

IGLA LONDON 2023

25 – 30 JUNE 2023
LONDON2023.ORG



ARTISTIC SWIMMING ENTRY PACK

LICENSOR

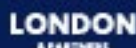


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Introduction

This document contains the required information needed to enter the IGLA London 2023 Artistic Swimming Championships.

Please ensure you read this document carefully as some information may be new to you. All entries must be made online, including payment. Details on how to enter online are included in this document.

Contact

IGLA London 2023		
Meet Promoter:	Richard Walton	richard.walton@london2023.org
Meet Administrators:	Steph Ramsay	steph.ramsay@london2023.org
Registration Help		
registrations@london2023.org		

Venue

London Aquatics Centre
Queen Elizabeth Olympic Park
London
E20 2ZQ

[Directions](#)

www.londonaquaticscentre.org

Key Dates

Entries Open	Tuesday 31 January 2023
Entries Close	Sunday 14 May 2023, 23:00 GMT
Email Withdrawals	Withdrawals must be submitted by email to steph.ramsay@london2023.org by 23:00 GMT on 20 June 2023
Music Submission Deadline	Music must be submitted by email to steph.ramsay@london2023.org by 14 May 2023, 23:00 GMT
Team Managers' Meeting	Monday 26 June 2023 3pm
Judges' Meeting	Monday 26 June 2023 3.15pm

Travel Insurance

Participants have the benefit of third party and personal accident insurance provided by Swim England via Out To Swim while participating in sports activities at IGLA London 2023. However, this does not include travel insurance for trips in the UK or abroad, in particular there is no cover for travel or accommodation costs for the cancellation of an event.

All participants are strongly advised to purchase sufficient insurance to cover you in the event of an accident, illness or incident outside of sporting activities.

How to Enter

Entry Fees

IGLA Registration Fee (One off fee for whole event)	£65.00 Early Registration Fee £90.00 Standard Fee £15.70 Swim England Temporary Membership*
Synchro Routine Fee	£15.00 per person, per routine

*Required only if you are not a member of a FINA-affiliated club

Entering Events as a Participant

All entries must be submitted online via www.london2023.org/registrations

Competitors must be Swim England Club Compete category members (previously titled Category 2) or equivalent in their own National Governing Body.

Entering Team Events

All team managers will be contacted by the organisers

Entry Caps

As per the event conditions there is no limit to the number of events an individual can enter.

Entry Confirmation

All successfully submitted entries will be published online following closure of entries via www.london2023.org/sports/artisticswimming

All entries must be made online and payment must be made in full to complete the entry process. Payment is by credit or debit card only, please follow the instructions provided via the registration portal.

All entrants will receive two emails at the time of payment: one confirming

receipt of payment and one from the entry system confirming your registration.

Your entry is not complete until your payment has been processed and you have received a confirmation email from london2023.org. Please contact IGLA London 2023 if you have any issues (registrations@london2023.org).

If after you have submitted your entry you find you have missed an event, you may go back and make additional entries, as long as it does not exceed the cap. If you wish to withdraw from an event, please follow the withdrawal procedure. Please note refunds will not be made. All entries are bound by the Conditions of Entry.

Music Submission

All music must be submitted by Sunday May 14th 2023, 23:00 GMT.

Once an entry has been submitted, an email will be sent to the Team confirming acceptance of the entry along with the music submission instructions.

The email will contain a link to the music upload facility. All clubs should upload music for all their participating teams and competitors via this facility, using the correct naming conventions. If a club has not received an email with the link for their music upload facility, please contact steph.ramsay@london2023.org as soon as possible.

Media Accreditation

Media accreditation for those wishing to take official photography on poolside, in spectator areas, and events across the championships is required.

Registration will open for journalists, photographers, videographers in spring 2023. We welcome media from around the world to apply. Full details will be released at www.london2023.org/media-centre/

Accreditation

Accreditation must be worn at all times inside the venue within accredited areas by participants, coaches and Team Managers. Accreditation will be issued on an individual and event basis, and is non-transferrable.

Accreditation Check In

All attendees must attend check-in before they access the poolside to collect their lanyards and accreditations pouches.

Date	Time
Saturday 24 June	14:00 – 18:00
Sunday 25 June – Thursday 29 June	07:00 – 18:00
Friday 30 June	07:00 – 11:00

Team Managers

Team Managers (including coaches and chaperones) requiring access to poolside must purchase a Poolside Accreditation pass in advance of the event via the registration portal if they are not competing themselves.

Lost or Forgotten Accreditation Passes

A £10 charge will be applied on all lost or forgotten passes if a competitor arrives at the event without their accreditation.

