



SOUTH AFRICAN NATIONAL AGE GROUP CHAMPIONSHIPS 2023 ARTISTIC SWIMMING

SANCTIONED BY: SWIMMING SOUTH AFRICA
HOSTED BY: Eastern Cape Aquatics & Buffalo City Aquatics

1. GENERAL EVENT INFORMATION

1.1. Location: The 2023 SSA Artistic Swimming National Age Group Championships will be held at Selborne College Swimming Pool, Dawson Road, Selborne, East London.

1.2. Dates: 09-13 December 2023. Training day takes place on 09 December 2023.

1.3. LOC Contact Details are as follows:

Tournament Director & Operations co-ordinator: Janet van Huyssteen

Email: jlvh@absamail.co.za Cell: +27 83 443 7732

Assistant Tournament Director: Wendy Buitendag

Email: buitendag.wendy@gmail.com Cell: +27 78 175 9954

Finance, Music & Sound Manager: Jon Buitendag

Email: jbuitie@gmail.com Cell: +27 82 841 6867

Venue & Pool Liaison: Wendy Buitendag & Shannon Sterling

Email: buitendag.wendy@gmail.com Cell: +27 78 175 9954

Email: shannonsterling@vodamail.co.za Cell: +27 82 731 9886

Event Administration: Tanya Schröpfer

Email: tanyaschropfer3@gmail.com Cell: +27 83 590 9835

Data Capturer: Janet van Huyssteen

Email: jlvh@absamail.co.za Cell: +27 83 443 7732

Communication & Media Manager: Mary-Lou Berndt

Email: marylou@stirlingps.co.za Cell: +27 83 389 7965

Awards Dinner Coordinator: Mary-Lou Berndt

Email: marylou@stirlingps.co.za Cell: +27 83 389 7965

Judges & Program Coordinator: Moira Norden & Wendy Buitendag

Email: nords@mweb.co.za Cell: +27 836026767

Email: buitendag.wendy@gmail.com Cell: +27 78 175 9954

Entry Coordinator: Tanya Schröpfer

Email: tanyaschropfer3@gmail.com Cell: +27 83 590 9835

Safety Officer: Chris Breckle

Email: tumblebees@hotmail.co.za Cell: +27 72 160 6187





2. ENTRY PROCEDURES

2.1. Entry Criteria

2.1.1. The competition is run according to WA (refer to WA Rules and handbook) and SSA rules stated below.

2.1.2. Entries are open to all SSA registered clubs in South Africa as well as clubs outside of South Africa. (Open invite- However please note no Virtual entries will be accepted).

2.1.3. All SA swimmers must be registered with SSA, and registration numbers must be included on the entry form.

2.2. Technical Officials

2.2.1. Each SA club must provide at least 1 judge PER SESSION and at least 1 table assistant per day. Please complete the officials document when submitting entries.

Virtual judges will be used throughout the competition. Please expect delays in communication of results.

2.2.2. Technical Officials must be correctly attired - White shirts and Navy-Blue trousers/shorts/skirts. Logos to be limited to 1 per clothing item.

2.2.3. Only Technical officials registered with SSA, or with clearance from their federation will be eligible to officiate on pool deck. (Please submit SSA Registration numbers on official's form).

2.2.4. SSA Level 1 Judges may officiate for Novice and 12&U events **ONLY**, unless otherwise agreed by the TASC and tournament referee.

2.3. Entry Details

2.3.1 Age Groups

The competition runs in different age groups. Age groups are aligned with the 2024 competitive season therefore age will be determined as of 31 December 2024 as follows:

GROUP	FEMALES	MALES
Novice 12 & U	Born 2012 or later	Born 2012 or later
Novice 13 - open	Born 2011 or earlier	Born 2011 or earlier
12 & U	Born 2012 or later	Born 2012 or later
Youth	Born 2009-2011 (13-15)	Born 2008-2011 (13-16)
Junior	Born 2005-2009 (15-19)	Born 2004-2009 (15-20)
Senior	Born 2009 or earlier	Born 2009 or earlier
Masters	Born 1999 or earlier (25+) subdivided into age group categories per event	Born 1999 or earlier (25+) subdivided into age group categories per event





