WORLD AQUATICS

ARTISTIC SWIMMING

COMPETITION REGULATIONS

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ARTISTIC SWIMMING RULES

PART SEVEN: ARTISTIC SWIMMING RULES

1 GENERAL

All international Artistic Swimming competitions shall be held under World Aquatics Competition Regulations.

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2.1 Events

The events of Artistic Swimming are Women Solo, Men Solo, Women Duet, Mixed Duet, Open Team, Open Free Combination and Open Acrobatic Routine.

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3 ELIGIBILITY

Athletes in Artistic Swimming younger than fifteen (15) years of age (on December 31st on the year of the competition) shall not be permitted to compete at the Olympic Games, World Aquatics Championships and Artistic Swimming World Cup.

4 SESSIONS

4.1 Figures

Each athlete in Women Solo, Men Solo, Women Duet, Mixed Duet, and Open Team must perform four (4) or two (2) figures, according to the age group category, as described in the Part Seven, Appendix 1 of these Regulations.

Each athlete in Open Free Combination may perform figures as described in Part Seven, Appendix 1 of these Regulations.

The Age Group Figures are selected by the Technical Artistic Swimming Committee (TASC) every four (4) years, subject to approval by the World Aquatics Bureau. World Aquatics reserves their right to make any changes if deemed necessary.

4.2 Technical Routine: Preliminaries / Finals

The Technical Team Routine has four (4) to eight (8) athletes (for the exceptions see Part Seven, Article 6.2). In the Technical Routine each Women Solo, Men Solo, Women Duet, Mixed Duet, and Open Team must perform the Technical Required Elements described in Appendix 2 of this Part, a predetermined number of Elements (Hybrids and Acrobatics), and a free choice of Transitions (see Appendix 3 of these Regulations).

The Technical Required Elements and the number of Elements for each event are selected by the TASC every four (4) years, subject to approval by the World Aquatics Bureau. World Aquatics reserves their right to make any changes if deemed necessary.

The Routines are choreographed to music.

4.3 Free Routine: Preliminaries / Finals

The Free Team Routine has four (4) to eight (8) athletes (for the exceptions see Part Seven, Article 6.2). Each Free Women Solo, Men Solo, Women Duet, Mixed Duet, and Team Routine will consist of a predetermined number of Elements (Hybrids and Acrobatics) and a free choice of Transitions (see Appendix 3 of these regulations).

The number of Elements for each event will be selected by the TASC every four (4) years, subject to approval by the World Aquatics Bureau. World Aquatics reserves their right to make any changes if deemed necessary.

The routines are choreographed to music.

4.4 Free Combination: Preliminary / Final

The Free Combination has four (4) to ten (10) athletes who make a combination of routines.

The Open Free Combination has a predetermined number of Elements choreographed to music (see Part Seven, Appendix 3 of these Regulations).

The Routines are choreographed to music.

4.5 Acrobatic Routine: Preliminary / Final

The Acrobatic Routine has four (4) to eight (8) athletes.

The Acrobatic Routine has a predetermined number of Elements as described in Part Seven, Appendix 3 of these Regulations.

The Routines are choreographed to music.

5 PROGRAMS

5.1 For Olympic Games

The Olympic programme is confirmed by World Aquatics.

5.2 For World Championships

Technical Routine Preliminary, Technical Routine Final, Free Routine Preliminary, Acrobatic Routine Preliminary, Free Routine Finals and Acrobatic Routine Final. (Time limits as listed in Part Seven, Article 14).

5.3 For Artistic Swimming World Cup

Technical Routine Final, Free Routine Final and Acrobatic Routine Final (Time limits as listed in Part Seven, Article 14). The final order of sessions shall be determined by World Aquatics and the Organising Committee.).

5.4 For World Aquatics Junior Artistic Swimming Championships

Preliminaries will be held for: Women Solo Free, Women Duet Free and Open Team Free. All other events are direct finals (time limits as listed in Part Seven, Article 14). The final order of sessions shall be determined by World Aquatics and the Organising Committee.

5.5 **For World Aquatics Youth Artistic Swimming Championships**

Figures and Free Routines in this order: Free Routine Preliminary, Free Combination Preliminary, Figures, Free Routine Final and Free Combination Final (Time limits as listed in ASAG 5). The final order of sessions shall be determined by World Aquatics and the Organising Committee.

5.6 **For all other international competitions**

The programme may be any combination of Part Seven, Article 4.1 – 4.3 so that the Free Routine is included. The Open Free Combination is for Youth and 12 & under. The Acrobatic Routine is for Senior and Junior.

6 ENTRIES

6.1 For World Aquatics competitions each country shall be entitled to enter one Women Solo Technical, one Women Solo Free, one Men Solo Technical, one Men Solo Free, one Women Duet Technical, one Women Duet Free, one Mixed Duet Technical, one Mixed Duet Free, one Open Technical Team, one Open Free Team and one Open Acrobatic Routine.

6.1.1 In World Aquatics Championships each country shall be entitled to enter one Women Solo Technical, one Women Solo Free, one Men Solo Technical, one Men Solo Free, one Women Duet Technical, one Women Duet Free, one Mixed Duet Technical, one Mixed Duet Free, one Open Technical Team, one Open Free Team and one Open Acrobatic Routine.

6.1.2 In World Aquatics Junior Championships each country shall be entitled to enter one Women Solo Technical, one Women Solo Free, one Men Solo Technical, one Men Solo Free, one Women Duet Technical, one Women Duet Free, one Mixed Duet Technical, one Mixed Duet Free, one Open Technical Team, one Open Free Team and one Open Acrobatic Routine.

6.1.3 In World Aquatics Youth Championships and World Aquatics competitions each country shall be entitled to enter one Women Solo, one Men Solo, one Women Duet, one Mixed Duet, one Open Team and one Open Free Combination.

6.1.4 In the World Aquatics World Cups, more than one Women Solo, more than one Men Solo, more than one Women Duet, more than one Mixed Duet, more than one Open Team, and more than one Open Acrobatic Routine shall be allowed in accordance with these Regulations.

6.1.5 No changes to the entries will be accepted after the GMS sport entries deadline unless on medical grounds. A medical report must be sent to the World Aquatics Office and will be reviewed for approval by the World Aquatics Sports Medicine Committee. A 500.- USD fine will be applied for any non- medical changes after the deadline.

6.2 **Open Team, Open Free Combination and Open Acrobatic Routines:**

6.2.1 For Olympic Games, Team routines shall consist of eight (8) athletes. The total number of athletes entered by each Federation (unless otherwise specified) may not exceed nine (9) athletes one as reserve. The total number of athletes may include a maximum of two (2) male athletes.

6.2.2 For World Aquatics Championships and World Aquatics Junior Artistic Swimming Championships, Team routines shall consist of four (4) but may not exceed eight (8) athletes and a maximum of two (2) reserves. The total number of athletes may include a maximum of two (2) male athletes.

6.2.3 For World Aquatics Youth Artistic Swimming Championships, Team routines shall consist of at least four (4) but not more than eight (8) athletes and Open Free Routine Combination shall consist of at least four (4) but may not exceed ten (10) athletes and a maximum of two (2) reserves. The total number of athletes may include a maximum of two (2) male athletes.

6.3 Sport Entries for each event entered and corresponding Music Information sheets must be submitted in the relevant system and/or platform at least fourteen (14) days prior to the start of the competition. After this date, changes in sport entries will only be accepted on medical grounds. Coach Cards of declared difficulty for each event entered must be submitted electronically by the deadline and method as stated in the information bulletin/summons.

During competition time, changes to Coach Cards are to be made by **18h local time the day prior to each session**, **or a time to be determined by World Aquatics in accordance with the schedule.** No changes are possible after this deadline.

6.3.1 The entry shall designate the names of the Women Solo competitor and the reserve, the names of the Men Solo competitor and the reserve, the names of the Women Duet competitors and maximum of one reserve, the names of the Mixed Duet competitors and maximum of two reserve, the names of Open Team competitors and maximum two reserves, the names of Open Free Combination competitors and maximum two reserves and/or the names of the Open Acrobatic Routine competitors and maximum two reserves.

For World Aquatics Championships: The names of the Women Technical Solo competitor and the reserve, the names of the Women Solo Free competitor and the reserve, the names of the Men Solo Technical competitor and the reserve, the names of the Men Solo Free competitor and the reserve, the names of the Women Duet Technical competitors and maximum one reserve, the names of the Women Duet Free competitors and maximum one reserve, the names of the Mixed Duet Technical competitors and maximum two reserves, the names of the Mixed Duet Free competitors and maximum two reserves, the names of the Open Team Technical competitors and maximum of two reserves, the names of the Open Team Free competitors and maximum of two reserves, and the names of the Open Acrobatic Routine competitors and maximum of two reserves.

For World Aquatics Artistic Swimming World Cup please see Part Seven, Article 6.1.4 and 6.3.1.

7 PRELIMINARIES AND FINALS

7.1 If there are more than twelve (12) entries in any Technical or Free Routine, Open Free Combination, or Open Acrobatic Routine, preliminaries may be held. Only the twelve (12) best results shall be allowed in the official finals.

7.2 If there are less than thirteen (13) entries in any Technical and Free Routine, Open Free Combination, or Open Acrobatic Routine, preliminaries may be held.

7.3 This information must be included on the information bulletin (see Part Seven, Article 24.3.7).

8 FIGURE SESSIONS

8.1 Only one Figure session shall be held.

8.2 Athletes in competitions other than World Youth Championships, World Aquatics competitions and continental Championships may, by mutual consent, choose from the Age Group figures (see Part Seven, Appendix 1) for the level of ability of the athletes entered in the competition.

8.3 **For the Figure session:**

In the 12 and under-age category each competitor in Women Solo, Men Solo, Women Duet, Mixed Duet, and Open Team must perform four (4) figures from the list as described in Appendix 1 of these rules. Each competitor in 12 and under Open Free Combination may perform four (4) figures selected by the above-described procedure.

In the Youth category each competitor in Women Solo, Men Solo, Women Duet, Mixed Duet, and Open Team must perform a group of two (2) figures from the Section (A, B or C) of figures drawn from the list described in Part Seven, Appendix 1 of these Regulations..

Each competitor in Youth Free Combination may perform the two (2) figures selected by the above-described procedure.

8.3.1 Figure section and groups from the World Aquatics Figures 2022-2025 in Part Seven, Appendix 1 shall be drawn by the Referee/TASC.

8.3.2 The draws shall be made eighteen (18) to seventy-two (72) hours before the start of the Figure session.

8.3.3 The draw shall be public. Place and time shall be announced at least twenty-four (24) hours in advance. Draws can be done over a social media platform.

8.4 In the 12 and Under- category the order of appearance and the figures to be performed by each athlete shall be decided by lot. The Optional group shall be drawn first, then the order of appearance shall be drawn.

In the Youth category, the Figure section (A, B or C) shall be drawn first, then the order of appearance shall be drawn. The order of appearance draw list will be divided into two equal groups - 1 and 2 (if numbers are not equal, group 1 will have 1 extra athlete). Then one of the two figure groups of the drawn section will be assigned by lot to each athlete group (1 and 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.

8.4.1 Each group will have a separate ranking. The two rankings will not be combined.

8.5 Swimwear for the figure session must be according to Part One, Article 7. It shall be black, and athletes shall wear white caps. Goggles and nose clips may be worn. Only small stud jewellery is permitted. Athletes must remove any dangling jewellery prior to the start of the event.

9 FIGURE PANELS

9.1 When qualified judges are available in sufficient numbers one (1), two (2) or four (4) panels of four (4) to six (6) judges may officiate.

9.1.1 When one (1) panel of judges is used, all athletes shall perform the four (4) or two (2) figures (according to age category) one by one in the listed order.

9.1.2 When two (2) panels of judges are officiating, each panel shall judge one (1) or two (2) figures.

9.1.3 When four (4) panels of judges are officiating, each panel shall judge one (1) figure.

9.2 During the Figure session, the judges shall be placed in such elevated positions as to have a profile view of the athletes.

9.2.1 All figures and judging shall commence at a signal from the Referee or Assistant Referee.

9.2.2 On a signal from the Referee or Assistant Referee all judges shall simultaneously flash their score.

9.2.3 Judges scores may only be flashed on the score board or be sent to the computer after approval by the Referee or the appointed official.

10 JUDGEMENT OF FIGURES

10.1 The athlete can obtain points from 0 – 10 using 1/10th points.

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 recog-nizable**	1.9 – 0.1
Competent	6.9 – 6.0	**Completely failed**	0

10.2 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.

10.3 If a judge by reason of illness or other unforeseen circumstances has made no award for any one figure, the average of the awards of the judges shall be computed and shall be considered as that of the missing award. This shall be calculated to the nearest 0.1 point.

11 PENALTIES IN FIGURE SESSION

11.1 If an athlete does not perform the announced figure, or if the figure does not have all the required elements or is performed other than according to the description, the Referee or Assistant Referee shall advise the judges and the athlete that the result of the figure will be a zero.

11.2 In Figure competition, if the award for the figure is a zero the Referee may review the official video together with two (2) World Aquatics Evaluators or World Aquatics Judges (ensuring that three different Federations are represented. They can have one (1) review in slow motion. If a definite decision cannot be reached after three (3) reviews, it shall 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.

11.3 In a Figure competition for the 12 and Under-age category, if the athlete doesn't perform the correct figure, the athlete will be allowed to perform this figure again and a 1-point penalty will be applied. If the athlete fails again, then "O" will be applied.

12 CALCULATION OF THE FIGURE RESULT

12.1 The highest and the lowest awards are cancelled (one of each).For 4 Judges the four scores would be averaged to obtain a 5th score. High and Low then dropped . Remaining 3 scores averaged for total. 5 Judges would be high and low dropped and then remaining three scores averaged. 6 Judges would be high and low dropped and remaining 4 scores averaged.. The result is multiplied by the degree of difficulty to obtain the score for each of the four (4) or two (2) figures competed.

12.2 The sum of the four (4) or two (2) figures shall be divided by the total degree of difficulty of the figures competed and multiplied by 10, and then the penalties shall be deducted.

12.3 The figure result shall be:

12.3.1 For Solo the result shall be obtained according to Part Seven, Article 12.2.

12.3.2 For Duets– for each athlete the result shall be obtained according to VII.12.2. These results shall be added, and the total divided by two (2) to determine the average score (round off to the fourth decimal places) for the routine.

12.3.3 For Teams – for each athlete who competes in a Team routine the result shall be obtained according to Part Seven, Article 12.2. These results shall be added, and the total divided by the number of athletes in the Team to determine the average score (round off to the fourth decimal places) for the routine.

12.3.4 If an athlete after the preliminaries in Duet or Team is not able to compete in the Figures session (due to illness or injury), in Duet the figure score of the reserve is used to determine the total score for the Duet: In Team, the higher figure score of the two (2) reserves is used to determine the total score for the Team routine.

13 ROUTINE SESSIONS

13.1 A Mixed Duet shall consist of one Woman and one Man.

13.2 An Open Team shall consist of at least four (4) but not more than eight (8) athletes (for the exceptions, see Part Seven, Article 6.2). The number of Team athletes may not change between Preliminary and Finals or Technical and Free Routines. The total number of athletes may include a maximum of 2 male athletes.

13.3 An Open Free Combination shall consist of at least four (4) but not more than ten (10) athletes. The total number of athletes may include a maximum of 2 male athletes.

13.4 An Open Acrobatic Routine shall consist of four (4) but no more than eight (8) athletes. The total number of competitors may include a maximum of 2 male athletes.

13.5 In an Open Free Combination and an Open Acrobatic Routines the number of athletes may not change between Preliminary and Finals.

13.6 In Women Duet, Mixed Duet, Open Team, Open Free Combination and Open Acrobatic Routine events, athletes who are listed on the entry according to Part Seven, Article 6.3.1 may be interchanged before routine sessions.

13.6.1 Any changes of the names of the athletes from the most recent entry lists must be handed to the Referee in writing at least two (2) hours prior to the published start time of routine number one. This time must be published in the official competition schedule. Changes after this can only be made in case of sudden illness or accident of an athlete and if the reserve is ready to compete without delaying the competition. The final decision in such a situation shall be made by the Referee.

13.6.2 If the lack of the reserve reduces the Open Team, Open Free Combination or Open Acrobatic Routine size to less than that defined in Part Seven, Article 4.4, 4.5, 6.2, 13.2, 13.3 or 13.4, the Team shall be disqualified.

13.6.3 Failure to notify the substitution and / or scratching according to Part Seven, Article 13.6.1 shall result in disqualification of the routine.

13.7 **Draw Procedure for Technical Routines, Free Routine Preliminaries, Open Free Combination Preliminaries or Open Acrobatic Routine Preliminaries (WCH and OG)**

All routine events shall be entered according to the World Ranking (see Appendix 9). The draws will be divided into two parts: competitors with a current World Ranking and those without a World Ranking.

Draw Process for Non-Ranked Athletes for preliminaries

The non-ranked athletes will be randomly drawn into start order. These groups will compete first in the competition in the drawn order.

Draw Process for World Ranked Athletes for preliminaries

Athletes with World Rankings 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 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.

Example: 30 entries in World Aquatics Championship Technical Duet – 18 ranked duets and 12 non-ranked duets. Draw Procedure: non-ranked duets will draw for start order 1-12 based on a random draw; ranked duets will compete in reverse order 13-30 based on world rank order.

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13.7.1 The draw shall be manual if no World Aquatics sanctioned electronic draw system is available. The draw shall take place at least eighteen (18) hours before the first part of the competition and shall be public. Place and time shall be announced at least twenty-four (24) hours in advance.

13.7.2 The order of the draw shall be Teams, Free Combination, Acrobatic Routine, Duets, and Solos Preliminaries. For competitions involving both Technical and Free Routines, the draw for the event's Technical Routine shall 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).

13.7.3 When a Federation 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, this Federation shall be exempted from start number one (1) in all remaining preliminary or direct final sessions in the family the federation drew first in. (example Solo, Duet, Teams). This rule is not applicable when the start lists are established by using the World Ranking.

13.8 After the Figures and/or Technical Routines and Free Routines Preliminaries and Open Free Combination/Acrobatic Routine Preliminaries the first twelve (12) by total score shall compete in the Finals.

If the number of participants in preliminaries is higher than 35, the first fourteen (14) by total score shall compete in the Finals.

Exception: In World Aquatics (Senior) Championships: after each Technical / Free Routine / Open Acrobatic Routine, the twelve (12) best will compete in the respective Final.

13.8.1 The order of appearance in Finals will be: the top 12 finalists from the preliminaries will swim in reverse order. Example: number 12 swims first, number 11 swims 2nd, etc. In cases of ties in the Preliminaries, there will be a separate draw between tied competitors to decide the order of the main draw.,

14 TIME LIMITS FOR ROUTINES

14.1 Time limits for Technical Routines, Free Routines and Open Acrobatic Routines including ten (10) seconds for deck movement:

14.1.1	**Women Solo Technical Routine :**	2 minutes 00 seconds
	Men Solo Technical Routine :	2 minutes 00 seconds
	Women Solo Free Routine	2 minutes 15 seconds
	Men Solo Free Routine :	2 minutes 15 seconds
14.1.2	**Women Duet Technical Routine:**	2 minutes 20 seconds
	Women Duet Free Routine:	2 minutes 45 seconds
14.1.3	**Mixed Duet Technical Routine:**	2 minutes 20 seconds
	Mixed Duet Free Routine:	2 minutes 45 seconds
14.1.4	**Open Team Technical Routine:**	2 minutes 50 seconds
	Open Team Free Routine:	3 minutes 30 seconds
14.1.5	**Open Acrobatic Routine:**	3 minutes 00 seconds**Open Free Combination** 3 minutes 00 seconds

14.1.6 There shall be an allowance of five (5) seconds less or plus the allotted time for all routines.

14.1.7 In all routine events, the walk-on of the athletes from the designated starting point to the achievement of a stationary position(s) may not exceed 30 seconds for Mixed Duet Technical and Free, Open Team Technical and Open Team Free, Open Free Combination and Open Acrobatic Routine, and may not exceed 20 seconds for any Solo and Duet Events.

14.1.8 In routine events, when the routine starts in the water, the time allowance for the athletes to achieve a stationery starting position in the water shall not exceed 30 seconds for Mixed Duet Technical, Mixed Duet Free and Open Team Free, Open Team Technical and Open Free Combination and Open Acrobatic Routine and 20 seconds for any Solo and Duet Events.

14.1.9 Age Group time limits - see Artistic Swimming Age Group rule 5.

14.2 Timing of the performance shall start with the walk-on and finish with the accompaniment. Timing of the walk-on shall 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 shall begin with the accompaniment and end as the last athlete leaves the deck.

14.3 The accompaniment shall begin upon a signal from the Referee or appointed official. After the signal the athlete(s) must perform the routine without interruption (see Part Seven, Article 18.2). Routines may start on the deck or in the water, but they must finish in the water.

14.4 The Timer shall check the overall time of the deck movements and the walk- on. If the time limit is exceeded for the deck movements, walk-on or there is a deviation from the routine time limit allowance (see VII.14.1) the Timer or Sound Center Manager shall advise the Referee, or the appointed official designated by the Referee.

14.5 All Athletes shall provide music in accordance with the quality requirements of each Organising Committee as stated in the bulletin. Organisers may request new music should it not meet the standards required. Team Leaders will provide on the registration form the exact running time of the music, not swimming time. The official time will be reviewed by the Sound Center Manager's electronic running time. The Sound Center Manager will notify the Referee of any music that does not comply with Artistic Swimming timing rules.

14.6 If there is no official training with music, the organizer must provide the athlete or Team Leader the opportunity to hear their music in the competition venue prior to the start of the event.

15 MUSIC ACCOMPANIMENTS

15.1 The Sound Center Manager shall be responsible for the securing and properly presenting the accompaniment for each routine.

15.2 For World Aquatics competitions, a decibel (sound level) meter shall 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.

15.3 Team Leaders are responsible for submitting their music electronically via the Internet to the Sound Center Manager according to the instructions in the bulletin at least 14 days prior to the start of practice sessions. Each submission shall be labelled as to event, name of the athletes and national Federation.

The Organising Committee must supply a World Aquatics approved music system in the competition pool and have a second sound system in the practice pool.

15.4 Clearance of Rights for Competition Music: All music used by the competing Federations must be cleared of rights prior to the start of each competition. World Aquatics will not be held accountable for any lawsuits resulting from copyright infringement. All expenses resulting from such procedures will be the responsibility of each competitor and their respective Federation.

Every Federation participating in Artistic Swimming competition must upload their music and corresponding licenses to the ClicknClear platform before every competition. You may obtain the necessary licenses for your music by any means of your choice. You may also request them through the ClicknClear platform should you wish to.

This procedure is now mandatory and from 2026 onwards, failing to provide the correct licenses may prevent you from taking part in Artistic Swimming competitions.

16 ROUTINE PANELS

16.1 Two (2) panels of five (5) judges must officiate in all routines: one for Elements and one for Artistic Impression.

Two (2) groups of three (3) Technical Controllers must officiate in all routines: one group to 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 one group to register the number and type of synchronisation errors observed. The Technical Controllers may use the VAR (Video Assisted Review). They can have one (1) review in slow motion for each element or transition part they are questionning. In order for a Base Mark or Major Errors to be applied or the review to be dismissed, two of the three TC must be in agreement.

16.1.1 There will be one (1) Difficulty Technical Controller (DTC) and two (2) Difficulty Assistant Technical Controllers (DATC). The purpose of the role 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. The Referee is consulted in case of a Conflict of Interest where one of the DTC recuses themself. They are also responsible for the identification of any "technical errors", which are differences in what is declared on the Coach Card to what is performed in the water OR an error in a Technical Required Element (technical routines). The Difficulty Technical Controller will have communication to the Referee.

16.1.2 There will be three (3) Synchronisation Technical Controllers (STC) who will record the number of synchronisation errors (unequal actions) they observe during the performance of a routine. They will be seated on deck with a clear view of the pool.

16.2 During routine sessions the officals shall be placed in elevated positions on opposite sides of the pool.

16.3 At the completion of each routine the Judges submit their scores.

16.4 If one or more Judges by reason of illness or other unforeseen circumstances has made no award for a routine, the average of the awards of the other judges shall be computed and shall be considered as the award. This shall be calculated to the nearest 0.25 point.

16.4.1 If an unexpected situation happens during a session and one or more Judges cannot give an award for a routine, the Referee can disrupt the session and performance. After the settlement of a matter and safe confirmation, the Referee shall resume the session and allow the athlete to swim again.

16.5 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.

16.6 For all Routines, official(s) will be appointed by the Referee & World Aquatics Delegate/Commission to monitor the use of the bottom of the pool.

17 JUDGEMENT OF ROUTINES

17.1 In Routines, the athlete can obtain points from 0 – 10 using 0.25 points

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 recognizable	1.75 – 0.25
Completely failed	0

17.2 In all Routines each Judge shall award scores from 0-10 points each (see Part Seven, Article 17.1).

Elements panel judges shall award one (1) score for the execution of each Element (Free and Technical Required).

Artistic Impression panel judges shall award three (3) scores, one (1) score for choreography and musicality, one (1) score for performance and one (1) score for transitions.

Difficulty Technical Controllers check the predeclared difficulty on the submitted Coach Card. Difficulty values can be found in Appendixes 6 and 7 and Coach Card format in Appendix 7 of Part Seven. World Aquatics reserves the right to adjust the components assigned to each category as required.

17.2.1 **First panel – ELEMENTS**

In **EXECUTION** consider: the level of excellence in performing highly specialized skills. Execution of all routine Elements: Technical Required Elements and Elements (Hybrids and Acrobatics).

17.2.2 **Second panel – ARTISTIC IMPRESSION**

In **CHOREOGRAPHY** and **MUSICALITY** 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. Expressing the mood of the music, use of the music's structure and the movements and synchronisation with the music.

In **PERFORMANCE** 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.

In **TRANSITIONS** consider the execution and complexity of varied and purposeful movements, propulsions and strokes that link routine elements.

18 DEDUCTION, PENALTIES AND OTHER MATTERS IN ROUTINES

18.1 **Solo Technical Routine**

18.1.1 Deck Walk-on: An eight (8) point penalty shall be deduced from the routine score if the time limit of 20 seconds for the deck walk-on is exceeded.

18.1.2 **Deck Movements: An eight (8)** point penalty shall be deducted from the routine score if the time limit of ten (10) seconds for deck movements is exceeded.

18.1.3 **New Start: A two (2)** point penalty shall be deducted from the routine score if a routine is interrupted by an athlete during the deck movements and a new start is allowed.

18.1.4 Overall Routine Time: An eight (8) point penalty shall be deducted from the routine score if there is a deviation from the specified routine time limit allowed (less or more than) for the routine and in accordance with Part Seven - 14.1 and 25.5 - Age Group Time Limit Rules.

18.1.5 Stop Swimming/Use of Pool Wall: If an athlete stops swimming or makes clear support use of the pool wall before the routine is completed, the routine will be disqualified. The Referee shall 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.

18.1.6 Deliberate Use of Bottom to Propel: An eight (8) penalty shall be deducted from the routine score if an athlete has made deliberate use of the bottom of the pool during a routine to propel themself.

18.1.7 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.

18.1.8 Exceeding Number of Predetermined Elements: A two (2) point penalty shall be deducted from the Elements score for each element exceeding the predetermined number assigned to the particular event and category.

18.1.9 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 shall make note that the declared movement was not correct. If the DTC video review confirms a violation, a zero (0) will be assigned as the Degree of Difficulty for this particular Technical Required Element.

18.1.10 Swum Out of Order: The Difficulty Technical Controller (DTC) shall inform the Referee to 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 Part Seven, Appendix 2).

18.1.11 Additional Routine Requirement # 6: An eight (8) point penalty shall be deducted from the Elements Score for violation of Solo Additional Routine Requirement #6 in Appendix 2:

One (1) additional hybrid must be performed.

Exceeding Free Hybrid maximums: if 5x per family or 3x per technique is exceeded in a Free Hybrid the DTC shall apply a Base Mark to the Free Hybrid.

18.2 **Duet Technical Routine**

18.2.1 Deck Walk-on: An eight (8) point penalty shall be deduced from the routine score if the time limit of 20 seconds for the deck walk-on is exceeded.

18.2.2 Deck Movements: An eight (8) point penalty shall be deducted from the routine score if the time limit of ten (10) seconds for deck movements is exceeded.

18.2.3 **New Start: A two (2)** point penalty shall be deducted from the routine score if a routine is interrupted by an athlete during the deck movements and a new start is allowed.

18.2.4 **Overall Routine Time: An eight (8)** point penalty shall be deducted from the routine score if there is a deviation from the specified routine time limit allowed (less or more than) for the routine and in accordance with Part Seven - 14.1 and 25.5 - Age Group Time Limit Rules.

18.2.5 Stop Swimming/Use of Pool Wall: If one (1) or more athlete(s) stop swimming or makes clear support use of the pool wall before the routine is completed, the routine will be disqualified. The Referee shall assess if the cessation is caused by circumstances beyond the control of the athlete(s). The Referee may allow the routine to be re-swum during the session.

18.2.6 Deliberate Use of Bottom to Propel: An eight (8) penalty shall be deducted from the routine score if an athlete has made deliberate use of the bottom of the pool during a routine to propel themself.

18.2.7 Deliberate Use of Bottom to Assist: An eight (8) point penalty shall 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 swimmer's self-protection from injuries by impact.

18.2.8 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.

18.2.9 Exceeding Number of Pretermined Elements: A two (2) point penalty shall be deducted from the Elements score for each element exceeding the predetermined number assigned to the particular event and category.

18.2.10 Omit All, Part or Incorrect Action of Technical Required Element: If one (1) or more athlete(s) omit all or part of a Technical Required Element or performs an incorrect action in a Technical Required Element, the Difficulty Technical Controllers shall make note that the declared movement was not correct. If the DTC video review confirms a violation, a zero (0) will be assigned as the Degree of Difficulty for this particular Technical Required Element.

18.2.11 Swum Out of Order: The Difficulty Technical Controller (DTC) shall inform the Referee to 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 Part Seven, Appendix 2).

18.2.12 General Requirement # 6: A two (2) point penalty shall be deducted from the Elements Score for each violation of General Requirement #6 in Appendix 2:

With the exception of Deck Work and Entry into the water, getting into and out of the Circle (Team), and Acrobatics, Technical Required Elements, Free Hybrids and Transitions are to be performed simultaneously and facing the same direction by all duet or team members.

18.2.13 Additional Routine Requirements #6 and #7: An eight (8) point penalty shall be deducted from the Elements Score for violation of Women's Duet Additional Routine Requirement #6 and #7 in Appendix 2:

6 - One (1) additional hybrid must be performed.

7 - One (1) Pair Acrobatic must be performed.

18.2.14 Synchronisation errors and penalty values

For all routines, the sum of all synchronisation errors (unequal actions) observed by the Synchronisation Technical Controllers (STC), (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
Major	3.0 points

The description of small, obvious, and major synchronisation errors (unequal actions) is detailed in the Scoring Synchronisation Guide. Maximum deduction can reduce the Elements score to zero **(0)**, but not to a negative Elements score.

18.2.15 **Exceeding Free Hybrid Maximums:** If 5x per family or 3x per technique is exceeded in a Free Hybrid, the DTC shall apply a Base Mark to the Free Hybrid.

18.2.16 If a reserved acro code is used by a federation that does not own that code, a Base Mark will be applied to the Acrobatic.

18.3 **Mixed Duet Technical Routine**

18.3.1 Deck Walk-on: An eight (8) point penalty shall be deduced from the routine score **i**f the time limit of 30 seconds for the deck walk-on is exceeded.

18.3.2 Deck Movements: An eight (8) point penalty shall be deducted from the routine score if the time limit of ten (10) seconds for deck movements is exceeded.

18.3.3 **New Start:** A **two (2)** point penalty shall be deducted from the routine score if a routine is interrupted by an athlete during the deck movements and a new start is allowed.

18.3.4 **Overall Routine Time:** An **eight (8)** point penalty shall be deducted from the routine score if there is a deviation from the specified routine time limit allowed (less or more than) for the routine and in accordance with Part Seven - 14.1 and 25.5 - Age Group Time Limit Rules.

18.3.5 Stop Swimming/Use of Pool Wall: If one (1) or more athlete(s) stops swimming or makes clear support use of the pool wall before the routine is completed, the routine will be disqualified. The Referee shall assess if the cessation is caused by circumstances beyond the control of the athlete(s). The Referee may allow the routine to be re-swum during the session.

18.3.6 Deliberate Use of Bottom to Propel: An eight (8) penalty shall be deducted from the routine score if an athlete has made deliberate use of the bottom of the pool during a routine to propel themself.

18.3.7 Deliberate Use of Bottom to Assist: An eight (8) point penalty shall 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 swimmer's self-protection from injuries by impact.

18.3.8 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.

18.3.9 Exceeding Number of Predetermined Elements: A two (2) point penalty shall be deducted from the Elements score for each element exceeding the predetermined number assigned to the particular event and category.

18.3.10 Omit All, Part or Incorrect Action of Technical Required Element: If one (1) or more athlete(s) omit all or part of a Technical Required Element or performs an incorrect action in a Technical Required Element, the Difficulty Technical Controllers shall make note that the declared movement was not correct. If the DTC video review confirms a violation, a zero (0) will be assigned as the Degree of Difficulty for this particular Technical Required Element.

18.3.11 Swum Out of Order: The Difficulty Technical Controller (DTC) shall inform the Referee to 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 Part Seven, Appendix 2).

18.3.12 General Requirement # 7: A two (2) point penalty shall be deducted from the Elements Score for each violation of General Requirement #7 in Appendix 2:

Only Technical Required Elements must be performed simultaneously and facing the same direction. Deckwork and Entry into the water, Free 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)..

18.3.13 Additional Routine Requirements # 4, 5, 6 and 7: An eight (8) point penalty shall be deducted from the Elements Score for each violation of Mixed Duet Additional Routine Requirements #4, 5, 6 and 7 in Appendix 2:

4 – One (1) free hybrid

5 - One (1) required hybrid which must contain only one Thrust declaration and two (2) different Connection declarations

6 - Two (2) Pair Acrobatics of free choice but must not repeat the same acrobatic

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

18.3.14 Repetition of Pair Acrobatic: **A Base Mark shall be applied** for a repetition of the Pair Acrobatic.

For **Mixed** Duet – the same pair acrobatic code may not be used.

18.3.15 Synchronisation errors and penalty values

For all routines, the sum of all synchronisation errors (unequal actions) observed by the Synchronisation Technical Controllers (STC), (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
Major	3.0 points

The description of small, obvious, and major synchronisation errors (unequal actions) is detailed in the Scoring Synchronisation Guide. Maximum deduction can reduce the Elements score to zero **(0)**, but not to a negative Elements score.

18.3.16 Exceeding Free Hybrid maximums: If 5x per family or 3x per technique is exceeded in a Free Hybrid, the DTC shall apply a Base Mark to the Free Hybrid.

18.3.17 If a reserved acro code is used by a federation that does not own that code, a Base Mark will be applied to the Acrobatic.

18.4 Team Technical Routine

18.4.1 Less than Eight: A half (0.5) point penalty shall be deducted from the total score for each athlete less than eight (8) (see Part Seven, Article 13.2).

18.4.2 Deck Walk-on: An eight (8) point penalty shall be deduced from the routine score if the time limit of 30 seconds for the deck walk-on is exceeded.

18.4.3 Deck Movements: An eight (8) point penalty shall be deducted from the routine score if the time limit of ten (10) seconds for deck movements is exceeded.

18.4.4 New Start: A **two (2)** point penalty shall be deducted from the routine score if a routine is interrupted by an athlete during the deck movements and a new start is allowed.

18.4.5 **Overall Routine Time**: An **eight (8)** point penalty shall be deducted from the routine score if there is a deviation from the specified routine time limit allowed (less or more than) for the routine and in accordance with Part Seven - 14.1 and 25.5 - Age Group Time Limit Rules.

18.4.6 Stop Swimming/Use of Pool Wall: If one (1) or more athlete(s) stops swimming or makes clear support use of the pool wall before the routine is completed, the routine will be disqualified. The Referee shall 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.

18.4.7 Deliberate Use of Bottom to Propel: An eight (8) penalty shall be deducted from the routine score if an athlete has made deliberate use of the bottom of the pool during a routine to propel themself.

18.4.8 Deliberate Use of Bottom to Assist: An eight (8) point penalty shall 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 swimmer's self-protection from injuries by impact.

18.4.9 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.

18.4.10 Exceeding Number of Predetermined Elements: A two (2) point penalty shall be deducted from the Elements score for each element exceeding the predetermined number assigned to the particular event and category.

18.4.11 Omit All, Part or Incorrect Action of Technical Required Element: If one (1) or more athlete(s) omit all or part of a Technical Required Element or performs an incorrect action in a Technical Required Element, the Difficulty Technical Controllers shall make note that the declared movement was not correct. If the DTC video review confirms a violation, a zero (0) will be assigned as the Degree of Difficulty for this particular Technical Required Element.

18.4.12 Swum Out of Order: The Difficulty Technical Controller (DTC) shall inform the Referee to 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 Part Seven, Appendix 2).

18.4.13 General Requirement # 6: A two (2) point penalty shall be deducted from the Elements Score for each violation of General Requirement #6 in Appendix 2:

With the exception of Deck Work and Entry into the water, getting into and out of the Circle (Team), and Acrobatics, Technical Required Elements, Free Hybrids and Transitions are to be performed simultaneously and facing the same direction by all duet or team members.

18.4.14 Additional Routine Requirements #6 and #7: An eight (8) point penalty shall be deducted from the Elements Score for each violation of Team Additional Routine Requirements #6 and 7 in Appendix 2:

6 - Two (2) additional hybrids, one of which must include a Cadence action

7 - One (1) acrobatic movement must be performed by all team members.

18.4.15 Routine Requirement # 7 DD: A Base Mark shall be applied for a violation of Team DD Routine Requirement #7 for the acrobatic movement exceeding 3.00 (inclusive of BM value of 0.5).

18.4.16 Maximum of One Circle Pattern: A two (2) point penalty shall be deducted from the Elements Score if a Team Technical routine exceeds a maximum of one (1) circle pattern.

18.4.17 Synchronisation errors and penalty values

For all routines, the sum of all synchronisation errors (unequal actions) observed by the Synchronisation Technical Controllers (STC), (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
Major	3.0 points

The description of small, obvious, and major synchronisation errors (unequal actions) is detailed in the Scoring Synchronisation Guide. Maximum deduction can reduce the Elements score to zero **(0)**, but not to a negative Elements score.

18.4.18 Exceeding Free Hybrid maximums: If 5x per family or 3x per technique is exceeded in a Free Hybrid, the DTC shall apply a Base Mark to the Free Hybrid.

18.4.19 If a reserved acro code is used by a federation that does not own that code, a Base Mark will be applied to the Acrobatic.

18.5 Solo Free Routine

18.5.1 Deck Walk-on: An eight (8) point penalty shall be deduced from the routine score if the time limit of 20 seconds for the deck walk-on is exceeded.

18.5.2 Deck Movements: An eight (8) point penalty shall be deducted from the routine score if the time limit of ten (10) seconds for deck movements is exceeded.

18.5.3 **New Start:** A **two (2)** point penalty shall be deducted from the routine score if a routine is interrupted by an athlete during the deck movements and a new start is allowed.

18.5.4 **Overall Routine Time:** An **eight (8)** point penalty shall be deducted from the routine score if there is a deviation from the specified routine time limit allowed (less or more than) for the routine and in accordance with Part Seven - 14.1 and 25.5 - Age Group Time Limit Rules.

18.5.5 Stop Swimming/Use of Pool Wall: If an athlete stops swimming or makes clear support use of the pool wall before the routine is completed, the routine will be disqualified. The Referee shall 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.

18.5.6 Deliberate Use of Bottom to Propel: An eight (8) penalty shall be deducted from the routine score if an athlete has made deliberate use of the bottom of the pool during a routine to propel themself.

18.5.7 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.

18.5.8 Exceeding Number of Predetermined Elements: A two (2) point penalty shall be deducted from the Elements score for each element exceeding the predetermined number assigned to the particular event and category.

18.5.9 Not Including a Skill from every Family: An eight (8) point penalty shall be deducted from the Elements score for NOT including a skill from every family in the routine (with the exception of connections in Solo).

18.5.10 Exceeding Free Hybrid maximums: If 5x per family or 3x per technique is exceeded in a Free Hybrid, the DTC shall apply a Base Mark to the Free Hybrid.

18.6 Duet Free Routine

18.6.1 Deck Walk-on: An eight (8) point penalty shall be deduced from the routine score If the time limit of 20 seconds for the deck walk-on is exceeded.

18.6.2 Deck Movements: An eight (8) point penalty shall be deducted from the routine score if the time limit of ten (10) seconds for deck movements is exceeded.

18.6.3 **New Start**: A **two (2)** point penalty shall be deducted from the routine score if a routine is interrupted by an athlete during the deck movements and a new start is allowed.

18.6.4 **Overall Routine Time**: An **eight (8)** point penalty shall be deducted from the routine score if there is a deviation from the specified routine time limit allowed (less or more than) for the routine and in accordance with Part Seven - 14.1 and 25.5 - Age Group Time Limit Rules.

18.6.5 Stop Swimming/Use of Pool Wall: If one (1) or more athlete(s) stop swimming or makes clear support use of the pool wall before the routine is completed, the routine will be disqualified. The Referee shall 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.

18.6.6 Deliberate Use of Bottom to Propel: An eight (8) penalty shall be deducted from the routine score if an athlete has made deliberate use of the bottom of the pool during a routine to propel themself.

18.6.7 Deliberate Use of Bottom to Assist: An eight (8) point penalty shall 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 swimmer's self-protection from injuries by impact.

18.6.8 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.

18.6.9 Exceeding Number of Pretermined Elements: A two (2) point penalty shall be deducted from the Elements score for each element exceeding the predetermined number assigned to the particular event and category.

18.6.10 Not Including a Skill from every Family: An eight (8) point penalty shall 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).

18.6.11 Repetition of Pair Acrobatic: A Base Mark shall be applied for any repetition of Pair Acrobatics.

For Duet – the same pair acrobatic code may not be used.

18.6.12 Synchronisation errors and penalty values

For all routines, the sum of all synchronisation errors (unequal actions) observed by the Synchronisation Technical Controllers (STC), (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
Major	3.0 points

The description of small, obvious, and major synchronisation errors (unequal actions) is detailed in the Scoring Synchronisation Guide. Maximum deduction can reduce the Elements score to zero **(0)**, but not to a negative Elements score.

18.6.13 Exceeding Free Hybrid maximums: If 5x per family or 3x per technique is exceeded in a Free Hybrid, the DTC shall apply a Base Mark to the Free Hybrid.

18.6.14 If a reserved acro code is used by a federation that does not own that code, a Base Mark will be applied to the Acrobatic.

18.7 Mixed Duet Free Routine

18.7.1 Deck Walk-on: An eight (8) point penalty shall be deduced from the routine score if the time limit of 30 seconds for the deck walk-on is exceeded.

18.7.2 Deck Movements: An eight (8) point penalty shall be deducted from the routine score if the time limit of ten (10) seconds for deck movements is exceeded.

18.7.3 **New Start**: A **two (2)** point penalty shall be deducted from the routine score if a routine is interrupted by an athlete during the deck movements and a new start is allowed.

18.7.4 **Overall Routine Time**: An **eight (8)** point penalty shall be deducted from the routine score if there is a deviation from the specified routine time limit allowed (less or more than) for the routine and in accordance with Part Seven - 14.1 and 25.5 - Age Group Time Limit Rules.

18.7.5 Stop Swimming/Use of Pool Wall: If one (1) or more athlete(s) stops swimming or makes clear support use of the pool wall before the routine is completed, the routine will be disqualified. The Referee shall 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.

18.7.6 Deliberate Use of Bottom to Propel: An eight (8) penalty shall be deducted from the routine score if an athlete has made deliberate use of the bottom of the pool during a routine to propel themself.

18.7.7 Deliberate Use of Bottom to Assist: An eight (8) point penalty shall 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 swimmer's self-protection from injuries by impact.

18.7.8 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.

18.7.9 Exceeding Number of Predetermined Elements: A two (2) point penalty shall be deducted from the Elements score for each element exceeding the predetermined number assigned to the particular event and category.

18.7.10 Not Including a Skill from every Family: An eight (8) point penalty shall 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).

18.7.11 Additional Required Movements Not Performed: A two (2) point penalty shall be deducted from the Artistic Impression score for each of the additional required movements in Appendix 3 not performed.

- A minimum of 3 (Youth/12U) or 4 (Senior/Junior) declared Surface Connections (SuCon) with travel (1m or more) or rotation (180° or more).

18.7.12 Repetition of Pair Acrobatic: A Base Mark shall be applied for any repetition of Pair Acrobatics.

For Mixed Duet – the same pair acrobatic code may not be used.

18.7.13 Synchronisation errors and penalty values

For all routines, the sum of all synchronisation errors (unequal actions) observed by the Synchronisation Technical Controllers (STC), (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
Major	3.0 points

The description of small, obvious, and major synchronisation errors (unequal actions) is detailed in the Scoring Synchronisation Guide. Maximum deduction can reduce the Elements score to zero **(0)**, but not to a negative Elements score.

18.7.14 Exceeding Free Hybrid maximums: If 5x per family or 3x per technique is exceeded in a Free Hybrid, the DTC shall apply a Base Mark to the Free Hybrid.

18.7.15 If a reserved acro code is used by a federation that does not own that code, a Base Mark will be applied to the Acrobatic.

18.8 Team Free Routine

18.8.1 Less than Eight: A half (0.5) point penalty shall be deducted from the total score for each athlete less than eight (8) (see Part Seven, Article 13.2).

18.8.2 Deck Walk-on: An eight (8) point penalty shall be deduced from the routine score if the time limit of 30 seconds for the deck walk-on is exceeded.

18.8.3 Deck Movements: An eight (8) point penalty shall be deducted from the routine score if the time limit of ten (10) seconds for deck movements is exceeded.

18.8.4 **New Start**: A **two (2)** point penalty shall be deducted from the routine score if a routine is interrupted by an athlete during the deck movements and a new start is allowed.

