

**EUROPEAN MASTERS CHAMPIONSHIPS
FOR SWIMMING, DIVING, ARTISTIC SWIMMING
AND OPEN WATER SWIMMING**

UPDATED by the LEN Bureau 29/6/2023

In addition to the LEN General Event Rules the following

REGULATIONS

shall apply:

MA-G GENERAL

MA-G 1 Event and Organisation

MA-G 1.1 The Championships shall be conducted in Swimming, Diving, Open Water Swimming and Artistic Swimming.

MA-G 1.2 The Championships shall be held every second year when World Masters Championships are not organized.

MA-G 1.3 The organising Federation and the place where the Championships shall be held will be decided by the LEN Bureau and circulated by the LEN Office.

MA-G 1.4 The LEN Bureau Delegate and the LEN Masters Committee (LEN MaC) shall be responsible for and supervise the organisation of the event and the correct conduct of the competitions according to LEN Rules and Regulations.
They shall decide on all matters arising on site at the competitions which require an immediate decision.

MA-G 1.5 The LEN logo and the Championships logo are registered trade-marks and may not be used by clubs or their competitors.

MA-G 2 Entries and Entry Fees

MA-G 2.1 Competitors shall be eligible for a club either affiliated to a Member Federation or affiliated to a Federation registered by LEN.

MA-G 2.2 Entries shall be confirmed and submitted by the Federation in the name of the club to which the competitor belongs prior to the start of the Championships.
No amendment is possible once the Championships have begun.

MA-G 2.3 All competitors must be citizens of a country corresponding to the domicile of at least one LEN member federation or they must have resided continuously for twelve months in a countries corresponding to the domicile of at least one LEN member federation before start of the competition. Proof of citizenship or residence for the last twelve months is required and must be proofed when asked by the organizer.

MA-G 2.4 Entries, including signed Release of Liability by every competitor, shall be sent to the Organising Committee together with one photo (passport size).
With full front view of face (passport standard form)

- MA-G 2.5 The deadline for the submission of entries and the payment of the entry fees shall be no later than the date announced by the LEN Office.
- MA-G 2.6 Entry fees shall be as decided by the LEN Bureau and circulated by the Organising Committee.
- MA-G 2.7 Entry fees shall be paid to the Organising Committee. Confirmation of payment shall be attached to the entries.
- MA-G 2.8 There shall be no refund of entry fees.

MA-G 3 Accreditation

- MA-G 3.1 Accreditation shall be issued for:
- a. all competitors and approved officials of the Federations;
 - b. any President of a Member Federation or a Federation registered by LEN;
 - c. all persons nominated by LEN;
 - d. all persons involved in the organisation of the Championships.

No other person shall receive an accreditation.

- MA-G 3.2 Each Competitor may collect his/her Accreditation Card with a photo two (2) days prior to the Championships at the Accreditation Centre after proof of identity, citizenship and/or residence (passport or ID card, proof of residence).
- MA-G 3.3 The Organising Committee shall check name, age, and entries before handing out the accreditation card.

MA-G 4 Awards

- MA-G 4.1 Victory Ceremonies shall take place after each event at a place and a time announced by the Organising Committee.
Medals shall be awarded to competitors placed first to third in each event and age group.
Diplomas shall be awarded to competitors placed first to eighth in each event and age group.
- MA-G 4.2 Points shall not be counted and no awards shall be given to Federations or clubs.
- MA-G 4.3 A commemorative souvenir shall be given to each competitor starting and to each approved official.

MA-G 5 Officials

- MA-G 5.1 The LEN MaC shall nominate for each competition session one (1) Technical Delegate and one (1) Referee.

- MA-G 5.2 Federations may nominate suitably qualified and experienced officials for each aquatic discipline.
- MA-G 5.2.1 Applications shall be submitted to the LEN Office no later than the date announced by the LEN Office.
- MA-G 5.2.2 Officials approved by LEN Masters Committee are on the costs of the nominating Federation
- MA-G 5.3 The Technical Delegate shall nominate the key officials to be on duty on each competition session.
- MA-G 5.4 The organising Federation shall provide all the other officials.

