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WELCOME WORDS

Luxembourg, January 2024

Dear Synchro-Friends,

It is our great pleasure to invite you to the 31st edition of the SL Synchro Cup, which will be held on the 17th, 18th, 19th and 20th May 2024 in the pool of Campus Geesseknäppchen, Luxembourg. We know that a lot of you have already been waiting of the official invitation to be sent out, so here it is. Swimming Luxembourg is looking forward to meeting old friends and getting to know new faces!

So for those of you who might not know us already, or for those who want to reminisce:

The SL Synchro Cup is an international competition of artistic swimming held in the heart of Luxembourg since 1991. Due to the Corona-Pandemic-related break of 2 years, we are in the meantime celebrating the 31st edition of the SL Synchro Cup.

Over the years the artistic swimming team of Swimming Luxembourg has already welcomed over 22 different nations, 98 clubs and over 8.000 swimmers.

Since we warmly welcome four different age categories of artistic swimmers, our competition has a unique synchro-family-like atmosphere to it. We encourage young swimmers to participate in their first ever artistic swimming competition and give them the opportunity to compete against other teams from all over the world.

What is new about this year's edition of SL Synchro Cup:

After the 30st edition of SL Synchro Cup which was historical to the organizing and participating clubs for different reasons, this year's edition will not be the least worthy.

Besides the fact, that the 31st edition of our SL Synchro Cup will be the first one to offer 15 different competitions sessions, it will also be the first edition to be held over the course of four days. In addition to this SL Synchro Cup 2024 will be, the first time ever, (partly) held in the World Aquatics rules of 2022-2025.

This is why we do not only invite clubs/federations that want to participate to our Cup, but also want to encourage freshly trained judges / DTCs / STCs to participate in our Cup. We will be glad to offer you the opportunity to train the judgment according to the newest rule set 2022-2025 and gain experience! If you want to apply as an individual judge / DTC / STC without having your club taking part in the competition, please do not hesitate to contact us for further information. You will find the [contact data](#) in the document here below on page 3.

Swimming Luxembourg is looking forward to welcoming numerus teams, officials, supporters and spectator here in Luxembourg to having a great time while enjoying the beauty of artistic swimming!

Kind regards,
Swimming Luxembourg

Special thanks for their support go out to our club sponsors.



1 GENERAL INFORMATION

EVENT

31st SL Synchro Cup

DATE

Friday, 17th of May 2024 until Monday, 20th of May 2024

EVENT ORGANIZER

[Swimming Luxembourg](#), PO Box 576, L-2015 Luxembourg

CONTACT

Carmen Tholl-Biewer (tholl@swimming.lu)

REFEREE

Fokko de Gans (NED)

CHIEF RECORDER

Carmen Tholl-Biewer (LUX) & Thomas Röhss (SWE)

POOL

Pool of Campus Geesseknäppchen (40 Bd Pierre Dupong, L-1430 Hollerich Luxembourg)
(Indoor pool 50x25m, depth 2,50m)

CATEGORIES

	Female swimmers	Male swimmers
Beginners	swimmers who never competed in a competition before January 2024	
12&under	12 years of age and under	12 years of age and under
Youth	13-15 years of age	13-16 years of age
Juniors	15-19 years of age	15-20 years of age

COMPETITION PROGRAM

	Figures	Free Solo	Free Duet	Free Team	Tech. Duet	Tech. Team
Beginners	x			x		
12&under	x	x	x	x		
Youth	x	x	x	x		
Juniors		x	x	x	x	x

- Please note: that female & male swimmers swim within the same competition sessions. There will be not exclusive female and/or male sessions. All swimmers will be ranked in the same ranking list.

PROVISIONAL PROGRAM

See [Appendix I](#) (the program is subject to change according to the number of competitors!). A definitive program will be drawn up after the registrations have been closed.

2 COMPETITION RULES

2.1 GENERAL INFORMATION

- This competition is partly adapted to the World Aquatics rules of 2022-2025.
- No Finals are held even if there are more than 13 entries within one session.

