

REGULAMENTO SÃO PAULO OPEN DE NADO ARTÍSTICO 2019

Das inscrições:

Art. 1º - O SÃO PAULO SINCRO OPEN DE NADO ARTÍSTICO será regido pelas regras da FINA e pelo Regulamento específico da Competição.

Art. 2º - Esta Competição destina-se a clubes de Nível A e B de todas as regiões do país.

Art. 3º - Para participar desta Competição, o clube deverá estar devidamente regulamentado na Federação local;

3.1 - A inscrição deverá ser enviada a esta Federação – FAP – até o dia 14 de junho de 2019, 15 (quinze) dias de antecedência à data prevista como primeiro dia do evento (28 de junho de 2019). Após a data referida não será aceita nenhuma inscrição.

3.2 - A inscrição deverá estar corretamente preenchida, contendo os seguintes dados: data de nascimento, o n.º de registro da nadadora na CBDA; também deve designar a prova nomeando: o solo e sua reserva; o dueto e sua reserva e as atletas que compõem a equipe e suas reservas. Deve ser enviada para o e-mail:

nadoartistico@aquaticapaulista.org.br

3.2.1- A taxa de inscrição será de R\$ 34,38 para cada atleta e prova. Data limite para pagamento das inscrições: 21 de junho de 2019. O valor deve ser pago por meio de depósito



bancário na conta da Federação Aquática Paulista (**Banco Itaú, agência 0161, Conta Corrente 47311-1**). O comprovante de depósito deve ser enviado para o e-mail: financeiro@aquaticapaulista.org.br para a efetivação da inscrição.

3.3 - Qualquer modificação será permitida somente **até 24 horas antes do dia programado para o sorteio de ordem de entrada (25 de junho)**, apenas entre as atletas já inscritas nas diversas sessões da competição, e apenas destas nadadoras relacionadas na inscrição: Ex.: modificar que atleta nadará que sessão de rotina dentre os nomes já inscritos pelo Clube.

3.3.1 – No foro do Congresso Técnico serão consentidos cortes e/ou correções no programa, não sendo admitida, todavia, qualquer mudança na inscrição original.

3.3.2 - A atleta titular do solo deverá ser nomeada (caso exista reserva) durante o Congresso Técnico.

Art. 4º - O Campeonato constará de provas de Figura e Rotina Livre para as categorias Infantil, Juvenil.

A(s) nadadora(s) inscrita(s) deverá (ão) participar **obrigatoriamente** das duas sessões que compõem o Campeonato.

Na categoria Júnior e Absoluto constará somente rotina Livre e/ou técnica (100%)



4.1. Atletas

4.1.1 Categorias por Idade

Infantil nascidas em 2007 ou após.

Juvenil nascidas em 2006, 2005, 2004.

Júnior nascidas em 2004, 2003, 2002 e 2001.

Absoluto nascidas em 2005 ou antes.

Atletas de último ano da sua categoria poderão competir na categoria acima, desde que também compita em sua categoria de idade.

4.1.2- Cada clube poderá inscrever desde que tenha entre 4 e 8 nadadoras, **1 solo, 1 dueto e 1 equipe**. Em caso de o clube participar com 3 nadadoras ou menos terá direito a inscrever somente **1 solo e 1 dueto**.

4.1.3 - O clube que tiver **9 atletas** poderá inscrever:

- Mais 1 solo numa segunda equipe; **esta 9ª atleta não poderá pertencer à primeira equipe sequer como reserva.**

4.1.4 - O clube que tiver **10 atletas** poderá inscrever:

- Mais 1 solo e mais 1 dueto numa segunda equipe; **as atletas deste outro solo e deste outro dueto não poderão pertencer à primeira equipe sequer como reserva.**

4.1.5- O clube que tiver **11 atletas** poderá inscrever:



- Mais 1 solo e somente mais 1 dueto numa segunda equipe; **as atletas deste outro solo e deste outro dueto não poderão pertencer à primeira equipe sequer como reserva.**

4.1.6 - O clube que tiver **12 atletas ou mais** poderá inscrever:

- Somente mais 1 solo, mais 1dueto, e mais uma equipe; **as atletas desta segunda equipe não poderão pertencer à primeira equipe sequer como reserva.**

4.1.7 – Aquele que clube desejar poderá inscrever um máximo de duas reservas em sua equipe. (a inscrição está condicionada a um número mínimo de 8 atletas).

