

**ARTISTIC SWIMMING RULES**

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## ARTISTIC SWIMMING

- AS 1** All international Artistic Swimming competitions shall be held under FINA rules.
- AS 2** The events of Artistic Swimming are Solo, Male Solo, Duets, Mixed Duets, Teams, Free Combination and Acrobatic Routine.
- AS 3** Competitors in Artistic Swimming younger than fifteen (15) years of age (on December 31<sup>st</sup> on the year of the competition) shall not be permitted to compete at the Olympic Games, World Championships and World Series. (In accordance with IOC procedure).

### AS 4 SESSIONS

#### AS 4.1 Figures

Each competitor in Solo, Male Solo, Duet, Mixed Duet, and Team must perform four (4) or two (2) figures, according to the age group category, as described in the Appendix I of these rules. Each competitor in Free Combination may perform figures as described in Appendix I of these rules. The Age Group Figures will be selected by the TASC every four (4) years, subject to the approval of the FINA Bureau.

#### AS 4.2 Technical Routine: Preliminaries / Finals

In the Technical Routine each Solo, Male Solo, Duet, Mixed Duet, and Team must perform the technical required elements described in Appendix II of these rules, a predetermined number of Free Elements (Hybrids and Acrobatics), and a free choice of Transitions (see Appendix III of these rules). The Required Elements and the number of Free Elements for each event are selected by the TASC every four (4) years, subject to approval by the FINA Bureau. The Routines are choreographed to music.

#### AS 4.3 Free Routine: Preliminaries / Finals

Each Free Solo, Male Solo, Duet, Mixed Duet, and Team Routine will consist of a predetermined number of Free Elements (Hybrids and Acrobatics) and a free choice of transitions choreographed to music. The number of Free Elements for each event will be selected by the FINA every four (4) years, subject to approval by the FINA Bureau.

#### AS 4.4 Free Combination: Preliminary / Final

Free Combination has four (4) to ten (10) competitors who make a combination of routines. The Free Combination has a predetermined number of Required and Free Elements choreographed to music (see Appendix III of the Rules).

#### AS 4.5 Acrobatic Routine: Preliminary / Final

The Acrobatic Routine has eight (8) to ten (10) competitors performing a predetermined number of Elements as described in Appendix III of these rules.

### AS 5 PROGRAMMES

**AS 5.1** **The Olympic programme will be confirmed by the FINA Office.**

**AS 5.2** For World Championships: Technical Routine Preliminaries, Technical Routine Finals, Free Routine Preliminaries, Acrobatic Routine Preliminary, Free Routine Finals and Acrobatic Routine Final. (Time limits as listed in AS 14).

**AS 5.3** For FINA Artistic Swimming World Series: **see BL 11.4.1**

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**AS 5.4** For World Junior Championships: Technical Routine Preliminary, Technical Routine Finals, Free Routine Preliminary, Acrobatic Routine Preliminary, Free Routine Finals and Acrobatic Routine Final. (Time limits as listed in AS 14). The final order of sessions shall be determined by FINA and the Organizing Committee.)

*Rationale: To match World Championships with separate Tech and Free routines. Also, allows the order of sessions to be determined by FINA and the Host OC.*

**AS 5.5** For World Youth Championships: Figures and Free Routines in this order: Free Routine Preliminaries, Free Combination Preliminary, Figures, Free Routine Finals and Free Combination Final (time limits as listed in ASAG 5). The final order of sessions shall be determined by FINA and the Organizing Committee.

**AS 5.6** For all other international competitions, the programme may be any combination of AS 4.1 – AS 4.3 so that the Free Routine is included. The Free Combination is for Youth and 12 & under.

## AS 6 ENTRIES

**AS 6.1** For FINA competitions each country shall be entitled to enter one Solo, one Male Solo, one Duet, one Mixed Duet, Team Tech, Team Free one Free Combination or one Acrobatic Routine (unless otherwise specified).

**AS 6.1.1** In World Championships each country shall be entitled to enter one Technical Solo, one Free Solo, one Technical Male Solo, one Free Male Solo, one Technical Duet, one Free Duet, one Technical Mixed Duet, one Free Mixed Duet, one Technical Team, one Free Team and one Acrobatic Routine.

**AS 6.1.2** In World Junior Championships each country shall be entitled to enter one Technical Solo, one Free Solo, one Technical Male Solo, one Free Male Solo, one Technical Duet, one Free Duet, one Technical Mixed Duet, one Free Mixed Duet, one Technical Team, one Free Team and one Acrobatic Routine.

**AS 6.1.3** In World Youth Championships and FINA competitions each country shall be entitled to enter one Solo, one Male Solo, one Duet, one Mixed Duet, one Team and one Free Combination (unless otherwise specified).

**AS 6.1.4** In the World Series, more than one Solo, more than one Male Solo, more than one Duet, more than one Mixed Duet, more than one Team, and more than one Acrobatic Routine shall be allowed in accordance with the Rules and Regulations.

**AS 6.1.5** No changes to the entries will be accepted after the GMS sport entries deadline unless on medical grounds. A 500.- USD fine will be applied for any changes after the deadline.

### AS 6.2 Team, Free Combination and Acrobatic Routines:

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

**AS 6.2.2** For World Championships and World Junior Championships, team routines shall consist of eight (8) competitors, and ten (10) for Acrobatic Routines (2 reserves). The total number of competitors may include a maximum of two (2) male competitors.

For FINA competitions, the total number of competitors entered by each Federation (unless otherwise specified) may not exceed 16 competitors respecting quotas in each category.

**AS 6.2.3** For World Youth Championships, team routines shall consist of at least four (4) but not more than eight (8) and Free Routine Combination shall consist of at least four (4) but not more than ten (10) competitors. The total number of competitors may include a maximum of two (2) male competitors.

**AS 6.3** Entry forms with completed Coach Cards of declared difficulty for each event entered and Music Information sheet must be entered in the FINA GMS 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 can only be modified between preliminaries and finals within four (4) hours of the publication of the preliminaries results.

**AS 6.3.1** The entry shall designate the name of the Solo and the reserve, the name of the Male Solo and the reserve, the names of the Duet competitors and maximum of one reserve, the names of the Mixed Duet competitors and maximum of two reserve, the names of Team competitors and maximum two reserves, the names of the competitors in Free Combination and maximum two reserves and/or the names of the competitors in Acrobatic Routine and maximum two reserves.

For World Championships: The name of the Technical Solo and the reserve, the name of the Free Solo and the reserve, the name of the Technical Male Solo and the reserve, the name of the Free Male Solo and the reserve the names of the Technical Duet competitors and maximum one reserve, the names of the Free Duet competitors and maximum one reserve, the names of the Technical Mixed Duet competitors (two reserves), the names of the Free Mixed Duet competitors (two reserves) the names of the Technical Team competitors and maximum of two reserves, the names of the Free Team competitors and maximum of two reserves, and the names of the competitors in the Acrobatic Routine and maximum of two reserves

For FINA Artistic Swimming World Series: see [BL 11.4.1](#)

## **AS 7 PRELIMINARIES AND FINALS**

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

**AS 7.2** If there are less than thirteen (13) entries in any Tech & Free Routine, Free Combination, or Acrobatic Routine, preliminaries may be held.

**AS 7.3** This information must be included on the information sheet (see AS 24.2.7).



## **AS 8 FIGURE SESSION**

**AS 8.1** Only one figure session shall be held.

**AS 8.2** Competitors in competitions other than World Youth Championships, FINA competitions and continental Championships may, by mutual consent, choose from the Age Group figures (see Appendix I) for the level of ability of the competitors entered in the competition.

**AS 8.3** For the Figure session:

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

In the Youth category each competitor in Solo, Male Solo, Duet, Mixed Duet, and Team must perform a group of two (2) figures from the Section (A, B or C) of figures drawn from the list described in the Appendix I of these rules. Each competitor in Youth Free Combination may perform the two (2) figures selected by the above-described procedure.

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

**AS 8.3.1** Figure section and groups from the FINA Figures 2022-2025 in Appendix I shall be drawn by the Referee/TASC.

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

**AS 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.

**AS 8.4** In the 12 and under-age category the order of appearance and the figures to be performed by each competitor shall be decided by lot. The Optional group of the set of two groups of figures 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 athlete draw list will be divided into two equal groups - 1 and 2 (if numbers are not equal, group 1 will have 1 extra swimmer). 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.

**AS 8.5** Swimwear for the figure session must be according to FINA rule GR 5. It shall be black, and competitors shall wear white caps. Goggles and nose clips may be worn. Only small stud jewelry is permitted. Competitors must remove any dangling jewelry prior to the start of the event.

## **AS 9 FIGURE PANELS**

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**AS 9.1** When qualified judges are available in sufficient numbers one (1), two (2) or four (4) panels of six (6) or seven (7) judges may officiate.

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

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

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

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

**AS 9.2.1** All figures and judging shall commence at a signal from the referee or assistant referee.

**AS 9.2.2** On a signal from the referee or assistant referee all judges shall simultaneously flash their score.

**AS 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.

## AS 10 JUDGEMENT OF FIGURES

**AS 10.1** The competitor 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 recognizable	1.9 – 0.1
Competent	6.9 – 6.0	Completely failed	0

**AS 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 based on its difficulty (NVT).

**AS 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 other five (5) or six (6) judges shall be computed and shall be considered as that of the missing award. This shall be calculated to the nearest 0.1 point.

## AS 11 PENALTIES IN FIGURE SESSION

**AS 11.1** If a competitor does not perform the announced figure, or if the figure does not have all the required elements or are performed other than according to the description, the

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referee or assistant referee shall advise the judges and the competitor that the result of the figure will be a zero.

**AS 11.2** In Figure competition, if the award for the figure is a zero the referee may review the official video together with two FINA Evaluators or FINA Judges (ensuring that three different Federations are represented) will review the official video a maximum of three times. If a definite decision cannot be reached after three views it shall be awarded in the athlete's favour.

**AS 11.3** In a Figure competition for the 12 and Under-age category, if the competitor 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 "0" will be applied.

### AS 12 CALCULATION OF THE FIGURE RESULT

**AS 12.1** The highest and the lowest awards are cancelled (one of each). The four (4) or five (5) awards are added, the sum divided by four (4) or five (5). The result is multiplied by the degree of difficulty to obtain the score for each of the four or two figures competed.

**AS 12.2** The sum of the four or two 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.

**AS 12.3** The figure result shall be:

**AS 12.3.1** For Solo the result shall be obtained according to AS 12.2.

**AS 12.3.2** For Duets – for each competitor the result shall be obtained according to AS 12.2. These results shall be added and divided by two (2) to find the average score (round off to the fourth decimal places).

**AS 12.3.3** For Teams – for each competitor who swims a team routine the result shall be obtained according to AS 12.2. These results shall be added, and the total divided by the number of competitors on the team to find out the average score (round off to the fourth decimal places).

**AS 12.3.4** If a competitor after the preliminaries in Duet or Team is not able to swim figures (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 reserves is used to determine the total score for the team.

### AS 13 ROUTINE SESSIONS

**AS 13.1** A mixed duet shall consist of one female and one male.

**AS 13.2** A team shall consist of at least four (4) but not more than eight (8) competitors (for the exceptions, see AS 6.2). The number of team competitors may not change between Preliminary and Finals or Technical and Free Routines. With a maximum of 2 male competitors included.

**AS 13.3** A Free Combination shall consist of at least four (4) but not more than ten (10) competitors. With a maximum of 2 male competitors included.

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**AS 13.4** An Acrobatic routine shall consist of at least eight (8) but not more than ten (10) competitors. With a maximum of 2 male competitors included.

**AS 13.5** In a Free Combination and an Acrobatic routine, the number of competitors may not change between Preliminary and Finals.

**AS 13.6** In Duet, Mixed Duet, Team, Free Combination and Acrobatic Routine events competitors who are listed on the entry according to rule AS 6.3.1 may be interchanged before routine sessions.

**AS 13.6.1** Any changes of the names of the competitors from the most recent entry lists must be handed to the Referee in writing at least two 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 a competitor 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.

**AS 13.6.2** If the lack of the reserve reduces the Team, Free Combination or Acrobatic Routine size to less than that defined in AS 4.4, AS 4.5, AS 6.2, AS 13.2, AS13.3 or AS 13.4 the team shall be disqualified.

**AS 13.6.3** Failure to notify the substitution and / or scratching according to the rule AS 13.6.1 shall result in disqualification of the routine.

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

All routine events shall be entered according to the World Ranking. Draws will start with dividing the entries into two parts: competitors with a current World Ranking and those without.

#### **Draw Process for Non-Ranked Athletes**

The non-ranked competitors will be randomly drawn into start order groups of 6. These groups will swim first for the competition in the drawn order and before the lowest group of ranked competitors.

#### **Draw Process for World Ranked Athletes**

The ranked competitors will then be divided into draw groups of 6 working from highest ranked to lowest ranked. If the total number of entries in the world ranking part is not divisible by 6, the first group to swim will be the smallest group. The 6 competitors in each grouping will be allotted their start number by random draw within their group. The groups will draw to swim in reverse order starting with the lowest ranked athlete group and working to the highest ranked athlete group who will swim last.

Ex: World Championship 30 entries in Technical Duet – 18 ranked duets and 12 non-ranked duets

(Draw Procedure: non-ranked duets: draw for start order 1-12 based on random draw; ranked duets: draw for start order 13-30 based on method described above.

Refer to Appendix IX for World Ranking Information

**AS 13.7.1** The draw shall be manual if no FINA 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.

**AS 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 first be held followed by the Free Routine Draw (Team Technical, Team Free Preliminary, Free Combination Preliminary, Acrobatic Routine Preliminary, Duet Technical, Duet Free Preliminary, Mixed Duet Technical, Mixed Duet Free Preliminary, Solo Technical, Solo Free Preliminary, Solo Male Technical and Solo Male Free Preliminary).

**AS 13.7.3** When a Federation draws start number one (1) in a Technical Routine or Free Routine Preliminary, Free Combination Preliminary or Acrobatic Routine Preliminary, or Direct Finals, this Federation shall be exempted from start number one (1) in all remaining preliminary or direct final sessions.

**AS 13.8** After the Figures and/or Technical Routines and Free Routines Preliminaries and Combination/Acrobatic Routine Preliminary 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 (Senior) Championships: After each Technical / Free Routine / Acrobatic Routine the twelve best will compete in the respective Final.

**AS 13.8.1** In case of ties (calculated to four decimals) in Solo, Male Solo, Duet, Mixed Duet, Team, Free Combination and Acrobatic Routine, the following shall apply.

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

For all routines:

The highest elements score shall decide.

- If they is still a tie, the highest Choreography and Musicality score in the Artistic Impression panel determines the position.
- If they is still a tie, the highest verified total declared degree of difficulty in the Elements Panel will decide.

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

The higher Free Routine score of the final result shall decide.

- If they is still a tie, the Elements score of the Free Routine determines the position.
- If they is still a tie, the highest choreography and Musicality score in Artistic Impression score of the Free Routine determines the position.
- If they is still a tie, the highest Elements score from the Technical Routine result shall decide.

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**AS 13.9** 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.

**AS 13.10** 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 competitor(s) does not conform, the competitor will not be permitted to compete until in conformance.

**AS 13.11** Nose clips or plugs may be worn.

**AS 13.12** For safety reasons only small stud jewelry is permitted. Competitors must remove any dangling jewelry, or dangling items from headpieces or swimwear prior to the start of the event.

**AS 13.13** In routines the swimwear must conform to GR 5 and AS 13.9.-13.13. In the event that the referee thinks the competitor(s) swimwear does not conform, the competitor will not be permitted to compete until in conformance. Swimsuits may however represent character or theme of the music they are swimming to. The swimsuits must not give the effect of excessive nudity inappropriate for the discipline. Artistic Swimming Suits must be dignified and appropriate for athletic competition.

### AS 14 TIME LIMITS FOR ROUTINES

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

<b>AS 14.1.1</b>	<b>Technical Routine Solos:</b>	2 minutes 00 seconds
	<b>Technical Routine Male Solos:</b>	
	<b>Free Routine Solos:</b>	2 minutes 15 seconds
	<b>Free Routine Male Solos:</b>	
<b>AS 14.1.2</b>	<b>Technical Routine Duets:</b>	2 minutes 20 seconds
	<b>Free Routine Duets:</b>	2 minutes 45 seconds
<b>AS 14.1.3</b>	<b>Technical Routine Mixed Duets:</b>	2 minutes 20 seconds
	<b>Free Routine Mixed Duets:</b>	2 minutes 45 seconds
<b>AS 14.1.4</b>	<b>Technical Routine Teams:</b>	2 minutes 50 seconds
	<b>Free Routine Teams:</b>	3 minutes 30 seconds
<b>AS 14.1.5</b>	<b>Acrobatic Routine:</b>	3 minutes 00 seconds

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

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

**AS 14.1.8** In routine events, when the Routine starts in the water, the time allowance for the athletes to achieve a stationary starting position in the water

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shall not exceed 30 seconds for Technical and Free Mixed Duet, Technical and Free Teams, Free Combination and Acrobatic Routine and 20 seconds for any Solo and for female Duets Events.

**AS 14.1.9** Age Group time limits – see ASAG 5.

**AS 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 competitor moves past the starting point and ends when the last competitor assumes a starting position. Timing of the deck movements shall begin with the accompaniment and end as the last competitor leaves the deck.

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

**AS 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 AS 14.1) the timer or Sound Center Manager shall advise the Referee, or the appointed official designated by the referee.

**AS 14.5** All Competitors 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 managers will provide on their registration form the exact running time of the music not swimming time which shall be signed off on at the team managers meeting for each routine. The official time will be reviewed by the music masters electronic running time. The Music Master will notify the referee of any music that does not complying with AS timing rules.

**AS14.6** If there is no official training with music the organizer must provide the competitor or Team Leader the opportunity to hear their music in the competition venue prior to the start of the event.

## AS 15 MUSIC ACCOMPANIMENTS

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

**AS 15.2** For FINA 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.

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

The organizing committee must furnish a FINA approved music system in the competition pool and have a second sound system in practice pool.

## AS 16 ROUTINE PANELS

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

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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 Free Elements, and the performance and predeclared order of Technical Required Elements (technical routines), and one group to register the number and type of synchronization errors observed.

**AS 16.1.1** There will be 1 Difficulty Technical Controller (DTC) and 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. 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 panel will sit with close access to the Referee.

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

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

**AS 16.3** At the completion of each routine the judges submit their scores.

**AS 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 0.1 point.

**AS 16.4.1** If an unexpected situation happens during a session and one or more judges cannot 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 competitor to swim again.

**AS 16.5** Judges' scores will be displayed on the score board after approval from the referee.

**AS 16.6** For all Routines, official/officials will be appointed by the Referee & FINA Delegate/Commission to monitor the use of the bottom of the pool.

## AS 17 JUDGEMENT OF ROUTINES

**AS 17.1** In Routines the competitor 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



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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

**AS 17.2** In all Routines each judge shall award scores from 0-10 points each (see AS 17.1).

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

**Artistic Impression** panel judges shall award three scores, one score for **Choreography and Musicality**, one score for **Performance** and one score for **Transitions**.

Difficulty Technical Controllers check the predeclared difficulty on the submitted Coach Card. Difficulty values in Appendixes VI and VII and Coach Card format in Appendix VIII of this Rules. FINA reserves the right to adjust the components assigned to each category as required.

### **AS 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 Free elements (hybrids and acrobatics)

### **AS 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: elements and transitions. The pool coverage. Expressing the mood of the music, use of the music's structure and the movements and synchronization with music.

In **PERFORMANCE** consider- the manner in which the swimmer(s) present(s) the routine to the viewers: 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 artistry and mastery of varied and purposeful movements, propulsions and strokes that link routine elements.

## **AS 18 DEDUCTION, PENALTIES AND OTHER MATTERS IN ROUTINES**

**AS 18.1** In Team competition, whether in Free Routine Preliminary, Free Routine Final or Technical Routine, one half (0.5) point penalty shall be deducted from the total score for each member less than eight (8) (see AS 13.2).

**AS 18.2** If one (or more) competitor(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 competitor(s). The Referee may allow the routine to be re-swum during the session.

**AS 18.3 Penalties in Free Routines, Technical Routines, Free Combination and Acrobatic Routine:**

All Free Elements (hybrids and acrobatics) have a calculated **Base Mark (Appendix VI and VII)** that is the minimum DD that will be applied if one or more components of the element is not performed or is not in conformance to what is declared in the Coach Card. In case of detected error(s) of declared calculation of the Base Mark, the DTC will recalculate.

A one (1) point penalty shall be deducted from the **routine** score if:

**AS 18.3.1** The time limit of ten (10) seconds for deck movements is exceeded.

**AS 18.3.2** There is a deviation from the specified routine time limit allowed (less or more than) for the routine and in accordance with AS 14.1 and ASAG 5.

**AS 18.3.3** If the time limit of 20/30 seconds for the deck walk-on is exceeded.

A two (2) point penalty shall be deducted from the **routine** score if:

**AS 18.3.4** A competitor has made deliberate use of the bottom of the pool during a routine to propel themselves or to assist another competitor. 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.

**AS 18.3.5** A routine is interrupted by a competitor during the deck movements and a new start is allowed.

**AS 18.4** In all routines a two-point penalty shall be deducted from the **Elements** score for each element exceeding the predetermined number assigned to the particular event and category.

**AS 18.5** In Free Mixed Duet and FINA Youth Team events a half (0.5) point penalty shall be deducted from the **Artistic Impression** score for each of the additional required movements in Appendix III not performed (additional required movement (Two Surface connected movements with travel; a 0.5 penalty shall be assessed for each connected movement not performed).

**AS 18.6** For all routines, the sum of all synchronization errors (unequal actions) observed by Synchronisation Technical Controllers, STC, (each factored by its assigned value) will be deducted from the **Elements** score.

Types of Synchronization Errors and penalty values:

<b>Small:</b>	<b>0.1 points</b>
<b>Obvious:</b>	<b>0.5 points</b>
<b>Major:</b>	<b>3.0 points</b>

The description of small, obvious, and major synchronization errors (unequal actions) is detailed in the FINA AS Manual for Routines. Maximum deduction can reduce the Elements score to zero, but not to a negative Elements score.

**AS 18.7 Penalties and other matters in Technical Routines**

**AS 18.7.1** In a Technical Routine, if one or more swimmers omit all or part of an 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 and inform the Referee. If the video review confirms (Referee, neutral Evaluator and DTC) a zero (0) will be assigned as the DD for this particular element

**AS 18.7.2** The Difficulty Technical Controller (DTC) shall inform the Referee to introduce a zero (0) DD to each technical required element #1 to #5 swum out of the order declared in the coach card (each violation of General requirement 4 in Appendix II).

**AS 18.7.3** A half-point (0.5) penalty shall be deducted from the **Elements Score** for **each violation of** General Requirements 5 and 6 of Appendix II.

**AS 18.7.4** A two (2) point penalty shall be deducted from the **Elements Score** for each violation of routine requirement 6 of Duet, Mixed Duet and Team, and requirement 7 of Team in Appendix II.

**AS 18.8 Penalties in Free Combination**

**AS 18.8.1** A two (2) point penalty shall be deducted from the **Routine Score** for violations of each general requirement 2, 3, 4, 5 and 6 in Appendix V.

**AS 18.8.2** A two (2) point penalty shall be deducted from the **Elements Score** for each violation of the technical required elements #1 and #2 in the Appendix V.

**AS 18.9 Penalties in Acrobatic Routine**

**AS 18.9.1** A two (2) point penalty shall be deducted from the **Routine Score** for each violation of general requirement 3 in Appendix IV.

**AS 18.9.2** A two (2) point penalty shall be deducted from the **Elements Score** for each required acrobatic not performed or not conforming to the acrobatics groups specified in Appendix IV.

**AS 18.10 Technical Controller (DTC/DATC/STC) Review Request**

The FINA Delegate/Commission shall appoint 3 members which may include themselves for a Jury of Review for Technical Controllers (DTC/DATC/STC). To avoid either actual bias and prejudice or the appearance of bias, members appointed to the Jury of Review shall not be members of the Federation requesting the review. Persons who are biased and prejudice shall be disqualified from the Jury Panel Review. The Jury of Review shall be appointed as soon as the FINA Delegate is informed of the request to review on a decision taken by the Technical Controllers (DTC/DATC/STC).

**Process:**

The Team leader must file a request of review of a routine for Technical Controller (DTC/DATC/STC) decisions to the FINA Delegate within 30 minutes after results publication.

All Review Requests must be submitted in writing on the FINA Technical Controller Review Application Form by the responsible Team Leader.

The Review Panel will decide on the location and the review format of the routine.

The Team Leader/Coach/Athlete may be present for the review. If a video has to be reviewed more than three times the ruling will go in favour of the athlete. The Review Panel is required to respect the confidentiality of the appeal until the decision is made public, and to consult with only members of the Review Panel.

Decisions of the Review Panel may be announced verbally at the conclusion of the review. The Review Panel shall submit the decisions and reasoning to the FINA in writing which will be shared with the Federation. A record of the written decision will be stored at the FINA office. The decision of the jury is final.

## AS 19 CALCULATION OF THE ROUTINE RESULTS

**AS 19.1** Calculation procedure for all routines:

$EL1DD*Ex + EL2DD*Ex + \dots + ELnDD*Ex - Sy \text{ errors penalty} - \text{Other penalties}$   
**= Elements Score**

$CH/MU \text{ score} + P \text{ score} + Tr - \text{Other penalties}$   
**= Artistic Impression Score**

$\text{Elements score} + \text{Artistic Impression score} - \text{Other penalties}$   
**= Routine Score**

The mark for each element is calculated as follows: the highest and the lowest awards for each mark 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 Artistic Impression marks the highest and the lowest awards for each mark 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 mark

n = Total number of elements in an event (see Appendix III)

CH/MU = Choreography and Musicality

n results is the EP = Performance

Tr = Transitions

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

**AS 19.2** The Routine Score shall be the sum of the Elements score and Artistic Impression Scores less any penalty deductions in AS18.

## **AS 20 FINAL RESULT**

**AS 20.1** The final figure result shall be that of the competitors who actually swam the Free Routine. For exceptions see rule AS 12.3.4.

**AS 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.

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

**AS 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.

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

**AS 20.3** In case of ties (calculated to four decimals) in Solo, Male Solo, Duet, Mixed Duet, Team, Free Combination and Acrobatic Routine, the following shall apply.

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

For all routines:

The highest elements score shall decide.

- If they is still a tie, the highest Choreography and Musicality score in the Artistic Impression panel determines the position.
- If they is still a tie, the highest verified total declared degree of difficulty in the Elements Panel will decide.

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

The higher Free Routine score of the final result shall decide.

- If they is still a tie, the Elements score of the Free Routine determines the position.
- If they is still a tie, the highest choreography and Musicality score in Artistic Impression score of the Free Routine determines the position.
- If they is still a tie, the highest Elements score from the Technical Routine result shall decide.

## AS 21 OFFICIALS AND DUTIES

**AS 21.1** Officials shall be recommended by FINA. The evaluations of the judges, their overall world ranking, bias scores, and participation in FINA events in the past two 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 AS 22.3 and AS 22.4).

**AS 21.2** The required officials shall be:

**AS 21.2.1** A Referee

**AS 21.2.2** one assistant referee for each panel of judges in figures competitions.

**AS 21.2.3** For FINA events and Olympic Games one Difficulty Technical Controller (DTC) and two TC Assistants (DATC) are required.

**AS 21.2.4** For FINA events and Olympic Games three Synchronization Technical Controllers are required.

**AS 21.2.5** Each panel of Figure judges shall consist of six (6) or seven (7) judges. In Routines two (2) panels of five (5) judges shall be used. At FINA competitions and Olympic Games, judges shall be chosen from the FINA lists of judges, Technical Controllers shall be selected from the list of FINA Technical Controller experts.

**AS 21.2.6** For each Figure panel – a Panel Referee, a Panel Marshall and two to three scorers.

**AS 21.2.7** For routines – one (1) timer, a Referee

**AS 21.2.8** A FINA Approved Sound Center Manager

**AS 21.2.9** A FINA Approved announcer

**AS 21.2.10** A FINA Approved Under Water Camera Operator.

**AS 21.2.11** A FINA Approved Video Replay Expert

**AS21.2.12** FINA Evaluators (2). Appointed by FINA. Evaluators shall be selected from the trained group of FINA Evaluators.

**AS 21.2.13** Other officials as deemed necessary

## AS 22 REFEREE

**AS 22.1** The Referee in collaboration with the FINA Delegate or Commission and Evaluators shall have control of the event. The Referee shall enforce the decisions of the group. Referees will take attendance and provide the judges with logistic information for the

## ARTISTIC SWIMMING 2022-2025

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 competitors prior to each session.
3. Checking the electronic scoring system.
4. Checking the computer results.
5. Ensure that an evaluators program is provided.

**AS 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 FINA Delegate/Commission. The Evaluators may be consulted as necessary. The Referee in collaboration with the FINA Delegate/Commission are responsible for questions and decisions of the events relating to the conduct of the event.

**AS 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.

**AS22.4** They may appoint reserve judges for any persons who are absent, incapable of acting or found to be inefficient or biased after consultation with the FINA Commission/Delegate.

**AS.22.5** In emergencies the referee is authorized to assign a reserve judge.

**AS 22.6** Referees ensure that the competitors 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 FINA Delegate/Commission shall approve the results before announcements.

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

**AS 22.8** The Referee shall recommend disqualification of any competitor for any violation of the rules that they personally observe by reporting the offender to FINA Delegate/Commission.

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

**AS 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 LOC on each routine.

**AS22.11** The Referee ensures chat groups are set up with Coaches group at the team leaders meeting and officials' groups and the judges meeting.

## AS 23 OTHER OFFICIALS

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

**AS 24 DUTIES OF ORGANISER**

**AS 24.1** The country holding the competition is responsible for:

**AS 24.1.1** Pool specifications and related regulations listed in rules FR 10, FR 11, FR 12, and FR 13. Changes to requirements must be approved by FINA.

**AS 24.1.2** Provide suitable sound equipment approved by FINA.

**AS.24.1.3** Providing 4 underwater speakers for competition pool and 4 underwater speakers for the practice.

**AS.24.1.4** program sheets for each routine for judges and Coach Cards.

**AS 24.1.5** Preparing a list of entries and judging forms.

**AS 24.1.6** Providing event information electronically to TASC, Officials, Coaches.

**AS 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.

**AS 24.1.8** The organizing committee must ensure a FINA approved scoring system is used.

**AS 24.1.9** Electronic marks and display/scoreboard must be used for FINA 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.

**AS 24.1.10** Ensuring that **BL 9.2.3** regarding practice periods prior to the start, shall apply at all FINA competitions.

**AS 24.1.11** Ensure 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.

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

- The place of the event and the name of the pool
- The date and time of the competition when it is held
- Names of FINA President, FINA Staff FINA Delegate/Commission, FINA Bureau Liaison
- Provide list of Federations participating by event entries
- Event schedule
- Transportation schedule for athletes, officials and TASC are posted at the venue and in the lobby of the hotels



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- The officials participating in the event
- 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 FR 10, diagrams and cross section drawing are obligatory and must be sent out with meet invitation.
- Temperature of water
- Gel station for athletes / Mirrors for athletes
- Stretch room for athletes
- Lockers for judges
- Practice pool that mimics competition pool with platform
- Provide training schedules ensuring all athletes have equal conditions
- Provide transportation schedules for pick up and departure to airport
- Assist with local visa/ covid requirements
- Link to live streaming and results

**AS 24.2.1** Markings of bottom and sides of the pool.

**AS 24.2.2** Position of audience with reference to the pool and designated VIP seating area.

**AS 24.2.3** Type of lighting

**AS 24.2.4** Open space for entrance and exit, to include designated starting point for walk-ons.

**AS 24.2.5** Types of sound equipment available.

**AS 24.2.6** Alternative facilities, if required.

**AS 24.2.7** Schedule of events, indicating which sessions (per AS 4) will be included in the program (AS 5) and stating whether preliminaries and finals will be held according to AS 7.1 and AS 7.2.

**AS 24.2.8** Ensure Gala water show is included at the end of the competition. Participating athletes must perform new routine of no less than 1:00 minute and no longer than 1 minute and 30 seconds duration. Costumes, make up and props lighting are welcome. Gala Show program must be approved by FINA.

### AGE GROUP RULES

**ASAG 1** FINA Rules of competition will apply in all Age Group competitions.

**ASAG 2** Age Categories

**ASAG 2.1** All Age Group competitors remain qualified from 1 January to the following 31 December at the age they are at the close of day (23:59) on 31 December of the year of the competition.

**ASAG 2.2** Age Groupings for Artistic Swimming are:  
12 years of age and under

## ARTISTIC SWIMMING 2022-2025

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

**ASAG 2.3** Male Age Groupings for Artistic Swimming are:  
12 years of age and under  
Youth (13 – 16 years of age)  
Junior (15 - 20 years of age)  
15 + above Senior

### **ASAG 3** Age Group figure sessions

**ASAG 3.1** In the 12 & Under age category each competitor in Solo, Male Solo, Duet, Mixed Duet, and Team must perform four (4) figures: the two (2) compulsory figures and one (1) group of two (2) figures drawn of list described in the Appendix I of these rules. Each competitor in Free Combination may perform four (4) figures selected by the above-described procedure.

In the Youth category each competitor in Solo, Male Solo, Duet, Mixed Duet, and Team must perform a group of two (2) figures from the set of four (4) figures drawn from the list described in the Appendix V of these rules. Each competitor in Free Combination may perform the two (2) figures selected by the above-described procedure.

A group or set of two groups of Figures from the FINA Figures 2022-2025 in Appendix I shall be drawn by the Organising Committee according to AS 8.3.

**ASAG 3.2** Figure lists:  
The figure groups for 12 & 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 the FINA Artistic Swimming Rules. Participating Federations/Clubs may also by mutual consent choose from other Age Group for level of ability of the competitors entered in the meet.

**ASAG 3.3** For each competitor in 12 & 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 AS 12.2).

**ASAG 4** In a duet or team event of the 12 & 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 AS 8.3 and AS 8.4)

**ASAG 5** The time limits for different age groups, including ten (10) seconds of deck movements, shall be:

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### 12 & Under / Youth

Solo	2:00
Duet/Mixed Duet	2:30
Team	3:00
Free Combination	3:00

### Junior

Solo	2:15
Duet/Mixed Duet	2:45
Team	3:30
Acrobatic	3:00

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

**ASAG 6 NEW** - In the Youth Team event, the two required movements in Appendix III can be either part of a hybrid or constitute a hybrid itself. In both cases these movements have to be clearly identified in the Coach Card. Entries will be accepted only under this premise.

DRAFT

**APPENDIX I**

**12 and Under Figures**

Group & Figure #	Figure Name	DD
<b>Compulsory</b>		
106	Straight Ballet Leg	1.6
301	Barracuda	1.8
<b>Optional Groups:</b>		
<b>Group 1</b>		
359	Front Ariana	2.2
348	Tower	1.9
<b>Group 2</b>		
363	Water Drop	1.8
401	Swordfish	2.1
<b>Group 3</b>		
311	Kip	1.6
227d	Swanita Spinning 180°	1.9





**Compulsory:**

**1- 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.*

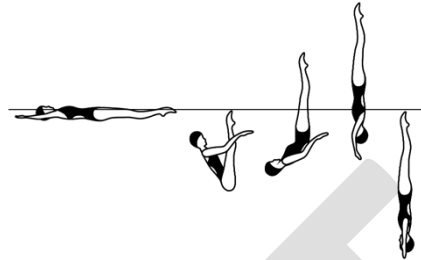






					Total
NVT=		18.5	11.0	10.5	40
PV =		4.63	2.75	2.63	10

**2- 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

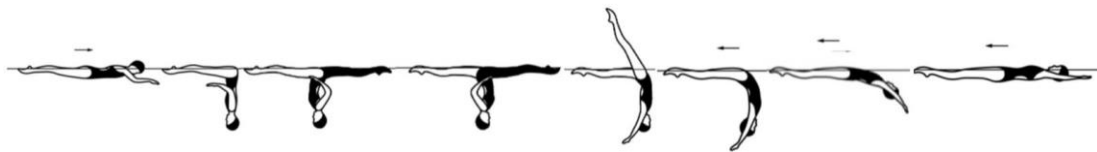
**Optional Groups**

**Group 1:**

**3- 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.

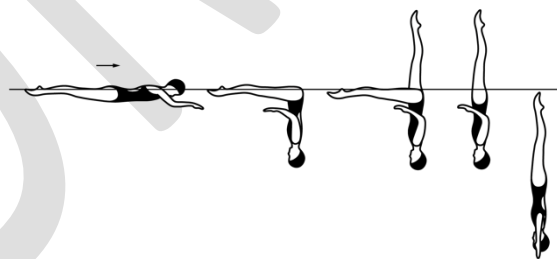


						Total
NVT=	6.0	20.0	17.0	23.0	7.0	73
PV =	0.82	2.74	2.33	3.15	0.96	10

**4- 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.



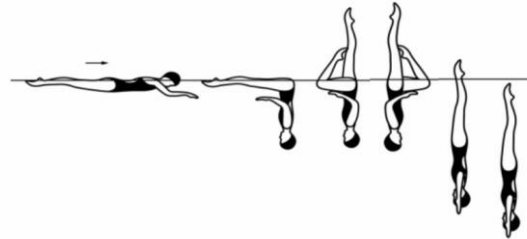
					Total
NVT=	6.0	14.5	20.5	14.0	55
PV =	1.09	2.64	3.73	2.55	10

**Group 2:**

**3- 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.

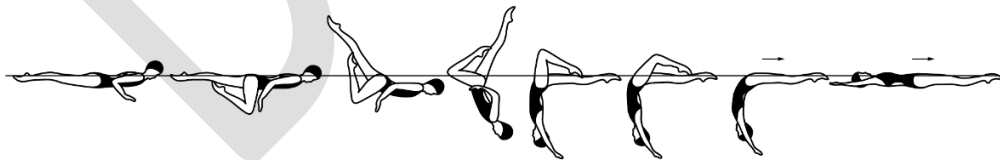


							Total
NVT=		6.0	15.0	15.0	13.0	0	49
PV =		1.22	3.06	3.06	2.65	0	10

**4- 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 Action* is executed.



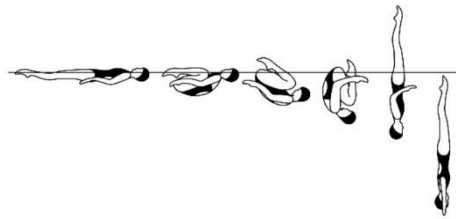
						Total
NVT=		4.0	47.0	11.5	7.0	69.5
PV =		0.58	6.76	1r1.65	1.01	10

**Group 3:**

**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.

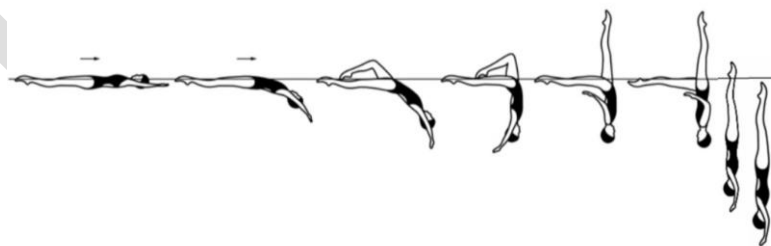


					Total
NVT=	3.0	2.0	23.0	14.0	42
PV =	0.71	0.48	5.48	3.33	10

**4- 227d Swanita Spinning 180°**

**DD 1.9**

From a **Back Layout Position** a *Bent Knee Surface Arch Position* is assumed. The bent leg straightens 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



## APPENDIX I

### YOUTH FIGURES 2022-2025

#### 13-15 FIGURES

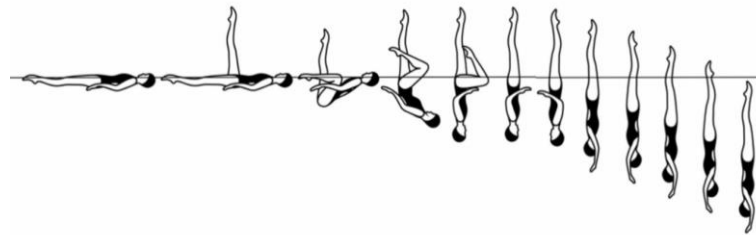
Group & Figure #	Figure Name	DD
<b>Section A</b>		
<b>Group 1</b>		
140g	Flamingo Bent Knee, Twist Spin	2.9
437	Cyclone, Open 180°	2.6
<b>Group 2</b>		
308h	Barracuda Airborne Split Spin Up 180°	2.9
407	Swordfish Straight Leg Ariana Rotation	2.6
<b>Section B</b>		
<b>Group 3</b>		
356f	Whip Continuous Spin 720°	3.0
441	Saturn	2.5
<b>Group 4</b>		
352	Venus	3.0
240i	Albatross Spin up 360°	2.5
<b>Section C</b>		
<b>Group 5</b>		
144	Rio Straight Leg	3.1
421	Walkover Back Closing 360°	2.4
<b>Group 6</b>		
440d	Ipanema Spinning 180°	3.1
311j	Kip Combined Spin	2.4

**Section A**  
**Group 1:**

**1 - 140g Flamingo Bent Knee, Twist Spin**

**DD 2.9**

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 **Bent Knee Vertical Position**. The bent leg is extended to a **Vertical Position**. A *Twist Spin* is executed.

