## VIII. Masters Rules

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9. GENERAL

The Masters programme shall promote fitness, friendship, understanding and competition through Swimming, Diving, Artistic Swimming, Water Polo and Open Water Swimming among competitors with a minimum age of 25 years. (Note: exception in VIII.6.1.3).

The Technical Rules for the different disciplines (SW, OW, DV, WP and AS) in the Competition Regulations shall be followed with exceptions mentioned in this Masters part of the Competition Regulations.
2. MASTERS GENERAL RULES
2.1 The Members shall register Masters Competitors in a special category for each of the five recognised disciplines. A competitor who registers for Masters in any discipline will still retain his/her unrestricted right to compete in other competitions.
2.2 Except for specific exceptions in the World Aquatics Rules and regulations all other World Aquatics Rules and Regulations shall apply to Masters Competitions.
2.3 Individual entries shall only be accepted from persons representing clubs. No swimmer or team may be designated as representing a country or Federation.
2.4 Age shall be determined as of December 31 of the year of competition.
2.5 Masters Competitors must be aware of the need of being well prepared and medically fit before entering into Masters Competitions. They shall assume full responsibility for the risks included in competing in such competitions. In consideration of their entry, they must agree to waive and release World Aquatics, the Organising National Federation and the Organising Committee from any kind of liability for accidents, which may cause death, injury or property loss. Entry Forms containing a warning of the risks, an Accident Waiver and Release of Liability must be signed by each Masters competitor.
3. MASTERS SWIMMING RULES

The Swimming Rules in Part II of these Competition Regulation apply to Masters with the following exceptions:

### 3.1 Age Groups

### 3.1.1 Individual Events:

$25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64,65-$ 69,
$70-74,75-79,80-84,85-89,90-94 \ldots$ (five year age groups as high as
is necessary).

### 3.1.2 Relays:

To be conducted on the total age of team members in whole years. Age groups of relay events are as follows: 100-119, 120-159, 160-199, 200-239, 240 - 279, $280-319,320-359$, and ... (forty year increments as high as is necessary).
3.1.3 For all purposes pertaining to Masters meet competition, the actual attained age of the competitor shall be determined as of December 31st of the year of competition.

## Events

The following events may be conducted for each age group.

### 3.2.1 Short course ( $\mathbf{2 5} \mathbf{~ m}$ )

50, 100, 200, 400, 800, 1500m -Freestyle
50, 100, 200m - Backstroke
50, 100, 200m - Breaststroke
50, 100, 200m - Butterfly
100, 200, 400m - Individual Medley
$4 \times 50 \mathrm{~m}$ - Freestyle Relay
$4 \times 50 \mathrm{~m}$ - Medley Relay
$4 \times 50 \mathrm{~m}$ - Mixed Freestyle Relay ( 2 women and 2 men)
$4 \times 50 \mathrm{~m}$ - Mixed Medley Relay ( 2 women and 2 men)
$4 \times 100 \mathrm{~m}$ - Freestyle Relay
$4 \times 100 \mathrm{~m}$ - Medley Relay
$4 \times 100 \mathrm{~m}$ - Mixed Freestyle Relay ( 2 women and 2 men)
$4 \times 100 \mathrm{~m}$ - Mixed Medley Relay ( 2 women and 2 men)
$4 \times 200 \mathrm{~m}$ - Freestyle Relay
$4 \times 200 \mathrm{~m}$ - Mixed Freestyle Relay ( 2 women and 2 men)

### 3.2.2 Long course ( $\mathbf{5 0} \mathbf{~ m}$ )

50, 100, 200, 400, 800, 1500m - Freestyle
50, 100, 200m - Backstroke
50, 100, 200m - Breaststroke
50, 100, 200m - Butterfly
200, 400m Individual - Medley
$4 \times 50 \mathrm{~m}$ - Freestyle Relay
$4 \times 50 \mathrm{~m}$ - Medley Relay
$4 \times 50 \mathrm{~m}$ - Mixed Freestyle Relay ( 2 women and 2 men)
$4 \times 50 \mathrm{~m}$ - Mixed Medley Relay ( 2 women and 2 men)
$4 \times 100 \mathrm{~m}$ - Freestyle Relay
$4 \times 100 \mathrm{~m}$ - Medley Relay
$4 \times 100 \mathrm{~m}$ - Mixed Freestyle Relay ( 2 women and 2 men)
$4 \times 100 \mathrm{~m}$ - Mixed Medley Relay ( 2 women and 2 men)
$4 \times 200 m$ - Freestyle Relay
$4 \times 200 \mathrm{~m}$ - Mixed Freestyle Relay ( 2 women and 2 men)

Masters Swimming Technical Rules
3.3.1 Age groups and sexes may be combined so that no swimmer has to swim alone and lanes may be filled.
3.3.2 When using the forward start, the referee's whistle shall indicate that the swimmers may take their positions with at least one foot at the front of the starting platform or pool deck, or in the water with one hand having contact with the starting wall.
3.3.3 All Masters events shall be conducted on a timed final basis.
3.3.4 Swimmers may be allowed to remain in their lane while other swimmers are competing until directed by the referee to exit the pool.
3.3.5 The Organising Committee may arrange 400 metre, 800 metre and 1500 metre Freestyle to be swum two (2) swimmers of the same sex in a lane. Separate timing will be required for each swimmer.
3.3.6 The Warm Up must be supervised.
3.3.7 A breaststroke kicking movement is permitted for butterfly. Only one breaststroke kick is permitted per arm pull except that a single breaststroke kick is permitted prior to the turn and the finish without an arm pull. After the start and after each turn, a single breaststroke kick is permitted prior to the first arm pull.
3.3.8 Swimmers who had to be disqualified must be listed with coded reason for disqualification in the results list.

## Relays

3.4.1 Relays shall consist of four swimmers each registered with the same club. No swimmer is allowed to represent more than one club.
3.4.2 The order of swimmers by gender is optional in mixed relays.

## Records

3.5.1 Masters World Records for all events listed in VIII.3.2 for both sexes in each age group shall be recognised and maintained in 1/100 second time (2 decimal places) and according to the provisions listed on the application form. World Records will be accepted only when times are recorded by Automatic Officiating Equipment, or Semi- Automatic Officiating Equipment in case of Automatic Officiating Equipment system malfunction.
3.5.2 Applications for Masters World Records must be made on the World Aquatics official forms by the individual in question within 60 days from the end of the event.
3.5.3 World Records can only be established in a Masters meet:
a) formally sanctioned by a World Aquatics Member Federation; and
b) organised for on behalf of a club or an organisation, which is a member of this World Aquatics Member Federation or recognised by World Aquatics; and
c) conducted under the rules of World Aquatics (and specially those relevant to Masters Swimming); and
d) in which only swimmers registered in a club member of a World Aquatics Member Federation participated.
3.5.4 The first swimmer in mixed relays may apply for a Masters World Record. Masters Swimming World Records Application Instructions

### 3.6.1 General

World Records for Masters are recognized by World Aquatics in both Long Course (50 metre pools only) and Short Course ( 25 metre pool only).

Performance must be registered at a Masters meet as per Rule VIII.3.5.3.

### 3.6.2 Events and Age Groups

3.6.2.1 Individual Events - for Men and Women

Freestyle $-50 \mathrm{~m}, 100 \mathrm{~m}, 200 \mathrm{~m}, 400 \mathrm{~m}, 800 \mathrm{~m}$ and 1500 m ;
Backstroke, Breaststroke and Butterfly - 50m, 100m and 200m;
Individual Medley - 100m (Short Course only), 200m and 400m.

### 3.6.2.1.1 Age Groups

$25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-$ 64, $65-69,70-74,75-79,80-84,85-89,90-94,95-99$, $100-104, \ldots$ (five year age groups as high as is necessary).
3.6.2.2 Relay Events - for Men, Women and Mixed (2 men and 2
women)
$4 \times 50 \mathrm{~m}$ Freestyle, $4 \times 50 \mathrm{~m}$ Medley, $4 \times 100 \mathrm{~m}$ Freestyle, $4 \times 100 \mathrm{~m}$ Medley, 4x200m Freestyle

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

### 3.6.3

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

### 3.6.4 Timing

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


### 3.6.5 Age Determining Date

For all purposes pertaining to Masters World Records and Masters World

Championship meets, the actual attained age of the competitor as of 31 December of the year of the meet shall determine their age group for that competition and any record set during that competition.

