



WORLD
AQUATICS



ARTISTIC SWIMMING

**COMPETITION
REGULATIONS**



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PART SEVEN: ARTISTIC SWIMMING RULES

1 EVENTS AT ARTISTIC SWIMMING COMPETITIONS

1.1 This Part Seven applies to Artistic Swimming competitions at the Olympic Games and World Aquatics Events and any other events held under the rules of World Aquatics (i.e., these Competition Regulations).

1.2 The Artistic Swimming events at the Olympic Games will be as follows:

Open	Women
Team Technical Routine	Duet Technical Routine
Team Free Routine	Duet Free Routine
Team Acrobatic Routine	

1.3 The Artistic Swimming events at the World Aquatics Championships and the World Aquatics Junior Championships will be as follows:

Open	Women	Men	Mixed
Team Technical Routine	Solo Technical Routine	Solo Technical Routine	Duet Technical Routine
Team Free Routine	Solo Free Routine	Solo Free Routine	Duet Free Routine
Team Acrobatic Routine	Duet Technical Routine		
	Duet Free Routine		

1.4 The Artistic Swimming events at the World Aquatics Youth Artistic Swimming Championships will be as follows:

Open	Women	Men	Mixed
Team Free Routine	Solo Free Routine	Solo Free Routine	Duet Free Routine
Free Combination	Duet Free Routine		
Figures			

1.5 The events and sessions at all other international Artistic Swimming competitions should be in accordance with the events and sessions for the applicable age category as set out in Articles 1.3 and 1.4 of this Part Seven.

2 SESSIONS OF EVENTS

2.1 Figure sessions for 12U and Youth events:

2.1.1 Each Athlete in the Women Solo, Men Solo, Women Duet, Mixed Duet, and Open Team events must perform four (4) or two (2) figures, according to the applicable age category, as described in Appendix 1.

2.1.2 Each Athlete in the Open Free Combination event may perform figures as described in Appendix 1.

2.1.3 The figures for performance by 12U and Youth Athletes (as described in Appendix 1) will be selected by the Technical Artistic Swimming Committee every four (4) years, subject to approval by the Bureau. World Aquatics may make revisions more regularly if deemed necessary by the Technical Artistic Swimming Committee.

2.2 Technical Routine sessions (preliminaries and finals):

2.2.1 In the Technical Routine during the Women Solo, Men Solo, Women Duet, Mixed Duet, and Open Team events, each Athlete must perform the Technical Required Elements (described in Appendix 2), a predetermined number of Elements (Hybrids, Acrobatics), and a free choice of Transitions (described in Appendix 3).

2.2.2 The Technical Required Elements and the number of Elements for each event will be selected by the Technical Artistic Swimming Committee every four (4) years, subject to approval by the Bureau. World Aquatics may make revisions more regularly if deemed necessary by the Technical Artistic Swimming Committee.

2.2.3 The Technical Routines will be choreographed to music.



2.3 Free Routine sessions (preliminaries and finals):

2.3.1 In the Free Routine during the Women Solo, Men Solo, Women Duet, Mixed Duet, and Open Team events, each Athlete must perform a predetermined number of Elements (Hybrids and Acrobatics), and a free choice of Transitions (described in Appendix 3).

2.3.2 The number of Elements for each event will be selected by the Technical Artistic Swimming Committee every four (4) years, subject to approval by the Bureau. World Aquatics may make revisions more regularly if deemed necessary by the Technical Artistic Swimming Committee.

2.3.3 The Free Routines will be choreographed to music.

2.4 Open Free Combination sessions (preliminaries and finals):

2.4.1 In the Open Free Combination routine, each Athlete must perform a predetermined number of Elements (described in Appendix 3).

2.4.2 The Open Free Combination routines are choreographed to music.

2.5 Acrobatic Routine sessions (preliminaries and finals):

2.5.1 In the Acrobatic Routine, each Athlete must perform a predetermined number of Elements (described in Appendix 3).

2.5.2 The Acrobatic Routines will be choreographed to music.

2.6 For all Elements and Technical Required Elements (including Hybrids, Acrobatics, and Transitions), the written descriptions in this Part Seven will take precedence over any other written descriptions or video examples (whether or not produced by World Aquatics). If there is a discrepancy between a written description in this Part Seven and a diagram, image, or photograph, the written description will take precedence. Diagrams, images, and photographs are for example purposes only, and other variations may be possible within the written description.

3 EVENT PROGRAMS

3.1 For the Olympic Games, the event programme will be confirmed by World Aquatics.

3.2 For the World Aquatics Championships, the event program will be: Technical Routine preliminary, Technical Routine final, Free Routine preliminary, Free Routine final, Acrobatic Routine preliminary, and Acrobatic Routine final. World Aquatics will determine the final competition programme.

3.3 For the Artistic Swimming World Cup, the event programme will be: Technical Routine final, Free Routine final, Acrobatic Routine final (the final order of sessions will be determined by World Aquatics following consultation with the LOC).

3.4 For the World Aquatics Junior Artistic Swimming Championships, the event programme will include preliminaries for Solo Free Routine, Women Duet Free Routine, Mixed Duet Free Routine, and Open Team Free Routine, and all other events will proceed directly to finals (the final order of sessions will be determined by World Aquatics following consultation with the LOC).

3.5 For the World Aquatics Youth Artistic Swimming Championships, the event programme will be: Free Routine preliminary, Open Free Combination preliminary, Figures, Free Routine final, Open Free Combination final (the final order of sessions will be determined by World Aquatics following consultation with the LOC).

3.6 For competitions that are not World Aquatics Events, the event organiser will determine the event programme.



4 REGISTRATION AND SPORT ENTRIES

- 4.1** The Bureau will determine and publish the principles and system of qualification for Artistic Swimming competitions at the World Aquatics Championships and (in collaboration with the IOC) the Olympic Games.
- 4.2** At the Olympic Games, unless otherwise specified in advance by World Aquatics, each Member Federation may enter a maximum of nine (9) Athletes including up to two (2) male Athletes (the routines will be performed by eight (8) Athletes and one (1) Athlete will be a reserve).
- 4.3** At the World Aquatics Championships each Member Federation may enter: one (1) Women Solo Technical, Women Solo Free, Men Solo Technical, and Men Solo Free; one (1) Women Duet Technical, Women Duet Free, Mixed Duet Technical, Mixed Duet Free; and one (1) team into each of the Open Team Technical, Open Team Free, and Open Acrobatic Routine (in each case, including the reserves specified at Article 4.10 of this Part Seven).
- 4.4** At the World Aquatics Junior Artistic Swimming Championships each Member Federation may enter one (1) Women Solo Technical, Women Solo Free, Men Solo Technical, and Men Solo Free; one (1) Women Duet Technical, Women Duet Free, Mixed Duet Technical, Mixed Duet Free; and one (1) team into each of the Open Team Technical, Open Team Free, and Open Acrobatic Routine (in each case, including the reserves specified at Article 4.10 of this Part Seven).
- 4.5** At the World Aquatics Youth Artistic Swimming Championships each Member Federation may enter one (1) Women Solo Free and Men Solo Free; one (1) Women Duet Free and Mixed Duet Free; and one (1) team into each of the Open Team Free and Open Free Combination, and all Athletes in the Figures event (in each case, including the reserves specified at Article 4.10 of this Part Seven).
- 4.6** At the Artistic Swimming World Cup competitions, additional Athletes from a Member Federation may be entered in the Women Solo Technical, Women Solo Free, Men Solo Technical, Men Solo Free, Women Duet Technical, Women Duet Free, Mixed Duet Technical, Mixed Duet Free, Open Team Technical, Open Team Free, and Open Acrobatic Routine. Other than the Super Final, a Member Federation may enter up to two (2) Athletes in the Women Solo, up to two (2) Athletes in the Men Solo, up to two (2) pairs in the Women Duet, up to two (2) pairs in the Mixed Duet, and up to two (2) teams per team event, with the exception of the host country, which may enter up to three (3) Athletes in individual events and up to three (3) pairs in Duet events. In the Super Final, a Member Federation may enter one (1) Athlete in the Women Solo, one (1) Athlete in the Men Solo, one (1) pair in the Women Duet, one (1) pair in the Mixed Duet, and one (1) team per team event.
- 4.7** At all other international Artistic Swimming competitions, the Open Free Combination is for Athletes in the U12 and Youth age categories, and the Open Acrobatic Routine is for Athletes in the Senior and Junior age categories.
- 4.8 The following numbers of Athletes may be entered (and will perform) team routines:**
- 4.8.1** At the Olympic Games, team routines will be performed by eight (8) Athletes. Each Member Federation may enter up to nine (9) Athletes. One (1) Athlete will be a reserve and the total number of Athletes may include a maximum of two (2) male Athletes.
- 4.8.2** At the World Aquatics Championships and the World Aquatics Junior Artistic Swimming Championships, team routines will be performed by between four (4) and eight (8) Athletes. Each Member Federation may enter those Athletes and a maximum of two (2) reserve Athletes, and the total number of Athletes may include a maximum of two (2) male Athletes.
- 4.8.3** At the World Aquatics Youth Artistic Swimming Championships, team routines will be performed by between four (4) and eight (8) Athletes except for the Open Free Combination, which will be performed by between four (4) and ten (10) Athletes. Each Member Federation may enter those Athletes and a maximum of two (2) reserve Athletes, and the total number of Athletes may include a maximum of two (2) male Athletes.
- 4.9** At least fourteen (14) days prior to the start of the competition, each Member Federation must submit in the relevant system and/or platform the Athletes for each event entered and the corresponding music information sheets.
- 4.9.1** After this deadline, World Aquatics will only accept changes to sport entries on properly evidenced medical grounds. The Member Federation must send to the World Aquatics Office a medical report for review.
- 4.9.2** If a Member Federation makes a change after the deadline on any other grounds, the Member Federation must pay to World Aquatics a fine of five hundred (500) United States Dollars.



4.10 The Member Federation must designate in the entries for each event:

- 4.10.1** The names of the Women Technical Solo Athlete and the reserve, the names of the Women Solo Free Athlete and the reserve, the names of the Men Solo Technical Athlete and the reserve, and the names of the Men Solo Free Athlete and the reserve.
- 4.10.2** The names of the Women Duet Technical Athletes and a maximum of one (1) reserve, the names of the Women Duet Free Athletes and a maximum of one (1) reserve, the names of the Mixed Duet Technical Athletes and a maximum of two (2) reserves, the names of the Mixed Duet Free Athletes and a maximum of two (2) reserves.
- 4.10.3** The names of the Open Team Technical Athletes and a maximum of two (2) reserves, the names of the Open Team Free Athletes and a maximum of two (2) reserves, and the names of the Open Acrobatic Routine Athletes and a maximum of two (2) reserves or the names of the Open Free Combination Athletes and a maximum of two (2) reserves.
- 4.11** The Member Federation must electronically submit Coach Cards of declared difficulty for each event entered by the deadline and method specified in the information bulletin. A change to a Coach Card may be made before 18:00 (local time) on the day prior to the relevant session (unless World Aquatics specifies a different deadline). After this deadline, World Aquatics will not accept any Coach Card changes.

4.12 Preliminaries and finals:

- 4.12.1** Whether or not preliminaries will be held will be communicated in the competition information bulletin.
- 4.12.2** If there are thirteen (13) or more entries in any Open Team Technical, Open Team Free, Open Free Combination, or Open Acrobatic Routine event, or any Technical Routines or Free Routines, preliminaries will be held (unless determined otherwise by World Aquatics). Only the twelve (12) entrants with the best results will be permitted to compete in the official finals.
- 4.12.3** If there are twelve (12) or fewer entries in any Open Team Technical, Open Team Free, Open Free Combination, or Open Acrobatic Routine event, or any Technical Routines or Free Routines, preliminaries will not be held (unless determined otherwise by World Aquatics).

5 FIGURE SESSIONS

5.1 The following organisational and other requirements apply to Figure sessions:

- 5.1.1** At any given competition, only one Figure session will be held.
- 5.1.2** In competitions other than the World Aquatics Youth Artistic Swimming Championships, World Aquatics Events and continental championships, participating Member Federations or clubs may, by mutual consent, select figures from the list described in Appendix 1 according to the ability level of the Athletes entered in the competition.
- 5.1.3 The following figures will be selected for performance:**
- 5.1.3.1** In the 12U category each Athlete in Women Solo, Men Solo, Women Duet, Mixed Duet, and Open Team must perform four (4) figures from the list described in Appendix 1: two (2) compulsory figures and one (1) group of two (2) selected figures. Each Athlete in 12U Open Free Combination may perform four (4) figures selected by the above-described process.
- 5.1.3.2** In the Youth category each Athlete in Women Solo, Men Solo, Women Duet, Mixed Duet, and Open Team must perform a group of two (2) to four (4) figures from the Section (A, B, or C) of figures drawn from the list described in Appendix 1. Each Athlete in Youth Open Free Combination may perform the figures selected by the above-described process.
- 5.1.4 The draw will be conducted as follows:**
- 5.1.4.1** Between eighteen (18) and seventy-two (72) hours before the start of the Figure session, the Referee and/or the Technical Artistic Swimming Committee will draw the figure section and groups from the list described in Appendix 1. The draw will be announced at least twenty-four (24) hours in advance and will take place in public. The draw may be performed and/or publicised on one (1) or more social media platforms.
- 5.1.4.2** In the 12U category, the Figures to be performed will be drawn, then the order of performance will be drawn.



5.1.4.3 In the Youth category, the Figure section (A, B, or C) will be drawn, then the order of appearance will be drawn. The order of appearance draw list will be divided into two equal Athlete groups: group 1 and group 2 (if numbers are not equal, group 1 will have 1 extra Athlete). Then one of the two figure groups of the drawn section (see Appendix 1) will be assigned by lot to Athlete group 1 and Athlete group 2. For example, if Section B is drawn, Athlete group 1 may have group 4 drawn, and Athlete group 2 may have group 3 drawn. Each Athlete group will have a separate ranking. The two rankings will not be combined.

5.2 Athletes in the Figure session must wear black Swimwear and a white cap. Article 11 of this Part Seven applies, except that goggles and nose clips may be worn.

5.3 **When sufficient numbers of Judges are available, Figure sessions will be officiated by one (1), two (2), or four (4) panels each of four (4) to six (6) Judges:**

5.3.1 If one (1) panel of Judges are officiating, all Athletes will perform the four (4) or two (2) figures (according to age category) one by one in the listed order.

5.3.2 If two (2) panels of Judges are officiating, each panel will judge one (1) or two (2) figures.

5.3.3 If four (4) panels of Judges are officiating, each panel will judge one (1) figure.

5.4 During the Figure session, the Judges will be positioned in an elevated position with a profile view of the Athletes.

5.4.1 All Figures and judging will commence at a signal from the Referee (or designated Assistant Referee).

5.4.2 On a signal from the Referee (or designated Assistant Referee) all Judges will simultaneously display their score.

5.4.3 Judge scores may only be displayed on the scoreboard or be sent to the computer after approval by the Referee (or the appointed Technical Official).

5.5 **Figures will be judged as follows:**

5.5.1 The Athlete can obtain points of between 0 and 10 including tenths, in accordance with the table immediately below.

Perfect	10	Satisfactory	5.9 – 5.0
Near perfect	9.9 – 9.5	Deficient	4.9 – 4.0
Excellent	9.4 – 9.0	Weak	3.9 – 3.0
Very good	8.9 – 8.0	Very weak	2.9 – 2.0
Good	7.9 – 7.0	Hardly recognisable	1.9 – 0.1
Competent	6.9 – 6.0	Completely failed	0

5.5.2 All judgements are made from the standpoint of perfection considering design and control, with each transition of the figure having a numerical value (NVT) based on its difficulty.

5.5.3 If a Judge by reason of illness or other unforeseen circumstances makes no award for any one figure, the average of the awards of the other Judges will be calculated and considered as that of the missing award (calculated to the nearest 0.1 point, rounding up if necessary).

5.6 **The following penalties will apply in the Figure session:**

5.6.1 If an Athlete in the Youth category does not perform the correct figure, or if the figure does not have all the required elements or is performed other than according to the description, the Referee (or designated Assistant Referee) will advise the Judges and the Athlete that the result of the figure will be a zero (0).

5.6.2 In Figure competition, if the award for the figure is a zero (0), the Referee may review the official video together with two (2) World Aquatics Evaluators or Judges (ensuring that three different Member Federations are represented). One (1) review is permitted, which may be a review in slow motion. If a definite decision cannot be reached after one (1) review, it will be awarded in the Athlete's favour. All Judges will award a score prior to the review so that marks may be given to the Athlete should the zero be overturned during the review process.

5.6.3 In a Figure competition for the 12U category, if the Athlete does not perform the correct figure, the Athlete will be allowed to perform the figure again and a one (1) point penalty will be applied. If the Athlete fails again to perform the correct figure, the zero (0) will be applied.



5.7 The Figure result is calculated as follows:

5.7.1 First:

5.7.1.1 For scores awarded by a panel of four (4) Judges, the average of the four scores is calculated for a total of five scores. The highest and lowest of those five scores are disregarded and the average of the remaining three scores is calculated.

5.7.1.2 For scores awarded by a panel of five (5) Judges, the highest and lowest of those five scores are disregarded and the average of the remaining three scores is calculated.

5.7.1.3 For scores awarded by a panel of six (6) Judges, the highest and lowest of those six scores are disregarded and the average of the remaining four scores is calculated.

5.7.2 Second, the score for each Figure is multiplied by the applicable Degree of Difficulty for that figure.

5.7.3 Third, the sum of the scores (after multiplication by the applicable Degree of Difficulty for that figure) for the four (4) or two (2) Figures is calculated.

5.7.4 Fourth, that summed score is divided by the total (summed) Degree of Difficulty of the four (4) or two (2) Figures competed.

5.7.5 Fifth, the resulting number is multiplied by 10.

5.7.6 Sixth, any penalties will be deducted from the resulting number.

5.7.7 The Figure result will be:

5.7.7.1 For solo events, the result obtained by the calculation at Article 5.6.1 to 5.6.6 of this Part Seven.

5.7.7.2 For duet events, each Athlete's result obtained by the calculation at Article 5.6.1 to 5.6.6 of this Part Seven will be summed, and the total divided by two (2) to determine the average score (rounded off to the fourth decimal place) for the routine.

5.7.7.3 For team events, each Athlete's result obtained by the calculation at Article 5.6.1 to 5.6.6 of this Part Seven will be summed, and the total divided by the number of Athletes in the Team to determine the average score (rounded off to the fourth decimal place) for the routine.

5.7.7.4 If after the preliminaries in a duet or team event, an Athlete is not able due to illness or injury to compete in the Figure session:

5.7.7.4.1 In a duet event, the Figure score of the reserve Athlete is used to determine the total score for the routine.

5.7.7.4.2 In a team event, the higher Figure score of the reserve Athlete that competes is used to determine the total score for the routine.

6 ROUTINE SESSIONS

6.1 The following organisational and other requirements apply to Routine sessions:

6.1.1 A Mixed Duet will consist of one (1) female Athlete and one (1) male Athlete.

6.1.2 A team in an Open Team event will consist of at least four (4) Athletes but not more than eight (8) Athletes. The number of Athletes in a team may not change between preliminary and final or between the Technical and Free Routines. The total number of Athletes may include a maximum of two (2) male Athletes.

6.1.3 An Open Free Combination team will consist of at least four (4) but not more than ten (10) Athletes. The total number of Athletes may include a maximum of two (2) male Athletes.

6.1.4 An Open Acrobatic Routine team will consist of at least four (4) but no more than eight (8) Athletes. The total number of Athletes may include a maximum of two (2) male Athletes.

6.1.5 In an Open Free Combination and an Open Acrobatic Routine, the number of Athletes in a team may not change between preliminary and final.

6.1.6 In Women Duet, Mixed Duet, Open Team, Open Free Combination and Open Acrobatic Routine events, Athletes who are listed on the entry according to Article 4.10 of this Part Seven may be interchanged before routine sessions.



- 6.1.6.1.1** Any changes of the names of the Athletes from the most recent entry list must be handed to the Referee in writing at least two (2) hours prior to the published start time of the relevant session. This time will be published in the official competition schedule. Changes after this time may only be made with the permission of the Referee if an Athlete suffers sudden illness or accident and the reserve is ready to compete without delay to the event.
- 6.1.6.1.2** If an Open Team, Open Free Combination or Open Acrobatic Routine team size is reduced to fewer than that the specified number of team members (for example if an Athlete suffers injury or accident and the team has no reserve), a half (0.5) point penalty will be deducted from the total score for each Athlete fewer than eight (8) Athletes.
- 6.1.6.1.3** Failure to notify the Referee of a change of Athletes or that an Athlete will not start in accordance with Article 6.1.6.1.1 of this Part Seven will result in disqualification of the team.
- 6.2** **The draw process for all events, with the exception of finals that are preceded by a preliminary session and to which Article 6.2.2.2 of this Part Seven applies, is as follows:**
- 6.2.1** All Routine events will be entered according to the World Ranking (described in Appendix 9). The draws will be divided into two parts: Athletes with a current World Ranking ('ranked Athletes') and Athletes without a current World Ranking ('non-ranked Athletes').
- 6.2.1.1** **Draw process for non-ranked Athletes for preliminaries:**
- 6.2.1.1.1** The non-ranked Athletes will be randomly drawn into start order. These Athletes will compete first in the event in the drawn order.
- 6.2.1.2** **Draw process for ranked Athletes for preliminaries:**
- 6.2.1.2.1** The ranked Athletes will compete in the draw following the non-ranked Athletes, in reverse order of ranking with the highest-ranked Athlete competing last, followed by the next highest-ranked Athlete, etc. In cases of ties in the World Rankings, there will be a separate draw between tied Athletes to decide the order of the main draw.
- 6.2.1.2.2** For example, if there were thirty (30) entries in the World Aquatics Championship Technical Duet (eighteen (18) ranked duets and twelve (12) non-ranked duets) then the draw process would be that the non-ranked duets would draw for start order places 1-12 based on a random draw, and then the ranked duets would compete in start order places 13-30 in reverse order based on World Ranking.
- 6.2.1.3** If no World Aquatics approved electronic draw system is available, the draw will be conducted manually. The draw will take place at least eighteen (18) hours before the start of the competition. The time and location of the draw will be announced at least twenty-four (24) hours in advance and will take place in public.
- 6.2.1.4** The order of the draw will be Teams, Open Free Combination, Acrobatic Routine, Duets, and Solo preliminaries. For events involving both Technical and Free Routines, the draw for the event's Technical Routine will be held first followed by the Free Routine Draw (Open Team Technical, Open Team Free preliminary, Open Free Combination preliminary, Open Acrobatic Routine preliminary, Women Duet Technical, Women Duet Free preliminary, Mixed Duet Technical, Mixed Duet Free preliminary, Women Solo Technical, Women Solo Free preliminary, Men Solo Technical and Men Solo Free preliminary).
- 6.2.1.5** The Member Federation that draws start number one (1) in a Technical Routine or Free Routine preliminary, Open Free Combination preliminary, or Open Acrobatic Routine preliminary, or direct finals will be exempt from start number one (1) in all remaining preliminary or direct final sessions in the family (for example: Solo (Men and Women), Women Duet, Mixed Duet or Teams) that the Member Federation drew start number one (1) in. This rule does not apply when the start lists are established by use of World Rankings.
- 6.2.2** After the Figures and/or Technical Routines and Free Routines preliminaries and Open Free Combination/Acrobatic Routine preliminaries, the first twelve (12) Athletes by total score will compete in the finals.
- 6.2.2.1** If the number of Athletes in the preliminaries is higher than thirty-five (35), the first fourteen (14) Athletes by total score will compete in the finals, except in the World Aquatics Championships, where the first twelve (12) Athletes by total score will compete in the finals in the Technical Routine and Free Routine and Open Acrobatic Routine events.
- 6.2.2.2** In finals, the Athletes will compete in reverse order based on total score in the preliminaries. For example, the best-placed Athlete in the preliminaries will compete last in the final, and the twelfth-placed Athlete in the preliminaries will compete first in the final. If there is a tie for places in the preliminaries, the Referee will hold a separate draw between the tied Athletes to determine the order in which they will compete.



6.3 Time limits for Routines:

6.3.1 Time limits for Technical Routines, Free Routines, and Open Acrobatic Routines, including a maximum of ten (10) seconds for deck movement, are as follows:

Event	Time limit
Women Solo Technical Routine	2:00 minutes
Men Solo Technical Routine	2:00 minutes
Women Solo Free Routine	2:15 minutes
Men Solo Free Routine	2:15 minutes
Women Duet Technical Routine	2:20 minutes
Women Duet Free Routine	2:45 minutes
Mixed Duet Technical Routine	2:20 minutes
Mixed Duet Free Routine	2:45 minutes
Open Team Technical Routine	2:50 minutes
Open Team Free Routine	3:30 minutes
Open Acrobatic Routine	3:00 minutes

6.3.2 An allowance of five (5) seconds under or over the allotted time limit is permitted.

6.3.3 In all Routine events, the walk-on of the Athlete(s) from the designated starting point to the achievement of a stationary position, on deck or in the water, may not exceed thirty (30) seconds for Mixed Duet Technical and Mixed Duet Free, Open Team Technical and Open Team Free, Open Free Combination and Open Acrobatic Routine, and may not exceed twenty (20) seconds for any Women or Men Solo Technical and Free and Women Duet Technical and Free events.

6.3.4 The time limits for Athletes in the 12U, Youth, and Junior age categories are set out at Article 10.4 of this Part Seven.

6.3.5 Timing of the walk-on will commence when the first Athlete moves past the designated starting point and ends when the last Athlete assumes a starting position. Timing of the deck movements will begin with the accompaniment and end as the last Athlete leaves the deck. Timing of the routine will begin with the accompaniment and end at the end of the accompaniment.

6.3.6 The accompaniment will begin upon a signal from the Referee (or other appointed Technical Official). After the signal the Athlete(s) must perform the routine without interruption. Routines may start on the deck or in the water, and must finish in the water.

6.3.7 The Timer will check the overall time of the deck movements and the walk-on. If the time limit is exceeded for the deck movements or walk-on or there is a deviation from the Routine time limit allowance, the Timer or Music Manager will advise the Referee (or other appointed Technical Official).

6.4 Music accompaniments:

6.4.1 Submission and clearance of music:

6.4.1.1 At least fourteen (14) days prior to the start of the competition sessions and in accordance with any instructions in the information bulletin, each team leader must electronically submit to World Aquatics (or World Aquatics' designee) the music that their Athlete(s) will use. Each team leader must clearly label the music submission with the relevant event, Athlete name(s), and Member Federation.

6.4.1.2 Each Athlete must provide their music in accordance with the quality requirements of World Aquatics, as stated in the information bulletin. World Aquatics may request new music if the submitted music does not meet any of the standards required. Team leaders will provide on the registration form the exact running time of the music, not the swimming time. The official time will be reviewed by the Music Manager's electronic running time. The Music Manager will notify the Referee if any music submitted does not comply with Artistic Swimming timing rules.

6.4.1.3 Each Member Federation participating in a competition must upload (1) the music to be used by their Athlete(s) and (2) proof of the corresponding licences to the specified licence clearance platform before each competition. The means by which an Athlete or Member Federation obtains the necessary licences for the music they will use is entirely at the discretion of the Athlete or Member Federation. Licences may be requested through the licence clearance platform. From 1 January 2026, World Aquatics may prevent Athlete(s) who do not hold the correct licences for the music that they will use from competing in the competition.



- 6.4.2** If there is no official training with music, World Aquatics should provide the Athlete and/or team leader the opportunity to listen to their music in the competition venue prior to the start of the event.
- 6.4.3** The Music Manager is responsible for the securing and properly presenting the accompaniment for each routine.
- 6.4.4** For World Aquatics Events, a decibel (sound level) meter will be used to monitor the sound level and ensure that no person is exposed to average sound levels exceeding 90 decibels (rms) or momentary peak sound levels exceeding 100 decibels.
- 6.4.5** Member Federations and their Athletes shall at all times comply with World Aquatics' 'music clearance rules for Artistic Swimming, which shall be shared with Member Federations within thirty (30) days after publication of these Competition Regulations.
- 6.5 Routine panels:**
- 6.5.1** The Technical Officials will be located in elevated positions on opposite sides of the pool.
- 6.5.2** Two (2) panels of five (5) Judges must officiate in all Routines: one (1) panel for Elements, and one (1) panel for Artistic Impression.
- 6.5.3 Three (3) Difficulty Technical Controllers and three (3) Synchronisation Technical Controllers must officiate in all Routines:**
- 6.5.3.1** The Difficulty Technical Controllers will check the number, order of performance, and predeclared difficulty of the Free Elements (Hybrids and Acrobatics), and the performance and predeclared order of Technical Required Elements (Technical Routines), and the Synchronisation Technical Controllers will register the number and type of synchronisation errors observed. The Technical Controllers may use the video review for one (1) review, which may be a review in slow motion, for each Element or transition part they are questioning. In order for a Base Mark, a zero (0), or major errors to be applied or the review to be dismissed, two of the three Technical Controllers must be in agreement.
- 6.5.3.2** The purpose of the Difficulty Technical Controllers is to verify all of the Technical Required Elements (Technical Routines), and the Free Elements (Hybrids and Acrobatics) performed in real time as they occur in a routine. They are also responsible for the identification of any 'technical errors', which are differences between what is declared on the Coach Card and what is performed in the water, or any errors in a Technical Required Element (Technical Routines).
- 6.5.3.3** Three (3) Synchronisation Technical Controllers will be seated on deck with a clear view of the pool and will record the number of synchronisation errors (unequal actions) they observe during the performance of a routine.
- 6.5.4** At the completion of each routine the Judges submit their scores.
- 6.5.4.1** If one (1) or more Judges by reason of illness or other unforeseen circumstances makes no award for a routine, the average of the awards of the other Judges will be calculated and considered as that of the missing award (calculated to the nearest 0.25 point).
- 6.5.4.2** If an unexpected situation occurs during a session and one (1) or more Technical Officials cannot give an award for a routine, the Referee may disrupt the session and performance. After resolution of the matter, the Referee will resume the session and allow the Athlete(s) to compete again.
- 6.5.5** The Referee approves the display of the unofficial scores on the scoreboard. Judges' scores cannot be changed after being posted on the scoreboard. Scores are only official once the Referee has signed them at the end of every session.
- 6.5.6** For all routines, Technical Official(s) will be appointed by the World Aquatics Technical Delegate to monitor the use of the bottom of the pool.

6.6 Judgement of routines:

- 6.6.1** The Athlete can obtain points of between 0 and 10 including intervals of 0.25 points, in accordance with the table immediately below:

Perfect	10
Near perfect	9.75 – 9.5
Excellent	9.25 – 9.0
Very good	8.75 – 8.0
Good	7.75 – 7.0
Competent	6.75 – 6.0

Satisfactory	5.75 – 5.0
Deficient	4.75 – 4.0
Weak	3.75 – 3.0
Very weak	2.75 – 2.0
Hardly recognisable	1.75 – 0.25
Completely failed	0



- 6.6.2** Each of the five (5) Elements panel Judges will award one (1) score for the execution of each Element (Free and Technical Required). In the execution, the Judges will consider the level of excellence in performing highly specialised skills, and the execution of all routine Elements: Technical Required Elements and Elements (Hybrids and Acrobatics).
- 6.6.3** Each of the five (5) Artistic Impression panel Judges will award three (3) scores: one (1) score for choreography and musicality, one (1) score for performance, and one (1) score for Transitions.
- 6.6.3.1** In choreography and musicality, the Judges will consider the creative skill of composing a routine that combines artistic and technical elements; the design and weaving together of variety, creativity, and innovation of all movements including Elements and Transitions; the pool coverage; and expressing the mood of the music, use of the music's structure and the movements and synchronisation with the music.
- 6.6.3.2** In performance, the Judges will consider the manner in which the Athlete(s) present(s) the routine to the viewers including the walk-on and deck movements. The use of body language to express physical and emotional power, confidence, and total command of the performance.
- 6.6.3.3** In Transitions, the Judges will consider the execution and complexity of varied and purposeful movements, propulsions, and strokes that link routine elements.
- 6.6.4** The Difficulty Technical Controllers will check the predeclared Degree of Difficulty on the submitted Coach Card. Degree of Difficulty values are set out in Appendix 6 and Appendix 7, and the Coach Card format is set out in Appendix 6. World Aquatics may amend the components assigned to each category by 31 December each year, to take effect from 1 January the following year, if deemed necessary by the Technical Artistic Swimming Committee.
- 6.7 Deduction, penalties, and other matters in Solo Technical Routines:**
- 6.7.1** Deck walk-on: An eight (8) point penalty will be deducted from the routine score if the time limit of twenty (20) seconds for the deck walk-on is exceeded.
- 6.7.2** Deck movements: An eight (8) point penalty will be deducted from the routine score if the time limit of ten (10) seconds for deck movements is exceeded.
- 6.7.3** New start: A two (2) point penalty will be deducted from the routine score if a routine is interrupted by an Athlete during the deck movements and a new start is allowed.
- 6.7.4** Overall routine time: An eight (8) point penalty will be deducted from the routine score if there is a deviation from the specified routine time limit permitted.
- 6.7.5** Stop swimming or use of pool wall: If an Athlete stops swimming or makes clear use of the wall before the routine is completed, the Athlete performing the routine will be disqualified. The Referee will assess if the cessation is caused by circumstances beyond the control of the Athlete. The Referee may allow the routine to be re-swum during the session.
- 6.7.6** Deliberate use of bottom to propel: An eight (8) point penalty will be deducted from the routine score if an Athlete has made deliberate use of the bottom of the pool during a routine to propel themselves.
- 6.7.7** Base Mark: All Free Elements (Hybrids and Acrobatics) have a calculated Base Mark that is the minimum Degree of Difficulty that will be applied if one (1) or more components of the Element is not performed or is not in conformance to what is declared in the Coach Card.
- 6.7.8** Exceeding number of predetermined Elements: A two (2) point penalty will be deducted from the Elements score for each Element exceeding the predetermined number assigned to the particular event and category.
- 6.7.9** Omit all, part, or incorrect action of Technical Required Element: If an Athlete omits all or part of a Technical Required Element or performs an incorrect action in a Technical Required Element, the Difficulty Technical Controllers will make note that the declared movement was not correct. If the Difficulty Technical Controller video review confirms that the declared movement was not correct, a zero (0) will be assigned as the Degree of Difficulty for this particular Technical Required Element.
- 6.7.10** Swum out of order: The Difficulty Technical Controller will submit a zero (0) for each Technical Required Element #1 - #5 swum out of the order declared on the Coach Card (each violation of General Requirement #4 in Appendix 2).
- 6.7.11** Additional Routine requirement #6: An eight (8) point penalty will be deducted from the Elements Score for violation of the Solo Technical Routine additional requirement #6 in Appendix 2:
- 6.7.11.1** One (1) additional Hybrid must be performed.



- 6.7.12** Exceeding Hybrid maximums: If 5x per family or 3x per technique is exceeded in a Hybrid the Difficulty Technical Controller will apply a Base Mark to the Hybrid.
- 6.8 Deduction, penalties, and other matters in Duet Technical Routines:**
- 6.8.1** Deck walk-on: An eight (8) point penalty will be deducted from the routine score if the time limit of twenty (20) seconds for the deck walk-on is exceeded.
- 6.8.2** Deck movements: An eight (8) point penalty will be deducted from the routine score if the time limit of ten (10) seconds for deck movements is exceeded.
- 6.8.3** New start: A two (2) point penalty will be deducted from the routine score if a routine is interrupted by an Athlete during the deck movements and a new start is allowed.
- 6.8.4** Overall routine time: An eight (8) point penalty will be deducted from the routine score if there is a deviation from the specified routine time limit permitted.
- 6.8.5** Stop swimming or use of pool wall: If an Athlete stops swimming or makes clear use of the wall before the routine is completed, the duet performing the routine will be disqualified. The Referee will assess if the cessation is caused by circumstances beyond the control of the Athlete. The Referee may allow the routine to be re-swum during the session.
- 6.8.6** Deliberate use of bottom to propel: An eight (8) point penalty will be deducted from the routine score if an Athlete has made deliberate use of the bottom of the pool during a routine to propel themselves.
- 6.8.7** Deliberate use of bottom to assist: An eight (8) point penalty will be deducted from the routine score if an Athlete has made deliberate use of the bottom of the pool to assist another Athlete. No penalty will be applied when the contact with the bottom of the pool results from the Athlete's self-protection against impact injuries.
- 6.8.8** Base Mark: All Free Elements (Hybrids and Acrobatics) have a calculated Base Mark that is the minimum Degree of Difficulty that will be applied if one (1) or more components of the Element is not performed or is not in conformance to what is declared in the Coach Card.
- 6.8.9** Exceeding number of predetermined Elements: A two (2) point penalty will be deducted from the Elements score for each Element exceeding the predetermined number assigned to the particular event and category.
- 6.8.10** Omit all, part, or incorrect action of Technical Required Element: If one (1) or more Athletes omits all or part of a Technical Required Element or performs an incorrect action in a Technical Required Element, the Difficulty Technical Controllers will make note that the declared movement was not correct. If the Difficulty Technical Controller video review confirms that the declared movement was not correct, a zero (0) will be assigned as the Degree of Difficulty for this particular Technical Required Element.
- 6.8.11** Swum out of order: The Difficulty Technical Controller will submit a zero (0) for each Technical Required Element #1 - #5 swum out of the order declared on the Coach Card (each violation of General Requirement #4 in Appendix 2).
- 6.8.12 General Requirement #6: A two (2) point penalty will be deducted from the Elements score for each violation of General Requirement #6 in Appendix 2:**
- 6.8.12.1** With the exception of deck work and entry into the water, getting into and out of the circle (Team), and Acrobatics, Technical Required Elements, Hybrids and Transitions are to be performed simultaneously and facing the same direction by all duet or team members.
- 6.8.13** Additional Routine requirements #6 and #7: An eight (8) point penalty will be deducted from the Elements score for violation of Women Duet Routine additional requirement #6 and #7 in Appendix 2:
- 6.8.13.1** Additional Routine requirement #6 - One (1) additional hybrid must be performed.
- 6.8.13.2** Additional Routine requirement #7 - One (1) Pair Acrobatic must be performed.
- 6.8.14 Synchronisation errors and penalty values:**
- 6.8.14.1** For all routines, the sum of all synchronisation errors (unequal actions) observed by the Synchronisation Technical Controllers (each factored by its assigned value) will be deducted from the Elements score. Types of synchronisation errors and penalty values are small (0.1 points), obvious (0.5 points), and major (3.0 points).
- 6.8.14.2** The description of small, obvious, and major synchronisation errors (unequal actions) is detailed in the scoring synchronisation guide at Appendix 8. Maximum deduction can reduce the Elements score to zero (0), but not to a negative Elements score.



- 6.8.15** Exceeding Hybrid maximums: If 5x per family or 3x per technique is exceeded in a Hybrid, the Difficulty Technical Controller will apply a Base Mark to the Hybrid. For the connections family, in Duet and Mixed Duet only, there is a maximum of five (5) declarations per Hybrid, with a limit of two (2) per technique.
- 6.8.16** If a reserved acrobatic code is used by a Member Federation that does not own that code, a Base Mark will be applied to the Acrobatic.
- 6.9** **Deduction, penalties, and other matters in Mixed Duet Technical Routines:**
- 6.9.1** Deck walk-on: An eight (8) point penalty will be deducted from the routine score if the time limit of thirty (30) seconds for the deck walk-on is exceeded.
- 6.9.2** Deck movements: An eight (8) point penalty will be deducted from the routine score if the time limit of ten (10) seconds for deck movements is exceeded.
- 6.9.3** New start: A two (2) point penalty will be deducted from the routine score if a routine is interrupted by an Athlete during the deck movements and a new start is allowed.
- 6.9.4** Overall routine time: An eight (8) point penalty will be deducted from the routine score if there is a deviation from the specified routine time limit permitted.
- 6.9.5** Stop swimming or use of pool wall: If an Athlete stops swimming or makes clear use of the wall before the routine is completed, the duet performing the routine will be disqualified. The Referee will assess if the cessation is caused by circumstances beyond the control of the Athlete. The Referee may allow the routine to be re-swum during the session.
- 6.9.6** Deliberate use of bottom to propel: An eight (8) point penalty will be deducted from the routine score if an Athlete has made deliberate use of the bottom of the pool during a routine to propel himself.
- 6.9.7** Deliberate use of bottom to assist: An eight (8) point penalty will be deducted from the routine score if an Athlete has made deliberate use of the bottom of the pool to assist another Athlete. No penalty will be applied when the contact with the bottom of the pool results from the Athlete's self-protection against impact injuries.
- 6.9.8** Base Mark: All Free Elements (Hybrids and Acrobatics) have a calculated Base Mark that is the minimum Degree of Difficulty that will be applied if one (1) or more components of the Element is not performed or is not in conformance to what is declared in the Coach Card.
- 6.9.9** Exceeding number of predetermined Elements: A two (2) point penalty will be deducted from the Elements score for each Element exceeding the predetermined number assigned to the particular event and category.
- 6.9.10** Omit all, part, or incorrect action of Technical Required Element: If one (1) or more Athletes omits all or part of a Technical Required Element or performs an incorrect action in a Technical Required Element, the Difficulty Technical Controllers will make note that the declared movement was not correct. If the Difficulty Technical Controller video review confirms that the declared movement was not correct, a zero (0) will be assigned as the Degree of Difficulty for this particular Technical Required Element.
- 6.9.11** Swum out of order: The Difficulty Technical Controller will submit a zero (0) for each Technical Required Element #1 - #3 swum out of the order declared on the Coach Card (each violation of General Requirement #4 in Appendix 2).
- 6.9.12** **General Requirement #7: A two (2) point penalty will be deducted from the Elements Score for each violation of General Requirement #7 in Appendix 2:**
- 6.9.12.1** Only Technical Required Elements must be performed simultaneously and facing the same direction. Deck work and entry into the water, Hybrid, required Hybrid, entry into or exit out of Technical Required Elements, Transitions and Pair Acrobatics do not have this restriction and may be performed freely (non-simultaneous and facing different directions).
- 6.9.13** **Additional Routine requirements #4, #5, #6 and #7: An eight (8) point penalty will be deducted from the Elements score for each violation of Mixed Duet Routine additional requirements #4, #5, #6 and #7 in Appendix 2:**
- 6.9.13.1** Additional Routine requirement #4 – One (1) Hybrid.
- 6.9.13.2** Additional Routine requirement #5 – One (1) required Hybrid which must contain only one Thrust declaration and two (2) different Connection declarations.
- 6.9.13.3** Additional Routine requirement #6 – Two (2) Pair Acrobatics of free choice but must not repeat the same acrobatic.



- 6.9.13.4** Additional Routine requirement #7 – Three (3) declared Sustained Surface Connections with travel (1m or more) or rotation (180° or more).
- 6.9.14** Repetition of Pair Acrobatic: A Base Mark will be applied for a repetition of the Pair Acrobatic.
- 6.9.14.1** For Mixed Duet – the same pair acrobatic code may not be used.
- 6.9.15** **Synchronisation errors and penalty values:**
- 6.9.15.1** For all routines, the sum of all synchronisation errors (unequal actions) observed by the Synchronisation Technical Controllers (each factored by its assigned value) will be deducted from the Elements score. Types of synchronisation errors and penalty values are small (0.1 points), obvious (0.5 points), and major (3.0 points).
- 6.9.15.2** The description of small, obvious, and major synchronisation errors (unequal actions) is detailed in the scoring synchronisation guide at Appendix 8. Maximum deduction can reduce the Elements score to zero (0), but not to a negative Elements score.
- 6.9.16** Exceeding Hybrid maximums: If 5x per family or 3x per technique is exceeded in a Hybrid, the Difficulty Technical Controller will apply a Base Mark to the Hybrid. For the connections family, in Duet and Mixed Duet only, there is a maximum of five (5) declarations per Hybrid, with a limit of two (2) per technique.
- 6.9.17** If a reserved acrobatic code is used by a Member Federation that does not own that code, a Base Mark will be applied to the Acrobatic.
- 6.10** **Deduction, penalties, and other matters in Team Technical Routines:**
- 6.10.1** Fewer than eight (8) Athletes: A half (0.5) point penalty will be deducted from the total score for each Athlete fewer than eight (8) Athletes.
- 6.10.2** Deck walk-on: An eight (8) point penalty will be deducted from the routine score if the time limit of thirty (30) seconds for the deck walk-on is exceeded.
- 6.10.3** Deck movements: An eight (8) point penalty will be deducted from the routine score if the time limit of ten (10) seconds for deck movements is exceeded.
- 6.10.4** New start: A two (2) point penalty will be deducted from the routine score if a routine is interrupted by an Athlete during the deck movements and a new start is allowed.
- 6.10.5** Overall routine time: An eight (8) point penalty will be deducted from the routine score if there is a deviation from the specified routine time limit permitted.
- 6.10.6** Stop swimming or use of pool wall: If an Athlete stops swimming or makes clear use of the wall before the routine is completed, the team performing the routine will be disqualified. The Referee will assess if the cessation is caused by circumstances beyond the control of the Athlete. The Referee may allow the routine to be re-swum during the session.
- 6.10.7** Deliberate use of bottom to propel: An eight (8) point penalty will be deducted from the routine score if an Athlete has made deliberate use of the bottom of the pool during a routine to propel themselves.
- 6.10.8** Deliberate use of bottom to assist: An eight (8) point penalty will be deducted from the routine score if an Athlete has made deliberate use of the bottom of the pool to assist another Athlete. No penalty will be applied when the contact with the bottom of the pool results from the Athlete's self-protection against impact injuries.
- 6.10.9** Base Mark: All Free Elements (Hybrids and Acrobatics) have a calculated Base Mark that is the minimum Degree of Difficulty that will be applied if one (1) or more components of the Element is not performed or is not in conformance to what is declared in the Coach Card.
- 6.10.10** Exceeding number of predetermined Elements: A two (2) point penalty will be deducted from the Elements score for each Element exceeding the predetermined number assigned to the particular event and category.
- 6.10.11** Omit all, part, or incorrect action of Technical Required Element: If one (1) or more Athletes omits all or part of a Technical Required Element or performs an incorrect action in a Technical Required Element, the Difficulty Technical Controllers will make note that the declared movement was not correct. If the Difficulty Technical Controller video review confirms that the declared movement was not correct, a zero (0) will be assigned as the Degree of Difficulty for this particular Technical Required Element.
- 6.10.12** Swum out of order: The Difficulty Technical Controller will submit a zero (0) for each Technical Required Element #1 - #5 swum out of the order declared on the Coach Card (each violation of General Requirement #4 in Appendix 2).



- 6.10.13 General Requirement #6: A two (2) point penalty will be deducted from the Elements score for each violation of General Requirement #6 in Appendix 2:**
- 6.10.14** With the exception of deck work and entry into the water, getting into and out of the circle (Team), and Acrobatics, Technical Required Elements, Hybrids and Transitions are to be performed simultaneously and facing the same direction by all duet or team members.
- 6.10.15 Additional Routine requirements #6 and #7: An eight (8) point penalty will be deducted from the Elements score for each violation of Team Routine additional requirements #6 and #7 in Appendix 2:**
- 6.10.15.1** Additional Routine requirement #6 – Two (2) additional Hybrids, one of which must include a Cadence action.
- 6.10.15.2** Additional Routine requirement #7 – One (1) acrobatic movement must be performed by all team members.
- 6.10.16** Routine Requirement #7 Degree of Difficulty: A Base Mark will be applied for a violation of team Degree of Difficulty Routine Requirement #7 for the acrobatic movement exceeding 3.00 (inclusive of Base Mark value of 0.5).
- 6.10.17** Maximum of one (1) circle pattern: A two (2) point penalty will be deducted from the Elements score if a Team Technical routine exceeds a maximum of one (1) circle pattern.
- 6.10.18 Synchronisation errors and penalty values:**
- 6.10.18.1** For all routines, the sum of all synchronisation errors (unequal actions) observed by the Synchronisation Technical Controllers (each factored by its assigned value) will be deducted from the Elements score. Types of synchronisation errors and penalty values are small (0.1 points), obvious (0.5 points), and major (3.0 points).
- 6.10.18.2** The description of small, obvious, and major synchronisation errors (unequal actions) is detailed in the scoring synchronisation guide at Appendix 8. Maximum deduction can reduce the Elements score to zero (0), but not to a negative Elements score.
- 6.10.19** Exceeding Hybrid maximums: If 5x per family or 3x per technique is exceeded in a Hybrid, the Difficulty Technical Controller will apply a Base Mark to the Hybrid.
- 6.10.20** If a reserved acrobatic code is used by a Member Federation that does not own that code, a Base Mark will be applied to the Acrobatic.
- 6.11 Deduction, penalties, and other matters in Solo Free Routines:**
- 6.11.1** Deck walk-on: An eight (8) point penalty will be deducted from the routine score if the time limit of twenty (20) seconds for the deck walk-on is exceeded.
- 6.11.2** Deck movements: An eight (8) point penalty will be deducted from the routine score if the time limit of ten (10) seconds for deck movements is exceeded.
- 6.11.3** New start: A two (2) point penalty will be deducted from the routine score if a routine is interrupted by an Athlete during the deck movements and a new start is allowed.
- 6.11.4** Overall routine time: An eight (8) point penalty will be deducted from the routine score if there is a deviation from the specified routine time limit permitted.
- 6.11.5** Stop swimming or use of pool wall: If an Athlete stops swimming or makes clear use of the wall before the routine is completed, the Athlete performing the routine will be disqualified. The Referee will assess if the cessation is caused by circumstances beyond the control of the Athlete. The Referee may allow the routine to be re-swum during the session.
- 6.11.6** Deliberate use of bottom to propel: An eight (8) point penalty will be deducted from the routine score if an Athlete has made deliberate use of the bottom of the pool during a routine to propel themselves.
- 6.11.7** Base Mark: All Free Elements (Hybrids and Acrobatics) have a calculated Base Mark that is the minimum Degree of Difficulty that will be applied if one (1) or more components of the Element is not performed or is not in conformance to what is declared in the Coach Card.
- 6.11.8** Exceeding number of predetermined Elements: A two (2) point penalty will be deducted from the Elements score for each Element exceeding the predetermined number assigned to the particular event and category.
- 6.11.9** Not including a skill from every family: An eight (8) point penalty will be deducted from the Elements score for not including a skill from every family in the routine (with the exception of connections in Solo).
- 6.11.10** Exceeding Hybrid maximums: If 5x per family or 3x per technique is exceeded in a Hybrid, the Difficulty Technical Controller will apply a Base Mark to the Hybrid.



6.12 Deduction, penalties, and other matters in Duet Free Routines:

- 6.12.1** Deck walk-on: An eight (8) point penalty will be deducted from the routine score if the time limit of twenty (20) seconds for the deck walk-on is exceeded.
- 6.12.2** Deck movements: An eight (8) point penalty will be deducted from the routine score if the time limit of ten (10) seconds for deck movements is exceeded.
- 6.12.3** New start: A two (2) point penalty will be deducted from the routine score if a routine is interrupted by an Athlete during the deck movements and a new start is allowed.
- 6.12.4** Overall routine time: An eight (8) point penalty will be deducted from the routine score if there is a deviation from the specified routine time limit permitted.
- 6.12.5** Stop swimming or use of pool wall: If an Athlete stops swimming or makes clear use of the wall before the routine is completed, the duet performing the routine will be disqualified. The Referee will assess if the cessation is caused by circumstances beyond the control of the Athlete. The Referee may allow the routine to be re-swum during the session.
- 6.12.6** Deliberate use of bottom to propel: An eight (8) point penalty will be deducted from the routine score if an Athlete has made deliberate use of the bottom of the pool during a routine to propel themselves.
- 6.12.7** Deliberate use of bottom to assist: An eight (8) point penalty will be deducted from the routine score if an Athlete has made deliberate use of the bottom of the pool to assist another Athlete. No penalty will be applied when the contact with the bottom of the pool results from the Athlete's self-protection against impact injuries.
- 6.12.8** Base Mark: All Free Elements (Hybrids and Acrobatics) have a calculated Base Mark that is the minimum Degree of Difficulty that will be applied if one (1) or more components of the Element is not performed or is not in conformance to what is declared in the Coach Card.
- 6.12.9** Exceeding number of predetermined Elements: A two (2) point penalty will be deducted from the Elements score for each Element exceeding the predetermined number assigned to the particular event and category.
- 6.12.10** Not including a skill from every family: An eight (8) point penalty will be deducted from the Elements score for not including a skill from every family in the routine (with the exception of connections in Solo). All routine members must perform that skill in the same declaration on the Coach Card (not factored).
- 6.12.11** Repetition of Pair Acrobatic: A Base Mark will be applied for any repetition of Pair Acrobatics.
- 6.12.11.1** For Duet – the same pair acrobatic code may not be used.

6.12.12 Synchronisation errors and penalty values:

- 6.12.12.1** For all routines, the sum of all synchronisation errors (unequal actions) observed by the Synchronisation Technical Controllers (each factored by its assigned value) will be deducted from the Elements score. Types of synchronisation errors and penalty values are small (0.1 points), obvious (0.5 points), and major (3.0 points).
- 6.12.12.2** The description of small, obvious, and major synchronisation errors (unequal actions) is detailed in the scoring synchronisation guide at Appendix 8. Maximum deduction can reduce the Elements score to zero (0), but not to a negative Elements score.
- 6.12.13** Exceeding Hybrid maximums: If 5x per family or 3x per technique is exceeded in a Hybrid, the Difficulty Technical Controller will apply a Base Mark to the Hybrid. For the connections family, in Duet and Mixed Duet only, there is a maximum of five (5) declarations per Hybrid, with a limit of two (2) per technique.
- 6.12.14** If a reserved acrobatic code is used by a Member Federation that does not own that code, a Base Mark will be applied to the Acrobatic.

6.13 Deduction, penalties, and other matters in Mixed Duet Free Routines:

- 6.13.1** Deck walk-on: An eight (8) point penalty will be deducted from the routine score if the time limit of thirty (30) seconds for the deck walk-on is exceeded.
- 6.13.2** Deck movements: An eight (8) point penalty will be deducted from the routine score if the time limit of ten (10) seconds for deck movements is exceeded.
- 6.13.3** New start: A two (2) point penalty will be deducted from the routine score if a routine is interrupted by an Athlete during the deck movements and a new start is allowed.



- 6.13.4** Overall routine time: An eight (8) point penalty will be deducted from the routine score if there is a deviation from the specified routine time limit permitted.
- 6.13.5** Stop swimming or use of pool wall: If an Athlete stops swimming or makes clear use of the wall before the routine is completed, the duet performing the routine will be disqualified. The Referee will assess if the cessation is caused by circumstances beyond the control of the Athlete. The Referee may allow the routine to be re-swum during the session.
- 6.13.6** Deliberate use of bottom to propel: An eight (8) point penalty will be deducted from the routine score if an Athlete has made deliberate use of the bottom of the pool during a routine to propel themselves.
- 6.13.7** Deliberate use of bottom to assist: An eight (8) point penalty will be deducted from the routine score if an Athlete has made deliberate use of the bottom of the pool to assist another Athlete. No penalty will be applied when the contact with the bottom of the pool results from the Athlete's self-protection against impact injuries.
- 6.13.8** Base Mark: All Free Elements (Hybrids and Acrobatics) have a calculated Base Mark that is the minimum Degree of Difficulty that will be applied if one (1) or more components of the Element is not performed or is not in conformance to what is declared in the Coach Card.
- 6.13.9** Exceeding number of predetermined Elements: A two (2) point penalty will be deducted from the Elements score for each Element exceeding the predetermined number assigned to the particular event and category.
- 6.13.10** Not including a skill from every family: An eight (8) point penalty will be deducted from the Elements score for not including a skill from every family in the routine (with the exception of connections in Solo). All routine members must perform that skill in the same declaration on the Coach Card (not factored).
- 6.13.11** Additional requirements not performed: A two (2) point penalty will be deducted from the Artistic Impression score for each of the additional requirements in Appendix 3 not performed.
- 6.13.11.1** A minimum of 3 (Youth/12U) or 4 (Senior/Junior) declared Surface Connections with travel (1m or more) or rotation (180° or more).
- 6.13.12** Repetition of Pair Acrobatic: A Base Mark will be applied for any repetition of Pair Acrobatics.
- 6.13.12.1** For Mixed Duet – the same pair acrobatic code may not be used.
- 6.13.13** **Synchronisation errors and penalty values:**
- 6.13.13.1** For all routines, the sum of all synchronisation errors (unequal actions) observed by the Synchronisation Technical Controllers (each factored by its assigned value) will be deducted from the Elements score. Types of synchronisation errors and penalty values are small (0.1 points), obvious (0.5 points), and major (3.0 points).
- 6.13.13.2** The description of small, obvious, and major synchronisation errors (unequal actions) is detailed in the scoring synchronisation guide at Appendix 8. Maximum deduction can reduce the Elements score to zero (0), but not to a negative Elements score.
- 6.13.14** Exceeding Hybrid maximums: If 5x per family or 3x per technique is exceeded in a Hybrid, the Difficulty Technical Controller will apply a Base Mark to the Hybrid. For the connections family, in Duet and Mixed Duet only, there is a maximum of five (5) declarations per Hybrid, with a limit of two (2) per technique.
- 6.13.15** If a reserved acrobatic code is used by a Member Federation that does not own that code, a Base Mark will be applied to the Acrobatic.
- 6.14** **Deduction, penalties, and other matters in Team Free Routines:**
- 6.14.1** Fewer than eight (8) Athletes: A half (0.5) point penalty will be deducted from the total score for each Athlete fewer than eight (8) Athletes.
- 6.14.2** Deck walk-on: An eight (8) point penalty will be deducted from the routine score if the time limit of thirty (30) seconds for the deck walk-on is exceeded.
- 6.14.3** Deck movements: An eight (8) point penalty will be deducted from the routine score if the time limit of ten (10) seconds for deck movements is exceeded.
- 6.14.4** New start: A two (2) point penalty will be deducted from the routine score if a routine is interrupted by an Athlete during the deck movements and a new start is allowed.
- 6.14.5** Overall routine time: An eight (8) point penalty will be deducted from the routine score if there is a deviation from the specified routine time limit permitted.



