

PART VIII

FINA MASTERS RULES
2017 – 2021

General

MGR	Masters General rules
MSW	Masters Swimming rules
MOWS	Masters Open Water Swimming rules
MD	Masters Diving rules
MWP	Masters Water Polo rules
MAS	Masters Artistic Swimming rules

GENERAL

The Masters programme 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 MWP 1.3).

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

Please refer to BL section of this Handbook for additional regulations related to FINA World Masters Championships. (BL 10)

MASTERS GENERAL RULES (MGR)

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 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)

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

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

MSW 2 EVENTS

The following events may be conducted for each age group.

MSW 2.1 Short course (25 m)

50, 100, 200, 400, 800, 1500m – **Freestyle**
50, 100, 200m – **Backstroke**
50, 100, 200m – **Breaststroke**
50, 100, 200m – **Butterfly**
100, 200, 400m – **Individual Medley**
4 x 50m – **Freestyle Relay**
4 x 50m – **Medley Relay**
4 x 50m – **Mixed Freestyle Relay (2 women and 2 men)**
4 x 50m – **Mixed Medley Relay (2 women and 2 men)**
4 x 100m – **Freestyle Relay**
4 x 100m – **Medley Relay**
4 x 100m – **Mixed Freestyle Relay (2 women and 2 men)**
4 x 100m – **Mixed Medley Relay (2 women and 2 men)**
4 x 200m – **Freestyle Relay**
4 x 200m – **Mixed Freestyle Relay (2 women and 2 men)**

MSW 2.2 Long course (50 m)

50, 100, 200, 400, 800, 1500m – **Freestyle**
50, 100, 200m – **Backstroke**
50, 100, 200m – **Breaststroke**
50, 100, 200m – **Butterfly**
200, 400m Individual – **Medley**
4 x 50m – **Freestyle Relay**
4 x 50m – **Medley Relay**
4 x 50m – **Mixed Freestyle Relay (2 women and 2 men)**
4 x 50m – **Mixed Medley Relay (2 women and 2 men)**
4 x 100m – **Freestyle Relay**
4 x 100m – **Medley Relay**
4 x 100m – **Mixed Freestyle Relay (2 women and 2 men)**
4 x 100m – **Mixed Medley Relay (2 women and 2 men)**
4 x 200m – **Freestyle Relay**
4 x 200m – **Mixed Freestyle Relay (2 women and 2 men)**

MSW 3 MASTERS SWIMMING TECHNICAL RULES

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

MSW 3.4 Swimmers may be allowed to remain in their lane while other swimmers are competing until directed by the referee to exit the pool.

MSW 3.5 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 3.6 The Warm Up must be supervised.

MSW 3.7 A breaststroke kicking movement is permitted for butterfly. Only one breaststroke kick is permitted per arm pull except that a single breaststroke kick is permitted prior to the turn and the finish without an arm pull. After the start and after each turn, a single breaststroke kick is permitted prior to the first arm pull.

MSW 3.8 Swimmers who had to be disqualified must be listed with coded reason for disqualification in the results list.

MSW 4 RELAYS

MSW 4.1 Relays shall consist of four swimmers each registered with the same club. No swimmer is allowed to represent more than one club.

MSW 4.2 The order of swimmers by gender is optional in mixed relays.

MSW 5 RECORDS

MSW 5.1 Masters World Records for all events listed in MSW 2 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 will be accepted only when times are recorded by Automatic Officiating Equipment, or Semi-Automatic Officiating Equipment in case of Automatic Officiating Equipment system malfunction.

MSW 5.2 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 5.3 World Records can only be established in a Masters meet:

- a. formally sanctioned by a FINA Member Federation; and
- b. organised for on behalf of a club or an organisation, which is a member of this FINA Member Federation or recognised by FINA; and
- c. conducted under the rules of FINA (and specially those relevant to Masters Swimming); and
- d. in which only swimmers registered in a club member of a FINA Member Federation participated.

MSW 5.4 The first swimmer in mixed relays may apply for a Masters World Record.



