



ASAJ ARTISTIC SWIMMING NATIONAL TRIALS

June 29, 2024 Kingston, Jamaica

Artistic Swimming of Jamaica (ASJ) invites eligible clubs and swimmers to participate in its **Artistic Swimming National Trials to take place June 29, 2024 in Kingston, Jamaica**. The competition is being held under the sanction of the Aquatic Sports Association of Jamaica.

DATE OF COMPETITION: June 29, 2024

ASAJ SANCTION#: 22421

COMPETITION: The competition will consist of Super Novice, Novice, Intermediate, Age group figures and routines as well as Junior and Senior routines and technical routines.

VENUE: NAC, National Aquatic Center, Independence Park, Kingston, Jamaica.

MEET MANAGERS: Olga Novokshchenova, Robyn-Ann Chin Sang

RULES:

- A combination of USA Artistic Swimming and AQUA 2023-2027 rules will be followed. Unless otherwise specified, AQUA and ASAJ Bylaws and Regulations in force at time of competition.
- An Artistic swimmer's age group shall be determined by the age of the swimmer as of midnight on 31st December 2024.
- An athlete may compete in an older age group for the duet, trio and team competition as long as at least one of the swimmers is in the relevant age group.
- Age Group competitors may not swim in a younger age group.
- Any swimmer who is listed as an alternate for routines shall pay the relevant entry fee.
- Swimwear for the figure session must be according to AQUA rules GR 5. It shall be black, and competitors shall wear white caps. Goggles and nose clips may be worn. Competitors must remove any dangling jewelry prior to the start of the event. No nail polish is permitted.
- All athletes participating in the national trials category must compete in the relevant age group and category. Example: *Jane wants to try out for AG 13-15, she must compete in the AG13-15 category to participate in figures and complete the AG13-15 Hybrid. She can not enter both intermediate and AG13-15.*

ELIGIBILITY: All swimmers who are registered members of ASAJ Federation.

Super Novice age categories: 8& Under, 12&Under, 13&Over.

Novice age categories: 10&under, 11-12, 13&Over.

Intermediate age categories: 13 & Over.



Age Group categories: 12 & Under, 13-15.

Junior/Senior

** If the swimmer can thrust to the waist or executes spins he/she must be entered as an intermediate or higher level.

ENTRIES:

PRELIMINARY entries are due by **June 07, 2024**.

FINAL entries must be submitted by **June 19, 2024**.

ENTRY FEES:

Participation fee JMD \$1000 per competitor (figures or routine only). Routine and figures JMD \$2000. Every additional routine is JMD \$500.

**Any swimmer who is listed as an alternate/reserve for routines shall pay the relevant fees.

MEET SPECTATOR FEE: Adults attending the meet will be required to pay a venue entry fee of JMD \$800. Kids are free.

PAYMENT DEADLINE: **June 21, 2024 -Late payment will not be accepted**

Transfer Payment

Account Name: Aquatic Sports Association of Jamaica (ASAJ)-Artistic Swimming

Bank: National Commercial Bank

Branch: Knutsford Boulevard

Account Type: Savings

Currency: JMD

Account Number: 354-214-334

JUDGES: Judges to be determined by the ASAJ and meet officials. Practice Judges are allowed.

FIGURES:

Super Novice figures:

- Somersault front pike
- Somersault back pike
- Sailboat



Novice figures:

- 302 Blossom
- 301 Barracuda
- 201 Dolphin
- 100 Bent Knee Alternate

Intermediate B figures:

- 101 Ballet leg single
- 301 Barracuda
- 369 Front walkover
- 348 Tower

AG12&U figures:

- 106 Straight Ballet leg
- 301e Barracuda 360°
- 311 Kip
- 227d Swanita Spinning 180°

AG 13-15 figures:

- 140g Flamingo Bent Knee Twist Spin
- 437 Cyclone
- 308h Barracuda Airborne Split Spin Up 180°
- 407 Swordfish Straight Leg Ariana Rotation

Junior & Seniors, Solo Technical routine

- 1B Thrust Spinning 360°
- 2B Combined spin 720- Continuous Spin 1080°
- 3 Swordfish straight leg-Knight
- 4B Fishtail-Continuous Spin 720°
- 5B Rocket Split bent knee

Junior & Seniors, Technical elements (NATIONAL TRIALS ONLY)

- 1B – Flying Fish Hybrid 2.3
- 2B - Vertical - Half Twist to Bent Knee- Half Twist to Vertical-Split - Walkout 2.3
- 3B – Two Fouetté Rotations – Vertical –Spinning 360° 2.3
- 4 - Butterfly Hybrid 2.9
- 5B-Rocket Split Bent Knee Hybrid 2.1



Super Novice each club location/school may enter a max of 3 routines that can either be solo, duet, trio or team per age category. Routine time limits 1:00 +/-5 for all routines. Routines must be the EXACT order as the created routine layout, sent to the coaches. Routines will receive a 2-point penalty for change in the routine.

Novice each club location/school may enter 2 solo, 2 duets and 1 team per age category. Routine time limits 1:30 +/-5 for all routines. Required elements must be performed in the following order: Back tuck somersault (Fg.310), Bent knee alternate(Fg.100), No arm boost (body totally submerged or back of the head/torso flush to the surface), Blossom(Fg.302), Kipnus (Fg.316).

Intermediate each club location/school may enter a max of 3 routines that can either be solo, duet, trio or team. Routines are free routines. Routine time limits are 1:45 +/-5.

Age Group each club location/school may enter routines that can either be solo, duet, trio or team. Routine time limits are 1:45 +/-5. Routines are free routines.

Junior/Senior- each club location/school may enter 2 solo, 2 duets and 1 team. Routines can be either free or technical routines. For technical routines elements must be performed in correct order. Routines time limits are 2:00 +/-5.

MUSIC: Each delegation should upload their music in Mp3 format to the google drive provided by **June 24,2024**. Please label the file with Name, Age Category, Level(Nov,Int,AG,Jun,Sen), Routine/Event. *Example: K.Smith_9-10_Nov_Solo.mp3*

AWARDS: Medals will be awarded for 1st through 3rd place and ribbons/buttons for 4th-8th place in each age category.

CANCELLATION POLICY: No refund will be given if the swimmer drops out after June 19,2024.

NATIONAL TEAM QUALIFYING SCORES :

AGE GROUP 12&U- 5.0

YOUTH- 5.5

JUNIOR/SENIOR 6.0