- 6.14.6** Stop swimming or use of pool wall: If an Athlete stops swimming or makes clear use of the wall before the routine is completed, the team performing the routine will be disqualified. The Referee will assess if the cessation is caused by circumstances beyond the control of the Athlete. The Referee may allow the routine to be re-swum during the session.
- 6.14.7** Deliberate use of bottom to propel: An eight (8) point penalty will be deducted from the routine score if an Athlete has made deliberate use of the bottom of the pool during a routine to propel themselves.
- 6.14.8** Deliberate use of bottom to assist: An eight (8) point penalty will be deducted from the routine score if an Athlete has made deliberate use of the bottom of the pool to assist another Athlete. No penalty will be applied when the contact with the bottom of the pool results from the Athlete's self-protection against impact injuries.
- 6.14.9** Base Mark: All Free Elements (Hybrids and Acrobatics) have a calculated Base Mark that is the minimum Degree of Difficulty that will be applied if one (1) or more components of the Element is not performed or is not in conformance to what is declared in the Coach Card.
- 6.14.10** Exceeding number of predetermined Elements: A two (2) point penalty will be deducted from the Elements score for each Element exceeding the predetermined number assigned to the particular event and category.
- 6.14.11** Not including a skill from every family: An eight (8) point penalty will be deducted from the Elements score for not including a skill from every family in the routine (with the exception of connections in Solo). All routine members must perform that skill in the same declaration on the Coach Card (not factored).
- 6.14.12** Exceeding the Degree of Difficulty safety limit - Youth Team: A Base Mark will be applied for each acrobatic movement exceeding the Degree of Difficulty safety limit: Group A (2.7), Group B (2.8), Group C (2.8), and Group P (3.0). All Degree of Difficulty limits are inclusive of Base Mark value of 0.5.
- 6.14.13** Exceeding the Degree of Difficulty safety limit - 12U Team: A Base Mark will be applied for each acrobatic movement exceeding the Degree of Difficulty safety limit: Group A (2.5), Group B (2.6), Group C (2.6), and Group P (2.8). All Degree of Difficulty limits are inclusive of Base Mark value of 0.5.
- 6.14.14** **Repetition of Team Acrobatic: a Base Mark will be applied for any repetition of acrobatics. For Team - Must not repeat the same acrobatic is defined as:**
- 6.14.14.1** For Group A – can't repeat the same position/s (as P1 or as P2), with the exception of the third position bonus.
- 6.14.14.2** For Group B – can't repeat the same construction, can't repeat the same type of connection (grip).
- 6.14.14.3** For Group C – can't repeat the same construction.
- 6.14.14.4** For Group P – can't repeat the same construction, can't repeat the same type of connection (grip), and can't repeat the same position/s (as P1 or as P2), with the exception of the third position bonus, can't repeat the same bonus(es).
- 6.14.15** **Synchronisation errors and penalty values:**
- 6.14.15.1** For all routines, the sum of all synchronisation errors (unequal actions) observed by the Synchronisation Technical Controllers (each factored by its assigned value) will be deducted from the Elements score. Types of synchronisation errors and penalty values are small (0.1 points), obvious (0.5 points), and major (3.0 points).
- 6.14.15.2** The description of small, obvious, and major synchronisation errors (unequal actions) is detailed in the scoring synchronisation guide at Appendix 8. Maximum deduction can reduce the Elements score to zero, but not to a negative Elements score.
- 6.14.16** Exceeding Hybrid maximums: If 5x per family or 3x per technique is exceeded in a Hybrid, the Difficulty Technical Controller will apply a Base Mark to the Hybrid.
- 6.14.17** If a reserved acrobatic code is used by a Member Federation that does not own that code, a Base Mark will be applied to the Acrobatic.
- 6.15** **Deduction, penalties, and other matters in Acrobatic Routines:**
- 6.15.1** Fewer than eight (8) Athletes: A half (0.5) point penalty will be deducted from the total score for each Athlete fewer than eight (8) Athletes.
- 6.15.2** Deck walk-on: An eight (8) point penalty will be deducted from the routine score if the time limit of thirty (30) seconds for the deck walk-on is exceeded.
- 6.15.3** Deck movements: An eight (8) point penalty will be deducted from the routine score if the time limit of ten (10) seconds for deck movements is exceeded.



- 6.15.4** New start: A two (2) point penalty will be deducted from the routine score if a routine is interrupted by an Athlete during the deck movements and a new start is allowed.
- 6.15.5** Overall routine time: An eight (8) point penalty will be deducted from the routine score if there is a deviation from the specified routine time limit permitted.
- 6.15.6** Stop swimming or use of pool wall: If an Athlete stops swimming or makes clear use of the wall before the routine is completed, the team performing the routine will be disqualified. The Referee will assess if the cessation is caused by circumstances beyond the control of the Athlete. The Referee may allow the routine to be re-swum during the session.
- 6.15.7** Deliberate use of bottom to propel: An eight (8) point penalty will be deducted from the routine score if an Athlete has made deliberate use of the bottom of the pool during a routine to propel themselves.
- 6.15.8** Deliberate use of bottom to assist: An eight (8) point penalty will be deducted from the routine score if an Athlete has made deliberate use of the bottom of the pool to assist another Athlete. No penalty will be applied when the contact with the bottom of the pool results from the Athlete's self-protection against impact injuries.
- 6.15.9** Base Mark: All Free Elements (Hybrids and Acrobatics) have a calculated Base Mark that is the minimum Degree of Difficulty that will be applied if one (1) or more components of the Element is not performed or is not in conformance to what is declared in the Coach Card.
- 6.15.10** Exceeding number of predetermined Elements: A two (2) point penalty will be deducted from the Elements score for each Element exceeding the predetermined number assigned to the particular event and category.
- 6.15.11** **General Requirements #4 and #5: a Base Mark will be applied for each violation of General Requirement #4 or #5 in Appendix 4:**
- 6.15.11.1** General Requirement #4 - A maximum of two (2) acrobatics from any group (A, B, C or P) may be performed. If a third from the same group is performed that acrobatic will go to base mark.
- 6.15.11.2** General Requirement #5 - Acrobatics must not be repeated (see Article 6.15.14 of this Part Seven).
- 6.15.12** **General Requirement #6: an eight (8) point penalty will be deducted from the Routine score for each violation of the General Requirement #6 in Appendix 4:**
- 6.15.12.1** General Requirement #6 - The Routine must portray a theme, which must be declared on the Coach Card.
- 6.15.13** **Acrobatic Required Element #1: An eight (8) point penalty will be deducted from the Elements score for each violation of Acrobatic Required Element #1 as specified in Appendix 4:**
- 6.15.13.1** Seven (7) acrobatic movements: one from each acrobatic group (A, B, C, P), and three (3) more of free choice as per the general requirements.
- 6.15.14** Repetition of Team Acrobatic: a Base Mark will be applied for a repeated acrobatic. For Team - Must not repeat the same acrobatic is defined as:
- 6.15.14.1** For Group A – can't repeat the same position/s (as P1 or as P2), with the exception of the third position bonus.
- 6.15.14.2** For Group B – can't repeat the same construction, can't repeat the same type of connection (grip).
- 6.15.14.3** For Group C – can't repeat the same construction.
- 6.15.14.4** For Group P – can't repeat the same construction and can't repeat the same type of connection (grip), and can't repeat the same position/s (as P1 or as P2), with the exception of the third position bonus, and can't repeat the same bonus(es).
- 6.15.15** **Synchronisation errors and penalty values:**
- 6.15.15.1** For all routines, the sum of all synchronisation errors (unequal actions) observed by the Synchronisation Technical Controllers (each factored by its assigned value) will be deducted from the Elements score. Types of synchronisation errors and penalty values are small (0.1 points), obvious (0.5 points), and major (3.0 points).
- 6.15.15.2** The description of small, obvious, and major synchronisation errors (unequal actions) is detailed in the scoring synchronisation guide at Appendix 8. Maximum deduction can reduce the Elements score to zero (0), but not to a negative Elements score.
- 6.15.15.3** If a reserved acrobatic code is used by a Member Federation that does not own that code, a Base Mark will be applied to the Acrobatic.


6.16 Deduction, penalties, and other matters in Open Free Combination routines:

- 6.16.1** Fewer than ten (10) Athletes: A half (0.5) point penalty will be deducted from the total score for each Athlete fewer than ten (10) Athletes.
- 6.16.2** Deck walk-on: An eight (8) point penalty will be deducted from the routine score if the time limit of thirty (30) seconds for the deck walk-on is exceeded.
- 6.16.3** Deck movements: An eight (8) point penalty will be deducted from the routine score if the time limit of ten (10) seconds for deck movements is exceeded.
- 6.16.4** New start: A two (2) point penalty will be deducted from the routine score if a routine is interrupted by an Athlete during the deck movements and a new start is allowed.
- 6.16.5** Overall routine time: An eight (8) point penalty will be deducted from the routine score if there is a deviation from the specified routine time limit permitted.
- 6.16.6** Stop swimming or use of pool wall: If an Athlete stops swimming or makes clear use of the wall before the routine is completed, the team performing the routine will be disqualified. The Referee will assess if the cessation is caused by circumstances beyond the control of the Athlete. The Referee may allow the routine to be re-swum during the session.
- 6.16.7** Deliberate use of bottom to propel: An eight (8) point penalty will be deducted from the routine score if an Athlete has made deliberate use of the bottom of the pool during a routine to propel themselves.
- 6.16.8** Deliberate use of bottom to assist: An eight (8) point penalty will be deducted from the routine score if an Athlete has made deliberate use of the bottom of the pool to assist another Athlete. No penalty will be applied when the contact with the bottom of the pool results from the Athlete's self-protection against impact injuries.
- 6.16.9** Base Mark: All Free Elements (Hybrids and Acrobatics) have a calculated Base Mark that is the minimum Degree of Difficulty that will be applied if one (1) or more components of the Element is not performed or is not in conformance to what is declared in the Coach Card.
- 6.16.10** Exceeding number of predetermined Elements: A two (2) point penalty will be deducted from the Elements score for each Element exceeding the predetermined number assigned to the particular event and category.
- 6.16.11** **General Requirements #2 to #6: An eight (8) point penalty will be deducted from the Routine Score for violations of each General Requirement in Appendix 5:**
- 6.16.11.1** General Requirement #2 - Start may be on the deck or in the water, or a combination of both.
- 6.16.11.2** General Requirement #3 - All subsequent parts must start in the water.
- 6.16.11.3** General Requirement #4 - A new part begins in very close proximity to the previous part.
- 6.16.11.4** General Requirement #5 - The Routine must portray a theme, which must be declared on the Coach Card.
- 6.16.11.5** General Requirement #6 - The Coach Card must show the required Elements in the selected order of performance.
- 6.16.12** **Required Element #1: A two (2) point penalty will be deducted from the Elements score for each violation of Open Free Combination Required Element #1 in Appendix 5:**
- 6.16.12.1** At least two (2) parts must have fewer than three (3) Athletes and at least two (2) parts must have all Athletes.
- 6.16.13** **Required Element #2 – Youth Open Free Combination: a Base Mark will be applied for each violation of Youth Open Free Combination Required Element #2 in Appendix 5:**
- 6.16.13.1** Four (4) Team Acrobatics with Degree of Difficulty safety limit (free choice but must not repeat the same acrobatic).
- 6.16.13.2** One (1) x Degree of Difficulty solo Hybrid.
- 6.16.13.3** One (1) x Degree of Difficulty duet Hybrid.
- 6.16.13.4** Two (2) x team Degree of Difficulty Hybrid (must be executed with a minimum of four (4) Athletes).
- 6.16.13.5** One (1) x team choreography Hybrid with no Degree of Difficulty (i.e., factor of 1.0) must be executed with a minimum of four (4) Athletes.
- 6.16.13.6** Element parts cannot occur simultaneously (i.e., Team Acrobatic occurs while solo Hybrid starts).



- 6.16.14 Required Element #3 – 12U Open Free Combination: a Base Mark will be applied for each violation of 12U Open Free Combination Required Element #3 in Appendix 5:**
- 6.16.14.1** Three (3) Team Acrobatics with Degree of Difficulty safety limit (free choice but must not repeat the same acrobatic).
- 6.16.14.2** One (1) x Degree of Difficulty solo Hybrid.
- 6.16.14.3** One (1) x Degree of Difficulty duet Hybrid.
- 6.16.14.4** Two (2) x team Degree of Difficulty Hybrid (must be executed with a minimum of four (4) Athletes).
- 6.16.14.5** One (1) x team choreography Hybrid with no Degree of Difficulty (i.e., factor of 1.0) must be executed with a minimum of four (4) Athletes.
- 6.16.14.6** Element parts cannot occur simultaneously (i.e., Team Acrobatic occurs while solo Hybrid starts).
- 6.16.15 Required Elements #4 and #5: a Base Mark will be applied for each violation of Open Free Combination Required Elements #4 or #5 in Appendix 5:**
- 6.16.15.1** Required Element #4 – 12U and Youth Team Acrobatic safety limit for Open Free Combination is as follows. Acrobatic Elements cannot have a Degree of Difficulty higher than the Total Degree of Difficulty (maximum):
- 6.16.15.1.1** For Youth: Group A (2.7), Group B (2.8), Group C (2.8) and Group P (3.0). All Degree of Difficulty limits are inclusive of Base Mark value of 0.5.
- 6.16.15.1.2** For 12U: Group A (2.5), Group B (2.6), Group C (2.6) and Group P (2.8). All Degree of Difficulty limits are inclusive of Base Mark value of 0.5.
- 6.16.15.2** Required Element #5 – Acrobatics must not be repeated (see Article 6.16.16 of this Part Seven).
- 6.16.16 Repetition of Team Acrobatic: A Base Mark will be applied for any repetition of acrobatics. For Team – Must not repeat the same acrobatic is defined as:**
- 6.16.16.1** For Group A – can't repeat the same position/s (as P1 or as P2), with the exception of the third position bonus.
- 6.16.16.2** For Group B – can't repeat the same construction, can't repeat the same type of connection (grip).
- 6.16.16.3** For Group C – can't repeat the same construction.
- 6.16.16.4** For Group P – can't repeat the same construction and can't repeat the same type of connection (grip), and can't repeat the same position/s (as P1 or as P2), with the exception of the third position bonus, and can't repeat the same bonus(es).
- 6.16.17 Synchronisation errors and penalty values:**
- 6.16.17.1** For all routines, the sum of all synchronisation errors (unequal actions) observed by the Synchronisation Technical Controllers (each factored by its assigned value) will be deducted from the Elements score. Types of synchronisation errors and penalty values are small (0.1 points), obvious (0.5 points), and major (3.0 points).
- 6.16.17.2** The description of small, obvious, and major synchronisation errors (unequal actions) is detailed in the scoring synchronisation guide at Appendix 8. Maximum deduction can reduce the Elements score to zero (0), but not to a negative Elements score.
- 6.16.18** Exceeding Hybrid maximums: If 5x per family or 3x per technique is exceeded in a Hybrid, the Difficulty Technical Controller will apply a Base Mark to the Hybrid. For the connections family, in Duet and Mixed Duet only, there is a maximum of 5 declarations per Hybrid, with a limit of 2 per technique.
- 6.16.19** Not including a skill from every family: An eight (8) point penalty will be deducted from the Elements score for not including a skill from every family in the routine (with the exception of connections in Solo). All routine members must perform that skill in the same declaration on the Coach Card (not factored) if performed during the duet or team Hybrids.
- 6.16.20** If a reserved acrobatic code is used by a Member Federation that does not own that code, a Base Mark will be applied to the Acrobatic.



6.17 Calculation of the Routine results:

6.17.1 Calculation procedure for all Routines:

6.17.1.1 Elements score = $EL1DD \times Ex + EL2DD \times Ex + \dots + ELnDD \times Ex$ - Sy errors penalty - other penalties.

6.17.1.2 Artistic Impression score = CH/MU score + EP score + Tr - other penalties.

6.17.1.3 Routine score = Elements score + Artistic Impression score - other penalties.

6.17.2 The constituent elements in those calculations are:

6.17.2.1 EL = Element (either required or free).

6.17.2.2 DD = Sum of values of each element component and bonuses + Base Mark for Free Elements (all in Hybrid Difficulty Table); assigned Degree of Difficulty for Technical Required Elements #1 to #5.

6.17.2.3 Ex = Execution score.

6.17.2.4 n = Total number of Elements in an event (see Appendix 3).

6.17.2.5 CH/MU = choreography and musicality.

6.17.2.6 EP = performance.

6.17.2.7 Sy = synchronisation.

6.17.2.8 Tr = Transitions.

6.17.3 The score for each Element is calculated as follows:

6.17.3.1 The highest award and the lowest award for each score are disregarded.

6.17.3.2 The three (3) remaining awards are added.

6.17.3.3 The resulting number is divided by three (3).

6.17.3.4 The resulting number is multiplied by its correspondent Degree of Difficulty.

6.17.4 Each of the Artistic Impression scores are calculated as follows:

6.17.4.1 The highest award and the lowest award for each score are disregarded.

6.17.4.2 The three (3) remaining awards are added.

6.17.5 World Aquatics will manage all final Degree of Difficulty values. Factoring can be applied. World Aquatics reserves the right to adjust if required.

7 FINAL RESULT

7.1 The final Figures result will be that of the Athletes who competed in the Figure session and also swam the Free Routine (with the sole exception set out at Article 5.6.7.4 of this Part Seven).

7.2 The final result in an event is determined by adding the final score of each performed session. If both preliminary and final Routine sessions are held, the Routine score from the final session will replace that of the preliminary session and will be used to determine the final result.

7.2.1 In events that include one (1) session (Open Acrobatic Routine, Open Free Combination, Free Routine, Technical Routine, or Figures), the final result and placings will be determined by the Athlete's respective scores in that one (1) session.

7.2.2 In events that include two (2) sessions (Figures and Free Routine, Technical Routine and Free Routine), the final results and placings will be determined by the sum of each Athlete's scores in those two (2) sessions.

7.2.3 In events that include three (3) sessions (Technical Routine, Free Routine, Open Acrobatic Routine), the final results and placings will be determined by the sum of each Athlete's scores in those three (3) sessions.

7.3 If the scores of two (2) or more Athletes, duets, or teams (as applicable) are equal (calculated to four (4) decimals) in Women Solo, Men Solo, Women Duet, Mixed Duet, Open Team, Open Free Combination, or Open Acrobatic Routine, and the tie must be broken (eg, for qualification or other purposes), the following process will apply to break the tie:

7.3.1 The highest Elements score will determine the position.



- 7.3.2** If there is still a tie, the highest choreography and musicality score in the Artistic Impression panel will determine the position.
- 7.3.3** If there is still a tie, the highest verified total declared Degree of Difficulty in the Elements panel will determine the position.
- 7.3.4** If there is still a tie in events with combined results (Technical Routine, Free Routine, Open Acrobatic Routine):
- 7.3.4.1** The highest Free Routine score of the final result will determine the position.
- 7.3.4.2** If there is still a tie, the Elements score of the Free Routine will determine the position.
- 7.3.4.3** If there is still a tie, the highest choreography and musicality score in the Artistic Impression panel of the Free Routine will determine the position.
- 7.3.4.4** If there is still a tie, the highest Elements score from the Technical Routine will determine the position.
- 7.4** If an Athlete, duet, or team is registered to participate in an event but is not present in the final call room at the designated start time, the Athlete, duet, or team will be recorded in the final results as 'did not start' (also known as 'DNS' or 'scratched') below all of the other Athletes, duets, or teams that competed and received an official score.
- 7.5** If the Referee personally observes any breach of the rules by an Athlete, duet, or team, the Referee will disqualify that Athlete, duet, or team. If another Technical Official personally observes any breach of the rules by an Athlete, duet, or team and reports that breach to the Referee, the Referee may disqualify that Athlete, duet, or team. A disqualified Athlete, duet, or team will be recorded in the final results as 'disqualified' (also known as 'DSQ') below all of the other Athletes, duets, or teams that competed and received an official score.

8 TECHNICAL OFFICIALS

- 8.1** For World Aquatics Championships, Referees, Technical Controllers, and Judges will be selected by World Aquatics. For Artistic Swimming World Cup competitions, Referees, Technical Controllers, and Judges will be proposed by the Member Federation and approved by World Aquatics.
- 8.1.1** In making selections, World Aquatics will consider the evaluations of the Technical Controllers and Judges, their bias scores, and their participation in World Aquatics Events in the past two (2) seasons. World Aquatics will also consider continental representation among the selected Technical Controllers and Judges for a competition, but the best Technical Controllers and Judges will be selected to officiate final events. Selections by World Aquatics will be final except for in emergency situations (see Article 8.3.8 of this Part Seven).
- 8.1.2** All Judges and Technical Controllers are required to be at the competition venue one full day prior to the start of the competition they are officiating at in order to view the practice sessions.
- 8.2 The following Technical Officials are required at World Aquatics Events and the Olympic Games:**
- 8.2.1** One (1) Referee and one (1) Assistant Referee.
- 8.2.2** One (1) Assistant Referee for each Figures panel of Judges.
- 8.2.3** Three (3) Difficulty Technical Controllers, who will be selected from the relevant World Aquatics list.
- 8.2.4** Three (3) Synchronisation Technical Controllers, who will be selected from the relevant World Aquatics list.
- 8.2.5** Figure sessions will be officiated by one (1), two (2), or four (4) panels each of four (4) to six (6) Judges.
- 8.2.6** One (1) panel referee, one (1) panel marshall, and two (2) to three (3) scorers for each Figures panel.
- 8.2.7** Two (2) Timers.
- 8.2.8** One (1) World Aquatics-approved Music Manager.
- 8.2.9** One (1) World Aquatics-approved announcer.
- 8.2.10** One (1) World Aquatics-approved underwater camera operator.
- 8.2.11** One (1) or two (2) World Aquatics Evaluators, selected from the trained appointed group of World Aquatics Evaluators, who will lead all Judge panel discussions and Judge debriefs.
- 8.2.12** Other Technical Officials as deemed necessary by World Aquatics.



8.3 The Referee:

- 8.3.1** The Referee will work in collaboration with the World Aquatics Technical Delegate and the World Aquatics Evaluators, and will enforce the decisions of the group. The Referee will take attendance and provide the Judges with logistical information for the session (for example, if there is break or if any Athlete did not start).
- 8.3.2** The Referee will be responsible for the draw for order of appearance in all sessions, recording any changes of Athletes prior to each session, checking the electronic scoring system, checking the computer results, and ensuring that a World Aquatics Evaluators program is provided.
- 8.3.3** The Referee will be responsible for ensuring that Coach Cards have been made available to the Technical Controllers.
- 8.3.4** The Referee will maintain communication with the announcer, LOC Medical Team, Music Manager, lifeguards, and Assistant Referee(s).
- 8.3.5** The Referee will receive Coach Card changes and ensure their distribution to the scorer, the Technical Controllers, the announcer, and the media.
- 8.3.6** The Referee will be responsible for the running of the deck and the flow of the event. The Referee will enforce the rules after collaboration with the World Aquatics Technical Delegate. The World Aquatics Evaluators may be consulted, as the Referee considers necessary. The Referee, in collaboration with the World Aquatics Technical Delegate, will determine any other matter in relation to the conduct of the event.
- 8.3.7** The Referee will ensure that all the necessary Technical Officials are in their respective positions to conduct the session, have their assignments for each routine, and are provided with a programme sheet for each Athlete.
- 8.3.8** If the Referee considers, after consultation with the World Aquatics Technical Delegate, that any Technical Official is absent, incapable of acting, or found to be inefficient or biased, the Referee will appoint a reserve Technical Official. If an emergency situation arises, the Referee will appoint a reserve Technical Official.
- 8.3.9** The Referee will ensure that the Athletes are ready and signal for the start of the accompaniment. The Referee will approve the penalties resulting from any infraction to the rules, and the Referee and World Aquatics Technical Delegate will approve the results before announcements are made.
- 8.3.10** The Referee may intervene at any stage to ensure that these Competition Regulations and other World Aquatics Rules are observed and will, in collaboration with the World Aquatics Technical Delegate, adjudicate all protests related to the session in progress.
- 8.3.11** If the Referee personally observes any breach of the rules by an Athlete, duet, or team, the Referee will disqualify that Athlete, duet, or team. If another Technical Official personally observes any breach of the rules by an Athlete, duet, or team and reports that breach to the Referee, the Referee may disqualify that Athlete, duet, or team.
- 8.3.12** The Referee will attend the Technical/Team Leaders' Meeting and ensure the logistics for the event are in place. The Referee will run the draws at the Technical/Team Leaders' Meeting. Draws will commence after all media information sheets on each routine have been submitted to the LOC.
- 8.3.13** If the Difficulty Technical Controllers are divided and located on both sides of the pool, the Referee may request that the Technical Controllers on one side of the pool review an Element, Acrobatic, or Hybrid that was or may not have been fully visible on that side of the pool. The Technical Controllers that have already made a review will abstain from the subsequent review.
- 8.4** Other Technical Official(s) will carry out the duties assigned to them by the Referee (and otherwise as set out in this Part Seven).



9 DUTIES OF THE LOC

9.1 The LOC organising the competition is responsible for:

- 9.1.1** Compliance with pool specifications and related rules set out at Article 12 of this Part Seven (any non-compliance must be approved in advance by World Aquatics).
- 9.1.2** Provision of suitable sound equipment approved by World Aquatics.
- 9.1.3** Provision of four (4) underwater speakers for the competition pool and four (4) underwater speakers for the practice and warm up pool.
- 9.1.4** Production of programme sheets for each routine for Judges, and Coach Cards for Technical Controllers.
- 9.1.5** Preparation of a list of entries and judging forms.
- 9.1.6** Electronic provision of event information to the Technical Artistic Swimming Committee, Technical Officials, Coaches, and the media.
- 9.1.7** Provision to the Judges for Figure sessions of a means of signalling scores (the automatic officiating equipment, and flash cards in case of technical failure).
- 9.1.8** Ensuring that practice periods prior to the start of events will apply at all World Aquatics Events.
- 9.1.9** Ensuring that a World Aquatics approved scoring system is used.
- 9.1.10** Ensuring that electronic marks and a scoreboard are used for World Aquatics Events. The scoreboard must be capable of showing placings in previous sessions (preliminaries or Technical Routine) and placings in the current session (final or Free Routine) and an overall current placement.
- 9.1.11** Ensuring that video records of all sessions (including underwater video) are available if required to enable the Technical Officials to check Athlete use of the bottom of the pool.
- 9.1.12** Determining the position of the spectators with reference to the pool and the designated VIP seating area; the open space for entrance and exit, including a designated starting point for walk-ons, and alternative facilities (if required).
- 9.1.13** Communicating to World Aquatics any preferences regarding the schedule of events, indicating which sessions (see Article 2 of this Part Seven) might be included in the programme (see Article 3 of this Part Seven) and stating whether preliminaries and finals might be held (see Article 4.12 of this Part Seven).
- 9.1.14** Organising the gala water show at the end of the competition. Participating Athletes must perform a new routine of 60 and 90 seconds in duration. Costumes, make up, props, and lighting are permitted. The gala show program must be approved in advance by World Aquatics.



10 AGE CATEGORY RULES AND ELIGIBILITY

10.1 To be eligible to compete at the Olympic Games, World Aquatics Championships, or Artistic Swimming World Cup, an Athlete must be at least fifteen (15) years old as at 31 December in the year of the start date of the competition.

10.2 **Age categories for women in Artistic Swimming are:**

10.2.1 12U (12 years of age and younger). To be eligible to compete in 12U events, an Athlete must be twelve (12) or younger as at 31 December in the year of the start date of the competition.

10.2.2 Youth (13 to 15 years of age). To be eligible to compete in Youth events, an Athlete must be thirteen (13) or fourteen (14) or fifteen (15) as at 31 December in the year of the start date of the competition.

10.2.3 Junior (15 to 19 years of age). To be eligible to compete in Junior events, an Athlete must be fifteen (15), sixteen (16), seventeen (17), eighteen (18) or nineteen (19) as at 31 December in the year of the start date of the competition.

10.2.4 Senior (15 years of age and older). To be eligible to compete in Senior events, an Athlete must be fifteen (15) or older as at 31 December in the year of the start date of the competition.

10.3 **Age categories for men in Artistic Swimming are:**

10.3.1 12U (12 years of age and younger). To be eligible to compete in 12U events, an Athlete must be twelve (12) or younger as at 31 December in the year of the event.

10.3.2 Youth (13 to 16 years of age). To be eligible to compete in Youth events, an Athlete must be thirteen (13), fourteen (14), fifteen (15), or sixteen (16) as at 31 December in the year of the start date of the competition.

10.3.3 Junior (15 to 20 years of age). To be eligible to compete in Junior events, an Athlete must be fifteen (15), sixteen (16), seventeen (17), eighteen (18), nineteen (19), or twenty (20) as at 31 December in the year of the start date of the competition.

10.3.4 Senior (15 years of age and older). To be eligible to compete in Senior events, an Athlete must be fifteen (15) or older as at 31 December in the year of the start date of the competition.

10.4 The time limits for age category events, including ten (10) seconds of deck movements, will be as follows:

10.4.1 **12U and Youth events:**

Event	Time limit
Solo	2:00 minutes
Women Duet/Mixed Duet	2:30 minutes
Open Team	3:00 minutes
Open Free Combination	3:00 minutes

10.4.2 **Junior Free Routines:**

Event	Time limit
Solo	2:15 minutes
Women Duet/Mixed Duet	2:45 minutes
Open Team	3:30 minutes
Open Acrobatic Routine	3:00 minutes

10.4.3 **Junior Technical Routines:**

Event	Time limit
Solo	2:00 minutes
Women Duets / Mixed Duet	2:20 minutes
Open Team	2:50 minutes

10.4.4 An allowance of five (5) seconds under or over the allotted time limit is permitted.



11 SWIMWEAR AND WEARABLES

- 11.1** Athletes must comply with the following requirements in respect of Swimwear and other clothing, accessories, or equipment:
- 11.1.1** Swimwear worn by women during routines must comply with Article 6.3 of Part One.
- 11.1.2** Swimwear worn by men during routines must comply with Article 6.3 of Part One and must not extend above the navel nor below the upper thigh.
- 11.1.3** Swimwear must be dignified and appropriate for athletic competition and must not give the effect of excessive nudity inappropriate for the sport. Swimwear may represent character and/or a theme of the routine.
- 11.1.4** Unless otherwise permitted in Article 11 of this Part Seven, the use during routines of additional clothing, accessories, equipment, or goggles is not permitted unless required for medical reasons and approved by World Aquatics (or World Aquatics' designee). Nose clips or plugs and small ear stud jewellery may be worn.
- 11.1.5** Theatrical makeup must not be worn. The use of natural makeup that represents the Athlete's unique personality and/or the theme of the routine is permitted.
- 11.2** Other than permitted Swimwear, an Athlete must not wear or use during competition any device or swimsuit that may aid his/her speed, buoyancy, or endurance. An Athlete is permitted to use an automated data collection device for the sole purpose of collecting data. Such device must not be capable of transmitting or used to transmit data, sounds, or signals to the Athlete and must not be capable of aiding or used to aid the Athlete's speed, buoyancy, or endurance.
- 11.3** If the Referee, in his/her absolute discretion, considers that an Athlete does not comply with Article 11 of this Part Seven, he/she will not permit the Athlete to compete until the Athlete does comply with Article 11 of this Part Seven.

12 ARTISTIC SWIMMING FACILITIES AND EQUIPMENT

- 12.1 Facilities for Artistic Swimming competitions must comply with the following requirements:**
- 12.1.1** Figure sessions and routine sessions of the competition will be conducted in a pool with a minimum area of 15 metres by 25 metres, within which an area of (at least) 12 metres by 12 metres must have a minimum depth of 3.0 metres. The minimum depth of the remaining area will be no less than 2.0 metres. World Aquatics may determine whether a non-compliant pool may be used on a case-by-case basis.
- 12.1.2** Where the general water depth is more than 2.0 metres, the depth at the pool wall may be 2.0 metres and then slope down to reach the general depth (at minimum 3.0 metres) at 1.2 metres maximum from the pool wall.
- 12.1.3** If the pool bottom does not feature the Swimming lane markings described at Article 15 of Part Two, the pool bottom must be marked with contrasting lines in one direction following the length of the pool as shown in the diagram at Appendix 10.
- 12.1.4** The water must be of sufficient clarity for the bottom of the pool to be visible, and the water temperature must not be less than 27° C.
- 12.1.5** Measured at the level of 1 metre above the water surface, the minimum light intensity must not be less than 600 lux. Sources of natural and artificial illumination must be provided with controls to prevent glare affecting the Judge's platforms and the starting platform.
- 12.1.6** The starting platform should be 1.0 metres in height and must not be lower in height than 0.5 metres. The surface of the platform must be covered in a slip-resistant material suggest a quick drying waterproof carpet.
- 12.1.7** The Athlete's entrance should always be centre-stage.
- 12.2 Facilities for Artistic Swimming competitions at the Olympic Games and the World Aquatics Championships must also comply with the following requirements:**
- 12.2.1** The field of play will be as shown in the diagrams at Appendix 10 and Appendix 11.
- 12.2.2** The routine sessions of the competition will be conducted in a pool with a minimum area of 30 metres by 20 metres and a minimum depth of 3.0 metres.
- 12.2.3** Measured at the level of 1 metre above the water surface, the minimum light intensity must not be less than 1500 lux. Sources of natural and artificial illumination must be provided with controls to prevent glare affecting the Technical Officials' platforms and the starting platform.



- 12.2.4** The starting platform should be 1.0 metres in height and must not be lower in height than 0.7 metres (with a tolerance of $\pm 1\text{cm}$). The surface of the platform must be covered in a slip-resistant material suggest a quick drying water proof carpet.
- 12.2.5** The Technical Officials' platform must be of a minimum height of 0.6 metres and have tables and chairs positioned on it. The platforms must be no more than 2.0 metres from the edge of the pool, as shown in the diagrams at Appendix 10 and Appendix 11.
- 12.2.6** The practice and warm up pool must have a minimum area of 25 metres by 25 metres (or 30 metres by 20 metres) with a minimum depth of 3 metres.
- 12.2.7** A sound reproduction system that meets the requirements of Article 12.4 of this Part Seven must be available.
- 12.2.8** A dry land training and stretching area with mats must be provided for Athletes.
- 12.3** **Automatic officiating equipment must be used at all international competitions:**
- 12.3.1** **The minimum installation of automatic officiating equipment consists of:**
- 12.3.1.1** The same number of score recorder units as Judges (Figures: 5 up to 28; and routine: 5 up to 15).
- 12.3.1.2** A result unit (computer) with result recording and backup system. Only World Aquatics approved program and systems are allowed. The results may only be transferred after confirmation by the Referee or appointed Technical Official.
- 12.3.1.3** A print-out system for all recorded information, start lists, and result lists.
- 12.3.1.4** A Judge's and Technical Controller's evaluation system based on the recorded results. The Technical Artistic Swimming Committee approved evaluation program is required.
- 12.3.1.5** A scoreboard control unit with a scoreboard containing a minimum of 10 lines, each with 32 digits. The scoreboard must be able to display all recorded information and the running time.
- 12.3.1.6** For each Judge, flash cards to display in case of failure of the electronic system.
- 12.3.2** An automated timing system with two (2) independent Timers that time walk-on time, deck movement time, and overall time. The Timers should be placed close to the result secretariat.
- 12.3.3** An underwater review system comprised of an underwater camera is required with mounting and harness to the pool wall or bottom, depending on the type. The system must have video server or a computer control centre with data storage with the capacity for immediate slow motion replay. A monitor for the Technical Artistic Swimming Committee to perform immediate reviews must be available.
- 12.3.4** A routine and figure review system comprised of two (2) to four (4) cameras in defined positions with video server or computer control centre and data storage with the capacity for slow motion instant replay must be available.
- 12.4** **At the Olympic Games, the World Aquatics Championships, the World Aquatics Junior Artistic Swimming Championships, the World Aquatics Youth Artistic Swimming Championships, and the Artistic Swimming World Cup, the sound equipment and presentation standards must include (and at all other international competitions, the sound equipment and presentation standards should include), at minimum:**
- 12.4.1** An amplifier-mixer system that has at least 16 inputs and 6 outputs, an LR (left-right channels) PA, an LR speaker system on the field of play, and two (2) outputs spare or for broadcasting. Amplifiers should be suitable for the speakers that are used.
- 12.4.2** **A sound reproduction system with the following features:**
- 12.4.2.1** High quality microphones and microphone stations for announcements and ceremonies.
- 12.4.2.2** High quality air speakers in sufficient size, number, and placement to obtain uniform clear sound to the field of play area. The air speakers should be able to produce 105 dB SPL ('sound pressure level') A without distortion. The maximum SPL must not exceed 125 dB SPL A. Speaker frequency response should be at least 40Hz-16kHz.
- 12.4.2.3** High quality air speakers in sufficient size, number and placement to obtain uniform clear sound to the start podium of the competition area. The air speakers should be able to produce 105 dB SPL A without distortion. The maximum SPL must not exceed 125 dB SPL A. Speaker frequency response should be at least 40Hz-16kHz.
- 12.4.2.4** All air speakers in the field of play should be 'passive' (i.e., without built-in amplifier) to avoid risk of electrical shock.



- 12.4.2.5** Underwater speakers for clear and uniform underwater sound. Underwater speakers should be able to produce 98dB A without distortion. The maximum SPL must not exceed 110 dB SPL A. Underwater speaker frequency response should be at least 200Hz-10kHz. The underwater speakers should use or be connected to isolation and impedance matching transformer systems.
- 12.4.2.6** Digital sound processor to make amplitude frequency characteristic and delay corrections in between air speakers and underwater speakers. The digital sound processor should have at least two (2) inputs and (6) independent outputs (or three (3) stereo independent outputs). Each output should have high pass filter, low pass filter, graphic equalizer and/or parametric equalizer, compressor/limiter, and delay (minimum five (5) seconds).
- 12.4.3** **A public address system that reproduces sound for spectators:**
- 12.4.3.1** The system must be capable of reaching spectators seats at least with 110 dB A with deviations in overall direct sound levels across the spectator seating area not exceeding +/- 3 dB A. The maximum SPL must not exceed 125 dB SPL A.
- 12.4.3.2** The speech transmission index for the system should be within 0.5-1.0.
- 12.4.3.3** The system must provide enough headroom to compensate for the atmospheric loss of high frequencies.
- 12.4.3.4** The system should have a minimal impact to the field of play to avoid sound delay problems.
- 12.4.4** The following additional equipment: a sound volume (decibel) meter for monitoring music sound levels both above and under water; patch cords for interconnecting equipment properly and speaker extension lines adequate for placing speakers for optimal sound distribution; fusing systems as needed to protect speakers and other equipment; grounding lines to ensure safe grounding of all equipment; safety materials to minimise potential of injury to people or equipment from stepping on or tripping over electrical or speaker lines; a stopwatch; tools and meters as needed for initial special hookups and emergency repairs; systems for communication between Technical Officials and the sound desk (five (5) headsets must be available); and a system for continuously monitoring and recording underwater sound.

13 ARTISTIC SWIMMING-SPECIFIC MEDICAL AND SAFETY REQUIREMENTS

- 13.1** **In addition to the medical and safety requirements set out in Article 8 of Part One, the following medical and safety requirements apply to Artistic Swimming competitions:**
- 13.1.1** The Field of Play Medical Station should be located near the starting platform and the Athlete exit.
- 13.1.2** **Lifeguards and water rescue:**
- 13.1.2.1** During events, three (3) lifeguards are required. One (1) lifeguard will be positioned next to the coach of the competing Athlete(s) to react immediately in an emergency. Two (2) lifeguards will be positioned on different sides of the pool to provide cover for the whole competition area.
- 13.1.2.2** At the warm-up pool, a minimum of two (2) lifeguards are required.



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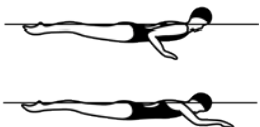
14.1 APPENDIX 1 - WORLD AQUATICS BASIC POSITION, BASIC MOVEMENT AND FIGURES

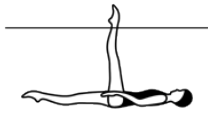
1. Basic Body Position (BP)

In all basic body positions:

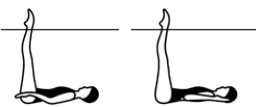
- (a) arm positions are optional,
- (b) toes must be pointed, ankles must be extended,
- (c) the legs, trunk and neck are fully extended unless otherwise specified and
- (d) diagrams are a guide only (see Article 2.6 of this Part Seven).

1 BACK LAYOUT POSITION	
Body extended with face, chest, thighs and feet at the surface of the water. Head (ears specifically), hips and ankles in horizontal alignment.	

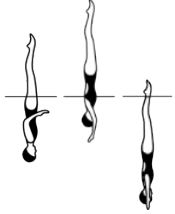
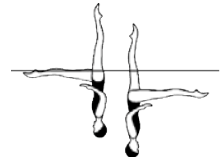
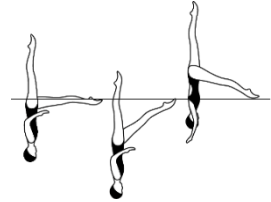
2 FRONT LAYOUT POSITION	
Body extended with head, upper back, buttocks and heels at the surface of the water. Unless otherwise specified, face may be in or out of the water.	

3 BALLET LEG POSITION	
a) Surface Body in Back Layout Position. One leg extended perpendicular to the surface of the water.	
b) Submerged Head, trunk and horizontal leg parallel to the surface of the water. One leg perpendicular to the surface with the water level between the knee and the ankle.	

4 FLAMINGO POSITION	
a) Surface One leg extended perpendicular to the surface of the water. The other leg bent with the mid-calf opposite the vertical leg. Foot, shin and knee at and parallel to the surface of the water. Face at the surface of the water.	
b) Submerged Trunk, head, shin and foot of the bent leg parallel to the surface of the water. 90° angle between the trunk and extended leg. Water level between knee and ankle of the extended leg.	

5 BALLET LEG DOUBLE POSITION	
a) Surface Legs together and extended perpendicular to the surface of the water. Head in line with the trunk. Face at the surface of the water.	
b) Submerged Trunk and head parallel to the surface of the water. 90° angle between the trunk and the extended legs. Water level between knees and ankles of the extended legs.	



6 VERTICAL POSITION	
Body extended perpendicular to the surface of the water; legs together, head downward. Head (ears specifically), hips and ankles in line.	
7 CRANE POSITION	
Body extended in Vertical Position with one leg extended forward at a 90° angle to the body.	
8 FISHTAIL POSITION	
Body extended in Vertical Position with one leg extended forward. The foot of the forward leg is at the surface of the water regardless of the height of the hips.	
9 TUCK POSITION	
Body as compact as possible, with the back rounded and the legs together. Heels close to buttocks. Head close to knees.	



10 FRONT PIKE POSITION		
Body bent at hips to form a 90° angle. Legs extended and together. Trunk extended with the back straight and head in line.		
11 BACK PIKE POSITION		
Body bent at hips to form an acute angle of 45° or less. Legs extended and together. Trunk extended with the back straight and head in line.		
13 SURFACE ARCH POSITION		
Lower back arched with hips, shoulders and head on a vertical line. Legs together and at the surface of the water.		
14 BENT KNEE POSITIONS		
Body in Front Layout, Back Layout, Vertical, or Arched Positions. One leg bent, with the toe of the bent leg in contact with the inside of the extended leg at the knee or higher.		
a) Bent Knee Front Layout Position Body extended in Front Layout Position with the thigh of the bent leg perpendicular to the surface of the water. Unless otherwise specified face may be in or out of the water.		
b) Bent Knee Back Layout Position Body extended in Back Layout Position. The thigh of the bent leg is perpendicular to the surface of the water.		

c) Bent Knee Vertical Position

Body extended in **Vertical Position** with the thigh of the bent leg parallel to the surface of the water.



d) Bent Knee Surface Arch Position

Lower back arched with hips, shoulders and head on a vertical line. The thigh of the bent leg is perpendicular to the surface of the water.



15 TUB POSITION

Legs bent and together, feet and shins at and parallel to the surface of the water with thighs perpendicular. Head in line with trunk. Face at the surface of the water.



16 SPLIT POSITION

Legs evenly split forward and back. The legs are parallel to the surface of the water. Lower back arched, with hips, shoulders and head on a vertical line. 180° angle between the extended legs (flat split), with inside of each leg aligned on opposite sides of a horizontal line, regardless of the height of the hips.



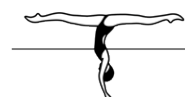
a) Surface Split Position

Legs are dry at the surface of the water.

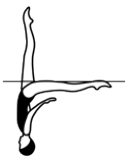
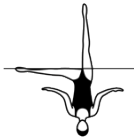


b) Airborne Split Position

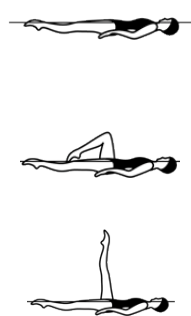
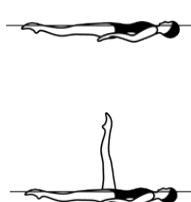
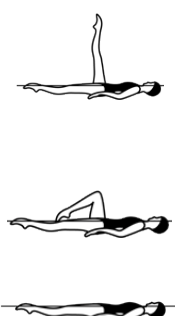
Legs are above the surface of the water.



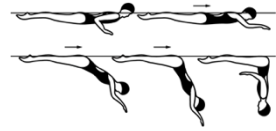
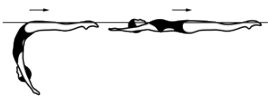


17 KNIGHT POSITION	
Lower back arched, with hips, shoulders and head on a vertical line. One leg vertical. Other leg extended backward with the leg at the surface of the water and as close to horizontal as possible.	
18 KNIGHT VARIANT POSITION	
Lower back arched, with hips, shoulders and head on a vertical line. One leg vertical. The other leg is behind the body with the knee bent at an angle of 90° or less. The thigh and shin of the bent leg are parallel to the surface of the water.	
19 SIDE FISHTAIL POSITION	
Body extended in Vertical Position with one leg extended sideways with the foot at the surface of the water regardless of the height of the hips.	


2. Basic Movements (BM)

1A TO ASSUME A BALLET LEG / A BALLET LEG IS ASSUMED	
Begin in a Back Layout Position. One leg remains at the surface of the water throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a Bent Knee Back Layout Position. The bent leg is straightened without movement of the thigh to assume a Ballet Leg Position.	
1B TO ASSUME A STRAIGHT BALLET LEG / A STRAIGHT BALLET LEG IS ASSUMED	
From a Back Layout Position one leg is raised straight to a Ballet Leg Position.	
2 TO LOWER A BALLET LEG / THE BALLET LEG IS LOWERED	
From a Ballet Leg Position the ballet leg is bent without movement of the thigh to a Bent Knee Back Layout Position. The toe moves along the inside of the extended leg until a Back Layout Position is assumed.	



3 TO ASSUME A FRONT PIKE POSITION / A FRONT PIKE POSITION IS ASSUMED	
From a Front Layout Position with the face in the water the trunk moves downward to assume a Front Pike Position. The buttocks, legs and feet travel along the surface of the water until the hips occupy the position of the head at the beginning of this action.	
4 TO ASSUME A SUBMERGED BALLET LEG DOUBLE POSITION FROM A FRONT PIKE POSITION/A SUBMERGED BALLET LEG DOUBLE POSITION IS ASSUMED	
While maintaining a Front Pike Position the body somersaults forward around a lateral axis as the buttocks, legs and feet move downward. The hips replace the head to assume a Submerged Ballet Leg Double Position.	
5 ARCH TO BACK LAYOUT POSITION	
From a Surface Arch Position, the hips, chest and face surface sequentially at the same point with foot first movement to a Back Layout Position until the head occupies the position of the hips at the beginning of this action.	

6 WALKOUTS

These movements start in a **Split Position** unless otherwise specified in the figure description. The hips remain stationary as one leg is lifted in an arc over the surface of the water to meet the opposite leg.



a) Walkout Front

The front leg is lifted in a 180° arc over the surface of the water to meet the opposite leg in a **Surface Arch Position** and with continuous movement an **Arch to Back Layout Position** is executed.



b) Walkout Back

The back leg is lifted in a 180° arc over the surface of the water to meet the opposite leg in a **Front Pike Position** and with continuous movement the body straightens to a **Front Layout Position**. The head surfaces at the position occupied by the hips at the beginning of this action.





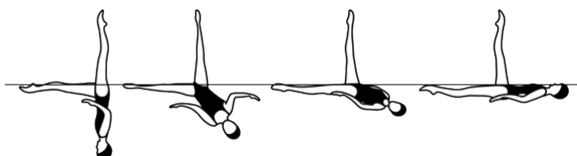
7 CATALINA ROTATION

From a **Ballet Leg Position** a rotation of the body is initiated. The head, shoulders and trunk begin the rotation at the surface of the water while descending without lateral movement to a **Fishtail Position**. The vertical leg remains perpendicular to the surface of the water while the foot of the horizontal leg remains at the surface of the water throughout the rotation. Unless otherwise specified, a **Catalina Rotation** starts from a **Ballet Leg Position**.



8 CATALINA REVERSE ROTATION

From a **Fishtail Position** the hips rotate as the trunk rises without lateral movement to assume a **Ballet Leg Position**. The vertical leg remains perpendicular to the surface of the water while the foot of the horizontal leg remains at the surface of the water throughout the rotation.





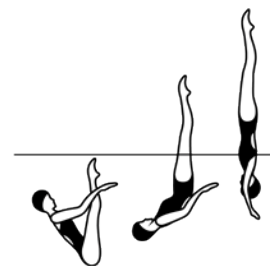
9 THRUST

From a submerged **Back Pike Position** with the legs perpendicular to the surface of the water a vertical upward movement of the legs and hips is rapidly executed as the body unrolls to assume a **Vertical Position**. Maximum height desirable.

THRUST ALLOWANCE

Deviation allowances for the Thrust action are unique and allow for the legs to be up to an additional 15 degrees off the vertical line.

Deductions are as follows:		
	Angle Deviation	Deduction Amount
Small Deviation	16 – 30 degrees	0.2
Medium Deviation	31 – 45 degrees	0.5
Large Deviation	More than 45 degrees	1.0



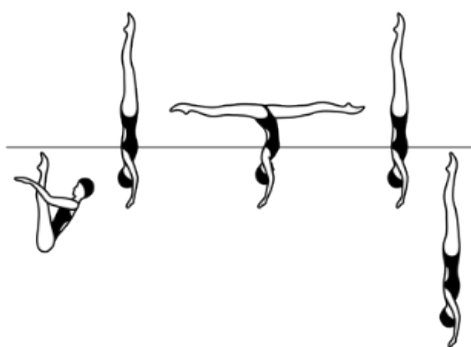
10 VERTICAL DESCENT

Maintaining a **Vertical Position** the body descends along its longitudinal axis until the toes are submerged.



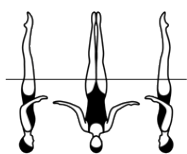

11 ROCKET SPLIT

A **Thrust** is executed to a **Vertical Position**. Maintaining maximum height, the legs are split simultaneously and rapidly to assume an **Airborne Split Position** and rejoin to a **Vertical Position**, followed by a **Vertical Descent**. The **Vertical Descent** is executed at the same tempo as the **Thrust**.

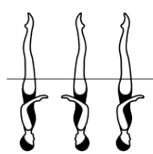

12 TWISTS

A **Twist** is a rotation at a sustained height. The body remains on its longitudinal axis throughout the rotation. Unless otherwise specified when performed in a **Vertical Position** a **Twist** is completed with a **Vertical Descent**.

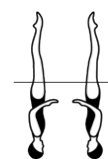
a) Half Twist:
a Twist of 180°



b) Full Twist:
a Twist of 360°



c) A Twirl:
a rapid Twist of 180°


TWIST ALLOWANCE

The acceptable allowance for **Twist** rotations (**Half Twist**, **Full Twist** and **Twirl**) is up to ¼ less than/more than the required rotation.



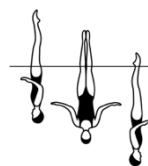
13 SPINS

A **Spin** is a rotation in a **Vertical Position**. The body remains on its longitudinal axis throughout the rotation. Unless otherwise specified **Spins** are executed in uniform motion and are completed with a **Vertical Descent** executed at the same tempo as the **Spin**.

A *descending Spin* must start at the height of the vertical and be completed as the ankle(s) reach(es) the surface of the water. Unless otherwise specified a *descending Spin* is completed with a **Vertical Descent** which is executed at the same tempo as the **Spin**.

a) 180° Spin/Spinning 180°

A descending **Spin** with a rotation of 180°.



b) 360° Spin/Spinning 360°

A descending **Spin** with a rotation of 360°.

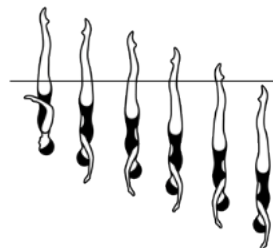


c) Continuous Spin

A descending **Spin** with a rapid rotation of:

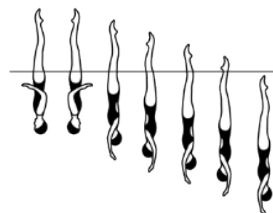
720° (2), 1080° (3), or 1440° (4) which is completed as the ankles reach the surface of the water and continues through submergence.

A **Continuous Spin** 720° is shown in the diagram.



d) Twist Spin

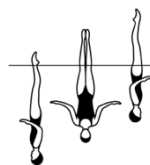
A **Half Twist** is executed and without a pause is followed by a **Continuous Spin** of 720° (2) performed in the same direction as the **Half Twist**.



An *ascending Spin* begins with the water level at the ankles unless otherwise specified. A vertical upward **Spin** is executed until a water level is established between the knees and hips. An *ascending Spin* is finished with a **Vertical Descent**.

e) Spin Up 180°

An ascending **Spin** with a rotation of 180°.



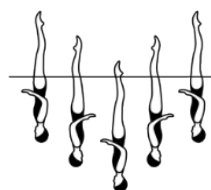
f) Spin Up 360°

An ascending **Spin** with a rotation of 360°.



g) Combined Spin:

A *descending Spin* of at least 360° followed without a pause by an equal *ascending Spin* in the same direction. The *ascending Spin* reaches the same height where the *descending Spin* started.



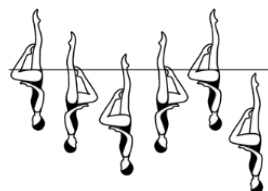
h) Reverse Combined Spin

An *ascending Spin* of at least 360° followed without a pause by an equal *descending Spin* in the same direction.



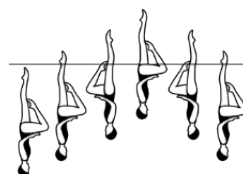
i) Bent Knee Combined Spin

A *descending Spin* in a **Bent Knee Vertical Position** of at least 360° followed without a pause by an equal *ascending Spin* in the same direction in a **Bent Knee Vertical Position**. The *ascending Spin* reaches the same height where the *descending Spin* started.



j) Reverse Bent Knee Combined Spin

An *ascending Spin* in a **Bent Knee Vertical Position** of at least 360° followed without a pause by an equal *descending Spin* in the same direction in a **Bent Knee Vertical Position**.



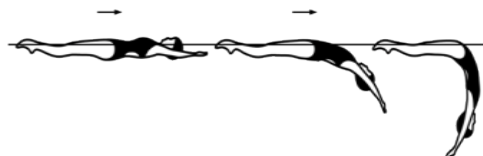
Spin Allowance

The acceptable allowance for a **Continuous Spin** is up to 180° less than/more than the required rotation.

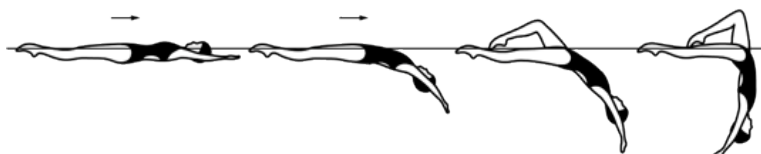
The acceptable allowance for other **Spins** (*180° Spin*, *360° Spin*, *720° Spin*, *Twist Spin*, *Spin Up 180°*, *Spin Up 360°*) is up to ¼ less than/more than the required rotation. There is no **Spin** allowance for **Combined Spin**.


14 TO ASSUME A SURFACE ARCH POSITION / A SURFACE ARCH POSITION IS ASSUMED

From a **Back Layout Position** with the head leading, the head, hips and feet move along the surface of the water. With continuous movement the head leaves the surface of the water as the back is arched more to assume a **Surface Arch Position** with the hips occupying the position of the head at the beginning of this action.


15 TO ASSUME A BENT KNEE SURFACE ARCH POSITION / A BENT KNEE SURFACE ARCH POSITION IS ASSUMED

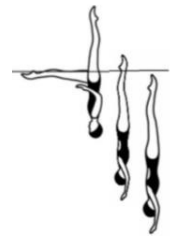
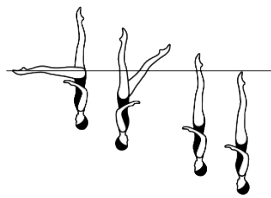
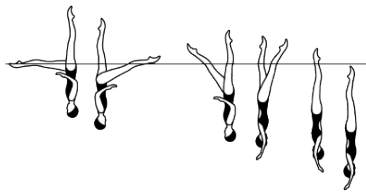
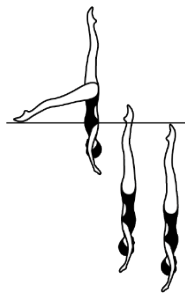
From a **Back Layout Position** with the head leading, the head, hips and feet move along the surface of the water. With continuous movement the head leaves the surface of the water as the back is arched more to assume a **Bent Knee Surface Arch Position** with the hips occupying the position of the head at the beginning of this action.


16 ARIANA ROTATION

From a **Split Position** maintaining the relative position of the legs to the surface of the water the hips rotate 180°.





17 HELICOPTER ROTATION	
From a Fishtail Position the horizontal leg is lifted while closing into the vertical leg to assume a Vertical Position during a descending rotation and is completed as the ankles reach the surface of the water.	
a) Spinning 180° A descending Spin with a rotation of 180° completed with a Vertical Descent.	
b) Spinning 360° A descending Spin with a rotation of 360° completed with a Vertical Descent.	
c) Continuous Spin 720° A descending Spin with a rapid rotation of: 720° (2), completed as the ankles reach the surface of the water and continues through submergence.	
d) Rapid Airborne Spinning 180° From an airborne Fishtail Position, the horizontal leg is rapidly lifted while closing into the vertical leg to Vertical Position during a rapid descending Spin with a rotation of 180° and is completed as the ankles reach the surface of the water followed by a rapid Vertical Descent.	
18 FOUETTÉ ROTATION	
From a Fishtail Position with the horizontal leg leading toward the vertical leg a rapid 180° rotation is executed as the front leg bends to assume a Bent Knee Vertical Position. The bent leg rapidly extends to a Fishtail Position.	


3. 12U Figures

Group and Figure #	Figure Name	Degree of Difficulty
Compulsory		
106	Straight Ballet Leg	1.6
301	Barracuda	1.8
Optional Groups		
Group 1		
359	Front Ariana	2.2
348	Tower	1.9
Group 2		
363	Water Drop	1.8
401	Swordfish	2.1
Group 3		
311	Kip	1.6
227d	Swanita Spinning 180°	1.9


Compulsory:

(a) 106 – **Straight Ballet Leg** (Degree of Difficulty - 1.6)

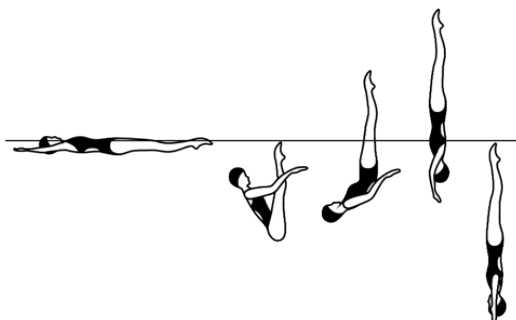
From a Back Layout Position, one leg is raised straight to a Ballet Leg Position. The Ballet Leg is lowered.



				Total
NVT=	18.5	11.0	10.5	40
PV =	4.63	2.75	2.63	10

(b) 301 – **Barracuda** (Degree of Difficulty - 1.8)

From a **Back Layout Position** the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface of the water. A **Thrust** is executed to a **Vertical Position**. A **Vertical Descent** is executed at the same tempo as the **Thrust**.



				Total
NVT=	7.0	31.0	13.0	51
PV =	1.37	6.08	2.55	10



Optional Groups

Group 1

(c) 359 – **Front Ariana** (Degree of Difficulty - 2.2)

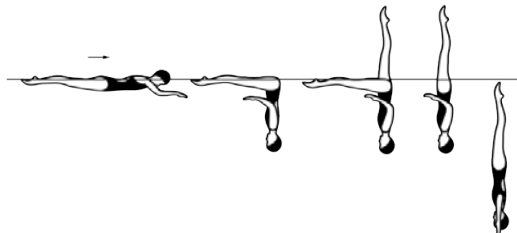
From a **Front Layout Position** a **Front Pike Position** is assumed. One leg is lifted in a 180° arc over the surface of the water to a **Split Position**. Maintaining the relative position of the legs to the surface of the water, an **Ariana Rotation** is performed. A **Walkout Front** is executed.



						Total
NVT=		6.0	20.0	17.0	23.0	73
PV=		0.82	2.74	2.33	3.15	10

(d) 348 – **Tower** (Degree of Difficulty - 1.9)

From a **Front Layout Position** a **Front Pike Position** is assumed. One leg is lifted to a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position**. A **Vertical Descent** is executed.