MASTERS SWIMMING WORLD RECORD APPLICATION FORM

NOTE: World Records can only be established in a Masters meet as per FINA Rule MSW 5.3.

1 **STROKE** **DISTANCE** Male / Female / Mixed (Circle One)

2 **OFFICIAL TIME**min.....sec.....sec/100

3 **AGE GROUP**

4 **POOL LENGTH** Short course (25m) Long course (50m)

5 **LOCATION/DATE OF OFFICIAL AUTHORIZED MASTERS MEET**

.....
Pool Name City Country Date Of Swim

6 **CONFIRMATION OF POOL LENGTH BY A RESPONSIBLE PERSON:** ATTACHED OR ON FILE

7 **NAME OF SWIMMER** **M / F**
First Name / Last Name Sex Age Date of Birth (Name Month)

8 RELAY TEAM NAMES

1 M/F
2 M/F
3 M/F
4 M/F

9 **COPY OF BIRTH CERTIFICATE OR PASSPORT:** ATTACHED OR ON FILE

10 **CLUB NAME** **FEDERATION**

11 **PRIMARY ELECTRONIC TIME**min.....sec.....sec/100

12 **BACKUP SEMI-AUTOMATIC TIMES** (needed if primary system fails SW 12.7

(1).....min.....sec.....sec/100 (2).....min.....sec.....sec/100 (3).....min.....sec.....sec/100

13 **A COPY OF THE TIMING SYSTEM PRINTOUT MUST BE ATTCHED**

14 CERTIFYING OFFICIAL - All FINA RULES were followed including the use of legal swim suit (SW 12.8)

PRINTED NAME SIGNATURE
OFFICIAL TITLE DATE

15 NATIONAL RECORDER - This Masters meet had fulfilled the rules mentioned in FINA Rule MSW 5.3 and in the Masters Swimming World Records Application Instructions

PRINTED NAME SIGNATURE
FEDERATION
DATE

16 **FINA RECORDER** Long Course / Short Course Approved / Not Approved

Reason for Non Approval

.....
Signature Date

MASTERS SWIMMING WORLD RECORD APPLICATION INSTRUCTIONS

1. GENERAL

World Records for Masters are recognized by FINA in both Long Course (50 metre pools only) and Short Course (25 metre pool only). Performance must be registered at a Masters meet as per FINA Rule MSW 5.3.

2. EVENTS AND AGE GROUPS

2.1 INDIVIDUAL EVENTS - for Men and Women

Freestyle – 50m, 100m, 200m, 400m, 800m and 1500m;
Backstroke, Breaststroke and Butterfly – 50m, 100m and 200m;
Individual Medley – 100m (Short Course only), 200m and 400m.

Age Groups:

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, 95 – 99, 100 – 104, ...
(five year age groups as high as is necessary).

2.2 RELAY EVENTS - for Men, Women and Mixed (2 men and 2 women)

4x50m Freestyle, 4x50m Medley, 4x100m Freestyle, 4x100m Medley, 4x200m Freestyle

Relay Age Groups are calculated from the total age of team members (in whole years) 100 – 119 years, 120 to 159 years, 160 – 199 years, 200 to 239 years, 240 – 279 years, 280 to 319 years, 320 – 359 years, 360 to 399 years, ...
(forty year increments as high as is necessary).

3. ELIGIBILITY

All applicants must be financial members of a Federation affiliated with FINA. Relay teams must be made up of four swimmers each properly registered with a single club. Swimmers may swim for only one club at any particular meet.

4. TIMING

- a. Only electronic timing will be accepted. OR
- b. Semi-Automatic Timing in the case of where the Automatic Timing system malfunctioned
- c. Meet timing record or photocopy is to be attached to the application form.

5. AGE DETERMINING DATE

For all purposes pertaining to Masters World Records and Masters World Championship meets, the actual attained age of the competitor as of 31 December of the year of the meet shall determine their age group for that competition and any record set during that competition.

6. APPLICATIONS

Applications for records should be placed on FINA Masters Swimming World Record Application Forms (FINA Form MSR1) by the Meet Director and submitted within sixty (60) days of the event. The application is to be endorsed by either the Chief Timekeeper or the

Referee of the meet. The National Federation is to verify the details of the applicant and ensure that all documentation is complete including:

- a. Certification of pool length;
- b. Proof of date of birth;
- c. Timing record.