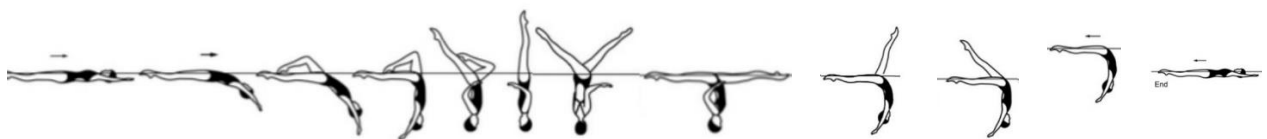


								<b>Total</b>
NVT=	10.5	11.0	7.5	20.0	16.5	48.0		113.5
PV =	0.93	0.97	0.66	1.76	1.45	4.23		10

**2 - 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.



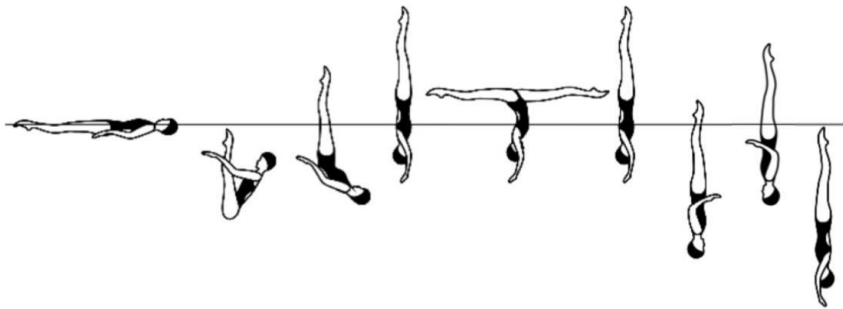
						<b>Total</b>
NVT=	17.5	29.0	20.0	23.0	7.0	96.5
PV =	1.81	3.01	2.07	2.38	0.73	10

**Section A**  
**Group 2:**

**1 - 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	

**2 - 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.



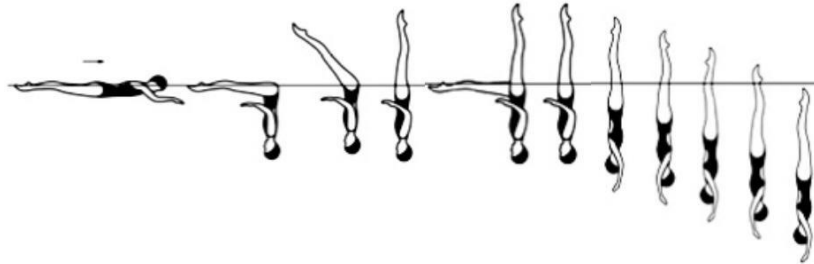
						Total
NVT=	48.0	17.0	23.0	7.0	95	
PV =	5.05	1.79	2.42	0.74	10	


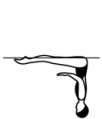





**Section B**  
**Group 3:**

**1 - 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.

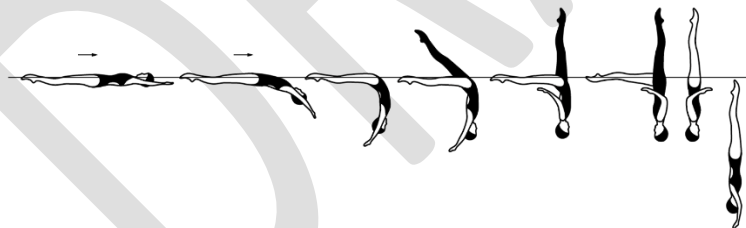






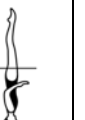

							Total
NVT=	6.0	33.0	22.5	20.5	34.0	0	116
PV =	0.52	2.84	1.94	1.77	2.93	0	10

**2 - 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.



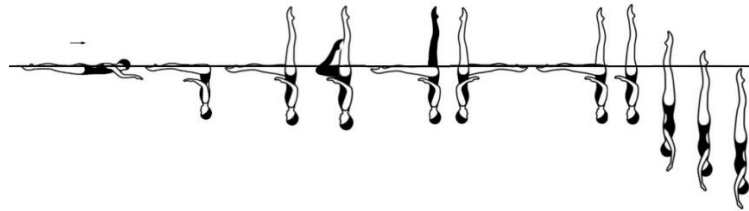
						Total
NVT=	12.0	23.5	14.0	23.5	14.0	87
PV =	1.38	2.70	1.61	2.70	1.61	10

**Section B**  
**Group 4:**

**1 - 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.

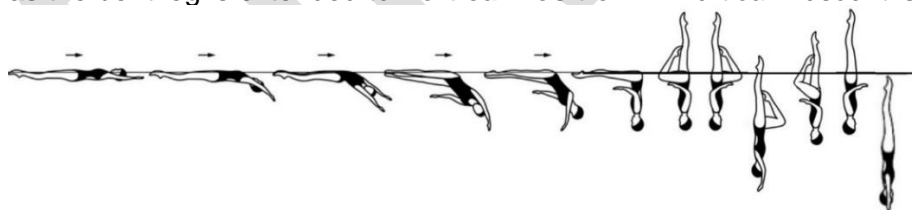


										<b>Total</b>
NVT=	6.0	12.5	12.5	18.5	24.0	20.5	23.0	0	0	117
PV =	0.51	1.07	1.07	1.58	2.05	1.75	1.97	0	0	10

**2 - 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.



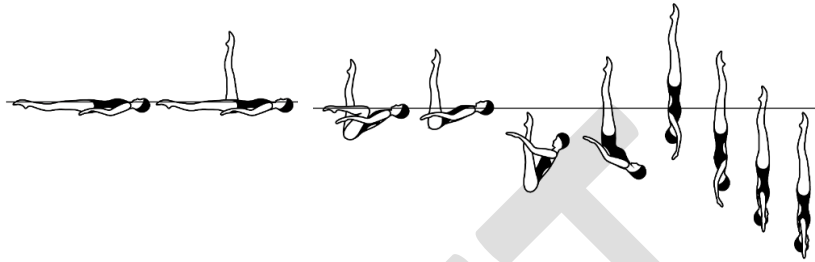
							<b>Total</b>
NVT=	15.0	15.0	15.0	10.0	18.5	14.0	87.5
PV =	1.71	1.71	1.71	1.14	2.11	1.60	10

**Section C**  
**Group 5:**

**1 - 144 Rio Straight Leg**

**DD 3.1**

A *Straight Ballet Leg* is assumed. The knee, shin and toes of the horizontal leg are drawn along the surface of the water to assume a **Surface Flamingo Position**. The bent leg is straightened to a **Surface Ballet Leg Double Position**. The body submerges vertically to a **Back Pike Position** with the toes just under the surface of the water. A *Thrust* is executed to a **Vertical Position**. A *Spinning 360°* is executed at the same tempo as the *Thrust*.

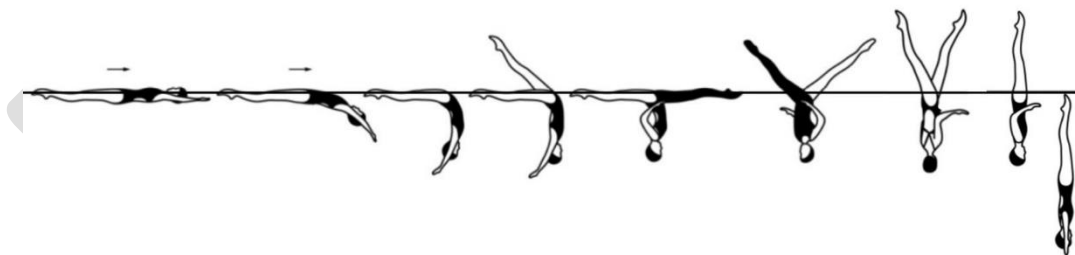


								Total
NVT=	18.5	7.5	13.0	12.0	31.0	39.0	0	121
PV =	1.53	0.62	1.07	0.99	2.56	3.22	0	10

**2 - 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.



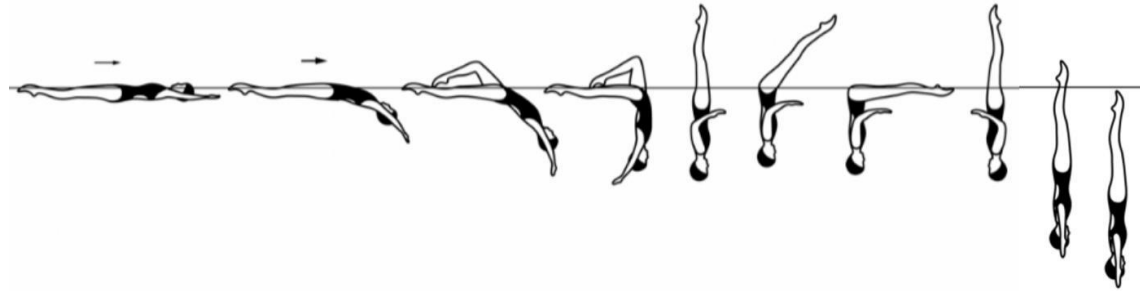
						Total
NVT=	12.0	29.0	27.0	14.0		82
PV =	1.46	3.54	3.29	1.71		10








**Section C**  
**Group 6:**

**1 - 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	123.5
PV =		1.42	1.70	2.67	2.67	1.54	0	10

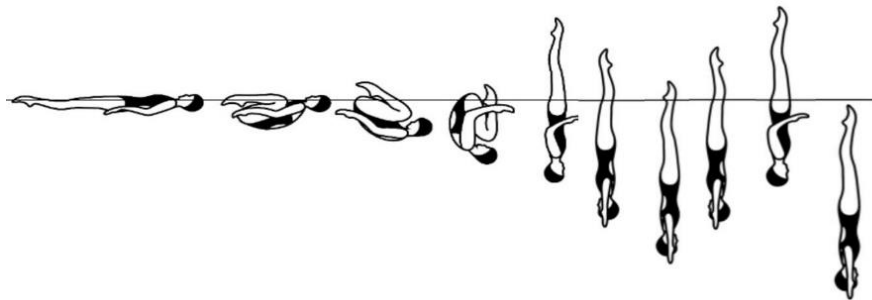
**Section C**







**Group 6:**

**2- 311j Kip Combined Spin (360° + 360°)**

**DD 2.4**

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 the shins. A rapid *Combined Spin* (360° + 360°) is executed followed by a rapid *Vertical Descent*.



							Total
NVT=	3.0	2.0	23.0	40.0	14.0	82	
PV =	0.37	0.24	2.80	4.88	1.71	10	



# APPENDIX I

## BASIC BODY POSITIONS

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

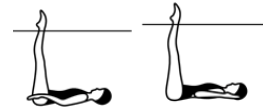
### a) Surface

Legs together and extended perpendicular to the surface of the water. Head in line with the trunk. Face at the surface of the water.



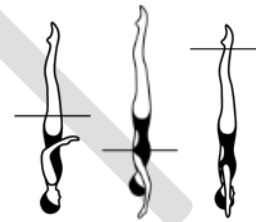
### b) Submerged

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.



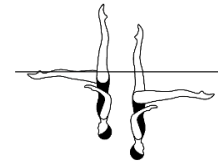
## 6 VERTICAL POSITION

Body extended perpendicular to the surface of the water; legs together, head downward. Head (ears specifically), hips and ankles in line.



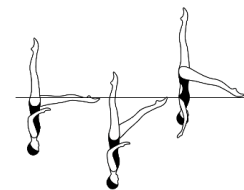
## 7 CRANE POSITION – this position is currently not performed in any FINA figure.

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.

### a) Bent Knee Front Layout Position

Body extended in **Front Layout Position** with the toe of the bent leg at the knee or thigh. Unless otherwise specified face may be in or out of the water.



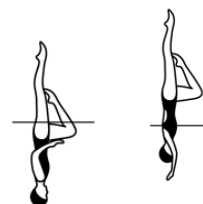
### b) Bent Knee Back Layout Position

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 toe of the bent leg at the knee or thigh.



### 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.



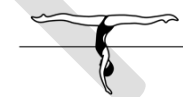
### a) Surface Split Position

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.



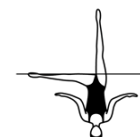
## 18 KNIGHT VARIANT POSITION

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.

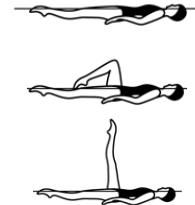


# APPENDIX I

## BASIC MOVEMENTS

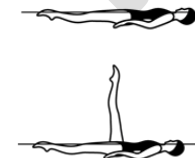
### 1 TO ASSUME A BALLETT LEG/A BALLETT LEG IS ASSUMED

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**.



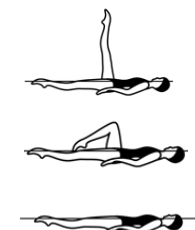
### 1B TO ASSUME A STRAIGHT BALLETT LEG/A STRAIGHT BALLETT LEG IS ASSUMED

From a **Back Layout Position** one leg is raised straight to a **Ballet Leg Position**.



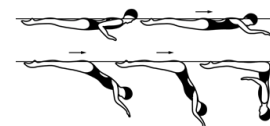
### 2 TO LOWER A BALLETT LEG /THE BALLETT LEG IS LOWERED

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.



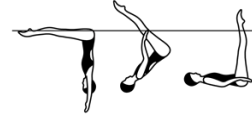
### 3 TO ASSUME A FRONT PIKE POSITION/A FRONT PIKE POSITION IS ASSUMED

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 at the one quarter point 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**.



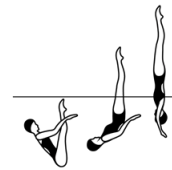
## 8 CATALINA REVERSE ROTATION

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	0 – 30 degrees	.2
Medium Deviation	31 – 44 degrees	.5
Large Deviation	45 degrees or more	1.0

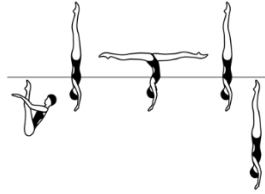
## 10 VERTICAL DESCENT

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



## 11 ROCKET SPLIT

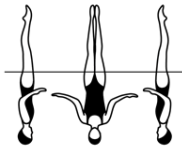
A *Thrust* is executed to a **Vertical Position**. Maintaining maximum height the legs are split simultaneously and rapidly to assume an **Airborne Split Position** and rejoin to a **Vertical Position**, followed by a *Vertical Descent*. The *Vertical Descent* is executed at the same tempo as the *Thrust*.



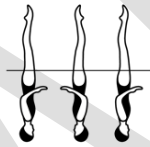
## 12 TWISTS

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*.

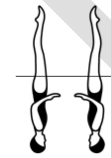
a) **Half Twist:**  
a *Twist* of 180°.



b) **Full Twist:**  
a *Twist* of 360°.



c) A **Twirl:** a rapid *Twist* of 180°.



### Twist Allowance

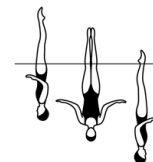
The acceptable allowance for *Twist* rotations (*Half Twist*, *Full Twist* and *Twirl*) is up to ¼ less than/more than the required rotation.

## 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°.



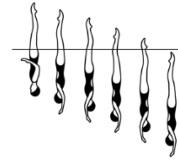
e) **360° Spin/Spinning 360°:** a *descending Spin* with a rotation of 360°.



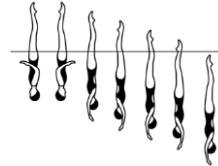


### 13 SPINS (cont.)

**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*.



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*.

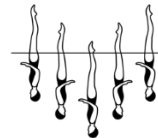
**h) Spin Up 180°:** an *ascending Spin* with a rotation of 180°.



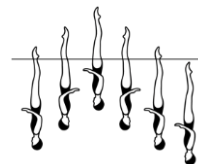
**i) Spin Up 360°:** an *ascending Spin* with a rotation of 360°.



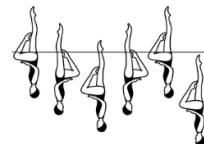
**j) Combined Spin:** a *descending Spin* of at least 360° followed without a pause by an equal *ascending Spin* in the same direction. The *ascending Spin* reaches the same height where the *descending Spin* started.



**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**.



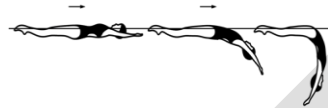
#### **Spin Allowance**

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

2-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.

**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°.

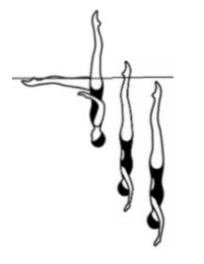


**17 HELICOPTER ROTATION**

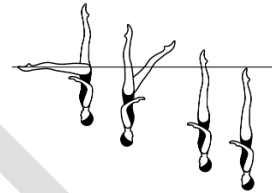
From a **Fishtail Position** the horizontal leg is lifted while closing into the vertical leg to assume a **Vertical Position** during a descending rotation and is completed as the ankles reach the surface of the water.

## 17 HELICOPTER ROTATION (cont.)

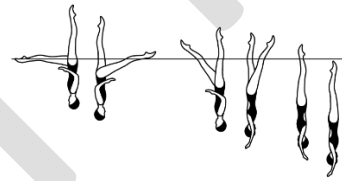
a) **Spinning 180°**: A *descending Spin* with a rotation of 180° completed with a *Vertical Descent*.



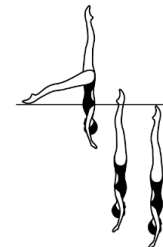
b) **Spinning 360°**: A *descending Spin* with a rotation of 360° completed with a *Vertical Descent*.



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**.



## **APPENDIX II TECHNICAL ROUTINES**

### **GENERAL REQUIREMENTS**

In Olympic Games, Olympic Games Qualifier, FINA World Series, FINA Senior & Junior World Championships and other FINA 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 FINA 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 FINA Handbook for penalties regarding incorrect or omitted actions.

3. Required Elements #1 - #5 can be performed in any order.

4. Required Elements #1 - #5 - 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. With the exception of Deck Work, Entry, Hybrid Connected action (Mixed Duet), Acrobatic movement (Team), Pair Acrobatics (Duet and Mixed Duet), Cadence action (Team) and Circle Pattern (Team), Required and Free Elements and Transitions are to be performed simultaneously and facing same direction by all duet or team members.

7. Additional movements can be added immediately before and after (breath to breath) Required Elements #1 - #5. Those movements will not add any extra difficulty nor will be considered as the additional hybrids.

8. Time limits – refer to 2022-2025 FINA Handbook.

**Recommendation for all Technical Routines:**

It is strongly recommended for clarity of judgment that Required Elements #1 - #5 are separated by other content.

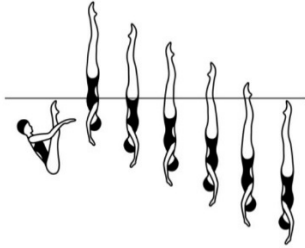
**DD values subject to adjustment by Fina**

**SOLO REQUIRED ELEMENTS**

**Element 1**

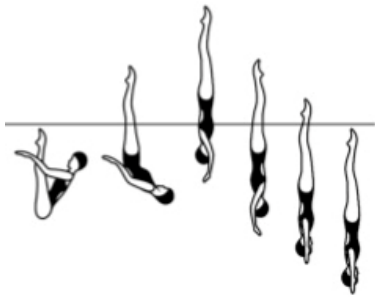
**1A - Thrust Continuous Spin 720° DD – 2.7**

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.

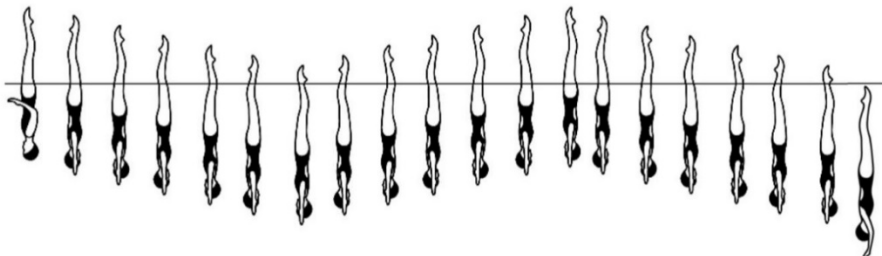


**SOLO REQUIRED ELEMENTS**

**Element 2**

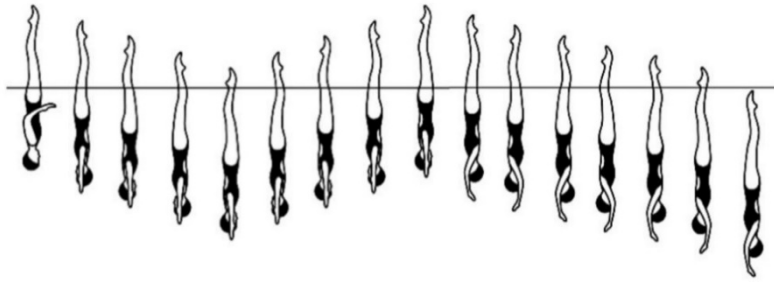
**2A – Combined Spin 1080° – Continuous Spin 1080° DD - 3.0**

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.

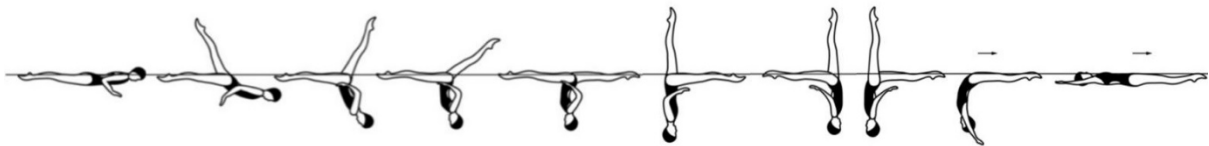


## SOLO REQUIRED ELEMENTS

### 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.

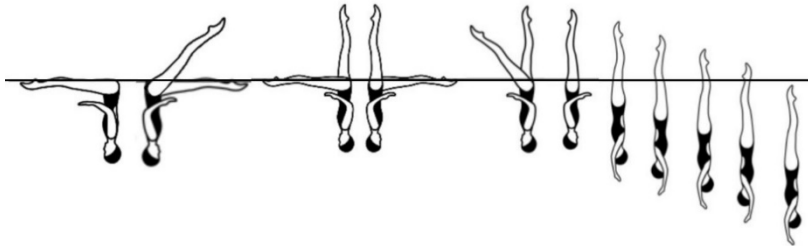


## SOLO REQUIRED ELEMENTS

### Element 4

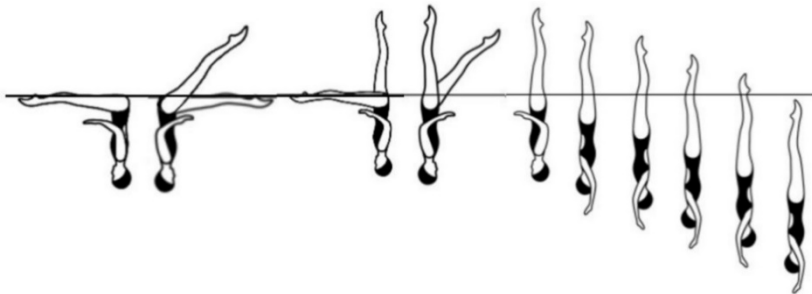
#### 4A – Fishtail Half Twist - Continuous Spin 720° DD – 2.9

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.



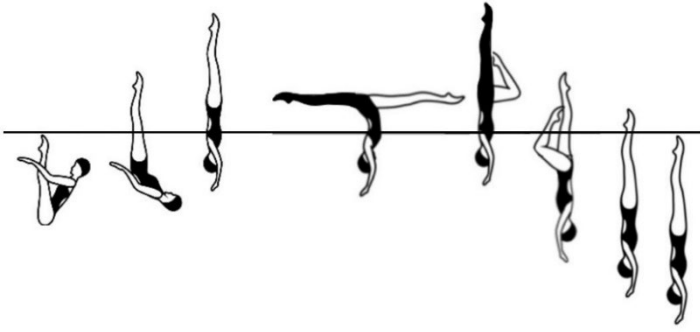
## SOLO REQUIRED ELEMENTS

### 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*.

# Technical Routines – Required Elements - **DRAFT**





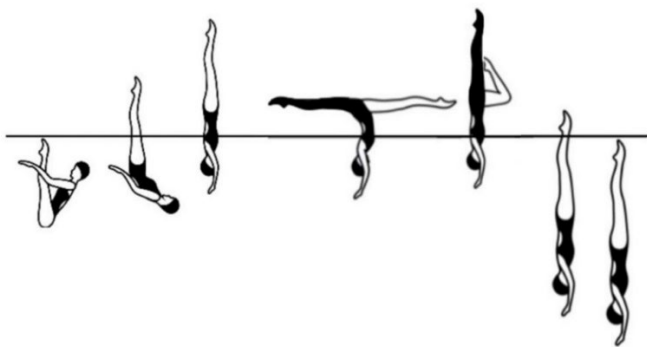
## Technical Routines – Required Elements - **DRAFT**

### SOLO REQUIRED ELEMENTS

#### Element 5 - continued

#### 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

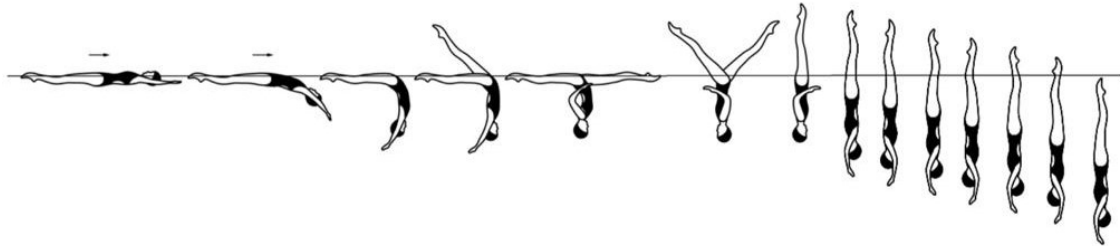
6. Two (2) additional hybrids must be performed. These may be placed anywhere in the routine.

**DUET REQUIRED ELEMENTS**

**Element 1**

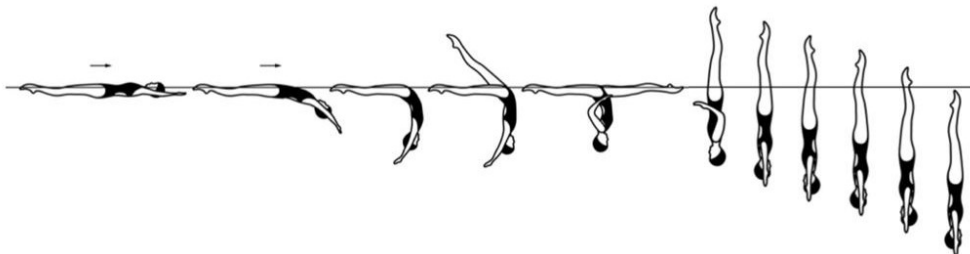
**1A – Walkover Back Closing 360° – Continuous Spin 1080° DD – 3.0**

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.

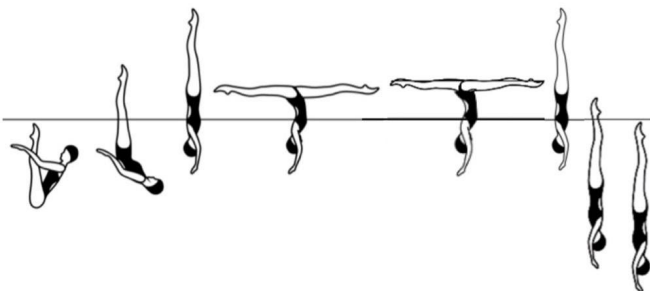


**DUET REQUIRED ELEMENTS**

**Element 2**

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

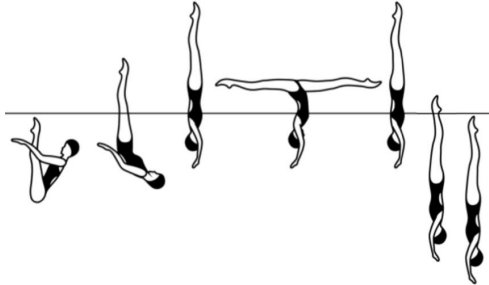
From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume two alternating **Airborne Split Positions**. The legs rapidly re-join to a **Vertical Position**. A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



# Technical Routines – Required Elements - **DRAFT**

## **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.

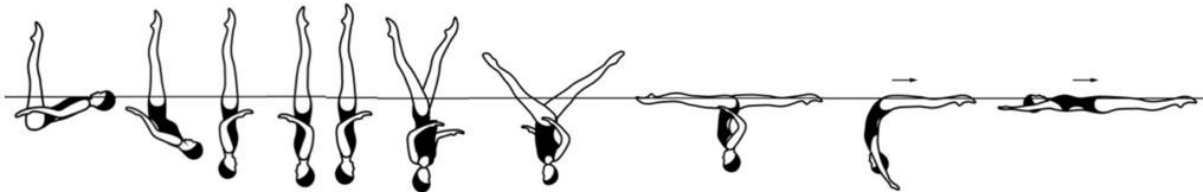


## **DUET REQUIRED ELEMENTS**

### **Element 3**

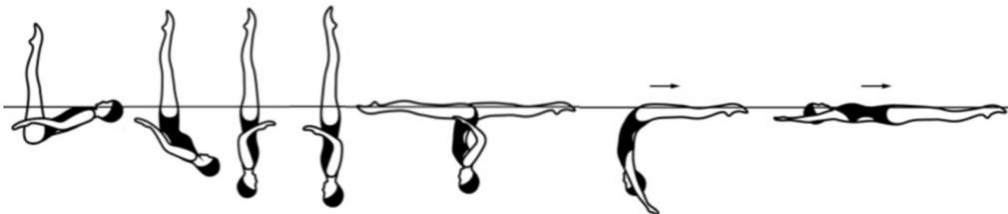
#### **3A- Flamingo Full Twist Hybrid DD – 2.9**

From a **Surface Ballet Leg Double Position**, maintaining the vertical position of the legs, the hips are lifted as the trunk is unrolled to a **Vertical Position**. A *Full Twist* is executed. Continuing in the same direction and without a pause an additional rotation of *180°* is executed as the legs are symmetrically opened to assume a **Split Position**. A *Walkout Front* is executed.



#### **3B- Flamingo Half Twist Hybrid DD - 2.6**

From a **Surface Ballet Leg Double Position**, maintaining the vertical position of the legs, the hips are lifted as the trunk is unrolled to a **Vertical Position**. A *Half Twist* is executed. Without a pause the legs open symmetrically to a **Split Position**. A *Walkout Front* is executed.



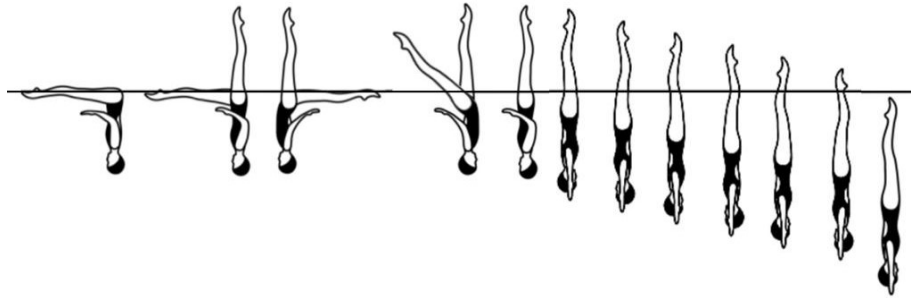
## **DUET REQUIRED ELEMENTS**

### **Element 4**

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

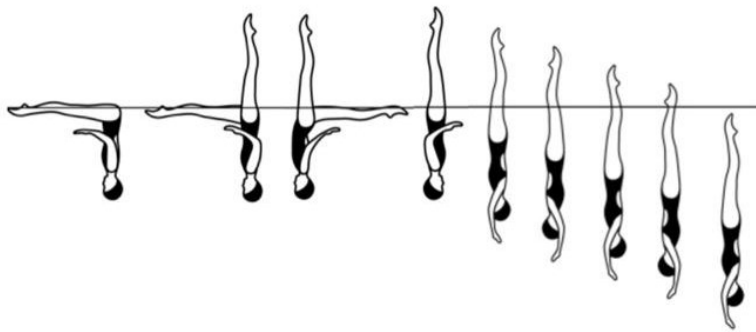
## Technical Routines – Required Elements - **DRAFT**

**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.

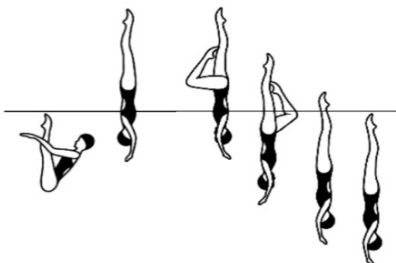


## **DUET REQUIRED ELEMENTS**

### **Element 5**

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

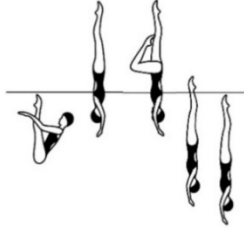
From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position**. One leg is lowered to a **Bent Knee Vertical Position** as a *Twirl* is executed. Continuing in the same direction and without a pause a rapid *360° Spin* is executed 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*.

## Technical Routines – Required Elements - **DRAFT**



### **DUET Technical Routine Additional Requirements-**

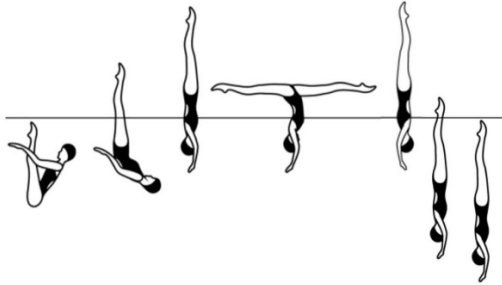
6. Two (2) additional hybrids and one (1) Pair Acrobatics must be performed. These may be placed anywhere in the routine.

**MIXED DUET REQUIRED ELEMENTS**

**Element 1**

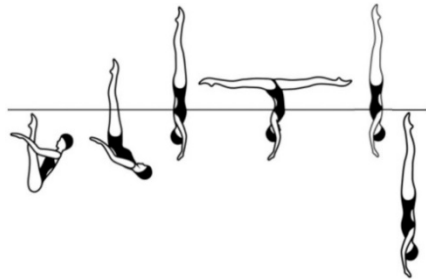
**1A – Rocket Split Twirl Spin 180° DD – 2.7**

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*.

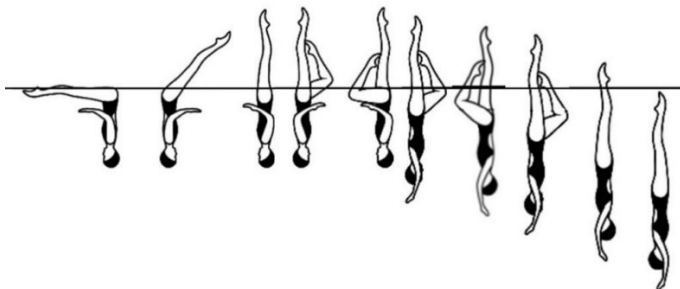


**MIXED DUET REQUIRED ELEMENTS**

**Element 2**

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

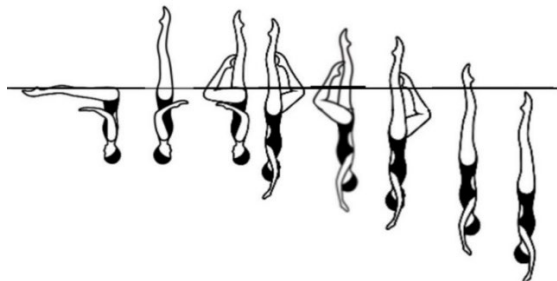
From a **Front Pike Position**, the legs are lifted to **Vertical Position** as a rotation of 360° is executed. Continuing in the same direction a *Full Twist* is executed as one leg is lowered to a **Bent Knee Vertical Position**. Continuing in the same direction a *Continuous Spin 720°* (2 rotations) 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.



## Technical Routines – Required Elements - **DRAFT**

### **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.

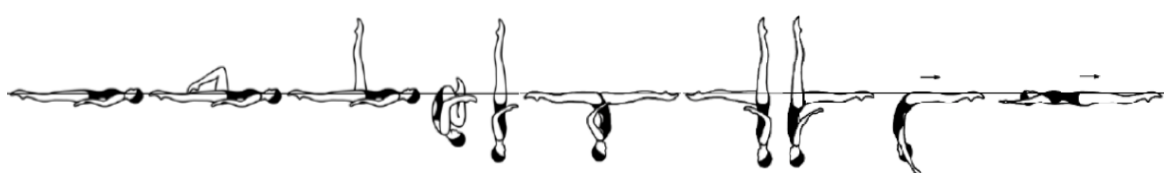


## **MIXED DUET REQUIRED ELEMENTS**

### **Element 3**

#### **3 – London Hybrid DD 3.3**

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. The legs are symmetrically lowered to a **Split Position**, and without a pause a rapid hip rotation of 180° is executed as the front leg is raised to assume a **Fishtail Position**. The horizontal leg is rapidly lifted through an arc of 180° to assume a **Knight Position**. The vertical leg is lowered to assume a **Surface Arch Position**, and with continuous motion an *Arch to Back Layout Finish Action* is executed.

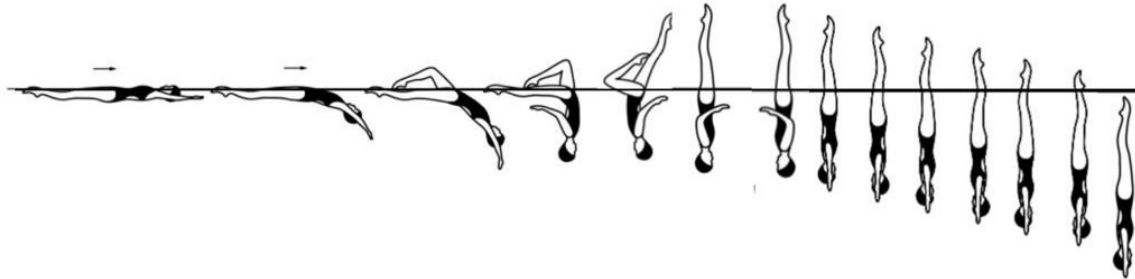


**MIXED DUET REQUIRED ELEMENTS**

**Element 4**

**4A - Nova Hybrid – Half Twist – Continuous Spin 1080° DD – 3.0**

From a **Back Layout Position** a *Bent Knee Surface Arch Position* is assumed. The legs are lifted and join simultaneously to a **Vertical Position**, as a *Full Twist* is executed. Continuing in the same direction and without a pause a *Half Twist* is executed. Continuing in the same direction and without a pause a *Continuous Spin 1080°* (3 rotations) is executed.



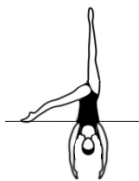
**4B - Nova Hybrid –Continuous Spin 1080° DD – 2.6**

From a **Back Layout Position** a *Bent Knee Surface Arch Position* is assumed. The legs are lifted and join simultaneously to a **Vertical Position**, as a *Full Twist* is executed. Continuing in the same direction and without a pause a *Continuous Spin 1080°* (3 rotations) is executed.



**MIXED DUET REQUIRED ELEMENTS**

**Fishtail Hybrid Airborne Position**



One leg is rapidly lowered to an airborne position midway between a **Side Fishtail Position** and a **Fishtail Position** with the foot of the lowered leg touching the surface of the water. Body is extended in a **Vertical Position** and hip joints must be on a horizontal line.

**Element 5**

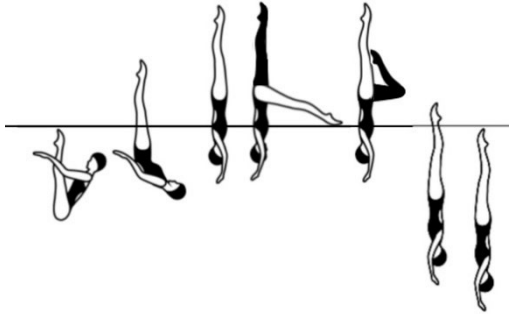
**5A -Thrust Fishtail Hybrid Bent Knee to Vertical Spinning 180° DD - 2.4**

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position**. With no loss of height, one leg is rapidly lowered to an airborne position midway between a **Side Fishtail Position** and a **Fishtail Position** with the foot of the lowered leg touching the surface of the water. The horizontal leg is rapidly lifted as the vertical leg is rapidly lowered to assume a **Bent Knee Vertical Position**. A rapid *180° Spin* is executed, as the bent



## Technical Routines – Required Elements - **DRAFT**

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*.

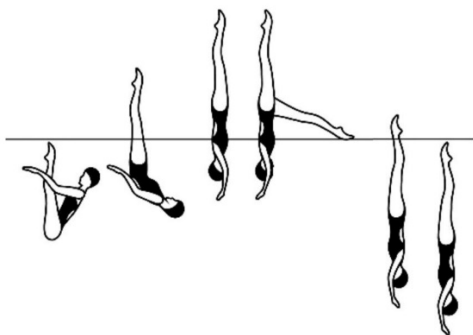


## MIXED DUET REQUIRED ELEMENTS

### Element 5-continued

#### 5B - Thrust Fishtail Helicopter Spinning 180° DD - 2.1

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**. A rapid *Helicopter Rotation Spinning 180°* is executed with the horizontal leg lifted to a **Vertical Position** during the rotation and is completed as the ankles reach the surface of the water followed by a *Vertical Descent*.



### MIXED DUET Technical Routine Additional Requirements

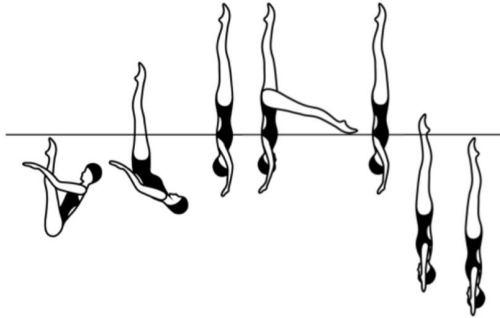
6. Two (2) additional hybrids, one of which must include a hybrid connection, and one (1) Pair Acrobatics must be performed,. These may be placed anywhere in the routine.