2.2 JUDGING

- Figure sessions (of Beginners, 12&under and Youth) will be judged according to the World Aquatics rules of 2022-2025.
- Routine sessions (of Beginners, 12&under and Youth) will be judged according to the World Aquatics rules of 2017-2021. (panel 1 for execution, panel 2 for artistic impression and panel 3 for difficulty)
- Routine sessions of Juniors (Free & Tech.) will be judged according to the World Aquatics rules of 2022-2025.

2.3 DISCIPLINES: FIGURES

- Figure sessions are held for the age groups: Beginners, 12&under and Youth
- See annexed list ([Appendix II](#))
- Beginners: 4 figures
- 12&under: 4 figures
- Youth: 2 figures ([AS 8.4](#))

2.4 DISCIPLINES: ROUTINES OF BEGINNERS, 12&UNDER AND YOUTH

Each club is allowed to participate with:

	Solo	Duet / Mixed Duet	Team
Beginners			1 Team
12&under	2 Female Solos + 1 Male Solo	2 Duets	1 Team
Youth	2 Female Solos + 1 Male Solo	2 Duets	1 Team

Time for free routines:

- See World Aquatics [AS 25.5.1](#) (including 10 seconds of deck movements)

	Solo	Duet / Mixed Duet	Team
Beginners			1'30
12&under	2'00	2'30	3'00
Youth	2'00	2'30	3'00
(+/- 5 seconds of tolerance)			

2.5 DISCIPLINES: ROUTINES OF JUNIORS

Each club is allowed to participate with:

Juniors			
	Solo	Duet	Team
Free	2 Female Solos + 1 Male Solo	2 Duets	1 Team
Technical		2 Duets	1 Team

Time for free routines:

- See Word Aquatics [AS 14.1](#) (including 10 seconds of deck movements)

Juniors			
	Solo	Duet	Team
Free	2'15	2'45	3'30
Technical		2'20	2'50
(+/- 5 seconds of tolerance)			

2.6 RESTRICTIONS

- Each competitor can start in only one (1) category.
- Swimmers of 12 years and older can swim in a higher category.
- The figures and the routines must be swum in the same age group.
- Each competitor must have a valid license.
- **The organizer reserves himself the right to close the registrations early and limit the number of swimmers in order of registration before the final entry date!!**

2.7 MUSIC

To be send on **5th of April 2024** at the latest to tholl@swimming.lu (mp3 versions only)

Please name your music files like the following:

- **Age category, club, discipline, competitor, duration of the music**
- *Example: Juniors_SwimmingLuxembourg_Solo_LisaWeber_2min11*

For backup and security reasons please bring your USB.

2.8 JUDGES

Please fill in the [Appendix III](#) with the judges and DTCs / STCs which you will bring. (Deadline: 05.04.2024)

Each participating club is obliged to provide judges for the whole duration of the competition (from Friday, 17th of May 2024 until Monday, 20th of May 2024):

- Judges (preferably WA-listed)
 - At least one (1) qualified judge
 - For 8-15 swimmers: 2 qualified judges
 - For 16-24 swimmers: 3 qualified judges
 - For more than 24 swimmers: 4 qualified judges
- If possible, **bring your own score book** with you. A limited number of score books can be rent for the whole weekend against **deposit of 30€** (payable cash, available at the organization office)

- Technical Controllers (preferably WA-listed)
 - At least 1 Difficulty Technical Controller/ Synchronization Technical Controller
 - For 10-15 swimmers: 2 Difficulty Technical Controllers/ Synchronization Technical Controllers
 - For more than 15 swimmers: 3 Difficulty Technical Controllers/ Synchronization Technical Controllers
 - **If a participating club cannot provide a Difficulty Controller, it should contact another club for a replacement.**

Please note that separate/special requests will not be allowed.

2.9 SECRETARIES

Please fill in the [Appendix III](#) with secretaries which you will bring. (Deadline: 05.04.2024)

Each participating club is obliged to provide secretaries for the whole duration of the competition (from Friday, 17th of May 2024 until Monday, 20th of May 2024):

- At least three (3) persons per club.
- Mission: guide the swimmers into the water (clerk of course), write down the scores of the judges or time the routines,...