MA-SW SWIMMING

MA-SW 1 Events and age groups

- MA-SW 1.1 Events are (men and women):
-Freestyle 50 m, 100 m, 200 m, 400 m, 800 m;
-Breaststroke 50 m, 100 m, 200 m;
-Backstroke 50 m, 100 m, 200 m;
-Butterfly 50 m, 100 m, 200 m;
-Individual Medley 100m (for SC competition); 200 m; 400 m (for LC competition);
-Freestyle Relay 4 x 50 m;
-Medley Relay 4 x 50 m;
-Mixed Freestyle Relay 4 x 50 m (2 women and 2 men);
-Mixed Medley Relay 4 x 50 m (2 women and 2 men).
- MA-SW 1.2 Age groups for individual events are:
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
(and five year age groups as high as is necessary).
- MA-SW 1.3 Age groups for relays are:
100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359 (and forty year increments as high as is necessary).
- All members of a relay team must be from the same club and have completed the individual entry form.
The total age of the team members (determined by the year of birth) determines the age group of the team.
- A competitor may only compete in one age group in the same relay event.
- MA-SW 1.4 Competitors may be entered for a maximum number of individual events decided by the LEN Executive on proposal of the LEN MaC and the LEN Bureau Liaison, but not for more than two individual events each day. In case the planned registrations are not reached, the already registered competitors may be called to register more events during the two week period following the registration deadline.
- MA-SW 1.5 The order of the events and the Entry Times shall be decided by the LEN Executive on proposal of the LEN MaC and the LEN Bureau Liaison.

MA-SW 1.6 A swimmer must have reached qualification time (entry time) in a Competition within 2 years period before the competition.
If a swimmer clearly fails to achieve the QT at the current competition
He/she may be excluded from all upcoming individual events in the same competition.

MA-SW 2 Confirmation of participation and composition of Relay Teams

MA-SW 2.1 Competitors participating in 400 m and 800 m races shall confirm their participation to the Organising Committee no later than six o'clock p.m. (18.00 hrs) on the day prior to the event.

MA-SW 2.2 Clubs participating in Relay Events shall confirm their participation and submit the names of the competitors and the order of swimming no later than six o'clock p.m. (18.00 hrs) on the day prior to the event.

Reserve swimmers are not allowed.

MA-SW 3 Lane seeding, start and ordering out of the competition

MA-SW 3.1 Competitors will be seeded according to the submitted entry times, beginning with the oldest age group first and within an age group the slower heats first.

MA-SW 3.2 In 400 m freestyle and 800 m freestyle races two competitors may be deck seeded and swimming in one lane. The seeding for 400 freestyle, 800 freestyle and 400 IM shall be by time only and not by age-group.

MA-SW 3.3 Overhead start will be used in all events. Any swimmer or swimmers initiating a start before the signal has been given, shall be disqualified upon completion of the race. Remaining swimmers won't be called back.

MA-SW 3.4 Each competitor is responsible to report to the clerk of course at least 15 minutes prior to the designated race at the marshalling area at the pool.

MA-SW 3.5 In individual events of more than 200 m the Referee may order out any competitor who passed the entry time for the relevant age group.

MA-SW 4 Classification

MA-SW 4.1 Individual swimmers will be listed in the result list with name, name of the club, official country code of their club and split times according to ranking and age group.

MA-SW 4.2 Relay teams will be listed in the result list with the name of the club and official country code of their club according to ranking and age group, including names of swimmers and individual split times.

MA-SW 4.3 Any competitor not starting, disqualified, or not finishing the race within the required entry time will be placed at the end of the result list without ranking and time. The reason shall be mentioned.

MA-SW 4.4 A competitor who has a permanent disability shall not be disqualified in a case where his disability prevents him/her from complying with the rules of a particular stroke,

provided that the disability has been notified to the referee by the competitor or his/her representative before the race takes place. Notification shall be a medical certificate issued by the Medical Officer of the Federation.

MA-D DIVING

MA-D 1 Events and age groups

MA-D 1.1 Events are (men and women):

- Springboard 1 m;
 - Springboard 3 m;
 - Platform 5 m, 7.5 m, 10 m;
 - Synchronised 3 m Springboard;
 - Synchronised 5 m, 7.5 m, 10 m Platform;
 - Team Diving
- (Synchronised Diving where the facilities allow).