2.3.2 Championship Events

- **12 & Under:** Figures, Solo, Male Solo, Duet, Mixed Duet, Trio, Team, Free Routine Combination (Combo)
- **Youth:** Figures, Solo, Male Solo, Duet, Mixed Duet, Trio, Team, Free Routine Combination (Combo)
- **Junior:** Technical and Free Solo, Male Technical and Free Solo, Technical and Free Duet, Technical and Free Mixed Duet, Trio, Technical and Free Team, Acrobatic Routine
- **Senior:** Technical and Free Solo, Male Technical and Free Solo, Technical and Free Duet, Technical and Free Mixed Duet, Trio, Technical and Free Team, Acrobatic Routine
- **Masters:** Technical and Free Solo, Male Technical and Free Solo, Technical and Free Duet, Technical and Free Mixed Duet, Trio, Technical and Free Team, Free Routine Combination (Combo/FRC).

Events	Figures	Free Solo	Tech Solo	Free Duet	Tech Duet	Mixed Duet Free	Mixed Duet Tech	Free Team	TRIO	Tech Team	Combo	Acrobatic
Novice 12& U	✓			✓		✓			✓			
Novice 13 - open	✓			✓		✓		✓	✓		✓	
12&U	✓	✓		✓		✓		✓	✓			
Youth	✓	✓		✓		✓		✓	✓			
Junior		✓	✓	✓	✓	✓	✓	✓	✓	✓		✓
Senior		✓	✓	✓	✓	✓	✓	✓	✓	✓		
Masters		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	

2.3.2.1. For solo, duet, or team events for the 12 & Under and Youth age categories, all competitors must compete in their own Age Group and must swim the figure groups assigned by the draw.

2.3.2.2. Youth and 12&U competitors in Solo, Duet, Mixed Duet, and Team must perform figures, Appendix I of the 2022-2025 WA Artistic Swimming Rules. Novice swimmers competing in Duet, Mixed Duet and Team must perform figures (refer below to point 2.3.4.7.)

2.3.2.3 A club may only enter a maximum of 4 solo swimmers per age group. Where the figure event precedes the solos, these swimmers can be finalized after the figure event for 12&U and 13-15 age groups.

2.3.2.4. Judging: All routine events will be judged using the 2022-2025 WA Judging system. Choreography of routines is required to meet the rules as per the 2022-2025 WA Artistic Swimming Rules. With the exception of master’s routines, which will run according to the 2017 – 2021 rules and section 2.3.5 of this document. Coaches Cards will be submitted for all routines with the exception of masters free routines which will be assessed as per the 2017 -2021 rules. The order of the required elements for the masters tech routine must also be submitted.

2.3.2.5. Age Group Free Routines (masters requirements below): All free routines will consist of a predetermined number of Free Elements (Hybrids and Acrobatics) as per the 2022-2025 WA Artistic Swimming Rules (Appendix III) and a free choice of transitions choreographed to music. The required number of elements for the trio will be the same as for free team.





2.3.2.6. Age Group Technical Routines (masters requirements below): All technical routines, must perform the technical required elements described in Appendix II of the 2022-2025 WA Artistic Swimming Rules a predetermined number of Free Elements (Hybrids and Acrobatics), and a free choice of Transitions (Appendix III). Athletes can decide which element subcategory to perform. Our appointed Technical Controller is Courtney Musson. Coaches cards to be submitted by the 3rd of December 2023 via email to jlvh@absamail.co.za and crmusson@gmail.com. No changes will be allowed for preliminary events thereafter, except on medical grounds. Coach Cards can only be modified between preliminaries and finals within four (4) hours of the publication of the preliminaries results. In the case of events swum as straight finals due to 12 or less entries, final changes to the coaches cards will be accepted one hour after the end of the final training session on the first day prior to the actual start of the competition. All coaches cards must be signed off by the head coach at this time.

