

ARTISTIC SWIMMING WA  
TECHNICAL PACKAGE  
2022/2023



Artistic  
Swimming  
WA

## Introduction

The Technical Package should be used as your resource guide for the 2022/2023 season. If there are no specific rules, please refer to FINA RULES.

Artistic Swimming WA (ASWA) wishes to ensure a successful and productive season for its members.

## Competition Schedule

DATE	EVENT	EVENTS AVAILABLE	AGE GROUPS	LOCATION
September 3 <sup>rd</sup>	Basic Skills Competition  High Performance Trials	Detailed information in the HP Selection Criteria Document	Skills Competition: 12U NS 13-15 NS  HP Trials: 13-15NS Junior/Senior	HBF Stadium
October 22 <sup>nd</sup> 2022	Figures Competition	National Stream Figures State Stream Figures	Figures: NS 12U, NS 13-15, SS 10U, SS12U, SS13&O	
November 12 <sup>th</sup> 2022	Figures Competition	National Stream Figures State Stream Figures	Figures: NS 12U, NS 13-15, SS 10U, SS12U, SS13&O	
December 10 <sup>th</sup> -11 <sup>th</sup> 2022	Routine & Figure Competition	National Stream Figures State Stream Figures Team Routines	Figures: NS 12U, NS13-15, SS 10U, SS12U, SS 13&O  Routines: NS 12&U, NS13-15 TEAM ROUTINE ONLY  NS Junior, NS Senior, Masters Technical Teams Only  SS 10U, SS 12&U, SS 13&Over TEAM ROUTINE ONLY	

February 4 <sup>th</sup> -5 <sup>th</sup> 2023	Routine & Figure Competition	National Stream Figures State Stream Figures All Routines	Figures: NS 12U, NS13-15, SS 10U, SS12U, SS 13&O  Routines: All age groups, NS, SS and Masters All routines
March 11 <sup>th</sup> - 12 <sup>th</sup> 2023	WA State Championships	National Stream Figures State Stream Figures All Routines	Figures: NS 12U, NS13-15, SS 10U, SS12U, SS 13&O  Routines: All age groups, NS, SS and Masters All routines
8 <sup>th</sup> -11 <sup>th</sup> April 2023	Hancock Prospecting Artistic Swimming Australian Open & Age Group Championships	National Stream Figures and Routines	

## Artistic Swimming WA Workshops

Artistic Swimming Australia workshops and additional ASWA workshops will be communicated to clubs and coaches throughout the year.

Date	Workshop	Location	Time
13 <sup>th</sup> August 2022	Coach Workshop Focus: Skills competition, new FINA figures, teaching skills, professionalism on pool deck	RLSSWA	TBC
11 <sup>th</sup> September	Building Blocks to Brisbane 2032 Part 1 Focus: Skills for competitive success for swimmers aged under 13 years old. Coached by Olympians Rose Stackpole and Amie Thompson	HBF	TBC
9 <sup>th</sup> October	Building Blocks to Brisbane 2032 Part 2	HBF	TBC
6 <sup>th</sup> November	Building Blocks to Brisbane 2032 Part 3	HBF	TBC
20 <sup>th</sup> November	Building Blocks to Brisbane 2032 Part 4	HBF	TBC

## Skills Competition

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

ASWA coaches have identified that NS swimmers need to improve on basic skills. The purpose of the basic skills competition is to create a standardized set of skills practiced at clubs as well as to monitor the progress of ASWA's NS swimmers. The basic skills competition will be scheduled once at the beginning of each competitive season. Swimmers will achieve a score for each skill performed. An overall score that incorporates every skill will be calculated to determine the overall ranking of each swimmer. All skills are weighted equally, regardless of the number of points that can be achieved.

A video will be provided to coaches which demonstrates the desired level of execution for each skill.

#### SCORING:

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

1. ASWA Judging Coordinator
2. ASWA HP Coaches
3. Head coach or designated coach from each NS Club.

### 12/UNDER NS Skills Testing Criteria

#### LAND

##### 1. Ariana Splits

Criteria	Point Value
<i>All positions:</i> Knees extended and both feet pointed.	1
<i>All positions:</i> Legs evenly split forward and back.	1
<i>All positions:</i> Lower back arched, with hips, shoulders and head on a vertical line.	1
<i>Right leg split:</i> 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.	1
<i>Left leg split:</i> 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.	1
<i>Middle split:</i> 180° angle between the extended legs (Flat split) with inside of each leg aligned on a horizontal line, regardless of the height of the hips.	1

## 2. Headstand from tuck position

Criteria	Point Value
<i>All positions:</i> legs together, legs and feet extended	1
<i>Tuck position:</i> Lower leg (knees to ankles) are in vertical alignment	1
<i>Vertical position:</i> Vertical alignment of the full body (perpendicular to the ground)	1
Hold vertical position for 30 seconds.	1

*Note:* Swimmers will have two opportunities to complete this skill. Swimmers can choose to use a headstand unit or perform the skill with no assistance.