Accreditation checks will be carried out at the event and entry into the event may be denied without the accreditation pass.

Competitor Information

Schedule of Events

Sunday 25 June

- Warm Up swimming lanes are available 10am - 5pm
- Music tests will take place 6pm - 9pm
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Monday 26 June

- 3pm: Team manager meeting
- 3:15pm: Officials meeting
- 3pm: Warm up
- 4:15pm: Solo – technical routine
- 5pm: Warm up
- 5:15pm Duet/Trio – technical routine
- 6pm: Warm up
- 6:15pm: Team – technical routine
- 7pm: Combination
- 8pm: Medal ceremony – combination team only

Note: A continuous swimming warmup lane is available all day.

Tuesday 27 June

- 3pm: Team manager meeting
- 3:15pm: Officials meeting
- 3pm: Warm up
- 4:15pm: Solo – free routine
- 5pm: Warm up
- 5:15pm: Duet/Trio – free routine
- 6pm: Warm up
- 6:15pm: Team – free routine
- 8pm: Medal ceremony – combination team only

Note: A continuous swimming warmup lane is available all day.

Note: the schedule is subject to change once entries have closed. As shown above, the medal ceremony for Combination will be made immediately after the combination event. The same process will follow after the Free Teams.

Withdrawals

To ensure that the meet runs efficiently it is essential that those not intending to perform inform the resolution desk as soon as possible.

Please Note: Entry fee refunds will not be made for withdrawals, unless on medical grounds with a supporting doctor's note to be presented. Please see the General Athletes Conditions for full details.

Changing Rooms

Changing is in a mixed dedicated mixed facility with signage. There are a number of mirrors for preparation. There are plenty of large, family size lockers, which take £1 coins and are refundable.

Training, Warm Up and Swim Down

An open training in the competition pool will be available for competitors on Sunday 25th June 2023, with music. This is subject to change once the final schedule is finalised upon close of entries.

Warm up and swim down will be available alongside the swimming warm up, with no music.

The swim down pool is only to be used for swim down, not training.

General Event Conditions

Age Categories

Age shall be determined as of December 31 of the year of competition. The competitors must be 18 years old by the first day of the competition. The average age of the competitors in a routine shall be determined by adding the ages of the actual swimmers, dividing by the number of swimmers (not including the reserves) and dropping any resulting fraction or decimal. (For example, if the average age of a Team is 49.833, they would swim in the 35-49 age group).

There will be a Seniors category of 18 – 24 for solo, duet/trio and team.

Any swimmers who are less than 25 years old can participate in a team of any categories; categories will be defined based on the average age of the team.

All genders can participate. IGLA actively welcomes swimmers of all sexual and gender identities. The competition is open to trans, non-binary, lesbian and gay athletes and their allies. Any participant may register for the routines. No proof of identity is required. For all categories, all genders will compete together.

Categories

Free Solo: 18-24, 25-29, 30-39, 40-49, 50-59, 60 - 69, 70-79, 80 and over

Duet/Trio (where Technical and Free routines shall constitute one event): 18-24, 25-29, 30-39, 40-49, 50-59, 60 - 69, 70-79, 80 and over.

Team (where Technical and Free routines shall constitute one event): 18-24, 25-34, 35-49, 50-64, 65-79 and 80 and over.

Free Combination 18-24, 25-39; 40-64 and 65 and over.

Team Composition

Teams shall consist of a minimum of four (4) members and a maximum of eight (8) members. Combination shall consist of a minimum of four (4) members and a maximum of ten (10) members.

Competitors in Duet, Trio, Team, and Free Combination must be from the same club.

Awards

Medals for the first three considering combined score in each event and age category,

Routine - FINA Requirements for Masters Technical Routines

There are required elements for each technical routine

GENERAL REQUIREMENTS

Supplementary elements may be added

1. Unless otherwise specified in the description of an element:
 - a. All figures or components thereof shall be executed according to the requirements described below.

