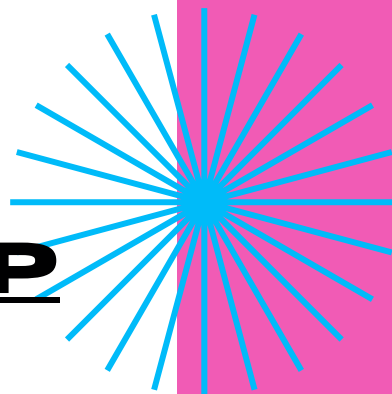




NOVEMBER 30th - DECEMBER 1st
BELGRADE, SERBIA

XXIV
CRYSTAL CUP
2024



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OUR
WEBSITE!

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IMPORTANT INFORMATION



Competition shall be organised under
WORLD AQUATICS RULES

**Artistic swimming rules (2022-2025)
FOR 12 AND UNDER**

and **ORGANISER'S Rules**

for 10 and under

and 8 and under - FURTHER described in this
invitation.

AGE GROUPS:

12 and Under

10 and Under

8 and Under

ORGANISERS:

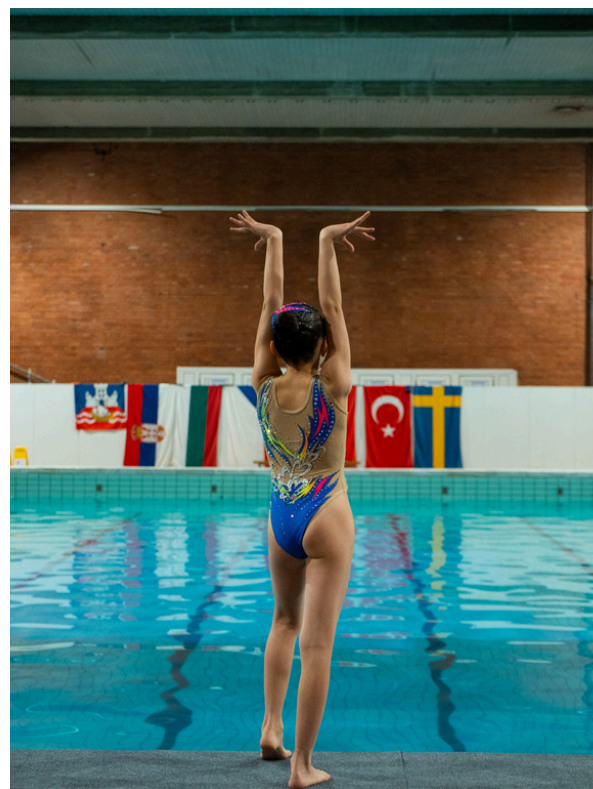
- Synchronized Swimming Club "VRAČAR",
- Synchronized Swimming Federation of Serbia and
- Synchronized Swimming Federation of Belgrade

VENUE:

SC "MIRKO SANDIC"
(ex SROC VRACAR),
Sjenicka 1, Belgrade, Serbia

POOL DIMENSIONS

DEPTH 4M - 2M



25 m

12,5 m





IMPORTANT INFORMATION

- **Music:**

The music should be prepared according to the Artistic swimming rules (2022-2025), (USB), and should be uploaded to the **DROPBOX** link we will provide to everyone who register/enter the competition. Music should be uploaded **not later than 25.11.2024.**

- **Coach Cards**

should be uploaded to the DROPBOX link we will provide to everyone who register/enter the competition. Coach Cards should be uploaded **not later than 23.11.2024.**

- **Figures Draw:**

Thursday **28.11.2024.** at 11.00 h

Information about figures after 11.15h on all channels.

RESULTS WILL BE ON the DROPBOX LINK.

PRELIMINARY ENTRIES ON THE LINK
or SCAN QR code below:



- **TIME Limits:**

TIME LIMITS	12 & under	10 & under	8 & under
SOLO	2:00 min ± 5 sec	1:30 min ± 5 sec	/
DUET & MIX DUET	2:30 min ± 5 sec	2:00 min ± 5 sec	1:30 min ± 5 sec
TEAM	3:00 min ± 5 sec	2:30 min ± 5 sec	/
COMBO	3:00 min ± 5 sec	/	/

We will not organise the finals!!!

