



# SYNCHROWA

## *TECHNICAL PACKAGE*

*2020 / 2021*

*Updated August 2020*

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## 1. INTRODUCTION

The Technical Package should be used as your resource guide for the 2020-2021 season. If there are no specific rules, please refer to FINA RULES.

SynchroWA wishes to ensure a successful and positive sporting experience for its members.

## 1.2. COMPETITION SCHEDULE

<i>DATE</i>	<i>EVENT</i>	<i>EVENTS AVAILABLE</i>	<i>AGE GROUPS</i>	<i>LOCATION</i>
<i>August 1st 2020</i>	<i>High Performance Selection Trials</i>	Detailed information in the HP Selection Criteria Document	13/15, Junior, Senior (NS)	HBF Stadium
<i>23rd August 2020</i>	<i>National Stream Land Skills Testing</i>	Date TBC	12&Under(NS), 13/15(NS)	Leisurefit Booragoon
<i>30th August 2020 9 am – 12 noon</i>	<i>National Stream Water Skills Testing &amp; Picnic</i>	Water Skills Testing	12&Under(NS), 13/15(NS)	Claremont Pool
<i>Sunday, September 13th 2020</i>	<i>Figure Competition #1</i>  COMPULSORY & GROUP ONE FIGURES	National Stream Figures State Stream Figures Junior Category - Technical Team Element Individual Swim	Figures: NS 12U, NS1315, SS 10U, SS12U, SS 13&O  Juniors: Technical Team Element Swim (Individual Swim)*	HBF Stadium
<i>Saturday, October 17th 2020</i>	<i>Figure Competition #2</i>  COMPULSORY & GROUP TWO FIGURES	National Stream Figures State Stream Figures	Figures: NS 12U, NS1315, SS 10U, SS12U, SS 13&O	HBF Stadium
<i>Saturday 28th November (Figures Only) &amp; Saturday 5th December 2020 (Routines Only)</i>	<i>Routine &amp; Figure Competition</i>  COMPULSORY & GROUP THREE FIGURES	National Stream Figures State Stream Figures Routines  <b>ROUTINES ARE STRONGLY ENCOURAGED TO BE COMPLETE.</b>	Figures: NS 12U, NS13-15, SS 10U, SS12U, SS 13&O  Routines: NS 12&U, NS13-15  NS Junior, NS Senior, Masters  SS 10U, SS 12&U, SS 13&Over	HBF Stadium

<i>DATE</i>	<i>EVENT</i>	<i>EVENTS AVAILABLE</i>	<i>AGE GROUPS</i>	<i>LOCATION</i>
<i>February 6th &amp; 7th 2021</i>	<b><i>Routine &amp; Figure Competition (NS, SS)</i></b>  Figures & Routines	National Stream Figures State Stream Figures Routines	Figures: NS 12U, NS13-15, SS 10U, SS12U, SS 13&O  Routines: All age groups, NS, SS and Masters	HBF Stadium
<i>March 6th &amp; 7th 2021</i>	<b><i>WA State Titles</i></b>  Figures & Routines	National Stream Figures State Stream Figures Routines	Figures: NS 12U, NS13-15, SS 10U, SS12U, SS 13&O Routines: All age groups, NS, SS and Masters	HBF Stadium
<i>April 2021</i>	<b><i>Hancock Prospecting Artistic Swimming Australian Open &amp; Age Group Championships</i></b>			Melbourne, Victoria
<i>May 2021</i>	<b><i>National Stream Land &amp; Water Skills Testing 2</i></b>  <i>*Skills Test 2 will be done at each club. Clubs will let SWA know of a preferred date for this to be organised.</i>			

### [Details for Figure Competition #1](#)

#### \* Junior Category:

Swimmers will perform a 1'30" individual routine with all the technical team elements (as per FINA rules) with at least 1 double arm egg beater and 1 ballet leg(s) sequence and 1 body boost (2 arms).

The routine will be performed without music. The swimmer should travel during the whole routine.

The swimmer needs to wear a black bathing suit and white cap.

A sample video of the individual technical team element routine will be sent to all clubs.

The routine will be judged as ELEMENTS as per FINA rules.

### [SWA will have categories for male swimmers in its competitions.](#)

Male swimmers can compete in the following events:

- 1) Male Technical/Free Solo
- 2) Male Technical/ Free Duet
- 3) Mixed Duet Technical/Free
- 4) Male Team Routine Technical/Free
- 5) Free Aged Combo

### [New event offered at WA Competitions as per FINA rules.](#)

Highlight Routine event will be available as an event at WA competition routine competitions as well as available at the National Championships (as per updated ASAI Bylaws June 2020).

### [50 percent rule bylaw.](#)

SWA would like to encourage its swimmers to become great competitors and promote a positive sporting environment. Clubs are strongly encouraged to enter their swimmers in all SWA competitions. At a minimum, a routine must have been presented once prior to the State Championships. Exclusions are possible at the discretion of the SWA Board due to illness, injury etc.