4.2 Clubes

Será considerado clube **Nível A** aquele que já compete no Nado Artístico há mais de cinco (5) anos. Fica vetada a participação de clubes **Nível A** como **Nível B**. O clube **Nível A** somente poderá voltar à condição de **Nível B** se deixar de competir os Campeonatos e Torneios oficiais por mais de cinco (5) anos consecutivos. O clube com cinco (5) anos ou menos de prática de Nado Artístico será considerado **Nível B**, sendo permitida sua participação em competições de **Nível A** e ficando aberta sua volta ao **Nível B, desde que fique 5 anos consecutivos sem participar de eventos oficiais**. A partir de 2018 o clube novo em nado artístico poderá competir apenas por três (3) anos como nível B.



Programa da competição:

QUINTA-FEIRA 27 de JUNHO

Treino das Equipes de fora

- Horário: 14h às 17h
- Local: Piscina da Competição

SEXTA-FEIRA 28 de JUNHO

Congresso Técnico

- Horário – 10h
- Local – Piscina de competição

Prova de figuras

- **Aquecimento:** 13h às 13h50
- **Competição:** 14h às 17h
- **Treinamento Oficial:** 17h às 19h

Sábado 29 de JUNHO

Prova de rotina técnica

- **Aquecimento:** 08h30 às 09h30
- **Competição:** 09h30 às 11h30

SÁBADO 29 de JUNHO

Prova de solos e duetos

- **Aquecimento** - 13h30 às 14h30
- **Desfile das delegações** - 14h45 às 15h15
- **Competição** - 15h30 às 16h45
- **Premiação** - 17h
- **Treinamento Oficial:** 17h30 às 18h30

SÁBADO 29 de JUNHO

Prova de equipes

- **Aquecimento** - 08h30 às 09h30
- **Competição** - 09h45 às 10h30
- **Premiação** - 17h

PROVAS

Prova de Figuras

A prova de figuras equivalerá a 100% da pontuação final.

A prova de Figuras constará de quatro (4) figuras, sendo duas (2) Obrigatórias e duas (2) que serão sorteadas dentre os grupos de figuras para sorteio, listados como a seguir:

| FIGURAS | | |
|--------------------------|---------------------------------|------|
| INFATIL | | |
| OBRIGATÓRIAS | | G.D. |
| 1.101 | CANCÃ | 1.6 |
| 2.301 | BARRACUDA | 1.9 |
| | | 3.5 |
| Grupos de Sorteio | | |
| Grupo 1 | | |
| 3. 420 | Passo atrás | 1.9 |
| 4. 327 | Bailarina | 1.8 |
| | | 3.7 |
| Grupo 2 | | |
| 3. 311 | Kip | 1.6 |
| 4. 401 | Peixe Espada | 2.0 |
| | | 3.6 |
| Grupo 3 | | |
| 3. 226 | Swan | 2.1 |
| 4. 363 | Water Drop | 1.5 |
| | | 3.6 |
| JUVENIL | | |
| OBRIGATÓRIAS | | |
| 1. 423 | ARIANA | 2.2 |
| 2. 143 | Rio | 3.1 |
| | | 5.3 |
| Grupos de Sorteio | | |
| Grupo 1 | | |
| 3. 351 | Júpiter | 2.8 |
| 4. 437 | Oceanea | 2.1 |
| | | 4.9 |
| Grupo 2 | | |
| 3. 240a | Albatroz com Giro 180º | 2.2 |
| 4. 403 | Swordtail | 2.3 |
| | | 4.5 |
| Grupo 3 | | |
| 3. 355f | Boto com Parafuso Contínuo 720º | 2.1 |
| 4. 315 | Seagull | 2.1 |

Prova de Rotina

A prova de Rotina terá pontuação final de 100% da nota.

Na Rotina Livre não existe restrição quanto ao conteúdo, coreografia e/ou escolha da música, e nela poderão constar quaisquer figuras listadas ou partes dessas, assim como quaisquer nados ou partes desses.