**TEAM REQUIRED ELEMENTS**

**Element 1**

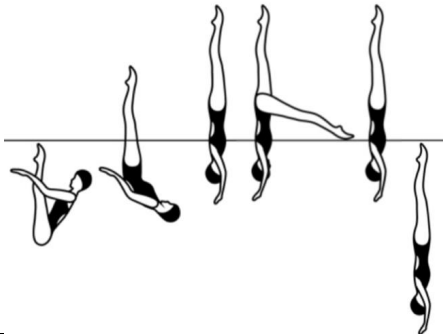
**1A – Flying Fish Hybrid Spinning 180° DD – 2.5**

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*.

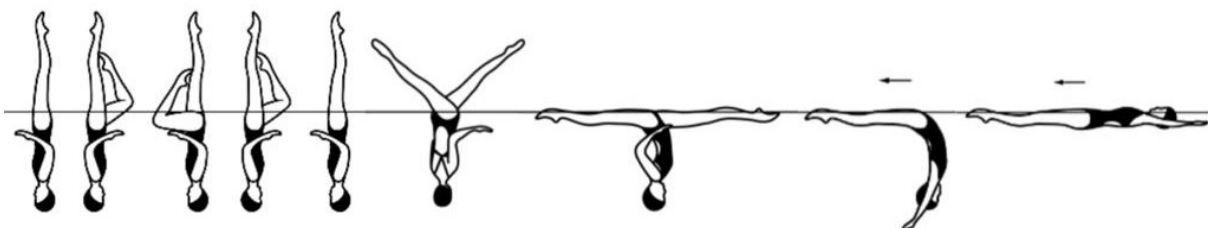


**TEAM REQUIRED ELEMENTS**

**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.



## Technical Routines – Required Elements - **DRAFT**

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

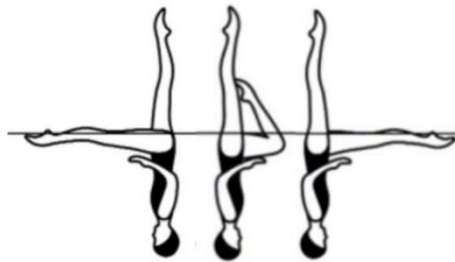
Starting in a **Vertical Position**, a *Half Twist* is executed as one leg is lowered to a **Bent Knee Vertical Position**. Continuing in the same direction another *Half Twist* is executed, as the bent knee is extended to a **Vertical Position**. The legs are symmetrically lowered to a **Split Position**.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



## **TEAM REQUIRED ELEMENTS**

### *Fouetté Rotation - New movement*

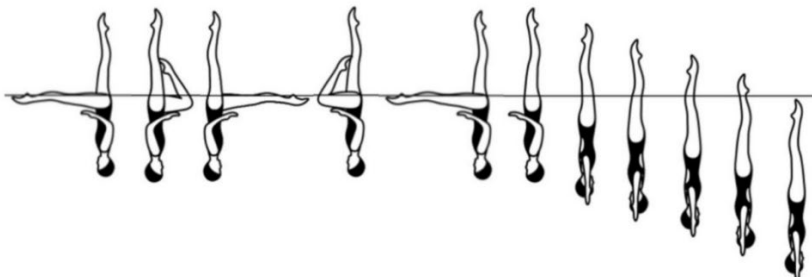
From a **Fishtail Position**, with the horizontal leg leading toward the vertical leg, a rapid 180° rotation is executed as the front leg bends to assume a **Bent Knee Vertical Position**. The bent leg rapidly extends to a **Fishtail Position**.



### **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.

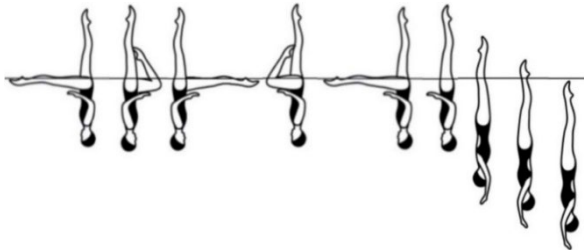


**TEAM REQUIRED ELEMENTS**

**Element 3-continued**

**3B – Two Fouetté Rotations – Vertical –Spinning 360° DD – 2.3**

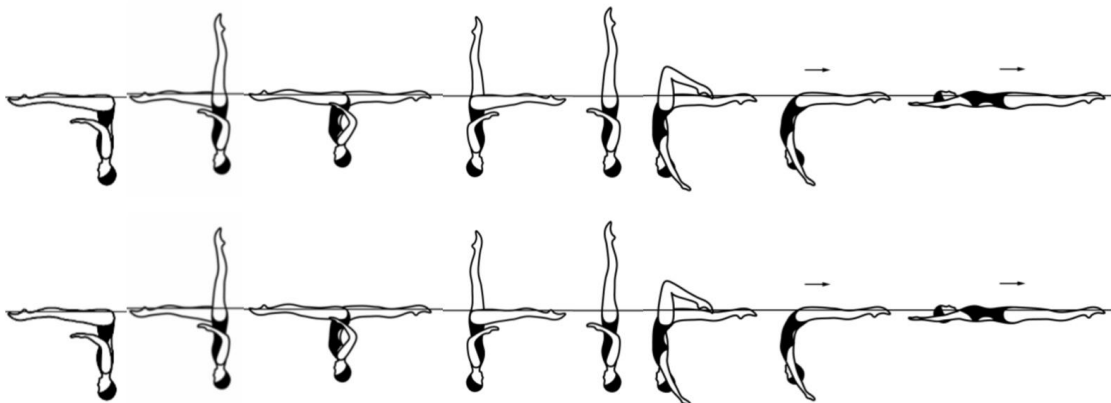
From a **Fishtail Position**, 2 *Fouetté* rotations (180°+180°) are executed. The horizontal leg is rapidly lifted to a **Vertical Position**. Continuing in the same direction, a rapid *Spinning 360°* (1 rotation) is executed.



**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.



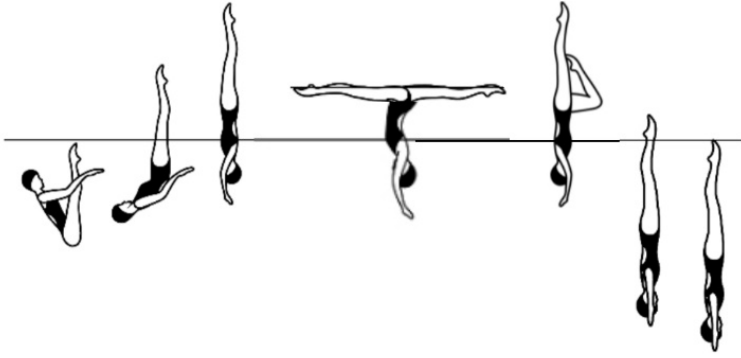
**TEAM REQUIRED ELEMENTS**

**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*.

Technical Routines – Required Elements - **DRAFT**

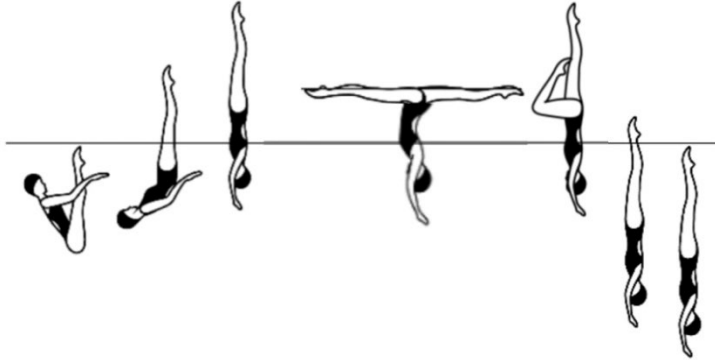


**TEAM REQUIRED ELEMENTS**

**Element 5-continued**

**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*.



## Technical Routines – Required Elements - **DRAFT**

### TEAM Technical Routine Additional Requirements

6. Three (3) additional hybrids, one of which must include a Cadence action, and one (1) acrobatic movement must be performed by all team members. These may be placed anywhere in the routine. The DD for the acrobatic movement must not **be less than 2.0 nor exceed 2.65** (in the Appendix VII)

**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.

7. 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 making and finishing a circle.



## APPENDIX III - Set Numbers of Elements for Routines - **DRAFT**

Senior/Junior	Time (+/- 5 sec)	Total Required Elements	Summary
Solo Tech	2:00	7	Total of 5 Required Elements and 2 Free Hybrids.
Solo Free	2:15	7	Total of 7 Free Hybrids
Duet Tech	2:20	8	Total of 5 Required Elements and 2 Free Hybrids, and 1 Pair Acrobatic.
Duet Free	2:45	9	Total of 7 Free Hybrids, 2 Pair Acrobatics
Mixed Duet Tech	2:20	8	Total of 5 Required Elements, 2 Free Hybrids (one which must include a hybrid connection), and 1 Pair Acrobatic
Mixed Duet Free	2:45	9	Total of 7 Free Hybrids (one of them must be a connected hybrid), 2 Pair Acrobatics: an overhead lift and a throw <b>Additional required "movements" for Free Mixed Duet: #1.</b> Two (2) connected surface movements with travel
Team Tech	2:50	9	Total of 5 Required Elements and 3 Free Hybrids (one which must include Cadence action), and 1 Required Team Acrobatic
Team Free	3:30	11	Total of 7 Free Hybrids and 4 Free Team Acrobatics
Acrobatic Routine	3:00	7	7 acrobatics (1 of each group = 4 + 3 of free group choice) + transitions are free, but no difficulty awarded + hybrids are free but no difficulty awarded
Youth (13-15)	Time (+/- 5 sec)	Total Required Elements	Summary
Solo Free	2:00	6	Total of 6 Free Hybrids
Duet Free	2:30	7	Total of 6 Free Hybrids and 1 Pair Acrobatics
Mixed Duet Free	2:30	7	Total of 6 Free Hybrids (one of them must be a connected hybrid) and 1 Pair Acrobatic <b>Additional required "movements" for Free Mixed Duet: #1.</b> Two (2) connected surface movements with travel,
Team Free	3:00	9	Total of 6 Free Hybrids and 3 Team Acrobatics (safety limit TBD). Required components (in any of the 6 hybrids): one (1) thrusting action and one (1) 720° rotation (R3), both performed fully synchronised
Youth Combo	3:00	9	4 Acrobatics (limits for athlete safety) + Free Transitions + ONLY 1 x Solo Hybrid, 1 x Duet Hybrid, 3 x Team Hybrid
12U	Time (+/- 5 sec)	Total Required Elements	Summary
Solo Free	2:00	5	Total of 5 Free Hybrids
Duet Free	2:30	6	Total of 5 Free Hybrids and 1 Pair Acrobatics
Mixed Duet Free	2:30	6	Total of 5 Free Hybrids (one of them must be a connected hybrid) and 1 Pair acrobatic <b>Additional required "movements" for Free Mixed Duet: #1.</b> Two (2) connected surface movements
Team Free	3:00	9	Total of 6 Free Hybrids and 3 Team Acrobatics (safety limit TBD)
12U Combo	3:00	8	3 Acrobatics (limits for athlete safety) + Free Transitions + ONLY 1 x Solo Hybrid, 1 x Duet Hybrid, 3 x Team Hybrid

## **APPENDIX IV**

### **REQUIRED ELEMENTS FOR ACROBATIC ROUTINE**

#### **GENERAL REQUIREMENTS**

1. Time Limits as in AS 14.1
2. Required Element #1 may be performed in any order
3. As in all routines, the Coach Card must show the Technical Required Elements in the selected order of performance according to Appendix III

#### **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 (selected from any group).

**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).

## **APPENDIX V**

### **FINA REQUIRED ELEMENTS FOR THE FREE COMBINATION**

#### **GENERAL REQUIREMENTS**

1. Time Limits: ASAG. 5
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. As in all routines, the Coach Card must show the Technical Required Elements, and the Free Elements in the selected order of performance
6. The Routine must portray a Theme

#### **REQUIRED ELEMENTS**

1. At least two (2) parts must have fewer than three (3) competitors and at least two (2) parts must have eight (8) to ten (10) competitors.
2. The Free Combination must have four (4) acrobatic movements for Youth and three (3) acrobatic movements for 12 and under. Acrobatic Elements cannot have a DD higher than the following: for Group A: 2.65, for Group B: 2.6, for Group C: 2.45, and for group P 2.5. Please refer to the FINA Acrobatics Catalogue.

DD values subject to adjustment by Fina as required.



FÉDÉRATION  
INTERNATIONALE  
DE NATATION



ARTISTIC SWIMMING

# ACROBATICS CATALOGUE

## THE CLASSIFICATION AND DEGREES OF DIFFICULTY OF ACROBATIC MOVEMENTS IN ARTISTIC SWIMMING

**2022 – 2025**

FINA Artistic Swimming Innovation Group

(L. Schott, O. Brusnikina, A. Montero, S. Saidova, I. Butuzova, A. Petrenko, K. Heald, J. Buckingham, MJ. Bilbao)

Version 30.09.2022

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# Procedures for Determining Degrees of Difficulty for Acrobatic Movements

## 1. CLASSIFICATION OF ACROBATIC MOVEMENTS, GROUPS, AND TERMINOLOGY

**Acrobatic movement** - is a 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)

Must start and finish in the water!

All other actions are considered as pair acrobatics or pair assist actions.



For example: this will not be considered as acrobatic movement

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

To begin the classification process, videos of past World and European Championships from the years 2008-2022 and some other international competitions in the early 2000s were analyzed. This facilitated the classification of acrobatic movements into 4 main groups.

All acrobatic movements are divided into **4 Main Groups**:

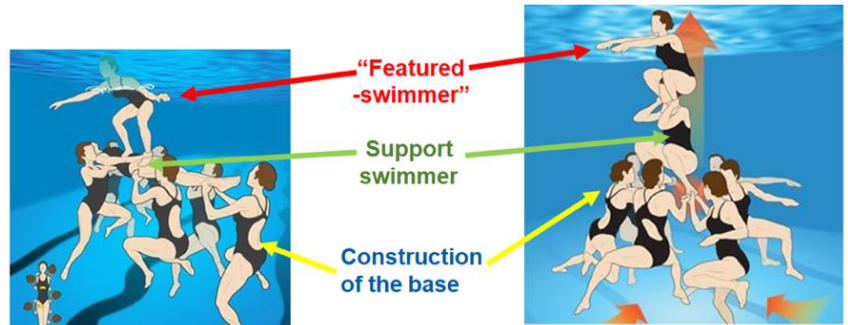
- **A** - stands for “**airborne**”.  
All elements in this group are performed by a “featured-swimmer” in the air (Jumps and throws)
- **B** - stands for “**balance**”.  
Acrobatic movements in this group are performed on a support/base.
- **C** - stands for “**combined**”.  
Encompasses characteristics of both upper groups.
- **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).



## Important terminology:

1) **Base athlete (swimmer)** - role of swimmers, which consists of pushing/lifting up featured-swimmer or support-swimmer with the featured-swimmer on top.

2) **Support athlete (middle)** - swimmer working or maintaining position on top of the “base swimmers” in a “three tier level” construction. Example: stack, standard platform, “area” construction in group A.



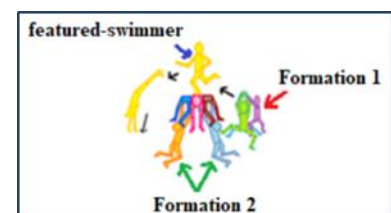
3) **Featured-swimmer** - top swimmer, which executes acrobatic actions or movements on support or in the air.

4) **Spotter («helper»)** - one swimmer, with a role of additional support (lift or push) inside the construction. Usually placed near and close to “main” construction. In most of the cases they are attached to featured-swimmer, but there are exceptions. It is possible to have few (2-4) separate spotters or “pair” of spotters (aka “pair-boost”).

5) **Construction** - is a generalized name for collaborated work of all athletes according to their assigned role in the acrobatic movement (base + support + featured swimmers)

6) **Construction of the base** - is the 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-swimmers” can execute acrobatic actions.

7) **Formation** - two or more groups of swimmers, from which construction is comprised. Well synchronized actions of this group guarantees execution of acrobatic movements. Without proper work from one of the formations, usually a whole acrobatic movement, it will fail.

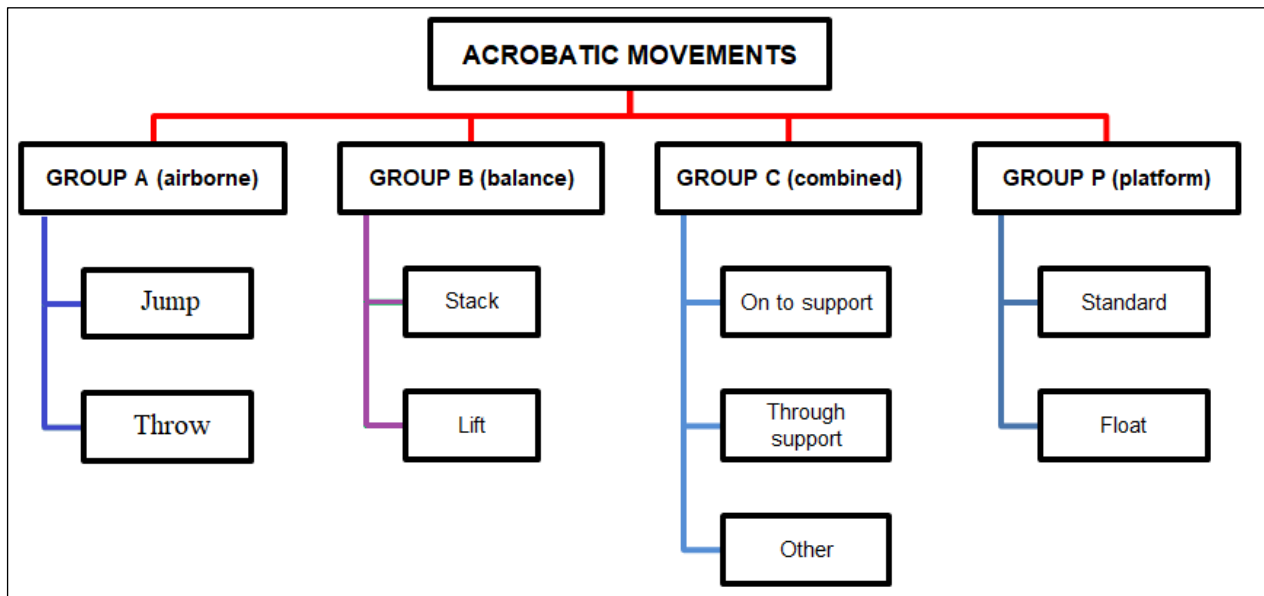


In a code, first letter describes **group/subgroup**:

<b>AJ</b>	Group A, subgroup Jump
<b>AW</b>	Group A, subgroup Throw
<b>BS</b>	Group B, subgroup Stack
<b>BL</b>	Group B, subgroup Lift
<b>PP</b>	Group P, subgroup Standard
<b>PF</b>	Group P, subgroup Float
<b>CO</b>	Group C, subgroup Other
<b>CT</b>	Group C, subgroup Through Support
<b>CC</b>	Group C, subgroup Onto Support

## 2. SUBGROUPS

Each Main Group gets divided into smaller groups, called “subgroups”



**For GROUP A (airborne) the subgroups are:**

- **Jump** (when a featured-swimmer jumps from construction. In this subgroup featured-swimmer uses their legs and there’s a “repulsion phase”).
- **Throw** (when featured-swimmer is thrown in the air by construction of the base. There’s no “repulsion phase” by 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).

**For GROUP B (balance) the subgroups are:**

- **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 featured-swimmer sits/stands or lays on “base-athletes”). Featured swimmer must be lifted up (away) from water’s surface (as high as possible), for acrobatic movement to be considered as lift.

**For GROUP C (combined) the subgroups are:**

- **Onto the support:** featured-swimmer jumps from one formation onto the other formation and remains on until the submergence.
- **Through the support:** featured-swimmer jumps and passes through other formation (slight touch and continue moving)
- **Other** (all those acrobatic movements that for sure are not group A or B or P, but have signs of group C but can’t be in subgroup O or subgroup T)

**For GROUP P (platform) the subgroups are:**

- **Standard** (coordinated actions of “base-swimmers”, where they lift from underwater a “support-swimmer” in horizontal position; and featured-swimmer stands, sits, or lays on support swimmer)
- **Floats** - is a coordinated action of “base-swimmers” and/or “support” swimmers that form a stable geometric figure (from legs or hands or both) on the surface on which later featured-swimmer execute movements. In some exceptions: floats can be lifted from underwater (it will be considered as a bonus)





### 3. THE MAIN COMPONENTS AND THEIR SPECIAL ELEMENTS (SE)

#### 3.1. Component “C” (construction) and its SE:

- Number of base swimmers
- Difficulty of coordinating actions
- Body position of a “support” swimmer
- Type of flexibility of maintained position of a “support” swimmer
- Airborne weight
- Area of full construction (water resistance)
- Tempo of acceleration and push (lift/throw)
- Area of support on which or from which featured swimmer jumps or passes through

#### 3.2. SE of component “P” (position):

- Body position / Difficulty to balance
- Presence or absence of a helping hand (capture)
- Direction of leg movement and level of flexibility
- Deviation of torso from inner axis

#### 3.3. Other components:

- “D” - Direction (for group A and C only)
- “S” - Area of support/Type of connect (“Grip”)
- “R” - Rotation of the construction base
- “T” - The plane and degree of rotation (featured-swimmer)
- “B” - Bonus

**\*NOTE: Each Main Group (A, B, C, P) may not have some of the “other” components depending on the specifics of that main group (refer to page 11).**

## 4. VALUES OF COMPONENTS AND SPECIFIC ELEMENTS (SE)

Components and Specific Elements (SE) which are used to calculate the degree of difficulty of any acrobatic movement.

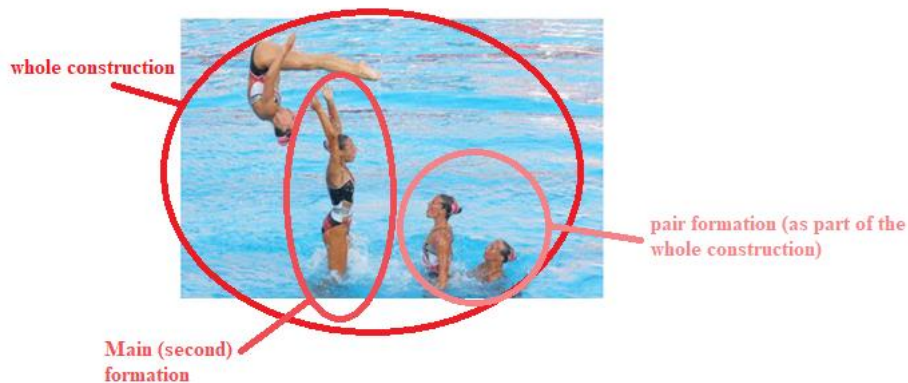
### 4.1. Component “C” (construction) - consider “base” swimmers and “supporter’s” actions.

**Table #1 - Number of base swimmers:**

It is more difficult to lift the same weight with less number of people

Number of base swimmers	Value
3-5 base swimmers Or 2 base swimmers if there is also a support swimmer which pushes featured-swimmer	0,2
6-9 base swimmers	0,1

**Important: in group C, “pair of swimmers” is considered as formation (one of the parts of the “whole” acrobatic movement construction).**



**Table #2 - Difficulty of coordinating actions (depends from number of levels and/or difficulty to synchronize actions with each other)**

Difficulty of coordinating actions	Value
Low	0,1
Medium	0,2
Hard	0,3

**Table #3 - Body position of a “support” (middle) swimmer**

Type	Value
Laying position	0,1
Head-down position (group A)	0,1
Head-down position (group B, because of “maintaining”, not pushing)	0,2



**Table #4 - Flexibility type of maintained position of a “support” swimmer**

Type of flexibility	Value
Straight body	0,1
Straight body with bent knees	0,15
Arched Position	0,15
Leg/legs/torso create a “right angle”	0,2

**Table #5 - Airborne weight values**

**Airborne weight** - is an amount of weight shown above the surface (out of water)

**“Full body”** - term that can be used for acrobatic movements, where 1 swimmer is completely above the surface (Example: simple lift, simple throw)

**“Half body”** - term that can be used for acrobatic movements where only half of body of a supporter is shown above the water surface. Example:

**For head-up positions:** starting from upper thigh until head must be fully demonstrated above the water’s surface to be considered as a “half body”.

**For head-down positions:** starting from “lower back” until feet must be fully demonstrated above the water surface to be considered as a “half body”.

Type:	Value:
1 full body (Example: Simple lift)	0,1
1 full body + half body (Example: stack)	0,15
1 full body+ half body + half body (Example: lift on two support-swimmers)	0,2
1 full body + 1 full body (Example: platform)	0,2
1 full body + half body + half body + half body (Example: throw from “square” construction)	0,25
2 full body + half + half (Example: 2 featured-swimmers on 2 support-swimmers)	0,3

For Platforms:	Value
Classic Platform (1 full body + 1 full body (support) = 0,1 + 0,1)	0,2
Platform: support 1 leg up+ featured-swimmer	0,3
Platform: support 2 legs up +featured-swimmer	0,4



**Table # 6 - Area of full construction (water resistance + how much space is occupied in the water + Proximity between base swimmers (it influences on the directions of vectors of the push/lift)).**

Number of levels	Type:		Value
Two level (less time needed to lift)	Type 1	Low resistance (small area of space occupied in the water, close proximity) (Example: simple lift)	0,1
Three level (more time needed to lift)	Type 2	Big resistance (Large area of space occupied in the water, far from each-other) (Example: platform, stack, Jump from square)	0,2
Float	Type 3	No resistance (construction builds on a surface (without lifting from underwater) (Example: "rhomb float")	0

**NOTE:** Most of the acrobatic movements in group C, consists of few formations. That means we take into account the area of each formation, unless they are connected with performer from beginning until the submergence or until the end of main "pushing phase"

**Table #7 - Speed of acceleration and push**

Type of speed of acceleration	Value:
Slow-Medium (platform)	0,1
Medium (stack)	0,2
Fast (throw)	0,3

**Table #8 - Area of support from which featured-swimmer jumps**

Area of support - GROUP A		
Type:	Area:	Value
Jump from "square" construction; Throw from surface; Jump from two supports + "spotter"; Jump from 3 pairs;	Big	0,1
Jump from shoulders; Jump from feet; Jump from 2 formations; "Triple" throw;	Medium	0,2
Jump from hands;	Small	0,3



**Table #9 - Average value of areas of support on which featured swimmer jumps or passes through**

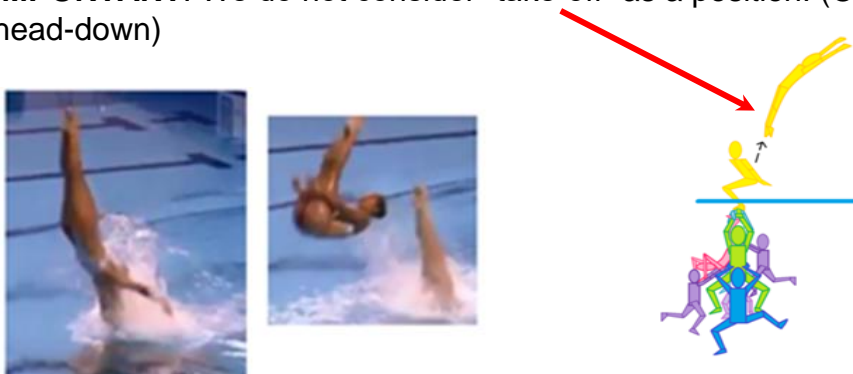
Area of support - GROUP C		
Type:	Area	Value
Platform or platform from 2 supports Or Back / backs (1,2,3...)	big	0,1
Other: Snake stack-type (back/back): like in Group B	big	0,1
Other: Snake stack head-down (shoulders on feet)	small	0,3
From Simple throw: like in Group A (fly above other formation)	big	0,1
Jump from shoulders (like in group A)	medium	0,2
Jump through formation from hands	medium	0,2
On to Simple lift or jump through 2 connected Stacks	big	0,1
Jump through support's hands or feet	medium	0,2
Jump through support's 1 foot Or Jump onto supports feet /palms	small	0,3

**Important:**

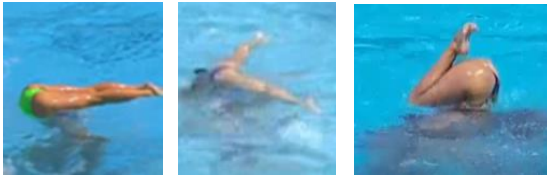


**4.2. Component “P” (position) - consider “featured-swimmer’s” actions.**

**IMPORTANT:** We do not consider “take-off” as a position! (Only if jump starts head-down)



“Start position” also doesn’t count as per these examples:



Hands position is optional during somersault, twisting and demonstrating positions.



**POSITIONS** are divided:

- Head-up (divides in: Stand on 1 leg; Laying; Sit; Stand on 2 legs; Static hold)
- Head-down

**Table #10 - Body position/Difficulty to balance (Groups B, P and sometimes C)**

Type	Value
Stand on 2 legs	0
Stand on 1 leg	0,1
Laying position	0,15
Head-down position	0,2


**Table #11 - Capture of leg/legs**

Type	Value
Forward catch in flex position (example: Vertical Split)	0,05
Two hand catch/ opposite hand catch for backward or sideway leg direction (example: Eye, Glass position)	0,1

**Table #12 - Deviation of torso from inner axis**

Degrees	Value
Torso leans forward/sideways	
90°	0,1
180°	0,2
Torso leans backward	
45°	0,1
90°	0,2
180°	0,3

**Table #13 - Direction of leg movement and level of flexibility**

Degrees	Value	Diagram
<b>Leg forward/sideways</b>		
90°	0,1	
135°	0,2	
180°	0,3	
Over-split	0,4	
<b>Leg backward</b>		
90°	0,15	
135°	0,25	
180°	0,35	
Over-split	0,45	

**\*Note: For head-down positions in a code you must add the symbol “ ! ”**

## 5. THE ALGORITHM FOR CALCULATING DD OF EACH ACROBATIC MOVEMENT:

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

**C** - construction

**D** - direction (GROUP A and C only)

**P** - position/s

**S** - area of support and type of connect (GROUP B and P only)

**R** - rotation of construction's base (GROUPS B, C and P)

**T** - the plane and degree of rotation (GROUP A and C only)

**B** - bonus

**DD** - degree of difficulty






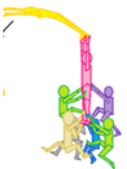
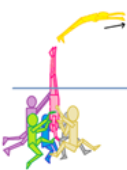
## IMPORTANT NOTES:




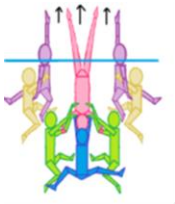


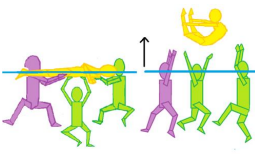

	<p>1. If 2 equal/same acrobatic movements are performed at the same time, it will be calculated as 1 acrobatic movement with a bonus for synchronization.</p>	
	<p>2. If 2 different acrobatic movements are performed at the same time - it will be calculated separately and written in the Coach Card with the same timing AND count as 2 acrobatics in your set number of elements for routines.</p>	
	<p>3. Whether there is submersion or not it will be two separate acrobatic movements.</p>	
	<p><b>Note:</b> If the position is the same for 2 featured swimmers - it will be written only once in the code!</p>	
<p>BL-L(2)-Li-co-w5</p>	<p>However, in the case of 2 <u>different</u> positions: it will be written in the same "box" with " + " in between the position codes. Like: wi+br</p>	<p>PP-(2)-Go-br+wi-j2</p>
	<p><b>Note:</b> positions are considered as performed by the featured-swimmer until the shoulders (if position is head-down) or to the knee (if position is head-up) or until the submergence of support swimmer (if featured-swimmer is in horizontal position)</p>	
<p>← In this example (image on the left) the shoulders are submerged so the split position is not considered vs image on the right where the shoulders are clearly above the surface.</p>		



## 6. GROUP A



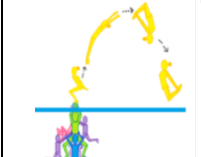
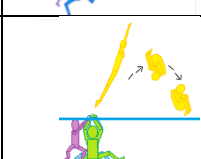
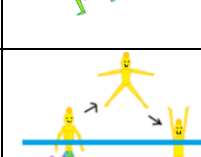

### 6.1 COMPONENT C – CONSTRUCTION

Table #14 - GROUP A Construction											
No.	Picture	Name and number of levels	Number of base athletes	Difficulty of coordinating actions and number of 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)	Area of support from which featured-swimmer jumps	Total
1		Throw from surface	6 to 9	Medium	no	no	1	-	-	Big	0,5
		Surf									
		(two level)	0,1	0,2	0	0	0,1	0	0	0,1	
2		Simple throw (simple jump)	3-5 base swimmers	Low	no	no	1	Type 1	fast	Big	0,9
		Thr									
		(two level)	0,2	0,1	0	0	0,1	0,1	0,3	0,1	
3		Simple throw 6-9 base swimmers	6 to 9	Medium	no	no	1	Type 1	fast	Big	0,9
		Thr									
		(two level)	0,1	0,2	0	0	0,1	0,1	0,3	0,1	
4		Jump from shoulders (stack type)	6 to 9	Hard	High level of sustainability + low vestibular load	straight body	1+0,5	Type 2:	med	Medium	1,25
		Shou									
		(three levels)	0,1	0,3	0	0,1	0,15	0,2	0,2	0,2	
5		Jump from shoulders (small type)	2-5 base swimmers	Medium	no	No (support of body is mostly under the water)	1	Type 1	med	Medium	1
		Sho									
		(three levels)	0,2	0,2	0	0	0,1	0,1	0,2	0,2	
6		Jump from hands	6 to 9	Hard	High level of sustainability + low vestibular load	straight body	1+0,5	Type 2:	med	Small	1,35
		Hand									
		(three levels)	0,1	0,3	0	0,1	0,15	0,2	0,2	0,3	
7		Jump from feet (stack type)	6 to 9	Hard	Low level of sustainability + high vestibular load	straight body	1+0,5	Type 2	med	Medium	1,35
		Feet									
		(three levels)	0,1	0,3	0,1	0,1	0,15	0,2	0,2	0,2	





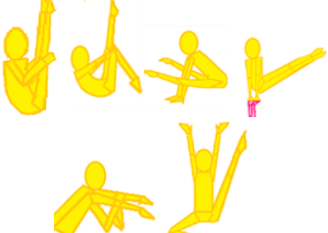


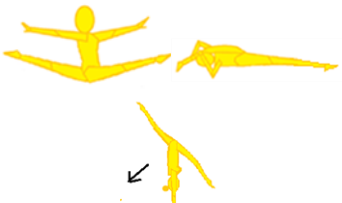
8		Jump from square ("basket")	6 to 9	Hard	Head-down swimmer counts as a support (0,2+0,1+0,1)	other	1+0,5+0,5+0,5	Type 2	fast	Big	1,35
		<b>Sq</b>									
		(three levels)									
9		Jump from 2 formations	6 to 9	Hard	Low level of sustainability + high vestibular load and 1 support is head-up	straight body	1+0,5+0,5	Type 2:	slow-medium	Medium	1,3
		<b>2Form</b>									
		(three levels)									
10		Jump from two supports + "spotter"	6 to 9	Hard	Low level of sustainability + high vestibular load 1+1	straight body	1+0,5+0,5	Type 2	slow-medium	Big	1,3
		<b>2Sup'</b>									
		(three levels)									
11		"triple" throw	6 to 9	Hard	Head-down athlete counts as a support and 2 athletes head-up (0,5+0,5+1)	straight body	1+0,5+0,5+0,5	Type 2	med	Big	1,35
		<b>Tripl</b>									
		(three levels)									
12		Jump from 3 pairs	6 to 9	Medium	no	-	1	Type 2	fast	Big	1
		<b>3Pair</b>									
		(two level)									
13		Stack+spotter	6 to 9	Hard+spotter	High level of sustainability + low vestibular load	straight body	1+0,5	Type 2:	med	Medium	1,3
		<b>St'</b>									
		(three levels)									
14		Throw from surface (small)	3-5 base swimmers	Low	no	no	1	-	-	Big	0,5
		<b>surf</b>									
		(two level)									
15		Jump from feet (stack type)	2-5 base swimmers	Medium	Low level of sustainability + high vestibular load	(support of body is mostly under the water)	1	Type 1	med	Medium	1,1
		<b>feet</b>									
		(three levels)									






## 6.2 COMPONENT D - DIRECTION

Table #15 - Direction of featured-swimmer's jump

Direction	Code	Diagram	Value
<b>Upwards</b> -featured swimmer jumps up and return in the same spot where he/she jumps from Example: She can execute entrance in the water or back on the construction.	Up		0,05
<b>Forwards</b> (no somersault, no twist or twist 0,5 or somersault 0,5) - featured swimmer jumps forward, and enter the water beyond the construction (at least 1 meter)	Forw		0,05
<b>Backwards</b> - featured swimmer jumps backward, and enter the water beyond the construction (at least 1 meter)	Back		0,1
<b>Forwards</b> - featured swimmer jumps forward, making <b>somersault (1 and more), twist (1 and more) or both</b> , and enter the water beyond the construction (at least 1 meter)	FORW		0,15
<b>Sideways</b> - featured swimmer jumps sideways, and enter the water beyond the construction (at least 1 meter)	Side		0,2
<b>Reverse</b> - featured-swimmer jumps forward, and starts rotating backward (facing the construction they jump from), and enter the water beyond the construction (at least 1 meter)	Rev		0,2

### 6.3. COMPONENT P - POSITION

Table #16 - GROUP A Positions								
No.	Picture	Name and code	Vestibular load/Difficulty to balance	Presence or absence of a helping hand (capture)	Type and level of flexibility+ Deviation of torso from inner axis	Total	If position 2	Code for Position 2
<b>Forward flex stomach</b>								
1	 (not before Twisting And only if there is switching leg to another position)	Kick ki	-	-	-	0,05	0,05	2ki
			0	0	0,05			
2		Tuck tk	No	-	-	basic 0,1	0,1	2tk
			0	0	0			
3		Parrot pa	No	-	Basic + bent 90	0,15	0,15	2pa
			0	0	0,15			
4		Ninja nj	No	-	Fold (leg side 90 + leg forw almost 90 (0,05))	0,15	0,1	2nj
			0	0	0,1			
5		Pike pk	No	-	Stomach flex	0,2	0,2	2pk
			0	0	0,2			
<b>Miscellaneous</b>								
6		Mantis mn	No	-	-	basic 0,05	0,05	2mn
			0	0	0			
7		Line (for feet-first jumps also but with !) Ln or Ln!	No	-	Misc (straight)	basic 0,1	0,1	2Ln or 2Ln!
			0	0	0			
8		Split sp	No	-	Misc (90+90)	(0,05 bonus for asymmetry) 0,3	0,15	2sp
			0	0	0,25			

Arch								
9		Arch ar	No	-	Arch (back 35)	<b>basic 0,1</b>	0,1	<b>2ar</b>
			0	0	0			
10		Kite kt	No	-	Arch (legs back 45)	<b>basic 0,1</b>	0,1	<b>2kt</b>
			0	0	0			
11		Martina ma	No	-	Leg back 90	<b>0,15</b>	0,1	<b>2ma</b>
			0	0	0,15			
12		Jay ja	No	-	Arch (back 45 + leg back 90 + leg forw 45)	<b>0,2</b>	0,15	<b>2ja</b>
			0	0	0,2			
13		Ring rg	No	-	Arch (legs 135) or back 45 + legs 90 back	<b>0,25</b>	0,2	<b>2rg</b>
			0	0	0,25			

6.4. Area of support - N/A for Group A (value already inside construction)

6.5. Rotation of the construction base - N/A for Group A (not yet)





## 6.6. COMPONENT T - the plane and degree of rotation

The number of twists is calculated until the chest (lower ribs) level of the featured-swimmer (visible/clear border for detecting rotations)



Table #17 – Group A Component T

	Plane of rotation	Degree of rotation	Code	Value
<p>Horizontal plane</p>	Horizontal plane (twist) For "head-up" positions	180°	<b>T0,5</b>	0,1
		360°	<b>T1</b>	0,15
		540°	<b>T1,5</b>	0,2
		720°	<b>T2</b>	0,25
	Horizontal plane (twist) Example: 3-d somersaults (when twist executed in the same time with somersault)	180°	<b>t0,5</b>	0,1
		360°	<b>t1</b>	0,2
		540°	<b>t1,5</b>	0,3
		720°	<b>t2</b>	0,4
<p>Sagittal plane</p>	Sagittal plane (Example: forward somersault)	180°	<b>s0,5</b>	0,05
		180° (for "small" jumps)	<b>S0,5</b>	0,2
		360°	<b>s1</b>	0,3
		540°	<b>s1,5</b>	0,5
		720°	<b>s2</b>	0,6
		900°	<b>s2,5</b>	0,8
		1080°	<b>s3</b>	1,4
		Handspring	<b>h</b>	0,1
<p>Frontal plane</p>	Frontal plane (Example: Side somersault)	360°	<b>f1</b>	0,4
		540°	<b>f1,5</b>	0,6
		720°	<b>f2</b>	0,7
		Cartwheel or Handspring	<b>c or h</b>	0,1
	Dive (depends from parabola)	<u>Not 180° somersault!</u>	<b>d</b>	0,025
		Dive+180 twist	<b>dt0,5</b>	0,125
		Dive+360 twist	<b>dt1</b>	0,175
		Dive+540 twist	<b>dt1,5</b>	0,225

**Important:** if there's no rotation (somersault, dive, twist) it will not be described in the code. If there's a dive (when featured-swimmer jumps head-up and after demonstrating a parabola in the air, without changing a position, enters the water head-first) it should be written in the code as the letter "d".

