

MASTERS RULES

**To be considered at the
FINA Extraordinary Congress**

**23 July 2009 / 14:00 hours
Rome, Italy**

FINA MASTERS RULES

RULE N°	SUBMITTING BODY	PROPOSAL
PREAMBLE	USA FED. <i>Bureau & MC do not recommend</i>	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 msw 1 and mss 5).
MGR 3	MC <i>Bureau recommends</i>	Individual Entries
MGR 3.2 NEW	MC <i>Bureau recommends</i>	In the 3m springboard and 10m platform synchronised diving events divers from different clubs within the same Federation are permitted to compete as a team.
MGR 3	GER Fed. <i>Bureau & MC do not recommend</i>	Individual entries shall only be accepted from persons representing clubs. No swimmer or team may be designated as representing a country or Federation. Entries shall be confirmed and submitted by the Federation in the name of the club to which the competitor belongs.
MGR 6	USA Fed. <i>Bureau & MC recommend</i>	Entry fees shall be decided upon by the country that is hosting the Masters World Championships meet , but they shall be subject to approval by FINA.
MGR 9 NEW	USA Fed. <i>Bureau & MC do not recommend</i>	Any events sanctioned by FINA member federations and governed by FINA Masters Technical Rules, in which all participants are members of FINA federations, shall be considered for FINA World Records and Top Ten.
MASTERS SWIMMING RULES		
MSW 1	Age Groups	
MSW 1.1	USA Fed. <i>Bureau & MC do not recommend</i>	Individual Events: 20-24 , 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	USA Fed. <i>Bureau & MC do not recommend</i>	Relays: To be conducted on the total age of team members in whole years. Age groups of relay events are as follows: 80-99 , 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, and ... (forty year increments as high as is necessary).
MSW 3	Technical Swimming Rules	
MSW 3.10	AUS Fed. <i>Bureau & MC do not recommend</i>	A breaststroke kicking movement is permitted for butterfly provided the swimmer does no more than two breaststroke kicks per arm stroke. During the second kick there must be no sculling of the hands. If a scull is commenced the arm stroke must be completed.
MSW 3.10	CZE Fed. <i>Bureau & MC do not recommend</i>	A breaststroke kicking movement is permitted for butterfly. One breaststroke kick is allowed for butterfly

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MSW 3.10	GER FED. <i>Bureau & MC do not recommend</i>	A breaststroke kicking movement is permitted for butterfly. <u>For butterfly, only one arm stroke is permitted after breaststroke kick.</u>
MSW 3.10	USA Fed. <i>Bureau & MC recommend</i>	A breaststroke kicking movement is permitted for butterfly. <u>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.</u>
<u>MSW 3.11</u> <u>NEW</u>	GBR Fed. <i>Bureau & MC do not recommend</i>	<u>When Using The Backstroke Start, The Swimmers Shall Line Up In The Water Facing The Starting End And Holding One Or Both Starting Grips Or The End Of The Pool With One Or Both Hands.</u>
MSW 4	Events	
MSW 4.1	USA Fed. <i>Bureau & MC recommend</i>	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 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) <u>4 x 100m Freestyle Relay</u> <u>4 x 100m Medley Relay</u> <u>4 x 100m Mixed Freestyle Relay (2 women and 2 men)</u> <u>4 x 100m Mixed Medley Relay (2 women and 2 men)</u> <u>4 x 200m Freestyle Relay</u> <u>4 x 200m Mixed Freestyle Relay (2 women and 2 men)</u>
MSW 4.2	USA Fed. <i>Bureau & MC recommend</i>	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 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) <u>4 x 100m Freestyle Relay</u> <u>4 x 100m Medley Relay</u> <u>4 x 100m Mixed Freestyle Relay (2 women and 2 men)</u> <u>4 x 100m Mixed Medley Relay (2 women and 2 men)</u>

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		<u>4 x 200m Freestyle Relay</u> <u>4 x 200m Mixed Freestyle Relay (2 women and 2 men)</u>
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MASTERS OPEN WATER SWIMMING RULES		
Preamble	USA Fed. <i>Bureau & MC recommend</i>	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 <u>Swimming</u> age groups shall apply
MOWS 1	GER Fed. <i>Bureau & MC do not recommend</i>	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.