O tempo limite de Rotinas para as respectivas categorias (com **15" de tolerância para menos ou para mais**), incluindo os dez (10) segundos de movimento de borda, será de:

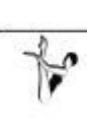
| CATEGORIAS | SOLO | DUETO | DUETO MISTO | EQUIPE | LIVRE COMBINADA |
|-----------------------|------|-------|-------------|--------|-----------------|
| INFANTIL | 2.00 | 2.30 | | 3.00 | 3.00 |
| JUVENIL | 2.15 | 2.45 | | 3.30 | 3.30 |
| JÚNIOR | 2.30 | 3.00 | | 4.00 | 4.00 |
| SENIOR | 2.30 | 3.00 | 3.00 | 4.00 | 4.00 |
| ROTINA TÉCNICA | 2.00 | 2.20 | 2.20 | 2.50 | |

Na categoria absoluto e júnior as provas de rotinas livres e técnica terão pontuação final de 100% da nota. Não haverá soma das provas técnicas e livres.

Os atletas deverão executar os elementos obrigatórios segundo as regras da FINA na rotina técnica.

JUNIOR SOLO REQUIRED ELEMENTS (DD 12.1)

1. Starting in a **Submerged Back Pike Position** with the legs perpendicular to the surface, a Barracuda Airborne Split is executed. [DD 2.5]

| |  |  |  |  | Total |
|------|--|--|--|--|-------|
| NVT= | 31.0 | 43.0 | - | 15.0 | 89 |
| PV = | 3.48 | 4.83 | - | 1.69 | |

2. Starting in a **Vertical Position**, the body rotates 360° as the legs are lowered symmetrically to assume a **Split Position**. Continuing in the same direction an additional rotation of 360° is completed as the legs are raised symmetrically to assume a **Vertical Position**. Followed by a *Continuous Spin 1080°* (3) in the same direction. [DD 2.5]

| |  |  |  | Total |
|------|---|---|---|-------|
| NVT= | 26.0 | 27.0 | 35.0 | 88 |
| PV = | 2.95 | 3.07 | 3.98 | |

3. 141 - Stingray

A Flamingo is executed to a **Surface Flamingo Position**, travelling head first. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves with the knee at the surface to assume a **Fishtail Position**. The horizontal leg is lifted in an arc over the surface. As it passes the vertical leg which moves symmetrically, a 180° rotation is started and is completed as a **Split Position** is assumed. A *Walkout Front* is executed. **[DD 3.2]**

| | | | | | | | | | Total |
|-----|------|------|------|------|------|------|------|------|-------|
| NV= | 10.5 | 11.0 | 13.0 | 22.5 | 20.5 | 20.0 | 23.0 | 8.0 | 128.5 |
| PV= | 0.82 | 0.86 | 1.01 | 1.75 | 1.60 | 1.56 | 1.79 | 0.62 | |

4. Starting in a **Vertical Position** a *Combined Spin of 720°* (2 rotations + 2 rotations) is executed. **[DD 1.9]**

| | | | | Total |
|------|------|---|------|-------|
| NVT= | 42.0 | - | 14.0 | 56 |
| PV = | 7.5 | - | 2.5 | |

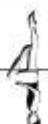
5. Starting in a **Submerged Back Pike Position** with the legs perpendicular to the surface, a Barracuda Spin 360° is executed. **[DD 2.0]**

| | | | | Total |
|---|---|---|---|-------|
|  |  |  |  | |
| NVT= | 31.0 | 30.0 | - | 61 |

| | | | | |
|---|---|---|---|----|
|  |  |  |  | |
| NVT= | 31.0 | 30.0 | - | 61 |
| PV = | 5.08 | 4.92 | - | |

JUNIOR DUET REQUIRED ELEMENTS (DD 12,4)

1. Starting in a **Vertical Position**, a *Full Twist* is executed as one leg is lowered to a **Bent Knee Vertical Position**. Continuing in the same direction an additional *Full Twist* is completed, as the bent knee is extended to a **Vertical Position**. Followed by a *Continuous Spin of 720°* (2 rotations) is executed. [DD 2.2]

| | | | | Total |
|--|--|--|--|-------|
|  |  |  |  | |
| NVT= | 20.5 | 22.0 | 31.0 | 73.5 |

| | | | | |
|---|---|---|---|------|
|  |  |  |  | |
| NVT= | 20.5 | 22.0 | 31.0 | 73.5 |
| PV = | 2.79 | 2.99 | 4.22 | |

