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Anhang zu "Schweizerische Masterswettkämpfe Synchronschwimmen"  
Annexe au "Compétition Suisse des masters de natation synchronisée"

## 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
  - All elements shall be executed high and controlled, in uniform motion with each section clearly defined
3. Time limits as in MSS 8.1.1.1 bis MSS 8.1.10
4. Swimwear shall be black and the competitor shall wear a white cap. Goggles may be worn.

### 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 **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)

### DUET/TRIO

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 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.

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.

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## TEAM REQUIRED ELEMENTS

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

## MSS COMPETITIONS

The competition shall consist of Technical Routines and Free Routines. The Free Routine Combination may be included.

Elements 1-5 **MUST** be performed in the order listed.

### Scoring

Scoring will be calculated as in SS 19.1 – Free Routine Combination 100%

### MSS 5 Age Categories

**MSS 5.1** Age shall be determined as of December 31 of the year of competition.

**MSS 5.2** Solo: 20-29, 30-39, 40-49, 50-59, 60 - 69, 70-79, 80 and over

**MSS 5.3** Duet: 20-29, 30-39, 40-49, 50-59, 60 - 69, 70-79, 80 and over with age determined by the average age of the competitors.

**MSS 5.4** Trio/Team: 20-34, 35-49, 50-64, 65-79 and 80 and over with age determined by the average age of the competitors.

**MSS 5.5** Combination 20 – 39; 40 – 64 and 65 and over with age determined by the average age of the competitors.

**MSS 5.6** 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 Trio is 49.833, they would swim in the 35-49 age group).

### MSS 8 Time Limits for Routines

**MSS 8.1** Time limits for Technical Routines and Free Routines including ten (10) seconds for the deck movement.

**MSS 8.1.1** Technical Routines: Solo - 1 minute 30 seconds

Free Routines Solo - 3 minutes

**MSS 8.1.2** Technical Routines: Duet/Trio - 1 minute 40 seconds

Free Routines: Duet/Trio - 3 minutes 30 seconds

**MSS 8.1.3** Technical Routines: Teams - 1 minute 50 seconds

Free Routines: Teams - 4 minutes

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**MSS 8.1.4** Combinations - 5 minutes

**MSS 8.1.5** There shall be no minimum time limit

**MSS 8.1.6** Maximum Time Limits:

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

**MSS 8.1.7** In routine events, the walk-on of the athletes from the designated starting point to achievement of a stationery position(s) may not exceed 30 seconds. Timing shall commence when the first competitor passes the starting point and end when the last competitor become stationery.

**MSS 8.1.8** Timing of the routines shall start and finish with the accompaniment. Timing of the deck movement shall end as the last competitor leaves the deck. Routines may start on the deck or in the water, but they must finish in the water.

**MSS 8.1.9** The accompaniment and judging shall begin upon a signal from the referee or appointed official. After the signal the competitor (s) must perform the routine without interruption.

**MSS 8.1.10** The timers shall check the overall time of the routine as well as that of the walk-on and deck movements. The times shall be recorded on the score sheet. If the time limit is exceeded for the deck work or there is deviation from the routine time limit allowance the timers shall advice the referee or the appointed official designated by the referee

**Deductions and Penalties in Routines (see FINA Handbook SS 18.1 – SS 18.4)**