The application should be forwarded to the **FINA Office** located at:
Chemin de Bellevue 24a / 24b, 1005 Lausanne, SWITZERLAND.
Email: masters@fina.org

FINA will decide whether to approve the record application. The FINA Office will inform the National Federation of the results of each application. If after publication an error is detected, the swimmers have the right to appeal for a correction within 6 months of the publication date.

DETAILED INSTRUCTIONS:

Point 1 If the Record Application is for an Individual Event, then enter that Event Name from the above list item # 2.1. If it is for a Relay Event then enter that Event Name from the above list item # 2.2. Circle either Male, Female or Mixed.

Point 2 Enter the Official Time in minutes, seconds and 1/100th of second without rounding.

Point 3 If the Record Application is for an Individual Event then enter the Age Group from the above list item # 2.1. If for a Relay Event then enter the Age Group from the above list item #2.2.

Point 4 Identify the Course Type as either Short Course 25 metres or Long Course 50 metres.

Point 5 Enter the Pool Name, City, Country and Date of the Official Sanctioned Masters Meet.

Point 6 A copy of the pool length confirmation must either be attached with this application or already on file with the FINA Masters Recorder. A one-time measurement is required unless there are changes to the pool that might cause the pool measurements to change. Then the pool length must be confirmed again. Where a moveable bulkhead is used, it is not necessary for an additional course measurements confirmation of the lane where the time was achieved.

Point 7 If an Individual Event then list the swimmer's first name then last name, circle M for male or F for female, enter age (see item #5 above) and the full date of birth including the name of the month.

Point 8 If this record is for a Relay then list each member of the relay in the order they swam. List the swimmer's first name then last name, circle M for male or F for female, enter age (see item #5 above) and the full date of birth including the name of the month.

Point 9 A copy of each swimmer's birth certificate or passport must either be attached with this application or already on file with the FINA Masters Recorder. A marriage certificate is not required.

Point 10 Enter the Club name of the individual swimmer or relay team and the Federation that this club is affiliated with.

Point 11 Enter the Official Time from the Primary Automatic Officiating Equipment. The time is entered in minutes, seconds and 1/100th second without rounding.

Point 12 If the primary Automatic Officiating Equipment malfunctions then enter the times from the Backup Semi-Automatic Officiating equipment. The times are entered in minutes, seconds, 1/100th second without rounding.

Point 13 A printed copy from the Automatic Officiating Equipment is required. The printout must show the details including all backup times from the specific heat where the record occurred. Meet results with splits are not acceptable.

Point 14 Enter the Name and Title of the Certifying Official. A signature and date is required.

Point 15 The National Masters Recorder for the Federation where the swimmer(s) is affiliated must enter the Name and Federation. A signature and date is required.

Point 16 For Official Use Only.

APPENDIX I

Ruling for Masters Top Ten tabulations.

Results that are valid for the FINA Masters Top Ten results can only be established in a Masters meet:

- a. formally sanctioned by a FINA Member federation and
- b. organised for or on behalf of a club or an organisation, which is a member of this FINA Member Federation or recognised by FINA and
- c. conducted under the rules of FINA (and specially those relevant to Masters Swimming) and
- d. in which only swimmers registered in a club member of a FINA Member Federation participated.

MASTERS OPEN WATER SWIMMING RULES (MOWS)

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.

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.

MOWS 2 Age Groups for Open Water Swimming are the same as for Masters Swimming Individual Events (MSW 1.1)

MOWS 3 The water temperature shall be measured within 30 minutes before start of race and must be a minimum of 18 C and maximum of 31 C. The water temperature shall be certified by the Safety Officer as measured in as near to the middle of the course as possible at a depth of 40 cm.

MOWS 4 It shall be compulsory for all swimmers to wear highly visible coloured swim caps.

MOWS 5 At all Masters Open Water events the safety of the competition shall be of paramount importance.

