

## APPENDIX III - MASTERS (As of November 2023)

### 1. Competition

- a) Masters' National Competition will be in the portfolio of the CAS Competition Director.
- b) The CAS CEO will oversee CAS's commitment to the hosting committee,
- c) The CAS Competition Director will work with the Meet Manager of the hosting committee.
- d) Time will be set aside during the National Competition for a Masters Meeting of all its members.
- e) All rules shall follow: The CAS rulebook, World Aquatics Masters rules, and Appendix III of the CAS rulebook.
- f) CMASC will not have preliminary events, all events will be finals only.
- g) Trio has the same weighting as the Team in all aspects of judging and scoring.
- h) *Until otherwise announced by World Aquatics, the judgment and scoring of Masters shall be in accordance with the former Artistic Swimming rules with 3 panels of judges.*
- i) *Teams (Tech/Free/Combo) shall consist of a minimum of four (4) members and a maximum of team (10) members. Please note World Aquatics rules are 4-8 members for Team Tech/Free in the case that a team plans to travel internationally.*

### 2. Technical Routines

- a) In accordance with current World Aquatics Masters Artistic Swimming (MAS) Rules: <https://www.WorldAquatics.org/masters/rules>
- b) The Technical Routines shall be performed for Women's Solo, Men's Solo, Duet, Mixed Duet and Team with the technical required elements selected by World Aquatics Masters Committee every four (4) years, subject to approval by the World Aquatics Bureau. Technical Routines have to include all required technical elements. Music selection is optional and may be the same as the music used in the Free Routine.
- c) Tech routines have to include all required elements as per World Aquatics Masters rules: <https://www.WorldAquatics.org/masters/rules>  
  
*Please note the only 2023 revision was "TRAVELLING BALLET LEG COMBINATION - Beginning in a back layout position a ballet leg alternate is executed with travel."*
- d) Supplementary elements may be added.
- e) Unless otherwise specified in the description of a required technical element – all figures or components shall be executed according to the requirements described in Appendix III. All elements shall be executed high and controlled, in uniform motion with each section clearly defined

f) Technical Required Elements can be done in any order and in any direction. Coaches are required to complete "Element Cards" in order to declare the order of the elements in their routines. CAS Element Cards will be available with the competition event package.

g) Technical Routine Time limits (Revised by World Aquatics as of October 2023)

Time limits include ten (10) seconds for the deck movement.

Maximum Time Limits: There shall be an allowance of fifteen (15) seconds plus the allotted time. There shall be no minimum time limit.

Technical Routines Solo - 2 minutes 00 seconds

Technical Routines Duet - 2 minutes 20 seconds

Technical Routines Mixed Duet - 2 minutes 20 seconds

Technical Routines Teams - 2 minutes 50 seconds

*For the 2024 competition season only, there will be no penalties for routines using previous longer maximum time limits, but competitors must file an exemption request when entering the event. The Exemption Request Forms will be available with the competition event package.*

*Please note that the maximum time limits above must be respected when competing internationally.*

h) Swimwear shall be black and the competitor shall wear a white cap.

i) Goggles may be worn.

### **3. Free Routines**

a) The Free Routine shall consist of Women's Solo, Men's Solo, Duet, Mixed Duet, Mixed Ability Duet, Team, and Free Combination. There are no restrictions as to choice of music, content or choreography.

b) Free Routine Time limits (Revised by World Aquatics as of October 2023)

Time limits include ten (10) seconds for the deck movement.

Maximum Time Limits: There shall be an allowance of fifteen (15) seconds plus the allotted time. There shall be no minimum time limit.

Free Routines Solo - 2 minutes 15 seconds

Free Routines Duet - 2 minutes 45 minutes

Free Routines Mixed Duet - 2 minutes 45 seconds

Free Routines Teams - 3 minutes 30 seconds

Free Combination - 4 minutes

*For the 2024 competition season only, there will be no penalties for routines using previous longer maximum time limits, but competitors must file an exemption request*

*when entering the event. The Exemption Request Forms will be available with the competition event package.*

*Please note that the maximum time limits above must be respected when competing internationally.*

#### **4. Awards**

- a) In accordance with CAS Rulebook – Appendix II