### 3.6.6 Applications

Applications for records should be placed on World Aquatics Masters Swimming World Record Application Forms by the Meet Director and submitted within sixty (60) days of the event. The application is to be endorsed by either the Chief Timekeeper or the Referee of the meet. The National Federation is to verify the details of the applicant and ensure that all documentation is complete including:
a. Certification of pool length;
b. Proof of date of birth;
c. Timing record.

The application should be forwarded to the World Aquatics Office located at:
Chemin de Bellevue 24a / 24b
1005 Lausanne
Switzerland
Email: masters@worldaquatics.com
World Aquatics will decide whether to approve the record application. The World Aquatics Office will inform the National Federation of the results of each application. If after publication an error is detected, the swimmers have the right to appeal for a correction within 6 months of the publication date.

### 3.6.6.1 Detailed Instructions

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

### 3.7 Appendix - Ruling for Masters Top Ten tabulations.

Results that are valid for the World Aquatics Masters Top Ten results can only be established in a Masters meet:
a. formally sanctioned by a World Aquatics Member federation and,
b. organised for or on behalf of a club or an organisation, which is a member of this World Aquatics Member Federation or recognised by World Aquatics and
c. conducted under the rules of World Aquatics (and specially those relevant to Masters Swimming) and
d. in which only swimmers registered in a club member of a World Aquatics Member Federation participated.

## 4. MASTERS OPEN WATER SWIMMING RULES

Masters Open Water Swimming shall be defined as any event for which the distance is greater than 1500 metres and where entry is restricted to Master swimmers.

The Open Water Swimming Rules in Part IV of these Competitions Regulations shall apply to Masters Open Water Swimming with the following exceptions.
4.1 Masters Open Water Swimming events will be up to 5 km .
4.2 Age Groups for Open Water Swimming are the same as for Masters Swimming Individual Events (IX.3.1)
4.3 The water temperature shall be measured within 30 minutes before start of race and must be a minimum of $18^{\circ} \mathrm{C}$ and maximum of $31^{\circ} \mathrm{C}$. The water temperature shall be certified by the Safety Officer as measured in as near to the middle of the course as possible at a depth of 40 cm .
4.4 It shall be compulsory for all swimmers to wear highly visible coloured swim caps.
4.5 At all Masters Open Water events the safety of the competition shall be of paramount importance.
5. MASTERS DIVING RULES

The Diving Rules in Part V of these Competitions Regulations shall apply to Masters Diving with the following exceptions.

### 5.1 Age Groups and Events

5.1.1 Springboard Diving - Men and Women (1 metre and 3 metre)

| Age Groupe (Years) | Total Number of Dives required |  |
| :---: | :---: | :---: |
|  | MEN | WOMEN |
| $25-29$ | 7 | 6 |
| $30-34$ | 7 | 6 |
| $35-39$ | 7 | 6 |
| $40-44$ | 7 | 6 |
| $45-49$ | 7 | 6 |


| $50-54$ | 6 | 5 |
| :---: | :---: | :---: |
| $55-59$ | 6 | 5 |
| $60-64$ | 6 | 5 |
| $65-69$ | 6 | 5 |
| $70-74$ | 5 | 4 |
| $75-79$ | 5 | 4 |
| $80+$ | 4 | 3 |

(five year age groups as long as necessary)
5.1.2 Platform Diving - Men and Women (5 metre, $\mathbf{7 . 5}$ metre, or 10 metre)

| Age Groupe (Years) | Motainumber or Dives requirea |  |
| :---: | :---: | :---: |
|  | MEN | WOMEN |
| $25-29$ | 6 | 6 |
| $30-34$ | 6 | 6 |
| $35-39$ | 6 | 6 |
| $40-44$ | 6 | 6 |
| $45-49$ | 6 | 6 |
| $50-54$ | $5 x$ | $5 x$ |
| $55-59$ | $5 x$ | $5 x$ |
| $60-64$ | $5 x$ | $5 x$ |
| $65-69$ | $4 x$ | $5 x$ |
| $70-74$ | $4 x$ | $4 x$ |
| $75-79$ | $3 x$ | $4 x$ |
| $80+$ | $5 x$ |  |

(five year age groups as long as necessary)
(x) 10 m limited: Only feet first entries are allowed from the 10 m platform and any performed dive from the 10 m must not exceed degree of difficulty of 2.0.

### 5.1.3 Synchronised Diving

5.1.3.1 $\quad 3 m$ Springboard - Men and Women and Mixed Team

| Age Group | MEN | WOMEN | MIXED TEAM |
| :---: | :---: | :---: | :---: |
| $50-99$ | $2\left(^{*}\right)+2$ | $2\left(^{*}\right)+2$ | $2\left(^{*}\right)+2$ |
| $100+$ | $2\left(^{*}\right)+2$ | $2\left(^{*}\right)+2$ | $2\left(^{*}\right)+2$ |

(*) Degree of difficulty of 2.0 for each dive regardless of the formula for degree of difficulty of the dive.

| Age Group | MEN | WOMEN | MIXED TEAM |
| :--- | :--- | :--- | :--- |
| $50-99$ | $2\left(^{*}\right)+2$ | $2\left(^{*}\right)+2$ | $2\left(^{*}\right)+2$ |
| $100+$ | $2\left(^{*}\right)+2$ | $2\left(^{*}\right)+2$ | $2\left(^{*}\right)+2$ |

(*) Degree of difficulty of 2.0 for each dive regardless of the formula for degree of difficulty of the dive.
5.1.3.3 The Age Group in Synchronised Diving is decided by adding the ages of the two divers.
5.1.3. If in any of the two groups in Synchronised Diving the age of a diver is 50 years or more, the limitation from 10 m platform dives of only feet first and any dive from 10 m must not exceed degree of difficulty 2.0 applies for the pair.

### 5.2 Masters Diving Technical Rules

5.2.1 The diver can freely choose the dives from the dive table given in these Competitions Regulations. The only requirement is that in age groups $25-69$ years, each dive performed has different dive number (as to Competition Regulations).

In age groups 70 and older dives with the same dive number can be repeated, if performed in a different position (straight, pike, tuck or free position).
5.2.2 Forward facing dives can be performed with or without running approach.
5.2.3 In synchronised diving events two divers from different clubs within the same Federation are permitted to compete as a synchronised diving team in the 3 m springboard and the platform synchronised diving competitions
5.2.4 In Synchronised Diving both divers must perform the same dive number and position. Otherwise, the Referees shall declare a failed dive (0 points)

## 6. MASTERS WATER POLO RULES

The Water Polo Rules in Part VIII of these Competitions Regulations shall apply to Masters Water Polo with the following exceptions:

### 6.1 Age Groups

6.1.1 Age groups for Masters Water Polo shall apply for men and women teams.
6.1.2 The age of the youngest member of the team determines the age group of the team. There are no restrictions on the ages of any players older than the youngest player on the team.
6.1.3 Age groups for teams are at five-year intervals beginning with 30. i.e. 30+, 35+, 40+, ...