- b. All elements shall be executed high and controlled in uniform motion with each section clearly defined. All elements must be performed parallel to the judges.
2. Time limits will be as described in FINA Rule MAS 4.1:
 - a. Free Routines Solo: 2 minutes 30 seconds
 - b. Technical Routines Duet and Mixed Duet/Trios : 1 minute 40 seconds
 - c. Free Routines Duet/Trios: 3 minutes
 - d. Technical Routines Teams: 1 minute 50 seconds
 - e. Free Routines Teams: 4 minutes
 - f. Free Combination: 4 minutes
3. There shall be no minimum time limit. Maximum Time Limits: there shall be an allowance of fifteen (15) seconds plus the allotted time for Technical Routines, Free Routines and Combination.
4. In all routine events, the walk-on of the competitors from the designated starting point to achievement of a stationary position(s) may not exceed thirty (30) seconds. Timing shall commence when the first competitor passes the starting point and end when the last competitor becomes stationary.
5. When the Routine starts in the water, the time allowance for the walk-on of the competitors from the designated starting point to the achievement of a starting position in the water shall not exceed 30 seconds. Timing shall commence when the first competitor moves past the starting point and end when the last competitor assumes a starting position.
6. Timing of the routines shall start and finish with the accompaniment. Timing of deck movements shall end as the last competitor leaves the deck. Routines may start on the deck or in the water, but they must finish in the water.
7. The accompaniment and judging shall begin upon a signal from the referee or the appointed official. After the signal the competitor(s) must perform the routine without interruption.
8. Judging and scoring shall be in accordance with FINA Artistic Swimming Rules for Technical and Free Routines.
9. Penalties and deductions for technical routines will be made in accordance with FINA Artistic Swimming Guidelines AS 18.4.1 - 18.4.6.
10. For Technical routines, swimwear shall be black and the competitor shall wear a white cap. For all routines, jewellery is not permitted. Goggles may be worn.
11. The final competitor names should be handed to the Referee no later than one (1) hour prior to the commencement of the event they are due to compete in.

SOLO REQUIRED ELEMENTS

Elements 1 to 5 MUST be performed in the order listed.

Element 6 may be performed at any time during the routine.

1. **FISHTAIL** – from a Front Layout Position, a Front Pike Position is assumed; one leg is lifted to a Fishtail Position, the second leg is lifted to a Vertical Position (ending is optional).
2. **SPLIT POSITION** – followed by a walkout front or walkout back.
3. **SPINNING 180°** – From a Bent Knee Position, a Spin 180° is executed as the legs are joined to a Vertical Position at the ankles followed by submergence.
4. **TRAVELLING BALLET LEG COMBINATION** – Beginning in a Back Layout Position to include any 2 of the following positions – Bent Knee Back Layout, right; Bent Knee Back Layout, left; Ballet Leg, left; Ballet Leg, right; Flamingo Position, left; Flamingo Position, right; Ballet Leg Double.
5. **BARRACUDA BENT KNEE** – From the Back Pike Position with the legs perpendicular and the toes just below the surface, a Thrust is executed as one leg is drawn along

the inside of the other extended leg to assume a Bent Knee Vertical Position. A Vertical Descent is executed in a Bent Knee Vertical Position at the same tempo as the Thrust

6. **TWO (2) FORMS OF PROPULSION** – Must include Egg Beater travelling sideways and/or forward (arms optional)

DUET/TRIOS REQUIRED ELEMENTS

Elements 1 – 5 MUST be performed in the order listed

Elements 6 – 7 may be executed at any time during the routine

Routines for Duet 1 to 6 as above for Solo

7. **JOINED ACTION** – Where the swimmers are connected (touching) in some manner to perform on of the following:
 - a. A connected figure or a connected float or connected stroking
 - b. Action must be performed simultaneously. Minor action is permitted.
 - c. Stacks, lifts, platforms, throws are not permitted.

With the exception of the **DECK WORK** and **ENTRY** and as noted in the **JOINED ACTION**, all elements, required and supplementary, MUST be performed simultaneously and facing the same direction by both swimmers, Variation in propulsion and direction facing are permitted during pattern changes.

TEAM REQUIRED ELEMENTS

Elements 1 – 5 MUST be performed in the order listed

Elements 6 – 9 may be executed at any time during the routine

Routines for Team 1 to 7 as above for Duet

8. **CADENCE ACTION** – Identical movements performed sequentially, one by one, by all team members. When more than one cadence action is performed, they must be consecutive and not separated by other optional or required elements. A second cadence action may begin before the first cadence action is completed by all team members but each team member must do the action of each cadence.
9. **PATTERNS** – must show a circle and straight line. Elements may be performed when in the circle or the straight-line patterns.

With the exception of the **DECK WORK, ENTRY, CADENCE** and as noted in the **JOINED ACTION**, all elements, required and supplementary, MUST be performed simultaneously and facing the same direction by all swimmers. Swimmers need not face the same direction in the circle pattern. Variation in propulsion and direction facing are permitted during pattern changes. Mirror actions are not permitted except in the description of the elements.

Out to Swim very much looks forward to welcoming you to IGLA London 2023 Artistic Swimming Competition.