MA-D 1.2 Age groups are:
 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+ (and five years age groups as high as is necessary);
 For Synchronised Diving: 50-99, 100+
 (age groups are determined by adding the ages of the competitors);
 For Team Diving: 75-149, 150+
 (age groups are determined by adding the ages of the competitors).

MA-D 1.3 Age groups may be combined.

MA-D 1.4 The total number of dives required are:

Springboard diving (1 metre resp. 3 metre)		Age groups	Platform diving (5 metre, 7.5 metre or 10 metre)	
Men	Women		Men	Women
6	5	25 – 29	5	5
6	5	30 – 34	5	5
6	5	35 – 39	5	5
6	5	40 – 44	5	5
Springboard diving (1 metre resp. 3 metre)		Age groups	Platform diving (5 metre, 7.5 metre or 10 metre)	
Men	Women		Men	Women
6	5	45 – 49	5	5
6	5	50 – 55	5*	5*
6	5	55 – 59	5*	5*
6	5	60 – 64	5*	5*
6	5	65 – 69	5*	5*
5	5	70 – 74	4*	4*
5	5	75 – 79	4*	4*
5	5	80+	4*	4*

* 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.

MA-D 1.5 The order of the events shall be decided by the LEN Executive on proposal of the LEN MaC and the LEN Bureau Liaison to this Committee.

MA-D 1.6 In Synchronised Diving for men and women in all age groups the total number of dives required is 2 dives with an assigned degree of difficulty of 2.0 regardless of the formula value plus 2 dives with free degree of difficulty. When diving from the 10m platform all divers aged 50+ may only perform feet-first dives with a degree of difficulty not exceeding 2.0 according to the formula value. Two divers from different clubs within the same federation may compete as a couple One divers may only start in one couple regardless of the age group.

MA-D 1.7 In the Team Diving Competition each team shall consist of three divers but must include both sexes.
Divers from different clubs within the same federation may compete as a team. Each team shall perform six different dives and each diver two dives from two different heights (1m/3m/platform).
The dives shall consist of 2 dives from 1m Springboard, 2 dives from 3m Springboard and 2 dives from Platform. When diving from the 10m platform all divers aged 50+ may only perform dives with a degree of difficulty not exceeding 2.0 and they must be performed feet-first.
One divers may start in one team regardless of the age group.

MA-D 1.8 The diver can freely choose the dive from the dive table given in the FINA handbook. The only requirements is that in age group 25-69 years each dive performed has a different dive number (as in the FINA Handbook) In age group 70 and older dives with the same dive number can be repeated, if performed in different position (straight, pike, tuck or free position).

MA-D 2 Confirmation of participation and list of the dives

MA-D 2.1 Competitors shall confirm their participation and submit the list of the dives to the Technical Delegate or the nominated member of the LEN MaC no later than six o'clock p.m. (18.00 hrs) on the day prior to the event.

MA-D 2.2 The Technical Delegate may accept later confirmations and/or submissions of the list of the dives up to three (3) hours prior to the event, subject to a fine; the amount of the fine shall be decided by the Bureau and circulated by the Organising Committee.

MA-D 2.3 No changes on the list of the dives shall be accepted after the deadline of three (3) hours prior to the event.

MA-OW OPEN WATER SWIMMING

MA-OW 1 Events and age groups

MA-OW 1.1 Events are:
-Open Water Swimming (men), up to 5 km;
-Open Water Swimming (women), up to 5 km.

MA-OW 1.2 Age groups are:
25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64 , 65-69 ,70-74, 75+.

MA-OW 2 Confirmation of Participation and seeding

- MA-OW 2.1 Competitors shall confirm their participation to the Organising committee not later than twelve o'clock a.m. (12.00) on the day prior to the event.
- MA-OW 2.2 Competitors will be seeded in waves according to age groups. Competitors may be selected irrespective of gender.
- MA-OW 2.3 All competitors will receive and must wear a brightly coloured numbered cap according to the seeding. When water temperature is under 20°C wetsuit can be worn. All swimsuits (also wetsuit) must be according to FINA rules.
- MA-OW 2.4 For the LEN European Masters Championships a cut off time of 30 minutes per kilometer may be applied.