## 3. Bridge

Criteria	Point Value
<i>Start position:</i> Standing with arms extended vertically above the head	1
<i>Bridge position:</i> Hands, elbows and shoulders in vertical alignment	1
<i>Bridget position:</i> Legs together, legs and feet extended	1
Hold Bridge position for 20 seconds	1

*Note:* Swimmers will have the option to use a 'spotter' to support them during the transition from standing to bridge position.

## 4. 1 minute PLANK Front and Side

Criteria	Point Value
<i>Front plank:</i> Legs, hips, torso and head extended in one line	1
<i>Front plank:</i> Legs extended and feet together	1
<i>Front plank:</i> Arms vertical from shoulder to wrist	1
<i>Side plank:</i> Legs, hips, torso and head extended in one line	1
<i>Side plank:</i> Arm extended, shoulder to fingertips in vertical alignment	1
Hold each position for 30 seconds	1

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

Criteria	Point Value
<i>Full exercise:</i> Legs together and both knees and feet extended	1
<i>Start position:</i> Straight back layout, arms extended above the head, legs and arms may touch the ground.	1
<i>V position:</i> hands touch the toes, body and legs make a 'V' shape	1
<i>Layout position:</i> Straight back layout, arms extended above the head, legs and arms may NOT touch the ground.	1
8 v sit ups completed with the correct technique	1

## SWIMMING / SYNCHRO SKILLS

### 1. 50 meters butterfly (technique)

Criteria	Point Value
Butterfly stroke and kick for the full 50m	1
Breathing every 2 <sup>nd</sup> stroke	1
Head enters the water before the arms	1

### 2. 50 meters kick-pull-kick (under 1'30'')

Criteria	Point Value
Alternating arms every kick	1
Collar bone dry for the full 50m	1
Both arms stretched on each kick	1
50m completed in under 1'30	1

### 3. 100 meters freestyle (under 1'40'')

Criteria	Point Value
Freestyle stroke and kick for the full 100m	1
100m completed in under 1'40	1

### 4. 25 meters under

Criteria	Point Value
Swimmer stays underwater for the full 25m (no breathing)	1

*Note:* Swimmers must touch the wall at the 25m mark before coming up to breathe

### 5. 25 meters eggbeater (12'5 meters with the right arm stretched and 12,5 meters with the left)

Criteria	Point Value
<i>Moving to the right:</i> Right arm extended in vertical alignment for the full 12.5m	1
<i>Moving to the right:</i> Chin does not touch the surface for the full 12.5m	1
<i>Moving to the left:</i> Left arm extended in vertical alignment for the full 12.5m	1
<i>Moving to the right:</i> Chin does not touch the surface for the full 12.5m	

*Note:* Swimmers can scull with the arm that is not extended.

**6. 5 meters moving forward in a surface arch position (non- stop)**

Criteria	Point Value
<i>Full exercise:</i> Legs together and both knees and feet extended	1
<i>Back Layout (start position):</i> Dry layout with arms above head	1
<i>Surface arch:</i> Legs dry at the surface from hips to toes	1
<i>Surface arch:</i> Shoulders and hips in vertical alignment	1
<i>Surface arch:</i> Consistent forward movement for 5 meters	1

**7. 25 meters ballet leg (technique, non-stop)**

Criteria	Point Value
<i>Full exercise:</i> Both knees and feet extended	1
<i>Full exercise:</i> vertical leg stays perpendicular to the surface	1
<i>Full exercise:</i> Horizontal foot dry	1
Complete 25 meters non stop	1

**13-15 NS Skills Testing Criteria**

**1. Ariana Splits**

Criteria	Point Value
<i>All positions:</i> Knees extended and both feet pointed.	1
<i>All positions:</i> Legs evenly split forward and back.	1
<i>All positions:</i> Lower back arched, with hips, shoulders and head on a vertical line.	1
<i>Right leg split:</i> 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.	1
<i>Left leg split:</i> 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.	1
<i>Middle split:</i> 180° angle between the extended legs (Flat split) with inside of each leg aligned on a horizontal line, regardless of the height of the hips.	1

## 2. Headstand from front pike position.

Criteria	Point Value
<i>All positions:</i> legs together, and both knees and feet extended	1
<i>Pike position:</i> legs parallel with floor	1
<i>Pike position:</i> Vertical alignment of upper body (perpendicular to the ground)	1
<i>Vertical position:</i> Vertical alignment of the full body (perpendicular to the ground)	1
<i>Split position:</i> legs split evenly front and back, with inside of each leg aligned on opposite sides of a horizontal line	1
<i>Split position:</i> min 170° angle between the extended legs (Flat split)	1
Hold each position for 12 seconds	

*Note:* Swimmers will have two opportunities to complete this skill. Swimmers can choose to use a headstand unit or perform the skill with no assistance.