2. From a **Back Layout Position** a straight leg is lifted to a **Ballet Leg Position**. The shin of the horizontal leg is drawn along the surface to assume a **Surface Flamingo Position**. The bent knee is straightened to a **Surface Ballet Leg Double Position**. Maintaining the legs vertical, the body submerges to a **Submerged Back Pike Position** until the feet are just below the surface. Executing a 360° rotation the body rises to the surface simultaneously lowering one leg with foot at the surface to assume a **Surface Flamingo Position**. The horizontal leg is straightened horizontally to a **Ballet Leg Position**. The vertical leg is lowered straight to a **Back Layout Position**. Head first travel is allowed during the Ballet Leg sequence. [DD 2.9]

| | | | | | | | | Total |
|------|------|------|------|------|------|------|------|-------|
| NVT= | 18.5 | 13.0 | 13.0 | 15.0 | 18.5 | 13.0 | 18.5 | 109.5 |
| PV = | 1.69 | 1.19 | 1.19 | 1.37 | 1.69 | 1.19 | 1.69 | |

3. Starting and maintaining a **Fishtail Position**, with the horizontal leg leading toward the vertical leg, 2 rapid rotations (720°) are executed. **[DD 1.8]**

| | | Total |
|------|------|-------|
| NVT= | 50.0 | 50.0 |
| PV = | 10.0 | |

4. A Cyclone is executed to a **Vertical Position**. A **Half Twist** is executed. Continuing in the same direction an additional rotation of 180° is executed as the legs are symmetrically opened to assume a **Split Position**. A **Walkout Front** is executed. **[DD 3.0]**

| | | | | | | | Total |
|------|------|------|------|------|------|------|-------|
| NVT= | 17.5 | 29.0 | 21.0 | 20.0 | 23.0 | 8.0 | 118.5 |
| PV = | 1.48 | 2.45 | 1.77 | 1.69 | 1.94 | 0.68 | |

5. Starting in a submerged **Back Pike Position** with the legs perpendicular to the surface, a Flying Fish is executed. **[DD 2.5]**

| | | | | | Total |
|---|---|---|---|---|-------|
|  |  |  |  |  | |
| NVT = | 31.0 | 44.0 | - | 15.0 | 90.0 |
| PV = | 3.44 | 4.89 | - | 1.67 | |

6. The routine must contain a lift, jump or throw, this can be placed anywhere in the routine.

7. With the exception of the deck work, entry and the lift, jump or throw, all elements

required and supplementary must be performed simultaneously and facing the same direction. Mirror actions are not permitted.

JUNIOR TEAM REQUIRED ELEMENTS (DD 12.3)

1 Starting in a **Submerged Back Pike Position** with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position** and with no loss of height one leg is lowered to a **Bent Knee Vertical Position**. A rapid 180° *Spin* is executed as the bent knee is extended to a **Vertical Position**. All movements are executed rapidly. **[DD 2.3]**

| | | | | | Total |
|---|---|---|---|--|-------|
|  |  |  |  |  | |
| NVT | 31.0 | 32.0 | 18.0 | - | 81 |
| PV | 3.83 | 3.95 | 2.22 | - | |



2 . From a **Vertical position**, a *Twist Spin* is executed. [DD 1.8]

| | | | |
|---|---|---|-------|
|  |  |  | Total |
| NVT | 21.0 | 31.0 | 52 |
| PV | 4.04 | 5.96 | |

3. A Cyclone is executed to a **Vertical Position**, the legs are symmetrically lowered to a **Split Position**. A *Walkout Front* is executed. [DD 2.6]

| | | | | | | |
|---|---|---|---|--|---|-------|
|  |  |  |  |  |  | Total |
| NVT | 17.5 | 29.0 | 17.0 | 23.0 | 8.0 | 94.5 |
| PV | 1.85 | 3.07 | 1.80 | 2.43 | 0.85 | |

