



Invitation

Dutch Open Fryslân Synchro Masters Championship

HZ&PC Heerenveen has the pleasure to invite you to the 6th Fryslân Open Synchro Masters Championship. Also this year this championship will be combined with the Dutch National Synchro Masters Championship!

This Championship will take place on July 4th and 5th 2026.

Venue: "Sportstad Heerenveen"
Abe Lenstra Boulevard 23-Q
8448 JA Heerenveen
The Netherlands

Rules: Age shall be determined as of December 31 of the year of competition. The competitors must be 20 in 2026. The average age of the competitors in a routine shall be determined by adding the ages of the actual swimmers, divided by the number of swimmers (not including the reserves) and dropping any resulting fraction or decimal. For example, if the average age of a Team is 49.833, they would swim in the 35-49 age group

Age Categories			
Solo	(Mixed) Duet ¹	Team ^{1 3}	Combi ^{1 2 3}
	← 20 – 24 years ² →		
	← 25 – 29 years →	25 – 34 years	25 – 39 years
	← 30 – 39 years →	35 – 49 years	40 – 64 years
	← 40 – 49 years →	50 – 64 years	65 years and older
	← 50 – 59 years →	65 – 79 years	
	← 60 – 69 years →		
	← 70 – 79 years →		
	← 80 years and older →		

¹ Age determined by the average age of the competitors.

² No Dutch National Synchro Masters Championship; only Fryslân Open Championship

³ Teams shall consist of a minimum of four (4) members and a maximum of eight (8) members (Team). Combinations shall consist of a minimum of four (4) members and a maximum of ten (10) members (Combination).

Men can also participate. There will be a category "Mixed duet" and a category "Solo Men" whatever the age of the participants. Men can also join in team and combo. Multies are also welcome.

No Dutch National Synchro Masters Championship will be held in the age category 20 – 24 and the Combo event. Only the Fryslân Open Championship competition will be held in these events.

The Technical and Free Routine will be swum as separate events. A final ranking will be drawn up for both parts (Technical and Free Routine) for both the Fryslân Open Championship and the Dutch Masters Championship. Each event is a separate medal event.





Time Limits for Routines	Technical Routine	Free Routine
Solo ¹	< 2 minutes 00 seconds	< 2 minutes 15 seconds
Duet ¹	< 2 minutes 20 seconds	< 2 minutes 45 seconds
Mixed Duet ¹	< 2 minutes 20 seconds	< 2 minutes 45 seconds
Team ¹	< 2 minutes 50 seconds	< 3 minutes 30 seconds
Combination ¹		< 4 minutes 00 seconds

¹ There shall be no minimum time limit. Time limits include ten (10) seconds for the deck movement.

Participants are allowed to swim the technical routine during the free routine event. It is allowed to swim just one event.

For required technical elements please see below:

Required elements for technical routine follow World Aquatics rules:
<https://www.worldaquatics.com/rules/competition-regulations>

In addition to these rules:

The order of the elements is no longer compulsory and it is no longer necessary to perform the elements parallel to the judges. We will send you an element-order-card for the order of the technical elements after registration.

The fourth element (**TRAVELLING BALLET LEG COMBINATION**) may be replaced by the element as defined in The European Aquatics regulations: Flamingo - From a Back Layout a Bent Knee Back Layout position is assumed. The bent leg is straightened to a Ballet Leg Position. The shin of the horizontal leg is drawn along the surface of the water to assume a Surface Flamingo Position. When you choose the **TRAVELLING BALLET LEG COMBINATION** as defined by the World Aquatics rules, please note that the two positions as defined by the "old rules" aren't enough. We expect you to start in Back Layout, assume a Bent Knee Back Layout position RIGHT, and straighten the bent leg to a Ballet Leg Position RIGHT. From this position the leg is bent to a Bent Knee Back Layout Position RIGHT. The toe moves until a Back Layout Position is assumed. These movements are repeated with the LEFT leg.

In the **JOINED ACTION**, mirror actions, and actions in which the swimmers aren't synchronised, are only allowed as long as the swimmers are connected. Once the connection is released, the swimmers must perform simultaneously and facing the same direction. Acro's are not allowed in the joined action.

During the technical routine, wearing a so-called "show" swimsuit, matching makeup and hair cap is permitted. There is therefore no obligation to wear a black swimsuit and white swimming cap during the technical routine.

Entries:

No limitation in number of solo's, duo's, teams, combo's per category.

You can register for the Technical and/or the Free Routine separately.

For an optimized organization, one (1) judge per club is requested for clubs with ten (10) or less competitors, two (2) judges are required for clubs with more than ten (10) competitors. The fee to pay if you participate without judge





(or only one judge for more than ten (10) competitors) is € 100,00. Judges participating in the Championships is allowed with the remark that:

- **The judge cannot judge in events where the judge is also registered as participant.**
- **The judge is able to judge at least two events on both days.**

Financial conditions:

Costs for travel and accommodation are borne by the participating clubs and/or participants

Fees:

- Solo €15.00 (Technical or Free Routine), €22.50 (Technical and Free Routine)
- (Mixed) Duet € 20.00 (Technical or Free Routine), € 30.00 (Technical and Free Routine)
- Team € 10.00 per participant (Technical or Free Routine), € 15.00 (Technical and Free Routine)
- Combo € 12.50 per participant (Free Routine)

Entry:

Registration opens: Already open!
Preliminary entry: Before Sunday April, 19th 2026
Final entry: Before Sunday May, 31st 2026

Prel. Schedule:

Saturday, July 4th 2026
All Technical Routines

Sunday, July 5th 2026
All Free Routines

The schedule may be adapted based on the number of competitors.
A more detailed schedule will be sent after the preliminary entry has been closed.

Meals:

A restaurant is available within the venue for meals and drinks.

Information:

info@fryslanopen.com

Registration:

fryslanopen.com

See you in Heerenveen!

Kind regards,

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