2.3.2.7. Team Routines

- A maximum of 2 male swimmers can be included in a Team event entry.
- The 12&U team (4 to 8 swimmers) comprises competitors from the 12&U age group.
- The Youth team (4 to 8 swimmers) comprises competitors from the Youth age group.
- Novice team (4 to 8 swimmers) comprises competitor from the Novice 12&U and 13 - open age groups.
- The Open Free and Technical teams (4 to 8 swimmers) may comprise of swimmers aged 15 (as at 31.12.2024) and older (Junior and Senior participants)
- Clubs may only enter a second team if they have 8 swimmers in the initial entry. This is to prevent clubs abusing the double points allocated for team events. The second team may have 4-8 swimmers.
- The WA penalty for less than 8 athletes is applicable.

2.3.2.8. Free Combination (Combo/FRC)

- A maximum of 2 male swimmers can be included in a FRC entry.
- The Combo event is only open to 12&U, Youth, and Novice competitors.
- 1 Event will be swum therefore a Combo routine may consist of athletes from both these age categories, as well as Novice competitors.
- A Combo may consist of 4 to 10 competitors and no penalties will be incurred for fewer than 10 participants.
- Clubs may only enter a second Combo if they have 10 swimmers in the initial entry. This is to prevent clubs abusing the double points allocated for Combo events. The second Combo may consist of 4 to 10 competitors.
- WA required elements for the combo as per the 2022-2025 WA Artistic Swimming Rules (Appendix V) will apply. The following exceptions must be noted.
 - Required elements point 2: 3 acrobatic movements are required.

2.3.2.9. Acrobatic Routine

- A maximum of 2 male swimmers can be included in an acrobatic entry.
- The Acrobatic routine event is only open to Junior and Senior competitors and a routine may include competitors from both age groups (15 and older).
- An Acrobatic routine must consist of 4 to 8 competitors, with penalties being incurred for fewer





than 8 participants. Refer to rule AS 18.1 of WA Artistic Swimming Rules,

- Clubs may only enter a second Acrobatic routine if they have 8 swimmers in the initial entry. This is to prevent clubs abusing the double points allocated for Acrobatic events.

The second Acrobatic routine may consist of 4 to 8 competitors.

- WA Required Elements for Acrobatic Routine as per the 2022-2025 WA Artistic Swimming Rules (Appendix IV) will apply.

2.3.2.10. Duet, Trio, Team, Combo, and Acrobatic routines may consist of competitors from different clubs, with the points split accordingly.

2.3.2.11. A swimmer may only enter each event once, e.g., solo, duet etc and only in their age group unless otherwise stipulated.

2.3.2.12. All starts will be by random draw and there will be no preliminaries swum for events with less than 14 entrants.

2.3.3. Novice Events

2.3.3.1. Novices are swimmers in their first 2 years of competition who have not placed top three at any SSA Artistic swimming sanctioned event. SSA Level 1 and 2 medal winners are excluded from this rule.

2.3.3.2. Events are Figures, Duet, Mixed Duet, Trio, and Free team. Clubs may also use novice swimmers in the 12&U/Youth Combo event.

2.3.3.3. No medals will be awarded for Novice events.

2.3.3.4. Novices compete for a separate club point's trophy.

2.3.3.5. Novices age groups are 12&u and 13 - open.

2.3.3.6. Coaches Cards are required as per WA Rules and will be checked.

2.3.3.7. Novice Routine elements table:

Novice Routines: Set number of elements for routines.

Novice (all ages)	Time (+/- 5 sec)	Total Elements	Summary
Duet Free	2.3	5	Total of 4 free hybrids (one must be connected hybrid) + 1 pair acrobatic. Additional required movements: 1 connected surface movement
Mixed Duet Free	2.3	5	Total of 4 free hybrids (one must be connected hybrid) + 1 pair acrobatic. Additional required movements: 1 connected surface movement
Trio/Team Free	2.3	7	Total of 5 free hybrids and 2 team acrobatics.

2.3.4. Figures

2.3.4.1. Age Group figures are the WA figures for 12&U and Youth as per the 2022-2025 WA Artistic Swimming Rules (Appendix 1). Novice Figures are listed below. The draw will take place 72 hours prior to the competition. (7th December 2023)

2.3.4.2. Youth Figures- 4 figures will be chosen. Section and category will be drawn at the same time and 1 draw will apply for all athletes.





2.3.4.3. 12&U will have 4 figures to swim. 2 Compulsory and 2 optional figures (12&U Group 1, 2, or 3).