If there's a change of the position, for example: featured-swimmer jumps head-first, making a pike position and then "opens" to a line position to enter the water head-first - it would be a half somersault. And written in the code as "s0,5". 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 or a half somersault.

Q&A: What is the difference between a Dive and 0,5 (half) somersault?

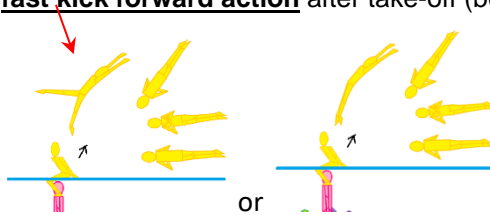
Dive - is some sort of a “broad jump”, where featured-swimmer need to jump head-up and after showing long parabola enter the water head-down. From beginning till the end there’s no change of the position. If there’s a change of the position (for example: pike and then straight body) - it will be considered as a half somersault.

Exception: Jump in a straight body position, reverse direction (from any construction) is considered as 0,5 somersault (start head-up, when there is a rotation, and finish head-down).

**Table #18 - Values for 2 axis airborne rotations and value for “gymnastic” rotation actions:**

2 axis airborne rotations	Code	Value
Half somersault + half twist (small jumps only!)	<b>S0,5t0,5</b>	0,3
1 somersault + 0,5 twist	<b>s1t0,5</b>	0,4
1 somersault + 1 twist	<b>s1t1</b>	0,5
1 somersault + 1,5 twist	<b>s1t1,5</b>	0,6
1 somersault + 2 twist	<b>s1t2</b>	0,7
1 somersault + 2,5 twist	<b>S1t2,5</b>	0,8
1,5 somersault + 0,5 twist	<b>s1,5t0,5</b>	0,6
1,5 somersault + 1 twist	<b>s1,5t1</b>	0,7
2 somersault + 0,5 twist	<b>s2t0,5</b>	0,9
2 somersault + 1 twist	<b>s2t1</b>	1

**Important:** Twist can be started with legs together (after take-off) or with the **fast kick forward action** after take-off (before twisting). We do not consider it as a position!

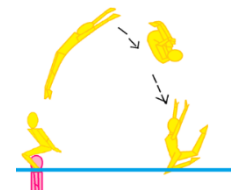


**How to calculate somersault rotation:**

To get value for a “full somersault” featured-swimmer, who **jumps head-first needs to enter the water feet-first** (after the 360° rotation)!  
For example: tuck position, pike, straight body positions.



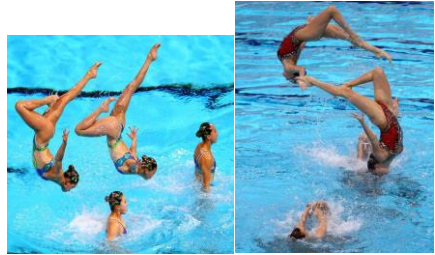
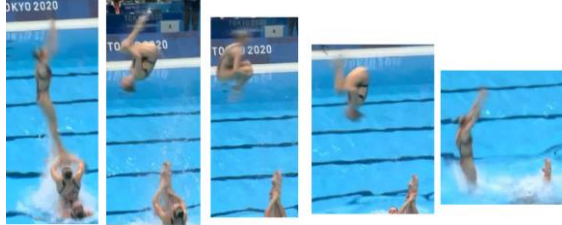





“Open” or variations of arch positions (Jay, Kite, etc) – the featured swimmer enters the water demonstrating vertical alignment between shoulders and knees. These positions mean that a full somersault was completed.










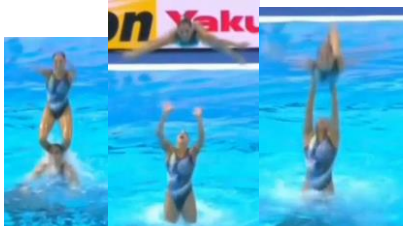
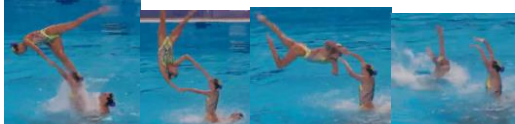
## 6.7 COMPONENT B – BONUS (Additional Difficulty Enhancement Factors)

There is a possibility to have 2 bonuses in 1 acrobatic movement.

**Table #19** - List of additions, bonuses, and risk-elements in group A:


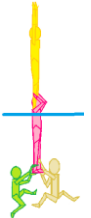




Code	For GROUP A:	Value
u1	<p>Synchronized actions for double acrobatic movements (where swimmers are divided into two groups (separate small constructions. usually 3 swimmers under water+ 1 featured swimmer) and who perform identical (equal, same) simultaneous acrobatic movements. Possible: in different sides (but direction of the jump must be the same for both)</p> 	0,2
u2	 <p>"opening" to straight body position after 1,5 (inside 2 somersaults)</p>	0,5
u3	 <p>During 1,5 somersault opening in a straight body position (1 somersault and +0,5 rotation with opening to a straight body position)</p>	0,4
u4	 <p>Straight body somersault</p>	0,2
u5	 <p>Straight body position during twist + somersault jump (start from 1 somersault and more)</p>	0,4
u6	 <p>"Grip" (hand connection) between featured-swimmer and support</p>	0,025
u7	 <p>"Return" on a construction after the airborne phase</p>	0,3

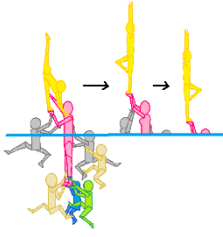
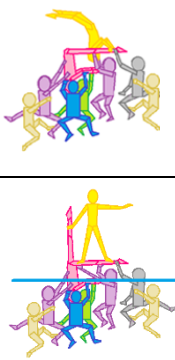
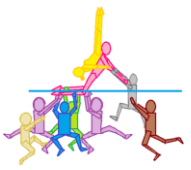










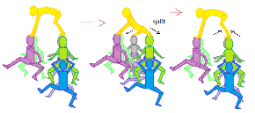
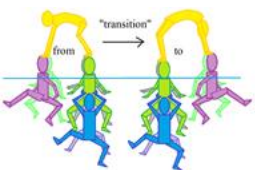


u8	Connection between 2 featured-swimmers (from beginning to the end)		0,1
u9	Connection between support and featured swimmer (may be "broken" before water entrance)		0,025
u10	Connection between 2 featured swimmers during airborne phase (they connect after take-off)		0,15
u11	Third position (example: in the end of acrobatic movement closing legs to vertical (group B) or tucking (group A))		0,05
u12	Jump from feet (feet/feet connect between support and featured-swimmer)		0,1
u13	Twist head-down 360 ("Big" jumps only)		0,2
u14	Jump from split (head-up) position		0,2
u15	"Return" on a support's hands after the airborne phase		0,1
u16	"twirl" of a featured-swimmer with hand connection with support-swimmer (may be "broken" before water entrance)		0,05

## 7. GROUP B

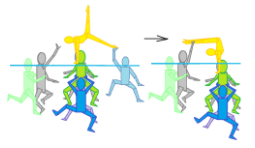
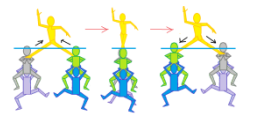

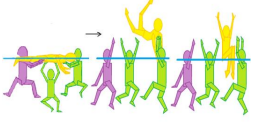
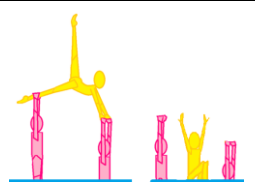

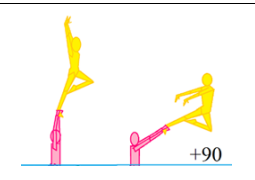
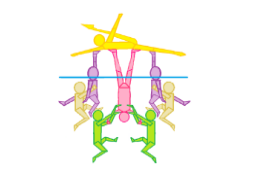

### 7.1 COMPONENT C – CONSTRUCTION

Table #20 - GROUP B Construction										
No.	Picture	Name and number of levels	Number of base athletes	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)	6 to 9	Hard	High level of sustainability + low vestibular load	straight body	1+0,5	Type 2	med	1,05
		St								
		(3 levels)	0,1	0,3	0	0,1	0,15	0,2	0,2	
2		Stack "small"	2-5 base swimmers (support not considered in here)	Medium	High level of sustainability + low vestibular load	No (support of body is mostly under the water)	1	Type 1	slow-med	0,7
		st	0,2	0,2	0	0	0,1	0,1	0,1	
3		Stack head-down	6 to 9	Hard	Low level of sustainability + high vestibular load	straight body	1+0,5	Type 2	med	1,35
		StH								
		(three levels)	0,1	0,3	0,2	0,1	0,15	0,3	0,2	
4		Stack head-down "small"	2-5 base swimmers (support not considered in here)	Medium	Low level of sustainability + high vestibular load	No (support's body is mostly under the water)	1	Type 1	slow-med	0,9
		stH								
		(three levels)	0,2	0,2	0,2	0	0,1	0,1	0,1	
5		Stack head-down + 2 «spotters»	6 to 9	Hard	Low level of sustainability + high vestibular load	straight body	1+0,5	Type 2:	med	Minus 0,2 for «spotter»s 1,15
		StH'' or StH' (if 1 spotter)								
		(3 levels)	0,1	0,3	0,2	0,1	0,15	0,3	0,2	
6		Stack head-down in a tuck (or right angle) position	6 to 9	Hard	Low level of sustainability + high vestibular load	tucked body	1+0,5	Type 2	slow-med	1,15
		StHt								
		(3 levels)	0,1	0,3	0,2	0,1	0,15	0,2	0,1	

7		Stack +help (spotter)	6 to 9	Hard	High level of sustainability + low vestibular load	straight body	1+0,5	Type 2	med	0,95 (minus for 0,1 spotter)
		St'								
		(three levels)	0,1	0,3	0	0,1	0,15	0,2	0,2	
8		Stack head-down in a pike/crane position+ 2 spotters	6 to 9	Medium	Low level of sustainability + high vestibular load	"right angle"	2	Type 2	Slow-med	1,2
		(three levels)	0,1	0,2	0,2	0,2	0,2	0,2	0,1	
		St''Hp or St''Hc								
9		Stack+2 spotters	6 to 9	Medium	High level of sustainability + low vestibular load	"Stand on the knees"	2	Type 2	Slow-med	0,85
		St''	0,1	0,2	0	0,05	0,2	0,2	0,1	
10		Stack 2 supports	6 to 9	Hard	High level of sustainability + low vestibular load (0,1+0,1)	straight body 1+1	1+0,5+0,5	Type 2	med	1,2
		2Sup								
		(three levels)	0,1	0,3	0	0,2	0,2	0,2	0,2	
11		Stack 2 head-down supports	6 to 9	Hard	Low level of sustainability + high vestibular load 1+1	straight body 1+1	1+0,5+0,5	Type 2	med	1,6
		2SupH								
		(three levels)	0,1	0,3	0,4	0,2	0,2	0,2	0,2	
12		Stack 2 supports (one of them head-down)	6 to 9	Hard	Combined (1 head-up+1 head-down)	straight body 1+1	1+0,5+0,5	Type 2	med	1,4
		2mSup								
		(three levels)	0,1	0,3	0,2	0,2	0,2	0,2	0,2	
13		Stack 2 head-down supports+2 featured-swimmers	6 to 9	Hard	Low level of sustainability + high vestibular load 1+1	straight body 1+1	1+1+0,5+0,5	Type 2	med	1,7
		2SupH(2)								
		(three levels)	0,1	0,3	0,4	0,2	0,3	0,2	0,2	

14		Simple Lift	3-to 5 base swimmers	Low	no	no	1	Type 1	med	0,7							
		L															
		(two levels)									0,2	0,1	0	0	0,1	0,1	0,2
15		Lift (classic)	6 to 9	Medium	no	no	1	Type 1	slow-med	0,6							
		T															
		(two levels)									0,1	0,2	0	0	0,1	0,1	0,1
16		Stack type + 4 «spotters» on surface	6 to 9	Hard	Low level of sustainability + high vestibular load	straight body	1+0,5	Type 1	slow-med	1,05							
		St''' or St'''(if 3 spotters)															
		(three levels)									0,1	0,3	0,2	0,1	0,15	0,1	0,1
17		Lift on heads	6 to 9	Hard	No	No	1	Type 1	Slo-med	0,7							
		Lh															
		(two level)									0,1	0,3	0	0	0,1	0,1	0,1
18		Moving base lift (base swimmers move backward and then return)	6 to 9	Hard	no	no	1	Type 2	slow-med	bonus for moving base (0,3) 1,1							
											0,1	0,3	0	0	0,1	0,2	0,1
		LM															
19		Moving base lift (base swimmers pass through each-other (under featured-swimmer))	6 to 9	Hard	no	no	1	Type 2	slow-med	bonus for hard moving base (0,6) 1,4							
											0,1	0,3	0	0	0,1	0,2	0,1
		LMu															
20		Lift two f.swimmers	6 to 9	Medium	no	no	2	Type 1	slow-med	0,7							
		L(2)															
		(two levels)									0,1	0,2	0	0	0,2	0,1	0,1
21		Lift two f.swimmers on heads	6 to 9	Hard	no	no	2	Type 2	slow-med	0,9							
		Lh(2)															
		(two levels)									0,1	0,3	0	0	0,2	0,2	0,1



22		Lift+2 spotters <b>L''</b>	3-5 base swimmers	Medium	no	no	1	Type 1	slow-med	<b>0,8</b> (bonus for connect with spotters during acro action)
		(two levels)	0,2	0,2	0	0	0,1	0,1	0,1	
23		Parallel moving base lift <b>LMP</b>	6 to 9	Hard	no	no	1	Type 1	slow-med	<b>0,8</b> (bonus for underwater moving)
		(two levels)	0,1	0,3	0	0	0,1	0,1	0,1	
24		Lift from surface <b>LSurf</b>	3 to 5 base swimmers	Low	no	No	1	-	no	<b>0,4</b>
		(two levels)	0,2	0,1	0	0	0,1	0	0	
25		Lift+crash <b>L»</b>	3-5 base swimmers	Low	no	No	1	-	no	<b>0,3</b> (-0,1 for crash)
		(two levels)	0,2	0,1	0	0	0,1	0	0	
26		2 supports Stack +crash in the end <b>2Sup»</b>	6 to 9	Hard	High level of sustainability + low vestibular load (0,1+0,1)	straight body 1+1	1+0,5+0,5	Type 2	med	<b>1,1</b> (-0,1 for crash)
		(three levels)	0,1	0,3	0	0,2	0,2	0,2	0,2	
27		Lift on 2 heads + spotter <b>Lh2*</b>	6 to 9	Medium	no	no	1	Type 1	med	<b>0,7</b>
		(two levels)	0,1	0,2	0	0	0,1	0,1	0,2	
28		Stack +crash <b>St»</b>	6 to 9	Hard	High level of sustainability + low vestibular load	straight body	1+0,5	Type 2	med	<b>0,95</b>
		(three levels)	0,1	0,3	0	0,1	0,15	0,2	0,2	
29		"Trinity" <b>Trin</b>	6 to 9	Med	Low level of sustainability + high vestibular load	straight body	1+0,5+0,5 +0,5	Type 2	med	<b>1,25</b>
		(three levels)	0,1	0,2	0,2	0,1	0,25	0,2	0,2	
30		Stack head-down split +spotters <b>St''Hs</b>	6 to 9	Med	Low level of sustainability + high vestibular load	Split	1+0,5	Type 2	med	<b>1,2</b>
		(three levels)	0,1	0,2	0,2	0,15	0,15	0,2	0,2	



## 7.2. There is no Direction in Group B





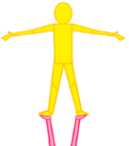
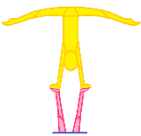

### 7.3. COMPONENT S - Area of support/Type of connection between the “Featured-swimmer” and the support-swimmer (“Grip”)

#### Where:

<b>A</b>	All body
<b>b</b>	Blind capture
<b>B</b>	Back
<b>Bp</b>	“Backpack” grip
<b>Ch</b>	“Chameleon” grip
<b>E</b>	“Eiffel” grip
<b>F</b>	Feet or foot
<b>H</b>	Head
<b>I</b>	“Icarus” grip
<b>K</b>	Knees
<b>L</b>	Leg or legs
<b>Le</b>	“Lemur” grip
<b>Li</b>	Lift
<b>P</b>	Palms or hands
<b>Py</b>	“Pyramid” grip
<b>Sh</b>	Shoulders
<b>Si</b>	Sit
<b>Sb</b>	Shoulder blades
<b>Sp</b>	Split
<b>Su</b>	“Sultan” grip
<b>T</b>	Tummy, stomach, abdomen
<b>Ta</b>	“Table” grip
<b>Tw</b>	“Twins” grip
<b>V</b>	Spread legs of the support
<b>W</b>	“Window” grip
<b>x</b>	Stands for XS (extra-small) type of connection
<b>*</b>	Spotter/helper
<b>/</b>	Additional connection between support and featured swimmer

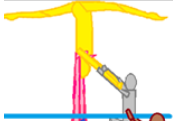





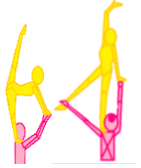

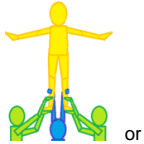
Code for the “type of connect” (grip) is written “non-stop”. For example: PP = palms/palms etc. Letter which describes featured-swimmer grip is written first, and grip of support or supports is written second.


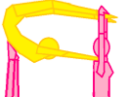

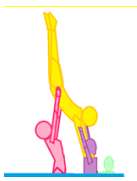
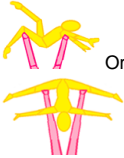




**Table #21 - Area of support - GROUP B**

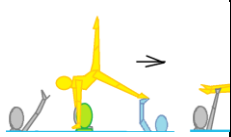



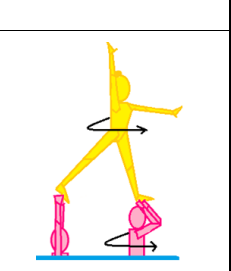
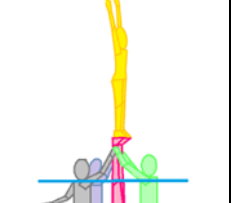
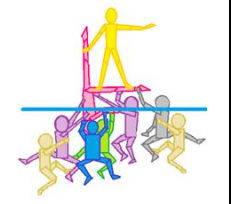
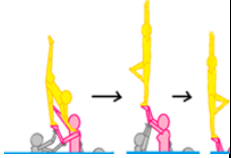
No.	PICTURE	TYPE OF CONNECTION	AREA OF BOTH SUPPORTS	SUPPORT	FEATURED-SWIMMER	AVERAGE	CAPTURE	BONUS / DEDUCTION	TOTAL
1		Palms / palms XS <b>PPx</b>	Extra small + extra small	0,6	0,6	0,6	Capture	0,4 - Vertical body on palms +0,1 bonus for XS-capture	1,1
2		Palms / palms <b>PP</b>	Extra small + extra small	0,6	0,6	0,6	Capture	0,4 - Vertical body on palms	1
3		Feet (featured-swimmer) on palms (support) XS <b>FPx</b>	Extra small + small	0,6	0,5	0,5	Capture	0,4 - Vertical body on palms +0,1 bonus for XS- capture	1,05
4		Feet (featured-swimmer) on palms (support) <b>FP</b>	Extra small + small	0,6	0,5	0,55	Capture	0,4 - Vertical body on palms	0,95
5		Feet (featured-swimmer) on feet (support) <b>FF</b>	Small + small	0,5	0,5	0,5	No capture!	0,2 (no hand connection between supporters and featured-swimmer) (if in construction there is no «spotters»)	0,7
6		Palms (featured-swimmer) on feet (support) <b>PF</b>	Extra small + small	0,6	0,5	0,55	Capture	- 0,1 for capture with support	0,45
7		Lower back (touch or sit) on shoulder blades (blind connection) <b>SiSb</b>	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

8		<p>"Backpack" grip: Shoulder blades (featured-swimmer)/ Shoulder blades (support)</p> <p><b>Bp</b></p>	Medium + medium	0,3	0,3	0,3	Capture	0,2 (for blind connection) - 0,2 for strong hand connection between 2	<b>0,3</b>
9		<p>Shoulders (featured-swimmer) on feet</p> <p><b>ShF</b></p>	Small + medium	0,5	0,3	0,4	Capture	- 0,1 for capture with support	<b>0,3</b>
10		<p>"Eiffel" grip: Palms on shoulders/ palms on shoulders</p> <p><b>E</b></p>	Extra small + Small (not medium because hands are lifted and area of support is automatically smaller)	0,6	0,5	0,55	Capture	Double capture minus 0,1	<b>0,45</b>
11		<p>Icarus: Feet (featured-swimmer)/feet bent (support) or feet/feet+2 «spotters» on the side holding featured-swimmer's hands</p> <p><b>I</b></p>	Small + small	0,5	0,5	0,5	No capture!	<u>Help on sides</u> + bent legs	<b>0,5</b>
12		<p>Palm (featured-swimmer) on head (support) + palm / palm</p> <p><b>PH/</b></p>	Extra small + extra small + help	0,6	0,6	0,6	Capture	Plus connection head 0,2	<b>0,8</b>
13		<p>Lift on 4 heads of base-featured-swimmers</p> <p><b>LI4H</b></p>	4 medium supports = big sustainability	0,1	0,1	0,1	Capture	0,2 bonus for head connection	<b>0,3</b>
14		<p>"Window" grip: All featured-swimmer's body (connection by shoulders) on a shoulder + extra help</p> <p><b>W</b></p>	Small + Small + 1 extra helps	0,5	0,5	0,5	Capture (close to support center of mass)	Extra help (-0,1)	<b>0,4</b>
15		<p>"Pyramid" grip: Head on head + palm / palm + leg hold by featured-swimmers palm</p> <p><b>Py</b></p>	Small + small + 3 extra helps	0,5	0,5	0,5	Capture!	Connection head + 0,2 (support and featured-swimmer extra help 2 hands / 2hands - 0,3)	<b>0,4</b>
16		<p>All featured-swimmer's body on palms (lay or sit)</p> <p><b>AP</b></p>	Extra small + big	0,6	0,1	0,35	Capture (close to support center of mass)	Bonus 0,2 all body on palms; (close to support center of mass) (-0,1)	<b>0,45</b>



17		Shoulders (featured-swimmer) on feet+ "spotters"  <b>ShF*</b>	Small + big	0,5	0,1	0,3		Minus 0,2 for spotter's help (from 1 to 3);	<b>0,1</b>
18		Sultan: Back/back+ featured-swimmer holds support, and support holds featured-swimmer  <b>Su</b>	Big + big	0,1	0,1	0,1	2 capture	0,2 (for blind connect) but minus 0,2 because 2 grip	<b>0,1</b>
19		"Table" grip: Construction 2 support athletes head-down, featured-swimmer lay on their feet  <b>Ta</b>	Small + small in support = medium+ big	0,2	0,1	0,15			<b>0,15</b>
20		Sit or Lay on shoulders  <b>SiS</b>	Medium + big	0,3	0,1	0,2		(close to support center of mass) (-0,1)	<b>0,1</b>
21		Feet (featured-swimmer) on shoulders (support) while stack is lifted up And switch on 1 foot for main phase  <b>F1S</b>	Medium + small	0,3	0,5	0,4	Capture by support	-0,2 (for 2 hand capture by support) -0,1 for Stable, not risk connect	<b>0,1</b>
22		Feet (featured-swimmer) on shoulders (support)  <b>FS</b>	Medium + small	0,3	0,5	0,4	Capture by support	-0,2 (for 2 hand capture by support) -0,15 for Stable, not risk connect	<b>0,05</b>
23		Foot on a shoulder + connection with support athlete  <b>F1S/</b>	Medium + Small + help	0,3	0,5	0,4	Extra help from support	minus 0,2 for extra support (2 hands)	<b>0,2</b>
24		"Lemur" grip: Construction 2 support athletes head-up, f.swimmer lay on their hands or in a head-down position (or f.swimmer hold the shoulders of one of the supports)  <b>Le</b>	Big + small	0,1	0,5	0,3	Capture	Minus for 2 supports	<b>0,1</b>
25		Simple lift (base athletes hold featured-swimmer)  Or "Full body" Lift on hands	Small + big	0,5	0,1	0,3	Capture	-0,2 (for 3 or more hands capture by base swimmers; stable)	<b>0,1</b>



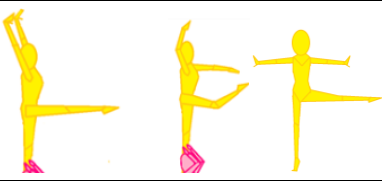




		<b>Li</b>								
26		<p>"Chameleon" grip: Construction 2 supports, one of them h-down; f.swimmer connects to them by stomach, hands and legs (3points)</p> <p><b>Ch</b></p>	Medium+medium +Small+Small = average	0,3 0,3	0,5 0,5	0,4	Capture	Minus for 2 supports	<b>0,2</b>	
27		<p>Twins (Featured-swimmer holds the stomach of support and support holds the pelvis of featured-swimmer)</p> <p><b>Tw</b></p>	Big + big	0,1	0,1	0,1	Capture		<b>0,1</b>	
28		<p>Twins+ spotters (Featured-swimmer holds the shoulders of the spotter and support holds the pelvis of featured-swimmer)</p> <p><b>Tw*</b></p>	Big+ Med	0,1	0,3	0,2	Capture	-0,1 close to support center of mass	<b>0,1</b>	
29		<p>All featured-swimmer's body (Lays) on feet (legs of support spread)</p> <p><b>AV</b></p>	Small + big	0,5	0,1	0,3		(close to support center of mass) (-0,1) -0,1 for two points of connect	<b>0,1</b>	
30		<p>All body on feet +4 spotters</p> <p><b>AF*</b></p>	Small +big+ 4 extra help	0,5	0,1	0,3	Capture	-0,2 for 4 extra points of support	<b>0,1</b>	
31		<p>Split on split</p> <p><b>SpSp</b></p>	Big+Big	0,1	0,1	0,1	Capture		<b>0,1</b>	
32		<p>Sit on Feet (Buttocks or Stomach)</p> <p><b>SiF</b></p>	Small+ Big	0,5	0,1	0,3		-0,15 close to the support (centre of mass lays exactly on support)	<b>0,15</b>	
33		<p>Back/Back + blind capture</p> <p><b>BBb</b></p>	Big+Big	0,1	0,1	0,1	Capture	+0,15 for only featured swimmer's head-down blind capture	<b>0,25</b>	

34		Lift + spotter pair <b>Li*</b>	Big+Big	0,1	0,1	0,1	Capture		<b>0,1</b>
35		Cowboy sit on (spread legs) feet <b>SiV</b>	Small+ Big	0,5	0,1	0,3		-0,1 close to the support	<b>0,2</b>
36		All featured-swimmer's body on palms (sit)+ f.swimmer has additional support on head <b>AP/</b>	Extra small + big	0,6	0,1	0,35	Capture (close to support center of mass)	Bonus 0,2 all body on palms; (close to support center of mass) (-0,1); additional support on head (-0,1)	<b>0,35</b>
37		Palms on 2 heads+spotter <b>PH*</b>	Extra small + Big and help	0,6	0,1	0,35	Capture	Plus connection head 0,2 -0,25 for spotter help (third point of support and CM is not above support's head)	<b>0,3</b>
38		Construction 2 support athletes head-up, featured-swimmer stay 1 leg on a head of first support and 2 <sup>nd</sup> leg on palms(near head) <b>FHP/</b>	Small + extra small + Extra small + Small+ help	0,5	0,6	0,55	Capture	Plus connection head 0,2 Minus for 2 supports	<b>0,55</b>
39		Feet on Feet+ additional help on the sides <b>FF*</b>	Small + small	0,5	0,5	0,5	No capture!	0,2 (no hand connection between supporters and featured-swimmer) -0,2 for help on side	<b>0,5</b>
40		all body on leg+ connect with leg <b>AL/</b>	Big+ Big	0,1	0,1	0,1	Capture		<b>0,1</b>
41		foot on palms + additional support <b>FP*</b>	Extra small + Small+ help	0,6	0,5	0,55	Capture	-0,15 for spotter help	<b>0,4</b>



42		<p>Sit or lay on feet+ spotter/s</p> <p><b>SiF*</b></p>	Small+ Big	0,5	0,1	0,3		<p>-0,1 close to the support (center of mass lays exactly on support)</p> <p>-0,1 for spotter</p>	<b>0,1</b>
43		<p>all body on palms + extra catch the support</p> <p><b>AP\</b></p>	Extra small + big	0,6	0,1	0,35	Capture	<p>-0,1 close to support center of mass)</p> <p>-0,15 for double capture</p>	<b>0.1</b>


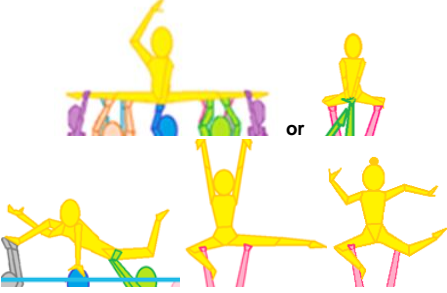







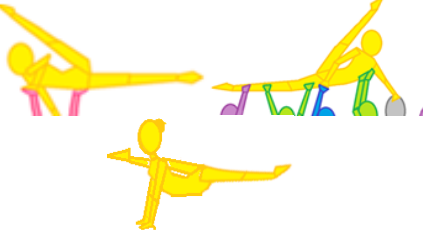
## 7.4. COMPONENT P - POSITION

Table #22 - GROUP B Positions								
No.	Picture	Name and code	Vestibular load/Difficulty to balance	Presence or absence of a helping hand (capture)	Type and level of flexibility+ Deviation of torso from inner axis	Total	If position 2	Code for position 2 (level)
<b>STAND ON 1 LEG</b>								
<i>Universal</i>								
1		Lady	Stand on 1 leg	-	-	0,1	0,05	2ld
		(Stand on 1 leg, with another leg less than 90° any side)	0,1	0	0			
<i>Forwards</i>								
2		Heron he	Stand on 1 leg	-	Bent leg 90	0,15	0,05	2he
			0,1	0	0,05			
3		Crane cr	Stand on 1 leg	-	Fold (leg forward or sideways 90)	0,2	0,1	2cr
			0,1	0	0,1			
4		Kitri kr	Stand on 1 leg	-	Bent leg 90+back 45	0,25	0,2	2kr
			0,1	0	0,15			
5		Vertical Split vs	Stand on 1 leg	Forward capture	Fold (leg forward 180)	0,45	0,3	2vs
			0,1	0,05	0,3			
<i>Sideways</i>								
6		Swan sw	Stand on 1 leg	-	Misc (side 180)	0,4	0,3	2sw
			0,1	0	0,3			
7		Glass gl	Stand on 1 leg	yes	Misc (side 180)	0,5	0,4	2gl
			0,1	0,1	0,3			



Backwards								
8		Ballerina <b>ba</b>	Stand on 1 leg	-	Arch (leg back 90)	0,25	0,1	2ba
			0,1	0	0,15			
9		Eagle <b>ea</b>	Stand on 1 leg	-	Leg back 90+ torso forward	0,35	0,25	2ea
			0,1	0	0,25			
10		Sail <b>sa</b>	Stand on 1 leg	-	Arch (back forward 90+135 back flex)	0,45	0,3	2sa
			0,1	0	0,35			
11		Needle <b>ne</b>	Stand on 1 leg	No Or yes but not opposite hand)	Arch (back forward 90+180 back flex)	0,55	0,45	2ne
			0,1	0	0,45			
12		Eye <b>ey</b>	Stand on 1 leg	Yes + blind grip moving leg	Leg backward 135 (0,25) + torso forward almost 90 (0,1)	0,65	0,4	2ey
			0,1	0,2	0,35			
2 LEGS STAND								
13		Line <b>In</b>	no	-	-	basic 0,1	0,1	2ln
			0	0	0			
14		Dove <b>do</b>	No	-	Arch (back 45)	0,15	0,1	2do
			0	0	0,1			
SIT								
15		Sit <b>si</b>	-	-	-	0,05	0,05	2si
			0	0	0			
16		Monkey <b>mo</b>	-	-	Half basic Legs 90	0,1	0,1	2mo
			0	0	0,1			


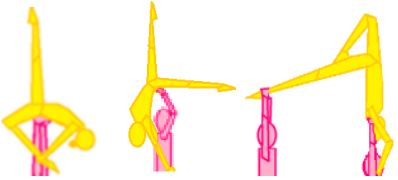
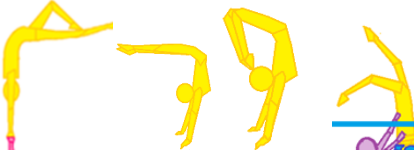



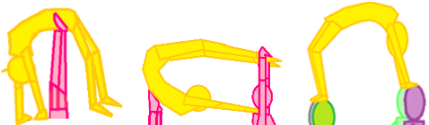




17		Shrimp <b>sh</b>	No	-	Legs (90) + torso 90	<b>0,2</b>	0,2	<b>2sh</b>
			0	0	0,2			
18		Split <b>spl</b>	No	-	(90 side + 90 side) Must be an extension between ties almost 180	<b>0,2</b>	0,2	<b>2spl</b>
			0	0	0,2			
<b>STATIC</b>								
19		Peacock <b>pe</b>	Static bonus	-	basic	<b>0,2</b>	0,1	<b>2pe</b>
			0,1	0	0,1			
20		Crocodile <b>cd</b>	Static bonus	-	Legs (90) + torso 90	<b>0,3</b>	0,2	<b>2cd</b>
			0,1	0	0,2			
<b>LAYING</b>								
21		Scissors <b>sc</b>	Laying	-	-	<b>0,15</b>	0,05	<b>2sc</b>
			0,15	0	0			
22		Pirate <b>pt</b>	Laying	-	-	<b>0,15</b>	0,05	<b>2pt</b>
			0,15	0	0			
23		Cobra <b>co</b>	Laying	-	Torso 45 back	<b>0,2</b>	0,05	<b>2co</b>
			0,15	0	0,05			
24		Mermaid <b>mr</b>	Laying	-	Legs a little bit up sideways or	<b>0,15</b>	0,05	<b>2mr</b>
			0,15	0				
25		Sunbathe <b>sb</b>	Laying	-	Fold (leg 90)	<b>0,25</b>	0,1	<b>2sb</b>
			0,15	0	0,1			
26		Birch <b>bi</b>	Laying	-	More than 90 but not 180 Middle between sideways and forward	<b>0,25</b>	0,1	<b>2bi</b>
			0,15	0	0,1			

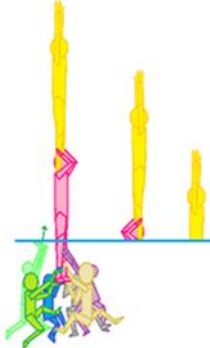


27		Flamingo <b>fl</b>	Laying	-	Torso 45+ leg 90 bent	<b>0,25</b>	<b>0,1</b>	<b>2fl</b>
			0,15	0	0,1			
28		Scorpio <b>so</b>	Laying	no or 1 hand	Arch (back 20+ leg 90 and leg 45) or (90 backward)	<b>0,3</b>	<b>0,05</b>	<b>2so</b>
			0,15	0	0,15			
29		Turtle <b>tu</b>	Laying	Capture	Arch (back 45 + legs almost 90)	<b>0,3</b>	<b>0,1</b>	<b>2tu</b>
			0,15	0,1	0,1			
30		Seastar <b>se</b>	Laying	-	(90 side + 90 side)	<b>0,35</b>	<b>0,1</b>	<b>2se</b>
			0,15	0	0,2			
31		Pin <b>pi</b>	Laying	Yes	180 back	<b>0,6</b>	<b>0,45</b>	<b>2pi</b>
			0,15	0,1	0,35			
<b>HEAD-DOWN</b>								
32		Rose (head-down position leg movements any side less than 90) <b>ro</b>	Head-down	-	-	<b>0,2</b>	<b>0,05</b>	<b>2ro</b>
			0,2	0	0			
33		Lamp post <b>lp</b>	Head-down	-	Basic (straight) + bent knee	<b>0,25</b>	<b>0,15</b>	<b>2lp</b>
			0,2	0	0,15			
34		Box <b>bo</b>	Head-down	-	Fold (legs forw 90)	<b>0,3</b>	<b>0,1</b>	<b>2bo</b>
			0,2	0	0,1			
35		Bamboo <b>bb</b>	Head-down	-	Basic (straight) Allowed: small arch	<b>0,3</b>	<b>0,1</b>	<b>2bb</b>
			0,2	0	0,1			



36		Iguana <b>ig</b>	Head-down	-	Legs forward more than 90 + back 45	0,35	0,2	2ig
			0,2	0	0,15			
37		Knight <b>kn</b>	Laying/ Head-down	-	Back arch 90	0,35	0,15	2kn
			0,2	0	0,15			
38		Willow <b>wi</b>	Head-down Static!	-	Legs (back 90) + back arch	0,4	0,15	2wi
			0,2	0	0,2			
39		Beluga <b>be</b>	Head-down	-	Misc (side 90+side 90)	0,4	0,2	2be
			0,2	0	0,2			
40		Tower <b>to</b>	Head-down (not 1 leg because add 2 hands)	-	Arch (back 45+leg 90)	0,45	0,15	2to
			0,2	0	0,25			
41		Owl <b>ow</b>	Head-down	-	Legs forward 90+back 90	0,45	0,2	2ow
			0,2	0	0,25			
42		Bridge <b>br</b>	Head-down	-	Arch (back 45+legs 90)	0,45	0,2	2br
			0,2	0	0,25			
43		Drop <b>dr</b>	Head-down	yes	Arch (back 180)	0,6	0,3	2dr
			0,2	0,1	0,3			
<b>COMBINED UNIQUE</b>								
44		Queen <b>qu</b>	Head-down+ Stand on 1 leg	Yes	Arch (back 180)+leg forw 180	1	0,5	2qu
			0,3	0,1	0,6			

## 7.5. COMPONENT R - ROTATION OF THE CONSTRUCTION BASE






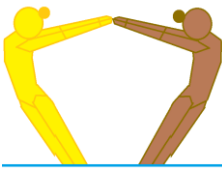


<p><b>Note:</b></p> <ul style="list-style-type: none"> <li>The direction (left or right) of the construction's base rotation does not influence the value.</li> <li>The number of rotations of the construction base calculates each 180° until the featured-swimmer's "waist" level (for both head-up or head-down positions). It must be a "visible" rotation. Not just a turn of the body of the featured-swimmer.</li> </ul>	
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**Table #23 - Values of the Construction Base in group B**

Type	Degree of rotation				
	90°	180°	360°	540°	720°
Value for Stack (only support swimmer with feature-swimmer on top rotates around self)	-	0,2	0,3	0,4	0,5
		<b>r0,5</b>	<b>r1</b>	<b>r1,5</b>	<b>r2</b>
Value for Stack (featured swimmer stands on 1 leg and other one is at 135 or 180 degrees)	-	0,25	0,35	0,45	-
		<b>R0,5</b>	<b>R1</b>	<b>R1,5</b>	
Value for Stack (featured swimmer stands by both feet on supports shoulders)	-	0,05	0,1	0,15	0,2
		<b>r0,5*</b>	<b>r1*</b>	<b>r1,5*</b>	<b>r2*</b>
Value for Stack (if featured-swimmer is in a handstand position; or support position is head-down; or both are head-down (shoulders on feet connect))	-	0,3	0,5	0,7	-
		<b>r0,5!</b>	<b>r1!</b>	<b>r1,5!</b>	
Value for Lift (big water resistance for base athletes while all construction rotates including base swimmers)	0,3	0,4	0,5	-	-
	<b>r/L</b>	<b>r0,5L</b>	<b>r1L</b>		

## 7.6. COMPONENT B – BONUS (Additional Difficulty Enhancement Factors)

**Table #24** - List of additions, bonuses, and risk-elements in group B:

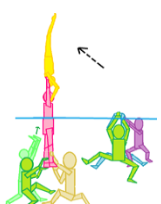
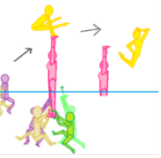
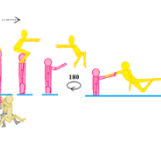
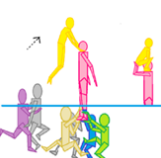

Code	For GROUP B		Value
w1	Synchronized actions for double acrobatic movements		0,2
w2	Rotation 180° or 360° on feet without leaving support		0,3
w3	In 2Support construction, twirl one of the supports		0,1
w4	Stand-up (lifting torso) from head-down position;		0,2
w5	Connection between 2 featured-swimmers;		0,1
w6	Blind grip for Lifts		0,2
w7	Third position (example: in the end of acrobatic movement closing legs to vertical (group B)		0,05
w8	Long holding lift (3 seconds and more) = doesn't apply for rotation of the construction or "moving base lifts"		0,2

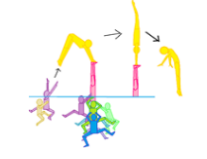
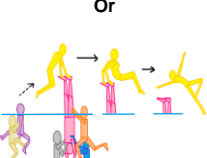
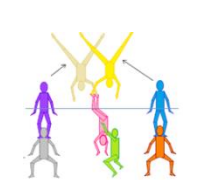
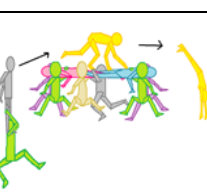