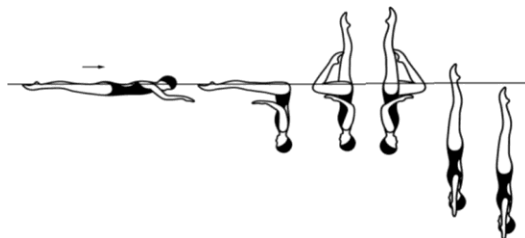


						Total
NVT=		6.0	14.5	20.5	14.0	55
PV=		1.09	2.64	3.73	2.55	10


Group 2

(a) 363 – **Water Drop** (Degree of Difficulty – 1.8)

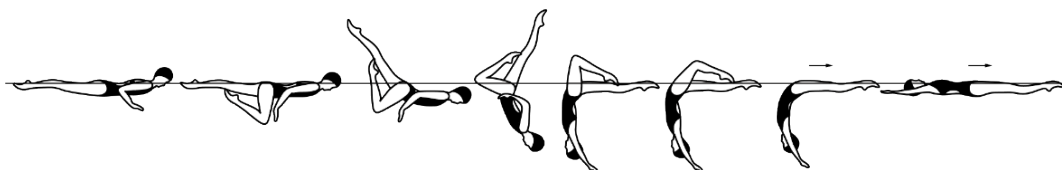
From a **Front Layout Position** a **Front Pike Position** is assumed. The legs are lifted simultaneously to a **Bent Knee Vertical Position**. A **Half Twist** is executed. A 180° **Spin** is executed in the same direction as the bent leg is extended to a **Vertical Position** and completed as the ankles reach the surface of the water. A **Vertical Descent** is executed.



						Total
NVT=	6.0	15.0	15.0	13.0	0	49
PV =	1.22	3.06	3.06	2.65	0	10

(b) 401 – **Swordfish** (Degree of Difficulty – 2.1)

From a **Front Layout Position** a **Bent Knee Front Layout Position** is assumed. The back arches more as the extended leg is lifted in a 180° arc over the surface of the water to assume a **Bent Knee Surface Arch Position**. The bent leg is straightened to assume a **Surface Arch Position**. With continuous motion an **Arch to Back Layout Finish Position** is executed.

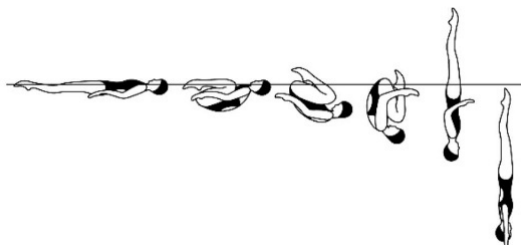


					Total
NVT=	4.0	47.0	11.5	7.0	69.5
PV =	0.58	6.76	1.65	1.01	10


Group 3

(a) 311 – **Kip** (Degree of Difficulty – 1.6)

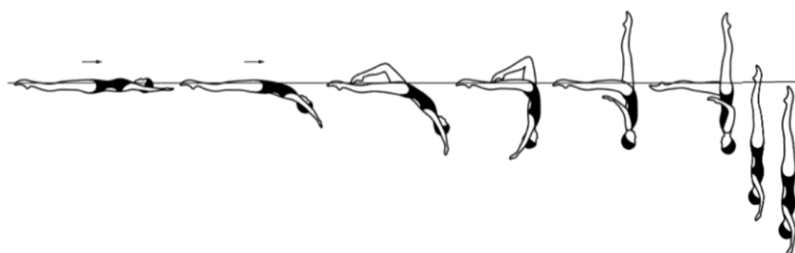
From a **Back Layout Position** the knees, shins and toes are drawn along the surface of the water to assume a **Tuck Position**. With continuous motion the tuck becomes more compact, and a partial **Somersault Back Tuck** is executed until the shins are perpendicular to the surface of the water. The trunk unrolls as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and shins. A **Vertical Descent** is executed.

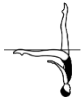


					Total
NVT=	3.0	2.0	23.0	14.0	42
PV =	0.71	0.48	5.48	3.33	10

(b) 227d – **Swanita Spinning 180°** (Degree of Difficulty – 1.9)

From a **Back Layout Position** a **Bent Knee Surface Arch Position** is assumed. The bent leg is straightened to assume a **Knight Position**. The body rotates 180° to assume a **Fishtail Position**. Continuing in the same direction a descending **Spinning 180°** rotation is executed as the horizontal leg is lifted to a **Vertical Position** and is completed as the ankles reach the surface of the water. A **Vertical Descent** is executed.



						Total
NVT=	17.5	14.0	14.0	12.5	0	58
PV =	3.02	2.41	2.41	2.16	0	10

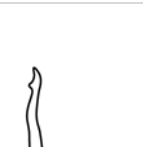
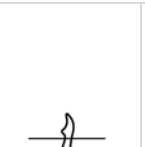
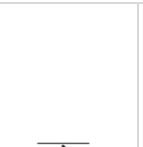

4. Youth Figures / 13-15 Figures

Group and Figure #	Figure Name	Degree of Difficulty
Section A		
Group 1		
307e	Flying Fish Spinning 360°	2.9
437	Cyclone, Open 180°	2.6
Group 2		
308h	Barracuda Airborne Split Spin Up 180°	2.9
407	Swordfish Straight Leg Ariana Rotation	2.6
Section B		
Group 3		
356f	Whip Continuous Spin 720°	3.0
441	Saturn	2.5
Group 4		
352	Venus	3.0
240i	Albatross Spin up 360°	2.5
Section C		
Group 5		
140j	Flamingo Bent Knee Combined Spin 360° + 360°	3.1
421	Walkover Back Closing 360°	2.4
Group 6		
440d	Ipanema Spinning 180°	3.1
154f	London Continuous Spin 720°	2.4

Section A
Group 1

(a) 307e - **Flying Fish Spinning 360°** (Degree of Difficulty – 2.9)

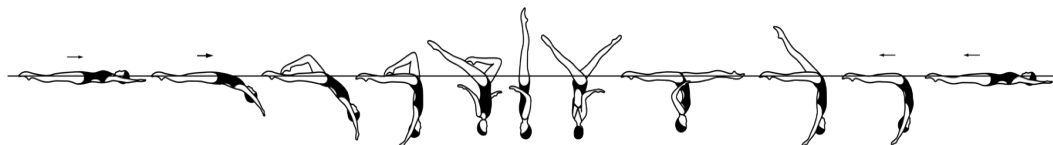
From a **Back Layout Position** the legs are raised to vertical as the body is submerged to a **Back Piked Position**, with the toes just below the surface of the water. A **Thrust** is executed to a **Vertical Position** and without loss of height one leg is rapidly lowered to a **Fishtail Position**, and without a pause the horizontal leg is rapidly lifted to a **Vertical Position**. A **Spinning 360°** is executed at the same tempo as the **Thrust**.

							Total
NVT =	7.0	31.0	18.5	14.0	39.0	0	109.5
PV=	0.64	2.83	1.69	1.28	3.56	0	10



(b) 437 – **Cyclone, Open 180°** (Degree of Difficulty - 2.6)

From a **Back Layout Position** a **Bent Knee Surface Arch Position** is assumed. The legs are simultaneously lifted to a **Vertical Position** as a **Twirl** is executed. Continuing in the same direction the legs are opened symmetrically to a **Split Position** as a 180° rotation is executed. A **Walkout Front** is executed.

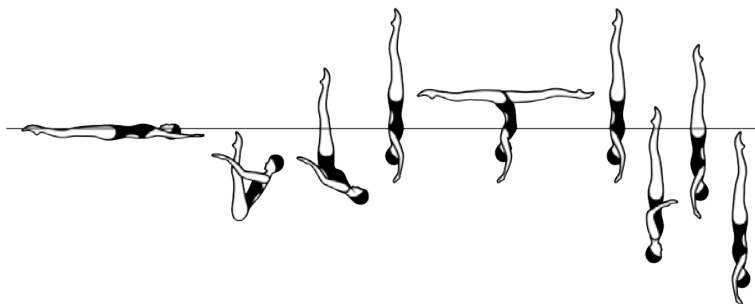


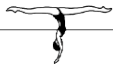
						Total
NVT=	17.5	29.0	20.0	23.0	7.0	96.5
PV =	1.81	3.01	2.07	2.38	0.73	10

Group 2

(a) 308h – **Barracuda Airborne Split, Spin Up 180°** (Degree of Difficulty - 2.9)

From a **Back Layout Position** the legs are raised to a vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface of the water. All remaining movements are performed rapidly. A **Rocket Split** is executed. A **Vertical Descent** is executed and is completed as the ankles reach the surface of the water. A **Spin Up 180°** is executed. A Vertical Descent is executed.

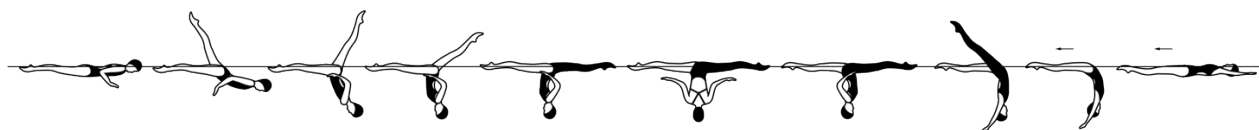


								Total
NVT=	7.0	31.0	17.0	13.0	13.0	20.0	13.0	114
PV =	0.61	2.72	1.49	1.14	1.14	1.75	1.14	10



(b) 407 – **Swordfish Straight Leg Ariana Rotation** (Degree of Difficulty – 2.6)

From a **Front Layout Position** the back arches as one leg is lifted in a 180° arc over the surface of the water to a **Split Position**. Maintaining the relative position of the legs to the surface of the water an **Ariana Rotation** is performed. A **Walkout Front** is executed.



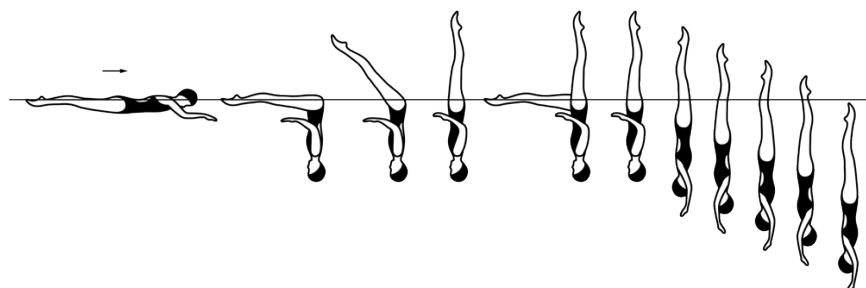
					Total
NVT=		48.0	17.0	23.0	95
PV =		5.05	1.79	2.42	10

Section B

Group 3

(a) 356f – **Whip Continuous Spin 720°** (Degree of Difficulty – 3.0)

From a **Front Layout Position** a **Front Pike Position** is assumed. The legs are lifted to a **Vertical Position**. All remaining movements are performed rapidly. One leg is lowered to a **Fishtail Position** and without a pause is lifted to a **Vertical Position**. Without a pause a **Continuous Spin 720°** is executed.

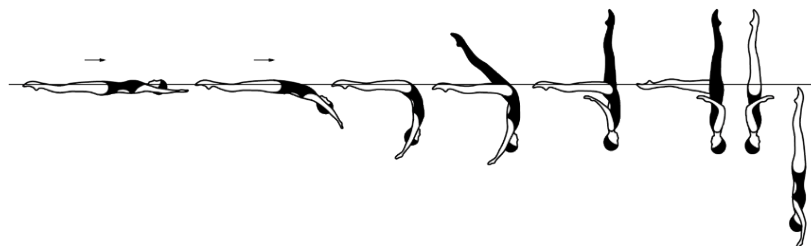


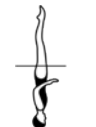
							Total
NVT=		6.0	33.0	22.5	20.5	34.0	116
PV =		0.52	2.84	1.94	1.77	2.93	10



(b) 441 – **Saturn** (Degree of Difficulty - 2.5)

From a **Back Layout Position** a *Surface Arch Position* is assumed. One leg is lifted to assume a **Knight Position**. Maintaining the vertical alignment, the body rotates 180° to assume a **Fishtail Position**. Continuing in the same direction a **Twirl** is executed as the horizontal leg is lifted to a **Vertical Position**. A **Vertical Descent** is executed.

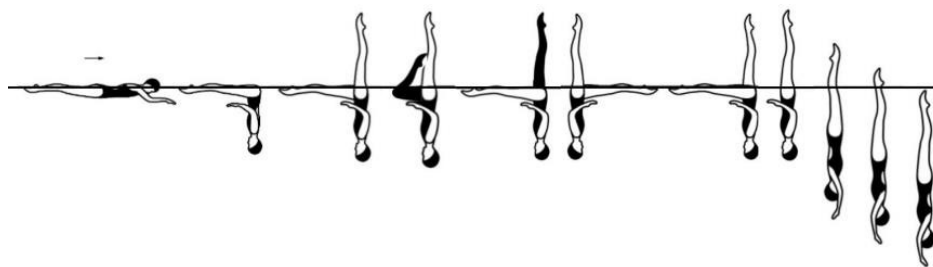


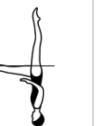
						Total
NVT=	12.0	23.5	14.0	23.5	14.0	87
PV =	1.38	2.70	1.61	2.70	1.61	10

Group 4

(a) 352 – **Venus** (Degree of Difficulty - 3.0)

From a **Front Layout Position** a **Front Pike Position** is assumed. All remaining movements are performed rapidly. One leg is lifted to a **Fishtail Position**. The horizontal leg is bent to assume a **Bent Knee Vertical Position**. The bent leg is extended to vertical as the vertical leg is lowered to become the horizontal leg in **Fishtail Position**. A rotation of 360° is executed in the **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position**. A **360° Spin** is executed.

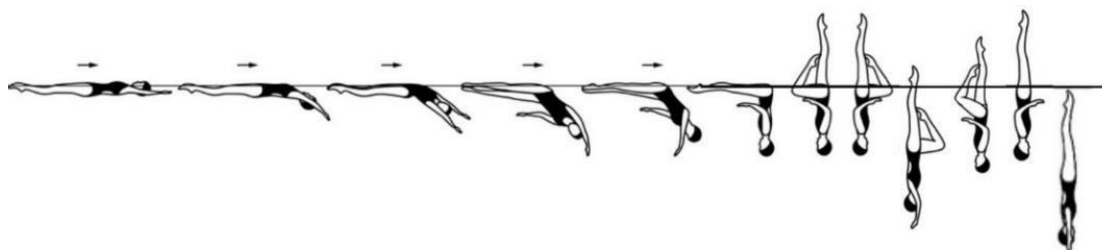


						Total
NVT=	12.0	23.5	14.0	23.5	14.0	87
PV =	1.38	2.70	1.61	2.70	1.61	10



(b) 240i – **Albatross Spin Up 360°** (Degree of Difficulty – 2.5)

From a **Back Layout Position** with the head leading, the head, hips and feet move along the surface of the water. The hips, legs and feet continue to move along the surface of the water as the body rolls onto the face and a **Front Pike Position** is assumed with the hips occupying the position of the head at the beginning of this action. The legs are lifted simultaneously to a **Bent Knee Vertical Position**. A **Half Twist** is executed. Maintaining a **Bent Knee Vertical Position**, a **Vertical Descent** is executed until the ankle of the extended leg reaches the surface of the water. A **Spin Up 360°** is executed as the bent leg is extended to **Vertical Position**. A **Vertical Descent** is executed.



							Total
NVT=	15.0	15.0	15.0	10.0	18.5	14.0	87.5
PV =	1.71	1.71	1.71	1.14	2.11	1.60	10

Section C

Group 5

(a) 140j – **Flamingo Bent Knee Combined Spin 360° + 360°** (Degree of Difficulty – 3.1)

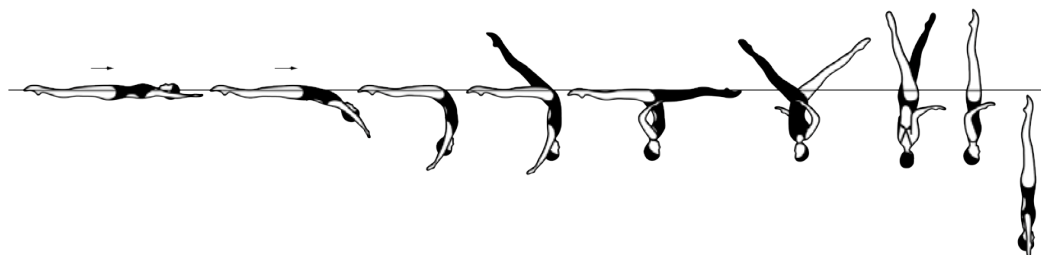
A **Ballet Leg** is assumed. The shin of the horizontal leg is drawn along the surface of the water to assume a **Surface Flamingo Position**. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves to a **Vertical Bent Knee Position**. The bent leg is extended to **Vertical Position**. A rapid **Combined Spin** (360°+360°) is executed followed by a rapid **Vertical Descent**.

								Total
NVT=	10.5	11.0	7.5	20.0	16.5	40.0	14.0	119.5
PV =	0.88	0.92	0.63	1.67	1.38	3.35	1.17	10



(b) 421 – **Walkover Back Closing 360°** (Degree of Difficulty 2.4)

From a **Back Layout Position** a **Surface Arch Position** is assumed. One leg is lifted in a 180° arc over the surface of the water to a **Split Position**. With continuous motion a rotation of 360° is executed as the legs are symmetrically lifted and closed to a **Vertical Position**. A Vertical Descent is executed.

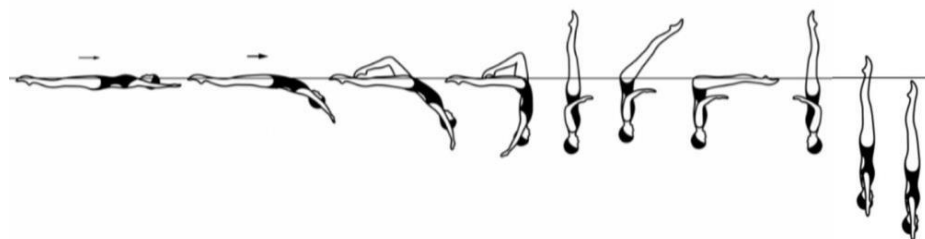


					Total
NVT=	12.0	29.0	27.0	14.0	82
PV =	1.46	3.54	3.29	1.71	10

Group 6

(a) 440d – **Ipanema Spinning 180°** (Degree of Difficulty - 3.1)

From a **Back Layout Position** a **Bent Knee Surface Arch Position** is assumed. The horizontal leg is lifted to vertical as the bent leg is straightened to assume a **Vertical Position**. The legs are lowered to a **Front Pike Position**. A rapid 180° rotation is executed as the legs are lifted to a **Vertical Position**. Continuing in the same direction a rapid **180° Spin** is executed.



							Total
NVT=	17.5	21.0	33.0	33.0	16.0	0	120.5
PV =	1.42	1.70	2.67	2.67	1.54	0	10



(b) 154f – **London Continuous Spin 720°** (Degree of Difficulty – 2.4)

A **Ballet Leg** is assumed. Followed by a partial Somersault Back Tuck as both legs are drawn into a **Tuck Position**, until the shins are perpendicular to the surface. The trunk unrolls rapidly as the legs are rapidly straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A **Continuous Spin 720°** is executed.

						Total
NVT =	10.5	11.0	6.0	20.0	34.0	81.5
PV =	1.29	1.35	0.74	2.45	4.17	10


14.2 APPENDIX 2 – TECHNICAL ROUTINES
1. Technical Required Elements

Solo Elements	Element Name	Degree of Difficulty
1a	Thrust Continuous Spin 720°	2.7
1b	Thrust Spinning 360°	2.1
2a	Combined Spin 1080° – Continuous Spin 1080°	3.0
2b	Combined Spin 720° – Continuous Spin 1080°	2.7
3	Swordfish Straight Leg – Knight	3.2
4a	Fishtail Half Twist – Continuous Spin 720°	2.9
4b	Fishtail – Continuous Spin 720°	2.6
5a	Rocket Split Bent Knee Joining 360°	2.4
5b	Rocket Split Bent Knee	2.1

Duet Elements	Element Name	Degree of Difficulty
1a	Walkover Back Closing 360° – Continuous Spin 1080°	3.0
1b	Walkover Back Closing 180° – Continuous Spin 720°	2.5
2a	Rocket Split Alternating Legs – Spinning 180°	2.8
2b	Rocket Split – Spinning 180°	2.4
3	Beginning from a Ballet Leg Position – Flamingo Bent Knee rollback – Join to Vertical Position – Half Twist – 360° open to Split – Walkout	3.1
4a	Fishtail – Knight – Continuous Spin 1080°	3.2
4b	Fishtail – Knight – Continuous Spin 720°	2.7
5a	Thrust Bent Knee Twirl Spin 360°	2.3
5b	Thrust – Bent Knee Twirl	2.1

Mixed Duet Elements	Element Name	Degree of Difficulty
1a	Rocket Split Twirl Spin 180°	2.7
1b	Rocket Split Twirl	2.5
2a	Front Pike – Vertical 360° Rotation – Full Twist to Bent Knee – Continuous Spin 720°	2.4
2b	Front Pike – Vertical 180° Rotation – 1/2 Twist to Bent Knee – Continuous Spin 720°	2.2
3	Manta Ray Half Twist	3.0

Team Elements	Element Name	Degree of Difficulty
1a	Flying Fish Hybrid Spinning 180°	2.5
1b	Flying Fish Hybrid	2.3
2a	Vertical – Full Twist to Bent Knee – Full Twist to Vertical – Open 180° – Walkout	2.6
2b	Vertical – Half Twist to Bent Knee – Half Twist to Vertical – Split – Walkout	2.3
3a	Two Fouetté Rotations – Vertical – Continuous Spin 720°	2.6
3b	Two Fouetté Rotations – Vertical – Spinning 360°	2.3
4	Butterfly Hybrid	2.9
5a	Rocket Split Bent Knee Twirl Hybrid	2.4
5b	Rocket Split Bent Knee Hybrid	2.1

5. General Requirements

In Olympic Games, Olympic Games Qualifier, Artistic Swimming World Cup, World Aquatics Artistic Swimming Championships and World Aquatics Junior Artistic Swimming Championships and other World Aquatics competitions as designated, required Elements are used.

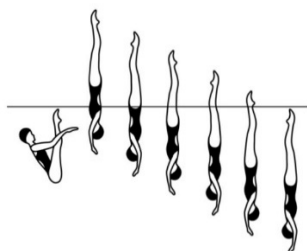
- 1) Unless otherwise specified in the description all required elements must be executed according to the requirements described in the 'World Aquatics Artistic Swimming Manual for Judges, Technical Controllers, Referees and Coaches'.
- 2) If one or more Athletes omits all or part of an element or performs an incorrect action in an element, refer to 2022-2025 World Aquatics Competition Regulations for penalties regarding incorrect or omitted actions.
- 3) Required Elements #1 - #5 (Solo, Duet and Team), or #1-3 (Mixed Duet) can be performed in any order.
- 4) Required Elements #1 - #5 (Solo, Duet and Team), or #1-3 (Mixed Duet) - It is required that the elements and the degrees of difficulty for each element selected to be performed, and the order of performance selected, must be declared and submitted on the Coach Card for the Technical Routine. This form must be submitted prior to the Competition/Event.
- 5) Additional hybrids and the degrees of difficulty for each hybrid selected, and the order to be performed, must be declared and submitted on the Coach Card for the Technical Routine. This form must be submitted prior to the Competition/Event.
- 6) For Team and Women Duet: With the exception of deck work and entry into the water, getting into and out of the circle (Team), and Acrobatics, Technical Required Elements, Hybrids and Transitions are to be performed simultaneously and facing the same direction by all duet or team members.
- 7) For Mixed Duets: Only Technical Required Elements must be performed simultaneously and facing the same direction. Deckwork and Entry into the water, Hybrid, Required Hybrid, Entry into or Exit out of Technical Required Elements, Transitions and Pair Acrobatics DO NOT have this restriction and may be performed freely (non-simultaneous and facing different directions).
- 8) Additional movements can be added immediately before and after (breath to breath) required Elements #1 - #5 (Solo, Duet and Team), or #1-3 (Mixed Duet). These movements will not add any extra difficulty nor will be considered as the additional hybrids.
- 9) Time limits – refer to Articles O and 10.4 of this Part Seven.
- 10) Recommendation for all Technical Routines: It is strongly recommended for clarity of judgment that required Elements #1 - #5 (Solo, Duet and Team), or #1-3 (Mixed Duet) are separated by other content.

6. Solo Required Elements

Element 1

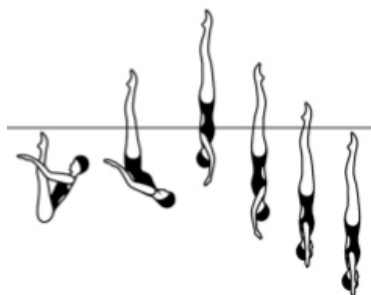
1A – **Thrust Continuous Spin 720°** (Degree of Difficulty - 2.7)

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a **Thrust Continuous Spin 720°** (2 rotations) is executed.

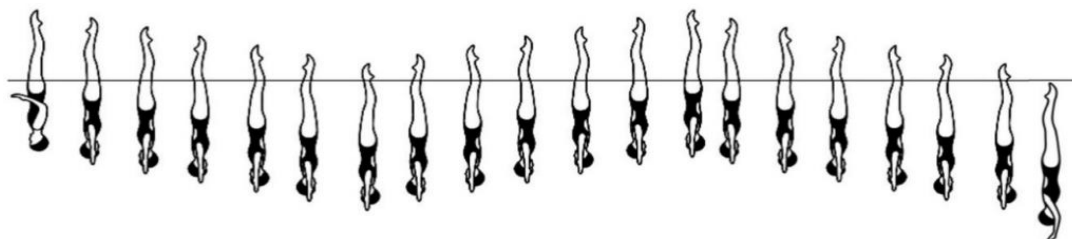



1B – Thrust Spinning 360° (Degree of Difficulty – 2.1)

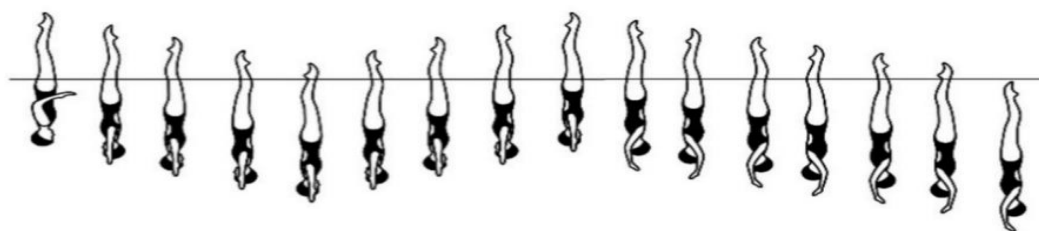
From a submerged **Back Pike Position**, with the legs perpendicular to the surface, a **Thrust Spinning 360°** (1 rotation) is executed.


Element 2
2A – Combined Spin 1080° – Continuous Spin 1080° (Degree of Difficulty – 3.0)

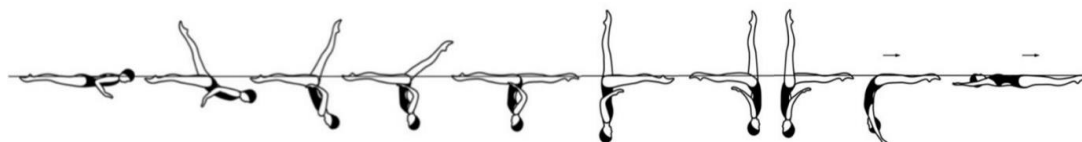
From a **Vertical Position** a **Combined Spin of 1080°** is executed (3 rotations + 3 rotations). Continuing in the same direction and without a pause a **Continuous Spin 1080°** (3 rotations) is executed.


2B – Combined Spin 720° – Continuous Spin 1080° (Degree of Difficulty – 2.7)

From a **Vertical Position** a **Combined Spin of 720°** is executed (2 rotations + 2 rotations). Continuing in the same direction and without a pause a **Continuous Spin 1080°** (3 rotations) is executed.

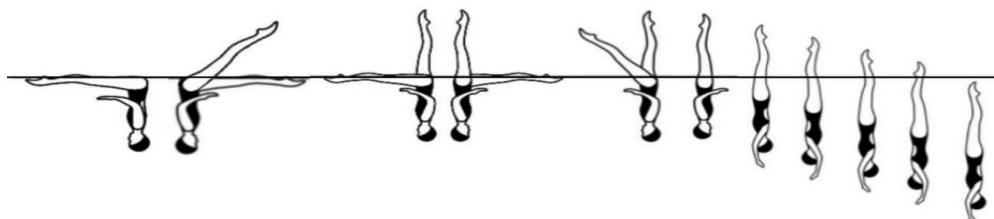

Element 3
3 – Swordfish Straight Leg – Knight (Degree of Difficulty – 3.2)

From a **Front Layout Position**, the back arches as one leg is lifted in a 180° arc over the surface to a **Split Position**. A hip rotation of 180° is executed as the front leg is rapidly raised to assume a **Fishtail Position**. Maintaining the vertical alignment of the body and with accelerating speed, the foot of the horizontal leg is moved in a horizontal arc of 180° at the surface to a **Knight Position** and with continuous motion and continuing in the same direction an additional 180° rotation is executed. The vertical leg is lowered to a **Surface Arch Position** and with continuous motion an **Arch to Back Layout Finish Action** is executed.

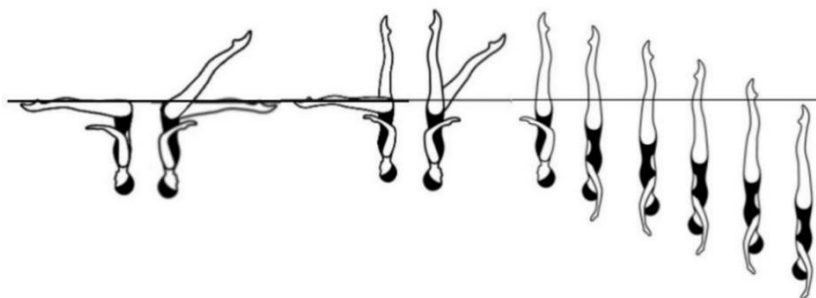



Element 4
4A – Fishtail Half Twist – Continuous Spin 720° (Degree of Difficulty – 2.9)

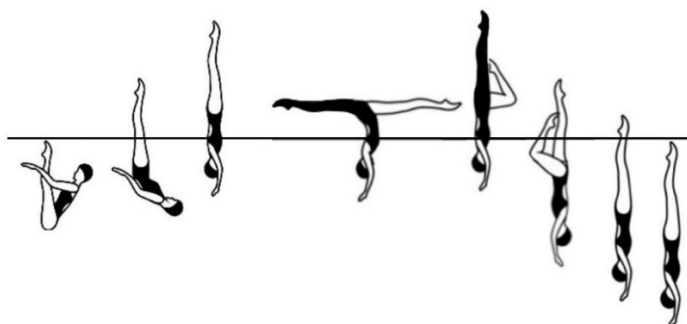
From a **Front Pike Position**, a rotation of 360° is executed as one leg is lifted to a **Fishtail Position**. Continuing in the same direction a **Half Twist** in a **Fishtail Position** is executed. Continuing in the same direction another rotation of 360° is executed, as the horizontal leg is lifted to a **Vertical Position**. Continuing in the same direction, a **Continuous Spin of 720°** (2 rotations) is executed.


4B – Fishtail – Continuous Spin 720° (Degree of Difficulty – 2.6)

From a **Front Pike Position**, a rotation of 360° is executed as one leg is lifted to a **Fishtail Position**. Continuing in the same direction another rotation of 360° is executed, as the horizontal leg is lifted to a **Vertical Position**. Continuing in the same direction a **Continuous Spin of 720°** (2 rotations) is executed.


Element 5
5A – Rocket Split Bent Knee Joining 360° (Degree of Difficulty – 2.4)

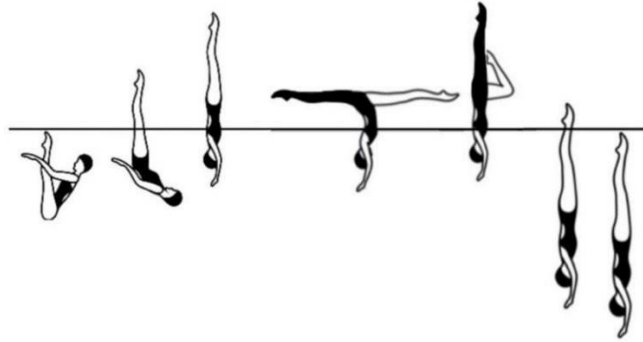
From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a **Thrust** is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position**. The back leg is rapidly lifted to vertical as the front leg bends to assume a **Bent Knee Vertical Position**. A rapid **360° Spin** is executed as the bent knee is extended to a **Vertical Position** completed as the ankles reach the surface of the water followed by a **Vertical Descent** at the same tempo as the **Thrust**.





5B – **Rocket Split Bent Knee** (Degree of Difficulty – 2.1)

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a **Thrust** is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position**. The back leg is rapidly lifted to vertical as the forward leg bends to assume a **Bent Knee Vertical Position**. A **Vertical Descent** is executed with the bent knee extended to a **Vertical Position** completed as the ankles reach the surface of the water, followed by a **Vertical Descent** at the same tempo as the **Thrust**.



Solo Technical Routine Additional Requirements

Element 6

One (1) additional Hybrid must be performed. It may be placed anywhere in the routine.

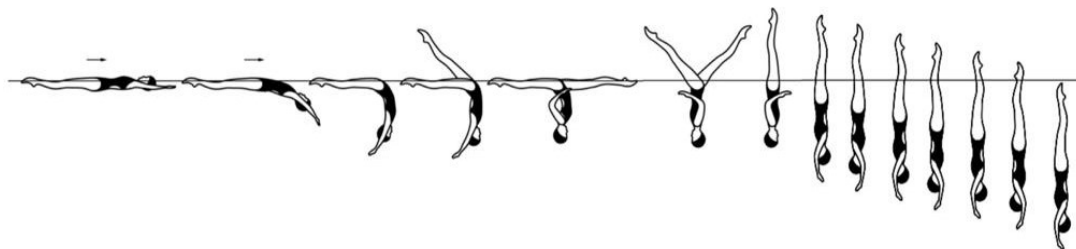


7. Duet Required Elements

Element 1

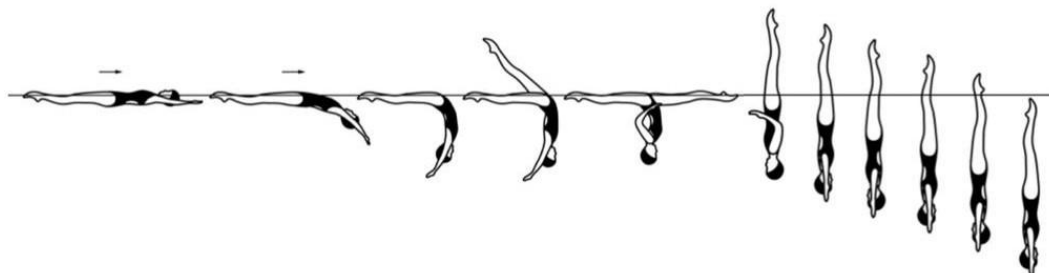
1A – **Walkover Back Closing 360° – Continuous Spin 1080°** (Degree of Difficulty – 3.0)

From a **Back Layout Position** a **Surface Arch Position** is assumed. One leg is lifted in a 180° arc over the surface to a **Split Position**. A rotation of 360° is executed, as the legs symmetrically close to a **Vertical Position**. Continuing in the same direction a **Continuous Spin of 1080°** (3 rotations) is executed.



1B – **Walkover Back Closing 180° – Continuous Spin 720°** (Degree of Difficulty – 2.5)

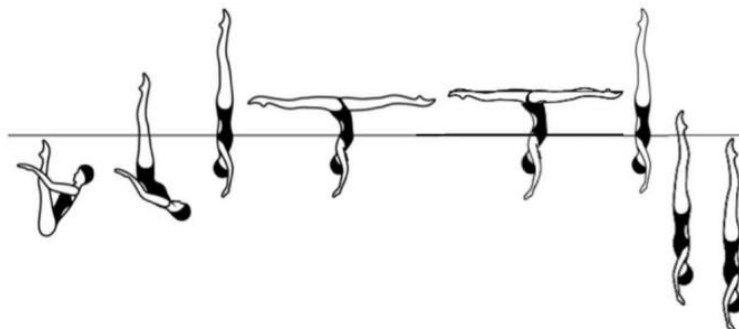
From a **Back Layout Position** a **Surface Arch Position** is assumed. One leg is lifted in a 180° arc over the surface to a **Split Position**. A rotation of 180° is executed, as the legs symmetrically close to a **Vertical Position**. Continuing in the same direction a **Continuous Spin of 720°** (2 rotations) is executed.



Element 2

2A – **Rocket Split Alternating Legs – Spinning 180°** (Degree of Difficulty – 2.8)

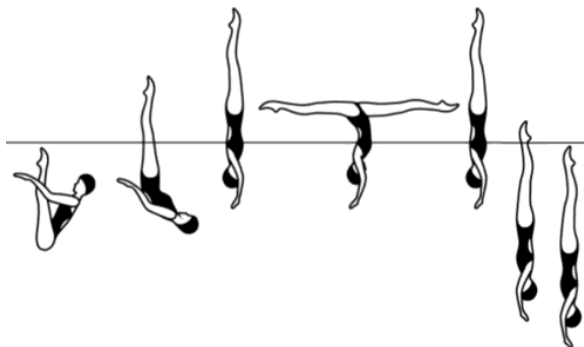
From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a **Thrust** is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume two (2) alternating **Airborne Split Positions**. The legs rapidly re-join to a **Vertical Position**. A rapid **180° Spin** is executed.





2B – **Rocket Split – Spinning 180°** (Degree of Difficulty – 2.4)

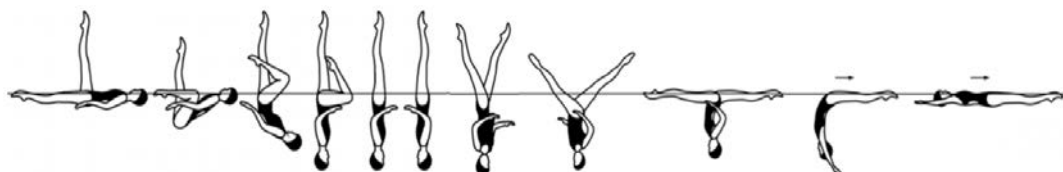
From a submerged Back Pike Position, with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position. Maintaining maximum height, the legs are split rapidly to assume an Airborne Split Position. The legs rapidly re-join to Vertical Position. A rapid 180° Spin is executed.



Element 3

3 – **Beginning from Ballet Leg Position – Flamingo Bent Knee rollback – Join to Vertical Position – Half Twist – 360° open to Split – Walkout** (Degree of Difficulty 3.1)

From a **Surface Ballet Leg Position**, the shin of the horizontal leg is drawn along the surface to assume a **Surface Flamingo Position**. With the ballet leg maintaining its **Vertical Position**, the hips are lifted as the trunk unrolls, while the bent leg moves to a **Bent Knee Vertical Position**. The bent leg is extended to a **Vertical Position**. A **Half Twist** is executed. Continuing in the same direction and without a pause, an additional rotation of 360° is executed as the legs are symmetrically opened to assume a **Split Position**. A **Walkout Front** is

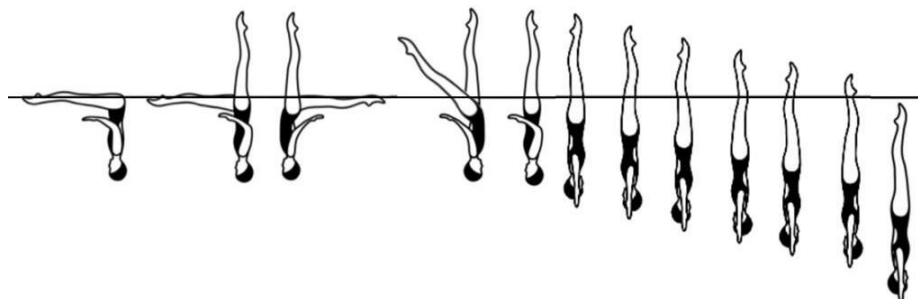


executed.

Element 4

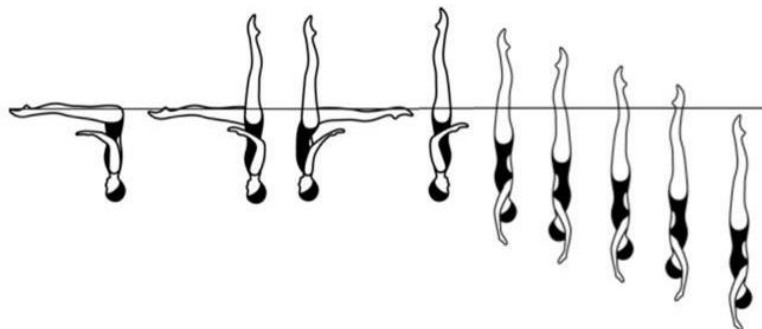
4A – **Fishtail – Knight – Continuous Spin 1080°** (Degree of Difficulty – 3.2)

From a **Front Pike Position** one leg is lifted to a **Fishtail Position**. The horizontal leg is rapidly lifted through an arc of 180° to assume a **Knight Position**. A rapid **Full Twist** is executed as the horizontal leg is lifted to a **Vertical Position**. Continuing in the same direction a **Continuous Spin 1080°** (3 rotations) is executed.

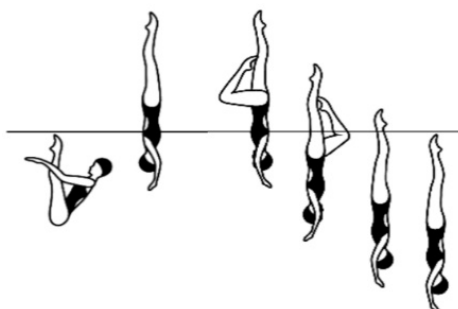



4B – Fishtail – Knight – Continuous Spin 720° (Degree of Difficulty – 2.7)

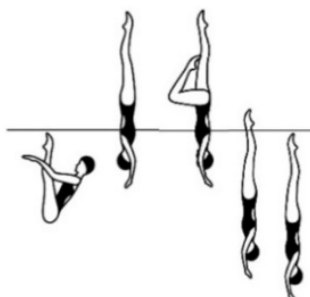
From a **Front Pike Position** one leg is lifted to a **Fishtail Position**. The horizontal leg is rapidly lifted through an arc of 180° to assume a **Knight Position**. A rapid **Half Twist** is executed as the horizontal leg is lifted to a **Vertical Position**. Continuing in the same direction a **Continuous Spin 720°** (2 rotations) is executed.


Element 5
5A – Thrust Bent Knee Twirl Spin 360° (Degree of Difficulty – 2.3)

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a **Thrust** is executed to a **Vertical Position**. One leg is lowered to a **Bent Knee Vertical Position** as a **Twirl** is executed. Continuing in the same direction and without a pause a rapid **360° Spin** is executed as the bent knee is extended to join the vertical leg in a **Vertical Position** completed as the ankles reach the surface of the water, followed by a **Vertical Descent** at the same tempo as the **Thrust**.


5B – Thrust – Bent Knee Twirl (Degree of Difficulty 2.1)

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a **Thrust** is executed to a **Vertical Position**. One leg is lowered to a **Bent Knee Vertical Position** as a **Twirl** is executed. Without a pause a **Vertical Descent** is executed as the bent knee is extended to join the vertical leg in a **Vertical Position** completed as the ankles reach the surface of the water, followed by a **Vertical Descent** at the same tempo as the **Thrust**.



Women's Duet Technical Routine Additional Requirements.

Element 6

One (1) additional Hybrid must be performed. It may be placed anywhere in the routine.

Element 7

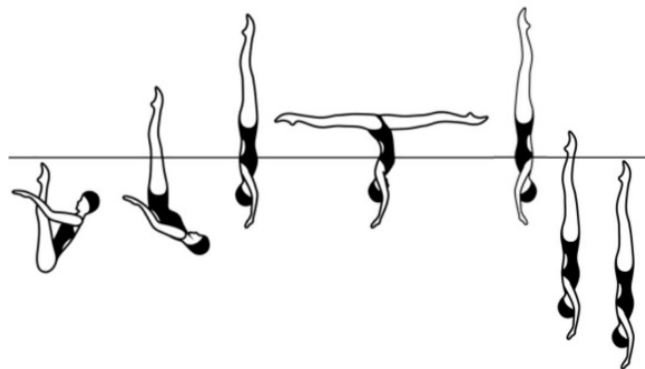
One (1) Pair Acrobatic must be performed. It may be placed anywhere in the routine.

8. Mixed Duet Required Elements

Element 1

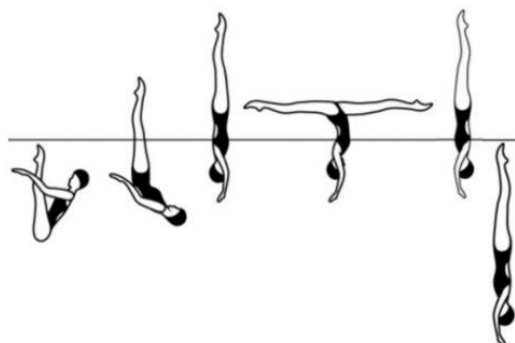
1A – **Rocket Split Twirl Spin 180°** (Degree of Difficulty – 2.7)

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a **Thrust** is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position**. A **Twirl** is executed, as the legs symmetrically close to a **Vertical Position**. Continuing in the same direction a rapid **180° Spin** is executed.



1B – **Rocket Split Twirl** (Degree of Difficulty – 2.5)

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position**. A *Twirl* is executed, as the legs symmetrically close to a **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

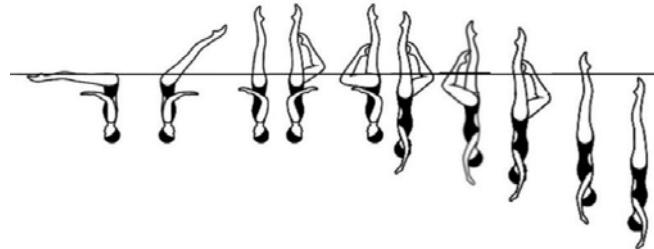




Element 2

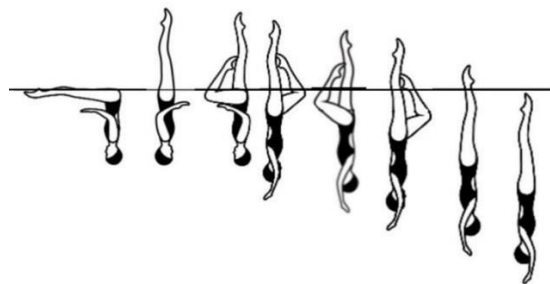
2A – Front Pike – Vertical 360° Rotation – Full Twist to Bent Knee – Continuous Spin 720° (Degree of Difficulty 2.4)

From a **Front Pike Position**, the legs are lifted to a **Vertical Position** as a rotation of 360° is executed. Continuing in the same direction a **Full Twist** is executed as one leg is lowered to a **Bent Knee Vertical Position**. Continuing in the same direction a **Continuous Spin 720°** (2 rotations) is executed as the bent knee is extended to join the vertical leg in a **Vertical Position** completed as the ankles reach the surface of the water and continues through submergence.



2B – Front Pike – Vertical 180° Rotation – 1/2 Twist to Bent Knee – Continuous Spin 720° (Degree of Difficulty 2.2)

From a **Front Pike Position**, the legs are lifted to a **Vertical Position** as a rotation of 180° is executed. Continuing in the same direction a **Half Twist** is executed as one leg is lowered to a **Bent Knee Vertical Position**. Continuing in the same direction a **Continuous Spin 720°** (2 rotations) is executed as the **Bent Knee** is extended to join the vertical leg to a **Vertical Position** completed as the ankles reach the surface of the water and continues through submergence.

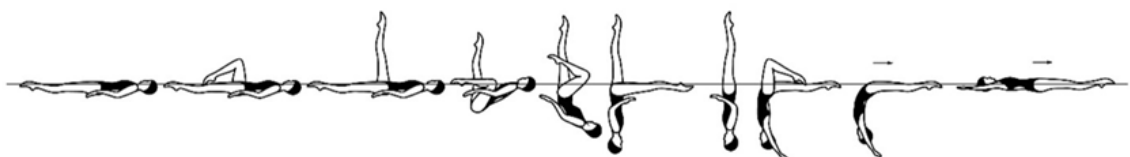


Element 3

3 – Manta Ray Half Twist (Degree of Difficulty 3.0)

From a **Back Layout Position** a **Ballet Leg** is assumed and the shin of the horizontal leg is drawn along the surface of the water to assume a **Surface Flamingo Position**, traveling headfirst. With the ballet leg maintaining its **Vertical Position**, the hips are lifted as the trunk unrolls while the bent leg straightens with the knee at the surface of the water to assume a **Fishtail Position**. The horizontal leg is lifted rapidly to a **Vertical Position**, as the body rotates 180°. The direction of the 180° rotation is closing externally to the horizontal leg. (Note: A right flamingo start requires the left shoulder back during the 180° rotation and a left flamingo start requires the right shoulder back during the 180° rotation).

The legs are lowered rapidly simultaneously to a **Bent Knee Surface Arch Position**. (Note: The **Bent Knee Surface Arch Position** can be assumed by using either leg). The bent knee is straightened to a **Surface Arch Position** and with continuous motion, an **Arch to Back Layout Finish Action** is executed.



Mixed Duet - Technical Routine Additional Requirements

Element 4

One (1) Hybrid.

Element 5

One (1) Required Hybrid which must contain only one (1) Thrust declaration and two (2) different Connection declarations.

Element 6

Two (2) Pair Acrobatics of free choice but must not repeat the same Acrobatic.

Element 7

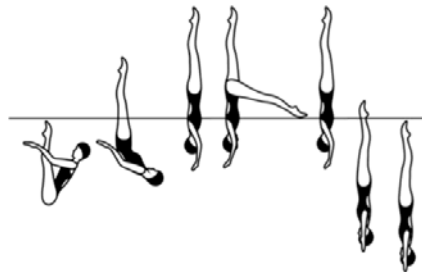
Three (3) declared Sustained Surface Connections ("SuCon") with travel (1m or more) or rotation (180° or more).

9. Team Required Elements

Element 1

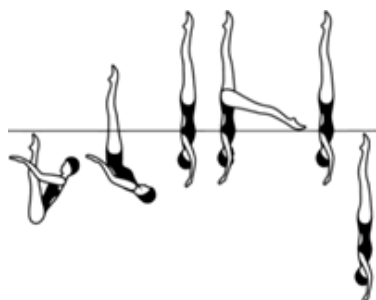
1A – **Flying Fish Hybrid Spinning 180°** (Degree of Difficulty - 2.5)

From a **Submerged Back Pike Position** with the legs perpendicular to the surface, a **Thrust** is executed to a **Vertical Position** and with no loss of height one leg is rapidly lowered to an airborne **Fishtail Position**. Without a pause the horizontal leg is rapidly lifted to a **Vertical Position**, followed by a rapid **180° Spin**.



1B – **Flying Fish Hybrid** (Degree of Difficulty - 2.3)

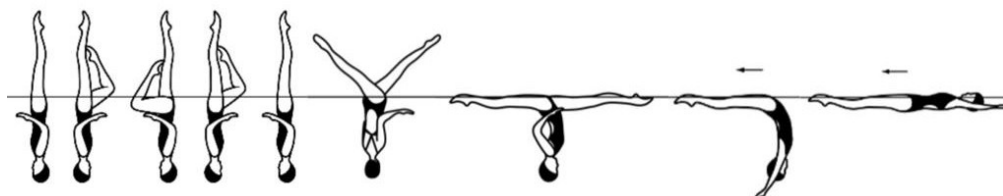
From a **Submerged Back Pike Position** with the legs perpendicular to the surface, a **Thrust** is executed to a **Vertical Position** and with no loss of height one leg is rapidly lowered to an airborne **Fishtail Position**. Without a pause the horizontal leg is rapidly lifted to a **Vertical Position** followed by a **Vertical Descent**.




Element 2

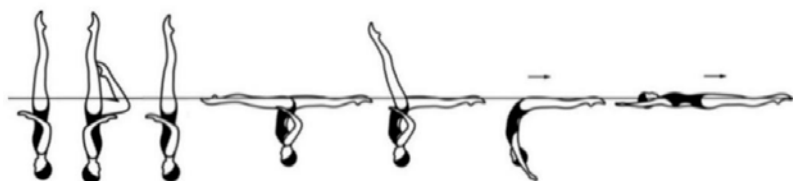
2A – Vertical – Full Twist to Bent Knee – Full Twist to Vertical – Open 180° – Walkout
(Degree of Difficulty – 2.6)

From a **Vertical Position**, a **Full Twist** is executed as one leg is lowered to a **Bent Knee Vertical Position**. Continuing in the same direction another **Full Twist** is executed, as the bent knee is extended to a **Vertical Position**. Continuing in the same direction a **Half Twist** is executed as the legs are symmetrically lowered to a **Split Position**. A **Walkout Front** is executed.

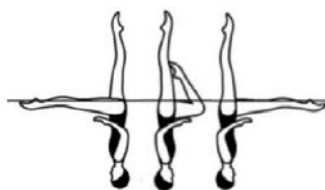


2B – Vertical – Half Twist to Bent Knee – Half Twist to Vertical – Split – Walkout (Degree of Difficulty – 2.3)

From a **Vertical Position**, a **Half Twist** is executed as one leg is lowered to a **Bent Knee Vertical Position**. Continuing in the same direction another **Half Twist** is executed, as the bent knee is extended to a **Vertical Position**. The legs are symmetrically lowered to a **Split Position**. A **Walkout Front** is executed.


Fouetté Rotation – New movement

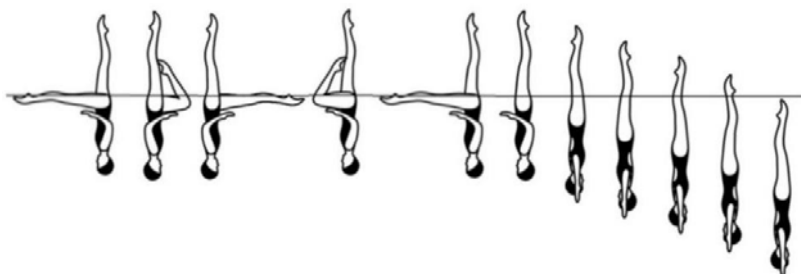
From a **Fishtail Position**, with the horizontal leg leading toward the vertical leg, a rapid 180° rotation is executed as the front leg bends to assume a **Bent Knee Vertical Position**. The bent leg rapidly extends to a **Fishtail Position**.




Element 3

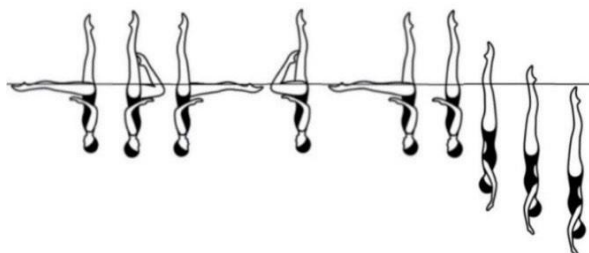
3A – Two Fouetté Rotations – Vertical – Continuous Spin 720° (Degree of Difficulty – 2.6)

From a **Fishtail Position**, 2 **Fouetté Rotations** ($180^{\circ}+180^{\circ}$) are executed. The horizontal leg is rapidly lifted to a **Vertical Position**. Continuing in the same direction a **Continuous Spin of 720°** (2 rotations) is executed.



3B – Two Fouetté Rotations – Vertical –Spinning 360° (Degree of Difficulty – 2.3)

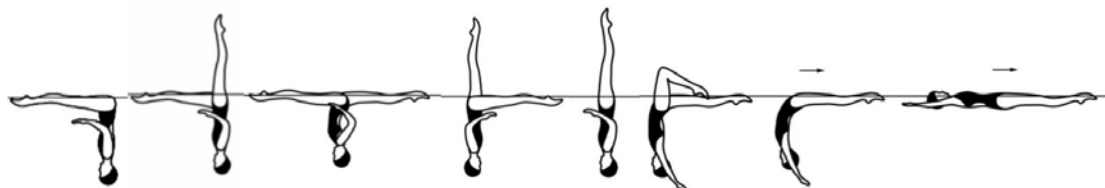
From a **Fishtail Position**, 2 **Fouetté Rotations** ($180^{\circ}+180^{\circ}$) are executed. The horizontal leg is rapidly lifted to a **Vertical Position**. Continuing in the same direction, a rapid **Spinning 360°** (1 rotation) is executed.


Element 4

4 – Butterfly Hybrid (Degree of Difficulty – 2.9)

The **Butterfly Hybrid** is to be performed rapidly. From a **Front Pike Position**, one leg is lifted to a **Fishtail Position**. The horizontal leg is lifted through an arc of 180° as the vertical leg is lowered to assume a **Split Position**. Without a pause a hip rotation of 180° is executed as the front leg is raised to assume a **Fishtail Position**.

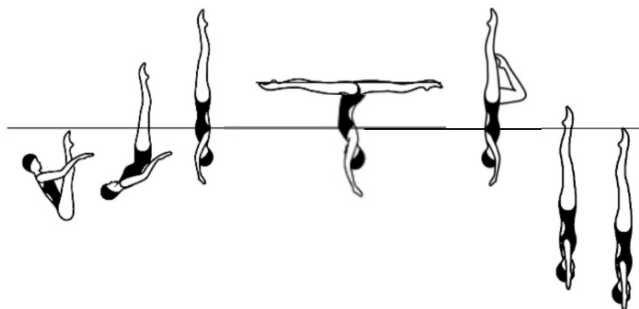
Continuing in the same direction a 180° rotation is executed as the horizontal leg is lifted to a **Vertical Position**. The legs are lowered simultaneously to a **Bent Knee Surface Arch Position**. (Note: The **Bent Knee Surface Arch Position** can be assumed by using either leg). The bent knee is straightened to a **Surface Arch Position** and with continuous motion an **Arch to Back Layout Finish Action** is executed.




Element 5

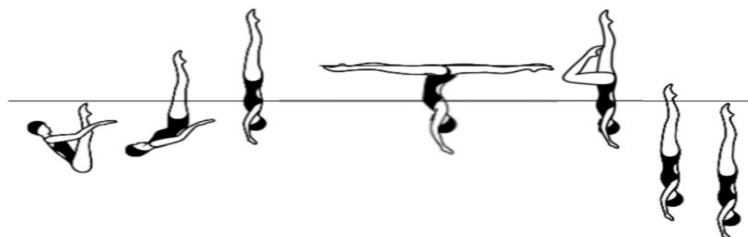
5A – **Rocket Split Bent Knee Twirl Hybrid** (Degree of Difficulty – 2.4)

From a **Submerged Back Pike Position** with the legs perpendicular to the surface, a **Thrust** is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position**, followed by a rapid rotation of 180° to assume an airborne **Bent Knee Vertical Position** with the front leg bent. A rapid **Vertical Descent** is executed as the bent knee is extended to join the vertical leg completed as the ankles reach the surface of the water followed by a **Vertical Descent**.



5B – **Rocket Split Bent Knee Hybrid** (Degree of Difficulty – 2.1)

From a **Submerged Back Pike Position** with the legs perpendicular to the surface, a **Thrust** is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position** followed by the front leg rapidly bending and the back leg rapidly lifting to a vertical to assume an airborne **Bent Knee Vertical Position**. A rapid **Vertical Descent** is executed as the bent knee is extended to join the vertical leg completed as the ankles reach the surface of the water followed by a **Vertical Descent**.


Team Technical Routine Additional Requirements (Note: These may be placed anywhere in the routine)
Element 6

Two (2) additional Hybrids, one of which must include a Cadence Action.

Element 7

One (1) Team acrobatic movement must be performed by all team members. The Degree of Difficulty for the acrobatic movement must not exceed 3.0 inclusive of Base Mark value.

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 the first cadence action is completed by all team members, but each team member must do the action of each cadence.

Acrobatic movements: A general term for jumps, throws, lifts, stacks, platforms, etc., which are performed as spectacular gymnastic feats and/or risky actions and are mostly achieved with assistance from other Athlete(s). An acrobatic movement is considered when it starts and ends once all team members are in the water.

