

REGRAS MASTERS

O programa Master promoverá a saúde, amizade e o entendimento através da Nataç o, Nado Sincronizado, P lo Aqu tico e Nataç o em  guas Abertas entre os competidores com idade limite m nima de 25 anos.

MRG 1. Os Membros registram os competidores Masters em uma categoria especial para cada uma das cinco modalidades reconhecidas. Um competidor que se registra como Master em qualquer modalidade, manter  seu direito irrestrito para participar em competiç es, a menos que ele ou ela tenha a nataç o competitiva como sua  nica ocupaç o ou neg cio do qual dependa financeiramente para viver.

MGR 2. Exceto as exceç es espec ficas das regras e regulamentos da FINA, se aplicar o as competiç es Master.

MGR 3. A idade ser  a do competidor at  31 de Dezembro do ano da competiç o, exceto para Nataç o Master e Nataç o em  guas abertas, na qual ser  determinada de acordo com a MSW 2.

MGR 4. A Federaç o Organizadora de Competiç es de Mundial Master (FINA) , dever  pagar os gastos da viagem e est dias do membro da diretoria da FINA.

MGR 5. As custas de inscriç o ser o determinadas pelo pa s que organizar o evento, mais dever  ser submetido a aprovaç o da FINA.

REGRAS PARA NATAÇ O MASTER

MSW 1. Grupos de Idades

MSW 1.1 Provas individuais:

25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89 e 90-94..... (assim sucessivamente, em grupos de cinco em cinco anos, at  onde seja necess rio).

MSW 1.2 Revezamentos:

Devem ser organizados com a idade total dos integrantes das equipes em anos completos. Os grupos de idade para provas de revezamentos s o assim: 100-119, 120-159, 160-199, 200-239, 240-279, 280-319.....(assim sucessivamente, em base de 40 anos de intervalo).

MSW 2. Data Determinada de Idade

Para todos os prop sitos relacionados com os records Mundial Master e as competiç es de eventos de Campeonatos Mundiais Master, a idade real que o competidor tem at  31 de Dezembro do ano do evento, determinar  qual o seu grupo ou faixa de idade na competiç o.

MSW 3. Regulamentos T cnicos de Nataç o

As regras de Nataç o contidas no capitulo 3 da FINA, se aplicar  aos Masters com as seguintes exceç es:

MSW 3.1 Os grupos de idade e sexos podem combinar-se, de tal maneira que nenhum nadador tenha que nadar s ,   poss vel nadar dois por raia, no caso da prova de longo percurso e uma grande quantidade de atletas inscritos. Neste caso a organizaç o dever  ter duas cabeceiras, uma para o masculino e outra para o feminino.

MSW 3.2 As sa das para frente, no apito do arbitro os competidores podem tomar posiç o em cima do bloco de partida, ao lado do bloco ou dentro da piscina na borda.

MSW 3.3 Todas as provas de Master, serão organizadas como séries finais.

MSW 3.4 Aos nadadores é permitido a permanência na raia dentro da piscina logo após a prova, enquanto outros grupos estão competindo até que o árbitro geral indique sua retirada da piscina.

MSW 3.5 A ordem dos nadadores nos revezamentos estilo e livre (Feminino, Masculino e Misto) é opcional.

MSW 3.6 Todas as provas serão pré organizadas com os grupos de maior idade à nadar primeiro, as séries mais lentas se nadará primeiro dentro de cada grupo ou faixa etária, provas de 1500m, 800m e 400m, podem ser organizadas na própria mesa de controle, desde os mais lentos aos mais rápidos, sem importância da idade.

Obs.: Essa divisão já é realizada por um programa apropriado para os masters.

MSW 3.7 O comitê organizador do evento, pode organizar provas de 1500m, 800m e 400m livre, com dois competidores do mesmo sexo ou não nadando na mesma raia. Se tomarão os tempos separados para cada nadador.