2.3.4.4. Novice figures will have 4 figures to swim. 2 Compulsory and 2 optional figures selected from the list below.

2.3.4.5. Points and medals (championship events only) are allocated for figures in own age groups.

2.3.4.6. Order of appearance will be decided by random draw at the managers meeting and start lists will be sent to team leaders.

2.3.4.7 Novice Figures: (12&U & 13-Open)

Compulsory:

1. Straight ballet leg
2. Barracuda

Optional figures (2 will be drawn):

1. Water drop (Excludes extra ½ Twist)
2. Front walkover
3. Kipnus
4. Back walkover
5. Tower

2.3.5 Masters Events

2.3.5.1 Masters events will run according to the WA Masters 2017-2021 Artistic Swimming rules.

2.3.5.2 Masters swimmers are subdivided into the following age categories:

Solo: 25 – 29, 30 – 39, 40 – 49, 50 – 59, 60 – 69, 70 – 79, 80 and over

Duet: 25 – 29, 30 – 39, 40 – 49, 50 – 59, 60 – 69, 70 – 79, 80 and over
with age determined by the average age of the competitors.

Mixed Duet: 25 – 29, 30 – 39, 40 – 49, 50 – 59, 60 – 69, 70 – 79, 80 and
over with age determined by the average age of the competitors.

Team: 25 – 34, 35 – 49, 50 – 64, 65 and over with age determined by the
average age of the competitors.

Free Combination: 25 – 39, 40 – 64, 65 and over with age determined by
the average age of the competitors

2.3.5.3 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).

2.3.5.4 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.

2.3.5.5. A maximum of 2 male swimmers can be included in a Team and/or FRC entry.





Masters Routines set number of elements

Masters	Maximum time	Total Elements	Summary
Solo Free	2:30		
Tech Solo	1:30	5	5 required Elements plus 2 forms of propulsion to be judged under transition
Duet Free/Mixed Duet	3:00		
Tech Duet/Mixed Duet	1:40	7	5 technical required elements, 2 forms of propulsion and 1 joined action required as part of the free hybrid or transition
Trio/Team Free	4:00		
Tech Team	1:50	7	5 technical required elements, 2 free hybrids with cadence action. Additional - a circle and a straight line must be shown. Mirror actions not permitted, with the exception of the circle.

2.3.6. Fees

2.3.6.1. Entry Fee Table

1st Closing Date 27th October 2023		
SA Athletes	Individual Age Group Athlete Fee (including Masters)	R550
	Team Events (Team free & tech, Combo, Acrobatic)	R330
	Individual Novice Athlete Fee	R275
International	Club Entry Fee (all events)	R1800
2nd Closing Date 17th November 2023		
SA Athletes	Individual Age Group Athlete Fee (including Masters)	R600
	Team Events (Team free & tech, Combo, Acrobatic)	R380
	Individual Novice Athlete Fee	R325
International	Club Entry Fee (all events)	R2100
Late Submission (18th November until 30 November)		
SA Athletes	Individual Age Group Athlete Fee (including Masters)	R1100
	Team Events (Team free & tech, Combo, Acrobatic)	R660
	Individual Novice Athlete Fee	R550
International	Club Entry Fee (all events)	R3700
When depositing cash please include a R60 cash deposit fee		

2.3.6.2. Account Details:

Buffalo City Aquatics
 First National Bank
 Branch: 250655
 Account Number: 62828596124
 Reference: Club name, NAG 2023
 POP: Email to finance & Operations Co-ordinator: Jon Buitendag & Janet van Huyssteen





2.3 Entry Submission

2.3.7.1. Entries must be submitted by the club on behalf of the athletes.

2.3.7.2. Entry submission via the following link: <https://forms.gle/Chm45UhcpARJA4b77>

2.3.7.3. Preliminary information document: Please complete the preliminary sheet provided in the link: <https://forms.gle/hfnJpxbsgZQNDuQ69> . Closing date for preliminary entries **13th October 2023**. Providing the organising committee with some early information which shall assist the preplanning of the competition. This information is noted as not final.