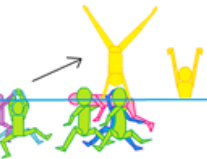

w9	"Twirl" of featured-swimmer in group B		0,05
w10	"Wave" movements		0,1
w11	Featured-swimmer rotates on feet or palms of support 180°		0,1
w12	Featured-swimmer rotates on feet or palms of support 360°		0,2
w13	Travelling construction (at least 1 meter)		0,1
w14	"Moonwalk": Lift-up from split, legs sliding and changing place and opening back to the split on surface		0,2
w15	"Ungrip"		0,05




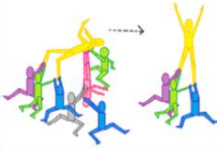
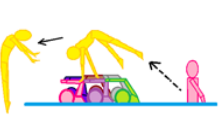
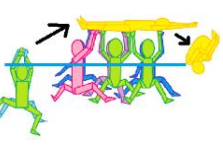

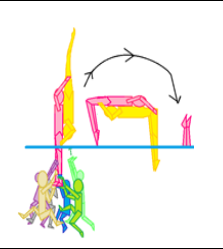
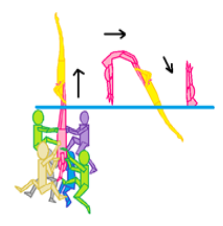
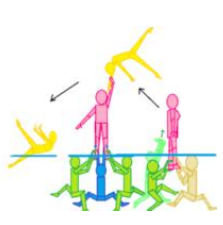
## 8. GROUP C

### 8.1. COMPONENT C - CONSTRUCTION

Table #25 - GROUP C Construction											
No.	Picture	Name and number of levels	Number of base athletes	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)	Area of support	TOTAL
1		On to support: Stack from simple throw <u>Transit, not jump!</u>	3 to 5*2	Med	High level of sustainability + low vestibular load	straight body	1+0,5	Big + small	Fast/med (0,3/0,2)	Small	1,7
		Thr-St	0,4	0,2	0	0,1	0,15	0,3	0,25	0,3	
2		jump through support from «spotter» (Stack type+«spotter») <u>Transit, not jump</u>	3to5+p air	Hard	High level of sustainability + low vestibular load	straight body	1+0,5	Big+ minimum	Fast/med (0,3/0,2)	Medium (palms)	1,65
		'~St>	0,4	0,3	0	0,1	0,15	0,25	0,25	0,2	
3		jump through support's shoulders from «spotter» (Stack type+«spotter») <u>Transit, not jump</u>	3to5+p air	Hard	High level of sustainability + low vestibular load	straight body	1+0,5	Big+ minimum	Fast/med (0,3/0,2)	Big	1,55
		'>Stsh	0,4	0,3	0	0,1	0,15	0,25	0,25	0,1	
4		Onto support from «spotter» (Stack type+«spotter») <u>Transit, not jump</u>	3to5+p air	Hard	High level of sustainability + low vestibular load	straight body	1+0,5	Big+ minimum	Fast/med (0,3/0,2)	Small	1,75
		'~St	0,4	0,3	0	0,1	0,15	0,25	0,25	0,3	
5		Onto support from «spotter» (Stack type+«spotter») 3 points grip <u>Transit, not jump</u>	3to5+p air	Hard	High level of sustainability + low vestibular load	straight body	1+0,5	Big+ minimum	Fast/med (0,3/0,2)	Big (3 points of support)	1,55
		'~St*	0,4	0,3	0	0,1	0,15	0,25	0,25	0,1	

6	 <p>Or</p>	jump through head-down support	6to9+p air	Hard	Low level of sustainability + high vestibular load and 1 support is head-up	straight body	1+0,5	Big+ minimum	Fast/med (0,3/0,2)	medium	1,75
		'>StH>	0,3	0,3	0,2	0,1	0,15	0,25	0,25	0,2	
7		Through: 2 pair (One of them head-down) + featured-swimmer	Pair +pair	Low	Low level of sustainability + high vestibular load and 1 sup is head-up	straight body	1	Small	slo-med 0,1	Small	1,4
		'>'H>	0,4	0,1	0,2	0,1	0,1	0,1	0,1	0,3	
8		Through: 2 pair + featured-swimmer	Pair +pair	Low	High level of sustainability + low vestibular load	No	1	Small	slo-med 0,1	Small	1,1
		'>'>	0,4	0,1	0	0	0,1	0,1	0,1	0,3	
9		Through: Platform from 2+ «spotter»/thrower	6to9+p air	Low	High level of sustainability + low vestibular load (laying) 1+1	straight body 1+1	1+1+1	-	Fast/no (0,3/0)	big	1,35
		Thr>PP>	0,3	0,1	0,2	0,2	0,3	0	0,15	0,1	
10		Through: Platform+ «spotter» /thrower	6to9+ 3to5	Med	High level of sustainability + low vestibular load (laying)	straight body	1+1	Small+ no	Fast/no (0,3/0)	big	1,25
		'>P>	0,3	0,2	0,1	0,1	0,2	0,1	0,15	0,1	
11		Through: run on 3 backs (Platform from 3 swimmers+ «spotters» /throwers)	3 to 5*2	Med	High level of sustainability + low vestibular load (laying) 3 people	straight body 1+1+1	1+0,5+0,5+0,5	Small+ no	Fast/no (0,3/0)	big	1,6
		Thr>Pb <sub>3</sub> >	0,4	0,2	0,1	0,3	0,25	0,1	0,15	0,1	
12		Through: Roll on a float-platform and jump from it	6 to 9	Low	High level of sustainability + low vestibular load (laying)	straight body	1+1	no	-	Big	0,7
		Roll>P>	0,1	0,1	0,1	0,1	0,2	0	0	0,1	

13		Onto: jump from dynamic stack on "balance" stack and remain on palms	3 to 5*2 Or 3to 5+ 2to 5	Hard	High level of sustainability + low vestibular load 1+1	straight body 1+1	1+0,5+0,5	Small+S mall	Fast/med (0,3/0,2)	Small (hold on palms)	1,85
		St>Stp	0,4	0,3	0	0,2	0,2	0,2	0,25	0,3	
14		Onto: jump from spotter pair on "balance" stack and remain on shoulders	3to5+p air	Hard	High level of sustainability + low vestibular load	straight body	1+0,5	Big+ minimum	Fast/med (0,3/0,2)	Medium	1,65
		'>Stsh	0,4	0,3	0	0,1	0,15	0,25	0,25	0,2	
15		On support: Jump on Stack head-down from simple throw (Don't forget about bonus!)	3 to 5*2	Hard	Low level of sustainability + high vestibular load	straight body	1+0,5	Big+ small	Fast/med (0,3/0,2)	Small (hold on feet)	2
		Thr>StH	0,4	0,3	0,2	0,1	0,15	0,3	0,25	0,3	
16		C: lift + «spotter» (fly above formation)	3to5+p air	Hard	-	-	1+1	Big + minimum	Fast/ slow- med (0,3/0,1)	Big	1,45
		'L	0,4	0,3	0	0	0,2	0,25	0,2	0,1	
17		Through: simple throw, featured-swimmer fly above lift	3to5*2	Med	-	-	1+1	Small+ small	Fast/ slow- med (0,3/0,1)	Big	1,3
		Thr L	0,4	0,2	0	0	0,2	0,2	0,2	0,1	
18		Through: Stack-type+ head-down «spotter» pair	3to5+p air	Med	Low level of sustainability + high vestibular load	straight body	1+0,5+0,5	Big + minimum	Med/Med (0,2/0,2)	medium	1,75
		St>'H>	0,4	0,2	0,2	0,1	0,2	0,25	0,2	0,2	
19		Through: Two stack-type+ mini-stack	3 to 5+ 2 to 5	Hard	High level of sustainability + low vestibular load 1+1	straight body 1+1	1+0,5+0,5+0,5	Big+ small	Fast/med (0,3/0,2)	Big	1,8
		'>StSt>	0,4	0,3	0	0,2	0,25	0,3	0,25	0,1	

20		Onto support: throw on a platform	3 to 5+ 2 to 5	Med	High level of sustainability + low vestibular load (laying)	straight body	1+1	Big +no	Fast/no (0,3/0)	Big	1,45
		<b>Thr&gt;P</b>	0,4	0,2	0,1	0,1	0,2	0,2	0,15	0,1	
21		Other: simple lift + «spotter»	3 to 5*2	Low	Low level of sustainability + high vestibular load	straight body	1+0,5	-	Med/no (0,2/0)	Big	1,15
		<b>L'</b>	0,4	0,1	0,2	0,1	0,15	0	0,1	0,1	
22		Through formation from hands+ «spotter»	6to 9+pair	Low	no	no	1	Minimum	Fast/no (0,3/0)	Medium	0,7
		<b>Thr &gt;hand&gt;</b>	0,1	0,1	0	0	0,1	0,05	0,15	0,2	
23		Through base swimmers from simple throw	6to9 + pair	Low	no	no	1	Small + no	Fast/no (0,3/0)	Big	1,05 (bonus for blind jump)
		<b>Thr &gt;base&gt;</b>	0,3	0,1	0	0	0,1	0,1	0,15	0,1	
24		Oher: Stack+throw (2 featured-swimmers in connection with each-other)	3 to 5*2	Hard	High level of sustainability + low vestibular load	straight body	1+1+0,5	Big +small	Fast/fast (0,3/0,3)	Medium	1,85
		<b>St+Thr(2)</b>	0,4	0,3	0	0,1	0,25	0,3	0,3	0,2	
25		Other: Snake-stack type	6to 9	Low	High level of sustainability + low vestibular load	straight body	1+0,5	Big	Med	Big	0,95
		<b>Sn</b>	0,1	0,1	0	0,1	0,15	0,2	0,2	0,1	
26		Other: Snake-stack head-down	6to 9	Low	Low level of sustainability + high vestibular load	straight body	1+0,5	Big	Med	Small	1,35
		<b>SnH</b>	0,1	0,1	0,2	0,1	0,15	0,2	0,2	0,3	
27		Through: Jump from stack with connection with 2 stack and broke it later	3 to 5*2	Medium	High level of sustainability + low vestibular load 1+1	straight body 1+1	1+0,5+0,5	Small+ Small	Med	Medium	1,6
		<b>St&gt;St&gt;</b>	0,4	0,2	0	0,2	0,2	0,2	0,2	0,2	



28		Other: Stack + 2 spotters	6to 9	Medium	High level of sustainability + low vestibular load	straight body	1+0,5	Big	Med	Extra Small	1,45
		St''	0,1	0,2	0	0,1	0,15	0,2	0,2	0,5	
29		Onto: "Monkey" jump from spotter pair on "balance" stack and remain on shoulders	3to5+p air	Hard	High level of sustainability + low vestibular load	straight body	1+0,5	Big+ minimum	Fast/med (0,3/0,2)	Big	1,55
		'>Stm	0,4	0,3	0	0,1	0,15	0,25	0,25	0,1	
30		Through: Stack from simple throw <u>Transit, not jump!</u>	3 to 5*2	Med	High level of sustainability + low vestibular load	straight body	1+0,5	Big + small	Fast/med (0,3/0,2)	Big	1,5
		Thr~St>	0,4	0,2	0	0,1	0,15	0,3	0,25	0,1	
31		Through: featured-swimmer passes through surface hand-grip of base swimmers	3 to 5	Easy	-	-	1	-(float)	-(float)	Big	0,5
		>HandSurf>	0,2	0,1	0	0	0,1	0	0	0,1	
32		Through lift from «spotter»	3to5+p air	Hard	-	-	1+1	Big + minimum	Fast/slow-med (0,3/0,1)	Big	1,45
		'>L>	0,4	0,3	0	0	0,2	0,25	0,2	0,1	
33		"Toss" (from surface through hands)	3 to 5	Easy	-	-	1	-(float)	-(float)	Big	0,5
		Toss>hand>	0,2	0,1	0	0	0,1	0	0	0,1	
34		Through 3 heads from mini-stack	2 to 5 + 3to 5	Med	no	no	1	Minimum	Fast/no (0,3/0)	Medium	1,2 (bonus for head-connection)
		Thr>3head>	0,4	0,2	0	0	0,1	0,05	0,15	0,2	
35		Through formation from hands+«spotters»+2 featured-swimmers	6to 9+helpers	Low	no	no	2	Minimum	Fast/no (0,3/0)	Medium	0,8
		(2)Thr >hand>	0,1	0,1	0	0	0,2	0,05	0,15	0,2	

36		Through: run on 2 backs (Platform from 2 swimmers+ «spotters» /throwers	3 to 5*2	Med	High level of sustainability + low vestibular load (laying) 3 people	straight body 1+1+1	1+0,5+0,5+0,5	Small+ no	Fast/no (0,3/0)	big	1,6
		Thr>Pb²>	0,4	0,2	0,1	0,3	0,25	0,1	0,15	0,1	
37		Onto: Jump from spotter on Stack, palms	3to5+p air	Hard	High level of sustainability + low vestibular load	straight body	1+0,5	Big+ minimum	Fast/med (0,3/0,2)	Small	1,75
		'>Stp	0,4	0,3	0	0,1	0,15	0,25	0,25	0,3	
38		Fall from one formation on the "hand-formation"	3 to 5*2	Easy	-	-	1	Small+ no	Med+ no	Big	1
		L>hand	0,4	0,1	0	0	0,1	0,1	0,2	0,1	

**Important note - Difference between constructions:** Onto support from «spotter» (Stack type+«spotter») '~St\*' and Onto: jump from spotter pair on "balance" stack '>St

Is in the symbols: " ~ " (transition) and " > " (jump from to). That means that in the case of " ~ " featured swimmer is held by support swimmers of second formation from the beginning. And support swimmer "pulls" featured-swimmer to its own formation.

**Example:**



And in case of " > " featured-swimmer is not connected with the support swimmer of the second formation. And there's a jump from one formation to another (that is a bonus)

**Example:**





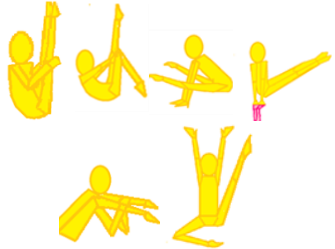


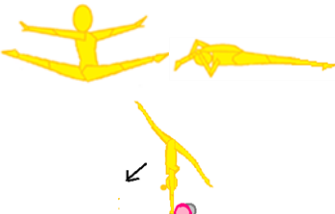


## 8.2. COMPONENT D - DIRECTION

**Table #26 - Values for the direction of the featured-swimmers jump in group C**






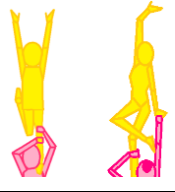


Direction	Code	Diagram	Value
<b>Forwards</b> (no somersault, no twist) - featured swimmer jumps forward, and enter the water beyond the construction (at least 1 meter)	Forw		0,05
<b>Backwards</b> - featured swimmer jumps backward, and enter the water beyond the construction (at least 1 meter)	Back		0,1
<b>Forwards</b> - featured swimmer jumps forward, making somersault (1 rotation and more), twist (1 rotation and more), (or both and enter the water beyond the construction (at least 1 meter)	FORW		0,15
<b>Sideways</b> - featured swimmer jumps sideways, and enter the water beyond the construction (at least 1 meter)	Side		0,2
<b>Upwards</b> - featured swimmer jumps up (or lifted up) and falls down on the water surface without showing parabola of the jump	Up		0,05
<b>Reverse</b> - featured-swimmer jumps forward, and starts rotating backward (facing the construction they jumps from), and enter the water beyond the construction (at least 1 meter)	Rev		0,2








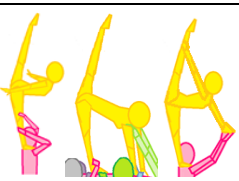

### 8.3. COMPONENT P - POSITION

Table #27 - GROUP C Positions								
No.	Picture	Name and code	Vestibular load/Difficulty to balance	Presence or absence of a helping hand (capture)	Type and level of flexibility+ Deviation of torso from inner axis	Total	If position 2	Code for Position 2
<b>Forward flex stomach</b>								
1	 (not before Twisting And only if there is switching leg to another position)	Kick <b>ki</b>	-	-	-	0,05	0,05	2ki
			0	0	0,05			
2		Tuck <b>tk</b>	No	-	-	basic 0,1	0,1	2tk
			0	0	0			
3		Parrot <b>pa</b>	No	-	Basic + bent 90	0,15	0,15	2pa
			0	0	0,15			
4		Ninja <b>nj</b>	No	-	Fold (leg side 90 + leg forw almost 90 (0,05))	0,15	0,1	2nj
			0	0	0,1			
5		Pike <b>pk</b>	No	-	Stomach flex	0,2	0,2	2pk
			0	0	0,2			
<b>Miscellaneous</b>								
6		Mantis <b>mn</b>	No	-	-	basic 0,05	0,05	2mn
			0	0	0			
7		Line (for Feet-first jumps also but with !)	No	-	Misc (straight)	basic 0,1	0,1	2Ln or 2LN!
		<b>Ln or Ln!</b>	0	0	0			
8		Split <b>sp</b>	No	-	Misc (90+90)	(0,05 bonus for assymetry) 0,3	0,15	2sp
			0	0	0,25			





Arch								
9		Arch ar	No	-	Arch (back 35)	<b>basic 0,1</b>	0,1	<b>2ar</b>
			0	0	0			
10		Kite kt	No	-	Arch (legs back 45)	<b>basic 0,1</b>	0,1	<b>2kt</b>
			0	0	0			
11		Martin ma	No	-	Leg back 90	<b>0,15</b>	0,1	<b>2ma</b>
			0	0	0,15			
12		Jay ja	No	-	Arch (back 45 + leg back 90 + leg forw 45)	<b>0,2</b>	0,15	<b>2ja</b>
			0	0	0,2			
13		Ring rg	No	-	Arch (legs 135) or back 45 + legs 90 back	<b>0,25</b>	0,2	<b>2rg</b>
			0	0	0,25			
Universal								
14		Lady (Stand on 1 leg, with another leg less than 90° any side) Id	Stand on 1 leg	-	-	<b>0,1</b>	0,05	<b>2ld</b>
			0,1	0	0			
Stand on 1 leg								
15		Heron he	Stand on 1 leg	-	Bent leg 90	<b>0,15</b>	0,05	<b>2he</b>
			0,1	0	0,05			
16		Crane cr	Stand on 1 leg	-	Fold (leg forward or sideways 90)	<b>0,2</b>	0,1	<b>2cr</b>
			0,1	0	0,1			





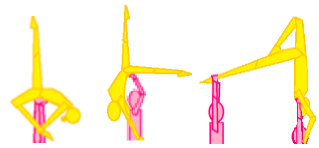
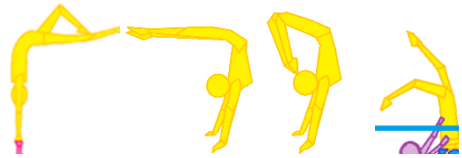



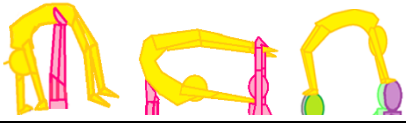

17		Kitri kr	Stand on 1 leg	-	Bent leg 90+back 45	0,25	0,2	2kr
			0,1	0	0,15			
18		Vertical Split vs	Stand on 1 leg	Forward capture	Fold (leg forward 180)	0,45	0,3	2vs
			0,1	0,05	0,3			
<b>Sideways</b>								
19		Swan sw	Stand on 1 leg	-	Misc (side 180)	0,4	0,3	2sw
			0,1	0	0,3			
20		Glass gl	Stand on 1 leg	yes	Misc (side 180)	0,5	0,4	2gl
			0,1	0,1	0,3			
<b>Backwards</b>								
21		Ballerina ba	Stand on 1 leg	-	Arch (leg back 90)	0,25	0,1	2ba
			0,1	0	0,15			
22		Eagle ea	Stand on 1 leg	-	Leg back 90+ torso forward	0,35	0,25	2ea
			0,1	0	0,25			
23		Sail sa	Stand on 1 leg	-	Arch (back forward 90+135 back flex)	0,45	0,3	2sa
			0,1	0	0,35			
24		Needle ne	Stand on 1 leg	No Or yes but not opposite hand)	Arch (back forward 90+180 back flex)	0,55	0,45	2ne
			0,1	0	0,45			
25		Eye ey	Stand on 1 leg	Yes + blind grip moving leg	Leg backward 135 (0,25) + torso forward almost 90 (0,1)	0,65	0,4	2ey
			0,1	0,2	0,35			


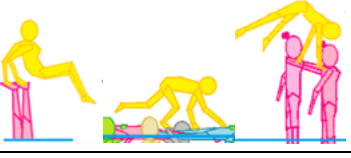
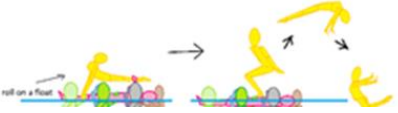
2 legs Stand								
26		Line In	no	-	-	basic 0,1	0,1	2In
			0	0	0			
27		Dove do	No	-	Arch (back 45)	0,15	0,1	2do
			0	0	0,1			
Sit								
28		Sit si	-	-	-	0,05	0,05	2si
			0	0	0			
29		Monkey mo	-	-	Half basic Legs 90	0,1	0,1	2mo
			0	0	0,1			
30		Shrimp sh	No	-	Legs (90) + torso 90	0,2	0,2	2sh
			0	0	0,2			
31		Split spl	No	-	(90 side + 90 side) Must be an extension between ties almost 180	0,2	0,2	2spl
			0	0	0,2			
Static								
32		Peacock pe	Static bonus	-	basic	0,2	0,1	2pe
			0,1	0	0,1			
33		Crocodile cd	Static bonus	-	Legs (90) + torso 90	0,3	0,2	2cd
			0,1	0	0,2			
Laying								
34		Scissors sc	Laying	-	-	0,15	0,05	2sc
			0,15	0	0			



35		Cobra <b>co</b>	Laying	-	Torso 45 back	<b>0,2</b>	0,05	<b>2co</b>
			0,15	0	0,05			
36		Mermaid <b>mr</b>	Laying	-	or sideway	<b>0,15</b>	0,05	<b>2mr</b>
			0,15	0				
37		Sunbathe <b>sb</b>	Laying	-	Fold (leg 90)	<b>0,25</b>	0,1	<b>2sb</b>
			0,15	0	0,1			
38		Birch <b>bi</b>	Laying	-	More than 90 but not 180 Middle between sideway and forward	<b>0,25</b>	0,1	<b>2bi</b>
			0,15	0	0,1			
39		Flamingo <b>fl</b>	Laying	-	Torso 45+ leg 90 bent	<b>0,25</b>	0,1	<b>2fl</b>
			0,15	0	0,1			
40		Scorpio <b>so</b>	Laying	no or 1 hand	Arch (back 20+ leg 90 and leg 45) or (90 backward)	<b>0,3</b>	0,05	<b>2so</b>
			0,15	0	0,15			
41		Turtle <b>tu</b>	Laying	Capture	Arch (back 45 + legs almost 90)	<b>0,3</b>	0,1	<b>2tu</b>
			0,15	0,1	0,1			
42		Seastar <b>se</b>	Laying	-	(90 side + 90 side)	<b>0,35</b>	0,1	<b>2se</b>
			0,15	0	0,2			
43		Pin <b>pi</b>	Laying	Yes	180 back	<b>0,6</b>	0,45	<b>2pi</b>
			0,15	0,1	0,35			
<b>Head-down</b>								
44		Rose (head-down position leg movements any side less than 90) <b>ro</b>	Head-down	-	-	<b>0,2</b>	0,05	<b>2ro</b>
			0,2	0	0			



45		Lamp post <b>lp</b>	Head-down	-	Basic (straight) + bent knee	<b>0,25</b>	<i>0,15</i>	<b>2lp</b>
			0,2	0	0,15			
46		Box <b>Bo</b>	Head-down	-	Fold (legs forw 90)	<b>0,3</b>	<i>0,1</i>	<b>2bo</b>
			0,2	0	0,1			
47		Bamboo <b>bb</b>	Head-down	-	Basic (straight) Allowed: small arch	<b>0,3</b>	<i>0,1</i>	<b>2bb</b>
			0,2	0	0,1			
48		Iguana <b>ig</b>	Head-down	-	Legs forward more than 90 + back 45	<b>0,35</b>	<i>0,2</i>	<b>2ig</b>
			0,2	0	0,15			
49		Knight <b>kn</b>	Laying/ Head-down	-	Back arch 90	<b>0,35</b>	<i>0,15</i>	<b>2kn</b>
			0,2	0	0,15			
50		Willow <b>wi</b>	Head-down Static!	-	Legs (back 90) + back arch	<b>0,4</b>	<i>0,15</i>	<b>2wi</b>
			0,2	0	0,2			
51		Beluga <b>be</b>	Head-down	-	Misc (side 90+side 90)	<b>0,4</b>	<i>0,2</i>	<b>2be</b>
			0,2	0	0,2			
52		Tower <b>To</b>	Head-down (not 1 leg because add 2 hands)	-	Arch (back 45+leg 90)	<b>0,45</b>	<i>0,15</i>	<b>2to</b>
			0,2	0	0,25			
53		Owl <b>ow</b>	Head-down	-	Legs forward 90+back 90	<b>0,45</b>	<i>0,2</i>	<b>2ow</b>
			0,2	0	0,25			
54		Bridge <b>br</b>	Head-down	-	Arch (back 45+legs 90)	<b>0,45</b>	<i>0,2</i>	<b>2br</b>
			0,2	0	0,25			
55		Drop <b>dr</b>	Head-down	yes	Arch (back 180)	<b>0,6</b>	<i>0,3</i>	<b>2dr</b>
			0,2	0,1	0,3			

Combined unique								
56		Queen	Head-down+ Stand on 1 leg	Yes	Arch (back 180)+leg forw 180	1	0,5	2qu
		qu	0,3	0,1	0,6			
And special for group C positions:								
57		Passing tuck/pike/man-tis/monkey	-	-	-	0,05	-	-
		ps	-	-	-			
58		Passing Line	-	-	-	0,1	-	-
		psl	-	-	-			

**NOTE:** In a Combined acrobatic movement (which consists of 2 formations) where 1 «featured-swimmer» executes and maintains a position it should be calculated in section: Position 1. And if second «featured-swimmer» jumps above 1<sup>st</sup> formation demonstrating a position, it should be calculated in section: Position 2. All other positions (no matter which «featured-swimmer» does it) will be considered as 3<sup>rd</sup> Position in section: Bonus.

**NOTE 2:** For subgroup “Other” construction Snake-type: Calculate only 1 time the position of the «featured-swimmer» (head-down vertical) and 1 time position 2 (line). Position of supporter doesn’t count in this acrobatic movement.

**8.4. Area of support - N/A for Group C (value already inside construction)**

## 8.5. COMPONENT R - ROTATION OF THE CONSTRUCTION BASE

**Table #28** - Values for the rotation of the construction base in group C:

Type	Degree of rotation		
	180°	360°	540°
Value for Stack (only support swimmer with feature-swimmer on top rotates around self)	0,2	0,3	0,4
	<b>r0,5</b>	<b>r1</b>	<b>r1,5</b>
Value for Stack (if featured-swimmer's in a handstand position; or support's position is head-down; or both are head-down (shoulders on feet connect))	0,3	0,5	0,7
	<b>r0,5!</b>	<b>r1!</b>	<b>r1,5!</b>

## 8.6. COMPONENT P - PLANE AND DEGREE OF THE ROTATION

**Table #29** - Values for featured-swimmer's rotations in the air:

Plane of rotation	Degree of rotation	Code	Value
<u>Horizontal plane (twist)</u> For "head-up" positions	180°	<b>T0,5</b>	0,1
	360°	<b>T1</b>	0,15
	540°	<b>T1,5</b>	0,2
	720°	<b>T2</b>	0,25
<u>Horizontal plane (twist)</u> Example: 3-d somersaults (when twist executed in the same time with somersault)	180°	<b>t0,5</b>	0,1
	360°	<b>t1</b>	0,2
	540°	<b>t1,5</b>	0,3
	720°	<b>t2</b>	0,4
<u>Sagittal plane</u> (Example: forward somersault)	180°	<b>s0,5</b>	0,05
	360°	<b>s1</b>	0,3
	540°	<b>s1,5</b>	0,5
	720°	<b>s2</b>	0,6
<u>Frontal plane</u> (Example: Side somersault)	360°	<b>f1</b>	0,4
	540°	<b>f1,5</b>	0,6
	720°	<b>f2</b>	0,7
Dive	<u>Not 180° somersault!</u>	<b>d</b>	0,025
	Dive+180 twist	<b>dt0,5</b>	0,125
	Dive+360 twist	<b>dt1</b>	0,175
	Dive+540 twist	<b>dt1,5</b>	0,225
1 somersault+0,5 twist;		<b>s1t0,5</b>	0,4
1 somersault+1 twist;		<b>s1t1</b>	0,5
1 somersault+1,5 twist;		<b>s1t1,5</b>	0,6
1 somersault+2 twist;		<b>s1t2</b>	0,7
1,5 somersault + 0,5 twist;		<b>s1,5t0,5</b>	0,6
1,5 somersault + 1 twist;		<b>s1,5t1</b>	0,7
2 somersault + 0,5 twist;		<b>s2t0,5</b>	0,9
2 somersault + 1 twist;		<b>s2t1</b>	1

<p><u>Handspring:</u></p>	h	0,1
<p><u>Cartwheel:</u></p>	c	0,1

### 8.7. COMPONENT B – BONUS (Additional Difficulty Enhancement Factors)

**Table #30** - List of additions, bonuses, and risk-elements in group C:

Code	For GROUP C		Value
y1	Jump on the Stack and remain on it until submergence		0,3
y2	Running on the (3) backs		0,3
y3	Running on the (2) backs		0,2
y4	Running on the (1) back (should lay not sideways to featured-swimmer)		0,1
y5	Fly above formation		0,3
y6	Blind grip in group C		0,2


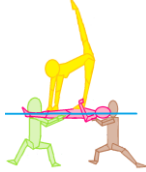






y7	Synchronized actions for double acrobatic movements		0,2
y8	"Rolling" on a construction		0,1
y9	Connection between 2 featured-swimmers		0,1
y10	Third position (example: in the end of acrobatic movement tucking (group A))		0,05
y11	F.swimmer "Slips through" after jump between support's legs (support is head-up) or hands		0,1
y12	Blind jump		0,05
y13	"Hulahoop" action (f.swimmer in ring position enters water with support swimmer inside the circle (which is made from legs/hands connection of f.swimmer))		0,3
y14	"Twirl of a featured swimmer"		0,05





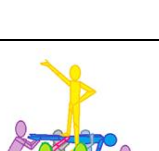


<p><b>y15</b></p>	<p>“Beyonce fall” (from lift blind fall backwards on the other formation made from hands)</p>		<p><b>0,1</b></p>
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## 9. GROUP P - PLATFORMS

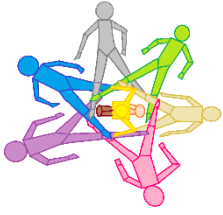


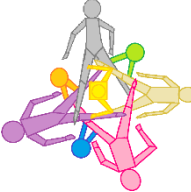
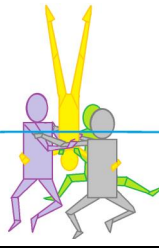
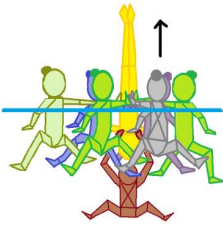
### 9.1 COMPONENT C - CONSTRUCTION

Table #31 - GROUP P Construction										
No.	Picture	Name and number of levels	Number of base athletes	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)	6 to 9	Hard	High level of sustainability + low vestibular load (laying)	straight body	2	Type 2	slow-med	1,1
		<b>P</b>								
		(three levels)	0,1	0,3	0,1	0,1	0,2	0,2	0,1	
2		Platform "small" (Support straight body)	2 to 5 (support not consider here)	Easy	High level of sustainability + low vestibular load (laying)	straight body	1+0,5	Type1	slow-med	0,85
		<b>p</b>	0,2	0,1	0,1	0,1	0,15	0,1	0,1	
3		Platform (Support straight body)+bent knees	6 to 9	Hard	High level of sustainability + low vestibular load (laying)	straight body	2+bent knees	Type 2:	slow-med	1,15
		<b>Knees</b>								
		(three levels)	0,1	0,3	0,1	0,1	0,25	0,2	0,1	
4		Platform (Support ballet leg)	6 to 9	Hard	High level of sustainability + low vestibular load (laying)	leg forward 90 degrees	2+leg straight	Type 2:	slow-med	1,3
		<b>B</b>								
		(three levels)	0,1	0,3	0,1	0,2	0,3	0,2	0,1	
5		Platform (Support double ballet leg)	6 to 9	Hard	High level of sustainability + low vestibular load (laying)	leg forward 90 degrees	2+two legs straight	Type 2:	slow-med	1,4
		<b>DB</b>								
		(three levels)	0,1	0,3	0,1	0,2	0,4	0,2	0,1	
6		Platform (Support on stomach in arch position)	6 to 9	Hard	High level of sustainability + low vestibular load (laying)	arch	2	Type 2	slow-med	1,15
		<b>a</b>								
		(three levels)	0,1	0,3	0,1	0,15	0,2	0,2	0,1	

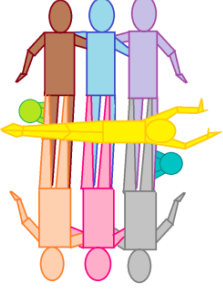
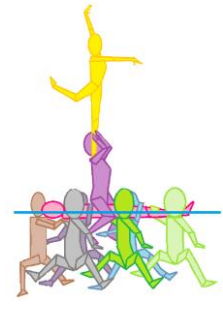


7		Platform (Support on stomach with bent knees) "Chariot"	6 to 9	Hard	High level of sustainability + low vestibular load (laying o)	straight body+ bent knees	2	Type 2	slow-med	1,15
		<b>Chariot</b>	0,1	0,3	0,1	0,15	0,2	0,2	0,1	
8		"Area" ("box")	6 to 9	Hard	High level of sustainability + low vestibular load (laying)	ANGLE 90 degrees	2	Type 2	slow-med	1,2
		<b>Box</b>								
		(three levels)	0,1	0,3	0,1	0,2	0,2	0,2	0,2	
9		Platform from 2 supports (1 ballet leg)	6 to 9	Hard	High level of sustainability + low vestibular load (laying) 1+1	leg forward 90 degrees	3+leg	Type 2	slow-med	1,45
		<b>2SupB</b>								
		(three levels)	0,1	0,3	0,2	0,2	0,35	0,2	0,1	
10		Platform from 2 supports (2 ballet legs)	6 to 9	Hard	High level of sustainability + low vestibular load (laying) 1+1	leg forward 90 degrees 1+1	3+leg+leg	Type 2	slow-med	1,7
		<b>2SupBB</b>								
		(three levels)	0,1	0,3	0,2	0,4	0,4	0,2	0,1	
11		Float from 2 parallel supports	6 to 9	Hard	High level of sustainability + low vestibular load (laying) 1+1	straight body 1	3	Type 3	no	1
		<b>2Sup</b>								
		(three levels)	0,1	0,3	0,2	0,1	0,3	0	0	
12		Float "triangle" (3 swimmers form a support from legs)	6 to 9	Medium	High level of sustainability + low vestibular load (laying) 1+1+1	straight body 1 (float)	4	Type 3	no	1,1
		<b>Triangle</b>								
		(three levels)	0,1	0,2	0,3	0,1	0,4	0	0	
13		Float "Rhombus" (2 swimmers form a support from legs)	6 to 9	Medium	laying 1+1	straight body	1+1+1	Type 3	-	0,9
		<b>Rhombus</b>	0,1	0,2	0,2	0,1	0,3	0	0	



14		Float "star" (5-7 swimmers form a support from legs)+ 2 base is under!	6 to 9	Low	no	static straight body	6 (if 5 lay+1 up) 7(if 6 lay+1 up) 8 (if 7 lay and 1 up)	Type 3	-	0,9
		<b>Star</b> (5 sup)	0,1	0,1	0	0,1	0,6	0	0	1
		<b>Star6</b> (if six supports) <b>Star7</b> (if seven support)					0,7 0,8			
15		Platform: float made from hands	6 to 9	Medium	no	no	1	Type 2	-	0,6
		<b>Hand</b>	0,1	0,2	0	0	0,1	0,2	0	
16		Platform +2 featured-swimmers	6 to 9	Hard	High level of sustainability + low vestibular load (laying)	straight body	3	Type 2	slow-med	1,2
		<b>(2)</b>								
		(three levels)	0,1	0,3	0,1	0,1	0,3	0,2	0,1	
17		Float: compass <b>Compass</b>	6 to 9	Low	no	static straight body	5	Type 3	-	0,8
		(three levels)	0,1	0,1	0	0,1	0,5	0	0	
18		Platform: float made from hands small	3 to 5	Low	no	no	1	Type1	-	0,5
		<b>hand</b>	0,2	0,1	0	0	0,1	0,1	0	
19		"Fountain": 1 base under water+ 6 touch/hold featured-swimmer on the surface	6 to 9	Low	no	no	1	Type 3	-	0,3
		<b>Fo</b>	0,1	0,1	0	0	0,1	0	0	











20		"Carpet" 1 featured-swimmer make actions on 6 laying supports, other swimmers hold them as base	6 to 9	Low	no	static straight body	7	Type 3	-	1,0
		<b>Carp</b>  and  <b>Carp4 (if 4 supports)</b>	0,1	0,1	0	0,1	0,7	0	0	0,8 (if 4 supports)
21		Platform 4 levels	6 to 9	Hard	High level of sustainability + low vestibular load (laying)	straight body	3	Type 2	slow-med	1,2
		<b>P4I</b>								
		4 levels	0,1	0,3	0,1	0,1	0,3	0,2	0,1	









## 9.2. COMPONENT S - Area of support/Type of connection between the “Featured-swimmer” and the support-swimmer (“Grip”)

Where special codes for group P only are:






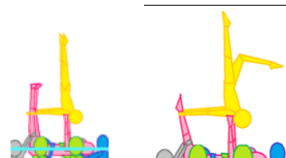



- Ne** “Needle” connect
- Go** “Golden bridge” connect
- YY** “Yin/Yang” connect
- 3p** 3 points of support
- 4p** 4 points of support: 2 hands+2 legs (example: bridge)
- “ - “ Between something
- Br1** Bridge 1 leg
- ∩** All body arch

**Table #32 - Area of support - GROUP P**

No.	PICTURE	TYPE OF CONNECTION	SUPPORT	FEATURED-SWIMMER (DOES NOT ADHERE, BUT LEANS)	AVERAGE	CAPTURE (support/base holds f.swimmer)	BONUS / DEDUCTION	TOTAL
1		Sit on straight body (8-9 swimmers or 2-5)	Big	Big (legs)		Yes	Centre of mass close to support	<b>0,05 basic</b>
		<b>SiA</b>	0,1	0,1	0,1	- 0,1	- 0,1	
2		Stand (two legs, feet) on straight body	Big	Medium (2 legs)		Yes		<b>0,1</b>
		<b>F2A</b>	0,1	0,3	0,2	- 0,1		
3		3 POINTS (Stand 1 leg + 2 hands) on straight body Or (Stand on 1 leg+ palms/palms connection) (constr: 6-to 9 b.swimmers or 2-5)	Big	Extra small + small (1 leg) = medium		Yes		<b>0,1</b>
		<b>3pA or 3pA/</b>	0,1	0,3	0,2	- 0,1		
4		Stand 1 leg on straight body	Big	Extra small (1 leg)		Yes		<b>0,3</b>
		<b>FA</b>	0,1	0,7	0,4	-0,1		
5		Headstand on straight body	Big	Small (head)		Yes	Centre of mass close to support	<b>0,1</b>
		<b>HA</b>	0,1	0,5	0,3	-0,1	- 0,1	
6		"Golden bridge" grip: Palms (of 1 <sup>st</sup> f.sw) and palms+feet (2 <sup>nd</sup> f.sw) on straight body	Big	Big		Yes	+0,1 for connection between 2 featured-swimmers	<b>0,2</b>
		<b>Go</b>	0,1	0,1	0,1	- 0,1!!		
7		Head between legs	Big	Medium		Yes	+palms hold legs +head connect risk	<b>0,1</b>
		<b>H+L</b>	0,1	0,3	0,2	-0,1	-0,1 +0,1	
8		Laying on a straight body	Big	Big		Yes	Centre of mass close to support	<b>0,05 basic</b>
		<b>AA</b>	0,1	0,1	0,1	-0,1	- 0,1	