MSW 4. Provas

As seguintes provas podem ser organizadas para cada grupo ou faixa etária.

MSW 4.1 Piscina de 25m

50-100-200-400-800-1500m estilo livre

50-100-200m estilo costas

50-100-200m estilo peito

50-100-200m estilo borboleta

*100-200-400m medley individual

Revezamento 4x50m livre (masculino e feminino)

Revezamento 4x50m "4 estilos ou medley" (masculino e feminino)

Revezamento 4x50m livre misto (2 homens e 2 mulheres)

Revezamento 4x50m "4 estilos ou medley" misto (2 homens e 2 mulheres)

MSW 4.2 Piscina de 50m

50-100-200-400-800-1500m estilo livre

50-100-200m estilo costas

50-100-200m estilo peito

50-100-200m estilo borboleta

*200-400m medley individual

Revezamento 4x50m livre (masculino e feminino)

Revezamento 4x50m "4 estilos ou medley" (masculino e feminino)

Revezamento 4x50m livre misto (2 homens e 2 mulheres)

Revezamento 4x50m "4 estilo ou medley" misto (2 homens e 2mulheres)

Obs.: Não é necessário organizar as provas antes indicadas, em um só torneio ou evento. Porém em cada divisão de idade se pode incluir as provas mais curtas de estilos e livre, mais medley e revezamentos.

MSW 5. Revezamentos

Os revezamentos consistirão de quatro nadadores, todos registrados por um mesmo clube, associação ou academia, nenhum nadador poderá representar mais de um clube no mesmo evento.

MSW 6. Recordes

A lista de Recordes Mundial Master para todas as provas listadas na MSW 4, para cada grupo de idade, serão mantidas tempos de 1/100 segundos (duas cifras decimais) e de acordo as estipulações listadas na forma de solicitação. Os recordes do mundo também podem ser registrados com cronômetros manuais de 1/100 segundos (duas cifras de decimais de acordo com SW 11.3 regra da FINA).

MSW 6.1 A solicitação para homologar recordes, em formato ou modelo especial elaborado pela FINA, deve ser enviado pela pessoa em questão, dentro de 30 dias após o termino do evento (ver final de página).

MSW 7. Bases de Classificação

Para o campeonato Mundial, será estudado pela a FINA ou comitê organizador, se assim considera necessário.

Tradução:
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MASTERS RULES

GENERAL

The Masters program shall promote fitness, friendship, understanding and competition through Swimming, Diving, Synchronised Swimming, Water Polo and Open Water Swimming among those competitors with a minimum age limit of 25 years (Note: exception in MSS 5).

MGR 1 The Members shall register Masters competitors in a special category for each of the five recognised disciplines. A competitor who registers for Masters in any discipline will still retain his/her unrestricted right to compete in other competitions.

MGR 2 Except for specific exceptions in the FINA Rules and regulations all other FINA Rules and Regulations shall apply to Masters Competitions.

MGR 3 Individual entries shall only be accepted from persons representing clubs. No swimmer or team may be designated as representing a country or Federation.

MGR 4 Age shall be determined as of December 31 of the year of competition.

MGR 5 The organising federation of FINA World Masters Championships shall pay the travelling and accommodation expense of one member from the FINA Bureau.

MGR 6 Entry fees shall be decided upon by the country that is hosting the meet, but they shall be subject to approval by FINA.

MGR 7 For Masters World Championships, the Management Committee shall consist of the Bureau Liaison, the Chairman and Honorary Secretary of the Masters Committee and other members of the Bureau and Masters Committee present.

MGR 8 Masters Competitors must be aware of the need of being well prepared and medically fit before entering into Masters competitions. They shall assume full responsibility for the risks included in competing in such competitions. In consideration of their entry, they must agree to waive and release FINA, the Organising National Federation and the Organising Committee from any kind of liability for accidents, which may cause death, injury or property loss. Entry Forms containing a warning of the risks, an Accident Waiver and Release of Liability must be signed by each Masters competitor.