### [Coach seating at competitions](#)

- \*During a routine competition, the coach(es) of each team will stand at the designated area when their swimmer(s) is competing in their routine and will stand with their team prior to the walk on.
- \* During a figure competition, coaches will be assigned a specific location to view the figure competition on deck. Swimmers will be allowed to speak to their coaches (if required) for feedback after each figure (provided there is time).

### [Routine walk on](#)

\* To promote a positive competitive experience, if required, coaches will be allowed to walk on with their swimmers during the deck work at the November and February competitions. Swimmers are also able to walk on from both sides of the deck.

\* For State Championships, swimmers will be expected to walk on independently and from the designated side as per the competition bulletin.

### [Figure Competition Pre Swimmers](#)

The pre-swimmer at WA competitions will not be a swimmer who is competing in the same event. (The pre-swimmer should be a swimmer of a higher age group or competing in a different category). Each club will nominate a pre-swimmer for each figure category for each competition. This will need to be communicated to the Competition Director upon competition entry.

## **2. COACH/ JUDGE/ ATHLETE WORKSHOPS**

<b>DATE</b>	<b>WORKSHOP</b>	<b>LOCATION</b>	<b>TIME</b>
<b>May 2nd &amp; 3rd 2020</b>	<b>SynchroStART Online Coaching Course</b> (Regional & Perth metropolitan candidates)	Online	9am - 12 noon
<b>May 23rd</b>	<b>SynchroStART Online Coaching Course</b>	Online	9am – 12 noon
<b>June 28th 2020</b>	<b>Skills Testing Workshop for Coaches.</b> A session to discuss the purpose of the skills test and how the testing will be conducted. Coaches will discuss the criteria of a pass/fail of each skill.	HBF Stadium	12:30 – 1:30pm Indoor Pool
<b>August 8th &amp; 15th</b>	<b>ASAI Level One Coaching Course</b>	Online	10am – 1pm AEST

	<b><i>Coaches &amp; Judges Workshop</i></b> Workshop to identify main areas for athlete improvement for the 2020-2021 season. Coaches from each club to present on a skill that is their strength to share with coaches around the state.		
<b><i>June 2020</i></b>	<b><i>CPR Course</i></b> (New and Refresher Course) with Royal Life Saving WA	RLSSWA Mount Claremont	TBC
<b><i>June 28th 2020</i></b>	<b><i>Artistry Workshop – NS Swimmers and Coaches</i></b>	Arena 2 HBF Stadium	9 am – 12:15pm
<b><i>August 2nd 2020 (Sunday)</i></b>	<b><i>Swimming Workshop – NS Swimmers and Coaches.</i></b> Focus: Butterfly technique, Breaststroke technique and Freestyle/Backstroke Kick	Scotch College	8 am – 12 noon
<b><i>Ongoing</i></b>	<b><i>Judging Workshop</i></b> (Saturday afternoon the week prior to each competition)	TBC	TBC
<b><i>TBC</i></b>	Expert International Guest Coach for Athlete and Coach Development	TBC	TBC
	International Judge Clinic - DVP	TBC	TBC
	Jenny Gray	TBC	TBC

### ***3. SKILLS TESTING***

#### **12& UNDER AND 13/15 (NS)**

SWA coaches have identified that the improvement of basic skills needs to be the priority for the upcoming season. The purpose of testing basic skills is to create a standardised set of skills practised at clubs as well as to monitor the progress of Synchro WA's NS swimmers. The set of skills will be evaluated once at the beginning of each competitive season and again at the end of the season. The 2nd skills test will be organised at the clubs. Synchro WA will endeavour to keep the skills tested the same for the next 3 years so swimmers are able to evaluate their progress. Swimmers will achieve a pass/fail for each skill performed. Skills will be videoed and sent to each swimmer. The land component of the skills test will be conducted at Leisurefit Booragoon. The swimming/synchro skills component will be tested at Claremont Pool followed by a picnic.

#### ***SCORING:***

Skills will be judged by a panel of judges consisting of:

1. SWA Judging Coordinator
2. SWA HP Coach
3. SWA Sports Officer
4. Head Coach of each NS Club.

Each skill will be graded as a pass/fail.

Swimmers should aspire to PASS all skills in the test.

A 12&Under swimmer that has PASSED all the 12 & U skills can choose to perform the skills in the 13/15 age group.

Skills will be videoed and emailed to each swimmer after the skills test.

### 3.1. 12/UNDER NS Skills Testing Criteria

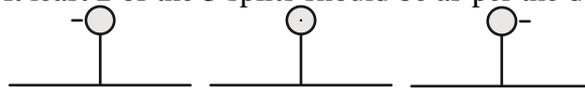
#### LAND

##### 1. Ariana Splits

Knees in extension and both feet pointed.

