



HUNGARIAN
SYNCHRONISED
SWIMMING
FEDERATION



INVITATION



26th Hungarian Cup
8-10 November, 2019
Kaposvár
Csík Ferenc Swimming Pool





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Dear Synchro Friends,

The Hungarian Synchronised Swimming Federation kindly invite you to Hungary for the 26th Hungarian Cup.

Date: 8-10 November, 2019

Participants: Clubs and/or national teams

Venue: Kaposvár, Csík Ferenc Swimming Pool (Csík Ferenc alley 1, 7400 Kaposvár, Hungary)





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Events: Figures, Solo, Duet, Mixed Duet, Team, Free Combination, Highlight Routine

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, Masters Technical Routines 100%

Junior, Senior, Masters Free Routines 100%

Free Combination 100%

Highlight Routine 100%

No Final will be held.

Events

8 and Under

Figures:

1. 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 swim with elevated arm** 1.2

4. **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. **Bent Knee Back Layout Position** 1.3

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. **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 the 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.





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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
327	Ballerina	1.8

Total: 7.2

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

15 and Under

Figures:

423	Ariana	2.2
143	Rio	3.1
351	Jupiter	2.8
437	Oceanea	2.1

Total: 10.2

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

Junior and Masters (25+)

Technical Routines: Solo, Duet, Mixed Duet, Team

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





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Senior

Technical Routines: Solo, Duet, Mixed Duet, Team

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

Times for routines

	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	Highlight Routine
Junior*	2:00	2:30	2:20	3:00	2:50	4:00	4:00	
Senior*	2:00	2:30	2:20	3:00	2:50	4:00	4:00	2:30
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

Draw: 05 November, 2019 10:00





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Music:

- The music of the routines can be sent by e-mail to the address of the Federation (hungary.synchro@gmail.com) **31 October, 2019** 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, Combination and Highlight: *"Club_Age Group_Team/Combination/Highlight"*

Provisional programme:

Friday:

- Figures, Technical Routines

Saturday:

- Solo, Free Combination

Sunday:

- Duet/Mixed Duet, Team, Highlight Routine

Subject to change after final entry.

Entries: Online exclusively until October 30 midnight (24:00) via
<https://nevezes.mszusz.hu/en/>

Registration is now open, and the entry procedure will open from 17 October.

Entry fee: 25 Euros/competitor/ age group

Final Entry: 30 October, 2019 24:00

For further information do not hesitate to contact us.

Looking forward to seeing you in Hungary.