- A routine may contain a maximum of one Circle pattern.
- The direction of propulsion may vary as long as all Athletes are facing the same direction.
- Variations in propulsion and direction facing are permitted only during underwater pattern changes, underwater actions, and getting into and finishing a Circle.


14.3
APPENDIX 3 – SET NUMBERS OF ELEMENTS FOR ROUTINES

Please note: the requirement to include one declaration from each family in the routine (except for connections in Solo) is applicable for **Free Routines only**.

Senior/Junior	Time (+/- 5 sec)	Total Required Elements	Summary
Solo Tech	2:00	6	5 Technical Required Elements 1 Hybrid
Solo Free	2:15	6	6 Hybrids (must include one declaration from each family in the routine – except connections)
Women Duet Technical	2:20	7	5 Technical Required Elements 1 Hybrid 1 Pair Acrobatics (free choice)
Women Duet Free	2:45	8	6 Hybrids (must include one declaration from each family in the routine) 2 Pair Acrobatic (free choice but must <u>not</u> repeat the same acrobatic*)
Mixed Duet Technical	2:20	7	3 Technical Required Elements 1 Hybrid 1 Required Hybrid (must contain only one Thrust declaration and 2 different Connection declarations – for example T8, C3, C4) 2 Pair Acrobatics (free choice but must <u>not</u> repeat the same acrobatic*) 3 declared Sustained Surface Connections with travel (1m or more) or rotation (180° or more)
Mixed Duet Free	2:45	7	4 Hybrids (must include one declaration from each family in the routine) 3 Pair Acrobatics (free choice but must <u>not</u> repeat the same acrobatic*) A minimum of 4 declared Sustained Surface Connections with travel (1m or more) or rotation (180° or more)
Open Technical	Team 2:50	8	5 Technical Required Elements 2 Hybrids one of which must include a Cadence action 1 Team Acrobatic (Max. Degree of Difficulty limit of 3.0 inclusive of Base Mark Value) May contain max of 1 circle
Open Team Free	3:30	9	6 Hybrids (must include one declaration from each family in the routine) 3 Team Acrobatics (free choice but must <u>not</u> repeat the same acrobatic*)
Open Acrobatic	3:00	7	7 Acrobatics: One from A, B, C, P Maximum of 2 acrobatics from any group Must not repeat the same acrobatic*

* 'Must not repeat the same acrobatic' is defined as follows (please also see the Team Acrobatic Catalogue for examples):

- For Group A – can't repeat same position/s (as P1 or as P2), with the exception of the third position bonus.
- For Group B – can't repeat the same construction and can't repeat the same type of connection (grip).
- For Group C – can't repeat the same construction.
- For Group P – can't repeat the same construction AND can't repeat the same type of connection (grip), AND can't repeat same position(s) (as P1 or as P2), with the exception of the third position bonus.

12U/Youth (13-15)

Please note: the requirement to include one declaration from each family in the routine (except for connections in Solo) is applicable for 12U and Youth Free Routine Events.

In regards to 12U – Member Federations can adapt based on their development goals for 12U



12U/Youth (13-15)	Time (+/- 5 sec)	Total Required Elements	Summary
12U Solo Free	2:00	4	4 Hybrids (must include one declaration from each family in the routine)
Youth Solo Free	2:00	5	5 Hybrids (must include one declaration from each family in the routine)
12U Duet Free	2:30	5	4 Hybrids (must include one declaration from each family in the routine) 1 Pair Acrobatics (free choice)
Youth Duet Free	2:30	6	5 Hybrids (must include one declaration from each family in the routine) 1 Pair Acrobatics (free choice)
Mixed Duet Free (12U/Youth)	2:30	5	3 Hybrids (must include one declaration from each family in the routine) 2 Pair Acrobatics (free choice but must <u>not</u> repeat the same acrobatic*) A minimum of 3 declared Sustained Surface Connections with travel (1m or more) or rotation (180° or more)
12U Open Team Free	3:00	7	4 Hybrids (must include one declaration from each family in the routine) 3 Team Acrobatics with Degree of Difficulty safety limit (free choice but must <u>not</u> repeat the same acrobatic*)
Youth Open Team Free	3:00	8	5 Hybrids (must include one declaration from each family in the routine) 3 Team Acrobatics with Degree of Difficulty safety limit (free choice but must <u>not</u> repeat the same acrobatic*)
12U Open Free Combination	3:00	8	3 Team Acrobatics with Degree of Difficulty safety limit (free choice but must <u>not</u> repeat the same acrobatic*) 1 x Degree of Difficulty solo Hybrid 1 x Degree of Difficulty duet Hybrid 2 x team Degree of Difficulty Hybrid (must be executed with a minimum of 4 athletes) Must include one declaration from each family in the routine (counted across solo, duet and team Degree of Difficulty hybrids) 1 x Team choreography hybrid with no Degree of Difficulty (i.e. factor of 1.0) must be executed with a minimum of 4 athletes Element parts can't occur simultaneously (i.e. Team Acrobatic occurs while solo hybrid starts)
Youth Open Free Combination	3:00	9	4 Team Acrobatics with Degree of Difficulty safety limit (free choice but must <u>not</u> repeat the same acrobatic – see below) 1 x Degree of Difficulty solo Hybrid 1 x Degree of Difficulty duet Hybrid 2 x team Degree of Difficulty Hybrid (must be executed with a minimum of 4 athletes) Must include one declaration from each family in the routine (counted across solo, duet and team Degree of Difficulty hybrids) 1 x Team choreography hybrid with no Degree of Difficulty (i.e., factor of 1.0) must be executed with a minimum of 4 athletes Element parts can't occur simultaneously (i.e., Team Acrobatic occurs while solo hybrid starts)

* 'Must not repeat the same acrobatic' is defined as follows (please also see the Team Acrobatic Catalogue for examples):

- For Group A – can't repeat same position/s (as P1 or as P2), with the exception of the third position bonus.
- For Group B – can't repeat the same construction and can't repeat the same type of connection (grip).
- For Group C – can't repeat the same construction.
- For Group P – can't repeat the same construction AND can't repeat the same type of connection (grip), AND can't repeat same position(s) (as P1 or as P2), with the exception of the third position bonus.



Please note apnea limits are being removed – Artistic Impression factoring is being revised inclusive of implementing an increased value for Transitions.

12U and Youth Team Acrobatic safety limits for Team and Open Free Combination events are as follows. Acrobatic elements cannot have a Degree of Difficulty higher than the Total Degree of Difficulty (MAX):

	Acrobatic Degree of Difficulty	Plus Base Mark	Total Degree of Difficulty (MAX)
Youth - Group A	2.2	0.5	2.7
Youth - Group B	2.3	0.5	2.8
Youth - Group C	2.3	0.5	2.8
Youth - Group P	2.5	0.5	3.0
12U - Group A	2.0	0.5	2.5
12U - Group B	2.1	0.5	2.6
12U - Group C	2.1	0.5	2.6
12U - Group P	2.3	0.5	2.8



14.4

APPENDIX 4 – REQUIRED ELEMENTS FOR ACROBATIC ROUTINE

1. General Requirements

- 1) Time Limits: refer to Articles O and 10.4 of this Part Seven.
- 2) Start may be on the deck or in the water, or a combination of both.
- 3) Required Technical Element #1 may be performed in any order.
- 4) A maximum of 2 acrobatics from any group (A, B, C or P) may be performed.
- 5) Acrobatics must not be repeated. 'Must not repeat the same acrobatic' is defined as:
 - For Group A – can't repeat the same position(s) (as P1 or as P2), with the exception of the third position bonus.
 - For Group B – can't repeat the same construction and can't repeat the same type of connection (grip).
 - For Group C – can't repeat the same construction.
 - For Group P – can't repeat the same construction, AND can't repeat the same type of connection (grip), AND can't repeat same position/s (as P1 or as P2), with the exception of the third position bonus, and can't repeat the same bonus(es).
- 6) The Routine must portray a Theme, which must be declared on the Coach Card.
- 7) As in all routines, the Coach Card must show the Required Technical Elements in the selected order of performance.

10. Acrobatic Required Technical Elements

Element 1

Seven (7) acrobatic movements: one from each acrobatic group (A, B, C, P), and three (3) more of free choice as per the general requirements.

Acrobatic movement: is a general term for jumps, throws, lifts, stacks, platforms, etc., which is performed as spectacular gymnastic feats and/or risky actions and is mostly achieved with assistance by another Athlete(s).


14.5 APPENDIX 5 – REQUIRED ELEMENTS FOR THE OPEN FREE COMBINATION
1. General Requirements

- 1) Time Limits: refer to Article 10.4 of this Part Seven.
- 2) Start may be on the deck or in the water, or a combination of both.
- 3) All subsequent parts must start in the water.
- 4) A new part begins in very close proximity to the previous part.
- 5) The Routine must portray a theme which must be declared on the Coach Card.
- 6) As in all routines, the Coach Card must show the required Elements in the selected order of performance.

11. Open Free Combination Required Elements
Element 1

At least two (2) parts must have fewer than three (3) Athletes, and at least two (2) parts must have all Athletes.

Element 2

As per Appendix 3, Youth Open Free Combination must include:

- a) 4 Team Acrobatics with Degree of Difficulty safety limit (free choice but must not repeat the same acrobatic).
- b) 1 x Degree of Difficulty solo Hybrid.
- c) 1 x Degree of Difficulty duet Hybrid.
- d) 2 x team Degree of Difficulty Hybrid (must be executed with a minimum of 4 Athletes).
- e) 1 x team choreography hybrid with no Degree of Difficulty (i.e. factor of 1.0) must be executed with a minimum of 4 Athletes.
- f) Element parts can't occur simultaneously (i.e. Team Acrobatic occurs while solo hybrid starts).

Element 3

As per Appendix 3, the 12U Open Free Combination must include:

- a) 3 Team Acrobatics with Degree of Difficulty safety limit (free choice but must not repeat the same acrobatic).
- b) 1 x Degree of Difficulty solo Hybrid.
- c) 1 x Degree of Difficulty duet Hybrid.
- d) 2 x team Degree of Difficulty Hybrid (must be executed with a minimum of 4 Athletes).
- e) 1 x team choreography hybrid with no Degree of Difficulty (i.e. factor of 1.0) must be executed with a minimum of 4 Athletes.
- f) Element parts can't occur simultaneously (i.e. Team Acrobatic occurs while solo hybrid starts).


Element 4

12U and Youth Team Acrobatic safety limits for Open Free Combination is as follows. Acrobatic elements cannot have a Degree of Difficulty higher than the Total Degree of Difficulty (MAX):

	Acrobatic Degree of Difficulty	Plus Base Mark	Total Degree of Difficulty (MAX)
Youth - Group A	2.2	0.5	2.7
Youth - Group B	2.3	0.5	2.8
Youth - Group C	2.3	0.5	2.8
Youth - Group P	2.5	0.5	3.0
12U - Group A	2.0	0.5	2.5
12U - Group B	2.1	0.5	2.6
12U - Group C	2.1	0.5	2.6
12U - Group P	2.3	0.5	2.8

Element 5

Acrobatics must not be repeated. '*Must not repeat the same acrobatic*' is defined as:

- For Group A – can't repeat same position(s) (as P1 or as P2), with the exception of the third position bonus.
- For Group B – can't repeat the same construction and can't repeat the same type of connection (grip).
- For Group C – can't repeat the same construction.
- For Group P – can't repeat the same construction, AND can't repeat the same type of connection (grip), AND can't repeat same position/s (as P1 or as P2), with the exception of the third position bonus, and can't repeat the same bonus(es).



14.6 APPENDIX 6 – HYBRID CATALOGUE

1. Introduction

- Article 2.6 of this Part Seven applies.
- As stated in the 'World Aquatics Artistic Swimming Manual for Judges, Technical Controllers, Referees and Coaches' regarding judging routines, the same principle will also apply for Technical Controllers: Hybrids may be performed close to or far from a Technical Controllers position and/or in moving water caused by the (intentional) power of actions, the number of Athletes performing, or the moving progression ("travelling") of the Hybrid, as such Technical Controllers must focus on what they see at or over the water surface.
- In regard to any hybrid techniques where compliance to specific angles or height levels is required:
 - If technology is available at a competition where Athletes can be accurately measured via analysis software for compliance to stated angles or height levels, then clear non-compliance to a required angle or level would result in a Base Mark.
 - For Difficulty Technical Controllers without technology – then non-compliance to a required angle or height level should be very obvious and clear in a video review (so far off the angle/height that there is no doubt). If too close to call and in doubt, then the ruling should go in favour of the Athlete.

12. Hybrids

Definition of a Hybrid:

- A free Hybrid (one intentionally being declared for Degree of Difficulty on a Coach Card) is defined as having a combination of five (5) or more movements performed with lower limbs with intentional apnea (head down under hips level).
- Short hybrid-like movements of 4 or less movements with or without intentional apnoea OR horizontal movements along the surface with lower limb actions that have consequential apnoea (rolling over, kicking, etc.) are considered as transitional movements.
- The definition of a Hybrid movement = a definitive change in the position or direction of the lower limbs as mandated by the choreography of the routine.

How to count Hybrid Movements:

A Hybrid Movement is a definitive change in the position or direction of the lower limbs as mandated by the choreography of the routine.

- Regarding entries and exits:
 - a) Front Pike Pulldown – the action of the body bending into the pike position is movement number one, with counting continuing from there.
 - b) Entry from a Ballet Leg – A Ballet Leg kick counts in the hybrid if used as an entry into the hybrid (kick up and then a Catalina like rotation, kick up and then into inverted tuck, etc.).
 - c) If starting from underwater, start counting from the first position – for example a pike, tuck, tabletop, or a submerged back pike (before a thrust).
 - d) No movements will be counted underwater – for example, a tuck from ankles at the end of a spin would count as one movement, however if the Athlete(s) tuck when completely submerged no movement will be counted.
 - e) Spins / Twists / Twirls: each ½ turn (180°) will count as 1 movement.
 - f) A "swirl" action counts as one movement from its beginning to its clear stopping point or next clear action as momentum/force must be considered.
 - g) Fast kick type actions (for example fast "tendu" like action similar to ballet: movement in ballet where the working leg is extended along the floor until only the tip of the toe remains touching the floor) will count as 1 movement (i.e. there is a clear exertion of energy/muscle tension and then a recovery).
 - h) When rotating and performing leg movements at the same time, only the rotations will be counted.
 - i) Cadence: each cadence movement will count as 1 movement. You do not count the movements of each Athlete as they all do the same action, but on their own counts.


Hybrid difficulty components:

- Hybrid difficulty components are declared skills with assigned Degree of Difficulty values that comprise transitions in a hybrid and are grouped in the following “families” by level:
 - THRUSTS (T)
 - SPINS (S)
 - TWISTS (R) – which include Twirls and Swirls
 - FLEXIBILITY (F)
 - AIRBORNE WEIGHT (A)
 - CONNECTIONS (C)
- All families include a first level which is defined as Basic (B), then each family progresses from level 1 upwards to a maximum of level 10.

Bonuses:

- Open Team Technical, Open Team Free and Open Free Combination routines will include a bonus for each Pattern Change executed valued at 0.20 each up to a MAXIMUM of 6 Pattern Changes declared per Hybrid. If more pattern changes are executed, they can't be declared nor will they receive any additional credit.

Hybrid Base Mark:

- Base Mark for all hybrids is the same and has a value of 0.5.
- The Hybrid Base Mark value of 0.5 is added to the value of the hybrid Degree of Difficulty, and it is the value (0.5) the hybrid will go to if not successful in achieving the declared difficulty.
- Total Hybrid Declared Difficulty Value is calculated as follows:
 - *Total Hybrid Degree of Difficulty = BASE MARK (0.5) + MOVEMENTS (Families) + BONUS (Team only).*

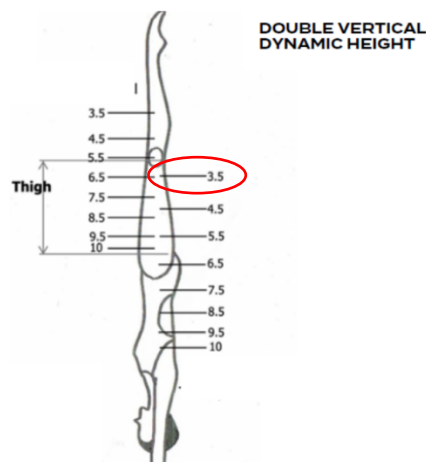
13. Families of movements

Thrusts (T)

The Thrust (T) family includes variations of Thrusts as defined in Basic Movements: "From a Submerged Back Pike Position with the legs perpendicular to the surface of the water a vertical upward movement of the legs and hips is rapidly executed as the body unrolls to assume a Vertical Position*. Maximum height desirable".

*Note: other 1 and 2 leg body positions are allowed as per the Thrust levels defined.

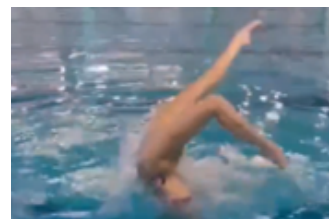
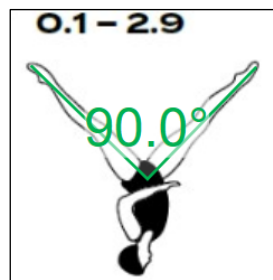
- Whenever "Thrust" is stated it means two legs, otherwise one leg is stated.
- The minimum height for a Thrust to be able to be accepted is a 3.5 (Dynamic height) which is above the knees meaning Technical Controllers must clearly see that height level achieved, or the thrust will be subject to Base Mark.



- Thrust endings with crashing OR with descent are clearly differentiated and defined in the difficulty table at different levels and values.

For a Thrust and vertical descent

- If a descent is executed from maximum height until below the knee (kneecaps submerged) and then a crash occurs, this still applies as an accomplished descent.
- A Thrust with flexibility must exhibit flexibility at maximum height like Airborne Split Position or Vertical Position to Knight or back flexibility (i.e. arch with legs backwards at 45°). A thrust with Airborne Split Position or a split variant must show body alignment under hips, as described in Basic Body Position and must show flexibility at minimum of "scissors (90°)" / 0.1-2.9 for split as per the 'World Aquatics Artistic Swimming Manual for Judges, Technical Controllers, Referees and Coaches'. Body alignment means lower back arched, with hips, shoulders, and head on a vertical line. Split variants may not exhibit bent front legs, and only back legs that bend downward (with the knee facing the ceiling / not inward).





- e) For Thrusts with flexibility followed by a Spin or Twirl, the Spin or Twirl can begin at any time – i.e., the legs can be out of the Vertical Position cone.
- f) For Thrusts followed by a Twirl = A rotation at a sustained height - height remains constant throughout the rotation. Therefore, any obvious change in height downwards is subject to a Base Mark. "Obvious" is defined as a drop in two height levels. So, if the Athlete starts above their knee (6.5) and drops to below knee (4.5) that would be a Base Mark. A change in one height level = execution.
- g) In the case that a Thrust is performed that exhibits actions from different levels – declare the most difficult movement. For example, if a Thrust with Flexibility continued by catching (clearly stopping – stable height demonstrated) in a Vertical Position above the knees is performed, declare a T9b.
- h) Regarding a Thrust (T9b) with catching Once the "stable height demonstrated for 1 second (1s) or more" in Vertical Position has occurred any difficulty movement can then be performed and be declared as per the rules, for example: T9b followed by A6, S3, etc.
- i) Spins following Thrusts must drop gradually. Athletes who obviously hold the rotation at the ankle level (i.e. twisting vs spinning) will be subject to a Base Mark as per below standards:
- For Spin 180° to Spin 720°, that the entire rotation must be gradual.
 - For Spin 1080°, that a maximum of one rotation at the ankle level is allowed.

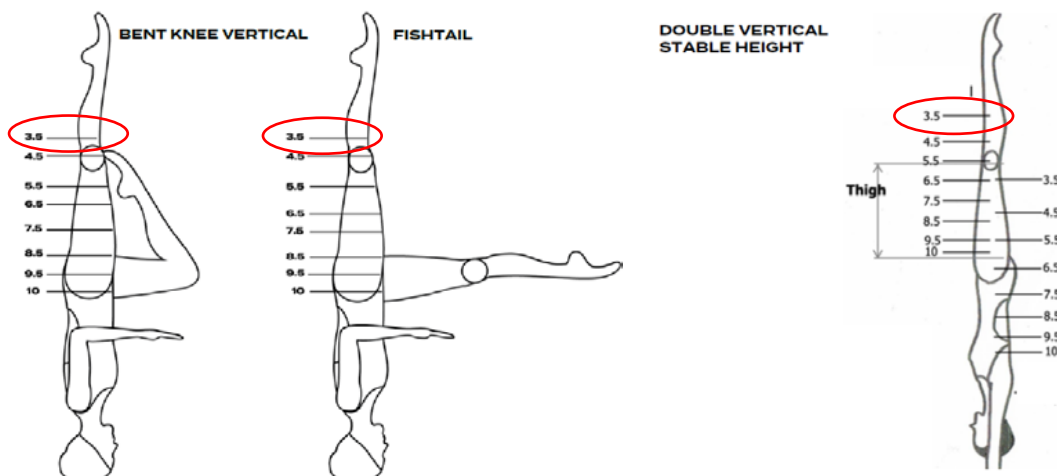
Level	Code	Description	Degree of Difficulty Value
B	TB	Thrust with one or two legs followed by crashing on the surface	0.30
1	T1	Thrust with one leg followed by vertical descent	0.45
2	T2a	Thrust with one leg followed by Spin 180°	0.50
	T2b	Thrust with one leg followed by Twirl 180° and a crash	
3	T3a	Thrust and vertical descent	0.65
	T3b	Thrust with one leg followed by Spin 360°	
	T3c	Thrust with one leg followed by Twirl 180° and descent	
	T3d	Thrust with flexibility followed by crashing	
4	T4a	Thrust with one leg followed by Spin 720°	0.80
	T4b	Thrust with flexibility and descent	
	T4c	Thrust followed by Spin 180°	
	T4d	Flying Fish (with descent) <i>A thrust is executed to a Vertical Position and with no loss of height one leg is rapidly lowered to an airborne Fishtail Position*. After the Flying Fish the join may be with a straight or bent leg followed by a vertical descent. The declaration ends with the descent.</i> <i>*The bottom leg must be out of the "Vertical Position cone" area</i> <i>**Reminder you may not combine with a rotation or vertical descent declaration</i>	
	T4e	Thrust followed by Twirl 180° in Vertical Position and a crash	
5	T5a	Thrust followed by Spin 360°	0.90
	T5b	Thrust followed by Twirl 180° (in Vertical Position) and descent	
	T5c	Thrust with flexibility followed by Spin 180°	
	T5d	Flying Fish Spin 180° or Thrust Fishtail Helicopter Spinning 180° <i>Same definition as T4 Flying Fish with a Spin 180° as ending</i>	
	T5e	One leg Thrust with Twirl 180° followed by Spin 360°	
6	T6a	Thrust with flexibility followed by Spin 360°	1.10
	T6b	Thrust with Twirl 180° (in Vertical Position) followed by Spin 360°	
	T6c	Flying Fish 360° or Thrust Fishtail Helicopter Spinning 360° <i>Same definition as T4 Flying Fish with a Spin 360° as ending</i>	
7	T7	Thrust followed by Spin 720°	1.50
8	T8	Thrust with flexibility followed by Spin 720°	1.70
9	T9a	Thrust to height of 8.5 (waist) or higher followed by Spin 1080° or more	2.00
	T9b	Thrust to height of 8.5 (waist) or higher continued by catching (clearly stopping - stable height demonstrated for 1s or more) in a Vertical Position above the knees or higher	



Spins (S)

This family includes all types of Spins – which is a rotation in a Vertical Position (as per General Requirements). It includes ascending/descending Spins and combined/reversed Spins.

- a) When Spin is stated, it can be either an ascending or descending Spin (same code and value) – ascending and descending are NOT differentiated.
- b) For descending Spins in freeHybrids, the definition of degrees is by the submersion of the toes, OR when the rotation has come to a complete stop at the ankles level. Please note this is different than for Figures or Technical Required Elements (see BM 13).
- c) For ascending Spins in free Hybrids, the definition of degrees begins when the toes break the water's surface, OR at the ankles level. Please note this is different than for Figures or Technical Required Elements (see BM 13).
- d) A **Spin** (ascending or descending) is defined as a gradual change of a minimum of two height levels. Descending spins must always end at the ankles or the submersion of the toes. A change of only one height level during a spin declaration would be subject to Base Mark.
- e) Spin allowances (BM 12 and 13) do not apply to Spin declarations in free Hybrids. Athletes must fully complete rotations as declared on the Coach Card. For example, if a S2 is declared (Spin 720° with one or two legs), then the Difficulty Technical Controllers will be watching for completion of at least a full 720°+ following the above principles. Rotating more than declared is acceptable, rotating less than declared is subject to a Base Mark.
- f) A minimum height of 3.5 as per single and double leg height chart must be demonstrated to start a spin descending and a minimum height of 3.5 as per single and double leg height chart must be demonstrated to finish a Spin ascending:



- g) Ascending and descending spins must rise/drop gradually. Athletes who obviously hold the rotation at the same height level (i.e., twisting vs spinning) will be subject to a Base Mark as per below standards:
 - o For Levels SB-S2: Entire rotation must be gradual.
 - o For Levels S3-S5: A maximum of one rotation at each height level is allowed.
 - o For Levels S6-S10: A maximum of two rotations at each height level is allowed.
- h) Spin Level Basic (B), Level 1 and Level 2, are for spins with one or two legs. Beginning at level 3 all Spins must be performed with two legs.
- i) Spins will have the rotation of the BODY counted "wall-to-wall" to accomplish the declared degree of rotation. For rotations of 360° or more - the wall or direction you start at is the wall or direction you must finish for Technical Controllers to verify completion of rotation. Rotating more than declared is acceptable, rotating less than declared is subject to a Base Mark.
- j) Various modifications of leg positions during Spins are allowed as long as the one or two leg position meets the definition of Vertical Position as per General Requirement a). Unbalanced or off-angle Spins are not differentiated, and those movements would be considered in Artistic Impression.



- k) When "two legs" is stated, it means Vertical Position definition (two legs within 45° of vertical), and "one leg" means one leg within 45° of vertical. Both as per General Requirement a).
- l) Spins with one leg includes Bent Knee Vertical Position, Fishtail/Crane, Knight, and other one leg Vertical Position options or variants.
- m) Rotations with two legs includes Vertical Position, Fishtail within 45° of Vertical, Arched Vertical Position and other positions where 2 legs are clearly visible within 45° of the vertical line.
- n) Joining/opening/bending/extending movements from one leg positions to two leg (Vertical Position) positions (or two-leg to one leg positions) such as Bent Knee Vertical Position/Fishtail to Vertical Position or Vertical Position to Bent Knee Vertical Position/Fishtail, are considered in all "one leg" Spin classifications.
- o) A Combined or Reverse Combined Spin (defined in the table as "Combined") will be counted only in the case of an equal number of descending and ascending or ascending and descending rotations with no stop that start and finish at the same height (for example if toes breaking the surface is beginning of Spin, then toes submerging must be the end).
- p) A Combined or Reverse Combined Spin in Levels Basic, 1 and 2 where it states, "one or two legs" MAY include a combination of one and two legs:
 - Example 1: starting in a Bent Knee Vertical Position, spin descending 360° while joining to Vertical Position, and then spin ascending 360° staying in Vertical Position.
 - Example 2: starting in a Bent Knee Vertical Position, spin descending 360° while joining to Vertical Position, then ascending spin 360° while returning to a Bent Knee Vertical Position.
- q) Ascending and descending during Combined or Reverse Combined Spins (including Two-Direction) must rise/drop gradually. Athletes who obviously hold the rotation at the same height level (i.e., twisting vs spinning) will be subject to a Base Mark as per the below standards:
 - For Levels SCB-SC2 / SCDB-SCD2: Entire rotation must be gradual.
 - For Levels SC3-SC5 / SCD3-SCD5: A maximum of one rotation at each height level is allowed.
 - For Level SC6 / SCD6: A maximum of two rotations at each height level is allowed.
- r) A "Two-Direction" Spin means a spin in one direction, followed without a pause by an equal Spin in the opposite direction.

For example: SCD2 - Combined 720° (one or two legs) = a descending or ascending rotation of 720° followed without a pause by an ascending or descending rotation of 720° in the opposite direction.

Level	Code	Description	Degree of Difficulty Value
B	SB	Spin 180° (one or two legs)	0.15
	SCB	Combined 180° (one or two legs)	0.35
	SCDB	Two-direction Combined 180° (one or two legs)	0.40
1	S1	Spin 360° (one or two legs)	0.35
	SC1	Combined 360° (one or two legs)	0.80
	SCD1	Two-direction Combined 360° (one or two legs)	0.85
2	S2	Spin 720° (one or two legs)	0.75
	SC2	Combined 720° (one or two legs)	1.60
	SCD2	Two-direction Combined 720° (one or two legs)	1.65
3	S3	Spin 1080° (two legs)	1.15
	SC3	Combined 1080° (two legs)	2.40
	SCD3	Two-direction Combined 1080° (two legs)	2.45
4	S4	Spin 1440° (two legs)	1.55
	SC4	Combined 1440° (two legs)	3.20
	SCD4	Two-direction Combined 1440° (two legs)	3.25
5	S5	Spin 1800° (two legs)	1.95
	SC5	Combined 1800° (two legs)	4.00
	SCD5	Two-direction Combined 1800° (two legs)	4.05

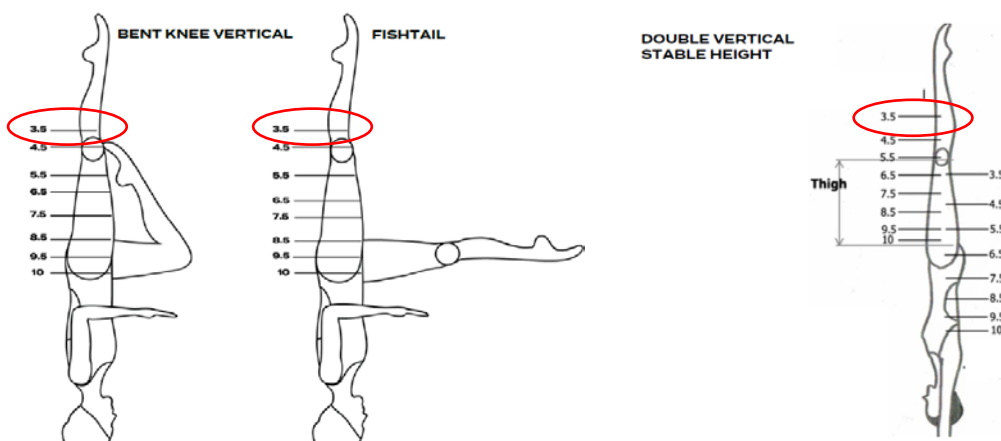


6	S6	Spin 2160° (two legs)	2.35
	SC6	Combined 2160° (two legs)	4.80
	SCD6	Two-direction Combined 2160° (two legs)	4.85
7	S7	Spin 2520° (two legs)	2.75
8	S8	Spin 2880° (two legs)	3.15
9	S9	Spin 3240° (two legs)	3.55
10	S10	Spin 3600° (two legs)	3.95

Twists including Twirls/Swirls (R)

This family includes Twists and Twirls (as defined in Basic Movements - the body remains on its longitudinal axis throughout the rotation) and Swirls.

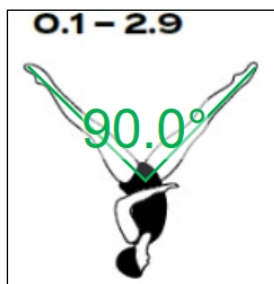
- Twisting or Twirling = A rotation at a sustained height - height remains constant throughout the rotation. Therefore, any obvious change in height downwards will be subject to a Base Mark. A change in height upwards will be considered in execution. "Obvious" is defined as a drop in two height levels. So, if the Athlete starts above their knee (6.5) and drops to below knee (4.5) that would be a Base Mark. A change in one height level = execution.
- The minimum height for a Twist to be able to be accepted is a 3.5 (as per single and double leg height chart) meaning Technical Controllers must clearly see that height level achieved, or the Twist will be subject to Base Mark.



- Swirl = A 1 or 2 leg rotation in a piked/arched body position (or other positions where the body is not aligned with its vertical axis), while turning. Swirls may have height variation - the legs can be lower than Vertical Position definition or can move in and out of Vertical Position area.
- Twist allowances (BM 12 and 13) do not apply to twist/twirl/swirl declarations in Free Hybrids. Athletes must fully complete rotations as declared on the Coach Card. For example, if a 2R3 is declared - Twist 1080° (Vertical Position), then the Difficulty Technical Controllers will be watching for completion of at least a full 1080°. Rotating more than declared is acceptable, rotating less than declared is subject to a Base Mark.
- Twists, Twirls and Swirls will have the rotation of the BODY counted "wall-to-wall" to accomplish the declared degree of rotation. For rotations of 360° or more - the wall or direction you start at is the wall or direction you must finish for Technical Controllers to verify completion of rotation. Rotating more than declared is acceptable, rotating less than declared is subject to a Base Mark.
- Various modifications of leg positions during rotations are allowed as long as the one or two leg position meets the definition of Vertical Position and the requirement to complete rotations (as per above point).
- For ROB, RO1, RCB and RC1, the legs may be slightly bent during the rotation.
- Rotations with one leg includes Bent Knee Vertical Position, Fishtail, Crane, and other position options. Please note that Knight rotations are included in the Flexibility family, however, if a Knight is done as a 1 leg rotation declaration (1RB, 1R1, etc.) this is acceptable (not Base Mark).



- i) Rotations with two legs includes Vertical Position, Fishtail within 45° of Vertical, Arched Vertical Position and other positions where 2 legs are clearly visible within 45° of the vertical line.
- j) Joining/opening/bending/extending movements from one leg positions to two leg Vertical Positions (or two-leg to one leg positions): such as Bent Knee Vertical Position/Fishtail to Vertical Position, or Vertical Position to Bent Knee Vertical Position/Fishtail, are considered in all "1 leg only" Twist/Twirl classifications.
- k) Unbalanced one leg twists are considered in all "1 leg" rotation classifications. Please see general requirement h) at point 5 of Appendix 6, below, for the definition of unbalanced.
- l) When an Unbalanced Twist is being performed while simultaneously turning (for example RU4 is performed while turning a quarter turn for each unbalanced 360), the Difficulty Technical Controllers observe the knees of the athlete(s) to ensure the declared number of 360 rotations are executed (in this example 4) "wall-to-wall".
- m) A Two-direction Twist means a rotation in one direction, followed without a pause by an equal rotation in the opposite direction. For example:
 - o RD1 - Two-Direction 360° (Vertical Position) = a rotation of 180° in one direction followed without a pause by a rotation of 180° in the opposite direction.
 - o RD2 - Two-Direction 720° (Vertical Position) = a rotation of 360° in one direction followed without a pause by a rotation of 360° in the opposite direction.
- n) For Vertical Position open 180°/360° to Split (ROB/RO1) by the halfway point (90°/180°) the legs must be at least at 45° – meaning the opening must be gradual (not a Twirl 360° then open to Split rapidly). Also – the starting "Vertical Position" position must begin with feet/ankles touching.
- o) Split close 180°/360° to Vertical Position (RCB/RC1) must not reach the Vertical Position until 135°/270° – meaning if close (where feet/ankles must be touching) finishes at ¾ point and then a ¼ turn in Vertical Position is executed that is acceptable, however if less than 135°/270° is accomplished – the rotation would be subject to Base Mark.
- p) For ROB, RO1, RCB and RC1, Split position must show flexibility at minimum of "scissors (90°) / 0.1-2.9 for split as per the 'World Aquatics Artistic Swimming Manual for Judges, Technical Controllers, Referees and Coaches'.





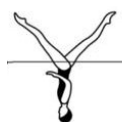
Level	Code	Description	Degree of Difficulty Value
B	RB	Swirl 180°/Turn 180° non-sustained or up-down	0.10
	1RB	1 leg Twist/Twirl 180°	0.15
	2RB	Twist/Twirl 180° (Vertical Position)	0.20
	ROB	Vertical Position open 180° to Split	0.25
	RCB	Split close 180° to Vertical Position	0.25
1	R1	Swirl 360°/Turn 360° non-sustained or up-down	0.20
	1R1	1 leg Twist/Twirl 360°	0.35
	2R1	Twist/Twirl 360° (Vertical Position)	0.45
	RD1	Two-direction 360° (Vertical Position)	0.50
	RU1	Unbalanced Twist/Twirl 360° (Vertical Position)	0.55
	RO1	Vertical Position open 360° to Split	0.55
	RC1	Split close 360° to Vertical Position	0.55
2	R2	Swirl 720°	0.40
	1R2	1 leg Twist 720°	0.75
	2R2	Twist 720° (Vertical Position)	0.95
	RD2	Two-direction 720° (Vertical Position)	1.05
	RU2	Unbalanced Twist 720° (Vertical Position)	1.15
3	R3	Swirl 1080°	0.60
	1R3	1 leg Twist 1080°	1.15
	2R3	Twist 1080° (Vertical Position)	1.45
	RU3	Unbalanced Twist 1080° (Vertical Position)	1.75
4	R4	Swirl 1440°	0.80
	1R4	1 leg Twist 1440°	1.55
	2R4	Twist 1440° (Vertical Position)	1.95
	RD4	Two-direction 1440° (Vertical Position)	2.15
	RU4	Unbalanced Twist 1440° (Vertical Position)	2.35
5	1R5	1 leg Twist 1800°	1.95
	2R5	Twist 1800° (Vertical Position)	2.45
	RU5	Unbalanced Twist 1800° (Vertical Position)	2.95
6	1R6	1 leg Twist 2160°	2.35
	2R6	Twist 2160° (Vertical Position)	2.95
	RD6	Two-direction 2160° (Vertical Position)	3.35
	RU6	Unbalanced Twist 2160° (Vertical Position)	3.55
7	2R7	Twist 2520° (Vertical Position)	3.45
	RU7	Unbalanced Twist 2520° (Vertical Position)	4.15
8	2R8	Twist 2880° (Vertical Position)	3.95
	RU8	Unbalanced Twist 2880° (Vertical Position)	4.75
9	2R9	Twist 3240° (Vertical Position)	4.45
	RU9	Unbalanced Twist 3240° (Vertical Position)	5.35
10	2R10	Twist 3600° (Vertical Position)	4.95
	RU10	Unbalanced Twist 3600° (Vertical Position)	5.95



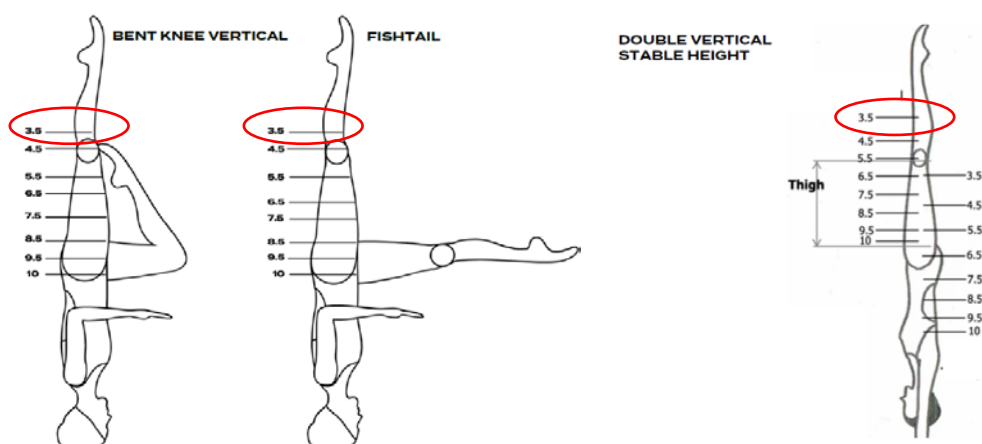
Airborne Weight (A)

This family includes movements that require an amount of the body out of the water (single or double legs) and reflect the difficulty of maintaining balanced and unbalanced airborne weight.

- a) When "sustained height" is stated, it means airborne weight lasting equal or more than 3 seconds. The duration of execution should be sufficient to clearly identify the difficulty by the Difficulty Technical Controllers.
- b) Please take note of general requirement d) as Airborne Weight may not be declared when occurring simultaneously with a rotation.
- c) Please see general requirement at point 5 of Appendix 6, below, for the definition of unbalanced.
 - o For A8 - rocking (unbalanced forward to unbalanced back with both legs together, also side to side, or back-side-front-side. Both legs move at same time, not one and then the other making a clear balanced action in-between.
 - o In A8 going from a back unbalanced to front unbalanced through a balanced "V" (one leg back/one leg forward) position is a Base Mark as the "V" position makes it balanced.
 - o Example of balanced "V" (one leg back/one leg forward) position



- d) When two A6 or A7 or A8 are declared back-to-back (ie A6 A6 or A7 A7 or A8 A8), then the two 3 seconds or more sustained holds must be separated by either coming out of the VP cone (for A6 and A7) or coming out of the cone or balancing for A8. In the case of declaring two different Airborne Weight's (ie A6 A7 or A7 A8), then coming out of the VP cone is not required.
- e) The minimum height required for Airborne Weight is 3.5, meaning starting or finishing positions or sustained actions must meet this standard.
 - o For example, if doing AB (Lift to any single leg position from Inverted Tuck, Table Top or a variant), the single leg position must be at 3.5;
 - o For example, if doing an A5 (Front Pike to Vertical Position while rotating 360°), the ending Vertical Position must be at 3.5.
- f) An ascent (A3b) or a descent (A2a) is defined as a change of a minimum of two height levels. A change of only one height level during an ascent or descent declaration would be subject to a Base Mark.
- g) For Vertical descent with 1 or 2 legs (A1b, A2a): in addition to a change of a minimum of two height levels as per f) a vertical descent must also descend below the knees (kneecaps clearly submerged). After the kneecaps have submerged a crash may occur. For example, a descent is executed from a high VP (high thigh), until below the knee (kneecaps submerged) and then a crash occurs, then A1b or A2a still applies as a change of two height levels was executed and a crash occurred once the knees were submerged.
- h) As per general requirement f) for Vertical ascent with 1 or 2 legs (A3b): A vertical ascent must rise above the knees (kneecaps clearly visible) or not bend at the knees before reaching above the knees (kneecaps clearly visible). Once above knees other movements/declarations can occur.



- i) For movement from Front Pike to Vertical Position (Porpoise Action): There may be variations in leg movements as long as the integrity of the porpoise lift action is maintained. For example:
- o Legs may be slightly apart (not more than 45 degrees).
 - o Legs may be crossed or one slightly bent and one straight, or both slightly bent – as long as still in the "Vertical Position Cone" area.
- j) For movements with lifting from Front Pike and rotating:
- o From Front Pike to a single leg position (Bent Knee Vertical Position, Fishtail, etc.) while rotating 180°.
 - o From Front Pike to a single leg position (Bent Knee Vertical Position, Fishtail, etc.) while rotating 360°.
 - o Front Pike to Vertical Position while rotating 180°.
 - o Front Pike to Vertical Position while rotating 360°.
 - o The lift to single or double leg in Vertical Position with 180°/360° rotation must be gradual and not reach the single or double leg Vertical Position until 135°/270° - meaning if lift finishes at ¾ point and then a ¼ point in Vertical Position is executed this is acceptable, however if less than 135°/270° is accomplished – the rotation would be subject to a Base Mark.

Level	Code	Description	Degree of Difficulty Value
B	AB	Lift to any single leg position from Inverted Tuck Table Top or a variant	0.05
1	A1a	Lift to any single leg position from Front Pike	0.10
	A1b	Single leg descent	
	A1c	Lift to Vertical Position from Inverted Tuck, Table Top or a variant	
	A1d	Join to Vertical Position from Fishtail, Bent Knee Vertical Position or Split	
2	A2a	Vertical descent in Vertical Position (with or without isolated movements)	0.15
	A2b	From Front Pike to a single leg position (Bent Knee Vertical Position, Fishtail, etc.) while rotating 180°	
3	A3a	Front Pike to Vertical Position (Porpoise Lift)	0.20
	A3b	Vertical ascent with 1 or 2 legs (with or without isolated movements)	
4	A4a	From Front Pike to a single leg position (Bent Knee Vertical Position, Fishtail, etc.) while rotating 360°	0.45
	A4b	Front Pike to Vertical Position while rotating 180°	
5	A5	Front Pike to Vertical Position while rotating 360°	0.65

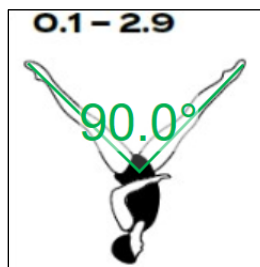


6	A6	Sustained height with one leg or a combination of one or two legs lasting equal or more than 3 seconds Or Isolated movements performed in a stable and fixed single leg position (within Vertical Position definition of 0-45 degrees) – isolated movements performed with other (non-fixed) leg lasting 3 seconds or more Or A combination of the two techniques (<i>for example 2 seconds of isolated movements, then 1 second of a combination of one and two leg movements</i>)	1.15
7	A7	Sustained height in Vertical Position lasting equal or more than 3 seconds	1.45
8	A8	Sustained height shown at least 3 seconds or more in Vertical Position performed in an unbalanced position	1.65

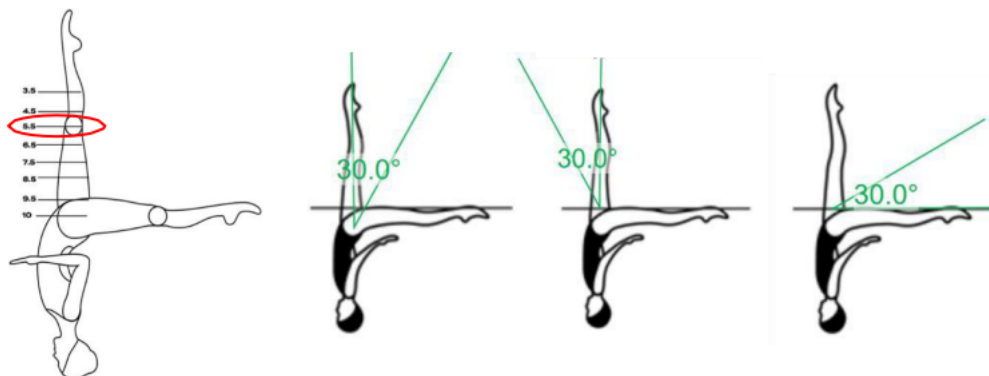
Flexibility (F)

This family includes different types of flexibility movements that require an extreme range of suppleness (bring a joint to its maximum range of motion), such as Arches, Splits, Knights, Walkouts, and Nova/Cyclone lift.

- All positions should be shown with maximum strength in legs and a body position with shoulders under the hips that demonstrates the flexibility of the Athletes.
- The duration of execution should be sufficient to clearly identify the difficulty by the Difficulty Technical Controllers.
- Split position must demonstrate flexibility at the minimum height for split (0.1-2.9 = "scissors") as per the 'World Aquatics Artistic Swimming Manual for Judges, Technical Controllers, Referees and Coaches' or it is subject to a Base Mark.



- For Knight position:
 - Minimum height of 5.5 (kneecap visible) is required. The kneecap obviously fully underwater constitutes a Base Mark.
 - The vertical leg can be a maximum of 30 degrees off the vertical line.
 - The horizontal leg can't come off the surface more than 30 degrees.





- e) If declaring Rapid Knight (F1b), you may declare consecutively, however the vertical leg must come out of the Vertical Position Cone.
- f) In regard to Rapid Knight Position (F1b) or Rapid Split (F1a) from any position, the action from the starting position to the Knight or Split must be rapid.
- g) The declaration examples regarding F1a and F1b:
 - o F1a (Rapid Split) followed by RCB or RCI is allowed.
 - o F1a (Rapid Split) followed by F2a (Walkout front), F2b (Walkout Back) or F3b (Ariana) is allowed.
 - o A F1a (Rapid Split) can be declared before a F3a to get into the first starting split position before declaring a F3a (the transition of changing legs twice). F1a is one movement, then F3a must be two additional splits.
 - o For F1a (Rapid Split) followed by F2c (Split variants at the surface- demonstration of at least 2 different splits) – F1a is one movement, then F2c must be two additional splits.
 - o F1b (Rapid Knight) followed by F4e, F4f, F5a, F5c, F6b, F6c or F8a is allowed.
 - o F1b (Rapid Knight) followed by F3c (Combo of R-L Knight) F1b is one movement, then F3c must be two additional Knights.
 - o F1a (Rapid Split) followed by F6d (Flat split/Split variants sustained at the surface 3 seconds or more) – if athletes reach the Split position with a rapid movement, then clearly hold for an additional 3 seconds this is allowed.
 - o F6d followed by RCB/RO1 – split hold followed by a close (RCB/RO1) declaration is acceptable.
 - o ROB/RO1 followed by F1a as per general Requirement d) – can't be a simultaneous declaration.
- h) Knight join 180°/360° () to Vertical Position (F6c or F8a): the rotation must be gradual and not reach Vertical Position (where feet/ankles must be touching) until 135°/270° – meaning if join finishes at ¾ point and then a ¼ turn in Vertical Position is executed this is acceptable, however if less than 135°/270° is accomplished – the rotation would be subjected to Base Mark.
- i) For Bent Knee Surface Arch Position to Vertical Position rotating 180° or 360° (F6a or F8b°): the rotation must be gradual and not reach Vertical Position until 135°/270° – meaning if join finishes at ¾ point and then a ¼ turn in Vertical Position is executed this is acceptable, however if less than 135°/270° is accomplished – the rotation would be subjected to Base Mark.
- j) For movement from Surface Arch to Vertical Position (F7, F9 and F10), there may be variations in leg movements as long as the integrity of the surface arch and lift action is maintained. For example:
 - o A Surface Arch position must be visible at the surface of the water (not airborne).
 - o Legs may be slightly apart (not more than 30 degrees). Legs that are obviously wider than 30 degrees will be subject to a Base Mark.
 - o Legs may be crossed or one slightly bent and one straight.
 - o Both legs may not be bent intentionally – slight bending (soft knees) due to bad execution should not be Base Marked.
 - o For F9 and F10: the rotation must be gradual and not reach Vertical Position until 135°/270° – meaning if lift finishes at ¾ point and then ¼ turn in Vertical Position is executed this is acceptable. However if less than 135°/270° is accomplished, the rotation would be subject to Base Mark.
- k) Flat Split (F6d) as per Height Chart 8.5 level:

8.5	170° - 180°			Legs dry
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Level	Code	Description	Degree of Difficulty Value
B	FB	Back Layout to Surface Arch or Bent Knee Surface Arch	0.05
1	F1a	Rapid Split from any position	0.10
	F1b	Rapid Knight Position from any position	
	F1c	Bent Knee Surface Arch to Knight (extending the Bent Knee up to Knight)	
2	F2a	Walkout Front (to breath)	0.20
	F2b	Split to Front Pike (180° arc with a straight leg)	
	F2c	Split variants at the surface (demonstration of at least 2 different Splits)	
3	F3a	Split to Split through Vertical Position (changing legs) This means from a Right/Left Split to a Left/Right Split passing through Vertical Position and then back again through Vertical Position to the initial starting Right/Left Split position. A F1a (Rapid Split) can be declared before a F3a to get into the first starting split position before declaring a F3a (the transition of changing legs as per above).	0.30
	F3b	Ariana Rotation	
	F3c	Combination of a Right and Left Leg Knight Position	
4	F4a	Bent Knee Front Layout to Bent Knee Arch Position OR Front Layout to Split with a straight leg	0.40
	F4b	From Surface Arch Position to Knight or Split with a straight leg through the vertical arc/axis.	
	F4c	Bent Knee Surface Arch to Bent Knee Vertical Position	
	F4d	Bent Knee Surface Arch to Knight (lifting the extended leg to Vertical Position and extending the bent leg horizontally on the surface)	
	F4e	Fishtail to Knight (horizontal plane, along the surface)	
	F4f	Fishtail to Knight (through Vertical Position)	
5	F5a	Knight to Vertical Position OR Knight to Fishtail through Vertical Position	0.50
	F5b	Bent Knee Surface Arch to Vertical Position	
	F5c	Knight rotating 180° (twisting in the Knight position)	
6	F6a	Cyclone 180° (Bent Knee Surface Arch Twirl 180° to a Vertical Position)	0.65
	F6b	Knight rotating 360° (twisting in the Knight position)	
	F6c	Knight Join to Vertical Position while rotating 180°	
	F6d	Flat Split or Split variants sustained at the surface 3 seconds or more (split variants may not bend knees more than 90° or lift the thigh past 45° while transitioning from one split to another)	
7	F7	Surface Arch to Vertical Position	0.75
8	F8a	Knight Join to Vertical Position while rotating 360°	0.90
	F8b	Bent Knee Surface Arch Position to Vertical Position rotating 360° (Nova rotating 360°)	
9	F9	Surface Arch Position to Vertical Position rotating 180°	1.00
10	F10	Surface Arch Position to Vertical Position rotating 360°	1.30



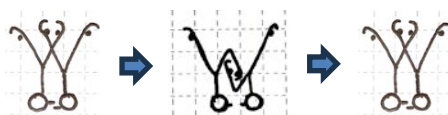
Connections (C)

This family includes movements when Athletes join or link together with their legs creating a connected action.

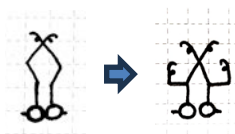
- a) The Athletes must be touching with 1-2 legs in the manner detailed in the table. An exception will be wrapping a leg around the body (CB and C1 levels).

Connected Actions in Teams (Connections of 4-10 Athletes):

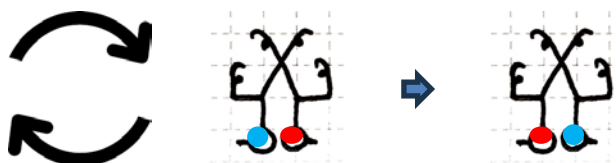
- b) This means groupings of 4-10 Athletes are connected - for example 2 lines of 4-5 Athletes, 1 line of 8-10 Athletes, a circle of 8-10 Athletes or circles of 4-5 Athletes
 - o For these Connected Actions of 4-10 Athletes 0.10 will be added to the declared connection.
 - o Connected Actions for groupings of 4-10 Athletes will have a plus symbol (+) added to the codes.
 - o Connections with or without the plus symbol (+) are considered the same technique. For example, C4 and C4+ are considered the same technique and therefore combined (C4 and C4+) can only be declared a maximum of 3 times per Hybrid - for example: C4 + C4 + C4 C3 C3 would be a maximum declaration for one hybrid.
- c) When two of the SAME Connections are performed consecutively (one after the other), then they must be separated by a disconnection OR the connected legs coming out of the Vertical Position "cone" area.
 - o For example, if declaring C2a C2a, then the Athletes must connect, disconnect/or come out of Vertical Position "cone", then connect again:



- d) When two DIFFERENT Connections are performed consecutively (one after the other) then they may be performed one after the other without a disconnection or coming out of the Vertical Position "cone" area.
 - o For example, if declaring C4 C3, then the Athletes may demonstrate a C4 Connection, immediately followed by a C3 Connection:

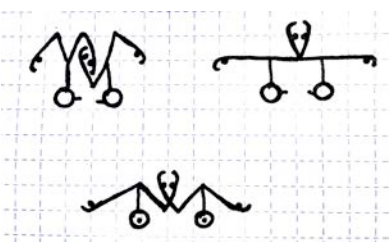
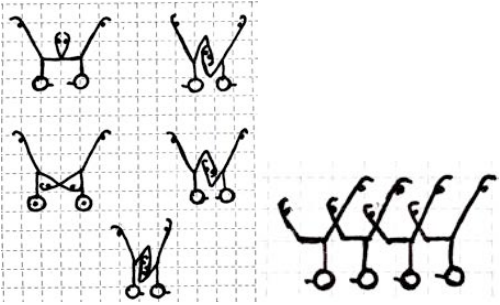
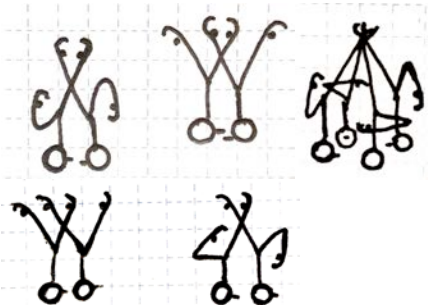


- e) For Connections with a rotation of at least 180° or 360° at sustained height:
 - o Rotations in the Connections family must have the Athletes rotate around (change of position), be a "rotation of the construction" and NOT just a pivot of the hips (like a RD1).

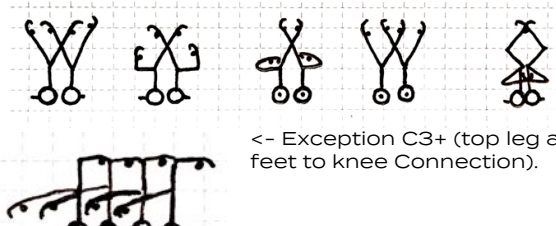
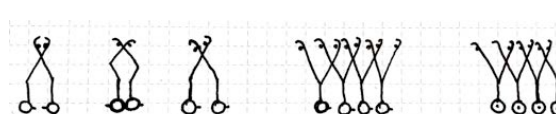


- o Connected rotations must be completed at a sustained height - the rotation may not begin while ascending or end while descending. A drop of two height levels during the rotation would be subject to Base Mark.
- o For example, a duet may rise Connected in a two leg connection and claim an A3b, THEN once the ascent is complete, they can then turn 180° for the C6a.
- f) An ascent (A3b or A3a) can't be declared simultaneously with a Connection. The lift or ascent must be completed first (rise above the knee) and then the Connection must occur as a separate movement.