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

Pushups: Maintaining the plank position, bend the elbows to lower the body until the upper arm is parallel to the ground, 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 in alignment. At least 9 of the 10 push-ups should be as per the description.

Criteria	Point Value
<i>Front plank:</i> Legs, hips, torso and head extended in one line	1
<i>Front plank:</i> Legs extended and feet together	1
<i>Front plank:</i> Arms vertical from shoulder to wrist (no hyper-extended elbows permitted)	1
Hold plank for 30 seconds	1
<i>Push ups:</i> arms bend until the upper arm is parallel to the ground	1
<i>Push ups:</i> head maintains alignment with the body	1
<i>Push ups:</i> Complete minimum 9/10 push ups as per the description	1

## 4. Standing with the leg raised at 90 degrees 12" second hold each direction (front, side and back) without lowering the leg.

Criteria	Point Value
<i>All positions:</i> Both knees extended and lifted foot pointed	1
<i>All positions:</i> Body and standing leg vertical (slight arch in the lower back and slight movement of the body forward in the position where the leg is behind the body)	1



<i>All positions:</i> Horizontal leg is at a 90 angle to the standing leg	1
Hold each position for 12 seconds	1

## 5. Bridge

Starting by standing with arms extended vertically above the head (legs may be apart). Slowly and controlled, bend backwards to form a bridge position, in which the body forms an arch supported by hands and feet. A bridge will be executed with legs extended and together. Lift one leg to meet the vertical line, hold for 12 seconds, then swap legs.

Criteria	Point Value
<i>Start position:</i> Standing with arms extended vertically above the head	1
<i>Bridge position:</i> Hands, elbows and shoulders in vertical alignment. Legs together and extended.	1
<i>Single leg bridge position:</i> foot, hips, shoulders and head are in vertical alignment	1
Hold each position for 12 seconds	1

*Note:* Swimmers will have the option to use a 'spotter' to support them during the transition from standing to bridge position.

## 6. 10 "V" SIT UPS *Closing fast and opening slow (technique)*

Beginning in a straight back layout position with arms stretched up and legs together, knees extended, and feet pointed. Legs are permitted to touch the ground in the starting position. Simultaneously, arms, body, and legs are lifted straight to a V position where hands touch the feet. You return to the initial position with your feet slightly above, but not touching the ground. The closing part to the "V" position should be fast and the opening slow and controlled. There is a clear change of tempo between the closing and opening actions.

**PASSING REQUIREMENTS:** The feet should be off the floor for the whole exercise. The swimmer must maintain correct technique for at least 8 'V' sit ups.

Criteria	Point Value
<i>Full exercise:</i> Legs together and both knees and feet extended	1
<i>Start position:</i> Straight back layout, arms extended above the head, legs and arms may touch the ground.	1
<i>V position:</i> hands touch the toes, body and legs make a 'V' shape	1
<i>Layout position:</i> Straight back layout, arms extended above the head, legs and arms may NOT touch the ground.	1
8 v sit ups completed with the correct technique	1

## SWIMMING / SYNCHRO SKILLS

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

Criteria	Point Value
Freestyle kick for the full 50m. Face may be in or out of the water.	1
Hands stay in streamline position for the full 50m (athletes are not permitted to use their hands to scull when breathing)	1
Full 50m completed in under 1 minutes	1

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

Criteria	Point Value
Butterfly stroke and kick for the full 50m	1
Breathing every 2 <sup>nd</sup> stroke	1
Head enters the water before the arms	1
Full 50m completed in under 50 seconds	1

### 3. 50 meters kick-pull (under 1'15'')

Criteria	Point Value
Alternating arms every kick	1
Collar bone dry for the full 50m	1
Both arms stretched on each kick (arms may be above or under)	1
50m completed in under 1.15	1

