

SENIOR TECH ROUTINES

2017- 2021



FÉDÉRATION
INTERNATIONALE
DE NATATION



Solo

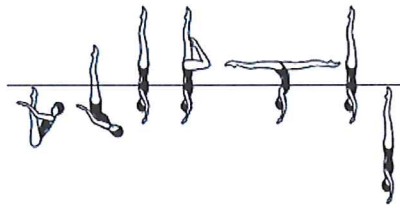
A solo allows a swimmer to show strength and personality in the water. It is common for the best swimmer of the country to also be the soloist. The goal is to showcase great technical strength and control, synchronization with the music, and emotion.

The duration of a solo varies in function of the age category. For seniors, a free solo lasts two minutes and 30 seconds ($\pm 15s$), and a technical solo is two minutes long ($\pm 15s$). Free solo don't have any imposed elements, and are, well... free.

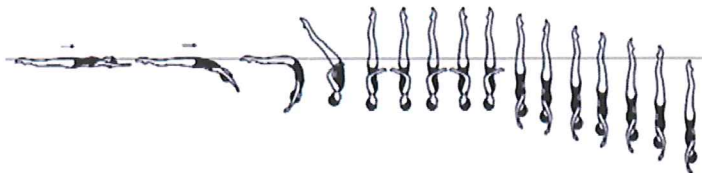
▪ **Senior Technical Solo Required Elements (2017-2021)**

Just like figures, these elements are revised and changed every four years. Each element must be performed in this particular order.

1 – Starting in a **Submerged Back Pike Position** with the legs perpendicular to the surface, a *Thrust* is executed to **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 height the legs are lifted symmetrically to a **Vertical Position**, followed by a *Vertical Descent*. All movements are executed rapidly. [DD 2.7]

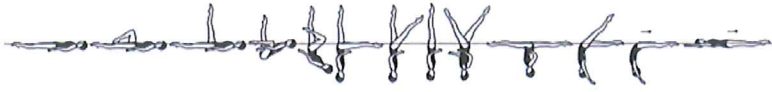


2 – A *Dolphin* is initiated, and the back continues to arch to assume a **Surface Arch Position**. The legs are lifted to a **Vertical Position**. Two *Full Twists* (720°) are executed, and continuing in the same direction a *Continuous Spin* 1080° (3 rotations) executed. [DD 3.4]

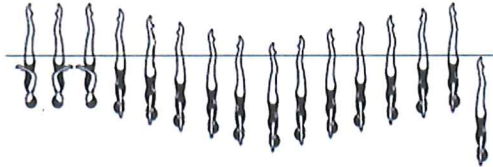


3 – *Stingray* – A *Flamingo* is executed to a **Surface Flamingo Position**, travelling head first. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves to assume a **Fishtail Position**. The horizontal leg is

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]



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



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]



All elements must be performed parallel to the sides of the pool where the panels of judges are seated.

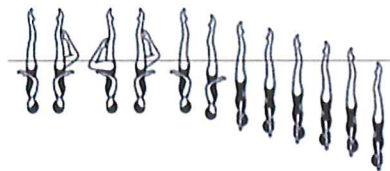
Duet

Duets are one of the two Olympic events in synchronized swimming. Two swimmers with similar strength are paired together. In the seniors category, technical duets last two minutes and 20 seconds ($\pm 15s$), while free duets last three minutes ($\pm 15s$).

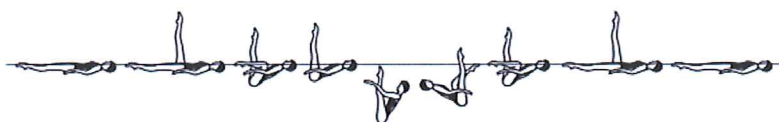
▪ **Senior Technical Duet Required Elements (2017-2021)**

Each element must be performed in the order listed below. With the exception of the deck work, entry and the lift/throw, all elements must be performed simultaneously and facing the same direction. Mirror actions are not permitted.