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MASTERS DIVING RULES		
MD 1.1	ITA Fed. <i>Option II</i> Bureau & MC <i>do not recommend</i>	<p>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).</p> <p>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).</p>
MD 1.1	GER Fed. Bureau & MC <i>do not recommend</i>	<p>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 20 – 69 years, each dive performed has different dive number (as to FINA Handbook).</p> <p>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).</p>

MD 2	SPRINGBOARD DIVING - MEN AND WOMEN (1 METRE AND 3 METRE)																																										
MD 2.1	ITA Fed. <i>Option III Bureau & MC do not recommend</i>	<p>Age groups:</p> <p style="text-align: center;">Age-groups for Men and Women:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th rowspan="2" style="text-align: left;">Age-Group (years)</th> <th colspan="2" style="text-align: center;">Total number of dives required</th> </tr> <tr> <th style="text-align: center;">Men</th> <th style="text-align: center;">Women</th> </tr> </thead> <tbody> <tr><td style="text-align: center;">25—29</td><td style="text-align: center;">7</td><td style="text-align: center;">6</td></tr> <tr><td style="text-align: center;">30—34</td><td style="text-align: center;">7</td><td style="text-align: center;">6</td></tr> <tr><td style="text-align: center;">35—39</td><td style="text-align: center;">7</td><td style="text-align: center;">6</td></tr> <tr><td style="text-align: center;">40—44</td><td style="text-align: center;">7</td><td style="text-align: center;">6</td></tr> <tr><td style="text-align: center;">45—49</td><td style="text-align: center;">7</td><td style="text-align: center;">6</td></tr> <tr><td style="text-align: center;">50—54</td><td style="text-align: center;">6</td><td style="text-align: center;">5</td></tr> <tr><td style="text-align: center;">55—59</td><td style="text-align: center;">6</td><td style="text-align: center;">5</td></tr> <tr><td style="text-align: center;">60—64</td><td style="text-align: center;">6</td><td style="text-align: center;">5</td></tr> <tr><td style="text-align: center;">65—69</td><td style="text-align: center;">6</td><td style="text-align: center;">5</td></tr> <tr><td style="text-align: center;">70—74</td><td style="text-align: center;">5</td><td style="text-align: center;">4</td></tr> <tr><td style="text-align: center;">75—79</td><td style="text-align: center;">5</td><td style="text-align: center;">4</td></tr> <tr><td style="text-align: center;">80+</td><td style="text-align: center;">4</td><td style="text-align: center;">3</td></tr> </tbody> </table> <p style="text-align: center;">(five years age groups as long as necessary)</p> <p><u>Individual diving events (1 m and 3 m springboard — men and women)</u></p> <p><u>Age groups 25–29 and 30–34: a diver’s competition comprises 7 different dives; 4 dives each selected from a different group, the total degree of difficulty of which shall not exceed 7.6, and 3 dives without limit of degree of difficulty, each selected from a different group.</u></p> <p><u>Age groups 35–39, 40–44 and 45–49: a diver’s competition comprises 6 different dives; 4 dives each selected from a different group, the total degree of difficulty of which shall not exceed 7.6, and 2 dives without limit of degree of difficulty, each selected from a different group.</u></p> <p><u>Age groups 50–54, 55–59, 60–64 and 65–69: a diver’s competition comprises 5 different dives without limit of degree of difficulty, selected from at least 4 different groups.</u></p> <p><u>Age groups 70–74 and 75–79: a diver’s competition comprises 4 different dives without limit of degree of difficulty, selected from at least 3 different groups.</u></p> <p><u>Following five years age groups: a diver’s competition comprises 3 different dives without limit of degree of difficulty.</u></p>	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
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MD 2.2	<p>GER Fed.</p> <p>Bureau & MC do not recommend</p>	<p>3M Springboard Synchronised Diving</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 30%;">Age Group</td> <td colspan="2" style="text-align: center;">Total number of dives required</td> </tr> <tr> <td></td> <td style="width: 35%; text-align: center;">Men</td> <td style="width: 35%; text-align: center;">Women</td> </tr> <tr> <td>25-49 <u>20 - 49</u></td> <td style="text-align: center;">2(*) +2</td> <td style="text-align: center;">2(*) +2</td> </tr> <tr> <td>50+</td> <td style="text-align: center;">2(*) +2</td> <td style="text-align: center;">2(*) +2</td> </tr> </table> <p>(*) Degree of difficulty of 2.0 for each dive regardless of the formula for degree of difficulty of the dive.</p>	Age Group	Total number of dives required			Men	Women	25-49 <u>20 - 49</u>	2(*) +2	2(*) +2	50+	2(*) +2	2(*) +2
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MD 2.3	<p>MC</p> <p>Bureau recommends</p>	<p>In synchronised diving events <u>two</u> divers <u>from different clubs within the same Federation</u> are allowed <u>permitted</u> to compete in only one club team as a synchronised diving team in the 3m diving competition.</p>												
MD 2.3	<p>ITA Fed.</p> <p>Option I</p> <p>Bureau & MC do not recommend</p>	<p>In synchronised diving events divers are allowed to compete in only one club team in the 3 m springboard competition.</p>												
MD 2.3	<p>USA Fed.</p> <p>Bureau & MC do not recommend</p>	<p>In synchronised diving events divers are allowed to compete in only one club team in the 3m springboard competition. <u>any two divers, regardless of club, federation, or gender, may compete together as a paired team in the 3 meter springboard. Mixed gender teams shall compete in the men’s events only.</u></p>												