18.8.5 **Overall Routine Time**: An **eight (8)** point penalty shall be deducted from the routine score if there is a deviation from the specified routine time limit allowed (less or more than) for the routine and in accordance with Part Seven - 14.1 and 25.5 - Age Group Time Limit Rules.

18.8.6 Stop Swimming/Use of Pool Wall: If one (1) or more athlete(s) stops swimming or makes clear support use of the pool wall before the routine is completed, the routine will be disqualified. The Referee shall 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.

18.8.7 Deliberate Use of Bottom to Propel: An eight (8) penalty shall be deducted from the routine score if an athlete has made deliberate use of the bottom of the pool during a routine to propel themself.

18.8.8 Deliberate Use of Bottom to Assist: An eight (8) point penalty shall 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 swimmer's self-protection from injuries by impact.

18.8.9 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.

18.8.10 Exceeding Number of Predetermined Elements: A two (2) point penalty shall be deducted from the Elements score for each element exceeding the predetermined number assigned to the particular event and category.

18.8.11 Not Including a Skill from every Family: An eight (8) point penalty shall 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).

18.8.12 Exceeding the DD Safety Limit - Youth Team: A Base Mark shall be applied for each acrobatic movement exceeding the DD safety limit: Group A (2.7), Group B (2.8), Group C (2.8) and Group P (3.0). All DD limits are inclusive of Base Mark value of 0.5.

18.8.13 Exceeding the DD Safety Limit - 12U Team: A Base Mark shall be applied for each acrobatic movement exceeding the DD safety limit: Group A (2.5), Group B (2.6), Group C (2.6) and Group P (2.8). All DD limits are inclusive of Base Mark value of 0.5.

18.8.14 Repetition of Team Acrobatic: a Base Mark shall be applied for any repetition of acrobatics.

For Team - 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, 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, 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

18.8.15 Synchronisation errors and penalty values

For all routines, the sum of all synchronisation errors (unequal actions) observed by the Synchronisation Technical Controllers (STC), (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
Major	3.0 points

The description of small, obvious, and major synchronisation errors (unequal actions) is detailed in the Scoring Synchronisation Guide. Maximum deduction can reduce the Elements score to zero, but not to a negative Elements score.

18.8.16 Exceeding Free Hybrid maximums: If 5x per family or 3x per technique is exceeded in a Free Hybrid, the DTC shall apply a Base Mark to the Free Hybrid.

18.8.17 If a reserved acro code is used by a federation that does not own that code, a Base Mark will be applied to the Acrobatic.

18.9 Acrobatic Routine

18.9.1 Less than Eight: A half (0.5) point penalty shall be deducted from the total score for each athlete less than eight (8) (see Part Seven, Article 13.4).

18.9.2 Deck Walk-on: An eight (8) point penalty shall be deduced from the routine score if the time limit of 30 seconds for the deck walk-on is exceeded.

18.9.3 Deck Movements: An eight (8) point penalty shall be deducted from the routine score if the time limit of ten (10) seconds for deck movements is exceeded.

18.9.4 **New Start**: A **two (2)** point penalty shall be deducted from the routine score if a routine is interrupted by an athlete during the deck movements and a new start is allowed.

18.9.5 **Overall Routine Time**: An **eight (8)** point penalty shall be deducted from the routine score if there is a deviation from the specified routine time limit allowed (less or more than) for the routine and in accordance with Part Seven, Article 25.5 - Age Group Time Limit Rules.

18.9.6 Stop Swimming/Use of Pool Wall: If one (1) or more athlete(s) stops swimming or makes clear support use of the pool wall before the routine is completed, the routine will be disqualified. The Referee shall 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.

18.9.7 Deliberate Use of Bottom to Propel: An eight (8) penalty shall be deducted from the routine score if an athlete has made deliberate use of the bottom of the pool during a routine to propel themself.

18.9.8 Deliberate Use of Bottom to Assist: An eight (8) point penalty shall 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 swimmer's self-protection from injuries by impact.

18.9.9 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.

18.9.10 Exceeding Number of Predetermined Elements: A two (2) point penalty shall be deducted from the Elements score for each element exceeding the predetermined number assigned to the particular event and category.

18.9.11 General Requirement # 4, 5: a Base Mark shall be applied for each violation of General Requirement #4 or 5 in Appendix 4:

General Requirement #6: an eight (8) point penalty shall be deducted from the Routine score for each violation of the General Requirement #6 in Appendix 6.

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.

5 - Acrobatics must not be repeated (see 18.9.13)

6 - The Routine must portray a Theme, which must be declared on the Card.

18.9.12 Acrobatic Required Element # 1: An eight (8) point penalty shall be deducted from the Elements Score for each violation of Acrobatic Required Element #1 as specified in Appendix 4:

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.

18.9.13 Repetition of Team Acrobatic: a Base Mark shall be applied for a repeated acrobatic.

For Team - 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, 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 + 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

18.9.14 Synchronisation errors and penalty values

For all routines, the sum of all synchronisation errors (unequal actions) observed by the Synchronisation Technical Controllers (STC), (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
Major	3.0 points

The description of small, obvious, and major synchronisation errors (unequal actions) is detailed in the Scoring Synchronisation Guide. Maximum deduction can reduce the Elements score to zero **(0)**, but not to a negative Elements score.

18.10 Free Combination Routine

18.10.1 Deck Walk-on: An eight (8) point penalty shall be deduced from the routine score if the time limit of 30 seconds for the deck walk-on is exceeded.

18.10.2 **Deck Movements**: An **eight (8)** point penalty shall be deducted from the routine score if the time limit of ten (10) seconds for deck movements is exceeded.

18.10.3 **New Start**: A **two (2)** point penalty shall be deducted from the routine score if a routine is interrupted by an athlete during the deck movements and a new start is allowed.

18.10.4 Overall Routine Time: An eight (8) point penalty shall be deducted from the routine score if there is a deviation from the specified routine time limit allowed (less or more than) for the routine and in accordance with Part Seven, Article 25.5 - Age Group Time Limit Rules.

18.10.5 Stop Swimming/Use of Pool Wall: If one (1) or more athlete(s) stops swimming or makes clear support use of the pool wall before the routine is completed, the routine will be disqualified. The Referee shall 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.

18.10.6 Deliberate Use of Bottom to Propel: An eight (8) penalty shall be deducted from the routine score if an athlete has made deliberate use of the bottom of the pool during a routine to propel themself.

18.10.7 Deliberate Use of Bottom to Assist: An eight (8) point penalty shall 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 swimmer's self-protection from injuries by impact.

18.10.8 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.

18.10.9 Exceeding Number of Predetermined Elements: A two (2) point penalty shall be deducted from the Elements score for each element exceeding the predetermined number assigned to the particular event and category.

18.10.10 General Requirements 2-5: An eight (8) point penalty shall be deducted from the Routine Score for violations of each General Requirement in Appendix 5.

18.10.11 Required Element #1: A two (2) point penalty shall be deducted from the Elements Score for each violation of Free Combination Required Element #1 in Appendix 5:

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

18.10.12 Required Element #2 – Youth Free Combination: a Base Mark shall be applied for each violation of Youth Free Combination Required Element #2 in Appendix 5:

a) Four (4) Team Acrobatics with DD safety limit (free choice but must not repeat the same acrobatic)
b) One (1) x DD Solo Hybrid
c) One (1) x DD Duet Hybrid
d) Two (2) x Team DD Hybrid (must be executed with a minimum of four (4) athletes)
e) One (1) x Team choreography hybrid with no DD (ie factor of 1.0) must be executed with a minimum of four (4) athletes
f) Element parts can not occur simultaneously (ie Team Acrobatic occurs while solo hybrid starts)

18.10.13 Required Element # 3 – 12U Free Combination: a Base Mark shall be applied for each violation of 12U Free Combination Required Element #3 in Appendix 5:

a) Three (3) Team Acrobatics with DD safety limit (free choice but must not repeat the same acrobatic)
b) One (1) x DD Solo Hybrid
c) One (1) x DD Duet Hybrid
d) Two (2) x Team DD Hybrid (must be executed with a minimum of four (4) athletes)
e) One (1) x Team choreography hybrid with no DD (ie factor of 1.0) must be executed with a minimum of four (4) athletes
f) Element parts can not occur simultaneously (ie Team Acrobatic occurs while solo hybrid starts)

18.10.14 Required Elements #4-5: a Base Mark shall be applied for each violation of Free Combination Required Elements #4-5 in Appendix 5:

4 - 12U and Youth Team Acrobatic Safety Limits for Free Combination is as follows. Acrobatic elements cannot have a DD higher than the Total DD (MAX):

For Youth: Group A (2.7), Group B (2.8), Group C (2.8) and Group P (3.0). All DD limits are inclusive of Base Mark value of 0.5.

For 12U: Group A (2.5), Group B (2.6), Group C (2.6) and Group P (2.8). All DD limits are inclusive of Base Mark value of 0.5.

5 - Acrobatics must not be repeated (see 18.10.15)

18.10.15 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 :

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, 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 + 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

18.10.16 Synchronisation errors and penalty values

For all routines, the sum of all synchronisation errors (unequal actions) observed by the Synchronisation Technical Controllers (STC), (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
Major	3.0 points

The description of small, obvious, and major synchronisation errors (unequal actions) is detailed in the Scoring Synchronisation Guide. Maximum deduction can reduce the Elements score to zero **(0)**, but not to a negative Elements score.

18.10.17 Exceeding Free Hybrid maximums: If 5x per family or 3x per technique is exceeded in a Free Hybrid, the DTC shall apply a Base Mark to the Free Hybrid.

18.10.18 Not Including a Skill from every Family: An eight (8) point penalty shall 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 free hybrids.

18.10.19 Should a Federation use a code that has been reserved for another country, they will receive a basemark for that code.

19 CALCULATION OF THE ROUTINE RESULTS

19.1 **Calculation procedure for all routines:**

EL1DD*Ex + EL2DD*Ex +...+ ELnDD*Ex - Sy errors penalty - other penalties

= Elements score

CH/MU score + EP score + Tr - other penalties

= Artistic Impression score

Elements score + Artistic Impression score - other penalties

= Routine score

The score for each element is calculated as follows: the highest and the lowest awards for each score are cancelled (one high, one low). The three (3) remaining awards are added, and the sum divided by three (3). The result is multiplied by its correspondent DD.

For each of the three (3) Artistic Impression scores the highest and the lowest awards for each score are cancelled (one high, one low). The three (3) remaining awards are added.

- EL = Element (either required or free)
- DD = Sum of values of each element component and bonuses + Base Mark for Free Elements (all in Hybrid Difficulty Table); assigned DD for Technical Required Elements #1 to #5
- Ex = Execution score
- n = Total number of Elements in an event (see Part Seven, Appendix 3)
- CH/MU = Choreography and Musicality
- EP = Performance
- Tr = Transitions

World Aquatics will manage all final DD values. Factoring can be applied. World Aquatics reserves the right to adjust if required.

19.2 The Routine Score shall be the sum of the Elements score and Artistic Impression scores less any penalty deductions in Part Seven, Article 18.

20 FINAL RESULT

20.1 The final Figure result shall be that of the athletes who actually swam the Free Routine. For exceptions see rule Part Seven, Article 12.3.4.

20.2 The final result 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 shall replace that of the Preliminary session to determine the Final result.

20.2.1 In events that include one (1) session – Open Acrobatic Routine or Open Free Combination, Free Routine,Technical Routine or Figures - the result shall be the score of that session.

20.2.2 In events that include two (2) sessions – Figures and Free Routine or Technical Routine and Free Routine – the results shall be the sum of each session.

20.2.3 In events that include three (3) sessions – Technical Routine, Free Routine and Open Acrobatic Routine– the results shall be the sum of each session.

20.3 In the case of ties (calculated to four (4) decimals) in Women Solo, Men Solo, Women Duet, Mixed Duet, Open Team, Open Free Combination and Open Acrobatic Routine, the following shall apply.

If a decision has to be made to go to Finals or draws, to be qualified, or to be promoted/ demoted, the following procedure will be used:

For all routines:

The highest Elements score shall decide. If there is still a tie, the highest Choreography and Musicality score in the Artistic Impression panel determines the position.

If there is still a tie, the highest verified total declared degree of difficulty in the Elements panel will decide.

For events with combined results (Technical, Free and Open Acrobatic Routines) Example: Olympic Games, the following procedure will be used:

- The higher Free Routine score of the final result shall decide.
- If there is still a tie, the Elements score of the Free Routine determines the position.
- If there is still a tie, the highest Choreography and Musicality score in the Artistic Impression panel of the Free Routine determines the position.
- If there is still a tie, the highest Elements score from the Technical Routine shall decide.

20.4 DNS is when the solo/duet / mixed duet /team/ open team/acro or combo were registered to participate in the event but did not show up in the last call room for their designated start time. In artistic swimming someone may say that the swimmer or team "scratched" from the event which is generally another way of saying DNS, the terms DNS vs scratched in artistic swimming may be used interchangeably. DNS results will be displayed at the bottom of the list of final results for an artistic swimming event, after all of the other competitors who have an official score .

20.5 DSQ The Referee shall disqualify any artistic swimmer solo / duet / mixed duet team/ open team/ /acro / or combo for any violation of the rules that they personally observe. The Referee may also disqualify any athlete for any violation reported to him by other authorised officials. All disqualifications are subject to the decision of the Referee. DSQ results will be displayed at the bottom of the list of final results for an artistic swimming event after all of the other competitors who have an official score.

21 OFFICIALS AND DUTIES

21.1 Officials shall be recommended by World Aquatics. The evaluations of the Judges, their overall world ranking, bias scores, and participation in World Aquatics events in the past two (2) seasons will be considered. Continental representation will be considered, in selecting Judges, however the best Judges will be placed on Final events. These selections shall be final except for emergency situations (see Part Seven, Article 22.3 and 22.4). All Officials are required to be onsite one full day prior to the start of the competition they are officiating at in order to view the practice sessions.

21.2 The required officials shall be:

21.2.1 A Referee

21.2.2 One Assistant Referee for each panel of Judges in figures competitions.

21.2.3 For World Aquatics events and Olympic Games one (1) Difficulty Technical Controller (DTC) and two assistant (2) Technical Controllers (DATC) are required.

21.2.4 For World Aquatics events and Olympic Games three (3) Synchronisation Technical Controllers (STC) are required.

21.2.5 Each Figure panel shall consist of five (5) Judges. In Routines two (2) panels of five (5) Judges shall be used. At World Aquatics competitions and Olympic Games, Judges shall be chosen from the World Aquatics lists of Judges, and Technical Controllers shall be selected from the list of World Aquatics Technical Controller experts.

21.2.6 For each Figure panel – a Panel Referee (1), a Panel Marshall (1) and two (2) to three (3) scorers.

21.2.7 For routines – two (2) timers

21.2.8 A World Aquatics approved Sound Center Manager

21.2.9 A World Aquatics approved Announcer

21.2.10 A World Aquatics approved Under Water Camera Operator.

21.2.11 A World Aquatics approved Video Replay System for Technical Controllers

21.2.12 One (1) to two (2) appointed World Aquatics Evaluators. shall be selected from the trained group of World Aquatics Evaluators.

21.2.13 Other officials as deemed necessary.

22 REFEREE

22.1 The Referee work in collaboration with the World Aquatics Delegate or Commission and Evaluators. The Referee shall enforce the decisions of the group. Referees will take attendance and provide the judges with logistic information for the session (for example if there is break or if there are any scratches). The Evaluators will lead all Judge panel discussions and Judge debriefs.

The Referee shall be responsible for:

1) Draw for order of appearance in all sessions.
2) Recording changes of athletes prior to each session.
3) Checking the electronic scoring system.
4) Checking the computer results.
5) Ensure that an Evaluators program is provided.
6) Ensure Coach Cards have been uploaded for the Technical Controllers
7) Ensure Judges have Routine DD sheet for each event.
8) Be in communication with the Announcer, Medical personel, Sound Center Manager, lifeguards and Assistant Referee.
9) Receive Coach Card changes and ensure distribution to Scorer, Technical Controllers, Announcer, media and broadcast.

22.2 The Referee shall be responsible for the running of the deck and flow of the event. Rules will be enforced by the Referee after collaboration with the World Aquatics Delegate/Commission. The Evaluators may be consulted as necessary. The Referee in collaboration with the World Aquatics Delegate/Commission are responsible for questions and decisions of the events relating to the conduct of the event.

22.3 The Referee shall ensure that all the necessary officials are in their respective positions to conduct the session. They ensure the officials have their assignments for each routine and are provided with a programme sheet for each competitor.

22.4 The Referee may appoint reserve Judges for any persons who are absent, incapable of acting or found to be inefficient or biased after consultation with the World Aquatics Commission/Delegate.

22.5 In emergencies, the Referee is authorized to assign a reserve Judge.

22.6 Referees ensure that the athletes are ready and signal for the start of the accompaniment. They shall approve the penalties resulting from any infraction to the rules. The Referee and World Aquatics Delegate/Commission shall approve the results before announcements.

22.7 The Referee may intervene in the event at any stage to ensure that the World Aquatics regulations are observed and shall adjudicate all protests in collaboration with the World Aquatics Delegate/Commission related to the session in progress.

22.8 The Referee shall recommend disqualification of any athlete for any violation of the rules that they personally observe by reporting the offender to the World Aquatics Delegate/Commission.

22.9 The Referee must attend the Team Leaders meeting and ensure logistics for the event are in place.

22.10 The Referee runs the draws at the Team Leaders' meetings. Draws will commence after all media information sheets have been submitted to the OC on each routine.

23 OTHER OFFICIALS

23.1 Other official(s) shall carry out duties assigned by the Referee.

24 DUTIES OF ORGANIZER

24.1 The Member Federation holding the competition is responsible for:

24.1.1 Pool specifications and related regulations listed in rules Part Seven, Articles 27.1 to 27.4. Changes to requirements must be approved by World Aquatics.

24.1.2 Providing suitable sound equipment approved by World Aquatics.

24.1.3 Providing four (4) underwater speakers for competition pool and four (4) underwater speakers for the practice pool.

24.1.4 Produce program sheets for each routine for Judges and Coach Cards for Technical Controllers.

24.1.5 Preparing a list of entries and judging forms.

24.1.6 Providing event information electronically to TASC, Officials, Coaches and media.

24.1.7 Providing the Judges for Figure sessions with a means of signalling scores. When automatic Officiating Equipment is used, each Judge shall be provided with flash cards in case of technical failure.

24.1.8 Ensuring that practice periods prior to the start, shall apply at all World Aquatics competitions.

24.1.9 Ensuring a World Aquatics approved scoring system is used.

24.1.10 Ensuring that electronic marks and display/scoreboard is be used for World Aquatics events. The results display information score board must show placing in previous program (Preliminaries or Technical Routine) and current placing in current program (Finals or Free Routine) and an overall current placement.

24.1.11 Ensuring that video records of all sessions and underwater video is available if required for all routines to enable checking the use of the bottom of the pool.

24.2 The information bulletins for all Artistic Swimming competitions must include the following information:

1) The place of the event and the name of the pool
2) The date and time of the competition when it is held
3) Names of World Aquatics President, World Aquatics Staff, World Aquatics Delegate/Commission, World Aquatics Bureau Liaison
4) List of Federations participating by event entries
5) Event schedule
6) Transportation schedule for athletes, officials and TASC. The schedule will be posted at the venue and in the lobby of the hotels
7) Officials participating in the event
8) Pool dimensions with specific reference to the depth of the water, the water level below deck, position of diving boards, ladders, etc. A cross section drawing of the pool is desirable, and diagrams of the pools for figure session and routine sessions. In case the pool specifications are not according to Facilities Rules 10, diagrams and cross section drawing are obligatory and must be sent with the meet invitation.
9) Temperature of water
10) Gel station for athletes / Mirrors for athletes
11) Stretch room for athletes
12) Lockers for Judges
13) Practice pool that mimics competition pool with platform
14) Training schedules ensuring all athletes have equal conditions prior to start of event
15) Transportation schedules for pick up and departure to airport
16) Assistance with local visa/ covid requirements
17) Link to live streaming and results
18) Medical Services Information
19) Organize Gala Water Show

24.3 **Other duties:**

24.3.1 Markings of bottom and sides of the pool.

24.3.2 Position of audience with reference to the pool and designated VIP seating area.

24.3.3 Type of lighting

24.3.4 Open space for entrance and exit, to include designated starting point for walk-ons.

24.3.5 Types of sound equipment available.

24.3.6 Alternative facilities, if required.

24.3.7 Schedule of events, indicating which sessions (per Part Seven, Article 4) will be included in the program (Part Seven, Article 5) and stating whether Preliminaries and Finals will be held according to Part Seven, Article 7.1 and 7.2.

24.3.8 Ensure Gala water show is included at the end of the competition. Participating athletes must perform a new routine of no less than 1:00 minute and no longer than 1:30 minute in duration. Costumes, make up props and lighting are welcome. Gala Show program must be approved by World Aquatics.

25 AGE GROUP RULES

25.1 General

World Aquatics Rules of competition will apply in all Age Group competitions.

25.2 Age Categories

25.2.1 All Age Group athletes remain qualified from 1st January to the following 31st December at the age they are at the close of day (23:59) on 31st December of the year of the competition.

25.2.2 Age Groupings for Artistic Swimming are:

- 12 and under
- Youth (13 - 15 years of age)
- Junior (15-19 years of age)
- Senior 15 +above

25.2.3 Men Age Groupings for Artistic Swimming are:

- 12 and under
- Youth (13 – 16 years of age)
- Junior (15 - 20 years of age)
- Senior 15 + above

25.3 Age Group figure sessions

25.3.1 In the 12 and Under age category, each athlete in Women Solo, Men Solo, Women Duet, Mixed Duet, and Open Team must perform four (4) figures: the two (2) compulsory figures and one (1) group of two (2) figures drawn from the list described in the Appendix I of these rules. Each athlete in Open Free Combination may perform four (4) figures selected by the above-described procedure.

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) figures from the set of four (4) figures drawn from the list described in Appendix 5 of these rules. Each athlete in Open Free Combination may perform the two (2) figures selected by the above-described procedure.

A group or set of two (2) groups of Figures from the World Aquatics Figures 2022-2025 in Appendix I shall be drawn by the Organising Committee according to Part Seven, Article 8.3.

25.3.2 Figure lists:

The Figure groups for 12 and under and the 3 sets of 2 groups of figures with 2 figures in each group with identical DD for Youth age groups are listed in Appendix I of these World Aquatics Artistic Swimming Rules. Participating Federations/Clubs may also by mutual consent choose from other Age Group for the level of ability of the athletes entered in the competition.

25.3.3 For each athlete in 12 and under and Youth age groups the final result of the figures session will be divided by the total degree of difficulty of the Figures performed and multiplied by 10 (see Part Seven, Article 12.2).

25.4 In a Women Duet, Mixed Duet or Open Team event of the 12 and under and Youth age categories, all competitors must compete in their own Age Group and must swim the Figure groups assigned by the draw (See Part Seven, Articles 8.3 and 8.4).

25.5 The time limits for different age groups, including ten (10) seconds of deck movements, shall be:

25.5.1 12 and Under / Youth

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

25.5.2 **Junior**

25.5.2.1 **Junior Free Routines**

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

25.5.2.2 **Junior Technical Routines**

Category	Time limit
Solo	2:00 minutes
Women Duets / Mixed Duet	2:20 minutes
Open Team	2:50 minutes
Open Acrobatic Routine	3:00 minutes

There shall be an allowance of five (5) seconds less or plus the allotted time limit.

26 SWIMWEAR AND WEARABLES

Swimwear for men in Artistic Swimming shall not extend above the navel nor below the upper thigh.

No swimmer shall be permitted to use or wear any device or swimsuit that may aid his/her speed, buoyancy or endurance during a competition. The use of technology and automated data collection devices is permissible for the sole purpose of collecting data. Automated devices shall not be utilised to transmit data, sounds,or signals to the swimmer and may not be used to aid their speed and must be approved by Word Aquatics prior to being used. Any kind of tape on the body is not permitted unless approved by the World Aquatics Sports Medicine Committee.

26.1 The use of accessory equipment, goggles or additional clothing is not permitted unless required by medical reasons. In the event that the Referee observes or is informed by Assistant Referee that the athlete(s) does not conform, the athlete will not be permitted to compete until in conformance.

26.2 Nose clips or plugs may be worn.

26.3 For safety reasons only small stud jewelry is permitted. Athletes must remove any dangling jewelry, or dangling items from headpieces or swimwear prior to the start of the event.

26.4 In routines the swimwear must conform to I. Part One, Article 7 and Part Seven, Articles 13.9.-13.13. In the event that the Referee thinks the athlete(s) swimwear does not conform, the athlete will not be permitted to compete until in conformance. Swimwear may however represent character or theme of the music they are swimming to. The swimwear must not give the effect of excessive nudity inappropriate for the sport. Artistic Swimming swimwear must be dignified and appropriate for athletic competition.

26.5 Theatrical make-up shall not be worn. Natural makeup that represents the athlete's unique personality and/or the theme of their routines may be used.

27 ARTISTIC SWIMMING FACILITIES AND EQUIPMENT

27.1 Artistic Swimming Facilities

27.1.1 Figure Section

The areas for figure competition in Part Seven, Article 27.1.1 can occupy the same area of the pool as that used for routine competition in Part Seven, Article 27.1.2 approved by TASC.

27.1.2 Routine Section

For the routine section of the competition a minimum area of 15 metres by 25 metres is required, within an area of which 12 metres by 12 metres must have a minimum depth of 3.0 metres. The depth of the remaining area shall be 2.0 metres minimum. To be decided on a case by case basis by World Aquatics in case of non-compliance.

27.1.3 Depth

The pool depth shall be as detailed in Part Seven, Article 27.1.2.

Where the water depth is more than 2.0 metres, the depth at the pool wall may be 2.0 metres and then sloped down to reach the general depth at 1.2 metres maximum from the pool wall.

27.1.4 Markings

If there are no markings as described in Part Two, Article 16.2.15, the floor of the pool must be marked with contrasting lines in one direction, following the length of the pool as detailed in: *Artistic Swimming Diagram Annex 1.*

27.1.5 Water Conditions

27.1.5.1 The water must be of sufficient clarity for the bottom of the pool to be visible.

27.1.5.2 The water temperature shall not be less than 27° Centigrade.

27.1.6 Lighting

The minimum light intensity at the level of 1 metre above the water surface shall not be less than 600 lux.

Sources of natural and artificial illumination shall be provided with controls to prevent glare for judges platforms and the starting platform.

27.1.7 Starting Platform

Starting platform is recommended 1.0 metres in height but not less than 0.5 metres.

The surface of the platform should be covered in a slip-resistant material suggest a quick drying water proof carpet.

The athletes entrance should always be centre-stage.

27.2 Artistic Swimming Facilities for Olympic Games and World Aquatics Championships

27.2.1 General requirement

The Field of Play for Artistic Swimming in Olympic Games and World Aquatics Championships as detailed in: *Artistic Swimming Diagrams, Annex AS1 and AS 2*

27.2.2 Routine Section

For the routine section of competition at Olympic Games and World Aquatics Championships a minimum area of 30.0 metres by 20.0 metres is required.

27.2.3 Depth

The depth of the water shall be consistently not less than 3.00 metres.

27.2.4 Markings

If there are no markings as described in III.16.2.15, the floor of the pool must be marked with contrasting lines in one direction, following the length of the pool as detailed in: Artistic Swimming Diagram, Annex 1.

27.2.5 Water Conditions

27.2.5.1 The water must be of sufficient clarity for the bottom of the pool to be visible.

27.2.5.2 The water temperature shall not be less than 27° Centigrade.

27.2.6 Lighting

The light intensity at the level of 1 metre above the water surface shall not be less than 1500lux.

Sources of natural and artificial illumination shall be provided with controls to prevent glare for judges platforms and the starting platform.

27.2.7 Starting Platform

Starting platform shall be 0.7 metres in height with a tolerance of ±1cm.

The surface of the platform should be covered in a slip-resistant material suggest a quick drying water proof carpet. *See Artistic Swimming Diagrams, Annexes 1 and 2.*

27.2.8 Judges Platform

The Judges Platform must have tables and chairs and be of a minimum height of 0.6 metres. *The platforms should be no more than 2 metres from the edge of the pool.*

See Artistic Swimming Diagrams, Annex 1 and AS2.

27.2.9 Practice warm up pool

Practice warm up pool shall have a minimum area of 25 metres by 25metres or 30metres by 20 metres with a depth of 3 metres.

A sound reproduction system meeting the requirements set in Part Seven, Article 27.3 shall be available.

27.2.10 Dry Land Training

A Dry land training stretch area must be provided for the athletes with mats.

27.3 Automatic Officiating Equipment for Artistic Swimming

The minimum installation consists of:

27.3.1 same number of score recorder units as judges (figure: 5 up to 28; routine 5 up to 15)

27.3.2 the results may only be transferred after confirmation by the referee or appointed official.

27.3.3 result unit (computer) with result recording and backup system. Only World Aquatics approved programmes and systems are allowed.

27.3.4 print out system for all recorded information, start lists and result lists;

27.3.5 A judge's evaluation system based on the recorded results (FR 5.3.3). The World Aquatics TASC approved evaluation programme is required.

27.3.6 scoreboard control unit with a scoreboard; of a minimum of 10 lines containing 32 digits (or scoreboard as described in Artistic Swimming Facilities Rules. The scoreboard must be able to display all recorded information and the running time;

27.3.7 for each judge flash cards in case of failure of the electronic system.

27.3.8 Timing System

An automated timing system with two (2) independent timers timing walk-on time, deck movement time and overall time. The timers should be placed close to the result secretariat.

27.3.9 Under water review system

Underwater camera is required with mounting and harness to the 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 TASC to perform immediate reviews must be available.

27.3.10 Routine and Figure review system

2 to 4 cameras in defined positions with mounting and harness video server or computer control centre and data storage with the capacity for slow motion instant replay must be available.

27.4 Sound Equipment and Presentation Standards for Artistic Swimming

The sound equipment should include, at minimum:

27.4.1 Amplifier-mixer system

Mixer should have at least 16 inputs and 6 outputs (LR (Left-Right channels) PA, LR Speaker system on the field of competition, 2 outputs Spare/or for Broadcasting). Amplifiers should be suitable for used speakers.

27.4.2 A sound reproduction system

27.4.2.1 High quality microphones and microphone stations for announcements and ceremonies.

27.4.2.2 High quality air speakers (AS) of size, number and placement to obtain uniform clear sound to the field of competition area. And should be able to produce 105 dB SPL (sound pressure level) A without distortion. The maximum SPL shall not exceed 125 dB SPL A. Speakers frequency response should be at least 40Hz-16kHz.

27.4.2.3 High quality air speakers (AS) of size, number and placement to obtain uniform clear sound to the start podium of competition area. And should be able to produce 105 dB SPL A without distortion. The maximum SPL shall not exceed 125 dB SPL A. Speakers frequency response should be at least 40Hz-16kHz.

27.4.2.4 All air speaker (AS) in the field of competition should be «passive» (without built-in amplifier) to avoid risk of electrical shock.

27.4.2.5 UWS (Under Water Speaker) for clear and uniform underwater sound above. UWS should be able to produce 98dB A without distortion. The maximum SPL shall not exceed 110 dB SPL A. UWS frequency response should be at least 200Hz-10kHz. Isolation and impedance matching transformer systems for the UW speakers.

27.4.2.6 DSP (Digital Sound Processor) to make amplitude frequency characteristic and delay corrections in between AS and UWS. DSP should have at least 2 inputs and independent 6 outputs (or 3 Stereo independent outputs). Each output should have HPF (High Pass Filter), LPF (Low Pass Filter), GEQ (Graphic equalizer) and/or Parametric equalizer, compressor/limiter, Delay (minimum 5 seconds).

27.4.3 PA (Public Address) System (Sound reproducing system for spectators)

27.4.3.1 The sound system shall be capable to cover 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 shall not exceed 125 dB SPL A.

27.4.3.2 STI PA (speech transmission index for PA systems) should be in 0,5-1.0 STI.

27.4.3.3 The PA system shall provide enough headroom to compensate for the atmospheric loss of high frequencies.

27.4.3.4 The PA system should have a minimal impact to the field of competition to avoid sound delay problems.

27.4.4 Sound volume (decibel) meter for monitoring music sound levels both above and under water.

27.4.5 Patch cords for interconnecting equipment properly, speaker extension lines adequate for placing speakers for optimal sound distribution.

27.4.6 Fusing systems as needed to protect speakers and other equipment.

27.4.7 Grounding lines to ensure safe grounding of all equipment.

27.4.8 Safety materials to minimize potential of injury to person or equipment from stepping on or tripping over electrical or speaker lines.

27.4.9 A stopwatch.

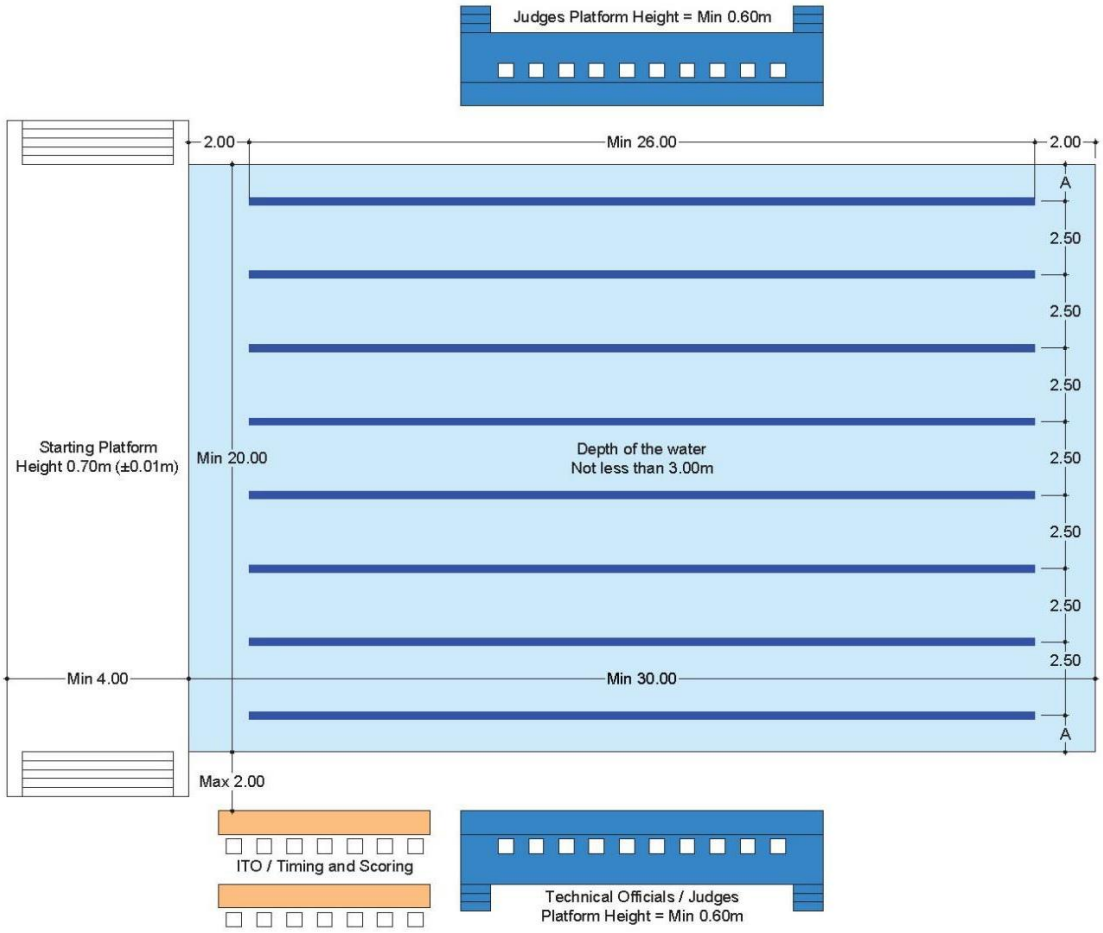
27.4.10 Tools and meters as needed for initial special hookups and emergency repairs.

27.4.11 Systems for communication between officials and sound desk. Five (5) headsets must be available.

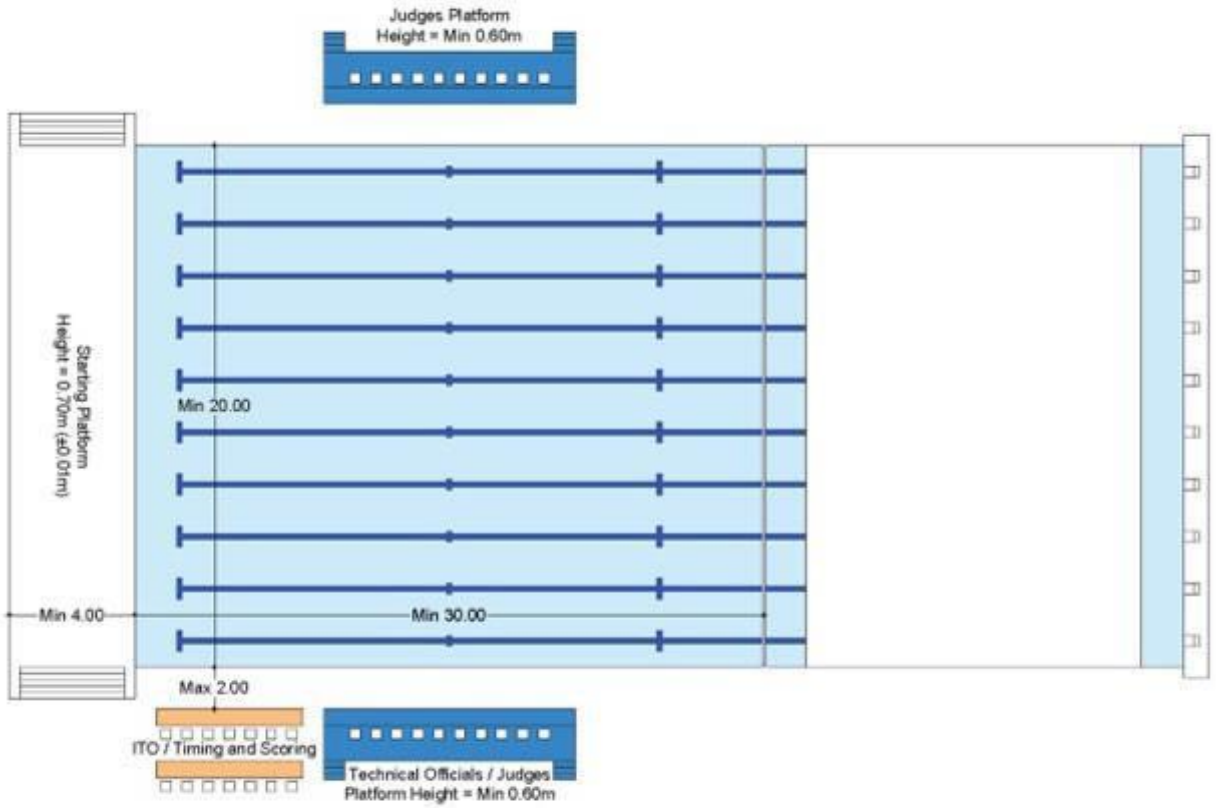
27.4.12 A system for monitoring and recording underwater sound continuously.

27.5 Annexes

Annex 1 - Diagram – Artistic Swimming Field of Play for Olympic Games and World Aquatics Championships



Annex 2 - Diagram – Artistic Swimming Field of Play for Olympic Games and World Aquatics Championships



28 MEDICAL AND SAFETY SPECIFIC REQUIREMENT FOR ARTISTIC SWIMMING

The Medical Requirements are described in the Part One, Article 9.2. However, each sport has unique components.

28.1 Location of the FoP First Aid Treatment Area

FoP First Aid Treatment Area should be positioned near the starting platform and athletes exit.

28.2 Water Rescue and Lifeguards

During Competition, three (3) lifeguards are required. One (1) lifeguard shall be positioned next to the coach of the competing swimmer(s) to react immediately in an emergency. Two (2) lifeguards should be positioned on different sides of the pool to cover the whole competition area.

At the warm-up pool, a mimumum of at least two (2) lifeguards are required.

29 APPENDICES

29.1 Appendix 1 - World Aquatics Basic Position, Basic Movement and Figures

29.1.1 Basic Body Position (BP)

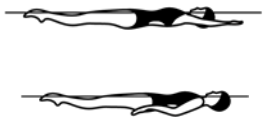
In all basic body positions:

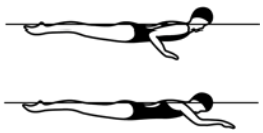
a) arm positions are optional,

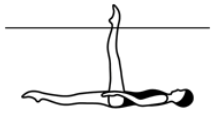
b) toes must be pointed, ankles must be extended,

c) the legs, trunk and neck are fully extended unless otherwise specified and

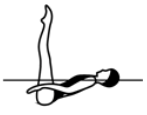
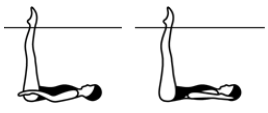
d) diagrams are a guide only. If there is a discrepancy between a diagram and a written description, the English written Body Position description prevails.

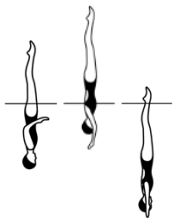
1 BACK LAYOUT POSITION	
Body extended with face, chest, thighs and feet at the surface of the water. Head (ears specifically), hips and ankles in horizontal alignment.	

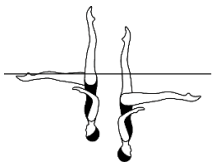
2 FRONT LAYOUT POSITION	
Body extended with head, upper back, buttocks and heels at the surface of the water. Unless otherwise specified, face may be in or out of the water.	

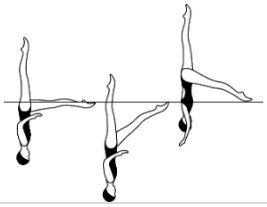
3 BALLET LEG POSITION	
a) Surface Body in **Back Layout Position**. One leg extended perpendicular to the surface of the water	
b) Submerged Head, trunk and horizontal leg parallel to the surface of the water. One leg perpendicular to the surface with the water level between the knee and the ankle.	

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.	

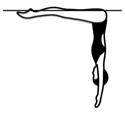
5 BALLET LEG DOUBLE POSITION	
a) Surface Legs together and extended perpendicular to the surface of the water. Head in line with the trunk. Face at the surface of the water.	
b) Submerged Trunk and head parallel to the surface of the water. 90° angle between the trunk and the extended legs. Water level 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 – this position is currently not performed in any World Aquatics figure.	
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		

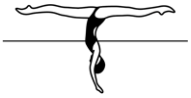
10 FRONT PIKE POSITION		
Body bent at hips to form a 90° angle. Legs extended and together. Trunk extended with the back straight and head in line.		

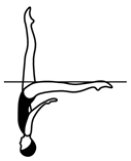
11 BACK PIKE POSITION		
Body bent at hips to form an acute angle of 45° or less. Legs extended and together. Trunk extended with the back straight and head in line.		

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.	

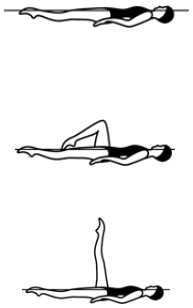
16 SPLIT POSITION	
Legs evenly split forward and back. The legs are parallel to the surface of the water. Lower back arched, with hips, shoulders and head on a vertical line. 180° angle between the extended legs (flat split), with inside of each leg aligned on opposite sides of a horizontal line, regardless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

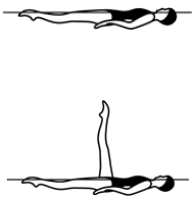
17 KNIGHT POSITION	
Lower back arched, with hips, shoulders and head on a vertical line. One leg vertical. Other leg extended backward with the leg at the surface of the water and as close to horizontal as possible.	

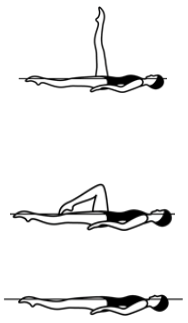
18 KNIGHT VARIANT POSITION	
Lower back arched, with hips, shoulders and head on a vertical line. One leg vertical. The other leg is behind the body with the knee bent at an angle of 90° or less. The thigh and shin of the bent leg are parallel to the surface of the water.	

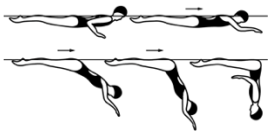
19 SIDE FISHTAIL POSITION	
Body extended in **Vertical Position** with one leg extended sideways with the foot at the surface of the water regardless of the height of the hips	

29.1.2 Basic Movements (BM)

1 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**.	

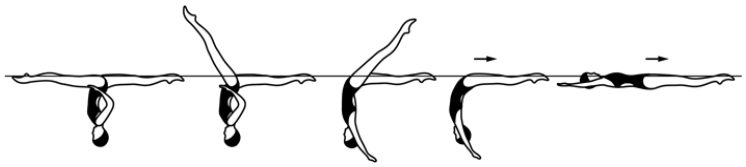
5 ARCH TO BACK LAYOUT POSITION	
From a **Surface Arch Position** the hips, chest and face surface sequentially at the same point with foot first movement to a **Back Layout Position** until the head occupies the position of the hips at the beginning of this action.	

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 Finish Action* is executed.

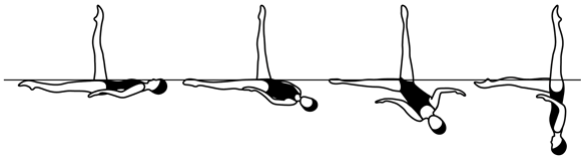


b) Walkout Back

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.

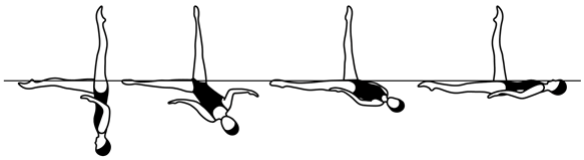
7 CATALINA ROTATION

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, *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.

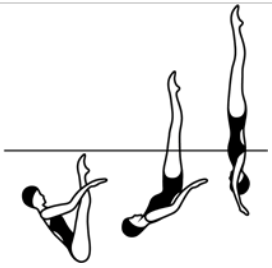


9 THRUST

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.