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°* (3 rotations) is executed. [DD 2.3]

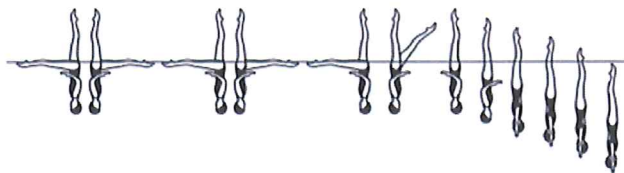


2 – From a **Back Layout Position** a straight leg is lifted to a **Ballet Leg Position**. The shin of the horizontal leg is drawn along the surface to assume a **Surface Flamingo Position**. The bent knee is straightened to a **Surface Ballet Leg Double Position**. Maintaining the legs vertical, the 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]

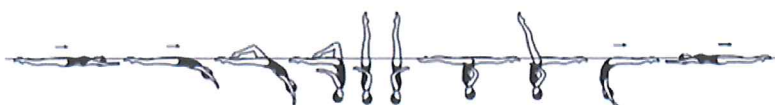


3 – Starting and maintaining a **Fishtail Position**, with the horizontal leg leading toward the vertical leg, 2 rapid rotations (720°) are executed. Continuing in the same direction and same speed, a rapid *Full Twist* is executed as the horizontal leg is lifted to

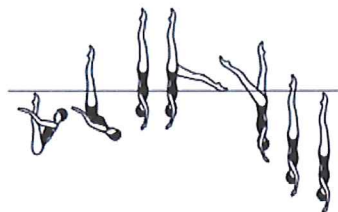
a **Vertical Position**. A *Continuous Spin of 720°* is executed. [DD 2.8]



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]



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]



Additionally, the routine must contain a lift, jump or throw and it can be placed anywhere in the routine.

All elements must be performed parallel to the sides of the pool where the panels of judges are seated.

Team

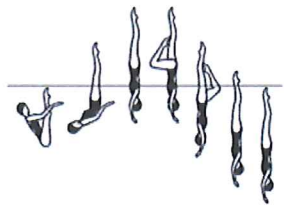
The team competition is one of the two Olympic events, and is undoubtedly the crowd's favorite. Team routines are swam by eight

swimmers and allow to showcase high throws, rapidity of movement and technical difficulty.

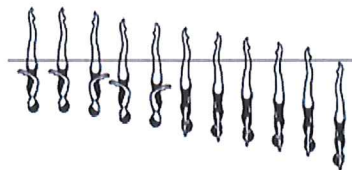
▪ **Senior Technical Team Required Elements (2017-2021)**

Just like solos and duets, all swimmers in a technical team routine must execute a certain number of elements in a particular order.

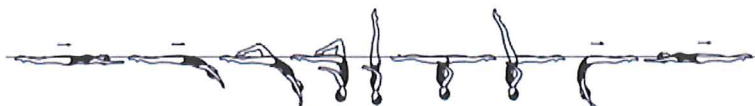
1 – Starting in a submerged **Back Pike Position** with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position** and with no loss of height one leg is lowered to a **Bent Knee Vertical Position**. A rapid 360° *Spin* is executed as the bent knee is extended to a **Vertical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



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



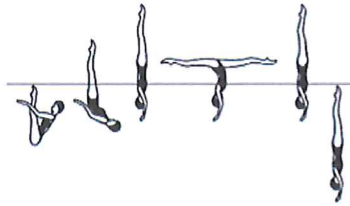
3 – A Cyclone is executed to a **Vertical Position**, the legs are symmetrically lowered to a **Split Position**. A *Walkover Front* is executed. [DD 2.6]



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**, with the horizontal leg leading toward the vertical leg, as the body rotates 180° . The legs are lowered rapidly simultaneously to a **Bent Knee Arch Position**. 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]



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



Additionally, the routine must contain two acrobatic movements: one using all team members, and another with two simultaneous acrobatic movements, with each acrobatic movement performed simultaneously with identical movements facing the same direction. These can be placed anywhere in the routine.

The routine must also contain a Cadence Action with either arms, legs, or both. This may be placed anywhere in the routine.

Finally, at least one circle and at least one straight line must be included in the routine.

With exception of the deck work, entry, the Acrobatic Movements and the Cadence Action, all elements must be performed simultaneously and facing the same direction by all team members. Mirror actions are not permitted with the exception of the circle.