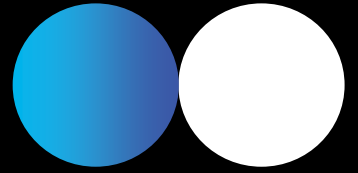




WORLD
AQUATICS



MASTERS

COMPETITION
REGULATIONS

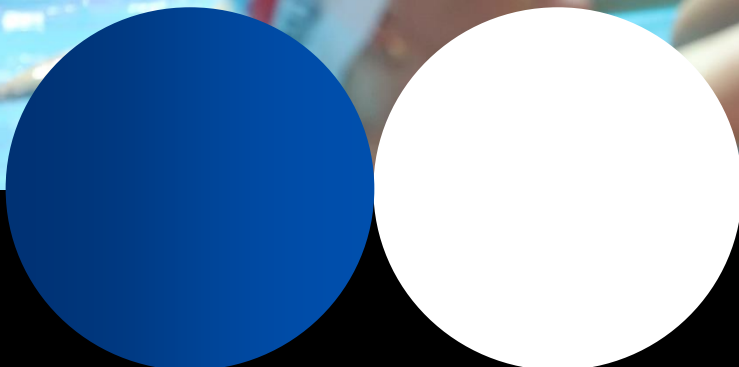




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PART EIGHT: MASTERS RULES

1 GENERAL

The Masters program shall promote fitness, friendship, understanding and competition through Swimming, Diving, Artistic Swimming, Water Polo and Open Water Swimming among competitors with a minimum age of 25 years (note: exception in Part Eight, Article 6.1.3).

The Technical Rules for the different sports (SW, OW, DV, WP and AS) in the Competition Regulations shall be followed with exceptions mentioned in this Masters part of the Competition Regulations.

2 MASTERS GENERAL RULES

2.1 The Members shall register Masters Competitors in a special category for each of the five recognised sports. A competitor who registers for Masters in any sport will still retain his/her unrestricted right to compete in other competitions.

2.2 Except for specific exceptions in the World Aquatics Rules and regulations all other World Aquatics Rules and Regulations shall apply to Masters Competitions.

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

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

2.5 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 World Aquatics, 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.

2.6 Protests

2.6.1 Protests are possible:

- (a) if the rules and regulations for the conduct of the competition are not observed;
- (b) if other conditions endanger the competitions and/or competitors; or
- (c) against decisions of the referee; however, no protest shall be allowed against decisions of fact.

2.6.2 Protest must be submitted

- (a) to the referee,
- (b) in writing on World Aquatics Forms,
- (c) by the participant,
- (d) together with a deposit of 100 US Dollars or its equivalent, and
- (e) within 30 minutes following the conclusion of the respective event or match.

If conditions causing a potential protest are noted prior to the event a protest must be lodged before the signal to start is given.

2.6.3 All protests shall be considered by the referee. If the referee rejects the protest, referee must state the reasons for her/his decision to the participant.

As a last recourse, at the World Aquatics Masters Championships, the participant can then submit his protest to the World Aquatics Masters Committee. The World Aquatics Masters Committee shall consider the protest and give the final decision.

2.6.4 If the protest is rejected, the deposit will be forfeited to the management body of the competition. If the protest is upheld, the deposit will be returned.



7 MASTERS ARTISTIC SWIMMING RULES

The Artistic Swimming Rules in Part Seven of these Competitions Regulations shall apply to all Masters Artistic Swimming except for the following:

7.1 Age Groups

7.1.1 Solo: 25 – 29, 30 – 39, 40 – 49, 50 – 59, 60 – 69, 70 – 79, 80 and over

7.1.2 Duet: 25 – 29, 30 – 39, 40 – 49, 50 – 59, 60 – 69, 70 – 79, 80 and over with age determined by the average age of the competitors.

7.1.3 Mixed Duet: 25 – 29, 30 – 39, 40 – 49, 50 – 59, 60 – 69, 70 – 79, 80 and over with age determined by the average age of the competitors.

7.1.4 Team: 25 – 34, 35 – 49, 50 – 64, 65 and over with age determined by the average age of the competitors.

7.1.5 Free Combination: 25 – 39, 40 – 64, 65 and over with age determined by the average age of the competitors.

7.1.6 The average age of the competitors in a routine shall be determined by adding the ages of the actual swimmers, dividing 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).