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MD 3	PLATFORM DIVING WOMEN AND MEN (5 METRE, 7.5 METRE, OR 10 METRE)																																											
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FINA MASTERS RULES

RULE N°	SUBMITTING BODY	PROPOSAL																														
	<i>do not recommend</i>	<p>Age Groups (years)</p> <p><u>20 – 24</u></p> <p>25 – 29</p> <p>30 – 34</p> <p>35 – 39</p> <p>40 – 44</p> <p>45 – 49</p> <p>50 – 54</p> <p>55 – 59</p> <p>60 – 64</p> <p>65 – 69</p> <p>70 – 74</p> <p>75 – 79</p> <p>80 +</p> <p>(five years age groups as long as necessary)</p>	<p>Total number of dives required</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%; text-align: center;">Men</th> <th style="width: 50%; text-align: center;">Women</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;"><u>6</u></td> <td style="text-align: center;"><u>6</u></td> </tr> <tr> <td style="text-align: center;">6</td> <td style="text-align: center;">6</td> </tr> <tr> <td style="text-align: center;">6</td> <td style="text-align: center;">6</td> </tr> <tr> <td style="text-align: center;">6</td> <td style="text-align: center;">6</td> </tr> <tr> <td style="text-align: center;">6</td> <td style="text-align: center;">6</td> </tr> <tr> <td style="text-align: center;">6</td> <td style="text-align: center;">6</td> </tr> <tr> <td style="text-align: center;">5x</td> <td style="text-align: center;">5x</td> </tr> <tr> <td style="text-align: center;">5x</td> <td style="text-align: center;">5x</td> </tr> <tr> <td style="text-align: center;">5x</td> <td style="text-align: center;">5x</td> </tr> <tr> <td style="text-align: center;">5x</td> <td style="text-align: center;">5x</td> </tr> <tr> <td style="text-align: center;">4x</td> <td style="text-align: center;">4x</td> </tr> <tr> <td style="text-align: center;">4x</td> <td style="text-align: center;">4x</td> </tr> <tr> <td style="text-align: center;">3x</td> <td style="text-align: center;">3x</td> </tr> </tbody> </table> <p>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.</p>		Men	Women	<u>6</u>	<u>6</u>	6	6	6	6	6	6	6	6	6	6	5x	5x	5x	5x	5x	5x	5x	5x	4x	4x	4x	4x	3x	3x
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MD 3.2	ITA Fed. <i>Bureau & MC do not</i>	<p>Platform Synchronised Diving</p> <p>Age Group — Men ————— Women</p>																														

FINA MASTERS RULES

RULE N°	SUBMITTING BODY	PROPOSAL									
	<i>recommend</i>	<p>25-49 ——— 2(*) +2 ——— 2(*) +2 50+ (x) ——— 2(*) +1 ——— 2(*) +1</p> <p>(*) 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.</p> <p><u>Synchronised diving events (platform — men and women)</u> <u>Age group 25–49: a diver’s competition comprises 4 different dives; 2 dives with an assigned degree of difficulty of 2.0 regardless of formula value and 2 dives without limit of degree of difficulty, performed from any height.</u> <u>Age group 50–69: a diver’s competition comprises 3 different dives; 2 dives with an assigned degree of difficulty of 2.0 regardless of formula value and 1 dive without limit of degree of difficulty, performed from any height.</u> <u>Age group 70—: a diver’s competition comprises 2 different dives with an assigned degree of difficulty of 2.0 regardless of formula value, performed from 5 m or from 7.5 m.</u></p>									
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Age Group	Men	Women									
25-49 20 - 49	2(*) +2	2(*) +2									
50+ (x)	2(*) +1	2(*) +1									
MD 3.3	<p>MC <i>Bureau recommends</i></p>	<p>In synchronised diving events, divers <u>from different clubs within the same Federation</u> are allowed <u>permitted</u> to compete in only one club team <u>as a synchronised diving team</u> in the 10m platform competition.</p>									
MD 3.3	<p>ITA Fed. <i>Option I</i> <i>Bureau & MC do not recommend</i></p>	<p>In synchronised diving events divers are allowed to compete in only one club team in the platform competition.</p>									
MD 3.3	<p>USA Fed. <i>Bureau & MC do not recommend</i></p>	<p>In synchronised diving events divers are allowed to compete in only one club team in the platform competition. <u>any two divers, regardless of club, federation, or gender, may compete together as a paired team in the platform competition. Mixed gender teams shall compete in the men’s events only.</u></p>									
MD 4	<p>General Rules</p>										
MD 4.2	<p>USA Fed. <i>Bureau & MC do not recommend</i></p>	<p>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.</p>									
MD 5	<p>GER FED. <i>Bureau & MC do not</i></p>	<p>The program of international competitions shall be carried out within a maximum of five (5) days according to the following schedule:</p>									