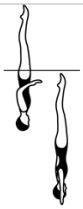


Deductions are as follows:

	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

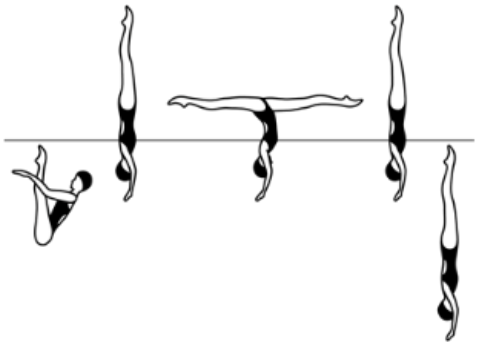
10 VERTICAL DESCENT

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



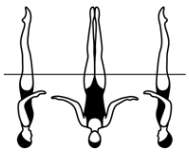
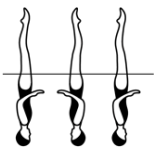
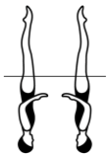
11 ROCKET SPLIT

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°
		

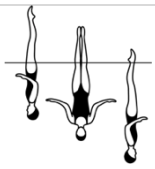
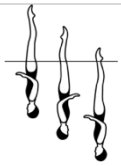
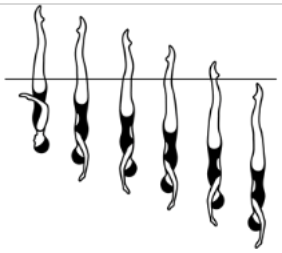
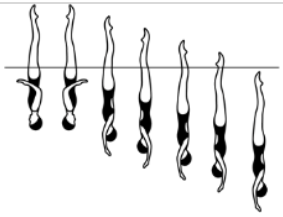
Twist Allowance

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

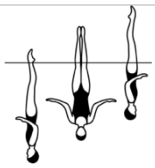
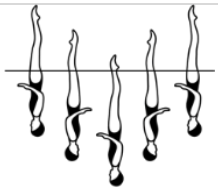
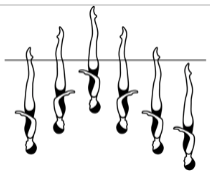
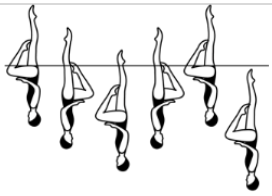
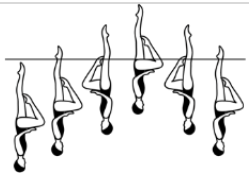
A *Spin* is a rotation in a **Vertical Position**. The body remains on its longitudinal axis throughout the rotation. Unless otherwise specified *Spins* are executed in uniform motion and are completed with a *Vertical Descent* executed at the same tempo as the *Spin*.

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*.

d) 180° Spin/Spinning 180°: a descending Spin with a rotation of 180°	
e) 360° Spin/Spinning 360°: a descending Spin with a rotation of 360°.	
f) 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. Continuous Spin 720° shown ➔	
g) 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*.	

13 SPINS (cont.)

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*.

h) Spin Up 180°: an ascending Spin with a rotation of 180°	
i) Spin Up 360°: an ascending Spin with a rotation of 360°.	
j) *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.	
k) *Reverse Combined Spin*: an *ascending Spin* of at least 360° followed without a pause by an equal *descending Spin* in the same direction.	
l) *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.	
m) *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.	

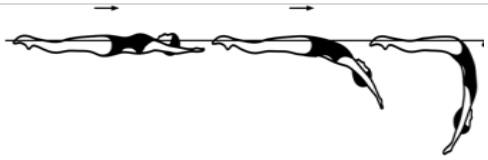
Spin Allowance

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.

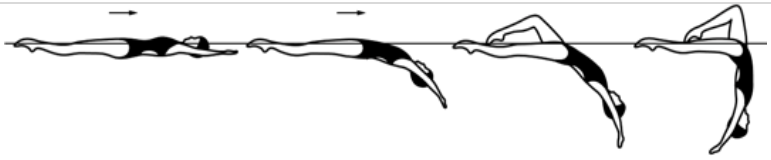
14. TO ASSUME A SURFACE ARCH POSITION / A SURFACE ARCH POSITION IS ASSUMED

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



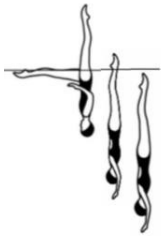
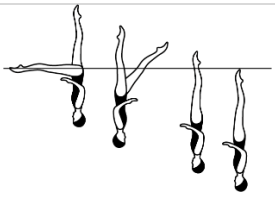
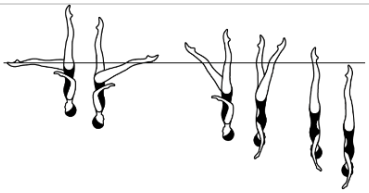
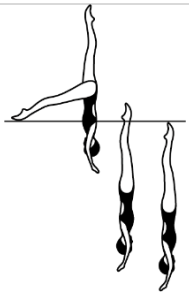
15 TO ASSUME A BENT KNEE SURFACE ARCH POSITION / A BENT KNEE SURFACE ARCH POSITION IS ASSUMED

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.	

29.1.3 12 and under Figures

Group & Figure #	Figure Name	DD
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

29.1.3.1 Compulsory:

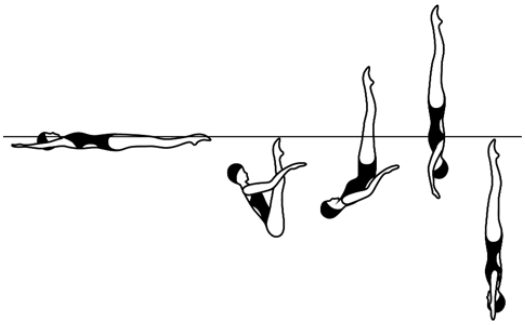
106 – Straight Ballet leg / DD-1.6

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**

301 – Barracuda / DD - 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**

29.1.3.2 Optional Groups

29.1.3.2.1 Group 1

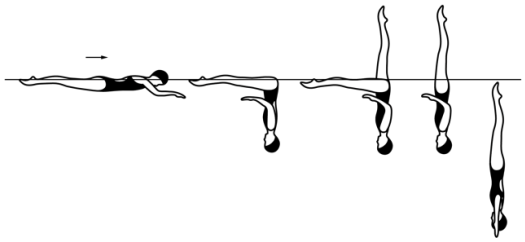
359 – Front Ariana / DD - 2.2

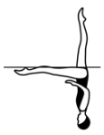
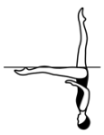
From a **Front Layout Position** a *Front Pike Position is assumed*. One leg is lifted in a 180° arc over the surface of the water to a **Split Position**. Maintaining the relative position of the legs to the surface of the water, an *Ariana Rotation* is performed. A *Walkout Front* is executed.

						**Total**
NVT=	6.0	20.0	17.0	23.0	7.0	**73**
PV =	0.82	2.74	2.33	3.15	0.96	**10**

348 – Tower / DD - 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.

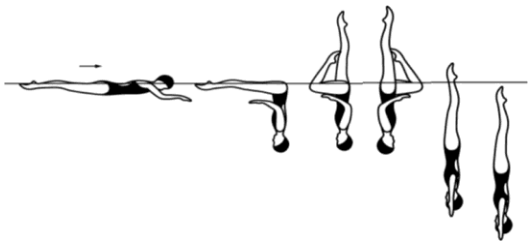


					**Total**
NVT=	6.0	14.5	20.5	14.0	**55**
PV =	1.09	2.64	3.73	2.55	**10**

29.1.3.2.2 Group 2

363 – Water Drop / DD - 1.8

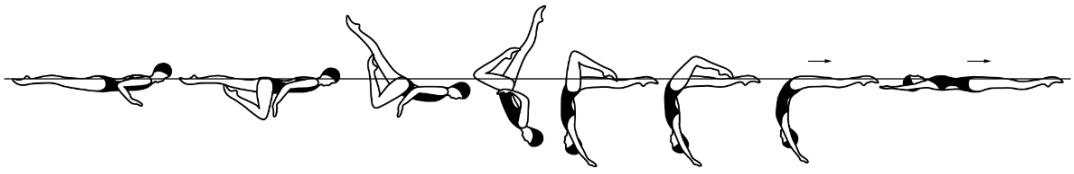
From a **Front Layout Position** a *Front Pike Position is assumed*. The legs are lifted simultaneously to a **Bent Knee Vertical Position**. A *Half Twist* is executed. A 180° *Spin* is executed in the same direction as the bent leg is extended to a **Vertical Position** and completed as the ankles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

401 – Swordfish / DD - 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.

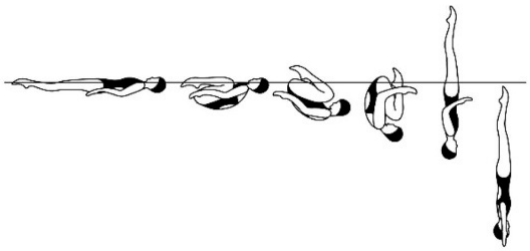


					**Total**
NVT=	4.0	47.0	11.5	7.0	**69.5**
PV =	0.58	6.76	1.65	1.01	**10**

29.1.3.2.3 Group 3

311 – Kip / DD - 1.6

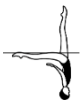
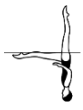
From a **Back Layout Position** the knees, shins and toes are drawn along the surface of the water to assume a **Tuck Position**. With continuous motion the tuck becomes more compact and a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. The trunk 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**

227d – Swanita Spinning 180° / DD - 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**

29.1.4 Youth Figures / 13-15 Figures

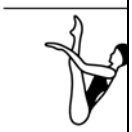
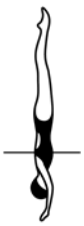
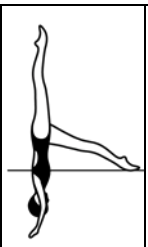
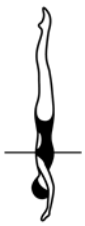
Group & Figure #	Figure Name	DD
Section A		
Group 1		
307e	Flying Fish Spinning 360°	2.9
437	Cyclone, Open 180°	2.6
Group 2		
308h	Barracuda Airborne Split Spin Up 180°	2.9
407	Swordfish Straight Leg Ariana Rotation	2.6
Section B		
Group 3		
356f	Whip Continuous Spin 720°	3.0
441	Saturn	2.5
Group 4		
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

29.1.4.1 Section A

29.1.4.1.1 Group 1

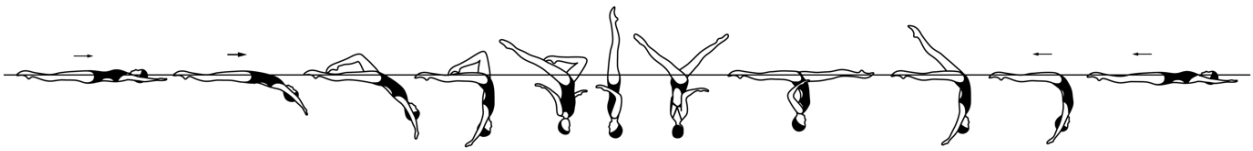
307e - Flying Fish Spinning 360° / DD – 2.9

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

437 – Cyclone, Open 180° / DD - 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.

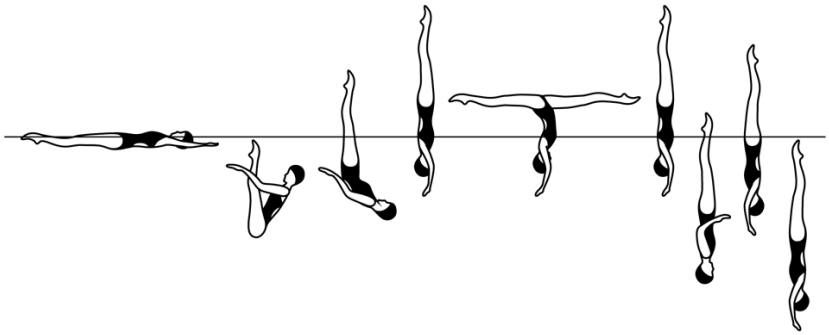


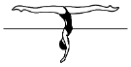
						**Total**
NVT=	17.5	29.0	20.0	23.0	7.0	**96.5**
PV =	1.81	3.01	2.07	2.38	0.73	**10**

29.1.4.1.2 Group 2

308h – Barracuda Airborne Split, Spin Up 180° / DD - 2.9

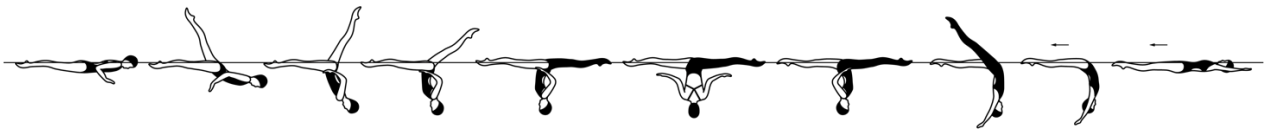
From a **Back Layout Position** the legs are raised to a vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface of the water. All remaining movements are performed rapidly. A *Rocket Split* is executed. A *Vertical Descent* is executed and is completed as the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

407 – Swordfish Straight Leg Ariana Rotation / DD - 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.



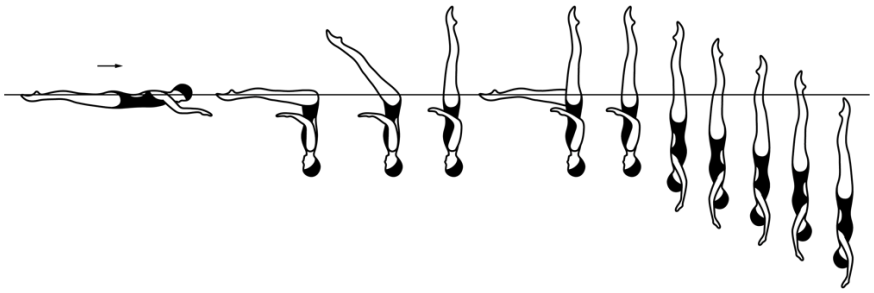
					**Total**
NVT=	48.0	17.0	23.0	7.0	**95**
PV =	5.05	1.79	2.42	0.74	**10**

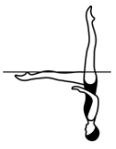
29.1.4.2 Section B

29.1.4.2.1 Group 3

356f - Whip Continuous Spin 720° DD - 3.0

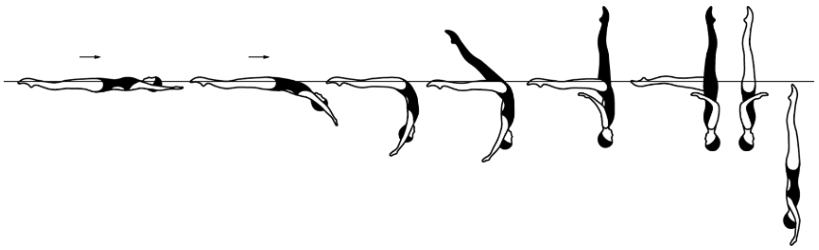
From a **Front Layout Position** a *Front Pike Position* is assumed. The legs are lifted to a **Vertical Position**. All remaining movements are performed rapidly. One leg is lowered to a **Fishtail Position** and without a pause is lifted to a **Vertical Position**. Without a pause a *Continuous Spin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

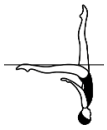
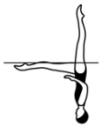


							**Total**
NVT=	6.0	33.0	22.5	20.5	34.0	0	**116**
PV =	0.52	2.84	1.94	1.77	2.93	0	**10**

441 – Saturn / DD - 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.

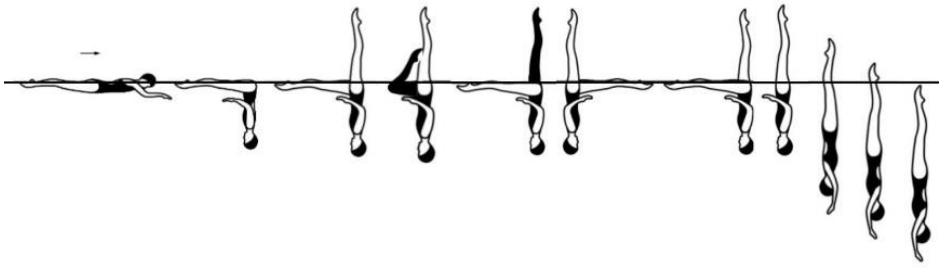


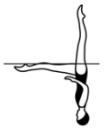
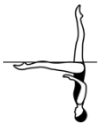
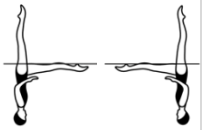
						**Total**
NVT=	12.0	23.5	14.0	23.5	14.0	**87**
PV =	1.38	2.70	1.61	2.70	1.61	**10**

29.1.4.2.2 **Group 4**

352 – Venus / DD - 3.0

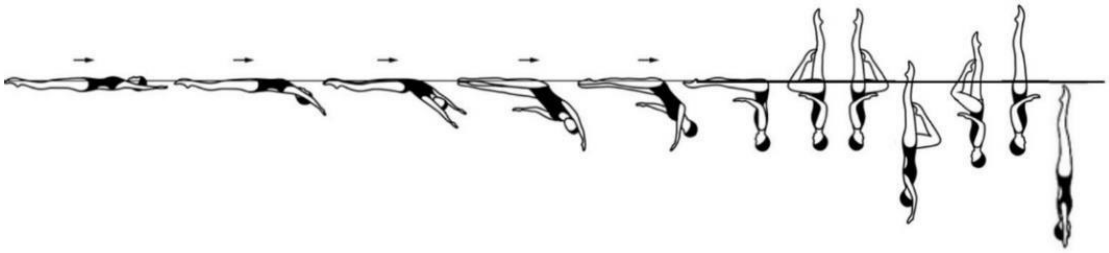
From a **Front Layout Position** a *Front Pike Position* is assumed. All remaining movements are performed rapidly. One leg is lifted to a **Fishtail Position**. The horizontal leg is bent to assume a **Bent Knee Vertical Position**. The bent leg is extended to vertical as the vertical leg is lowered 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=	6.0	12.5	12.5	18.5	24.0	20.5	23.0	0	**117**
PV =	0.51	1.07	1.07	1.58	2.05	1.75	1.97	0	**10**

240i – Albatross Spin Up 360° / DD - 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**

29.1.4.3 Section C

29.1.4.3.1 Group 5

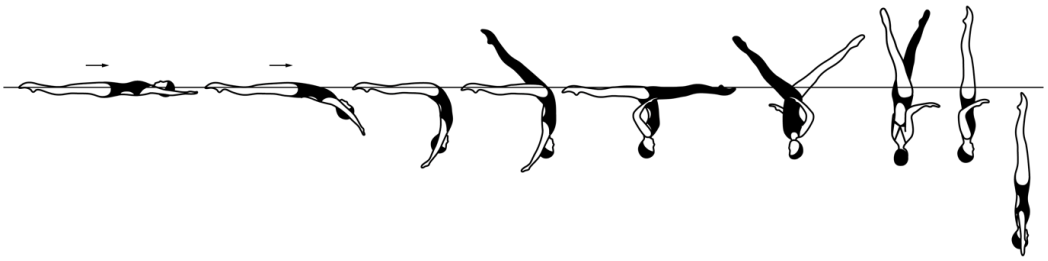
140j – Flamingo Bent Knee Combined Spin 360° + 360° / DD - 3.1

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

421 – Walkover Back Closing 360° / DD 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.

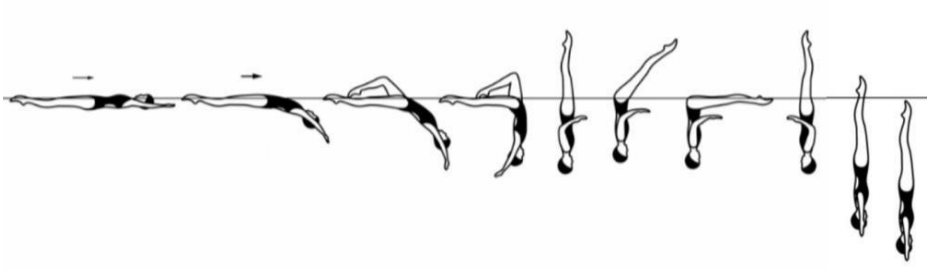


					Total
NVT=	12.0	29.0	27.0	14.0	**82**
PV =	1.46	3.54	3.29	1.71	**10**

29.1.4.3.2 Group 6

440d – Ipanema Spinning 180° / DD - 3.1

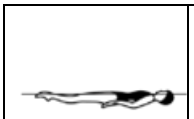
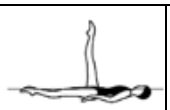
From a **Back Layout Position** a *Bent Knee Surface Arch Position is assumed*. The horizontal leg is lifted to vertical as the bent leg is straightened to assume a **Vertical Position**. The legs are lowered to a **Front Pike Position**. A rapid 180° rotation is executed as the legs are lifted to a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

154f – London Continuous Spin 720° / DD - 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

29.2 Appendix 2 - Technical Routines

Technical Required Elements

Solo Elements	Element Name	DD
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	DD
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 VP – 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	DD
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	DD
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

29.2.1 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 AS Manual for Judges, Coaches and Referees.

2) If 1 or more competitors 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's 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, Free 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, Free 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 Part Seven - 14

10) Recommendation for all Technical Routines:

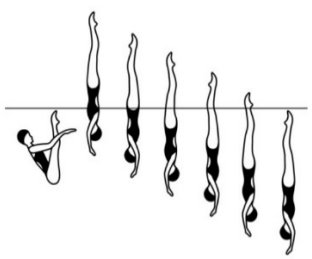
    It is strongly recommended for clarity of judgment that Required Elements #1 - #5 (Solo, Duet and Team), or #1-3 (Mixed Duet) are separated by other content.

29.2.2 Solo Required Elements

Element 1

1A – Thrust Continuous Spin 720° / DD - 2.7

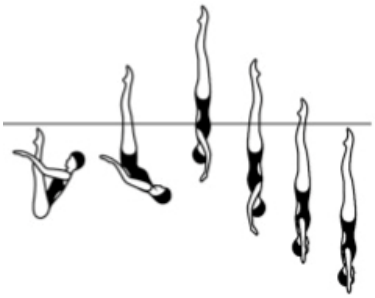
From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust Continuous Spin 720°* (2 rotations) is executed.



1B – Thrust Spinning 360° / DD - 2.1

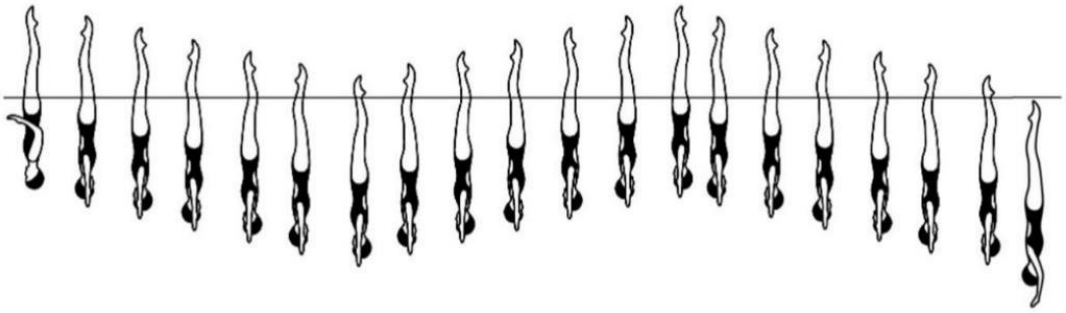
From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust Spinning 360°* (1 rotation) is executed.

Element 2



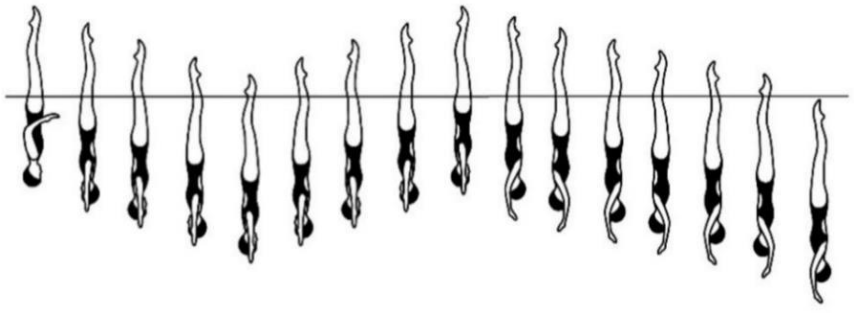
2A – Combined Spin 1080° – Continuous Spin 1080° / DD - 3.0

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° / DD - 2.7

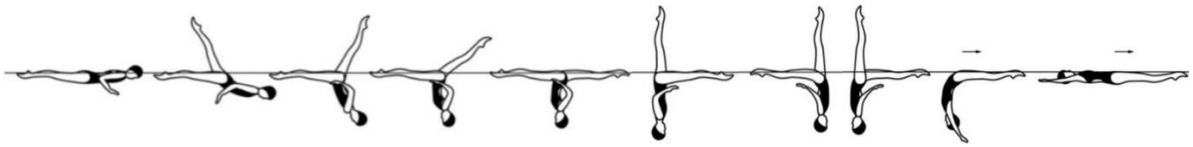
From a **Vertical Position** a *Combined Spin of 720°* is executed (2 rotations + 2 rotations). Continuing in the same direction and without a pause *a Continuous Spin 1080°* (3 rotations) is executed.



Element 3

3 – Swordfish Straight Leg – Knight / DD - 3.2

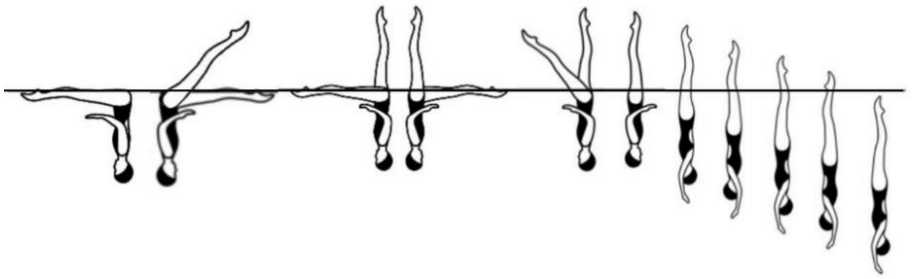
From a **Front Layout Position**, the back arches as one leg is lifted in a 180° arc over the surface to a **Split Position**. A hip rotation of 180° is executed as the front leg is rapidly raised to assume a **Fishtail Position**. Maintaining the vertical alignment of the body and with accelerating 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

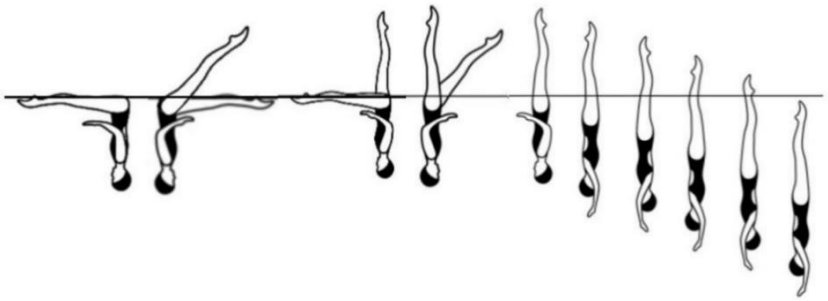
4A – Fishtail Half Twist – Continuous Spin 720° / DD – 2.9

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° / DD – 2.6

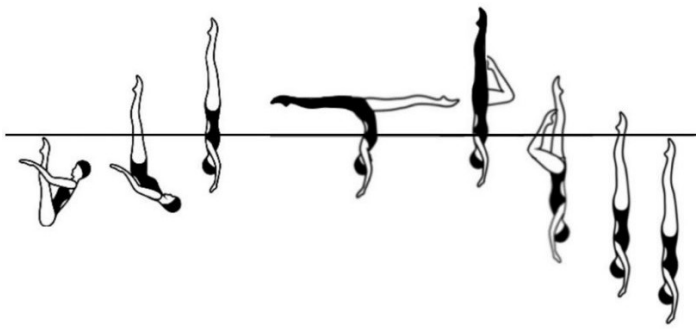
From a **Front Pike Position**, a rotation of 360° is executed as one leg is lifted to a **Fishtail Position**. Continuing in the same direction another rotation of 360° is executed, as the horizontal leg is lifted to a **Vertical Position**. Continuing in the same direction a *Continuous Spin of 720°*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



Element 5

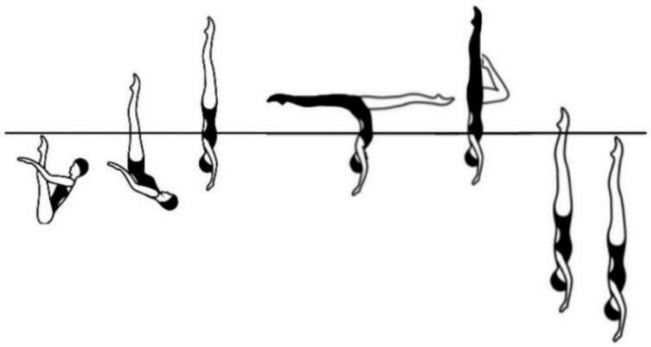
5A – Rocket Split Bent Knee Joining 360° / DD - 2.4

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 and 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 / DD - 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 and 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

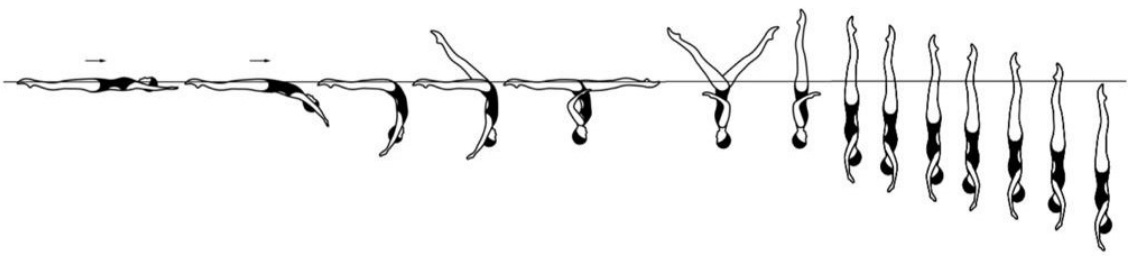
6 – One (1) additional hybrid must be performed. It may be placed anywhere in the routine.

29.2.3 Duet Required Elements

Element 1

1A – Walkover Back Closing 360° – Continuous Spin 1080° / DD - 3.0

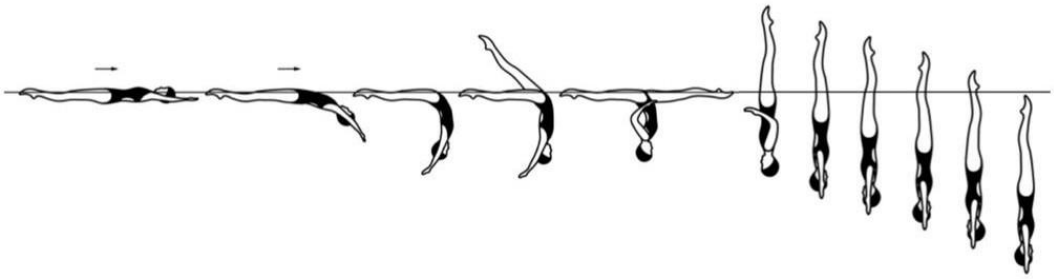
From a **Back Layout Position** a *Surface Arch Position is assumed*. One leg is lifted in a 180° arc over the surface to a **Split Position**. A rotation of 360° is executed, as the legs symmetrically close to a **Vertical Position**. Continuing in the same direction a *Continuous Spin of 1080°* (3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



1B – Walkover Back Closing 180° – Continuous Spin 720° / DD - 2.5

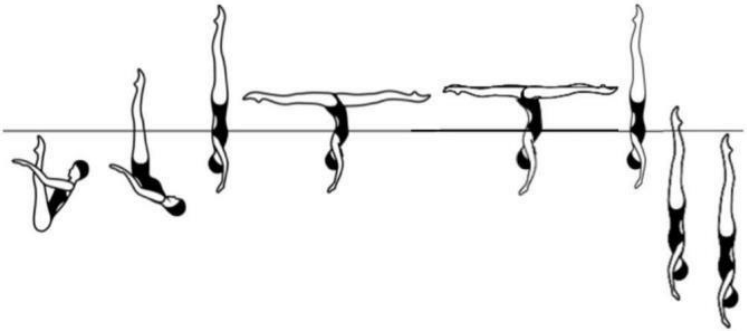
From a **Back Layout Position** a *Surface Arch Position is assumed*. One leg is lifted in a 180° arc over the surface to a **Split Position**. A rotation of 180° is executed, as the legs symmetrically close to a **Vertical Position**. Continuing in the same direction a *Continuous Spin of 720°* (2 rotations)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

Element 2



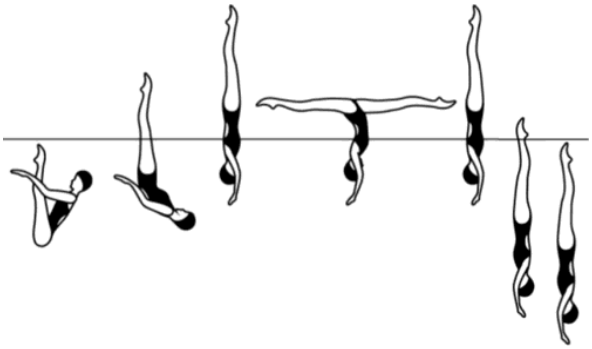
2A – Rocket Split Alternating Legs – Spinning 180° / DD - 2.8

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 alternating **Airborne Split Positions**. The legs rapidly re-join to a **Vertical Position**. A rapid *180° Spin* is executed.



2B – Rocket Split – Spinning 180° / DD - 2.4

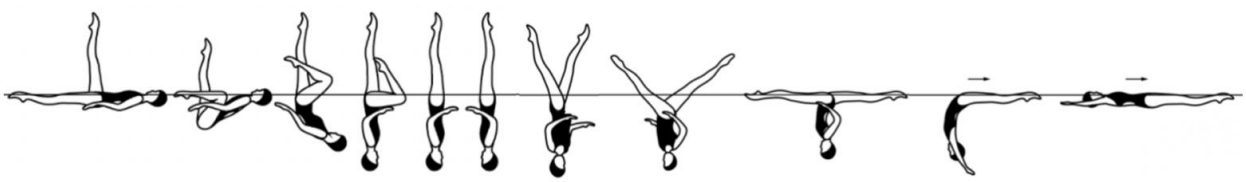
From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position**. The legs rapidly re-join to **Vertical Position**. A rapid *180° Spin*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



Element 3

3 – Beginning from a Ballet Leg Position - Flamingo Bent Knee rollback - Join to VP – Half Twist – 360° open to Split – Walkout / DD 3.1

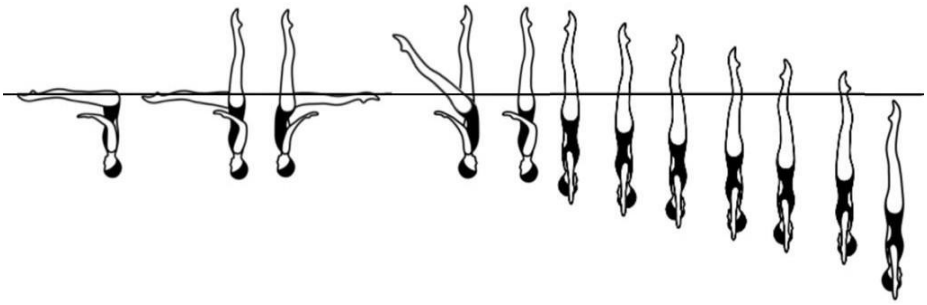
From a **Surface Ballet Leg Double Position**, the shin of the horizontal legs drawn along the surface of the water to assume a **Surface Flamingo Position**. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls, while the bent leg moves to **a Bent Knee Vertical 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

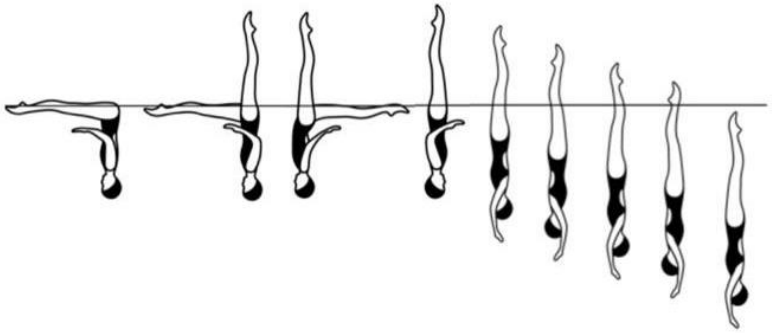
4A – Fishtail – Knight – Continuous Spin 1080° / DD - 3.2

A - 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° / DD - 2.7

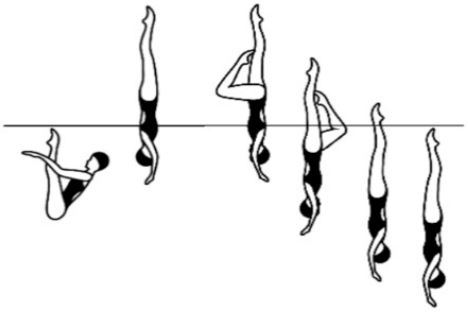
From a **Front Pike Position** one leg is lifted to a **Fishtail Position**. The horizontal leg is rapidly lifted through an arc of 180° to assume a **Knight Position**. A rapid *Half Twist* is executed as the horizontal leg is lifted to a **Vertical Position**. Continuing in the same direction a *Continuous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



Element 5

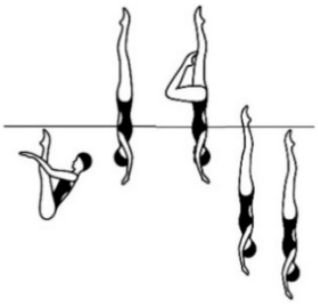
5A – Thrust Bent Knee Twirl Spin 360° / DD - 2.3

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 / DD 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.

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

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

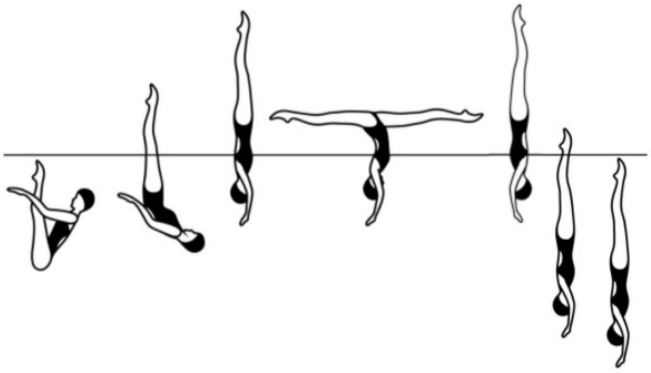
29.2.4 Mixed Duet Required Elements

Element 1

1A – Rocket Split Twirl Spin 180° / DD – 2.7

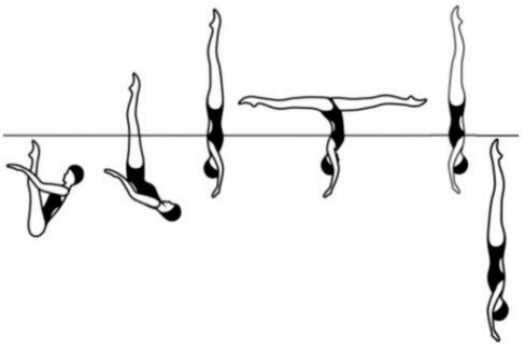
From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position**. A *Twirl* is executed, as the legs symmetrically close to a **Vertical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

Continuing in the same direction a rapid *180° Spin* is executed.



1B – Rocket Split Twirl / DD - 2.5

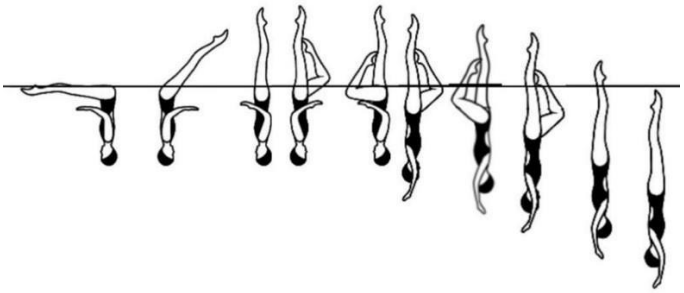
From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position**. A *Twirl* is executed, as the legs symmetrically close to a **Vertical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



Element 2

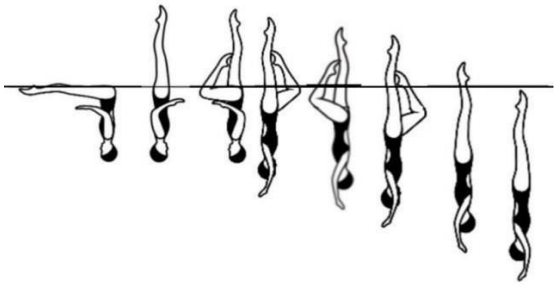
2A – Front Pike – Vertical 360° Rotation – Full Twist to Bent Knee – Continuous Spin 720° / DD 2.4

From a **Front Pike Position**, the legs are lifted to **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 to 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° / DD 2.2

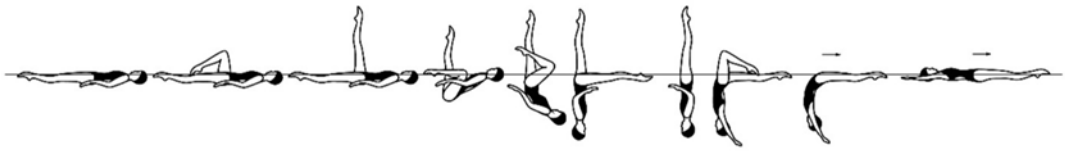
From a **Front Pike Position**, the legs are lifted to **Vertical Position** as a rotation of 180° is executed. Continuing in the same direction a *Half Twist* is executed as one leg is lowered to a Bent Knee **Vertical Position**. Continuing in the same direction a *Continuous Spin 720°* (2 rotations) 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 / DD 3.0

Starting 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 head first. 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 to a **Vertical Position**, as the body rotates 180°. The direction of the 180° rotation is closing externally 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

4 – One (1) free hybrid

5 - One (1) required hybrid which must contain only one Thrust declaration and two (2) different Connection declarations

6 - Two (2) Pair Acrobatics of free choice but must not repeat the same acrobatic

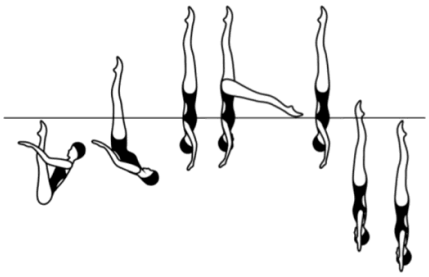
7 - 3 declared Sustained Surface Connections ("SuCon") with travel (1m or more) or rotation (180° or more)

Team Required Elements

Element 1

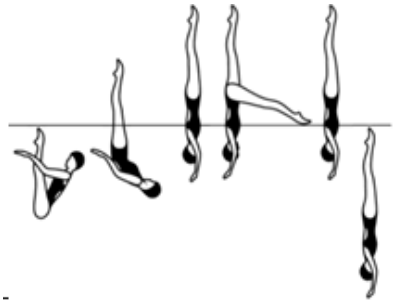
1A – Flying Fish Hybrid Spinning 180° / DD - 2.5

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 / DD - 2.3

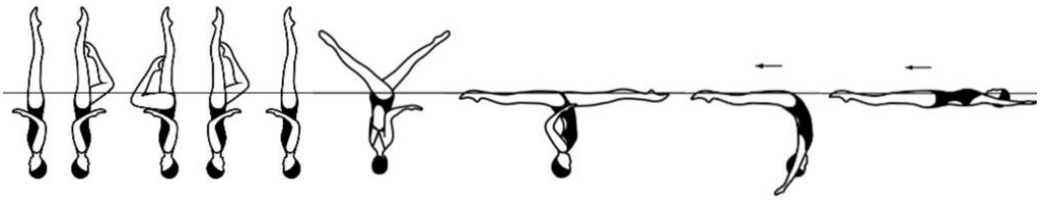
From a **Submerged Back Pike Position** with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position** and with no loss of height one leg is rapidly lowered to an airborne **Fishtail Position**. Without a pause the horizontal leg is rapidly lifted to a **Vertical Position**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



Element 2

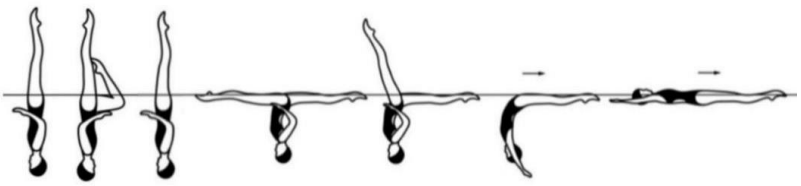
2A – Vertical – Full Twist to Bent Knee – Full Twist to Vertical – Open 180° – Walkout / DD - 2.6

Starting in 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.



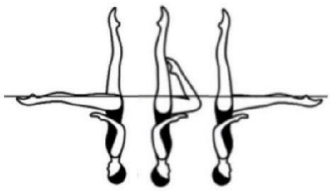
2B – Vertical – Half Twist to Bent Knee – Half Twist to Vertical – Split – Walkout / DD - 2.3

Starting in 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

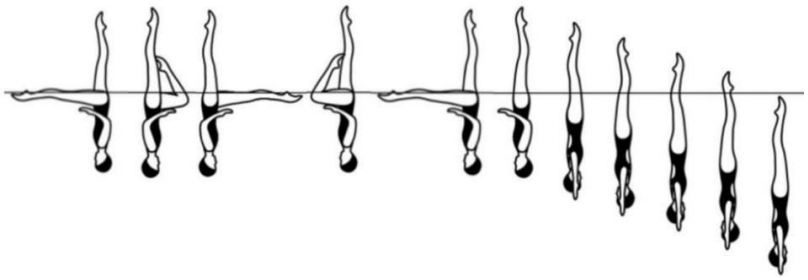
From a **Fishtail Position**, with the horizontal leg leading toward the vertical leg, a rapid 180° rotation is executed as the front leg bends to assume a **Bent Knee Vertical Position**. The bent leg rapidly extends to a **Fishtail Position**.