MASTERS DIVING RULES (MD)

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

MD 1 AGE GROUPS AND EVENTS

MD 1.1 Springboard Diving - Men and Women (1 metre and 3 metre)

AGE GROUP (YEARS)	TOTAL NUMBER OF DIVES REQUIRED	
	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 year age groups as long as necessary)

MD 1.2 Platform Diving - Men and Women (5 metre, 7.5 metre, or 10 metre)

AGE GROUPS (YEARS)	TOTAL NUMBER OF DIVES REQUIRED	
	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 year 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 1.3 Synchronised Diving

MD 1.3.1 3M Springboard– Men and Women and Mixed Team

AGE GROUP	MEN	WOMEN	MIXED TEAM
50 – 99	2(*) +2	2(*) + 2	2(*) +2
100+	2(*) +2	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 1.3.2 Platform – Men and Women and Mixed Team

AGE GROUP	MEN	WOMEN	MIXED TEAM
50 – 99	2(*) +2	2(*) + 2	2(*) +2
100+	2(*) +2	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 1.3.3 The Age Group in Synchronised Diving is decided by adding the ages of the two divers.

MD 1.3.4 If in any of the two groups in Synchronised Diving the age of a diver is 50 years or more, the limitation from 10 m platform dives of only feet first and any dive from 10 m must not exceed degree of difficulty 2.0 applies for the pair.

MD 2 Masters Diving Technical Rules

MD 2.1 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 and older dives with the same dive number can be repeated, if performed in a different position (straight, pike, tuck or free position).

MD 2.2 Forward facing dives can be performed with or without running approach.

MD 2.3 In synchronised diving events two divers from different clubs within the same Federation are permitted to compete as a synchronised diving team in the 3m springboard and the platform synchronised diving competitions

MD 2.4 In Synchronised Diving both divers must perform the same dive number and position. Otherwise, the Referees shall declare a failed dive (0 points)

MASTERS WATER POLO RULES (MWP)

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

MWP 1 Age Groups

MWP 1.1 Age groups for Masters Water Polo shall apply for men and women teams.

MWP 1.2 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 1.3 Age groups for teams are at five-year intervals beginning with 30. i.e. 30+, 35+, 40+, ...

MWP 2 Masters Water Polo Technical Rules

MWP 2.1 Each team shall consist of seven players, one of who shall be the goal keeper and who shall wear the goalkeepers cap, and not more than eight reserves may be used as substitutes, listed on the game roster, which must be submitted to the official's table for each game, not less than 45 minutes before each game commences. All players listed on the game roster will be eligible to play in the game. After the games has commenced, a team playing with less than seven players shall not be required to have a goal keeper.

MWP 2.2 It is not compulsory for a team to name a substitute goal keeper. A goal keeper who has been replaced by a substitute may, if the player returns to the game, play in any position.

MWP 2.3 WP 4.3 shall apply except that the goalkeeper shall wear cap no. 1 and the other caps shall be numbered 2 to 15. A substitute goalkeeper shall wear a red cap numbered 13.

MWP 2.4 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 2.5 WP 11 time standards shall apply except that the duration of the Masters games shall be four periods of seven minutes each actual play for the 30+, 35+, 40+ and 45+ age groups and six minutes each actual play for the 50+, 55+, 60+, etc. age groups.

MWP 2.6 WP 14.4 method of scoring shall apply except that the time of possession of the ball shall be 35 seconds.

MWP 2.7 There shall be a two minute interval between each period of play. The teams including the players, coaches and team officials, shall change ends before starting the third period.

MWP 2.8 Women players may be members of men's teams.

MASTERS ARTISTIC SWIMMING RULES (MAS)

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

MAS 1 Age Groups

MAS 1.1 Solo: 25 – 29, 30 – 39, 40 – 49, 50 – 59, 60 – 69, 70 – 79, 80 and over

MAS 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.

MAS 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.

MAS 1.4 Team: 25 – 34, 35 – 49, 50 – 64, 65 and over with age determined by the average age of the competitors.

MAS 1.5 Free Combination: 25 – 39, 40 – 64, 65 and over with age determined by the average age of the competitors.

MAS 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).