Legs evenly split forward and back. Lower back arched, with hips, shoulders and head on a vertical line. 180° angle between the extended legs (Flat split), with inside of each leg aligned on opposite sides of a horizontal line, regardless of the height of the hips.

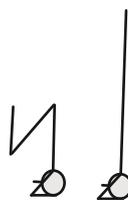
PASSING REQUIREMENT: At least 2 of the 3 splits should be as per the description.



##### 2. Headstand from tuck

From the tuck position, with support in hands and head or in forearms and head (forming a support triangle) with the legs together, stretched and both feet extended and pointed, the legs are raised to the position of vertical, looking for the alignment of the body in the vertical line perpendicular to the ground. Hold vertical position for 30 seconds.

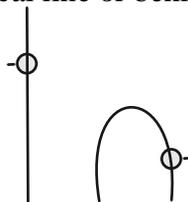
PASSING REQUIREMENT: Swimmers will be given 2 chances to perform this skill. The vertical position should be as per the description above. Position will need to be held for 30”.



##### 3. Bridge

From a standing position with both arms stretched, the body is arched into a bridge position. Hold the bridge position for 20 seconds.

PASSING REQUIREMENT: The arms should be stretched when the athlete arrives in the bridge position. The hands and shoulders should be in the vertical line or behind the head. Position to be held for 20”



#### 4. 1 minute PLANK (technique)

Plank position: Front layout with the body aligned (ears-shoulders-knees-ankles), and legs together. The wrists are positioned directly below the shoulders or slightly wider apart, with straight elbows (no hyper-extended elbows permitted). The gaze of the eyes is directly down. Legs are extended and together.

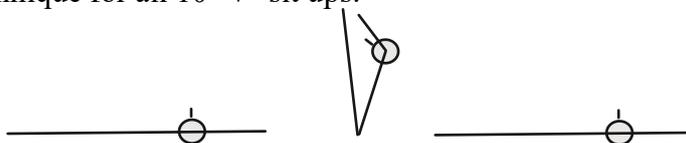
PASSING REQUIREMENT: Hold the plank the full 1' keeping the body as per the description



#### 5. 10 "V" SIT UPS (technique)

From a straight back position with arms stretched up and legs together, with knees extended and feet pointed with heels off the ground. Simultaneously, arms, body, and legs are lifted to a V position where hands touch the feet. You return to the initial position with your heels off the ground.

PASSING REQUIREMENTS: The heels should be off the floor for the whole exercise. The swimmer is able to maintain correct technique for all 10 'V' sit ups.



### SWIMMING / SYNCHRO SKILLS

#### 1. 50 meters butterfly (technique)

The arms sweep forward in front of the body into extension shoulder width apart with hands and fingers facing forwards.

On entry elbow is slightly bent and sent into extension under water. Elbows remain higher than forearm and arm.

Hands then drive outwards and then back inwards towards each other and back down your sides into bent elbows.

Repeat the process sweeping arm back in front of the body. Try and stay as streamlined as possible holding form before doing another stroke and losing momentum.

Legs kick together as arms enter the water, followed by another kick as the hands start to leave the water.

The two beat kick is powered from the hips with knees slightly bent. Keep ankles together and relaxed and kick downwards.

PASSING REQUIREMENTS:

The Swimmers must swim only butterfly stroke and kick for the entire 50 meters. The stroke should be executed every 2 kicks, with breathing every second stroke. The head should enter the water before the arms.

#### 2. 100 meters freestyle ( under 1'30'')

PASSING REQUIREMENTS: Under 1'30''.

#### 3. 25 meters under

PASSING REQUIREMENTS: The swimmers should start the exercise from the wall and touch the wall before breathing when they finish the 25 meters.

**4. 25 meters eggbeater (12,5 meters with the right arm stretched and 12,5 meters with the left)** The swimmers should start moving to the right with the right arm. When they arrive to the 12,5 meters, they should turn around, switch arms and move to the left. (the other arm could be sculling) The leading arm will always be vertical.

**PASSING REQUIREMENTS:** The chin must not touch the surface of the water. The arm should be behind the ear. The 25m must be performed continuously.

**5. 5 meters moving forward (head first) in a surface arch position (non- stop)** Lower back arched, with hips, shoulders and head on a vertical line Legs together and at the surface (from the toe points to the hips).

**PASSING REQUIREMENTS:** Vertical Line Priority. Feet together and dry. Arrive to the 5 meters.

**6. 5 meters ballet leg (technique, non-stop)**

Body in Back Layout Position one leg extended perpendicular to the surface the other leg should remain at the surface throughout.

**PASSING REQUIREMENTS:** The extended leg should be at 90 degrees for the full exercise. The knee should be above the surface of the water. The horizontal leg should be stretched and still throughout the exercise. The horizontal foot should be dry.