Element 3

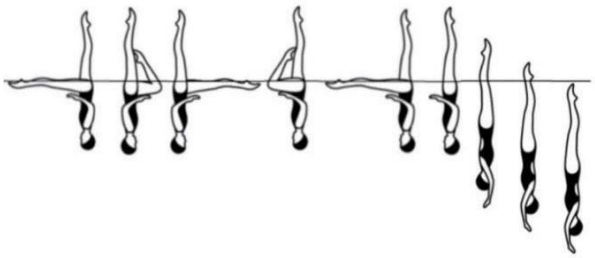
3A – Two Fouetté Rotations – Vertical – Continuous Spin 720° / DD – 2.6

From a **Fishtail Position**, 2 *Fouetté rotations* (180°+180°) 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° / DD - 2.3

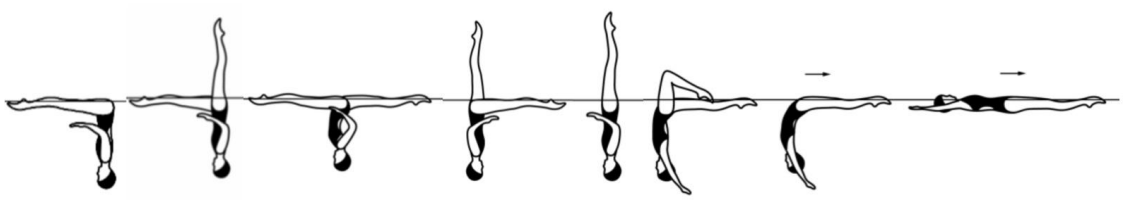
From a **Fishtail Position**, 2 *Fouetté rotations* (180°+180°) are executed. The horizontal leg is rapidly lifted to a **Vertical Position**. Continuing in the same direction, a rapid *Spinning 360°* (1 rotation) is executed.



Element 4

4 – Butterfly Hybrid / DD - 2.9

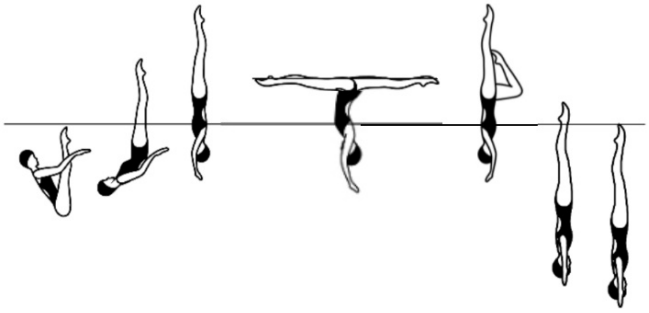
The Butterfly Hybrid is to be performed rapidly. From a **Front Pike Position**, one leg is lifted to a **Fishtail Position**. The horizontal leg is lifted through an arc of 180° as the vertical leg is lowered to assume a **Split Position**. Without a pause a hip rotation of 180° is executed as the front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

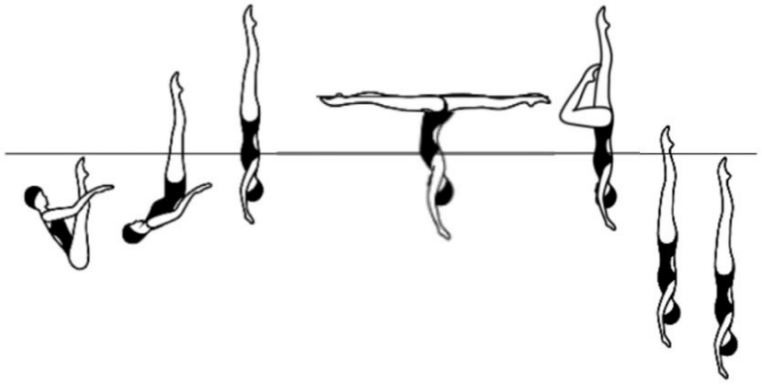
5A – Rocket Split Bent Knee Twirl Hybrid / DD - 2.4

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 / DD - 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 *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. These may be placed anywhere in the routine.

6 - Two (2) additional hybrids, one of which must include a Cadence action,

7 - One (1) acrobatic movement must be performed by all team members. The DD 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 swimmer(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 swimmers 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.

29.3 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 TREs 1 Free Hybrid
Solo Free	2:15	6	6 Free Hybrids **(must include one declaration from each family in the routine – except connections)**
Women Duet Tech	2:20	7	5 TREs 1 Free Hybrid 1 Pair Acro **(free choice)**
Women Duet Free	2:45	8	6 Free Hybrids **(must include one declaration from each family in the routine)** 2 Pair Acro **(free choice but may <u>not</u> repeat the same acrobatic)**
Mixed Duet Tech	2:20	7	3 TREs 1 Free Hybrid 1 Required Hybrid **(must contain only one Thrust declaration and 2 <u>different</u> Connection declarations – for example T8 C3 C4)** 2 Pair Acro **(free choice but must <u>not</u> repeat the same acrobatic)** 3 declared Sustained Surface Connections ("SuCon") with travel (1m or more) or rotation (180° or more)
Mixed Duet Free	2:45	7	4 Free Hybrids **(must include one declaration from each family in the routine)** 3 Pair Acro **(free choice but must <u>not</u> repeat the same acrobatic)** A minimum of 4 declared Sustained Surface Connections ("SuCon") with travel (1m or more) or rotation (180° or more)
Team Tech	2:50	8	5 TREs 2 Free Hybrids one of which must include a cadence action 1 Team Acro **(Max. DD limit of 3.0 inclusive of Base Mark Value)** May contain max of 1 circle
Team Free	3:30	9	6 Free Hybrids **(must include one declaration from each family in the routine)** 3 Team Acro **(free choice but must <u>not</u> repeat the same acrobatic – see below)**
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 – see below**

** 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.

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 12 and Under – 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 Free Hybrids **(must include one declaration from each family in the routine)**
Youth Solo Free	2:00	5	5 Free Hybrids **(must include one declaration from each family in the routine)**
12U Duet Free	2:30	5	4 Free Hybrids **(must include one declaration from each family in the routine)** 1 Pair Acro (free choice)
Youth Duet Free	2:30	6	5 Free Hybrids **(must include one declaration from each family in the routine)** 1 Pair Acro **(free choice)**
Mixed Duet Free (12U/Youth)	2:30	5	3 Free Hybrids **(must include one declaration from each family in the routine)** 2 Pair Acro **(free choice but must not repeat the same acrobatic)** A minimum of 3 declared Sustained Surface Connections ("SuCon") with travel (1m or more) or rotation (180° or more)
12U Team Free	3:00	7	4 Free Hybrids **(must include one declaration from each family in the routine)** 3 Team Acrobatics with DD safety limit **(free choice but must not repeat the same acrobatic – see below)**
Youth Team Free	3:00	8	5 Free Hybrids **(must include one declaration from each family in the routine)** 3 Team Acrobatics with DD safety limit **(free choice but must not repeat the same acrobatic – see below)**
12U Combo	3:00	8	3 Team Acrobatics with DD safety limit **(free choice but must not repeat the same acrobatic – see below)** 1 x DD Solo Hybrid 1 x DD Duet Hybrid 2 x Team DD 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 DD hybrids)** 1 x Team choreography hybrid ("ChoHY") with no DD (ie factor of 1.0) **must be executed with a minimum of 4 athletes** **Element parts can't occur simultaneously (ie Team Acrobatic occurs while solo hybrid starts)**
Youth Combo	3:00	9	4 Team Acrobatics with DD safety limit **(free choice but must not repeat the same acrobatic – see below)** 1 x DD Solo Hybrid 1 x DD Duet Hybrid 2 x Team DD 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 DD hybrids)** 1 x Team choreography hybrid ("ChoHY") with no DD (ie factor of 1.0) **must be executed with a minimum of 4 athletes** **Element parts can't occur simultaneously (ie Team Acrobatic occurs while solo hybrid starts)**

12U and Youth Team Acrobatic Safety Limits for Team and Combo events are as follows. Acrobatic elements cannot have a DD higher than the Total DD (MAX):

	Acro DD	Plus Base Mark	Total DD (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**

** 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.*

29.4 APPENDIX 4 – REQUIRED ELEMENTS FOR ACROBATIC ROUTINE

29.4.1 General Requirements

1) Time Limits as in Part Seven 14.1
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 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
6) The Routine must portray a Theme, which must be declared on the Card.
7) As in all routines, the Coach Card must show the Required Technical Elements in the selected order of performance.

29.4.2 Acrobatic Required Technical Elements

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 swimmer(s).

29.5 APPENDIX 5 – REQUIRED ELEMENTS FOR THE FREE COMBINATION

29.5.1 General Requirements

1) Time Limits: as per Part Seven, Article 14.1
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.

29.5.2 Required Elements

1) At least two (2) parts must have fewer than three (3) competitors and at least two (2) parts must have all competitors.
2) As per Appendix 3 Youth Free Combination must include:
   a. 4 Team Acrobatics with DD safety limit (free choice but must not repeat the same acrobatic)
   b. 1 x DD Solo Hybrid
   c. 1 x DD Duet Hybrid
   d. 2 x Team DD Hybrid (must be executed with a minimum of 4 athletes)
   e. 1 x Team choreography hybrid with no DD (ie factor of 1.0) must be executed with a minimum of 4 athletes
   f. Element parts can't occur simultaneously (ie Team Acrobatic occurs while solo hybrid starts)
3) As per Appendix 3 the 12U Free Combination must include:
   a. 3 Team Acrobatics with DD safety limit (free choice but must not repeat the same acrobatic)
   b. 1 x DD Solo Hybrid
   c. 1 x DD Duet Hybrid
   d. 2 x Team DD Hybrid (must be executed with a minimum of 4 athletes)
   e. 1 x Team choreography hybrid with no DD (ie factor of 1.0) must be executed with a minimum of 4 athletes
   f. Element parts can't occur simultaneously (ie Team Acrobatic occurs while solo hybrid starts)
4) 12U and Youth Team Acrobatic Safety Limits for Free Combination is as follows. Acrobatic elements cannot have a DD higher than the Total DD (MAX):

	Acro DD	Plus Base Mark	Total DD (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**

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

29.6 APPENDIX 6 – HYBRID CATALOGUE (VERSION 5.1)

Introduction

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

2) As stated in the AS Manual regarding judging routines, the same principle shall also apply for TCs: Hybrids may be performed close to or far from TCs 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 TCs must focus on what they see at or over the water surface.

3) 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 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.

Hybrids

Definition of a Hybrid:

1) A free hybrid (one intentionally being declared for DD 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).

2) Short hybrid-like movements of 4 or less movements with or without intentional apnoea OR horizonal movements along the surface with lower limb actions that have consequential apnoea (rolling over, kicking, etc.) are considered as transitional movements.

How to count hybrid movements:

1) 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.

2) Regarding entries and exits:

- Front Pike Pulldown - the action of the body bending into the pike position is movement number one, with counting continuing from there
- 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.)
- If starting from underwater, start counting from the first position – for example a pike, tuck, tabletop, or a submerged back pike (before a thrust)
- No movements shall 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 shall be counted
- Spins / Twists / Twirls: each ½ turn (180o) shall count as 1 movement
- A "swirl" action counts as one movement from it's beginning to its clear stopping point or next clear action as momentum/force must be considered.
- 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) shall count as 1 movement (i.e. there is a clear exertion of energy/muscle tension and then a recovery)
- When rotating and performing leg movements at the same time, only the rotations shall be counted.

- Cadence: each cadence movement shall 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:

1) Hybrid difficulty components are declared skills with assigned degree of difficulty (DD) 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)
2) 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:

1) Team Tech, Team Free and Free Combination routines shall include a bonus for each Pattern Change executed valued at 0.20 each

Hybrid Base Mark:

1) Base Mark for all hybrids is the same and has a value of 0.5.
2) The Hybrid Base Mark value of 0.5 is added to the value of the hybrid DD, and it is the value (0.5) the hybrid will go to if not successful in achieving the declared difficulty.
3) Total Hybrid Declared Difficulty (DD) Value

   = BASE MARK (0.5) + MOVEMENTS (Families) + BONUS (Team only)

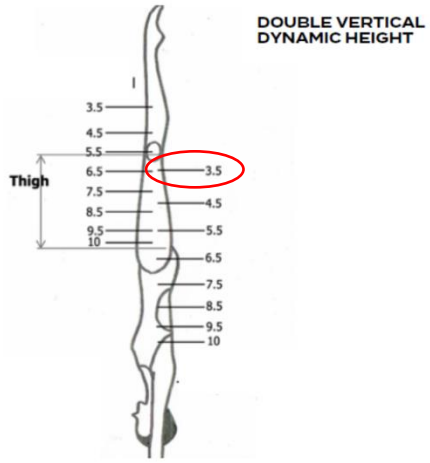
29.6.1 Families of movements

Thrusts (T)

The Thrust (T) family includes variations of thrusts as defined in AS Rulebook BM*: "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 TCs must clearly see that height level achieved, or the thrust will be subject to Base Mark.

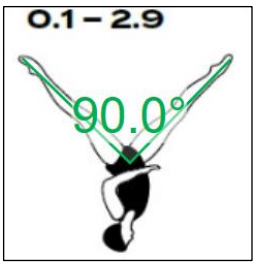


- Thrust endings with crashing OR with descent are clearly differentiated and defined in the difficulty table at different levels and values.

  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 to Knight. A thrust with Airborne Split Position or a split variant must show body alignment under hips, as described in BP and must show flexibility at minimum of "scissors (90°) / 0.1-2.9 for split as per the AS Manual. 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).



- For thrusts with flexibility followed by a spin or twirl, the spin or twirl can begin at any time – ie the legs can be out of the VP cone.
- 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.
- 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 T9.

- Regarding a Thrust Level 9 with catching: Once the "stable height demonstrated for 1 second (1s) or more" in VP has occurred any difficulty movement can then be performed and be declared as per the rules, for example: T9 followed by A6, S3, etc.
- Spins following Thrusts *must drop gradually*. Athletes who obviously hold the rotation at the ankle level (ie twisting vs spinning) will be subject to a Base Mark as per below standards:
  - For Spin 180° to Spin 720°

    Entire rotation must be gradual
  - For Spin 1080°

    A maximum of one rotation at the ankle level is allowed

Level	Code	Description	DD 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) *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.* **The bottom leg must be out of the "VP cone" area* ***Reminder you may not combine with a rotation or vertical descent declaration*	
	T4e	Thrust followed by Twirl 180° and a crash	

5	**T5a**	Thrust followed by Spin 360°	**0.90**
	T5b	Thrust followed by Twirl 180° and descent	
	T5c	Thrust with flexibility followed by Spin 180°	
	T5d	Flying Fish Spin 180° or Thrust Fishtail Helicopter Spinning 180° *Same definition as T4 Flying Fish with a Spin 180° as ending*	
	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° followed by Spin 360°	
	T6c	Flying Fish 360° or Thrust Fishtail Helicopter Spinning 360° *Same definition as T4 Flying Fish with a Spin 360° as ending*	
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 VP above the knees or higher	

Spins (S)

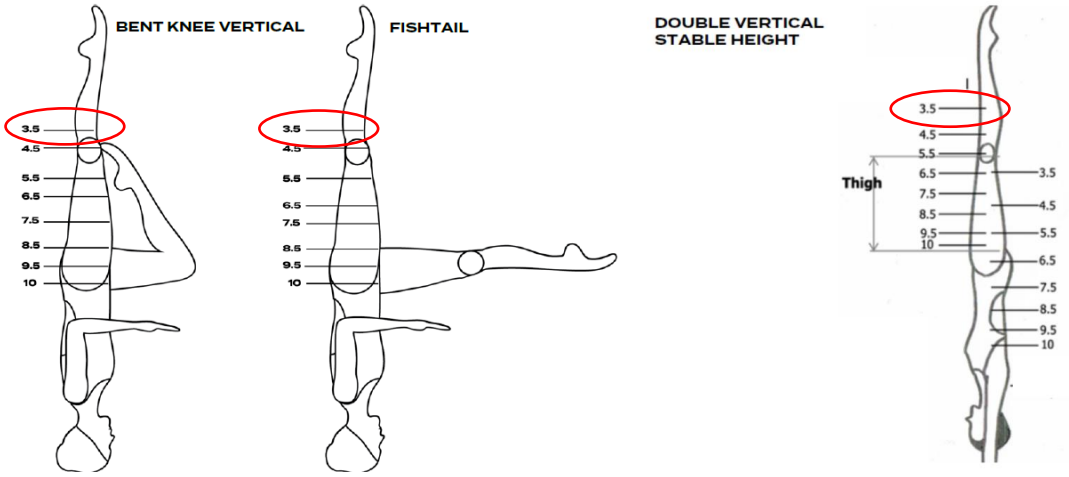
This family includes all types of Spins – which is a rotation in a Vertical Position (as per general principles). It includes ascending/descending spins and combined/reversed combined spins.

When spin is stated, it can be either an ascending or descending spin (same code and value) – ascending and descending are NOT differentiated.

- For descending spins in *free hybrids*, 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).
- 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).

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 Technical Controllers will be watching for completion of at least a full 720°. Rotating more than declared is ok, rotating less than declared is subject to a Base Mark.

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:



- A spin (ascending or descending) is defined as a gradual change of a minimum of two height levels *which 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.
- Ascending and descending spins must rise/drop gradually. Athletes who obviously hold the rotation at the same height level (ie twisting vs spinning) will be subject to a Base Mark as per below standards:

  For Levels SB-S2

  Entire rotation must be gradual

  For Levels S3-S5

  A maximum of one rotation at each height level is allowed

  For Levels 6-10

  A maximum of two rotations at each height level is allowed
- 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*.
- Spins shall 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 TCs to verify completion of rotation. Rotating more than declared is ok, rotating less than declared is subject to a Base Mark.
- Various modifications of leg positions during spins are allowed as long as the one or two leg position meets the definition of VP as per General Principle a). Unbalanced or off-angle spins are not differentiated, and those movements would be considered in artistic impression.
- When "two legs" is stated, it means VP definition (two legs within 45° of vertical), and "one leg" means one leg within 45° of vertical. Both as per general principle a).
    - Spins with one leg includes Bent Knee Vertical Position, Fishtail/Crane, Knight, and other one leg VP position options or variants.
    - Rotations with two legs includes Vertical Position "VP", Fishtail within 45° of Vertical, Arched VP and other positions where 2 legs are clearly visible within 45° of the vertical line.
    - Joining/opening/bending/extending movements from one leg positions to two leg (VP) positions (or two-leg to one leg positions) such as Bent Knee VP/Fishtail to VP or VP to Bent Knee VP/Fishtail, are considered in all "one leg" spin classifications.

- 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).

  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 VP, spin descending 360 while joining to VP, and then spin ascending 360 staying in VP
  - Example 2: starting in a Bent Knee VP, spin descending 360 while joining to VP, then ascending spin 360 while returning to a Bent Knee VP

- 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 (ie twisting vs spinning) will be subject to a Base Mark as per 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

- 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.

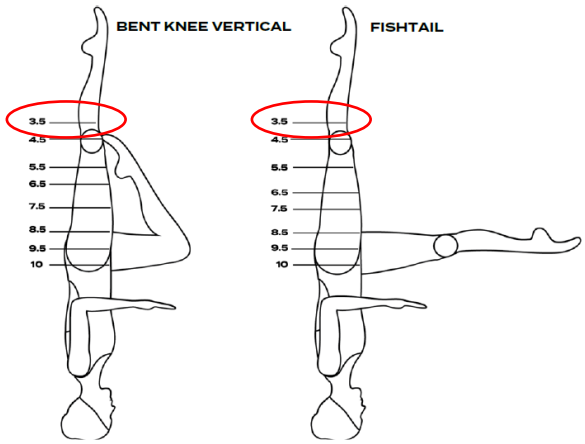
Level	Code	Description	DD Value
B	**SB**	Spin 180° (one or two legs)	**0.15**
	SCB	Combined 180° (one or two legs)	**0.35**
	SCDB	Two-direction Combined 180° (one or two legs)	**0.40**
1	**S1**	Spin 360° (one or two legs)	**0.35**
	SC1	Combined 360° (one or two legs)	**0.80**
	SCD1	Two-direction Combined 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**

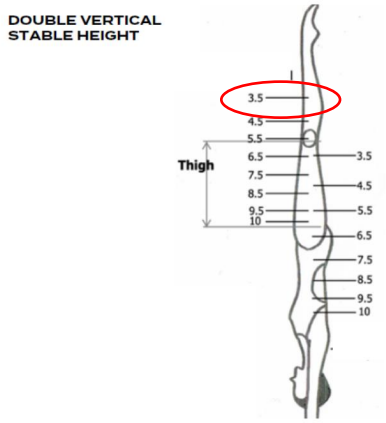
4	**S4**	Spin 1440° (two legs)	**1.55**
	SC4	Combined 1440° (two legs)	**3.20**
	SCD4	Two-direction Combined 1440° (two legs)	**3.25**
5	**S5**	Spin 1800° (two legs)	**1.95**
	SC5	Combined 1800° (two legs)	**4.00**
	SCD5	Two-direction Combined 1800° (two legs)	**4.05**
6	**S6**	Spin 2160° (two legs)	**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 AS Rulebook BM - the body remains on its longitudinal axis throughout the rotation) and Swirls.

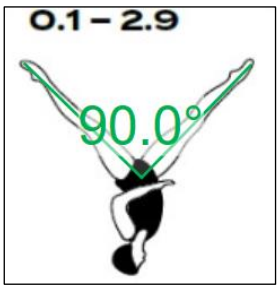
- Twisting or Twirling = A rotation at a sustained height - height remains constant throughout the rotation. Therefore, any **obvious** change in height **downwards** will be subject to a Base Mark. A change in height upwards will be considered in execution. **"Obvious"** is defined as a **drop in two 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 TCs 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 body is not aligned with its vertical axis), while turning. Swirls may have height variation - the legs can be lower than VP definition or can move in and out of VP 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 an 2R3 is declared - Twist 1080o (VP), then the Technical Controllers will be watching for completion of at least a full 1080o. Rotating more than declared is ok, rotating less than declared is subject to a Base Mark.
- Twists, Twirls and Swirls shall have the rotation of the BODY counted "wall-to-wall" to accomplish the declared degree of rotation. For rotations of 360o or more - the wall or direction you start at is the wall or direction you must finish for TCs to verify completion of rotation. Rotating more than declared is ok, 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 VP 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 ok (not Base Mark).
- Rotations with two legs includes Vertical Position "VP", Fishtail within 45o of Vertical, Arched VP and other positions where 2 legs are clearly visible within 45o of the vertical line.
- Joining/opening/bending/extending movements from one leg positions to two leg (VP) positions (or two-leg to one leg positions) such as Bent Knee VP/Fishtail to VP or VP to Bent Knee VP/Fishtail, are considered in all "1 leg only" twist/twirl classifications.
- Please see general principles on p.24-27 for definition of unbalanced
- Unbalanced one leg twists are considered in all "1 leg" rotation classifications.
- A Two-direction Twist means a rotation in one direction, followed without a pause by an equal rotation in the opposite direction. For example:
  - RD1 - Two-Direction 360° (VP) = a rotation of 180° in one direction followed without a pause by a rotation of 180° in the opposite direction.
  - RD2 - Two-Direction 720° (VP) = a 360° rotation in one direction followed without a pause by a rotation of 360° in the opposite direction.
- For VP 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 "VP" position must begin with feet/ankles touching.
- Split close 180°/360° to VP (RCB/RC1) must not reach the VP until 135°/270° – meaning if close (where feet/ankles must be touching) finishes at ¾ point and then a ¼ turn in VP occurs that is ok, *however if less than 135°/270° accomplished* – the rotation would be subject to Base Mark.
- 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 AS Manual.



Level	Code	Description	DD 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° (VP)	**0.20**
	ROB	VP open 180° to Split	**0.25**
	RCB	Split close 180° to VP	**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° (VP)	**0.45**
	RD1	Two-direction 360° (VP)	**0.50**
	RU1	Unbalanced Twist/Twirl 360° (VP)	**0.55**
	RO1	VP open 360° to Split	**0.55**
	RC1	Split close 360° to VP	**0.55**
2	**R2**	Swirl 720°	**0.40**
	1R2	1 leg Twist 720°	**0.75**
	2R2	Twist 720° (VP)	**0.95**
	RD2	Two-direction 720° (VP)	**1.05**
	RU2	Unbalanced Twist 720° (VP)	**1.15**
3	**R3**	Swirl 1080°	**0.60**
	1R3	1 leg Twist 1080°	**1.15**
	2R3	Twist 1080° (VP)	**1.45**
	RU3	Unbalanced Twist 1080° (VP)	**1.75**
4	**R4**	Swirl 1440°	**0.80**
	1R4	1 leg Twist 1440°	**1.55**
	2R4	Twist 1440° (VP)	**1.95**
	RD4	Two-direction 1440° (VP)	**2.15**
	RU4	Unbalanced Twist 1440° (VP)	**2.35**
5	**1R5**	1 leg Twist 1800°	**1.95**
	2R5	Twist 1800° (VP)	**2.45**
	RU5	Unbalanced Twist 1800° (VP)	**2.95**

6	**1R6**	1 leg Twist 2160°	**2.35**
	2R6	Twist 2160° (VP)	**2.95**
	RD6	Two-direction 2160° (VP)	**3.35**
	RU6	Unbalanced Twist 2160° (VP)	**3.55**
7	**2R7**	Twist 2520° (VP)	**3.45**
	RU7	Unbalanced Twist 2520° (VP)	**4.15**
8	**2R8**	Twist 2880° (VP)	**3.95**
	RU8	Unbalanced Twist 2880° (VP)	**4.75**
9	**2R9**	Twist 3240° (VP)	**4.45**
	RU9	Unbalanced Twist 3240° (VP)	**5.35**
10	**2R10**	Twist 3600° (VP)	**4.95**
	RU10	Unbalanced Twist 3600° (VP)	**5.95**

Airbone Weight (A)

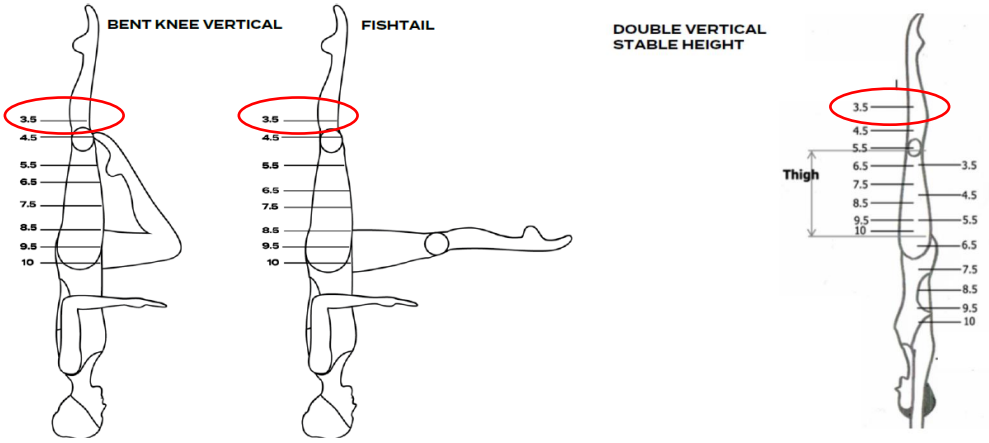
This family includes movements that require an amount of the body out of the water (single or double legs) and reflect the difficulty of maintaining balanced and unbalanced airborne weight.

- 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 technical controllers.
- Please take note of General Principle d) as Airborne Weight may not be declared when occurring simultaneously with a rotation.
- Please see general principles on p.21-22 for definition of unbalanced
- The minimum height required for Airborne Weight is 3.5, meaning starting or finishing positions or sustained actions must meet this standard.
  - 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.

OR

  - For example if doing an A5 (Front Pike to VP while rotating 360°), the ending VP must be at 3.5.

- As per general principle g) for Vertical ascent with 1 or 2 legs (A3): 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



- For movement from Front Pike to VP (Porpoise action): There may be variations in leg movements as long as the integrity of the porpoise lift action is maintained.
    - For example:
        - Legs may be slightly apart (not more than 45 degrees)
        - Legs may be crossed or one slightly bent and one straight, or both slightly bent – as long as still in the "VP Cone" area
- For movements with lifting from Front Pike and rotating:
    - From Front Pike to a single leg position (Bent Knee VP, Fishtail, etc.) while rotating 180o
    - From Front Pike to a single leg position (Bent Knee VP, Fishtail, etc.) while rotating 360o
    - Front Pike to VP while rotating 180o
    - Front Pike to VP while rotating 360

By the halfway point (90°/180°) the legs should not be higher than 45° – meaning the lifting action must be *gradual* (not a lift into the single leg position or VP followed by a twirl 180°/360°)

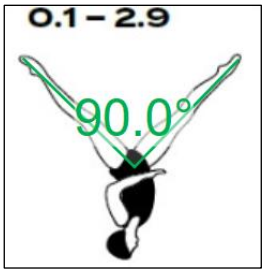
Level	Code	Description	DD Value
B	**AB**	Lift to any single leg position from Inverted Tuck Table Top or a variant	**0.05**
1	**A1a**	Lift to any single leg position from Front Pike	**0.10**
	A1b	Single leg descent	
	A1c	Lift to VP from Inverted Tuck, Table Top or a variant	
	A1d	Join to VP from Fishtail, Bent Knee VP or Split	
2	**A2a**	Vertical descent in VP (with or without isolated movements)	**0.15**
	A2b	From Front Pike to a single leg position (Bent Knee VP, Fishtail, etc.) while rotating 180°	

3	**A3a**	Front Pike to VP (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 VP, Fishtail, etc.) while rotating 360°	**0.45**
	A4b	Front Pike to VP while rotating 180°	
5	**A5**	Front Pike to VP 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 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 *(for example 2 seconds of isolated movements, then 1 second of a combination of one and two leg movements)*	**1.15**
7	**A7**	Sustained height in VP lasting equal or more than 3 seconds	**1.45**
8	**A8**	Sustained height shown at least 3 seconds or more in VP performed in an unbalanced position	**1.65**

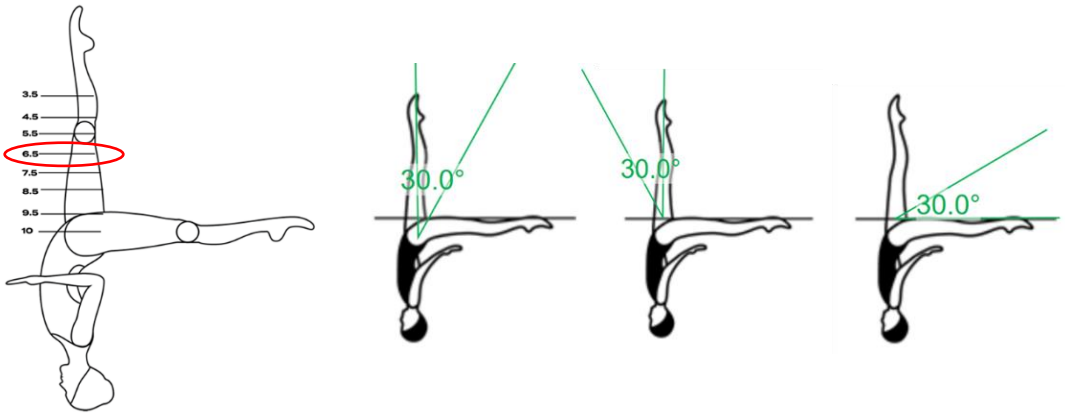
Flexibility (F)

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, Knight, 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 technical controllers.
- Split position must demonstrate flexibility at the minimum height for split (0.1-2.9 = “scissors”) as per the AS Manual or it is subject to a Base Mark.



- For Knight position:
  - Minimum height of 6.5 (above knee) is required.
  - 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



- If declaring Rapid Knight (F1b), you may declare consecutively, however the vertical leg must come out of the VP Cone.
- In regard to Rapid Knight Position or Rapid Split from any position, the action from the starting position to the Knight or Split must be rapid
- Knight join 180°/360° to VP: By the halfway point (90°/180°) the bottom leg should not be higher than 45° – meaning the lifting action must be gradual (not a lift into VP followed by a twirl 180°/360°)
- For F8b: Bent Knee Surface Arch Position to VP rotating 360° (Nova rotating 360°), By the halfway point (180°) the bottom leg should not be higher than 45° – meaning the lifting action must be gradual (not a lift into VP followed by a twirl 360°
- For movement from Surface Arch to VP:

  There may be variations in leg movements as long as the integrity of the lift action is maintained
  - For example:
    - Legs may be slightly apart (not more than 45 degrees)
    - Legs may be crossed or one slightly bent and one straight
    - Both legs may not be bent intentionally – slight bending (soft knees) due to bad execution should not be Base Marked.

- Flat Split (F6) as per Height Chart 8.5 level:

8.5	170° - 180°			Legs dry

Level	Code	Description	DD 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	
	F1c	BK Surface Arch to Knight (extending the BK 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 VP (changing legs)	**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	
	F4c	Bent Knee Surface Arch to Bent Knee VP	
	F4d	BK Surface Arch to Knight (lifting the extended leg to VP and extending the bent leg horizontally on the surface)	
	F4e	Fishtail to Knight (horizontal plane, along the surface)	
	F4f	Fishtail to Knight (through VP)	
5	**F5a**	Knight to VP OR Knight to Fishtail through VP	**0.50**
	F5b	Bent Knee Surface Arch to VP	
	F5c	Knight rotating 180° (twisting in the Knight position)	
6	**F6a**	Cyclone 180° (BK Surface Arch Twirl 180° to a VP)	**0.65**
	F6b	Knight rotating 360° (twisting in the Knight position)	
	F6c	Knight Join to VP 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 VP	**0.75**
8	**F8a**	Knight Join to VP while rotating 360°	**0.90**
	F8b	Bent Knee Surface Arch Position to VP rotating 360° (Nova rotating 360°)	
9	**F9**	Surface Arch Position to VP rotating 180°	**1.00**
10	**F10**	Surface Arch Position to VP rotating 360°	**1.30**

Connections (C)

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

- The swimmers must be touching with 1-2 legs in the manner detailed in the table. An exception shall be wrapping a leg around the body (CB and C1 levels).
- Connected Actions in Teams (Connections of 4-10 athletes):

  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

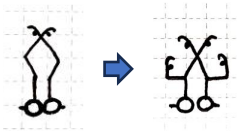
  For these connected actions of 4-10 athletes 0.10 will be added to the declared connection

  Connected actions for groupings of 4-10 athletes will have a plus symbol (+) added to the codes
- 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 VP "cone" area

  For example, if declaring C2 C2, then the athletes must connect, disconnect/or come out of VP "cone", then connect again:

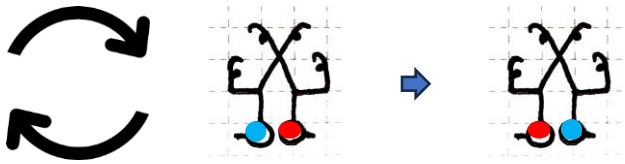
- When two DIFFERENT connections are performed consecutively (one after the other) then they may be performed one after the other without a disconnection or coming out of the VP "cone" area

  For example, if declaring C4 C3, then the athletes may demonstrate a C4 connection, immediately followed by a C3 connection:



- For connections with a rotation of at least 180° or 360° at sustained height:

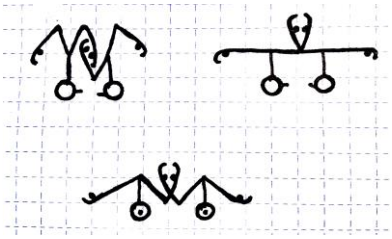
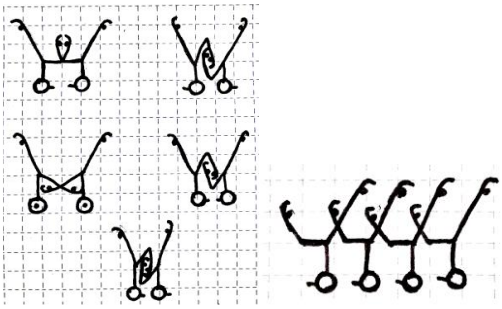
  Rotations in the connections family must have the athletes rotate around (change of position), be a "rotation of the construction" and NOT just a pivot of the hips (like a RD1)

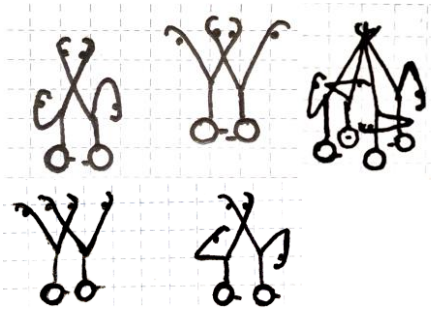
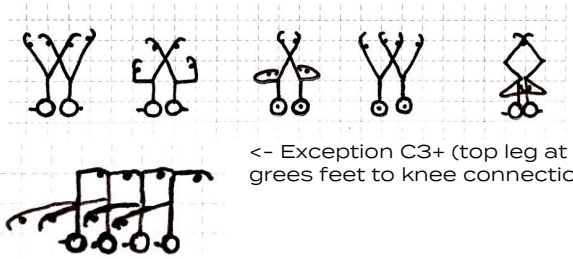
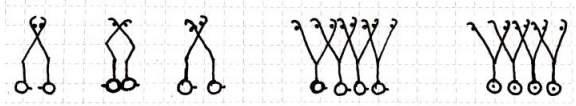


  Connected rotations must be completed at a sustained height – the rotation may not begin while ascending or end while descending. A drop of two height levels during the rotation would be subject to Base Mark.

  - For example, a duet may rise connected in a two leg connection and claim an A3, THEN once the ascent is complete, they can then turn 180° for the C6a

- Please beware an ascent (A2 or A3) can't be declared simultaneously with a connection. The 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	DD Value
B	Piked body position at the surface of the water or any position out of VP "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 VP "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 VP position (in "cone" area) with the "bottom" leg (non-VP leg) connected. Can be facing any direction C1b: 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. 	**C1a** **C1b** **2-3 connected**	**0.20**
		C1a+ **C1b+** **4-5, 8-10 connected**	**0.30**

2	C2a: One leg (in VP "cone" area) face-to-face connection C2b: One leg back (in VP "cone") one leg forward (in VP "cone") connection In C2a or C2b swimmers 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 VP "cone" area) back or side connection Swimmers 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.  <- Exception C3+ (top leg at 90 degrees feet to knee connection)	**C3 2-3 connected**	**0.40**
		C3+ 4-5, 8-10 connected	**0.50**
4	Two-leg connection (both legs must be in VP "cone" area). May be facing any direction. Swimmers 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 VP "cone" area (Rotation of 180°+ at maximum height). May be facing any direction. When swimmers 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 VP "cone" area (rotation of 180°+ at maximum height). May be facing any direction. When swimmers 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 VP "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**

29.6.2 Bonuses

Pattern Changes (PC)

This bonus is applied for Teams only for changes of formations made by the spatial relationship between members of a team.

Team Tech, Team Free and Free Combination routines shall include a bonus for each Pattern Change executed valued at 0.20 each

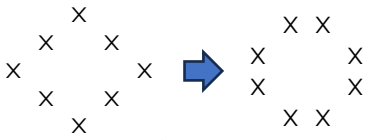
Each pattern change in a hybrid is counted. For example, if a hybrid has 3 pattern changes the code would be 3PC in the bonus section of the Coach Card.

IMPORTANT NOTES REGARDING TC 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 DTC's 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 recognizable,* this will result in a Base Mark.

Further notes:

- If from the Rhombus/Diamond ❖ a change to a circle O is executed – this is Ok – the DTCs 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.

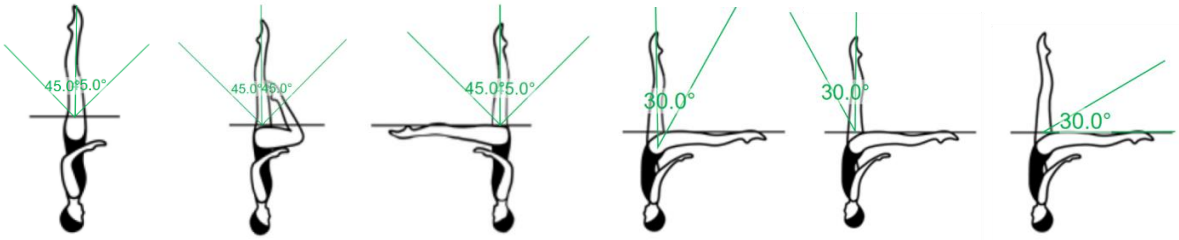
HYBRID DIFFICULTY TABLE:

Please see the end of the guide for printable Hybrid Difficulty Table

Important: Most up-to-date version is October 2024

29.6.3 General Principles

a) When Vertical Position (VP) 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 45o off vertical line. Knight position is as per Flexibility family (max 30o off top or bottom leg).



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).

c) 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 synchronized), 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.

d) 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 (ie 2R1 x 3 and R01 x 2).

e) When two movements from different families in the difficulty table *occur simultaneously* then you may only declare one. Examples:

If a VP open to Split 360° (RO1) is being executed, then you may not also declare F1 (Rapid Split from any position).

If a SB (Spin 180°) is declared performed as a spin ascending, then an A3 (vertical ascent) can't be declared simultaneously

If a RU5 (Unbalanced Twist 1800) is declared and it takes 3s+ then an A8 can't be declared simultaneously.

f) 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 swimmers included), or by *0.3 (less than half of swimmers included). This principle also applies in duet actions where just one swimmer 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 swimmers) or 0.3 (less than half of swimmers) 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.

g) When a cadence is performed *you just declare the full code once* on the Coach Card. Difficulty Guide General Principle 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. 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.

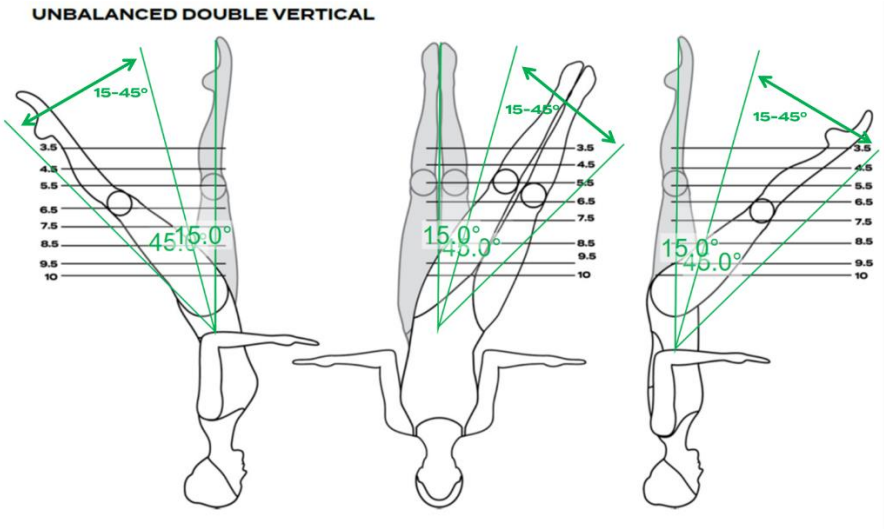
h) In Thrust Level 9 (Thrust continued by catching - clearly stopping - stable height demonstrated for 1 second or more) in a Vertical Position above the knees or higher), we use the knees as a reference point for verification of accomplishing the movement. Knees as a reference point for difficulty verification will also be applied to other movements as follows with ascending or descending actions:

- 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.
- For Vertical descent (one or two legs – A1 or A2)
    - If a descent is executed from a high VP (9.5-8.5) until below the knee (kneecaps submerged) and then a crash occurs, then an A1 or A2 still applies.
- For Vertical ascent with 1 or 2 legs (A3)
    - 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) 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 technology is available at a competition where athletes can be measured for compliance **15-45 degrees** off VP 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 VP definition.

For 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.



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

29.6.4 The Coach Card

The Coach Card is where the declared difficulty for a routine is detailed – Technical Required Elements, Free Hybrids and Acrobatics. Transition parts will also be declared on the coach card to assist with following the order of performance. Please find this template in full size as an appendix at the end of the document after the difficulty tables.

For acrobatics difficulty please refer to the Team Acrobatics Catalogue and Pair Acrobatics Catalogue. This acrobatics information is needed to complete a routine's declared difficulty on the Coach Card for Duet and Team routines.

Online Coach Cards are also provided by the scoring systems that support World Aquatics competitions. Specific instructions for online coach cards are provided in competition information packages so please ensure these packages are read thoroughly with instructions followed.

WORLD AQUATICS

COACH CARD
In force as from 1 October 2024

Please fill in with type or write in capital letters!

Member Federation:				
Competition:				
Event:	❑ **PRELIMS**	❑ **FINALS**		
	❑ Women Solo Tech	❑ Men Solo Tech	❑ Women Duet Tech	❑ Mixed Duet Tech
	❑ Women Solo Free	❑ Men Solo Free	❑ Women Duet Free	❑ Mixed Duet Free
	❑ Mixed Team Tech	❑ Mixed Team Free	❑ Acrobatic	❑ Combo
Theme:				
Name of competitor(s):				

ELEMENTS IN ORDER OF PERFORMANCE

TIME	PART	EL	BASE MARK	DECLARED DIFFICULTY	BONUS	DD	TC

Member Federation: _____

Date: _____ Signature: _____

29.6.5 Important – 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 shall 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 (T3), Airborne Weight Level 3 (A3), and a Spin Level 4 (S4),
    - However, an athlete does not perform their Spin Level 4 (for example a spin descending 1440o) and instead does a S3 (spin descending 1080o)
    - 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 will be applied as per the rulebook.
- Please also note that additional movements can be added immediately before and after (breath to breath) 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

29.6.6 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.
Group B	ACRO-B	
Group C	ACRO-C	
Group P	ACRO-P	
Pair Acro	Acro-Pair	

***Please refer to the Acrobatics Catalogue for Acrobatic codes and Acro Base Marks.*

Hybrid Base Mark:

Hybrid Base Mark is fixed at 0.5 and is added to the value of the hybrid DD, 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
VP to Split	RO	ROB, RO1
Split to VP	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 a level, each technique has been labelled as a, b, c, d, e or f to ensure clarity or what is being declared.		

