



FINA WORLD CHAMPIONSHIPS
MASTERS
KAZAN 2015

Fina
WORLD
CHAMPIONSHIPS

16th FINA World Masters
Championships 2015
in Kazan



COMPETITION RULES AND REGULATIONS

Synchronised Swimming

Synchronised Swimming

MINIMUM AGE LIMIT: 25 years

AGE DETERMINING DATE: Swimmer's age as of December 31, 2015.

AGE GROUPS:

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

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

TEAM: 25–34, 35–49, 50–64, 65+

FREE COMBINATION: 25–39, 40–64, 65+

For Duet and Free Combination and Team events, the age is determined by the average age of the competitors.

TECHNICAL MEETING: The Synchronised Swimming Technical Meeting will be held on Tuesday, August 4, 2015 at 15:00. The location of the meeting will be at the Akcharlak Swimming Pool. The computer draw for the Technical Routines will be performed by the Synchronised Swimming coordinator at least 24 hours before the Technical Meeting.

PRACTICE PROVISION: Practice opportunities with music will be available in the competition pool from Sunday, August 2 to Tuesday, August 4, 2015.

On competition days, there will be no practice with music, but time will be allocated for practice after the last event of the day. Warm-up and cool-down will be available in half of the main 50m pool of the Akcharlak Swimming Pool. The exact times of practice are subject to entry numbers.

Start lists, practice and competition schedules will be sent to all registered competitors by e-mail in advance and be published on our website prior to the competition. Up-to-date information will also be provided at the Information Centre.

COMPETITION DATES:

Wednesday, August 5 to Monday, August 10, 2015 inclusively

Wednesday, August 5 – Solo Technical Routines

Thursday, August 6 – Duet Technical Routines

Friday, August 7 – Team Technical Routines

Saturday, August 8 – Solo Free Routines

Sunday, August 9 – Duet Free Routines and Free Combination

Monday, August 10 – Team Free Routine

The final competition schedule will be provided on our website prior to the Championships, once the team registration closes. This will also be available at the Information Centre at the Akcharlak Swimming Pool.

COMPETITION VENUE: The Akcharlak Indoor Swimming Pool

POOL CHARACTERISTICS: The venue comprises a 50-metre Swimming Pool divided into Competition and Warm-up pool.

SOUND EQUIPMENT: Competitors are responsible for providing their own music. It is required that music be recorded on CD only, and that a separate CD be provided for each routine. Each CD must have the name of the competitor, the country and club name, event and music time written on it using a permanent marker. The same information should be written on the CD case. Do not attach a label directly on the CD itself. Music should be recorded so that the sound levels for soft, quiet and low-pitched music are clearly audible. Competitors are responsible for ensuring that they have appropriate copyright authorisation.

Music for each event must be delivered to the music controller on the pool deck at least 15 minutes prior to the start of each event. CD's may be retrieved at the conclusion of each event.

ENTRY RESTRICTIONS: All duet, team and free combination competitors must represent the same club. Each club may submit up to a maximum of five (5) routine entries per age group per event. Each club may enter one free combination in each age group.

All individual event entries must be submitted and paid by June 15, 2015. All Team event entries must be submitted and paid by July 2, 2015.

TEAM MEMBERS: MSS 3.2 Teams shall consist of a minimum of four (4) and a maximum of eight (8) members. Combination shall consist of a minimum of four (4) members and a maximum of ten (10) members.

MAXIMUM TIME LIMITS: Time limits for technical routines and free routines including ten (10) seconds for the deck movement.

Technical Routines:	Solo	1 minute 30 seconds
Free Routine:	Solo	2 minutes, 30 seconds
Technical Routines:	Duet	1 minutes, 40 seconds
Free Routine:	Duet	3 minutes
Technical Routine:	Team	1 minute, 50 seconds
Free Routine:	Team	4 minutes
Free Combination:		4 minutes, 30 seconds

There is no minimum time limit.

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

TECHNICAL ROUTINES: Technical routines must include all required elements as described in Appendix 1 of MSS rules. Music selection is optional and may be the same as the music used in the free routine.

Technical routines will be recorded (video) and reviewed if necessary.

OTHERS:

Goggles may be worn.

Reserves Forms must be received at the designated point no later than 3 hours prior to the published start time of the event.

SCORING: Judging and scoring will be made as in MSS 4.4 in the FINA Handbook.