2.10 FINAL ENTRY

Entry form: please find the entry form in [Appendix III](#) & the Coach Card in [Appendix IV](#)

- **Deadline: Friday, 5th of April, 2024** (e-mail date) at the latest to tholl@swimming.lu.
- Please note that if you register early, **unsubscriptions** of your final entry can only be done until the **5th of April 2024**.
- Coach Cards must be submitted to Carmen Tholl-Biewer (tholl@swimming.lu) by the **1st of May 2024** at the very latest. Please note that after this date no changes can be made! The earlier you send in the final CC, the better it is!
- Final entry **must include**:
 - [Appendix III Entry Form](#)
 - [Appendix IV Coach Card](#) (deadline: 01.05.2024)
 - [Appendix V Registration Form Meals](#)
 - Music files
 - Group picture

With your entry form, please do not forget to attach a group picture of your team to insert in our brochure "31st SL SYNCHRO CUP 2024" which will be on sale on the competition weekend.

2.11 ENTRY FEES

Entry fee per person: 30€

The fees are to be paid to...

Swimming Luxembourg
BIC Code: CCPLLULL
Account: LU17 1111 0043 4577 0000

... by Friday, the **5th of April 2024 at the latest**. The charges of payment are supported by the participating club! The registration is only valid after payment of the entry fee.

2.12 DRAW OF FIGURES

The draw of the figures will be on **Thursday, the 2nd of May 2024 at 2pm**. Information about the drawn figures will be send per mail to the participating clubs.

2.13 AWARDS

- Each category / routine session: medals for the best 3 free routines
- Juniors: medals for the best 3 technical routines
- Beginners: medals for the best 3 swimmers in figures competition
- SL Synchro Cup: The cup will be attributed to the club who has totalized the maximum of points in final results in the best Solo, Duet (Free & Technical) and Team (Free & Technical) in categories Juniors, Youth and 12&under

2.14 PROTESTS

Please note that, especially for the Junior session, being held according to the new WA rules 2022-2025, judges and/or DTCs/ STCs can only be contacted to explain their decisions after the end of the competition weekend! Since we have a tight schedule, we will not have the time and/or capacity for coaches wanting the officials to explain their decisions right after the different sessions.

However, since we still need to learn and adapt to the new rules, we propose the coaches to write us an email after the end of the competition weekend with their questions concerning the judges / DTCs or STCs decisions. We will then proceed to share those with the officials and provide explanations if needed.

It will not be possible to raise protests.

2.15 FINES

In case the clubs/federations will not nominate the above-mentioned number of qualified officials (judges / DTSS / STCs / secretaries), a fine of **50€ per missing official will be charged!**

2.16 INSURANCE

The organizer declines all responsibility in case of accidents, loss, damage and / or theft of personal belongings.

3 CATERING

Catering costs are to be covered by the participants.

CAFETERIA

During the whole competition our staff will be happy to provide you with wide range of drinks, a variety of fruit, different sandwiches, an assortment of cakes and all kind of other snacks.

(Please note that in our lovely cafeteria you can only pay with cash.)

MEALS

On Saturday and Sunday noon a warm meal can be ordered. Please fill in the annexed form (see [Appendix V](#)).

- Final entry: **Friday, the 5th of April, 2024**
- Price per meal: 14€
- Menu Saturday: Spaghetti Bolognese (Vegetarian Menu: Pasta Napolitana)
- Menu Sunday: "Bouchée à la Reine" (Vegetarian Menu : Pasta with Pesto)
- On both days, the menu comes with a bottle of water, a piece of fruit and an assortment of salads.

4 ACCOMMODATION

Accommodation is to be booked on your own charge. You will find a list of accommodation annexed ([Appendix VI](#)).

Please refrain from booking your travel and/or accommodation before you receive a confirmation of your participation. Swimming Luxembourg cannot be held accountable for bookings that have been done before an official confirmation of your participation in the SL Synchro Cup 2024 was to be sent out.

