

## PART VIII

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# MASTERS

The Masters program shall promote fitness, friendship, understanding and competition through Swimming, Diving, Synchronised Swimming, Water Polo and Open Water Swimming among those competitors with a minimum age limit of 25 years (Note: exception in MSS 5).

**MGR 1** The Members shall register Masters competitors in a special category for each of the five recognised disciplines. A competitor who registers for Masters in any discipline will still retain his/her unrestricted right to compete in other competitions.

**MGR 2** Except for specific exceptions in the FINA Rules and regulations all other FINA Rules and Regulations shall apply to Masters Competitions.

**MGR 3** Individual entries shall only be accepted from persons representing clubs. No swimmer or team may be designated as representing a country or Federation.

**MGR 4** Age shall be determined as of December 31 of the year of competition.

**MGR 5** The organising federation of FINA World Masters Championships shall pay the travelling and accommodation expense of one member from the FINA Bureau.

**MGR 6** Entry fees shall be decided upon by the country that is hosting the Masters World Championships, but they shall be subject to approval by FINA.

**MGR 7** For Masters World Championships, the Management Committee shall consist of the Bureau Liaison, the Chairman and Honorary Secretary of the Masters Committee and other members of the Bureau and Masters Committee present.

**MGR 8** Masters Competitors must be aware of the need of being well prepared and medically fit before entering into Masters competitions. They shall assume full responsibility for the risks included in competing in such competitions. In consideration of their entry, they must agree to waive and release FINA, the Organising National Federation and the Organising Committee from any kind of liability for accidents, which may cause death, injury or property loss. Entry Forms containing a warning of the risks, an Accident Waiver and Release of Liability must be signed by each Masters competitor.

## MASTERS SWIMMING RULES

### MSW 1 Age Groups

**MSW 1.1** Individual Events: 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94 ... (five year age groups as high as is necessary).

**MSW 1.2** Relays: To be conducted on the total age of team members in whole years. Age groups of relay events are as follows: 100 - 119, 120 - 159, 160 - 199, 200 - 239, 240 - 279, 280 -319, 320 - 359, and ... (forty year increments as high as is necessary).

### MSW 2 Age Determining Date

For all purposes pertaining to Masters World Records and Masters World Championships meet competition, the actual attained age of the competitor shall be determined as of December 31<sup>st</sup> of the year of competition.

### **MSW 3 Technical Swimming Rules**

The Swimming Rules in Part III of this Handbook shall apply to Masters with the following exceptions:

**MSW 3.1** Age groups and sexes may be combined so that no swimmer has to swim alone and lanes may be filled.

**MSW 3.2** When using the forward start, the referee's whistle shall indicate that the swimmers may take their positions with at least one foot at the front of the starting platform or pool deck, or in the water with one hand having contact with the starting wall.

**MSW 3.3** Any swimmer starting before the starting signal has been given by the Starter, shall be disqualified. (Supersedes SW 4.1).

**MSW 3.4** All Masters events shall be conducted on a timed final basis.

**MSW 3.5** Swimmers may be allowed to remain in their lane while other swimmers are competing until directed by the referee to exit the pool.

**MSW 3.6** The order of swimmers by gender is optional in mixed relays.

**MSW 3.7** Events shall be pre-seeded with oldest age groups first, slowest heats swum first within each age group. Events 400 metres and over may be deck seeded from slowest to fastest, regardless of age.

**MSW 3.8** The Organising Committee may arrange 400 metre, 800 metre and 1500 metre Freestyle to be swum two (2) swimmers of the same sex in a lane. Separate timing will be required for each swimmer.

**MSW 3.9** The Warm Up must be supervised.

**MSW 3.10** A breaststroke kicking movement is permitted for butterfly. Only one breaststroke kick is permitted per arm pull except that a single breaststroke kick is permitted prior to the turn and the finish without an arm pull. After the start and after each turn, a single breaststroke kick is permitted prior to the first arm pull.

### **MSW 4 Events**

The following events may be conducted for each age group.

- MSW 4.1** Short course (25 m)  
 50, 100, 200, 400, 800, 1500 m Freestyle  
 50, 100, 200 m Backstroke  
 50, 100, 200 m Breaststroke  
 50, 100, 200 m Butterfly  
 100, 200, 400 m Individual Medley  
 4 x 50m Freestyle Relay  
 4 x 50m Medley Relay  
 4 x 50m Mixed Freestyle Relay (2 women and 2 men)  
 4 x 50m Mixed Medley Relay (2 women and 2 men)  
 4 x 100m Freestyle Relay

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- 4 x 100m Medley Relay
- 4 x 100m Mixed Freestyle Relay (2 women and 2 men)
- 4 x 100m Mixed Medley Relay (2 women and 2 men)
- 4 x 200m Freestyle Relay
- 4 x 200m Mixed Freestyle Relay (2 women and 2 men)

- MSW 4.2** Long course (50 m)
- 50, 100, 200, 400, 800, 1500 m Freestyle
  - 50, 100, 200 m Backstroke
  - 50, 100, 200 m Breaststroke
  - 50, 100, 200 m Butterfly
  - 200, 400 m Individual Medley
  - 4 x 50m Freestyle Relay
  - 4 x 50m Medley Relay
  - 4 x 50m Mixed Freestyle Relay (2 women and 2 men)
  - 4 x 50m Mixed Medley Relay (2 women and 2 men)
  - 4 x 100m Freestyle Relay
  - 4 x 100m Medley Relay
  - 4 x 100m Mixed Freestyle Relay (2 women and 2 men)
  - 4 x 100m Mixed Medley Relay (2 women and 2 men)
  - 4 x 200m Freestyle Relay
  - 4 x 200m Mixed Freestyle Relay (2 women and 2 men)

**MSW 4.3** It is not necessary to conduct all of the above events in a meet. However, each age division should include shorter Freestyle, Backstroke, Breaststroke and Butterfly events plus an Individual Medley and Relays.

### **MSW 5 Relays**

Relays shall consist of four swimmers each registered with the same club. No swimmer is allowed to represent more than one club.

### **MSW 6 Records**

Masters World Records for all events listed in MSW 4 for both sexes in each age group shall be recognised and maintained in 1/100 second time (2 decimal places) and according to the provisions listed on the application form. World Records may also be recorded with manual timing in 1/100 second time (2 decimal places in accordance with SW 11.3).

**MSW 6.1** Applications for Masters World Records must be made on the FINA official forms (See next page) by the individual in question within 60 days from the end of the event.

**MSW 6.2** World Records can only be established in a Masters meet sanctioned by a Member.

**MSW 7** Swimmers who had to be disqualified must be listed with coded reason for disqualification in the results list.

**MSW 8** A swimmer can compete only once per relay event.

**MSW 9** Qualifying standards for World Championships will be considered by FINA and the Organising Committee if deemed necessary.