

2025-2026 Masters Rules ASWA

The Masters program shall promote fitness, friendship, understanding and competition among competitors with a minimum age of 18 years (Age shall be determined as of December 31 of the year of these Championships).

The rules for Artistic Swimming WA (ASWA) are aligned with the World Aquatics Competition Regulations – except where varied by the Australian Artistic Swimming (ASA) Championship Policy (appendix A and B).

Age Groups:

- Masters 18-39 (18 to 39 years of age)
- Masters 40+ (40 years and over)

All categories use the above age ranges, except for Free Combination, which will just be 18 years and over.

The average age of the competitors in a routine shall be determined by adding the ages of the swimmers, dividing by the number of swimmers (not including the reserves) and dropping any resulting fraction or decimal (e.g. If the average age of a Team is 39.833 they would compete in the 18-39 age group).

Events:

The events are Women Solo, Men Solo, Women Duet, Mixed Duet, Team and Free Combination, with technical and free considered as separate events, and all events as finals.

Team and Free Combination are open to any mix of male or female including all male and all females and must comply with the following MINIMUM number of athletes who have **NOT** competed in any Junior or Senior events at the same Championships, please see the table below:

Team or Free Combination number of athletes:	MINIMUM* athletes who have NOT competed in Junior or Senior events at same championships:
4	3
5	3
6	4
7	5
8	6
9	7
10	8

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.

For all events **Goggles** may be worn.

Competitors

- Entries must be by club.

Each Club shall be entitled to enter in each age group and event as a maximum of:

- One Women Solo
- One Men Solo
- Three Women Duets *
- Three Mixed Duets *
- One or more Team
- One or more Free Combination

* Female Duet and Mixed Duet where the competitors are from multiple Clubs, the entry must nominate which Club the duet is included in for purposes of the Club duet limit per age group per event.

Athletes are restricted to compete in a maximum of six (6) routines for the Championships (inclusive of all events and age groups in these championships).

Reserves permitted are:

- Women Duet 1 reserve
- Mixed Duet 1 male and/or 1 female reserve
- Team 2 reserves for teams of 8; or
- 1 reserve for teams of 4 to 7
- Free Combination 2 reserves for teams of 10; or
- 1 reserve for teams of 4 to 9

Technical Routine

A coach card is required for all Technical routines.

Required elements may be in any order, but must be in the order submitted on the Coach Card.

Supplementary elements may be added to a maximum as per the World Aquatics Senior Required Free Elements (hybrid and acrobatics).

Music selection is optional and may be the same as the music used in the Free Routine.

Time Limits for State and National Tech Routines:

- Technical Routines Solo (Male and Female): Maximum 2 minutes 00 seconds
- Technical Routines Female Duet: Maximum 2 minute 20 seconds
- Technical Routines Mixed Duet: Maximum 2 minutes 20 seconds
- Technical Routines Teams: Maximum 2 minutes 50 seconds

There shall be no minimum time limit.

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

Elements can be placed in any order which must be declared.

○ Solo Required Elements

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 a ballet leg alternate is executed with travel.

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 and Mixed Duet Required Elements

Elements 1 – 5 should follow the order listed on the Coach Card. Elements 6 – 7 may be executed 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 a ballet leg alternate is executed with travel.

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)

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

1. A connected figure or a connected float or connected stroking
2. Action must be performed simultaneously. Mirror action is permitted. With the exception of the DECK WORK and ENTRY and as noted in the JOINED ACTION, all elements, required and supplementary, MUST be performed simultaneously and facing the same direction by both swimmers. Variation in propulsion and direction facing are permitted during pattern changes.

- Team Required Elements

Elements 1 – 5 should follow the order listed on the Coach Card. Elements 6 – 9 may be executed 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 a ballet leg alternate is executed with travel.

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)

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

1. A connected figure or a connected float or connected stroking
2. Action must be performed simultaneously. Mirror action is permitted. With the exception of the DECK WORK and ENTRY and as noted in the JOINED ACTION, all elements, required and supplementary, MUST be performed simultaneously and facing the same direction by both swimmers. Variation in propulsion and direction facing are permitted during pattern changes.

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

All elements to be confirmed with judges shortly, as changes are being made.

Free Routine

A Coach Card is required for all Free Routines.

Music selection is optional and may be the same as the music used in the Tech Routine.

The Free Routine shall consist of Solo, Duet, Mixed Duet, Team, and Free Combination. There are no restrictions regarding selection of music or choreography excepting that routines are limited to a maximum number of free required elements (hybrids and acrobatics)

There shall be no minimum time limit.

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

For **National Championships** see below:

Event	Maximum Time	Total Maximum Required Elements	Summary / Notes
Solo Tech	2 min 00 sec	6	5 TReM – See 7.5.2 for TReM and additional Masters technical requirements. Includes 1 Free Hybrid.
Solo Free	2 min 15 sec	6	6 Free Hybrids.
Women Duet Tech	2 min 20 sec	7	5 TReM – See 7.5.3 for additional Masters technical requirements. Includes 2 Free Hybrids / Pair Acro.
Women Duet Free	2 min 45 sec	8	8 Free Hybrids / Pair Acro.
Mixed Duet Tech	2 min 20 sec	7	5 TReM – See 7.5.3 for additional Masters technical requirements. Includes 2 Free Hybrids / Pair Acro.
Mixed Duet Free	2 min 45 sec	7	7 Free Hybrids / Pair Acro.
Team Tech	2 min 50 sec	8	5 TReM – See 7.5.4 for additional Masters technical requirements. Includes 3 Free Hybrids / Team Acro.
Team Free	3 min 30 sec	9	9 Free Hybrids / Team Acro.
Free Combination	3 min 00 sec	9	9 Free Hybrids / Acro.

Additional ASWA rules/regulations:

STAR SKILLS

The Star Skills program is an ASWA initiative that has been running in the recreational program. Our aim was to create a clear progression of skills to develop our athletes and coaches and improve our performance in WA. The Star Skills program is like a thread linking all levels in our sport together, from recreational to high performance. We are going to be implementing our skills pathway into the Masters category within the state. This requires athletes from each club to complete stars 1-16 overtime.

Specific Competition Requirements:

- **State Championships and National Championships**^(No DD): Masters are required to demonstrate competency in basic skills, passing Stars 1-3. Swimmers must have Star 3 to compete.
- The rest of the stars can be used as a demonstration of individual progress, working through the stars as a developmental pathway, to be able to execute more challenging routine skills.

The ASWA Development Officer will perform Star Assessments across the clubs at a suitable date. This assessment is not to be conducted by coaches.