## Masters Water Polo Technical Rules

6.2.1 Each team shall consist of seven players, one of who shall be the goalkeeper and who shall wear the goalkeepers cap, and not more than eight reserves may be used as substitutes, listed on the game roster, which must be submitted to the official's table for each game, not less than 45 minutes before each game commences. All players listed on the game roster will be eligible to play in the game. After the games has commenced, a team playing with less than seven players shall not be required to have a goalkeeper.
6.2.2 It is not compulsory for a team to name a substitute goalkeeper. A goalkeeper who has been replaced by a substitute may, if the player returns to the game, play in any position.
6.2.3 The VI.APPENDIX B.4.3 shall apply except that the goalkeeper shall wear cap no. 1 and the other caps shall be numbered 2 to 15 . A substitute goalkeeper shall wear a red cap numbered 13.
6.2.4 The uniform distance between the respective goal lines shall be 23.5 metres minimum, and the uniform width of the field of play shall be 17 metres minimum.
6.2.5 Rule VI.4.3.time standards shall apply except that the duration of the Masters games shall be four periods of seven minutes each actual play for the $30+$, 35+, 40+ and 45+ age groups and six minutes each actual play for the $50+$, 55+, 60+, etc. age groups.
6.2.6 Rule VI.7.3 method of scoring shall apply except that the time of possession of the ball shall be 35 seconds.
6.2.7 There shall be a two minute interval between each period of play. The teams including the players, coaches and team officials, shall change ends before starting the third period.
7. MASTERS ARTISTIC SWIMMING RULES

The Artistic Swimming Rules in Part VII of these Competitions Regulations shall apply to all Masters Artistic Swimming except for the following:

### 7.1 Age Groups

7.1.1 Solo: $25-29,30-39,40-49,50-59,60-69,70-79,80$ and over
7.1.2 Duet: $25-29,30-39,40-49,50-59,60-69,70-79,80$ and over with age determined by the average age of the competitors.
7.1.3 Mixed Duet: $25-29,30-39,40-49,50-59,60-69,70-79,80$ and over with age determined by the average age of the competitors.
7.1.4 Team: $25-34,35-49,50-64,65$ and over with age determined by the average age of the competitors.
7.1.5 Free Combination: $25-39,40-64$, 65 and over with age determined by the average age of the competitors.
7.1.6 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

7.2.1 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.
7.2.2 The programme for a Masters Event shall be Technical Routines, Free Routines and Free Combination.

### 7.2.2.1 Technical Routine

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

### 7.2.2.2 <br> 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

7.3.1 Competitors in Duet, Mixed Duet, Team and Free Combination shall represent the same club.
7.3.2 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.

## 7 <br> Masters Artistic Swimming Technical Rules

### 7.4.1 Time Limits for Routines

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

| 7.4.1.1 | Technical Routines Solo <br> Free Routines Solo | 1 minute 30 seconds <br> 2 minutes 30 seconds |
| :--- | :--- | :--- |
| 7.4.1.2 | Technical Routines Duet | 1 minute 40 seconds <br>  <br> Free Routines Duet |
| 7.4.1.3 | Technical Routines Mixed Duet | 1 minutes |
|  | Free Routines Mixed Duet 40 seconds |  |
| 7.4.1. | Technical Routines Teams | 1 minutes |
|  |  |  |

7.4.1.5 Free Combination 4 minutes
7.4.1.6 There shall be no minimum time limit
7.4.1.7 Maximum Time Limits:

There shall be an allowance of fifteen (15) seconds plus the allotted time for Technical Routines, Free Routines and Combination.
7.4.2 The size of the competition pool shall be $25 \times 20$ metres and minimum 2.5 metres deep.

### 7.4.3 Goggles may be worn.

### 7.5 Appendix - Required Elements for Masters Technical Routines

### 7.5.1 General Requirements

Supplementary elements may be added.
7.5.1.1 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.
7.5.1.2 Time limits as in VIII.7.4.1
7.5.1.3 Swimwear shall be black and the competitor shall wear a white cap.


### 7.5.2

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 $\mathbf{1 8 0}^{\circ}$ - From a Bent Knee Position, a Spin $180^{\circ}$ 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. TVO (2) FORMS OF PROPULSION - Must include Egg Beater travelling sideways and/or forward (arms optional)

### 7.5.3 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.

### 7.5.4 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 nor 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.
8. WORLD AQUATICS MASTERS CHAMPIONSHIPS
8.1. General

### 8.1.1 Management Committee

For World Aquatics Masters Championships, the Management Committee shall consist of the Bureau Liaison, the Chairman, the Vice-Chairman and the Honorary Secretary of the Masters Committee and other members of the Bureau and Masters Committee present.

### 8.1.2 Entry fees

Entry Fees shall be decided upon by the country that is hosting the World Aquatics Masters Championships, but they shall be subject to approval by World Aquatics.

### 8.1.3 Awards and Medals

For World Aquatics Masters Championships, medals shall be awarded to competitors and teams placed first, second and third in each event and Age Group.
In Artistic Swimming the reserves will receive medals only if they actually swim in the technical and/or Free Routine.

With the recommendation by the World Aquatics Masters Committee, the Organising Committee may present awards of lesser value for places from four on.

Diplomas can be awarded to competitors and team members placed first to ten in each event and Age Group.

### 8.1.4 Eligibility

A participant can represent only one club in each discipline.

### 8.1.5 Entry

Electronic Entries shall be used for registration and payment of fees to the World Aquatics Masters Championships via the World Aquatics General Management System (GMS), when available.

### 8.2 Swimming

8.2.1 Qualifying standards for World Aquatics Masters Championships will be considered by World Aquatics and the Organising Committee if deemed necessary.
8.2.2 At the World Aquatics Masters Championships it is not necessary to conduct all events mentioned in Rule VIII..2. However, each age division should include shorter Freestyle, Backstroke, Breaststroke and Butterfly events plus Individual Medley and Relays.
8.2.3 A swimmer can compete only once per relay event.
8.2.4 Events shall be pre-seeded with oldest age groups first, slowest heats swum first within each age group. Events 400 metres and over may be seeded from slowest to fastest regardless of age.
8.2.5 A swimmer may be entered for not more than five (5) individual events.
8.2.6 A swimmer entered for one club has to represent this club in all Swimming events at the Championships.
8.2.7 The composition of a relay team can be changed up to the deadline
announced by the Organising Committee on the day prior to the relay event. The age of the substitute swimmer(s) cannot change the age group of the entered relay team. Substitute swimmer(s) must be registered for the Championships.

### 8.3 Open Water Swimming

8.3.1 A Masters Open Water Swimming event may be included in World Aquatics Masters Championships.
8.3.2 The Organising Committee shall follow the World Aquatics Masters Open Water Safety Regulations.
8.3.3 Swimmers shall be seeded according to age groups from the youngest to the oldest. Swimmers may be selected irrespective of gender. The slowest entered swimmers of each age group may comprise and be seeded in special heat(s). By recommendation of the World Aquatics Masters Committee and/or nominated Safety Officer this order may be changed.
8.3.4 If the number of entries is more than 1'OOO the competition may be swum in two or more days.
8.3.5 Race organisers, in consultation with the referee and subject to advice from the World Aquatics Masters Committee, are to designate in advance the cut off time. For the World Aquatics Masters Championships a cut off time of 30 minutes per kilometre shall apply.

### 8.4 Diving

8.4.1 The programme at the World Aquatics Masters Championships shall be carried out according to the following schedule:

| Springboard | Event No. | Sex | Age Group |
| :--- | :--- | :--- | :--- |
| 1 | 3 metre | Men | $25-34$ |
| 2 | 1 metre | Women | $25-34$ |
| 3 | 3 metre | Men | $35-49$ |
| 4 | 1 metre | Women | $35-49$ |
| 5 | 3 metre | Men | $50-64$ |
| 6 | 3 metre | Wen | $50-64$ |
| 7 | 1 metre | Women | $65-80+$ |
| 8 | 3 metre | Men | $65-80+$ |
| 9 | 1 metre | Women | $50-80+$ |
| 11 | 3 metre |  |  |


| 12 | 1 metre | Men | $50-64$ |
| :--- | :--- | :--- | :--- |
| 13 | 3 metre | Women | $35-49$ |
| 14 | 1 metre | Men | $35-49$ |
| 15 | 3 metre | Women | $25-34$ |
| 16 | 1 metre | Men | $25-34$ |
| $\mathbf{P l a t f o r m ~}$ | $\mathbf{5 , 7 . 5}, \mathbf{1 0}$ metre |  |  |
| 17 |  | Women | $65-80+$ |
| 18 |  | Men | $65-80+$ |
| 19 |  | Women | $50-64$ |
| 20 |  | Wemen | $50-64$ |
| 21 |  | Women | $25-49$ |
| 22 |  | Men | $25-49$ |
| 23 |  |  | $25-35$ |
| 24 |  |  |  |

Synchronised Diving

| 25 | 3 metre | Women | $50-99$ and 100+ |
| :--- | :--- | :--- | :--- |
| 26 | 3 metre | Men | $50-99$ and 100+ |
| 27 | 3 metre | Mixed Team | $50-99$ and 100+ |
| 28 | Platform | Women | $50-99$ and 100+ |
| 29 | Platform | Men | $50-99$ and 100+ |
| 30 | Platform | Mixed Team | $50-99$ and 100+ |

8.4.2 The meet director may choose to run the events concurrently depending on the number of entries.
8.4.3 Diving sheets shall be delivered to the diving secretary 24 hours prior to the event. Late sheets and changed to an existing sheet will be fined USD 10,per sheet between 24 hours and 3 hours prior to the event. 3 hours is the deadline. No changes or dive sheets can be accepted after the deadline of 3 hours.
8.4.4 At the World Aquatics Masters Championships at least 5 judges and in Synchronised Diving at least 7 judges shall officiate.
8.4.5 All divers shall perform a full series of dives in that age group and there shall be no preliminary of final contests.
8.4.6 A diver can compete in only one team per Synchronised Diving event.