7.2 Events



- 7.2.1** The events of Masters Artistic Swimming are Women Solo, Men Solo, Duet, Mixed Duet, Team and Free Combination.
- 7.2.1.1** Each event constitutes a separate event.
- 7.2.1.2** Team technical, team free and free combination are open to all sexes.
- 7.2.1.3** Mixed Duet is composed of one (1) female and one (1) male.
- 7.2.2** The programme for a Masters Event shall be Technical Routines, Free Routines and Free Combination.
- 7.2.2.1** **Technical Routine**
- The Technical Routines shall be performed for Solo, Duet, Mixed Duet and Team with the required elements selected by World Aquatics Masters Committee every four (4) year, subject to approval by the World Aquatics 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.
- 7.2.2.2** **Free Routine**
- The Free Routine shall consist of Solo, Duet, Mixed Duet Team, and Free Combination. There are no restrictions regarding selection of music or choreography.
- 7.3** **Competitors**
- 7.3.1** Competitors in Duet, Mixed Duet, Team and Free Combination shall represent the same club.
- 7.3.2** Teams shall consist of a minimum of four (4) members and a maximum of eight (8) members. Combination shall consist of a minimum of four (4) members and a maximum of ten (10) members.
- 7.4** **Masters Artistic Swimming Technical Rules**
- 7.4.1** **Time Limits for Routines**
- Time limits for Technical Routines and Free Routines including ten (10) seconds for the deck movement.
- 7.4.1.1** **Technical Routines Solo:** 2 minutes 00 seconds
Free Routines Solo: 2 minutes 15 seconds
- 7.4.1.2** **Technical Routines Duet:** 2 minute 20 seconds
Free Routines Duet: 2 minutes 45 seconds
- 7.4.1.3** **Technical Routines Mixed Duet:** 2 minutes 20 seconds
Free Routines Mixed Duet: 2 minutes 45 seconds
- 7.4.1.4** **Technical Routines Teams:** 2 minutes 50 seconds
Free Routines Teams: 3 minutes 30 seconds
- 7.4.1.5** **Free Combination:** 4 minutes
- 7.4.1.6** There shall be no minimum time limit.
- 7.4.2** The size of the competition pool shall be 25x20 metres and minimum 2.5 metres deep.
- 7.4.3** Goggles may be worn.
- 7.5** **Appendix – Required Elements for Masters Technical Routines**
- 7.5.1** **General Requirements**
- Supplementary elements may be added.
- 7.5.1.1** Unless otherwise specified in the description of an element:
- 1) All figures or components thereof shall be executed according to the requirements described in this Appendix.
 - 2) All elements shall be executed high and controlled in uniform motion with each section clearly defined.
- 7.5.1.2** Time limits are as in Part Eight, Article 7.4.1



7.5.2 Solo Required Elements

Elements 1 to 5 should follow the order listed on the Elements Order Card. Element 6 may be performed at any time during the routine.

FISHTAIL – from a Front Layout Position, a Front Pike Position is assumed; one leg is lifted to a Fishtail Position, the second leg is lifted to a Vertical Position (ending is optional).

SPLIT POSITION – followed by a walkout front or walkout back.

SPINNING 180° – From a Bent Knee Position, a Spin 180° is executed as the legs are joined to a Vertical Position at the ankles followed by submergence.

TRAVELLING BALLET LEG COMBINATION – Beginning in a Back Layout Position a ballet leg alternate is executed with travel.

BARRACUDA BENT KNEE – From the Back Pike Position with the legs perpendicular and the toes just below the surface, a Thrust is executed as one leg is drawn along the inside of the other extended leg to assume a Bent Knee Vertical Position. A Vertical Descent is executed in a Bent Knee Vertical Position at the same tempo as the Thrust.

TWO (2) FORMS OF PROPULSION – Must include Egg Beater travelling sideways and/or forward (arms optional)

7.5.3 Duet and Mixed Duet Required Elements

Elements 1 – 5 should follow the order listed on the Elements Order Card. Elements 6 – 7 may be executed at any time during the routine **Routines for Duet 1 to 6 as above for Solo.**

JOINED ACTION – Where the swimmers are connected (touching) in some manner to perform one of the following:

- 1) A connected figure or a connected float or connected stroking
- 2) Action must be performed simultaneously. Minor action is permitted.

With the exception of the DECK WORK and ENTRY and as noted in the JOINED ACTION, all elements, required and supplementary, MUST be performed simultaneously and facing the same direction by both swimmers. Variation in propulsion and direction facing are permitted during pattern changes.

7.5.4 Team Required Elements

Elements 1 – 5 should follow the order listed on the Elements Order Card. Elements 6 – 9 may be executed at any time during the routine **Routines for Team 1 to 7 as above for Duet.**

CADENCE ACTION – Identical movements performed sequentially, one by one, by all team members. When more than one cadence action is performed, they must be consecutive and not separated by other optional or required elements. A second cadence action may begin before the first cadence action is completed by all team members but each team member must do the action of each cadence.

PATTERNS – must show one circle and straight line. Elements may be performed when in the circle or the straight-line patterns.

With the exception of the DECK WORK, ENTRY, CADENCE and as noted in the JOINED ACTION, all elements, required and supplementary, MUST be performed simultaneously and facing the same direction by all swimmers. Swimmers need not face the same direction in the circle pattern. Variation in propulsion and direction facing are permitted during pattern changes. Mirror actions are not permitted except in the description of the elements.