

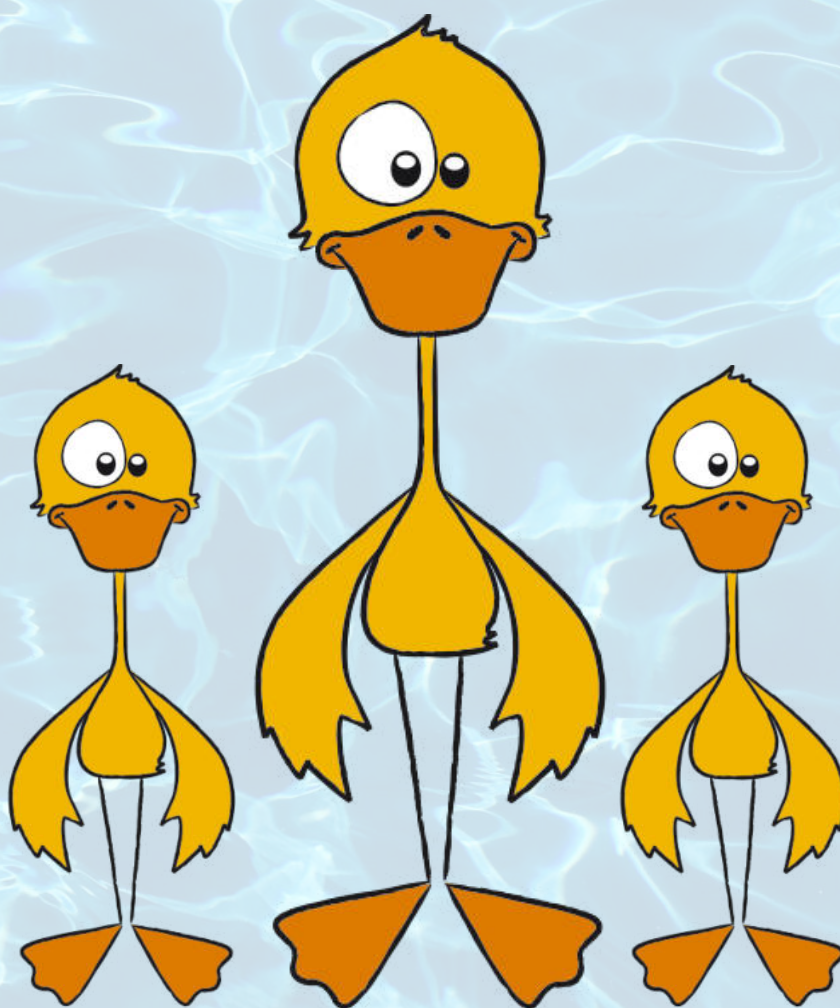
INVITATION

33rd SL Synchro Cup Open 2026

Beginners, 12&under & Juniors Soloists

Artistic Swimming

June 12th – June 14th, 2026



SWIMMING LUXEMBOURG

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WELCOME WORDS

Luxembourg, January 2026

Dear Synchro-Friends,

It is our great pleasure to invite you to the second leg of the 33rd edition of the SL Synchro Cup Open, which will be held on the 12th, 13th and 14th June 2026 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

33rd SL Synchro Cup Open – Beginners, 12Years&Under and Juniors Soloists

DATE

Friday, 12th of June 2026 until Sunday, 14th of June 2026

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](#)

- Address: 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 2025	
12&under	12 years and under (2014-today)	12 years and under (2014-today)
Juniors	15-19 years of age (2007-2011)	15-20 years of age (2006-2011)

COMPETITION PROGRAM

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

	Free Solo (f/m)	Tech. Solo (f/m)
Juniors	x	x

Please note:

- Each session is only offered if at least 3 starts are being registered.
- 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.

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 conducted in accordance with the World Aquatics rules, with adaptations as required.
 - 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.
- Pre-swimmers may only be accepted and confirmed after the official registration deadline. If registration must be closed early due to reaching the maximum participant capacity, no pre-swimmers will be accepted.

2.2 JUDGING

- All sessions will be judged in accordance with the World Aquatics rules, with adaptations as required.
 - 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	Juniors
Free Solo	/	2 Female Solos + 2 Male Solos	2 Female Solos + 2 Male Solos
Free Duet	2 Duets	2 Duets	/
Free Mixed Duet	2 Mixed Duets	2 Mixed Duets	/
Free (Mixed) Team	1 (Mixed) Team	1 (Mixed) Team	/
Free (Mixed) Combination	/	1 (Mixed) Combo	/
Tech. Solo	/	/	2 Female Solos + 2 Male Solos

Time for free routines:

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

	Beginners	12&under	Juniors
Free Solo	/	2'00	2'15
Free Duet	1'30	2'30	/
Free Mixed Duet	1'30	2'30	/
Free (Mixed) Team	1'30	3'00	/
Free (Mixed) Combination	/	3'00	/
Tech. Solo	/	/	2'00

(+/- 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

TEAMS

- **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).