MASTERS SWIMMING RULES

MSW 1 Age Groups

MSW 1.1 Individual Events: 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94 ... (five year age groups as high as is necessary).

MSW 1.2 Relays: To be conducted on the total age of team members in whole years. Age groups of relay events are as follows: 100 - 119, 120 - 159, 160 - 199, 200 - 239, 240 - 279, 280 -319, 320 - 359, and ...(forty year increments as high as is necessary).

MSW 2 Age Determining Date

For all purposes pertaining to Masters World Records and Masters World Championships meet competition, the actual attained age of the competitor shall be determined as of December 31st of the year of competition.

MSW 3 Technical Swimming Rules

The Swimming Rules in Part III of this Handbook shall apply to Masters with the following exceptions:

MSW 3.1 Age groups and sexes may be combined so that no swimmer has to swim alone and lanes may be filled.

MSW 3.2 When using the forward start, the referee's whistle shall indicate that the swimmers may take their positions with at least one foot at the front of the starting platform or pool deck, or in the water with one hand having contact with the starting wall.

MSW 3.3 Any swimmer starting before the starting signal has been given by the Starter, shall be disqualified. (Supersedes SW 4.1).

MSW 3.4 All Masters events shall be conducted on a timed final basis.

MSW 3.5 Swimmers may be allowed to remain in their lane while other swimmers are competing until directed by the referee to exit the pool.

MSW 3.6 The order of swimmers by gender is optional in mixed relays.

MSW 3.7 Events shall be pre-seeded with oldest age groups first, slowest heats swum first within each age group. Events 400 metres and over may be deck seeded from slowest to fastest, regardless of age.

MSW 3.8 The Organising Committee may arrange 400 metre, 800 metre and 1500 metre Freestyle to be swum two (2) swimmers of the same sex in a lane. Separate timing will be required for each swimmer.

MSW 3.9 The Warm Up must be supervised.

MSW 3.10 A breaststroke kicking movement is permitted for butterfly

MSW 4 Events

The following events may be conducted for each age group.

MSW 4.1 Short course (25 m)

50, 100, 200, 400, 800, 1500 m Freestyle

50, 100, 200 m Backstroke

50, 100, 200 m Breaststroke

50, 100, 200 m Butterfly

100, 200, 400 m Individual Medley

200 m Freestyle Relay

200 m Medley Relay

200 m Mixed Freestyle Relay (2 women and 2 men)

200 m Mixed Medley Relay (2 women and 2 men)

MSW 4.2 Long course (50 m)

50, 100, 200, 400, 800, 1500 m Freestyle

50, 100, 200 m Backstroke

50, 100, 200 m Breaststroke

50, 100, 200 m Butterfly

200, 400 m Individual Medley

200 m Freestyle Relay

200 m Medley Relay

200 m Mixed Freestyle Relay (2 women and 2 men)

200 m Mixed Medley Relay (2 women and 2 men)

MSW 4.3 It is not necessary to conduct all of the above events in a meet. However, each age division should include shorter Freestyle, Backstroke, Breaststroke and Butterfly events plus an Individual Medley and Relays.

MSW 5 Relays

Relays shall consist of four swimmers each registered with the same club. No swimmer is allowed to represent more than one club.

MSW 6 Records

Masters World Records for all events listed in MSW 4 for both sexes in each age group shall be recognised and maintained in 1/100 second time (2 decimal places) and according to the provisions

listed on the application form. World Records may also be recorded with manual timing in 1/100 second time (2 decimal places in accordance with SW 11.3).

MSW 6.1 Applications for Masters World Records must be made on the FINA official forms (See next page) by the individual in question within 60 days from the end of the event.

MSW 6.2 World Records can only be established in a Masters meet sanctioned by a Member.

