1. **GOALS AND OBJECTIVES**

International competitions are held with the aim of:

- further development and popularization of synchronized swimming as a sport in the Republic of Belarus;

- **Aim**:

– improving the skill level of young athletes;

– development of international relations with the countries cultivating synchronized swimming, the European Swimming Federation and the International Swimming Federation (World Aquatics);

– review of the reserve of young athletes for further selection in the youth and junior teams;

– evaluation of the work of territorial, subordinate sports organizations and sports schools;

– training of the judiciary;

– promoting a healthy lifestyle and promoting synchronized swimming in the Republic of Belarus.

1. **DATES AND VENUES OF THE COMPETITION**
   1. International competitions are held in Minsk, 109B Pobediteley Ave., on the basis of the educational and sports building "Swimming Complex" of the Educational Institution "Belarusian State University of Physical Culture" (UO "BGUFC")

*May 29 - June 1, 2025.*

*Arrival date: May 29, 2025*

*Departure date: June 01, 2025*

2.2 Participating organizations – countries, clubs, regions, societies, sports schools, and other organizations that develop the artistic swimming.

**3. COMPETITION MANAGEMENT**

3.1. The general management of the preparation and conduct of the competitions is carried out by the public association "Belarusian Synchronized Swimming Federation" (NGO "BFSP"), NGO "BGUFC".

3.2. The direct conduct of the competition is entrusted to the main judging panel, approved by the Presidium of the NGO "BFSP".

3.3. The responsibility for the technical preparation of the competition venues lies with the management of the USC "Swimming complex" UO "BGUFC".

3.4. Competitions are held in accordance with the approved rules of World Aquatics and the NGO "BFSP".

3.5. Team representatives are personally responsible for athletes' compliance with competition rules and safety regulations.

**4. PARTICIPATING ORGANIZATIONS AND COMPETITORS**

**4.1.** The following persons are allowed to participate in the competition:

– teams from the CIS countries;

– teams from foreign countries;

– teams from Minsk, Brest and Brest region, Gomel, Gomel region

and other organizations involved in the development of artistic swimming in the Republic of Belarus.

**4.2.** The team consists of 25 people, including:

- Athletes: 16 persons

- Coaches: 3 persons

- Representatives: 1 person

- Maintenance staff: 2 persons

- Judges: 3 persons

**4.3.** All participants of the competition must have a uniform sports uniform of their team.

All competition judges must wear a white T-shirt and black trousers.

**4.4.** International competitions are held in the following age categories:

- Girls and boys – 8 years old and younger (born in 2017 and younger);

- Girls and boys – 10 years old and younger (born in 2015 and younger);

- Girls and boys – 12 years old and younger (born in 2013 and younger).

**5. COMPETITION PROGRAM**

Competitions are held in a 30x30 m pool with a depth of 5 m. On the basis of the USC "Swimming complex" BGUFK.

World Aquatics Competition RULES 2022-2025

Free Combinaition 100% – The open to all age categories. Team 100% + 100% figures, Duet 100% + 100% figures, Mix duet 100% + 100%, Solo Girls 100% + 100% figures, Solo Boys 100% + 100% figures.

There are no preliminary competitions.

**Preliminary competition schedule (subject to change)**

|  |  |  |
| --- | --- | --- |
| **Date** | **Events** | **Time** |
| **29.05.2025** | Arrival day, music practice | 12:30-15:00  17:00-18:30 |
| **30.05.2025** | Training (without music) | 8:00-8:45 |
| FIGURE Competition (all age group). FINAL | 9:00-12:00 |
| Training (without music) | 12:00-12:45 |
| Solo Girles. FINAL.  Solo Boys. FINAL  (All age group) | 13:00-14:30 |
| Open Ceremony  Award Ceremony – Solo competitions (Girls, Boys, all age group) | 14:45-15:00 |
| Training (without music) | 16:00-16:45 |
| Free Combination (open) | 17:00-17:30 |
| Award Ceremony Free Combinaition | 17:45-18:00 |
| **31.05.2025** | Training (without music) | 8:00-8:45 |
| Team competitions (all age group). FINAL | 9:00-10:00 |
| Duet competitions (all age group). FINAL  Mix Duet competitions (all age group). FINAL | 10:30-12:00 |
| Award Ceremony Duets, Mix Duets (all age group).  Close Ceremony | 12:10-12:30 |
| **01.06.2025** | Departure |  |

**Events: - 8 years age group:**

Time and content of events in accordance with the rules of World Aquatics 2022-2025 (category 12 years and younger)