DUETS

- **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 pair acrobatics: 1 pair acro possible (not mandatory)** (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.
- Synchronization judging: only Major synchronization mistakes will be counted (small and obvious synchronization mistakes are not taken into account).
- Any other rules of WA still apply to the Beginners routines.

2.7 MUSIC

To be send on **1st of May 2026** 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_SoloFree_LisaWeber_2min11*

For backup and security reasons please bring your USB.

Please note:

- Swimming Luxembourg cannot be held liable for faulty, corrupted, or incorrect music files.
- 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 DRAW OF FIGURES

The draw of the figures will be on **Thursday, the 4th of June 2026 at 2pm**. Information about the drawn figures will be send per mail to the participating clubs.

2.9 JUDGES

Each participating club is obliged to provide judges for the whole duration of the competition (from Friday, 12th of June 2026 until Sunday, 14th of June 2026):

- Judges (preferably WA-listed)
 - At least 1 qualified judge
 - For 8-15 athletes: 2 qualified judges
 - For more than 16 athletes: 3 qualified judges
- Figure judges: **bring your own score book**. A limited number of score books can be rent for the figure session 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 more than 20 athletes: 2 Difficulty Technical Controllers + 2 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 judges and DTCs / STCs which you will bring. (Deadline: 01.05.2026)

2.10 SECRETARIES

Please fill in the [Appendix C](#) with secretaries which you will bring. (Deadline: 01.05.2026)

Each participating club is obliged to provide secretaries for the whole duration of the competition (from Friday, 12th of June 2026 until Sunday, 14th of June 2026):

- 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!**
- **Please make sure your secretaries are punctual! Fines will be raised if secretaries do not show up in time!**

2.11 FINAL ENTRY

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

- **Deadline: Friday, 1st of May, 2026** (e-mail date) at the latest to tholl@swimming.lu.
 - Please note that if you register early, unsubscriptions of individual swimmers from your final entry can only be done until the 1st of May 2026.
 - After the 1st of May 2026 unsubscriptions can only be done with a medical certificate. Otherwise, an additional fine will be raised (details in [chapter 2.15](#)).
 - After the 1st of May 2026 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 **28th of May 2026** 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 sent to you via email. Only the Coach Card Form, provided by Swimming Luxembourg, will be accepted.**

With your entry form, please do not forget to attach a group picture of your team to insert in our brochure “33rd SL SYNCHRO CUP Open 2026” which will be on sale on the competition weekend.

2.12 ENTRY FEES

Entry fee per person: 40€

- *If an athlete participates in the figures event only, the entry fee will be 20€*
- *Special offer for Juniors athletes that already participated in the SL Synchro Cup Open 2026 May edition: the entry fee for athletes that already participated in any Junior event at the SL Synchro Cup Open 2026 May edition is 20€.*

The fees are to be paid to...

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

... by Friday, the **1st of May 2026 at the latest**. The charges of payment are supported by the participating club! The registration is only valid after payment of the entry fee.

2.13 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 & Juniors).

2.14 PROTESTS

It will not be possible to raise protests. Please note that judges and/or DTCs/ STCs can only be contacted to explain their decisions after the end of the competition weekend!

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 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.
- **Unpunctuality of officials:** In case officials (judges / DTCs / STCs / secretaries) do not show up in time at their designated task a fine of 20€ per missing official will be 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 1st of May 2026**
- 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 2026 was to be sent out.

5 IMPORANT DATES / DEADLINES

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

Final entry form	1 st of May 2026
Payment of entry fees	1 st of May 2026
Music	1 st of May 2026
Meal form	1 st of May 2026
Group Picture	1 st of May 2026
Coach Card	28 th of May 2026
Draw of figures	4 th of June 2026

6 ADDITIONAL INFORMATION ABOUT THE COMPETITION

6.1 PRE-SWIMMERS

Pre-swimmers may only be accepted and confirmed after the official registration deadline. If registration must be closed early due to reaching the maximum participant capacity, no pre-swimmers will be accepted.

6.2 MEDIA

Swimming Luxembourg reserves the exclusive right to take pictures and/or videos at poolside. No photographers other than those authorized by the organizer are permitted to take photos or videos at poolside.