MSW 7 Swimmers who had to be disqualified must be listed with coded reason for disqualification in the results list.

MSW 8 A swimmer can compete only once per relay event.

MSW 9 Qualifying standards for World Championships will be considered by FINA and the Organising Committee if deemed necessary.

MASTERS SWIMMING WORLD RECORD APPLICATION FORM pdf

MASTERS OPEN WATER SWIMMING RULES

Masters Open Water Swimming shall be defined as any event for which the distance is greater than 1500 metres and where entry is restricted to Master swimmers. Normal Masters age groups shall apply.

The Open Water Swimming Rules in Part IV of the FINA Handbook shall apply to Masters Open Water Swimming with the following exceptions.

MOWS 1 Masters Open Water Swimming events will be up to 5 km. No Masters open water events should be held in water less than an average of 18° Centigrade.

MOWS 2 A Masters Open Water Swimming event may be included in World Championships.

MOWS 3 Swimmers shall be seeded according to age groups from the youngest to the oldest. Swimmers may be selected irrespective of gender. The slowest entered swimmers of each age group may comprise and be seeded in special heat(s).

MOWS 4 Race organisers, in consultation with the referee and subject to advice from the FINA Technical Open Water Swimming Committee, are to designate in advance the cut off time for each Masters race. As a rough guide, a time of 30 minutes per kilometre could apply.

MOWS 5 It shall be compulsory for all swimmers to wear highly visible coloured numbered swim caps.

MOWS 6 Wet suits may be worn but the swimmer then becomes ineligible for trophies or championship honours.

MASTERS DIVING RULES

MD 1 The Diving Rules in Part V of this Handbook shall apply to Masters Diving with the following exceptions.

MD 1.1 The diver can freely choose the dives from the dive table given in the FINA Handbook. The only requirement is that in age groups 25 – 69 years, each dive performed has different dive number (as to FINA Handbook).

In age groups 70 – 80 + dives with the same dive number can be repeated, if performed in a different position (straight, pike, tuck or free position).

MD 2 Springboard Diving - Men and Women (1 metre and 3 metre)

MD 2.1 Age groups:

Age groups for Men and Women:
Age Group Total number of dives required
(years) Men Women

25 – 29 7 6
 30 – 34 7 6
 35 – 39 7 6
 40 – 44 7 6
 45 – 49 7 6
 50 – 54 6 5
 55 – 59 6 5
 60 – 64 6 5
 65 – 69 6 5
 70 – 74 5 4
 75 – 79 5 4
 80 + 4 3

(five years age groups as long as necessary)

MD 2.2 3M Springboard Synchronized Diving

Age Group Total number of dives required

Men Women

25-49 2(*) +2 2(*) + 2

50+ 2(*) +2 2(*) +2

(*) Degree of difficulty of 2.0 for each dive regardless of the formula for degree of difficulty of the dive.

MD 2.3 In synchronized diving events divers are allowed to compete in only one club team in the 3m springboard competition

MD 3 Platform Diving

Women and Men (5 metre, 7.5 metre, or 10 metre)

MD 3.1 Age groups for Men and Women:

Age Groups Total number of dives required

(years) Men Women

25 – 29 6 6

30 – 34 6 6

35 – 39 6 6

40 – 44 6 6

45 – 49 6 6

50 – 54 5x 5x

55 – 59 5x 5x

60 – 64 5x 5x

65 – 69 5x 5x

70 – 74 4x 4x

75 – 79 4x 4x

80 + 3x 3x

(five years age groups as long as necessary)

x) 10m limited: Only feet first entries are allowed from the 10m platform and any performed dive from the 10m must not exceed degree of difficulty of 2.0.

MD 3.2 Platform Synchronized Diving

Age Group Men Women

25-49 2(*) +2 2(*) +2

50+ (x) 2(*) +1 2(*) +1

(*) Degree of difficulty of 2.0 for each dive regardless of the formula for degree of difficulty of the dive.