### 8.5 Water Polo

### 8.5.1 Composition of Teams

8.5.1.1 A player may not represent more than one team at the World Aquatics Masters Championships.
8.5.1.2 The final composition of the team with numbering of the caps shall be announced latest at the Technical Meeting prior to the Championships. All players must be registered as a player according to the entry specifications. No additional members can be added.
8.5.1.3 A Water Polo team can consist of up to fifteen (15) players registered with the same club.

### 8.5.2 Composition of groups for the preliminary round

8.5.2.1 Before the draw for the World Aquatics Masters Championships the following exceptions of composing the groups for the preliminary rounds shall be approved.
8.5.2.2 With less than three teams entered in one Age Group this Age Group shall be combined with the next younger Age Group or alternatively combined to the next older Age Group. The concerned teams shall be consulted for approval and given the possibility to cancel their participation with return of paid fees.
8.5.2.3 An Age Group with three teams entered can be combined with the next younger or older Age Group if these groups do not have more than four teams entered and with the approval of all concerned teams. The playing schedule and the plan for rankings shall be decided by the World Aquatics Masters Commission.
8.5.2.4 For the Women tournament the composition of groups is
depending on the number of entries in each Age Group. The World Aquatics Masters Commission can combine the groups including teams of more than two Age Groups. The approval by the entered teams shall be asked. A playing schedule and the plan for rankings for each Age Group shall be decided by the World Aquatics Masters Commission.

### 8.5.3 Schedule for Age Groups

8.5.3.1 $\quad$ Schedule for three (3) teams

The three teams shall play a double round-robin. If there is a tie in points between first and second placed teams they shall play a decisive game on Day 7.

| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1. | 2. | 3. | 4. | 5. | 6. | 7. |
| $A 1-A 3$ | $A 2-A 3$ | $A 1-A 2$ | $A 2-A 3$ | $A 1-A 3$ | $A 1-A 2$ | Final |

### 8.5.3.2 Schedule for four (4) teams

The four teams shall play a single round-robin as a preliminary round from Day 1 to Day 3. Semi-finals are played on Day 4, between the $1^{\text {st }}$ and $4^{\text {th }}$ and the $2^{\text {nd }}$ and $3^{\text {rd }}$ placed teams from the preliminary round. Day 5 will be a rest day. Finals shall be played on Day 6.

| Day 1 | Day2 | Day3 | Day4 | Day5 | Day6 | Rankings |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1. | 3. | 5. | 7. | (rest day) | 9. | 3rd/4th |
| A1-A3 | A1-A4 | A3-A4 | $1 A-4 A$ |  | L7-L8 |  |
| 2. | 4. | 6. | 8. |  | 10. | 1st/2nd |
| A2-A4 | A2 - A3 | A1-A2 | 2A-3A |  | W7-W8 |  |

### 8.5.3.3 Schedule for five (5) teams

The five teams shall play a single round-robin as a preliminary round on Day 1 to Day 5. The $5^{\text {th }}$ placed team from the preliminary round will be ranked fifth. Semi-finals are played on Day 6 between the $1^{\text {st }}$ and $4^{\text {th }}$ and the $2^{\text {nd }}$ and $3^{\text {rd }}$ placed teams from the preliminary round. Finals shall be played on Day 7.

| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Rankings |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |


| 1. | 3. | 5. | 7. | 9. | 11. | 13. | 3rd/4th |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| A1-A5 | A4-A5 | A3-A4 | A2-A3 | A3-A5 | $1 A-4 A$ | L11-L12 |  |
| 2. | 4. | 6. | 8. | 10. | 12. | 14. | 1st/2nd |
| A2-A4 | A1-A3 | A2-A5 | A1-A4 | A1-A2 | 2A-3A | W11-W12 |  |

### 8.5.3.4 Schedule for six (6) teams

The six teams shall play a single round-robin as a preliminary round on Day 1 to Day 5. Semi- finals are played on Day 6 between the $1^{\text {st }}$ and $4^{\text {th }}$ and $2^{\text {nd }}$ and $3^{\text {rd }}$ placed teams. Teams placed $5^{\text {th }}$ and $6^{\text {th }}$ will play for rankings 5 and 6. Finals shall be played on Day 7.

| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Rankings |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1. | 4. | 7. | 10. | 13. | 16. |  | 5th/6th |
| A1-A6 | A3-A6 | A4-A5 | A5-A6 | A4-A6 | 5A-6A |  |  |
| 2. | 5. | 8. | 11. | 14. | 17. | 19. | 3ra/4th |
| A3-A4 | A2-A4 | A2-A6 | A1-A4 | A3-A5 | 1A-4A | L17-L18 |  |
| 3. | 6. | 9. | 12. | 15. | 18. | 20. | 1st/2nd |
| A2-A5 | A1-A5 | A1-A3 | A2-A3 | A1-A2 | 2A-3A | W17-W18 |  |

### 8.5.3.5 Schedule for seven (7) teams

The seven teams shall play a single round-robin from Day 1 to Day 7. Final rankings shall be based on points earned during the round-robin.

| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1. | 4. | 7. | 10. | 13. | 16. | 19. |
| A1-A5 | A2-A3 | A6-A7 | A1-A3 | A2-A7 | A3-A5 | A5-A6 |
| 2. | 5. | 8. | 11. | 14. | 17. | 20. |
| A2-A4 | A4-A7 | A1-A4 | A4-A6 | A4-A5 | A1-A7 | A3-A4 |
| 3. | 6. | 9. | 12. | 15. | 18. | 21. |
| A3-A7 | A1-A6 | A2-A5 | A5-A7 | A3-A6 | A2-A6 | A1-A2 |

### 8.5.3.6 Schedule for (8) teams

The eight teams shall play on Day 1 to Day 3 a preliminary round-robin in two Groups, A and B, with four teams in each group. The Quarter finals shall be played on Day 4 as cross-over games. The semi- finals shall be played on Day 5 between the winners of each Quarter final and for lower rankings between the losers. On Day 6 the rankings for rankings 5 to 8 will be played. The finals shall be played on Day 7.

| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Rankings |
| ---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1. | 5. | 9. | 13. | 17. | 21. | 7th/8th |  |


| A2-A3 | B1-B3 | A3-A4 | 2A-3B | L13-L16 | L17-L18 |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 2. | 6. | 10. | 14. | 18. | 22. |  | 5th/6th |
| A1-A4 | B2-B4 | A2-A1 | 2B-3A | L14-L15 | W17-W18 |  |  |
| 3. | 7. | 11. | 15. | 19. |  | 23. | 3rd/4th |
| B2-B3 | A2-A4 | B3-B4 | 1A-4B | W13-W16 |  | 24. | 1st/2nd |
| 4. | 8. | 12. | 16. | 20. | W19-W20 |  |  |
| B1-B4 | A1-A3 | B2-B1 | 1B-4A | W14-W15 |  |  |  |