**Figures for the age group of 8 years:**

1. **Flamingo Back Layout Position (flamingo from tub position) 1.5**

*From the " back layout " position, a fold is performed into a tub position on the surface of the water. After that, one of the legs is lifted into the "flamingo" position. Then the vertical leg is bent into tub position, followed body straightening to back layout position.*

**2.  Somersault in tuck position 1.5**

*From the " back layout " position, a fold is performed into a tuck position on the surface of the water. Then a full somersault back is performed to the back layout tuck position, on the surface of the water, an extension follows to the " back layout " position.*

**3.  Surface arch position 1.4**

*From the " back layout " position, moving towards the head, a deflection is performed to the "arch" position (the pelvis takes the place of the head). Than is followed by swimming from the "arch" position to the " back layout" position towards the legs (the head comes to the place of the pelvis).*

**4.  A Front Pike Position 1.3**

*From the " front layout " position, moving towards the head, a bend is performed into a "front pike position" (the pelvis takes the place of the head). Than is followed by a swim from the "front pike position" to the " front layout " position towards the legs (the head comes to the place of the pelvis).*

**Events: - 10 years age group:**

Time and content of events in accordance with the rules of World Aquatics 2022-2025 (category 12 years and younger)

**Figures for the age group of 10 years:**

1. **101 Straight Ballet Leg Single 1.6**

*From the "back layout" position, one leg is lifted straight to the "ballet leg" position. Keeping the hip in an upright position, the knee should be bent to the "half-ballet leg" position. Then the bent leg is straightened to the " back layout " position.*

1. **301 Barracuda 1.8**

*From the "back layout" position, the legs rise to an upright position, while the body sinks into the " pike position" until the toes are directly below the surface of the water. A Barracuda is executed to Vertical Position. A Vertical Descent is executed at the same tempo as the Thrust.*

1. **316v Kipnus next 1.4**

*From the " back layout" position, the knee, 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 leg assume a "Bent Knee Vertical Position" midway between the former vertical line through the hips and the former vertical line through the head and shins. Than followed Vertical Descent while the bent leg is straightened to the Vertical position, to the water level up to the ankle. The figure is executed a full vertical descent.*

**!!!!! ATTANTION, this Figure have a different from World Aquatics Rules!!!!!!**

1. **360 Walkover Front 1.9**

*From a* *" front layout" position a Front Pike position is assumed. One leg is lifted in a 180° arc over of the water to a Split Position. A Walk Front is executed.*

**Events: - 12 years age group:**

Time and content of events in accordance with the rules of World Aquatics 2022-2025 (category 12 years and younger).

Figures for the age group of 12 years and younger in accordance with the rules of the World Aquatics age groups for 2022-2025.

The Free Combinaition in accordance with the rules of the World Aquatics for 2022-2025. The Free Combinaition is open to all age categories.

1. **THE PROCEDURE FOR DETERMINING THE WINNERS AND AWARDING CEREMONY.**

Each event is considered as a separate competition, and the winner is determined in each event, except for the figure competition.

The following results are determined based on the results of the competition:

- personal result;

- overall team result.

Personal result in competitions is determined by the will take place in the each event.

An athlete who is registered and participating in the event (solo girls, solo boys, duet, mixed duet, team) is not eligible to participate in the same event in another age category. If the events are different (forexample: Solo (8 years old) and Team (10 years old), the athlete has the right to perform). Participation in different age categories in the Figure competition is allowed.

The places of the participants are determined by the highest amount of points scored in:

- the sum of Figure and free event (Solo girl, Solo boy, Duet, Mix Duet, Team);

- The Free Combinaition is considered as a separate Event without taking into account the figures, it is not included in the overall team competition result. Athletes participating only in the Free Combinaition can perform in the figure competition.

- Overall Team results are determined by the highest sum of points for the performance of one solo (girls), one solo (boys), duet, mixed duet, team.

Winners in the individual championship for the first, second and third places are awarded with a diploma and a medal of the corresponding degrees (gold, silver or bronze). Reserve athletes are not awarded.

In the international standings, only one best team from the country in each event is awarded for 1, 2, 3 places (solo girls, solo boys, duet, mixed duet, team, Free combinaition). Reserve athletes are not awarded.

In the national standings, for 1, 2, 3 places, only one best athlete from the team in each event is awarded (solo girls, solo boys, duet, mixed duet, team, Free Combinaition). Reserve athletes are not awarded.

*The Organizing Committee reserves the right to change the conditions of awarding, depending on the number of declared teams in each individual evenst.*

1. **PROTESTS, PROCEDURE FOR REVIEWING AND INVALIDATING SPORTS RESULTS.**

A team representative can protest the result of the competition in case of violation of the rules of the competition or refereeing error, which led to significant changes in the determination of individual and team places, as well as in cases of incorrect admission of teams or individual athletes to these competitions.

