

MASTERS REQUIRED TECHNICAL ELEMENTS
New for the 2011-2013 Quadrennium

MASTERS SOLO (1:30) Elements 1-5 must be performed in the order listed. Element 6 may be performed at any time during the routine.	MASTERS DUET/TRIO (1:40) Elements 1-5 must be performed in the order listed. Elements 6-7 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 and the second leg is lifted to a Vertical Position (the ending is optional).	1. Fishtail - From a Front Layout Position , a Front Pike Position is assumed. One leg is lifted to a Fishtail Position and the second leg is lifted to a Vertical Position (the ending is optional).
2. Boost - a rapid head-first rise, with a maximum amount of the body above the surface of the water (arms are optional). A descent is executed until the competitor is completely submerged.	2. Boost - a rapid head-first rise, with a maximum amount of the body above the surface of the water (arms are optional). A descent is executed until the competitor is completely submerged.
3. Barracuda Bent Knee - From the Back Pike Position with legs perpendicular and with the toes just below the surface, a <i>Thrust</i> is executed as one leg is drawn along the inside of the other extended leg to assume a Bent Knee Vertical Position . A <i>Vertical Descent</i> is executed in the Bent Knee Vertical Position at the same tempo as the <i>Thrust</i> .	3. Barracuda Bent Knee - From the Back Pike Position with legs perpendicular and with the toes just below the surface, a <i>Thrust</i> is executed as one leg is drawn along the inside of the other extended leg to assume a Bent Knee Vertical Position . A <i>Vertical Descent</i> is executed in the Bent Knee Vertical Position at the same tempo as the <i>Thrust</i> .
4. Traveling 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 or Double Ballet Leg .	4. Traveling 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 or Double Ballet Leg .
5. Split Position followed by a <i>Walkout Front</i> or <i>Walkout Back</i> .	5. Split Position followed by a <i>Walkout Front</i> or <i>Walkout Back</i> .
6. Two (2) Forms of Propulsion - must include eggbeater traveling sideways and/or forward (arms are optional).	6. Two (2) Forms of Propulsion - must include eggbeater traveling sideways and/or forward (arms are optional).
	7. Joined Action – where the competitors are connected (touching) in some manner to perform 1 of the following: a connected figure, a connected float or connected stroking. a. All competitors must perform the Joined Action simultaneously. Mirror action is permitted. b. Stacks, lifts, platforms or throws are not permitted.
	8. With the exception of the deck work, entry and as noted in the Joined Action, all elements - required and supplementary - must be performed simultaneously and facing the same direction by all competitors. Variations in propulsion and direction facing are permitted only during pattern changes. Mirror actions are not permitted with the exception of the Joined Action.

MASTERS REQUIRED TECHNICAL ELEMENTS *(continued)*
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MASTERS TEAM (1:50) Elements 1-5 must be performed in the order listed. Elements 6-9 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 and the second leg is lifted to a Vertical Position (the ending is optional).
2.	Boost - a rapid head-first rise, with a maximum amount of the body above the surface of the water (arms are optional). A descent is executed until the competitor is completely submerged.
3.	Barracuda Bent Knee - From the Back Pike Position with legs perpendicular and with the toes just below the surface, a <i>Thrust</i> is executed as one leg is drawn along the inside of the other extended leg to assume a Bent Knee Vertical Position . A <i>Vertical Descent</i> is executed in the Bent Knee Vertical Position at the same tempo as the <i>Thrust</i> .
4.	Traveling 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 or Double Ballet Leg .
5.	Split Position followed by a <i>Walkout Front</i> or <i>Walkout Back</i> .
6.	Two (2) Forms of Propulsion - must include eggbeater traveling sideways and/or forward (arms are optional).
7.	Joined Action – where the competitors are connected (touching) in some manner to perform 1 of the following: a connected figure, a connected float or connected stroking. a. All competitors must perform the Joined Action simultaneously. Mirror action is permitted. b. Stacks, lifts, platforms or 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 optional or required elements. A second cadence action may begin before all Team members complete the first cadence action but each Team member must do the action of each cadence.
9.	Patterns - must show a circle and a straight line. Elements may be performed when in the circle or the straight line patterns.
10.	With the exception of the deck work, entry, the Cadence Action and as noted in the Joined Action, all elements - required and supplementary - must be performed simultaneously and facing the same direction by all Team members except during the circle pattern. Variations in propulsion and direction facing are permitted only during pattern changes and underwater actions. Mirror actions are not permitted with the exception of the Joined Action.