### 3.2. 13/15 NS Skills Testing Criteria

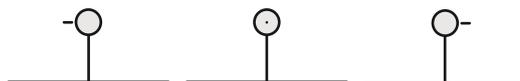
#### LAND

##### 1. Ariana Splits

Knees extended and both feet pointed.

Legs evenly split forward and back. Lower back arched, with hips, shoulders and head in a vertical line. 180° angle between the extended legs (Flat split), with the inside of each leg aligned on opposite sides of a horizontal line, regardless of the height of the hips.

**PASSING REQUIREMENT:** 3 splits should be as per the description.

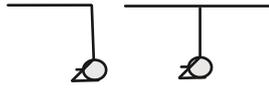


##### 2. Headstand from front pike position.

From a front pike position, with support on hands and head or on forearms and head (forming a support triangle) with the legs together, stretched and feet pointed, the legs are raised to the vertical position, looking for the alignment of the body in the vertical line perpendicular to the ground. Assume a Split position. Hold each position for 20 seconds.

**PASSING REQUIREMENT:** Swimmers will be given 2 chances to perform this skill. The pike position should be at 90 degrees. The vertical position should be as per the description. The swimmer must have a minimum of a 170 degree angle between the extended legs (eg: 1 hand to arrive to a Flat split in the front and back leg). Each position needs to be held for 20'' (Pike, Vertical, Split)





### 3. 30 second plank position + 10 triceps push-ups (technique)

Plank position: Front layout with the body aligned (ears-shoulders-knees-ankles), and legs together. The wrists are positioned directly below the shoulders or slightly wider apart, with straight elbows (no hyper-extended elbows permitted). The gaze of the eyes is directly down.

Pushups: Maintaining the plank position, bend the elbows to lower the body until the chest touches the floor, then straighten the elbows to return to the starting position. The head remains still at all times.

All repetitions to be performed with the correct technique and body position.

The lower back should not be curved beyond its physiological curvature at any time during the exercise.

**PASSING REQUIREMENT:** The swimmer needs to hold the plank position for 30'' keeping the body as per the description. At least 9 of the 10 push-ups should be as per the description.

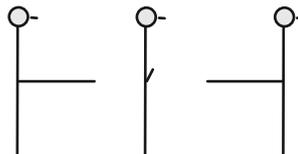


### 4. Standing with the leg raised at 90 degrees 15 second hold each direction without lowering the leg.

Keep the body vertical and with the possibility of resting one hand for support. Lift one leg to the horizontal at 90° angle (feet pointed), with the other leg remaining on the vertical line of the body. Move to the side maintaining that right angle. Move the leg back with a slight movement of the body forward.

Hold each position for 12 seconds maintaining the leg height at a 90°angle, with the body vertical and both legs straight.

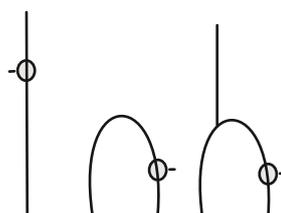
**PASSING REQUIREMENT:** The raised leg should be straight and at a 90 degree angle (or a little bit above) for the full exercise. The shoulders and hips should be at the vertical line.



### 5. Bridge

From a standing position with both arms stretched, arching the body to a bridge. Hold the bridge for 20 seconds. Then the front leg is lifted (stretched and with toe pointed) until the foot, hips, shoulders and head are on a vertical line.

**PASSING REQUIREMENT:** The arms should be stretched when the athlete arrives in the bridge position. The hands and shoulders should be in the vertical line or behind the head. The leg should be as per the description. Each position is held for 20''.



## **SWIMMING / SYNCHRO SKILLS**

### **1. 50 meters freestyle kick (under 1 minute)**

PASSING REQUIREMENTS: Under 1'. The Kick should be freestyle for the full exercise. Arms should be in streamline position for the full exercise.

### **2. 50 meters Butterfly (under 50'')**

PASSING REQUIREMENTS: Under 50''. The Swimmers must swim only butterfly stroke and kick for the entire 50 meters. The stroke should be executed every 2 kicks, with breathing every second stroke or more. The head should enter the water before the arms.

### **3. 100 meters kick-pull (under 2'15'')**

KPK performed from the water with a push off from the wall. Alternating 2 kicks with one arm in front and 2 kicks with the other arm in front.

PASSING REQUIREMENTS: The collar bone should be above the water the full exercise. Both arms should be stretched completely every time a kick is performed.

### **4. 25m double ballet leg (non-stop)**

Legs tight and extended perpendicular to the surface. Head in line with the trunk. Face at the surface.

PASSING REQUIREMENTS: Both legs should be at 90 degrees the full exercise. The head should be above the water the full exercise.

### **5. 5 meters moving forward (head first)in a bent knee surface arch position (non-stop)**

PASSING REQUIREMENTS: Vertical line Priority. The horizontal foot should be at the surface. Arrive to the 10 meters nonstop.