MA-OW 3 Start

- MA-OW 3.1 The Referee shall only allow the race to start if the security requirements are fulfilled. The Referee may be overruled by the Technical Delegate.
- MA-OW 3.2 The Technical Delegate may shorten the distance of the event, due to weather conditions, water temperature and/or if the security requirements are not fulfilled.

MA-AS ARTISTIC SWIMMING

The Artistic Swimming Rules in Part VII of this Handbook shall apply to all Masters Artistic Swimming except for the following:

MA-AS 1 Age groups

- MA-AS1.1 Solo:25–29,30–39,40–49,50–59,60–69,70–79,80 and over
- MA-AS1.2 Duet:25–29,30–39,40–49,50–59,60–69,70–79,80andover with age determined by the average age of the competitors.
- MA-AS1.3 MixedDuet:25–29,30–39,40–49,50–59,60–69,70–79,80and over with age determined by the average age of the competitors.
- MA-AS 1.4 Team: 25 – 34, 35 – 49, 50 – 64, 65 and over with age determined by the average age of the competitors.
- MA-AS 1.5 Free Combination: 25 – 39, 40 – 64, 65 and over with age determined by the average age of the competitors.
- MA-AS 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).

MA-AS 2 Events

- MA-AS 2.1 The events of Masters Artistic Swimming are Technical Solo Male ,Technical Solo Female, Free Solo Male, Free Solo Female Technical Duet, Free Duet, Technical

Mixed Duet, Free Mixed Duet, Technical Team, Free Team and Free Combination. Each event is a separate medal event. Duet Free, Duet Technical, Team Technical, Team Free, and Free Combination are open to all genders. Mixed Duet has to have one male and one female athlete.

MA-AS 2.2 The programme for a Masters Event shall be Technical Routines, Free Routines and Free Combination.

MA-AS 2.2.1 Technical Routine

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

MA-AS 2.2.2 Free Routine

The Free Routine shall be performed for Solo, Duet, Mixed Duet, Team, and Free Combination. There are no restrictions as to choice of music, content or choreography.

MA-AS 3 Competitors

MA-AS 3.1 Competitors in Duet, Mixed Duet, Team and Free Combination shall represent the same club.

MA-AS 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.

MA-AS 4 Masters Artistic Swimming Technical Rules

MA-AS 4.1 Time Limits for Routines

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

MA-AS 4.1.1

Technical Routines Solo 2.00 Free Routines Solo 2.15

MA-AS 4.1.2

Technical Routines Duet 2.20 Free Routines Duet 2.45

MA-AS 4.1.3

Technical Routines Mixed Duet 1.40 Free Routines Mixed Duet 2.45

MA-AS 4.1.4

Technical Routines Teams 2.50 Free Routines Teams 3.30

MA-AS 4.1.5

Free Combination 3.30

MA-AS 4.1.6

There shall be no minimum time limit

MAS 4.1.7.

The walk-on time is max 30 sec.

MA-AS 4.2 The size of the competition pool shall be 25x20 metres and minimum 2.5 metres deep.

MA-AS 4.3 Goggles may be worn.

MA-AS 5 Routine Panels

MA-AS 5.1 Three (3) panels of five (5) judges must officiate: in Free Routines and Free Combination one panel for Execution, one panel for Artistic Impression and one panel for Difficulty, and in Technical Routines one panel for Execution, one panel for Impression and one panel for Elements.

MA-AS 5.1.1 Judges must officiate:

In Free Routines, Free Combination

Panel One - Execution

Panel Two - Artistic Impression

Panel Three - Difficulty

In Technical Routines

Panel One - Execution

Panel Two - Impression

Panel Three - Elements

MA-AS 5.2 During routine sessions, the judges shall be placed in elevated positions on opposite sides of the pool.

MA-AS 5.3 At the completion of each routine, the judges record their scores on judging papers provided by the Meet Management Committee. These judging papers shall be collected before the scores are displayed or announced and shall be the accepted score in case of error or dispute.

MA-AS 5.3.1

On a signal from the referee, (or assistant referee) the judges scores will simultaneously be presented manually or electronically for each panel.

MA-AS 5.4 If one or more judges by reason of illness or other unforeseen circumstances cannot make an award for a routine, the average of the awards of the other judges shall be computed and shall be considered as the award. This shall be calculated to the nearest 0.1 point.