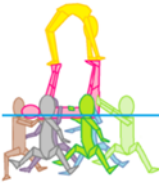

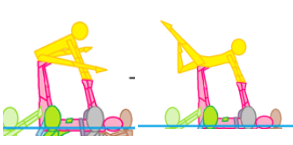

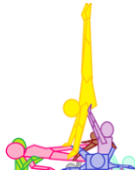



9		Stand one leg on palms, on leg on the knees	Small + extra small = medium	Medium (2 legs)		Yes		0,2
		<b>FP+FK</b>	0,3	0,3	0,3	- 0,1		
10		Shoulders on palms + catch bent knees	Small + extra small = medium	Medium (shoulders)		Yes		0,2
		<b>SP+K</b>	0,3	0,3	0,3	- 0,1		
11		All body (sit or lay) on knees +hand/hands connection	Medium	Medium (2 legs)		Yes		0,2
		<b>AK/</b>	0,3	0,3	0,3	- 0,1		
12		Bridge 1leg on knees and palms	Medium	Extra small + small (1 leg) = medium		Yes	+blind	0,3
		<b>Br1K</b>	0,3	0,3	0,3	-0,1	+0,1	
13		Any 3 point connection with straight body bent knees	Medium	Extra small + small (1 leg) = medium		Yes		0,2
		<b>3pK/</b>	0,3	0,3	0,3	- 0,1		
14		Stay on straight body + blind connection	Big	Medium (2 legs)		Yes	+ blind capture	0,2
		<b>F2Cb</b>	0,1	0,3	0,2	- 0,1	+ 0,1	
15		Stay on arch featured-swimmers + extra support on head	Big	Big (2 legs + 1 hand)		No		0,1
		<b>F2C+H</b>	0,1	0,1	0,1			
16		"Yin/Yang" (palms on legs+leg/s on palms)	Big	Extra small+big		Yes	+blind -	0,3
		<b>YY</b>	0,1	0,7 0,1	0,3	- 0,1	+0,1	












17		Sit on feet + feet on back	Big and small = medium	Big (buttocks + 2 legs)		No	Centre of mass close to support	0,1
		<b>SiF+FB</b>	0,3	0,1	0,2		-0,1	
18		Foot on a ballet leg body + palm/foot	Big and small = medium	Small (1 leg and 1 palm)		Yes		0,3
		<b>FA+PF</b>	0,3	0,5	0,4		-0,1	
19		Sit on 1 foot + feet on palms	Small and small = medium	Medium (buttocks + legs)		Yes		0,2
		<b>SiF+FP</b>	0,3	0,3	0,3		- 0,1	
20		Sit on 1 foot + palms/palms	Small and small = medium	Small (palms + crotch)		Yes		0,3
		<b>SiF/</b>	0,3	0,5	0,4		- 0,1	
21		Lay on 1 foot + palms/shoulders + shoulders/palms	Small and medium	Medium (crotch + shoulders)		Yes		0,2
		<b>BF+Le</b>	0,3	0,3	0,3		- 0,1	
22		Shoulders on palms + connect with leg or 2 legs	Extra small	Medium (shoulders)		Yes		0,4
		<b>SP+L</b>	0,7	0,3	0,5		- 0,1	
23		Shoulders on palms + hand and knee connection with leg	Small (knee)	Medium (shoulders)		Yes		0,3
		<b>SP+KF</b>	0,5	0,3	0,4		- 0,1	
24		Stand (two legs, feet) on ballet leg body +palm on foot	Big	Medium (2 legs)		Yes		0,1
		<b>F2A+PF</b>	0,1	0,3	0,2		- 0,1	
25		Bridge on a ballet leg (foot)+ palms/palms	Small (foot) and palms (extra)= average	Big hips(0,1)+palms extra small (0,7)+ two feet (small 0,5)= average		Yes	+blind connect, but minus because center of mass lays on support	0,3
		<b>4pF/</b>	0,6	0,4			- 0,1	







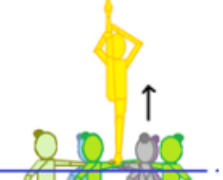




26		Sit on straight feet + blind palms/palms	Small	Medium (butt)		Yes	+ blind	0,4
		<b>SiFb/</b>	0,5	0,3	0,4	- 0,1	+ 0,1	
27		"Bridge on Double ballet leg"	Extra small+ small	small + Extra small		Yes	4 points of support +blind	0,4
		<b>PF+FP</b>	0,7 0,5	0,5 0,7	0,6	- 0,1	-0,2 +0,1	
28		Shoulders on feet + extra connection palms/palms	Small (feet)	Medium (shoulders)		Yes		0,3
		<b>SF/</b>	0,5	0,3	0,4	- 0,1		
29		Sit or Lay on straight feet + palms/palms	Small	Medium (butt)		Yes		0,3
		<b>SiF/</b>	0,5	0,3	0,4	- 0,1		
30		Palms/legs + legs/palms	Medium	Medium (shins)		Yes		0,2
		<b>PL+LP</b>	0,3	0,3	0,3	- 0,1		
31		Palms on bodies + extra help from base swimmers	Big	Extra small		Yes	1 «spotter» in construction assists featured-swimmer	0,2
		<b>PA3*</b>	0,1	0,7	0,4	- 0,1	- 0,1	
32		4 (bridge) or 3 (needle) points of support on legs+ extra help from base swimmers	Big	Extra small+ small		Yes	Additional help	0,1
		<b>4pA3*</b>	0,1	0,6	0,3	- 0,1	-0,1	
33		Feet and palms on hands connection	Big	Big		Yes	Bind grip	0,1
		<b>BrH</b>	0,1	0,1	0,1	- 0,1	+0,1	
34		Foot and palms on hands connection	Big	Extra small + small (1 leg) = medium		Yes		0,1
		<b>3pH</b>	0,1	0,3	0,2	- 0,1		


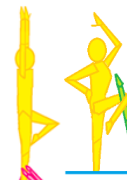















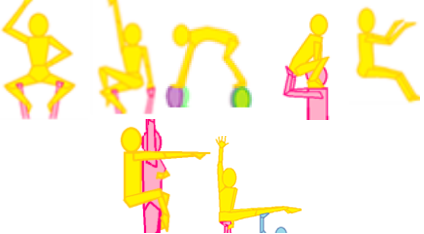
35		Shoulders on hands	Big	Medium		Yes		0,1
		<b>ShH</b>	0,1	0,3		-0,1		
36		2 legs on hands	Big	Small		No		0,3
		<b>F2H</b>	0,1	0,5	0,3			
37		sit or lay on hands	Big	Big			Center of mass on support	0,05 basic
		<b>AH</b>	0,1	0,1	0,1		-0,1	
38		All body (Sit, Lay, Head-down or stand) on 6/7/8 straight bodies Or Compass Or Carpet	Big	Big				0,1
		<b>AA</b>	0,1	0,1	0,1			
39		Palms, foot on 2 straight bodies (for example: needle) Or Bridge	Big	Extra small + small = medium		Yes		0,1
		<b>3pA2 or Br1A2</b>	0,1	0,3	0,2	- 0,1		
40		Foot on two bodies + palm / foot	Big and small	Small		Yes		0,3
		<b>FA2+PF</b>	0,3	0,5	0,4	- 0,1		
41		2 legs on 2 bodies: 1 ballet leg+ 1 straight body	Big	Medium		Yes	Here connect with leg is not for support	0,1
		<b>F2A2+PF</b>	0,1	0,3	0,2	- 0,1		
42		Foot on a two body + palm / foot + knee / foot	Big and small and small	Medium (3 points)		Yes		0,1
		<b>FB2+PF+KF</b>	0,1	0,3	0,2	- 0,1		
43		2 legs on 2 ballet leg bodies	Big	Medium		Yes	Here connect with leg is not for support	0,1
		<b>F2B2+PF+PF</b>	0,1	0,3	0,2	- 0,1		

44		Legs on 2 straight bodies	Big	Medium (2 legs)		No		0,2
		<b>F2A2</b>	0,1	0,3	0,2			
45		Bridge on 2 straight bodies	Big	Big (4 points)		No		0,1
		<b>4pA2</b>	0,1	0,1	0,1			
46		1 leg+2 hands on 2 straight bodies	Big	Medium (3 points)		Yes		0,1
		<b>3pA2</b>	0,1	0,3	0,2	-0,1		
47		(4 level), 1 leg on shoulders	Med	Small		Yes	Height of Centre of mass	0,25
		<b>FSh</b>	0,3	0,5	0,4	-0,1	-0,05	
48		(4 level) sit on shoulders	Med	Big		Yes	Centre of mass on support	0,05 basic
		<b>SiSh</b>	0,3	0,1	0,2	-0,1	-0,1	
49		(4 level) stand on shoulders	Med	Med		Yes	Height of Centre of mass	0,15
		<b>2LSh</b>	0,3	0,3	0,3	-0,1	-0,05	
50		1 foot on hands	Big	Small			For extra support	0,2
		<b>F1H</b>	0,1	0,5	0,3		-0,1	











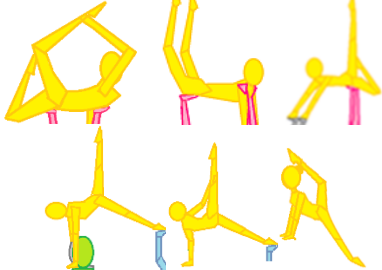


### 9.3. COMPONENT P - POSITION

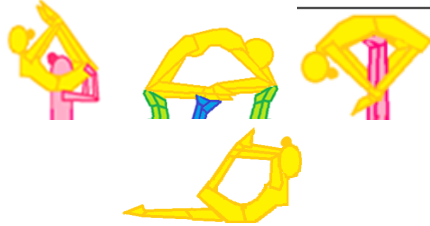








Table #33 - GROUP P Positions								
No.	Picture	Name and code	Vestibular load/Difficulty to balance	Presence or absence of a helping hand (capture)	Type and level of flexibility+ Deviation of torso from inner axis	Total	If position 2	Code for position 2 (level)
<b>Stand on 1 leg</b>								
<b>Universal</b>								
1		Lady	Stand on 1 leg	-	-	0,1	0,05	2ld
		(Stand on 1 leg, with another leg less than 90° any side) <b>ld</b>	0,1	0	0			
2		Heron	Stand on 1 leg	-	Bent leg 90	0,15	0,05	2he
		<b>he</b>	0,1	0	0,05			
3		Crane	Stand on 1 leg	-	Fold (leg forward or sideways 90)	0,2	0,1	2cr
		<b>cr</b>	0,1	0	0,1			
4		Kitri	Stand on 1 leg	-	Bent leg 90+back 45	0,25	0,2	2kr
		<b>kr</b>	0,1	0	0,15			
5		Vertical Split	Stand on 1 leg	Forward capture	Fold (leg forward 180)	0,45	0,3	2vs
		<b>vs</b>	0,1	0,05	0,3			
<b>Sideways</b>								
6		Swan	Stand on 1 leg	-	Misc (side 180)	0,4	0,3	2sw
		<b>sw</b>	0,1	0	0,3			
7		Glass	Stand on 1 leg	yes	Misc (side 180)	0,5	0,4	2gl
		<b>gl</b>	0,1	0,1	0,3			





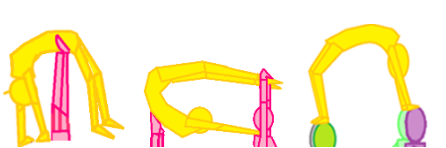
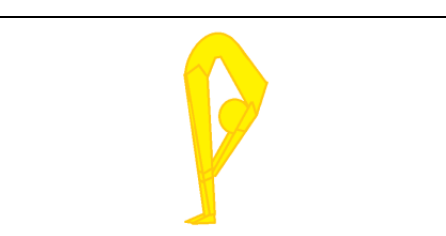
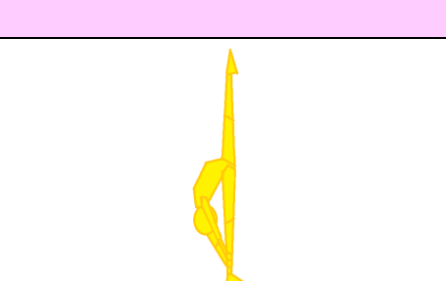
Backwards								
8		Ballerina <b>ba</b>	Stand on 1 leg	-	Arch (leg back 90)	<b>0,25</b>	0,1	<b>2ba</b>
			0,1	0	0,15			
9		Eagle <b>ea</b>	Stand on 1 leg	-	Leg back 90+ torso forward	<b>0,35</b>	0,25	<b>2ea</b>
			0,1	0	0,25			
10		Sail <b>sa</b>	Stand on 1 leg	-	Arch (back forward 90+135 back flex)	<b>0,45</b>	0,3	<b>2sa</b>
			0,1	0	0,35			
11		Needle <b>ne</b>	Stand on 1 leg	No Or yes but not opposite hand)	Arch (back forward 90+180 back flex)	<b>0,55</b>	0,45	<b>2ne</b>
			0,1	0	0,45			
12		Eye <b>ey</b>	Stand on 1 leg	Yes + blind grip moving leg	Leg backward 135 (0,25) + torso forward almost 90 (0,1)	<b>0,65</b>	0,4	<b>2ey</b>
			0,1	0,2	0,35			
2 legs Stand								
13		Line <b>Ln</b>	no	-	-	<b>basic 0,1</b>	0,1	<b>2ln</b>
			0	0	0			
14		Dove <b>do</b>	No	-	Arch (back 45)	<b>0,15</b>	0,1	<b>2do</b>
			0	0	0,1			
Sit								
15		Sit <b>si</b>	-	-	-	<b>0,05</b>	0,05	<b>2si</b>
			0	0	0			
16		Monkey <b>mo</b>	-	-	Half basic Legs 90	<b>0,1</b>	0,1	<b>2mo</b>
			0	0	0,1			



17		Shrimp <b>sh</b>	No	-	Legs (90) + torso 90	<b>0,2</b>	0,2	<b>2sh</b>
			0	0	0,2			
18		Split <b>spl</b>	No	-	(90 side + 90 side) Must be an extension between ties almost 180	<b>0,2</b>	0,2	<b>2spl</b>
			0	0	0,2			
<b>Static</b>								
19		Peacock <b>pe</b>	Static bonus	-	basic	<b>0,2</b>	0,1	<b>2pe</b>
			0,1	0	0,1			
20		Crocodile <b>cd</b>	Static bonus	-	Legs (90) + torso 90	<b>0,3</b>	0,2	<b>2cd</b>
			0,1	0	0,2			
<b>Laying</b>								
21		Scissors <b>sc</b>	Laying	-	-	<b>0,15</b>	0,05	<b>2sc</b>
			0,15	0	0			
22		Cobra <b>co</b>	Laying	-	Torso 45 back	<b>0,2</b>	0,05	<b>2co</b>
			0,15	0	0,05			
23		Mermaid <b>mr</b>	Laying	-	or sideways	<b>0,15</b>	0,05	<b>2mr</b>
			0,15	0				
24		Sunbathe <b>sb</b>	Laying	-	Fold (leg 90)	<b>0,25</b>	0,1	<b>2sb</b>
			0,15	0	0,1			
25		Birch <b>bi</b>	Laying	-	More than 90 but not 180 Middle between sideways and forward	<b>0,25</b>	0,1	<b>2bi</b>
			0,15	0	0,1			
26		Flamingo <b>fl</b>	Laying	-	Torso 45+ leg 90 bent	<b>0,25</b>	0,1	<b>2fl</b>
			0,15	0	0,1			
27		Scorpio <b>so</b>	Laying	no or 1 hand	Arch (back 20+ leg 90 and leg 45) or (90 backward)	<b>0,3</b>	0,05	<b>2so</b>
			0,15	0	0,15			



28		Turtle <b>tu</b>	Laying	Capture	Arch (back 45 + legs almost 90)	0,3	0,1	2tu
			0,15	0,1	0,1			
29		Seastar <b>se</b>	Laying	-	(90 side + 90 side)	0,35	0,1	2se
			0,15	0	0,2			
30		Pin <b>pi</b>	Laying	Yes	180 back	0,6	0,45	2pi
			0,15	0,1	0,35			
<b>Head-down</b>								
31		Rose (head-down position leg movements any side less than 90) <b>ro</b>	Head-down	-	-	0,2	0,05	2ro
			0,2	0	0			
32		Lamp post <b>lp</b>	Head-down	-	Basic (straight) + bent knee	0,25	0,15	2lp
			0,2	0	0,15			
33		Box <b>bo</b>	Head-down	-	Fold (legs forw 90)	0,3	0,1	2bo
			0,2	0	0,1			
34		Bamboo <b>bb</b>	Head-down	-	Basic (straight) Allowed: small arch	0,3	0,1	2bb
			0,2	0	0,1			
35		Iguana <b>ig</b>	Head-down	-	Legs forward more than 90 + back 45	0,35	0,2	2ig
			0,2	0	0,15			
36		Knight <b>kn</b>	Laying/ Head-down	-	Back arch 90	0,35	0,15	2kn
			0,2	0	0,15			

37		Willow <b>wi</b>	Head-down Static!	-	Legs (back 90) + back arch	0,4	0,15	2wi
			0,2	0	0,2			
38		Beluga <b>be</b>	Head-down	-	Misc (side 90+side 90)	0,4	0,2	2be
			0,2	0	0,2			
39		Tower <b>to</b>	Head-down (not 1 leg because add 2 hands)	-	Arch (back 45+leg 90)	0,45	0,15	2to
			0,2	0	0,25			
40		Owl <b>ow</b>	Head-down	-	Legs forward 90+back 90	0,45	0,2	2ow
			0,2	0	0,25			
41		Bridge <b>br</b>	Head-down	-	Arch (back 45+legs 90)	0,45	0,2	2br
			0,2	0	0,25			
42		Drop <b>dr</b>	Head-down	yes	Arch (back 180)	0,6	0,3	2dr
			0,2	0,1	0,3			
<b>Combined unique</b>								
43		Queen <b>qu</b>	Head-down+ Stand on 1 leg	Yes	Arch (back 180)+leg forw 180	1	0,5	2qu
			0,3	0,1	0,6			



## 9.4. COMPONENT R - ROTATION OF THE CONSTRUCTION BASE

**Table #34** - 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)	0,2	0,3	0,4
	<b>R/</b>	<b>R0,5</b>	<b>R1</b>
Value for Platform (if featured-swimmer sits or in a headstand position, not standing)	0,05	0,1	0,2
	<b>R/*</b>	<b>R0,5*</b>	<b>R1*</b>
Value for Float made from hands	-	0,15	0,25
	-	<b>R0,5h</b>	<b>R1h</b>
Value for Float made from legs (Star, Compass etc.)	0,3	0,4	-
	<b>R/I</b>	<b>R0,5I</b>	-

## 9.5 Plane and Degree of Rotation - N/A for Group P.



### 9.6. COMPONENT B - BONUS (Additional Difficulty Enhancement Factors)



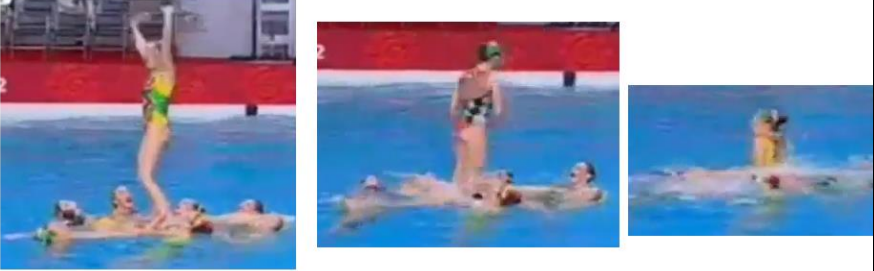
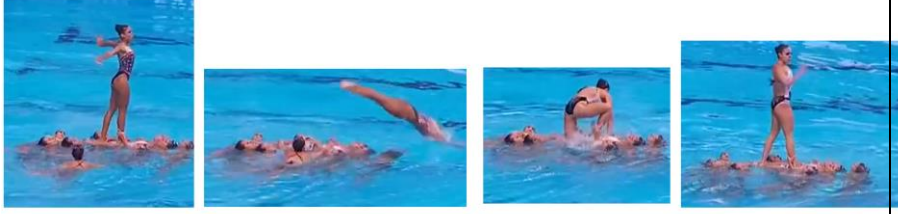
**Table #35** - List of additions, bonuses, and risk-elements in group P:

Code	For GROUP P		Value
j1	Synchronized actions for double acrobatic movements		0,2
j2	Connection between 2 featured-swimmers;		0,1
j3	For each additional position (3rd 4th or 5 <sup>th</sup> )		0,05
j4	Blind grip between f.swimmer and support		0,1
j5	“Roll” on the construction and/or “rolling” (circling action of platform construction, when featured-swimmer submerges after 90° and support swimmer follows them showing 180° arch-action above surface) entrance in the water		0,2
j6	Lifting in a “Box” and lowering back		0,2

<p><b>j7</b></p>	<p>“Spider” action (Float formation: featured-swimmer twists in the shoulder and thigh joints and appears from underwater on a construction. This action has flexibility risk factor)</p>		<p><b>0,2</b></p>
<p><b>j8</b></p>	<p>Floats made from hands, which are “out of water” (not on the surface)</p>		<p><b>0,2</b></p>
<p><b>j9</b></p>	<p>Jump or Dismount or Dive from platform</p>		<p><b>0,05</b></p>
<p><b>j10</b></p>	<p>“Cartwheel” on a platform and entering the water</p>		<p><b>0,2</b></p>
<p><b>j11</b></p>	<p>270° somersault jump from Platform</p>		<p><b>0,3</b></p>
<p><b>j12</b></p>	<p>Move from Platform on to 2 spotter's heads for finishing acrobatic movement as Lift</p>		<p><b>0,3</b></p>
<p><b>j13</b></p>	<p>During platform, f.swimmer breaks palms/palms connect with support and/or lifting torso and maintain position</p>		<p><b>0,3</b></p>



j14	“Spichag” (power press-up from Crocodile to Candle/or Vertical head-down position)		0,2
j15	“Break-dance” movements on a float		0,2
j16	“Porpoise” start-action for featured-swimmer at the beginning of the acrobatic movement to get to the main position.		0,1
j17	Travelling construction		0,1
j18	Lifting up from the surface platform-construction		0,1
j19	“Surfing”, “Riding a wave” (lifting up and down full platform construction (but not away from surface))		0,1
j20	Climb onto the platform from under the water (inside the construction)		0,05
j21	Change the “grip”		0,05

<p><b>j22</b></p>	<p>If float was lifted up from under the water and/or submerge after to finish an acrobatic movement</p>		<p><b>0,1</b></p>
<p><b>j23</b></p>	<p>Fast fall down inside floats' construction</p>		<p><b>0,05</b></p>
<p><b>j24</b></p>	<p>Fast fall down inside floats' construction with twirl 360°</p>		<p><b>0,1</b></p>
<p><b>j25</b></p>	<p>Change of featured-swimmer</p>		<p><b>0,1</b></p>

## 10. CATALOGUE OF ACROBATIC MOVEMENTS

GROUP A		
No.	<p>2</p>	<p>0,5 twist</p> <p>7</p>
Code	AJ-Sq-Back-tk	AJ-Sq-Back-In-dt0,5
Value	1,55	1,675
No.	<p>1 twist</p> <p>8</p>	<p>9</p>
Code	AJ-Sq-Back-In-dt1	AJ-Sq-Back-In-d
Value	1,725	1,575
No.	<p>360 som</p> <p>10</p>	<p>11</p>
Code	AJ-Sq-Back-In-s1-u4	AJ-Sq-Back-pk/2In-s0,5
Value	2,05	1,8



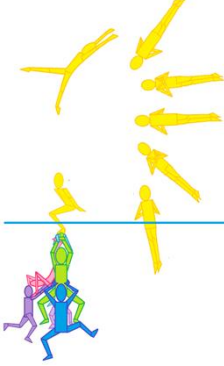

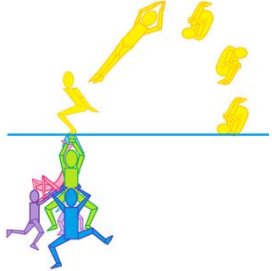
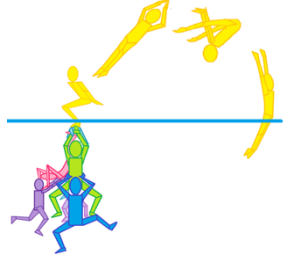
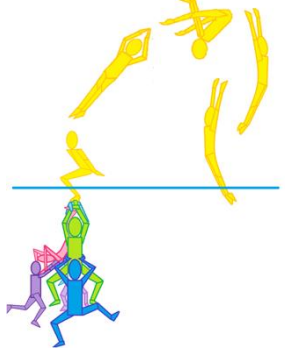
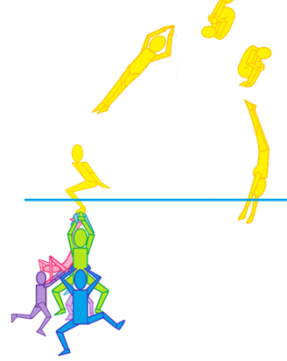
No.	<p style="text-align: center;">12</p>	<p style="text-align: center;">13</p>
Code	AJ-Sq-Back-pk/2In-s1	AJ-Sq-Back-pk-s1,5
Value	2,05	2,15
No.	<p style="text-align: center;">14</p>	<p style="text-align: center;">15</p>
Code	AJ-Sq-Back-tk/2In-s0,5	AJ-Sq-Back-tk-s1
Value	1,7	1,85
No.	<p style="text-align: center;">16</p>	<p style="text-align: center;">17</p>
Code	AJ-Sq-Back-tk-s1,5	AJ-Sq-Back-tk-s2
Value	2,05	2,15



No.	<p>18</p>	<p>19</p>
Code	AJ -Sq-Back-tk-s2,5	AJ-Sq-Back-ja-s1
Value	2,35	1,95
No.	<p>20</p>	<p>152</p>
Code	AJ-Sq-Back-tk/2ja-s1	AJ-Sq-Back-tk/2sp-s1
Value	2,0	2
No.	<p>21</p>	<p>22</p>
Code	AJ-Sq-Back-kt-s1	AJ-Sq-Back-tk/2In-s1,5-u3
Value	1,85	2,55

No.	<p>23</p>	<p>24</p>
Code	AJ-Shou-Back-tk/2kt-s1	AJ-Shou-Back-pk/2ja-s1
Value	1,85	2
No.	<p>1</p>	<p>3</p>
Code	AJ-Shou-Back-ar-s1	AJ-Shou-Back-tk-s1,5
Value	1,75	1,95
No.	<p>4</p>	<p>5</p>
Code	AJ-Shou-Back-ln-s1t1,5-u5	AJ-Shou-Back-pk-s1
Value	2,45	1,85

No.	<p>25</p>	<p>26</p>
Code	AJ-Hand-Back-tk/2kt-s1	AW-2Form-Back-ja-s1
Value	1,95	1,9
No.	<p>27</p>	<p>132</p>
Code	AW-2Sup'-Back-pk/2ln-s1	AJ-Sq-Back-tk-s3
Value	2	2,95
No.	<p>36</p>	<p>37</p>
Code	AJ-Sq-Back-ln-s1t1,5-u5	AJ-Sq-Back-ln-s1t2-u5
Value	2,55	2,65

No.	 <p>38</p>	 <p>39</p>
Code	AJ-Sq-Back-In-s1t2,5-u5	AJ-Sq-Back-tk/2ja-s1t1
Value	2,75	2,20
No.	 <p>40</p>	 <p>41</p>
Code	AJ-Sq-Back-tk-s1,5t0,5	AJ-Sq-Back-pk/2In-s1t0,5
Value	2,15	2,15
No.	 <p>42</p>	 <p>43</p>
Code	AJ-Sq-Back-pk/2In-s1t1	AJ-Sq-Back-tk/2In-s1,5t0,5-u3
Value	2,25	2,65

No.	<p>44</p>	<p>129</p>
Code	AJ-Sq-Back-tk-s2t0,5	AJ-Feet-Back-pk/2rg-s1-u12
Value	2,45	2,25
No.	<p>45</p>	<p>46</p>
Code	AJ-Feet-Back-In/2ja-s1t1-u12	AJ-Feet-Back-tk/2ln-s1t0,5-u12
Value	2,30	2,15
No.	<p>6</p>	<p>47</p>
Code	AJ-Feet-Back-In-s1t1-u12	AW-Feet-Back-In!/2ja-t0,5-u11
Value	2,15	1,80

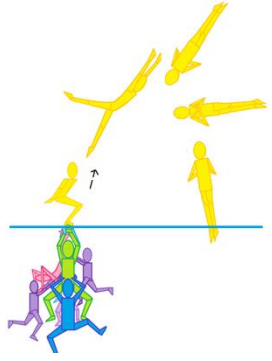
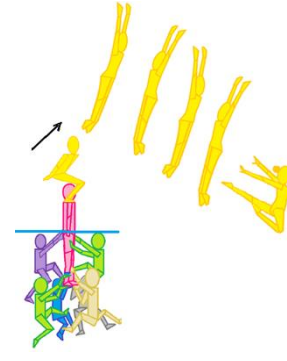
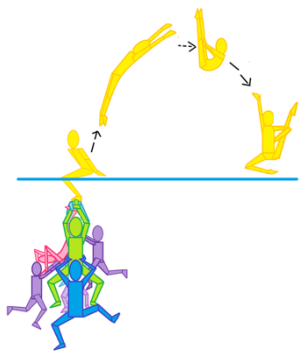
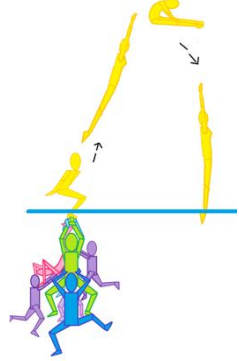
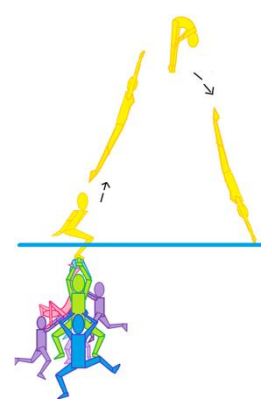



No.	<p style="text-align: center;">53</p>	<p style="text-align: center;">54</p>
Code	AJ-Sq-Forw-kt/2tk	AJ-Sq-Forw-ja
Value	1,6	1,6
No.	<p style="text-align: center;">55</p>	<p style="text-align: center;">50</p>
Code	AJ-Sq-Forw-rg/2ln	AJ-Feet-Rev-tk/2ja-s1-u12
Value	1,75	2,20
No.	<p style="text-align: center;">51</p> <p style="text-align: center;"><b>1,5 twist</b></p>	<p style="text-align: center;">56</p>
Code	AJ-Sq-FORW-ln-T1,5	AJ-Sq-Forw-tk/2kt
Value	1,8	1,6



No.	<p style="text-align: center;">57</p>	<p style="text-align: center;">58</p>
Code	AJ-Sq-Forw-tk/2kt-T0,5	AJ-Sq-Forw-sp/2ln
Value	1,7	1,8
No.	<p style="text-align: center;">59</p>	<p style="text-align: center;">60</p>
Code	AJ-Sq-FORW-sp/2ln-T1	AJ-Sq-Forw-mn
Value	2,05	1,45
No.	<p style="text-align: center;">61</p>	<p style="text-align: center;">1 twist 62</p>
Code	AJ-Sq-Forw-pk/2pk	AJ-Sq-FORW-pk/2ln-T1
Value	1,7	1,95

No.	<p>72</p>	<p>63</p>
Code	AJ-Sq-Forw-pk	AJ-Sq-Forw-tk/2In-s0,5
Value	1,6	1,65
No.	<p>64</p>	<p>65</p>
Code	AJ-Sq-FORW-tk-s1	AJ-Sq-FORW-tk-s1,5
Value	1,9	2,1
No.	<p>66</p>	<p>67</p>
Code	AJ-Sq-FORW-tk-s2	AJ-Sq-FORW-In-s1-u4
Value	2,2	2,1

No.	 <p>52</p>	 <p>128</p>
Code	AJ-Sq-FORW-In-s1t1,5-u5	AJ-Shou-FORW-In/2ja-T2
Value	2,6	1,9
No.	 <p>133</p>	 <p>68</p>
Code	AJ-Sq-Back-pk/2pk-s1	AJ-Sq-Forw-pk/2In
Value	2,15	1,7
No.	 <p>69</p>	 <p>70</p>
Code	AJ-Sq-Forw-pk/2In-s0,5	AJ-Sq-FORW-pk-s1
Value	1,75	2

No.	<p>71</p>	<p>73</p>
Code	AJ-Sq-FORW-pk-s1,5	AJ-Shou-Forw-pk/2kt
Value	2,2	1,6
No.	<p>74</p>	<p>75 (change legs)</p>
Code	AJ-Shou-Forw-pk/2kt-T0,5	AJ-Shou-Forw-ja/2kt
Value	1,7	1,6
No.	<p>76</p>	<p>48</p>
Code	AJ-Shou-Forw-kt/2pk	AJ-Shou-Forw-sp/2kt
Value	1,6	1,7

No.	<p>49</p>	<p>77</p>
Code	AJ-Shou-Forw-rg/2pk	AJ-Shou-Forw-pk/2ln-s0,5
Value	1,75	1,65
No.	<p>78</p>	<p>79</p>
Code	AJ-Shou-Forw-tk/2sp-s0,5	A-Shou-Forw-ja/2mn-h-u6
Value	1,6	1,675
No.	<p>80</p>	<p>0,5 twist</p> <p>81</p>
Code	AJ-St'-FORW-ln-t2-u6	AJ-Feet-Forw-ln-dt0,5-u12
Value	1,975	1,725



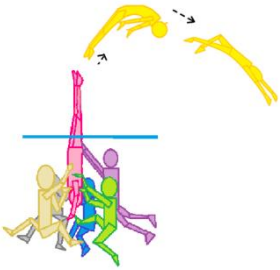
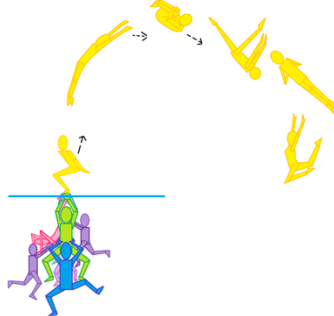
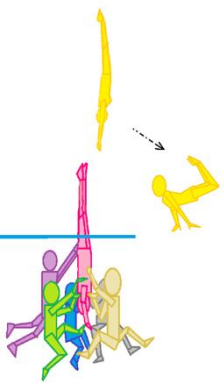
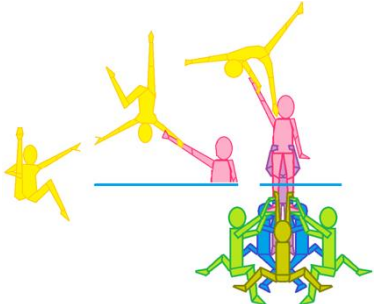
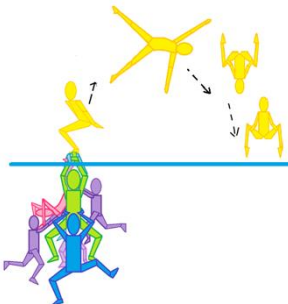
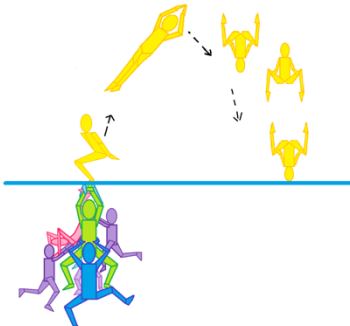
No.	<p>82</p>	<p>83</p>
Code	AJ-Feet-FORW-In-dt1-u12	AJ-Feet-FORW-In-dt1,5-u12
Value	1,875	1,925
No.	<p>86</p>	<p>84</p>
Code	AJ-Hand-Forw-pa-d	AW-Feet-Forw-In!/2pk
Value	1,575	1,7
No.	<p>85</p>	<p>87 Forwards</p>
Code	AW-Feet-Forw-In!/2rg-u11	AW-Hand-Forw-In!/2pk-u11
Value	1,75	1,75



No.	<p>106</p>	<p>94 <b>This is exception</b></p>
Code	AJ-Sho-Forw-In/2In-T0,5-u10	AJ-Sq-Rev-In-s0,5!
Value	1,5	1,7
No.	<p>360 som</p> <p>95</p>	<p>96</p>
Code	AJ-Sq-Rev-In-s1-u4	AJ-Sq-Rev-pk/2In-s0,5
Value	2,15	1,9
No.	<p>136</p>	<p>360 som</p> <p>97</p>
Code	AJ-Sq-Rev-pk/2pa-s0,5	AJ-Sq-Rev-pk/2In-s1
Value	1,95	2,15

<p>No.</p>	<p>137</p>	<p>98</p>
<p>Code</p>	<p>AJ-Shou-Forw-pa</p>	<p>AJ-Sq-Rev-tk/2ln-s0,5</p>
<p>Value</p>	<p>1,45</p>	<p>1,8</p>
<p>No.</p>	<p>99</p>	<p>100</p>
<p>Code</p>	<p>AJ-Sq-Rev-tk/2ln-s1</p>	<p>AJ-Sq-Rev-tk/2ja-s1</p>
<p>Value</p>	<p>2,05</p>	<p>2,1</p>
<p>No.</p>	<p>101</p>	<p>102</p>
<p>Code</p>	<p>AJ-Sq-Rev-ar/2ja-s1</p>	<p>AJ-Sq-Rev-tk/2kt-s1</p>
<p>Value</p>	<p>2,1</p>	<p>2,05</p>

No.	<p>103</p>	<p>104</p>
Code	AW-Feet-Forw-In!/2pk	AW-Feet-FORW-In!/2tk-s1,5
Value	1,7	2,2
No.	<p>138</p>	<p>105</p>
Code	AW-Feet-Forw-In!	AJ-Shou-FORW-In-t2
Value	1,5	1,9
No.	<p>139</p>	<p>110</p>
Code	A-Thr-Up-In-T1	AW-Feet-Forw-In-d
Value	1,2	1,525

No.	 <p style="text-align: center;">107</p>	 <p style="text-align: center;">108</p>
Code	AW-Feet-Back-ar-d-u12	AJ-Sq-Back-tk/2ln-s1t1-u11
Value	1,675	2,2
No.	 <p style="text-align: center;">109</p>	 <p style="text-align: center;">112</p>
Code	AW-Feet-Forw-In!/2kt	A-Shou-Side-ki/2pk-c-u9
Value	1,6	1,85
No.	 <p style="text-align: center;">114</p>	 <p style="text-align: center;">115</p>
Code	AJ-Sq-Back-tk-f1	AJ-Sq-Back-tk-f1,5
Value	1,95	2,15


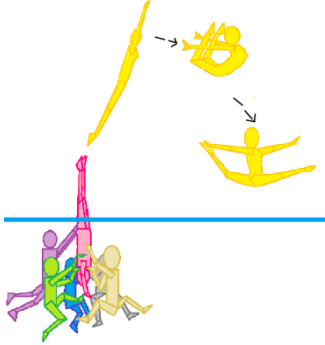
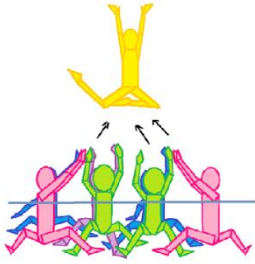
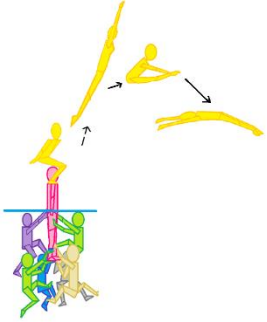
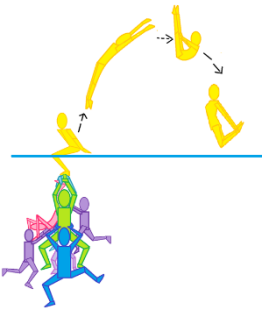
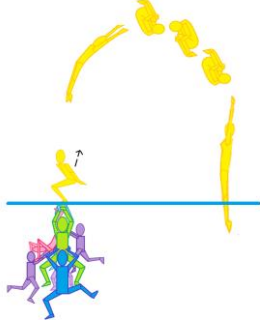
No.	<p>116</p>	<p>130</p>
Code	AJ-Sq-Back-tk-f2	AJ-Sq-FORW-tk-f1
Value	2,25	2
No.	<p>117</p>	<p>135</p>
Code	AJ-Shou-Back-tk-f1,5	AJ-Sq-Back-rg/2tk-s2
Value	2,05	2,4
No.	<p>118</p>	<p>131</p>
Code	AW-Surf-Up-mn	AW-Surf-Up-pk/2ar
Value	0,6	0,85



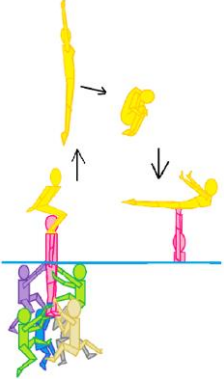
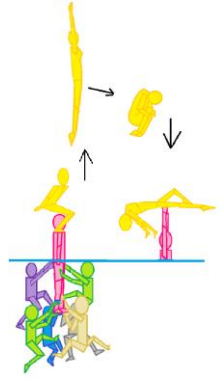
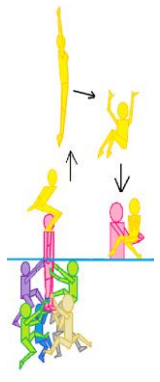
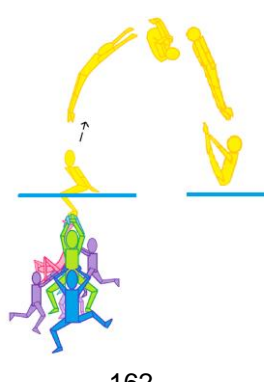
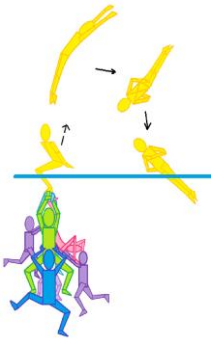
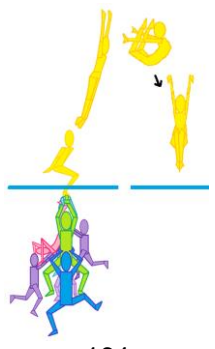
No.	<p>120</p>	<p>134</p>
Code	AJ-Sq-Up-In-u7	AJ-Sq-Up-sp/2In-u7
Value	1,8	2,1
No.	<p>121</p>	<p>119</p>
Code	AJ-Shou-Up-pk/2ar-u7/u15	AW-Surf-Up-In-T1
Value	2	0,8
No.	<p>122</p>	<p>123</p>
Code	AJ-3Pair-Up-In-T2	AW-Tripl-Up-In-t1-u13
Value	1,4	1,9