Figures for 12 and Under -
Figures According to Artistic
swimming rules (2022-2025).

Free routines 100%
+ Figures 100%

*** each club/national team
should bring a judge
and/or technical controller
if possible.

ENTRIES & FEES



PRELIMINARY entry forms:

Please send
The attached Preliminary Form
and Accommodation form
not later than
OCTOBER 30th, 2024.



FINAL Entry and Accommodation Forms

Must be submitted
not later than
NOVEMBER 20th, 2024.



Entry fees:

Figures: **5 €** (per swimmer)

Solo: **7 €** (per solo)

Duet: **10 €** (per duet)

Team: **30 €** (per team)

Combo: **30 €** (per combo)

If club / national team is swimming only Combo
(no figures, or other disc.)

then it is: **50 €** (per combo)



We will not organise the finals!!!

- Each swimmer that takes part in the competition in Solo, Duet or Team, must do Figures, with the exception of Combo (only in that case swimmers do not have to swim figures even if they are younger than the age group they are competing in).

RULES & FIGURES FOR

12 and UNDER

ALL BASED ON
WORLD AQUATICS RULES

**FIGURES:
COMPULSORY
AND DRAWN**

**TIME:
WAQ (FINA) RULES**

**ROUTINES:
SOLO, DUET,
MIXED DUET,
TEAM,
COMBO.**

ROUTINES TIMES:

- SOLO - 02:00m \pm 00:05s
- DUET - 02:30m \pm 00:05s
- MIXED DUET - same as DUET
- TEAM - 03:00m \pm 00:05s
- COMBO - 03:00m \pm 00:05s

RULES & FIGURES FOR

10 and UNDER

FIGURES:

COMPULSORY ONLY 2 FIGURES

1. **BALLET LEG** (ONE LEGS)
2. **KIPNUS**

ROUTINES:

SOLO, DUET, MIXED DUET, TEAM

REQUIRED ELEMENTS IN SOLO:

TIME: 01:30 \pm 5"

- EL.1 **FRONT PIKE+FISHTAIL+VERTICAL**
- EL.2 **SPLIT+SURFICE ARCH+WALKOUT BACK**
- EL.3 **EGGBEATER AT LEAST ONE ARM UP (3SEC.)**
- EL.4 **BALLET LEG +FLMINGO**

REQUIRED ELEMENTS IN TEAM:

TIME: 02:30 \pm 5"

- EL.1 **BALLET LEG+FLAMINGO**
- EL.2 **FRONT PIKE+FISHTAIL+SPLIT**
- EL.3 **TO SHOW PATTERNS - LINE AND CIRCLE**
- EL.4 **ACRO**

REQUIRED ELEMENTS

IN DUET AND MIXED DUET:

TIME: 02:00 \pm 5"

- EL.1 **FRONT PIKE+FISHTAIL+BENT KNEE VERTICAL**
- EL.2 **BACKSTROKE LEGS WITH ARMS 90°**
- EL.3 **TUCK+VERTICAL+SPLIT**
- EL.4 **PAIR ACRO**



PATTERNS






FIGURES

BALLET LEG SINGLE

Figure – 101 BALLET LEG SINGLE

DIFFICULTY – 1.6

A Ballet Leg is assumed. The Ballet Leg is lowered.






					Total
					
NVT=	10.5	11.0	11.0	10.5	43
PV =	2.44	2.56	2.56	2.44	10

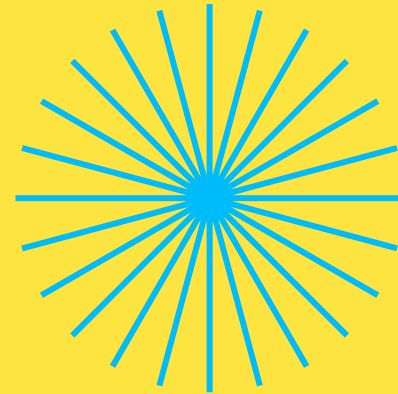
KIPNUS

Figure – 316 KIPNUS

DIFFICULTY – 1.4

From a **Back Layout Position** the knees, shins and toes are drawn along the surface of the water to assume a **Tuck Position**. With continuous motion the tuck becomes more compact and a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. The trunk unrolls as the legs assume a **Bent Knee Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A *Vertical Descent* is executed in a **Bent Knee Vertical Position**.