### 4. 12'5m double ballet leg (non-stop)

Criteria	Point Value
<i>Full exercise:</i> Both knees and feet extended	1
<i>Full exercise:</i> legs stay perpendicular to the surface (vertical alignment from hips to feet)	1
<i>Full exercise:</i> Face dry at the surface	1
Complete 12.5m non-stop	1

### 5. 25 meters double arm eggbeater both arms stretched in line with shoulders (Moving forward)

Criteria	Point Value
Arms extended in vertical alignment for the full 25m	1
Chin does not touch the surface for the full 25m	1
Knees stay in front or in line with the hips	1

## Competition Program

More information regarding the new FINA rules (2022-2025) will be communicated early this season. It is recommended that all coaches familiarise themselves with the rule changes. The FINA rules (2022-2025) can be accessed via the link below. Please note that the documents presented are a DRAFT ONLY. The final version will be released in October.

<https://www.fina.org/artistic-swimming/rules>

## Age Groups/Categories

<i>STATE STREAM</i>	<i>NATIONAL STREAM</i>
10U 12U 13U 13+ MASTERS	12&U YOUTH (13-15) JUNIOR (15-19) SENIOR (15+)  MALE AGE GROUPINGS: 12&U YOUTH (13-16) JUNIOR (15-20) SENIOR (15+)  <i>MASTERS</i>

## State Stream

The State Stream is an opportunity for athletes to compete up to the State Titles in a program with modified figures and routine 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 ASWA to pre-swim at the Australian National Championships.

## Competitive Figures State Stream

<i>10 &amp; UNDER (SS)</i>	<i>12 &amp; UNDER (SS)</i>	<i>13 &amp; OVER (SS)</i>
<b>Compulsory Figures</b>	<b>Compulsory Figures</b>	
Sailboat Alternate 301 Barracuda	106 Ballet Leg Single 301 Barracuda	101 Straight Ballet Leg 301 Barracuda
362 Surface Prawn 316 Kipnus	<b>Optional Group 1 Figures</b>	
	324 Somersub 311 Kip	359 Front Ariana 348 Tower
	<b>Optional Group 2 Figures</b>	
	361 Prawn 420 Walkover Back	363 Waterdrop 401 Swordfish
	<b>Optional Group 3 Figures</b>	
	323 Somersault Front Pike 363 Water Drop	311 Kip 227d Swanita Spinning 180

## Competitive Figures National Stream

<i>12 &amp; Under National Stream</i>	<i>13/15 National Stream</i>
<b>Compulsory</b> 106 Straight Ballet Leg 301 Barracuda	<b>Group 1</b> 140g Flamingo Bent Knee, Twist Spin 437 Cyclone, Open 180
<b>Group 1</b> 359 Front Ariana 348 Tower	<b>Group 2</b> 308h Barracuda Airborne Split Spin Up 180 407 Swordfish Straight Leg Ariana Rotation
<b>Group 2</b> 363 Waterdrop 401 Swordfish	<b>Group 3</b> 356f Whip Continuous Spin 720 441 Saturn
<b>Group 3</b> 311 Kip 227d Swanita Spinning 180	<b>Group 4</b> 352 Venus 240i Albatross Spin Up 360
	<b>Group 5</b> 440d Ipanema Spinning 180 311j Kip Combined Spin

## Solo Required Elements

### Element 1

#### 1A - Thrust Continuous Spin 720° DD – 2.7

From a Submerged Back Pike Position, with the legs perpendicular to the surface, a Thrust Continuous Spin 720° (2 rotations) is executed.

#### 1B - Thrust Spinning 360° DD - 2.1

From a Submerged Back Pike Position, with the legs perpendicular to the surface, a Thrust Spinning 360° (1 rotation) is executed.

### Element 2

#### 2A – Combined Spin 1080° – Continuous Spin 1080° DD - 3.0

From a Vertical Position a Combined Spin of 1080° is executed (3 rotations + 3 rotations). Continuing in the same direction and without a pause a Continuous Spin 1080° (3 rotations) is executed.

#### 2B – Combined Spin 720° – Continuous Spin 1080° DD - 2.7

From a Vertical Position a Combined Spin of 720° is executed (2 rotations + 2 rotations). Continuing in the same direction and without a pause a Continuous Spin 1080° (3 rotations) is executed.

### Element 3

#### 3- Swordfish Straight Leg - Knight DD-3.2

From a Front Layout Position, the back arches as one leg is lifted in a 180° arc over the surface to a Split Position. A hip rotation of 180° is executed as the front leg is rapidly raised to assume a Fishtail Position. Maintaining the vertical alignment of the body and with accelerating speed, the foot of the horizontal leg is moved in a horizontal arc of 180° at the surface to a Knight Position and with continuous motion and continuing in the same direction an additional 180° rotation is executed. The vertical leg is lowered to a Surface Arch Position and with continuous motion an Arch to Back Layout Finish Action is executed.

