are lifted rapidly to assume a BACK PIKE POSSITION. Without a pause the body somersaults backwards around a lateral axis the feet and head simultaneously reach the surface. A BACK LAYOUT POSITION is assumed.

3. Suzor'e 1.4 (NEW!!!)

From a BACK LAYOUT POSITION, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. Next two legs at the same time reveals the surface of the water to SPLIT POSITION. The legs join to assume a VERTICAL POSITION at ankle level. A Vertical Descent is executed.

4. A Front Pike Position 1.3

From a FRONT LAYOUT POSITION as the trunk moves downward to assume a FRONT PIKE POSITION, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action. After turns the reverse movement is executed to FRONT LAYOUT POSITION.

- **10 year Solo (t=1.45.00+-15 sec.), Duet (t=2.15+-15 sec.), Team (t=2.45+-15 sec.)**

FIGURES FOR 10 years age group:

- | | | |
|-----------|----------------------------------|---------------------|
| 1. | 101 Ballet Leg Single | 1.6 |
| 2. | 320 Somersault Front Pike | 1.7 |
| 3. | 315 Kipnus | 1.6 |
| 4. | - Lotos | 1.6 (NEW!!!) |

A NOVA is executed to BENT KNEE SURFACE ARCH POSITION. The horizontal leg is lifted to the vertical as the bent knee is extended to assume a VERTICAL POSITION at ankle level. A Vertical Descent is executed.

- 12 years old Solo (time = 2.00 + -15 sec.), Duet (time = 2.30 + -15 sec.), Mixed Duet (time = 2.30 + -15 sec.), Group (time = 3.00 + -15 sec.), combined group (time = 3.00 + -15 sec.)

Figures for the age group of 12 years in accordance with the rules of the FINA age groups. Rules 2017-2021

Combined group (time = 3.00 + -15 sec.).

The combined group is open to all age categories.

Finals are not held.

Days	Program	Start Time	Other Information (preliminary, finals)
30.05.2019		Arrival day, workout with music	
31.05.2019	Combined group	Morning	FINAL
	Training of figures	Evening	
01.06.2019	Competitions of figures in age categories	Morning	
	Groups by age categories	Evening	FINAL
02.06.2019	Competitions in the Solo program by age groups	Morning	FINAL.
	Competitions in the duet program by age groups	Evening	FINAL
	Mixt duet by age groups		
02-03.06.2019		Departure of teams	

The procedure for determining the results and award winners (and winners)

Each type of program is treated as a separate competition, and the winner is determined in each type.

According to the results of the competition, the following results are determined:

- individual championship;
- team championship.

Individual championship in the competition is determined by the place occupied in the form of a program.

Each participant has the right to perform in 5 types of programs: solo arbitrary, duo arbitrary, mixed duet arbitrary, arbitrary group, combined group, figures.

An athlete, a duet declared and taking part in the program is arbitrary, does not have the right to participate in the mixed duo program, and vice versa.

Places of participants are determined by the highest amount of points scored in:

- the amount of mandatory and arbitrary programs (Solo, Duet, Mixt Duet, Group);
- the combined group is considered as a separate type of program without figures.

Team results are determined by the score of the best soloist, best duet, best duet mix, group and combined group.

The winners in the individual championship are awarded a diploma of 1 degree and a medal, for the second and third places - diplomas and medals of the corresponding degrees. Spare athletes are not awarded. For 1, 2, 3 places only one athlete from the country can be awarded.

The financing conditions

Entry fee for participation in the tournament is 20 euro per day of payment at the rate of the NBRB. Payment is made in Belarusian rubles.

Payment is made by non-cash payment until **May 30**, 2019 to the university's current account.

Payment details:

To: Educational establishment «Belarusian State University of Physical Culture", p / s
BY87AKBB36329014800305300000, fl 514 OJSC "Belarusbank", Minsk, BIC AKVVVY21514, UNP
100007545, OKPO 02935835

Type of payment: Entry fee for participation in the synchronized swimming competitions.

The cost of travel, accommodation and food, as well as other articles related to the participation in the tournament of athletes, coaches, judges, team representatives and support staff are funded by the sending organizations.

The entry fee for the participation of athletes in the competition will not be returned if the athlete fails to attend the competition for any of the reasons (except for the illness, confirmed by a medical certificate).

The organization of the resettlement and transfer of the participating teams is handled by the BGUFK Tourist Center. For information, call + 375-29-750-01-72 (Eugene). Applications for transfer and accommodation should be sent to the e-mail box **turcenter@tut.by**.

Deputy head of the sports club

A.Shishko,

THE PRESENT SITUATION IS THE OFFICIAL INVITATION FOR THE COMPETITION