

SA NATIONAL AQUATIC CHAMPIONSHIPS 2024

1. GENERAL EVENT INFORMATION

- 1.1. The 2024 Swimming South Africa (SSA) National Artistic Swimming Championships, together with SSA Level 3, will take place at Newton Swimming Park Pool, Port Elizabeth from 21 March 2024 to 24 March 2024. Training day is on 21 March depending on entries. The TASC will circulate the program once SSA receive final entries.
- 1.2. This competition will serve as final **team** selection for World Aquatics (WA) Juniors, as well as any other international competitions up to March 2025. **Any athletes wishing to be considered for these teams must attend in person either Nationals (affiliate based) or Level 3 (club based), or submit a medical certificate explaining their inability to compete.**
- 1.3. This competition will serve as final **solo and/or duet** selection for World Aquatics Juniors, as well as any other international competitions up to December 2024. **All athletes wishing to be considered for these events must compete at 2023 Nationals (affiliate based), or submit a medical certificate explaining their inability to compete.**
- 1.4. The SSA National Championships consists of Senior Nationals (15+), Junior Nationals (15-19) and Youth Nationals (13-15).
- 1.5. **Managers meeting:** (TBC)
Tournament Director: Moira Norden assisted by SSA Technical Committee.

ENTRY PROCEDURES

- 2.1 All Affiliates with SSA registered members, are invited to compete at the event
- 2.2 Selection is at the discretion of the affiliate selection committee.
- 2.3 Athletes entered in Senior Nationals should be 15 or older on 31 December 2024.
- 2.4 Athletes entered in Junior Nationals should be 15, 16, 17, 18 or 19 years on 31 December 2024.
- 2.5 Athletes entered in Youth Nationals should be aged 13, 14 or 15 on 31 December 2024.
- 2.6 Competitors may **not** enter Youth, Junior and Senior Nationals **in the same event**.
- 2.7 Once a competitor has competed at Youth, Junior or Senior Nationals they may not compete at Level 3 again.
- 2.8 Swimmers from Youth Nationals and Junior Nationals, who are aged 15 years or older at 31 December 2024 may compete in the Senior teams and Senior Acrobatic routines.



2.9 By competing in these Senior team events (refer 2.8), swimmers will not lose their eligibility to compete at Youth Nationals or Junior Nationals

2.10 Entries must be made on a spreadsheet **in following format**.

Affiliate name, Surname of athlete, First name, SSA registration number, events entered - figures, solo f, solo t, duet f, duet t, team f team t, combo, acro). Please mark reserves where applicable.

Entry Fees for:	Figures, Free Solos, Tech Solos	R250.00 per entry
	Free Duets, Tech Duets	R400.00 per entry (R200 per swimmer)
	Teams (Tech, Free, Combo, acrobatic)	R500.00 per each team.

2.11 The closing date for entries, **with payment** into SSA account is **7 March 2024**. Make payments to:

Bank:	ABSA
Acc. number:	1003790807
Branch:	The Zone, Rosebank
Code:	632005
Ref:	AS NTLS & name of affiliate

Entries and proof of payment must be sent to 'Daphne Bird' (daphne.bird@swimsa.org) at SSA, and copied to Moira Norden (nords@mweb.co.za). Team Managers must bring a copy of proof of payment and the entries to the SA National Championships management meeting.

2. TECHNICAL OFFICIALS

- 3.1 Only technical officials registered with SSA will be eligible to officiate.
- 3.2 Each affiliate entering must supply at least 2 registered officials (judges and/or technical officials). The host affiliate will make up any shortfall.
- 3.3 The Technical Committee will source any additional external judges required to make up any judging shortfall.
- 3.4 Technical Officials must be correctly attired, navy-blue skirts/trousers, white shoes and white shirt.

3. COMPETITION RULES

- 4.1 These competitions run according to the following rules laid out in the SSA Technical Guidelines. **World Aquatics rules take preference** unless otherwise stated. (Please consult the WA Artistic



Swimming Rules 2022-2025 and all associated appendices for more information. All documentation available at www.fina.org/artistic-swimming/rules).