5 IMPORANT DATES / DEADLINES

All documents to be sent to: tholl@swimming.lu

Final entry form	5 th of April 2024
Coach Card	1 st of May 2024
Payment of entry fees	5 th of April 2024
Unsubscription	5 th of April 2024
Music	5 th of April 2024
Meal form	5 th of April 2024
Group Picture	5 th of April 2024
Draw of figures	2 nd of May 2024

6 ADDITIONAL INFORMATION ABOUT THE COMPETITION

As each year, you will find the stand of Photosynchro and FineDesigns in the hall of our pool.

- Photosynchro will provide you with high-quality pictures of each and every routine and some amazing pictures of the unique atmosphere on our competition weekend. Their pictures are for sale during the whole competition weekend. You will find them at the tribunes with their showcase-screens on which you can look at your pictures right after your routine was swam. They offer to print out pictures on site, but also sell digital versions of your beautiful synchro-moments.
 - However, since we got a few claims about this last year: please refrain from taking pictures off of their showcase-screens. Evelyne and her team are providing excellent work and this should be honored.
 - Please note that Photosynchro is the official photographer of the competition. No other photographers are allowed around the pool.
- You will find a stand of FineDesigns right at the entrance of the pool. They will showcase all kinds of t-shirts, sweatshirts,... as well as different artistic swimming motives which they will print right on the clothes according to your wishes. You can even print our mascot, the SL-Synchro-Cup-Duck, the official competition logo, or all the names of participants on any piece of clothing. The team will be happy to provide you with your unique SL-Synchro-Cup-clothing-item.
- Please note, all services provided by Photosynchro and FineDesigns are to be paid by the participants.

For general questions about the competition and participation, please contact Carmen Tholl-Biewer (tholl@swimming.lu).

Yours sincerely,

Artistic Swimming Team of Swimming Luxembourg

Carmen Tholl-Biewer

Special thanks for their support go out to our club sponsors.



7 APPENDIX I PROVISIONAL PROGRAM

PROVISIONAL PROGRAM

! Subject to change !

Friday, 17th of May 2024

Figures Youth

Saturday, 18th of May 2024

Figures Beginners

Figures 12&under

Juniors Duet

Youth Duet

Beginners Team

12&under Solo

Sunday, 19th of May 2024

Juniors Tech Team

Youth Solo

Juniors Solo

12&under Duet

Youth Team

Monday, 20th of May 2024

Juniors Tech Duet

12&under Team

Juniors Team

- **Please remember: The program is subject to change according to the number of competitors! A definitive program will be drawn up after the registrations have been closed.**



8 APPENDIX II FIGURES BEGINNERS – 12&UNDER – YOUTH

- See excel sheet “Appendix II Figures Beginners – 12&under – Youth”

9 APPENDIX III ENTRY FORM

- See excel sheet “Appendix III Entry form”

10 APPENDIX IV COACH CARD

- See excel sheet “Appendix IV Coach Card”

11 APPENDIX V REGISTRATION FORM MEALS

- See excel sheet “Appendix V Registration form meals”

12 APPENDIX VI ACCOMODATION FOR SL SYNCHRO CUP 2024

RECOMMENDED BY SL SYNCHRO CUP

If you make an accommodation request, please let the following 3 hotels know that you are participating in the 31st Synchro Cup 2024. You may get a small discount on their offer.