Technical Required Elements:

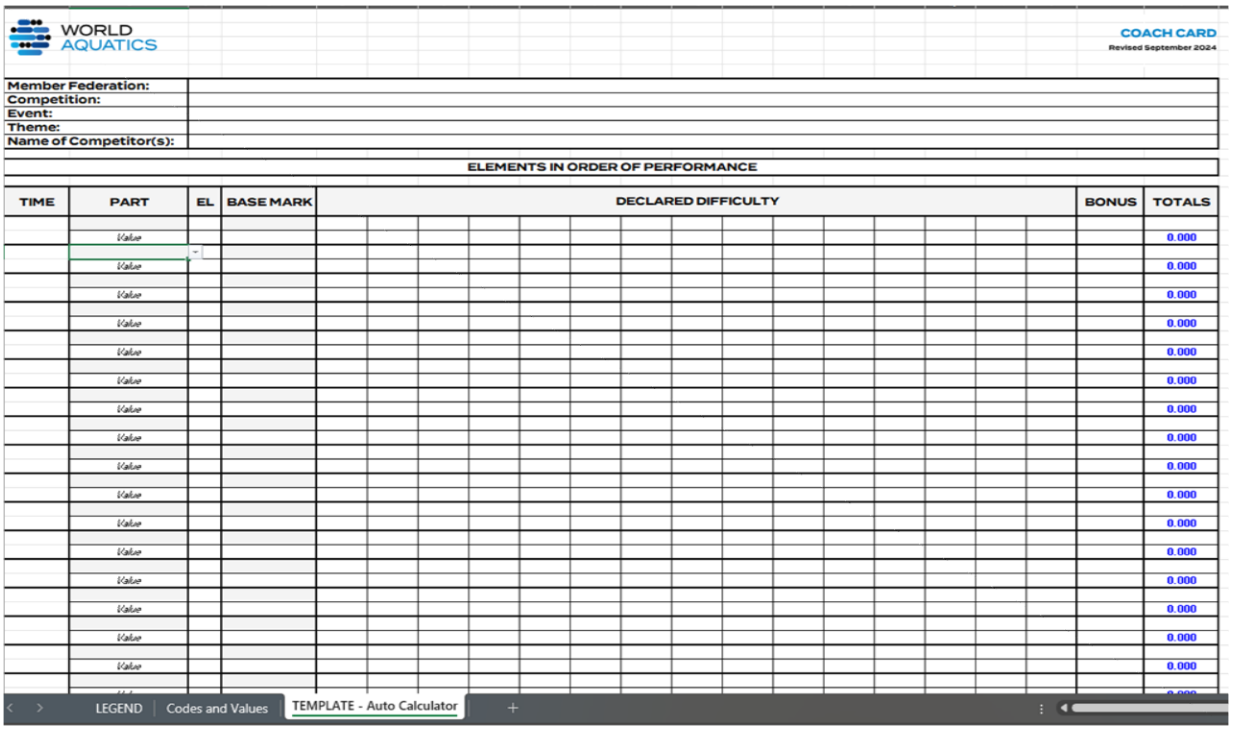
Element 1	Element 2	Element 3	Element 4	Element 5
TRE1a	TRE2a	TRE3a	TRE4a	TRE5a
TRE1b	TRE2b	TRE3b	TRE4b	TRE5b

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

29.6.7 Coach Card Auto Calculator

A Difficulty Calculator designed like a Coach Card format has been developed into an Excel Template Tool and is available for coaches to use and modify to suit their needs to assist in strategizing their routine difficulty. This is a tool and resource for coaches and is not meant to be used for competition submission. Get familiar with it and make it your own, always adhering to values as per the current Hybrid Difficulty Table and Acrobatic Catalogues. Updates to the calculator will be made as needed to stay up to date with any revised values.

The user can enter movement codes to calculate the difficulty for hybrids, as well as add in Technical Required Element codes. Please refer to the "LEGEND" tab in the spreadsheet for all codes (this is important). When a code is entered the value will appear automatically in the cell below the code. Acrobatic values are based on the Acrobatics Catalogues and must be added manually. The user can also add all values in manually if preferred.



29.6.8 Hybrid Difficuity Table

Important Notes:

- All hybrids shall start with a base value or "Base Mark" of **0.50** and then start adding difficulty from that base value
- 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).
    - 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 synchronized), 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.
- There is a maximum of ***5 declarations per family per hybrid, with a limit of 3x per technique***
    - 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.
        - For example, for Twists you could declare: 2R1 x 3 and RO1 x 2
    - 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).
        - For example, for Flexibility you could declare: 1 x F7, 3 x F5a, and 1 x F1a
- **Thrust family:**
    - Whenever "Thrust" is stated it means two legs, otherwise one leg is stated.
- **Spin family:**
    - Spins for ascending and descending are not differentiated, for example an S1 (spin 360 with one or two legs) may be ascending or descending.
    - When "Combined" is stated, it means a Combined (descending then ascending) or Reverse Combined (ascending then descending) Spin
- Team Tech, Team Free and Free Combination routines shall include a bonus for each Pattern Change executed valued at **0.20** each

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**	Swirl 180°/Turn 180° non-sustained or up-down 1 leg Twist/Twirl 180° Twist/Twirl 180° (VP) VP open 180° to Split	Lift to any single leg position from Inverted Tuck, Table Top or a variant	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			**RCB = 0.25**	Split close 180° to VP	**AB = 0.05**	**FB = 0.05**	**CB = 0.10**	**CB+ = 0.20**
1	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**	Swirl 360°/Rotation 360° non-sustained or up-down 1 leg Twist/Twirl 360° Twist/Twirl 360° (VP) Two-direction 360° (VP) Unbalanced Twist/Twirl 360° (VP) VP open 360° to Split Split close 360° to VP	**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 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**	Swirl 720° 1 leg Twist 720° Twist 720° (VP) Two-direction 720° (VP) Unbalanced Twist 720° (VP)	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°	**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 b. Thrust with one leg followed by Spin 360° c. Thrust with one leg followed by Twirl 180° and descent d. Thrust with flexibility followed by crashing	**S3 = 1.15** **SC3 = 2.40** **SCD3 = 2.45**	Spin 1080° (two legs) Combined 1080° (two legs) Two-direction Combined 1080° (two legs)	**R3 = 0.60** **1R3 = 1.15** **2R3 = 1.45** **RU3 = 1.75**	Swirl 1080° 1 leg Twist 1080° Twist 1080° (VP) Unbalanced Twist 1080° (VP)	a. Front Pike to VP (Porpoise lift) b. Vertical ascent with 1 or 2 legs (with or without isolated movements)	a. Split to Split through VP (changing legs) b. Ariana Rotation c. Combination of a Right and Left Leg Knight Position	One leg (in VP "cone" area) back or side connection	
	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° b. Thrust with flexibility and descent c. Thrust followed by Spin 180° d. Flying Fish (with descent) e. Thrust followed by Twirl 180° and a crash	S4 = 1.55 SC4 = 3.20 SCD4 = 3.25	Spin 1440° (two legs) Combined 1440° (two legs) Two-direction Combined 1440° (two legs)	R4 = 0.80 1R4 = 1.55 2R4 = 1.95 RD4 = 2.15 RU4 = 2.35	Swirl 1440° 1 leg Twist 1440° Twist 1440° (VP) Two-direction 1440° (VP) Unbalanced Twist 1440° (VP)	a. From Front Pike to a single leg position (Bent Knee VP, Fishtail, etc.) while rotating 360° b. Front Pike to VP while rotating 180°	a. Bent Knee Front Layout to Bent Knee Arch Position OR Front Layout to Split with a straight leg b. From Surface Arch Position to Knight or Split with a straight leg c. Bent Knee Surface Arch to Bent Knee VP d. BK Surface Arch to Knight (lifting the extended leg and extending on the surface the bent leg) e. Fishtail to Knight (horizontal plane, along the surface) f. Fishtail to Knight (through VP)	Two-leg connection (both legs must be in VP "cone" area). May be facing any direction.	
	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° b. Thrust followed by Twirl 180° and descent c. Thrust with flexibility followed by Spin 180° d. Flying Fish Spin 180° or Thrust Fishtail Helicopter Spinning 180° e. One leg Thrust with Twirl 180° followed by Spin 360°	**S5 = 1.95** **SC5 = 4.00** **SCD5 = 4.05**	Spin 1800° (two legs) Combined 1800° (two legs) Two-direction Combined 1800° (two legs)	**1R5 = 1.95** **2R5 = 2.45** **RU5 = 2.95**	1 leg Twist 1800° Twist 1800° (VP) Unbalanced Twist 1800° (VP)	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.	
	T5 = 0.90					**A5 = 0.65**	**F5 = 0.50**	**C5 = 1.00**	**C5+ = 1.10**
6	a. Thrust with flexibility followed by Spin 360° b. Thrust with Twirl 180° followed by Spin 360° c. Flying Fish 360° or Thrust Fishtail Helicopter Spinning 360°	**S6 = 2.35** **SC6 = 4.80** **SCD6 = 4.85**	Spin 2160° (two legs) Combined 2160° (two legs) Two-direction Combined 2160° (two legs)	**1R6 = 2.35** **2R6 = 2.95** **RD6 = 3.35** **RU6 = 3.55**	1 leg Twist 2160° Twist 2160° (VP) Two-direction 2160° (VP) Unbalanced Twist 2160° (VP)	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.	
	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	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					**A7 = 1.45**	**F7 = 0.75**	**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	a. Knight Join to VP while rotating 360° b. Bent Knee Surface Arch Position to VP rotating 360° (Nova rotating 360°)		
	T8 = 1.70					**A8 = 1.65**	**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		

29.7 APPENDIX 7 – ACROBATICS CATALOGUE

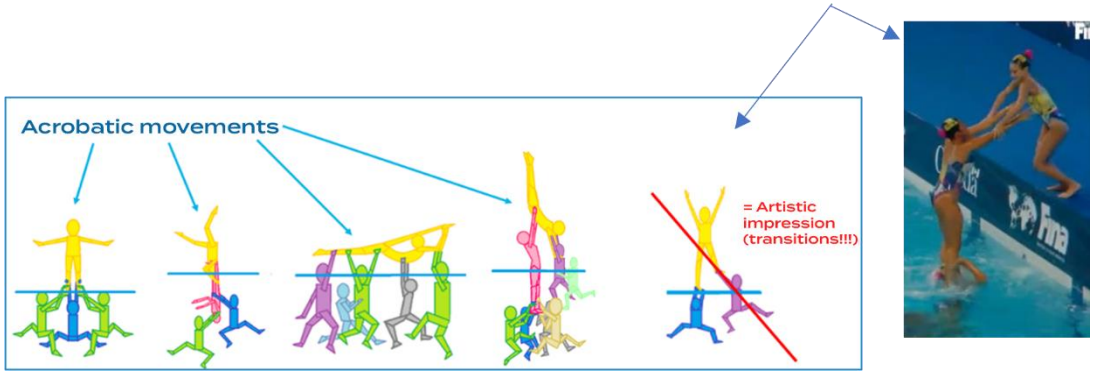
29.7.1 Team Acrobatics Catalogue

29.7.1.1 Classification of Acrobatic Movements, Groups, and Terminology

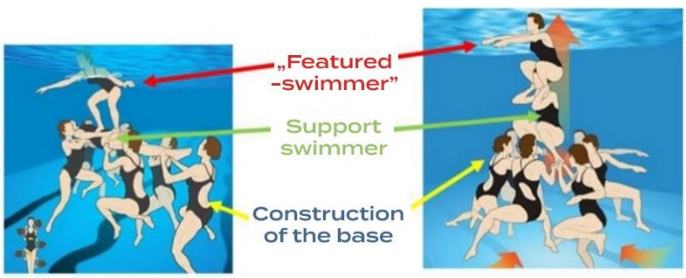
Important Terminology

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

- For example: these will not be considered as acrobatic movement

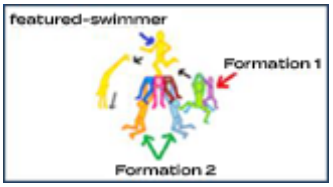


- **Base-swimmer**: role of swimmer consists of pushing/lifting the featured-swimmer/s or the support-swimmer/s with the featured-swimmer on top.
- **Support-swimmer (middle)**: swimmer working or maintaining position on top of the base-swimmer(s) in a “three tier/level” construction. Example: stack, standard platform, and “Sq” construction in group A.
- **Featured-swimmer (flyer or featured performer)**: top swimmer who executes the acrobatic actions or movements on the support or in the air.
- **Construction**: generalized name for collaborated work of all athletes according to their assigned role in the acrobatic movement (base + support + featured-swimmer/s). The construction is the “idea”, “skeleton”, “architecture” of the acrobatic movement.
- **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-swimmer/s” execute acrobatic actions. It includes the base-swimmers, and sometimes spotter/s.



- **Spotter ("helper")**: one swimmer, with a role of additional support (lift or push) inside the construction. Usually placed close to the "main" construction. In most of the cases they are attached to the featured-swimmer, but there are exceptions. 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-swimmer/s and sometimes to the support-swimmer/s (usually it is specified in the description of the construction, connection or bonus).
- For example: a featured-swimmer is lifted on a stack head-down in an owl position and one spotter is holding the front foot of the featured-swimmer.

- **Formation**: two or more groups of swimmers, from which construction is comprised. Well synchronized 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.

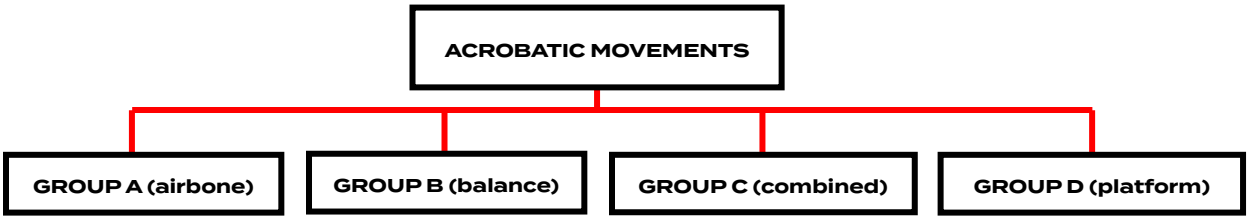


- **Jump:** when a featured-swimmer jumps from the construction using their legs to become airborne with a "repulsion phase".
- **Throw**: when a featured-swimmer is thrown in the air by the construction of the base or support-swimmer/s. There's no "repulsion phase" by the feet of the featured-swimmer.
- For example: featured-swimmer is head-down and is pushed and thrown in the air by support-swimmer's legs.
- **Stack:** when a featured-swimmer sits, stands or lays on "support-athlete/s" which is/are in a vertical body position (head-down or head-up).
- **Lift**: when a featured-swimmer sits, stands or lays on base-swimmers. The featured-swimmer must be lifted up (away) from water's surface (as high as possible) to be considered as a lift.
- **Onto the support**: when the featured-swimmer jumps from one formation onto another formation and remains on it until the submergence.
- **Through the support**: when the featured-swimmer jumps and passes through another formation (slight touch and continues moving)
- **Platform (Standard)**: coordinated actions of base-swimmers where they lift from underwater a support-swimmer in horizontal position; and the featured-swimmer stands, sits, or lays on the support-swimmer. Some platforms may be formed at the surface.
- **Floats**: coordinated actions of base-swimmers and/or support-swimmers that form a stable geometric figure (from legs, hands or both) at the surface on which a featured-swimmer executes movements. In some exceptions, floats can be lifted from underwater.

Main Groups

All the acrobatic movements are divided into 4 Main Groups:

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



To begin the classification process, videos of past World and European Championships from the years 2008-2024 and some other international competitions in the early 2000s were analysed. This facilitated the classification of acrobatic movements into these 4 main groups.

Algorithm for the Total Degree of Difficulty

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

BM + C + S + D + P + R + T + B = DD

BM- Base Mark of 0.5 points ("start of the value")

C – construction

S - area of support and type of connection

D - direction

P - position/s

R - rotation of construction

T - the plane and degree of rotation

B – bonus

DD - degree of difficulty

Note: *not every acro needs to have all the components*

The **Base Mark** for all the Main Groups is the same and has a **value of 0.5**.

The **Base Mark** is a starting point for the acro code. It means that the DDs of each component will be added to the base mark value.

29.7.1.2 General Principless & Rules

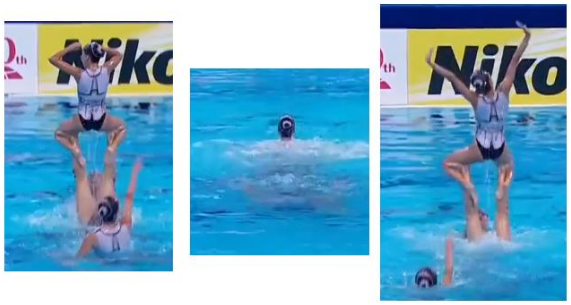
Two Acrobatic Movements

- 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 ("Dbl").

- Bonus for double acrobatic movements:
    - Elements judges do not pay attention to the timing, but to the design of the positions.
    - However, if it is declared in the Coach Card that 2 acrobatic movements are supposed to be simultaneous (synchronized actions for double acrobatic movements bonus code "Dbl" 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.

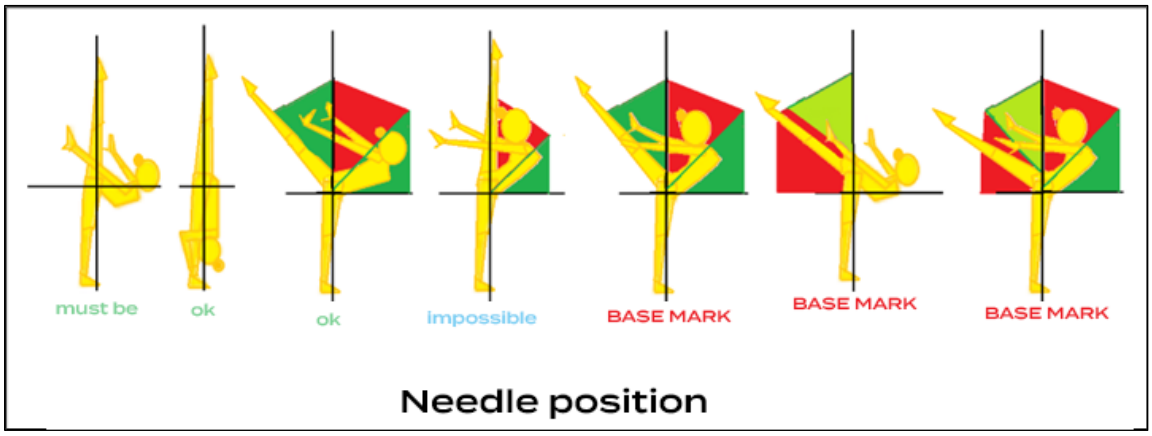
- It is *not* allowed to have **2 different** acrobatic movements performed ***at the same time***. If this occurs, it will result in a Base Mark for both acrobatic movements.

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



Positions (all Groups)

- Declared position(s) are the one(s) demonstrated by the featured-swimmer(s).
- 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 movement) – 45 degrees allowance applies separately for torso and leg.
- Example for Needle position:



- Unless specified, arms & hands positions/captures are optional.

- Positions **MUST** be clearly shown:
    - We must see a small stop in positions (like in figures), fixed in the clearly defined shape (all relevant parts of the body are in the correct position at the same moment of time).

- 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 positions

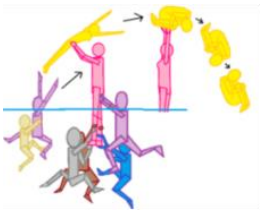
- The **1st Position** is defined as:

  Group B (also used in Group P and C):

  - The first position clearly shown by the featured-swimmer that is above the height allowance (per above statement).
  - Example 1: The featured-swimmer starts at the surface in a tuck position. When the acrobatic movement starts lifting, the athlete opens legs and demonstrates an "owl" position above the waist mark and therefore is OK. In that case, "owl" will be Position 1.
  - Example 2: In a Platform, the featured-swimmer is in a pike position underwater. While the construction is lifted up, the featured-swimmer performs a porpoise action to a Bamboo position (completed above waist). In that case, "bamboo" will be Position 1 (and not "box" through which featured-swimmer is passing through during porpoise action).
  - **Note:** In handstands - Position 1 is always Bamboo (the legs of the featured-swimmer can go through (pass-by) "ow" position or through tuck head-down or through box; unless featured-swimmer goes directly to Position 1 from underwater (for example from tuck on a surface legs open to owl or willow position) or legs must move through the "side" owl position (in previous catalogue "Beluga" position) and in this case coach does not need to declare ow as position 1 unless coach wants to declare it as position 1 and of course there must be a "stop-pause" in owl position.

  Group A (also used in Group C):

  - The first position clearly shown by the featured-swimmer in the air, following the take-off position.
  - Example 1: The featured-swimmer 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-swimmer 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



- Positions must be declared in **order of performance**. When a position is clearly shown and is above the height allowance, it **MUST** be declared, and therefore not be skipped.

- Important note:

  In groups B and P there are few exceptions (for declaring position 1 and the 1st type of connection)

  While the construction is rising, the DTC can usually detect that the featured-swimmer for example 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" is in group A, so we do not count this "standing/rising" positioning (transitional to Position 1). DTC will check for how long the featured-swimmer holds the "stand (sd)" position. If more than 2 seconds – it will be a base mark.

  As long as the athlete is still in the process of standing/rising and doesn't hold a position, it would not be required to declare (for example line in group P)

  In addition, the type of connection should be declared as the one where they stand up on 1 leg.

- In regard to positions and type of connection:

  Group B:

  Positions #1 to 7 (he, vs, gl, ba, sa, ne, ey) must be declared with type of connection #5 (FPx), #19 (F1S), #29 (1F1P) and #30 (1F1F)

  We declare type of connection #18 (FS) only when the featured-swimmer remains in a line position from the beginning to the end of the acrobatic movement or when the featured-swimmer clearly stands on 2 legs for the duration of the acrobatic movement

  Group P:

  Positions #1 to 7 must be declared with the type of connections #3, #4, #9, #19, #20, #21 and #23

- Position 2 **MUST** be a different declared position than position 1 or a BM will be applied.

  This means that the same position code can't be declared consecutively, they have to 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 (another ow) = OK

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

  The "written description" always prevails.

  Images are there to show some examples.

  Other variations might be possible as long as they respect the "written description".

- In **group C** (constructions Thr^2F or Thr^Lh or Thr>L)

  if there are two featured-swimmers, position 1 indicates the position of the 1st featured-swimmer (who does balance for example) 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 must be indicated in the bonus for third position ("Pos3").

- When an acrobatic movement shows two featured-swimmers with *different positions* shown at the same time

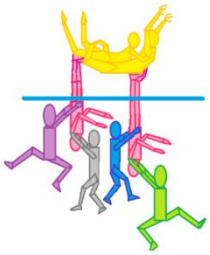
  You have to declare both positions - with position 1 as the one with the higher DD and position 2 with the lower DD

  Can be used (for example) in group C with constructions: Thr+Thr or Sn

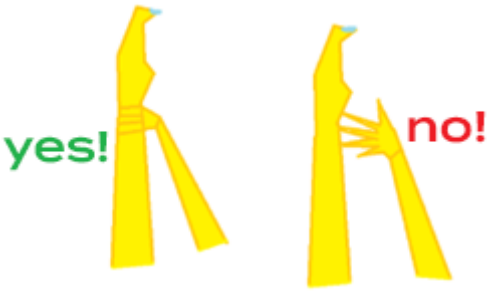
- When an acrobatic movement shows two featured-swimmers with *the same position* shown at the same time

  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-swimmers perform cobra. The coach declares cobra only once.



- If a *hand capture* is required 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.



- **Catch/Capture of the leg**

  Means when there's a leg kick or in a stable position the arm of the featured-swimmer leans to the leg, the featured-swimmer absorbs the kick action into their arm/hand (same arm/hand, opposite or both – as required by description of the position), and executes a "scoop" and "grab" of the leg/s.

  Hand capture (and transition to any hand capture) must happen by the featured-swimmer themself, by their own ability and without the help of support or base-swimmer(s).

- **Opposite arm means:**

  If in the description of a position it is stated that the featured-swimmer 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

  The movement to an opposite arm catch must happen directly – meaning no help from the other arm/hand.

  For the **Glass, Eye, Harp** – the featured-swimmer must catch the "moving/kicking" leg with their opposite arm/hand (right arm/hand to left leg, or left arm/hand to right leg)

  For example: the featured-swimmer stands on their right leg, the left leg moves, performs kick backwards or sideways and then featured-swimmer must catch the left leg with their right arm/hand.

  In **Pin** – the featured-swimmer catches their "back leg" (2 arms blind capture or opposite arm)

  For example, the featured-swimmer sits in split position, with the right leg in front and left leg in the back. The featured-swimmer catches their left leg with their right arm. Or if position is laying on the stomach and the left leg is the one "above the head" (back leg), the featured-swimmer must catch it with the right arm.

  In **Queen** – this position is exceptional.

  For example: the featured-swimmer stands on their left leg, the right leg is in front, vertical and "points upwards", the featured-swimmer arches backwards and catches their "standing" left leg with the right arm

Eye position – OK (elbows forward)	Eye Position – NOT OK (elbow backwards)	Pin position
		

- "Blind catch" or "blind capture": means that the featured-swimmer catches their foot or feet without looking with the opposite arm or both arms. Elbow/s look forward – not backwards - not a "side" capture!)
- If nothing is specified in the written description of the position, the capture can be done with either arm.
- If the value is "O" (zero) in the capture column of the table, it means that a capture is not required but may happen.

Constructions (all Groups)

- The way the base-swimmers hold each other is optional.
- The way the base-swimmers support the featured-swimmer is optional.

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.
- In groups B and P, the base/support-swimmers cannot help the featured-swimmer achieving positions, but they can help/give additional support in platforms while performing the grip (type of connection).

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-swimmer (visible/clear border for detecting rotations)
- Twist can start during a take-off phase (this applies especially to 2-axis rotations in the air)
- In 2 axes rotations in the air (when acrobatic movement includes somersault and twist): the twist can happen at any time in the acrobatic movement (for example: after completing somersault; while rotating in the air; while taking-off etc.)

- Allowance for 360° Twists and more:

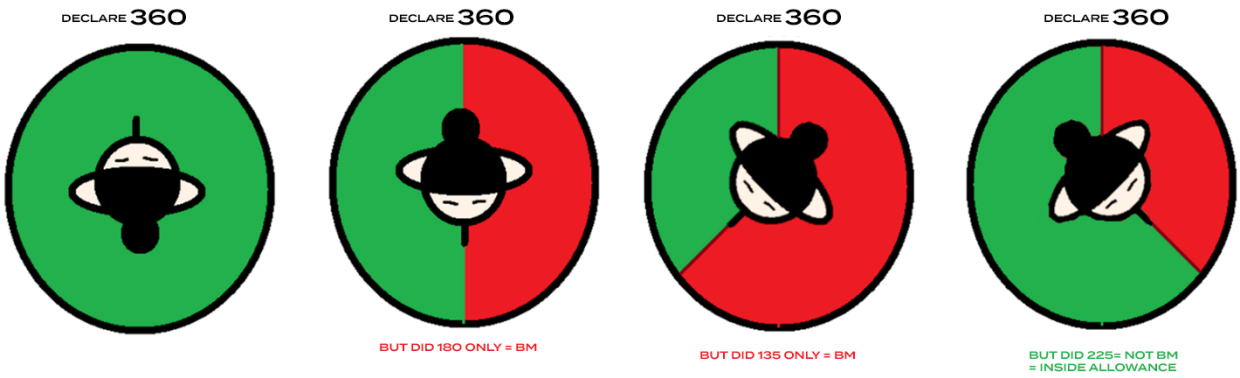
  180° less than declared = Base Mark (note: swimmer can over rotate – you can do more than what is declared).

  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° be the waist level (1 ¾) = Ok

- Allowance for 180° twists:

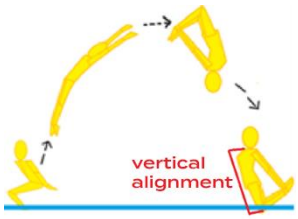
  There is no allowance – performing less than a 180° is a Base Mark.

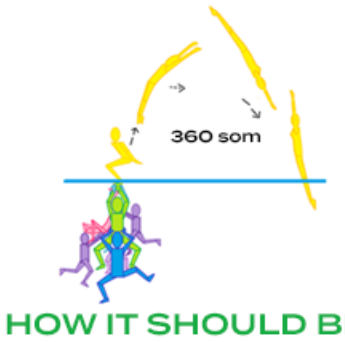


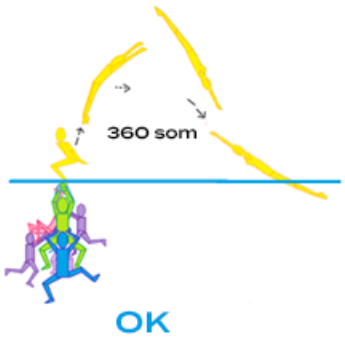
- Important: Twists can be started with legs together (after take-off) or with the fast kick forward action during the take-off phase (before twisting). We do not consider it as a position, regardless of the degree of the kicking leg (the degree of the "kicking leg" can be more than 90°)!

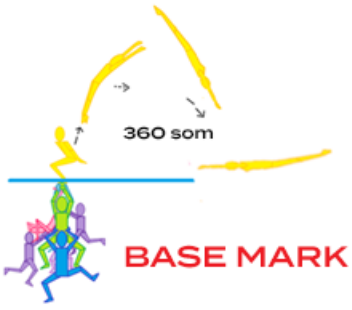
Somersaults (all, including bonuses)

- The number of somersaults is calculated until *the beginning of the submergence* of the featured-swimmer.
- 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-swimmer 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.
- Allowance for **all somersaults** (regular/frontal/two axes, etc.) is **90° less** than declared before submergence = Base Mark (note: swimmer can over rotate – you can do more than was declared).
- *Note: if you are trying a somersault backwards 360o in a flexibility position (for example: Ring), and the athlete can't complete a 360o 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.*
- Technical controller tips: when we speak about rotations in the air, about allowances and how to see if the featured-swimmer 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)









Cartwheels and handsprings (all, including bonuses)

- In **Cartwheels and Handsprings** the same rule as somersaults applies: **90° less** than declared before submergence = Base Mark.

Rotations of the Base (for Group B and C)

- The number of rotations of the construction is calculated until the waist level of the featured-swimmer (visible/clear border for detecting rotations). It must be a "visible" rotation: the support-swimmer turns with the featured-swimmer on top while submerging. It is not just a turn of the body of the featured-swimmer.
- The rotation may start during the ascent.
- Allowances for 360° and more:

  90° less than declared = Base Mark (note: swimmer can over rotate – you can do more than what is declared).

  Example 1: Declared 720o rotation, but only rotated 540o by the waist level (1 ½) = Base Mark

  Example 2: Declared 720o rotation, and rotated 675o be the waist level (1 ¾) = Ok
- Allowance for 180°:

  There is no allowance – performing less than a 180° is a Base Mark.

Rotations of the Base (for Group P)

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

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". If it is the case, it will be stated in the chart.
- When, fly above 2nd formation or fly above lift on heads is declared, it *MUST* be performed (the flying phase) when the featured-swimmer of the second formation (above which the featured-swimmer flies) is at the "positions allowance safe zone" or higher (Waist or Knees).

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

  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-swimmer will be able to complete 2nd position until waist level before submerging. So, the coach declares all "minimum required" components (ie. Construction+ type of connection+ pos 1). The featured-swimmer 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-swimmer will be able to complete 180**°** rotation of the construction respecting the allowances. So, the coach declares all the "minimum required" components (ie. Construction+ type of connection+ position 1 also position 2 (if the coach is sure). The featured-swimmer can still perform the rotation of the construction without risk to receive a base mark.
- Example 3: same acro (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 swimmers are safe to perform the stack 180° rotation of the construction. So, the coach declares all components except the rotation of the construction, but swimmers are still allowed to attempt to do it.

- As you see, the "skeleton" (minimum requirement) is always there: construction + grip + position 1

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 – Not allowed: **A-Sq-Back-pk/2ln-s1** **A-Sq-Back-pk/2ja-s1** ✖
In one routine – this is OK: **A-Sq-Back-pk/2ln-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 – Not allowed: **B-St-1P1P-bb/2ow** **B-St-PP-bb/2ow** ✖
In one routine – this is OK: **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 – Not allowed: **C-Thr>St-Bln-tk-Cs1** **C-Thr>St-Forw-sd/2tk-Cd-Jump** ✖
In one routine – this is OK: **C-Thr>St-Bln-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*

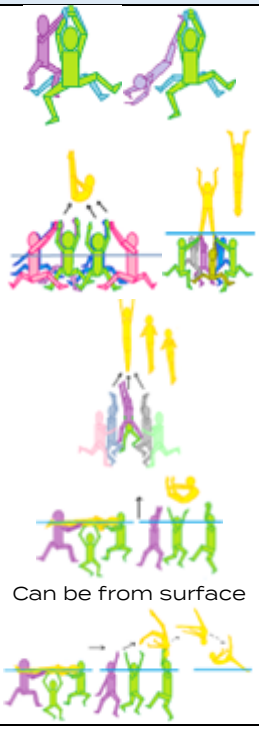
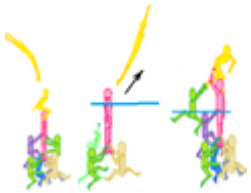
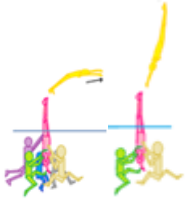
For Group P: Can't repeat the same construction, can't repeat the same type of connection (grip), can't repeat same position/s (as P1 or as P2 with the exception of the third position bonus). Examples:
In one routine – Not allowed: **P-Knees-SP+K-bb/2ow** **P-Knees-3pA-ne** 
In one routine – this is OK: **P-Knees-SP+K-bb/2ow** **P-2S-FA+PF-ne/2ey** 
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.*

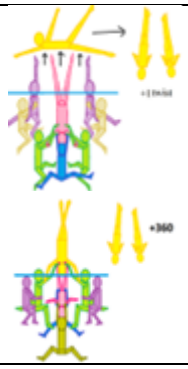
- Q&A Note: P1 and/or P2 limit is applicable to the specific group, but it can be done in others.

  For example: In a Platform, the featured-swimmer performs an owl position, the featured-swimmer can repeat an owl position in another acro of group B.

29.7.1.3 Group A

Component C – Construction

No.	Picture	Name and number of levels	Code	Difficulty of coordinating actions and number of formations	Support: Body position and level of sustainability	Airborne weight	Size of construction/ water resistance	Tempo of acceleration and push (lift/ throw)	Area of support from which featured-swimmer jumps	Total
1	 Can be from surface	Simple jump/throw 2 levels (Note: If in routine of 8 swimmers for example coach decides to do "double acro"- coach divides swimmers in 2 groups of 4 swimmers and declare Thr plus bonus for Double acro if the idea is to perform same/equal acrobatic movement in the same time)	**Thr**	Low 0.1	no 0	1 0.1	Type 1 0.1	fast 0.3	- 0	**0.60**
2	 May have spotter/s	Jump/throw from shoulders (stack type) 3 levels	**Shou**	Med 0.2	High level of sustainability+ low vestibular load 0	1+0.5 0.15	Type 2: 0.15	med 0.2	Med 0.2	**0.90**
3		Jump/throw from hands 3 levels	**Hand**	Med 0.2	High level of sustainability+ low vestibular load 0	1+0.5 0.15	Type 2: 0.15	slo-med 0.1	Extra-Small 0.35	**0.95**
4		Jump/ throw from feet (stack type) 3 levels	**Feet**	Med 0.2	Low level of sustainability+ high vestibular load+ blind connect 0.1	1+0.5 0.15	Type 2: 0.15	slo-med 0.1	Small 0.3	**1.00**

5	 Must have at least 2 people doing basket +1 leg-pusher (support-swimmer) + at least 1 swimmer pushing "leg-pusher" + featured-swimmer = in total 1 featured-swimmer +4 base-swimmers who form Sq construction	Jump from square ("basket") 3 levels	**Sq**	Hard	Head-down swimmer counts as a support (0.2+0.1+0.1)	1+0.5+0.5+0.5	Type 2-3	fast	Big	**1.15**
				0.3	0.1	0.25	0.1	0.3	0.1	
6		Jump/throw from two supports head-up, disconnection and enter the water 3 levels (may have additional pusher head-down or head up)	**2Sup**	Hard	High level of sustainability+ low vestibular load	1+0.5+0.5	Type 3	slow-medium	Med	**1.00**
				0.3	0	0.2	0.2	0.1	0.2	
7		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 sustainability+ high vestibular load. doesn't matter how many supports+ blind connect	1+0.5+0.5	Type 3	slow-medium	Med	**1.10**
				0.3	0.1	0.2	0.2	0.1	0.2	

Notes on Group A Constructions:

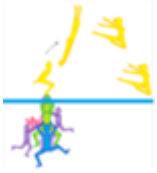
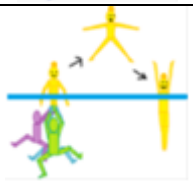
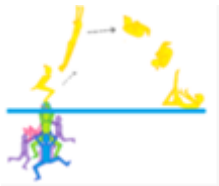
Constructions 6 and 7 can be done with or without a pusher in the middle of the 2 supports. The pusher can be head-up or head-down and may have additional swimmer(s) under for assistance.

When both supports are head-down, they can provide support to the featured-swimmer 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-swimmer, or featured-swimmer can jump from support's shoulders (unless specified).

Component D – Direction

Direction: Defined as the direction of the jump of the featured-swimmer

DIRECTION	CODE	DIAGRAM	VALUE
Upwards The featured-swimmer jumps up (or is thrown in the air by construction) and returns to the same spot they jumped from. The featured-swimmer can execute the entrance into the water or back on the construction.	**Up**		**0.05**
Forwards The featured-swimmer 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**
Backwards The featured-swimmer jumps backwards (or is thrown in the air in this direction by construction) and enters the water behind the construction.	**Back**		**0.10**
Sideways The featured-swimmer 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**
Reverse* The featured-swimmer 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**

**A Health and Safety consideration: 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

Head-up Jumps:

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

- Example 1: If the featured-swimmer 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-swimmer starts a jump forward and continues in the same direction executing a 360o somersault forwards = declare Forwards (Forw)

- Example 3: Jump from a square backwards, the featured-swimmer after take-off turns 180o and starts a 540o somersault forwards. After performing 360o somersault in tuck position, the featured-swimmer opens to a straight body position (ie. Line) while continuing with more 180o 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-swimmer after take-off starts 540o somersault forwards. After performing 360o somersault in tuck position, the featured-swimmer opens to a straight body position (ie. Line) while continuing with one more 180o somersault and enters the water head-first

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

Head-Down Jumps (ie. Throws):

In throws, you must choose the direction where the featured-swimmer is thrown (where it

moves). Exception: If there is a somersault, choose the direction of the rotation instead.

- Example 1: If the featured-swimmer is head-down and thrown backwards, and then starts somersaulting forwards = declare forwards (Forw)
- Example 2: If the featured-swimmer is head-down and is thrown backwards with no rotation= declare backwards. (Back)

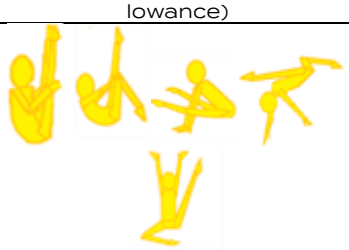
Cartwheels:

The direction is Sideways (Side).

Handsprings:

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

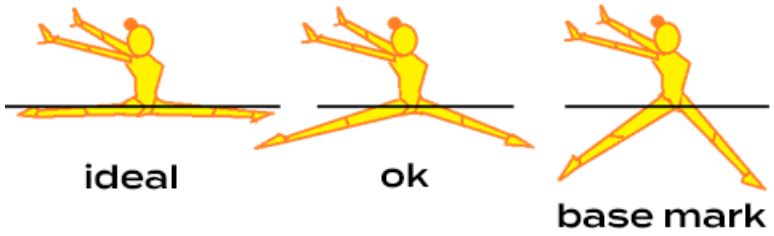
Component P – Position

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	 Important: 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!)	basic **0.10**	***0.05***	**2tk**
			O	O	O			
2	 Important: 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 body position (different from straight or open body, tuck or line) with flexion at hip level of 90 degrees or less (one or two legs sideways or forwards or backwards) Knee(s) may be 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 or 1 significantly (90 degrees) bent leg **ln**	No	-	Misc (straight body, may have small arch in back). Legs can be straight and/or spread in 45 degrees out of vertical line diapason	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)	**0.30**	***0.15***	**2sp**
			O	O	0.3			

ARCHED								
6		Jay **ja**	No	-	Arch in back+1 leg back straight 90 degrees and more	**0.20**	***0.10***	**2ja**
			O	O	0.2			
7	 At least toes of one foot must touch head (or be within 45 degrees as per position allowance)	Ring **rg**	No	Can be with or without hands	Arch (maximum flex in back).	**0.30**	***0.15***	**2rg**
			O	O	0.3			

Regarding the 45 degree position allowance for Split:

- For a "pass" both front and back legs need to be at 45 degrees or higher (ideal and Ok images below)
- If even one leg (front or back) drops lower than 45 degrees (may look more like Knight or Crane), or both legs are lower than of 45 degrees - it's a BM (last image)



Component S – Area of Support

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

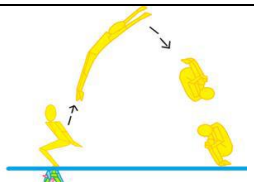
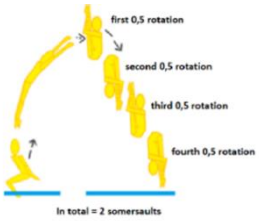
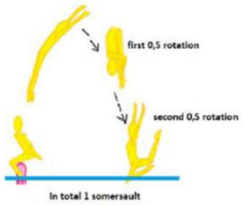
Component R – Rotation of the Construction Base

N/A for Group A

Component T – Plane and Degree of Rotations

- If there's a half somersault/dive (when the featured-swimmer jumps head-up forwards or backwards and after demonstrating a parabola in the air enters the water head-first, or after take-off performs a position or positions and enter the water head-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 in this situation would be counted just as a change of the position and will not be written as dive/half somersault.

How to Calculate Somersault Rotations:

To get value for a "full somersault" the featured-swimmer who jumps head-first needs to enter the water feet-first (after "full" rotations ie 360°, 720°, 1080°). For example: tuck position, straight body positions.	
For "Open" positions or variations of arch positions (Jay, Kite, etc) – the featured-swimmer 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.	

- Notes regarding codes:

  When "forwards" is beside the degree of rotation, it means the direction in which the actual somersault in the air is happening.

  When "straight body" is beside the degree of rotation, it means that the featured-swimmer needs to keep a straight body position from the take-off until the end. A small arch in the back is allowed (as positions have a 45-degree allowance). It is possible to have a small kick action after take-off, which is not declared as a position.

