

INVITATION

32nd SL Synchro Cup Open 2025

Beginners and 12&under

Artistic Swimming

June 7th – June 8th, 2025



SWIMMING LUXEMBOURG



TABLE OF CONTENT

WELCOME WORDS	2
1 GENERAL INFORMATION	3
2 COMPETITION RULES	5
2.1 GENERAL INFORMATION	5
2.2 JUDGING	5
2.3 DISCIPLINES: FIGURES	5
2.4 DISCIPLINES: ROUTINES	5
2.5 RESTRICTIONS	5
2.6 BEGINNERS ROUTINE SPECIFICS	6
2.7 MUSIC	6
2.8 JUDGES	6
2.9 SECRETARIES	7
2.10 FINAL ENTRY	7
2.11 ENTRY FEES	8
2.12 DRAW OF FIGURES	8
2.13 AWARDS	8
2.14 PROTESTS	8
2.15 FINES	8
2.16 INSURANCE	8
3 CATERING	9
4 ACCOMMODATION	9
5 IMPORANT DATES / DEADLINES	9
6 ADDITIONAL INFORMATION ABOUT THE COMPETITION	10
7 APPENDIX A PROVISIONAL PROGRAM	11
8 APPENDIX B FIGURES	11
9 APPENDIX C ENTRY FORM	11
10 APPENDIX D REGISTRATION FORM MEALS	11
11 APPENDIX E ACCOMODATION	11

WELCOME WORDS

Luxembourg, January 2025

Dear Synchro-Friends,

It is our great pleasure to invite you to the second leg of the 32nd edition of the SL Synchro Cup Open, which will be held on the 7th and 8th June 2025 at 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!



Kind regards,
Carmen Tholl-Biewer
Swimming Luxembourg

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





1 GENERAL INFORMATION

EVENT

32nd SL Synchro Cup Open – Beginners and 12Years&Under

DATE

Saturday, 7th of June 2025 until Sunday, 8th of June 2025

- *Please note: depending on the number of registrations, the organizer might extend the competition weekend to Friday, 6th of June 2025 until Sunday, 8th of June 2025.*

EVENT ORGANIZER

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

CONTACT

Carmen Tholl-Biewer (tholl@swimming.lu)

REFEREE

Fokko de Gans (NED)

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 September 2024	
12&under	12 years of age and under	12 years of age and under



COMPETITION PROGRAM

	Figures	Free Solo (f/m)	Free (Mixed) Duet	Free (Mixed) Team	Free Combination *
Beginners	x			x	
12&under	x	x	x	x	x

- Please note: in general female & male swimmers swim within the same competition sessions and will be ranked within the same ranking list. If, there are at least 3 male entries, a separate event (incl. ranking list) will be opened.
- * the free combo event is only offered in case that at least 3 combos are being registered.

PROVISIONAL PROGRAM

See [Appendix A](#) (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.
 - Exception: see some specifics regarding the Beginners routines (see [chapter 2.6](#))
- No Finals are held, even if there are more than 13 entries within one session.

2.2 JUDGING

- All sessions will be judged according to the World Aquatics rules of 2022-2025 (to be released in the Beginning of 2025).
 - Exception: see some specifics regarding the Beginners routines (see [chapter 2.6](#))

2.3 DISCIPLINES: FIGURES

- Figure sessions are held for the age group Beginners and 12&under
- See annexed list ([Appendix B](#))
- Beginners and 12&under: 4 figures ([AS 8.4](#))

2.4 DISCIPLINES: ROUTINES

Each club is allowed to participate with:

	Beginners	12&under
Free Solo	/	2 Female Solos + 2 Male Solos
Free Duet	/	2 Duets
Free Mixed Duet	/	2 Mixed Duets
Free (Mixed) Team	1 (Mixed) Team	1 (Mixed) Team
Free (Mixed) Combination	/	1 (Mixed) Combo

Time for free routines:

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

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

2.5 RESTRICTIONS

- Each competitor can start in only one (1) category.
- Each competitor must have a valid license.
- The organizer reserves himself the right to register more routines than indicated in chapter 2.4.
- **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!!**

2.6 BEGINNERS ROUTINE SPECIFICS

- **Number of required hybrids: 2-3 hybrids**
 - Attention: in the Beginners category a free hybrid (one intentionally being declared for DD on a Coach Card) is defined as having a combination of three (3) or more movements performed with lower limbs with intentional apnea (head down under hips level).
- **Number of required team acrobatics: 1 team acrobatic** (please respect the same safety limits as for the 12&under routines).
- **General:**
 - All hybrids shall start with a base value or “Base mark” of 0.50 and then start adding difficulty from the base value.
 - Not all families must be used within the routine.
 - There is no maximum of the number of declarations per family/technique per hybrid.
 - Any other rules of WA still apply to the Beginners routines.

2.7 MUSIC

To be send on **25th of April 2025** 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.