- **MELIA INNSiDE Luxembourg**
Address: 12 Rue Henri M. Schnadt, 2530 Gasperich Luxembourg
Tel: 00352 28 84 53 1
Website: <https://www.melia.com/en/hotels/luxembourg/luxembourg>

- **Meliá Luxembourg**
Address: 1 Park Draï Eechelen, 1499 Clausen Luxembourg
Tel: 00352 27 33 31
Website: <https://www.melia.com/en/hotels/luxembourg/luxembourg/melia-luxembourg>

- **DoubleTree by Hilton Luxembourg**
Address: 12 Rue Jean Engling, L-1466 Luxembourg
Tel: 00352 43 781
Website: <https://www.hilton.com/en/hotels/lxmhidi-doubletree-luxembourg/>

OTHER ACCOMMODATION

Luxembourg-Findel (15km +- 15 min to the pool)

- **Hotel Ibis Aéroport**
Address: rte de Trèves, L-2632 Luxembourg-Findel
Tel: 00352 43 88 01
Fax: 00352 43 88 02
Website: <http://www.accorhotels.com/de/hotel-0974-ibis-luxembourg-aeroport/index.shtml>
- **Hotel Ibis Budget (ex Etap Hotel)**
Address: route de Trèves, L-2632 Luxembourg-Findel
Tel: 00352 42 26 13 10
Fax: 00352 42 26 13 20
Website: <http://www.accorhotels.com/de/hotel-3579-ibis-budget-luxembourg-aeroport-ex-etap-hotel/index.shtml>

Luxembourg-City (2-4 km to the pool)

- **Auberge de Jeunesse Luxembourg (Youthhostel)**
Address: 2 rue du Fort Olisy, L-2261 Luxembourg
Tel: 00352 22 68 89 20
Fax: 00352 22 33 60
Website: http://youthhostels.lu/luxemburgish-youth-hostels/luxembourg/10_50_EN.html
- **Hotel Parc Plaza**
Address: 5 Avenue Marie Thérèse, L-2132 Luxembourg
Tel: 00352 45 61 41 1
Fax: 00352 45 61 41 22 2
Website: <https://www.goereshotels.com/en/parc-plaza-en/>
- **Hotel Parc Bellevue**
Address: 5 avenue Marie Thérèse, L-2132 Luxembourg
Tel: 00352 45 61 41 1
Fax: 00352 45 61 41 22 2
Website: <https://www.goereshotels.com/en/belle-vue-en/>
- **City Hôtel**
Address: 1 rue de Strasbourg, L-2561 Luxembourg
Tel: 00352 29 11 22
Website: www.cityhotel.lu
- **Hotel Christophe Colomb**
Address: 10 rue d'Anvers, L-1130 Luxembourg
Tel: 00352 40 84 14 1
Website: <https://www.christophe-colomb.lu>
- **Hotel Parc Belair**
Address: 111 Avenue du 10 Septembre L-2551 Luxembourg
Tel: 00352 44 23 23 1
Fax: 00352 44 44 84
Website: <https://www.goereshotels.com/en/parc-belair-en/>

Livange (14 km +-10min to the pool)

➤ **Hotel Ibis Luxembourg Sud**

Address: route de Bettembourg, L-3378 Livange

Tel: 00352 26 52 01

Fax: 00352 26 52 29 29

Website: <https://all.accor.com/hotel/5587/index.en.shtml>

➤ **Hotel Ibis Budget Sud (ex Etap-Hotel)**

Address: rue de Turi, L-3378 Livange,

Tel: 00352 26 51 86

Website: <https://www.accorhotels.com/gb/hotel-6768-ibis-budget-luxembourg-sud/index.shtml>

Foetz (14 km +-10-15 min to the pool)

➤ **Hotel Stand'Inn**

Address: 9 rue du Brill, L-3858 Foetz

Tel: 00352 26 17 88 100

Website: www.hotel-standinn.lu

➤ **Hotel de Foetz**

Address: 1 rue de l'Avenir, L-3895 Foetz

Tel: 00352 57 25 45

Website: www.hotel-foetz.com

Dudelange (21km +-18 min to the pool)

➤ **Hotel Cottage**

Address: rue Auguste Liesch, L-3474 Dudelange

Tel: 00352 52 05 91

Website: <http://www.cottageluxembourg.com/uk/index.php>

Echternach (45 km +- 40 min to the pool)

➤ **Youthhostel Echternach**

Address: chemin vers Rodenhof, L- 6479 Echternach

Tel: 00352 72 01 58

Website: <http://youthhostels.lu/en/youth-hostels/youth-hostel-echternach>