					Total
					
NVT=	3.0	2.0	15.0	9.0	29
PV =	1.03	0.69	5.17	3.10	10



- **3** PANELS OF JUDGES (E. A. D.)
- TECHNICAL CONTROLERS (JUST TO CONTROL IF ALL THE **REQUIRED ELEMENTS** WERE DONE IN THE ROUTINE, AND IN THE **ORDER** SUBMITTED IN **COACH CARD**.)

ORDER OF THE ELEMENTS IS OPTIONAL!

PENALTY:

- **FOR EACH OMITTED OR MISPLACED ELEMENT THERE WILL BE -2 POINTS PENALTY FROM THE TOTAL SCORE**



RULES & FIGURES FOR

8 and UNDER

FIGURES:

COMPULSORY ONLY 2 FIGURES

1. BENT KNEE (BOTH LEGS)
2. FRONT LAYOUT

ROUTINES:

DUET AND MIXED DUET

REQUIRED ELEMENTS IN DUETS:

TIME: 01:30 \pm 5"

EL.1 TUB + FLAMINGO

EL.2 TORPEDO (TRANSITION)

EL.3 EGGBEATER (WHILE MOVING)

EL.4. SOMERSAULT + BOOST

FIGURES

BENT KNEE BOTH LEGS

b) Bent Knee Back Layout Position

1. Body extended in **Back Layout Position**.



1. In BP 1 **Back Layout Position** ears, shoulder joints, hip joints and ankle of extended leg in line at maximum horizontal alignment.

2. The thigh of the bent leg is perpendicular to the surface of the water.



2. 90° angle between the thigh and the surface of the water, and 90° angle maintained between the thigh and the trunk. At maximum height an air pocket will be evident between the back of the thigh and calf of the bent leg and the surface of the water.



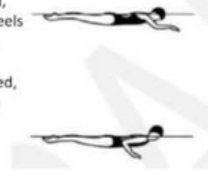
FRONT LAYOUT

2 Front Layout Position

DD 1.0

Body Position Description

1. Body extended with head, upper back, buttocks and heels at the surface of the water.
2. Unless otherwise specified, face may be in or out of the water.



Major Desired Actions

1. Gives the impression that the body is stretched horizontally to its maximum. Judgement made by checking visual points of the horizontal alignment: ears, shoulder joints, hip joints and heels.

2. Once the head position is established as in or out of the water the position is maintained.

When the face is out of the water the ears will not be on the horizontal axis and the back may be slightly lower and arched. Hip joints, calves and heels remain at the surface of the water.



ROUTINES

ONLY DUET AND MIXED DUET

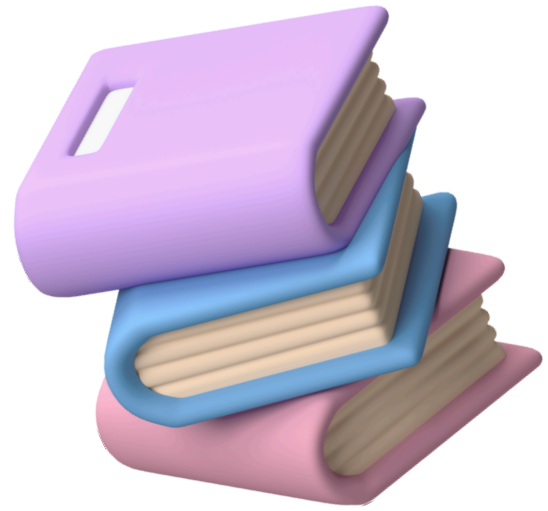
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ORDER OF THE ELEMENTS IS OPTIONAL!

PENALTY:

- FOR EACH OMITTED OR MISPLACED ELEMENT THERE WILL BE -2 POINTS PENALTY FROM THE TOTAL SCORE

RESOURCES



WORLD AQUATICS

01. AS FIGURES MAUAL
02. AS COMPETITION REGULATIONS
03. THIS INVITATION

CONTACT:

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Ivana Krstic Barac

mobile +38163377508



CHANNEL
ON WHATSAPP
JOIN US!



1 NEED MORE INFO

CHECK
CONTACTS
PAGE

XXIV CRYSTAL CUP 2024

2 PAYMENTS

*All payments should be made before competition.