### 8.5.3.7 Schedule for nine (9) teams

The nine teams shall play on Day 1 to Day 5 a preliminary round-robin in two Groups, A and B, with four teams in Group A and with five team in Group B. The semi- finals shall be played on Day 6 between the two best placed teams from each preliminary group and the teams placed $3^{\text {rd }}$ and $4^{\text {th }}$. The fifth team in Group B will be ranked for the $9^{\text {th }}$ place. The final rankings from $1^{\text {st }}$ to $8^{\text {th }}$ shall be played on Day 7 .

| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Rankings |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1. | 5. | 7. | 11. | 13. | 17. | 21. | 7th/8th |
| A1-A4 | B4-B5 | A1-A3 | B2-B3 | A3-A4 | 3A-4B | L17-L18 |  |
| 2. | 6. | 8. | 12. | 14. | 18. | 22. | 5th/6th |
| A2-A3 | B1-B3 | A2-A4 | B1-B4 | A1-A2 | 3B-4A | W17-W18 |  |
| 3. |  | 9. |  | 15. | 19. | 23. | 3rd/4th |
| B1-B5 |  | $B 2-B 5$ |  | $B 3-B 5$ | $1 B-2 A$ | L19-L20 |  |
| 4. |  | 10. |  | 16. | 20. | 24. | 1st/2nd |
| B2-B4 |  | $B 3-B 4$ |  | $B 1-B 2$ | $1 A-2 B$ | $W 19-W 20$ |  |

### 8.5.3.8 Schedule for ten (10) teams

The ten teams shall play on Day 1 to Day 5 a preliminary round-robin in two Groups, A and B, with five teams team in both groups. The semifinals shall be played on Day 6 between the two best placed teams from each preliminary group and the teams placed $3^{\text {rd }}$ and $4^{\text {th }}$. The teams placed $5^{\text {th }}$ shall play for the final rankings $9^{\text {th }}$ and $10^{\text {th }}$. The final rankings from $1^{\text {st }}$ to $8^{\text {th }}$ shall be played on Day 7 .

| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Rankings |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1. | 5. | 9. | 13. | 17. | 21. |  | 9th/10th |
| A1-A5 | B4-B5 | A3-A4 | A2-A3 | B1-B2 | $5 A-5 B$ |  |  |
| 2. | 6. | 10. | 14. | 18. | 22. | 26. | 7th/8th |
| A2-A4 | B1-B3 | A2-A5 | A1-A4 | B3-B5 | $4 A-3 B$ | L22-L23 |  |
| 3. | 7. | 11. | 15. | 19. | 23. | 27. | 5th/6th |
| B1-B5 | A4-A5 | B3-B4 | B2-B3 | A3-A5 | $3 A-4 B$ | W22-W23 |  |
| 4. | 8. | 12. | 16. | 20. | 24. | 28. | 3rd/4th |
| B2-B4 | A1-A3 | B2-B5 | B1-B4 | A1-A2 | $2 A-1 B$ | L24-L25 |  |
|  |  |  |  |  | 25. | 29. | 1st/2nd |

### 8.5.3.9 Schedule for eleven (11) teams

The eleven teams shall play on Day 1 to Day 5 a preliminary round-robin in two Groups, A and B, with five teams in Group A and six teams in Group $B$. The semi-finals shall be played on Day 6 between the two best placed teams from each preliminary group the teams placed $3^{\text {rd }}$ and $4^{\text {th }}$. The teams placed $5^{\text {th }}$ shall play for rankings $9^{\text {th }}$ and $10^{\text {th }}$. The team placed $6^{\text {th }}$ in Group B will be ranked $11^{\text {th }}$. The final ranking rankings from $1^{\text {st }}$ to $8^{\text {th }}$ shall be played on Day 7.

| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Rankings |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1. | 6. | 11. | 16. | 21. | 26. |  | 9th/10th |
| A3-A4 | B3-B5 | A4-A5 | B5-B6 | A2-A4 | $5 A-5 B$ |  |  |
| 2. | 7. | 12. | 17. | 22. | 27. | 31. | 7th/8th |
| A2-A5 | B4-B6 | A1-A3 | B1-B4 | A1-A5 | $3 A-4 B$ | L27-L28 |  |
| 3. | 8. | 13. | 18. | 23. | 28. | 32. | 5th/6th |
| B1-B6 | B1-B2 | B2-B6 | B2-B3 | B3-B6 | 3B-4A | W27-W28 |  |
| 4. | 9. | 14. | 19. | 24. | 29. | 33. | 3rd/4th |
| B3-B4 | A3-A5 | B4-B5 | A1-A4 | B2-B4 | $1 A-2 B$ | L29-L30 |  |
| 5. | 10. | 15. | 20. | 25. | 30. | 34. | 1st/2nd |
| B2-B5 | A1-A2 | B1-B3 | A2-A3 | B1-B5 | $1 B-2 A$ | W29-W30 |  |

### 8.5.3.10 Schedule for twelve (12) teams

The twelve teams shall play on Day 1 to Day 5 a preliminary round-robin in two Groups, A and B, with six teams in each group. Semi-finals shall be played on Day 6 between the two best placed teams from each preliminary group and the teams placed $3^{\text {rd }}$ and $4^{\text {th }}$ and the teams placed $5^{\text {th }}$ and $6^{\text {th }}$. Finals for rankings $1^{\text {st }}$ to $12^{\text {th }}$ shall be played on Day 7 .

| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Rankings |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1. | 7. | 13. | 19. | 25. | 31. | 37. | $11^{\text {th }} / 12^{\text {th }}$ |
| A1-A6 | B4-B6 | A4-A5 | B5-B6 | A3-A6 | 6A-5B | L31-L32 |  |
| 2. | 8. | 14. | 20. | 26. | 32. | 38. | 9th/10th |
| A3-A4 | B3-B5 | A2-A6 | B1-B4 | A2-A4 | 5A-6B | W31-W32 |  |
| 3. | 9. | 15. | 21. | 27. | 33. | 39. | 7th/8th |
| A2-A5 | B1-B2 | A1-A3 | B2-B3 | A1-A5 | 4A-3B | L33-L34 |  |
| 4. | 10. | 16. | 22. | 28. | 34. | 40. | 5th/6th |
| B1-B6 | A4-A6 | B4-B5 | A5-A6 | B3-B6 | $3 A-4 B$ | W33-W34 |  |
| 5. | 11. | 17. | 23. | 29. | 35. | 41. | 3rd/4th |
| B3-B4 | A3-A5 | B2-B6 | A1-A4 | B2-B4 | 2A-1B | L35-L36 |  |
| 6. | 12. | 18. | 24. | 30. | 36. | 42. | 1st/2nd |
| B2-B5 | A1-A2 | B1-B3 | A2-A3 | B1-B5 | 1A-2B | W35-W36 |  |

### 8.5.3.11 Schedule for thirteen (13) teams

The thirteen teams shall play on Day 1 to Day 3 a preliminary round-robin in four Groups, with three teams in Groups A, B and C and four teams in
group D. On Day 4 the teams placed $2^{\text {nd }}$ and $3^{\text {rd }}$ in each preliminary group shall play a second preliminary round in a cross group format. The first placed teams will have a rest day. The fourth placed team in Group D will be ranked $13^{\text {th }}$. Semi-finals and matches for rankings $9^{\text {th }}$ to $12^{\text {th }}$ shall be played on Day 6. Finals for rankings $1^{\text {st }}$ to $8^{\text {th }}$ shall be played on Day 7.

| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Rankings |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 6 | 11 | 16 | 20 | 26 |  | 11 $^{\text {th } / 12^{\text {th }}}$ |
| A1-A3 | B1-B2 | C2-C3 | $2 A-3 B$ | L16-L18 | L20-L21 |  | 9th/10th |
| 2 | 7 | 12 | 17 | 21 | 27 |  |  |
| B1-B3 | C1-C2 | D1-D4 | $3 A-2 B$ | L17-L19 | W20-W2 |  | 7th/8th |
| 3 | 8 | 13 | 18 | 22 | 28 | 32 | L28-L29 |
| C1-C3 | D3-D4 | D2-D3 | $2 C-3 D$ | $1 A-W 18$ | $L 22-L 23$ | 33 | 5th/6th |
| 4 | 9 | 14 | 19 | 23 | 29 | W28-W29 |  |
| D1-D3 | D1-D2 | A2-A3 | $3 C-2 D$ | $1 B-W 19$ | $L 24-L 25$ | 34 | 3rd/4th |
| 5 | 10 | 15 |  | 24 | 30 | L30-L31 |  |
| D2-D4 | A1-A2 | B2-B3 |  | $1 C-W 16$ | $W 22-W 23$ | 35 | 1st/2nd |