Please see the following table for example images of descriptions of Connections:

Level	Description	Code	Degree of Difficulty Value
B	Piked body position at the surface of the water or any position out of Vertical Position "cone" area (facing any direction). Connections are on the surface of the water without lifting the feet from the water OR any position out of Vertical Position "cone" area (facing any direction) OR wrapping a leg around the body (pelvis). 	CB 2-3 Connected	0.10
		CB+ 4-5, 8-10 Connected	0.20
1	C1a: Connection in any one leg Vertical Position (in "cone" area) with the "bottom" leg (non-Vertical Position leg) connected. Can be facing any direction. C1b: Connecting a bottom leg (non Vertical Position leg) with the Vertical leg of the athlete in front of them (Athletes facing same direction) OR wrapping a leg around the body (pelvis) – can be facing any direction. 	C1a C1b 2-3 Connected	0.20
		C1a+ C1b+ 4-5, 8-10 Connected	0.30
2	C2a: One leg (in Vertical Position "cone" area) face-to-face Connection. C2b: One leg back (in Vertical Position "cone") one leg forward (in Vertical Position "cone") Connection. In C2a or C2b Athletes connect in any one or two leg Vertical Position and make a clear Connection with one vertical ("top") leg. C2c: C1 Connections with a rotation of at least 180° at sustained height. 	C2a C2b C2c 2-3 Connected	0.30
		C2a+ C2b+ C2c+ 4-5, 8-10 Connected	0.40
3	One leg (in Vertical Position "cone" area) <u>back</u> or <u>side</u> Connection. Athletes are Connected in any one or two leg Vertical Position with one leg back or to the side of each other and make a clear connection with one vertical ("top") leg.	C3 2-3 Connected	0.40
		C3+	0.50



Level	Description	Code	Degree of Difficulty Value
	 <- Exception C3+ (top leg at 90 degrees feet to knee Connection).	4-5, 8-10 Connected	
4	Two-leg Connection (both legs must be in Vertical Position "cone" area). May be facing any direction. Athletes are Connected with two legs facing ANY direction in any two-leg Vertical Position (variants of 2 legs close to vertical – legs can be up to 45° off from vertical). 	C4 2-3 Connected	0.50
		C4+ 4-5, 8-10 Connected	0.60
5	Rotation vertical Connection with one leg in Vertical Position "cone" area (Rotation of 180°+ at maximum height). May be facing any direction. When Athletes are Connected with ONE LEG, which could be executed in a one or two leg vertical position. Facing any direction, Athletes make a clear Connection with one vertical (top) leg while performing a rotation of at least 180° at sustained height.	C5 2-3 Connected	1.00
		C5+ 4-5, 8-10 Connected	1.10
6	C6a: Rotation vertical connection with two legs in Vertical Position "cone" area (rotation of 180°+ at maximum height). May be facing any direction. When Athletes are Connected with TWO LEGS facing ANY direction in any two-leg Vertical Position (variants of 2 legs close to vertical – legs can be up to 45° off from vertical), while performing a rotation of at least 180° at sustained height. C6b: Rotation vertical Connection with one leg (rotation of 360°+ at maximum height. May be facing any direction. C5 definition with rotation of 360° or more at sustained height.	C6a C6b 2-3 Connected	1.25
		C6a+ C6b+ 4-5, 8-10 Connected	1.35
7	360° Rotation vertical Connection with two legs in Vertical Position "cone" area (rotation of 360°+ at maximum height). May be facing any direction. C6a definition with rotation of 360° or more at sustained height.	C7 2-3 connected	1.50
		C7+ 4-5, 8-10 connected	1.60



Team connection examples:

Team of 8	Team of 7	Team of 6	Team of 5	Team of 4
2 groups of 4 athletes facing forwards (sideways)	1x4 and 1x3 athletes facing forwards (sideways)	2 groups of 3 athletes facing forwards (sideways)	1x3 and 1x2 athletes facing forwards (sideways)	2 groups of 2 athletes facing forwards (sideways)
C4+ or C3+	C4+*0.5 C3*0.3	C3	C3	C3
4 groups of 2 athletes (one leg forward/one leg back)	3 groups of 2-3 athletes (one leg forward/one leg back)	3 groups of 2 athletes (one leg forward/one leg back)	2 groups of 2-3 athletes (one leg forward/one leg back)	4 groups of 2 athletes (one leg forward/one leg back)
C2b	C2b	C2b	C2b	C2b
4 groups of 2 athletes facing forwards (sideways)	3 groups of 2-3 athletes facing forwards (sideways)	3 groups of 2 athletes facing forwards (sideways)	1x3 and 1x2 athletes facing forwards (sideways)	2 groups of 2 athletes facing forwards (sideways)
C3	C3	C3	C3	C3
4 groups of 2 athletes with 2-leg connection	3 groups of 2-3 athletes with 2-leg connection	3 groups of 2 athletes with 2-leg connection	1x3 and 1x2 athletes with 2-leg connection	2 groups of 2 athletes with 2-leg connection
C4	C4	C4	C4	C4
2 groups C2b, 2 groups C3	1 group of 4 + group of 3	1 group of 4 + group of 2	3 doing C2b, 2 doing C3	1 pair doing C4, 1 pair doing C3
C2b*0.5 C3*0.5	C1b*0.5 C1b*0.3 or C1b	C4+*0.5 C2b*0.3	C2b*0.5 C3*0.3	C4*0.5 C3*0.5

Team of 8	Team of 7	Team of 6	Team of 5	Team of 4
All 8 athletes facing forwards (one behind the other)	All 7 athletes facing forwards (one behind the other)	All 6 athletes facing forwards (one behind the other)	All 5 athletes facing forwards (one behind the other)	All 4 athletes facing forwards (one behind the other)
C4+ or C2b+	C4+ or C2b+	C4+ or C2b+	C4+ or C2b+	C4+ or C2b+
All 8 athletes facing forwards (sideways)	All 7 athletes facing forwards (sideways)	All 6 athletes facing forwards (sideways)	All 5 athletes facing forwards (sideways)	All 4 athletes facing forwards (sideways)
C4+ or C3+	C4+ or C3+	C4+ or C3+	C4+ or C3+	C4+ or C3+
All 8 athletes facing forwards connecting bottom leg with a thigh of VP leg	All 7 athletes facing forwards connecting bottom leg with a thigh of VP leg	All 6 athletes facing forwards connecting bottom leg with a thigh of VP leg	All 5 athletes facing forwards connecting bottom leg with a thigh of VP leg	All 4 athletes facing forwards connecting bottom leg with a thigh of VP leg
C1b+	C1b+	C1b+	C1b+	C1b+
2 groups of 4 athletes facing forwards (one behind the other)	1x4 and 1x3 athletes facing forwards (one behind the other)	2 groups of 3 athletes facing forwards (one behind the other)	1x3 and 1x2 athletes facing forwards (one behind the other)	2 groups of 2 athletes facing forwards (one behind the other)
C4+ or C2b+	C4+*0.5 C2b*0.3	C2b	C2b	C2b



14. Bonuses

Pattern Changes (PC)

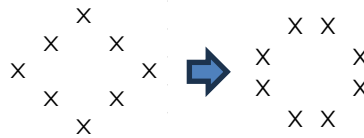
- o This bonus is applied for Teams only for changes of formations made by the spatial relationship between members of a team.
- o Open Team Technical, Open Team Free and Open Free Combination routines will include a bonus for each Pattern Change executed valued at 0.20 each, up to a MAXIMUM of 6 Pattern Changes declared per Hybrid. If more pattern changes are executed, they can't be declared nor will receive any additional credit.
- o Each pattern change in a Hybrid is counted. For example, if a hybrid has 3 pattern changes the code would be 3PC in the bonus section of the Coach Card.

Important Notes regarding Technical Controller verification of pattern changes:

- Traveling of all Athletes in the same direction while maintaining the pattern is not a pattern change.
- When pattern changes are 'transitional' – passing through from one to another – the pattern change must pause and *clearly demonstrate the new pattern* before continuing.
- If a team declares a pattern change, the Difficulty Technical Controllers do need to see that the change was clearly attempted. They do not judge execution of the pattern change or new pattern, but they do need to clearly see that that a new pattern was created.
- If there is a lack of clarity in the pattern changes declared, meaning change to a new pattern is *not recognisable*, this will result in a Base Mark.

Further notes:

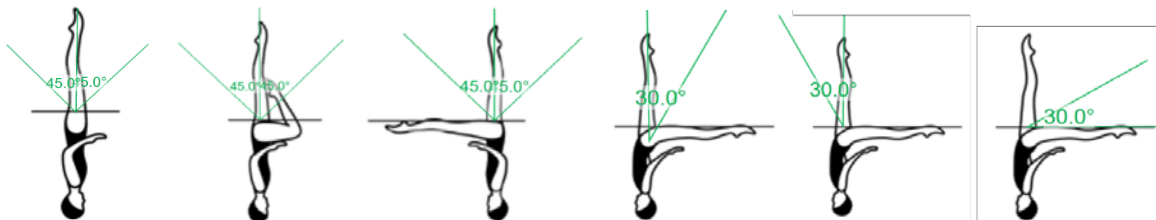
- If from the Rhombus/Diamond ♦ a change to a circle ○ is executed – this is acceptable – the Difficulty Technical Controllers should not see the points for the Rhombus/Diamond.



- If a rotation on themselves in Rhombus/Diamond ♦ (remaining in a Rhombus/Diamond) then it is not a pattern change.

15. General Requirements

- When Vertical Position is indicated it includes variants of 2 legs at or close to vertical (legs can be up to 45° off from vertical). One leg Vertical Positions such as Bent Knee, Crane, or Fishtail can also be up to 45° off vertical line. Knight position is as per Flexibility family (max 30° off top or bottom leg).



- Each Free Routine (Senior, Junior, Youth, 12U) MUST include a skill from every family (except for **Connections** in Solo). All routine members must perform that skill in the same declaration on the Coach Card (not factored). The only exception shall be in Open Free Combination (Youth and 12U) where one declaration from each family in the routine may be counted across solo, duet and team DD hybrids.
 - o Example: The skill is a Thrust Level 3a (Thrust and vertical descent). A T3a is declared on the Coach Card. It could be done all 8 together (fully synchronised), or as a cadence action; for example, 4 and then 4, or 3/3/2 or 2/2/2/2, or one at a time.



- c) There is a maximum of 5 declarations per family per Hybrid, with a limit of 3x per technique. For example, you may do 5x "R" family declarations but a maximum of 3 specific techniques (i.e., 2R1 x 3 and RO1 x 2).

For Duet and Mixed Duet only – for the Connections family – there is a maximum of 5 declarations per Hybrid, with a limit of 2x per technique.

- d) When two movements from different families in the difficulty table *occur simultaneously* then you may only declare one. Examples:
- o If a Vertical Position open to Split 360° (RO1) is being executed, then you may not also declare F1a (Rapid Split from any position).
 - o If a SB (Spin 180°) is declared performed as a spin ascending, then an A3b (vertical ascent) can't be declared simultaneously
 - o If a RU5 (Unbalanced Twist 180°) is declared and it takes 3 seconds or more then an A8 can't be declared simultaneously.
- e) In teams or duet: when a Code (technique) is not performed by all team or duet members its value will be factored by *0.5 (half of Athletes included), or by *0.3 (fewer than half of Athletes included). This requirement also applies in duet actions where just one Athlete is performing a Hybrid Movement while the other performs surface accompaniment (whether connected or not).

When a code (for example when 3x maximum per technique is being used) has a factor applied of 0.5 (half Athletes) or 0.3 (fewer than half of Athletes) a coach may declare that movement a maximum of 6x in one hybrid when factored.

Factoring *does not apply* to the pattern change bonus.

Factoring can only be used when different codes/techniques are being executed by the Athletes. If all Athletes are doing the same choreography (same Code/technique) factoring can't be used.

With regards to factoring and the Open Free Combination routine (Youth/12U):

- According to Appendix 5, Required Element #1 must include at least two parts with fewer than 3 competitors and at least two parts featuring all competitors. To clarify, this does not mean that Team Hybrids must consist of all competitors; it can also apply to transitions or acrobatic sections in which all athletes participate at least twice.
 - Regarding team Hybrids: since an Open Free Combination has 4 to 10 athletes, the minimum required for a team Hybrid is 4 athletes (as stated in Appendix 3).
 - For Team Hybrids in Open Free Combinations, the minimum requirement is 4 Athletes. However, if a team performs a Hybrid with fewer Athletes than the total number in the Open Free Combination routine, the appropriate factors from the Hybrid Difficulty Catalogue must be applied.
 - The following are examples of team Hybrids in Free Combination comprised of 6 athletes in total:
 - o Example 1: The team performs a Hybrid with only 4 athletes. Whatever is declared for that Hybrid will be multiplied by a factor of ***0.5**
 - o Example 2: The team performs the Hybrid with all 6 Athletes and therefore no factoring is applied because the entire team participates.
 - o Example 3: The team starts the Hybrid with all 6 Athletes, but 2 Athletes end the Hybrid with rotation level 3 (R3). That R3 would be factored by *0.3 (R3*0.3).
- f) When a Cadence is performed you just declare the full code once on the Coach Card. Difficulty Guide General Requirement e) does not apply (factoring). Meaning – when the whole team does the same "Cadence" movement sequentially/consecutively (one after the other – 1 at a time, 2 at time, 4/4/2, 4/4, etc.), you just put the difficulty Code once.
- o For example, if all 8 Athletes on a team do a S1 (spin descending/ascending 360°) one at a time – just declare S1 once on the Coach Card.

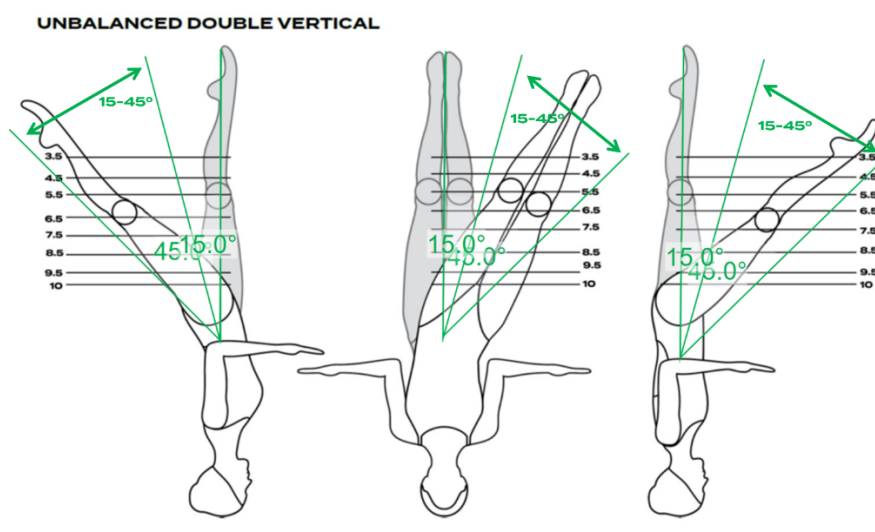


- g) When Unbalanced is stated it means both legs from thighs to feet, in the same direction: forwards, backwards, or sideways (Body position Arched, Piked, or Tilted) clearly OFF the vertical line, and clearly ABOVE (off) the surface of the water.

If one leg bends while the other leg is unbalanced and the Athlete's centre of gravity out of the vertical line is compensated by the knee bending that keeps the athlete in a stable position – this does not qualify as unbalanced.

If technology is available at a competition where Athletes can be measured for compliance 15-45 degrees off Vertical Position is the required angle to be achieved 0-15 degrees is *too straight* and therefore not unbalanced, and *lower than 45 degrees* is out of the Vertical Position definition.

For Difficulty Technical Controllers without technology – if an Athlete is completely straight during a declared unbalanced action that is subject to a Base Mark. If an Athlete is clearly lower than 45 degrees and near the surface of the water that is subject to a Base Mark.





17. Important notes regarding Declared Difficulty Movements / Coach Card

It is very important that Athletes perform skills (codes/techniques) as declared on the Coach Card AND in the order in which they are declared – otherwise a deduction will occur. We strongly advise “Do what you declare!”

If the Coach has declared a movement on the Coach Card and an Athlete does not perform it at all (it is omitted), or does not perform it in conformance to what is declared on the Coach Card (Code/technique is different or in wrong order than declared) then the following will occur:

For a Free Hybrid:

- Only the Base Mark (value of 0.5) will be applied
 - For example, a routine hybrid is declared to have:
 - Thrust Level 3 (T3a), Airborne Weight Level 3 (A3b), and a Spin Level 4 (S4).
 - However, an Athlete does not perform their Spin Level 4 (for example a spin descending 1440°) and instead does a S3 (spin descending 1080°).
 - The routine will have this hybrid put to Base Mark (value of 0.5).
- Please note in duet or team if ONE Athlete does not perform movement as declared the deduction will apply.
- The hybrid declaration must be in the exact order that it appears in the hybrid chronologically – as above – First a T3, then A3, then S4 occurs. IF this is incorrectly ordered on Coach Card vs what is done in the water, the deduction will apply.

For a Technical Required Element:

- In technical routines, a Technical Required Element (TRE) will be declared as TRE1a or TRE1b, TRE2a or TRE2b, TRE3a or TRE3b, TRE4a or TRE4b, and TRE5a or TRE5b (note: in disciplines where there is only one option for an element no letter is included when declared on the Coach Card – for example “TRE3”).
- Required Elements can be performed in any order; however, Athletes must perform the Technical Required Elements in the order as declared on the Coach Card or a penalty (a zero) will be applied in accordance with Article 6 of this Part Seven.
- Please also note that additional movements can be added immediately before and after (breath to breath) a Technical Required Element. Those movements will not add any extra difficulty nor will be considered as additional hybrids and therefore are not to be added to the Coach Card.

For an Acrobatic movement (Teams and Duets):

- Acrobatic codes should be added to the Coach Card as per the Acrobatic Catalogues.
- A Base Mark will be applied to acrobatics not performed in conformance to what is declared on the Coach Card.
- Please refer to the Acrobatic Catalogue for Acrobatic Base Marks.


18. Coach Card Legend
Acrobatics Base Mark:

Group A	ACRO-A	For Acrobatics, please enter the acrobatic code in the "declared difficulty" column as per the Acrobatics Catalogue. <i>**Please refer to the Acrobatics Catalogue for Acrobatic codes and Acro Base Marks.</i>
Group B	ACRO-B	
Group C	ACRO-C	
Group P	ACRO-P	
Pair Acro	Acro-Pair	

Hybrid Base Mark:

Hybrid Base Mark is fixed at 0.5 and is added to the value of the hybrid Degree of Difficulty, and it is the value (0.5) the hybrid will go to if not successful in achieving the declared difficulty.

Hybrid Families and Bonuses:

Families (groups)/Bonuses:		Family and Level Codes:
Thrusts	T	TB, T1-T9
Spins:		
Spins – ascending/descending	S	SB, S1-S10
Spins – combined	SC	SCB, SC1-SC6
Spins – combined two-direction	SCD	SCDB, SCD1-SCD6
Twists (Incl. Twirls and Swirls)		RB, R1-R9
Swirl	R	RB, R1-R4
One leg Twists	1R	1RB, 1R1-1R6
Two leg Twists	2R	2RB, 2R1-2R10
Two-direction Twist	RD	RD1-RD6
Unbalanced Twist	RU	RU1-RU10
Vertical Position to Split	RO	ROB, RO1
Split to Vertical Position	RC	RCB, RC1
Flexibility	F	FB, F1-F10
Airborne Weight	A	AB, A1-A8
Connections		
Connections (2-3 athletes)	C	CB, C1-C7
Connections (4-5, 8-10 athletes)	C+	CB+, C1+-C7+
Pattern Changes	PC	1PC, 2PC, etc . . .

In Thrusts, Airborne Weight, Flexibility and Connections where are few skills are grouped together in one level, each technique has been labelled as a, b, c, d, e or f to ensure clarity of what is being declared.

Technical Required Elements:

Note: in disciplines where there is only one option for an element, no letter is included – for example "TRE3".

Element 1	Element 2	Element 3	Element 4	Element 5
TRE1a	TRE2a	TRE3a	TRE4a	TRE5a
TRE1b	TRE2b	TRE3b	TRE4b	TRE5b


19. Hybrid Difficulty Table - important notes:

- a) All hybrids will start with a base value or "Base Mark" of 0.50 and then start adding difficulty from that base value.
- b) Each Free Routine (Senior, Junior, Youth, 12U) must include a skill from every family (except for Connections in Solo). All routine members must perform that skill in the same declaration on the Coach Card (not factored). The only exception will be in Free Combination (Youth and 12U) where one declaration from each family in the routine may be counted across solo, duet and team DD Hybrids.
 - o Example: The skill is a Thrust Level 3a (Thrust and vertical descent). A T3a is declared on the coach card. It could be done all 8 together (fully synchronised), or as a Cadence action; for example, 4 and then 4, or 3/3/2 or 2/2/2/2, or one at a time.
- c) There is a maximum of 5 declarations per family per Hybrid, with a limit of 3x per technique.

 For the connections family only, duets and mixed duets are limited to a maximum of five declarations per hybrid, with each technique allowed no more than twice.
- d) In Spins (S) or Twists (R), you may do 5x "S" family and 5 x "R" family declarations per Hybrid but a maximum of 3 specific techniques. Each Spin (S) or Twist (R) code on the table represents a specific technique.
 - o For example, for Twists you could declare: 2R1 x 3 and R01 x 2.
- e) In other families (thrusts, airborne weight, flexibility and connections) where a few skills are grouped together in a level, each technique has now been labelled as a, b, c, d, e, or f to ensure clarity of what is being declared (for example in Flexibility Level 1 you will now see: F1a, F1b and F1c).
 - o For example, for Flexibility you could declare: 1 x F7, 3 x F5a, and 1 x F1a.
- f) Thrust family: Whenever "Thrust" is stated it means two legs, otherwise one leg is stated.
- g) Spin family:
 - o Spins for ascending and descending are not differentiated, for example an S1 (spin 360 with one or two legs) may be ascending or descending.
 - o When "Combined" is stated, it means a Combined (descending then ascending) or Reverse Combined (ascending then descending) Spin.
- h) Open Team Technical, Open Team Free and Open Free Combination routines will include a bonus for each Pattern Change executed valued at 0.20 each, up to a maximum of 6 pattern changes declared per hybrid. If more pattern changes are executed they can't be declared nor will receive any additional credit.



L	THRUSTS (T)	SPINS (S)	TWISTS incl. Twirls/Swirls (R)		AIRBORNE WEIGHT (A)	FLEXIBILITY (F)	CONNECTIONS (C)	
(B) A S I C	Thrust with one or two legs followed by crashing on the surface	SB = 0.15 SCB = 0.35 SCDB = 0.40	Spin 180° (one or two legs) Combined 180° (one or two legs) Two-direction Combined 180° (one or two legs)	RB = 0.10 1RB = 0.15 2RB = 0.20 ROB = 0.25 RCB = 0.25	Lift to any single leg position from Inverted Tuck, Table Top or a variant 1 leg Twist/Twirl 180° Twist/Twirl 180° (VP) VP open 180° to Split Split close 180° to VP	Back Layout to Surface Arch or Bent Knee Surface Arch	Piked body position at the surface of the water or any position out of VP "cone" area (facing any direction)	
	TB = 0.30				AB = 0.05	FB = 0.05	CB = 0.10 CB+ = 0.20	
	Thrust with one leg followed by vertical descent	S1 = 0.35 SC1 = 0.80 SCD1 = 0.85	Spin 360° (one or two legs) Combined 360° (one or two legs) Two-direction Combined 360° (one or two legs)	R1 = 0.20 1R1 = 0.35 2R1 = 0.45 RD1 = 0.50 RU1 = 0.55 RO1 = 0.55 RC1 = 0.55	a. Lift to any single leg position from Front Pike b. Single leg descent c. Lift to VP from Inverted Tuck, Table Top or a variant d. Join to VP from Fishtail, Bent Knee VP or Split	a. Rapid Split from any position b. Rapid Knight from any position c. BK Surface Arch to Knight (extending the BK up to Knight)	a. Connection in any one leg VP position (in "cone" area) with the "bottom" leg (non-VP leg) connected. Can be facing any direction. b. Connecting a bottom leg with a thigh of VP leg (athletes facing same direction) OR wrapping a leg around the body (pelvis) – can be facing any direction.	
	T1 = 0.45				A1 = 0.10	F1 = 0.10	C1 = 0.20 C1+ = 0.30	
2	a. Thrust with one leg followed by Spin 180° b. Thrust with one leg followed by Twirl 180° and a crash	S2 = 0.75 SC2 = 1.60 SCD2 = 1.65	Spin 720° (one or two legs) Combined 720° (one or two legs) Two-direction Combined 720° (one or two legs)	R2 = 0.40 1R2 = 0.75 2R2 = 0.95 RD2 = 1.05 RU2 = 1.15	a. Vertical descent in VP (with or without isolated movements) b. From Front Pike to a single leg position (Bent Knee VP, Fishtail, etc.) while rotating 180° Two-direction 720° (VP) Unbalanced Twist 720° (VP)	a. Walkout Front (to breath) b. Split to Front Pike (180° arc with straight leg) c. Split variants at the surface (demonstration of at least 2 different Splits)	a. One leg (in VP "cone" area) face-to-face connection b. One leg back (in VP "cone"), one leg forward (in VP cone) connection c. C1 connections with a rotation of at least 180° at maximum height	
	T2 = 0.50				A2 = 0.15	F2 = 0.20	C2 = 0.30 C2+ = 0.40	



L	THRUSTS (T)	SPINS (S)	TWISTS incl. Twirls/Swirls (R)	AIRBORNE WEIGHT (A)	FLEXIBILITY (F)	CONNECTIONS (C)
3	a. Thrust and vertical descent	S3 = 1.15	Spin 1080° (two legs)	a. Front Pike to VP (Porpoise lift)	a. Split to Split through VP (changing legs)	One leg (in VP "cone" area) back or side connection
	b. Thrust with one leg followed by Spin 360°	SC3 = 2.40	Combined 1080° (two legs)	b. Vertical ascent with 1 or 2 legs (with or without isolated movements)	b. Ariana Rotation	
	c. Thrust with one leg followed by Twirl 180° and descent	SCD3 = 2.45	Two-direction Combined 1080° (two legs)		c. Combination of a Right and Left Leg Knight Position	
	d. Thrust with flexibility followed by crashing					
	T3 = 0.65			A3 = 0.20	F3 = 0.30	C3 = 0.40 C3+ = 0.50
4	a. Thrust with one leg followed by Spin 720°	S4 = 1.55	Spin 1440° (two legs)	a. From Front Pike to a single leg position (Bent knee VP, Fishtail, etc.) while rotating 360°	a. Bent Knee Front Layout to Bent Knee Arch Position OR Front Layout to Split with a straight leg	Two-leg connection (both legs must be in VP "cone" area). May be facing any direction.
	b. Thrust with flexibility and descent	SC4 = 3.20	Combined 1440° (two legs)	b. Front Pike to VP while rotating 180°	b. From Surface Arch Position to Knight or Split with a straight leg through the vertical arc/axis	
	c. Thrust followed by Spin 180°	SCD4 = 3.25	Two-direction Combined 1440° (two legs)		c. Bent Knee Surface Arch to Bent Knee VP	
	d. Flying Fish (with descent)				d. BK Surface Arch to Knight (lifting the extended leg and extending on the surface the bent leg)	
	e. Thrust followed by Twirl 180° (in VP) and a crash				e. Fishtail to Knight (horizontal plane, along the surface)	
					f. Fishtail to Knight (through VP)	
	T4 = 0.80			A4 = 0.45	F4 = 0.40	C4 = 0.50 C4+ = 0.60



L	THRUSTS (T)	SPINS (S)	TWISTS incl. Twirls/Swirls (R)	AIRBORNE WEIGHT (A)	FLEXIBILITY (F)	CONNECTIONS (C)
5	a. Thrust followed by Spin 360°	S5 = 1.95	Spin 1800° (two legs)	Front Pike to VP while rotating 360°	a. Knight to VP OR Knight to Fishtail through VP b. Bent Knee Surface Arch to VP c. Knight rotating 180° (twisting in the Knight position)	Rotation vertical connection with one leg in VP "cone" area (rotation of 180°+ at maximum height). May be facing any direction.
	b. Thrust followed by Twirl 180° (in VP) and descent	SC5 = 4.00	Combined 1800° (two legs)			
	c. Thrust with flexibility followed by Spin 180°	SCD5 = 4.05	Two-direction Combined 1800° (two legs)			
6	d. Flying Fish Spin 180° or Thrust Fishtail Helicopter Spinning 180°			A5 = 0.65	F5 = 0.50	C5 = 1.00 C5+ = 1.10
	e. One leg Thrust with Twirl 180° followed by Spin 360°					
	T5 = 0.90					
6	a. Thrust with flexibility followed by Spin 360°	S6 = 2.35	Spin 2160° (two legs)	Sustained height with one leg or a combination of one or two legs lasting equal or more than 3 seconds Or Isolated movements performed in a stable and fixed single leg position (within VP definition of 0-45 degrees) – isolated movements performed with other (non-fixed) leg lasting 3 seconds or more Or A combination of the two techniques	a. Cyclone 180° (BK Surface Arch Twirl 180° to a VP) b. Knight rotating 360° (twisting in the Knight position) c. Knight Join to VP while rotating 180° d. Flat Split/Split variants sustained at the surface 3 seconds or more	a. Rotation vertical connection with two legs in VP "cone" area (rotation of 180°+ at maximum height). May be facing any direction. b. Rotation vertical connection with one leg (rotation of 360°+ at maximum height). May be facing any direction.
	b. Thrust with Twirl 180° (in VP) followed by Spin 360°	SC6 = 4.80	Combined 2160° (two legs)			
	c. Flying Fish 360° or Thrust Fishtail Helicopter Spinning 360°	SCD6 = 4.85	Two-direction Combined 2160° (two legs)			
	T6 = 1.10			A6 = 1.15	F6 = 0.65	C6 = 1.25 C6+ = 1.35



L	THRUSTS (T)	SPINS (S)		TWISTS incl. Twirls/Swirls (R)		AIRBORNE WEIGHT (A)	FLEXIBILITY (F)	CONNECTIONS (C)	
7	Thrust followed by Spin 720°	S7 = 2.75	Spin 2520° (two legs)	2R7 = 3.45 RU7 = 4.15	Twist 2520° (VP) Unbalanced Twist 2520° (VP)	Sustained height in VP lasting equal or more than 3 seconds A7 = 1.45	Surface Arch to VP	Rotation vertical connection with two legs in VP 'cone' area (rotation of 360°+ at maximum height). May be facing any direction.	
	T7 = 1.50							C7 = 1.50	C7+ = 1.60
8	Thrust with flexibility followed by Spin 720°	S8 = 3.15	Spin 2880° (two legs)	2R8 = 3.95 RU8 = 4.75	Twist 2880° (VP) Unbalanced Twist 2880° (VP)	Sustained height shown at least 3 seconds or more in VP performed in an unbalanced position A8 = 1.65	a. Knight Join to VP while rotating 360° b. Bent Knee Surface Arch Position to VP rotating 360° (Nova rotating 360°)		
	T8 = 1.70							F7 = 0.75	F8 = 0.90
9	a. Thrust to height of 8.5 (waist) or higher followed by Spin 1080° or more b. Thrust to height of 8.5 (waist) or higher continued by catching (clearly stopping - stable height demonstrated for 1s or more) in a VP above the knees or higher	S9 = 3.55	Spin 3240° (two legs)	2R9 = 4.45 RU9 = 5.35	Twist 3240° (VP) Unbalanced Twist 3240° (VP)		Surface Arch Position to VP rotating 180°		
	T9 = 2.00							F9 = 1.00	
10		S10 = 3.95	Spin 3600° (two legs)	2R10 = 4.95 RU10 = 5.95	Twist 3600° (VP) Unbalanced Twist 3600° (VP)		Surface Arch Position to VP rotating 360°		
								F10 = 1.30	

14.7 APPENDIX 7 – ACROBATICS CATALOGUE

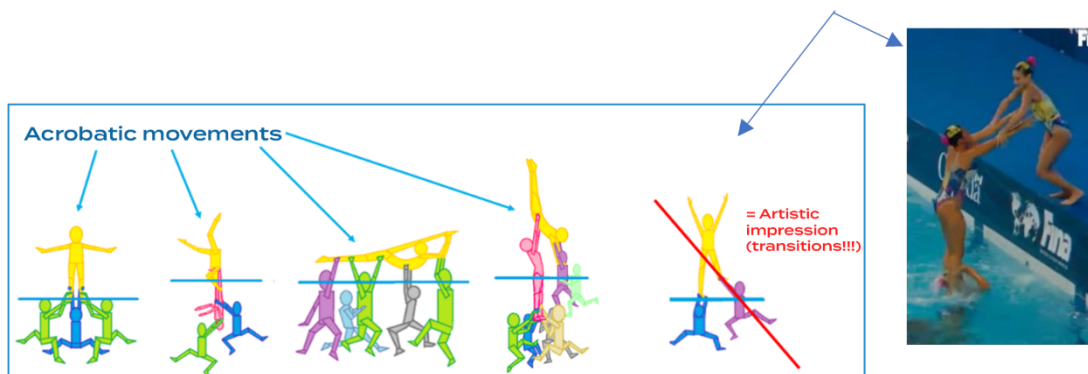
1. Team Acrobatics Catalogue

1.1 Important Terminology

- a) **Acrobatic movement:** General term for jumps, throws, lifts, stacks, platforms, etc., which is an integral part of artistic swimming routines that demonstrate spectacular gymnastic feats and/or risky actions in the air, on a balancing support, or in combination, and are achieved with the assistance of other Athletes.

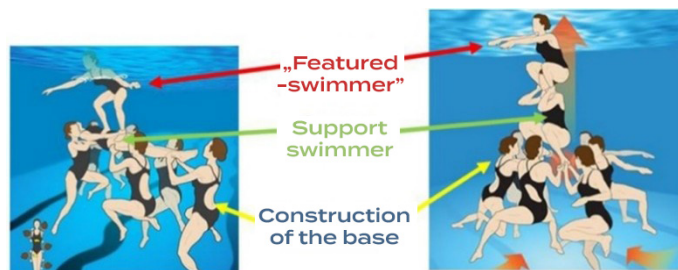
A team acrobatic movement is considered as an Element, starting from 4 Athletes and more (for example: 3 base-Athletes + 1 featured-Athlete; or 2 base-Athletes + 1 support-Athlete who pushes 1 featured-Athlete). They must start and finish in the water! Acrobatic actions involving 3 Athletes or less are considered as pair acrobatics or pair assisted actions.

- For example: the below would not be considered as acrobatic movement:



Note in team-routines we might see choreographic formations that consist of 3 athletes and more that can't be considered as "team acro" and look like pair-assist movements. The featured athlete is usually halfway in the water or on the surface and never gets in the air "completely" - this is OK and is a transition/artistic impression. If a team performs this kind of assisted choreographic movement that is not declared as a "team acrobatic" on the coach card, it should not be penalized as an extra element if the DTCs cannot find a match for it in the catalogue.

- b) **Base-Athlete:** role of base Athlete consists of pushing/lifting the featured-Athlete/s or the support-Athlete/s with the featured-Athlete on top.
- c) **Support-Athlete** (middle): Athlete working or maintaining position on top of the base-Athlete(s) in a "three tier/level" construction. Example: stack, standard platform, and "Sq" construction in group A.
- d) **Featured-Athlete** (flyer or featured performer): top Athlete who executes the acrobatic actions or movements on the support-Athlete/s or in the air.
- e) **Construction:** generalised name for collaborated work of all Athletes according to their assigned role in the acrobatic movement (base + support + featured-Athlete/s). The construction is the "idea", "skeleton", "architecture" of the acrobatic movement.
- f) **Construction of the base:** name of the coordinated actions of team members to form a support (under or at the water's surface) from which (or on which) one or more featured-Athlete/s execute acrobatic actions. It includes the base-Athletes, and sometimes spotter/s.





- g) **Spotter** ("helper"): one Athlete, with a role of additional support (lift or push) inside the construction. Usually placed close to the "main" construction. They are attached to the featured-Athlete,. It is possible to have few (1-4) separate spotters or "pair" of spotters (aka "pair-boost"). Their role is to provide additional support/assistance to the featured-Athlete/s.
- o For example: a featured-Athlete is lifted on a stack head-down in an owl position and one spotter is holding the back foot of the featured-Athlete.

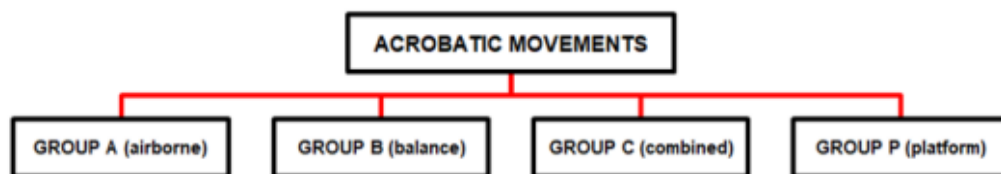


- h) **Formation**: two or more groups of Athletes (that are separated, there's a distance between both groups), from which construction is comprised. Well synchronised actions of this group guarantee the execution of acrobatic movements. Without proper work from one of the formations, usually a whole acrobatic movement will fail.
- i) **Jump**: when a featured-Athlete jumps from the construction using their legs to become airborne with a "repulsion phase".
- j) **Throw**: when a featured-Athlete is thrown in the air /disconnected from the support by the construction of the base or support-Athlete/s. There's no "repulsion phase" by the feet of the featured-Athlete.
- k) **Stack**: when a featured-Athlete sits, stands or lays on "support-Athlete/s" which is/are in a vertical body position (head-down or head-up).
- l) **Lift**: when a featured-Athlete sits, stands or lays on base-Athletes. The featured-Athlete must be lifted up (away) from water's surface (as high as possible) to be considered as a lift.
- m) **Platform** (Standard): coordinated actions of base-Athletes where they lift from underwater a support-Athlete in horizontal position; and the featured-Athlete stands, sits, or lays on the support-Athlete. Some platforms may be formed at the surface. A platform may finish with a jump/dismount of the featured athlete at the end of the acrobatic movement.
- n) **Floats**: coordinated actions of base-Athletes and/or support-Athletes that form a stable geometric figure (from legs, hands or both) at the surface on which a featured-Athlete executes movements. In some exceptions, floats can be lifted from underwater. A float may finish with a jump/dismount of the featured athlete at the end of the acrobatic movement.
- o) **Until the Submergence of the Featured athlete**: Defined as submergence underwater of the featured athlete's waist (if head-down), knees (if head-up), or full body (horizontal) in alignment with general principles g) Positions (vii).
- p) **Until the Submergence of the Support/Base Athlete(s)**: Defined as complete body submergence underwater of the support/base athlete(s).

1.2 Main Groups of Acrobatic movements

All the acrobatic movements are divided into 4 main groups:

- a) A - stands for "airborne":
 - o All elements in this group are performed by a featured-Athlete in the air.
- b) B - stands for "balance":
 - o Acrobatic movements in this group are performed on a support/base, with connection between support-Athlete/s or base-Athletes from beginning to end.
- c) P - stands for "platform":
 - o The coordinated effort of team members to form a stable support on which one or more Athletes is lifted to pose or perform actions. May have jump or "dismount" ending (water entrance).
- d) C - stands for "combined":
 - o Encompasses combination of the characteristics of all three groups above in the same acrobatic.



1.3 Algorithm for the Total Degree of Difficulty

The "basic" algorithm for calculating Degree of Difficulty of each acrobatic movement is:

- e) $BM + C + S + D + P + R + T + B = \text{Degree of Difficulty}$

Where the letters in that calculation have the following meanings:

- o BM - Base Mark of 0.5 points ("start or base value of every acrobatic")
- o C - construction
- o CS - area of support and type of connection
- o D - direction
- o P - position/s
- o R - rotation of construction
- o T - the plane and degree of rotation of the featured athlete in the air.
- o B - bonus/es
- o DD - Degree of Difficulty

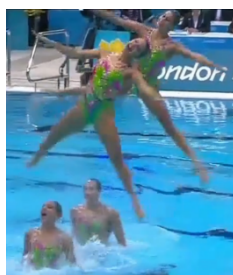
Note: not every acro needs to have all the components. Please refer to General Requirements n) Minimum Declaration Requirements for details.

- f) The **Base Mark** for all the Main Groups is the same and has a **value of 0.5**.
- g) The **Base Mark** is a starting point for the acrobatic code. It means that the Degree of Difficulty of each component will be added to the base mark value.


1.4
General Requirements and Rules

World Aquatics documents written word will prevail over any other documents or video examples (AQUA or otherwise)

- a) As stated in the AS Manual regarding judging hybrids, and in the hybrid catalogue, the same principle shall also apply for TCs for Acrobatics – TCs must focus on what they see at or over the water surface.
- b) In regard to any acrobatic movements/declarations where compliance to specific angles or height levels is required:
 - o If technology is available at a competition where athletes can be accurately measured via analysis software for compliance to stated angles or height levels, then clear non-compliance to a required angle or level would result in a Base Mark
 - o For Technical Controllers without technology – then non-compliance to a required angle or height level should be very obvious and clear in a video review (so far off the angle/height that there is no doubt). If too close to call and in doubt, then the ruling should go in favour of the athlete.
- c) If there is a discrepancy between the images and the written tables the "written description" always prevails. Images are there to show examples. Other variations might be possible as long as they respect the "written description".
- d) Two acrobatic movements
 - o If two equal/same acrobatic movements are performed at the same time It will be calculated as one acrobatic movement with a bonus for double acrobatic movements ("DbI").

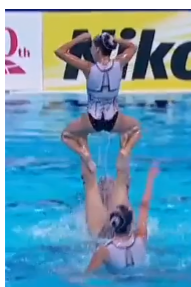


- e) Bonus for double acrobatic movements:
 - o Elements judges do not pay attention to the timing, but to the design of the positions.
 - o However, if it is declared in the Coach Card that two (2) acrobatic movements are supposed to be simultaneous (synchronised actions for double acrobatic movements bonus code "DbI" used), and they **are obviously performed one after the other** (huge difference in timing) - the bonus will be deemed not executed, and it would put the acrobatic movement to a Base Mark.
 - o It is not allowed to have 2 different acrobatic movements performed at the same time. If this occurs, it will result in a Base Mark for both acrobatic movements.

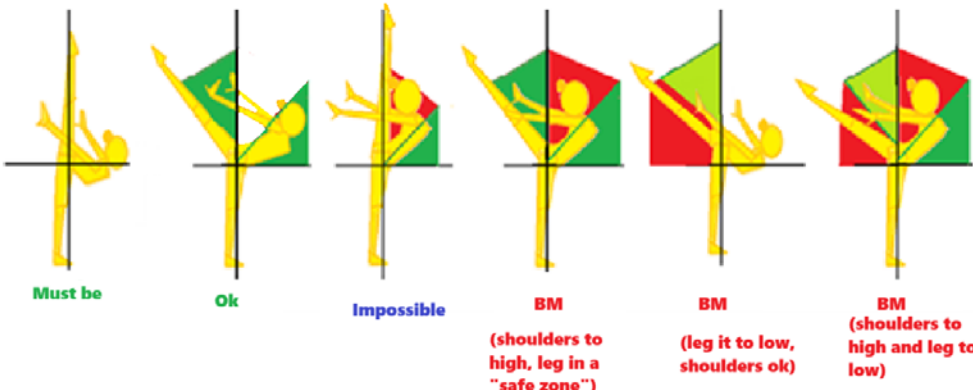




- Whether there is submersion or not it will be two separate acrobatic movements.



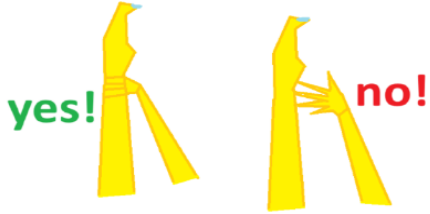

1.5
Positions (all Groups)

i.	Declared position(s) are the one(s) demonstrated by the featured athlete(s).
ii.	We do not consider "start positions" at the surface since they do not meet the minimal height requirement as per vii. As such, they can't be declared as position 1.
iii.	All declared positions have an allowance of 45 degrees from what is written in the tables. Note: if the position (Needle, Sail, Queen, Eye) also requires a deviation of the torso (not just degree of the leg) – 45 degrees allowance applies separately for torso and leg. For example in Needle Position: 
v.	Unless specified, arms & hands positions/captures are optional.
vi.	Positions must be clearly shown - We must see a small stop in positions fixed in the clearly defined shape within 45 degrees allowance. - Note: in Group A or C during multiple somersaulting some positions might look "passing". For TCs – please use slow motion to verify a clearly defined shape within 45 degrees – If you can recognize that the position was performed within 45 degrees then there is no BM.
vii.	All declared positions, in all Main Groups (1st Position, 2nd Position and the bonus for the 3rd position) must be clearly shown and higher than: Knees for head-up positions Waist for head-down positions Full body out of water for horizontal and "free" positions
viii.	Positions must be declared in order of performance . When a position is clearly shown and is above the height allowance as per vii, it must be declared and cannot be skipped. Any position held for 2 seconds or more without being declared is subject to a Base Mark, including between position 1 and 2. Transitioning from position 1 to position 2 must follow a direct pathway.
ix.	Position 2 must be a different declared position than position 1. This means that the same position code can't be declared consecutively, they must be different position codes from the table. This rule does not apply to the bonus for the third position. - Example 1: Group B: he/2he= not possible, but he/2gl = is OK - Example 2: Group A: kt/2kt = not possible, but kt/2tk = is OK - Example 3: Group P: bb/2ow + Pos3 bonus (switch legs and do another ow) = OK (DTC's need to see an obvious change in position from Position 2 to the Position 3 bonus)
x.	The 1st Position in Group A (also used in Group C) is defined as:



	- The first position clearly shown by the featured athlete in the air, following the take-off position. - Example 1: The featured athlete takes off the construction in a line and then immediately brings the legs to a pike position to perform one somersault. In that case, "pike" will be position 1. - Example 2: The featured athlete takes off the construction in a line and remains in that position to perform a full twist head-up. In that case, "line" will be position 1 as the line is shown during the main action of the acrobatic (so more than just the take-off position). - In the picture below, the first declared position will be tuck 
xi.	The 1st Position in Group B (also used in Group P) is defined as: - The first position clearly shown by the featured athlete that is above the height allowance (per vii). This does not include "rising" transitional positions. - If the featured athlete rises-up from underwater, past the height allowance as per vii (knees/waist) in a position and clearly demonstrates that position – it must be declared as Position 1. - Example 1: The featured athlete starts at the surface in a tuck position. When the acrobatic movement starts lifting, the athlete opens the legs and demonstrates an "owl" position above the waist and therefore is OK. In that case, "owl" will be Position 1 (and not the tuck which is considered as the set-up/rising position). - Example 2: In a Platform, the featured athlete is in a pike position underwater. While the construction is lifting the featured athlete performs a porpoise action to a Bamboo position (completed above the waist). In this case, "bamboo" will be Position 1 (and not "box" through which the featured athlete is passing through during the porpoise action (the "box" is considered as a "rising" position). - When the construction is rising: - The DTC can usually detect if the featured athlete begins standing on two legs and then moves onto one leg (ie. Heron, Needle, etc.). - This phase of the acro is considered the same as the "take-off" as in group A, so we do not count this "standing/rising" phase (transitional to Position 1). - DTC will check for how long the featured athlete holds the Stand (sd) position once fully extended. If more than 2 seconds, Stand (sd) must be declared as position 1, otherwise it will be a base mark. - If the athlete is still in the process of standing/rising and doesn't hold the Stand (sd) position for more than 2 seconds, this rising position must not be declared, and the coach must only declare the position on 1 leg shown after. - For handstands: - Ex 1: If the legs of the featured athlete go through (passes-by) an "owl" position or through a "box" to get to the bamboo, coaches must declare bamboo as the 1st position. - Ex 2: If the legs of the featured athlete starts in a tuck at the surface, and the legs open directly to an "owl" or a "box" position showing a clear stop above height allowance as per vii, then the coaches must declare the "owl"/"box" as the 1st position.
xii.	The positions in group C for a fly above formation (constructions Thr^2F or Thr^Lh) is defined as:



	- If there are two featured athleteathletes, position 1 indicates the position of the 1st featured athlete (who is usually lifted, so group B is used) and position 2 indicates the position of the second featured athleteathlete (the one who flies, so group A is used). - All other positions of either featured athleteathletes may be indicated in the bonus for third position ("Pos3").
xiii.	For group C constructions Thr+Thr or Sn: - Position 1 indicates position of the first featured athlete athlete(leading) - Position 2 indicates position of the second featured athlete athlete(following) - Any subsequent position may be declared as a third position bonus
xiv.	When an acrobatic movement has two featured athletes athletewith the <u>same position</u> shown at the same time: - You have to declare only one position (due to the rule saying that position 2 must be different than position 1) - Example below: both featured athletes athleteperform cobra. The coach declares "cobra" only once. 
xv.	If a <u>hand capture is required</u> as per table, we must see a clear and controlled holding (not a "tap" touch). It must be as a held grasp. There is no duration specified for how long you need to "hold" the capture, as long as it shows clear and controlled grasp.  The featured athlete athlete may capture leg "inside" or "outside" and can grab any part of the leg: knee/s, foot/feet, shin/s, ankle/s. Hand capture (and transition to any hand capture) must happen by the featured athlete athlete themselves, by their own ability and without the help or support of base athlete athlete(s).
xvii.	Opposite arm means: a) If in the description of a position it is stated that the featured athlete athlete must demonstrate opposite arm, the capture cannot be done with the same leg and arm, or it will be a Base Mark. Example: It must be left leg capture with right arm, but not left leg capture with left arm. Or opposite: right leg capture with left arm, but not right leg capture with right arm b) The movement to an opposite arm catch must happen directly – meaning no help from the other arm/hand. For example: the featured athlete athlete stands on their right leg, the left leg moves, performs kick backwards or sideways and then featured athlete athlete must catch the left leg with their right arm/hand.



xviii.	“Blind catch” or “blind capture”: means that the featured athlete must capture any part of the leg/s (knee/s, foot/feet, shin/s, ankle/s) without looking with the opposite arm or both arms. Elbow/s look forward – not backwards – not a “side” capture). For example: <table><tr><th>Eye position – OK (elbows forward)</th><th>Eye Position – NOT OK (elbow backwards)</th><th>Pin position</th></tr><tr><td></td><td></td><td></td></tr></table>	Eye position – OK (elbows forward)	Eye Position – NOT OK (elbow backwards)	Pin position			
Eye position – OK (elbows forward)	Eye Position – NOT OK (elbow backwards)	Pin position					
							
xix.	If nothing is specified in the written description of the position, the capture can be done with either arm.						
xx.	If the value is “O” (zero) in the capture column of the table, it means that a capture is not required, but may happen.						

1.6 Constructions (all Groups)

- The way the base-Athletes hold each other is optional.
- The way the base-Athletes support the featured-Athlete is optional.

1.7 Area of Support / Type Connections (Groups B and P)

- If you have 2 types of connections in your acrobatic movements, you must declare the first one shown above the surface. You are not allowed to skip the first one and declare the second one instead, unless specified otherwise.
- In groups B and P, the base/support-Athletes cannot help the featured-Athlete achieving positions, except if stated otherwise in the description of the position/bonus.
- A blind connection is defined as when the featured-Athlete and the support-Athlete are connected while looking in different directions/not seeing each other (for example back to back).

1.8 Rotations – Plane and Degree (Groups A, C and Bonuses in Group P)

Twists (all, including bonuses)

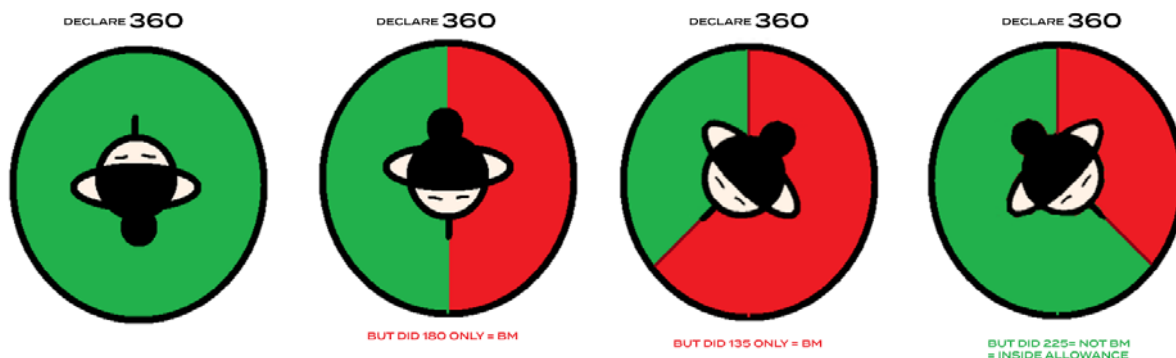
- The number of **Twists** is calculated until the waist level of the featured-Athlete (visible/clear border for detecting rotations).
- A declared twist can happen at any time in the acrobatic movement. For example, after completing somersault, or while rotating in the air, or while taking off etc.)
- Allowance for 360° Twists and more:

180° less than declared = Base Mark (note: Athlete can over rotate – you can do more than what is declared).

○ Example 1: Declared 720° twist, but only rotated 540° by the waist level (1 ½) = Base Mark.



- Example 2: Declared 720° twist, and rotated 630° by the waist level (1 7/8) = acceptable.



- d) Allowance for 180° twists: There is no allowance – performing less than a 180° is a Base Mark.
- e) Twists can be started with legs together (after take-off) or with the fast kick forward action during the take-off phase (before twisting). We do not consider it as a position, regardless of the degree of the kicking leg (the degree of the “kicking leg” can be more than 90°)!

Somersaults (all, including bonuses)

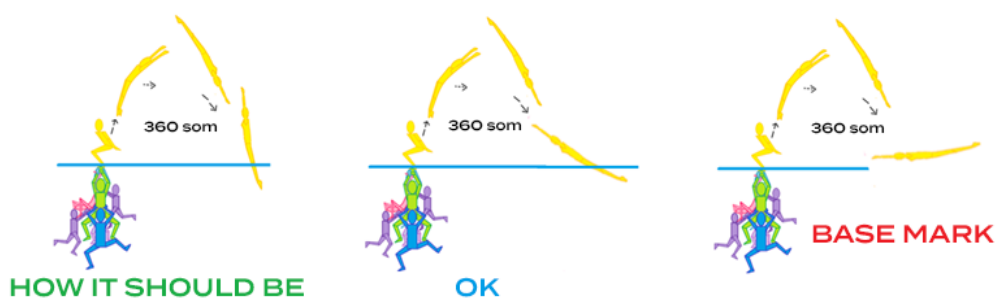
- a) The number of Somersaults is calculated until the beginning of the submergence of the featured-Athlete.

Beginning of submergence – means not “a slide of the body part” or “body part submerging and then coming back and appearing above the surface”, but when the body of the featured-Athlete goes directly into the water and never “rises-up again”. Beginning of submergence starts to be counted when a quarter of the body “disappears” underwater.

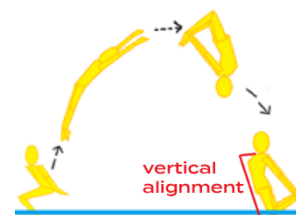
- b) Allowance for all Somersaults (regular/frontal/two axes, etc.) is 90° less than declared before submergence = Base Mark (note: Athlete can over rotate – you can do more than was declared).

Note: if you are trying a **Somersault** backwards 360° in a flexibility position (for example: Ring), and the Athlete can't complete a 360° somersault (with allowance) – you can instead declare “Jump-Dive” and stay inside “the rule of allowance” that you can over-rotate but at least “pass” the required rotation.

- c) Regarding rotations in the air, allowances and how to see if the featured-Athlete passed the “border line” and enters the “safe” zone, we look at part “from shoulders to knees” (this rule applies for positions: line/arch position; variations of kite and jay positions).



- d) To qualify for “open” (“o”) in ANY group – DTCs must see a “closed” position with forward flex stomach (tuck, pike) followed by an opening in a straight body position. Line (In) position MUST be performed (with 45 degrees allowance) and may be declared as Position 2, or may be declared as the 3rd position bonus, OR it may be a subsequent position after a 3rd position. Line MUST be performed by the knees (head-up) or waist (head-down). Reminder: “In” cannot be declared in group P as it is a group A position. If a group P bonus requires an opening to a straight body position, a line must be performed by the knees/waist, but cannot be declared.





- e) When “forwards” (“f”) is beside the degree of rotation, it means the direction in which the actual somersault in the air is happening is forward.

Note: if a team performs the somersault forwards and does not declare the “f” (so just a regular somersault) – we consider it as underdeclared, and it is not a Base Mark.

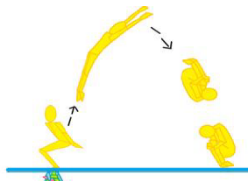
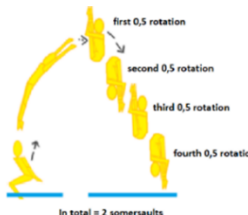
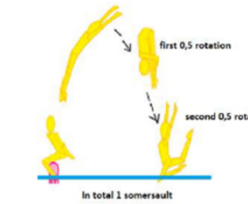


- f) When “straight body” (“ss”) is beside the degree of rotation, it means that the featured athlete must keep a straight body position from the take-off until the end of the rotation.

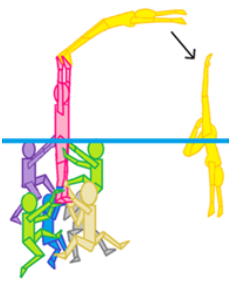
A small arch in the back is allowed (as positions have a 45-degree allowance), and it is allowed to have a small kick action after take-off, which is not declared as a position.

To declare a “straight body somersault”, position 1 always needs to be Line (In) from the beginning to the end of the acrobatic movement. No other position can be declared.



How to Calculate Somersault Rotations		
	To get value for a “full somersault” the featured- athlete who jumps head-first needs to enter the water feet-first (after “full” rotations. Example: 360°, 720°, 1080°). For example: tuck position, straight body positions.	
	For “Open” positions or variations of arch positions (Jay, Kite, etc) – the featured athlete must enter the water demonstrating vertical alignment between shoulders and knees to get a full somersault.	
	Pike somersault (without changing the body position throughout the rotation): We count somersaults in a pike position the same way that diving does. The first 180-degree movement of the legs after take-off is considered as the first half of the rotation and then count from there.	
	If the somersault is performed using 2 positions – for example Pike and Jay: we count the number of somersaults in our regular method where we look how many times the torso with the head turns each 180. Note: position 1 must be declared as Pike, and position 2 must be different than Pike. It must not be a “pike somersault” all the way through.	



	If there's a half somersault/dive when the featured athlete jumps head-up or is thrown feet-first and after demonstrating a parabola in the air enters the water head-first or feet-first, it should be written in the code as the letter "d" with indicated number of twists (if there are any). Not entering water head-first or feet-first in this situation would be counted just as a change of position and will not be written as dive/half somersault.	
	When "open" ("o") is beside the degree of rotation it means: - Ex 1) 540° somersault + open = 360° in position + 0.5 open to Line Position - Ex 2) 720° + open = 540° in position + 0.5 open to Line Position To qualify for "open" refer to iv in Somersaults (Groups A, C and bonuses in Group P) chart. In group A the Plane and Degree of Rotation bonus for opening is only granted in codes for 1.5 somersaults and more.	



Cartwheels and Handsprings (Groups A, C and bonuses in Group P)

- a) In **Cartwheels and Handsprings** the same rule as somersaults applies: **90° less** than declared before submergence = Base Mark.
- b) A **Handspring** is an acrobatic move in which a person executes a complete revolution (360°) of the body on the sagittal plane by lunging headfirst from an upright position into an inverted vertical position and then pushing off (i.e., "springing") from the support or base athlete/athlete(s) with the hands so as to leap back to an upright position. The direction of body rotation in a handspring may be either forward or backward.
- c) A **Cartwheel** is a lateral, rotational movement where the featured athlete (starting from standing position) rotates their body sideways, using one hand to push off the support or base athlete/athlete(s), followed by the other, while their legs move in a wide, circular pattern. The cartwheel is a full 360° degree side-flip.

Rotations of the Constructions (for Group B and C)

- a) The number of rotations of the construction is calculated until the waist level of the featured-Athlete (visible/clear border for detecting rotations) when position is head-up or head-down. If the featured athlete is in a horizontal/free position rotations are calculated until the beginning of submergence of the featured athlete. It must be a "visible" rotation: the support-Athlete turns with the featured-Athlete on top while submerging. It is not just a turn of the body of the featured-Athlete.

- b) The direction (left or right) of the construction's base rotation does not influence the value.

When rotation of the Stack or Stack head-down is declared TCs should look at the turning of the support athlete to ensure it is a rotation of the construction base, in addition to the featured athlete completing the declared rotation until the allowance

If the support athlete is submerged, but you can clearly see that the turning continues – look at the featured athlete and make sure the required number of rotations are completed until the allowance (it must not look like a turn of only the featured athlete on their own – unconnected to the support)

If the ability of execution is low in height and TCs can't see the support athlete, TCs should look at the featured athlete as per above.

- c) The rotation may start during the ascent.
- d) Allowances for 360° and more:
 - o 90° less than declared = Base Mark (note: Athlete can over rotate – you can do more than what is declared).
 - *Example 1: Declared 720° rotation, but only rotated 540° by the waist level (1 ½) = Base Mark.*
 - *Example 2: Declared 720° rotation, and rotated 675° by the waist level (1 7/8) = acceptable.*
- e) Allowance for 180°:
 - o There is no allowance – performing less than a 180° is a Base Mark.

Rotations of the Construction (for Group P)

- a) The rotation of the construction is calculated until the *knees* of the featured-Athlete (if the position is head-up) or *waist* (if the position of the featured-Athlete is head-down) or until the beginning of submergence of the featured-Athlete (if the position is horizontal or 'free').
- b) Rotation will only begin to be counted once platform is at maximum height. If during the rotation the featured-Athlete significantly loses height (i.e., knees of the featured-Athlete if position is head-up go under, or waist goes under if position of featured-Athlete is head-down) or until beginning of submergence of the featured athlete (if position is horizontal or "free") – it's a base mark if the construction has not completed declared rotation (considering allowance) at this point.
- c) Rotation may start during the ascent, but the Difficulty Technical Controller will start counting the degrees of rotation from the moment construction reaches its maximum height.
 - o Allowances for 180° and more: 45° less than declared = Base Mark (note: Athlete can over rotate – you can do more than was declared).
 - o Allowance for 90°: There is no allowance – performing less than 90° is a Base Mark. It must be done precisely (or more).