MA-AS 5.4.1

If an unexpected situation happens during a session and one or more judges cannot make an award for a routine, the referee can disrupt the session and performance. After settlement of the matter and confirmation that it is safe, the referee shall resume the session and allow the competitor to swim again.

MA-AS 5.5 After approval by the referee or the appointed official, judges' scores may be flashed on the score board or sent to the computer.

MA-AS 5.6 For Technical Routines and Free Combination Routines, the referee and assistant referees monitor the required elements.

MA-AS 5.7 For all Routines, official/officials appointed by the Referee monitor the use of the bottom of the pool.

MA-AS 6 JUDGEMENT OF ROUTINES

MA-AS 6.1 In Routines the competitor can obtain points from 0 – 10 using 1/10th points.

Perfect	10
Near Perfect	9.9 - 9.5
Excellent	9.4 - 9.0
Very Good	8.9 - 8.0
Good	7.9 - 7.0
Competent	6.9 - 6.0
Satisfactory	5.9 - 5.0
Deficient	4.9 - 4.0
Weak	3.9 - 3.0
Very Weak	2.9 - 2.0
Hardly Recognizable	1.9 - 0.1
Completely Failed	0

MA-AS 6.2 In Free Routines, Free Combination Routines each judge shall award one score, from 0 – 10 points each (see MA-AS 6.1). Execution panel judges shall award one score for Execution and Synchronisation. Artistic Impression panel judges shall award one score for Choreography, Music Interpretation, and Manner of Presentation. The difficulty panel judges shall award a score for Difficulty.

MA-AS 6.2.1

First panel – EXECUTION Score - 30%

Consider:	Free solo	Free duet mixed duet	Free Team, Free Combination
EXECUTION – the level of excellence in performing highly specialised skills. Execution of all movements.	90%	50%	50%
SYNCHRONISATION – the precision of movements in unison, one with the other, and the accompaniment above, at and below the surface. Synchronisation of timing of one with another and with the music.	10%	50%	50%

MA-AS 6.2.2

Second Panel – Artistic Impression Score – 40%

Consider:	Free solo	Free duet mixed duet	Free Team, Free Combination
CHOREOGRAPHY – the creative skill of composing a routine that combines artistic and technical elements. The design and weaving			

together of variety and creativity of all movements.			
MUSIC INTERPRETATION – expressing the mood of the music, use of the music’s structure.	100%	100%	100%
MANNER OF PRESENTATION – the manner in which the swimmer(s) present(s) the routine to the viewers. The total command of the performance of the routine.			

MA-AS 6.2.3

Third panel – DIFFICULTY Score - 30%

Consider:	Free solo	Free duet mixed duet	Free Team, Free Combination
DIFFICULTY – the quality of being hard to achieve. Difficulty of all movements and of synchronisation.	100%	100%	100%

MA-AS 6.3 **Technical Routines**

In Technical Routines, each judge shall award a score(s), from 0 – 10 points each (see MA-AS 5.1).
 Execution panel judges shall award one score for execution and synchronisation of all movements that do not have an assigned degree of difficulty.
 Impression panel judges shall award one score for difficulty, choreography, music interpretation, and manner of presentation.
 Elements panel judges shall award individual scores for the execution and synchronisation of each required element with an assigned degree of difficulty.

MA-AS 6.3.1

First panel – EXECUTION Score - 30%

Consider:	Technical solo	Technical duet mixed duet	Technical Team
EXECUTION – the level of excellence in performing highly specialised skills. Execution of all movements.	90%	50%	50%
SYNCHRONISATION – the precision of movements in unison, one with the other, and the accompaniment above, at and below the	10%	50%	50%

surface. Synchronisation of timing of one with another and with the music.			
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MA-AS 6.3.2

Second panel – IMPRESSION Score - 30%

Consider:	Technical solo	Technical duet mixed duet	Technical Team
DIFFICULTY – the quality of being hard to achieve. Difficulty of all movements that do not have an assigned degree of difficulty.	50%	50%	50%
CHOREOGRAPHY – the creative skill of composing a routine that combines artistic and technical elements. The design and weaving together of variety and creativity of all movements.	50%	50%	50%
MUSIC INTERPRETATION – expressing the mood of the music, use of the music’s structure.			
MANNER OF PRESENTATION – the manner in which the swimmer(s) present(s) the routine to the viewers. The total command of the performance of the routine.			