### Element 4

#### 4A – Fishtail Half Twist - Continuous Spin 720° DD – 2.9

From a Front Pike Position, a rotation of 360° is executed as one leg is lifted to a Fishtail Position. Continuing in the same direction a Half Twist in a Fishtail Position is executed. Continuing in the same direction another rotation of 360° is executed, as the horizontal leg is lifted to a Vertical Position. Continuing in the same direction, a Continuous Spin of 720° (2 rotations) is executed.

#### 4B - Fishtail - Continuous Spin 720° DD – 2.6

From a Front Pike Position, a rotation of 360° is executed as one leg is lifted to a Fishtail Position. Continuing in the same direction another rotation of 360° is executed, as the horizontal leg is lifted to a Vertical Position. Continuing in the same direction a Continuous Spin of 720° (2 rotations) is executed.

#### Element 5

#### 5A – Rocket Split Bent Knee Joining 360° DD - 2.4

From a Submerged Back Pike Position, with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position. Maintaining maximum height, the legs are split rapidly to assume an Airborne Split Position. The back leg is rapidly lifted to vertical and the front leg bends to assume a Bent Knee Vertical Position. A rapid 360° Spin is executed as the bent knee is extended to a Vertical Position completed as the ankles reach the surface of the water followed by a Vertical Descent at the same tempo as the Thrust.

#### 5B – Rocket Split Bent Knee DD - 2.1

From a Submerged Back Pike Position, with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position. Maintaining maximum height, the legs are split rapidly to assume an Airborne Split Position. The back leg is rapidly lifted to vertical and the forward leg bends to assume a Bent Knee Vertical Position. A Vertical Descent is executed with the bent knee extended to a Vertical Position completed as the ankles reach the surface of the water, followed by a Vertical Descent at the same tempo as the Thrust.

#### SOLO Technical Routine Additional Requirements 6

Two (2) additional hybrids must be performed. These may be placed anywhere in the routine.

## Duet Required Elements

### Element 1

#### 1A – Walkover Back Closing 360° – Continuous Spin 1080° DD – 3.0

From a Back Layout Position a Surface Arch Position is assumed. One leg is lifted in a 180° arc over the surface to a Split Position. A rotation of 360° is executed, as the legs symmetrically close to a Vertical Position. Continuing in the same direction a Continuous Spin of 1080° (3 rotations) is executed.

#### 1B – Walkover Back Closing 180° – Continuous Spin 720° DD – 2.5

From a Back Layout Position a Surface Arch Position is assumed. One leg is lifted in a 180° arc over the surface to a Split Position. A rotation of 180° is executed, as the legs symmetrically close to a Vertical Position. Continuing in the same direction a Continuous Spin of 720° (2 rotations) is executed.

### Element 2

#### 2A – Rocket Split Alternating Legs – Spinning 180° DD - 2.8

From a Submerged Back Pike Position, with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position. Maintaining maximum height, the legs are split rapidly to assume two alternating Airborne Split Positions. The legs rapidly re-join to a Vertical Position. A rapid 180° Spin is executed.

#### 2B - Rocket Split – Spinning 180° DD - 2.4

From a Submerged Back Pike Position, with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position. Maintaining maximum height, the legs are split rapidly to assume an Airborne Split Position. The legs rapidly re-join to Vertical Position. A rapid 180° Spin is executed.

### Element 3

#### 3A- Flamingo Full Twist Hybrid DD – 2.9

From a Surface Ballet Leg Double Position, maintaining the vertical position of the legs, the hips are lifted as the trunk is unrolled to a Vertical Position. A Full Twist is executed. Continuing in the same direction and without a pause an additional rotation of 180° is executed as the legs are symmetrically opened to assume a Split Position. A Walkout Front is executed.

#### 3B- Flamingo Half Twist Hybrid DD - 2.6

From a Surface Ballet Leg Double Position, maintaining the vertical position of the legs, the hips are lifted as the trunk is unrolled to a Vertical Position. A Half Twist is executed. Without a pause the legs open symmetrically to a Split Position. A Walkout Front is executed.

### Element 4

#### 4A - Fishtail – Knight - Continuous Spin 1080° DD - 3.2

From a Front Pike Position one leg is lifted to a Fishtail Position. The horizontal leg is rapidly lifted through an arc of  $180^\circ$  to assume a Knight Position. A rapid Full Twist is executed as the horizontal leg is lifted to a Vertical Position. Continuing in the same direction a Continuous Spin  $1080^\circ$  (3 rotations) is executed.