  When "open" is beside the degree of rotation it means for example:

  - 540° somersault + open = 360° in position + 0.5 open to Line Position
  - 720° + open = 540° in position + 0.5 open to Line Position
  - To qualify for "open" the Line position MUST be declared as Position 2 or be performed as the 3rd position bonus AND it must be performed by the knees (head-up) or waist (head-down)

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	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					**0.30**

Sagittal plane (Example: forward somersault) - turns around self - forwards or (Performed in the air)								
Degree of rotation	Code	value	2nd axis	forw	straight body	open	bo-nus	total
180° somersault /dive (any direction)	**d**	0.025	0.025				0.025	**0.075**
180° somersault /Dive + 180° twist (any direction)	**dt0.5**	0.025	0.05				0.025	**0.10**
180° somersault /Dive + 360° twist (any direction)	**dt1**	0.025	0.1				0.025	**0.15**
180° somersault /Dive + 540° twist (any direction)	**dt1.5**	0.025	0.2				0.025	**0.25**
180° somersault /Dive + 720° twist (any direction)	**dt2**	0.025	0.25				0.025	**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**
540° somersault	**s1.5**	0.55						**0.55**
540° somersault forwards	**s1.5f**	0.55		0.1				**0.65**
540° somersault + open	**s1.5o**	0.55				0.3		**0.85**
540° somersault forwards + open	**s1.5fo**	0.55		0.1		0.3		**0.95**
720° somersault	**s2**	0.8						**0.80**
720° somersault + open	**s2o**	0.8				0.5		**1.30**
720° somersault forwards	**s2f**	0.8		0.1				**0.90**
720° somersault forwards + open	**s2fo**	0.8		0.1		0.5		**1.40**
900° somersault	**s2.5**	1						**1.00**
900° somersault forwards	**s2.5f**	1		0.3				**1.30**
1080° somersault	**s3**	1.5						**1.50**

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					0.1	**0.60**
720° side somersault	**f2**	0.7					0.1	**0.80**

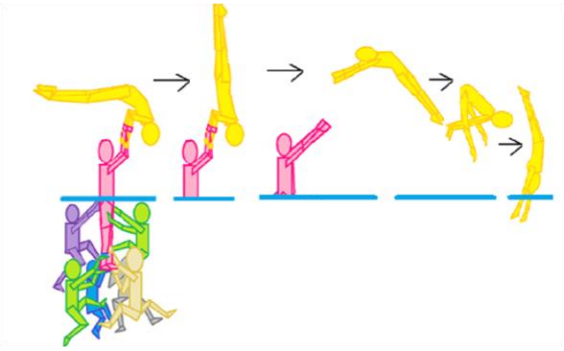
Cartwheels and Handsprings

(part of rotation starts with connection to support) ANY DIRECTION

Usually, starts on a support and partially performed on it. Then featured-swimmer becomes airborne, performs rotation in the air and enters the water (featured-swimmer may keep hand-connection with support until submergence)

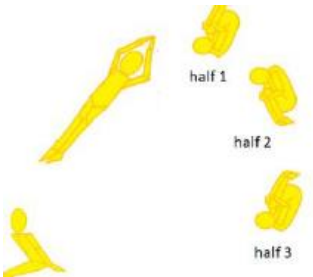
Degree of rotation	Code	value	2nd axis	forw	straight body	open	bonus	total
Cartwheel	**c**	0.1						**0.10**
Cartwheel + half twist	**ct0.5**	0.1	0.025				0.025	**0.15**
Cartwheel + 1 twist	**ct1**	0.1	0.05				0.025	**0.175**
Handspring	**h**	0.1						**0.10**
Handspring + 180° twist	**ht0.5**	0.1	0.025				0.025	**0.15**
Handspring + 360° twist	**ht1**	0.1	0.05				0.025	**0.175**
Handspring + half somersault (dive)	**hd**	0.1	0.025					**0.125**
Handspring + 1 somersault	**hs1**	0.1	0.3					**0.40**
Half-Handspring + 1.5 somersault (with or without opening)	**h0.5s1.5**	0.05	0.4					**0.45**
Half-Handspring + 1 somersault (with or without opening)	**h0.5s1**	0.05	0.3					**0.35**

Example: half handspring + 1 somersault

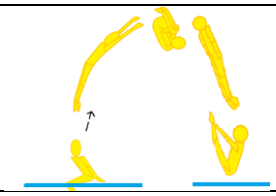
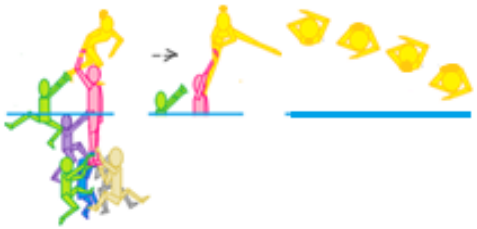
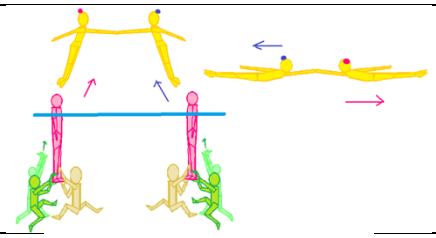
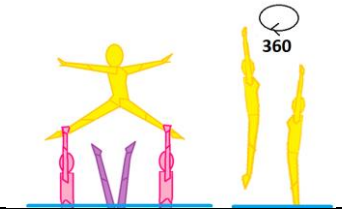


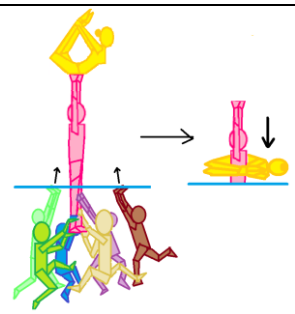
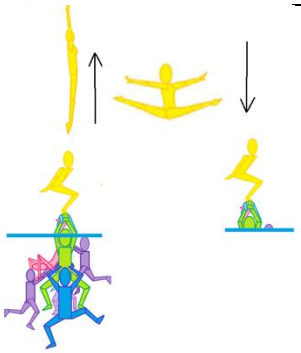
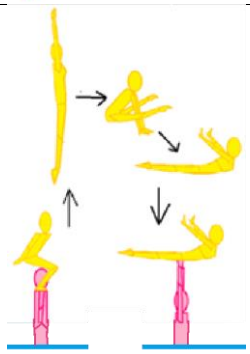
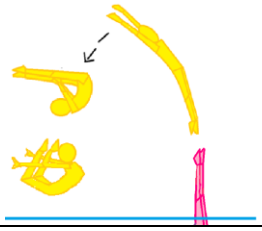
Two-axes somersaults (have additional bonus for using both axes 0,025) (Performed in the air)								
Degree of rotation	Code	value		forw	straight body	open	bonus	total
		som.	twist					
1 somersault + 0.5 twist	**s1t0.5**	0.3	0.05				0.1	**0.45**
1 somersault + 0.5 twist forwards	**s1t0.5f**	0.3	0.05	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**
1.5 somersault + 0.5 twist	**s1.5t0.5**	0.55	0.025				0.1	**0.675**
1.5 somersault + 0.5 twist forwards	**s1.5t0.5f**	0.55	0.025	0.1			0.1	**0.775**
1.5 somersault + 0.5 twist + open	**s1.5t0.5o**	0.55	0.025			0.3	0.1	**0.975**
1.5 somersault + 0.5 twist + open forwards	**s1.5t0.5fo**	0.55	0.025	0.1		0.3	0.1	**1.075**
1.5 somersault + 1 twist	**s1.5t1**	0.55	0.05				0.1	**0.70**
1.5 somersault and 1.5 twist	**s1.5t1.5**	0.55	0.125				0.1	**0.775**
2 somersaults + 0.5 twist	**s2t0.5**	0.8	0.025				0.1	**0.925**
2 somersaults + 0.5 twist forwards	**s2t0.5f**	0.8	0.025	0.1			0.1	**1.025**
2 somersaults + 0.5 twist + open	**s2t0.5o**	0.8	0.025			0.5	0.1	**1.425**
2 somersaults + 0.5 twist + open forwards	**s2t0.5fo**	0.8	0.025	0.1		0.5	0.1	**1.525**
2 somersaults + 1 twist	**s2t1**	0.8	0.075				0.1	**0.975**
2 somersaults + 1 twist +open	**s2t1o**	0.8	0.075			0.5	0.1	**1.475**
2 somersaults + 1 twist forwards + open	**s2t1fo**	0.8	0.075	0.1		0.5	0.1	**1.575**
Straight somersault 1 + 0.5 twist	**ss1t0.5**	0.3	0.025		0.275			**0.60**
Straight somersault 1 + 0.5 twist forwards	**ss1t0.5f**	0.3	0.025	0.1	0.275			**0.70**
Straight somersault 1 + 1 twist	**ss1t1**	0.3	0.05		0.275			**0.625**
Straight somersault 1 + 1 twist forwards	**ss1t1f**	0.3	0.075	0.1	0.275			**0.75**
Straight somersault 1 + 1.5 twist	**ss1t1.5**	0.3	0.125		0.3		0.075	**0.80**
Straight somersault 1 + 2 twists	**ss1t2**	0.3	0.2		0.3		0.1	**0.90**
Straight somersault 1 + 2.5 twists	**ss1t2.5**	0.3	0.25		0.3		0.175	**1.025**
Straight somersault 1 + 3 twists	**ss1t3**	0.3	0.3		0.3		0.225	**1.125**

Example: 1.5 somersault+ 1.5 twist:



Component B – Bonus

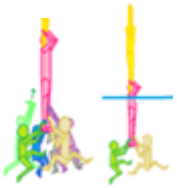
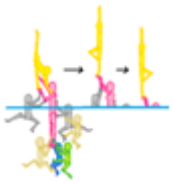
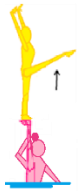
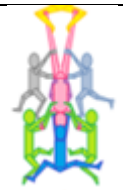
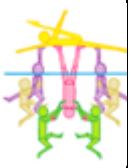
List of additions. bonuses. and risk-elements in Group A				
Code		For Group A:		Value
Dbl		**Synchronized actions for double acrobatic movements** Where swimmers are divided into two groups (separate small constructions. usually, 3 swimmers underwater + 1 featured-swimmer) and who perform identical (equal/same) simultaneous acrobatic movements. Note 1: "Mirror action" is possible – ie constructions face each other and featured-swimmers both jump backwards or to each-other Note 2: The two featured-swimmers may be connected with each other		**0.20**
Pos3		**Third position** This bonus should be declared only once no matter how many positions featured-swimmer will perform after the first and second declared positions.		**0.05**
Can' t be in the same acro! You need to choose 1 of these!	**Grip**	Connection between **2 featured-swimmers from the beginning** of the acrobatic movement and remain connected until submergence		**0.10**
	Conn	Connection between **support and featured-swimmer** (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-swimmers during airborne phase** and remain connected until submergence (connection occurs after take-off) Can only be declared with other 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		**0.15**

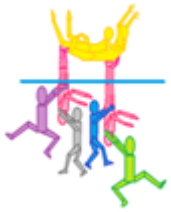
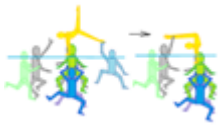
Can' t be in the same acro! You need to choose one of these!	**Hula**	**"Hulahoop" action** Featured-swimmer in ring/jay position enters water with support-swimmer inside the circle (which is made from legs/hands connection of featured-swimmer		**0.30**
	RetSq	"**Return" on the "Square" construction (Sq) after the airborne phase**		**0.60**
	RetPa	"**Return" on support's hands** after the airborne phase, before submergence. Featured-swimmer needs to clearly land on hands of the support. Support needs to be **not lower than waist level**		**0.50**
Feet		**Jump from feet** (feet/feet connect between support and featured-swimmer)		**0.025**

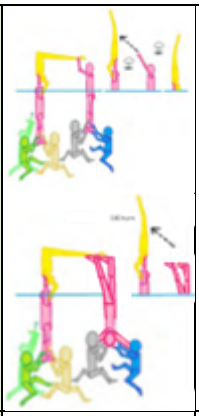
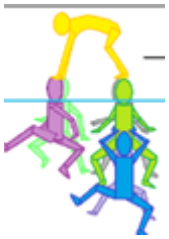
29.7.1.4 Group B

Component C – Construction

Note: *Unless specified otherwise - (the featured-swimmer remains from beginning to the end on support/s or base-swimmers)*

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	Airborne weight	Area of full construction, Proximity between swimmers	Tempo of acceleration and push (lift/throw)	Total
1		Stack (classic) OR Stack + spotter/s (1 or 2 or 3 or 4 or more)	**St**	Med-Hard	High level of sustainability+ low vestibular load	Free body position	1+1	Type 2	Med-fast	**1.00**
				0.25	0	0.1	0.2	0.2	0.25	
										
2		Stack head-down Support in any position also can have spotters (from 1 to 4)	**StH**	Med-Hard	Low level of sustainability+ high vestibular load	Free body position	1+1	Type 2	Med-fast	**1.10**
				0.25	0.1	0	0.2	0.3	0.25	
										

3		Stack 2 head-up supports (f-swimmer remains from beginning to the end on support-swimmers)	**2SupU**	Hard	High level of sustain-ability+ low vestibular load (0.1+0.1)	straight body 1+1	1+0.5+ 0.5	Type 2	big-med	**1.05**
				0.3	0	0.2	0.2	0.2	0.15	
4		Stack 2 head-down sup-ports	**2SupD**	Hard	Low level of sustain-ability+ high ves-tibular load 1+1	straight body 1+1	1+0.5+ 0.5	Type 2	med	**1.30**
				0.3	0.2	0.2	0.2	0.2	0.2	
5		Stack 2 sup-ports (one of them head-down)	**2SupM**	Hard	Combined (1 head-up+1 head-down)	straight body 1+1	1+0.5+ 0.5	Type 2	big-med	**1.15**
				0.3	0.1	0.2	0.2	0.2	0.15	
6		Stack 2 head-down sup-ports+2 fea-tured-swim-mers	**2SupD 2F**	Hard	Low level of sustain-ability+ high ves-tibular load 1+1	straight body 1+ 1	1+1+0. 5+ 0.5	Type 2	med	**1.60** (+0.2 bonus for connection be-tween 2 f.swimmers)
				0.3	0.2	0.2	0.3	0.2	0.2	
7	 Can be done from surface	Simple Lift	**L**	Low	no	no	1+ bonus	Type 1	fast	**0.70** The way base-swimmers hold each-other and/or fea-tured-swim-mers-is optional (can be as combo. of sup-porting on heads and shoulders of the base-swimmers etc)
				0.1	0	0	0.2	0.1	0.3	
					 Can be done from surface		 Lift+ spotters (that joins construction later)			
8		Lift two fea-tured-swim-mers or more (they must form 1 con-struction) and must be con-nected!	**L2F+**	Medium	no	no	2	Type 1	slow-med	**0.80** (+0.2 bonus for connection be-tween 2 or more f.swim-mers)
				0.2	0	0	0.2	0.1	0.1	

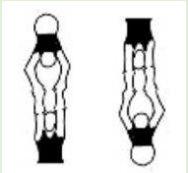
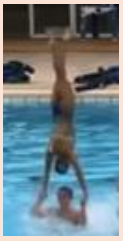
9		"Transitional Stack" (Any 2-stack formation #3-2SupU, #4-2SupD, #5-2SupM, #6-2SupD2F) with discon-nection	**St>**	Hard	Optional	Free body position	1+0.5+ 0.5	Other	small+bo n-us 0.025 FOR TRANS DIS-CONN-ECT AND BAL-ANCE	**1.025**
				0.3	0.1	0.1	0.2	0	0.3+ 0.025	
10	 RISKY!	Lift on heads (only on heads. No options as: on 2 head+on 2 shoulders etc. ON HEADS ONLY!)	**LH** +0.3 bo-nus for head con-nect-ion	Hard	no	No	1	type1	med (+0.3 bo-nus for head connect-ion)	**1.00**
				0.3	0	0	0.1	0.1	0.2+ 0.3	
11	 RISKY!	Lift on heads +2 f-swim-mers (the same "heads rule as in number 10)	**Lh2F** +0.3 bo-nus for head connec-tion+0.1 for con-nect be-tween 2 f-swim	Hard	no	No	2	type1	slow-med (+0.3 bo-nus for head connect-ion)+con n-ect be-tween 2 f.swimmers	**1.10**
				0.3	o	0	0.2	0.1	0.1 +0.3 +0.1	

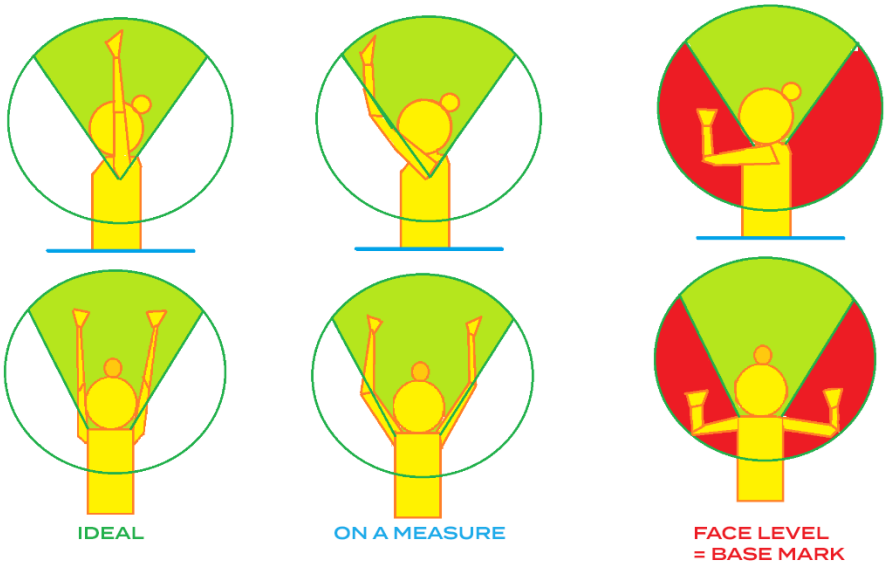
Component D – Direction

N/A for GROUP B

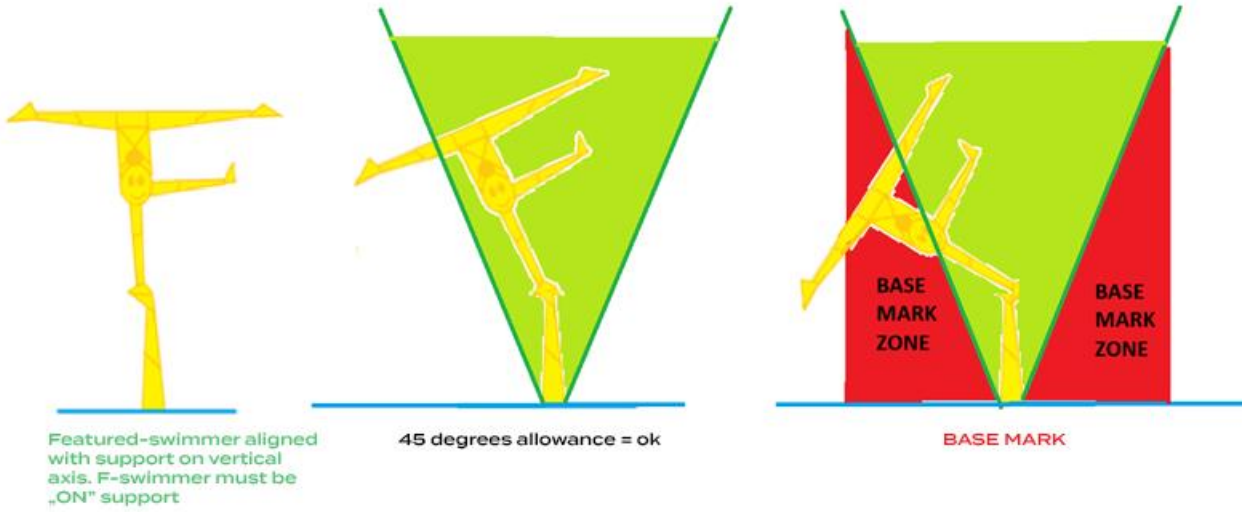
Component S – Area of Support / Type of Connection

- Every handstand type of connection (PP,1P1P, Px1P, PF, 1P1F, PF*) must be performed with straight arms from beginning to the end (submergence of the support swimmer) of the acrobatic movement unless otherwise specified in the description of the grip.
- This applies for both the featured-swimmer and the support-swimmer, with the limit of the **head** (specifically defined as the "face") as the allowance for any slight bending of the arms. **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 swimmer has straight legs and any bending of the legs of the support swimmer is an execution issue
- Arm/s of the support-swimmer must remain within vertical cone ie. 45 degrees (the same rule applies for group C). The same rules for support-swimmers' arms positioning also applies to types of connection: FP, FPx, 1F1P

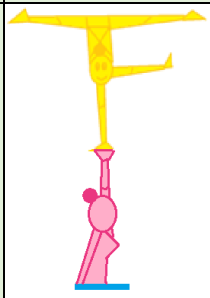
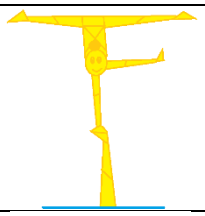
Ok	
BM	

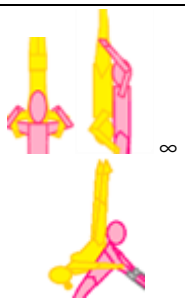


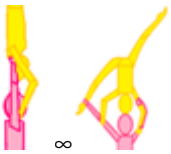
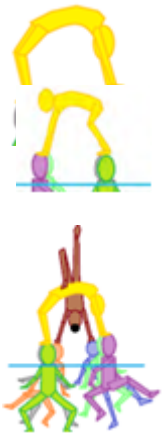
- A **handstand** is the act of supporting the body in a stable, inverted vertical position by balancing on the hands. In a basic handstand, the body is held straight with the arms (close to the ears) with legs fully extended and together, and the hands spaced approximately shoulder-width apart. There are many variations of handstands, all of which require the performer to possess adequate balance and upper body strength.
- When the featured-swimmer with support-swimmer perform 2 types of connection/grips (for example: PP and then Px1P) – you must declare the first one (in our example below it will be PP).
- In handstands in groups B and C when there's a balance in handstand on both or one arm, the featured-swimmer needs to be aligned with the support-swimmer 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-swimmer). The 45-degree cone has a start point at the water's surface from the support-swimmer (and also while the construction is turning). The featured-swimmer must always remain "on" the support.
- ***Note:*** *this rule regarding handstands also applies for Group C bonuses "**Jump**" and "**On1Foot**"*

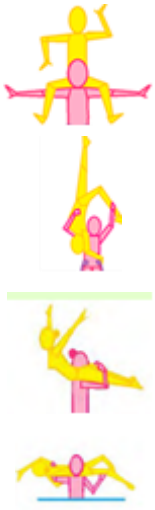


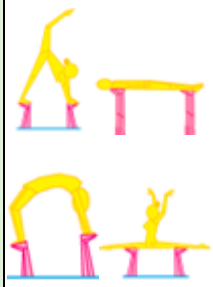
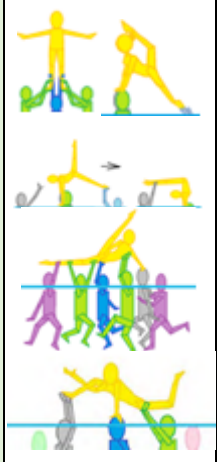
- If you see a symbol ∞ near the picture of the grip – it may be used for the acrobatic movement with the construction "Transitional Stack" (St>) with specified types of connections in group B.

Area of support - Group B									
No.	Picture	Type of Connection	Area of both Supports	Support	Featured-Swimmer	Average	Capture	Bonus/ Deduction	Total
1	 straight arms (both)	1 palm on 1 palm Extra small + Extra small **1P1P**	Extra small + Extra small	1.2 (average for both)			Capture	0.3 - Vertical body on palm -0.2 for stabilization catch un support arm	**1.30**
2		**Featured swimmer stand by foot on 1 palm of the support swimmer** **1P1F**	Extra small+ small	1.2	0.5	0.85	yes	+0.2 ALL BODY ON 1 PALM	**1.05**
3	 straight arms (both)	**Featured swimmer balances on 1 palm on the "XS" type of grip of the support swimmer** **Px1P**	Extra small + Extra small	0.6	1.2	0.9	Capture	0.2 Vertical body on palms!	**1.10**
4	 straight arms (both)	Palms / palms **PP**	Extra small + Extra small	0.6	0.6	0.6	Capture	0.2 Vertical body on palms	**0.80**
5	 straight arms (support)	Feet (featured-swimmer) on palms (support) XS **FPx**	Extra small + small	0.6	0.5	0.55	Capture	+0.15 for power press	**0.70**
6	 straight arms (support)	Feet (featured-swimmer) on palms (support) **FP**	Extra small + small	0.6	0.5	0.55	Capture	+0.15 for power press	

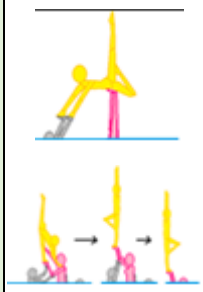
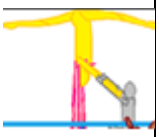
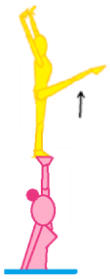
7		Feet (featured-swimmer) on feet (support) **FF**	Small + small	0.5	0.5	0.5	No capture!	+0.1 no hand connection between supporters and featured-swimmer (if in construction there is no "«spotters")	**0.6**
8		Feet (featured-swimmer) on feet (support) with spotter/s **FF/**	Small + small	0.5	0.5	0.5	No capture!	-0.15 for additional spotters help on side	**0.35**
9	 ∞	Palms (featured-swimmer) on feet (support) **PF**	Extra small + small	0.6	0.5	0.55	Capture	- 0.1 for capture with support	**0.45**
10		Lower back touch shoulder blades OF THE SUPPORT (blind connection) **SiSb**	Small + medium	0.5	0.3	0.4	Capture	Minus 0.1 for capture and minus 0.1 for close to support but +0.2 (for blind connection) Touch (not "sit") +0.1	**0.5**
11	 ∞	"Backpack" grip: Back-to-back blind connection **Bp**	Big + Big	0.1	0.1	0.1	Capture	0.2 (for blind connection) - 0.15 for strong "double" hand connection between 2	**0.15**
12	 ∞	Shoulders (featured-swimmer) on feet **ShF**	Small + medium	0.5	0.3	0.4	Capture		**0.40**

13		"Eiffel" grip: Palms on shoulders/ palms on shoulders (it's not a handstand!) **E**	Me- dium/Small+M edium/ small	0.5 0.3	0.5 0.3	0.4	Capture	-0.05 close to center of mass	**0.35**
14		Palm (featured swim- mer) on head (support) + palm / palm **PH/**	Extra small + extra small + help	0.6	0.60	0.6	Capture	Plus connec- tion head 0.15 0.3- all body on palms	**1.05**
15		Lift on 2-4 heads of base-swimmers **LiH**	4 medium supports = big sustaina- bility	0.1	0.1	0.1	Capture	0.2 bonus for head connec- tion	**0.30**
16		All featured-swimmer's body on palms (lay or sit) May have additional connection to support Note: support -swim- mer's arms ABOVE or on a same level with head! **AP**	Extra small + big	0.6	0.1	0.35	Capture (close to support center of mass)	Bonus 0.1 all body on palms; (close to support center of mass) (-0.1)	**0.35**

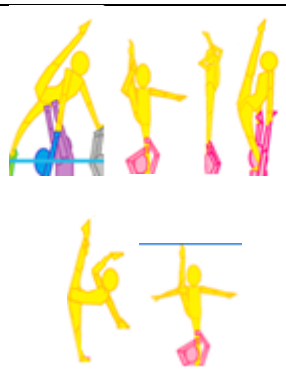
17		Sit or lay on shoulders **SiS**	Medium + big	0.3	0.1	0.2		(close to support center of mass) (-0.1)	**0.10**
18		Feet (featured-swimmer) on shoulders (support) **FS**	Medium + small	0.3	0.5	0.4	Capture by support	-0.3 (for 2 hand capture by support) -0.15 for Stable, not risk connect -stabilization balance (divide by 2)	**0.025**
19		Foot on a shoulder + can have connection with support athlete **F1S**	Medium + Small	0.3	0.5	0.4	Extra help from support	minus 0.3 for extra support (2 hands+leg sometimes)	**0.10**

20		"Lemur" grip Construction 2 support athletes with at least 1 head-up. Featured-swimmer lays, stands, hangs, sits on their hands or in a head-down position (or featured.swimmer holds the shoulders of one of the supports) **Le**	Big + small	0.1	0.5	0.3	Capture	Minus 0.15 for 2 supports	**0.15**
21		"Tower" grip Construction 2 support athletes head-down, f-swimmer lay, stand, hang, sit on their hands or in a head-down position **Tow**	medium + medium	0.3	0.3	0.3		Minus 0.2 for capture +0.025 for feet connect	**0.125**
22		Simple lift (base athletes hold featured-swimmer) Or "Full body" Lift on hands Note: featured-swimmer may support on head/s of the base-swimmers/ spotters **Li**	Small + big	0.5	0.1	0.3	Capture	-0.2 (for 3 or more hands capture by base-swimmers; stable)	**0.10**

23		"Chameleon" grip Construction 2 supports, one of them h-down; featured-swimmer connects to them by stomach, hands and legs (3points) **Ch**	Medium+medium+Small+Small = average	0.3 0.3	0.5 0.5	0.4	Capture	Minus 0.2 for 2 supports	**0.30**
24		Twins Featured-swimmer holds the stomach of support and support holds the pelvis of featured-swimmer Or Featured-swimmer holds the shoulders of the spotter and support holds the pelvis of featured-swimmer **Tw**	Big + big	0.1	0.1	0.1	Capture		**0.10**
25		Lay/Hang on Feet **LayF**	Small+ Big	0.5	0.1	0.3		-0.15 close to the support (center of mass lays exactly on support)	**0.15**
26		Sit on feet or 1 foot of the support-swimmer **SiF**	Extra small 0.5	Med 0.2	0.35			-0.1 for center of mass close to support -0.05 for stability catch	**0.20**
27		Construction 2 support athletes head-up, featured-swimmer 1 leg stays on a head of first support and 2nd leg on palms (near head) **1FH+1FP**	Small+ extra small + Extra small + Small+ help	0.5	0.6	0.55	Capture	Plus connection head 0.2 Minus -0.2 for 2 supports	**0.55**

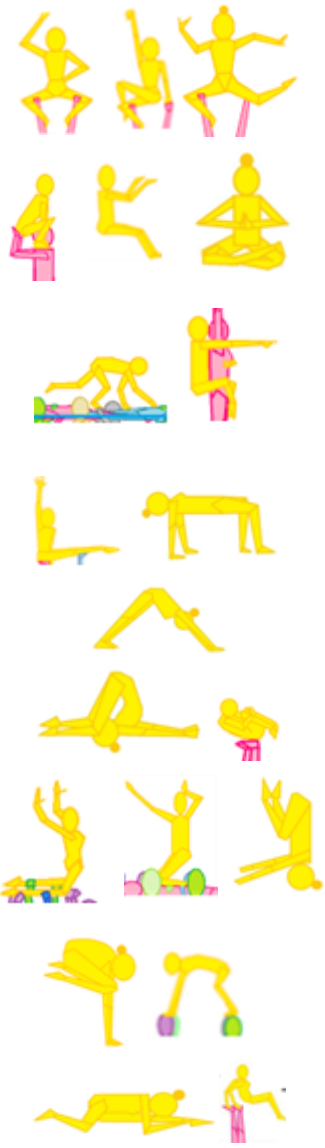
28		Sit, stand or lay on Stack or Stack head-down+ spotter/s **S+**	Small+ Big	0.5	0.1	0.3		-0.25 for spot-ters	**0.05**
									
29		1 foot on 1 palm **1F1P**	Small+ extra small	1.2	0.6	0.85	yes	+0.4 ALL BODY ON 1 PALM	**1.25**
30		1 foot on 1 foot **1F1F** Leg of the support-swimmer on which featured-swimmer balances must be straigh. The leg on which featured-swimmer 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**

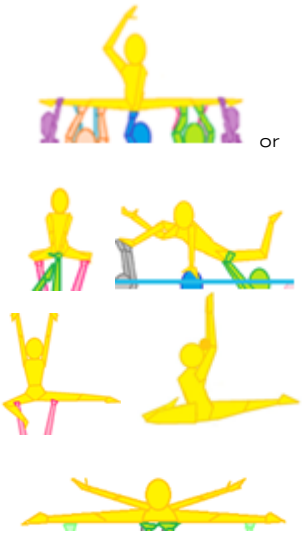
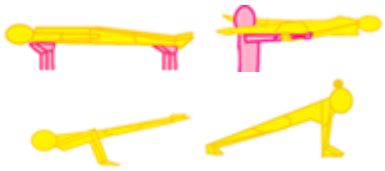
Component P – Position

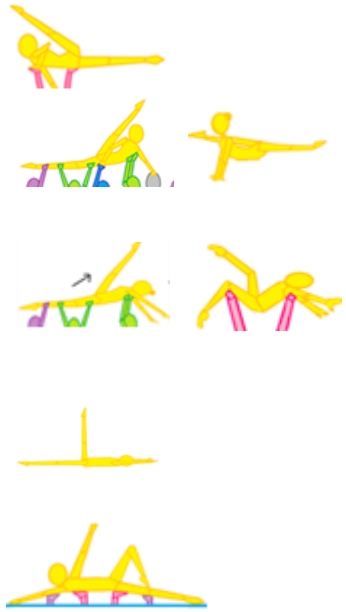
Group B Positions								
No.	**Picture**	**Name and code**	**Vesti-bu-lar load/ Difficulty to bal-ance**	**Presence or absence of a helping hand (capture)**	**Type and level of flexibility+ Devia-tion of torso from inner axis**	**Total**	***Value If Position 2***	**Code for position 2 (level)**
Stand on 1 Leg								
Forwards/Sideways								
1		Heron **he** can be with arch in back	Stand on 1 leg	Can be with or without capture	Leg (thigh) 90	**0.10**	*0.05*	**2he**
			0.075	0	0.025			
2	 both legs straight	Vertical Split **vs**	Stand on 1 leg	Can be with or without capture	Fold (leg forwards or sideways 180)	**0.30**	*0.10*	**2vs**
			0.075	0	0.225			

3	 Must see capture (not just touch) with both arms and opposite arm behind the head OR just 1 opposite arm, also behind the head	Glass **gl**	Stand on 1 leg 0.075	Yes (opposite arm behind head!) or 2 hands one of them behind head or in line with head 0.025	Misc (side 180) 0.3	**0.40**	*0.20*	**2gl**
Backwards (Positions in this subgroup must differentiate from positions "sideways". We need to see hips square, and leg moves backwards!)								
4		Ballerina **ba** can lean forward	Stand on 1 leg 0. 075	Can be with or without capture 0	Arch (leg back 90 degrees and more) May have torso forwards 0.025	**0.10**	*0.05*	**2ba**
5	 Must have leg capture (any arm)	Sail **sa**	Stand on 1 leg 0.075	Must have leg capture (any arm) 0.025	Arch (leg back 90 degrees and more) must have torso forward 90 degrees 0.15	**0.25**	*0.10*	**2sa**
6		Needle **ne**	Stand on 1 leg 0.075	Can be with or without capture (needle special) 0.1	Arch (torso forward 90 or more+180 degrees between legs (both straight) 0.225	**0.40**	*0.20*	**2ne**

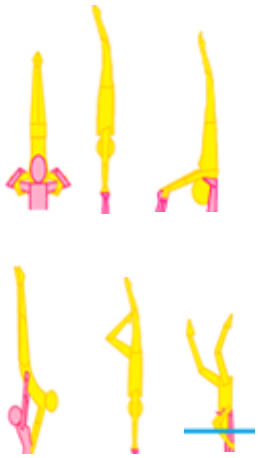
7	 Blind capture required or opposite arm capture (elbow/s look forward - not a "side" capture!) Leg can be on a shoulder	Eye **ey**	Stand on 1 leg 0.075	Yes + blind grip moving leg or opposite arm capture 0.2	Leg backward 135 (0.25) + torso forward 45 (0.1) 0.225	**0.50**	*0.25*	**2ey**
Stand on 2 Legs								
8		Stand **sd**	no 0	- 0	Can have an arch in back 0.05	basic **0.05**	*0.025*	**2sd**

Sit or Lay or Stand (on all 4 or 3)								
9		Monkey **mo**	Sit/Lay/stand	Can be with or without capture	Basic. Free positions where legs are close to centre of mass (ie. Tuck variations, sit positions etc)	**0.10**	*0.05*	**2mo**
			0.05	0	0.05			
10	 Legs straight and torso touches legs	Shrimp **sh**	Sit/Lay/stand	Can be with or without capture	Both legs straight can be together or spread. Torso touch legs (legs are within 45 degrees of the torso incl. the allow-ance)	**0.125**	*0.0625*	**2sh**
			0.05	0	0.075			

11	 or	Split **spl** (can be lay on stomach or back)	Sit/Lay/stand	Can be with or without capture	(90 side + 90 side or Front split) 0.05. must have from knee-to knee alignment of 180 degrees with 45 degrees allow-ance Leg/s might be bent.	**0.30**	*0.15*	**2spl**
			0.05	0	0.25			
12	 Blind capture required	Harp **hp**	Sit/Lay/stand	Must have blind or op-posite arm capture	Must be an ex-tension between thighs *from knee to knee* 180. Leg/s might be bent.	**0.50**	*0.25*	**2hp**
			0.05	0.1	0.35			
13	 Can be also on stomach or on the side	Scissors **sc**	Sit/Lay/stand	-	Straight aligned body	**0.1**	*0.05*	**2sc**
			0.05	0	0.05			
14		Cobra **co**	Sit/Lay/stand	-	Straight body +arching up-to 90 degrees	**0.15**	*0.075*	**2co**
			0.05	0	0.1			

15		Flamingo **fl**	Sit/Lay/st and	Can be with or without capture	Str body +90 (1 or 2 legs bent or straight) and more sideway or for-ward	**0.25**	*0.125*	**2fl**
			0.05	0	0.2			

16		Scorpio **so**	Lay/sit HEAD-UP or head in line with torso/ stand	Can be with or without capture	Str body +leg/s Arch back-ward, 90+	**0.25**	*0.125*	**2so**
			0.05	0	0.2			
17	 Blind capture with 2 legs and 2 arms	Turtle **tu**	Lay	Yes (Blind capture with 2 legs and 2 arms)	Arch In back	**0.35**	*0.175*	**2tu**
			0.05	0.15	0.15			
18	 Blind capture with 1 leg and 2 arms or with opposite arm	Pin **pi**	Lay	Yes 2 arms blind capture or opposite arm	180 between straight legs+ arch in back	**0.6**	*0.3*	**2pi**
			0.05	0.20	0.35			

Head-Down								
19		Bamboo **bb** Can be on 1 hand	Head-down	-	Basic (straight) Allowed: small arch or variation of the legs in 45 degrees from vertical =in-side/within verti-cal cone	**0.15**	*0.075*	**2bb**
			0.1	0	0.05			
20		Box **Bo** Can be on 1 hand	Head-down	-	Legs forwards or sideways. Every-thing between split and 45 de-grees from verti-cal line. Legs can be straight, bent or both.	**0.25**	*0.125*	**2bo**
			0.1	0	0.15			

21		Willow **wi** Can be on 1 hand	Laying/ Head-down	May have capture	90 degrees back arch	**0.275**	*0.1375*	**2wi**
			0.15	0	0.125			
22	 Must have from knee-to-knee alignment of 180 degrees with 45-degree allowance	Owl **Ow** (Any split head-down) Can be on 1 hand	Head-down	May have hand capture	Leg forward 90+back 90 or both legs 90 degrees sideways	**0.3**	*0.175*	**2ow**
			0.15	0	0.15			

Extreme Flexibility (For Advanced Level) Warning/Caution - very risky - May cause injury!								
23	 Blind capture with 2 arms	Drop **dr**	Head-down Stand on 2 legs! 0.15	Yes (blind capture with 2 arms) 0.2	Arch (back almost 180) 0.2	**0.55**	*0.275*	**2dr**
24	 Blind capture with 2 arms or opposite arm	Queen **qu**	Head-down+ Stand on 1 leg 0.25	Yes (blind capture with 2 arms or opposite arm) 0.2	Arch (back almost 180)+1 must have from knee-to knee alignment of 180 degrees with. Legs straight 0.55	**1.00**	*0.50*	**2qu**

Component R – Rotation of the Construction Base

We start counting the rotation of the support-swimmer (ie. Stack or Stack head-down) when the support-swimmer starts turning. Sometimes you can see that the turning starts from underwater while rising and the featured-swimmer lifts her/his leg while the turn is already happening – it's not BM.

Values of the Construction Base in group B						
Type	Degree of rotation					
	90°	180°	360°	540°	720°	To be used with these type of connections
Value* for Stack where: **The support-swimmer is head up and the legs of the featured-swimmer are not at 135-180 degrees throughout the rotation.**	-	**r0.5**	**r1**	**r1.5**	-	#5 - FPx #6 - FP #10 - SiSb #11 - Bp #13 - E #16 - AP #17 - SiS #19 – F1S #24 - Tw #28 – S+ And possible: #29 (1F1P) and #30 (1F1F)
*Support-swimmer with featured-swimmer on top rotates on the vertical axis. OR **In 2 Support construction (# 3 ie.2SupU), one of the supports twirls (or turns more than 180) and featured-swimmer remains connected to both support-swimmers while one of them is rotating**.		**0.10**	**0.20**	**0.30**		
Value* for Stack where the **featured-swimmer stands on 2 feet on the shoulders of the support-swimmer**.		**r0.5/**	**r1/**	**r1.5/**	-	FS connection (#18)
*Support-swimmer with featured-swimmer on top rotates on the vertical axis.		**0.05**	**0.10**	**0.15**		

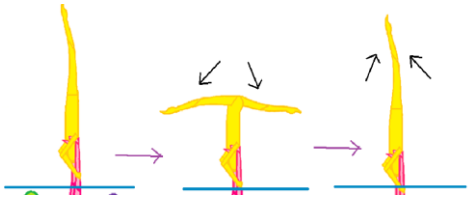
Value* for Stack head-up where **featured-swimmer stands on 1 leg and other one is at 135 to 180 degrees.** Note: the position must be maintained through the whole rotation of the construction (or position 2 must be with equal "leg-position" degree (135-180) to first position (ie Eye, Needle, Sail, Vertical Split to Glass etc). *Support-swimmer with featured-swimmer on top rotates on the vertical axis.	-	**r0.5+**	**r1+**	**r1.5+**	**r2+**	To be used with connections: #19 – F1S #5 - FPx #6 - FP Possible: #29 (1F1P) and 30 (1F1F) only if the leg remains through rotation in 135–180-degree for all 2 or more positions
		0.125	**0.225**	**0.325**	**0.425**	
Value* for Stack where **featured-swimmer is in "Handstand" connections categories.** OR Value for Stack when **Support-swimmer is head-down** *Support-swimmer with featured-swimmer on top rotates on the vertical axis.	-	**r0.5!**	**r1!**	**r1.5!**	**r2!**	Handstands connections: #1 – 1P1P #2 – 1P1F #3 – Px1P #4 - PP #9 - PF #14 – PH/ OR When support-swimmer is head-down in construction #2 (1P1F), and possibly #9 (PF). It will be automatically used for connections: # 7 - FF #8 – FF/ #12 - ShF #25 - LayF #26 - SiF #28 (S+) if support-swimmer is head-down #30 – 1F1F
		0.15	**0.25**	**0.35**	**0.45**	
Value for Lift Big water resistance for base athletes while **all construction** rotates including base-swimmers. Rotation starts from the surface, not from underwater. Note: the same rotation of the construction is possible to happen in group C, while main featured-swimmer fly above rotating lift. In this case TC must see arms of base-swimmers and identify a turn (TC must that the whole formation turns)	**r/L**	**r0.5L**	**r1L**	-	-	To be used with connections: #15 - LiH #22 - Li
	0.40	**0.50**	**0.80**			

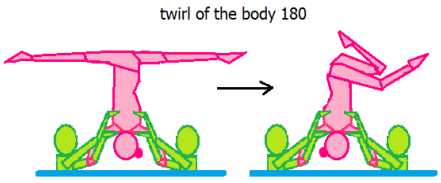
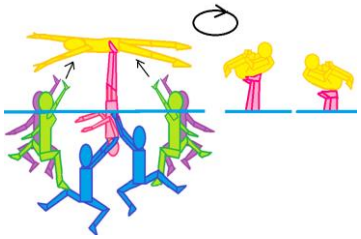
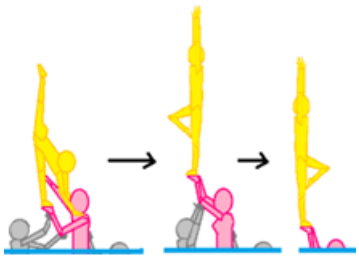
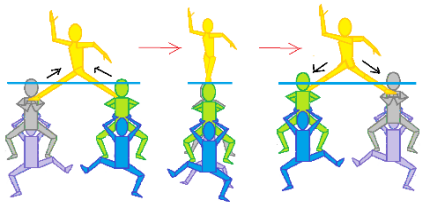
Notes: *The direction (left or right) of the construction's base rotation does not influence the value.* *For the moment, for the grips 20 (Le), 21 (Tow), 23 (Ch) there's no rotation of the construction. In the case where only featured-swimmer rotates without the support-swimmer (for example around self while submerging) you can declare a twirl bonus ie. "**Twirl"*** *Notes for the TC:* **When rotation of the Stack or Stack head-down is declared TCs should look at the turning of the support-swimmer to ensure it is a rotation of the construction base, in addition to the featured swimmer completing the declared rotation until the allowance* **If the support-swimmer is submerged, but you can clearly see that the turning continues – look at the featured-swimmer and make sure the required number of rotations are completed until the allowance (it must not look like a turn of only the featured-swimmer on their own – not connected to the support)* **If the ability of execution is low in height and TCs can't see the support swimmer, TCs should look at the featured-swimmer as per above.*	

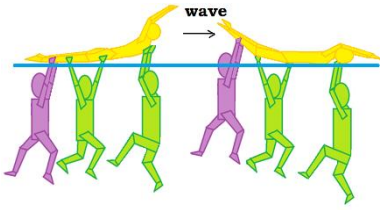
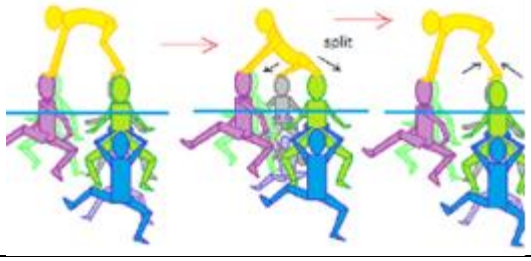
Component T – Plane and Degree of Rotations

N/A for GROUP B

Component B – Bonus

List of additions, bonuses, and risk-elements in Group B			
Code	For Group B		Value
Dbl	**Synchronized actions for double** acrobatic movements		**0.20**
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-swimmer will perform after the first 2 declared ones.		**0.05**

Can' t be in same acro!	**Twirl**	**"Twirl"** of featured-swimmer in group B 180-360 (head-up or head-down). Support-swimmer does not move. Featured-swimmer turns to opposite direction (like in 2-direction twist) if head-down) or rotates on feet or palms of the support (if head-up). Only the featured-swimmer rotates, all other/s (support or base-swimmer/s) stay static (movement is like a ballet dancer on their "pointe shoe")		**0.10**
	RotF	Featured-swimmer **rotates on feet** of support 180-360° The support-swimmer remains in their position (Support remains static!) but the featured-swimmer rotates on their feet without leaving the support **in horizontal plane**. It is NOT rotation of the construction. Featured-swimmer can be on stomach or on a back.		**0.10**
Hold		**Long holding lift** (3 seconds and more) Time starts when featured-swimmer achieves maximum height and ends when featured-swimmer starts submerging When you have rotation of the construction or bonus for moving base lift you can't declare Hold bonus unless it happens separately – ie you complete Hold and then do a rotation or "Mov" Can't be declared at the same time with "Mov" or "Moon" bonus		**0.50**
SdUp		**Stand-up** (lifting torso) from head-down position Example: Needle to Heron		**0.10**
Moon		**"Moonwalk":** Lift-up from split, legs sliding and changing place and opening back to the split on surface Base-swimmers hold legs of featured-swimmer and move underwater to change position of the featured-swimmer. It can either be move of 1 leg, other remains static or moving both legs at the same time. Legs move forwards/backwards.		**0.25**

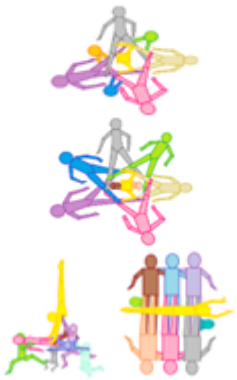
Wave	**"Wave"** movements (featured-swimmer/s must be lifted away from surface)		**0.10**
Mov	**Moving base lift** (base-swimmers move backward and then return) OR Moving base lift (base-swimmers pass through each-other (under featured-swimmer)		**0.30**

29.7.1.5 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-swimmer dives away from platform and support-swimmer make a kick while base-swimmers stop holding him/her and continue the routine).