FINA MASTERS RULES

RULE N°	SUBMITTING BODY	PROPOSAL			
	<i>recommend</i>	Event No.	Springboard	Sex	Age Group
		1	3 metre	Men	25-34 <u>20 - 34</u>
		2	1 metre	Women	25-34 <u>20 - 34</u>
		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 <u>20 - 34</u>
		16	1 metre	Men	25-34 <u>20 - 34</u>
		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 <u>20 - 34</u>
		24	5, 7.5, 10 metre	Men	25-34 <u>20 - 34</u>
		Synchronised			
		26	3M/ Platform	Women	25-29 <u>20 - 49</u>
		27	3M/ Platform	Men	25-29 <u>20 - 49</u>
		28	3M/ Platform	Women	50+
		29	3M/ Platform	Men	50+
		<u>30</u>	<u>Platform</u>	<u>Women</u>	<u>20 - 49</u>
		<u>31</u>	<u>Platform</u>	<u>Men</u>	<u>20 - 49</u>
		<u>32</u>	<u>Platform</u>	<u>Women</u>	50+
		<u>33</u>	<u>Platform</u>	<u>Men</u>	50+

FINA MASTERS RULES

RULE N°	SUBMITTING BODY	PROPOSAL
MASTERS WATER POLO RULES		
MWP 4	Composition of Teams	
MWP 4.1	<p>CZE Fed.</p> <p><i>Bureau & MC do not recommend</i></p>	<p>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.</p> <p><u>A player may not represent more than one club and one team per age group in Masters Water Polo competition , Masters Continental Championships or Masters World Championships.</u></p>
MWP 4.1	<p>GER Fed.</p> <p><i>Bureau & MC do not recommend</i></p>	<p>A player may not represent more than one club <u>and one team per age group</u> in any Masters Water Polo competition, <u>Masters Continental Championships</u> 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.</p>
MWP 4.2	<p>CZE Fed.</p> <p><i>Bureau & MC do not recommend</i></p>	<p>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.</p> <p>Renumber thereafter</p>
MWP 4.2	<p>USA Fed.</p> <p><i>Bureau & MC recommend</i></p>	<p>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. <u>The nine designated players are to be listed on the roster opposite the number they will wear in the competition, with an asterisk (*) next to the number.</u></p>
MWP 4.3	<p>CZE Fed.</p> <p>GER Fed.</p> <p><i>Bureau & MC do not recommend</i></p>	<p>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.</p> <p>Renumber thereafter</p>
MWP 5.1	<p>USA Fed.</p> <p><i>Bureau & MC recommend</i></p>	<p>Each team shall consist of seven players, one of who shall be the goal keeper and who shall wear the goalkeepers cap. Not, and not more than eight reserves may be used as substitutes, <u>listed on the game roster, drawn from a list of up to 15 players</u> which must be submitted to the official's table for each game, not less than 45 minutes before each game commences. <u>All players listed on the game roster will be eligible to play in the game. After the games has commeced, a</u>A team playing with less than seven players shall not be required to have a goal keeper.</p>
<u>MWP 5.2</u> <u>NEW</u>	<p>MC</p> <p><i>Bureau recommends</i></p>	<p><u>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.</u></p> <p>Renumber thereafter</p>
MWP 5.3	<p>USA Fed.</p>	<p>WP 11 time standards shall apply except that the duration of the Masters</p>

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RULE N°	SUBMITTING BODY	PROPOSAL
	<i>Bureau & MC recommend</i>	games shall be four periods of five minutes each actual play. <u>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.</u>
<u>MWP 5.4</u> <u>NEW</u>	MC <i>Bureau recommends</i>	<u>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 and the second period of any extra time.</u> <i>Renumber thereafter</i>
<u>MWP 5.4</u> <u>NEW</u>	USA Fed. <i>Bureau & MC do not recommend</i>	<u>There shall be a two-minute interval between each period of play. The teams, including the players, coaches and officials, shall change ends before starting the third period and the second period of any extra time.</u>
<u>MWP 6</u> <u>NEW</u>	USA Fed. <i>Bureau & MC do not recommend</i>	<u>BRUTALITY</u>
<u>MWP 6.1</u> <u>NEW</u>	USA Fed. <i>Bureau & MC do not recommend</i>	<u>To commit an act of brutality (including kicking or striking or attempting to kick or strike with malicious intent) against an opponent or official, whether during play (including any stoppages or timeouts) or the intervals between periods of play. The offending player shall be excluded from the remainder of the game and a penalty throw awarded to the opposing team. The offending player may be substituted when two minutes and thirty seconds of actual play have elapsed.</u> <u>[Note. This Rule shall also apply if an act of brutality occurs during the intervals between periods and a penalty throw shall be awarded. These provisions shall not apply, however, before the game has actually commenced.</u> <u>In the case of brutality at any time by a substitute who is not in the water during the play, the offending player shall be excluded from the remainder of the game. The captain of the team shall be ordered to remove from the water a player of the captain's choice and the team shall continue with one less player for two minutes and thirty seconds of actual play. The player who has been removed can subsequently be used during the remainder of the game as one of the team's remaining players in the water and no personal foul shall be awarded in relation to the player's removal from the water.]</u>

