

Competition	18th Asian Games 2018, Jakarta, Palembang 18 August to 2 September 2018
Qualifying Period	1 July 2017 to 31 July 2018
Initial Release Date	10 October 2017

Selection Events	<p><u>Assessments</u> Venue: OCBC Aquatic Centre</p> <p>Dates:</p> <ul style="list-style-type: none"> • March 2018 • May 2018 • July 2018 <p>Selection Panel: Made up of at least 3 Local Synchronised Swimming Judges, inclusive of minimum of 1 FINA G-Listed Judge and 1 FINA A-Listed Judge.</p> <p>Selection Components:</p> <ul style="list-style-type: none"> • General Physical Fitness (point system) • Synchronised Swimming general and routine specific fitness • Flexibility • Lean and well-defined athletic appearance • Technical ability • Specific Technical Markers <p>Requirements: Based on scores given by Judges Panel and judging criteria as per FINA Handbook 2017 - 2021.</p> <p><u>Local Trial</u></p> <ul style="list-style-type: none"> • 20 January 2018 <p><u>International Competitions</u></p> <ul style="list-style-type: none"> • Japan Open – 28 to 30 April 2018
Events to be competed	<ul style="list-style-type: none"> • Duet (Technical Routine + Free Routine) • Team (Technical Routine + Team Free Routine) • Free Combination

Eligibility

To be considered for selection, a Synchronised Swimmer must meet all of the following eligibility criteria and maintain through the Championships:

1. Be a Singapore citizen, eligible to represent Singapore.
2. Swimmers must be at least 15 years old, before 31 December 2018
3. Have signed SSA Athlete Agreement.
4. Met performance standards as designated by Singapore National Olympic Committee (SNOC), 6th place score at the 17th Asian Games 2014 as shown below:

Event	Technical	Free	Total
Duet	73.6881	75.4000	149.0881
Team	63.7814	67.2667	131.0481
Free Combination (5 th place score)			70.8333

5. Have participated in the national trials held on 20th January 2018 to qualify for preliminary selection to national squad unless granted an exemption under the provisions of the criteria by the SSA Selectors. This exemption will only be granted due to extenuating circumstances. On request of SSA, evidence shall be provided of the extenuating circumstances, prior to the exemption being considered.
6. Participate in upcoming assessments and competitions as stipulated by SSA.
7. Continues to train for peak performance.
8. Be available to fulfil the Team Commitments as listed below and any additional commitments following selection to national squad.
9. Not used or administered any substance which, if it had been detected as being present in the athlete's body tissue or fluids, would have constituted doping, or used any prohibited method or committed any other doping offence as defined in ADS's, WADA or FINA's Anti-Doping Bylaw.

<p>Team Commitments</p>	<p>All swimmers must:</p> <ol style="list-style-type: none"> 1. Comply with the provisions of the SSA and SNOC Athletes Agreement at all times. 2. Conform to SSA requirements regarding team participation. This includes, but may not be limited to, providing an acceptable training plan, attendance at a pre-event camp and wearing team uniform as required 3. Make themselves available for all team activities designated by SSA. 4. Not act in such a manner as to bring the athlete or SSA into public disrepute.
<p>Performance Requirements</p>	<p><u>Duet & Team</u></p> <ol style="list-style-type: none"> 1. Execution in routine skills (height in egg beater, height in vertical figure, height in position figure 1 leg, height in ballet leg, rapid and precise arm movement, rapid and precise leg movement, flexibility and extension, lightness in the routine) 2. Propulsion and movement (in figures, egg beater, kicks, and figures in the team routine) 3. Synchronisation of timing of one with another and with music 4. Training endurance (endurance in complete routines, consistency in training, giving best effort at all times, maintaining high intensity, timed swim) 5. Body and facial expression (must demonstrate body expression, energy, aggressive movements and as requested, be able to demonstrate one or several facial expressions during a routine). 6. Behavior and attitude (professional behavior: punctuality, commitment/dedication, leadership, work ethic, concentration/focus, openness to comments, ability to self-evaluate, quick correction) 7. Psychological and physical readiness to handle the competition <p><u>Duet, Team & Free Combination</u></p> <ol style="list-style-type: none"> 1. Abilities in lifts (as a flyer, as a springer, as a pusher, having explosive strength to maintain a lift) 2. Team Chemistry – relationship with team mates, relationship with coaching staff and experts.

Team Size	<ol style="list-style-type: none"> 1. Based on the current approved events, SSA intends to nominate to SNOC a total of up to 10 athletes plus 2 reserves to compete in the duet, team and free combination events if they meet the criteria as stipulated in the eligibility and selection criteria 2. The duet pair who score the best scores will be nominated to represent Singapore at the 18th Asian Games 2018. 3. The composition of the members of the duet, team and free combination events will be decided by the selection committee with recommendation from the Head Coach.
Coaches Selection	<ol style="list-style-type: none"> 1. The National Head Coach will assume the role of the Head Coach for the 18th Asian Games 2018. 2. The National Assistant Coach will assume the role of the Assistant Coach for the 18th Asian Games 2018.
Notes	<p>The Singapore National Olympic Council (SNOC) is the body which sets the qualifying standards for all sports. They are also the governing body that selects the athletes for the Games, and considers any appeal cases which the NSAs may submit.</p> <p>The selection Committee will consist of the following:</p> <ul style="list-style-type: none"> • Synchronised Swimming Vice President • Synchronised Swimming National Head Coach • Synchronised Swimming Assistant Coach • SSA-TSSC, Head of Judges Panel • SSA FINA Listed Judge <p>The appeals committee will consist of the following:</p> <ul style="list-style-type: none"> • President of Singapore Swimming Association • Secretary General of Singapore Swimming Association • Executive Director of Singapore Swimming Association
Approved Date	4 th January 2018