4B - Fishtail – Knight - Continuous Spin  $720^\circ$  DD – 2.7

From a Front Pike Position one leg is lifted to a Fishtail Position. The horizontal leg is rapidly lifted through an arc of  $180^\circ$  to assume a Knight Position. A rapid Half Twist is executed as the horizontal leg is lifted to a Vertical Position. Continuing in the same direction a Continuous Spin  $720^\circ$  (2 rotations) is executed.



## Element 5

### 5A – Thrust Bent Knee Twirl Spin 360° DD - 2.3

From a Submerged Back Pike Position, with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position. One leg is lowered to a Bent Knee Vertical Position as a Twirl is executed. Continuing in the same direction and without a pause a rapid 360° Spin is executed as the bent knee is extended to join the vertical leg in a Vertical Position completed as the ankles reach the surface of the water, followed by a Vertical Descent at the same tempo as the Thrust.

### 5B - Thrust - Bent Knee Twirl DD 2.1

From a Submerged Back Pike Position, with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position. One leg is lowered to a Bent Knee Vertical Position as a Twirl is executed. Without a pause a Vertical Descent is executed as the bent knee is extended to join the vertical leg in a Vertical Position completed as the ankles reach the surface of the water, followed by a Vertical Descent at the same tempo as the Thrust.

## DUET Technical Routine Additional Requirements. 6.

Two (2) additional hybrids and one (1) Pair Acrobatics must be performed. These may be placed anywhere in the routine.

## Mixed Duet Required Elements

### Element 1

#### 1A – Rocket Split Twirl Spin 180° DD – 2.7

From a Submerged Back Pike Position, with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position. Maintaining maximum height, the legs are split rapidly to assume an Airborne Split Position. A Twirl is executed, as the legs symmetrically close to a Vertical Position. Continuing in the same direction a rapid 180° Spin is executed.

#### 1B – Rocket Split Twirl DD – 2.5

From a Submerged Back Pike Position, with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position. Maintaining maximum height, the legs are split rapidly to assume an Airborne Split Position. A Twirl is executed, as the legs symmetrically close to a Vertical Position. A Vertical Descent is executed at the same tempo as the Thrust.

### Element 2

#### 2A - Front Pike – Vertical 360° Rotation - Full Twist to Bent Knee - Continuous Spin 720° DD 2.4

From a Front Pike Position, the legs are lifted to Vertical Position as a rotation of 360° is executed. Continuing in the same direction a Full Twist is executed as one leg is lowered to a Bent Knee Vertical Position. Continuing in the same direction a Continuous Spin 720° (2 rotations) is executed as the bent knee is extended to join the vertical leg to a Vertical Position completed as the ankles reach the surface of the water and continues through submergence.

#### 2B - Front Pike – Vertical 180° Rotation – 1/2 Twist to Bent Knee - Continuous Spin 720° DD 2.2

From a Front Pike Position, the legs are lifted to Vertical Position as a rotation of 180° is executed. Continuing in the same direction a Half Twist is executed as one leg is lowered to a Bent Knee Vertical Position. Continuing in the same direction a Continuous Spin 720° (2 rotations) is executed as the bent knee is extended to join the vertical leg to a Vertical Position completed as the ankles reach the surface of the water and continues through submergence.

### Element 3

#### 3 – London Hybrid DD 3.3

A Ballet Leg is assumed followed by a partial Somersault Back Tuck as both legs are drawn into a Tuck Position, until the shins are perpendicular to the surface. The trunk unrolls rapidly as the legs are rapidly straightened to assume a Vertical Position midway between the former vertical line through the hips and the former vertical line through the head and the shins. The legs are symmetrically lowered to a Split Position, and without a pause a rapid hip rotation of 180° is executed as the front leg is raised

to assume a Fishtail Position. The horizontal leg is rapidly lifted through an arc of 180° to assume a Knight Position. The vertical leg is lowered to assume a Surface Arch Position, and with continuous motion an Arch to Back Layout Finish Action is executed

#### Element 4

##### 4A - Nova Hybrid – Half Twist – Continuous Spin 1080° DD – 3.0

From a Back Layout Position a Bent Knee Surface Arch Position is assumed. The legs are lifted and join simultaneously to a Vertical Position, as a Full Twist is executed. Continuing in the same direction and without a pause a Half Twist is executed. Continuing in the same direction and without a pause a Continuous Spin 1080° (3 rotations) is executed.