### **6. 25 meters double arm eggbeater both arms stretched in line with shoulders. (moving forward)**

PASSING REQUIREMENTS: The chin must not touch the surface of the water. The arms should be on the vertical line. The 25m must be performed continuously.

## **4. COMPETITION PROGRAM**

Competitive National Stream (NS) and State Stream (SS)

Rationale: Creating opportunities for athletes to develop the skills necessary to compete at varying levels of Synchronised Swimming.

<b><i>STATE STREAM</i></b>	<b><i>NATIONAL STREAM</i></b>
10U 12U 13U 13+ MASTERS	13-15 JUNIOR SENIOR MASTERS

### **4.1 COMPETITIVE FIGURES FOR STATE STREAM**

The State Stream is an opportunity for athletes to compete up to the State Titles in a program with modified figures and time limits.

State Stream swimmers cannot be members of National Stream duets, teams, or combos.

State Stream routines may place a bid prior to the State Titles to SynchroWA to pre-swim at the Australian National Championships.

State Stream 16 & Over swimmers have the option to pre-swim the National Stream 13/15 figures at WA competitions. Please advise Synchro WA if your State Stream swimmers are interested in pre-swimming.

<i>10 &amp; UNDER (SS)</i>	<i>12 &amp; UNDER (SS)</i>	<i>13 &amp; OVER (SS)</i>
<i>COMPULSORY FIGURES</i>		<i>COMPULSORY FIGURES</i>
Sailboat Alternate 301 Barracuda	101 Ballet Leg Single 301 Barracuda	106 Straight Ballet Leg (Drawn) 301 Barracuda
362 Surface Prawn 316 Kipnus	<i>OPTIONAL GROUP 1 FIGURES</i>	
	324 Somersub 311 Kip	420 Walkover Back 327 Ballerina
	<i>OPTIONAL GROUP 2 FIGURES</i>	
	361 Prawn 420 Walkover Back	311 Kip 401 Swordfish
	<i>OPTIONAL GROUP 3 FIGURES</i>	
	323 Somersault Front Pike 363 Water Drop	226 Swan 363 Water Drop

#### ***4.2. NATIONAL STREAM COMPETITIVE FIGURES AND ROUTINE TECHNICAL ELEMENTS***

<i>12 &amp; Under National Stream</i>	<i>13-15 National Stream</i>
<i>Compulsory Figures</i>	
106 Straight Ballet Leg 301 Barracuda	423 Ariana 143 Rio
<i>Optional Group 1 Figures</i>	
420 Walkover Back 327 Ballerina	351 Jupiter 437 Oceanea
<i>Optional Group 2 Figures</i>	
311 Kip 401 Swordfish	240a Albatross 1/2 Twist 403 Swordtail
<i>Optional Group 3 Figures</i>	

226 Swan 363 Water Drop	355f Porpoise Continuous Spin720 315 Seagull
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#### 4.2.1 JUNIOR TECHNICAL ELEMENTS FOR TECHNICAL ROUTINES (as per FINA Rules)

**General Requirements** Unless otherwise specified in the description of an element:

All figures or components thereof shall be executed according to the requirements described in appendices II - IV.

All elements shall be executed high and controlled, in uniform motion with each section clearly defined.

Required Elements #1 - #5 shall be judged within the Elements score.

Required Elements #1- #5 are to be performed in the order listed.

It is strongly recommended, for clarity of judgment that Required Elements #1 - #5 are separated by other content.

For Solo, Duet and Mixed Duet only, Required Elements #1- #5 shall be performed parallel to the sides of the pool where the panels of judges are seated. Penalties SS18.

Time limits as in SS 14.1. Penalties SS18.

#### 4.2.2. Solo Required Elements

1. Starting in a **Submerged Back Pike Position** with the legs perpendicular to the surface, a Barracuda Airborne Split is executed. [DD 2.5]
2. Starting in a **Vertical Position**, the body rotates 360° as the legs are lowered symmetrically to assume a **Split Position**. Continuing in the same direction an additional rotation of 360° is completed as the legs are raised symmetrically to assume a **Vertical Position**. Followed by a *Continuous Spin 1080°* (3) in the same direction. [DD = 2.5]
3. 141 – **Stingray**. A Flamingo is executed to a **Surface Flamingo Position**, travelling head first. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves to assume a **Fishtail Position**. The horizontal leg is lifted in an arc over the surface. As it passes the vertical leg which moves symmetrically, a 180° rotation is started and is completed as a **Split Position** is assumed. A *Walkout Front* is executed. [DD 3.2]
4. Starting in a **Vertical Position** a **Combined Spin of 720° (2 rotations + 2 rotations)** is executed. [DD 1.9]
5. Starting in a **Submerged Back Pike Position** with the legs perpendicular to the surface, a **Barracuda Spin 360°** is executed. [DD 2. 0]