MASTERS SYNCHRONISED SWIMMING RULES		
MSS 3	Competitions	
<u>MSS 3.1</u> <u>NEW</u>	MC <i>Bureau recommends</i>	<u>The events of Masters Synchronised Swimming are Solo, Duet, Trio, Team and Combination. Technical and Free Solos together constitute one event. Similarly, the Technical and Free Duets together is one event, the Technical and Free Trio together is one event and the Technical and Free Team is one event. The Combination by itself is one event.</u> <i>Renumber thereafter</i>
<u>MSS 3.2</u> <u>NEW</u>	MC <i>Bureau recommends</i>	<u>The programme for the Masters World Championships shall be Technical Routines, Free Routines and Combination.</u> <i>Renumber thereafter</i>
Technical Routine		
MSS 3.1	MC <i>Bureau recommends</i>	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 <u>may</u> be changed every four (4) years. (Renumbered as 3.2.1)
Free Routine		
MSS 3.2	RUS Fed. <i>Bureau & MC recommend</i>	The Free Routine shall consist of Solo, Duets, Trios and Teams and 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. (Renumbered as 3.2.2)
MSS 3.4	CAN Fed. <i>Bureau & MC do not recommend</i>	Each competitor may enter no more than three (3) routine events.
MSS 3.4	RUS Fed. <i>Bureau & MC do not recommend</i>	Each competitor shall be permitted to swim three (3) <u>six (6)</u> routine events (Solo <u>Technical</u> , Duet <u>Technical</u> , Trio <u>Technical</u> , Team <u>Technical</u> , <u>Solo Free Routine</u> , <u>Duet Free Routine</u> , <u>Team Free Routine</u>) and one (1) Free Combination.
<u>MSS 3.4.1</u> <u>NEW</u>	MC <i>Bureau recommends</i>	<u>A competitor shall be permitted to swim a routine (Solo, Duet, Trio, Team and Combination) in only one age group, unless otherwise specified.</u>

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RULE N°	SUBMITTING BODY	PROPOSAL
MSS 3.5	RUS FED. Bureau & MC do not recommend	Up to five (5) <u>nine (9)</u> routine entries per age group per event may be accepted from any club.
MSS 3.7	Entries	
MSS 3.7.1	MC Bureau recommends	In Masters World Championships, a club may enter up to five (5) Technical and Free routines <u>in solo, duet, trio and team</u> in each age group in each event, and one (1) Combination in each age group. <i>(Renumber as 3.5.1, Renumber thereafter)</i>
<u>MSS 3.5.2</u> <u>NEW</u>	MC Bureau recommends	<u>Entry forms for the Masters World Championships must be received by the organising committee no later than the published entry deadline.</u>
<u>MSS 3.5.3</u> <u>NEW</u>	MC Bureau recommends	<u>Changes in names of competitors for a routine must be received by the Synchronised Swimming Chief Recorder at least 14 days prior to the first event of the Synchronised Swimming competition. The new competitor must have already registered for the competition with the organizing committee.</u>
<u>MSS 3.5.4</u> <u>NEW</u>	MC Bureau recommends	<u>Once the first event of the Synchronised Swimming competition has begun, the reserves listed on a routine must be of an age that any combination of the listed competitors would result in swimming in the same age group.</u>
<u>MSS 3.5.5</u> <u>NEW</u>	MC Bureau recommends	<u>A competitor may be listed as a reserve on more than one routine in an age group. However, once a competitor swims in one routine, that competitor is ineligible to swim in another routine in the same age group.</u>
<u>MSS 3.5.6</u> <u>NEW</u>	MC Bureau recommends	<u>Any changes in reserves must be handed to the Synchronised Swimming Chief Recorder in writing at least two hours prior to the listed start time for that age group routine. Changes after this can only be made in the case of sudden illness of or an accident to a competitor and if the reserve is ready to compete without delaying the competition.</u>
<u>MSS 3.5.7</u> <u>NEW</u>	MC Bureau recommends	<u>Failure to notify the Synchronised Swimming Chief Recorder of substitution and/or scratches according the MSS 3.5.5 shall result in disqualification of the routine.</u>
MSS 4	MC Bureau recommends	Scoring will be calculated as in SS 19 .4 <u>and SS 20</u> . <u>Penalties will be as indicated in SS 18 except that there is no minimum routine time limit.</u> 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 4	CAN Fed. Bureau & MC do not recommend	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. <u>SS 5.2</u> <u>For World Championships: Tech Routine Prelims, Tech Routine Finals, Free Routine Prelims, Free Routine Finals, Free Combination</u>