4. Manta Ray Hybrid: A Flamingo is executed to a **Surface Flamingo Position**, travelling head first. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves with the knee at the surface to assume a **Fishtail Position**. The horizontal leg is lifted rapidly to a **Vertical Position**, as the body rotates 180°. The direction of the 180 rotation is closing into the vertical leg. (Note: A right flamingo start requires the right shoulder back during the 180° rotation and a left flamingo start requires the left shoulder back during the 180° rotation). The legs are lowered rapidly simultaneously to a **Bent Knee Surface Arch Position**. (Note: The **Bent Knee Surface Arch Position** can be assumed by using either leg). The bent knee is straightened to a **Surface Arch Position** and with continuous motion, an *Arch to Back Layout Finish Action* is executed.[DD 3.1]

| | | | | | | | | | | Total |
|-----|------|------|------|------|------|------|------|------|-----|-------|
| NV= | 10.5 | 11.0 | 13.0 | 22.5 | 21.5 | 21.0 | 14.5 | 8.0 | 122 | |
| PV= | 0.86 | 0.90 | 1.07 | 1.84 | 1.76 | 1.72 | 1.19 | 0.66 | | |

5. From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a Barracuda Airborne Split is executed. **[DD 2.5]**

| | | | | | | Total |
|-----|------|------|---|------|----|-------|
| NV= | 31.0 | 43.0 | - | 15.0 | 89 | |
| PV= | 3.48 | 4.83 | - | 1.69 | | |

6. The routine must contain only two acrobatic movements: one using all team members, and one where the swimmers are divided into two subgroups and who perform identical simultaneous acrobatic movements. These may be placed anywhere in the routine. Acrobatic movements: A general term for jumps, throws, lifts, stacks, platforms, etc., which are performed as spectacular gymnastic feats and/or risky actions, and are mostly achieved with assistance from other swimmer(s).

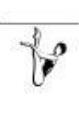
7. The routine must contain a Cadence Action with either arms, legs or both. This may be placed anywhere in the routine. Cadence Action: Identical movement(s) performed sequentially, one by one, by all team members. When more than one cadence action is performed, they must be consecutive and not separated 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.

8. At least one circle and at least one straight line must be included in the routine.

9. With exception of the deck work, entry, the Acrobatic movements and the Cadence Action, all elements – required and supplementary – must be performed simultaneously and facing the same direction by all team members. Variations in propulsion and direction facing are permitted only during underwater pattern changes and underwater actions and making and finishing a circle. Mirror actions are not permitted with the exception of the circle.

SENIOR SOLO REQUIRED ELEMENTS (DD 14,3)

1. Starting in a **Submerged Back Pike Position** with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position** and with no loss of height one leg is lowered rapidly to a **Bent Knee Position** and as the vertical leg is lowered forward, the bent knee is extended to assume an **Airborne Split Position** and maintaining maximum height the legs are lifted symmetrically to a **Vertical Position**, followed by a *Vertical Descent*. All movements are executed rapidly. **[DD2.7]**

| | | | | | | Total |
|---|---|---|---|---|---|-------|
|  |  |  |  |  |  | |
| NVT= | 31.0 | 52.0 | - | - | 15.0 | 98 |
| PV = | 3.16 | 5.31 | - | - | 1.53 | |

2. A *Dolphin* is initiated, and the back continues to arch to assume a **Surface Arch Position**. The legs are lifted to a **Vertical Position**. Two *Full Twists* (720°) are executed, and continuing in the same direction a *Continuous Spin 1080°* (3 rotations) executed. **[DD 3.4]**

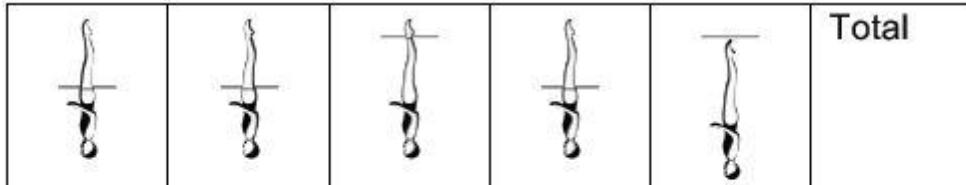
| | | | | | Total |
|---|---|---|---|--|-------|
|  |  |  |  |  | |
| NVT= | 12.0 | 37.0 | 54.0 | 35.0 | 138 |
| PV = | 0.87 | 2.68 | 3.91 | 2.54 | |

