

FINA MASTERS TECHNICAL CONGRESS 2006

MASTERS SWIMMING RULES		
RULE NO.	SUBMITTING BODY	PROPOSAL
MSW 1	Age Groups	
MSW 1.1	USA Fed. Bureau & Masters Committee do not Recommend	Individual Events: <u>20-24, 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</u> ... (five year age groups as high as is necessary).
MSW 1.2	USA Fed. Bureau & Masters Committee do not Recommend	Relays: To be conducted on the total age of team members in whole years. Age groups of relay events are as follows: <u>80-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, and ...</u> (forty year increments as high as is necessary).
MSW 3	Technical Swimming Rules	
MSW 3.10	USA Fed. Bureau & Masters Committee do not Recommend	A breaststroke kicking movement is permitted for butterfly. <u>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.</u>
MSW 4	Events	
MSW 4.1	USA Fed. Bureau & Masters Committee do not Recommend	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 200 m Freestyle Relay 200 m Medley Relay 200 m Mixed Freestyle Relay (2 women and 2 men) 200 m Mixed Medley Relay (2 women and 2 men) <u>400 m Freestyle Relay</u> <u>400 m Medley Relay</u> <u>400 m Mixed Freestyle Relay (2 women and 2 men)</u> <u>400 m Mixed Medley Relay (2 women and 2 men)</u> <u>800 m Freestyle Relay</u> <u>800 m Mixed Freestyle Relay (2 women and 2 men)</u>
MSW 4.2	USA Fed. Bureau & Masters Committee do not Recommend	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 200 m Freestyle Relay 200 m Medley Relay 200 m Mixed Freestyle Relay (2 women and 2 men) 200 m Mixed Medley Relay (2 women and 2 men) <u>400 m Freestyle Relay</u> <u>400 m Medley Relay</u> <u>400 m Mixed Freestyle Relay (2 women and 2 men)</u> <u>400 m Mixed Medley Relay (2 women and 2 men)</u> <u>800 m Freestyle Relay</u> <u>800 m Mixed Freestyle Relay (2 women and 2 men)</u>
MGR 9		Any events sanctioned by FINA member federations and governed by FINA Masters Technical Rules, in which all participants are members of FINA federations, shall be considered for FINA World Records and Top Ten.