- 4.2 Competitors, coaches, managers and officials must be capitated to SSA through their affiliate.
- 4.3 Competitors, coaches, managers and officials should be dressed in official affiliate kit, or unbranded attire, no club or other branded kit.
- 4.4 The Senior competition comprises Solo Free (Male & Female), Solo Technical (Male & Female), Duet free, Duet technical, Mixed Duet (Free and Technical), Team Free, Team Technical, Acrobatic Routine, Technical and free routines comprise separate events with separate medals awarded.
- 4.5 The Junior competition comprises, Solo Free (Male & Female), Solo Technical (Male & Female), Duet free, Duet technical, Mixed duet (Free and Technical). The team event is combined with the Seniors. Technical and free routines comprise separate events with separate medals awarded.
- 4.6 The Youth age group comprises World Aquatics (FINA) (13-15) figures (Appendix I), Solo Free (Male & Female), Duet Free, Mixed Duet Free, Free Team and Free Routine Combination.
- 4.7 World Aquatics (FINA) Figure groups apply for Youth Nationals (See Appendix I). A draw will take place 72 hours prior to the competition according to World Aquatics (FINA) rules. Athletes will compete in all 4 figures.
- 4.8 An event summary is listed below:

Events	Figures	Free Solo	Tech Solo	Free Duet	Tech Duet	Mixed Duet Free	Mixed Duet Tech	Free Team	Tech Team	Combo	Acrobatic
Youth	✓	✓		✓		✓		✓		✓	
Junior		✓	✓	✓	✓	✓	✓	✓	✓		✓
Senior		✓	✓	✓	✓	✓	✓				

- 4.9 Affiliates with 4 or more swimmers aged 15 years or older competing in Junior or Senior Nationals must enter senior technical and/or free team events (depending on ages).
Please note that the **SA tech team swum at World Championships in Doha in 2024 will be used for trials. Affiliates are encouraged to swim this routine as their tech team entry.** Music and updated choreography will be circulated to affiliates. **However, for 2024 this is not compulsory.** From 2025, the tech committee plan to introduce a standard free and tech team to assist with preparations for international competitions.
- 4.10 A team consists of 4 to 8 swimmers. The FINA penalty for a team comprising less than 8 swimmers will be applied.
- 4.11 A Free Combination has a minimum of 4 swimmers, maximum of 10 (See Appendix V).
- 4.12 An Acrobatic routine has a minimum of 8 swimmers, maximum of 10 (See Appendix IV and VII).



- 4.13 All routine time limits and required number of hybrids for all events are listed in Appendix III.
- 4.14 The TASC may decide to withhold medals if a satisfactory score is not achieved.
- 4.15 Athletes from different affiliates may compete together in teams and duets. Points are allocated on a pro rata basis.
- 4.16 A completed Coaches Cards (template Appendix VIII) must be submitted for each routine, one week prior to the competition. (See Appendix VI and Appendix VI Addendum for guidance on completing the Coaches Card). Please submit to crmusson@gmail.com and copy nords@meb.co.za
- 4.17 For each technical routine(excludes tech team), the selected A or B option per element as well as the order in which the elements will be swum must be submitted in writing one week prior to the competition (see Appendix II for all technical elements). Please submit to crmusson@gmail.com and copy nords@meb.co.za

5 TROPHIES – Senior Nationals

- 5.1 Winning affiliate member (points allocated per SSA points table)
 - 5.2 Winning team (combined technical and free score)
 - 5.3 Winning duet (combined technical and free score)
 - 5.4 Winning solo (combined technical and free score)
 - 5.5 Highest scoring routine
 - 5.6 The most improved Artistic Swimmer. (The most improved artistic swimmer is determined by taking the scores from the previous year's free solo and calculating the improvement against the current year's free solo.)
- 5.7 **Please ensure all trophies awarded in 2023 are returned at the Managers' meeting.**