No.	<p>+1,5 twist</p>	<p>+360</p>
Code	AW-Tripl-Up-In-t1,5	AW-Tripl-Up-In-t1-u13
Value	1,8	1,9
No.	<p>360</p>	<p>180</p>
Code	AW-Tripl-Up-In-T1-u14	AJ-Hand-Up-ma-T0,5
Value	1,85	1,65
No.	<p>2 TWIST</p>	
Code	AJ-Shou-FORW-In-T2	AJ-Sq-Forw-sp/2sp-T0,5
Value	1,75	1,95

No.	 <p>360 som</p> <p>144</p>	 <p>142</p>
Code	AJ-Feet-Back-In-s1-u12/u4	AJ-Feet-Forw-rg/2sp
Value	2,15	1,8
No.	 <p>145</p>	 <p>141</p>
Code	AW-Surf-Up-kt	AJ-Shou-Forw-pk/2In
Value	0,65	1,6
No.	 <p>140</p>	 <p>150</p>
Code	AJ-Sq-Back-pk/2kt-s1	AJ-Sq-Back-tk/2In-s2-u2
Value	2,05	2,75

No.	<p>153</p>	<p>154</p>
Code	AJ-Sq-Back-pk-s2	AJ-Sq-Forw-sp/2ja
Value	2,25	1,85
No.	<p>155</p>	<p>156</p>
Code	AJ-Sq-Back-pk/2sp-s1	AJ-3Pair-Back-ar-d
Value	2,1	1,225
No.	<p>157</p>	<p>158</p>
Code	AJ-Shou-Back-pk-f1	AJ-Shou-Back-pk/2ar-s1-u15
Value	1,95	2,05

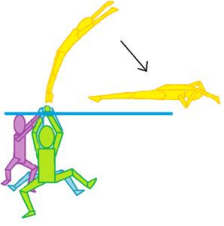
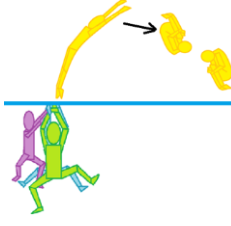
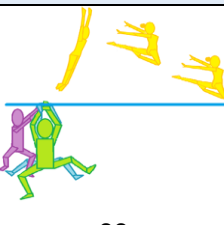
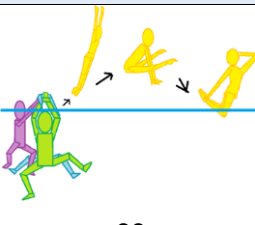
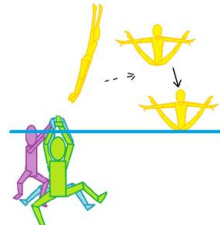
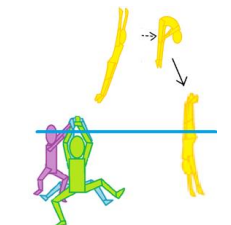
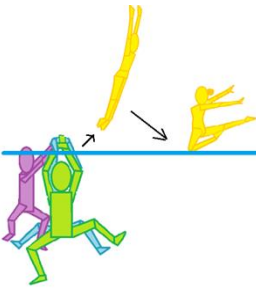
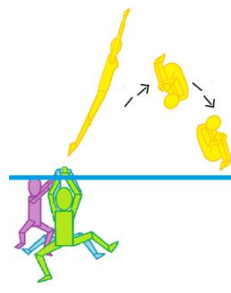
No.	 <p style="text-align: center;">159</p>	 <p style="text-align: center;">160</p>
Code	AJ-Shou-Up-tk/2ar-u15	AJ-Shou-Up-tk/2pa-u15
Value	1,6	1,65
No.	 <p style="text-align: center;">161</p>	 <p style="text-align: center;">162</p>
Code	AJ-Shou-Up-tk-u15	AJ-Sq-Back-tk/2ln-s1,5-u11
Value	1,5	2,25
No.	 <p style="text-align: center;">163</p>	 <p style="text-align: center;">164</p>
Code	AJ-Sq-Back-ln-s1t1	AJ-Sq-Forw-rg/2tk
Value	2,05	1,75

No.	<p>165</p>	<p>166</p>
Code	AJ-Shou-FORW-In/2ja-T1	AW-2Form-Back-pk/2In-s1
Value	1,8	2
No.	<p>167</p>	<p>168</p>
Code	A-Sq-Rev-tk/2kt-s1t0,5	AW-Feet-Rev-pk/2In-s1
Value	2,15	2,15
No.	<p>169</p>	<p>170</p>
Code	AW-Tripl-Up-tk-T1-u14	AJ-Sq-Back-In/2ja-s1
Value	1,85	2



No.	171	172
Code	AJ-Sq-Forw-sp/2ja-T0,5	A-Shou-Forw-ja/2In-h-u16/u11
Value	1,95	1,85
<b>GROUP A (“small” jumps)</b>		
No.	28	29
Code	AJ-Thr-Back-ar-s1	AJ-Thr-Back-ja-s1
Value	1,4	1,5
No.	30	31
Code	AJ-Thr-Back-pk/2In-S0,5	AJ-Thr-Back-ja-s1
Value	1,5	1,5
No.	32	33
Code	AJ-Thr-Back-In/2pk-S0,5t0,5	AJ-Thr-Back-pk/2ar-t0,5
Value	1,6	1,4






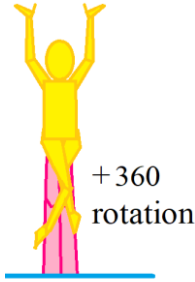


No.	 <p>34</p>	 <p>35</p>
Code	AJ-Thr-Back-sp	AJ-Thr-Back-tk-s1
Value	1,3	1,4
No.	 <p>88</p>	 <p>89</p>
Code	AJ-Thr-Forw-ja	AJ-Thr-Forw-pk/2kt
Value	1,15	1,25
No.	 <p>90</p>	 <p>91</p>
Code	AJ-Thr-Forw-pk	AJ-Thr-Forw-pk/2In-S0,5
Value	1,15	1,45
No.	 <p>92</p>	 <p>93</p>
Code	AJ-Thr-Forw-In/2ja-T0,5	AJ-Thr-FORW-tk-s1
Value	1,3	1,45


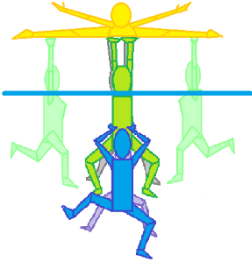

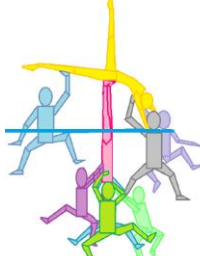
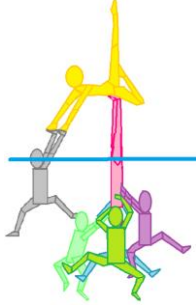
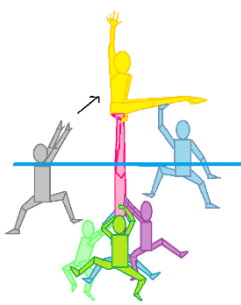
No.	<p>113</p>	<p>111</p>
Code	AJ-Thr-Side-mn/2ln	AJ-Thr-Back-pk/2pa
Value	1,25	1,35
No.	<p>146</p>	<p>148</p>
Code	AJ-Thr-Forw-pk/2ja-S0,5	AJ-Thr-Forw-ar/2tk
Value	1,5	1,15
No.	<p>147</p>	<p>149</p>
Code	AJ-Thr-Forw-pk	AJ-Thr-FORW-pk-T1
Value	1,15	1,4
No.	<p>173</p>	<p>174</p>
Code	AJ-Thr-Forw-tk/2ln-d	AW-surf-Up-rg
Value	1,175	0,8

<p>No.</p>	<p>TWIST 180</p> <p>175</p>	<p>176</p>
<p>Code</p>	<p>AJ-Thr-Up-pk/2ja-S0,5t0,5</p>	<p>AW-feet-Forw-ja-S0,5</p>
<p>Value</p>	<p>1,6</p>	<p>1,55</p>
<p>No.</p>	<p>177</p>	<p>178</p>
<p>Code</p>	<p>AW-feet-Side-mn/2tk-s1</p>	<p>AJ-Sho-Back-ar/2nj-d</p>
<p>Value</p>	<p>1,75</p>	<p>1,325</p>
<p>No.</p>	<p>twist 180</p> <p>179</p>	<p>twist 360</p> <p>180</p>
<p>Code</p>	<p>AW-surf-Up-In/2sp-t0,5</p>	<p>AW-feet-Up-In-t1</p>
<p>Value</p>	<p>0,9</p>	<p>1,45</p>

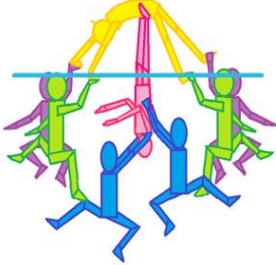
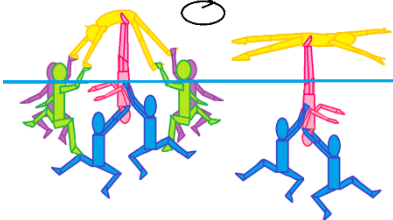
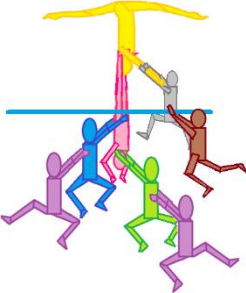
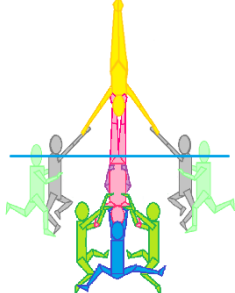
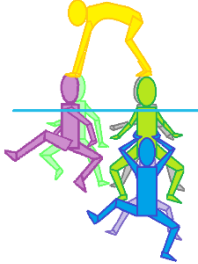
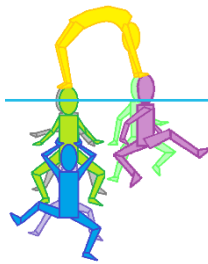
GROUP B		
No.	<p>111</p>	<p>145</p>
Code	BL-L-Li-In	BS-stH-ShF-ro-w9
Value	0,9	1,45
No.	<p>112</p>	<p>117</p>
Code	BL-L-Li-tu	BL-L-Li-sb/2sc
Value	1,1	1,1
No.	<p>75</p>	<p>113</p>
Code	BL-7-Li-pi	BL-L-Li-sc-w10
Value	1,3	1,05

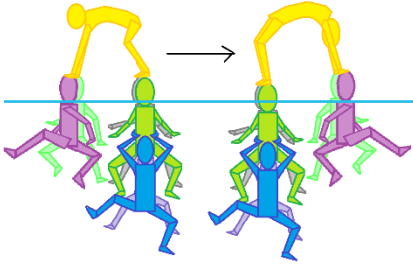
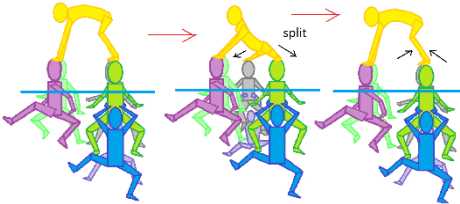
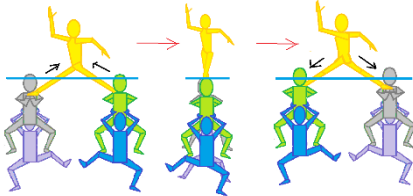
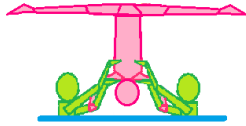

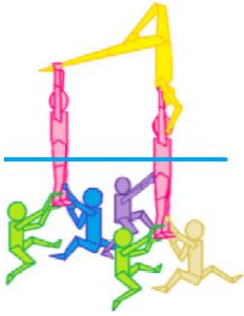
No.	 <p style="text-align: center;">130</p>	 <p style="text-align: center;">131</p>
Code	BL-Lh(2)-Li4H-br+wi-w5	BL-L(2)-Li-wi-w5
Value	2,15	1,3
No.	 <p style="text-align: center;">114</p>	 <p style="text-align: center;">115</p>
Code	BL-7-Li-sw	BL-7-Li-bi
Value	1,1	0,95
No.	 <p style="text-align: center;">153</p>	 <p style="text-align: center;">150</p>
Code	BL-L-Li-tu	BS-StH-SiF-si-r!
Value	1,1	2,05

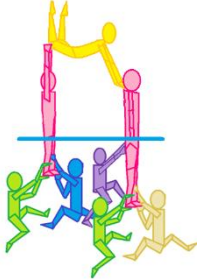



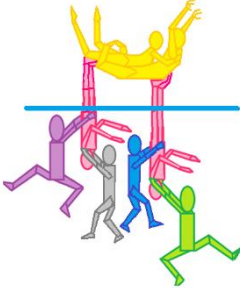
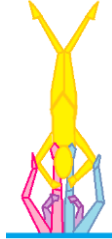



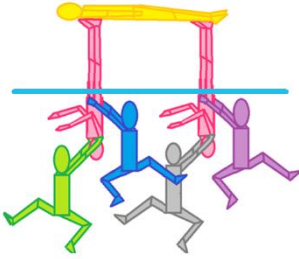
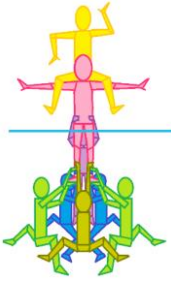
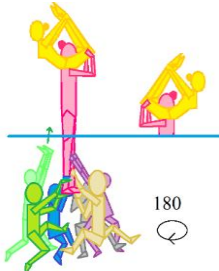

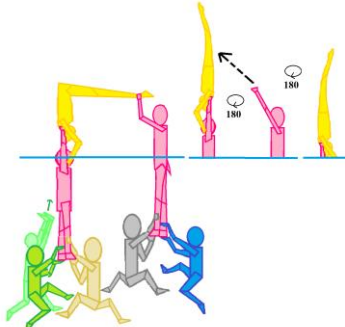
No.	 <p style="text-align: center;">116</p>	 <p style="text-align: center;">118</p> <p style="text-align: right;">+ 180 rot</p>
Code	BL-7-Li-spl	BL-7-Li-se-r0,5L
Value	0,9	1,45
No.	 <p style="text-align: center;">102</p>	 <p style="text-align: center;">103</p>
Code	BS-StH''-SiF*-co	BS-StH'''-SiF*-kn
Value	1,45	1,5
No.	 <p style="text-align: center;">98</p>	 <p style="text-align: center;">101</p>
Code	BS-StH'-SiF*-so	BS-StH''-SiF*-mo
Value	1,55	1,35



No.	 <p style="text-align: center;">46</p>	 <p style="text-align: center;">47</p>
Code	BS-StH'''-AF*-br	BS-StH'''-AF*-br/2sc-r0,5!
Value	1,6	1,95
No.	 <p style="text-align: center;">80</p>	 <p style="text-align: center;">81</p>
Code	BS-StH''-ShF*-ow	BS-StH'''-ShF*-bb
Value	1,7	1,45
No.	 <p style="text-align: center;">119</p>	 <p style="text-align: center;">120</p>
Code	BL-Lh-Li4H-mo	BL-Lh-Li4H-br
Value	1,1	1,45

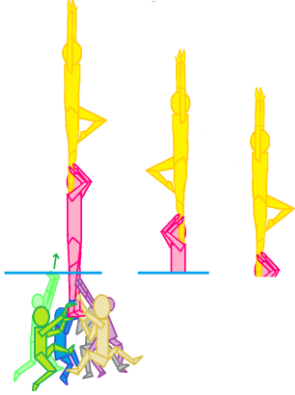
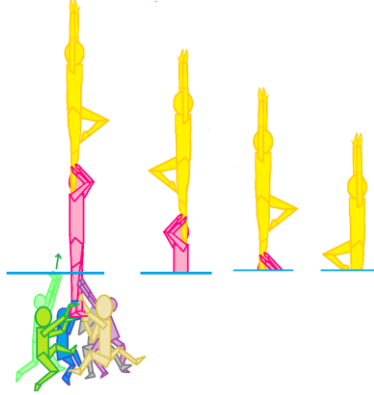
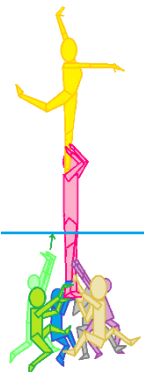
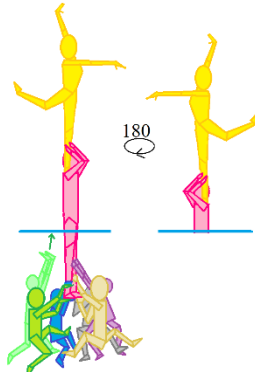
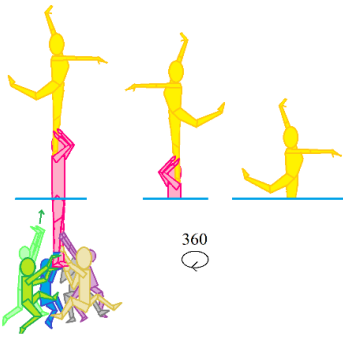
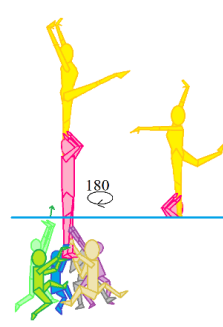
No.		
Code	BL-LMu-Li4H-mo/2br	BL-LM-Li4H-mo/2spl-w7
Value	2	1,75
No.		
Code	BL-LMp-Li-In/2spl-w7/w14	BS-2Sup-Le-be
Value	1,45	1,7
No.		
Code	BS-2Sup-Le-so	BS-2Sup-Le-kn
Value	1,6	1,65

No.		
Code	BS-2Sup-Le-co	BS-2Sup-Le-ne
Value	1,5	1,85
No.		
Code	BS-St'Hs-SpSp-spl	BS-2mSup-Le-co
Value	1,5	1,7
No.		
Code	BS-2SupH(2)-Ta-co-w5	BS-2SupH-Ta-bb
Value	2,15	2,05

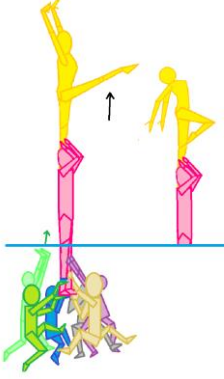
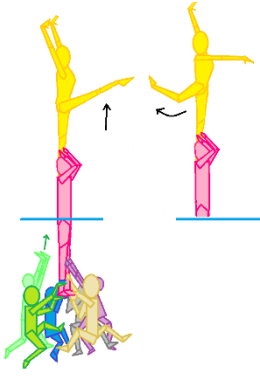
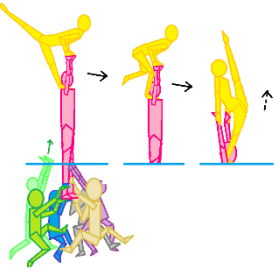
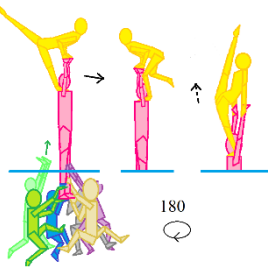
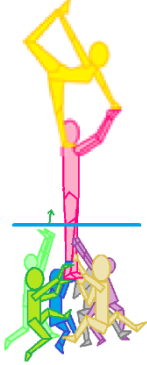
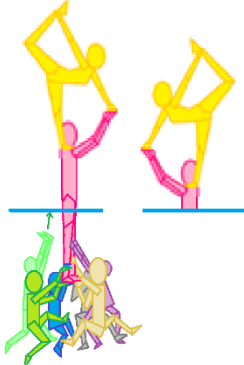
No.	 <p>109</p>	 <p>110</p>
Code	BS-2SupH-Ta-spl	BS-2SupH-Ta-sc
Value	1,95	1,9
No.	 <p>39</p>	 <p>44</p>
Code	BS-St-SIS-si	BS-St-SIS-tu-r0,5
Value	1,2	1,65
No.	 <p>43</p>	 <p>128</p>
Code	BS-St-SIS-sc-r0,5	BS-2Sup-E-bo/2bb-r1!
Value	1,5	2,55

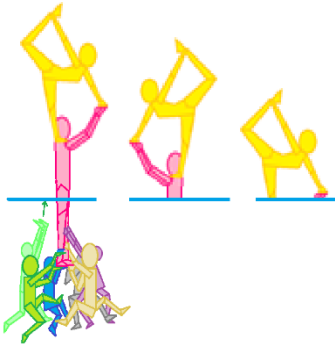
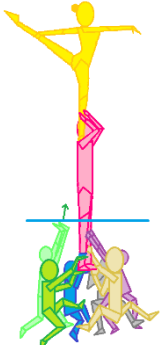
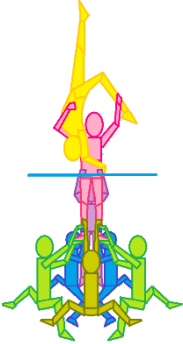
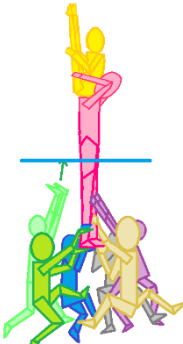
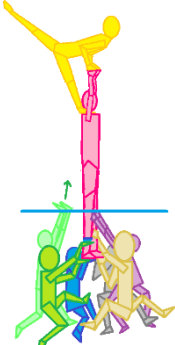

No.	<p>1</p>	<p>2</p>
Code	BS-St-FS-In	BS-St-FS-In-r0,5*
Value	1,2	1,25
No.	<p>3</p>	<p>4</p>
Code	BS-St-FS-In-r1*	BS-St-FS-In-r1,5*
Value	1,3	1,35
No.	<p>5</p>	<p>6</p>
Code	BS-St-F1S-he	BS-St-F1S-he-r0,5
Value	1,3	1,5

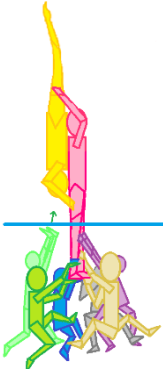
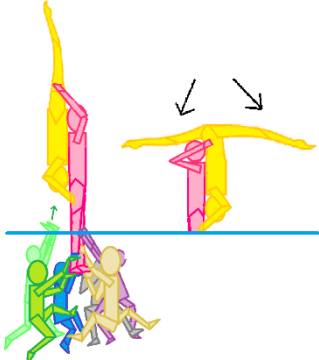
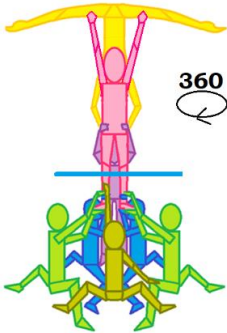


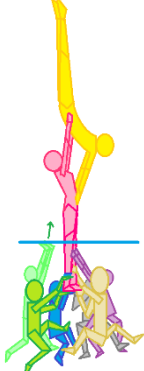


No.	 <p style="text-align: center;">7</p>	 <p style="text-align: center;">8</p>
Code	BS-St-F1S-he-r1	BS-St-F1S-he-r1,5
Value	1,6	1,7
No.	 <p style="text-align: center;">13</p>	 <p style="text-align: center;">14</p>
Code	BS-St-F1S-ba	BS-St-F1S-ba-r0,5
Value	1,4	1,6
No.	 <p style="text-align: center;">15</p>	 <p style="text-align: center;">33</p>
Code	BS-St-F1S-ba-r1	BS-St-F1S-cr/2ba-r0,5
Value	1,7	1,65

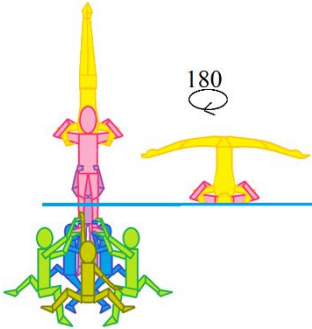
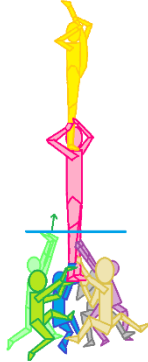
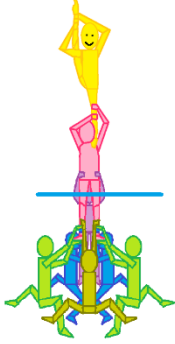
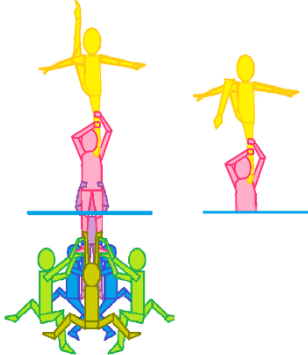
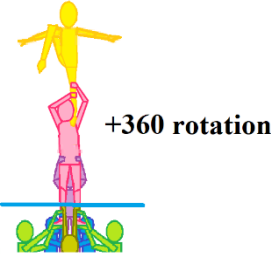



No.	 <p style="text-align: center;">31</p>	 <p style="text-align: center;">32</p>
Code	BS-St-F1S-cr/2kr	BS-St-F1S-cr/2ba
Value	1,55	1,45
No.	 <p style="text-align: center;">11</p>	 <p style="text-align: center;">12</p>
Code	BS-St-F1S/-ba/2vs	BS-St-F1S/-ba/2vs-r0,5
Value	1,8	2
No.	 <p style="text-align: center;">21</p>	 <p style="text-align: center;">22</p>
Code	BS-St-F1S/-sa	BS-St-F1S/-sa-R0,5
Value	1,7	1,95

No.		
Code	BS-St-F1S/-sa-R1	BS-St-F1S-ba
Value	2,05	1,4
No.		
Code	BS-St-W-kn	BS-St-SiSb-sh
Value	1,8	1,75
No.		
Code	BS-St-F1S/-ba	BS-St-F1S/-ne
Value	1,5	1,8

No.	 <p style="text-align: center;">88</p>	 <p style="text-align: center;">89</p>
Code	BS-St-Su-bb	BS-St-Su-bb/2ow
Value	1,45	1,65
No.	 <p style="text-align: center;">124</p>	 <p style="text-align: center;">93</p>
Code	BS-St-Su-be-r1	BS-St-AP\bb
Value	1,85	1,45
No.	 <p style="text-align: center;">136</p>	 <p style="text-align: center;">90</p>
Code	BS-St-AP\kn	BS-St-Tw-bb
Value	1,5	1,45

No.	<p style="text-align: center;">91</p>	<p style="text-align: center;">92</p>
Code	BS-St-Tw-bb/2ow-r0,5	BS-St-Tw-bb-r1
Value	1,85	1,75
No.	<p style="text-align: center;">83</p>	<p style="text-align: center;">84</p>
Code	BS-St-Bp-bb	BS-St-Bp-bb-r0,5
Value	1,65	1,85
No.	<p style="text-align: center;">85</p>	<p style="text-align: center;">86</p>
Code	BS-St-Bp-bb-r1	BS-St-Bp-bb/2be
Value	1,95	1,85

No.	 <p style="text-align: center;">87</p>	 <p style="text-align: center;">24</p>
Code	BS-St-Bp-bb/2be-r0,5	BS-St-F1S-vs
Value	2,05	1,6
No.	 <p style="text-align: center;">27</p>	 <p style="text-align: center;">137</p>
Code	BS-St-F1S-gl	BS-St-F1S-sw
Value	1,65	1,55
No.	 <p style="text-align: center;">+360 rotation</p> <p style="text-align: center;">138</p>	 <p style="text-align: center;">28</p>
Code	BS-St-F1S-sw-R1	BS-St-FIS-gl-R0,5
Value	1,9	1,9

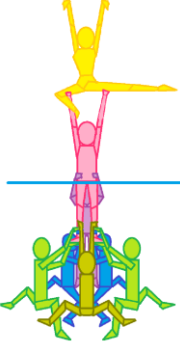
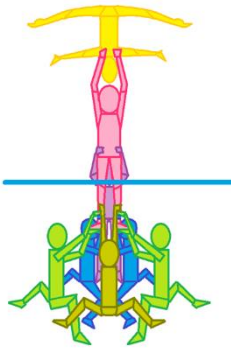
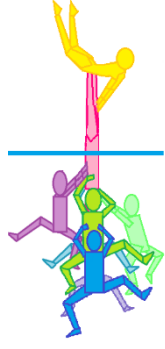
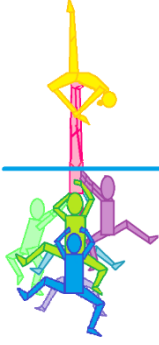
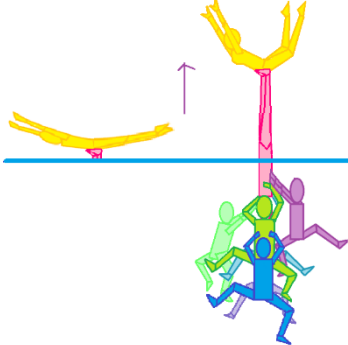
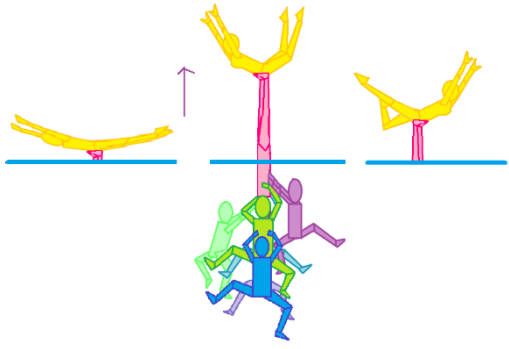


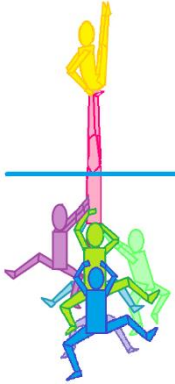
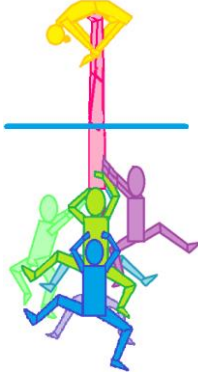
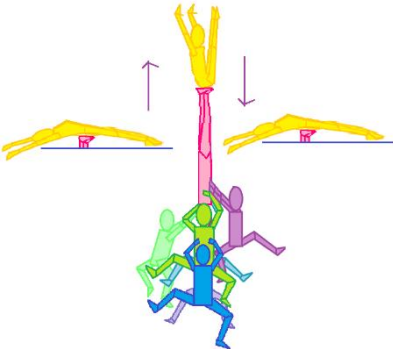
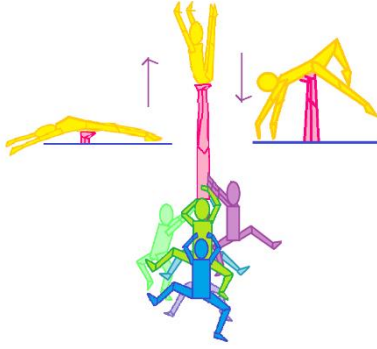
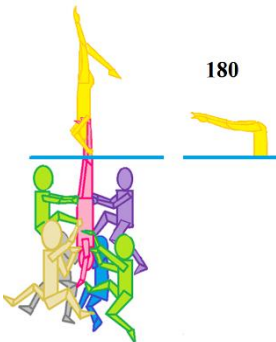
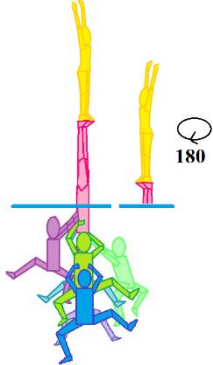
No.	<p style="text-align: center;">25</p>	<p style="text-align: center;">26</p>
Code	BS-St-F1S-vs-R0,5	BS-St-F1S-vs-R1
Value	1,85	1,95
No.	<p style="text-align: center;">29</p>	<p style="text-align: center;">30</p>
Code	BS-St-FIS-gl-R1	BS-St-FIS-gl-R1,5
Value	2	2,1
No.	<p style="text-align: center;">129</p>	<p style="text-align: center;">16</p>
Code	BS-St*-FP*-ne/2he-w4/w11	BS-St-F1S-ey
Value	2,25	1,8



No.	<p>17</p>	<p>18</p>
Code	BS-St-F1S-ey-R0,5	BS-St-F1S-ey-R1
Value	2,05	2,15
No.	<p>20</p>	<p>57</p>
Code	BS-St-F1S-ln/2ne	BS-StH-SiF-tu
Value	1,7	1,8
No.	<p>51</p>	<p>50</p>
Code	BS-StH-SiV-spl	BS-StH-SiV-mo
Value	1,75	1,65

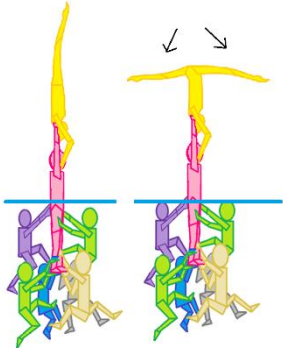
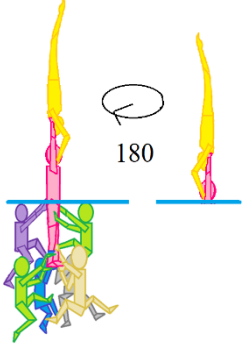
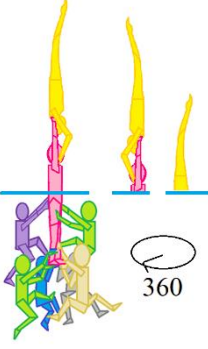
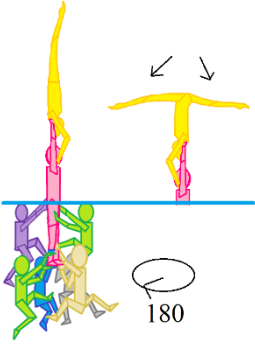
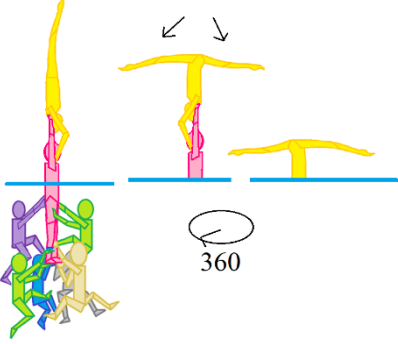
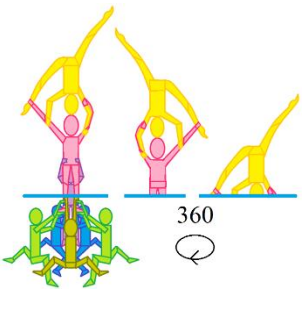
No.	<p>52</p>	<p>48</p>
Code	BS-StH-SiV-spl/2mo	BS-StH-AV-sb
Value	1,85	1,7
No.	<p>49</p>	<p>94</p>
Code	BS-StH-AV-sb-r0,5!	BS-StH-AV-be
Value	2	1,85
No.	<p>95</p>	<p>40</p>
Code	BS-StH-AV-be-r1!	BS-St-AP-so-r1
Value	2,35	2,1

No.	 <p style="text-align: center;">41</p>	 <p style="text-align: center;">82</p>
Code	BS-St-AP-spl	BS-St-AP-be
Value	1,7	1,9
No.	 <p style="text-align: center;">125</p>	 <p style="text-align: center;">100</p>
Code	BS-StH-SiF-bb	BS-StH-SiF-kn
Value	1,8	1,85
No.	 <p style="text-align: center;">96</p>	 <p style="text-align: center;">139</p>
Code	BS-StH-SiF-co	BS-StH-SiF-co-r0,5!
Value	1,7	2


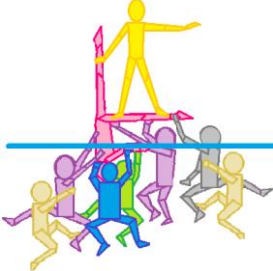
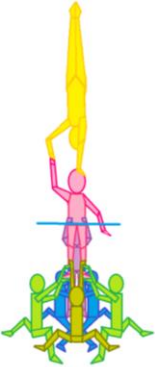
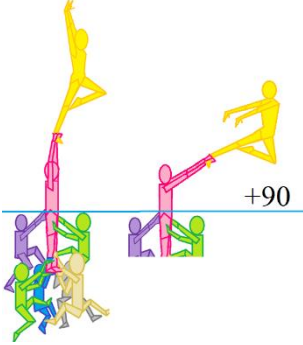
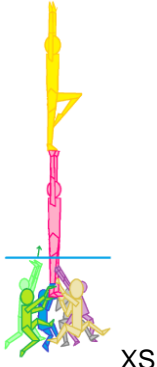
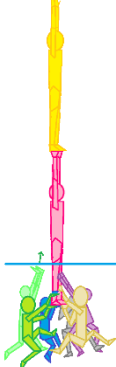
No.		
	97	99
Code	BS-StH-SiF-sh	BS-StH-SiF-tu
Value	1,7	1,8
No.		
	140	141
Code	BS-StH-SiF-sh/2sc	BS-StH-SiF-sh/2fl
Value	1,75	1,8
No.		
	142	56
Code	BS-StH-ShF-ro/2wi-r0,5!	BS-StH-FF-ln-r0,5!
Value	2,3	2,45

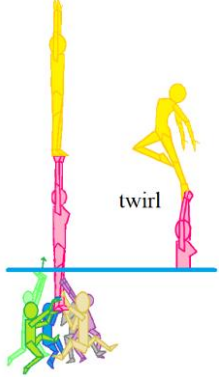
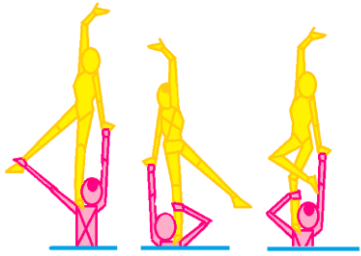
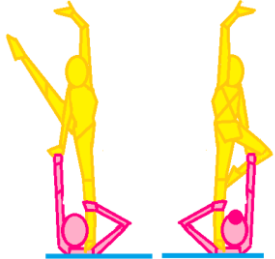
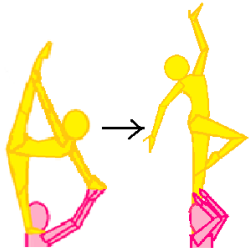
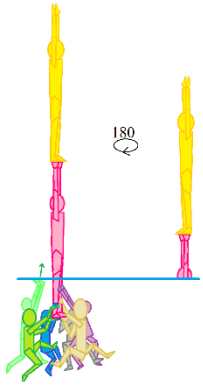
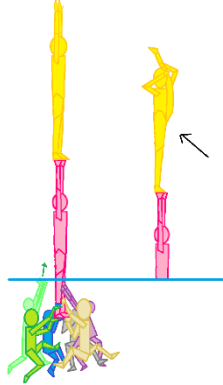
No.	<p>55</p>	<p>54</p>
Code	BS-StH-FF-In	BS-StH''-FF*-In
Value	2,15	1,65
No.	<p>53</p>	<p>78</p>
Code	BS-StHt-FF*-In	BS-StH-ShF-bb
Value	1,75	1,95
No.	<p>79</p>	<p>58</p>
Code	BS-StH-ShF-bb/2ow-w7	BS-St-E-bb
Value	2,2	1,8



No.	 <p style="text-align: center;">61</p>	 <p style="text-align: center;">59</p>
Code	BS-St-E-bb/2ow	BS-St-E-bb-r0,5!
Value	2	2,1
No.	 <p style="text-align: center;">60</p>	 <p style="text-align: center;">62</p>
Code	BS-St-E-bb-r1!	BS-St-E-bb/2ow-r0,5!
Value	2,3	2,3
No.	 <p style="text-align: center;">63</p>	 <p style="text-align: center;">76</p>
Code	BS-St-E-bb/2ow-r1!	BS-St-Py-be-r1!
Value	2,5	2,35



No.		
Code	BS-St''Hp-ShF-wi	BS-St''Hc-AL/-In
Value	1,9	1,4
No.		
Code	BS-St-PH/-bb	BS-St»-FPx-he
Value	2,15	2,15
No.		
Code	BS-St-FPx-he	BS-St-FP-In
Value	2,25	2,1

No.	 <p style="text-align: center;">twirl</p> <p style="text-align: center;"><b>not XS</b></p> <p style="text-align: center;">146</p>	 <p style="text-align: center;">156</p>
Code	BS-St-FP-In/2he-w9	BS-St-F1S/-ld/2ld-r1
Value	2,2	1,7
No.	 <p style="text-align: center;">155</p>	 <p style="text-align: center;">147</p>
Code	BS-St-F1S/-sw/2ld-r0,5	BS-St-F1S/-ne/2kr-w4
Value	1,9	2,2
No.	 <p style="text-align: center;">180</p> <p style="text-align: center;">35</p>	 <p style="text-align: center;">38</p>
Code	BS-St-FP-In-r0,5	BS-St-FPx-In/2vs
Value	2,3	2,5

No.	<p>36</p>	<p>64</p>
Code	BS-St-FP-In-r1	BS-St-PP-bb
Value	2,4	2,35
No.	<p>65</p>	<p>72</p>
Code	BS-St-PP-bb-r0,5!	BS-St-PP-be
Value	2,65	2,45
No.	<p>66</p>	<p>67</p>
Code	BS-St-PP-bb-r1!	BS-St-PP-lp/2wi
Value	2,85	2,45

No.	<p>68</p>	<p>70</p>
Code	BS-St-PP-bb/2ow	BS-St-PP-bb/2ow-w7
Value	2,55	2,6
No.	<p>74</p>	<p>69</p>
Code	BS-St-PP-bb/2be-w7	BS-St-PP-bb/2ow-r0,5!
Value	2,6	2,85
No.	<p>71</p>	<p>73</p>
Code	BS-St-PP-bb/2ow-r1!-w7	BS-St-PP-be-r1!
Value	3,1	2,95