In this case, within no more than half one hour (30 minutes) after the end of the competition, the representative of the team submits a written protest to the chief referee of the competition, who fixes the time of the end of the competition and the time of filing the protest.

Protests filed untimely or in violation of the established procedure are not accepted for consideration.

**8. FINANCING TERMS**

The participating teams pay all the costs of participating in the competition on their own.

PO "BFSP" carry the following expenses:

payment of medical personnel, ensuring the duty of the team and ambulance during the competitions on the territory of Minsk of the educational institution "BSUPK" from 30.05 to 31.05.2025;

purchase of advertising and souvenir products for participants;

purchase of equipment for referees, volunteers;

purchase of stationery;

organization of a referee seminar, consultations and quizzes of specialists of the National Anti-Doping Agency;

other expenses subject to the availability of financial resources.

BSUPC:

rental of sports facilities, inventory, equipment;

provision of award attributes for the winners of the competition (medals, cups, diplomas, memorable prizes) at the expense of funds received on the current account of the educational institution "BSUPC" from the entry fees for participation in the competitions.

**The entry fee for participation in the competition is:**

**100 Belarusian rubles.**

Payment is made by bank transfer until 05/23/2025 inclusive, foreign participants of the competition pay the entry fee upon arrival in the Republic of Belarus in Belarusian rubles, to the current account of the university.

*Payment details:*

**Кому**: Учреждение образования «Белорусский государственный университет физической культуры», ОАО «АСБ Беларусбанк» г. Минск, р/с BY87AKBB36329014800305300000, код АКВВВY2Х, УНП 100007545, ОКПО 02935835.

**Payment type**: Entry fee for participation in international Artistic swimming competitions «SUZOR'E CUP» 2025.

Expenses for travel, accommodation and meals, as well as other items related to the participation in the tournament of athletes, coaches, referees, team representatives and service personnel are financed at the expense of sending organizations.

The entry fee for the participation of athletes in the competition is not refunded in case of the athlete's failure to appear at the competition for any reason (except for illness confirmed by a medical certificate).

**9. APPLICATIONS AND ADMISSION TO PARTICIPATE IN COMPETITIONS**

Sports organizations that have received this Regulation (invitation) confirm their participation in writing   
**by May 10, 2025** indicating the number of Events in each age categories to the email address: [blr.synchro@gmail.com](mailto:blr.synchro@gmail.com)

To draw up technical and start protocols of the competitions, the participating organizations **until May 17, 2025** submit to the organizing organization a nominal (technical) application for each type of event and age category (in a single form) to the email address: [blr.synchro@gmail.com](mailto:blr.synchro@gmail.com)

Please send musical accompaniment **until May 22, 2025** to the email address: [synchro.music.blr@gmail.com](mailto:synchro.music.blr@gmail.com) in mp3 format, file name:   
**EVENT\_SURNAME Name \_Team**.

**Example: Team\_Ivanov\_Belarus**

Reserve athletes can be declared in the EVENTS:

Solo – 1 athlete; Duet – 1 athlete; Mixed duet – 2 athletes (1 boy and 1 girl); Team – 2 athletes; Free Combinaition – 2 athletes.

**COACH CARDS** **until May 22, 2025** to the email address: [synchro.music.blr@gmail.com](mailto:synchro.music.blr@gmail.com)

The Technical Commission for the admission of participants will work on 29.05.2025 from 12:00 to 15:00 at the address: Minsk, Pobediteley Ave., 109V, room. 204.

At the technical commission, representatives (coaches) of the teams represent:

an official application signed by the head of the section (school, club, etc.) for teams representing sports organizations;

birth certificate (passport);

receipt of payment of the entry fee;

a valid insurance policy for each participant, covering insured events that may arise when participating in Artistic swimming competitions.

**10. Accommodation and meals.**

Meals can be organized at the place of residence in agreement with the hotel, and there are catering points (café, canteen) within walking distance from the pool.

1. Sport Time Hotel [www.sporttime-hotel.by](http://www.sporttime-hotel.by) Myastrovskaya St., 2 tel.+375(17)279-39-60, +375(29)370-32-29
2. Sport Hotel

[www.hotel-sport.by](http://www.hotel-sport.by) Yakuba Kolasa Str., 35

tel. +375(17)357-72-09

1. Slavyanskaya Hotel

[www.slavyanskaya-minsk.by](http://www.slavyanskaya-minsk.by) Narochanskaya St., 6

tel.+375(44)500-28-90, +375(44)521-51-27

**THESE REGULATIONS ARE AN OFFICIAL INVITATION TO THE COMPETITION.**