#### 4.2.3. Duet Required Elements

1. Starting in a **Vertical Position**, a *Full Twist* is executed as one leg is lowered to a **Bent Knee Vertical Position**. Continuing in the same direction an additional Full Twist is completed, as the bent knee is extended to a **Vertical Position**. Followed by a *Continuous Spin of 720°* (2 rotations) is executed. [DD 2.2]
2. From a **Back Layout Position** a straight leg is lifted to a **Ballet Leg Position**. The shin of the horizontal leg is drawn along the surface to assume a **Surface Flamingo Position**. The bent knee is straightened to a

**Surface Ballet Leg Double Position.** Maintaining the legs vertical, the body submerges to a Submerged **Back Pike Position** until the feet are just below the surface. Executing a 360° rotation the body rises to the surface simultaneously lowering one leg with foot at the surface to assume a **Surface Flamingo Position**.

The horizontal leg is straightened to a **Ballet Leg Position**. The vertical leg is lowered straight to a **Back Layout Position**. Head first travel is allowed during the Ballet Leg sequence. [DD= 2.9]

3. Starting and maintaining a **Fishtail Position**, with the horizontal leg leading toward the vertical leg, 2 rapid rotations (720°) are executed. [DD 1.8]
4. A *Cyclone* is executed to a **Vertical Position**. A **Half Twist** is executed. Continuing in the same direction *an additional rotation of 180° is executed as the legs are symmetrically opened to assume a Split Position*.  
A *Walkout Front* is executed. [DD 3.0]
5. Starting in a submerged **Back Pike Position** with the legs perpendicular to the surface, a *Flying Fishtail* is executed. [DD 2.5]
6. The routine must contain a lift, jump or throw, this can be placed anywhere in the routine.
7. With the exception of the deck work, entry and the lift, jump or throw, all elements required and supplementary must be performed simultaneously and facing the same direction. Mirror actions are not

#### **4.2.4. Team Required Elements**

1. Starting in a **Submerged Back Pike Position** with the legs perpendicular to the surface, a Thrust is executed to a **Vertical Position** and with no loss of height one leg is lowered to a **Bent Knee Vertical Position**. A rapid 180° Spin is executed as the bent knee is extended to a **Vertical Position**. All movements are executed rapidly. [DD 2.3]
2. From a Vertical position, a Twist Spin is executed. [DD 1.8]
3. A Cyclone is executed to a Vertical Position, the legs are symmetrically lowered to a Split Position. A Walkover Front is executed. [DD 2.6]
4. Manta Ray Hybrid: A Flamingo is executed to a Surface Flamingo Position, travelling head first. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves with the knee at the surface to assume a Fishtail Position. The horizontal leg is lifted rapidly to a Vertical Position, with the horizontal leg leading toward the vertical leg, as the body rotates 180°. The legs are lowered rapidly simultaneously to a Bent Knee Surface Arch Position. The bent knee is straightened to a Surface Arch Position and with continuous motion, an Arch to Back Layout Finish Action is executed. [DD 3.1]
5. From a Submerged Back Pike Position, with the legs perpendicular to the surface, a Barracuda Airborne Split is executed. [DD 2.5]

The routine must contain only two acrobatic movements: one using all team members, and another two identical acrobatic movements performed simultaneously. These may be placed anywhere in the routine. Acrobatic movements: A general term for jumps, throws, lifts, stacks, platforms, etc., which are performed as spectacular gymnastic feats and/or risky actions, and are mostly achieved with assistance from other swimmer(s).

The routine must contain a Cadence Action with either arms, legs or both. This may be placed anywhere in the routine. 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 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. At least one circle and at least one straight line must be included in the routine.

With exception of the deck work, entry, the Acrobatic movements and the Cadence Action, all elements are required and supplementary are must be performed simultaneously and facing the same direction by all team members. Variations in propulsion and direction facing are permitted only during underwater pattern changes and underwater actions and making and finishing a circle. Mirror actions are not permitted with the exception of the circle.

### ***4.3. OPEN TECHNICAL ELEMENTS FOR TECHNICAL ROUTINES***

#### General Requirements

\*Subject to change due to new FINA Manual

Unless otherwise specified in the description of an element:

All figures or components thereof shall be executed according to the requirements described in appendices II - IV.

All elements shall be executed high and controlled, in uniform motion with each section clearly defined.

Required Elements #1 - #5 shall be judged within the Elements score.

Required Elements #1- #5 are to be performed in the order listed.

- It is strongly recommended, for clarity of judgment that Required Elements #1 - #5 are separated by other content.

For Solo, Duet and Mixed Duet only, Required Elements #1- #5 shall be performed parallel to the sides of the pool where the panels of judges are seated. Penalties SS18.