1.9 Bonus (all Groups)

- Any bonus can be declared only **ONCE** per acrobatic movement, unless specified otherwise (ex: "C-Roll" can be declared twice).
- A maximum of **two (2) different bonuses** can be declared per acrobatic.
- Some bonuses cannot be declared with another bonus of the same "category" or it will result in a Base Mark. If it is the case, it will be stated in the bonus chart for that group.

1.10 Minimum Declaration Requirements

If you declare an acrobatic movement, you cannot "skip" some required parts of the acrobatic movements - the following components of each group must always be declared, while the other components (not listed below) are optional:

- GROUP A must have: CONSTRUCTION + DIRECTION + POS 1
- GROUP B must have: CONSTRUCTION + TYPE OF CONNECTION + POS 1
- GROUP P must have: CONSTRUCTION + TYPE OF CONNECTION + POS 1
- GROUP C must have: CONSTRUCTION + DIRECTION + POS 1

Note: Not respecting the requirements will result in a Base Mark.

- Example 1: The Coach declares group B, Stack. Palms/palms connection and bamboo as position 1. But the Coach is not sure if the featured-Athlete will be able to complete 2nd position until waist level before submerging. So, the Coach declares all "minimum required" components (i.e., construction+ type of connection+ pos 1). The featured-Athlete can still perform position 2 without risk to receive a base mark.
- Example 2: The same acro as above plus position 2 and rotation of the stack 180°. The coach is not sure if the featured-Athlete will be able to complete 180° rotation of the construction respecting the allowances. So, the Coach declares all the "minimum required" components (i.e., construction+ type of connection+ position 1 also position 2 (if the Coach is sure). The featured-Athlete can still perform the rotation of the construction without risk to receive a base mark.
- Example 3: same acrobatic (group B, Stack. Palms/palms Connection and Bamboo as position 1, Owl as position 2, and stack turning 180°) plus 3rd position (as bonus 1) and Twirl (as bonus 2). The coach is still not sure if the Athletes are safe to perform the stack 180° rotation of the construction. So, the coach declares all components except the rotation of the construction, but Athletes are still allowed to attempt to do it.

1.11 Clarification to Rule in Appendix 3, 4 and 5

Acrobatics must not be repeated in the same routine. "Must not repeat the same acrobatic" is defined as:

For Group A: Can't repeat same position/s (as P1 or as P2 with the exception of the third position bonus). Examples:	
In one routine – <u>Not</u> allowed: A-Sq-Back-pk/2In-s1 A-Sq-Back-pk/2ja-s1	
In one routine – this is acceptable: A-Sq-Back-pk/2In-s1 A-Sq-Back-tk/2spl-s1	
Note: in group A, you must not repeat any of the positions declared in another acro from group A even if you change the construction, direction, bonuses or rotation in the air.	



For Group B: Can't repeat the same construction, can't repeat the same type of connection (grip). Examples:	
In one routine – <u>Not</u> allowed: B-St-1P1P-bb/2ow B-St-PP-bb/2ow	
In one routine – this is acceptable: B-St-1P1P-bb/2ow B-StH-FF-sd	
Note: in group B, you must not repeat any of the constructions, type of connection (grip) declared in another acro of group B even if you change the position/s, bonuses or rotation of the construction.	

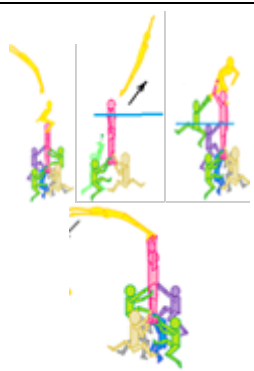
For Group C: Can't repeat the same construction. Examples:	
In one routine – <u>Not</u> allowed: C-Thr>St-BIn-tk-Cs1 C-Thr>St-Forw-sd/2tk-Cd-Jump	
In one routine – this is acceptable: C-Thr>St-BIn-tk-Cs1 C-Thr>F-Forw-sd/2tk-Cd-Jump>	
Note: in group C, you must not repeat any of the constructions declared in another acro of group C even if you change the position/s, direction, bonuses, rotation in the air or rotation of the construction.	

For Group P: Can't repeat the same construction, can't repeat the same type of connection (grip), can't repeat same position/s (as P1 or as P2 with the exception of the third position bonus), and can't repeat same bonus/es. Examples:	
In one routine – <u>Not</u> allowed: P-Knees-SP+K-bb/2ow-Pos3 P-Knees-3pA-ne-Pos3	
In one routine – this is acceptable: P-Knees-SP+K-bb/2ow-Pos3 P-2S-FA+PF-ne/2ey-Trav	
Note: in group P, you must not repeat any of the positions, any of the constructions, type of connection (grip) declared in another acro of group P even if you change the bonuses, or rotation in the construction.	

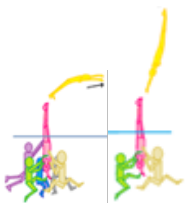
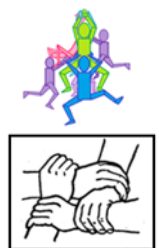
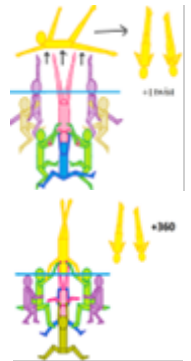
Q&A Note: P1 and/or P2 limit is applicable to the specific group, but it can be done in others.

- e) For example: In a Platform (Group P), the featured-Athlete performs an owl position, the featured-Athlete can repeat an Owl position in another acrobatic of group B.


Group A
Component C – Construction

Group A Construction – Please note in table below Featured Athlete = (F), Support Athlete = (S)										
No.	Picture	Name and number of levels	Code	Difficulty of coordinating actions and number of formations	Support : Body position and level of sustainability	Air-borne weight	Size of construction/ water resistance	Tempo of acceleration and push (lift/ throw)	Area of support from which featured athlete jumps	Total
1	 Simple jump/throw 2 levels (Note: If in routine of 8 athletes for example coach decides to do "double acro"- coach divides athletes in 2 groups of 4-5 athletes and declare Thr plus bonus for Double acro if the idea is to perform same/equal acrobatic movement at the same time) Can be from surface		Thr	Low	no	1	Type 1	fast	-	0.60
				0.1	0	0.1	0.1	0.3	0	
2	 Jump or throw (stack head-up) from shoulders, arms or different combinations (such as shoulder/arm or shoulder and spotter etc.) 3 levels May have spotter/s		Shou	Med	High level of sustainability+ low vestibular load	1+0.5	Type 2:	med	Med	0.90
				0.2	0	0.15	0.15	0.2	0.2	



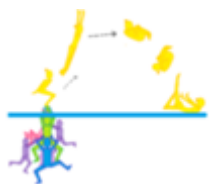
3		Jump/ throw from feet (stack head-down type) 3 levels	Feet	Med	Low level of sustaina bility+ high vestibul ar load+ blind connect	1+0.5	Type 2:	med	med	1.00
				0.2	0.1	0.15	0.15	0.2	0.2	
4		Jump from square ("basket") 3 levels Must have at least 2 people doing basket +1 leg-pusher (S) + at least 1 athlete pushing "leg-pusher" + (F) = in total 1 (F) + 4 base athletes who form Sq construction	Sq	Hard *	Head- down athlete counts as a support (0.2+0.1 +0.1)	1+0.5+ 0.5+ 0.5	Type 2- 3	fast	Big	1.20
				0.35	0.1	0.25	0.1	0.3	0.1	
5		Jump/throw from two supports head-up, disconnection and enter the water 3 levels (may have additional pusher head-down or head up)	2Sup	med	High level of sustaina bility+ low vestibul ar load	1+0.5+ 0.5	Type 3	medium	Med	1.00
				0.2	0	0.2	0.2	0.2	0.2	
6		Jump/throw from two supports, from which at least one of them is head down 3 levels (may have additional pusher head-down or head-up)	2Sup H	Hard	Low level of sustaina bility+ high vestibul ar load. doesn't matter how many supports + blind connect	1+0.5+ 0.5	Type 3	med	big	1.10
				0.3	0.1	0.2	0.2	0.2	0.1	

Notes on Group A Constructions:

- Constructions 2Sup and 2SupH can be done with or without a pusher in the middle of the 2 supports. The pusher can be head-up or head-down and may have additional Athlete(s) under for assistance.
- When both supports are head-down (2SupH), they can provide support to the featured-Athlete as such: 1+1 foot, 2+2 feet, or a combination of 1 foot+2 feet.
- If both supports are head-up (or only one of them), the way of pushing is optional. For example: push can be done with the palms of the support-Athlete, or featured-Athlete can jump from support's shoulders (unless specified).


Component D – Direction

Direction: Defined as the direction of the jump of the featured-Athlete.

	DIRECTION	CODE	DIAGRAM	VALUE
1	Upwards The featured-Athlete jumps up (or is thrown in the air by construction) and returns to the same spot they jumped from. The featured-Athlete can execute the entrance into the water or back on the construction.	Up		0.05
2	Forwards The featured-Athlete jumps forwards (or is thrown in the air in this direction by construction) and enters the water in front of the construction.	Forw		0.05
3	Backwards The featured-Athlete jumps backwards (or is thrown in the air in this direction by construction) and enters the water behind the construction.	Back		0.10
4	Sideways The featured-Athlete jumps sideways (or is thrown in the air in this direction by construction) and enters the water on the right/on the left the construction.	Side		0.20
5	Reverse* The featured-Athlete jumps forwards (or is thrown in the-air in this direction by construction) and then starts rotating backwards (facing the construction that the Athlete jumps from) and enters the water in front of the construction.	Rev		0.40

**Health and safety note:*

Due to the high risk involved in this type of movement, inwards direction (jumping backwards and turning forwards - so called "turning under yourself") rotation in the air is not allowed and will not be granted a new code, even upon request.



HOW TO DETERMINE THE DIRECTION

a) Head-up Jumps:

You must choose the direction the featured-Athlete demonstrates during the "take-off" phase (at the beginning of the acrobatic movement).

- Example 1: If the featured-Athlete starts a jump backwards then turns in the air around self (twisting action) and then starts somersaulting forwards = declare Backwards (Back).
- Example 2: If the featured-Athlete starts a jump forward and continues in the same direction executing a 360° Somersault forwards = declare Forwards (Forw).

- Example 3: Jump from a square backwards, the featured-Athlete after take-off twists 180° and starts a 540° Somersault forwards. After performing 360° somersault in Tuck Position, the featured-Athlete opens to a straight body position (i.e., Line) while continuing with an additional 180° Somersault and enters the water head-first.

The code should be: A-Sq-Back-tk/2ln-s1,5t0,5fo.

- Example 4: Jump from square forwards, the featured-Athlete after take-off starts 540° somersault forwards. After performing 360° somersault in tuck position, the featured-Athlete opens to a straight body position (i.e., Line) while continuing with one more 180° somersault and enters the water head-first.

The code should be: A-Sq-Forw-tk/2ln-s1,5fo.



b) Head-Down Jumps (i.e., Throws):

In throws (with no rotation), you must choose the direction where the featured-Athlete is thrown (where they move).

Exception: If there is a Somersault, choose the direction of the rotation instead.

- Example 1: If the featured-Athlete is head-down and thrown forwards, and then starts performing a 180° rotation (with the back part of the head moving upwards) ie moving backwards = declare backwards (Back).



- Example 2: If the featured-Athlete is head-down and is thrown backwards with no rotation = declare backwards. (Back).



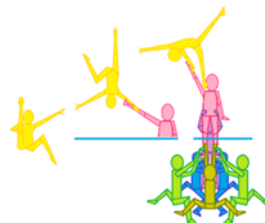


- Example 3: If the featured athlete is head-down and is thrown upwards – with arch in back, starts moving backwards then performs 180 rotation in the air moving “face-first” (i.e 180 somersault and becomes head-up and continues rotating to enter the water head-first). The actual rotation is happening forwards, so declare Forwards. (Forw).



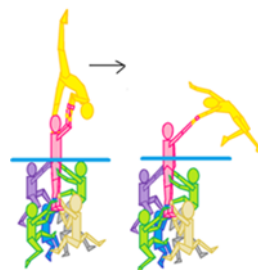
c) **Cartwheels:**

The direction is Sideways (Side).



d) **Handsprings:**

The direction is Forwards (Forw) or Backwards (Back).





Component P – Position

No.	Picture	Name and code	Difficulty to balance	Presence or absence of a helping hand (capture)	Type and level of flexibility+ Deviation of torso from inner axis	Total	Value of Position 2 (half value of Pos 1)	Code for Position 2
Forward flex stomach								
1	 Knees must be within 90 degrees of chest (plus always consider 45° position allowance)	Tuck tk	No	Can be with or without hands	Stomach flex 1 (bent legs)	0.125	0.0625	2tk
			O	O	0.025+basic 0.1			
2	 Flexion at hip level with one or two legs (straight) touch stomach and/or chest	Pike pk	No	Can be with or without hands	Stomach flex 2	0.20	0.10	2pk
			O	O	0.2			
Miscellaneous								
3		Kite kt	No	Can be with or without hands	Free "compact" body position (different from straight or open body, tuck or line) with 1 or 2 knee(s) bent. May have a small arch in back.	basic 0.05	0.025	2kt
			O	O	O			
4	 "Open body" Line/Arch Can have "open" leg variations	In ln	No	-	Misc (straight body, may have small arch in back). At least one leg straight and/or spread in 45 degrees out of vertical line. One leg may be bent.	basic 0.10	0.05	2ln
			O	O	O			
5		Split sp	No	Can be with or without hands	180 between legs can be different variations, however both legs should be straight (both legs must be in 45° cone from 180 line that is formed by legs). Torso position-optional	0.25	0.125	2sp
			O	O	0.25			



Regarding the 45-degree position allowance for Split: For a "pass" both the front and back legs need to be at 90 degrees or more from each other (see ideal and ok images below).



Arched								
6		Jay ja	No	-	Arch in back+1 leg back straight 90 degrees and more	0.175	0.087	2ja
			O	O	0.175			
7	 At <u>least</u> toes of one foot must touch head (no allowance)	Ring rg	No	Can be with or without hands	Arch (maximum flex in back)	0.3	0.15	2rg
			O	O	0.3			

e) **Component S – Area of Support**

- N/A for Group A (value already inside construction).

f) **Component R – Rotation of the Construction Base**

- N/A for Group A.

g) **Component T – Plane and Degree of Rotations**

Horizontal plane (all twists: horizontal, head-up, head-down) – turns around self to the left or right (Performed in the air)								
Degree of rotation	Code	value	2nd axis	forw	straight body	open	bonus	total
180°	t0.5	0.025						0.025
360°	t1	0.05						0.05
540°	t1.5	0.10						0.10
720°	t2	0.20						0.20
900°	t2.5	0.25						0.25
1080°	t3	0.30					0.05	0.35

Frontal plane (Example: Side somersault) – turn to the left or to the right (sideways movements - Performed in the air)								
Degree of rotation	Code	value	2nd axis	forw	straight body	open	bonus	total
360° side somersault	f1	0.3					0.1	0.40
540° side somersault	f1.5	0.5					0.2	0.70
720° side somersault	f2	0.7					0.4	1.10



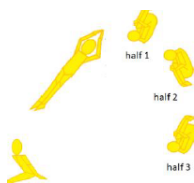
Sagittal plane (Example: forward somersault) – turns around self - forwards or backwards (Performed in the air) and Two-axes somersaults (have additional bonus for using both axes + Performed in the air)								
Degree of rotation	Code	value	2nd axis	forw	straight body	open	Bonus	Total
180° somersault /dive (any direction)	D	0.025					0.05	0.075
180° somersault /Dive + 180° twist (any direction)	dt0.5	0.025	0.025				0.05	0.10
180° somersault /Dive + 360° twist (any direction)	dt1	0.025	0.05				0.075	0.15
180° somersault /Dive + 540° twist (any direction)	dt1.5	0.025	0.1				0.125	0.25
180° somersault /Dive + 720° twist (any direction)	dt2	0.025	0.2				0.075	0.30
360° somersault	s1	0.3						0.30
360° somersault forwards	s1f	0.3		0.1				0.40
360° straight body somersault	ss1	0.3			0.2			0.50
360° straight body somersault forwards	ss1f	0.3		0.1	0.2			0.60
1 somersault + 0.5 twist	s1t0.5	0.3	0.05				0.1	0.45
1 somersault + 0.5 twist forwards	s1t0.5f	0.3	0.05	0.1			0.1	0.55
1 somersault + 1 twist	s1t1	0.3	0.1				0.1	0.50
1 somersault + 1 twist forwards	s1t1f	0.3	0.1	0.1			0.1	0.60
1 somersault + 1.5 twist	s1t1.5	0.3	0.15				0.1	0.55
1 somersault + 2 twist	s1t2	0.3	0.3				0.1	0.70
Straight body somersault 1 + 0.5 twist	ss1t0.5	0.3	0.025		0.275			0.60
Straight body somersault 1 + 0.5 twist forwards	ss1t0.5f	0.3	0.025	0.1	0.275			0.70
Straight body somersault 1 + 1 twist	ss1t1	0.3	0.05		0.275			0.625
Straight body somersault 1 + 1 twist forwards	ss1t1f	0.3	0.05	0.1	0.275		0.025	0.75
Straight body somersault 1 + 1.5 twist	ss1t1.5	0.3	0.1		0.3		0.2	0.90
Straight body somersault 1 + 2 twists	ss1t2	0.3	0.2		0.3		0.3	1.10
Straight body somersault 1 + 2.5 twists	ss1t2.5	0.3	0.25		0.3		0.4	1.25
Straight body somersault 1 + 3 twists	ss1t3	0.3	0.35		0.3		0.55	1.50



540° somersault	s1.5	0.65						0.65
540° somersault forwards	s1.5f	0.65		0.1				0.75
540° somersault + open	s1.5o	0.65				0.3 5		1.00
540° somersault forwards + open	s1.5fo	0.65		0.1		0.3 5		1.10
1.5 somersault + 0.5 twist	s1.5t0.5	0.65	0.025					0.675
1.5 somersault + 0.5 twist forwards	s1.5t0.5 f	0.65	0.025	0.1				0.775
1.5 somersault + 0.5 twist + open	s1.5t0.5 o	0.65	0.025			0.3 5	0.175	1.20
1.5 somersault + 0.5 twist + open forwards	s1.5t0.5 fo	0.65	0.025	0.1		0.3 5	0.175	1.30
1.5 somersault + 1 twist + open forwards	s1.5t1fo	0.65	0.05	0.1		0.3 5	0.25	1.40
1.5 somersault + 1 twist	s1.5t1	0.65	0.05				0.1	0.80
1.5 somersault and 1.5 twist	s1.5t1.5	0.65	0.1				0.225	0.975
720° somersault	s2	0.9						0.90
720° somersault + open	s2o	0.9				0.5	0.3	1.70
720° somersault forwards	s2f	0.9		0.1			0.1	1.10
720° somersault forwards + open	s2fo	0.9		0.1		0.5	0.3	1.80
2 somersaults + 0.5 twist	s2t0.5	0.9	0.025				0.275	1.20
2 somersaults + 0.5 twist forwards	s2t0.5f	0.9	0.025	0.1			0.275	1.30
2 somersaults + 0.5 twist + open	s2t0.5o	0.9	0.025			0.5	0.325	1.75
2 somersaults + 0.5 twist + open forwards	s2t0.5f o	0.9	0.025	0.1		0.5	0.325	1.85
2 somersaults + 1 twist	s2t1	0.9	0.075				0.625	1.60
2 somersaults + 1 twist + open	s2t1o	0.9	0.075			0.5	0.625	2.10
2 somersaults + 1 twist forwards + open	s2t1fo	0.9	0.075	0.1		0.5	0.625	2.20
900° somersault	s2.5	1.2						1.20
900° somersault forwards	s2.5f	1.2		0.1				1.30
1080° somersault	s3	2						2.00
1.5 straight body somersaults	ss1.5	0.65		0.3			0.25	1.20



Example: 1.5 somersault+ 1.5 twist:

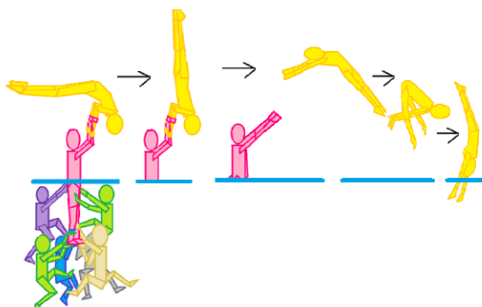


Cartwheels (frontal plane rotations) and Handsprings (sagittal plane rotations)

- Part of rotation starts with connection to support - ANY DIRECTION
- Cartwheel/handspring usually starts on a support and is partially performed on it. Then the featured athlete starts the movement head-up, becomes airborne, performs 360 rotation and enters the water (featured athlete may keep hand-connection with support until submergence of support athlete).
- As handspring/cartwheel is 360 degrees, to calculate how many additional somersaults or twists flyer does – we calculate how many additional 180 degree turns the featured athlete performs AFTER accomplishing the handspring/cartwheel.

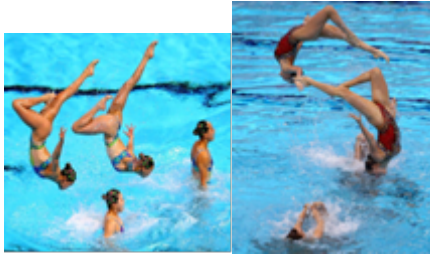
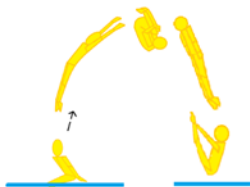
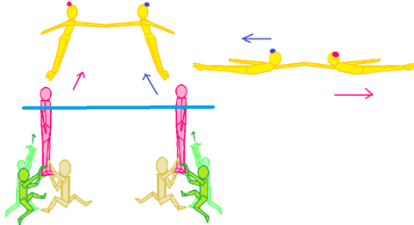
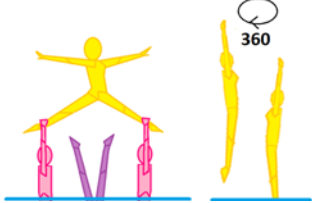
Degree of rotation	Code	value	2nd axis	forw	straig ht body	ope n	bonus	Total
Cartwheel	C	0.1						0.10
Cartwheel + 180° twist	ct0.5	0.1	0.025				0.025	0.15
Cartwheel + 360° twist	ct1	0.1	0.05				0.025	0.175
Handspring	H	0.1						0.10
Handspring + 180° twist	ht0.5	0.1	0.025				0.025	0.15
Handspring + 360° twist	ht1	0.1	0.05				0.025	0.175
Handspring + half (180°) somersault (dive)	hd	0.1	0.025					0.125
Handspring + 360° somersault	hs1	0.1	0.3					0.40

Example of "**hd**": Handspring (360° rotation) + half (180°) somersault (dive). This means after the handspring (360°) the featured athlete performs an additional 180° somersault and enters water head-first.

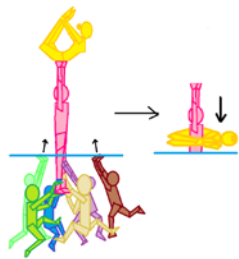
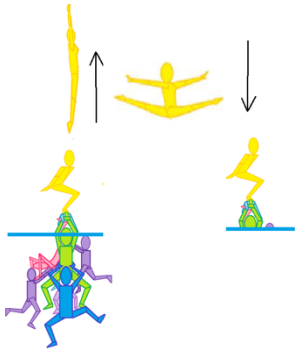
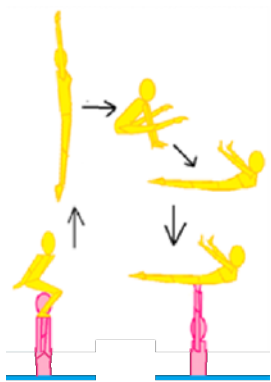
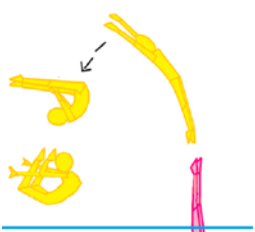




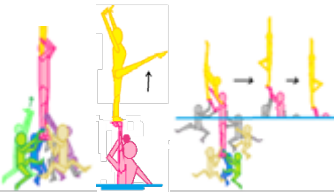
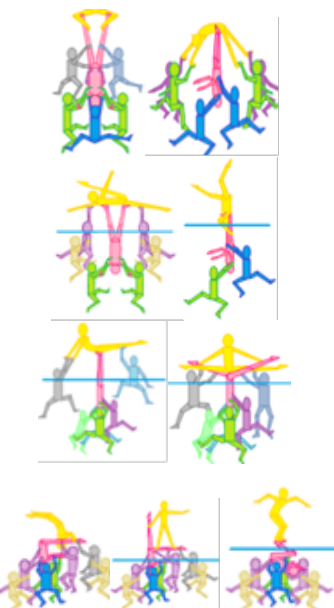
h) Component B – Bonus

List of additions, bonuses, and risk elements in Group A			
Code	Description	Diagram	Value
Dbl	Synchronized actions for double acrobatic movements Where athletes are divided into two groups (separate small constructions. Usually 3 athletes underwater + 1 featured athlete) who perform identical (equal/same) simultaneous acrobatic movements. Note 1: "Mirror action" is possible – ie constructions face each other and featured athletes both jump backwards or forwards. Note 2: The two featured athletes may be connected with each other.		0.20
Pos3	Third position This bonus can be declared only once no matter how many positions the featured athlete will perform after the first and second declared positions.		0.05
Can't be combined in the same acrobatic. You can only choose 1 of these!	Grip	Arm connection (ie palms, or palms/elbows etc) between 2 featured athletes from the beginning of the acrobatic movement and remain connected until submergence of both featured athletes. 	0.10
	Conn	Connection between support and featured athlete (may disconnect before water entrance) NOTE: use this code if you have a handspring/cartwheel in your acro 	0.10
	Catch	Connection between 2 featured athletes during airborne phase and remain connected until submergence of both featured athletes (connection occurs after take-off), *Can only be declared with bonus Dbl* 	0.15
Split	Jump/Throw from split (head-up) position Note: as position 1 coach should indicate line or kite or tuck (depending on how the acro is performed), because split is considered as "take-off" phase		0.20

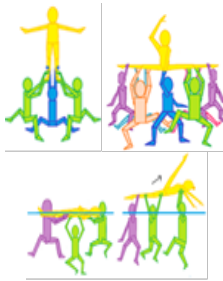
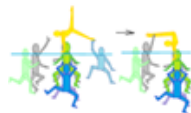


Can't be combined in the same acrobatic. You can only choose 1 of these!	Hula	"Hulahoop" action Featured athlete in ring/jay position enters water with support athlete inside the circle (which is made from legs/hands connection of featured athlete)		0.35
	RetSq	"Return" on the "Square" construction (Sq) <u>above water</u> after the airborne phase and remain on construction until submergence of the construction. Note: only for senior/junior category (otherwise BM). Only for advanced level and well-prepared athletes, For athlete safety: somersault and landing back on construction is not allowed and will result in BM.		0.80
	RetPa	"Return" on support's palms <u>above water</u> after the airborne phase and remain on construction until submergence of support athlete. Featured athlete needs to clearly land on palms of the support. Note: only for senior/junior category (otherwise BM) Only for advanced level and well-prepared athletes. For athlete safety: somersault and landing back on construction is not allowed and will result in BM.		0.60
Feet		Jump from feet feet/feet connect between support and featured athlete during "pushing phase" until disconnect.		0.075

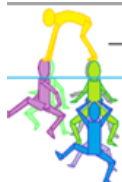

i) Group B
Component C – Construction

Group B Construction – Please note in table below Featured Athlete = (F), Support Athlete = (S)										
No.	Picture	Name and number of levels	Code	Difficulty of coordinating actions and number formations	Support: Body position and level of sustainability	Support: Type and level of flexibility or maintain position	Air-borne weight	Area of full construction, Proximity between athletes	Tempo of acceleration and push (lift/throw)	Total
1		Stack Head-Up (may have spotter/s)	St	Med-Hard	High level of sustainability+ low vestibular load	Free body position (support is head-up)	1+1	Type 2	Med-fast	1.00
				0.25	0	0.1	0.2	0.2	0.25	
2		Stack Head-down (may have spotters)	StH	Med-Hard	Low level of sustainability+ high vestibular load	Free body position (support is head-down)	1+1	Type 2	Med-fast	1.10
				0.25	0.1	0.1	0.2	0.2	0.25	
3		Stack 2 head-up supports	2SupU	Hard	High level of sustainability+ low vestibular load (0.1+0.1)	straight body 1+1	1+1+1	Type 2	big-med	1.15
				0.3	0	0.2	0.3	0.2	0.15	
4		Stack 2 head-down supports	2SupD	Hard	Low level of sustainability+ high vestibular load 1+1	straight body 1+1	1+1+1	Type 2	med	1.40



				0.3	0.2	0.2	0.3	0.2	0.2	
5		Stack 2 supports (one of them head-down)	2SupM	Hard	Combined (1 head-up+1 head-down)	straight body 1+1	1+1+1	Type 2	big-med	1.25
				0.3	0.1	0.2	0.3	0.2	0.15	
6		Stack two head-down (S) + two (F)	2SupD 2F	Hard	Low level of sustainability+ high vestibular load 1+1	straight body 1+1	1+1+1+1	Type 2	med +connect	1.55
				0.3	0.2	0.2	0.4	0.2	0.25	
7	 Can be done from surface. The way base athletes hold each other and/or featured athletes is optional (can be as combo. of supporting on heads and shoulders of the base athletes etc)  Lift+ spotters (that joins construction later)	Simple Lift	L	Low	no	no	1+ bonus	Type 1	fast	0.70
				0.1	0	0	0.2	0.1	0.3	
8		Lift of two (F) or more who must form one construction and must be connected	L2F+	Medium	no	no	2	Type 1	slow-med bonus for connection between two or more (F)	0.80
				0.2	0	0	0.2	0.1	0.3	
9	 Transitional Stack: Any 2-stack formation (#3-2SupU, #4-2SupD, #5-2SupM, #6-2SupD2F) with a disconnection with one of the (S) Can only be used with a connection showing ∞ symbol		St>	Hard	Optional	Free body position	1+0.5+0.5	Other	small+bonus FOR TRANS DISCONNECT AND BALANCE	1.025
				0.3	0.1	0.1	0.2	0	0.325	



10	 Health and Safety note: head and neck.	Lift ONLY on Heads above water (Standing, sitting or laying) Arms/legs of (F) can only be connected to HEADS which must be visible above water.	LH +0.3 bonus for head connection	Hard	no	No	1 + 4 quarters	type1	med (bonus for head connection)	1.10
				0.3	0	0	0.2	0.1	0.5	
11	 Health and Safety note: head and neck.	Lift with two (F) ONLY on Heads above water (Standing, sitting or laying) Arms/legs of (F) can only be connected to HEADS which must be visible above water.	Lh2F +0.3 bonus for head connection + 0.1 for connection between 2 f-swim	Hard	No	No	2 + 4 quarters	type1	slow-med bonus for head connection + connect between two (F)	1.20
				0.3	0	0	0.3	0.1	0.5	



j) **Component D – Direction**

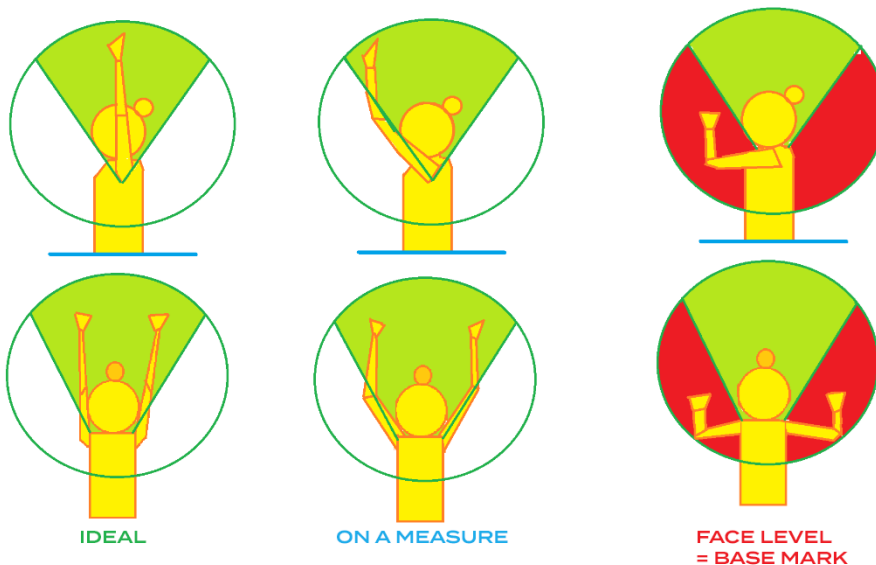
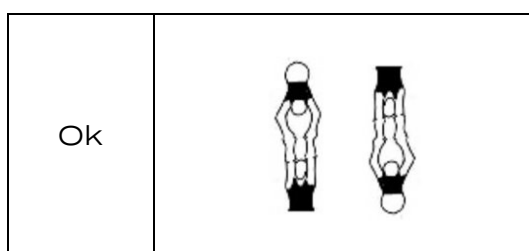
- N/A for Group B.

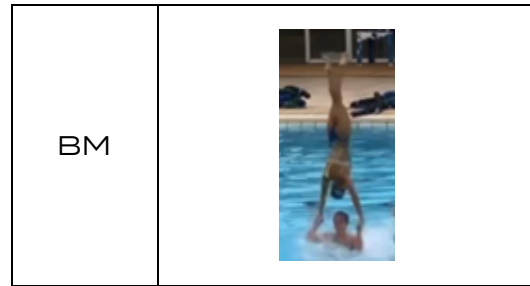
k) **Component S – Area of Support / Type of Connection (“Grip”)**

- Unless specified otherwise, the featured athlete(s) MUST remain connected with the support(s) or base athletes until the support(s) and the base athletes are completely submerged – meaning the area of connection can no longer be seen by the DTCs. Every Handstand type of Connection (PP, 1P1P, 1PPx, PH/PP2, 1PH, 2PH, PF, 1P1F, , *) must be performed with straight arms from beginning of the handstand to the end (submergence of the support Athlete). .
- This applies for both the featured-Athlete and the support-Athlete, with the limit of the head as the allowance for any slight bending of the arms.

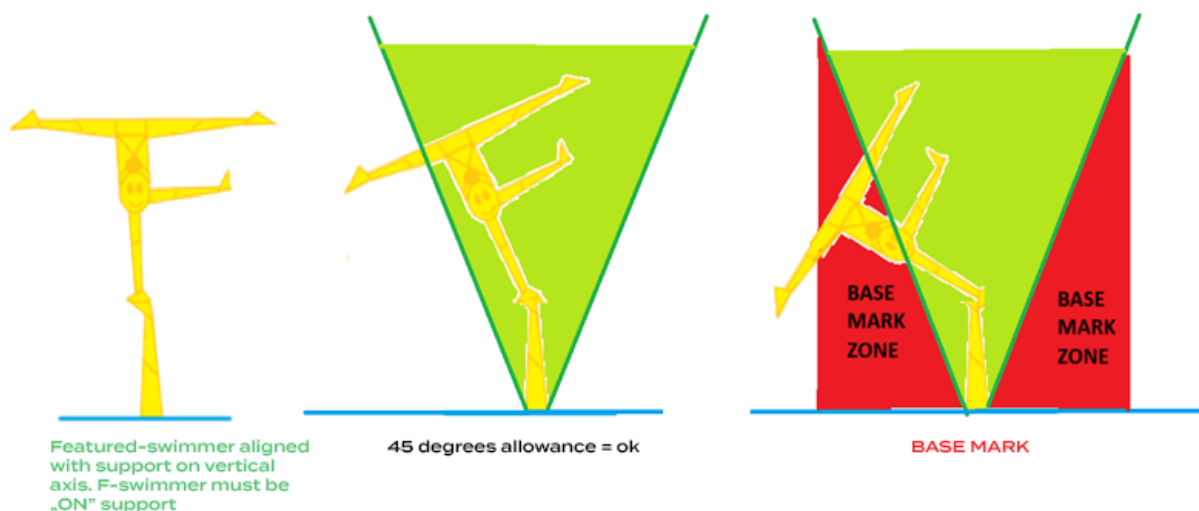
Note: The arms are not allowed to be bent with palms lower than the face (face = from top of the head-until chin level).

- In case of PF – the support Athlete has straight legs and any bending of the legs of the support Athlete is an execution issue not a Base Mark.
- Arm(s) of the support-Athlete must remain within vertical cone i.e., 45 degrees (the same rule applies for group C). The same rules for support-Athletes’ arms positioning also applies to types of connection: FP, FPx, 1F1P.

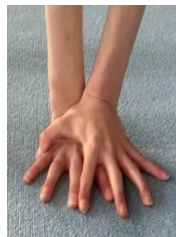
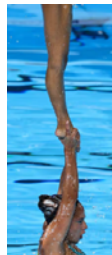
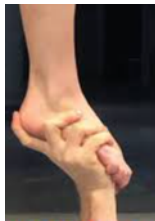




- A Handstand is the act of supporting the body in a stable, inverted Vertical Position by balancing on the hands.
- As per general principles of connections - If you have 2 types of connections in your acrobatic movements, you MUST declare the first one shown above the surface. You are not allowed to skip the first one and declare the second one instead.
- Therefore, in Group B, if the featured athlete with support athlete performs 2 types of connection/grips (for example: PP and then 1P1P) – the first connection/grip MUST be declared (in our example below it will be PP).
- The only exceptions shall be:
- 1F1F where the pushing phase may start with a FF connection that breaks the surface. 1F1F MUST be executed by the time the support athlete is at their knees.
- F1S where the pushing phase may start with a FS connection that breaks the surface. F1S MUST be executed immediately after FS breaks the surface.
- If construction St> is used, you must declare the connection shown after the disconnection from the pushing support athlete.
- In **Handstands** in groups B and C when there's a balance in handstand on both or one arm, the featured-Athlete needs to be aligned with the support-Athlete on the vertical axis until submergence with an allowance of 45 degrees from the vertical axis (invisible vertical line that runs through the middle of the bodies of the support and featured-Athlete). The 45-degree cone has a start point at point of connection of the featured athlete with the support/base athlete(s). DTCs should look at the torso of the featured athlete to validate that rule





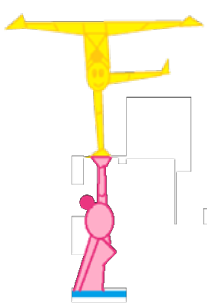
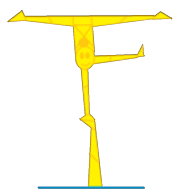
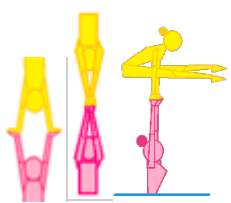
vii.	XS (extra small) type of connection is where the support athlete's arms are straight, and their hands are positioned as follows:		
	a) Palms one on top of the other.		
	b) Wrists touching making an open "cone" with palms to grasp a foot or palm of featured athlete.		
	c) Hand grasping wrist of the arm supporting the featured athlete.		
viii.	For 1P1P and 1F1P: the support athlete can hold the elbow or area from elbow to shoulder with one palm. The palm CAN'T hold the wrist area or it will be subject to Base Mark because that is then a different connection (an XS).		
	 Example 1P1P:	Acceptable: one palm can hold elbow or lower (area from elbow to shoulder). 	Not Acceptable: Obviously the wrist area 
	 Example 1F1P:	Acceptable: one palm can hold elbow or lower (area from elbow to shoulder). 	Not Acceptable: Obviously the wrist area 



Group B Constructions with the type of connections that must be used with: <i>(if there is a discrepancy between this table and the original connection and the construction tables, the original connection and construction tables will prevail)</i>	
Construction	Connections
St	1P1P, 1PPx, PP, FP, SiSb, Bp, E, PH/, AP, SiS, FS, F1S, Tw, S+, 1PH 1F1P, 1F1F (in case support athlete is in head-up vertical split position)
StH	1P1F, FF, FF/ , PF, ShF, LayF, SiF, S+, 1F1F, H1F/, HT+
2SupU	Le, 1FH+1FP, PP2
2SupD	Tow
2SupM	Le, Ch
2SupD2F	Tow
L	Li
L2F+	Li
St>	PP, PF, Bp, ShF, E, F1S, LayF, 1P1F, 2pH, PH/ (must have symbol ∞ with connection code)
LH	LiH
Lh2F	LiH

- In the below table, if you see a symbol ∞ near the picture of the grip – it may be used for the acrobatic movement with the construction “Transitional Stack” (St>) with specified types of connections in group B. If a grip does not include the infinity symbol ∞ then it can't be used with Transitional Stack (St>).



Area of support - Group B: Please note in table below Featured Athlete = (F), Support Athlete = (S)								
No.	Picture	Type of Connection	Area of both Supports	Support	Featured athlete	Average	Bonus/ Deduction	Total
1	 (F) + (S) = straight arms	1 palm (F) on 1 palm (S) Extra small + Extra small 1P1P	Extra small + Extra small	1.2 (average for both)			0.3 - Vertical body on palm -0.2 for stabilization catch the support arm	1.30
2	 (F) = straight arm	1 palm (F) on 1 foot (S) 1P1F ∞	Extra small+ small	1.2	0.5	0.85	+0.2 ALL BODY ON 1 PALM	1.05
3	 (F) + (S) = straight arms	(F) balances on 1 palm on the "XS" type of grip of the (S) 1PPx	Extra small + Extra small	0.6	1.2	0.9	+0.2 Vertical body on palms - 0.1 for 2 palms	1.00
4	 (F) + (S) = straight arms	Palms (F) to Palms (S) (S) and (F) can hold as XS grip (with hands together) or with hands apart PP ∞	Extra small + Extra small	0.6	0.6	0.6	0.2 Body on palms	0.80



5	 (S) = straight arms	1 foot/2 Feet (F) on palms (S) (S) can hold as XS grip (with hands together) or with hands apart FP	Extra small + small	0.6	0.5	0.55	+0.15 for power press	0.70
6	 FF	Feet (F) on feet (S) With NO help from spotters or base athletes FF	Small + small	0.5	0.5	0.5	+0.1 No Capture	0.60
7	 FF/	Feet (F) on feet (S) with help from base athletes or spotters FF/	Small + small	0.5	0.5	0.5	-0.225 for additional spotters help on side	0.275
8	 PF ∞	Palms (F) on feet (S) PF ∞	Extra small + small	0.6	0.5	0.55	- 0.1 for capture with support	0.45
9	 SiSb	Lower back (F) sits on shoulder blades (S) Blind Connection SiSb	Small + medium	0.5	0.3	0.4	Minus 0.1 for capture and minus 0.1 for close to support but +0.2 (for blind connection) Touch (not "sit") +0.1	0.50
10	 Bp ∞	"Backpack" grip: Back-to- back blind connection The back of (F) touches the back of (S). Bp ∞	Big + Big	0.1	0.1	0.1	0.2 (for blind connection) - 0.15 for strong "double" hand connection between 2	0.15



11		Shoulders (F) on feet (S). Note: (F) may hold legs of (S) ShF ∞	Small + medium	0.5	0.3	0.4		0.40
12		"Eiffel" grip: Palms (F) on shoulders (S)/ Palms (S) on shoulders (F) (Not a handstand) (S) and (F) may hold one side with a varying grip (like image on right). One grip must always be palms to shoulders. E ∞	Medium/Small +Medium/ small	0.5 0.3	0.5 0.3	0.4	-0.025 close to center of mass	0.375
13		Palm (F) on head (S) + palm/palm connection PH/ ∞ (F) = straight arm (the one on the head)	Extra small + extra small + help	0.6	0.60	0.6	Plus connection head 0.05 0.3- all body on palm -0.1 for balance capture arm	0.85
14		Lift ONLY on heads above water: (F) stand/lay/sit on 2-4 heads of base athletes (S) Arms/legs of (F) may only be connected to heads which must be visible above water LiH Note: base athletes (for safety) may hold featured athlete	4 medium supports = big sustainability	0.1	0.1	0.1	0.3 bonus for head connection Risk+0,05	0.45



15		All (F) body on palms of (S) (lay or sit) (F) may have additional connection to (S) Note: (S) arms ABOVE or at same level with top of the head AP	Extra small + big	0.6	0.1	0.35	Bonus 0.1 all body on palms; (close to support center of mass) (-0.1)	0.35
16		(F) Sit/hang or lay on shoulders (S) Sis	Medium + big	0.3	0.1	0.2	(close to support center of mass) (-0.1)	0.10
17		Feet (F) on Shoulders (S) FS	Medium + small	0.3	0.5	0.4	-0.3 (for 2 hand capture by support) -0.15 for Stable, not risk connect -stabilization balance (divide by 2)	0.025
18		Foot (F) on a shoulder (S) + (F) can have additional connection with (S) F1S ∞	Medium + Small	0.3	0.5	0.4	minus 0.275 for extra support (2 hands+leg sometimes)	0.125
19		"Lemur" grip Construction is 2 support athletes with at least 1 head-up. (F) lays, stands, hangs, or sits on their hands or is in a head-down position. (F) can also hold shoulders of one (S) Le	Big + small	0.1	0.5	0.3	Minus 0.1 for 2 supports + coordinate balance 0.05 between 2 people	0.15

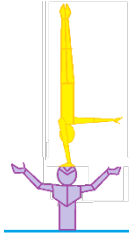
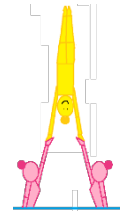
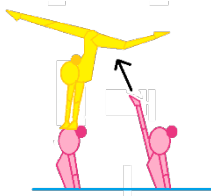
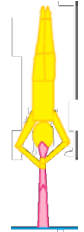
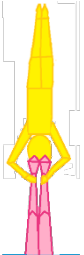


20		"Tower" grip Construction 2 support athletes head-down, (F) lay, stand, hang, or sit on their hands or is in a head-down position Tow	medium + medium	0.3	0.3	0.3	Minus 0.05 for capture	0.25
21		Simple lift: Base athletes hold (F) Note: (F) may use support of head/s of base athletes/ spotters Li	Small + big	0.5	0.1	0.3	-0.225 (for 3 or more hands capture by base athletes; stable)	0.075
22		"Chameleon" grip Construction 2 supports, one of them head-down. (F) connects to one (S) by stomach, and to second (S) by feet/legs, hands (3 points) Ch	Medium+medium+Small+Small = average	0.3 0.3	0.5 0.5	0.4	Minus 0.1 for 2 supports	0.30
23		Twins (F) holds the stomach of (S) and (S) holds pelvis of (F) Or (F) holds the shoulders of a spotter and (S) holds the pelvis of (F) Tw	Big + big	0.1	0.1	0.1		0.10
24		(F) Lay/Hang on Feet (S) LayF ∞	Small+ Big	0.5	0.1	0.3	-0.125 close to the support (center of mass lays exactly on support)	0.175

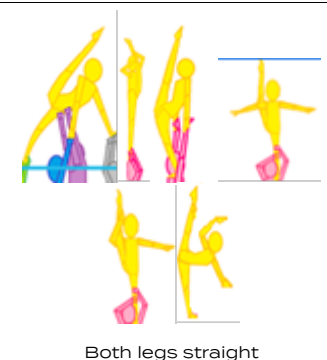
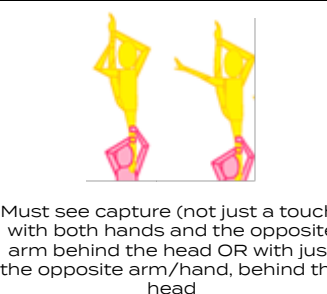
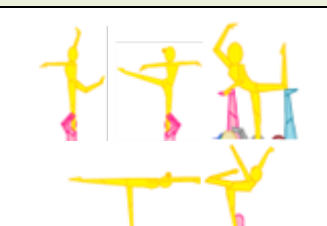


25		(F) Sit on feet or 1 foot of (S) SiF	Extra small+ Med	0.5	0.2	0.35	-0.1 for center of mass close to support -0.05 for stability catch	0.20
26		Construction: Two (S) head-up, (F) 1 leg stays on a head of first (S) and 2 nd leg on palms (near head) of second (S) 1FH+1FP	Small+ extra small + Extra small + Small+ help	0.5	0.6	0.55	Plus connection head 0.2 Minus -0.2 for 2 supports	0.55
27		(F) Sit, stand or lay on Stack or Stack head-down with spotter/s S+	Small+ Big	0.5	0.1	0.3	-0.25 for spotters	0.05
28	 (S) = straight arm	(F) 1 foot on 1 palm (S) 1F1P	Small+ extra small	1.2	0.6	0.85	+0.4 ALL BODY ON 1 PALM	1.25
29		1 foot (F) on 1 foot (S) 1F1F Leg of (S) on which (F) balances must be straight. The leg on which (F) stands must be straight.	Small+small	0.5	0.5	0.5	Bonus for no connect 0.1 1 body part multiply on 2	1.10



30	 (F) = straight arm	1 palm (F) on 1 head (S) grip. 1PH	Extra small+ small	1.2	0.6	0.85	+0,3all body on 1 palm +0,2 connection with head +balance bonus 0,05	1.40
31	 (F) + (S) = straight arms	Palms/Palms connection on 2SupU Stack. PP2	small/small+ Small/small	0.6	0.6	0.6	+0.05 bonus for balancing in between 2 supports	0.65
32	 (F) = straight arms	Transitional stack only: Palm(s) on the head of (S). (S) can help (F) to keep balance with their hands. 2pH ∞	Small +Small	0.6	0.6	Capture	+0.175 connection to head -0,05 close to support centre of mass	0.775
33	 (F) = straight arms	Head of (F) on 1 foot of (S). (F) hand(s) connected to leg of (S). H1F/	Extra small + small	1.2	0.6	0.85	+0,2 balance on head only with head -0,1 for capture	0.95
34	 (F) = straight arms	Head of (F) on 2 feet of (S), with hand(s) of (F) holding leg(s) of (S). HT+	Small+small	0.6	0.6	0.6	+0,25 balance on head only with head -0,1 for capture	0.75


Component P – Position

Group B Positions								
No.	Picture	Name and code	Vestibular load/ Difficulty to balance	Presence or absence of a helping hand (capture)	Type and level of flexibility+ Deviation of torso from inner axis	Total	Value If Position 2	Code for position n 2 (level)
Stand on 1 Leg: HEAD-UP with leg Forwards/Sideways Head-Up = the torso and head must be within 90 degrees of a head-up vertical position (no allowance).								
1		Heron he	Stand on 1 Leg: HEAD-UP with leg Forwards/Sideways	Can be with or without capture	Leg (thigh) 135° or less Leg bent or straight	0.125	0.062	2he
		can be with arch in back	0.075	0	0.05			
2	 Both legs straight	Vertical Split vs	Stand on 1 Leg: HEAD-UP with leg Forwards/Sideways Both legs straight.	Can be with or without capture	Straight "upper" leg forwards or sideways 180° + can have torso deviation up to 90 degrees as per head-up rule	0.30	0.10	2vs
			0.075	0	0.225			
3	 Must see capture (not just a touch) with both hands and the opposite arm behind the head OR with just the opposite arm/hand, behind the head	Glass gl	Stand on 1 Leg: HEAD-UP with leg Forwards/Sideways	Yes - both hands and the opposite arm behind the head OR with just the opposite arm/hand, behind the head	Straight leg sideways 180°	0.40	0.20	2gl
			0.075	0.025	0.3			
Stand on 1 leg: HEAD UP with leg Backwards. Head-Up = the torso and head must be within 90 degrees of a head-up vertical position (no allowance). Positions in this subgroup are different from "sideways" positions and need to have hips square, and leg backwards.								
4		Ballerina ba	Stand on 1 leg: HEAD UP with leg Backwards	Can be with or without capture	Arch with leg back at 90° (straight or bent at knee). May have torso forwards up to 90 degrees as per head up definition.	0.15	0.075	2ba
		can lean forward	0.075	0	0.075			
5	 Can be on 1 knee Must have leg capture (any arm)	Sail sa	Stand on 1 leg: HEAD UP with leg Backwards	Must have leg capture (any arm)	Arch with bent leg back 135° or more and must have torso forwards 90° as per Head Up definition	0.325	0.162	2sa
			0.075	0.025	0.225			



6		Needle ne	Stand on 1 leg; HEAD UP with leg Backwards	Can be with or without capture	Arch with torso forwards 90° as per Head Up definition and 180° between legs (both straight)	0.425	0.212	2ne
			0.075	0.1	0.25			
7	 Can be on 1 knee. Blind capture with 2 arms or opposite arm, (elbow/s point forwards – not a "side" capture)	Eye ey	Stand on 1 leg; HEAD UP with leg Backwards	Yes – Blind capture with 2 arms or opposite arm.	Leg (straight or bent) backwards 135° or more with torso as per Head Up definition	0.50	0.25	2ey
			0.075	0.2	0.225			
Standing on 2 Legs – HEAD-UP Head-Up = the torso and head must be within 90 degrees of a head-up vertical position (no allowance).								
8		Stand sd	Stand on 2 legs HEAD-UP	-	Stand on 2 legs (apart or together or can be on 1 knee) Can have an arch in back. Torso as per Head Up definition.	0.05	0.025	2sd
			0	0	0.05			
FREE POSITIONS								
9		Monkey mo	Open Tuck/Pike variations, Chair variations – head-up or head- down	Can be with or without capture	Legs are close to centre of mass ie. Chair variations, "open pike variations", different kind of sits where legs are close to centre of mass.	0.075	0.037	2mo
			0	0	0.075			
10		Porcupine pp	Tuck (both knees bent and closed to chest (within 90° from chest)	Can be with or without capture	Different variations of tuck on the support (laying, standing on palms, head-down etc)	0.10	0.05	2pp
			0	0	0.1			
11		Cat ct	Stand on 3 or 4 limbs (points of support)	-	Stand on 3 or 4 limbs (foot+2 palms or 1 palm+2 feet or 2 feet+2 palms) Horizontal alignment of torso which can be arched back or bent forwards. Arms/Legs can be bent or straight. If standing on one leg the other leg can be in a free position.	0.025	0.012	2ct
			0	-	0.025			



12		Shrimp sh	Legs straight and torso touches legs 0.05	Can be with or without capture 0	Both legs straight apart or together. Torso touches legs (legs within 45° of the torso as per allowance) 0.125	0.175	0.087	2sh
13	 Blind capture with 2 arms or opposite arm Blind capture = elbow(s) required to be pointing forwards	Harp hp	Sit/Lay/Hanging Head-Up or Head-Down 0.05	Blind capture with 2 arms or opposite arm Blind capture = elbow(s) required to be pointing forwards 0.1	Obvious arch in the back. Captured leg is bent. Other leg is in a free position. 0.3	0.45	0.225	2hp
14		Flamingo fl	Lay torso/head horizontal with legs free (not cobra) 0.05	Can be with or without capture 0	Straight torso on the horizontal axis, can have arch in back. Legs straight or bent. 0.175	0.225	0.112	2fl
15	 Blind capture with 2 legs and 2 arms Elbows must point forwards.	Turtle tu	Lay with arch in the back (stomach upwards, downwards or sideways) 0.05	Yes - Blind capture with 2 legs and 2 arms + elbows must point forwards 0.15	Arch in back. Legs can be bent. 0.175	0.375	0.187	2tu
Horizontal aligned positions – HEAD-UP Head-Up = the torso and head must be within 90 degrees of a head-up vertical position (no allowance).								
16	 Can be also on stomach or on the side	Cobra co	Lay whole body horizontal Head-Up 0.05	- 0	Horizontal aligned body. Can have arch in back up to 45° from horizontal line. Knees can be slightly bent. Legs can be up to 45° from horizontal line 0.10	0.15	0.075	2co



17		Split	Sit/Lay in a Split Position (or variant) Head Up	Can be with or without capture	Must have from knee-to-knee an alignment of 180° with 45° allowance. Leg(s) may be bent.	0.28	0.14	2spl
		spl						
		(Can be lay on stomach or back)	0.05	0	0.23			
18		Scorpio	Lay torso horizontal on stomach Head-Up Arch in the back	-	90-degree arch between the back and at least one leg. Legs can be bent.	0.275	0.137	2so
		so						
			0.05	0	0.225			
19		Pin	Lay with stomach upwards or downwards. Arch in the back with straight legs. Head-Up	Yes – Blind capture with 2 arms or opposite arm (elbow(s) must point forwards)	180° between straight legs and arch in back	0.60	0.30	2pi
		pi						
			0.05	0.20	0.35			
Head-Down								
Head-Down = the torso and head must be within 90 degrees of a head-down vertical position (no allowance).								
20		Bamboo	Head-down Vertical Position (including variants) At least one leg must remain in VP "cone" (within 45 degrees of vertical line)	-	Small arch in back allowed. At least one leg must remain in VP "cone" (within 45 degrees of vertical line)	0.15	0.075	2bb
		bb						
			0.1	0	0.05			
21		Box	Head-down 90° Pike Position At least one leg straight	-	90° Pike Position. Legs together or apart. At least one leg straight at 90 degrees.	0.20	0.10	2bo
		bo						
			0.1	0	0.10			
22		Firefly	Head-down 90° Pike Position Both legs straight Hips with legs turned sideways (hips turned 90° from torso)	-	Hips with both legs clearly turned 90° from torso	0.275	0.137	2ff
		ff						
			0.10	0	0.175			



23		Willow	Head-down Arch in the back with at least one leg straight and 90° back from vertical line.	No	Arch in the back with at least one leg straight and 90° back from vertical line.	0.25	0.125	2wi
		wi	0.15	O	0.1			
24		Bridge	C-shape arch of the back head-down standing or hanging. Legs/arms can be bent or straight	No	C-shape arch of the back head-down standing or hanging. Legs/arms can be bent or straight	0.325	0.162	2br
		br	0.05	O	0.275			
25		Owl	Split with straight legs Head-down	-	Must have straight legs split apart 180° (with a 45° allowance)	0.30	0.175	2ow
		ow	0.15	O	0.15			
26	 MUST touch head with at least the toes of 1 foot - NO ALLOWANCE	Marlin	Head-down with arch in the back and connection to the head with at least the toes of 1 foot (no allowance)	-	Head-down with arch in the back and connection to the head with at least the toes of 1 foot (no allowance)	0.35	0.175	2ma
		ma	0.15	O	0.2			
Positions with Extreme Flexibility: It is recommended these positions are only used by athletes who have the appropriate level of strength, flexibility and body awareness to perform these types of body positions safely. If executed incorrectly, there is a high risk of severe injuries.								
27	 Blind capture with 2 arms Elbows pointing forwards.	Drop	Head-down Standing on 2 straight legs (not hanging)	Yes - blind capture with 2 arms. (elbows forward) Can catch 1 leg or both legs with 2 arms.	Arch (back almost 180°)	0.80	0.40	2dr
		dr	0.2	0.3	0.3			



28	 Blind capture with 2 arms or opposite arm. Elbow(s) pointing forwards.	Queen	Head-down Stand on 1 straight leg	Yes - blind capture with 2 arms or opposite arm. (elbow(s) forward)	Arch (back almost 180°) and must have from alignment of 180° with both legs straight	0.70	0.35	2qu
		qu	0.1	0.2	0.4			
29	 Blind capture with 2 arms or opposite arm. Elbow(s) pointing forwards.	Snail	Head-down Balance on 1 knee/shin (not hanging). Other foot can't be helping to support the position (ie standing on a support/base)	blind capture with 2 arms or opposite arm capture (elbow(s) forward) Max arch in back	Balance on 1 knee/shin (not hanging). Other foot can't be helping to support the position (ie standing on a support/base)	0.475	0.238	2sn
		sn	0.15	0.20	0.125			


Component R – Rotation of the Construction Base

We start counting the rotation of the support-Athlete (i.e., Stack or Stack head-down) when the support-Athlete starts turning. Sometimes you can see that the turning starts while rising and the featured-Athlete lifts her/his leg while the turn is already happening – it's not Base Mark.

