



6 MASTERS WATER POLO RULES

The Water Polo Rules in Part Six 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+, ...

6.2 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 A goalkeeper who has been replaced by a substitute may, if the player returns to the game, play in any position.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 Part Six, Article 20.4.4 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 Part Six, Article 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 Part Six, Article 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.

6.2.8 Women players may be members of men's teams.

7 MASTERS ARTISTIC SWIMMING RULES

The Artistic Swimming Rules in Part Seven 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).

7.2 Events



- 7.2.1** The events of Masters Artistic Swimming are Women Solo, Men Solo, Duet, Mixed Duet, Team and Free Combination.
- 7.2.1.1** Each event constitutes a separate event.
- 7.2.1.2** Team technical, team free and free combination are open to all sexes.
- 7.2.1.3** Mixed Duet is composed of one (1) female and one (1) male.
- 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** **Free Routine**
- The Free Routine shall consist of Solo, Duet, Mixed Duet Team, and Free Combination. There are no restrictions regarding selection of music or choreography.
- 7.3** **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.
- 7.4** **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:** 2 minutes 00 seconds
Free Routines Solo: 2 minutes 15 seconds
- 7.4.1.2** **Technical Routines Duet:** 2 minute 20 seconds
Free Routines Duet: 2 minutes 45 seconds
- 7.4.1.3** **Technical Routines Mixed Duet:** 2 minutes 20 seconds
Free Routines Mixed Duet: 2 minutes 45 seconds
- 7.4.1.4** **Technical Routines Teams:** 2 minutes 50 seconds
Free Routines Teams: 3 minutes 30 seconds
- 7.4.1.5** **Free Combination:** 4 minutes
- 7.4.1.6** There shall be no minimum time limit.
- 7.4.2** The size of the competition pool shall be 25x20 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:
- 1) All figures or components thereof shall be executed according to the requirements described in this Appendix.
 - 2) All elements shall be executed high and controlled in uniform motion with each section clearly defined.
- 7.5.1.2** Time limits are as in Part Eight, Article 7.4.1



7.5.2 Solo Required Elements

Elements 1 to 5 should follow the order listed on the Elements Order Card. Element 6 may be performed at any time during the routine.

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).

SPLIT POSITION – followed by a walkout front or walkout back.

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.

TRAVELLING BALLET LEG COMBINATION – Beginning in a Back Layout Position a ballet leg alternate is executed with travel.

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.

TWO (2) FORMS OF PROPULSION – Must include Egg Beater travelling sideways and/or forward (arms optional)

7.5.3 Duet and Mixed Duet Required Elements

Elements 1 – 5 should follow the order listed on the Elements Order Card. Elements 6 – 7 may be executed at any time during the routine **Routines for Duet 1 to 6 as above for Solo.**

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

- 1) A connected figure or a connected float or connected stroking
- 2) Action must be performed simultaneously. Minor action is permitted.

With the exception of the DECK WORK and ENTRY and as noted in the JOINED ACTION, all elements, required and supplementary, MUST be performed simultaneously and facing the same direction by both swimmers. Variation in propulsion and direction facing are permitted during pattern changes.

7.5.4 Team Required Elements

Elements 1 – 5 should follow the order listed on the Elements Order Card. Elements 6 – 9 may be executed at any time during the routine **Routines for Team 1 to 7 as above for Duet.**

CADENCE ACTION – Identical movements performed sequentially, one by one, by all team members. When more than one cadence action is performed, they must be consecutive and not separated by other optional or required elements. A second cadence action may begin before the first cadence action is completed by all team members but each team member must do the action of each cadence.

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.

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 and the Vice-Chairman of the Masters Committee and other members of the Bureau and Masters Committee present.