3. 141 – Stingray A Flamingo is executed to a **Surface Flamingo Position**, travelling head first. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves with the knee at the surface to assume a **Fishtail Position**. The horizontal leg is lifted in an arc over the surface. As it passes the vertical leg which moves symmetrically, a 180° rotation is started and is completed as a **Split Position** is assumed. A **Walkout Front** is executed. **[DD3.2]**

| | | | | | | | | | Total |
|--|------|------|------|------|------|------|------|-----|-------|
|  | | | | | | | | | |
| NV= | 10.5 | 11.0 | 13.0 | 22.5 | 20.5 | 20.0 | 23.0 | 8.0 | 128.5 |

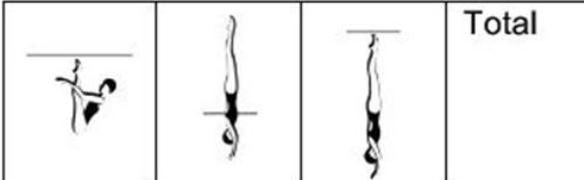
| | | | | | | | | | |
|-----|------|------|------|------|------|------|------|------|--|
| NV= | 0.82 | 0.86 | 1.01 | 1.75 | 1.60 | 1.56 | 1.79 | 0.62 | |
|-----|------|------|------|------|------|------|------|------|--|

4. Starting in a **Vertical Position** a *Full Twist* is executed followed by a *Combined Spin* of 1080° (3 rotations + 3 rotations). **[DD 2.7]**

| | | | | | Total |
|--|------|------|---|------|-------|
|  | | | | | |
| NVT= | 32.0 | 54.0 | - | 14.0 | 100 |

| | | | | | |
|------|------|------|--|------|--|
| PV = | 3.20 | 5.40 | | 1.40 | |
|------|------|------|--|------|--|

5. Starting in a submerged **Back Pike Position** with the legs perpendicular to the surface, a Barracuda Continuous Spin 720° (2 rotations) is executed. **[DD 2.3]**

| | | | Total |
|--|------|------|-------|
|  | | | |
| NVT= | 31.0 | 50.0 | 81 |

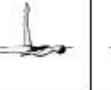
| | | | |
|------|------|------|--|
| PV = | 3.83 | 6.17 | |
|------|------|------|--|

SENIOR DUET REQUIRED ELEMENTS (DD 13,5)

- 1.** Starting in a **Vertical Position**, a **Full Twist** is executed as one leg is lowered to a **Bent Knee Vertical Position**. Continuing in the same direction another **Full Twist** is executed, as the bent knee is extended to a **Vertical Position**. A **Continuous Spin of 1080°** is executed. (3 rotations). **[DD 2.3]**

| | | | | |
|---|---|---|---|-------|
|  |  |  |  | Total |
| NVT= | 20.5 | 22.0 | 35.0 | 77.5 |
| PV = | 2.65 | 2.84 | 4.52 | |

- 2.** From a **Back Layout Position** a straight leg is lifted to a **Ballet Leg Position**. The shin of the horizontal leg is drawn along the surface to assume a **Surface Flamingo Position**. The bent knee is straightened to a **Surface Ballet Leg Double Position**. Maintaining the legs vertical, the body submerges to a **Submerged Back Pike Position** until the feet are just below the surface. Executing a 360° rotation the body rises to the surface simultaneously lowering one leg with foot at the surface to assume a **Surface Flamingo Position**. The horizontal leg is straightened horizontally to a **Ballet Leg Position**. The vertical leg is lowered straight to a **Back Layout Position**. Head first travel is allowed during the Ballet Leg sequence. **[DD 2.9]**

| | | | | | | | | |
|---|---|---|---|---|--|---|---|-------|
|  |  |  |  |  |  |  |  | Total |
| NVT= | 18.5 | 13.0 | 13.0 | 15.0 | 18.5 | 13.0 | 18.5 | 109.5 |
| PV = | 1.69 | 1.19 | 1.19 | 1.37 | 1.69 | 1.19 | 1.69 | |

3. Starting and maintaining a **Fishtail Position**, with the horizontal leg leading toward the vertical leg, 2 rapid rotations (720°) are executed. Continuing in the same direction and same speed, a rapid *Full Twist* is executed as the horizontal leg is lifted to a **Vertical Position**. A *Continuous Spin* 720° is executed. **[DD 2.8]**

| | | | | | Total |
|------|------|------|------|-------|-------|
| NVT= | 50.0 | 26.5 | 31.0 | 107.5 | |
| PV = | 4.65 | 2.47 | 2.88 | | |

