

# RULES AND REGULATIONS FOR MASTERS CATEGORIES 2023-2024

## TECH ROUTINE :

- Coach card
- Max hybrids as Elite/ junior
- Max time as Elite/ junior
- Elements parrallel to judges (as LEN)
- Same elements as now , but in any order
- If we had part of « free hybrid» just after an element ( in the same hybrid), it is declared in the Coach card . For the elite rules , it is not considered in the DD but as artistic . (p.241 artistic swimming manual ).

## FREE ROUTINE :

- Coach card
- Max hybrids as Elite/ junior
- Max time as Elite/ junior
- Walk on: 30 secondes
- Rules for combo: as per youth category , but time limit 3.30 ( as team)

SUPPLIERS



NOSERGROUP

PARTNERS



SWISSLOS