MA-AS 6.3.3

Third panel – ELEMENTS Score – 40%

Consider:	Technical solo	Technical duet mixed duet	Technical Team
EXECUTION – the level of excellence in performing highly specialised skills. Execution of all movements.	90%	50%	50%
SYNCHRONISATION – the precision of movements in unison, one with the other, and the accompaniment above, at and below the surface. Synchronisation of timing of one with another and with the music.	10%	50%	50%

MA-AS 6.4 In the Technical Routine, if one or more judges on the Element Panel has entered a zero for any element, or portion of an element the referee will review the official video. If the required element has been executed correctly, then the average of the awards of the other remaining judges shall be computed and shall be considered as the missing award(s). This shall be calculated to the nearest 0.1 point. If the required element has not been performed correctly, the referee will instruct the scorer to record zeros for that element for each judge.

MA-AS 7 DEDUCTION, PENALTIES AND OTHER MATTERS IN ROUTINES

MA-AS 7.1 In the Team competition, whether in the Free Routine Preliminary, the Free Routine Final or the Technical Routine, one half point penalty shall be deducted from the total score for each member less than eight (8) (see MA-AS 3.2).

MA-AS 7.2 If one (or more) competitor(s) stops swimming before the routine is completed, the routine will be disqualified. If the cessation is caused by circumstances beyond the control of the competitor(s), the Referee shall allow the routine to be re-swum during the session.

MA-AS 7.3 Penalties in Free Routines, Technical Routines & Free Combination:
A one (1) point penalty shall be deducted from the routine score if:

MA-AS 7.3.1

The time limit of ten (10) seconds for deck movements is exceeded.

MA-AS 7.3.2

There is a deviation from the specified routine time limit allowed (more than) for the routine and in accordance with MA-AS 4.1.

MA-AS 7.3.3

If the time limit of 30 seconds for the deck walk-on is exceeded.

MA-AS 7.3.4

A competitor has made deliberate use of the bottom of the pool during the routine

A two (2) point penalty shall be deducted from the routine score if:

MA-AS 7.3.5

A competitor has made deliberate use of bottom of the pool during a routine to assist another competitor.

MA-AS 7.3.6

A routine is interrupted by a competitor during the deck movement and a new start is allowed

MA-AS 7.3.7

If during the deck movements in routines, competitors are executing stacks, towers or human pyramids.

MA-AS 7.4 **Penalties and Other Matters in Technical Routines**

MA-AS 7.4.1

In a Technical Routine, if one or more competitors omits all or part of an element or performs an incorrect action in an element, the judges on the Element Panel shall award a zero (0) score for that particular element.

MA-AS 7.4.2

In a Technical Routine any change in order of elements results in a zero score from the judges for the element not placed in the correct order.

Element # 1.....>#2.....>#4.....>#3.....>#5 (incorrect order)

The judges on the Element Panel shall award a zero for #3.

MA-AS 7.4.3

If one or more judges enter a score for the incorrect element, a referee is required to check the official video and make sure it was incorrect and the referee can change the judge's score to zero (0).

MA-AS 7.4.4

If a judge enters zero (0) for a correct element, a referee should follow according to MA-AS 6.4.

MA-AS 7.4.5

A half point (0.5) penalty shall be deducted from the Execution score for Violations of Duet required elements 6 and 7, Mixed Duet required elements 6 and 7 and Team required elements 6, 7, 8 and 9 of Appendix I.

MA-AS 7.4.6

In Solos, Duets and Mixed Duets a half-point (0.5) penalty shall be deducted from the Element Score if an element was not performed parallel to the sides of the pool where the panel of judges have been placed.