4. A Cyclone is executed to the **Vertical Position**. A *Half Twist* is executed. Continuing in the same direction an additional rotation of 180° is executed as the legs are symmetrically opened to assume a **Split Position**. A *Walkout Front* is executed. **[DD 3.0]**

| | | | | | | Total |
|------|------|------|------|------|------|-------|
| NVT= | 17.5 | 29.0 | 21.0 | 20.0 | 23.0 | 8.0 |
| PV = | 1.48 | 2.45 | 1.77 | 1.69 | 1.94 | 0.68 |

5. Starting in a submerged **Back Pike Position** with the legs perpendicular to the surface, a *Thrust* is executed to a Vertical Position and with no loss of height one leg is rapidly lowered to a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position** as a *Spin* 360° is executed. **[DD 2.5]**

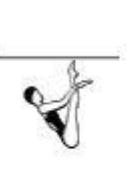
| | | | | | Total |
|------|------|------|------|---|-------|
| NVT= | 31.0 | 34.0 | 25.5 | - | 90.5 |
| PV = | 3.43 | 3.76 | 2.82 | - | |

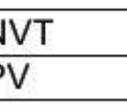
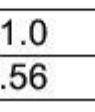
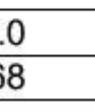
6. The routine must contain a lift, jump or throw, this can be placed anywhere in the routine.

7. With the exception of the deck work, entry and the lift, jump or throw, all elements required and supplementary must be performed simultaneously and facing the same direction. Mirror actions are not permitted.

SENIOR TEAM REQUIRED ELEMENTS (DD 12.9)

1. Starting in a **Submerged Back Pike Position** with the legs perpendicular to the surface, a **Thrust** is executed to a **Vertical Position** and with no loss of height one leg is lowered to a **Bent Knee Vertical Position**. A rapid 360° **Spin** is executed as the bent knee is extended to a **Vertical Position**. **[DD 2.5]**

| | | | | | Total |
|---|---|---|---|---|-------|
|  |  |  |  |  | |
| NVT | 31.0 | 32.0 | 24.0 | - | 87 |

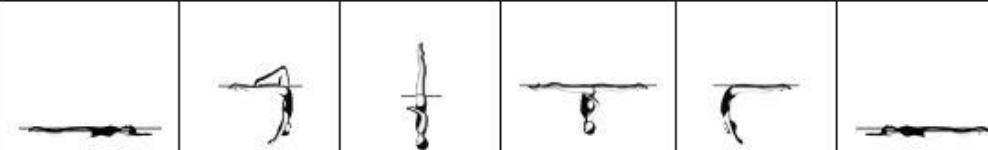
| | | | |
|---|---|---|------|
|  |  |  | |
| NVT | 32.0 | 39.0 | 71 |
| PV | 3.56 | 3.68 | 2.76 |

2. From Vertical Position, a **Full Twist** is executed, followed by a **Continuous Spin** 1440° (4 rotations). **[DD 2.2]**

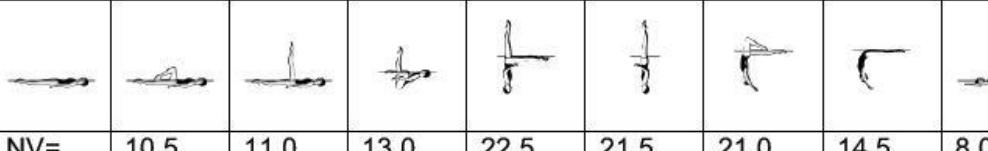
|  |  |  | |
|---|---|---|----|
| NVT | 32.0 | 39.0 | 71 |

| | | | |
|---|---|---|--|
|  |  |  | |
| NVT | 4.51 | 5.49 | |
| PV | | | |

3. A Cyclone is executed to a **Vertical Position**, the legs are symmetrically lowered to a **Split Position**. A *Walkout Front* is executed. **[DD 2.6]**

| | | | | | | Total |
|--|------|------|------|------|------|-------|
|  | | | | | | |
| NVT | 17.5 | 29.0 | 17.0 | 23.0 | 8.0 | 94.5 |
| PV | 1.85 | 3.07 | 1.80 | 2.43 | 0.85 | |