### 8.5.3.12 Schedule for fourteen (14) teams

The fourteen teams shall play Day 1 to Day 3 a preliminary round-robin in four groups with three teams in Group A and B and with four teams in Group C and D. On Day 4 the teams placed $2^{\text {nd }}$ and 3rd shall play a second preliminary round in a cross group format. The first placed teams will have a rest day. The fourth placed teams from Groups $C$ and $D$ will play a decisive match for places $13^{\text {th }}$ and $14^{\text {th }}$. Semi-finals and matches for rankings $9^{\text {th }}$ to $12^{\text {th }}$ shall be played on Day 6 . Finals for rankings $1^{\text {st }}$ to $8^{\text {th }}$ shall be played Day 7 .

| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Rankings |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1. | 7. | 13. | 19. |  |  |  | $13^{\text {th }} / 14^{\text {th }}$ |
| A1-3 | B1-B2 | C1-C4 | 4C-4D |  |  |  |  |
| 2. | 8. | 14. | 20. | 24. | 30. |  | $11^{\text {th }} / 12^{\text {th }}$ |
| B1-B3 | C4-C3 | C2-C3 | 2A-B | L20-L22 | L24-L25 |  |  |
| 3. | 9. | 15. | 21. | 25. | 31. |  | 9th/10th |
| C1-C3 | C1-C2 | D1-D4 | $3 \mathrm{~A}-2 \mathrm{~B}$ | L21-L23 | W24-W25 |  |  |
| 4. | 10. | 16. | 22. | 26. | 32. | 34. | 7th/8th |
| C2-C4 | D4-D3 | D2-D3 | 2C-3D | 1A-W22 | L26-L27 | L32-L33 |  |
| 5. | 11. | 17. | 23. | 27. | 33. | 35. | 5th/6th |
| D1-D3 | D1-D2 | A2-A3 | 3C-2D | 1B-W23 | L28-L29 | W32-W33 |  |
| 6. | 12. | 18. |  | 28. | 34. | 36. | 3rd/4th |
| D2-D4 | A1-A2 | B2-B3 |  | 1C-W20 | W28-W29 | L34-L35 |  |
|  |  |  |  | 29. | 35. | 37. | 1st/2nd |

### 8.5.3.13 Schedule for fifteen (15) teams

The fifteen teams shall play Day 1 to Day 3 a preliminary round-robin in four groups with three teams in Group A and four teams in Groups B, C and D. On Day 4 the teams placed $2^{\text {nd }}$ and $3^{\text {rd }}$ shall play a second preliminary round in a cross format. The first placed teams will have a rest day on Day 4. From Day 4 to Day 6 the three fourth placed teams shall play a round-robin for places $13^{\text {th }}$ to $15^{\text {th }}$. Semi-finals shall be played on Day 6 and the Finals on Day 7.

| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Rankings |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1. | 8. | 15. | 22. | 27. | 34. |  | $13^{\text {th }} / 14^{\text {th }} / 15^{\text {th }}$ |
| A1-A3 | B4-B3 | C1-C4 | 4B-4D | 4C-4D | 4B-4C |  |  |
| 2. | 9. | 16. | 23. | 28. | 35. |  | $11^{\text {th }} / 12^{\text {th }}$ |
| B1-B3 | B1-B2 | C2-C3 | 2A-3B | L23-L25 | L28-L29 |  |  |
| 3. | 10. | 17. | 24. | 29. | 36. |  | $9 \mathrm{th} / 10 \mathrm{th}$ |
| B2-B4 | C4-C3 | D1-D4 | 3A-2B | L24-L26 | W28-W29 |  |  |
| 4. | 11. | 18. | 25. | 30. | 37. | 41. | 7th/8th |
| C1-C3 | C1-C2 | D2-D3 | 2C-3D | 1A-W25 | L30-L31 | L37-L38 |  |
| 5. | 12. | 19. | 26. | 31. | 38. | 42. | $5 \mathrm{th} / 6^{\text {th }}$ |
| C2-C4 | D4-D3 | A2-A3 | 3C-2D | 1B-W26 | L32-L33 | W37-W38 |  |
| 6. | 13. | 20. |  | 32. | 39. | 43. | 3rd/4th |
| D1-D3 | D1-D2 | B1-B4 |  | 1C-W23 | W30-W31 | L39-L40 |  |
| 7. | 14. | 21. |  | 33. | 40. | 44. | 1st/2nd |
| D2-D4 | A1-A2 | B2-B3 |  | 1D-W24 | W32-W33 | W39-W40 |  |

### 8.5.3.14 Schedule for sixteen (16) teams

The sixteen teams shall play on Day 1 to Day 3 a preliminary round-robin in four groups, Group A, B, C and D, with four teams in each group. On Day 4 the teams placed $2^{\text {nd }}$ to $4^{\text {th }}$ shall play second preliminary round, where the second and third placed teams in each group in a cross group format. The fourth placed teams in each group form a new group of four teams and they shall play for places $13^{\text {th }}$ to $16^{\text {th }}$. The first placed teams will have a rest day on Day 4. The Quarter Final Round shall be played on Day 6. The finals for places $1^{\text {st }}$ to $8^{\text {th }}$ shall be played in Day 7.

| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Rankings |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1. | 9. | 17. | 25. | 31. |  |  | $15^{\text {th} / 166^{\text {th }}}$ |
| A1-A3 | B4-B3 | C1-C4 | 4A-4B | L25-L26 |  |  |  |
| 2. | 10. | 18. | 26. | 32. |  |  | $13^{\text {th }} / 14^{\text {th }}$ |
| A2-A4 | B1-B2 | C2-C3 | 4C-4D | W25-W26 |  |  |  |
| 3. | 11. | 19. | 27. | 33. | 39. |  | $11^{\text {th }} / 12^{\text {th }}$ |
| B1-B3 | C4-C3 | D1-D4 | 2A-3B | L27-L29 | L33-L34 |  |  |
| 4. | 12. | 20. | 28. | 34. | 40. |  | 9th/10th |
| B2-B4 | C1-C2 | D2-D3 | 3A-2B | L28-L30 | W33-W34 |  |  |


| 5. | 13. | 21. | 29. | 35. | 41. | 45. | 7th/8th |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| C1-C3 | D4-D3 | A1-A4 | 2C-3D | 1A-W29 | L35-L36 | L41-L42 |  |
| 6. | 14. | 22. | 30. | 36. | 42. | 46. | 5th/6th |
| C2-C4 | D1-D2 | A2-A3 | 3C-2D | 1B-W30 | L37-L38 | W41-W42 |  |
| 7. | 15. | 23. |  | 37. | 43. | 47. | 3rd/4th |
| D1-D3 | A4-A3 | B1-B4 |  | $1 C-W 27$ | W35-W36 | L43-L44 |  |
| 8. | 16. | 24. |  | 38. | 44. | 48. | 1st/2nd |
| D2-D4 | A1-A2 | B2-B3 |  | 1D-W28 | W37-W38 | W43-W44 |  |

### 8.5.3.15 Schedule for seventeen (17) teams

The seventeen teams shall play on Day 1 to Day 4 a preliminary roundrobin in four Groups, A, B, C and D, with four teams in Group A, B and C, and five teams in Group D and with the teams from $D$ having for one day two matches. The Quarter Finals shall be played on Day 5 with the first and second placed teams and the third and fourth placed teams shall play each other in a cross group format. The fifth placed team in Group D will be ranked $17^{\text {th }}$. Semi-finals shall be played on Day 6 and the Finals on Day 7.

| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Rankings |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1.D3-D5 | 10. | 17. | 24. | 29. | 37. | 45. | $15^{\text {th }} / 16^{\text {th }}$ |
|  | C1-C3 | D1-D4 | A2-A4 | 4A-3D | L29-L30 | L37-L38 |  |
| 2.D1-D2 | 11. | 18. | 25. | 30. | 38. | 46. | $13^{\text {th }} / 14^{\text {th }}$ |
|  | D4-D5 | D2-D3 | B1-B3 | 3A-4D | L31-L32 | W37-W38 |  |
| 3.C1-C2 | 12. | 19. | 26. | 31. | 39. | 47. | $11^{\text {th }} / 12^{\text {th }}$ |
|  | D1-D3 | A1-A3 | C3-C4 | 4B-3C | W29-W30 | L39-L40 |  |
| 4.B3-B4 | 13. | 20. | 27. | 32. | 40. | 48. | 9th/10th |
|  | A2-A3 | B1-B4 | D3-D4 | 3B-4C | W31-32 | W39-W40 |  |
| 5.B1-B2 | 14. | 21. | 28. | 33. | 41. | 49. | $7 \mathrm{th} / 8 \mathrm{th}$ |
|  | A1-A4 | B2-B3 | D2-D5 | 2A-1D | L33-L34 | L41-L42 |  |
| 6.A1-A2 | 15. | 22. |  | 34. | 42. | 50. | $5 \mathrm{th} / 6 \mathrm{th}$ |
|  | B2-B4 | C1-C4 |  | 1A-2D | L35-L36 | W41-W42 |  |
| 7.A3-A4 | 16. | 23. |  | 35. | 43. | 51. | 3rd/4th |
|  | C2-C4 | C2-C3 |  | 2B-1C | W33-W34 | L43-L44 |  |
| 8.D1-D5 |  |  |  | 36. | 44. | 52. | 1st/2nd |
|  |  |  |  | 1B-2C | W35-W36 | W43-W44 |  |

9.D2-D4

### 8.5.3.16 Schedule for eighteen (18) teams

The eighteen teams shall play on Day 1 to Day 4 a preliminary roundrobin in four Groups, A, B, C and D, with four teams in Group A and B, and five teams in Group C and D and with teams from C and D having for one day two matches. The Quarter Finals shall be played on Day 5 with the first and second placed teams and the third and fourth placed teams shall play each other in a cross group format. The fifth placed teams shall play final match for places $17^{\text {th }}$ and $18^{\text {th }}$. Semi-finals shall be played on Day 6 and the Finals on Day 7.

| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Rankings |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1. | 9. | 18. | 27. | 33. | 41. |  | $17^{\text {th }} / 18^{\text {th }}$ |
| B3-B4 | C4-C5 | D1-D4 | C2-C5 | 4A-3D | 5C-5D |  |  |
| 2. | 10. | 19. | 28. | 34. | 42. | 50. | $15^{\text {th }} / 16^{\text {th }}$ |
| B1-B2 | C1-C3 | D2-D3 | A2-A4 | 3A-4D | L33-L34 | L42-L43 |  |
| 3. | 11. | 20. | 29. | 35. | 43. | 51. | $13^{\text {th }} / 14^{\text {th }}$ |
| C3-C5 | D4-D5 | A1-A3 | B1-B3 | 4B-3C | L35-L36 | W42-W43 |  |
| 4. | 12. | 21. | 30. | 36. | 44. | 52. | $11^{\text {th }} / 12^{\text {th }}$ |
| C1-C2 | D1-D3 | B1-B4 | C3-C4 | 3B-4C | W33-W34 | L44-L45 |  |
| 5. | 13. | 22. | 31. | 37. | 45. | 53. | 9th/10th |
| D3-D5 | A2-A3 | B2-B3 | D3-D4 | 2A-1D | W35-W36 | W44-W45 |  |
| 6. | 14. | 23. | 32. | 38. | 46. | 54. | 7th/8th |
| D1-D2 | A1-A4 | C1-C4 | D2-D5 | 1A-2D | L37-L38 | L46-L47 |  |
| 7. | 15. | 24. |  | 39. | 47. | 55. | 5th/6th |
| A1-A2 | B2-B4 | C2-C3 |  | 2B-1C | L39-L40 | W46-W47 |  |
| 8. | 16. | 25. |  | 40. | 48. | 56. | 3rd/4th |
| A3-A4 | C1-C5 | D1-D5 |  | 1B-2C | W37-W38 | L48-L49 |  |
|  | $\begin{gathered} 17 . \\ \mathrm{C} 2-\mathrm{C} 4 \end{gathered}$ | $\begin{gathered} 26 . \\ \text { D2-D4 } \end{gathered}$ |  |  | $\begin{gathered} 49 . \\ \text { W39-W40 } \end{gathered}$ | $\begin{gathered} 57 . \\ \text { W48-W49 } \end{gathered}$ | 1st/2nd |

### 8.5.3.17 Schedule for nineteen (19) teams

The nineteen teams shall play on Day 1 to Day 4 a preliminary roundrobin in four Groups, A, B, C and D, with four teams in Group A and five teams in Groups B, C and D and with teams from B, C and D having for one day two matches. The Quarter Finals shall be played on Day 5 with the $1^{\text {st }}$ and $2^{\text {nd }}$ placed teams and the $3^{\text {rd }}$ and $4^{\text {th }}$ placed teams shall play each other in a cross group format. The $5^{\text {th }}$ placed teams shall play a round-robin for rankings $17^{\text {th }}$ to $19^{\text {th }}$. Semi-finals shall be played on Day 6 and the Finals on Day 7.

| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Rankings |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1. | 11. | 20. | 29. | 37. | 46. | 55. | $17^{\text {th }} / 18^{\text {th }} / 19^{\text {th }}$ |
| B3-B5 | C4-C5 | D1-D4 | B2-B5 | 5B-5C | 5B-5D | 5C-5D |  |
| 2. | 12. | 21. | 30. | 38. | 47. | 56. | $15^{\text {th/ }} 16^{\text {th }}$ |
| B1-B2 | C1-C3 | D2-D3 | C2-C5 | 4A-3D | L38-L39 | L47-L48 |  |
| 3. | 13. | 22. | 31. | 39. | 48. | 57. | $13^{\text {th }} / 14^{\text {th }}$ |
| C3-C5 | D4-D5 | A1-A3 | D2-D5 | $3 \mathrm{~A}-4 \mathrm{D}$ | L40-L41 | W47-W48 |  |
| 4. | 14. | 23. | 32. | 40. | 49. | 58. | $11^{\text {th }} / 12^{\text {th }}$ |
| C1-C2 | D1-D3 | B1-B4 | A1-A4 | 4B-3C | W38-W39 | L49-L50 |  |
| 5. | 15. | 24. | 33. | 41. | 50. | 59. | 9th/10th |
| D3-D5 | A2-A4 | B2-B3 | A2-A3 | 3B-4C | W40-W41 | W49-W50 |  |
| 6. | 16. | 25. | 34. | 42. | 51. | 60. | 7th/8th |
| D1-D2 | B4-B5 | C1-C4 | B3-B4 | 2A-1D | L42-L43 | L51-L52 |  |
| 7. | 17. | 26. | 35. | 43. | 52. | 61. | 5th/6th |
| A3-A4 | B1-B3 | C2-C3 | C3-C4 | $1 \mathrm{~A}-2 \mathrm{D}$ | L44-L45 | W51-W52 |  |
| 8. | 18. | 27. | 36. | 44. | 53. | 62. | 3rd/4th |
| A1-A2 | C1-C5 | D1-D5 | D3-D4 | 2B-1C | W42-W43 | L53-L54 |  |


| 9. | 19. | 28. | 45. | 54. | 63. |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| B1-B5 | C2-C4 | D2-D4 |  | 1B-2C | W44-W45 | W53-W54 |
| 10. |  |  |  |  |  |  |
| B2-B4 |  |  |  |  |  |  |

### 8.5.3.18 Schedule for twenty (20) teams

The twenty teams shall play on Day 1 to Day 4 a preliminary round-robin in four Groups, A, B, C and D, with five teams in each group and with teams from each group having for one day two matches. The Quarter Finals shall be played on Day 5 with the $1^{\text {st }}$ and $2^{\text {nd }}$ placed teams and the $3^{\text {rd }}$ and $4^{\text {th }}$ placed teams from each group. The $5^{\text {th }}$ placed teams shall play each other in a cross group format. Semi-finals shall be played on Day 6 and the finals on Day 7.

| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Rankings |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1. | 11. | 21. | 31. | 41. | 51. |  | $19^{\text {th }} / 20^{\text {th }}$ |
| A3-A4 | B3-B5 | C4-C5 | D1-D4 | 5A-5D | L41-L42 |  |  |
| 2. | 12. | 22. | 32. | 42. | 52. |  | $17^{\text {th }} / 18^{\text {th }}$ |
| A2-A5 | B1-B2 | C1-C3 | D2-D3 | 5B-5C | W41-W42 |  |  |
| 3. | 13. | 23. | 33. | 43. | 53. | 61. | $15^{\text {th }} 16^{\text {th }}$ |
| B3-B4 | C3-5 | D4-D5 | A1-A4 | 4A-3D | L43-444 | L53-54 |  |
| 4. | 14. | 24. | 34. | 44. | 54. | 62. | $13^{\text {th }} / 14^{\text {th }}$ |
| B2-B5 | C1-C2 | D1-D3 | A2-A3 | 3A-4D | L45-46 | W53-W54 |  |
| 5. | 15. | 25. | 35. | 45. | 55. | 63. | $11^{\text {th }} / 12^{\text {th }}$ |
| C3-C4 | D3-D5 | A4-A5 | B1-B4 | 4B-3C | W43-W44 | L55-L56 |  |
| 6. | 16. | 26. | 36. | 46. | 56. | 64. | 9th/10th |
| C2-C5 | D1-D2 | A1-A3 | B2-B3 | 3B-4C | W45-W46 | W55-W56 |  |
| 7. | 17. | 27. | 37. | 47. | 57. | 65. | 7th/8th |
| D3-D4 | A3-A5 | B4-B5 | C1-C4 | 2A-1D | L47-L48 | L57-L58 |  |
| 8. | 18. | 28. | 38. | 48. | 58. | 66. | 5th/6th |
| D2-D5 | A1-A2 | B1-B3 | C2-C3 | 1A-2D | L49-L50 | W57-W58 |  |
| 9. | 19. | 29. | 39. | 49. | 59. | 67. | 3rd/4th |
| A1-A5 | B1-B5 | C1-C5 | D1-D5 | 2B-1C | W47-W48 | L59-60 |  |
| 10. | 20. | 30. | 40. | 50. | 60. | 68. | 1st/2nd |
| A2-A4 | B2-B4 | C2-C4 | D2-D4 | 1B-2C | W49-W50 | W59-W60 |  |

### 8.5.4 Draw

8.5.4. $\quad$ The draw for the World Aquatics Masters Championships shall be made at least one month prior to start of the Water Polo competition. The seeding for the draw for the preliminary rounds shall be based on the placing at the previous World Aquatics Masters Championships as follows:

With two groups in the age group:
First line, the best and second best placed of the entered teams from the previous Championships,

Second line, two of the next best placed of the entered teams from the previous Championships,

The rest of the entered teams shall be placed in groups by a random draw.

With four groups in the age group:
First line, four of the best placed of the entered teams from the previous Championships,

The rest of the entered teams shall be placed in groups by a random draw.
8.5.4.2 Teams from the same country should not be drawn in the same group, if possible
8.5.4.3 The World Aquatics Masters Commission can decide, if needed, on additional criteria as base for the draw.

### 8.5.5 Classification

8.5.5.1 The classification of teams in the preliminary rounds will be made based on Rule 1.6.6.

### 8.6 Artistic Swimming

8.6.1 In World Aquatics Masters Championships a club may enter up to five (5) routines in solo, duo, mixed duo and team in each age group in each event, and one (1) Free Combination in each age group.
8.6.2 A competitor can take part in only one Duet, Mixed Duet, Team and one Free Combination.
8.6.3 A female competitor can take part in both Duet and Mixed Duet.
8.6.4 Changes in names of competitors for a routine must be received by the Chief Recorder at least 14 days prior to the first event of the Artistic Swimming competition. The new competitor must have already registered for the competition with the organising committee.
8.6.5 The reserves listed in a routine must be of an age that any combination of the listed competitors would result in swimming in the same age group.
8.6.6 Any changes in reserves must be handed to the Chief Recorder in writing at least two hours prior to the listed start time for the age group routine. Changes after this can only be made in the case of sudden illness of or an accident to a competitor and if the reserve is ready to compete without delaying the competition.
8.6.7 A competitor may be listed as a reserve on more than one routine in an
age group event. However, once a competitor swims in one routine, that competitor is ineligible to swim in another routine in the same age group event.
8.6.8 Failure to notify the Chief Recorder of substitution and/or scratches
shall result in disqualification of the routine.

### 8.6.9 Order of Appearance

8.6.9.1 For the World Aquatics Masters Championships, a computer draw for the Technical Routines shall be done by the Chief Recorder at least 24 hours before the Technical Meeting.

The order of the draw shall be Team, Free Combination, Duet and Solo.
8.6.9.2 When a competitor(s) draws start number one (1) in a Technical Routine, she (they) will be exempted from drawing start number one (1) in another Technical Routine in the same Age Group, if possible.

Swimming number one (1) in a Technical Routine does not make a routine exempt from swimming number one (1) in the Free Routine in the same event.
8.6.9.3 The order of appearance for the Free Routines in each age group shall be determined by the results of the Technical Routines for that age group event and shall be swum in groups of 6 competitors.

If the number of competitors is not divisible by 6 , the smallest group shall start first.

If there are fewer than 12 entries in an age group event, the draw will be in two equal groups, the smallest group start first.

If there is a tie in the placement in an age group event which overlaps two groups, those competitors shall form a group of their own and swim between the original groups.
8.6.9. $\quad$ For each age group event, the lowest scoring competitors in the Technical Routine will swim in the first group and the highest scoring competitors will swim in the last group.
8.6.9.5 Within each age group in each event, the highest scoring competitor in the Technical Routine for that age group and event shall draw first, with the next competitors drawing in order of Technical Routine placement. In the case of ties, the order of draw shall be based on the Technical Routine start number, with the lowest start number drawing first.

### 8.6.10

## Judging and Scoring

8.6.10.1 At the World Aquatics Masters Championships at least four (4) judges shall officiate in three panels.
8.6.11 For the World Aquatics Masters Championships the Degree of Difficulty for Required Elements shall be:

## ELEMENT \#1-1.6

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).

| Total |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| $\mathrm{PV}=$ | 6.0 | 14.5 | 20.5 |  |
|  | 1.46 | 3.54 | 5.00 | 1.61 |

## ELEMENT \#2 - 1.3

SPLIT POSITION - followed by a walkout front or walkout back. The final DD is based on the lowest of the two values.

|  |  |  |  | Total |  |
| :--- | :---: | :---: | :---: | :---: | :---: |
| $\mathbf{N V T}=$ | 23.0 | 8.0 |  |  | 31 |
| $\mathbf{P V}=$ | 7.42 | 2.58 |  |  | 1.42 |


|  |  |  |  | Total |  |
| :--- | :---: | :---: | :---: | :---: | :--- |
| NVT $=$ | 19.0 | 6.0 |  |  | 25 |
| PV $=$ | 7.60 | 2.40 |  |  | 1.31 |

## ELEMENT \#3-1.1

SPINNING $180^{\circ}$ - From a Bent Knee Position, a Spin $180^{\circ}$ is executed as the legs are joined to a Vertical Position at the ankles followed by submergence.


## ELEMENT \#4 - 1.3

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. The DD is based on the lowest value of two positions combined.

|  |  | Total |  |  |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| $\mathbf{N V T}=$ | 10.5 | 11.0 | $(13.0$ or 18.5$)$ | 3.0 | 19.0 | 21.5 |
| $\mathbf{P V}=$ | 4.77 | 5.0 |  | 1.36 | 8.64 | 1.25 |

## ELEMENT \#5-1.6

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.

| Sal |  |  |  |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- |
| NVT= |  |  |  | Total |  |
| $\mathbf{P V}=$ | 28.0 | 11.0 |  |  |  |

