



HUNGARIAN
SYNCHRONISED
SWIMMING
FEDERATION



INVITATION



25th Hungarian National Cup

9-11 November, 2018

Budapest

Duna Arena





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Dear Synchro Friends,

The Hungarian Synchronised Swimming Federation kindly invite you to Hungary for the 25th Hungarian National Cup.

Date: 9-11 November, 2018

Participants: Clubs and/or national teams

Venue: Budapest, Duna Arena (H-1138, Budapest, Népfürdő utca 36.)





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Events: Figures, Solo, Duet, Mixed Duet, Team, Free Combination in each Age Group.

Age groups:

- 8 and Under
- 10 and Under
- 12 and Under
- 15 and Under
- Junior
- Senior
- Masters

Sessions: AG 8 and 10 Figures (see below) FINA Figures or Technical Routines according to the FINA rules 2017-2021 and Free Routines. (In Free Combination 6-10 competitors are allowed, but please note that one half point penalty shall be deducted from the total score for each member less than eight (8).)

Result: Figures 100% + Routine 100%

Junior, Senior, Master Technical Routines 100%

Junior, Senior, Master Free Routines 100%

Free Combination 100%





Events

8 and Under

Figures:

1. **Assuming a Tub position** 1,2
From a Back Layout Position, the knees and toes are drawn along the surface to assume a Tub Position.
 2. **Front Layout Position** 1,0
Body extended with head, upper back, buttocks and heels at the surface. Face is in the water.
 3. **Side swimm with elevated arm** 1,2
 4. **To assume a Back pike Position** 1,2
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.
- Total: 4,6**

Free Routines: Duet, Mixed Duet

10 and Under

Figures:

1. **Flamingo** 1,4
From a **Back Layout Position** legs bent together, feet and knees at and parallel to the surface to assume a **Tub Position**. One leg is extended perpendicular to the surface to assume a **Flamingo Position**. Then the leg is lowered to **Tub Position**. A **Back Layout Position** is assumed.
2. **To assume Bent Knee Back Layout Position** 1,3
Begin in **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**. The toe moves along the inside of the extended leg until a





Back Layout Position is assumed.

3. **To assume Front Pike Position** 1,4

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.

4. **Front Layout Position to Tuck Position and Vertical position at ankle level** 1,3

From a **Back Layout Position** partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs are straightened to assume a Vertical Position. at ankle level.

Total: 5,4

Free Routines: Duet, Mixed Duet, Team, Free Combination.

12 and Under

Figures:

106	Straight Ballet Leg	1,6
301	Barracuda	1,9
420	Walkover Back	1,9
363	Water Drop	1,5

Total: 6,9

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

15 and Under

Figures:

423	Ariana	2,2
143	Rio	3,1





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240a Albatross ½ Twist

2,2

315 Seagull

2,1

Total: 9,6

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

Junior, Senior and Masters (25+)

Technical Routines: Solo, Duet, Mixed Duet, Team

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

Times for routines (+/- 15sec)

	Solo	Duet/ Mixed Duet	Team	Free Combination
8 and Under*	-	1:30	-	-
10 and Under*	-	2:00	2:30	2:30
12 and Under*	2:00	2:30	3:00	3:00
15 and Under*	2:15	2:45	3:30	3:30

	Solo Tech	Solo Free	Duet/ Mixed Duet Tech	Duet/ Mixed Duet Free	Team Tech	Team Free	Free Combination
Junior, Senior*	2:00	2:30	2:20	3:00	2:50	4:00	4:00
Masters	1:30	2:30	1:40	3:00	1:50	4:00	4:00

* There shall be an allowance of fifteen (15) seconds less or plus the allotted time for all routines

**Maximum time limits, but there shall be an allowance of fifteen (15) seconds plus the allotted time for all routines





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Draw: 06 November, 2018 10:00

Music:

- The music of the routines can be sent by e-mail to the address of the Federation (hungary.synchro@gmail.com) **28 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"*

Provisional programme:

Friday:

- Figures, Technical Routines

Saturday:

- Solo, Free Combination

Sunday:

- Duet/Mixed Duet, Team

Subject to change after final entry.

Entry fee: 20 Euros/competitor/ age group

Final Entry: 28 October

For further information do not hesitate to contact us.

Looking forward to seeing you in Hungary.