##### 4B - Nova Hybrid –Continuous Spin 1080° DD – 2.6

From a Back Layout Position a Bent Knee Surface Arch Position is assumed. The legs are lifted and join simultaneously to a Vertical Position, as a Full Twist is executed. Continuing in the same direction and without a pause a Continuous Spin 1080° (3 rotations) is executed.

#### Element 5

##### 5A -Thrust Fishtail Hybrid Bent Knee to Vertical Spinning 180° DD - 2.4

From a Submerged Back Pike Position, with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position. With no loss of height, one leg is rapidly lowered to an airborne position midway between a Side Fishtail Position and a Fishtail Position with the foot of the lowered leg touching the surface of the water. The horizontal leg is rapidly lifted as the vertical leg is rapidly lowered to assume a Bent Knee Vertical Position. A rapid 180° Spin is executed, as the bent knee is extended to join the vertical leg in a Vertical Position completed as the ankles reach the surface of the water followed by a Vertical Descent.

##### 5B - Thrust Fishtail Helicopter Spinning 180° DD - 2.1

From 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 an airborne Fishtail Position. A rapid Helicopter Rotation Spinning 180° is executed with the horizontal leg lifted to a Vertical Position during the rotation and is completed as the ankles reach the surface of the water followed by a Vertical Descent.

#### MIXED DUET Technical Routine Additional Requirements 6.

Two (2) additional hybrids, one of which must include a hybrid connection, and one (1) Pair Acrobatics must be performed. These may be placed anywhere in the routine.

## Team Required Elements

### Element 1

#### 1A – Flying Fish Hybrid Spinning 180° DD – 2.5

From 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 an airborne Fishtail Position. Without a pause the horizontal leg is rapidly lifted to a Vertical Position, followed by a rapid 180° Spin.

#### 1B – Flying Fish Hybrid DD – 2.3

From 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 an airborne Fishtail Position. Without a pause the horizontal leg is rapidly lifted to a Vertical Position followed by a Vertical Descent.

### Element 2

#### 2A - Vertical - Full Twist to Bent Knee - Full Twist to Vertical – Open 180° - Walkout DD - 2.6

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. Continuing in the same direction a Half Twist is executed as the legs are symmetrically lowered to a Split Position. A Walkout Front is executed.

#### 2B - Vertical - Half Twist to Bent Knee - Half Twist to Vertical – Split - Walkout DD - 2.3

Starting in a Vertical Position, a Half Twist is executed as one leg is lowered to a Bent Knee Vertical Position. Continuing in the same direction another Half Twist is executed, as the bent knee is extended to a Vertical Position. The legs are symmetrically lowered to a Split Position. A Walkout Front is executed.

### Element 3

Fouetté Rotation - New movement From a Fishtail Position, with the horizontal leg leading toward the vertical leg, a rapid 180° rotation is executed as the front leg bends to assume a Bent Knee Vertical Position. The bent leg rapidly extends to a Fishtail Position.

#### 3A – Two Fouetté Rotations – Vertical – Continuous Spin 720° DD – 2.6

From a Fishtail Position, 2 Fouetté rotations (180°+180°) are executed. The horizontal leg is rapidly lifted to a Vertical Position. Continuing in the same direction a Continuous Spin of 720° (2 rotations) is executed.

#### 3B – Two Fouetté Rotations – Vertical – Spinning 360° DD – 2.3

From a Fishtail Position, 2 Fouetté rotations (180°+180°) are executed. The horizontal leg is rapidly lifted to a Vertical Position. Continuing in the same direction, a rapid Spinning 360° (1 rotation) is executed.

#### Element 4

##### 4 - Butterfly Hybrid DD – 2.9 The Butterfly Hybrid is to be performed rapidly.

From a Front Pike Position, one leg is lifted to a Fishtail Position. The horizontal leg is lifted through an arc of 180° as the vertical leg is lowered to assume a Split Position. Without a pause a hip rotation of 180° is executed as the front leg is raised to assume a Fishtail Position. Continuing in the same direction a 180° rotation is executed as the horizontal leg is lifted to a Vertical Position. The legs are lowered simultaneously to a Bent Knee Surface Arch Position. (Note: The Bent Knee Surface Arch Position can be assumed by using either leg). The bent knee is straightened to a Surface Arch Position and with continuous motion an Arch to Back Layout Finish Action is executed.

#### Element 5

##### 5A-Rocket Split Bent Knee Twirl Hybrid DD – 2.4

From a Submerged Back Pike Position with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position. Maintaining maximum height, the legs are split rapidly to assume an Airborne Split Position, followed by a rapid rotation of 180° to assume an airborne Bent Knee Vertical Position with the front leg bent. A rapid Vertical Descent is executed as the bent knee is extended to join the vertical leg completed as the ankles reach the surface of the water followed by a Vertical Descent.

