

2010 U.S. Masters Synchronized Swimming Championships (cont'd)

REQUIRED TECHNICAL ELEMENTS: **THE REQUIRED TECHNICAL ELEMENTS WILL BE THE SAME AS THOSE USED IN 2009.** The elements published in the initial Appendix L of the 2010 U.S. Synchro Rulebook will **NOT** be used. The elements to be used at the 2010 U.S. Masters Championship are listed below:

MASTERS REQUIRED TECHNICAL ELEMENTS

FOR 2010 ONLY

MASTERS SOLO (1:30) Elements 1 – 4 are to be performed in the order listed. Element 5 may be performed at any time.	MASTERS DUET/TRIO (1:40) Elements 1 – 4 are to be performed in the order listed. Elements 5 – 6 may be performed at any time.	MASTERS TEAM (1:50) Elements 1 – 4 are to be performed in the order listed. Elements 5 – 8 may be performed at any time.
1. Split Position , followed by a <i>Walkout Front</i> or a <i>Walkout Back</i> .	1. Split Position , followed by a <i>Walkout Front</i> or a <i>Walkout Back</i> .	1. Split Position , followed by a <i>Walkout Front</i> or a <i>Walkout Back</i> .
2. Figure #355 Porpoise.	2. Figure #355 Porpoise.	2. Figure #355 Porpoise.
3. Traveling Ballet Leg Combination - to include at least 2 of the following positions: Ballet Leg with the right leg; Ballet Leg with the left leg; Ballet Leg Double ; Flamingo .	3. Traveling Ballet Leg Combination - to include at least 2 of the following positions: Ballet Leg with the right leg; Ballet Leg with the left leg; Ballet Leg Double ; Flamingo .	3. Traveling Ballet Leg Combination - to include at least 2 of the following positions: Ballet Leg with the right leg; Ballet Leg with the left leg; Ballet Leg Double ; Flamingo .
4. Heron <i>Thrust</i> and <i>Descent</i> starting from a Submerged Ballet Leg Double Position .	4. Heron <i>Thrust</i> and <i>Descent</i> starting from a Submerged Ballet Leg Double Position .	4. Heron <i>Thrust</i> and <i>Descent</i> starting from a Submerged Ballet Leg Double Position .
5. Two forms of propulsion techniques, including at least one sequence with one arm above the surface of the water.	5. Two forms of propulsion techniques, including at least one sequence with one arm above the surface of the water.	5. Two forms of propulsion techniques, including at least one sequence with one arm above the surface of the water.
	6. A Joined Action where the competitors are connected (joined) in some manner (by hands, by feet) to perform one of the following: a connected figure, a connected float or connected stroking. Stacks, lifts and throws are not permitted.	6. A Joined Action where the competitors are connected (joined) in some manner (by hands, by feet) to perform one of the following: a connected figure, a connected float or connected stroking. Stacks, lifts and throws are not permitted.
	7. With the exception of the deck work, entry and the Joined Action, all elements – required and supplementary – must be performed simultaneously and facing the same direction by all competitors. Mirror actions are not permitted except in the Joined Action.	7. 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 optional or required elements. See Appendix L, Section 1.05 E.
		8. Pattern formation must include a straight line and a circle.
		9. With the exception of the deck work, entry, Joined Action and Cadence Action, all elements – required and supplementary – must be performed simultaneously and facing the same direction by all Team members. Variations in propulsion and direction facing are permitted only during pattern changes. Mirror actions are not permitted except in the Joined Action.