Please note: Swimming Luxembourg will not be held accountable for any lawsuits resulting from copyright infringement. All expenses resulting from such procedures will be the responsibility of each competitor and their respective Federation/Club.

2.8 JUDGES

Each participating club is obliged to provide judges for the whole duration of the competition (from Saturday, 7th of June 2025 until Sunday, 8th of June 2025):

- 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
- Figure judges: If possible, **bring your own score book** with you. A limited number of score books can be rent for the figure sessions against **deposit of 30€** (payable cash, available at the organization office)
- Technical Controllers (preferably WA-listed)
 - At least 1 Difficulty Technical Controller
 - At least 1 Synchronization Technical Controller
 - For 10-20 swimmers: 2 Difficulty Technical Controllers + 2 Synchronization Technical Controllers
 - For more than 20 swimmers: 3 Difficulty Technical Controllers + 3 Synchronization Technical Controllers
 - **If a participating club cannot provide a Difficulty Controller, it should contact another club for a replacement.**

- Notes:
 - Dress code for all officials: white t-shirt & white knee covering pants
 - Please note that separate/special requests will not be allowed.
 - Please fill in the [Appendix C](#) with the officials which you will bring. (Deadline: 25.04.2025)

2.9 SECRETARIES

Please fill in the [Appendix C](#) with secretaries which you will bring. (Deadline: 25.04.2025)

Each participating club is obliged to provide secretaries for the whole duration of the competition (from Saturday, 7th of June 2025 until Sunday, 8th of June 2025):

- 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,...
- **Please make sure your secretaries are already familiarized with the job they will be assigned to! Especially if they must time the routines!**

2.10 FINAL ENTRY

Entry form: please find the entry form in [Appendix C](#)

- **Deadline: Friday, 25th of April, 2025** (e-mail date) at the latest to tholl@swimming.lu.
 - Please note that if you register early, unsubscribing of your final entry can only be done until the 25th of April 2025.
 - After the 25th of April 2025 unsubscribing can only be done with a medical certificate. Otherwise, an additional fine will be raised (details in [chapter 2.15](#)).
 - After the 25th of April 2025 no changes can be made to the composition of the routines.
- Final entry must include:
 - [Appendix C Entry Form](#)
 - [Appendix D Registration Form Meals](#)
 - Music files
 - Group picture
- Coach Cards must be submitted to Carmen Tholl-Biewer (tholl@swimming.lu) by the **23rd of May 2025** 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!
 - **The Coach Card Form will be uploaded on our website, after the final confirmation of the newest rule set of World Aquatics. Only the Coach Card Form, provided via our website, will be accepted.**

With your entry form, please do not forget to attach a group picture of your team to insert in our brochure "32nd SL SYNCHRO CUP Open 2025" 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 **25th of April 2025 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 29th of May 2025 at 2pm**. Information about the drawn figures will be send per mail to the participating clubs.

2.13 AWARDS

- **Beginners:** medals for the best 3 swimmers in figures competition
- **Each category / routine session:** medals for the best 3 free routines (figures + routine)
- **SL Synchro Cup:** The cup will be attributed to the club who has totalized the maximum of points in final results in the best routines (Beginners & 12&under).

2.14 PROTESTS

Please note that 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

- **Unexcused non-attendance of swimmers:** in case a registered swimmer is unable to attend the competition, a medical certificate must be provided. Otherwise, a fine of 20€ is being charged additionally to the 30€ registration fee.
- **Unexcused non-attendance of officials:** in case a registered official is unable to attend the competition a medical certificate must be provided. Otherwise, a fine of 20€ is being charged.
- **Missing officials:** In case the clubs/federations will not nominate the above-mentioned number of qualified officials (judges / DTCs / 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.

MEALS

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

- Final entry: **Friday, the 25th of April, 2025**
- Price per meal: 15€
- Menu Saturday: Spaghetti Bolognese (Vegetarian Menu: Pasta Napolitana) (TBC)
- Menu Sunday: "Bouchée à la Reine" (Vegetarian Menu : Pasta with Pesto) (TBC)
- 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 E](#)).

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 Open 2025 was to be sent out.

5 IMPORANT DATES / DEADLINES

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

Final entry form	25 th of April 2025
Payment of entry fees	25 th of April 2025
Unsubscription	25 th of April 2025
Music	25 th of April 2025
Meal form	25 th of April 2025
Group Picture	25 th of April 2025
Coach Card	23 th of May 2025
Draw of figures	29 th of May 2025

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.
 - 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

7 APPENDIX A PROVISIONAL PROGRAM

- See “Appendix A Provisional Program - Beginners & 12&under edition”

8 APPENDIX B FIGURES

- See “Appendix B Figures”

9 APPENDIX C ENTRY FORM

- See excel sheet “Appendix C Entry form”

10 APPENDIX D REGISTRATION FORM MEALS

- See excel sheet “Appendix D Registration form meals”

11 APPENDIX E ACCOMODATION

- See “Appendix E Accomodation”