##### 5B-Rocket Split Bent Knee Hybrid DD – 2.1

From a Submerged Back Pike Position with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position. Maintaining maximum height, the legs are split rapidly to assume an Airborne Split Position followed by the front leg rapidly bending and the back leg rapidly lifting to a vertical to assume an airborne Bent Knee Vertical Position. A Vertical Descent is executed as the bent knee is extended to join the vertical leg completed as the ankles reach the surface of the water followed by a Vertical Descent.

#### TEAM Technical Routine Additional Requirements 6.

Three (3) additional hybrids, one of which must include a Cadence action, and one (1) acrobatic movement must be performed by all team members. These may be placed anywhere in the routine. The DD for the acrobatic movement should not be less than 2.0 nor exceed 2.65 (in the Appendix VII)

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.

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). An acrobatic movement is considered when it starts and ends once all team members are in the water.

A routine may contain a maximum of one circle pattern. The direction of propulsion may vary as long as all swimmers are facing the same direction. Variations in propulsion and direction facing are permitted only during underwater pattern changes, underwater actions, and making and finishing a circle.

## Time Limits for Routines

### State Stream

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

### National Stream

	<b>SOLO</b>	<b>DUET/MIXED DUET</b>	<b>TEAM</b>	<b>COMBO</b>	<b>ACROBATIC</b>
<i>12 &amp; Under NS</i>	<i>2:00</i>	<i>2:30</i>	<i>3:00</i>	<i>3:00</i>	
<i>13/15 NS</i>	<i>2:00</i>	<i>2:30</i>	<i>3:00</i>	<i>3:00</i>	
<i>Senior/Jr Tech</i>	<i>2:00</i>	<i>2:20</i>	<i>2:50</i>		
<i>Senior/Jr Free</i>	<i>2:15</i>	<i>2:45</i>	<i>3:00</i>		<i>3:00</i>

*All routines are +/- 5 seconds*

*Deck work must be 10 seconds or less*

*In all routine events, the walk-on of the competitors from the designated starting point to the achievement of a stationary position(s) may not exceed 30 seconds for Technical or Free Mixed Duets, Technical and Free Teams, for Free Combination and Acrobatic Routine and may not exceed 20 seconds for any Solo and Duet events.*

## MASTERS

Please note: The masters rules included below have not been updated in accordance with the new FINA rules (2022-2025). Updates will be provided when more information is released.

### 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

**MAS1.1** Solo: 25–29, 30–39, 40–49, 50–59, 60–69, 70–79, 80 and over

**MAS1.2** Duet: 25–29, 30–39, 40–49, 50–59, 60–69, 70–79, 80 and over with age determined by the average age of the competitors.

**MAS1.3** Mixed Duet: 25–29, 30–39, 40–49, 50–59, 60–69, 70–79, 80 and over with age determined by the average age of the competitors.

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

**MAS 1.5** Free Combination: 25 – 39, 40 – 64, 65 and over with age determined by the average age of the competitors. **MAS 1.6** The average age of the competitors in a routine shall be determined by adding the ages of the actual swimmers, dividing by the number of swimmers (not including the reserves) and dropping any resulting fraction or decimal. (For example, if the average age of a Team is 49.833, they would swim in the 35-49 age group). 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 program 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
<i>40 seconds Free Routines Duet</i>	3 minutes

<i>Technical Routines Mixed Duet</i>	1 minute
<i>40 seconds Free Routines Mixed Duet</i>	3 minutes

<i>Technical Routines Teams</i>	1 minute 50 seconds
<i>Free Routines Teams</i>	4 minutes

<i>Free Combination</i>	4 minutes
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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

2 of the following positions – Bent Knee Back Layout, right; Bent Knee Back Layout, left; Ballet Leg, left; Ballet Leg, right; Flamingo Position, left; Flamingo Position, right; Ballet Leg Double.

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

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

### Duet Required Elements

Elements 1 – 5 MUST be performed in the order listed Elements 6 – 7 may be executed at any time during the routine

Routines for Duet 1 to 6 as above for Solo

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

A connected figure or a connected float or connected stroking Action must be performed simultaneously.

Minor action is permitted.

Stacks, lifts, platforms, throws are not permitted.

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

### Team Required Elements

Elements 1 – 5 MUST be performed in the order listed Elements 6 – 9 may be executed at any time during the routine ***Routines for Team 1 to 7 as above for Duet***

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

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

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