Time limits as in SS 14.1. Penalties SS18

#### ***4.3.1. Solo Required Elements***

1. Starting in a Submerged Back Pike Position with the legs perpendicular to the surface a Thrust is executed to a Vertical Position and with no loss of height one leg is lowered rapidly to a Bent Knee Position and as the vertical leg is lowered forward, the bent knee is extended to assume an Airborne Split Position and maintaining maximum height the legs are lifted symmetrically to a Vertical Position, followed by a Vertical Descent. All movements are executed rapidly. [DD 2.7]

2. A Dolphin is initiated, and the back continues to arch to assume a Surface Arch Position. The legs are lifted to a Vertical Position. Two Full Twists (720°) are executed, and continuing in the same direction a Continuous Spin 1080° (3 rotations) executed. [DD 3. 4]

3. 141 - Stingray. A Flamingo is executed to a Surface Flamingo Position, travelling head first. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves to assume a Fishtail Position. The horizontal leg is lifted in an arc over the surface. As it passes the vertical leg which moves symmetrically, a 180° rotation is started and is completed as a Split Position is assumed. A Walkout Front is executed. [DD 3.2]

4. Starting in a Vertical Position a Full Twist is executed followed by a Combined Spin of 1080° (3 rotations + 3 rotations). [DD 2.7]

5. Starting in a submerged Back Pike Position with the legs perpendicular to the surface, a Barracuda Continuous Spin 720° (2 rotations) is executed. [DD 2. 3]

Routine time limit including 10 seconds for deck work: 2:00

### **4.3.2. Duet Required Elements**

Required elements 1-5 are to be performed in the order listed.

1. Starting in a Vertical Position, a Full Twist is executed as one leg is lowered to a Bent Knee Vertical Position. Continuing in the same direction another Full Twist is executed, as the bent knee is extended to a Vertical Position. A Continuous Spin of 1080° is executed. (3 rotations). [DD 2.3]
2. From a Back Layout Position a straight leg is lifted to a Ballet Leg Position. The shin of the horizontal leg is drawn along the surface to assume a Surface Flamingo Position. The bent knee is straightened to a Surface Ballet Leg Double Position. Maintaining the legs vertical, the body submerges to a Submerged Back Pike Position until the feet are just below the surface. Executing a 360° rotation the body rises to the surface simultaneously lowering one leg with foot at the surface to assume a Surface Flamingo Position. The horizontal leg is straightened to a Ballet Leg Position. The vertical leg is lowered straight to a Back Layout Position. Head first travel is allowed during the Ballet Leg sequence. [DD 2.9]
3. Starting and maintaining a Fishtail Position, with the horizontal leg leading toward the vertical leg, 2 rapid rotations (720°) are executed. Continuing in the same direction and same speed, a rapid Full Twist is executed as the horizontal leg is lifted to a Vertical Position. A Continuous Spin 720° is executed. [DD 2.8]
4. A Cyclone is executed to the Vertical Position. A Half Twist is executed. Continuing in the same direction an additional rotation of 180 ° is executed as the legs are symmetrically opened to assume a Split Position. A Walkout Front is executed. [DD 3.0]
5. Starting in a submerged Back Pike Position with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position and with no loss of height one leg is rapidly lowered to a Fishtail Position. The horizontal leg is lifted to a Vertical Position as a Spin 360° is executed. [DD 2.5]
6. The routine must contain a lift, jump or throw, this can be placed anywhere in the routine.
7. With the exception of the deck work, entry and the lift, jump or throw, all elements required and supplementary must be performed simultaneously and facing the same direction. Mirror actions are not permitted. Routine time limit including 10 seconds for deck work: 2:00

### **4.3.3 Team Required Elements**

Required elements 1-5 are to be performed in the order listed.

1. Starting in a Submerged Back Pike Position with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position and with no loss of height one leg is lowered to a Bent Knee Vertical Position. A rapid 360° Spin is executed as the bent knee is extended to a Vertical Position. [DD 2.5]
2. From Vertical Position, a Full Twist is executed, followed by a Continuous Spin 1440° (4 rotations). [DD 2.2]
3. A Cyclone is executed to a Vertical Position, the legs are symmetrically lowered to a Split Position. A Walkover Front is executed. [DD 2.6]
4. Manta Ray Hybrid: A Flamingo is executed to a Surface Flamingo Position, travelling head first. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg

moves with the knee at the surface to assume a Fishtail Position. The horizontal leg is lifted rapidly to a Vertical Position, with the horizontal leg leading toward the vertical leg, as the body rotates 180°. The legs are lowered rapidly simultaneously to a Bent Knee Surface Arch Position. The bent knee is straightened to a Surface Arch Position and with continuous motion, an Arch to Back Layout Finish Action is executed. [DD 3.1]

5. From a Submerged Back Pike Position, with the legs perpendicular to the surface, a Barracuda Airborne Split is executed. [DD 2.5]

The routine must contain two acrobatic movements: one using all team members, and another with two simultaneous acrobatic movements, with each acrobatic movement performed simultaneously with identical movements facing the same direction. These may be placed anywhere in the routine. Acrobatic movements: A general term for jumps, throws, lifts, stacks, platforms, etc., which are performed as spectacular gymnastic feats and/or risky actions, and are mostly achieved with assistance from other swimmer(s).