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		<p><u>Prelims and Free Combination Finals.</u></p> <p><u>With more than 20 entries, prelims may be held; if 20 or fewer entries, the event will be a Final.</u></p>
MSS 4	RUS Fed. <i>Bureau & MC do not recommend</i>	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. <u>The Final result is determined as in SS 20.1.4 and SS 20.1.5</u>
<u>MSS 4.1</u> <u>NEW</u>	MC <i>Bureau recommends</i>	<u>Reserves will receive medals only if they actually swim in the Technical and/or Free Routine.</u>
MSS 5	Age Categories	
<u>MSS 5.1</u> <u>NEW</u>	MC <i>Bureau recommends</i>	<u>Age shall be determined as of December 31 of the year of competition.</u> Renumber thereafter
MSS 5.3	MC <i>Bureau recommends</i>	Trio/Team: 20-24 <u>20-34</u> , 35-49, 50-64, 65-79 and 80 and over with age determined by the average age of the competitors.
<u>MSS 5.6</u> <u>NEW</u>	MC <i>Bureau recommends</i>	<u>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 Trio is 49.833, they would swim in the 35-49 age group).</u>
MSS 7	Order of Appearance	
MSS 7.1	MC <i>Bureau recommends</i>	The order of draw for Masters Synchronised Swimming events <u>Competitions</u> shall be Teams, Trios, Duets, Solos and Free Combinations <u>Team, Combination, Trio, Duet and Solo</u> . 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 7.1	RUS Fed. <i>Bureau & MC do not recommend</i>	The order of draw for Masters Synchronised Swimming events shall be Teams, Trios, Duets, Solos and Free Combinations. When a swimmer(s) draws start number one (1) in Technical Routine , <u>once</u> that swimmer(s) will be exempted from drawing start number one (1) in Free Routine in that event. <u>in all other events.</u>
<u>MSS 7.2</u> <u>NEW</u>	MC <i>Bureau recommends</i>	<u>For the Masters World Championships, a computer draw for the Technical Routines shall be done by the Synchronised Swimming Chief Recorder at least 24 hours before the first event of the Synchronised Swimming competition.</u>
<u>MSS 7.3</u> <u>NEW</u>	MC <i>Bureau recommends</i>	<u>When a competitor(s) draws start number one (1) in a Technical Routine, she (they) will be exempted from drawing start number one (1) in another Technical Routine, if possible.</u>
<u>MSS 7.4</u>	MC	<u>The order of appearance for the Free Routines in each age group shall be determined by the results of the Technical Routines for that</u>

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<u>NEW</u>	<i>Bureau recommends</i>	<u>age group event and shall be swum in groups of 6 competitors. If the number of competitors is not divisible by 6, the smallest group shall start first.</u>
<u>MSS 7.4.1</u> <u>NEW</u>	MC <i>Bureau recommends</i>	<u>If there are fewer than 12 entries in an age group event, the draw will be in two equal groups. In the case of uneven groups, the smallest group shall start first.</u>
<u>MSS 7.4.2</u> <u>NEW</u>	MC <i>Bureau recommends</i>	<u>If there is a tie in the placement in an age group event which overlaps two groups, those competitors shall form a group of their own and swim between their original groups.</u>
<u>MSS 7.4.3</u> <u>NEW</u>	MC <i>Bureau recommends</i>	<u>For each age group event, the lowest scoring competitors in the Technical Routine will swim in the first group and the highest scoring competitors will swim in the last group.</u>
<u>MSS 7.4.4</u> <u>NEW</u>	MC <i>Bureau recommends</i>	<u>Swimming number one (1) in a Technical Routine does not make a routine exempt from swimming number one (1) in the Free Routine of the same event.</u>
<u>MSS 7.4.5</u> <u>NEW</u>	MC <i>Bureau recommends</i>	<u>Within each age group in each event, the highest scoring competitor in the Technical Routine for that age group and event shall draw first, with the next competitors drawing in the order of Technical Routine placement. In the case of ties, the order of draw shall be based on the Technical Routine start number, with the lowest start number drawing first.</u>
<u>MSS 8.1.6</u>	MC <i>Bureau recommends</i>	There shall be an allowance of fifteen (15) seconds less or plus the allotted time for Technical Routines, Free Routines and Combination.