(x) 10m limited: Only feet first entries are allowed from 10m and any performed dive from 10m must not exceed a degree of difficulty of 2.0.

MD 3.3 In synchronized diving events divers are allowed to compete in only one club team in the platform competition.

MD 4 General Rules

MD 4.1 There shall be no limit on the number of divers taking part.

MD 4.2 Prizes shall be awarded to the divers placed first, second, third, fourth, fifth and sixth place. If there are less than six divers in an age group, only the first three medals shall be awarded.

MD 4.3 All divers shall perform a full series of dives in that age group and there shall be no preliminary or final contests.

MD 4.4 The international competitions shall be conducted in accordance with FINA Rules and either 5 or 7 judges shall officiate.

MD 5 The program of international competitions shall be carried out within a maximum of five (5) days according to the following schedule:

Event No. Springboard Sex Age Group

- 1 3 metre Men 25-34
- 2 1 metre Women 25-34
- 3 3 metre Men 35-49
- 4 1 metre Women 35-49
- 5 3 metre Men 50-64
- 6 1 metre Women 50-64
- 7 3 metre Men 65-80+
- 8 1 metre Women 65-80+
- 9 3 metre Women 65-80+
- 10 1 metre Men 65-80+
- 11 3 metre Women 50-64
- 12 1 metre Men 50-64
- 13 3 metre Women 35-49
- 14 1 metre Men 35-49
- 15 3 metre Women 25-34
- 16 1 metre Men 25-34

Platform

- 17 5, 7.5, 10 metre Women 65-80+
- 18 5, 7.5, 10 metre Men 65-80+
- 19 5, 7.5, 10 metre Women 50-64
- 20 5, 7.5, 10 metre Men 50-64
- 21 5, 7.5, 10 metre Women 35-49
- 22 5, 7.5, 10 metre Men 35-49
- 23 5, 7.5, 10 metre Women 25-34
- 24 5, 7.5, 10 metre Men 25-34

Synchronized

- 26 3M Women 25-49
- 27 3M Men 25-49
- 28 3M Women 50+
- 29 3M Men 50+
- 30 Platform Women 25-49
- 31 Platform Men 25-49
- 32 Platform Women 50+
- 33 Platform Men 50+

MD 5.1 The meet director may choose to run events concurrently depending on the number of entries.

MD 5.2 Diving sheet shall be delivered to the diving secretary 24 hours prior to the event. Late sheets and changes to an existing sheet will be fined US\$ 10.-- per sheet between 24 hours and 3 hours prior to the event. 3 hours is the deadline. No changes or dive sheets can be accepted after the deadline of 3 hours.

MASTERS WATER POLO RULES

MWP 1 Age groups for Masters Water Polo shall apply for men, mixed, and women teams.

MWP 2 The age of the youngest member of the team determines the age group of the team. There are no restrictions on the ages of any players older than the youngest player on the team.

MWP 3 Age groups for teams are at five-year intervals beginning with 30. i.e. 30+, 35+, 40+. . . .

MWP 4 Composition of Teams

MWP 4.1 A player may not represent more than one club in any Masters Water Polo competition or the Masters World Championships. However, a player may represent the same club on two teams in the same competition or the Masters World Championships.

MWP 4.2 If a club entered has players on more than one team in a competition, or the FINA World Masters Championships, then each of these teams must have at least nine players that are only on the roster for that team.

MWP 4.3 In the event that the teams from a club that have players playing on their team that are also representing the club on another team are scheduled to play at the same time in the competition, then the players playing on two teams can only be declared on the roster for one team at that scheduled time.

MWP 4.4 Women players may be members of men's teams.