If You would like to make payments via **Bank Transfer** (wire-transfer), please let contact us, so we can send you the payment **INSTRUCTION**.

3 DATE AND PLACE

- TRAINING DAY FRIDAY NOVEMBER 29th
- COMPETITION DAY 1 SATURDAY NOVEMBER 30th
- COMPETITION DAY 2 SUNDAY DECEMBER 1st

- BELGRADE, SERBIA

ADDRESS OF THE ORGANISER:
Synchronised Swimming Club
"VRAČAR"
1 1000 Beograd, Sjenička 1,

4 SOCIAL MEDIA

FOLLOW us on
Facebook and Instagram
for all the updates

FACEBOOK PAGE
INSTAGRAM PAGE



1 HOTEL * NIGHT WITH BREAKFAST

PRICES ARE IN EUROS
PER PERSON PER NIGHT 

SINGLE ROOM	€ 60
DOUBLE ROOM	€ 45
TRIPLE ROOM	€ 45



*hotel stay tax is included in the price



2 HOTEL *** NIGHT WITH BREAKFAST

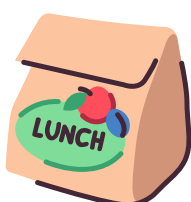
PRICES ARE IN EUROS
PER PERSON PER NIGHT 

SINGLE ROOM	€ 75
DOUBLE ROOM	€ 55
TRIPLE ROOM	€ 55

*hotel stay tax is included in the price



TRANSPORT
FROM THE HOTEL
TO THE POOL
IS INCLUDED IN THE PRICE
OF THE HOTEL.



IF YOU WANT LUNCH BOX
MAKE SURE TO ASK FOR IT
THE DAY BEFORE.

3 ADDITIONAL MEALS

LUNCH AND DINNER



CAN BE ORGANISED
IN THE HOTEL AND
THEY ARE **EUR 10**
PER MEAL
PER PERSON.

4 AIRPORT TRANSFER



IF YOU NEED
TRANSFER FROM
AIRPORT TO THE
HOTEL PLEASE LET US
KNOW!

→  Arrivals

↑  Departures

PROGRAMME

FRIDAY

TRAINING WITH MUSIC

14:00 - 16:00

SATURDAY

MORNING

8:00 - 9:00 WARM UP

9:10 - 13:00 FIGURES COMPETITION

AFTERNOON

16:00 - 17:00 WARM UP

OPENING CEREMONY

17:30- 21:00 TEAM AND SOLO

SUNDAY

10:00 - 11:30 WARM UP

11:40 - 17:00 DUET AND COMBO

CLOSING CEREMONY

- THIS SCHEDULE IS PROVISIONAL

EXAMPLE PAGE

Each club or national team is allowed to take part with:

- maximum 3 solos*
(in that case at least one solo must be done by swimmers who are 10 and younger),
- maximum 4 duets*
(in that case one duet must be done by swimmers who are 8 years old and younger),
- 3 teams *
(in that case one team has to be done by girls 10 and younger and all the girls regardless of age have to do figures for 10 and younger, if you have two teams in one age group first one has to be done by 8 swimmers and the second one can have 4 swimmers)
- 2 free routine combination
(minimum 6 competitors, in case you have 2 combinations, first one has to be made of 10 swimmers, and then the second one can have 6 swimmers).



MEDALS:

- We are giving medals for the first three ranked swimmers 12 and younger in the general figures competition, and separately for the first three ranked swimmers in figures who are 10 years or younger and rank for those who are 8 years and younger.



- Also, we are having competition separately in Solo, Duet and Team for girls 10 or younger, and Duet for 8 or younger.

*** Important for the clubs who intend to take part in Solo and Duet competition: If you are competing in these disciplines with girls who are 12 and younger you can entry the competition with maximum 2 solos and/or 2 duets. If you are competing with both girls who are 12 and younger and 10 and younger, you are allowed to take part in the competition with maximum 3 solos and/or duets.

And if you are competing with girls 8 and younger, you can have 3 solos and 4 duets.

- Examples:

for Solo and Duet

(3 solos/duet all 10 and younger;

or 2 solos/duet 10 and younger

and 1 solo/duet 12 and younger;

or only 2 solos/duet 12 and younger,

4 duets at least one has to be swam by girls 8 younger)