2.4 Appeals

2.4.1. Appeals will be handled by the tournament referee and the appeals committee appointed by SSA technical committee.

3. SOUND EQUIPMENT & MUSIC

3.1. The Local Organizing Committee will provide sound equipment. Teams must send music via WeTransfer (wetransfer.com) to (ibuitie@gmail.com) AND provide a flash drive with all the music in **.wav format** at the first managers meeting. Deadline for submission 25th November 2023.

3.2. Music must be marked clearly with the age group, event, competitor surname/duet surnames, and name of club separated by _ . (e.g.: Junior_Solo_Tech_Buitendag_Aquanova or 12U_Team_Free_Aquanova1)

3.3. All music must have a three to five second lead at start.

3.4. Music check is held during club official practice time.

3.5. **Music Time Limits** (refer to WA 2022-2025 Rules). 10 secs deck work, +/- **5 seconds** deviation allowed on total time including deck work. For Masters events, 10 secs deck work, +/-15 seconds deviation in total time including deck work. (Refer to Fina Masters 2017-2021 rules)

3.6. Music time will be allocated once entries are final. Please note music time takes preference and tapping may not disrupt music practice.

3.7. Routine Music Time Limits:

Events	Free Solo	Tech Solo	Free Duet	Tech Duet	Mixed Duet Free	Mixed Duet Tech	Free Team/ Trio	Tech Team	Combo	Acrobatic
Novice 12& U			02:30		02:30				03:00	
Novice 13 - open			02:30		02:30		02:30			
12&U	02:00		02:30		02:30		03:00			
Youth	02:00		02:30		02:30		03:00			
Junior	02:15	02:00	02:45	02:20	02:45	02:20	03:30	02:50		03:00
Senior	02:15	02:00	02:45	02:20	02:45	02:20				
Masters	02:30	01:30	03:00	01:40	03:00	01:40	04:00	01:50	04:00	





4. POINTS & AWARDS

4.1 Points

- 4.1.1. Points are allocated in accordance with SSA guidelines (14,11,9,7,6,5,4,3,2,1).
- 4.1.2. All competitors at SA Age Groups receive 1 point if they do not qualify for points on the above scale.
- 4.1.3. Double points are allocated for Teams, Free Routine Combination and Acrobatic events.
- 4.1.4. Clubs may combine for Duet, Team, FRC and Acrobatic events but points will be split accordingly.
- 4.1.5. Senior competitors score club points.
- 4.1.6. Novices compete for a separate Novice Points trophy and do not accrue points for the Championship Points trophy.
- 4.1.7. Points will not be allocated for international clubs and athletes.

4.2 Awards

- 4.2.1. Medals are awarded to all Age Group and Master Athletes (South African or International). Medals are not given to Novice athletes.
 - 4.2.1.1. For events with 4 or less entrants, competitors must achieve an average of 4.5 or higher in the execution scores (before being multiplied by the degree of difficulty) to be awarded medals.
- 4.2.2. Trophies are awarded to SA entries only as follows:
 - 4.2.2.1. NAG Points Trophy to winning club.
 - 4.2.2.2. Karen Schoombee Trophy for the top 10&u competing at NAG (based on solo score)
 - 4.2.2.3. Caroline Vorster Trophy for 11-12 solo Champion
 - 4.2.2.4. Van Zyl family trophies for 13-15 and 15-18 Solo Champions.
 - 4.2.2.5. Willie Vorster Trophy for solo with highest score overall (not Open swimmers)
 - 4.2.2.6. Barbara Dowell Trophy for Free Combination Champion
 - 4.2.2.7. Novice Points Trophy to winning novice club.
 - 4.2.2.8. Masters: Points will be allocated to determine winning Masters club.

5. PROGRAM

The final program will be circulated once entries are received.

6. AWARDS DINNER

- 6.1. An awards dinner will be held after all competition events are completed on Wednesday 13 December 2023. Ticket will be sold at R280 per person.
- 6.2. Separate document regarding all details (theme, time, date, and venue) to follow.