4. Manta Ray Hybrid: A Flamingo is executed to a Surface Flamingo Position, travelling head first. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves with the knee at the surface to assume a Fishtail Position. The horizontal leg is lifted rapidly to a Vertical Position, as the body rotates 180°. The direction of the 180 rotation is closing into the vertical leg. (Note: A right flamingo start requires the right shoulder back during the 180° rotation and a left flamingo start requires the left shoulder back during the 180° rotation). The legs are lowered rapidly simultaneously to a Bent Knee Surface Arch Position. (Note: The Bent Knee Surface Arch Position can be assumed by using either leg). The bent knee is straightened to a Surface Arch Position and with continuous motion, an *Arch to Back Layout Finish Action* is executed. **[DD 3.1)**

| | | | | | | | | | Total |
|--|------|------|------|------|------|------|------|------|-------|
|  | | | | | | | | | |
| NV= | 10.5 | 11.0 | 13.0 | 22.5 | 21.5 | 21.0 | 14.5 | 8.0 | 122 |
| PV= | 0.86 | 0.90 | 1.07 | 1.84 | 1.76 | 1.72 | 1.19 | 0.66 | |

5. From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a Barracuda Airborne Split is executed. **[DD 2.5]**

| | | | | | Total |
|-----|------|------|---|------|-------|
| NV= | 31.0 | 43.0 | - | 15.0 | 89 |
| PV= | 3.48 | 4.83 | - | 1.69 | |

6. The routine must contain only two acrobatic movements: one using all team members, and one where the swimmers are divided into two subgroups and who perform identical simultaneous acrobatic movements. These may be placed anywhere in the routine. Acrobatic movements: A general term for jumps, throws, lifts, stacks, platforms, etc., which are performed as spectacular gymnastic feats and/or risky actions, and are mostly achieved with assistance from other swimmer(s).

7. The routine must contain a Cadence Action with either arms, legs or both. This may be placed anywhere in the routine. Cadence Action: Identical movement(s) 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.

8. At least one circle and at least one straight line must be included in the routine.

9. With exception of the deck work, entry, the Acrobatic movements and the Cadence Action, all elements – required and supplementary – must be performed simultaneously and facing the same direction by all team members. Variations in propulsion and direction facing are permitted only during underwater pattern changes and underwater actions and making and finishing a circle. Mirror actions are not permitted with the exception of the circle.

**-- Cada clube participante deverá apresentar 01 CD para cada rotina.
Não será aceito CD com mais de uma música. Será aceito pen drive.**



PREMIAÇÃO

A premiação das atletas será realizada por categoria e por prova, sendo oferecidas, respectivamente, para primeiro, segundo e terceiro lugares, medalhas de ouro, prata e bronze.

Para a pontuação final, será aplicada a tabela abaixo com a finalidade de contagem de pontos, que irá determinar o Clube Campeão, Vice Campeão e Terceiro colocado.

As provas na categoria Absoluto e Júnior, Rotina Técnica e Livre, Livre Combinada e Dueto Misto não somam pontos na premiação por clube.

TABELA DE PONTUAÇÃO

| COLOCAÇÃO | NOVA TABELA DE PONTUAÇÃO DA FINA | | | | | | | | | | | |
|---------------------|----------------------------------|----|----|----|----|----|----|----|----|-----|-----|-----|
| | 1º | 2º | 3º | 4º | 5º | 6º | 7º | 8º | 9º | 10º | 11º | 12º |
| SOLO TEC | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| SOLO LIVRE | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| DUETO TEC | 18 | 17 | 16 | 15 | 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 |
| DUETO LIVRE | 18 | 17 | 16 | 15 | 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 |
| EQUIPE TEC | 24 | 22 | 20 | 18 | 16 | 14 | 12 | 10 | 8 | 6 | 4 | 2 |
| EQUIPE LIVRE | 24 | 22 | 20 | 18 | 16 | 14 | 12 | 10 | 8 | 6 | 4 | 2 |
| COMBO | 24 | 22 | 20 | 18 | 16 | 14 | 12 | 10 | 8 | 6 | 4 | 2 |

“ QUAISQUER QUESTÕES QUE NÃO ESTEJAM PREVISTAS NESTE REGULAMENTO SERÃO DECIDIDAS PELA COMISSÃO TÉCNICA DA FAP”

SUPERVISORA DE NADO ARTÍSTICO
ANA PAULA OLIVEIRA