The routine must contain a Cadence Action with either arms, legs or both. This may be placed anywhere in the routine. 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 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. At least one circle and at least one straight line must be included in the routine.

With exception of the deck work, entry, the Acrobatic movements and the Cadence Action, all elements required and supplementary – must be performed simultaneously and facing the same direction by all team members. Variations in propulsion and direction facing are permitted only during underwater pattern changes and underwater actions. Mirror actions are not permitted with the exception of the circle.

#### ***4.3.4 Mixed Duet Required Elements***

Required elements 1-5 are to be performed in the order listed.

1. From Front Pike Position the legs are lifted to Vertical Position as a rotation of 360° is executed.

2. Ballet leg Sequence: A Ballet Leg is assumed followed by a rapid exchange to assume the opposite Ballet Leg as the vertical leg is lowered straight to horizontal. The horizontal leg is bent to assume a Surface Flamingo Position. The bent leg is straightened to a Ballet Leg Double Position. Maintaining the Ballet Leg Double Position, a rotation of 360° is executed. Travelling head first until the Ballet Leg Double Position is assumed.

3. From a Submerged Back Pike Position with the legs perpendicular to the surface, a Barracuda Twirl is executed.

4. From a Knight Position, maintaining the vertical alignment of the body, the horizontal leg is moved in a 180° arc at the surface of the water to assume a Fishtail Position. Maintaining the angle between the legs, the horizontal leg moves to vertical as the vertical leg simultaneously continues its arc to the surface to assume a Knight Position. The vertical leg is lowered to assume a Surface Arch Position, with continuous motion a surface arch to back layout finish action is executed.

5. From a Front Pike Position the legs are lifted to a Vertical Position -A Full Twist is executed as one leg is lowered to a Bent Knee Vertical Position, followed by a Continuous Spin of 720° (2 rotations) as the bent knee is joined to a Vertical Position.

6. The routine must contain only one lift, jump, or throw, which can be placed anywhere in the routine.

7. The routine must contain at least one connected action, which can be placed anywhere in the routine.  
 Connected Action: the swimmers must be touching in some manner during the performance of the element.
8. Required Elements #1 - #5 must be performed simultaneously and facing the same direction.

## 5. ROUTINE TIME LIMITS FOR STATE AND NATIONAL STREAMS

### 5.1. State Stream

	<b>SOLO</b>	<b>DUET</b>	<b>TEAM</b>
<i>10 &amp; Under SS</i>	1:45	2:15	2:45
<i>12 &amp; Under SS</i>	2:00	2:15	2:45
<i>13 &amp; Over SS</i>	2:00	2:30	3:00

### 5.2. National Stream

	<b>SOLO</b>	<b>DUET</b>	<b>TEAM</b>	<b>COMBO</b>	<b>HIGHLIGHT</b>
<i>12 &amp; Under NS</i>	2:00	2:30	3:00		
<i>13/15 NS</i>	2:15	2:45	3:30		
<i>Junior</i>	2:30	3:00	4:00		
<i>Open/Jr Tech</i>	2:00	2:20	2:50		
<i>Open Free</i>	2:30	3:00	4:00	4:00	2:30
<i>Mixed Tech</i>		2:20			
<i>Mixed Free</i>		3:00			
<i>Free Age Combo</i>				4:00	2:30

*All routines are +/- 15 seconds*

*Deck work must be 10 seconds or less*

*Walk on must be 30 seconds or less, timed from the first athlete crossing the starting point until all athletes are stationary*

## 6. MASTERS

### 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:25–29,30–39,40–49,50–59,60–69,70–79,80andover

**MAS 1.2** Duet:25–29,30–39,40–49,50–59,60–69,70–79,80andover with age determined by the average age of the competitors.

**MAS 1.3** MixedDuet:25–29,30–39,40–49,50–59,60–69,70–79,80and 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). 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.

### **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.

#### **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.

<i>Technical Routines Solo</i>	1 minute 30 seconds
<i>Free Routines Solo</i>	2 minutes 30 seconds
<i>Technical Routines Duet</i>	1 minute 40 seconds
<i>Free Routines Duet</i>	3 minutes
<i>Technical Routines Mixed Duet</i>	1 minute 40 seconds
<i>Free Routines Mixed Duet</i>	3 minutes
<i>Technical Routines Teams</i>	1 minute 50 seconds
<i>Free Routines Teams</i>	4 minutes

There shall be no minimum time limit

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

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 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.