REPORTING: It is the responsibility of each competitor, including all members of duets and teams to report to the call room at least 30 minutes prior to the start of the designated event.

MEDALS: Medal will be awarded from 1st to 3rd place in all events in each group (each member of a duet, team/free combination will receive a medal including reserves). Awarding Ceremonies will be held at the competition venue.

IMPORTANT: Smoking at the sports venues is prohibited by federal law of the Russian Federation

APPENDIX 1. FINA Required Elements for Masters Technical Routines

GENERAL REQUIREMENTS

1. Supplementary elements may be added
2. Unless otherwise specified in the description of an element:
 - All figures or components thereof shall be executed according to the requirements described in Appendix II in the FINA SS rules
 - All elements shall be executed high and controlled, in uniform motion with each section clearly defined
3. Time limits as in MSS 4.1
4. Swimwear shall be black and the competitor shall wear a white cap.

Solo

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. **BODY BOOST** — A rapid headfirst rise, with a maximum of the body above the surface (arms optional). A descent is executed until the swimmer is completely submerged.

3. **BARRACUDA BENT KNEE** — From the **Back Pike Position** with legs perpendicular and with 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 Bend Knee Vertical Position at the same tempo as the Thrust.
4. **TRAVELLING BALLET LEG COMBINATION** — Beginning in a **Back Layout Position** to include at least 2 of the following positions: **Right Ballet Leg; Left Ballet Leg; Right Flamingo; Left Flamingo; Double Ballet Leg**.
5. **SPLIT POSITION** followed by a walkout front or walkout back.
6. **TWO (2) FORMS OF PROPULSION** — Must include Egg Beater travelling sideways &/or forward (arms optional)

Duet

Elements 1–5 MUST be performed in the order listed.

Elements 6–7 may be executed at any time during the routine.

1. **FISHTAIL** — From a **Front Layout Position**, a **Front Pike Position** is assumed; one leg is lifted to a Fishtail Position, the second leg is lifted to a Vertical Position (ending is optional)
2. **BODY BOOST** — A rapid head– first rise, with a maximum of the body above the surface (arms optional). A descent is executed until the swimmer is completely submerged.
3. **BARRACUDA BENT KNEE** — From the **Back Pike Position** with legs perpendicular and with 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.
4. **TRAVELLING BALLET LEG COMBINATION** — beginning in a **Back Layout Position** to include at least 2 of the following positions: **Right Ballet Leg; Left Ballet Leg; Right Flamingo; Left Flamingo; Double Ballet Leg**.
5. **SPLIT POSITION** — followed by a walkout front or walkout back.
6. **TWO (2) FORMS OF PROPULSION** — Must include Egg Beater travelling sideways &/or forward (arms optional).
7. **JOINED ACTION** — Where the swimmers are connected (touching) in some manner to perform one of the following:
 - A connected figure or a connected float or connected stroking
 - Action must be performed simultaneously. Mirror 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 all 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 performed at any time.

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. **BODY BOOST** — a rapid headfirst rise, with a maximum of the body above the surface (arms optional). A descent is executed until the swimmer is completely submerged.
3. **BARRACUDA BENT KNEE** — From the **Back Pike Position** with legs perpendicular and with 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.
4. **TRAVELLING BALLET LEG COMBINATION** — Beginning in a **Back Layout Position** to include at least 2 of the following positions: **Right Ballet Leg**; **Left Ballet Leg**; **Right Flamingo**; **Left Flamingo**; **Double Ballet Leg**.
5. **SPLIT POSITION** followed by a walkout front or walkout back
6. **TWO (2) FORMS OF PROPULSION** — Must include Egg Beater travelling sideways &/or forward (arms optional).
7. **JOINED ACTION** — Where the swimmers are connected (touching) in some manner to perform one of the following:
 - A connected figure or a connected float or connected stroking.
 - Action must be performed simultaneously. Mirror action is permitted.
 - Stacks, lifts, platforms, throws are not permitted.
8. **CADENCE ACTION** — Identical movements (s) performed sequentially, one by one, by all team members. When more than one cadence action is performed, they must be consecutive and not separated by other optional or required elements. A second cadence action may begin before the first cadence action is completed by all team members but each team member must do the action of each cadence.
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 **DECKWORK, 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 as specified in the description of the elements.