7. ACCOMMODATION

Fusion House B&B

15 rooms with single and family options

Tel: 083 344 6211

info@fusionhouse.co.za

Chelsea Square B&B

8 rooms with single and family options

Tel: 082 890 9585

sharon@chelseasquarebandb.co.za

Selbourne B&B

8 Single and family rooms available

Tel: 043 726 9666

info@selbornebedandbreakfast.co.za

Tottenham House

6 Rooms

Tel: 0843395508

jennywhelan3@gmail.com

8. FOOD & CATERING

8.1. Vendors will be selling food and beverages during competition days (not practice day).

8.2. Tea & Lunch will be supplied for Judges on competition days. Served in The Whippet.

9. TRIALS

9.1. Trials for South African competitive teams 2024 will be held during NAG dates.

9.2. A separate trials document to follow.

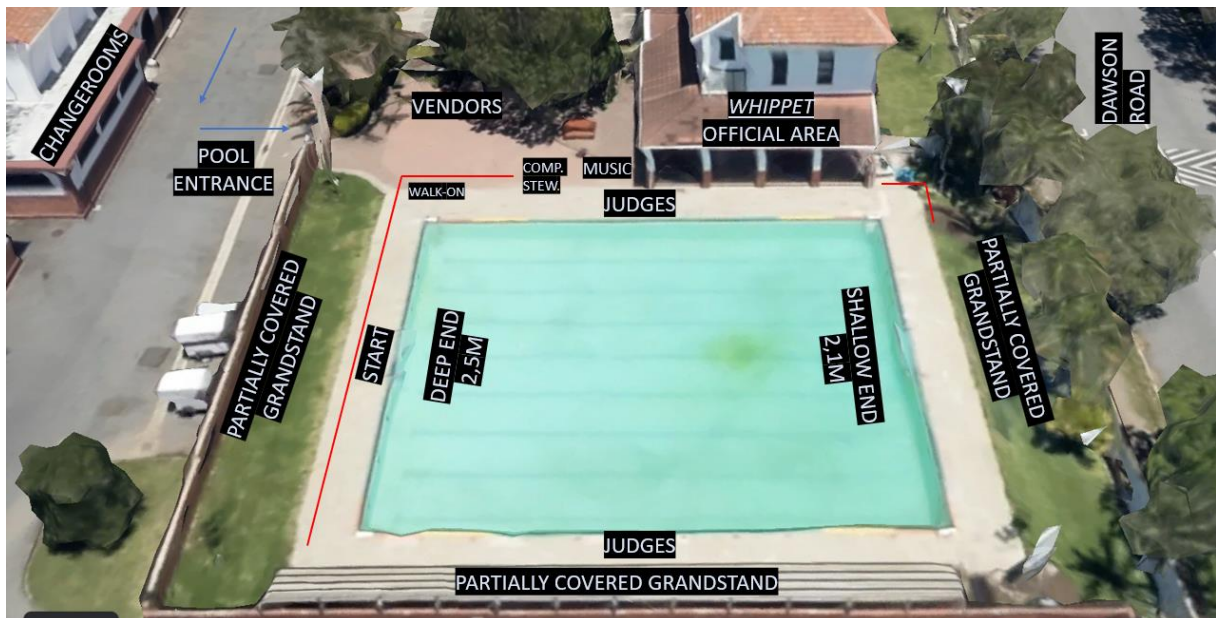




10. VENUE DETAILS



MAP OF THE VENUE – REF: GOOGLE EARTH (slightly outdated)
 (Parking available off premises – road side parking)



MAP OF THE POOL AREA – REF: GOOGLE EARTH (slightly outdated)

- 10.1. No platform will be set up for the deck-work.
- 10.2. Pool depth is 2.1m at shallow end and 2.5m at deep end. **25m long, 21m wide.**
- 10.3. Spectator area is in the open with limited cover.





11. OPENING CEREMONY AND WELCOMING COCKTAIL FUNCTION

11.1. An opening ceremony will be held on 9 December 2023 followed by a welcoming cocktail function for coaches, managers, and judges. Times to follow.

12. MANAGERS MEETINGS

12.1. Dates and times of managers meetings will be communicated.

13. TOURNAMENT APPAREL

13.1. A tournament hoodie will be available to order, please collect orders for your club and place one order per club. The cost of the hoodie is R500.00, please attach your proof of payment to the google order form. Orders due by **27 October 2023** (first closing date of entries).

13.3. Place orders via this link: <https://forms.gle/BisDgUErQJfzv2Z89>



Looking forward to seeing you at the competition