MWP 5 The Water Polo Rules in Part VI of this Handbook shall apply to Masters Water Polo with the following exceptions:

MWP 5.1 Each team shall consist of seven players, one of who shall be the goal keeper and who shall wear the goalkeepers cap. Not more than eight reserves may be used as substitutes drawn from a list of up to 15 players which must be submitted to the officials table for each game, not less than 45 minutes before each game commences. A team playing with less than seven players shall not be required to have a goal keeper

MWP 5.2 The uniform distance between the respective goal lines shall be 23.5 metres minimum, and the uniform width of the field of play shall be 17 metres minimum.

MWP 5.3 WP 11 time standards shall apply except that the duration of the Masters games shall be four periods of five minutes each actual play.

MWP 5.4 WP 14.4 method of scoring shall apply except that the time of possession of the ball shall be 35 seconds.

MASTERS SYNCHRONISED SWIMMING RULES

MSS 1 The Synchronised Swimming Rules in Part VII of this Handbook shall apply to all Masters Synchronised Swimming except for the following:

MSS 2 Competitors shall be registered with their Federations. Duet, Trio and Team and Free Combination competitors shall represent the same club.

MSS 3 Competitions

MSS 3.1 Technical Routine

The Technical Routine shall be performed for Solos, Duets, Trios and Teams, to music as described in Appendix 1 of the MSS Rules, with the required elements selected by the Masters Technical Committee every four (4) years, subject to approval by the FINA Bureau. Technical Routines have to include all required elements. Music selection is optional and may be the same as the music used in the Free Routine. Required elements for Technical Routines shall be changed every four (4) years.

MSS 3.2 Free Routine

The Free Routine shall consist of Solos, Duets, Trios and Teams and Free Combination. There are no restrictions as to choice of music, content or choreography. Required elements for Technical Routines shall be changed every four (4) years.

MSS 3.3 Teams shall consist of a minimum of four (4) members and a maximum of eight (8) members. Free Combination shall consist of a minimum of four (4) members and a maximum of ten (10) members.

MSS 3.4 Each competitor shall be permitted to swim three (3) routine events (Solo, Duet, Trio, Team) and one (1) Free Combination.

MSS 3.5 Up to five (5) routine entries per age group per event may be accepted from any club.

MSS 3.6 Goggles may be worn.

MSS 3.7 Entries

MSS 3.7.1 In Masters World Championships, a club may enter up to five (5) Technical and Free routines in each age group in each event, and one (1) Free Combination in each age group.

MSS 4 Scoring will be calculated as in SS 19.1. In duet, trio and team, the competitor's Technical Routine scores will be added and the total divided by the number of competitors for a final Technical Routine Scores.

MSS 5 Age Categories

MSS 5.1 Solo: 20-29, 30-39, 40-49, 50-59, 60 - 69, 70-79, 80 and over

MSS 5.2 Duet: 20-29, 30-39, 40-49, 50-59, 60 - 69, 70-79, 80 and over with age determined by the average age of the competitors.

MSS 5.3 Trio/Team: 20-24, 35-49, 50-64, 65-79 and 80 and over with age determined by the average age of the competitors.

MSS 5.4 Free Combination 20 – 39; 40 – 64, 65 and over with age determined by the average age of the competitors.

MSS 6 Deductions in Routines

MSS 6.1 In Masters team competition, one half point penalty shall be deducted from the total final score for each member less than eight (8).

MSS 7 Order of Appearance

MSS 7.1 The order of draw for Masters Synchronized Swimming events shall be Teams, Trios, Duets, Solos and Free Combinations. When a swimmer(s) draws start number one (1) in Technical Routine, that swimmer(s) will be exempted from drawing start number one (1) in Free Routine in that event.

MSS 8 TIME LIMITS FOR ROUTINES

MSS 8.1 Time limits for Technical Routines and Free Routines including ten (10) seconds for the deck movement.

