

# APPENDIX B : INTERPROVINCIAL TEAM COMPETITION

## Events :

- Landrill\*
- Relay
- Flexibility
- Team Routine
- Technical Elements\*\*

### SQ-3.1.1 Competition rules :

- Dress code for the landrill event and the flexibility event : Black swimsuit, black leggings (ankle level), hair attached in a chignon.
- Landrill\* : Landrill is the dry execution of the team routine. This event is evaluated by judges who give only one mark.
- Relay : This event is a relay of crawl strokes on a 100m distance. The relay is done by four athletes of each team that swim the length of 25m. The relay starts in the water. For penalties, (see SQ 5.9.3)
- Flexibility : According to the provincial program of flexibility (see Appendix D)
- Technical Elements: The Technical elements are executed by all team swimmers including the alternates. A metronome will be used for the execution of the Technical elements: the Three Technical elements are:
  1. Eggbeater boost with 180<sup>0</sup> rotation
  2. FINA 360 Walkover Front
  3. Kick pull kick «airplane» done twice (2) followed by a side flutter kick. An arm on the thigh, passing to an «airplane» to finish over the head, the body is then extended on the belly, face in the water, followed by a Karolina (without the 180 spin)

\* A video of the uniforme landrill is required and is available on the Synchrono Québec web site.

\*\* A video of the technical elements is available on the Synchrono Québec web site. Only the identical execution of the video will be permitted for this event.

\*\*\* The metronome tempo that will be used is on the Synchrono Quebec metronome CD, track 2. You can find the Cd metronome of Synchrono Québec on the Synchrono Québec web site in the "Informations aux compétitions" section.

## Awards:

- Medals are given for the championship score.
- Calculation of the Championship score (See SQ 5.7.2.4 Team competition and SQ 5.7.2.10 Interprovincial competition).

3. Obligatory elements of the Intermediate♣Leg of dry ballet, alternate. (515b) network, Inter + and Performance: The obligatory elements will be carried out by all the swimmers of the team including the substitutes. A metronome \*\*\* will be used for the execution of the obligatory elements. The three (3) obligatory elements are: 1. Pushed rétropédalage with half-turn 2. FINA 360 front Walk 3. Kick sweater kick "airplane" two (2) times followed by a side beat. The arm on the thigh, passes in "airplane" to finish in top of the head, the body is then lengthened on the belly, the head in water, follow-up of Karolina (without the gimlet of 180°). \* A video of the uniform landrill is Technical and it is available on the Web site of Quebec Synchro \*\* A video of the obligatory elements is available on the Web site of Quebec Synchro. Only the execution identical to the video will be allowed at the time of the test. \*\*\* The tempo of the metronome used will be that of the track 2 which is found on the compact disk metronome of Quebec Synchro, or on the Web site of Quebec Synchro in The medals will be allotted for the♣information with the competitions. Rewards Calculation of the note of the championship (See SQ♣note of championship. 5.7.2.4 Competition of team and SQ 5.7.2.10 Interprovinciale Competition).