Values for Rotation of the Construction Base in Group B						
Type	Degree of rotation					
	90°	180°	360°	540°	720°	To be used with these connections:
Value for Stack where support athlete with featured athlete on top rotates on the vertical axis. The featured athlete stands on 2 feet on the shoulders of the support athlete.	-	r0.5/ 0.05	r1/ 0.10	r1.5/ 0.15	-	ONLY Connection FS
Value for Stack where support athlete with featured athlete on top rotates on the vertical axis. The support athlete must be head up. The featured athlete can be head up or head down. <i>**If featured athlete stands on 2 feet on shoulders (FS) these codes are not valid. Must use above (r0.5/r1/r1.5/).</i>	-	r0.5 0.10	r1 0.20	r1.5 0.30	-	FP SiSb Bp E AP SiS F1S Tw 1F1P S+ (when support is head-up) PP (when featured athlete is not in handstand – for example shrimp) 1F1F (when support is head-up)
Value for Stack where support athlete with featured athlete on top rotates on the vertical axis. The featured athlete stands on 1 leg with other leg at 135 to 180 degrees. The position(s) with 1 leg 135–180° must be maintained through the whole declared rotation of the construction. This means for position 1, or positions 1 and 2, or positions 1, 2 and bonus for 3rd	-	r0.5+	r1+	r1.5+	r2+	F1S 1F1P 1F1F FP (when featured athlete stands on 1 foot)

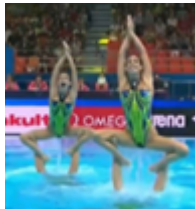
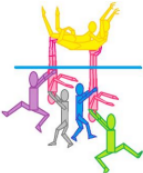
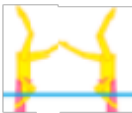
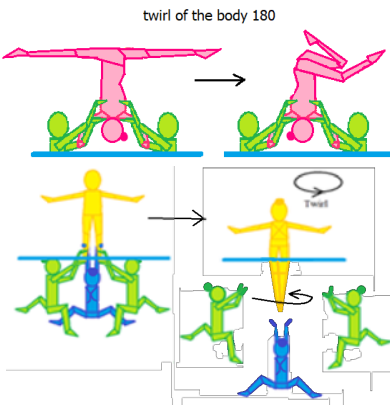
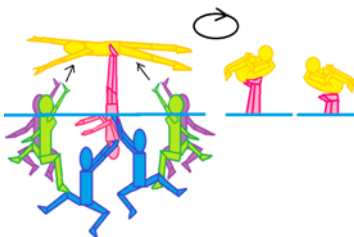


- the leg can't drop out of 135-180° (inclusive of allowance) For example: Position 2 must be with equal "leg-position" (135-180°) to Position 1 (ie Eye, Needle, Sail, Vertical Split, Glass etc). Note: the rising/moving of the position to a one leg position with the other leg at 135-180° can occur while the construction is ascending/turning. This is when the DTCs will start counting the rotation.		0.125	0.225	0.325	0.425	
Value for Stack where support athlete with featured athlete on top rotates on the vertical axis The featured athlete is in a "Handstand" connection OR The support athlete is in a head-down construction	-	r0.5!	r1!	r1.5!	r2!	Feat-Swim = Handstand connection: 1P1P 1P1F 1PPx PF PH/ PP2 2PH 1PH PP Support athlete head-down: FF FF/ ShF LayF SiF 1F1F H1F/ HT+ 1P1F PF S+
Value for Lift - big water resistance for base athletes while the entire construction rotates including the base athletes. Rotation starts from the surface, not from underwater.	r/L 0.40	r0.5L 0.50	r1L 0.80	-	-	LiH Li
Important: For the grips Le, Tow, and Ch there is no rotation of the construction. In the case where only the featured athlete rotates without the support athlete (for example around self while submerging) declare the Group B twirl bonus (Twirl).						

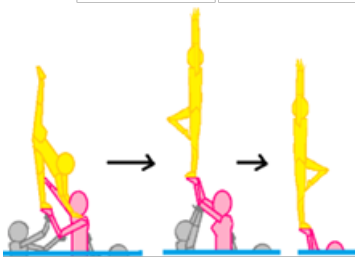
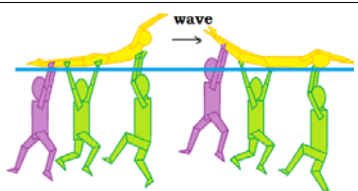
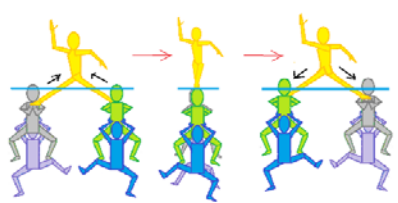

Component T – Plane and Degree of Rotations

- N/A for GROUP B.

Component B – Bonus
List of additions, bonuses, and risk-elements in Group B

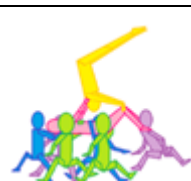
Code	Description	Diagram	Value
Dbl	Synchronized actions for double acrobatic movements Where athletes are divided into two groups (separate small constructions. Usually 3 athletes underwater + 1 featured athlete) who perform identical (equal/same) simultaneous acrobatic movements. Note 1: "Mirror action" is possible – ie constructions face each other and featured athletes both are lifted back-to-back or face to face. Note 2: The two featured athletes may be connected with each other.		0.20
Note on Dbl bonus: How to differentiate a construction with 2 supports and 2 featured athletes vs bonus for double acrobatic movement:  2 supports with 2 featured athletes (2SupD2F)  1 acro (StH) with bonus for double acro movement and connection between 2 featured athletes. In 2SupD2F we clearly can see that both supports and both featured athletes form "a whole" construction and "look unified" (the weight of both athletes is distributed between two supports). But in a second example, we clearly see 2 identical "small" acrobatic movements where featured athletes are just connected in a touching manner. The 2nd acro can't use 2SupD2F, but instead StH with the bonus for double acro and if clearly connected the bonus for a connection.			
Pos3	Third position Example: at the end of acrobatic movement closing legs from split to vertical or tucking (any additional position 3rd, 4th, 5th etc.). This bonus should be declared only once no matter how many positions featured athlete will perform after the first 2 declared ones.		0.05
Can't be combined in the same acrobatic. You can only choose 1 of these!	Twirl "Twirl" of featured athlete in Group B 180° and more (head-up or head-down). Support athlete does not rotate. Only the featured athlete rotates (180-360). Support or base athletes stay static. For this bonus only the featured athlete may remain on the construction for the twirl OR the support/base athletes can let go (disconnect) and the featured athlete twirls while submerging. At least 180 MUST be achieved by the featured athlete's waist (no allowance)		0.10
	RotF Featured athlete rotates on feet of support 180-360° Support athlete does not rotate. Only the featured athlete rotates (180-360). Support or base athletes stay static. The featured athlete rotates on the feet of the support. Featured athlete must be on horizontal plane on their stomach or on their back.		0.20



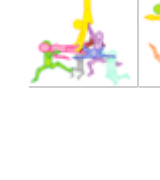
SdUp		Stand-up (lifting torso) from a head-down position. For example: Owl to Heron		0.10
Wave		“Wave” movements Featured athlete(s) must be lifted up/away from the surface.		0.10
Can't be combined in the same acrobatic. You can only choose 1 of these!	Moon	“Moonwalk” : Lift-up from split, legs sliding and changing place and opening back to the split on surface Base athletes hold legs of featured athlete and move underwater to change position of the featured athlete. The featured athlete can either move 1 leg while the other leg remains static or moves both legs at the same time. Legs can move forwards/backwards.		0.275
	Mov	Moving base lift Base athletes move backward and then return. OR Base athletes pass through each other under the featured athlete.		0.70
	Hold	Long holding lift - 3 seconds and more (Timed by the DTCs) Time starts when featured athlete achieves maximum height and ends when featured athlete starts submerging. Hold bonus declaration and rotation of the construction declaration CAN'T occur simultaneously.		0.50


Group P
Component C – Construction

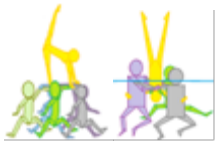
- Any construction in group P can be lifted from underwater or starts at the surface. The ending of a platform can be done with the descent of the construction or as a “regroup” action on a surface (for example featured-Athlete dives away from platform and support-Athlete make a kick while base-Athletes stop holding him/her and continue the routine).

Group P Construction – Please note in table below Featured Athlete = (F), Support Athlete = (S)									
No.	Picture	Name and number of levels	Difficulty of coordinating actions and number Formations	Support: Body position and level of sustainability	Support: Type and level of flexibility or maintain position	Airborne weight	Area of full construction, Proximity between athletes	Tempo of acceleration and push (lift/throw)	TOTAL
1		Platform where (S) is horizontal with straight body	Hard	High level of sustainability+ low vestibular load (laying)	straight body	2	Type 2	slow-med	1.00
		P	0.3	0.1	0.1	0.2	0.2	0.1	
2		Platform where (S) is head-up with the torso bent at 90°, legs straight at the surface.	Hard	High level of sustainability+ low vestibular load (laying)+torso up (core hold)	Pike with 90 degrees angle between legs and torso	2	Type 2	Slow-med	1.10
		Box	0.3	0.15	0.15	0.2	0.2	0.1	
3		Platform where (S) is horizontal with straight body and bent knees	Hard	High level of sustainability+ low vestibular load (laying)	straight body	2+ may have bent knees	Type 2	slow-med	1.05
		Knees	0.3	0.1	0.1	0.25	0.2	0.1	
4		Platform where (S) is in a Ballet Leg position	Hard	High level of sustainability+ low vestibular load (laying)	Thigh forward 90 degrees	2+leg with thigh on the vertical axis	Type 2:	slow-med	1.20
		One thigh of (S) must be on the vertical axis. The shin of the vertical leg can be straight or bent at 90° max (parallel to the surface) B	0.3	0.1	0.2	0.3	0.2	0.1	



5	  	Platform where (S) is in a Double Ballet Leg position	Hard	High level of sustainability+ low vestibular load (laying)	thighs forward 90 degrees or one leg forward vertical + one thigh vertical	2+two legs with thighs on the vertical axis	Type 2:	slow-med	1.30
		Both thighs of (S) must be on the vertical axis. The shins of the vertical legs can be straight or bent at 90° max (parallel to the surface) DB	0.3	0.1	0.2	0.4	0.2	0.1	
6	 	Platform where (S) is horizontal on stomach with bent knees or in an arch "Chariot" (either legs up or torso up) Chariot	Hard	High level of sustainability+ low vestibular load (laying o)	straight body+ bent knees or arch	2	Type 2	med	1.15
			0.3	0.1	0.15	0.2	0.2	0.2	
7	 	Platform from 2 support athletes (any variation such as straight bodies, 1 or 2 Double or Single Ballet Legs) There <u>MUST</u> be base athletes under <u>both</u> (S). 2S	*Hard	High level of sustainability+ low vestibular load (laying) 1	static straight body or ballet leg(s)	3	Type 2	slow-med	1.25
			0.45	0.1	0.1	0.3	0.2	0.1	
8	 	Platform "Flower" (3-8 athletes form support from legs) + Others are base athletes Flower <u>Minimum requirement for this acro:</u> 1 base athlete + 3 support+ 1 featured athlete = total 5 athletes	Med	No	static straight body	4-8	Type 3	-	1.00
			0.1	0	0.1	0.8	0	0	



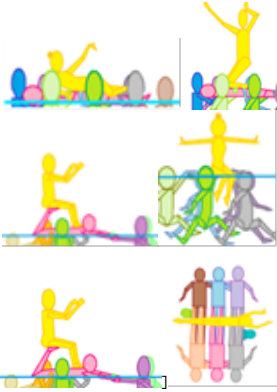
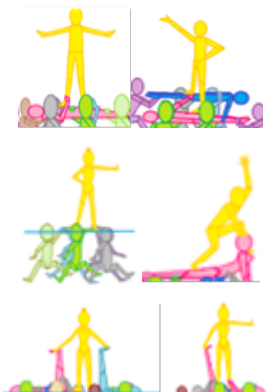
9	 May or may not have Base athletes	Platform made from hands/arms. Base athletes form geometrical figure/or stable support from their hands/arms at the surface on top of which (F) balances Hand May or may not have base athletes	Hard	No	no	1	Type 1	small	0.80
			0.3	0	0	0.1	0.1	0.3	


Component D – Direction

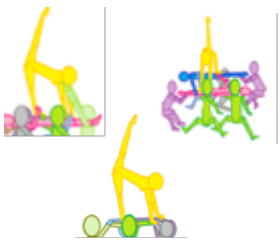
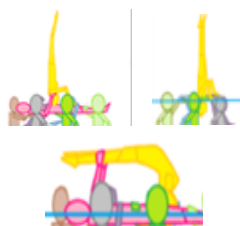
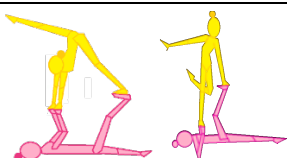
- N/A for GROUP P.

Component S – Area of Support / Type of Connection

i.	In connections SiA, F2A, 3pA, HA, 1FA, FA+PF, 2pA/, BA, 2pBb : support athlete/s and/or base athlete/s can give additional support to the featured athlete to maintain balance for safety reasons.
ii.	In connections FAb, SP+K, 3pK, 3pS, 3pbA, SP+L, SiF+Pb, ShF+P, L/SiF+P, 4p, DBB, 2pK, >1F1P, >2P2P, 2b/, SP+TF, ShiShi+, HP+L : support athlete already/automatically holding featured athlete as per the definition.

Area of support – Group P: Please note in table below Featured Athlete = (F), Support Athlete = (S) In all grips if nothing is specified the support athlete(s) arms can be straight or bent.								
No.	Picture	Type of Connection	Support	Featured Athlete	Average	Support/ base holds f-athlete	Bonus/ Deduction	Total
1		SiA	Big	med		Doesn't matter (can be)	-0.05 to close to support	0.10
			0.10	0.2	0.10			
2		F2A	Big	Medium (2 feet)		Doesn't matter (can be)		0.20
			0.1	0.3	0.2			
3		FAb	Big	Medium (2 feet)		Yes	+blind	0.20
			0.10	0.30	0.20	-0.10	0.1	



4		(F) connects at 3 points standing with at least one leg on a big area of support such as: straight or arched body or hands/arms constructions. 3pA	Big	Extra small + small (1 foot)		Doesn't matter (can be)	-0,15 connect to sup	0.15
			0.1	0.4	0.3			
5		(F) stands on 1 leg on a big area of support such as: straight or arched body or hands/arms constructions. 1FA	Big	Extra small (1 foot)		Doesn't matter (can be)		0.40
			0.1	0.7	0.4			
6		Headstand (F) on a big area of support such as: straight or arched body; or Head (F) can be between (S) legs or between the base athletes hands/arms etc. HA	Big	Small (head)		Doesn't matter (can be)	Centre of mass close to support	0.10
			0.1	0.5	0.3		- 0.2	
7		(F) holds knees (S), (S) holds shoulders (F). SP+K	Small + extra small	Medium (shoulders)		Yes		0.25
			0.4	0.3	0.35	- 0.1		
8		(F) is connected to knee/s (S) and palms/shoulders by any 3 points (for example: 2 palms and 1 knee OR 1 palm and a knee and knees in palms of the support etc.) 3pK	Small + extra small	Extra small + small (1 leg/ knee)		Yes		0.30
			0.4	0.40	0.40	-0.10		
9		3 points of connection with (S) on small area with (F): palms to palms and one foot to one foot (or palm to foot and foot to 2 palms) 3pS	Small	Small		Yes		0.40
			0.50	0.05	0.50	-0.10		



10		(F) is connected to a big area of support by any 3 points (for example: 2 palms and 1 foot OR 1 palm and 2 feet etc) in a blind connection where (F) does not see their foot/feet (for example bridge position) 3pbA	Big	Extra small+big		Doesn't matter (can be)	+blind + high cm	0.45
			0.1	0.6	0.3		+0.15	
11		One foot (F) stands on (S) who is in a ballet leg position + (F) holds/grabs the Ballet Leg (S) (can have additional support with another Ballet Leg) FA+PF	medium	small (1 foot and 1 palm)		Yes	-0.05 for stability	0.25
			0.3	0.5	0.4	-0.1		
12		Shoulders (F) on palms (S) + (F) is connected by hands with the leg or 2 legs (S). SP+L	Extra small	Medium (shoulders)		Yes	-0.05 for stability + high cm 0.025	0.375
			0.7	0.3	0.5	- 0.1		
13		(F) sits on feet or 1 foot (S) + blind connection to (S) palms to palms (F can't see the palms to palms connection) SiF+Pb	Medium	Medium			+ blind +0.05 for connection	0.35
			0.3	0.3	0.3		+0.05	
14		Shoulders (F) on feet (S) + palms/palms connection between them ShF+P	Medium	Small		Yes	High cm	0.40
			0.3	0.5	0.4	- -0.1	+0,1	
15		(F) sits or lies on the foot or two feet (S). (S) connected to (F) with their palms. L/SiF+P	Small	Medium (bottom or lower stomach)		Yes		0.30
			0.5	0.3	0.4	-0.1		



16		4 points of connection - Palms (S) connected with ankles (F). Palms (F) connected with the ankles (S). 4p	Medium	Medium (shins)		Yes (double)		0.10
			0.3	0.3	0.3	-0.2		
17		Handstand (F) on a big area of support (2 palms) + can have additional help from base/support athlete(s). Arms (F) must be straight with a limit of the top of the head for any bending due to execution (alignment with group B). 2pA/	Small	Big		Yes		0.275
			0.5	0.1	0.3	-	-0.025 for base athletes help	
18		Bridge position (F) with 4 points of connection on a big area of support. (can have extra help from base/support athlete(s)) BA	Big	Small		Doesn't matter (can be)		0.30
			0.1	0.5	0.3			
19		Bridge position (F) with 4 points of connection on a Double Ballet Leg construction. (F) can face any way. The connection must be made between palms and feet of (S) and (F). DBB	Small	Small		Yes	Blind + high cm	0.50
			0.5	0.5	0.5	- 0.1	+ 0.1 +0,1	
20		2 points of connection (S) on platform construction Knees 2pK	Small	Medium		Yes (double help)	-	0.20
			0.5	0.3	0.4	- 0.2		
21		(F) performs a transit to stand 1 leg on 1 or 2 palms (S). >F1P	Extra*2	Small		Yes		0.40
			1.2	0.5	0.85	-0.1	-0.15 for transit	



22		2 blind points of connection with (S) (blind points of support- is when (F) does not see the leg they are connected on). Can have one extra point of connection with (S), or (F) can hold another support athlete's leg. This connection is for Queen position only. 2pBb	Small	Small/ Medium		Yes	+blind arch capture	0.55
			0.5	0.4	0.45	-0.1	+0.3	
23		(F) performs a transit to 2 arm handstand on both palms (S). (F) must have both arms straight with a limit of the top of the head for any bending due to execution (alignment with group B). >2P2P	Extra*2			Yes	-0.2 for transit	0.60
			1.2		0.9	-0.1		
24		(F) hanging on 1 or 2 ballet legs of one or two (S) + help from base athlete(s) 2b/	Extra small	small		Yes		0.45
			0.6	0.5	0.55	-0.1		
25		Chest on feet+ Hips on palms Note: (F) may hold legs of (S) (depending on declared position) SF+TP	Small- Med	Med		Doesn't matter	Centre of mass is ON the support	0.25
			0.5/0.3	0.3	0.4	-	-0.15	
26		Shin (F) connected to Shin (S) + (F) lays on the other foot of (S). (S) may have additional connection with base athletes' head. (F) may have additional help of (S) ShiShi+	Med	Extra small		No!!	Shin/knee + Sheen/ knee bonus +0.3 -0.15 for head and extra help from support	0.70
			0.3	0.6	0.45	+0.1		
27		Head (F) on palms (S) + (F) connects with 1 or 2 legs(S) HP+L	small	Extra small	yes	Yes	+0.1 for head connection -0.125 for extra connection to legs	0.425
			0.5	0.6	0.55	-0.1		



Group P: Constructions with the type of connections that must be used with <i>(If there is a discrepancy between this table and the original connection and the construction tables, the original connection and construction tables will prevail.)</i>	
Construction	Connection
P	F2A; SiA; 1FA; 3pA; HA; >F1P; 2pA/; 4p; 3pbA; BA; >2P2P
Box	4p; 3pA; SiA; F2A; HA
Knees	2pK; 3pbA; 3pK; SP+K; F2A; SiA; 3pA; >F1P; >2P2P; BA; 1FA
B	2pBb; >F1P; L/Sif+P; SiF+Pb; SP+L; FA+PF; F2A; SiA; HP+L, FAb, 3pA; 1FA; HA; 3pS
DB	L/Sif+P; ShF+P; SiF+Pb; SP+L; FA+PF; 3pK; F2A; SiA; >F1P; ShiShi+; SF+TP; HP+L; 3pA, 1FA; 4p; DBB
Chariot	2pA/; 4p; 3pbA; 3pA; FAb; F2A; SiA; 1FA; BA
2S	2b/; 2pBb; FA+PF; 3pbA; HA; 3pA; F2A; SiA; 1FA; SP+K; 3pS; ShF+P; L/Sif+P; 2pA/; BA
Flower	2pA/; 3pbA; HA; 3pA; F2A; SiA; 1FA; BA
Hand	2pA/; 3pbA; HA; 1FA; 3pA; F2A; SiA; 3pbA; BA

Component P – Position

- Please use the Position Charts from GROUP B.

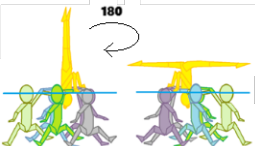
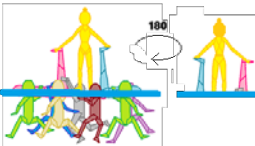
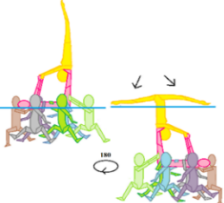
Component T – Plane and Degree of Rotations

- N/A for GROUP P.

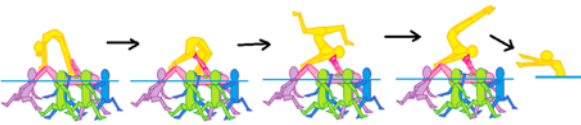
Component R – Rotation of the Construction Base

i.	If there is a change in the construction, the rotation of the construction declaration must match the criteria of the construction required when the actual rotation is being performed.
ii.	The declared rotation of the construction must be performed with the same construction throughout.
Sometimes athletes can change the type of construction while performing a Group P acrobatic movement. For example, starts in a 2S construction and then 1 support athlete disconnects and becomes a base athlete and the construction becomes Ballet Leg B. The team will declare 2S as the Construction. If, in this example, a rotation of the construction is also occurring the coach MUST ensure that the declared rotation code matches the criteria of the construction used when the rotation is being performed. The declared rotation must be performed with the same construction throughout. For example: the platform starts as a 2S construction and then becomes a B construction. A 360o rotation occurs during the B construction. In this case the team will declare "Pr1" for rotation of the construction, and not "P2Sr1".	

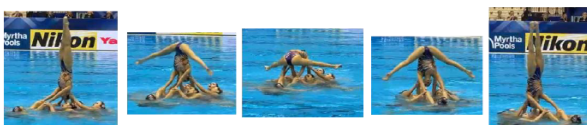
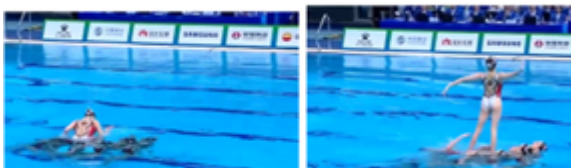


Values for Rotation of the construction base in Group P							
Type		Degree of rotation					To be used with these connections
		90°	180°	360°	540°	720° and more	
Value for platform where the entire construction rotates, including base swimmers The platform is made with one horizontal support swimmer		Pr	Pr0.5	Pr1	Pr1.5	-	P Box Knees B Chariot
		0.20	0.30	0.50	0.70	-	
Value for construction made from hands		Ph	P0.5h	P1h	P1.5h	P2h	Hand
		0.10	0.20	0.30	0.50	0.70	
Value for platform made from legs with 2 or more support swimmers		P2S	P2Sr0.5	P2Sr1	-	-	2S Flower
		0.30	0.40	0.60	-	-	
Value for platform construction DB		PDB	PDB0.5	PDB1	-	-	DB
		0.35	0.45	0.70	-	-	

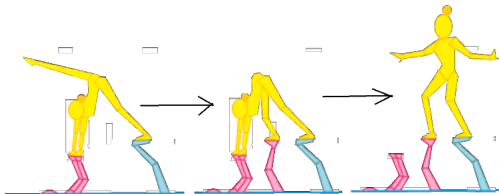
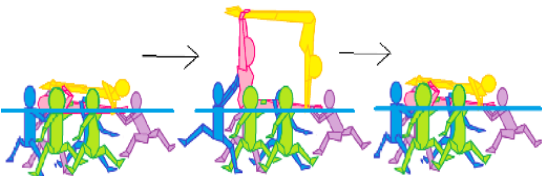
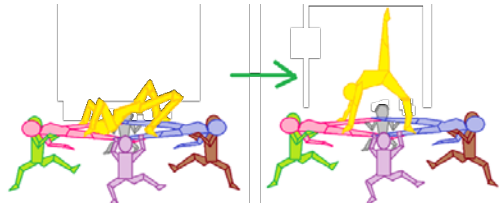
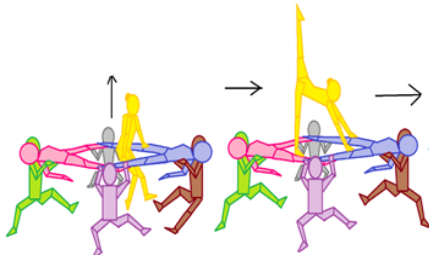
Component B – Bonus

List of additions, bonuses, and risk elements in group P:			
Code	Description	Diagram	Value
DbI	Synchronized actions for double acrobatic movements Where swimmers are divided into two groups separate small constructions. (usually, 3 swimmers underwater + 1 featured swimmer) and who perform identical equal/same simultaneous acrobatic movements. Note 1: "Mirror action" is possible – ie constructions face each other or away from each-other Note 2: The two featured swimmers may be connected with each other		0.30
Pos3	Third position Example: at the end of acrobatic movement closing legs from split to vertical or tucking any additional position 3rd, 4th, 5th etc. This bonus can be declared only once no matter how many positions featured swimmer will perform after the first 2 declared ones.		0.05

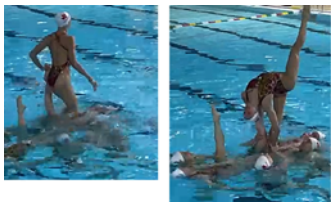
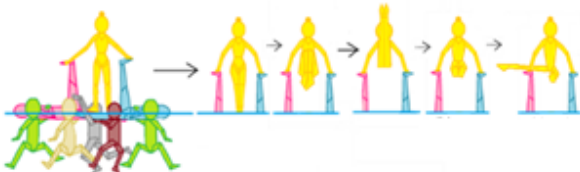
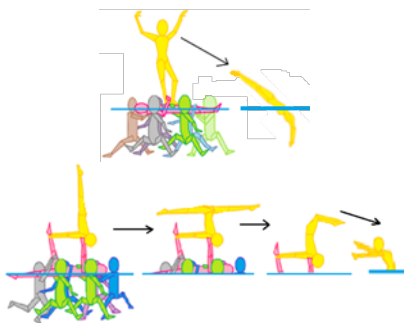


UP	Platform (any construction) lifted UP out of the water off the surface. Must hold 3 seconds or more with the featured swimmer completely dry and the support swimmer completely dry if support is horizontal OR with the featured swimmer completely dry and the holding arms of base swimmers completely dry from shoulders to fingers if construction is made from hands/arms Rotation of the construction may be declared simultaneously.		1.00
	Porp Porpoise Transitional start-action for featured swimmer at the beginning of the acrobatic movement. Porpoise bonus must start in a pike position and while the platform is rising the legs are continuously lifted into a Bamboo position which must be declared as Position 1.		0.15
Can't be declared in the same acrobatic. In both bonuses legs must be straight throughout the movement.	Spich Spichag Power press-up from Shrimp Position to Bamboo Position, then power-lowering from Bamboo Position to Shrimp Position. Or in the opposite way - starts in Bamboo, lower to Shrimp, press up to Bamboo. Featured swimmer must be unassisted by support/base swimmer(s). We do not declare a transitional position between Bamboo and Shrimp or Shrimp to Bamboo. The declaration of the positions varies for the acro depending on when the Spichag is happening. For this bonus, the legs in the Shrimp position must be parallel to the surface (with a 45-degree allowance) Can happen in any phase of acrobatic movement	 How Spichag MUST be done (or opposite way) 	0.50
	Travelling construction It must be an <u>obvious</u> movement from one spot to another. May start moving from underwater while ascending Can occur simultaneously with rotation of the construction, but travelling must be obvious.		0.20

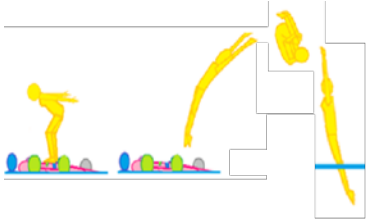
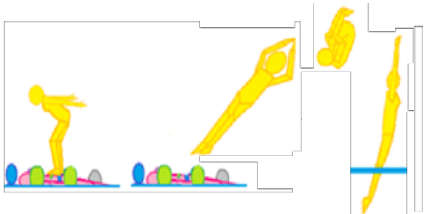
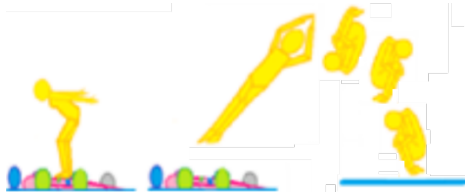
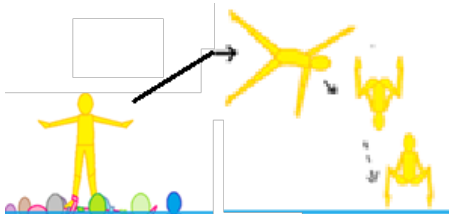
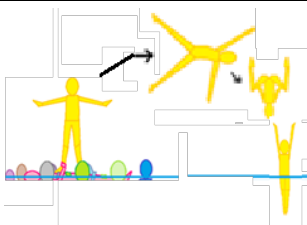
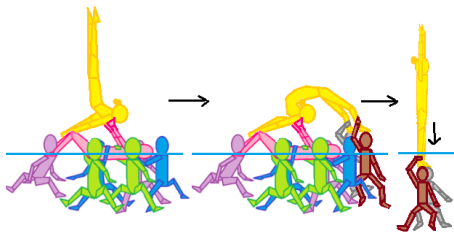
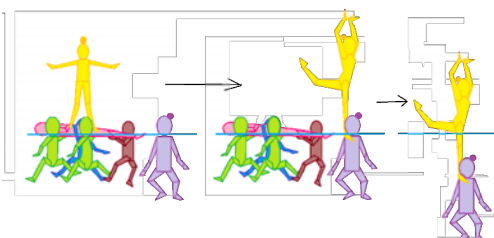


Can't be declared in the same acrobatic	Stand	After handstand/head-down position/s featured swimmer lowers legs on a platform and stands-up. For example: from Willow to Stand position		0.10
	Diva	For 2S construction: featured swimmer starts in 3pS connection, then stands on two feet foot to foot on two different support swimmers, and stands up, remaining standing connected feet to feet until submergence of both support swimmers.		0.30
PRoll		Roll on the Construction From Back Layout Position on the surface featured swimmer holds ankles of the support swimmer, and lift legs upwards over the head. Support swimmer catches ankles and pulls featured swimmer up. Featured swimmer rolls while extending the arms into a horizontal position (parallel with the support swimmer). Support and featured swimmer hold each other's ankles using both arms at the end of this bonus. In the case of using this bonus, position 1 will be considered the one that is happening after the roll.		0.125
Box		Lifting in a "Box" and/or lowering back Featured swimmer starts from a horizontal body position. Construction is pushed by base swimmer/s and support swimmer rises and pikes simultaneously. Featured swimmer also simultaneously rises and pikes to form a Box position. The box can lower back down. The featured swimmer may remain on until submergence of the support swimmer or continue with other movements after the Box bonus is completed.		0.175
Can't be in the same acrobatic	Spider	"Spider" action Featured swimmer twists the shoulder and thigh joints and appears inside a construction from underwater and climbs on top of the construction into a Bridge position. This action has flexibility risk factor. Can only be used for constructions 2S, Flower and Hand		0.225
	Climb	Featured swimmer climbs onto the platform from under the water inside the construction to perform Position 1. Can only be used for constructions 2S, Flower and Hand		0.10

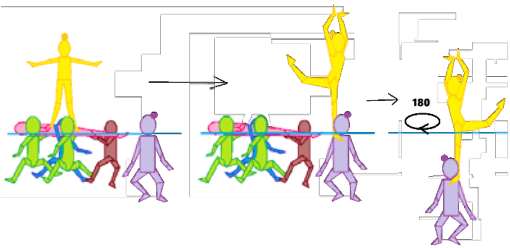
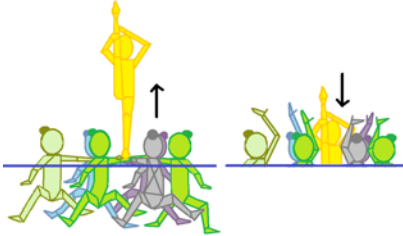
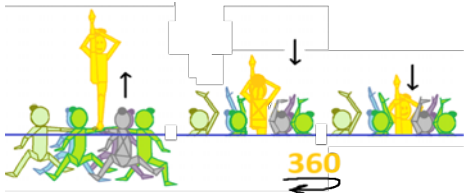


Arch	While platform is rising a non-stop transition to a Position 1 Queen or Drop that starts head-up. The featured swimmer can start arching back into position 1 only once knees are above surface of the water. Exception - the featured swimmer may have help from support/base swimmers to achieve position 1.		0.40
Kozak	“Kozak” power press sequence Featured swimmer presses up on 2 Ballet Legs, slowly balancing and pulling legs close to chest and then straightening them into a Shrimp Position with the legs at 45 degrees or less from the vertical line. Next, featured swimmer lowers legs straight to a Monkey position and executes a Static Power Hold for 3 sec or more. Tempo of bonus must be slow-medium, not fast.		0.60
Ending Action Bonuses – Can only use ONE of the following codes as a bonus – two can’t be declared together in the same acrobatic. Same allowance rules for somersaults and twists apply in these bonuses as in group A. Must start from standing/head-up (on 1 or 2 legs) except for Dive bonus.			
Dive	Dive or Half Somersault at the end of the platform performed headfirst or foot-first. Featured swimmer performs a dive/ half somersault to enter the water (may have twist around self while diving). Featured swimmer can’t remain in connection with the support swimmer. TCs must see a disconnection.		0.05
CH	Cartwheel or Handspring 360° ending action off a platform. Can be performed as Handspring with connection.		0.10
Ps1	At the end of the platform, the featured swimmer performs 360° somersault to enter the water		0.10
Ps1to.5	At the end of the platform, the featured swimmer performs 360° somersault + half twist to enter the water		0.15

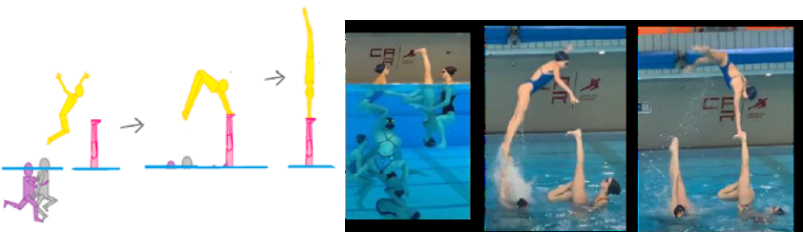


Ps1o	At the end of the platform, the featured swimmer performs 360° somersault and open to a straight body position to enter the water.		0.30
Ps1t0.5o	At the end of the platform, the featured swimmer performs 360° somersault + half twist and open to a straight body position to enter the water		0.40
Ps1t1	At the end of the platform, the featured swimmer performs 360° somersault + 1 twist to enter the water		0.35
Pf1	At the end of the platform, the featured swimmer performs 360° Side Somersault to enter the water		0.15
Pf1o	At the end of the platform, the featured swimmer performs a 360° Side Somersault and open to a straight body position to enter the water.		0.325
Mov	The featured swimmer Moves from platform onto 1 or 2 spotter's heads for finishing acrobatic movement as a Lift .		0.25
Mov1	The featured swimmer Moves from platform to standing with one leg on the shoulder of 1 spotter/base swimmer and submerge . The standing on one leg position must be shown by the allowance of the knee.		0.15



Mov1+t	The featured swimmer Moves from platform to standing on one leg on the shoulder of 1 spotter/base swimmer with a turn 180 degrees by the waist. The standing on one leg position must be shown by allowance of the knee.		0.275
Fall	Fast fall down inside construction by the featured swimmer. Can only be used for constructions 2S, Flower and Hand		0.05
FTurn	Fast fall down inside construction with 360o or more twist(s) by the featured swimmer, which must be completed by the waist. Can only be used for constructions 2S, Flower and Hand		0.15

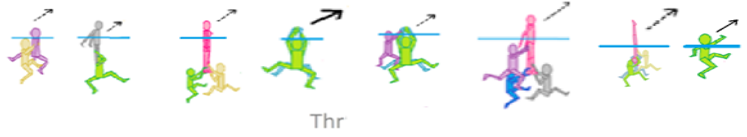
Group C
Specific terminology for Group C:

i.	Transit – is a term used when the featured swimmer is held/supported by the support swimmer of a second (main) formation from the start of the acrobatic movement. The support swimmer “pulls/helps” the featured swimmer to its own formation. The featured swimmer may continue their movement and enter the water or remain on this support swimmer until submergence of the support swimmer. Example of Transit: 
ii.	Jump (when used in group C) – is a term used when the featured swimmer is not connected from the start of the acrobatic action with the second (main) formation. There must be a clear and obvious airborne jump (from head/fingers to toes of the featured swimmer) from one formation to the other and a connection with the second (main) formation after the flying phase. The featured swimmer may remain on the support swimmer or continue their movement after a connection until entering the water. Example of desirable execution for a Jump: 

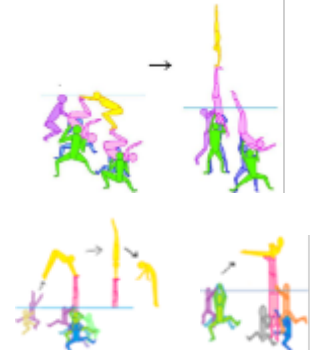


iii.	Onto the support - When the featured swimmer jumps/transits from first (pushing) formation onto another – second (main) formation and remains on it until submergence of the support swimmer
iv.	Through the support - When the featured swimmer jumps/transits and passes through the second (main) formation (touch and continues moving)
v.	Fly above formation - When the featured swimmer jumps and flies above the second (main) formation (without touching).

Component C – Construction

i.	When in the Code we see “Thr” – that means a “pusher” formation. Any way of pushing or jumping will be written as Throw (ie: Thr). Some examples of Thr in Group C:  Thr
ii.	Inside of a construction code the symbol > means a transit OR a jump from first (pushing) formation to the second (main) formation.
iii.	A Piked arrow ^ inside of a construction code means a jump from first (pushing) formation and fly above second (main) formation without touching and entering the water beyond.
iv.	If there is no > at the end of the construction code, it means that you can remain on the 2nd (main) formation OR pass through the 2nd formation before entering water.
v.	If there is a > at the end of the construction code, we MUST see a pass through of the 2nd (main) formation and continue to enter the water.
vi.	When a Stack or Stack head-down construction is declared it must contain at least: 1 base swimmer, 1 support swimmer and 1 featured swimmer (after landing).
vii.	When a lift is declared it must contain at least: 2 base swimmers and 1 featured swimmer (as part of the formation/construction).
viii.	When platform(s) or float(s) construction is declared: It must have at least 1 base swimmer under support swimmer(s).
ix.	For flying over construction, the flying phase MUST be performed when the featured swimmer of the second (main) formation (above which the featured swimmer flies) is at the “positions allowance safe zone” or higher (waist, knees or full body dry). If the featured swimmer unintentionally touches the second (main) formation while flying – it is execution. If the featured swimmer falls on the second (main) formation while flying above it – this is a Base Mark.
x.	Connections can be “broken” before submergence if it is not clearly stated that it should remain connected until submergence of the featured swimmer or submergence the support swimmer.



Group C Construction : Please note in table below Featured Swimmer = (F), Support Swimmer = (S)									
#	Picture	Name and number of levels	Difficulty of coordinating actions and number formations	Support: Body position and level of sustainability	Air-borne weight	Tempo of acceleration and push lift/throw)	Area of support	Bonus	Total
1		Transit or Jump on Stack head-up from any kind of throw. (F) may continue to move and enter the water or may remain on the 2nd (main) formation until submergence of (S).	Med	High level of sustainability+ low vestibular load	1+0.5	Fast/med 0.3/0.2)	Small-med	+0.275 increaser	1.125
		Thr>St	0.2	0	0.15	0.25	0.25	+0.275 increaser	
Please note in the acro below the coach declares Thr>St (Transit or Jump on Stack from any kind of throw). The additional formation between the two formations (pushing and main one) that does not take part in acro and does not influence the DD is considered in Artistic Impression and can't be declared as bonus.									
									
2		Transit or jump onto Stack head-down from any kind of throw. (F) may continue to move and enter the water or may remain on the 2nd (main) formation until submergence of (S).	Med	Low level of sustainability+ high vestibular load and 1 support is head-down	1+0.5	Slo/med 0.2/0.1)	Small-med	+0.275 increaser	1.20
		Thr>StH	0.2	0.2	0.15	0.15	0.225		
3		Through: 2 pair One of them can be head-down) + (F) must continue (pass through the pair) and enter the water	Basic	-	1	Big	Med	+0.275 increaser	0.675
		Thr>Pair>	0	0	0.1	0.1	0.2		



4		Transit or Jump from any kind of throw to 2 or more floats (swimmers floating at the surface and connected to each other).	Med*	High level of sustainability+ low vestibular load laying) at least two floats in connect	1+1+1	Optional	Big	+0.275 increase	1.0
		May remain on platforms until submergence of the (S)s or may continue to move and enter the water Thr>FF	0.225	0.1	0.3	0	0.1		
5		Transit or Jump on a float (One (S) is floating at the surface) (F) may continue to move and enter the water or may remain on support until submergence of (S).	Easy	High level of sustainability+ low vestibular load laying)	1+1	Fast/no	Med-big	+0.275 increase	0.875
		Thr>F	0.1	0	0.2	0.15	0.15		
6		Fly above Lift on heads from any kind of throw. (F) must be in Cat or Bridge position. Lift can be made with 2, 3 or 4 heads only.	Hard	-	1+1	Fast/slow-med 0.3/0.1)	Big	+0.3 fly above formation on heads +0.2 lift on head	1.575
		Thr^Lh	0.3	0	0.2	0.2	0.1	+0.275 increase	
7		Fly above Second (main) formation (lift, pair acro, stack-head-down, stack) from any kind of throw	Med-Hard	May be	1+1	Fast/slow-med 0.3/0.1)	Big	+0.2 fly above formation	1.225
		Thr^2F	0.25	0	0.2	0.2	0.1	+0.275 increase	



8		Simple lift + spotter/s 2 formations of base swimmers under one (F) and <u>Option 1:</u> (F) is laying at the surface. One of the base swimmer's formation pushes part of the (F)'s body and they stand-up on a 2nd (main) formation. May remain on this 2nd (main) formation until submergence of the base swimmers or continue moving/disconnect and enter the water <u>Option 2:</u> (F) stands-up as regular lift on the 1st formation with 2nd (main) formation waiting. (F) falls on the 2nd (main) formations' base swimmer who catches them before submergence of the base swimmers. (F) may continue moving/disconnect and enter the water.	Low	-	1	Med/no 0.2/O)	Medium	+0.275 increaser	0.775
			0.1	0	0.1	0.1	0.2		
9		Transit or Jump on formation made from arms/hands. Arms may be on the surface. (F) may continue to move and enter the water or may remain on the 2nd (main) formation until submergence of the base swimmers.	Low	no	1	Fast/no	Easy-Medium	+0.275 increaser	0.80
			0.1	0	0.1	0.15	0.175		
10		2 Jumps from throws (2 (F)s in connection with each-other): 1st (F) jumping and passing above the 2nd (F) while flying. 2nd (F) follows the 1st (F) to enter the water after showing an arc in the air.	Hard	High level of sustainability+ low vestibular load	1+1	fast	Big	+0.1 for connection between 2 featured swimmers	1.25
			0.3	0	0.2	0.3	0.175	+0.275 increaser	

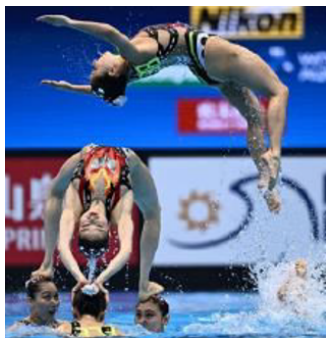


11		Snake-type One (F) after showing balance stack becomes airborne in connection/ together with (S). After showing arc-dive both of them enter water one-by-one while still keeping the connection. Sn	Med	Optional	1+1	Med	Med	+0.275 increase	1.175
			0.2	0.1	0.2	0.2	0.2		
12		Transit through 1, 2 or 3 heads from any kind of throw. Can't be used with Jump bonus. (F) must continue (pass through the heads formation) and enter the water. Thr>head>	Med	no	1	0.3/0) Med/no	Medium	+0.275 bonus for head-connection) +0.275 increase	1.075
			0.2	0	0.1	0.1	0.2		
13		2 mini-stacks (head-up) + spotter (head-up or head-down). Starts as 2 support Stack. After reaching max height (F) is pushed by one of the supports and disconnects to perform actions in the air while keeping connection with 2nd (S). 2Sup+	*Med	no	1+0.5 +0.5	Medium-up	Med	+0.275 increase	1.05
			0.25	0	0.2	0.125	0.2		
14		Transit or Jump on Small-Square formation. (F) may continue to move and enter the water or remain on the square formation until submergence of the second (main) formation. Thr>Sq	Hard	NO	1	Fast/slow-med 0.3/0.1)	Extra-hard Small	+0.275 increase	1.15
			0.3	0	0.1	0.2	0.275		
15		Transit or jump on 2-Stacks (head up or head down) from any kind of throw. (F) may continue to move and enter the water or may remain on the 2 stack formation until submergence of both (S). Thr>St2	Hard	High level of sustainability + low vestibular load	1+1+1	Fast/med 2	Big	+0.275 increase	1.20
			0.3	0	0.3	0.225	0.1		
16		From any kind of throw (1st formation), jump/ step (1 foot to 1 foot) onto a Stack head-down (2nd formation). Followed by a step 1 (foot to 1 foot) onto a Stack Head-down (3rd formation). (F) may continue to move and enter the water or may remain on the 3rd formation until submergence of (S). Thr>StH>1F	Med - Hard	Low level of sustainability + high vestibular load and 1 support is head-up	1+0.5+0.5	Slo/med 0.2/0.1)	Small-med	+0.275 increase	1.30
			0.25	0.2	0.2	0.15	0.225		



Component D – Direction

The same as in group A, plus on additional special direction for group C:

Direction	Code	Diagram	Value
Blind back jump Blind means that the featured swimmer can't see the second (main) formation before and during takeoff and is not connected with the second (main) formation. Also use for Thr+Thr construction as there's no Main formation Please note if "Back" is declared instead of "Bln" this is NOT a Base Mark.	Bln		0.20

Component P – Position

- Use the Position Charts from GROUP A and GROUP B.
- If in an acrobatic movement, the featured-Athlete after getting on a second "main" formation remains on it until submergence of the support athlete-use table from group B only. Position 1 is the first position the featured athlete is in when they get on the second (main) formation.
- If in an acrobatic movement the featured-Athlete after getting on a second "main" formation continues their movement and becomes airborne and later enters the water, use table from group A only. Position 1 is the first position in the order after take-off that is happening in the air after leaving the second main formation. (for example: if it's a handspring or somersault use positions from group A)
- For Thr>FF and Thr>F a group B position must be declared as position 1 on the float(s). Position 2 or 3rd position bonus must also be Group B if featured swimmer remains on until submergence of the support swimmers or if featured swimmer continues to move and enters the water. Group A positions are not allowed.
- If a Group A position is declared when a Group B position is required = Base Mark.
- If a Group B position is declared when a Group A position is required = Base Mark.
- The positions in group C for a fly above formation (constructions Thr^2F or Thr^Lh) is defined as:
 - If there are two featured swimmers, position 1 indicates the position of the 1st featured swimmer (who is usually lifted, so group B is used) and position 2 indicates the position of the second featured swimmer (who usually flies, so group A is used).
 - All other positions of either featured swimmer may be indicated in the bonus for third position ("Pos3").

For **group C** constructions **Thr+Thr** or **Sn**:

- Position 1 indicates position of the first featured swimmer (leading)
- Position 2 indicates position of the second featured swimmer (following)
- Any subsequent position may be declared as a third position bonus

Component S – Area of Support

- N/A for Group C (Value already inside construction).

Component R – Rotation of the Construction Base

- Must happen with support and featured-Athlete together (for example: after the featured-Athletes lands on a second formation), unless otherwise specified.



Values for the rotation of the construction base in Group C					
Type	Degree of rotation				Use with these constructions
	90°	180°	360°	540°	
Value* for Stack If the featured swimmer AND the support swimmer are NOT in head-down position	-	Cr0.5	Cr1	Cr1.5	Thr>St (possible if (F) and (S) are not head-down)
<i>*Support swimmer with featured swimmer on top rotates around self after landing or reaching max height stop-point</i>	-	0.20	0.30	0.40	Thr>St2 (possible if (F) and (S) are not head-down)
Value* for Stack If the featured swimmer AND/OR the support swimmer is in head-down position	-	Cr0.5 !	Cr1!	Cr1.5!	Th>StH Thr>StH>1F
<i>*Support swimmer with featured swimmer on top rotates around self after landing or reaching max height stop-point</i>	-	0.30	0.40	0.50	Thr>St (possible if (F) and/or (S) is head-down) Thr>St2 (possible if (F) and/or (S) is head-down)
Value for LIFT ON HEADS while featured swimmer flies above it	-	Cr0.5 L	-	-	Thr^Lh ONLY
Big water resistance for base swimmers while the entire construction rotates including the base swimmers. Rotation starts from the surface, not from underwater.	-	0.40	-	-	
Value for the platform/float made of hands (formation) after featured swimmer lands on it	-	CPO. 5	-	-	Thr>F Thr>FF
	-	0.40	-	-	Thr>hand
Special rotation for the formation being flown over in Thr^2F construction	-	2FO.5	2F1	-	Thr^2F ONLY
The rotation must happen during the flying phase of the featured swimmer (not before they jump or after they enter the water)	-	0.25	0.35	-	
Note: - For constructions Thr>Pair>; Thr+Thr; Sn; 2Sup+; Thr>head>, there is no rotation of the base possible. - For construction L+spot and Thr>Sq, the only option is to use the twirl bonus (no rotation of the base option available for this construction)					



Component T – Plane and Degree of Rotations

For Thr+Thr Construction coach declares only one type of rotation in the air of the “second” featured swimmer (not the one that appears from underwater first and leads the jump). TCs look at the one who is “finishing the jump”. For example: first featured swimmer performs a dive, second featured swimmer follows them and performs one somersault before entering the water. Coach declares only 1 somersault (Cs1).

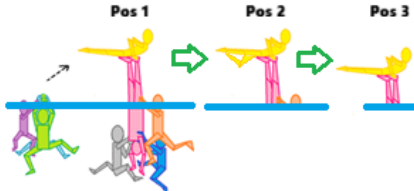
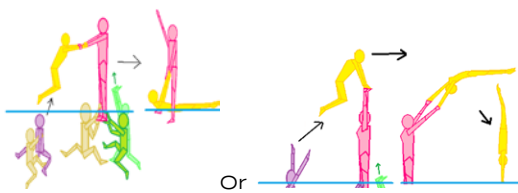
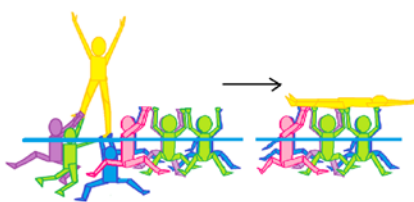
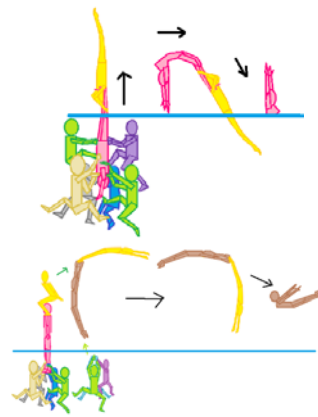
In group C for Thr>St or Thr >StH, if featured swimmer jumps head up and lands on the second (main) formation performing handstand position (such as Bamboo etc.) - it is NOT considered as a Dive.

Values for featured swimmer's rotations in the air		
Degree of rotation	Code	value
1/2 twist group (C)	Ct0.5	0.05
1 twist group (C)	Ct1	0.10
1.5 twist group (C)	Ct1.5	0.20
2 twists group (C)	Ct2	0.30
2.5 twist group (C)	Ct2.5	0.40
3 twists group (C)	Ct3	0.50
Dive/180 somersault group (C)	Cd	0.10
1/2 twist + dive group (C)	Cdt0.5	0.15
1 twist + dive group (C)	Cdt1	0.20
1.5 twist + dive group (C)	Cdt1.5	0.30
1 somersault group (C)	Cs1	0.25
1 straight somersault group (C)	Css1	0.35
1.5 somersault group (C)	Cs1.5	0.45
1.5 somersault + open group (C)	Cs1.5o	0.55
1 frontal somersault group (C)	Cf1	0.35
1.5 frontal somersault group (C)	Cf1.5	0.55
Cartwheel group (C)	Cc	0.10
Cartwheel + 1/2 twist group (C)	Cct0.5	0.15
Cartwheel + 1 twist group (C)	Cct1	0.20
Handspring group (C)	Ch	0.10
Handspring + 1/2 twist group (C)	Ch0.5	0.15
Handspring + 1 twist group (C)	Ch1	0.20
1 somersault + 1/2 twist group (C)	Cs1t0.5	0.30
1 somersault + 1 twist group (C)	Cs1t1	0.40
1 somersault + 1.5 twist group (C)	Cs1t1.5	0.50
1 somersault + 2 twists group (C)	Cs1t2	0.60
1 straight somersault + 1/2 twist group (C)	Css1t0.5	0.40
1 straight somersault + 1 twist group (C)	Css1t1	0.50
1 straight somersault + 1.5 twist group (C)	Css1t1.5	0.60
1 straight somersault + 2 twists group (C)	Css1t2	0.70
1 somersault + 1 twist + open group (C)	Cs1t1o	0.75
1 somersault + 1.5 twist + open group (C)	Cs1t1.5o	0.90
1 somersault + 2 twists + open group (C)	Cs1t2o	1.05
Handspring + 1/2 somersault group (C)	Chs0.5	0.20

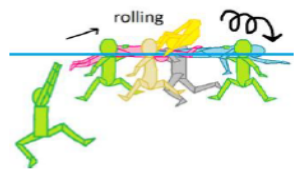
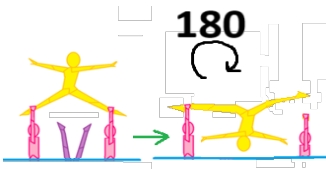
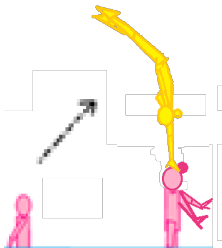

Component B – Bonus

For Jump and H>1P: Support swimmers' arm(s) must remain in the vertical "cone" which is up to 45 degrees off the vertical line from beginning until submergence of the support swimmer (as per part 4 v. of group B)

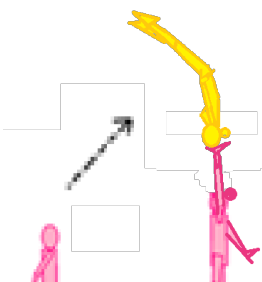
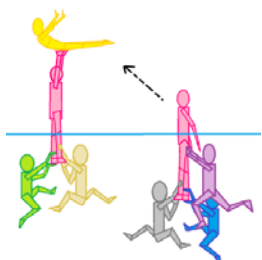
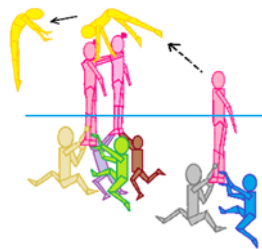
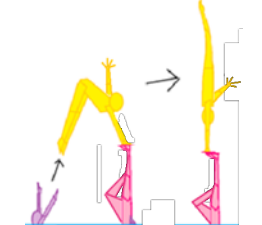
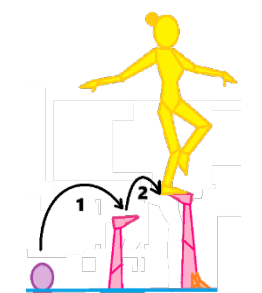
For Ju, 1P>H, H>1P, Jump, On1Foot, 1F>1F, 1F>1F+, 2F>2F: The featured swimmer MUST be aligned with the support swimmer on the intended vertical axis until the submergence of the support swimmer with an allowance of 45 degrees from the vertical axis (as per part 4 vi. of group B)

List of additions, bonuses, and risk-elements in group C:			
Code	Description	Diagram	Value
Pos3	Third position This bonus should be declared only once no matter how many positions featured swimmer will perform after the first 2 declared positions.		0.05
Dbl	Synchronized actions for double acrobatic movements Where swimmers are divided into two groups separate small constructions. Usually 3 swimmers underwater + 1 featured swimmer who perform identical (equal/same) simultaneous acrobatic movements. Note 1: "Mirror action" is possible – ie constructions face each other and featured swimmers both are lifted (back-to-back or face-to-face) Note 2: The two featured swimmers may be connected with each other		0.30
Slip	Featured swimmer transits from first (pushing) formation to the 2 nd (main) support (usually connected by hands). They then slip through (after take-off) between the support's legs (support is head-up) or between the arms, disconnects, and then continues movement until entering the water.		0.175
Star	"Superstar" from a lift formation - blind fall backwards onto a 2nd formation made from hands. Featured swimmer may remain on it until submergence of base swimmers, or continue the acrobatic movement in some way.		0.10
Cx	Connection between 2 featured swimmers (may be broken at the end of acrobatic movement before entering water). Featured swimmers can be connected in any way.		0.125

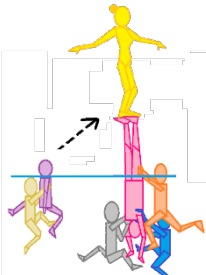


Twirl	"Twirl" of featured swimmer in Group C 180° or more (head-up or head-down). Support swimmer does not rotate. Only the featured swimmer rotates (180-360). Support/base swimmers stay static. For this bonus only: the featured swimmer may remain on the construction for the twirl OR the support/base swimmers can let go and the featured swimmer twirls while submerging. At least 180 MUST be achieved by the featured swimmer's waist (no allowance).		0.075
C-Roll	"Rolling" on top of the construction *Can be declared twice during one acro* (Action is like doing a somersault on the land) The featured swimmer climbs on the support swimmer, crouches down, places their hands shoulder width apart and facing forward. They tuck their chin to their chest and place the back of their head onto the support swimmer. They then push off the spotter with their legs and rotate over their head onto their back.		0.15
Turn	Push Up from split (head-up) + featured swimmer disconnects with one of the supports, performs a 180° rotation in sagittal plane (still in connection with second support).	 Note: The proper declaration for this exceptional acro should be: C-2Sup+-Up-sp-Turn in this acro use positions from group A only)	0.25
Run	Running on the back(s) Torso of featured swimmer is vertical. Featured swimmer transits/jumps from first (pushing) formation and lands on 2nd (Main) formation. Only for construction or Thr>FF or Thr>F		0.20
The following bonus codes CAN'T be declared in the same acrobatic declaration. One may only be chosen. Each of the following bonuses are a "JUMP" and therefore must follow the rule part 6 a) ii. It is forbidden to do a somersault and land on another formation			
Ju	JUMP onto a <u>non-Stack</u> formation Only for: Thr>FF; Thr>F; Thr>hand; Thr>Sq and remain on it until submergence of the support swimmer(s), base swimmers or formation.		0.15
1P>H	JUMP with 1 hand onto head Jump of featured swimmer landing with one hand onto one head of the support swimmer and balancing on the head while performing actions until submergence of the support swimmer. Safety: Not permitted for 12 and under and Youth categories (otherwise BM). Only for experienced and prepared athletes.		1.10



H>1P	JUMP onto a Stack landing with the head onto 1 palm of the support swimmer. Featured swimmer jumps and lands with only their head (no help with hands) on one palm of the support swimmer and stays connected until submergence of the support swimmer. Arm of the support swimmer must be straight *with the allowance of the face as per part 4 c) iii Safety: Not permitted for 12 and under and Youth categories (otherwise BM). Only for experienced and prepared athletes.		0.90
Jump	JUMP onto Stack and remain on it until submergence of the support swimmer For constructions: Thr>St, Thr>StH, Thr>St2		0.275
Jump>	JUMP and <u>pass through</u> a second formation with an intentional connection occurring after JUMP/flying phase. Only for constructions: Thr>St, Thr>StH, Thr>FF, Thr>F, Thr>hand, Thr>Sq, Thr>St2		0.225
On1Foot	JUMP from any kind of Throw landing with 1 palm onto 1 foot of the support swimmer (in stack head-down) and balancing on 1 palm while performing actions until submergence of the support swimmer.		0.40
1F>1F	JUMP of the featured swimmer landing with 1 foot onto 1 foot of the support swimmer (in stack head-down) and balancing on 1 foot while performing actions until submergence of the support swimmer. Safety: Not permitted for 12 and under and Youth categories (otherwise BM). Only for experienced and prepared athletes.		0.70
1F>1F+	JUMP of the featured swimmer landing with 1 foot onto 1 foot onto a stack head-down (2nd formation) followed by a step (1 foot to 1 foot) onto another stack head-down (3rd formation) and remain on support until submergence of the support swimmer of the 3rd formation. Only for construction Thr>StH>1F Safety: Not permitted for 12 and under and Youth categories (otherwise BM). Only for experienced and prepared athletes.		1.00



2F>2F	JUMP of the featured swimmer landing on 2 feet onto 2 feet of a stack head-down and remain on support until submergence of the support swimmer. Only for construction Thr>StH		0.50
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2. Pairs Acrobatics Catalogue (for Duet/Mixed Duet only)

2.1 General Requirements

- 1) A pair acrobatic movement is considered as a lift or a **throw** if the "bottom" (base/underwater) Athlete is *underwater* and lifts/throws the featured-Athlete (upper Athlete/ flyer/performer) up in the air (away from surface). The base-Athlete can lift/throw the featured-Athlete by holding/pushing their legs or shoulders.
- 2) A pair acrobatic movement is considered as a **jump** if the "bottom" (base) Athlete is underwater and the featured-Athlete jumps in the air from the base-Athlete.
- 3) Rotations around oneself (turn, twist) can be performed in any direction. The direction of the rotation does not influence the Degree of Difficulty of the pair acrobatic.
- 4) The way of connecting between the base-Athlete and the featured-Athlete is *optional* and does not influence the Degree of Difficulty of the pair acrobatic.
- 5) Pair acrobatic Degree of Difficulty values should not be compared to team acrobatic values. They are directly related to the duet/mixed duet events.
- 6) The **base mark** for all types of pair acrobatics is **0.10**.
- 7) When **travelling** is stated in the code and description it means *visible travel* from one spot to another of the base Athlete with featured-Athlete supported on top. It must be obvious "visible" moving across the water's surface.
- 8) When "**crashing**" is stated, it means that after the main phase of the lift, the featured Athlete does not submerge but instead "crashes" (falls) onto the water's surface. By contrast, when "**crashing**" is not explicitly mentioned in the code and the description, but it happens, then it is a Base Mark.
- 9) When "**airborne**" is stated in the description of the pair acrobatic movement, it means that the featured-Athlete must *be disconnected from the base-Athlete and be completely out of water (airborne)* from toes to top of the head at the same time.



