

FINA Masters Tech Routine Required Elements

2010 – 2013

Appendix I 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 SS 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, MSS 8.1.2, and MSS 8.1.3
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 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).

DUET/TRIO

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

Elements 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 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

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

Element 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 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.
8. **CADENCE ACTION** - Identical movement(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 option 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** and **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.