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APPENDIX I	FINA REQUIRED ELEMENTS FOR MASTERS TECHNICAL ROUTINES	
	<p>CAN Fed.</p> <p><i>Bureau & MC do not recommend</i></p>	<p><u>SOLO</u></p> <ol style="list-style-type: none"> 1. <u>Fishtail Position (start optional); horizontal leg lifted in a 180° arc over the surface, passing the vertical leg which moves symmetrically in the opposite direction, until Split Position is assumed; a walkout front is executed.</u> 2. <u>Body Boost – a rapid head-first rise, with a maximum of the body above the surface (arms optional). A descent is executed until the swimmer is completely submerged.</u> 3. <u>Submerged Pike Position – must follow immediately after the Body Boost: body to pike position with legs vertical and toes under the water; a thrust is executed with a vertical decent.</u> 4. <u>Travelling Ballet Leg Combination – 2 positions of Right Ballet Leg; Left Ballet Leg; Right Flamingo; Left Flamingo; Double Ballet Leg.</u> 5. <u>Bent Knee Position (start optional); join to Vertical Position; 180° spin.</u> 6. <u>2 forms of propulsion techniques – one must be Egg Beater travelling forward and/or sideways at least 1 metre – arms optional.</u> <p><u>*Elements 1 to 5 must be performed in order. Element 6 may be performed at any time.</u></p> <p><u>DUET & TRIO</u></p> <p><u>Elements 1 to 6 as above.</u></p> <ol style="list-style-type: none"> 7. <u>Joined Action – must include one of the following connected elements: a figure, a float or stroking. Swimmers must be doing the same action, simultaneously; swimmers may face different directions, mirror actions ARE allowed.</u> <p><u>* Elements 1 to 5 must be performed in order. Elements 6 and 7 may be performed at any time.</u></p> <p><u>With the exception of the deck work, entry and joined action – all elements required and supplementary MUST be performed simultaneously and facing the same direction by all swimmers. Variation in propulsion and direction facing are permitted during pattern changes and when the description of the element allows. Mirror actions are not permitted except if specified in the description of the element.</u></p>
		<p><u>TEAM</u></p> <p><u>Elements 1 to 7 as above.</u></p> <ol style="list-style-type: none"> 8. <u>Cadence Action - identical movement(s) performed sequentially one by one, by all team members. When more than one cadence action is performed, they must be consecutive and not separated</u>

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		<p><u>by other optional or required elements. A second cadence action may start before the first cadence action has been completed by all swimmers but each swimmer must do the action of each cadence.</u></p> <p><u>9. Patterns – must show a circle and a straight line (elements may be performed when in the circle or straight line patterns).</u></p> <p><u>Elements 1 to 5 must be performed in order.</u> <u>Elements 6 to 9 may be performed at any time.</u></p> <p><u>With the exception of the deck work, entry, joined action and cadence – all elements required and supplementary MUST be performed simultaneously and facing the same direction by all swimmers. Variation in propulsion and direction facing are permitted during pattern changes and when the description of the element allows. Mirror actions are not permitted except if specified in the description of the element.</u></p>
	<p>RUS Red.</p> <p><i>Bureau & MC do not recommend</i></p>	<p>GENERAL REQUIREMENTS</p> <ol style="list-style-type: none"> 1. Supplementary elements may be added 2. Unless otherwise specified in the description of an element <ul style="list-style-type: none"> • 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. <p><u>SOLO</u></p> <ol style="list-style-type: none"> 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. <p>DUET/TRIO REQUIRED ELEMENTS</p> <p>Elements 1-5 as listed</p> <ol style="list-style-type: none"> 6. A JOINED ACTION where the swimmers are connected (joined) in some manner by (hands, by feet) to perform ONE of the following:

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		<p>a connected figure a connected float or connected stroking Stack, Lifts, Throws are not permitted</p> <p>7. Elements 1-4 MUST be performed in order. Elements 5-6 may be executed at any time during the routine</p> <p>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.</p>
		<p>TEAM REQUIRED ELEMENTS</p> <p>Elements 1-5 as listed</p> <p>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</p> <p>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.</p> <p>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.</p> <p>9. With the exception of DECK WORK, ENTRY, JOINED ACTION AND CADENCE ACTION all elements, required and supplementary MUST be performed simultaneously and facing the same direction by all swimmers. Variation in propulsion and direction facing are permitted only during pattern changes. Mirror actions are not permitted with the exception in the Joined Action.</p>
####	AUS Fed. Bureau & MC do not recommend DQ Codes to be dealt with at Extra	<i>Requests that the existing set of Infringement Codes to cover all Rules of Swimming be reviewed and expanded. Below is a guide to assist the FINA Masters Committee.</i>

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	<i>Cong on Masters Rules</i>	
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DISQUALIFICATION CODES