MAS 2 Events

MAS 2.1 The events of Masters Artistic Swimming are Solo, Duet, Mixed Duet, Team and Free Combination. Technical and Free Solos together constitute one event. Similarly, the Technical and Free Duets together is one event, the Technical and Free Mixed Duets together is one event and the Technical and Free Team is one event. The Combination by itself is one event.

MAS 2.2 The programme for a Masters Event shall be Technical Routines, Free Routines and Free Combination.

MAS 2.2.1 Technical Routine

The Technical Routines shall be performed for Solo, Duet, Mixed Duet and Team with the required elements selected by FINA Masters Committee every four (4) year, 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.

MAS 2.2.2 Free Routine

The Free Routine shall consist of Solo, Duet, Mixed Duet Team, and Free Combination. There are no restrictions as to choice of music, content or choreography.

MAS 3 Competitors

MAS 3.1 Competitors in Duet, Mixed Duet, Team and Free Combination shall represent the same club.

MAS 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.

MAS 4 Masters Artistic Swimming Technical Rules

MAS 4.1 Time Limits for Routines

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

MAS 4.1.1	Technical Routines Solo	1 minute 30 seconds
	Free Routines Solo	2 minutes 30 seconds
MAS 4.1.2	Technical Routines Duet	1 minute 40 seconds
	Free Routines Duet	3 minutes
MAS 4.1.3	Technical Routines Mixed Duet	1 minute 40 seconds
	Free Routines Mixed Duet	3 minutes

- | | | |
|------------------|---|---------------------|
| MAS 4.1.4 | Technical Routines Teams | 1 minute 50 seconds |
| | Free Routines Teams | 4 minutes |
| MAS 4.1.5 | Free Combination | 4 minutes |
| MAS 4.1.6 | There shall be no minimum time limit | |
| MAS 4.1.7 | Maximum Time Limits:
There shall be an allowance of fifteen (15) seconds plus the allotted time for Technical Routines, Free Routines and Combination. | |
| MAS 4.2 | The size of the competition pool shall be 25x20 metres and minimum 2.5 metres deep. | |
| MAS 4.3 | Goggles may be worn. | |

APPENDIX I FINA REQUIRED ELEMENTS FOR MASTERS TECHNICAL ROUTINES

GENERAL REQUIREMENTS

Supplementary elements may be added

1. Unless otherwise specified in the description of an element:
 - All figures or components thereof shall be executed according to the requirements described in this Appendix.
 - All elements shall be executed high and controlled in uniform motion with each section clearly defined.
2. Time limits as in MAS 4.1
3. Swimwear shall be black and the competitor shall wear a white cap.

SOLO REQUIRED ELEMENTS

Elements 1 to 5 **MUST** be performed in the order listed.

Element 6 may be performed at any time during the routine.

1. **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).
2. **SPLIT POSITION** – followed by a walkout front or walkout back.
3. **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.
4. **TRAVELLING BALLET LEG COMBINATION** – Beginning in a **Back Layout Position** to include any 2 of the following positions – **Bent Knee Back Layout, right; Bent Knee Back Layout, left; Ballet Leg, left; Ballet Leg, right; Flamingo Position, left; Flamingo Position, right; Ballet Leg Double.**
5. **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
6. **TWO (2) FORMS OF PROPULSION** – Must include Egg Beater travelling sideways and/or forward (arms optional)

DUET REQUIRED ELEMENTS

Elements 1 – 5 **MUST** be performed in the order listed

Elements 6 – 7 may be executed at any time during the routine

Routines for Duet 1 to 6 as above for Solo

7. **JOINED ACTION** – Where the swimmers are connected (touching) in some manner to perform on of the following:

- A connected figure or a connected float or connected stroking
- Action must be performed simultaneously. Minor action is permitted.
- Stacks, lifts, platforms, throws are not 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.

TEAM REQUIRED ELEMENTS

Elements 1 – 5 **MUST** be performed in the order listed

Elements 6 – 9 may be executed at any time during the routine

Routines for Team 1 to 7 as above for Duet

8. **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.

9. **PATTERNS** – must show a 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.