MSS 8.1.1 Technical Routines: Solo -1 minute 30 seconds
Free Routines Solo - 3 minutes

MSS 8.1.2 Technical Routines: Duet/Trio -- 1 minute 40 seconds
Free Routines: Duet/Trio - 3 minutes 30 seconds

MSS 8.1.3 Technical Routines: Teams-- 1 minute 50 seconds
Free Routines: Teams - 4 minutes

MSS 8.1.4 Free Combinations - 5 minutes

MSS 8.1.5 There shall be no minimum time limit

MSS 8.1.6 Maximum Time Limits:

There shall be an allowance of fifteen (15) seconds less or plus the allotted time for Technical Routines, Free Routines and Free Combination.

MSS 8.1.7 In routines events, the walk-on of the athletes from the designated starting point to achievement of a stationery position(s) may not exceed 30 seconds. Timing shall commence when the first competitor passes the starting point and end when the last competitor become stationery.

MSS 8.1.8 Timing of the routines shall start and finish with the accompaniment. Timing of the deck movement shall end as the last competitor leaves the deck. Routines may start on the deck or in the water, but they must finish in the water.

MSS 8.1.9 The accompaniment and judging shall begin upon a signal from the referee or appointed official. After the signal the competitor (s) must performed the routines without interruption (MSS 10.2.5)

MSS 8.1.10 The timers shall check the overall time of the routines as well as that of the walk-on and deck movements. The times shall be recorded on the score sheet. If the time limit is exceeded for deck work or there is a deviation from the routines time limit is exceeded for the deck work or there is deviation from the routines time limit allowance (see 6.1) the timers shall advice the referee or the appointed official designated by the referee.

Appendix I FINA REQUIRED ELEMENTS FOR MASTERS TECHNICAL ROUTINES

GENERAL REQUIREMENTS

1. Supplementary elements may be added
2. Unless otherwise specified in the description of an element
 - All figures or components thereof shall be executed according to the requirements described in Appendix II
 - All elements shall be executed high and controlled, in uniform motion with each section clearly defined
3. Time limits as in MSS 6.5 and MSS 6.6
4. Swimwear shall be black and the competitor shall wear a white cap. Goggles may be worn.

SOLO

1. SPLIT POSITION followed by a Walkout Front or a Walkout Back
2. PORPOISE (#355 FINA Handbook) complete figure
3. TRAVELLING BALLET LEG COMBINATION – to include at least two (2) of the following positions: BALLET LEG with right leg, BALLET LEG with left leg, BALLET LEG DOUBLE, FLAMINGO
4. HERON THRUST and descent starting from a Submerged Ballet Double Position
5. Two (2) forms of propulsion techniques, including at least one sequence with one arm above the surface of the water.

Elements 1 – 4 MUST be performed in order

Element 5 may be executed at any time.

DUET/TRIO REQUIRED ELEMENTS

Elements 1-5 as listed

6. A JOINED ACTION where the swimmers are connected (joined) in some manner by (hands, by feet) to perform ONE of the following:

a connected figure

a connected float

or connected stroking

Stack, Lifts, Throws are not permitted

7. Elements 1-4 MUST be performed in order.

Elements 5-6 may be executed at any time during the routine

8. With the exception the of DECK WORK, ENTRY AND THE JOINED ACTION, all elements, required and supplementary MUST be performed simultaneously and facing the same direction of all swimmers. Mirror actions are not permitted except in the Joined Action.

TEAM REQUIRED ELEMENTS

Elements 1-5 as listed

6. A JOINED ACTION where the swimmers are connected (joined) in some manner (by hands, by feet) to perform ONE of the following:

a connected figure

a connected float
or connected stroking
Stacks, Lifts, and Throws are not permitted

7. CADENCE ACTION: - identical movements (s) performed sequentially one by one, by all team members. When more than one cadence action is performed they must be consecutive and not separate by other optional or required element.

8. Pattern Formation must include a straight line and a circle.
Element s 1-4 MUST be performed in order.
Elements 5-7 may be performed at any time.

9. With the exception of DECK WORK, ENTRY, JOINED ACTION AND CADENCE