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 swimmers	Tempo of acceleration and push (lift/throw)	TOTAL
1		Platform (Support straight body) Or with bent knees Or Box construction **P**	Hard	High level of sustainability+ low vestibular load (laying)	straight body	2+ may have bent knees	Type 2	slow-med	**1.00**
			0.3	0.1	0.1	0.2	0.2	0.1	
2A		Straight body with bent knees **Knees**	Hard	High level of sustainability+ low vestibular load (laying)	straight body	2+ may have bent knees	Type 2	slow-med	**1.05**
			0.3	0.1	0.1	0.25	0.2	0.1	

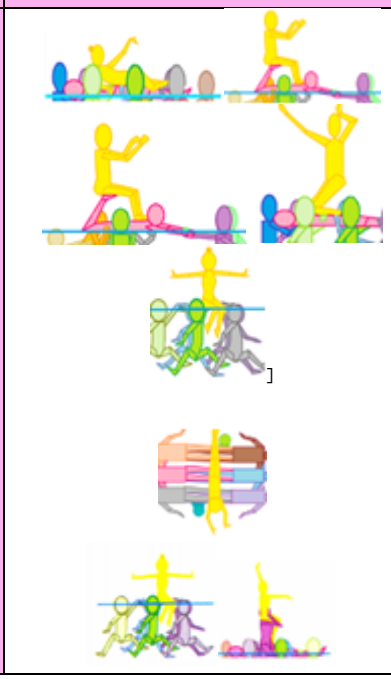
2		Platform (Support Ballet Leg) **B**	Hard	High level of sustainability+ low vestibular load (laying)	leg forward 90 degrees	2+leg straight	Type 2:	slow-med	**1.20**
			0.3	0.1	0.2	0.3	0.2	0.1	
3		Platform (Support Double Ballet Leg) **DB**	Hard	High level of sustainability+ low vestibular load (laying)	leg forward 90 degrees	2+two legs straight	Type 2:	slow-med	**1.30**
			0.3	0.1	0.2	0.4	0.2	0.1	
4		Platform (Support on stomach with bent knees) or in arch "Chariot" **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	
5	 Important: there MUST be base-swimmers under both support-swimmers.	Platform from 2 supports (any variations: straight bodies, 1 or 2 Double or Single Ballet Leg or any combination of above **2S**	Hard	High level of sustainability+ low vestibular load (laying) 1	static straight body or ballet legs?	3	Type 2	slow-med	**1.10**
			0.3	0.1	0.1	0.3	0.2	0.1	
	 Can be 2 supports in Double Ballet leg								
6		Platform "Flower" (3-7 swimmers form a support from legs) + Others are base-swimmers **Flower** Minimum requirement for this acro: 1 base-swimmer+ 3 support-swimmers+ 1 featured-swimmer= total 5 athletes	Med	no	static straight body	4-8	Type 3	-	**1.00**
			0.1	0	0.1	0.8	0	0	

7	 may or may have not base-swimmers	Platform made from hands **Hand** Important may or may have not base-swimmers	Hard	no	no	1	Type 2	med	**0.80**
			0.3	0	0	0.1	0.2	0.2	
8		Platform 4 levels **P4** (4 levels!)	Very-Hard	High level of sustain-ability+ low vestibular load (lay-ing)	straight body	3	Type 2	slow-med	**1.20**
			0.4	0.1	0.1	0.3	0.2	0.1	

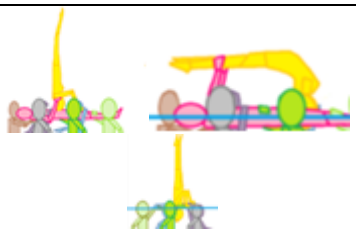
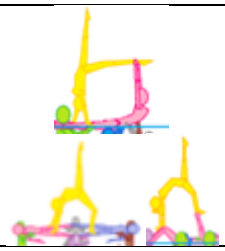
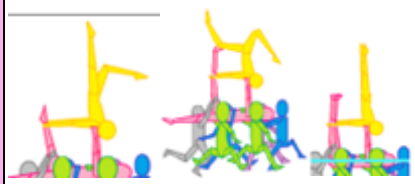
Component D – Direction

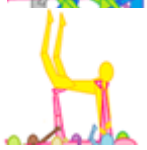
N/A for GROUP P

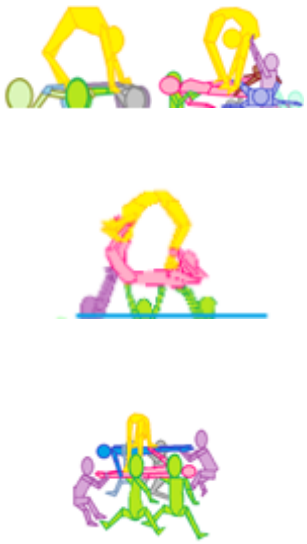
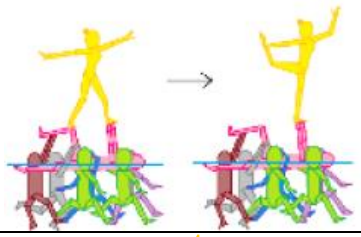
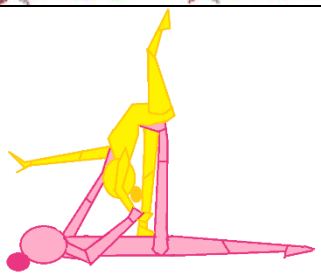
Component S – Area of Support / Type of Connection

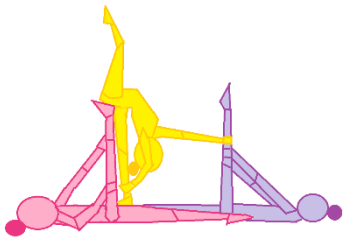
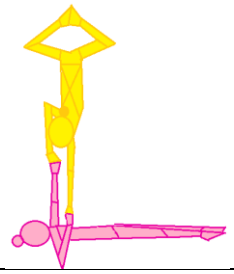
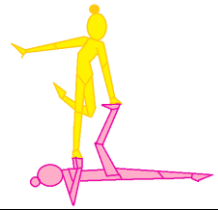
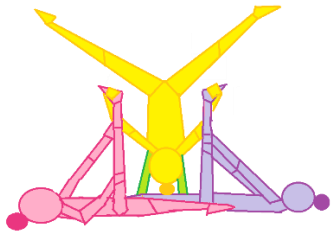
Area of support – Group P								
No.	**Picture**	**Type of Connec-tion**	**Support**	**Fea-turedSwim-mer**	**Aver-age**	**Capture (support/ base holds f.swimmer)**	**Bonus/ Deduc-tion**	**Total**
1		Sit or Lay on straight body also apply: (Sit, Lay, Head-down or stand) on Flower construc-tion **SiA**	Big	Big (legs)		Doesn't mat-ter (can be)	-0.05 to close to support	**0.05**
			0.1	0.1	0.1			

2		Stand (two legs, feet) on straight or arched body or hands or ballet leg/s **F2A**	Big	Medium (2 feet)		Doesn't matter (can be)		**0.20**
			0.1	0.3	0.2			
3		Stand (two legs, or 1 foot) on straight or arched body or hands or ballet leg/s+ blind connect to support **FAb**	Big	Medium (2 feet)		Yes	+blind	**0.30**
			0.10	0.30	0.20	-0.10	0.2	
4		3 POINTS (Stand 1 leg + 2 hands) on straight body/s Or (Stand on 1 leg+ palms/palms connection) **3pA** (can have additional help from base-swimmers)	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		Stand 1 leg on straight body or hands or shoulder **1FA**	Big	Extra small (1 foot)		Doesn't matter (can be)		**0.40**
			0.1	0.7	0.4			

6		Headstand on straight body or Head between legs or Head between hands **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		Shoulders on palms + connect or touch (lay) on bent knees **SP+K**	Small + extra small	Medium (shoulders)		Yes		**0.25**
			0.4	0.3	0.35	- 0.1		
8		Any 3-point connection with straight body bent knees **3pK**	Small	Extra small + small (1 leg/ knee)		Yes		**0.35**
			0.5	0.4	0.45	- 0.1		
9		3 points of support blind connect **3pb**	Big	Extra small+big		Doesn't matter (can be)	+blind	**0.40**
			0.1	0.6	0.3		+0.1	
10		Foot on a ballet leg body + palm/foot (can have additional support with another Ballet.leg/s) **FA+PF**	medium	small (1 foot and 1 palm)		Yes	-0.05 for stability	**0.25**
			0.3	0.5	0.4	-0.1		
11		Shoulders on palms + connect with leg or 2 legs **SP+L**	Extra small	Medium (shoul-ders)		Yes	-0.05 for stability	**0.35**
			0.7	0.3	0.5	- 0.1		
12		Sit on feet or 1 foot+ blind palms/palms **SiF+Pb**	Medium	Medium			+ blind +0.05 for connec-tion	**0.35**
			0.3	0.3	0.3		+0.05	

13		Shoulders on feet+ connect to palms **ShF+P**	Medium	Small		Yes		**0.30**
			0.3	0.5	0.4	- 0.1		
14	   	Sit or Lay on feet (or foot) + palms/palms or sit/lay on feet/foot +shoulders/ palms connection **L/SiF+P**	Small	Medium (bottom or lower stomach)		Yes		**0.30**
			0.5	0.3	0.4	-0.1		
15		4 points of connection **4p**	Medium	Medium (shins)		Yes (double)		**0.10**
			0.3	0.3	0.3	-0.2		
16		Handstand on a big area/s of support (2 palms) Have additional help from base-swimmers **2pA**	Small	Big			-0.025 for base-swimmers help	**0.275**
			0.5	0.1	0.3			

16		Bridge or any 4 "blind" points of support on straight/arched bodies or legs or hand platform (can have extra help from base-swimmers) **4pAb**	Big	Small		Doesn't matter (can be)		**0.30**
			0.1	0.5	0.3			
17		Bridge on a double ballet leg. Featured-swimmer can be facing any way. **Bb**	Small	Small		Yes	**blind**	**0.40**
			0.5	0.5	0.5	- 0.1	+ 0.1	
18		2 points of support on Knees+ palms **2pK**	Small	Medium		Yes (double help)	**-**	**0.20**
			0.5	0.3	0.4	- 0.2		
19		Onto 1 foot on Palms **>F1P**	Extra*2	Small		Yes	-0.15 for transit	**0.60**
			1.2	0.5	0.85	-0.1		
20		3 blind point support on 2S Can be used for construction B **3pBb**	Small	Small/ Medium		Yes	+blind arch capture	**0.65**
			0.5	0.4	0.45	-0.1	+0.3	

21		3 point support on 2S (construction #5) +connect to ballet leg **3pB+b**	Small	Small/ Medium		Yes	blind	**0.45**
			0.5	0.4	0.45	-0.1	+ 0.1	
22		Featured-swimmer performs 1 arm handstand on a palm of platform with additional connection to support-swimmer (leg) **>1P1P/**	Extra*2			Yes	-0.15 for transit	**0.65**
			1.2		0.9	-0.1		
23		Platform holds a featured-swimmer standing on 1 leg on X-small support - palm to foot **1Fxs/**	Extra*2	Small		Yes	Minus for connect to leg	**0.55**
			1.2	0.5	0.85	-0.1	-0.2	
24		Sit on 2 feet (ballet legs) +extra connect to leg of the support with disconnection **On2b**	big	3 feet (small) in average		+dis-connect	Minus for connection to leg in beginning and plus for balance on 2 small areas	**0.40**
			0.1	0.3	0.2	0.1	-0.1 +0.2	
25		Hanging on 2 ballet legs +help from base **2b/**	Extra small	small		Yes	+0.1 for hanging	**0.55**
			0.6	0.5	0.55	-0.1		

Component P – Position

Please use the Position Charts from GROUP B

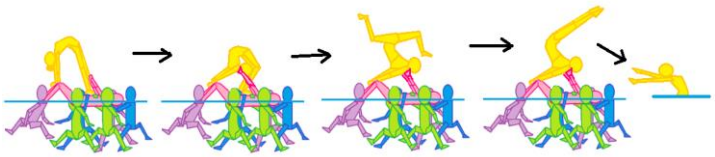
Component T – Plane and Degree of Rotations

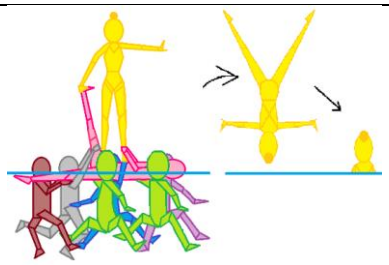
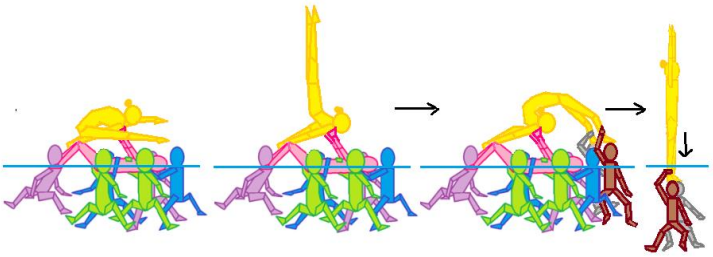
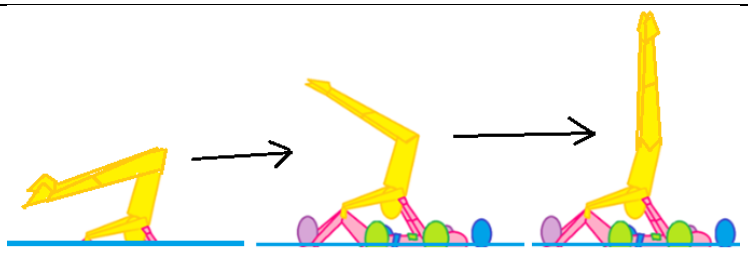
N/A for GROUP P

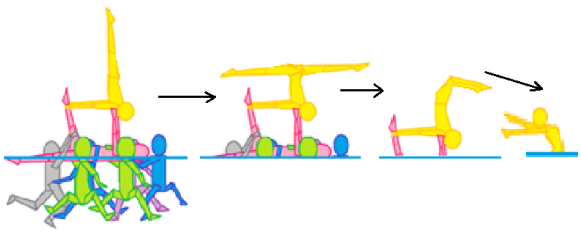
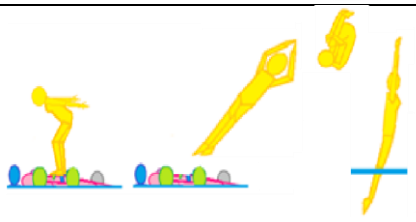
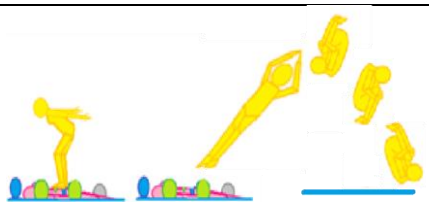
Component R – Rotation of the Construction Base

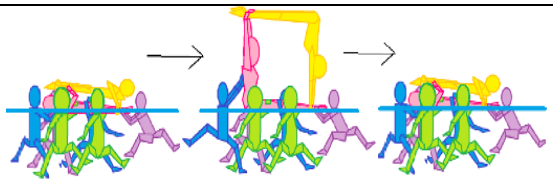
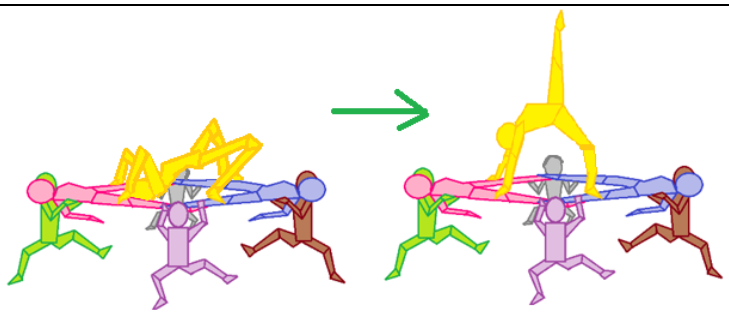
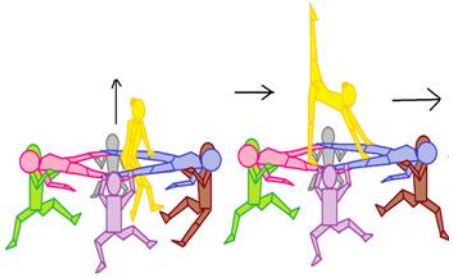
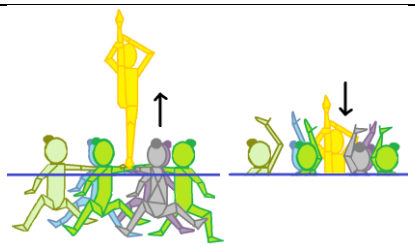
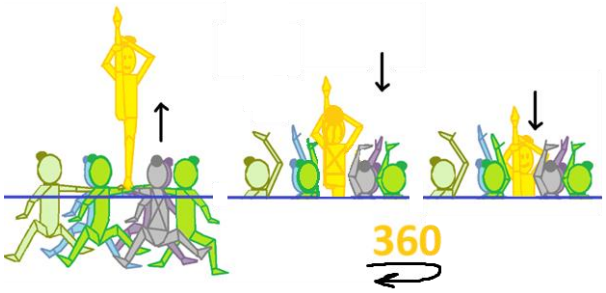
Values for Rotation of the construction base in Group P			
Type	Degree of rotation		
	90°	180°	360°
Value for platform (all construction rotates including base-swimmers) where the **featured-swimmer does not sit or lay on construction**	**Pr**	**Pr0.5**	**Pr1**
The platform is made with a horizontal support-swimmer(s)	0.20	0.30	0.40
Value for Platform (all construction rotates including base-swimmers) where the **featured-swimmer sits/lays on construction**	**Pr/**	**Pr0.5/**	**Pr1/**
	0.05	0.10	0.15
Value for construction **made from hands** (#7 - Hand)	-	**P0.5h**	**P1h**
	-	0.25	0.30
Value for platform made from legs with **2 support-swimmers or more** (constructions #5 – 2S, #6 - Flower)	**Pr//**	**Pr0.5//**	**Pr1//**
	0.30	0.40	0.50

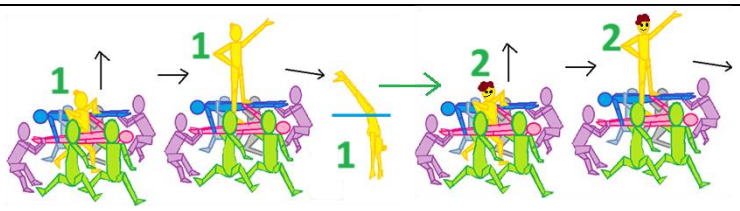
Component B – Bonus

List of additions, bonuses, and risk-elements in group P:			
Code	For Group P		Value
Dbl	**Synchronized actions for double** acrobatic movements Can be facing different directions, but must be at the same time and done the same		**0.20**
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 made from hands**, which are "out of the water" (not on the surface). **Must hold 3 seconds** or more + the whole arm (from shoulder to fingers) = dry		**0.30**

	CH	**Cartwheel or Handspring** ending action after performing actions on a platform and entering the water		**0.15**
	MovHead	**Move from Platform on to 1 or 2 spotter's heads** for finishing acrobatic movement as a Lift		**0.30**
Cant be in same acro!	**Porp**	**"Porpoise"** start-action for featured-swimmer at the beginning of the acrobatic movement to get to the main **(first)** position.	 Porpoise must start in pike position (on a surface or under the water) and finish in Bamboo position to be considered as Bonus. Note: if coach want to do other position as Position 1: featured-swimmer needs to start in this position or go to it "not through Vertical Position (ie. Bamboo)", If coach wants to declare "Box" as position 1: bonus for Porpoise can't be declared, as porpoise require Bamboo to be position 1	**0.15**
	Spich	"**Spichag"** power press-up from Shrimp to Bamboo/or in opposite direction: power-lowering from Bamboo to Shrimp. Can be both variants - declare once! Can happen in any phase of acrobatic movement		**0.50**
	Trav	**Travelling construction** It must be an <u>obvious</u> movement from one spot to another. May start moving from underwater while ascending		**0.20**
	Stand	**After handstand/head-down** position/s featured-swimmer lowers legs on a platform and **stands-up.** **(For example: from Needle to Stand position, or from owl to Stand position)**		**0.10**

Can' t be declared in the same acro! Same allowance rules for somersaults and twists apply in these bonuses	**Dive**	**Dive, Dismount or Half Somersault** at the end of the platform Featured-swimmer performs a dive, dismount or half somersault (may have twist around self while diving) to enter the water		**0.05**
	Ps1	At the end of the platform, the featured-swimmer performs **360° somersault** to enter the water		**0.10**
	Ps1t0.5	At the end of the platform, the featured-swimmer performs **360° somersault + half twist** to enter the water		**0.15**
	Ps1op	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		**0.25**
	CH+	**Handspring with connection**		**0.20**

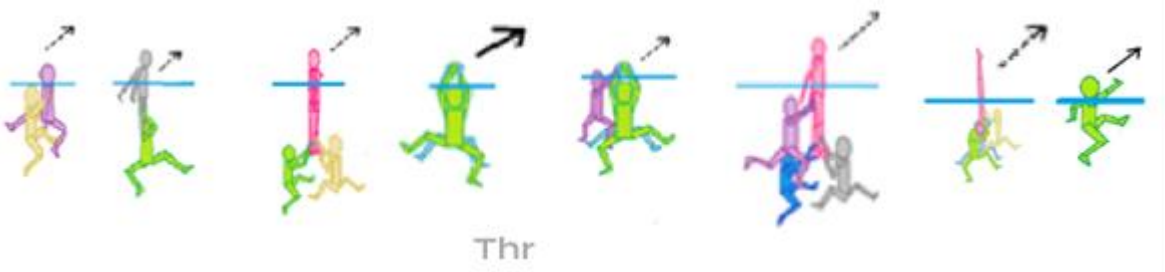
	Roll	**"Roll" on the construction** and/or "rolling" (connected arching- action of platform construction, when featured-swimmer submerges after 90° and support-swimmer follows showing 180° arch-action above surface) entrance in the water **Can't be declared twice! It is a beginning and/or ending action**		**0.20**
	Box	**Lifting in a "Box" and lowering back**		**0.20**
Can' t be in same acro	**Spider**	**"Spider" action** Platform, 2 support formation: featured-swimmer twists in the shoulder and thigh joints and appears from underwater on a construction. This action has flexibility risk factor		**0.075**
	Climb	**Climb** onto the platform from under the water **(inside the construction**)		**0.05**
Can' t be in same acro	**Fall**	**Fast fall down inside** construction		**0.05**
	FTurn	**Fast fall down inside** platform construction **with 360°+ turn (must be completed by waist respecting the allowances)**		**0.10**

Swim	**Change of Featured-swimmer** Coach declares position/s and type of connection of a second featured-swimmer		**0.20**
Arch	From underwater, non-stop transition to a Position 1 Queen (demonstrating a 2nd position head-down is optional) and stand-up back on 2 feet (may have help from base-swimmer)		**0.30**

29.7.1.6 Group C

Component C – Construction

- 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:



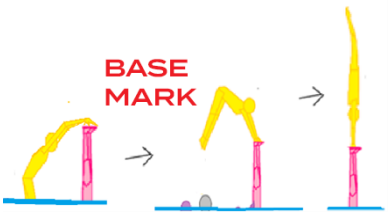
- **Transit** – is a term used when the featured-swimmer is held/supported by the support-swimmer of second formation from the beginning. The support-swimmer "pulls/helps" the featured-swimmer to its own formation. The featured-swimmer may continue their movement and enter the water or remain on the support-swimmer (bonus) .
- **Jump (in group C)** – is a term used when the featured-swimmer is ***not*** connected at the beginning with the second formation. There's a *clear jump* from one formation to another (that is a bonus) and a connection after a flying phase. The featured-swimmer may remain on the support-swimmer (bonus) or continue their movement until entering the water. Declaration is **"Jump"** bonus (onto support) OR if there's a continuing movement into the water (through support) they should declare **"Jump >"**.

- *Example:* Thr>StH (Transit or jump onto Stack head-down from any kind of throw).

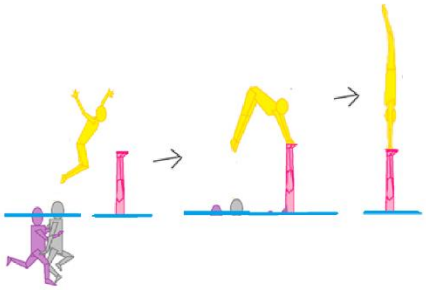
  The coach wants to perform the first phase as a clear Jump. So, the coach adds a bonus **"Jump"** to the acro code. They have to make sure that the featured-swimmer remains on 2nd formation (stack head-down) until submergence. If the coach wants in an acrobatic movement to have an action where the featured-swimmer jumps on the 2nd formation and continues moving into the water (for example it is a handspring), they declare **"Jump>"**. In the case when the coach is not sure if the swimmer will be able to execute the requirements of the bonus Jump or Jump>, the coach can still declare this as Thr>StH but leave the bonus off and be safe of not receiving a Base Mark while still performing the acrobatic as planned.
- ***Note:*** *when Jump is declared in group C, make sure that the featured-swimmer does not perform it as "climbing on". Technical Controllers must see a jump onto the 2nd formation (shoulders and upper chest of the "jumping" featured-swimmer must pass the horizontal invisible line that is on a same level with the feet of the 2nd formation's featured-swimmer and only then connect).*

- ***Note:*** *if the 2nd formation is head-up: the crotch of the "jumping" featured-swimmer must pass the horizontal invisible line that is on a same level with the top of the head of the 2nd formation's featured-swimmer and only then connect.*

- Example of climbing on (Transit) -> Not a Jump:



- Example of desirable execution:

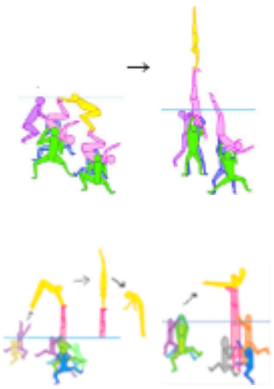
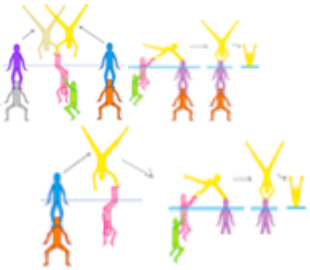
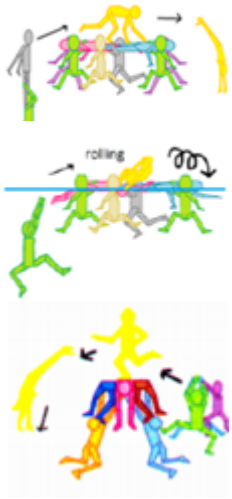


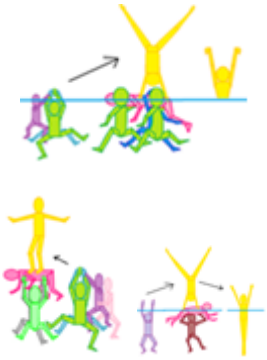
- If the bonus **Jump** is declared: After landing on the second formation, if the featured-swimmer falls from it (any time: immediately after landing, after some time or before submerging) or never lands on 2nd formation (ie. the connection is lost) = Base Mark
- Connections can be "broken" before submergence if not clearly stated that it should remain connected throughout.
- Inside construction code: > means a transit or a jump from one formation to another or from one formation to the water
- **Piked arrow ^** inside construction code: means jump from one formation and fly above another without touching, and entering the water beyond.
- If there is no > at the end of the construction code, it means that you can remain on the 2nd formation or pass through the 2nd formation before entering water.
- If there is a > at the end of the construction code, we **MUST** see a pass through of the 2nd formation and continue to enter the water.
- In group C, constructions have a special number +0.275, which is an "increaser" assigned to have a balance between Main Groups.
- To be considered as part of construction (the part of the whole acrobatic movement, not as hybrid or pair acro), one of the formations (Main Formation) In Group C must:
    - When Stack or Stack head-down is declared:
        - It must contain at least: 1 base-swimmer+ 1 support-swimmer+ 1 featured-swimmer.
    - When a Lift is declared:
        - It must consist of at least: 1 base-swimmer+ 1 featured-swimmer.

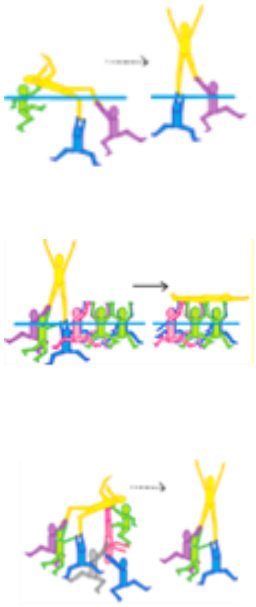
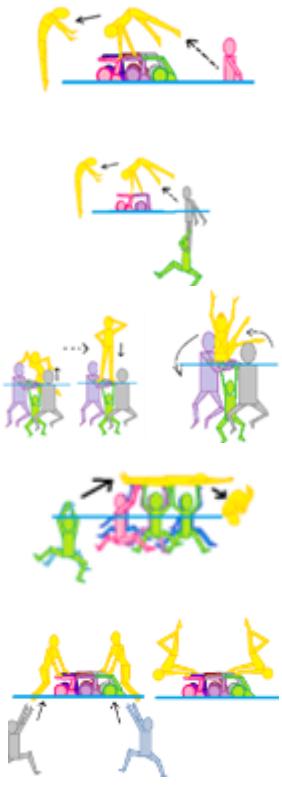
- When platform/s or float/s (1 or more support-swimmers):
  - It must have at least 1 base-swimmer under support/s

- For flying over constructions (fly above 2nd formation or fly above lift on heads is declared), it MUST be performed (the flying phase) when the featured-swimmer of the second formation (above which the featured-swimmer flies) is at the "positions allowance safe zone" or higher (Waist or Knees).

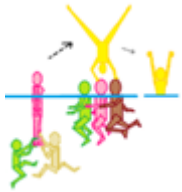
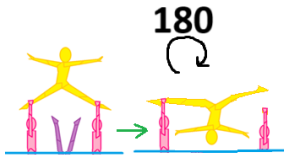
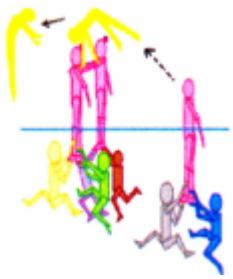
Group C Construction									
#	**Picture**	**Name and number of levels**	**Difficulty of coordinating actions and number formations**	**Support: Body position and level of sustainability**	**Airborne weight**	**Tempo of acceleration and push (lift/ throw)**	**Area of support**	**Bonus**	**Total**
1		Transit or Jump on Stack from any kind of throw **Thr>St**	Med	High level of sustainability+ low vestibular load	1+0.5	Fast/med (0.3/0.2)	Small-med (possible grips: E, PP....)	+0.275 increaser	**1.125**
			0.2	0	0.15	0.25	0.25	+0.275 increaser	

2		Transit or jump onto Stack head-down from any kind of throw **Thr>StH**	Med	Low level of sustainability+ high vestibular load and 1 support is head-up	1+0.5	Slo/med (0.2/0.1)	Small-med	+0.275 increaser	**1.20**
			0.2	0.2	0.15	0.15	0.225		
3		Through: 2 pair (One of them can be head-down) +featured-swimmer Can be transit **Thr>Pair**	Basic	-	1	Med	Med	+0.275 increaser	**0.675**
			0	0	0.1	0.2	0.1		
4		To 2-3 or more floats (swimmers floating on a surface connected to each other) from any kind of throw Can be as transit May remain on platforms **Thr>FF**	Med	High level of sustainability+ low vestibular load (laying) two	1+1+1	Climb/no	big	+0.275 increaser	**1.125**
			0.2	0.2	0.3	0.05	0.1		

5		Any kind of throw on a float (1 support-swimmer is floating on a surface) Featured-swimmer may continue to move and enter the water. Can be as transit. Can continue move-ment. **Thr>F**	Easy	High level of sustainabil-ity+ low ves-tibular load (laying)	1+1	Fast/no	Med-big	+0.275 increa-ser	**0.875**
			0.1	0	0.2	0.15	0.15		
6	 Lift can be on 1,2,3 or 4 heads +combinations ie. 2 heads and 2 shoulders; 1 head and 1 shoulder base	Fly above Lift on heads from any kind of throw **Thr^Lh**	Hard	-	1+1	Fast/ slow-med (0.3/0.1)	Big	+0.3 fly above formation on heads +0.2 lift on head +0.275 increa-ser	**1.575**
			0.3	0	0.2	0.2	0.1		
7	 	Fly above Second formation (lift, pair acro, stack-head-down, stack) from any kind of throw **Thr^2F**	Med	May be	1+1	Fast/ slow-med (0.3/0.1)	Big	+0.2 fly above form-ation +0.275 increa-ser	**1.175**
			0.2	0	0.2	0.2	0.1		

8		Simple lift + «spotter/s» 2 formations of base-swimmers gather under 1 f.swimmer and <u>Option 1</u>: f.swimmer is laying on a surface, one of the base-swimmers' formation push part of the f.swimmers body and they stand-up on a 2nd formation. May remain on this 2nd formation until submergence or continue moving/disconnect and enter the water	Low	-	1	Med/no (0.2/0)	Medium	+0.275 increaser	**0.775**
		<u>Option 2</u>: f.swimmer stands-up as regular lift on the 1st formation with 2nd formation waiting. F.swimmer falls on the 2nd formations' base-swimmer who catch them before submergence. F.swimmer may continue moving/disconnect and enter the water. **L+spot >**	0.1	0	0.1	0.1	0.2		
9		Through formation from hands from any kind of throw/push	Low	no	1	Fast/no	Medium	+0.275 increaser	**0.875**
		Can be as transit. Arms might be on the surface **Thr >hand>**	0.1	0	0.1	0.15	0.25		

10		2 Jumps from throws (2 featured-swimmers in connection with each-other) **Thr+Thr**	Hard	High level of sustainability+ low vestibular load	1+1	med	Medium	+0.1 for connect between 2 featuredswimmers +0.275 increaser	**1.275**
			0.3	0	0.2	0.2	0.2		
11		Snake-type (1 featured-swimmer after showing balance stack becomes airborne in connection/ together with support-swimmer, 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 increaser	**1.175**
			0.2	0.1	0.2	0.2	0.2		
12	 Can be on heads. Position of the balancing featured-swimmer can be different from Bridge.	On lift from any kind of throw with connection! (means there must be a connection between f.swimmer and lift after take-off phase) Can be transit f-swimmer may remain on the 2nd/main formation Thr>L	Hard	-	1+1	Fast/slow -med (0.3/0.1)	Big	+0.275 increaser	**1.075**
			0.3	0	0.2	0.2	0.1		

13		Through 1, 2 or 3 heads from any kind of throw Can be as transit **Thr>head>**	Med	no	1	(0.3/0) Med/no	Medium	+0.2 (bonus for head-connection) +0.275 increaser	**1.075**
			0.2	0	0.1	0.1	0.2		
14		2 mini-Stack (head-up) +spotter (head-up or head-down). Starts as 2 support Stack, after reaching max height f.swimmer is pushed by one of the supports and disconnects to perform actions in the air while keeping connection with 2nd support-swimmer) **2Sup+**	Med	no	1+0.5 +0.5	Med	Med	+0.275 increaser	**1.075**
			0.2	0	0.2	0.2	0.2		
15		Throw onto Small-Square formation **Thr>Sq**	Hard	NO	1	Fast/slow-med (0.3/0.1)	Extra-hard Small	+0.275 increaser	**1.375**
			0.3	0	0.1	0.2	0.5		
16		Transit or jump on 2-Stacks from any kind of throw **Thr>St2**	Med	High level of sustainability+ low vestibular load	1+1+0.5	Fast/med (0.3/0.2)	Small-med	+0.275 increaser	**1.225**
			0.2	0	0.25	0.25	0.25		

Note: *In the acro below, the coach decares Thr>St (Transit or Jump on Stack from any kind of throw). The additional formation between the 2 formations (pushing and main ones) that doesn't take part in acro and does not influence the DD is considered in AI and cannot be declared as bonus!*

Component D – Direction

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

Direction	Code	Diagram	Value
Blind back jump **No connection** between featured-swimmer and main construction before jump	**BIn**		**0.2**

Component P – Position

Use the Position Charts from GROUP A and GROUP B

- If in an acrobatic movement, the featured-swimmer after getting on a "main" formation remains on it - *use table from group B*. Considering as Position 1 – first position in the order after take-off when featured-swimmer gets on support-swimmer/s.
- If a coach uses a Group A position when they should have used a Group B position or vice-versa = Base Mark
- If in an acrobatic movement the featured-swimmer after getting on a "main" formation continues their movement and becomes airborne and later enters the water, use a position from group A. Considering as Position 1 – first position in the order after take-off that is happening in the air (for example: if it's a handspring or somersault use positions from group A)
- **Notes for 2 Featured-swimmers:** In a Combined acrobatic movement (which consists of 2 formations) where 1 featured-swimmer executes and maintains a position (ie lift or stack, stack head-down) it should be calculated in as Position 1 declaration. If the second featured-swimmer jumps above the first formation demonstrating a position, it should be declared as Position 2. All other positions (no matter which featured-swimmer does it) will be considered as a 3rd Position bonus.

- **Note for Construction of the "snake" type**: The rule for 2 featured-swimmers applies. If featured-swimmers perform the same position it is declared once as Position 1. If it is 2 different positions, the position of the first featured-swimmer that appears above the water surface will be declared as Position 1. The second featured-swimmer that originally is the support-swimmer that disconnects and appears after the first featured-swimmer – their position will be declared as Position 2. Group A positions must be used for this type of acrobatic movement.

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-swimmer together (for example: after the featured-swimmers lands on a second formation), unless otherwise specified.
- In group C, in a Stack or Stack-head-down formation we need to see the support-swimmer turning with the featured-swimmer on top (Ariana turn may happen and will be acceptable if TC will recognise that support-swimmer is also turning)

Values for the rotation of the construction base in group C:				
Type	Degree of rotation			
	90°	180°	360°	540°
Value* for **Stack** **If the featured-swimmer AND the Support-Swimmer are NOT in head-down position** (constructions #1, possible #12)	-	**CrO.5**	**Cr1**	**Cr1.5**
**Support-swimmer with featured-swimmer on top rotates around self after landing or reaching max height stop-point*	-	0.2	0.3	0.4
Value* for **Stack** **If the featured-swimmer AND/OR the Support-Swimmer is in head-down position** (constructions #2, possible #12)	-	**CrO.5!**	**Cr1!**	**Cr1.5!**
**Support-swimmer with featured-swimmer on top rotates around self after landing or reaching max height stop-point*	-	0.3	0.4	0.5
Value for **Lift on heads** while **featured-swimmer flies above it** Note: the same rule as in group B (where in Lift construction)- the whole construction rotates. This applies to group C too, where in Lift-formation base-swimmers move to another spot in the water with featured-swimmer on top. (NOT ARIANA turn!!!!!!!) (constructions #6)	-	**CrO.5L**	-	-
	-	0.4	-	-
Value for the **platform** (formation) **after featured-swimmer lands on it** (constructions #4, 5)	-	**CPO.5**	-	-
	-	0.4	-	-
Special rotation for the second formation in **Thr^2F construction (TC look at the rotation of the featured-swimmer)** (constructions #7)	-	**2FO.5**	**2F1**	-
	-	0.25	0.35	-

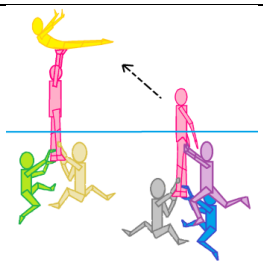
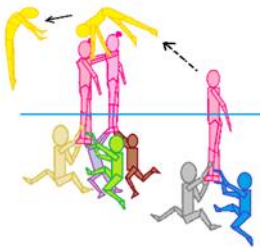
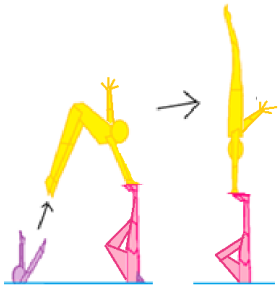
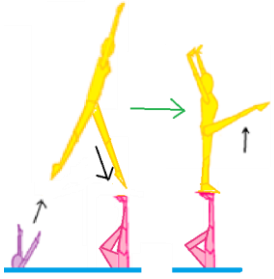
Component T – Plane and Degree of Rotations

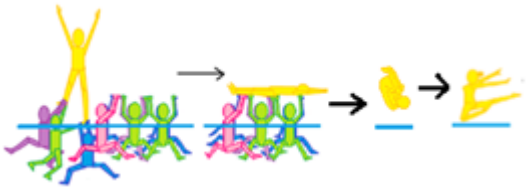
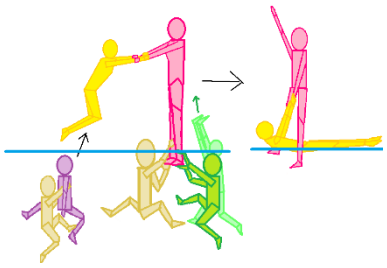
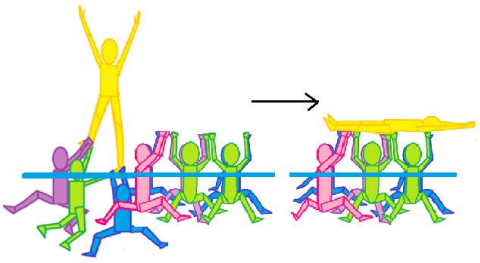
Values for featured-swimmer's rotations in the air			
#	Description	code	value
1	1/2 twist (group C)	**Ct0.5**	0.025
2	1 twist (group C)	**Ct1**	0.05
3	1.5 twist (group C)	**Ct1.5**	0.10
4	2 twists (group C)	**Ct2**	0.20
5	2.5 twist (group C)	**Ct2.5**	0.25
6	3 twists (group C)	**Ct3**	0.35
7	Dive/180 somersault (group C)	**Cd**	0.025
8	1/2 twist + dive (group C)	**Cdt0.5**	0.05
9	1 twist + dive (group C)	**Cdt1**	0.10
10	1.5 twist + dive (group C)	**Cdt1.5**	0.15
11	1 somersault (group C)	**Cs1**	0.20
12	1 straight somersault (group C)	**Css1**	0.30
13	1.5 somersault (group C)	**Cs1.5**	0.40
14	1.5 somersault + open (group C)	**Cs1.5o**	0.60
15	1 frontal somersault (group C)	**Cf1**	0.30
16	1.5 frontal somersault (group C)	**Cf1.5**	0.50
17	2 frontal somersaults (group C)	**Cf2**	0.60
18	Cartwheel (group C)	**Cc**	0.05
19	Cartwheel + 1/2 twist (group C)	**Cct0.5**	0.10
20	Cartwheel + 1 twist (group C)	**Cct1**	0.15
21	Handspring (group C)	**Ch**	0.05
22	Handspring + 1/2 twist (group C)	**Cht0.5**	0.10
23	Handspring + 1 twist (group C)	**Cht1**	0.15
24	1/2 somersault + 1/2 twist (group C)	**Cs0.5t0.5**	0.125
25	1 somersault + 1/2 twist (group C)	**Cs1t0.5**	0.35
26	1 somersault + 1 twist (group C)	**Cs1t1**	0.40
27	1 somersault + 1.5 twist (group C)	**Cs1t1.5**	0.45
28	1 somersault + 2 twists (group C)	**Cs1t2**	0.50
29	1 straight somersault + 1/2 twist (group C)	**Css1t0.5**	0.45
30	1 straight somersault + 1 twist (group C)	**Css1t1**	0.50
31	1 straight somersault + 1.5 twist (group C)	**Css1t1.5**	0.60
32	1 straight somersault + 2 twists (group C)	**Css1t2**	0.65
33	1 straight somersault + 2.5 twists (group C)	**Css1t2.5**	0.70
34	1 somersault + 1 twist + open (group C)	**Cs1t1o**	0.55
35	1 somersault + 1.5 twist + open (group C)	**Cs1t1.5o**	0.65
36	1 somersault + 2 twists + open (group C)	**Cs1t2o**	0.75
37	Handspring + 1 somersault (group C)	**Chs1**	0.25

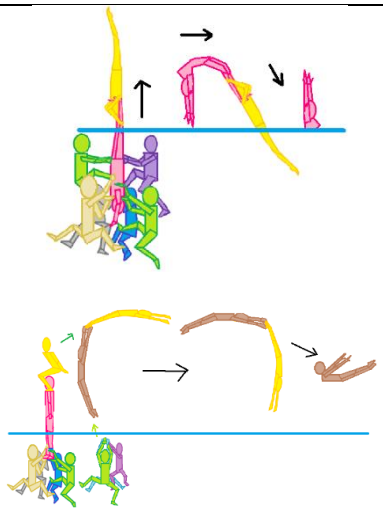
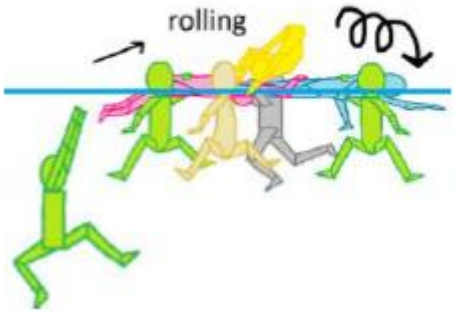
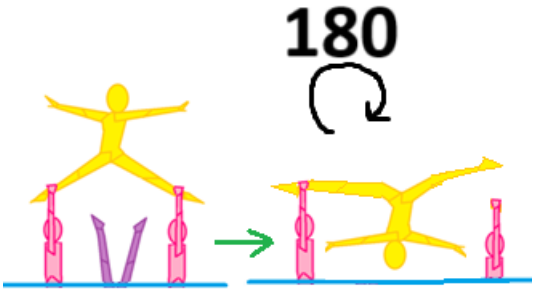
- For Thr+Thr Construction coach declares only one type of rotation in the air of the "second" featured swimmer (not the one that appears from underwater first and leads the jump). TC looks at the one who is "finishing the jump". For example: first featured-swimmer performs a dive, second featured-swimmer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

- In group C, Thr >StH, if featured-swimmer jump head up and lands on the second formation performing handstand position (such as Bamboo etc.) -it is not considered as Dive

Component B – Bonus

List of additions, bonuses, and risk-elements in group C				
	Code	For GROUP C		Value
	Dbl	**Synchronized actions for double** acrobatic movements (from beginning to the end. May have connection between 2 featured-swimmers).		**0.20**
Can't be in same acro	**Jump**	**Jump on Stack** and **remain on it until submergence**		**0.20**
	Jump>	**Jump and pass through the 2nd formation (no connection between f.swimmer and support/s of 2nd formation in the beginning. Connection happens after flying phase (minimal requirement)**		**0.10**
	On1Foot	**Jump from any kind of Throw, onto 1 foot of support-swimmer (2nd formation)** and balance on 1 palm while performing actions.		**0.40**
	1F>1F	**Jump of featured swimming landing with 1 foot onto 1 foot of the support-swimmer (2nd formation**) and balancing on the 1 foot while performing actions. Safety note: for Senior category only, 12U, Youth or Juniors who declare will receive a BM.		**1.50**

	Pos3	**Third position**. Example: at the end of an 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 f.swimmer will perform after the first 2 declared ones.		**0.05**
	Slip	Featured-swimmer **"Slips through"** after **jump** between support's legs (support is head-up) or hands **(can have connection between f.swimmer and support/s of 2nd formation)**		**0.10**
	Bey	"Beyonce fall" (**from lift - blind fall backwards on the other formation made from hands**)		**0.10**
Can't be in same acro	**Run**	**Running on the 2+ backs** (torso of featured-swimmer=vertical) Note: featured-swimmer must step on each declared back (in construction)		**0.20**
	BRun	**"Blind run" on the backs** Featured-swimmer jumps backwards, or jumps turns and then runs backwards, stepping on each of declared backs (in construction)		**0.40**

	Cx	**Connection between 2 featured-swimmers** (may be broken in the end of acrobatic movement before entering water)		**0.20**
	Twirl	**Twirl** of a featured-swimmer Rotation of the featured-swimmer around self to the left or to the right on longitudinal axis (that is done not in the air like twist or somersault)		**0.05**
	C-Roll	"**Rolling" on top of the construction** *Can be declared twice during 1 acro (Rolling- the featured-swimmer, climbs on the support-swimmer, crouches down, places their hands shoulder width apart and hands facing forward. Featured-swimmer tucks their chin to their chest and places the back of their head onto support-swimmer. They then push off the spotter with their legs and rotate over their head onto their back)		**0.10**
	Turn	**Lift up from split (head-up)** + **featured-swimmer disconnects with one of the supports, makes a rotation 180 in sagittal plane** (still in connection with second support).		**0.25**

29.7.2 Pair Acrobatics Catalogue

Pair Acrobatics (for Duet / Mixed Duet only)

General Principles

- A pair acrobatic movement is considered as a lift or a **throw** if the "bottom" (base/underwater) swimmer is *underwater* and lifts/throws the featured-swimmer (upper swimmer/ flyer/performer) up in the air (away from surface). The base-swimmer can lift/throw the featured-swimmer by holding/pushing their legs or shoulders.
- A pair acrobatic movement is considered as a **jump** if the "bottom" (base) swimmer is underwater and the featured-swimmer jumps in the air from the base-swimmer.
- Rotations around oneself (turn, twist) can be performed in any direction. The direction of the rotation does not influence the DD of the pair acrobatic.
- The way of connecting between the base-swimmer and the featured-swimmer is *optional* and does not influence the DD of the pair acrobatic.
- Pair acrobatic DD values should not be compared to team acrobatic values. They are directly related to the duet/mixed duet events.
- The **base mark** for all types of pair acrobatics is **0.10**.
- When **travelling** is stated in the code and description it means *visible travel* from one spot to another of the base (pushing/support/underwater) swimmer with featured-swimmer supported on top. It must be obvious "visible" moving across the water's surface!
- When **"crashing"** is *not* mentioned in the code and the description but it happens – it is a Base Mark.
- When "**airborne**" is stated in the description of the pair acrobatic movement, it means that the featured-swimmer must *be disconnected from the base-swimmer 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:

  The "written description" always prevails.