If there is a discrepancy between the images and the written tables:

- a) The "written description" always prevails.
- b) Images are there to show some examples.
- c) Other variations might be possible as long as they respect the "written description".

10) Article 2.6 of this Part Seven applies.

11) For the clear verification of a pair acrobatic movement by the Difficulty Technical Controllers:

- a) If it's a Throw ("W") or a Jump ("J"), a disconnect should be clearly seen. The featured-Athlete must be completely in the AIR (top of the head and toes must be above the surface at the same time).

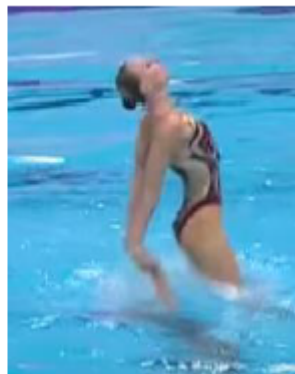


- b) If you can't achieve a clear disconnection with the featured-Athlete completely airborne, you must declare a lift instead (and not a Throw "W" or a Jump "J").
- c) A clear difference between dynamic (Throws /Jumps) and balance (Lifts) pair acrobatics should be seen.
 - For example: if it's a Lift legs-up with 360° rotation ("L!r1") the base-Athlete pushes up the featured-Athlete then rotation 360° occurs (not required to be airborne). The featured athlete can disconnect from the base athlete during the descent.
 - In contrast: if it's a Throw legs-up with 180° rotation ("W!r0,5"): the base-Athlete needs to accelerate and push up the featured-Athlete into the air and disconnect. We must see the featured-Athlete completely out of the water (top of the head to toes) and then rotate 180° before the knees while submerging.

d) Lift head up clarification

Acrobatic movements like these are considered Lift head-up (L):

In this image (below on left), the featured-Athlete goes head-up, lifts their legs up and then crashes on the surface. Another example: in the image (below on right), the featured-Athlete is lifted straight up and then submerges.



However, these 2 types of movements pictured below are considered as Pair Assist (and therefore are Transitions):



- 12) As per the rules, in duets or mixed duets which have 2 pair acrobatic elements or more, a pair acrobatic code *must not be repeated*.
- Example 1: A duet could do L!fr1 and L!fr0,5
 - Example 2: A duet could do Jd, W!d and L!f
 - Example 3: A duet could do Jfs1B and Js1B+f
 - Example 4: A duet COULD NOT do Jfs1B and Jfs1B
 - Example 5: A duet COULD NOT do W!fr1 and W!fr1



2.2

Allowances

For Somersaults:

- 1) 90° less than declared = Base Mark
 - If you declare a somersault 360° but the featured-Athlete rotates 260°, this would be a Base Mark, but if the featured-Athlete rotates 300° this is acceptable.
- 2) Notes for declared 360° somersaults and more:
 - It must be visible fully above the water. For the water-entrance, it is allowed that up to half of the body of the featured-Athlete is submerged.
 - That means: if you declare a somersault back 360° in flexibility position and during the rotation in the air the head of featured-Athlete slides into the water but rotates fast enough to complete the somersault before entering water inside allowance – it's execution (not a Base Mark). But if after making half-somersault, half of the body of the featured-Athlete is submerged (or more) and then he/she just lifts up the head with top of shoulders – it's a Base mark.
- 3) The featured-Athlete can over-rotate (you can do more than you declared):
 - For example: if you declare a somersault 360° but the featured-Athlete does 400° (or even 540°), this is acceptable.

For Twists:

- 1) For Head-Down Lifts or Throws:
 - We calculate the number of rotations until above the knee(s) (kneecaps must be visible) of the featured-Athlete. The featured-Athlete must not be below the kneecaps.
- 2) For Lifts and Jumps that are head-up:
 - We calculate the number of rotations until the waist level of the featured- Athlete.
- 3) For 360° declared twists and more: 90° less than declared = Base Mark
 Meaning if you declare 360° but the featured-Athlete rotates 190° to waist (if head-up) or to knee level (if head-down), this would be Base Mark. But if they rotate 280°, it is acceptable.
- 4) For 180° declared twists:

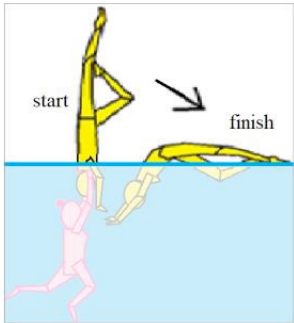
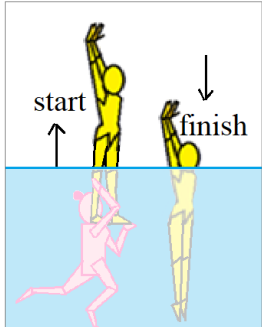
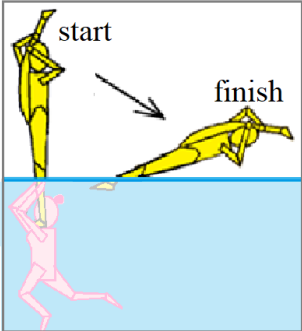
There is no allowance – performing less than a 180° is a Base Mark. It must be done precisely (or more).
- 5) The featured-Athlete can over-rotate. It is allowed to do more before height allowance (waist/knee), but not less

2.3

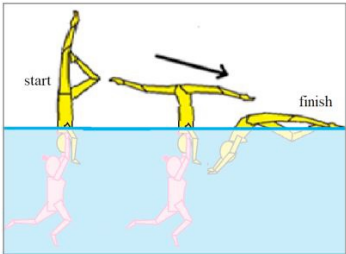
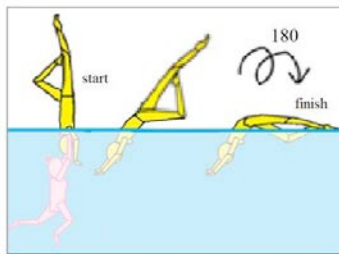
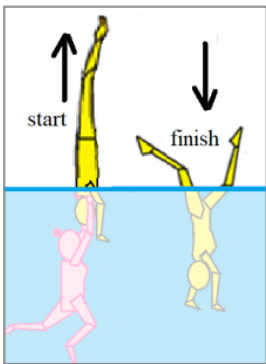
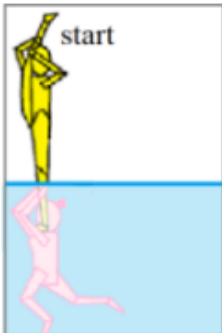
Flexibility Positions:

- a) Flexibility Positions allowed are:
 - **Splits** and **Over-splits** (or variation where back leg is bent so toes touch the water). It is possible to bend the leg forward a little bit, but there must be a clear flexibility demonstrated (180° between knees is desired).
- b) The following positions (as defined in Group A/B of the team acrobatics catalogue) are also allowed as flexibility positions:
 - From group B – can be used for lifts head-up "L" and its variation where flexibility is required:
 - **Vertical Split** "vs" / **Glass** "gl" / sail "sa", needle "ne", **Eye** "ey" turtle "tu" split "spl"
 - From group B – can be used for lifts head-down "L!" and its variation where flexibility is required
 - . willow "wi", owl "ow", marlin "ma", and knights with back leg bent so toes touch the water.
 - From group A – can be used for throws/jumps ("W"/"J") and its variation where flexibility is required,
 - Split "sp", jay "ja", ring "rg"
- c) There is a 45° degree allowance for positions.

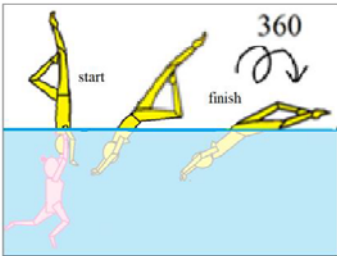
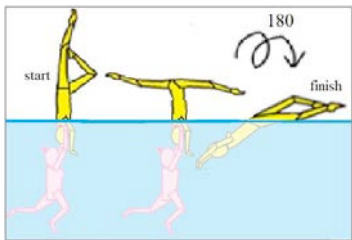
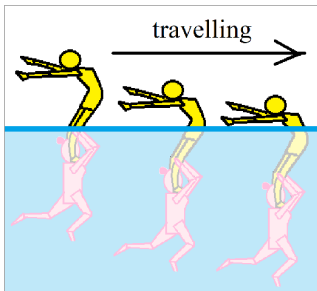

2.4 Pair Acrobatic Table:

#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
1	Lift head-up with crashing L»		Base Athlete remains under the water and lifts the featured Athlete who performs actions above the water at maximum height. When the base Athlete pushes and releases support the featured Athlete "crashes" (falls) on the surface. Crashing - means that after the main phase of the lift the featured Athlete does not submerge, but instead falls on the water's surface.	0.10	0.20
2	Lift legs-up with crashing L!»		Base Athlete remains under the water and lifts the featured Athlete (position head-down) who performs actions above the water at maximum height. When the base Athlete pushes and releases support the featured Athlete "crashes" (falls) on the water's surface.	0.20	0.30
3	Lift head-up L		Base Athlete remains under the water and lifts the featured Athlete who performs actions above the water at maximum height. When the base Athlete releases support the featured Athlete submerges under the surface of the water.	0.40	0.50
4	Lift head-up with flexibility and crashing Lf»		Base Athlete remains under the water and lifts the featured Athlete, who demonstrates flexibility position/s (split variations, , etc.) above the water at maximum height. When the base Athlete releases support the featured Athlete crashes on the surface.	0.40	0.50

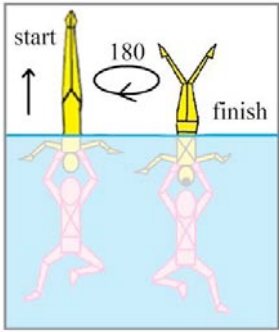
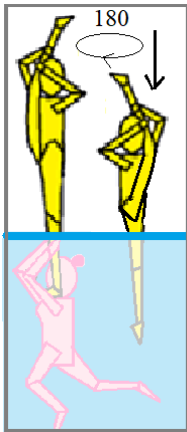
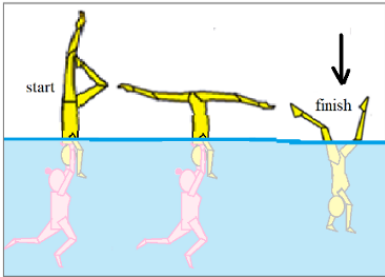
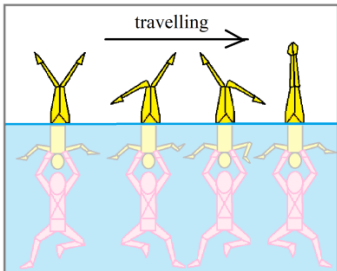


#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
5	Lift legs-up with flexibility and crashing Lif»		Base Athlete remains under the water and lifts the featured Athlete (position is head-down), who demonstrates flexibility position/s (split variations etc.) above the water at maximum height. When the base Athlete pushes and releases support the featured Athlete “crashes” (falls) on the water’s surface.	0.40	0.50
6	Lift legs-up with crashing and rotation 180° Lir0.5»		Base Athlete remains under the water and lifts the featured Athlete (position is head-down), above the water at maximum height. When the base Athlete pushes and releases support the featured Athlete simultaneously “crashes” (falls) on the water’s surface while rotating 180° around themselves. Note: the rotation may also occur during the “maximum height” phase or while ascending.	0.40	0.50
7	Lift legs-up L!		Base Athlete remains under the water and lifts the featured Athlete (position is head-down) who performs some actions above the water at maximum height. When the base Athlete pushes and releases support the featured Athlete submerges under the water.	0.60	0.70
8	Lift head-up with flexibility Lf		Base athlete remains under the water and lifts the featured athlete, (position is head down) who demonstrates flexibility position/s (split variations, etc.) above the water at maximum height. When the base athlete releases support the featured athlete submerges under the water.	0.60	0.70

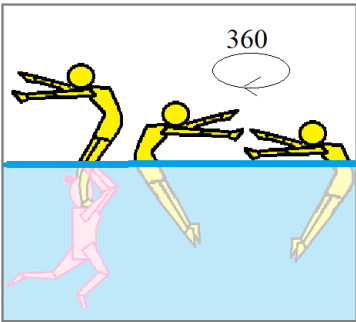
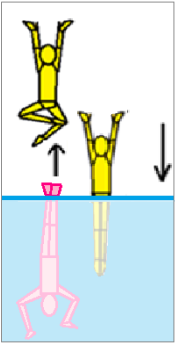
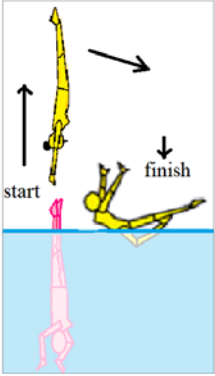
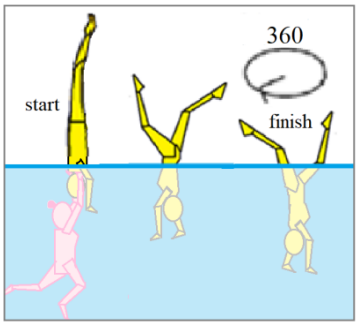


#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
9	Lift legs-up with crashing and rotation 360° L!r1»		Base Athlete remains under the water and lifts another Athlete (position is head-down) above the water at maximum height. When the base Athlete pushes and releases support the featured Athlete simultaneously “crashes” (falls) on the water’s surface while rotating 360° around themselves. Note: the rotation may also occur during the “maximum height” phase or while ascending.	0.60	0.70
10	Lift legs-up with crashing, flexibility and rotation 180° (turn) L!fr0.5»		Base Athlete remains under the water and lifts the featured Athlete (position is head-down) who demonstrates flexibility position/s (split variations etc.) above the water at maximum height. When the base Athlete pushes and releases support the featured Athlete simultaneously “crashes” (falls) on the water’s surface while rotating 180° around themselves. Note: the rotation may also occur during the “maximum height” phase or while ascending.	0.60	0.70
11	Lift head-up with 180° rotation Lr0.5		Base Athlete remains under the water and lifts the featured Athlete who performs actions above the water at maximum height. When the base Athlete releases support the featured Athlete simultaneously submerges under the water while rotating 180°. Note: the rotation may occur during the “maximum height” phase or while ascending.	0.60	0.70
12	Sustained lift head-up with travelling SL>		Base Athlete remains under the water and lifts the featured Athlete <u>sustaining the lift for 3 seconds or more while travelling</u> . The featured Athlete performs some actions above the water at maximum height and when the base Athlete pushes and releases support the featured Athlete submerges under the water.	0.80	0.90

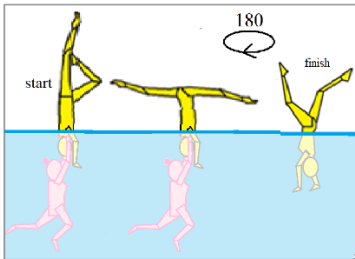
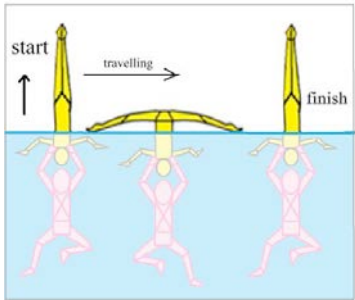
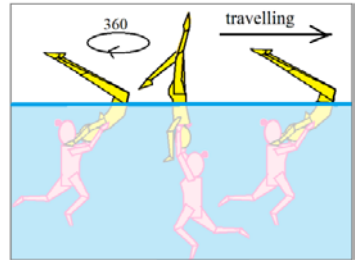


#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
13	Lift legs-up with 180° rotation Llr0.5		Base Athlete remains under the water and lifts the featured Athlete (position is head-down) who performs actions above the water at maximum height. When the base Athlete pushes and releases support (or helps to rotate) the featured Athlete submerges with a simultaneous rotation of 180°. Note: the rotation may also occur during the "maximum height" phase or while ascending.	0.80	0.90
14	Lift head-up with flexibility and rotation 180° Lfr0.5		Base Athlete remains under the water and lifts the featured Athlete who demonstrates flexibility position/s (split variations, etc.) above the water at maximum height. When the base Athlete releases support (or helps to rotate) the featured Athlete submerges under the water with a simultaneous rotation of 180°. Note: the rotation may also occur during the "maximum height" phase or while ascending.	0.80	0.90
15	Lift legs-up with flexibility Llf		Base Athlete remains under the water and lifts the featured Athlete (position is head-down) who demonstrates flexibility position/s (split variations etc.) above the water at maximum height. When the base Athlete pushes and releases support the featured Athlete submerges under the water.	0.80	0.90
16	Sustained lift legs-up with travelling SL!>		Base Athlete remains under the water and lifts the featured Athlete (position is head-down) and sustains the lift for 3 seconds or more while travelling. The featured Athlete performs some actions above the water at maximum height and when the base Athlete pushes and releases support the featured Athlete submerges under the water.	0.80	0.90

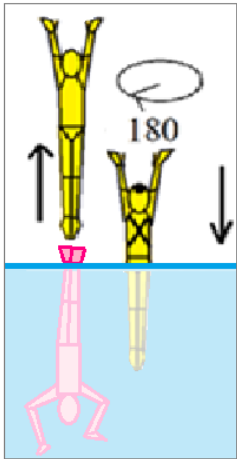
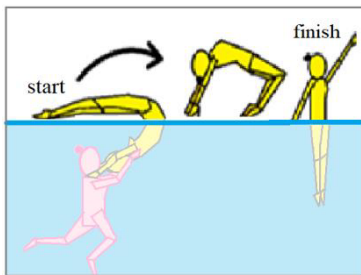
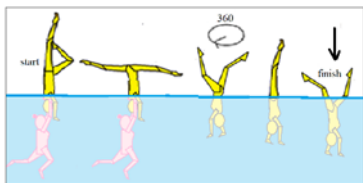


#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
17	Lift head-up with rotation 360° Lr1		Base Athlete remains under the water and lifts the featured Athlete, who performs actions above the water at maximum height. When the base Athlete releases support the featured Athlete simultaneously submerges under the water while rotating 360°. Note: the rotation may also occur during the "maximum height" phase or while ascending.	0.80	0.90
18	Jump head-up J		From under the water one Athlete pushes and throws (disconnects with) a featured () Athlete who becomes <u>airborne</u> . This featured () Athlete performs some actions in the air before entering the water.	0.80	0.90
19	Throw legs-up with crashing W!>		From under the water one Athlete pushes and throws (disconnects with) a featured () Athlete who becomes <u>airborne</u> . This featured Athlete starts their action feet-first and after demonstrating maximum height "crashes" (falls) on the surface.	0.80	0.90
20	Lift legs-up with rotation 360° Lr1		Base Athlete remains under the water and lifts the featured Athlete (position is head-down), who performs some actions above the water at maximum height. When the base Athlete pushes and releases support the featured Athlete simultaneously submerges under the water while rotating 360°. Note: the rotation may also occur during the "maximum height" phase or while ascending.	1.00	1.10

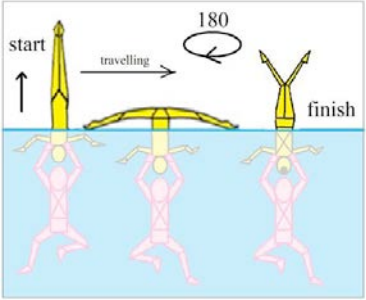
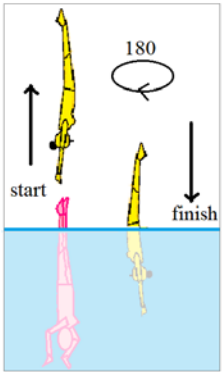
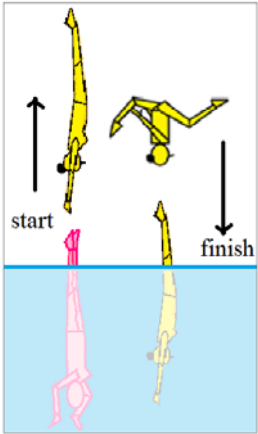


#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
21	Lift legs-up with flexibility and rotation 180° Llfr0.5		Base Athlete remains under the water and lifts the featured Athlete (position is head-down), who demonstrates flexibility position/s (split variations etc.) above the water at maximum height. When the base Athlete pushes and releases the featured Athlete simultaneously submerges under the water while rotating 180°. Note: the rotation may also occur during the "maximum height" phase or while ascending.	1.00	1.10
22	Sustained lift legs-up with flexibility and travelling SLlf>		Base Athlete remains under the water and lifts the featured Athlete (position is head-down), <u>sustaining the lift for 3 seconds or more while travelling.</u> The featured Athlete demonstrates flexibility position/s above the water at maximum height and when base Athlete pushes and releases, the featured Athlete submerges under the water.	1.00	1.10
23	Sustained lift legs-up with travelling and rotation of 180° or more SLlr0.5>		Base Athlete remains under the water and lifts the featured Athlete (position is head-down), <u>holding for 3 seconds or more while traveling.</u> The featured Athlete performs some actions while rotating 180° or more above the water at maximum height. When the base Athlete pushes and releases support the featured Athlete submerges. Note: the rotation may also occur while ascending.	1.00	1.10



#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
24	Jump head-up with 180° rotation Jr0.5		From under the water base Athlete pushes and throws (disconnects with) the featured () Athlete who becomes <u>airborne</u> . The featured () Athlete performs some actions in the air with a 180° rotation, before entering the water. Note: rotation may also occur while the featured - Athlete submerges.	1.00	1.10
25	Jump head-up with flexibility Jf		From under the water the base Athlete pushes and throws (disconnects with) the featured () Athlete who becomes <u>airborne</u> . The featured () Athlete demonstrates flexibility position/s (such as split variations etc.) in the air before entering the water or falling/crashing.	1.00	1.10
26	Legs-Up Throw-Dive Wld		From a Pike Position the featured Athlete is pushed/thrown by the base Athlete who disconnects and becomes airborne. The featured Athlete's legs are lifted in an arc over the surface of the water to meet the surface of the water again. The featured Athlete enters the water feet-first and lifting their upper body to a Vertical Position before submerging.	1.00	1.10
27	Lift legs-up with flexibility and rotation 360° Lifr1		Base Athlete remains under the water and lifts the featured Athlete (position is head-down). The featured Athlete demonstrates flexibility position/s above the water at maximum height with 360° rotation. When the base Athlete pushes and releases support the featured Athlete submerges under the water. Note: rotation may occur while the featured-Athlete submerges or while ascending.	1.20	1.30

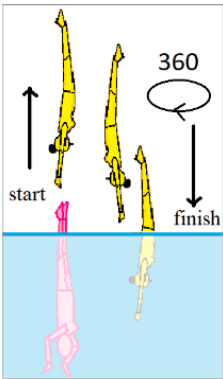
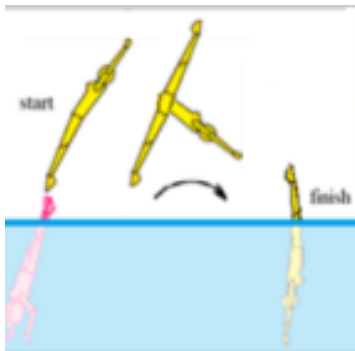
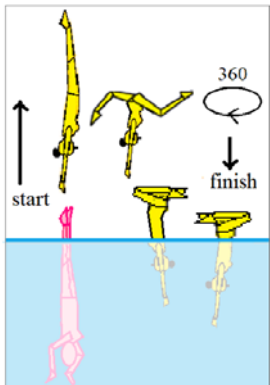


#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
28	Sustained lift legs-up with flexibility, travelling and rotation 180° or more SL!fr0.5>		Base Athlete remains under the water and lifts the featured Athlete (position is head-down), <u>sustaining the lift for 3 seconds or more while travelling</u> . The featured Athlete demonstrates flexibility position/s above the water at maximum height with 180° or more rotation. When the base Athlete pushes and releases support the featured Athlete submerges under the water. Note: rotation may occur while the featured-Athlete submerges or while ascending.	1.20	1.30
29	Throw legs-up with 180° rotation W!r0.5		From under the water the base Athlete pushes and throws (disconnects with) the featured Athlete who becomes <u>airborne</u> . The featured Athlete starts their action feet-first and after demonstrating maximum height submerges with a simultaneous rotation of 180°. Note: rotation may also occur during "pushing"/ascending phase.	1.20	1.30
30	Throw legs-up with flexibility W!f		From under the water the base Athlete pushes and throws (disconnects with) the featured Athlete who becomes <u>airborne</u> . The featured Athlete starts their action feet-first and demonstrates flexibility position/s during maximum height and then submerges.	1.20	1.30
31	Jump-Dive Jd		From under the water the base Athlete pushes and throws (disconnects with) the featured Athlete who becomes <u>airborne</u> . This featured Athlete demonstrates an arc over the surface before entering the water in a head-first Vertical Position.	1.20	1.30

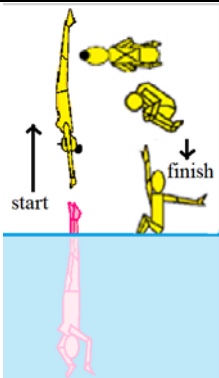
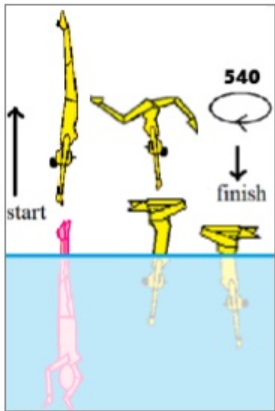
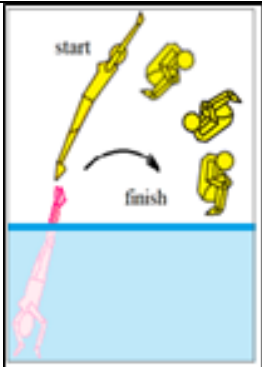


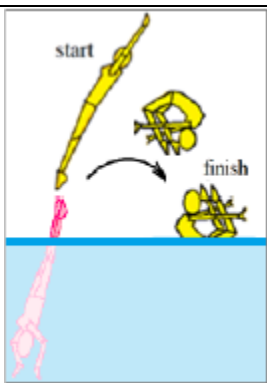
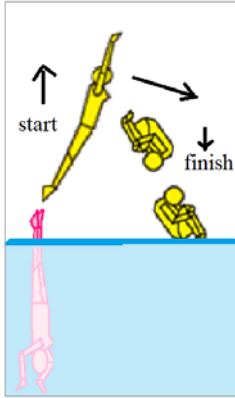
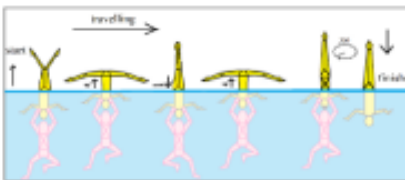
#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
32	Jump head-up with 180° backwards somersault Js0.5B		From under the water base athlete pushes and throws (disconnects with) a featured athlete who becomes airborne. The featured athlete performs a half backwards somersault (180°) in the air demonstrating "tuck" position before entering the water.	1.20	1.30
33	Throw legs-up with 180° somersault Wis0.5		From under the water the base Athlete pushes and throws (disconnects with) the featured Athlete who becomes airborne. This featured Athlete starts their action feet-first and by lifting their body and tucking, performs 0.5 (half) somersault (180° rotation) in the air before entering the water. Note: the body of the featured Athlete should be fully out of the water (above the surface) before entering the water.	1.40	1.50
34	Throw legs-up with flexibility and rotation 180° Wifr0.5		From under the water the base Athlete pushes and throws (disconnects with) an featured Athlete who becomes airborne. The featured Athlete starts their action feet-first and demonstrates flexibility position/s during maximum height. The featured Athlete then submerges while simultaneously rotating 180°.	1.40	1.50
35	Jump-Tuck/ Change position – Dive Jpd		From under the water the base Athlete pushes and throws (disconnects with) featured Athlete who becomes airborne. The featured Athlete performs a 180° (half) somersault backwards with 1 change of the position in the air before entering the water headfirst. Note: any "non-flexibility" position is allowed to be demonstrated in the air.	1.40	1.50



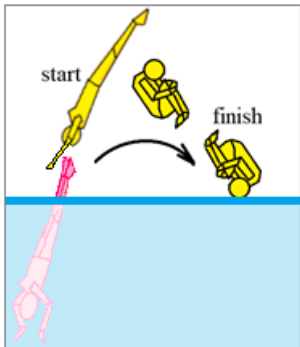
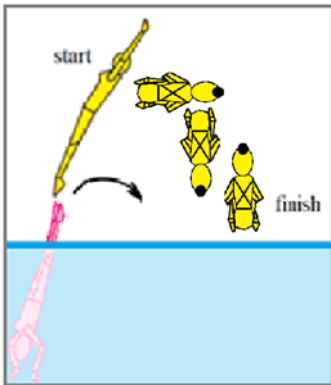
#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
36	Throw legs-up with rotation 360° W!r1		From under the water the base Athlete pushes and throws (disconnects with) the featured Athlete who becomes <u>airborne</u> . The featured Athlete starts their action feet-first and after demonstrating maximum height submerges with a simultaneous rotation of 360°. Note: rotation may also occur during "pushing"/ascending phase."	1.40	1.50
37	Jump head - up, with flexibility and dive Jdf		From underwater the base athlete pushes and throws the featured athlete in the air who becomes airborne. The featured athlete performs a 180 (half) somersault backwards with an airborne flexibility position and then changes position before entering in the water head -first. If the featured athlete over - rotates, it will not be a Base Mark .	1.50	1.60
38	Throw-legs up with flexibility and rotation 360° or more W!fr1		From under the water a base Athlete pushes and throws (disconnects with) a featured Athlete who becomes airborne. The featured Athlete starts their action feet-first and demonstrating flexibility position/s during maximum height. The featured Athlete then submerges while simultaneously rotating 360° degrees or more.	1.60	1.70
39	Jump head-up with half twist and 180 somersault Js0.5t0.5		From under the water the base Athlete pushes and throws (disconnects with) a featured Athlete who becomes <u>airborne</u> . The featured Athlete jumps backwards, twists 180° in the air, and then enters the water.	1.60	1.70



#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
40	Throw legs-up with 180° somersault and half twist W!s0.5t0.5		From under the water one Athlete pushes and throws (disconnects with) the upper (visible) Athlete who becomes <u>airborne</u> . This upper (visible) Athlete starts their action feet-first and by lifting their body and tucking, performs 0.5 (half) somersault with simultaneous turn on 180° in the air before entering the water.	1.60	1.70
41	Jump head-up with 1 somersault backwards Js1B		From under the water one Athlete pushes and throws (disconnects with) an upper (visible) Athlete who becomes <u>airborne</u> . The upper (visible) Athlete performs 1 backwards somersault (360°) in the air demonstrating "tuck" position before entering the water	1.80	1.90
42	Throw legs up with flexibility and rotation 540° W!fr1.5		From under the water one Athlete pushes and throws (disconnects with) and upper (visible) Athlete who becomes <u>airborne</u> . The upper visible Athlete starts their action feet first and demonstrating flexibility position/s during maximum height. The upper (visible) Athlete then submerges while simultaneously rotating 540 degrees or more.	1.80	1.90
43	Jump - Tuck - 1 somersault half twist JBs1t0.5		From under the water one Athlete pushes and throws (disconnects with) an upper (visible) Athlete who becomes <u>airborne</u> . The upper (visible) Athlete performs 1 backwards somersault (360°) and half twist (180°) around themselves in the air demonstrating "tuck" position before entering the water.	2.00	2.10

#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
44	Jump head-up with 1 somersault backwards and flexibility Jfs1B		From under the water one Athlete pushes and throws (disconnects with) an upper (visible) Athlete who becomes <u>airborne</u> . The upper (visible) Athlete performs 1 backwards somersault in the air demonstrating flexibility of their body (ring position and variations) before entering the water.	2.00	2.10
45	Jump head-up with 1 somersault forwards Js1F		From under the water one Athlete pushes and throws (disconnects with) an upper (visible) Athlete who becomes <u>airborne</u> . The upper (visible) Athlete performs 1 forwards somersault in the air before entering the water.	2.00	2.10
46	Jump head-up with 1 somersault backwards and open in Jay (flexibility) Js1B+f		From under the water one Athlete pushes and throws (disconnects with) an upper (visible) Athlete who becomes <u>airborne</u> . The upper (visible) Athlete jumps backwards, tucking and rotating 180° in the air, then turning another 180° while opening to a Jay (flexibility) position before entering the water.	2.10	2.20
47	Sustained Lift with traveling and 2 consecutive flexibility pushes with a clear catch + rotation 360° SLif2+r1>		Pair Acro Sustained Lift (featured athlete head down) with travelling and 2 consecutive flexibility pushes with a clear catch in-between while remaining sustained, followed by a rotation 360°. Note 1: rotation can happen anywhere during this pair acrobatic sequence. Note 2: Sustained Lift must be 3s or more	2.10	2.20



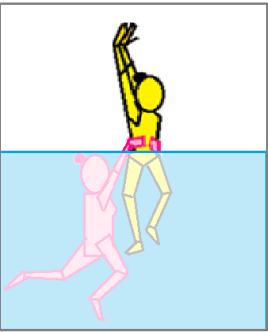
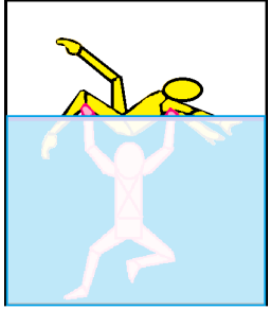
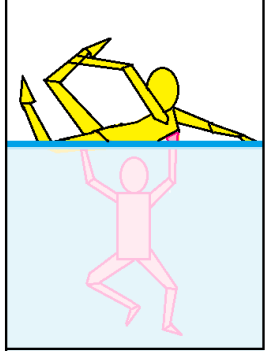
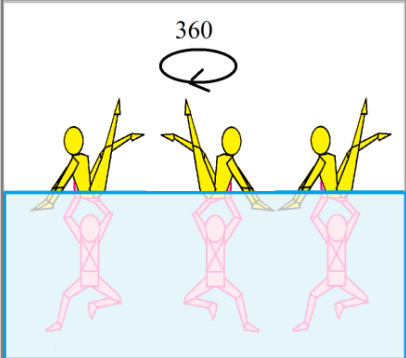
#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
48	Jump head up with 1 somersault backward +Pike + open in Jay (flexibility) Js1B+pf		From under the water base athlete pushes and throws (disconnects with) a featured athlete who becomes airborne. The featured athlete jumps backwards, piking, rotating 180° in the air and then rotates another 180° while opening into a Jay (flexibility) position before entering the water.	2.15	2.25
49	Throw legs-up with 1 somersault forwards W!s1F		From under the water one Athlete pushes and throws (disconnects with) an upper (visible) Athlete who becomes airborne. This upper (visible) Athlete starts their action feet-first and by lifting their torso performs 1 somersault forwards (360°) in the air before entering the water. Note: the somersault is usually performed in a tuck position.	2.20	2.30
50	Jump head-up-Backwards-Frontal 360 somersault JsF1B		From under the water one Athlete pushes and throws (disconnects with) an upper (visible) Athlete who becomes airborne. The upper (visible) Athlete jumps backwards, turns 90 degrees in the air and performs 1 side (frontal) somersault (360°) in the air demonstrating "tuck", "pike" or "variant of pike" position before entering the water.	2.20	2.30



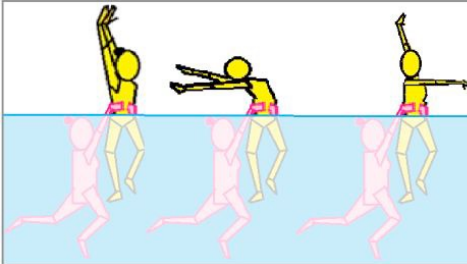
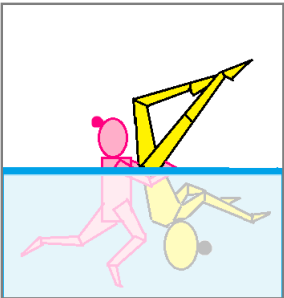
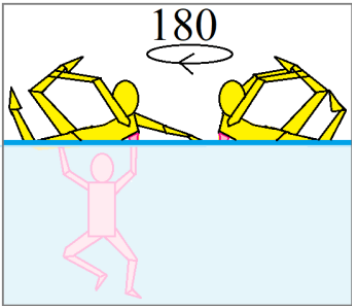
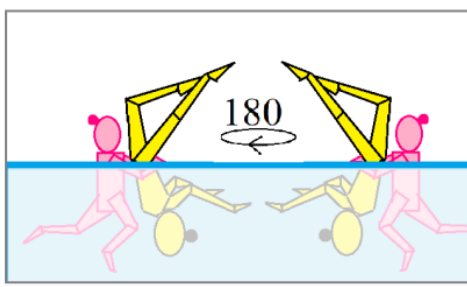
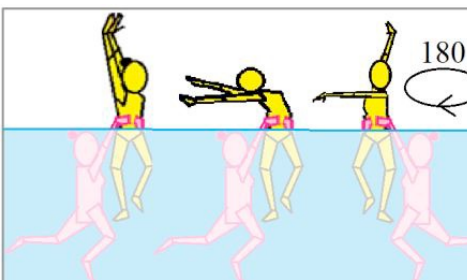
2.5 Pair Assisted Actions

In pair assisted actions, the bottom (base) Athlete may remain under the surface of the water or on the surface, but the featured-Athlete always remains close to the surface (not lifted up). Also, “boost-type” assisted movements are considered as pair assisted actions. Coaches must ensure pair assisted actions do not meet a pair acrobatic definition.

Note: This is a list of pair assisted actions (for your information). They are not considered to be pair acrobatic movements. They are considered in transitions (artistic impression) in duets or teams.

Name	Diagram	Description
Pair assisted action “boost type”		Base Athlete remains under the water and lifts the featured Athlete who performs actions above the surface of the water. This action should demonstrate a boost of a “featured” Athlete to maximum height (crotch level) with assistance of the “base” Athlete.
Pair assisted action on the surface (“float”)		Base Athlete remains under the water and holds the featured Athlete who remains on the surface and performs actions.
Pair assisted action on the surface (“float”) with flexibility		Base Athlete remains under the water and holds the featured Athlete who remains on the surface and performs movements with a range of flexibility (such as: Split, Ariana, Ring etc.)
Pair assisted action on the surface with rotation 180°-360°		Base Athlete remains under the water and holds and rotates the featured Athlete (upper visible Athlete) 180-360 degrees who remains on the surface of the water.



Sustained assisted action head-up		Base Athlete remains under the water and lifts the featured Athlete who performs actions above the surface of the water sustained for 3 seconds or more.
Sustained assisted action legs-up		Base Athlete holds the featured Athlete whose position is head-down and sustained for 3 seconds or more.
Pair assisted action on surface with flexibility and rotation 180°-360°		Base Athlete remains under the water and holds and rotates the featured Athlete (upper visible Athlete) 180°-360° who remains at the surface and performs movements with a range of flexibility (such as: split, Ariana, ring etc.).
Sustained assisted action legs-up with rotation 180°-360°		Base Athlete holds the featured Athlete, whose position is head-down for 3 seconds or more with a simultaneous rotation of 180°-360°. Note: both Athletes rotate in connection one with another.
Sustained assisted action head-up with travelling and rotation 180°-360°		Base Athlete remains under the water and lifts the featured Athlete holding for 3 seconds or more while travelling. The featured Athlete performs some actions above the water at maximum height with a rotation of 180°. When the base Athlete pushes and releases support the featured Athlete submerges under the water. Note: the rotation must happen during "maximum height" phase.



1. Scoring synchronisation

Introduction

- The synchronisation panel, comprised of three synchronisation technical controllers, will operate only in Duet and Team routines (Open Team Technical, Open Team Free, Open Free Combination and Acrobatic).
- The goal is to objectively identify synchronisation errors during the routine performance and calculate deductions accordingly.

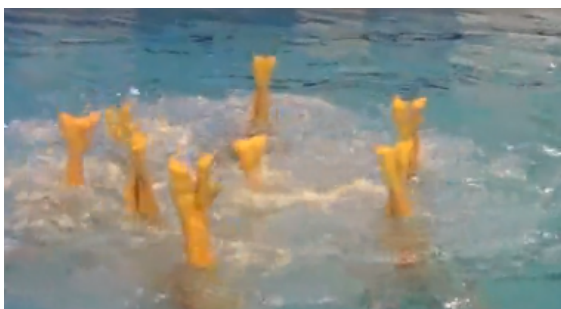
Definition of synchronisation:

- Synchronisation is the precision of movements in unison one with the other/s. It means to have actions happen at the same time or correspond exactly in design.
- It can also be understood as an UNEQUAL ACTION (or accuracy error) when comparing two or more Athletes swimming at the same time. Unequal actions can be due to timing and/or design errors of the movements that make the “picture” not precise, accurate and/or perfect to what the choreography is demonstrating.

Definition of an UNEQUAL ACTION:

- Is any movement performed by two or more Athletes that is performed with a difference in timing or positioning (design/shape). Movements that are choreographed as intentional unequal movements will not be penalised.
 - A difference in timing:
 - Movements are not performed in complete unison one with the other(s).
 - Actions do not happen at the exact same time.
 - A difference in positioning (design/shape):
 - There is a difference in position of head, arms, legs or other body parts used.
 - There is a difference in water level of head, arms, legs or other body parts used.
 - There is a difference in spacing and pattern shape.

Example: In the figure below, the pattern, direction of the legs and height of the legs are not showing a “perfect picture” of what we should be watching. As this is just a photo, we can’t speak about timing differences here.



Note: When you observe two or more Athletes showing different positioning – it is unknown which was the intended or correct one, that is, you do not know who made the error but you can clearly see a difference, and this is an unequal action.



2.6 Synchronisation Errors

General Requirements in regard to Synchronisation Errors

- 1) Synchronisation Technical Controllers start to count unequal actions when the music accompaniment begins.
- 2) When a timing error and a positioning error (shape/design) occur simultaneously, controllers will only register ONE synchro error (unequal action).
- 3) For those movements and positions for which there is a precise indication regarding degrees of deviation in execution (i.e., Vertical Position and Vertical Descent, perpendicular leg of Ballet Leg Position, Knight Position, Fishtail/Crane), Elements judges will also take this into account in their execution mark.
- 4) Routines will have as many errors counted as are observed by the synchronisation controllers and validated by the system – therefore unlimited. It can be more than one during the same hybrid or transition sequence. This means that each movement is susceptible to generate a synchro error (unequal action). Two of the most significant examples of continued accumulation of deductions are:
 - o A hybrid beginning unsynchronised and keeping a timing difference until the end. Each movement delayed will be counted as a synchro error (unequal action).
 - o A rotation where a difference in timing or positioning may occur during the entire rotation. It is stated in the Introductory Guide for the Application of Declared Difficulty that each 180° rotation is considered as one movement, and therefore a difference in timing maintained from beginning to end of a 720° spin (or twist) could accumulate a maximum of 4 unequal actions (either small or obvious).
- 5) When movements are very fast the controller registers as many unequal actions as seen with the time limitation of the validation system; that is: controllers can only register one unequal action approximately every 0.5 seconds.

Definitions of Synchronisation Errors

Synchronisation errors are defined in three categories – Small, Obvious or Major:

Small	Slight differences that cannot be considered as two different movements but distort the image of perfect synchronisation.
	Small synchronisation errors include: Slight differences in timing All differences in positioning (design/shape) will be considered as a small error (as they are also considered by Elements panel) Non-accurate movements in pattern alignment and spacing Differences in angles or height Non-parallel walkouts
Obvious	Any unintentional difference in matching that produces the effect of two movements being done one after the other.
	Obvious synchronisation errors include: Clear difference in timing (one after the other)
Major	Any error that produces an alteration in routine content (missing one or more movements by one or more Athletes).
	Major synchronisation errors include: An alteration of the routine content by one or more Athletes (missing movements). Any alteration (missing movement) counts as a major error – for example even if it's just one quick backstroke that is missed by an Athlete.

Note: When you are watching different routines, you might feel that some of the errors observed as “Small” in younger/developing Athletes, may be considered “Obvious” in older/experienced Athletes/routines. This is due to the length of time of the counting/speed of movement – speed adds more risk to synchronisation.

- o For example: when Athletes are working at faster speeds (such as 4 movements per second), there's more risk to make “Obvious” errors (visual two different movements) than when routines are slower (such as one movement per second). Movements done one per second, need a complete second difference to appear to be two different movements.


2.7
Procedures
Using a Synchronisation Application or Device

- How we calculate the final result for the synchronisation panel:
- There will be one panel of three synchronisation technical controllers, each of them with a synchronisation application (via tablet)/or a device with three buttons. Each "button" will have a different colour:

Green will be pressed for small errors.

Yellow will be pressed for obvious errors.

Red will be pressed for major errors.

- The average of small and obvious errors of the three Synchronisation Technical Controllers will be calculated to be applied for the synchro error deduction. If major errors are identified by the Synchronisation Technical Controllers the deduction will be applied following the process as per section 1.3 below.

Paper and pencil method (No access to application/device)

- If the implementation of the synchro application or device is not possible then a "paper and pencil" method can be used by the panel of synchronisation controllers.
- For this method a printed one-page chart should be made for each synchro controller with three columns – one for small errors, one for obvious errors and one for major errors. Please see the end of the document for the World Aquatics template.
- Synchro controllers then mark each small (S), obvious (O) and major (M) error they identify with a checkmark. Each controller then adds up their total number of errors. The average across the three Synchronisation Technical Controllers is taken of the small and obvious errors, and then is submitted to the scorer to be inputted for the synchro error deduction. Process for major errors to follow section 1.3 below.

2.8
Deductions

Predetermined deduction values for each validated unequal action:

Small	-0.1
Obvious	-0.5
Major	-3.0

The total of synchronisation errors will then be deducted from the elements score.

Calculation examples

		Small Errors	Obvious Errors	Major Errors
ROUTINE A	STC-1	14	3	0
	STC-2	16	4	0
	STC-3	12	2	0
	Average:	14	3	0
	Deduction:	14 x 0.1 = 1.4	3 x 0.5 = 1.5	0 x 3.0 = 0
	Total:	2.9		
ROUTINE B	STC-1	20	5	1
	STC-2	17	7	1
	STC-3	24	4	1
	Average:	20.3	5.3	1
	Deduction:	20.3 x 0.1 = 2.03	5.3 x 0.5 = 2.67	1 x 3.0 = 3.0*
	Total:	7.7		

A template synchronisation technical controller form is set out immediately below:



SYNCHRONISATION TECHNICAL CONTROLLER FORM (Example)

Competition:				
Age Category:				
Event:	☐ Duet Tech	☐ Mixed Duet Tech	☐ Team Tech	☐ Acrobatic
	☐ Duet Free	☐ Mixed Duet Free	☐ Team Free	☐ Combo

Controller Name: _____

Controller: STC1 STC2 STC3

Athlete No:		
Small	Obvious	Major
Total:	Total:	Total:



14.9 APPENDIX 9 – ARTISTIC SWIMMING WORLD RANKING

1. Definition, goal, and purposes

The Artistic Swimming World Ranking is a numerical representation (numeric value #0) of Athletes, duets and teams' performance and consistency among the past twenty-four (24) months. An objective merit-based method has been defined to ensure equality, fairness, and competitiveness.

Some of the purposes of the Artistic Swimming World Ranking are the following:

- 1) Recognise and allow all Artistic Swimming Athletes to be listed on the World Rankings based on the criteria.
- 2) Determine the start order of Artistic Swimming competition's start lists.
- 3) Help Member Federations to use the World Rankings as a tool to decide team selections.
- 4) Serve as qualification criteria for major World Aquatics competitions in the future.

3. Eligibility

- As soon as an Athlete achieves a result in a competition classified as Tier 2 or Tier 1, he/she will be included in the World Ranking.
- Solo and Duet Rankings belong to the Athletes competing who earned the ranking. Each soloist or duet must create their own World Ranking. Each Duet Ranking will also consider the reserve. Soloists' reserves will not be considered.
- Team Rankings belong to each Member Federation only if at least half (50%) of the Team composition matches, including the reserves.

4. Ranking method

Rolling System

- The Artistic Swimming World Ranking is based on a rolling twenty-four (24) months, considering the best performance achieved:
- Given the above, and considering that the World Ranking started with World Aquatics Championships - Doha 2024, the first twenty-four (24) months will expire as per the following table (and then it will continue rolling):

	Finals Event Date	24 months rolling
Women Solo Free	06/02/2024	05/02/2026
Women Solo Technical	03/02/2024	02/02/2026
Men Solo Free	07/02/2024	06/02/2026
Men Solo Technical	05/02/2024	04/02/2026
Women Duet Free	08/02/2024	07/02/2026
Women Duet Technical	05/02/2024	04/02/2026
Mixed Duet Free	10/02/2024	09/02/2026
Mixed Duet Technical	04/02/2024	03/02/2026
Open Team Free	09/02/2024	08/02/2026
Open Team Technical	06/02/2024	05/02/2026
Open Team Acrobatic	04/02/2024	03/02/2026



Competition Level Value

A different number of points will be distributed among all Athletes who achieve a result in a competition, depending on its level, as per World Aquatics Competition Regulations Part 1 – 2.2.1:

- **Tier 1.** Major Aquatics Competitions - the Olympic Games, World Aquatics Championships.
- **Tier 2.** Artistic Swimming World Cup.
- **Tier 3.** Continental Competitions - Continental Multi-Sport Games, Competitions organised by Continental or Organisations. These competitions will be considered at a later stage once World Aquatics has agreed upon the criteria and entered into a partnership with all Continental Associations to ensure the uniform application of the Competition Regulations.

Competition level	Tier value [TV^j]
Tier 1	100
Tier 2	90
Tier 3	70

Ranking Calculation

There is one World Artistic Swimming Ranking per event:

- One (1) World AS Ranking for Women Solo Free
- One (1) World AS Ranking for Women Solo Technical
- One (1) World AS Ranking for Men Solo Free
- One (1) World AS Ranking for Men Solo Technical
- One (1) World AS Ranking for Women Duet Free
- One (1) World AS Ranking for Women Duet Technical
- One (1) World AS Ranking for Mixed Duet Free
- One (1) World AS Ranking for Mixed Duet Technical
- One (1) World AS Ranking for Open Team Free Routine
- One (1) World AS Ranking for Open Team Technical Routine
- One (1) World AS Ranking for Open Team Acrobatic Routine

The rankings are created by weighting the scores according to the Competition Level Value. The final points [P_i] to be considered for the rank will be get from:

$$P_i = TV^j \cdot p_i^j$$

Where:

p_i^j : points achieved by Soloist/Duet/Team [i] at competition [j].

TV^j : competition [j] value based on its Tier value [TV^j].



Ranking Application

- The World Rankings are used to determine the first phase (preliminaries, if applicable, or finals if the competition does not have both phases) of all events' start orders.

Start Lists will be created during the Artistic Swimming Technical Meeting based on the World Ranking. The better Soloist/Duet/Team rank, the higher start order will get. Participants without a World Ranking are to be drawn randomly and are to receive the higher start order in the competition:

- Thirty (30) entries in World Aquatics Championships - Women Technical Duet Event: eighteen (18) ranked duets and twelve (12) non-ranked duets.
- Draw process: non-ranked duets will draw for start order one (1) to start order twelve (12) based on a random draw.
- Ranked duets will compete in reverse order of the World Ranking order: from start order thirteen (13) to start order thirty (30).

Tie-break Rules

- In case of a tie in the Artistic Swimming World Ranking, it will be broken based on World Aquatics Championships' scores:
 - 1) If both of the tied Soloist/Duet/Team participated in the last World Aquatics Championships, the one that achieved a better result will get a higher rank.
 - 2) If one the tied Soloist/Duet/Team did not participate in the last World Aquatics Championships, the one that did participate will be ranked higher.
 - 3) If none of the tied Soloist/Duet/Team participated in the last World Aquatics Championships, the one that achieved a higher score within the twenty-four (24) months will get a higher rank. This is also applicable if, for any reason, a World Aquatics Championship cannot be considered.

5. Other Considerations

Scores' Phases Considered

- The last score obtained is the one considered for the World Ranking:
 - If a Soloist/Duet/Team participated in both preliminaries and finals, only results achieved in the final will be taken for the World Ranking calculation.
 - If a Soloist/Duet/Team does not make the finals, the preliminary result will be used for the World Ranking calculation.

Participation

- Competitions will be considered for the World Ranking only if an Athlete achieved a final result.

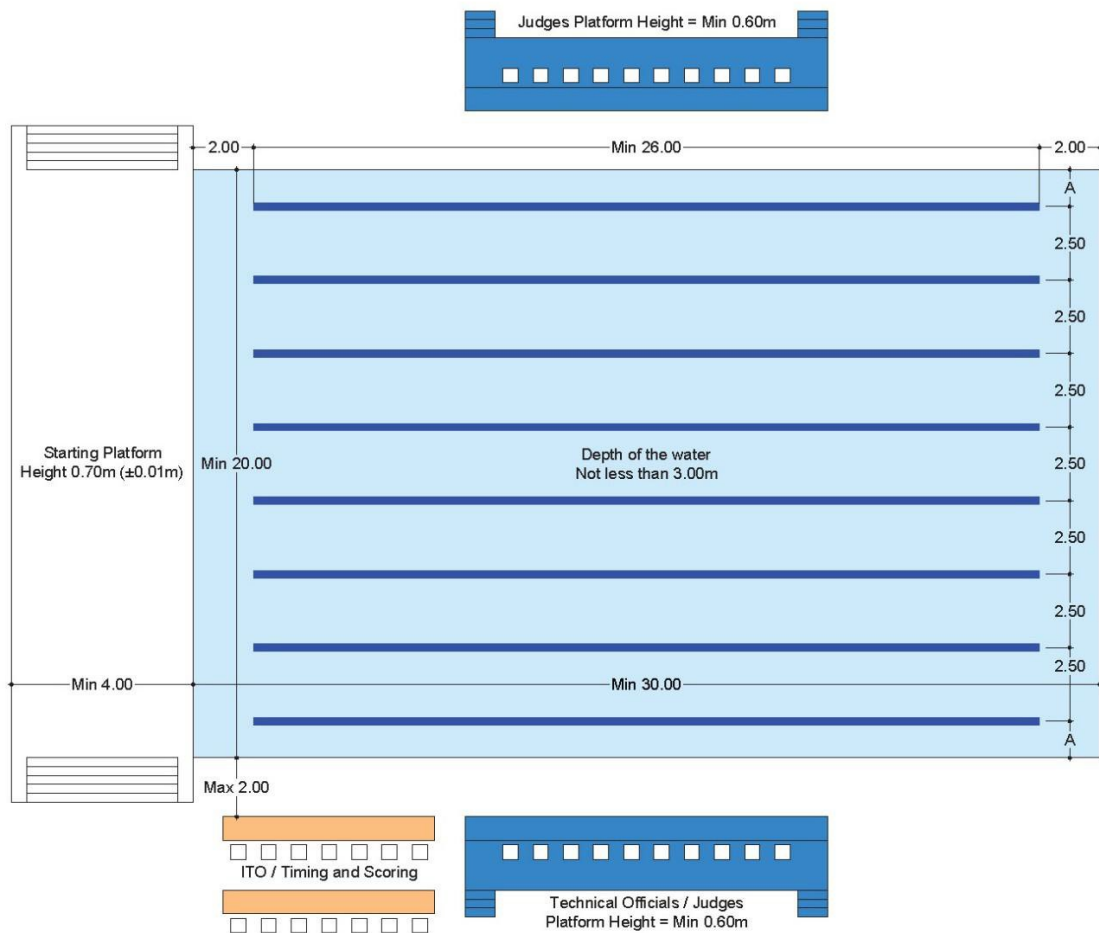
Should an Athlete be:

- 1) disqualified for breach of the Competition Regulations (DSQ);
- 2) disqualified for unsportsmanlike behaviour (DQB);
- 3) or did not start (DNS);

then the competition will not be considered.



APPENDIX 10 – DIAGRAM OF THE FIELD OF PLAY FOR THE OLYMPIC GAMES AND THE WORLD AQUATICS CHAMPIONSHIPS





APPENDIX 11 – DIAGRAM OF THE FIELD OF PLAY (50M POOL) FOR THE OLYMPIC GAMES AND THE WORLD AQUATICS CHAMPIONSHIPS

