

## ***A Master's Moment.....News of USA Masters Artistic Swimming***

**Rules Changes for 2024** – Rules changes to align with new changes of World Aquatics (AQUA) were approved on Jan 24, 2024. They include:

- Technical and Free routines will be *separate* competitions and will not be combined for placement
- Maximum time limits are increased in Technicals and shortened in Free. There are no minimum time limits. There is an allowance of only **5** seconds beyond the maximum time limit.
  - **Technical Routine Time limits**
  - Solo/Male Solo, Gender Inclusive Solo **2:00**
  - Duet & Gender Inclusive Duet **2:20**
  - Trio **2:20**
  - Team **2:50**
  
  - **Free Routine Time limits**
  - Solo/Male Solo **2:15**
  - Duet/Trio **2:45**
  - Team **3:30**
  - Free Combination **4:00**
- Technical elements remain the same. Element order can be changed from the listed order in the rulebook, but if so, an Element Card which denotes the technical element order must be submitted for the competition. Technical elements do NOT need to be parallel to the judges.
- Black suits are not required for Technical Routines.
- The Technical Element - Travelling Ballet Leg new AQUA wording has caused confusion at this time, thus USAAS will stick with the wording in previous USAAS rules.

In addition,

- Figure Competitors shall participate **in two age divisions (20-44, 45 and over)** in the following Figure Competition Divisions: A, B or C.
- Male Solo and Gender inclusive age groups will be in 15 year categories
  - Male Solo **and Duet, Gender Inclusive Solo and Duet,** Team, Free Combination:  
Master: 20-34, 35-49, 50-64, 65-79, 80 & older.

Approved text of Rules Changes: <https://mail.google.com/mail/u/0/#inbox?projector=1>

### **Mark your Calendars:**

1. **USAAS Masters Nationals** to be held October 24-27, 2024 in Clearwater, Florida

#### ***International Meets –***

2. World Aquatics Masters Championships: Doha, Qatar from February 23 - March 3, 2024. Entries are currently closed. <https://www.worldaquatics.com/competitions/3328/world-aquatics-masters-championships-doha-2024>
3. Cancun Open International, Cancun, Mexico from March 22-22, 2024

<https://sincro.mx/events/cancun-open-internacional-2/>

4. The Canadian Masters Artistic Swimming Championships: Montreal, Quebec, Canada from May 10-12, 2024.
5. The PanAm Masters Championships: Trinidad & Tobago from July 18-24, 2024.  
<https://paqmasters.panamaquaticsevents.com/> Registration closes May 15, 2024
6. There are other open meets throughout the world.

Contact Betty Hazle for information [bettyhazle@yahoo.com](mailto:bettyhazle@yahoo.com) on club options for international events by January 31, 2024.

**Healthful Notes:** [Click on this link to an article](#)

**COPING WITH JOINT REPLACEMENT** – A Question & Answer with information from Patricia Martin, PT, CKPT. She is a physical therapist based in Bolingbrook, IL. She has more than 34 years of experience in all different fields including hospitals, home health, skilled nursing /rehab facilities and outpatient clinics.

A former Olympic synchronized swimmer, she represented Belgium in the 1984 and 1988 games.

She also medaled in many national and international competitions while swimming with the AquaSprite Masters of Des Plaines, IL.

**Your Masters Committee:**

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