

Competition	29th South-East Asian Games, Kuala Lumpur 2017 19 to 31 August 2017
Qualifying Period	1 July 2016 to 31 May 2017
Initial Release Date	30 June 2016

Selection Events	<p><u>Local Competitions</u></p> <ol style="list-style-type: none"> 11th Singapore National Open Synchronised Swimming Championships 2016 – 25th to 27th November 2016 <p><u>International Competitions</u></p> <ol style="list-style-type: none"> Asian Swimming Championships 2016, Japan– 17 – 20 November 2016 France & Germany Open 2017, France & Germany – March 2017 Japan Open 2017, Japan – May 2017
Events to be competed	<ul style="list-style-type: none"> • Solo Technical Routine • Solo Free Routine • Duet Technical Routine • Duet Free Routine • Team Free Routine <p>The Singapore National Olympic Council (SNOC) is appealing for the inclusion of the Team Technical Routine and the Team Combination Routine</p>
Eligibility	<p>To be considered for selection, a Synchronised Swimmer must meet all of the following eligibility criteria and maintain through the Championships:</p> <ol style="list-style-type: none"> 1. Be a Singapore citizen, eligible to represent Singapore. 2. Swimmers must be at least 13 years old, before 31 December 2017 3. Have signed SSA Athlete Agreement. 4. Met performance standards as designated by Singapore National Olympic Committee (SNOC), 3rd place score at the 2015 28th SEA Games, Singapore. 5. Have participated in the national trials held on 10th January 2016 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.

	<p>6. Participate in upcoming assessments, local and international competitions as stipulated by SSA.</p> <ul style="list-style-type: none"> • 17th FINA World Champs, Hungary – July 2017 <p>7. Continues to train for peak performance.</p> <p>8. Be available to fulfil the Team Commitments as listed below and any additional commitments following selection to national squad.</p> <p>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>
<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>Solo, 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).

	<ol style="list-style-type: none"> 6. Behaviour and attitude (professional behaviour: 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 only</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 2 soloist, 2 duet pairs which includes 1 reserve per pair and 1 team of 8 plus 2 reserves. 2. The 2 soloist who score the best scores at the assessments and the local competitions will be nominated to represent Singapore at SEA Games 2017. The nomination will go to the soloist with the next best score should the soloist with the best score decline to be nominated. 3. The 2 duet pairs who score the best scores at the assessments and the local competitions will be nominated to represent Singapore at SEA Games 2017. The nomination will go to the duet pair with the next best score should the duet pair with the best score decline to be nominated. The pairing of duet pairs will be at the discretion of the head coach based on performance requirements. 4. The composition of the members of the team event will be based on the Head Coach selection based on performance requirements.
Coaches Selection	<ol style="list-style-type: none"> 1. The National Head Coach will assume the role of the Head Coach for the SEA Games 2017. 2. The National Assistant Coach will assume the role of the Assistant Coach for the SEA Games 2017 3. The nominated coach of an athlete must be the coach of record for at least 6 months prior to the athlete’s selection to the SEA Games 2017.

<p>Notes</p>	<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"> • Philip Lee, SSA Synchronised Swimming Vice President • Maryna Tsimashenka, Synchronised Swimming National Head Coach • Katsiaryna Kulpo, Synchronised Swimming Assistant Coach • Steve Chew, SSA-TSSC, Head of Judges Panel • Joyce Liew, SSA, FINA G-List Judge • Julie Sauve, SSA Synchronised Swimming Consultant <p>The appeals committee will consist of the following:</p> <ul style="list-style-type: none"> • Lee Kok Choy, President of Singapore Swimming Association • Oon Jin Teik, Secretary General of Singapore Swimming Association • Edwin Ker, Executive Director of Singapore Swimming Association <p><u>Assessments</u> Venue: OCBC Aquatic Centre</p> <p>Dates:</p> <ul style="list-style-type: none"> • 10 January 2016 (National Selection Trial) • 6 November 2016 • 19 February 2017 • 16 April 2017 <p>Selection Panel: Made up of at least 5 Local Synchronised Swimming Judges, inclusive of minimum of 1 FINA G-Listed Judge and 1 FINA A-Listed Judge as referee</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:</p> <ul style="list-style-type: none"> • Based on scores given by Judges Panel and judging criteria as per FINA Handbook 2013 - 2017.
<p>Approved Date</p>	<p>30th September 2017</p>