By attending the event, you mutually agree to be filmed and/or photographed during the event. By submitting their registration, all the participants (athletes, officials, ...) grant the organizing club permission to use and publicly make available any footage, recorded/taken during the competition, after the event.

6.3 OTHER

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 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

! Subject to change !

Friday, 12th of June 2026

12&under Solo

Saturday, 13th of June 2026

Beginners Figures

12&under Figures

Beginners Duets

12&under Combo

Team Beginners

Sunday, 14th of June 2026

Juniors Free Solo

12&under Duet

Juniors Tech. Solo

12&under 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 B FIGURES

- See excel sheet "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

Accor Hotels

- **Sofitel Luxembourg Le Grand Ducal**
40 Bd. D'Avranches, L-1160 Bonnevoie
Website: <https://sofitel.accor.com/de/hotels/5555.html>
- **Sofitel Luxembourg Europe**
6 rue du fort Niedergruenewald, L-2226 Kirchberg
Website: <https://sofitel.accor.com/en/hotels/1314.html>
- **Novotel Luxembourg Kirchberg**
6 rue du fort Niedergruenewald, L-2226 Kirchberg
Website: <https://all.accor.com/hotel/1930/index.de.shtml>
- **Novotel Suites Luxembourg**
13 Av. John F. Kennedy, L-1855 Luxembourg
Website: <https://all.accor.com/hotel/7206/index.de.shtml>
- **Novotel Luxembourg Centre**
35 Rue du Laboratoire, L-1911 Bonnevoie
Website: <https://all.accor.com/hotel/5556/index.de.shtml>
- **Mama Shelter Luxembourg**
2 rue du fort Niedergruenewald, L-1616 Kirchberg
Website: <https://mamashelter.com/luxembourg/>

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

- **Auberge de Jeunesse Luxembourg (Youthhostel)**
Address: 2 rue du Fort Olisy, L-2261 Luxembourg
Website: http://youthhostels.lu/luxemburgish-youth-hostels/luxembourg/10_50_EN.html
- **Meliá INNSiDE Luxembourg**
Address: 12 Rue Henri M. Schnadt, 2530 Gasperich Luxembourg
Website: <https://www.melia.com/en/hotels/luxembourg/luxembourg>
- **Meliá Luxembourg**
Address: 1 Park Draï Eechelen, 1499 Clausen Luxembourg
Website: <https://www.melia.com/en/hotels/luxembourg/luxembourg/melia-luxembourg>
- **Hotel Parc Plaza**
Address: 5 Avenue Marie Thérèse, L-2132 Luxembourg
Website: <https://www.goereshotels.com/en/parc-plaza-en/>
- **Hotel Parc Bellevue**
Address: 5 avenue Marie Thérèse, L-2132 Luxembourg
Website: <https://www.goereshotels.com/en/belle-vue-en/>

- **City Hôtel**
Address: 1 rue de Strasbourg, L-2561 Luxembourg
Website: <http://www.cityhotel.lu/>
- **Hotel Christophe Colomb**
Address: 10 rue d'Anvers, L-1130 Luxembourg
Website: <https://www.christophe-colomb.lu/>
- **Hotel Parc Belair**
Address: 111 Avenue du 10 Septembre L-2551 Luxembourg
Website: <https://www.goereshotels.com/en/parc-belair-en/>
- **DoubleTree by Hilton Luxembourg**
Address: 12 Rue Jean Engling, L-1466 Luxembourg
Website: <https://www.hilton.com/en/hotels/lxmhidi-doubletree-luxembourg/>

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

- **Hotel Ibis Aéroport**
Address: rte de Trèves, L-2632 Luxembourg-Findel
Website: <http://www.accorhotels.com/de/hotel-0974-ibis-luxembourg-aeroport/index.shtml>
- **Hotel Ibis Budget**
Address: route de Trèves, L-2632 Luxembourg-Findel
Website: <http://www.accorhotels.com/de/hotel-3579-ibis-budget-luxembourg-aeroport-ex-etap-hotel/index.shtml>

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

- **Hotel Ibis Luxembourg Sud**
Address: route de Bettembourg, L-3378 Livange
Website: <https://all.accor.com/hotel/5587/index.en.shtml>
- **Hotel Ibis Budget Sud**
Address: rue de Turi, L-3378 Livange
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
Website: <https://www.hotel-standinn.lu/de/>
- **Hotel de Foetz**
Address: 1 rue de l'Avenir, L-3895 Foetz
Website: <http://www.hotel-foetz.com/>

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

- **Hotel Cottage**
Address: rue Auguste Liesch, L-3474 Dudelange
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
Website: <http://youthhostels.lu/en/youth-hostels/youth-hostel-echternach>