General	RuleSW#
GA False start	4.4M
GB Made little or no attempt to take up and hold a starting position	4.6M
GD Swimmer interfered with another swimmer	10.6
GE Did not swim stroke specified	
GF Did not swim distance specified	10.1
GG Did not finish in same (correct) lane	10.2
GJ Swimmer used device that aided speed, buoyancy or endurance	10.7
GK Did not finish DNF to be written on time sheet	
GL Swimmer pulled self forward on lane rope	10.5
GM Swimmer (individual event only) left their lane before Referee instructed them to do so	10.8.1M
GN Swimmer not entered in race entered the water during the race before all swimmers had finished	10.8
GO Walked on and/or pushed off the pool bottom	10.4M
GP Pacemaking or pacemaking device used	10.15
Freestyle	RuleSW#
FrA No part of the swimmer touched the end wall at turn	5.2
FrB Head did not break the surface by 15m mark after the start/turn	5.3
FrD Failed to break the surface throughout the race other than at the start and turns	5.3

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Butterfly

RuleSW#

BfA	Head did not break the surface by 15m mark after the start and each turn	8.5
BfB	More than one arm pull under water at start or turn	8.5
BfC	Body not on the breast after the beginning of the first arm stroke after the start and after each turn	8.1
BfD	Arms not brought forward and/or backwards simultaneously	8.2
BfE	Arms not brought forward over the water	8.2
BfF	Movement of the feet not simultaneous	8.3M
BfG	Hands not touch simultaneously at turn /finish	8.4
BfI	Arm movements not continuous throughout the race	8.2
BfJ	Failed to remain on the surface other than at the start/turn	8.5
BfK	More than two kicks per arm stroke when doing a breaststroke kick	8.3M
BfL	Swimmer did not surface following underwater arm pull at start/turn	8.5

Relays

Rule SW#

RA	Feet lost touch with starting platform (or wall for in-pool starts) before incoming swimmer touched	10.10
RB	Medley not swum in correct order	9.2
RC	Order of swimmers changed	10.12
RD	Swam non-listed swimmer	10.12
RE	Stroke infraction – quote RE + the stroke codes + the swimmer number	
RF	Swimmer other than the swimmer designated to swim entered the water before all competitors finished	10.11
RG	Swimmer did not leave pool as soon as possible	10.13M
RH	Swimmer obstructed another swimmer when leaving the pool.	10.13M
RI	Swam more than once in the same race	10.12
RJ	Swimmer (number) took a running start	10.10AM

Breaststroke

RuleSW#

BrA	Head did not break the surface before the hands widest part of the second stroke after the start and each turn	7.4
BrB	Head did not break the surface of the water during each complete stroke cycle	7.4
BrC	Arm movement not always simultaneous and in same horizontal plane	7.2
BrD	Leg movements not always simultaneous and in the same horizontal plane	7.4
BrE	Hands not pushed forward from the breast	7.3
BrF	Elbows not always submerged during the race except for the final stroke before a turn, during the turn and at the finish	7.3
BrG	Feet not turned outward in propulsive part of kick	7.5
BrH	Hand touch not simultaneous at turn/finish	7.6
BrI	Body not on breast from the beginning of the first arm stroke after the start and/or turn	7.1
BrJ	Performed an illegal downward dolphin kick	7.4
BrK	Did not complete cycle of one arm stroke followed by	

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	one leg kick in that order during the race	7.1
BrL	Hands brought back beyond the hip line other than during the first stroke after the start and each turn	7.3
BrM	Hands not brought back on or under the surface of the water during the arm stroke	7.3
Backstroke		RuleSW#
BaA	Toes in, on, or over the gutter at the start 6.1	
BaB	Head did not break the surface by 15m mark after the start/turn	6.3
BaC	Shoulders at 90° or more to horizontal – (left position on the back)	6.2
BaD	No part of the swimmer touched the end wall during the turn	6.4
BaE	Did not return to the position on the back on leaving the wall	6.4
BaF	Did not touch while on the back at the finish	6.5
BaG	Non-continuous turning action while past vertical	6.4
BaH	Kicked independent of the continuous turning action while past the vertical	6.4
BaI	Arm pull independent of the continuous turning action while past the vertical	6.4
BaJ	Failed to break the surface throughout the race other than at the start, turns or the finish	6.3
BaK	Swimmer did not have both hands on the starting grips or the end of the pool at the start	6.1
Individual Medley		RuleSW#
IMA	Freestyle leg swum as backstroke, breaststroke or butterfly	5.1
IMB	Not swum in correct order of strokes	9.1
IMC	Stroke Infraction – quote IMC then the stroke code involved	
IMD	Swimmer did not finish leg of medley in accordance with the finish rule for that stroke – quote IMD then the stroke code involved	9.3