MA-AS 7.5 Penalties in Free Combination

MA-AS 7.5.1

A two (2) point penalty shall be deducted from the routine score for violations of general requirements 3 & 4 and required elements 1 of appendix II

MA-AS 8 CALCULATION OF THE ROUTINE RESULTS

MA-AS 8.1 For each panel of the Free Routine, Free Combination and Highlight Routine (Execution, Artistic Impression, and Difficulty), the score should be calculated as follows for each category.
 The highest and the lowest awards for each panel are cancelled (one high, one low).
 The Execution score is the sum of the three (3) remaining awards in the category.
 The Artistic Impression score is the sum of the three (3) remaining awards in the category, divided by 3 and multiplied by 4.
 The Difficulty score is the sum of the three (3) remaining awards in the category.
 The Free Routine score, Free Combination and Highlight Routine shall be the sum of the Execution score (30%), Artistic Impression Score (40%) and Difficulty Score (30%), less any penalty deductions from rules AS 18.

FREE ROUTINES – EXAMPLES WITH 5 JUDGE PANELS

	WT	1	2	3	4	5	TOT-HI.LO	AVER	CALC	
EXEC	30	8.6	8.3	8.7	8.5	8.5	25.6	8.5333	25.6000	30%
ART IMP	40	8.4	8.5	8.5	8.6	8.3	25.4	8.4667	33.8667	40%
DIFF	30	8.2	8.3	8.5	8.4	8.4	25.1	8.3667	25.1000	30%
								TOTAL	84.5667	

MA-AS 8.2 For each panel of the Technical Routine (Execution, Impression, and Elements), the score should be calculated as follows for each category.

Execution score:

The highest and the lowest awards are cancelled (one high, one low). The three remaining awards in the category are added.

Impression score:

The highest and the lowest awards are cancelled (one high, one low). The three remaining awards in the category are added.

Elements score:

For each of the required elements with an assigned degree of difficulty, the highest and the lowest awards are cancelled (one high, one low) for each set of awards.

The remaining three (3) awards are added, and the sum divided by three (3). The result is multiplied by the degree of difficulty for that element. The sum of the element scores shall be divided by the total degree of difficulty for the required elements and multiplied by 10. This result is multiplied by 4.

The Technical Routine score shall be the sum of the Execution score (30%), the Impression Score (30%), and the Elements score (40%), less any penalty deductions from rules MA-AS 7.

TECH ROUTINES - EXAMPLES WITH 5 JUDGE PANELS

	WT	1	2	3	4	5	TOT-HILO	AVER	CALC		
EXEC	30%	8.5	8.7	8.6	8.8	8.6	25.9	8.6333	25.9000	25.9000 0	30%
IMPR	30%	8.6	8.3	8.8	8.4	8.4	25.4	8.4667	25.4000	25.4000 0	30%
ELEM	DD										
#1	2.3	8.1	7.9	8.1	7.8	8.2	24.1	8.0333	18.4767		
#2	2.9	8.4	8.5	8.8	8.6	8.6	25.7	8.5667	24.8433		
#3	1.7	8.6	8.4	8.7	8.5	8.8	25.8	8.6000	14.6200		
#4	2.7	8.5	8.3	8.5	8.4	8.4	25.3	8.4333	22.7700		
#5	2.5	8.6	8.7	8.9	8.5	8.3	25.8	8.6000	21.5000		
SUM DD	12.1							RAW TOTAL	102.2100		
								Divide by 12.1 x 10	84.4711	33.7884	40%
									TOTAL	85.0884	

MA-AS 9 FINAL RESULT

MA-AS 9.1 The final result is determined by adding the final score of each performed session; with each session worth a maximum of 100 points

MA-AS 9.2 In case of the same final result (calculated to four decimals) in Solo, Duet, Team and Free Combination, a tie shall be declared for the particular place(s).

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 MA-AS 4.1
3. Swimwear must conform to GR 5 and AS 13.9, 13.11, 13.12 In the event that the referee thinks the competitor(s) swimwear does not conform the competitor will not be permitted to compete until changing into appropriate swimwear. Caps and/or goggles may be worn

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** –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 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 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 one 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.

**APPENDIX II
FINA REQUIRED ELEMENTS FOR THE FREE COMBINATION GENERAL
REQUIREMENTS**

- 1. Time limits as in MA-AS 4.1.5**
- 2. Start may be on the deck or in the water, or a combination of both.**
- 3. All subsequent parts must start in the water.**
- 4. A new part begins in very close proximity to the previous part.**

REQUIRED ELEMENTS

- 1. At least two (2) parts must have fewer than three (3) competitors and at least two (2) parts must have eight (8) to ten (10) competitors.**