  Images are there to show some examples.

  Other variations might be possible as long as they respect the "written description".

- For the clear verification of a pair acrobatic movement by the TCs:

  It is recommended to hold a **lift** movement ("L or L!") for 1-2 seconds and to lift the featured-swimmer by the arms.

  If it's a **Throw ("**W") or a **Jump** ("J)", a disconnect should be clearly seen. The featured-swimmer must be completely in the AIR (top of the head and toes must be above the surface at the same time). It is recommended to push the featured-swimmer by the feet.

  - If you can't achieve a clear disconnection with the featured-swimmer completely airborne, you must declare a lift instead (and not a Throw "W" or a Jump "J").

  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-swimmer should hold the featured-swimmer for 1-2 seconds and then the featured-swimmer rotates 360°. The base-swimmer can help the featured-swimmer to not descend very fast with their support OR disconnect during the descent.
  - In contrast: if it's a Throw legs-up with 180° rotation ("W!rO,5"): the base-swimmer needs to accelerate and push up the featured-swimmer in the air and disconnect. We must see the featured-swimmer completely out of the water (top of the head to toes) and then rotate 180° before the knees while submerging.

- 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!frO.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

Allowances

For Somersaults:

- **90° less** than declared = Base Mark

  If you declare a somersault 360° but the featured-swimmer rotates 260°, this would be a Base Mark, but if the featured-swimmer rotates 300° you are ok.

- 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-swimmer 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-swimmer 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-swimmer is submerged (or more) and then he/she just lifts up the head with top of shoulders- it's a Base mark

- The featured-swimmer can over-rotate (you can do more than you declared)

  For example: if you declare a somersault 360° but the featured-swimmer does 400° (or even 540°), this is ok.

  Another example: If the featured-swimmer performs a jump head-up with a somersault 270**°,** it's not a complete 360° and cannot declare a "Js1B" (90° less = Base Mark). You can instead declare a Jump-Dive "Jd" and stay inside "the rule of allowance" because you can over-rotate as long as you "pass" the required number of rotation(s).

For Twists:

- For **Head-Down Lifts or Throws**:

  We calculate the number of rotations until above the **knee(s) (knee caps must be visible)** of the featured-swimmer. The featured-swimmer must not be below the knee caps!

- For **Lifts and Jumps that are head-up**:

  We calculate the number of rotations until the **waist level** of the featured- swimmer.

- For **360° declared twists** and more:

  180° less than declared = Base Mark

  - Meaning if you declare 360° but the featured-swimmer rotates 170° to waist (if head-up) or to knee level (if head-down), this would be Base Mark. But if they rotate 200°, it is ok.

- For **180° declared twists**:

  There is **no allowance** – performing less than a 180**°** is a Base Mark. It must be done precisely (or more).

- The featured-swimmer can over-rotate. It is allowed to do more before height allowance (waist/knee), but not less!

Lift head up clarification

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

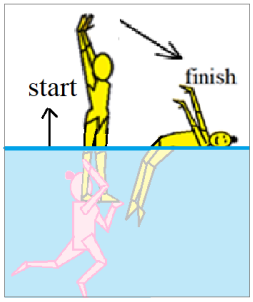
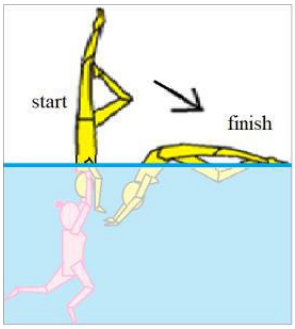
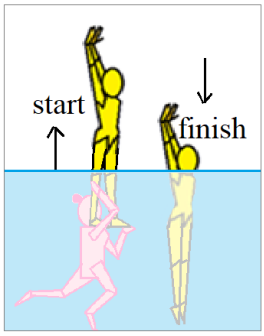
In this image (below on left), the featured-swimmer goes head-up, lifts their legs up and then crashes on the surface. Another example: in the image (below on right), the featured-swimmer is lifted straight up and then submerges.

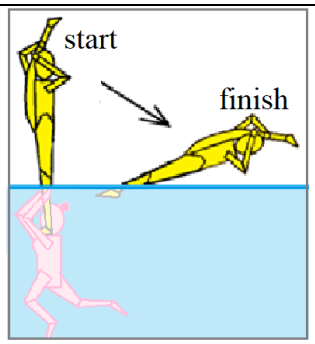
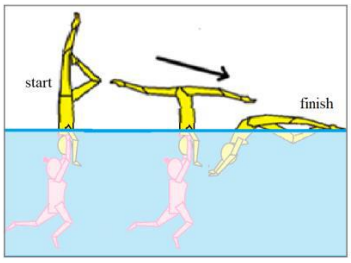
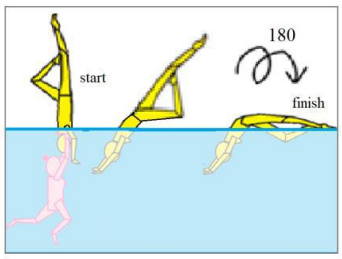
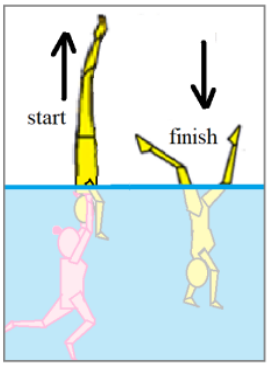
However, these 2 types of movements pictured below are considered as Pair Assist (and therefore are Transitions):

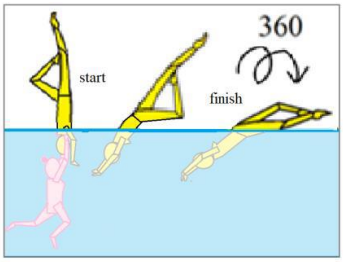
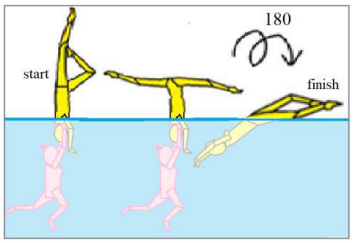
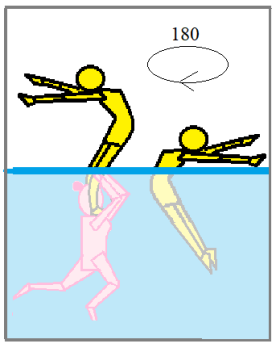
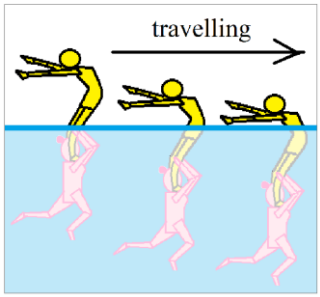
Flexibility Positions:

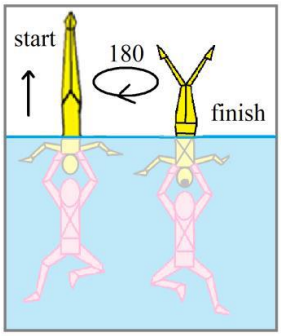
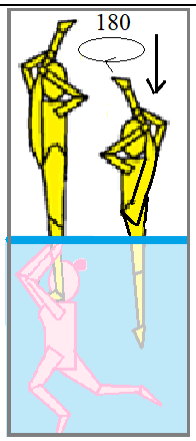
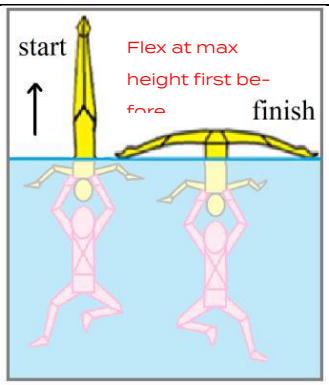
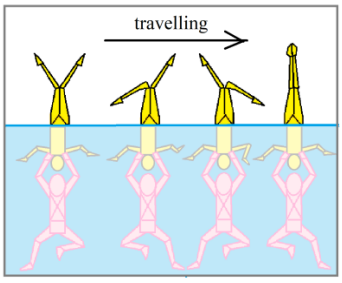
- Flexibility Positions allowed are:
    - Splits and Over-splits (or variation where back leg is bent so toes touch the water. It is possible to bend forward the leg a little bit, but there must be a clear flexibility demonstrated (180° between knees is desired)
    - The following positions (as defined in Group A/B of the acrobatics catalogue):
        - Vertical Split / Glass / Eye positions (refer to Group B in the Team Acrobatics Catalogue)
        - Knight like in figures (where thigh is 90° back and leg is bent so toes touch the water), or any variation of the "Willow" position from Group B of the Team Acrobatics Catalogue
        - Ring (arch with toes touching or close to touching the head)

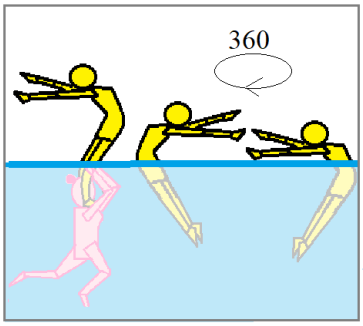
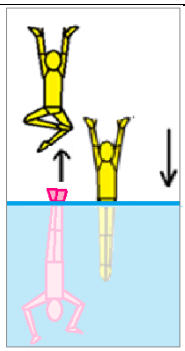
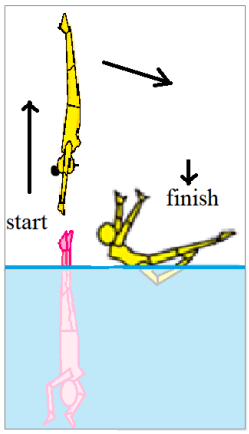
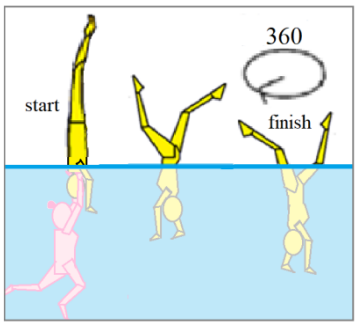
Pair Acrobatic Table:

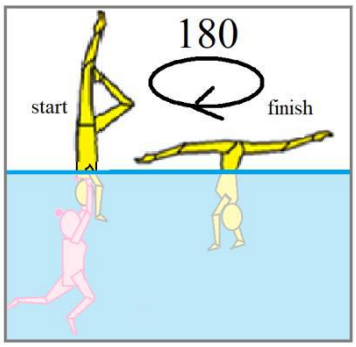
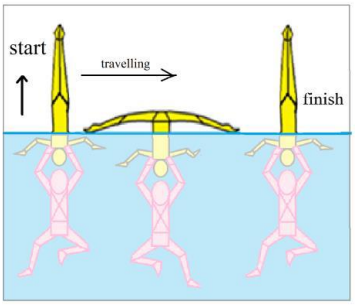
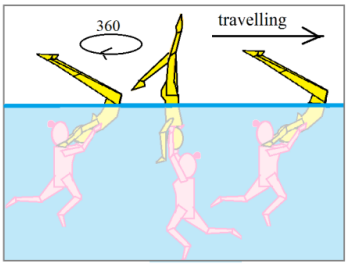
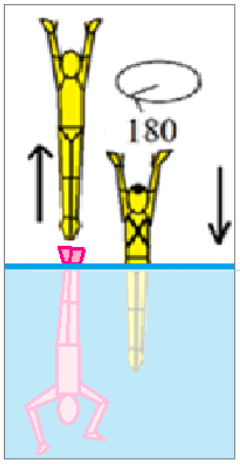
#	Name and code	Diagram	Description	DD of the Pair Acro	Total DD (with Base Mark)
1	Lift head-up with crashing **L»**		One swimmer remains under the water and lifts another swimmer who performs actions above the water at maximum height. When the bottom swimmer pushes and releases support the upper swimmer "crashes" (falls) on the surface. Crashing - means that after the main phase of the lift the upper (visible) swimmer does not submerge, but instead falls on the water's surface.	**0.10**	**0.20**
2	Lift legs-up with crashing **L!»**		One swimmer remains under the water and lifts another swimmer (position head-down) who performs actions above the water at maximum height. When the bottom swimmer pushes and releases support the upper swimmer "crashes" (falls) on the water's surface.	**0.20**	**0.30**
3	Lift head-up **L**		One swimmer remains under the water and lifts another swimmer who performs actions above the water at maximum height. When the bottom swimmer releases support the upper swimmer submerges under the surface of the water.	**0.40**	**0.50**

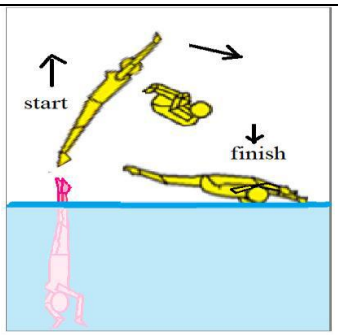
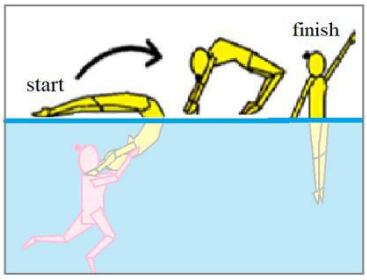
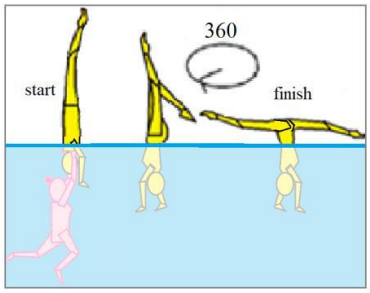
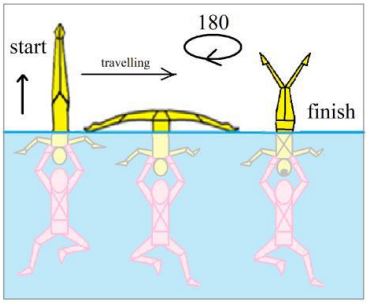
4	Lift head-up with flexibility and crashing **Lf»**		One swimmer remains under the water and lifts another swimmer, who demonstrates flexibility position/s (split variations, ring, etc.) above the water at maximum height. When the bottom swimmer releases support the upper swimmer submerges under the water.	**0.40**	**0.50**
5	Lift legs-up with flexibility and crashing **L!f»**		One swimmer remains under the water and lifts another swimmer (position is head-down), who demonstrates flexibility position/s (split variations etc.) above the water at maximum height. When the bottom swimmer pushes and releases support the upper swimmer "crashes" (falls) on the water's surface.	**0.40**	**0.50**
6	Lift legs-up with crashing and rotation 180° **L!rO.5»**		One swimmer remains under the water and lifts another swimmer (position is head-down), above the water at maximum height. When the bottom swimmer pushes and releases support the upper swimmer simultaneously "crashes" (falls) on the water's surface while rotating 180 around themself. Note: the rotation may also occur during the "maximum height" phase or while ascending.	**0.40**	**0.50**
7	Lift legs-up **L!**		One swimmer remains under the water and lifts another swimmer (position is head-down) who performs some actions above the water at maximum height. When the bottom swimmer pushes and releases support the upper swimmer submerges under the water.	**0.60**	**0.70**

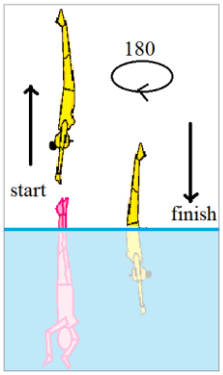
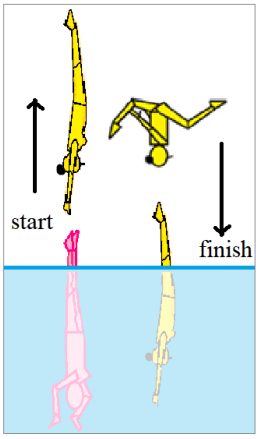
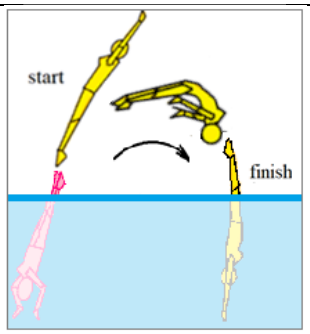
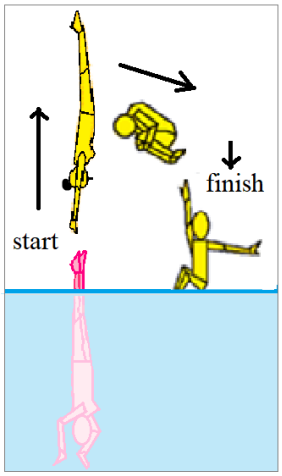
8	Lift legs-up with crashing and rotation 360° **L!r1»**		One swimmer remains under the water and lifts another swimmer (position is head-down) above the water at maximum height. When the bottom swimmer pushes and releases support the upper swimmer simultaneously "crashes" (falls) on the water's surface while rotating 360° around themself. Note: the rotation may also occur during the "maximum height" phase or while ascending.	**0.60**	**0.70**
9	Lift legs-up with crashing, flexibility and rotation 180° (turn) **L!frO.5»**		One swimmer remains under the water and lifts another swimmer (position is head-down) who demonstrates flexibility position/s (split variations etc.) above the water at maximum height. When the bottom swimmer pushes and releases support the upper swimmer simultaneously "crashes" (falls) on the water's surface while rotating 180° around themself. Note: the rotation may also occur during the "maximum height" phase or while ascending.	**0.60**	**0.70**
10	Lift head-up with 180° rotation **LrO.5**		One swimmer remains under the water and lifts another swimmer who performs actions above the water at maximum height. When the bottom swimmer releases support the upper swimmer 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**
11	Sustained lift head-up with travelling **SL>**		One swimmer remains under the water and lifts another swimmer sustaining the lift for 3 seconds or more while travelling. The upper swimmer performs some actions above the water at maximum height and when the bottom swimmer pushes and releases support the upper swimmer submerges under the water.	**0.80**	**0.90**

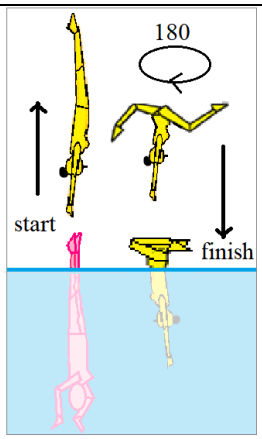
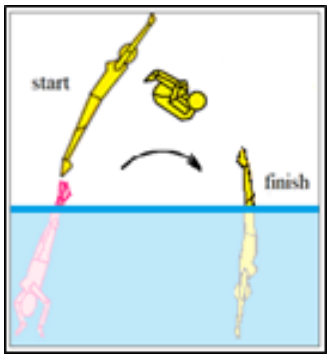
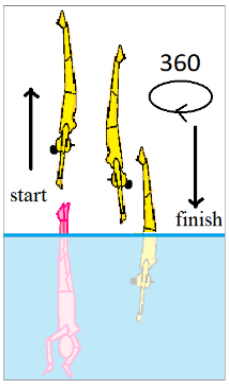
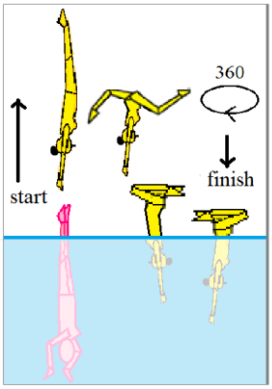
12	Lift legs-up with 180° rotation **L!r0.5**		One swimmer remains under the water and lifts another swimmer (position is head-down) who performs actions above the water at maximum height. When the bottom swimmer pushes and releases support (or helps to rotate) the upper swimmer submerges with a simultaneous rotation of 180°. Note: the rotation may also occur during the "maximum height" phase or while ascending.	**0.80**	**0.90**
13	Lift head-up with flexibility and rotation 180° **Lfr0.5**		One swimmer remains under the water and lifts another swimmer who demonstrates flexibility position/s (split variations, ring etc.) above the water at maximum height. When the bottom swimmer releases support (or helps to rotate) the upper swimmer 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**
14	Lift legs-up with flexibility **L!f**		One swimmer remains under the water and lifts another swimmer (position is head-down) who demonstrates flexibility position/s (split variations etc.) above the water at maximum height. When the bottom swimmer pushes and releases support the upper swimmer submerges under the water.	**0.80**	**0.90**
15	Sustained lift legs-up with travelling **SL!>**		One swimmer remains under the water and lifts another swimmer (position is head-down) and sustains the lift for 3 seconds or more while travelling. The upper swimmer performs some actions above the water at maximum height and when the bottom swimmer pushes and releases support the upper swimmer submerges under the water.	**0.80**	**0.90**

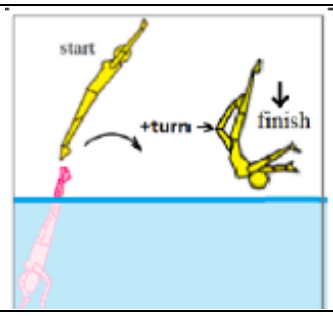
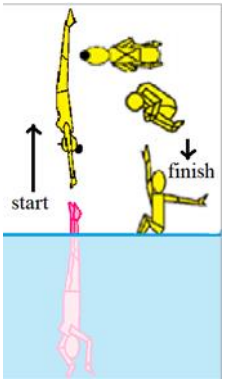
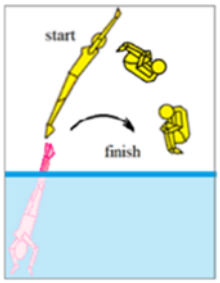
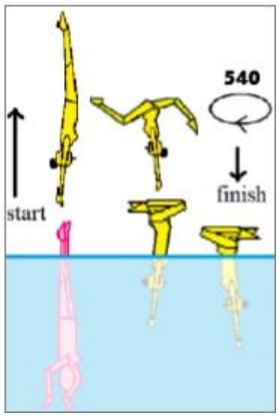
16	Lift head-up with rotation 360° **Lr1**		One swimmer remains under the water and lifts another swimmer, who performs actions above the water at maximum height. When the bottom swimmer releases support the upper swimmer simultaneously submerges under the water while rotating 360°. Note: the rotation may also occur during the "maximum height" phase or while ascending.	**0.80**	**0.90**
17	Jump head-up **J**		From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes airborne. This upper (visible) swimmer performs some actions in the air before entering the water.	**0.80**	**0.90**
18	Throw legs-up with crashing **W!»**		From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes airborne. This upper (visible) swimmer starts their action feet-first and after demonstrating maximum height "crashes" (falls) on the surface.	**0.80**	**0.90**
19	Lift legs-up with rotation 360° **L!r1**		One swimmer remains under the water and lifts another swimmer (position is head-down), who performs some actions above the water at maximum height. When the bottom swimmer pushes and releases support the upper swimmer 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**

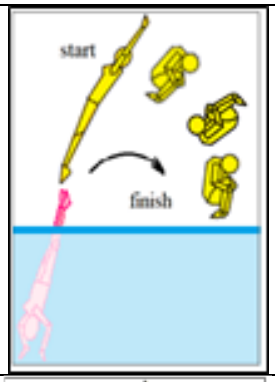
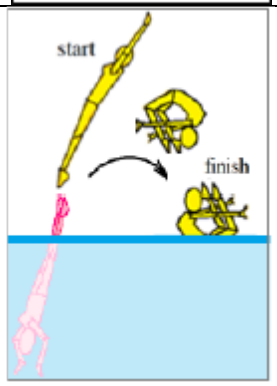
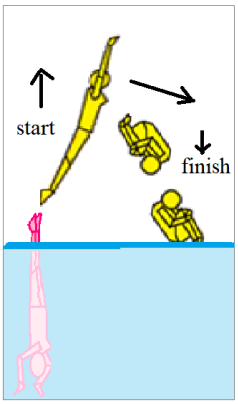
20	Lift legs-up with flexibility and rotation 180° **L!frO.5**		One swimmer remains under the water and lifts another swimmer (position is head-down), who demonstrates flexibility position/s (split variations etc.) above the water at maximum height. When the bottom swimmer pushes and releases the upper swimmer 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**
21	Sustained lift legs-up with flexibility and travelling **SL!f>**		One swimmer remains under the water and lifts another swimmer (position is head-down), sustaining the lift for 3 seconds or more while travelling. The upper swimmer demonstrates flexibility position/s above the water at maximum height and when bottom swimmer pushes and releases, the upper swimmer submerges under the water.	**1.00**	**1.10**
22	Sustained lift legs-up with travelling and rotation of 180°-360° **SL!rO.5>** or **SL!r1>**		One swimmer remains under the water and lifts another swimmer (position is head-down), holding for 3 seconds or more while traveling. The upper swimmer performs some actions while rotating 180°-360° above the water at maximum height. When the bottom swimmer pushes and releases support the upper swimmer submerges. Note: the rotation may also occur while ascending.	**1.00**	**1.10**
23	Jump head-up with 180° rotation **JrO.5**		From under the water one swimmer pushes and throws (disconnects with) the upper (visible) swimmer who becomes airborne. The upper (visible) swimmer performs some actions in the air with a 180° rotation, before entering the water. Note: rotation may also occur while the upper-swimmer submerges.	**1.00**	**1.10**

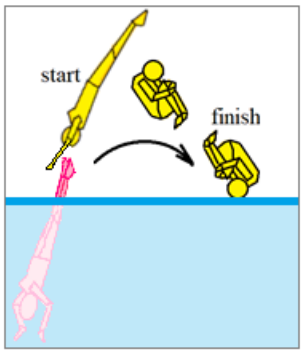
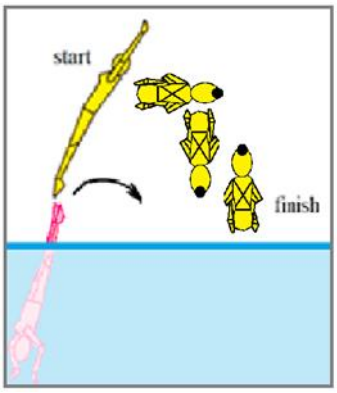
24	Jump head-up with flexibility **Jf**		From under the water one swimmer pushes and throws (disconnects with) the upper (visible) swimmer who becomes airborne. The upper (visible) swimmer demonstrates flexibility position/s (such as split etc.) in the air before entering the water or falling/crashing.	**1.00**	**1.10**
25	Legs-Up Throw-Dive **W!d**		From a Pike Position the upper swimmer is pushed/thrown by the bottom swimmer (disconnects/becomes airborne). The upper swimmer's legs are lifted in an arc over the surface of the water to meet the surface of the water again. The upper swimmer enters the water feet-first and lifting their upper body to a vertical position before submerging.	**1.00**	**1.10**
26	Lift legs-up with flexibility and rotation 360° **L!fr1**		One swimmer remains under the water and lifts another swimmer (position is head-down). The upper swimmer demonstrates flexibility position/s above the water at maximum height with 180°-360° rotation. When the bottom swimmer pushes and releases support the upper swimmer submerges under the water. Note: rotation may occur while the upper-swimmer submerges or while ascending.	**1.20**	**1.30**
27	Sustained lift legs-up with flexibility, travelling and rotation 180°-360° **SL!frO.5>** or **SL!fr1>**		One swimmer remains under the water and lifts another swimmer (position is head-down), sustaining the lift for 3 seconds or more while travelling. The upper swimmer demonstrates flexibility position/s above the water at maximum height with 180°-360° rotation. When the bottom swimmer pushes and releases support the upper swimmer submerges under the water. Note: rotation may occur while the upper-swimmer submerges or while ascending.	**1.20**	**1.30**

28	Throw legs-up with 180° rotation **W!r0.5**		From under the water one swimmer pushes and throws (disconnects with) the upper (visible) swimmer who becomes airborne. The upper (visible) swimmer 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**
29	Throw legs-up with flexibility **W!f**		From under the water one swimmer pushes and throws (disconnects with) the upper (visible) swimmer who becomes airborne. The upper (visible) swimmer starts their action feet-first and demonstrates flexibility position/s during maximum height and then submerges.	**1.20**	**1.30**
30	Jump-Dive **Jd**		From under the water one swimmer pushes and throws (disconnects with) the upper (visible) swimmer who becomes airborne. This upper (visible) swimmer demonstrates an arc over the surface before entering the water in a head-first vertical position.	**1.20**	**1.30**
31	Throw legs-up with 180° somersault **W!s0.5**		From under the water one swimmer pushes and throws (disconnects with) the upper (visible) swimmer who becomes airborne. This upper (visible) swimmer 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 upper (visible) swimmer should be fully out of the water (above the surface) before entering the water.	**1.40**	**1.50**

32	Thow legs-up with flexibility and rotation 180° **W!frO.5**		From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes airborne. The upper (visible) swimmer starts their action feet-first and demonstrates flexibility position/s during maximum height. The upper (visible) swimmer then submerges while simultaneously rotating 180°.	**1.40**	**1.50**
33	Jump-Tuck/ Change position – Dive **Jpd**		From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes airborne. The upper (visible) swimmer performs 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**
34	Throw legs-up with rotation 360° **W!r1**		From under the water one swimmer pushes and throws (disconnects with) the upper (visible) swimmer who becomes airborne. The upper (visible) swimmer 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**
35	Throw-legs up with flexibility and rotation 360° or more **W!fr1**		From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes airborne. The upper (visible) swimmer starts their action feet-first and demonstrating flexibility position/s during maximum height. The upper (visible) swimmer then submerges while simultaneously rotating 360° degrees or more.	**1.60**	**1.70**

36	Jump head-up with half twist and 180 somersault Js0.5t0.5		From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes airborne. The upper (visible) swimmer jumps backwards, twists 180° in the air, and then enters the water.	**1.60**	**1.70**
37	Throw legs-up with 180 somersault and half twist W!s0.5t0.5		From under the water one swimmer pushes and throws (disconnects with) the upper (visible) swimmer who becomes airborne. This upper (visible) swimmer 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**
38	Jump head-up with 1 somersault backwards Js1B		From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes airborne. The upper (visible) swimmer performs 1 backwards somersault (360°) in the air demonstrating "tuck" position before entering the water	**1.80**	**1.90**
39	Throw legs up with flexibility and rotation 540° W!fr1.5		From under the water one swimmer pushes and throws (disconnects with) and upper (visible) swimmer who becomes airborne. The upper visible swimmer starts their action feet first and demonstrating flexibility position/s during maximum height. The upper (visible) swimmer then submerges while simultaneously rotating 540 degrees or more.	**1.80**	**1.90**

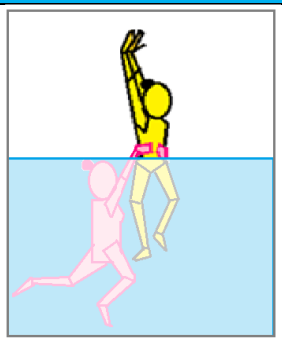
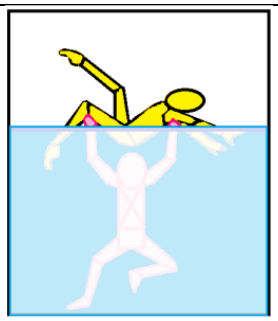
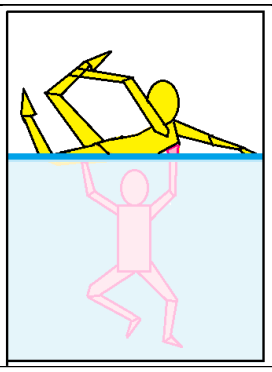
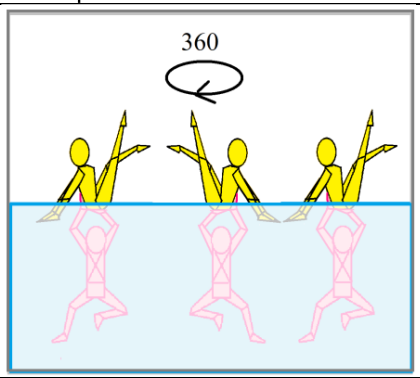
40	Jump - Tuck - 1 somersault half twist **JBs1t0.5**		From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes airborne. The upper (visible) swimmer performs 1 backwards somersault (360°) and half twist (180°) around themself in the air demonstrating "tuck" position before entering the water.	**2.00**	**2.10**
41	Jump head-up with 1 somersault backwards and flexibility **Jfs1B**		From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes airborne. The upper (visible) swimmer performs 1 backwards somersault in the air demonstrating flexibility of their body (ring position and variations) before entering the water.	**2.00**	**2.10**
42	Jump head-up with 1 somersault forwards **Js1F**		From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes airborne. The upper (visible) swimmer performs 1 forwards somersault in the air before entering the water.	**2.00**	**2.10**
43	Jump head-up with 1 somersault backwards and open in Jay (flexibility) **Js1B+f**		From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes airborne. The upper (visible) swimmer 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**

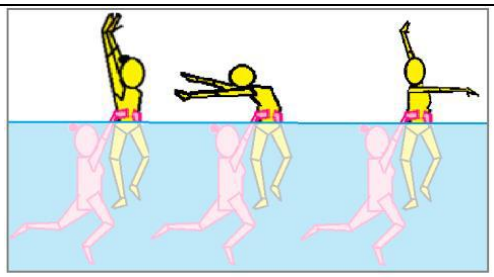
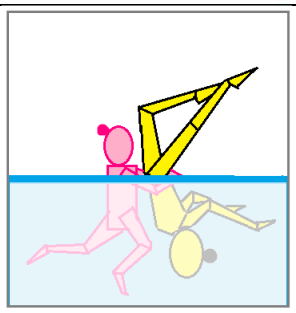
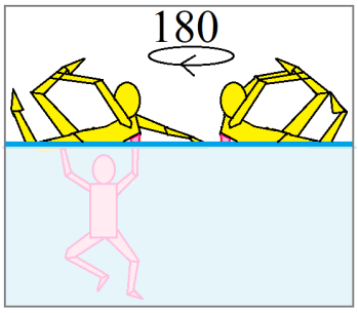
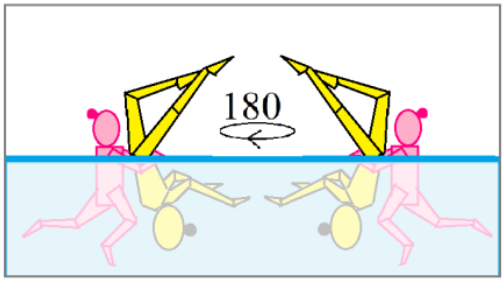
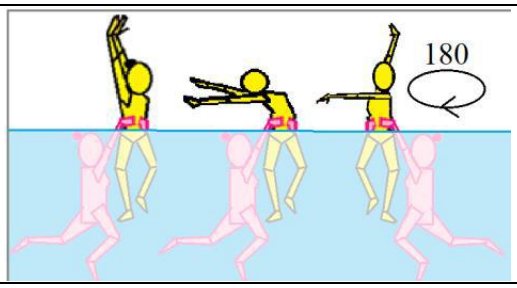
44	Jump head-up with 1 somersault back-wards+Pike + open in Jay (flexibility) **Js1B+pf**		From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes airborne. The upper (visible) swimmer jumps backwards, piking, rotating 180° in the air and then rotates another 180° while opening into a Jay (flexibility) position before entering the water	**2.15**	**2.25**
45	Throw legs-up with 1 somersault forwards **W!s1F**		From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes airborne. This upper (visible) swimmer 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**
46	Jump head-up-Back-wards-Frontal 360 somer-sault **JsF1B**		From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes airborne. The upper (visible) swimmer 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**

Pair Assisted Actions

THIS IS A LIST OF PAIR ASSISTED ACTIONS (FOR YOUR INFORMATION). THEY ARE NOT CONSIDERED AS A PAIR ACROBATIC MOVEMENTS. THEY ARE CONSIDERED IN TRANSITIONS (ARTISTIC IMPRESSION) IN DUETS OR TEAMS.

In pair assisted actions, the bottom (base) swimmer may remain under the surface of the water or on the surface, but the featured-swimmer always remains on the surface (not lifted up). Also, "boost-type" assisted movements are considered as pair assisted actions.

Name	Diagram	Description
Pair assisted action "boost type"		One swimmer remains under the water and lifts another swimmer who performs actions above the surface of the water. This action should demonstrate a boost of a "visible" swimmer to maximum height (crotch level) with assistance of the "underwater" swimmer.
Pair assisted action on the surface ("float")		One swimmer remains under the water and holds another swimmer who remains on the surface and performs actions.
Pair assisted action on the surface ("float") with flexibility		One swimmer remains under the water and holds another swimmer 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°		One swimmer remains under the water and holds and rotates another swimmer (upper visible swimmer) 180-360 degrees who remains on the surface of the water.

Sustained assisted action head-up		One swimmer remains under the water and lifts another swimmer who performs actions above the surface of the water sustained for 3 seconds or more.
Sustained assisted action legs-up		One swimmer holds another swimmer whose position is head-down and sustained for 3 seconds or more.
Pair assisted action on surface with flexibility and rotation 180°-360°		One swimmer remains under the water and holds and rotates another swimmer (upper visible swimmer) 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°		One swimmer holds another swimmer, whose position is head-down for 3 seconds or more with a simultaneous rotation of 180°-360°. Note: both swimmers rotate in connection one with another.
Sustained assisted action head-up with travelling and rotation 180°-360°		One swimmer remains under the water and lifts another swimmer holding for 3 seconds or more while travelling. The upper swimmer performs some actions above the water at maximum height with a rotation of 180°. When the bottom swimmer pushes and releases support the upper swimmer submerges under the water. Note: the rotation must happen during “maximum height” phase.

29.8 APPENDIX 8 – IDENTIFICATION OF SYNCHRONISATION ERRORS

29.8.1 Scoring Synchronisation

Introduction

The synchronisation panel, comprised of three synchronisation technical controllers, will operate only in Duet and Team routines (Team Technical, Team Free, 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 swimmers that is performed with a difference in timing or positioning (design/shape). Movements that are choreographed as intentional unequal movements shall not be penalized.

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.

Note: *When you observe two or more swimmers 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.*

An example of a difference in positioning:

Fig 1: 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.

General principles 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:

   A hybrid beginning unsynchronised and keeping a timing difference until the end. Each movement delayed will be counted as a synchro error (unequal action).

   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 Examples of small synchro errors: https://vimeo.com/646159124/b2f4ba969a
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) Examples of obvious synchro errors: https://vimeo.com/646160065/6b4fcec916
Major	**Any error that produces an alteration in routine content (missing one or more movements by one or more swimmers).**
	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. All major errors must have video review overseen by the Referee since they result in the largest deduction. They ensure process is followed and does not participate in any decision making regarding the major error(s). Examples of major synchro errors: https://vimeo.com/646160851/ac1a25b6e2

**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.*

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.

29.8.2 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 STCs will be calculated to be applied for the synchro error deduction. If major errors are identified by the STCs the deduction will be applied following the process as per section C 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 STCs 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 C below.

Review of Major Synchronisation errors

1) If a STC logs a major error, video review by the entire STC panel will take place and will be overseen by the Referee who ensures process is followed and does not participate in any decision making regarding the major error(s).
2) In the case where the synchro device is in place the Referee will automatically see that a major error has taken place and will initiate the video review.
3) In the case where technology is not in place (pencil and paper method), the STC should communicate to the Referee that they have logged a major error.
4) The Referee then oversees the review of the major error(s) with the STC panel by video review.
5) The video may only be reviewed a maximum of one (1) time in slow motion (for each part with the major error(s) identified).

6) In order for a major error to be applied or the review to be dismissed, two of the three STCs must be in agreement.

7) At the conclusion of the review the Referee will communicate the final decision of the STC panel regarding major errors to the Scorer.

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	2
	STC-2	17	7	1
	STC-3	24	4	2
	Average:	20.3	5.3	2 (video review*)
	Deduction:	20.3 x 0.1 = 2.03	5.3 x 0.5 = 2.67	2 x 3.0 = 6.0*
	Total:	10.7		

**NOTE: entering a major error would trigger a video review, and in this example upon review it would be determined by the STC panel (with the Referee observing and ensuring process is followed as per section C above) that there were 2 major errors, and the Referee would confirm this deduction to the Scorer.*

SYNCHRONISATION TECHNICAL CONTROLLER FORM

Competition:				
Age Group:				
Event:	❑ Duet Tech	❑ Mixed Duet Tech	❑ Team Tech	❑ Acrobatic
	❑ Duet Free	❑ Mixed Duet Free	❑ Team Free	❑ Combo

Controller Name: _____ **Controller:** **STC1** **STC2** **STC3**

Competitor No:		
Small	**Obvious**	**Major**
Total:	**Total:**	**Total:**

29.9 APPENDIX 9 – ARTISTIC SWIMMING WORLD RANKING

29.9.1 Definition, Goal & 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) Recognize 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 National 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.

29.9.2 Eligibility

As soon as an athlete achieves a result in a competition classified as Tier 2 or Tier 1, he/she shall 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 National Federation only if at least half (50%) of the Team composition matches, including the reserves.

29.9.3 Ranking method

29.9.3.1 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
Team Free	09/02/2024	08/02/2026
Team Technical	06/02/2024	05/02/2026
Team Acrobatic	04/02/2024	03/02/2026

29.9.3.2 Compatition 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 organized 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

29.9.3.3 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 Mixed Team Free Routine
- One (1) World AS Ranking for Mixed Team Technical Routine
- One (1) World AS Ranking for Mixed 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].

29.9.3.4 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 Procedure: 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).

29.9.3.5 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.

29.9.3.6 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 the used for the World Ranking calculation.

Participation

Competitions will be considered for the World Ranking only if an athlete get a result. Should an athlete be:

1) disqualified for breach of World Aquatics competition rules (DSQ);
2) disqualified for unsportsmanlike behaviour (DQB);
3) did not start (DNS);

then the competition will not be considered.