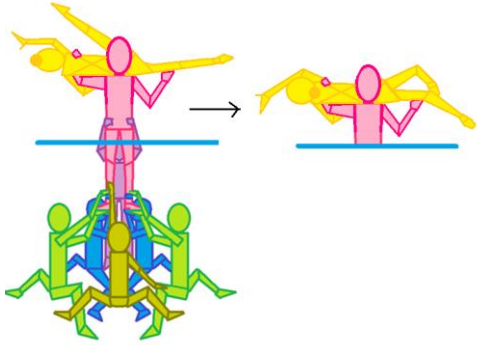
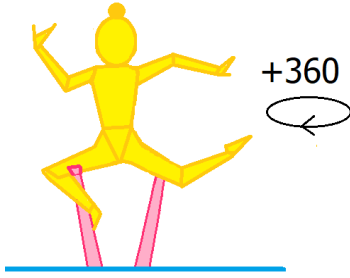
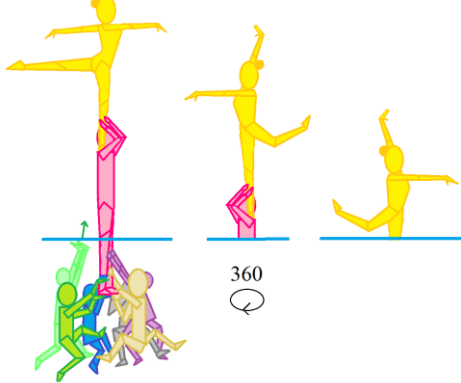
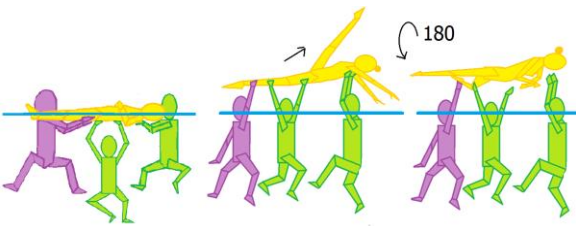
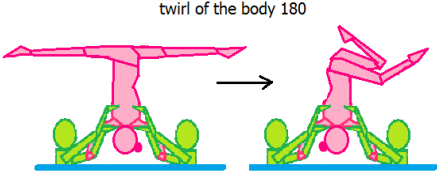
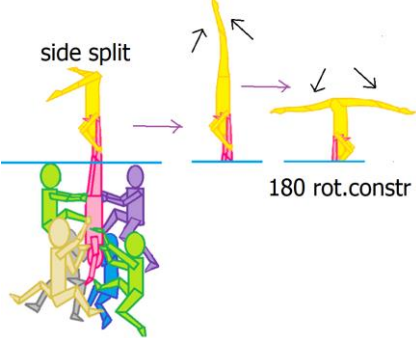
No.	<p>37</p>	<p>157</p>
Code	BL-7-Li-spl	BS-2mSup-Ch-br
Value	0,9	2,05
No.	<p>360</p> <p>148</p>	<p>XS</p> <p>154</p>
Code	BS-StH-FF-In-r1!	BS-St-FPx-ba
Value	2,65	2,35
No.	<p>+180 rotation</p> <p>149</p>	<p>152</p>
Code	BS-StH-SiF-si-r0,5!	BL-L-Li-In/2ba
Value	1,85	1



No.	<p>158</p>	<p>151</p>
Code	BS-St''-BBd-bb	BL-7-Li-si
Value	1,4	0,75
No.	<p>159</p>	<p>161</p>
Code	BL-L-Li-cr/2he-w5	BS-St-F1S-gl/2ba-r0,5
Value	1,15	1,95
No.	<p>162</p>	<p>163</p>
Code	BL-L-Li-In-w9	BS-StH-FF-In/2do
Value	0,95	2,25



No.	<p>164</p>	<p>165</p>
Code	BL-T-Li-so	BS-St'-Tw*-bb
Value	1	1,35
No.	<p>166</p>	<p>167</p>
Code	BS-St-SiS-co	BS-St-AP/-spl
Value	1,35	1,6
No.	<p>168</p>	<p>169</p>
Code	BS-StH-ShF-ow/2bb-w7	BS-St-Bp-bb/2be-w7
Value	2,25	1,9


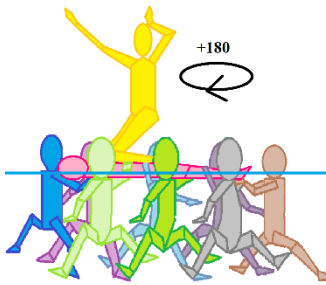

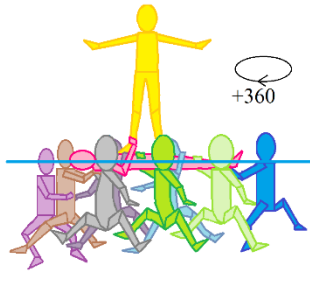
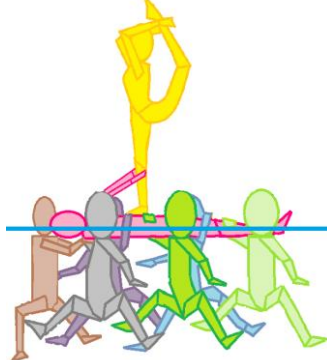
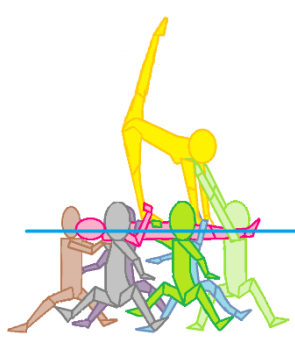
<p>No.</p>	 <p>170</p>	 <p>+360</p> <p>171</p>
<p>Code</p>	<p>BS-St-SiS-bi/2sc</p>	<p>BS-StH-SiV-spl-r1!</p>
<p>Value</p>	<p>1,45</p>	<p>2,25</p>
<p>No.</p>	 <p>360</p> <p>172</p>	 <p>180</p> <p>173</p>
<p>Code</p>	<p>BS-St-F1S-ba-r1</p>	<p>BL-LSurf-Li-sb/2sc-w9</p>
<p>Value</p>	<p>1,7</p>	<p>0,85</p>
<p>No.</p>	 <p>twirl of the body 180</p> <p>174</p>	 <p>side split</p> <p>180 rot.constr</p> <p>175</p>
<p>Code</p>	<p>BS-2Sup-Le-ow/2ro-w9</p>	<p>BS-StH-ShF-be/2bb-r0,5!-w7</p>
<p>Value</p>	<p>1,85</p>	<p>2,5</p>

No.	176	177
Code	BL-7-Li-tu	BS-StH-SiF-si
Value	1	1,55
No.	178	179
Code	BL-L(2)-Li-co-w5	BL-LSurf-Li-br
Value	1,1	0,95
No.	180	181
Code	BL-L»-Li-co/2mo	BS-2Sup»-Le-so/2mo
Value	0,7	1,6

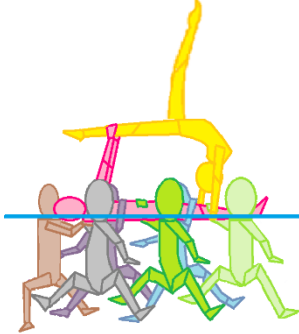
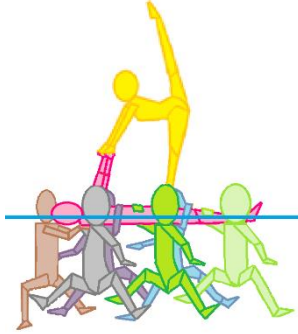
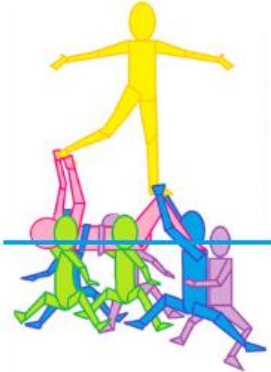

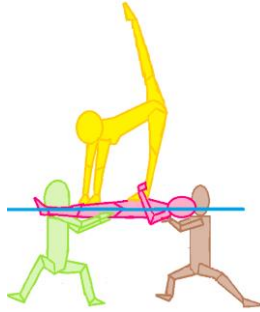
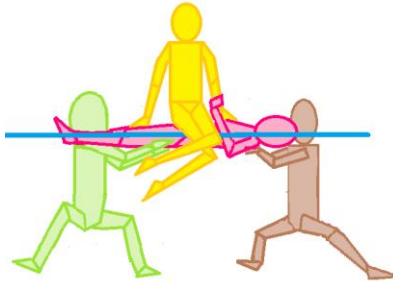
No.	<p style="text-align: center;">182</p>	<p style="text-align: center;">183</p>
Code	BS-StH <sup>'''</sup> -SiF-sc/2mo-w2	BS-2Sup-FHP/-In
Value	1,75	1,85
No.	<p style="text-align: center;">184</p>	<p style="text-align: center;">185</p>
Code	BL-Lh <sup>2*</sup> -PH*-so	BS-Trin-AV-bi/2pt
Value	1,3	1,65
No.	<p style="text-align: center;">186</p>	<p style="text-align: center;">187</p>
Code	BS-Trin-AV-spl	BS-StH-PF-ow
Value	1,55	2,25

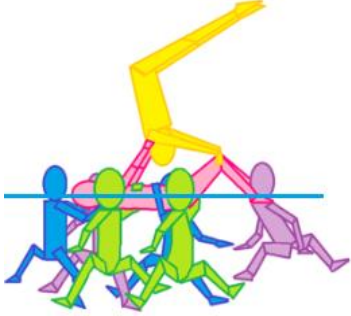

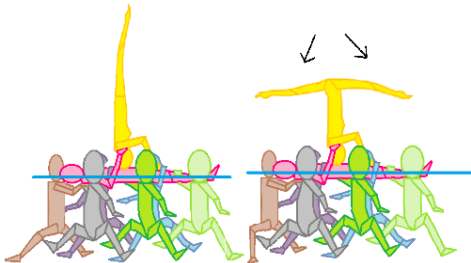
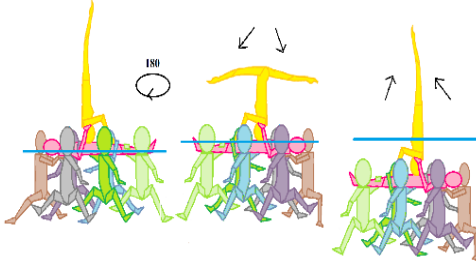

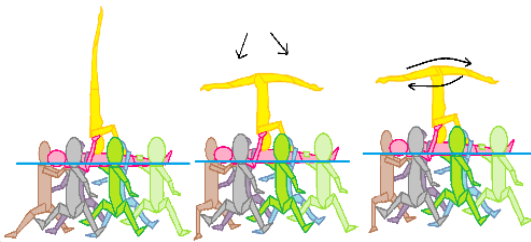


<p>No.</p>	<p>160</p>
<p>Code</p>	<p>BL-L''-Li*-so/2ow-w7</p>
<p>Value</p>	<p>1,45</p>

GROUP P		
No.	 1	 2
Code	PP-P-SiA-si	PP-P-SiA-si-R0,5*
Value	1,2	1,3
No.	 3	 4
Code	PP-P-F2A-In	PP-P-F2A-In-R1
Value	1,3	1,7
No.	 36	 5
Code	PP-P-FA-ey	PP-P-3pA-ne
Value	2,05	1,75



No.		
	25	37
Code	PP-P-3pA-kn	PP-P-3pA-ne
Value	1,55	1,75
No.		
	6	38
Code	PP-Knees-FP+FK-In	PP-Knees-F2A-do
Value	1,45	1,4
No.		
	48	49
Code	PP-p-3pA-ne	PP-p-SiA-si
Value	1,5	0,95

No.		
	7	39
Code	PP-Knees-SP+K-bb	PP-Box-PL+LP-bb
Value	1,65	1,7
No.		
	8	9
Code	PP-P-HA-bb/2ow	PP-P-HA-bb/2ow-R0,5*j3
Value	1,7	1,85
No.		
	40	41
Code	PP-Knees-AK/-mr	PP-P-HA-bb/2ow-j3
Value	1,5	1,75

<p>No.</p>	<p>10</p>	<p>35</p>
<p>Code</p>	<p>PP-P-PL+LP-wi/2ow-j3/j9</p>	<p>PP-B-SP+KF-ow</p>
<p>Value</p>	<p>2</p>	<p>2,05</p>
<p>No.</p>	<p>11</p>	<p>12</p>
<p>Code</p>	<p>PP-a-F2O+H-ld</p>	<p>PP-a-F2Ob-do</p>
<p>Value</p>	<p>1,35</p>	<p>1,5</p>
<p>No.</p>	<p>13</p>	<p>14</p>
<p>Code</p>	<p>PP-Chariot-SiF+FB-mo</p>	<p>PP-B-FA+PF-ne</p>
<p>Value</p>	<p>1,35</p>	<p>2,15</p>


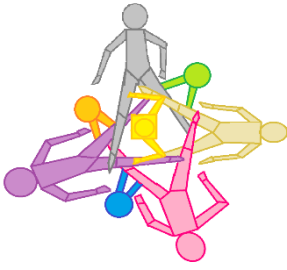
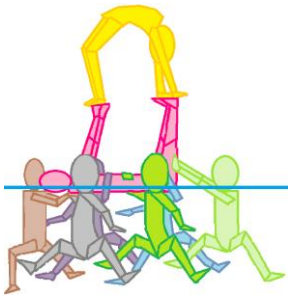
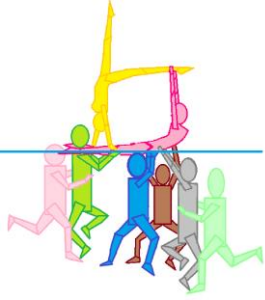
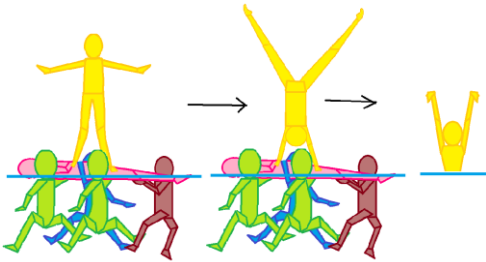
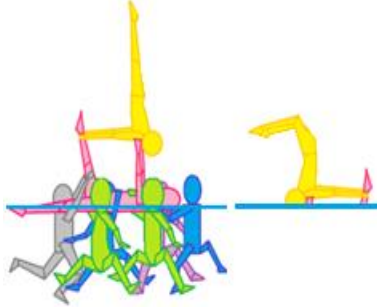
No.	<p>15</p>	<p>16</p>
Code	PP-B-SiF+FP-mo	PP-B-SiF/-mo
Value	1,6	1,7
No.	<p>17</p>	<p>18</p>
Code	PP-B-SiF/-fl/2fl-j13	PP-B-BF+Le-so
Value	2,25	1,8
No.	<p>19</p>	<p>20</p>
Code	PP-B-SP+L-bb	PP-DB-SiFb/-sh
Value	2	2



No.	21	22
Code	PP-DB-SF/-bb	PP-DB-SF/-bb/2ow-R0,5
Value	2	2,5
No.	23	24
Code	PP-Box-PL+LP-bo/2ow	PP-Box-PL+LP-bo/2In-j6
Value	1,9	2
No.	26	31
Code	PP-(2)-Go-br+wi-j2	PF-Triangle-PA3*-bb
Value	2,35	1,6

No.	<p>27</p>	<p>28</p>
Code	PF-Hand-3pH-ne-j8/j20	PF-Hand-BrH-br-j7
Value	1,5	1,35
No.	<p>29</p>	<p>30</p>
Code	PF-Star6-AA-mo-j15/j20	PF-Rhombus-Br1A2-to-j7
Value	1,4	1,65
No.	<p>32</p>	<p>33</p>
Code	PP-2SupB-FA2+PF-ne	PP-2SupBB-FB2+PF+KF-ba
Value	2,3	2,05



No.		
	34	42
Code	PF-2Sup-F2A2-In-j20	PF-Compass-AA-In-j20
Value	1,35	1
No.		
	46	47
Code	PP-DB-PF+FP-br	PP-a-YY-kn
Value	2,25	1,8
No.		
	43	50
Code	PP-P-F2A-In/2ld-j10	PP-B-SP+L-bb/2wi-R0,5
Value	1,55	2,45

No.	<p>51</p>	<p>52</p>
Code	PP-P-3pA-ne/ln-j9	PP-P-F2A-ln/2bb-j3
Value	1,9	1,45
No.	<p>53</p>	<p>54</p>
Code	PP-DB-SP+L-bb/2se-j21	PP-B-SP+L-bb/2ow-j3/j9
Value	2,25	2,3
No.	<p>55</p>	<p>56</p>
Code	PP-DB-SiF/-mo/2ln-j9	PF-hand-ShH-bb
Value	1,95	0,9

No.	<p>57</p>	<p>58</p>
Code	PP-P-H+L-wi/2kn	PF-2Sup-F2A2-In-j20/j9
Value	1,75	1,4
No.	<p>59</p>	<p>60</p>
Code	PF-Hand-ShH-bb/2ow-j3	PF-Hand-ShH-bb/2ow-R0,5h-j3
Value	1,25	1,4
No.	<p>61</p>	<p>62</p>
Code	PP-Knees-Br1K-to	PP-P4I-FSh-ba
Value	1,9	1,7




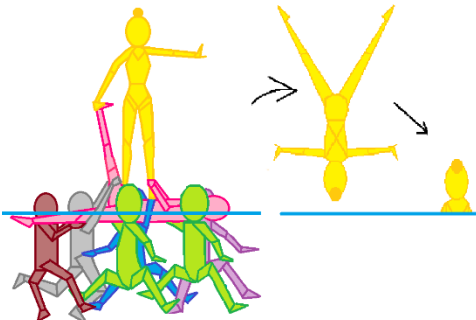
No.	<p>63</p>	<p>64</p>
Code	PF-Carp-AA-In-j15	PF-Fo-F1H-vs-j23
Value	1,35	1
No.	<p>65</p>	<p>66</p>
Code	PF-Hand-ShH-bb	PF-hand-3pH-to-j9
Value	1	1,1
No.	<p>45</p>	
Code	PP-Knees-SP+K-cd/2bb-j12/j14	
Value	2,25	
No.	<p>44</p>	
Code	PP-Knees-SP+K-br/2ow-j3/j9	
Value	2,1	



No.	<p>67</p>	<p>68</p>
Code	PF-Rhombus-3pA2-ne-j20/j9	PP-Knees-3pK/-ne
Value	1,65	1,9
No.	<p>69</p>	<p>70</p>
Code	PP-DB-SiF/-fl	PP-P4I-2LSH-In
Value	1,95	1,45
No.	<p>71</p>	<p>72</p>
Code	PP-P4I-SiSh-si	PF-Hand-F2H-In
Value	1,3	1

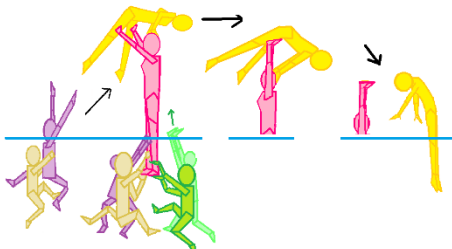
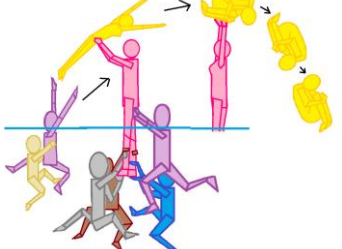
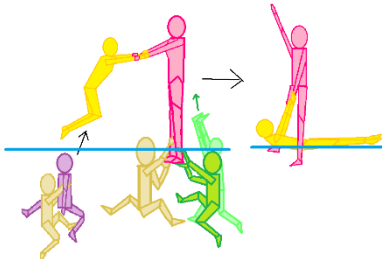
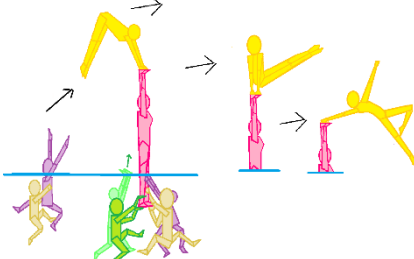
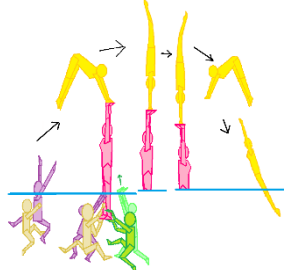
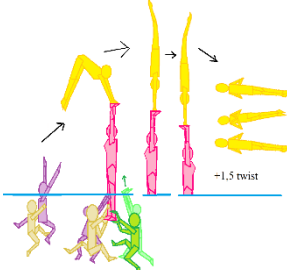
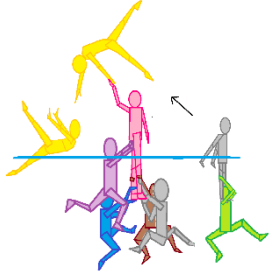
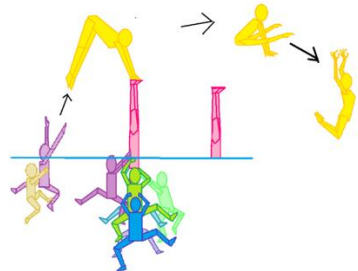
No.	73	74
Code	PF-2Sup-4pA2-br	PF-2Sup-3pA2-ne
Value	1,55	1,65
No.	75	76
Code	PP-B-F2A+PF-ln	PF-Hand-AH-si
Value	1,5	0,7
No.	77	78
Code	PP-B-4pF/-br	PF-Triangle-4pA3*-br
Value	2,05	1,65



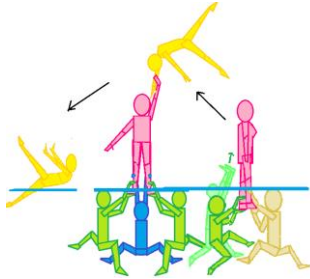
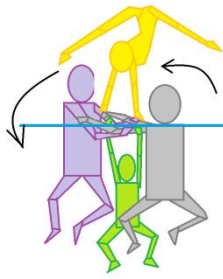
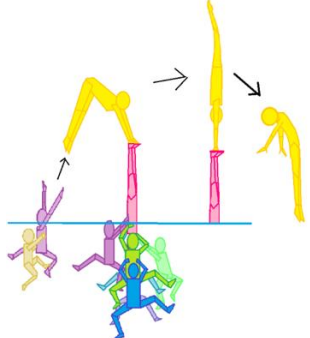
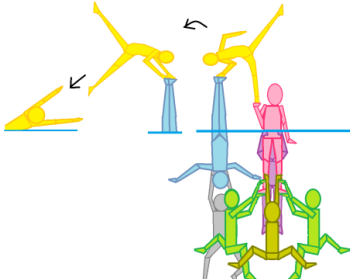
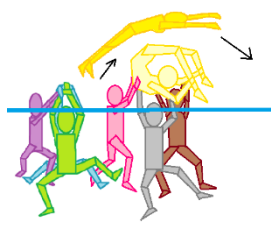

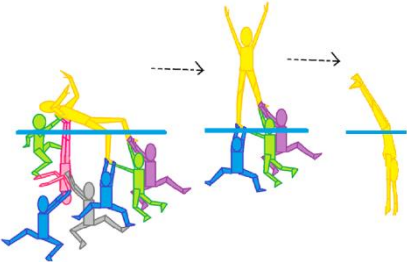
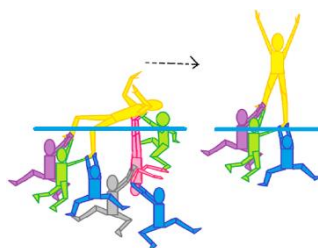
No.	 <p style="text-align: center;">79</p>	 <p style="text-align: center;">80</p>
Code	PP-P-AA-In	PP-2SupBB-F2B2+PF+PF-In
Value	1,25	1,9
No.	 <p style="text-align: center;">81</p>	 <p style="text-align: center;">82</p>
Code	PP-2SupB-F2A2+PF-In	PP-B-F2A+PF-In-j10
Value	1,65	1,7

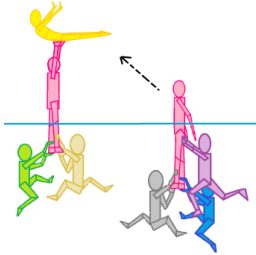
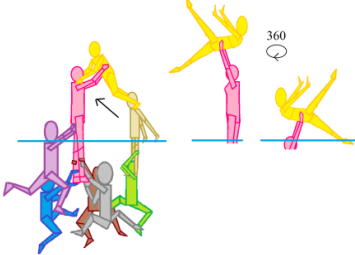
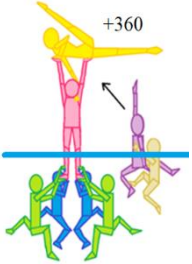
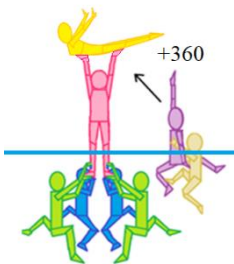
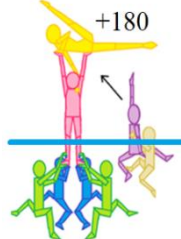
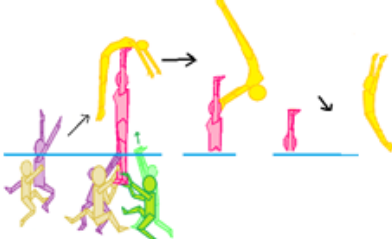
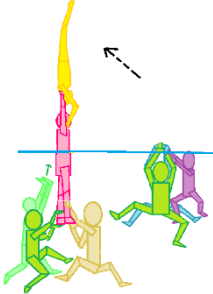
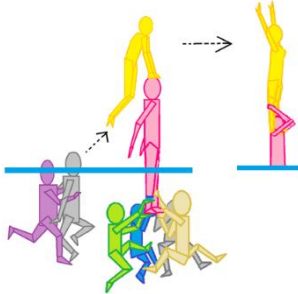
GROUP C			
No.			
1	CT-'>P>-Forw-mn/2In-h	2	
Code	CT-'>P>-Forw-mn/2In-h	Code	CT-'>P>-Side-mn/2In-c
Value	1,55	Value	1,7
No.			
3	CT-'>StH>-Forw-psl-h	4	CT-Thr>PP>-Forw-ps/In-d-y3
Code	CT-'>StH>-Forw-psl-h	Code	CT-Thr>PP>-Forw-ps/In-d-y3
Value	2	Value	1,775
No.			
5	CT-Thr>Pb <sub>3</sub> >-Forw-mn/2In-d-y2	7	CT-'>P>-Forw-sp/2ar-h
Code	CT-Thr>Pb <sub>3</sub> >-Forw-mn/2In-d-y2	Code	CT-'>P>-Forw-sp/2ar-h
Value	2,125	Value	1,8

No.	8	9
Code	CT-Thr>hand>-Forw-ps/2ar-h	CT-'>'H>-Side-mn/2ln-c-y7
Value	1	2,05
No.	10	6
Code	CT-'>StSt>-Forw-ps/2ar-h	CT-Roll>P>-Back-co/2ln-s1-y8/y12
Value	2,1	1,55
No.	12	13
Code	CT-'~St>-FORW-ln-T2	CT-'>StSh>-Forw-ps/2ja-T0,5-y16
Value	2,15	1,9
No.	14	15
Code	CT-'~St>-Forw-pk/2kt	CT-'~St>-Rev-ps/2ln-s0,5-y11
Value	2	2,15

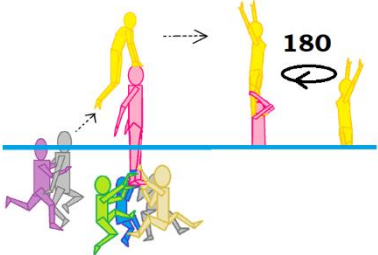
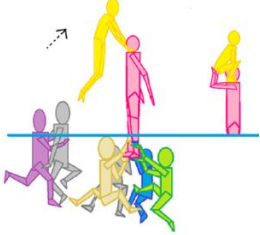
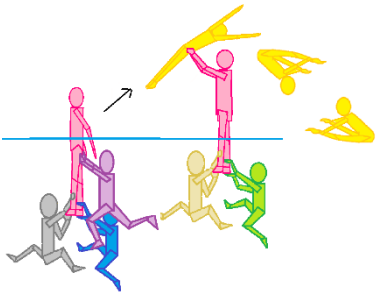
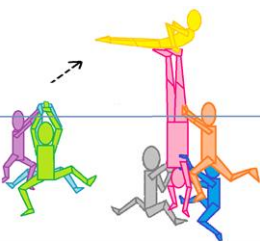
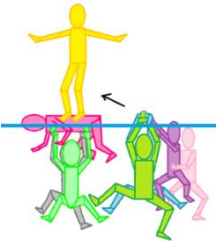
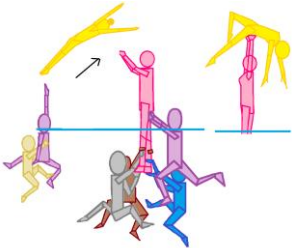
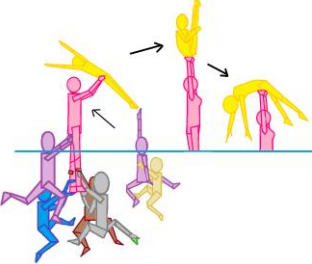
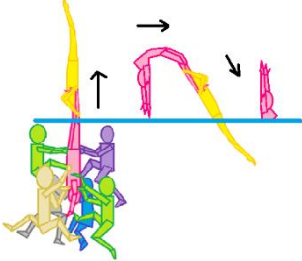
No.		
	16	17
Code	CT-'~St>-Forw-ps/2ar-h	CT-'~St>-FORW-lN/2tk-s1
Value	1,95	2,3
No.		
	18	19
Code	CT-'~St>-Forw-lN-y11	CT-'~St>-Forw-pk/2pa
Value	1,9	2,05
No.		
	20	21
Code	CT-'~St>-Forw-bb-r0,5	CT-'~St>-FORW-bb-r0,5+t1,5
Value	2,2	2,6
No.		
	22	23
Code	CT-'~St>-Back-ja-s1-y12	CT-'>StH>-Forw-pk/2kt
Value	2,3	2,1



No.	 48	 34
Code	CT-St>St>-Back-ja-s1-y12	CT->HandSurf>-Forw-sp-h
Value	2,25	0,95
No.	 24	 25
Code	CT-'>StH>-Forw-psl-h	CT-St>'H>-Side-mn/2In-c
Value	2	2,2
No.	 27	 28
Code	CT-Thr~L-Forw-tu+In-d-y5	CT-'~L-Forw-br+In-d-y5
Value	2,075	2,375
No.	 26	 29
Code	CT-L'-Forw-In-d	CC-L'-Forw-In
Value	1,325	1,3

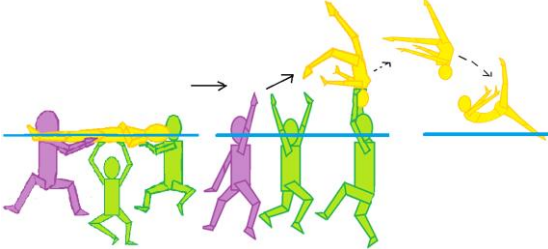
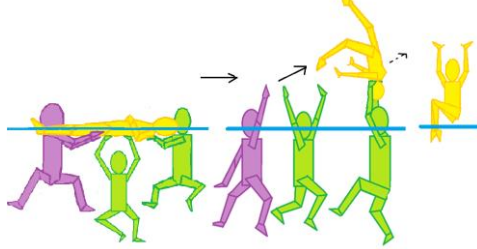
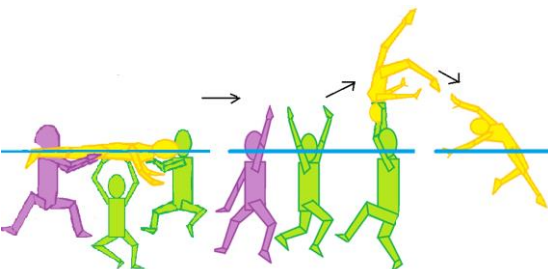
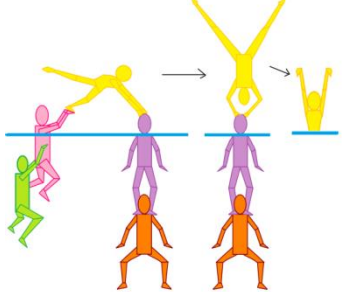
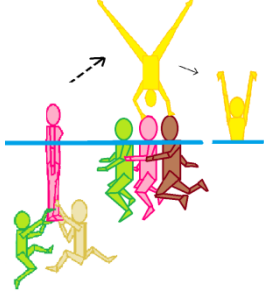
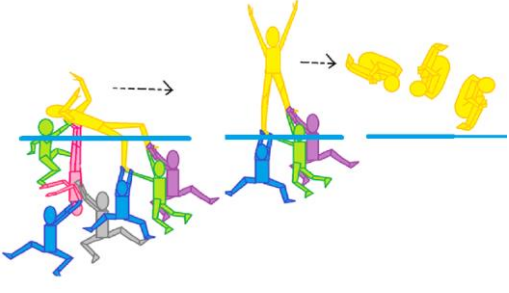
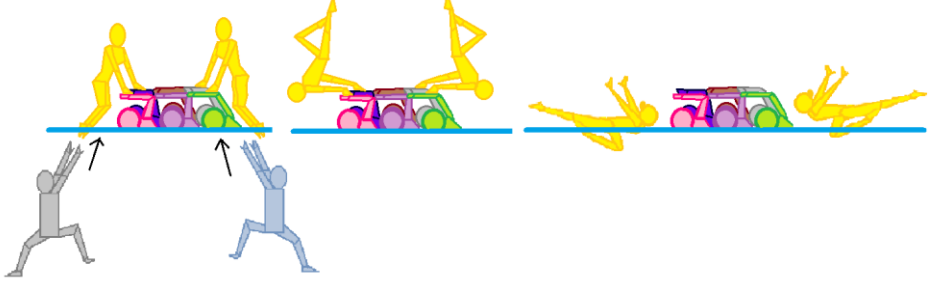
No.	 <p style="text-align: center;">30</p>	 <p style="text-align: center;">31</p>
Code	CC-St>Stp-Forw-co-y1	CC-'~St-Forw-so-r1
Value	2,4	2,4
No.	 <p style="text-align: center;">32</p>	 <p style="text-align: center;">11</p>
Code	CC-'~St*-Forw-bi-r1	CC-'~St*-Forw-co-r1
Value	2,15	2,1
No.	 <p style="text-align: center;">50</p>	 <p style="text-align: center;">49</p>
Code	CC-'~St*-Forw-bi-r0,5	CT-'~St>-Back-ar-h-y12
Value	2,05	2
No.	 <p style="text-align: center;">33</p>	 <p style="text-align: center;">35</p> <p style="text-align: center;">no bonus because in the beginning f-swimmer support on a head of sup-swimmer!</p>
Code	CC-Thr~St-Forw-bb	CC-'>Stsh-Forw-In
Value	2,05	1,8



No.	 <p style="text-align: center;">36</p> <p style="text-align: center;">no bonus because in the beginning f-swimmer support on a head of sup-swimmer!</p>	 <p style="text-align: center;">37</p> <p style="text-align: center;">no bonus because in the beginning f-swimmer support on a shoulders of sup-swimmer!</p>
Code	CC-'>Stsh-Forw-ln-r0,5	CC-'>-Stsh-Forw-mo
Value	<b>2</b>	<b>1,8</b>
No.	 <p style="text-align: center;">47</p>	 <p style="text-align: center;">39</p>
Code	CC-St>St>-Back-ln/2pk-s1-y12	CC-Thr>StH-Forw-co-y1
Value	<b>2,35</b>	<b>2,55</b>
No.	 <p style="text-align: center;">40</p>	 <p style="text-align: center;">41</p>
Code	CC-Thr>P-Forw-ln-y1	CC-'>Stp-Back-ln/2fl-t0,5-y1
Value	<b>1,9</b>	<b>2,35</b>
No.	 <p style="text-align: center;">42</p>	 <p style="text-align: center;">43</p>
Code	CC-'~St-Back-pk/2co	CO-SnH-Back-bb/2ar-d
Value	<b>2,1</b>	<b>1,875</b>

No.	44	45
Code	CO-Sn-Forw-bb/2In-d-y6	CO-St+Thr(2)-Back-ar+ar-s1-y9
Value	1,625	2,55
No.	46	52
Code	CT-Thr>base>-Back-psl/2tk-s1-y12	CT-Thr~St>-Forw-psl-h
Value	1,7	1,75
No.	51	53
Code	CC-'>Stm-Forw-mo-y1	CO-St''-Up-tu-y13
Value	2	2,1
No.	54	55
Code	CT->HandSurf>-Forw-pk-y14	CT-'>L>-Forw-br+ps/2In-h
Value	0,8	2,2

No.	38	56
Code	CT-Thr>Pb²>-Forw-mn-y3	CT-'>StH>-Forw-ps/2pa
Value	1,9	2
No.	57	58
Code	CT-'>StH>-Forw-ps/2ja-T0,5	CT-'>StH>-Forw-ps/2ar
Value	2,1	1,95
No.	59	60
Code	CC-L>hand-Back-In-y15	CT-'>StH>-Forw-ps/2pk
Value	1,3	2,05
No.	61	000
Code	CC-'>Stsh-Forw-bb/2wi-y6	CT-L'-Forw-In/2ja
Value	2,35	1,45

No.		
Code	CT-Toss>hand>-Back-ja-s1	CT-Toss>hand>-Back-ja/2tk-s1
Value	1,1	1,2
No.		
Code	CT-Toss>hand>-Back-ar-s1	CT-'>>-Side-mn/2ln-c
Value	1	1,55
No.		
Code	CT-Thr>3head>-Side-mn/2ln-c	CT-L'-FORW-ln/2tk-s1
Value	1,65	1,8
No.		
Code	CO-(2)Thr>hand>-Back-pa-s1	
Value	1,35	



## 11. SUMMARY TABLES

GROUP A								
No.	Construction	Direction	Pos	Pos2	Som/tw	Bonus	Bonus 2	Total
1	1,25	0,1	0,1	0	0,3	0	0	1,75
2	1,35	0,1	0,1	0	0	0	0	1,55
3	1,25	0,1	0,1	0	0,5	0	0	1,95
4	1,25	0,1	0,1	0	0,6	0,4	0	2,45
5	1,25	0,1	0,2	0	0,3	0	0	1,85
6	1,35	0,1	0,1	0	0,5	0,1	0	2,15
7	1,35	0,1	0,1	0	0,125	0	0	1,675
8	1,35	0,1	0,1	0	0,175	0	0	1,725
9	1,35	0,1	0,1	0	0,025	0	0	1,575
10	1,35	0,1	0,1	0	0,3	0,2	0	2,05
11	1,35	0,1	0,2	0,1	0,05	0	0	1,8
12	1,35	0,1	0,2	0,1	0,3	0	0	2,05
13	1,35	0,1	0,2	0	0,5	0	0	2,15
14	1,35	0,1	0,1	0,1	0,05	0	0	1,7
15	1,35	0,1	0,1	0	0,3	0	0	1,85
16	1,35	0,1	0,1	0	0,5	0	0	2,05
17	1,35	0,1	0,1	0	0,6	0	0	2,15
18	1,35	0,1	0,1	0	0,8	0	0	2,35
19	1,35	0,1	0,2	0	0,3		0	1,95
20	1,35	0,1	0,1	0,15	0,3	0	0	2
21	1,35	0,1	0,1	0	0,3	0	0	1,85
22	1,35	0,1	0,1	0,1	0,5	0,4	0	2,55
23	1,25	0,1	0,1	0,1	0,3	0	0	1,85
24	1,25	0,1	0,2	0,15	0,3	0	0	2
25	1,35	0,1	0,1	0,1	0,3	0	0	1,95
26	1,3	0,1	0,2	0	0,3	0	0	1,9
27	1,3	0,1	0,2	0,1	0,3	0	0	2



No.	Construction	Direction	Pos	Pos2	Som/tw	Bonus	Bonus 2	Total
28	0,9	0,1	0,1	0	0,3	0	0	1,4
29	0,9	0,1	0,2	0	0,3	0	0	1,5
30	0,9	0,1	0,2	0,1	0,2	0	0	1,5
31	0,9	0,1	0,2	0	0,3	0	0	1,5
32	0,9	0,1	0,1	0,2	0,3	0	0	1,6
33	0,9	0,1	0,2	0,1	0,1	0	0	1,4
34	0,9	0,1	0,3	0	0	0	0	1,3
35	0,9	0,1	0,1	0	0,3	0	0	1,4
36	1,35	0,1	0,1	0	0,6	0,4	0	2,55
37	1,35	0,1	0,1	0	0,7	0,4	0	2,65
38	1,35	0,1	0,1	0	0,8	0,4	0	2,75
39	1,35	0,1	0,1	0,15	0,5	0	0	2,20
40	1,35	0,1	0,1	0	0,6	0	0	2,15
41	1,35	0,1	0,2	0,1	0,4	0	0	2,15
42	1,35	0,1	0,2	0,1	0,5	0	0	2,25
43	1,35	0,1	0,1	0,1	0,6	0,4	0	2,65
44	1,35	0,1	0,1	0	0,9	0	0	2,45
45	1,35	0,1	0,1	0,15	0,5	0,1	0	2,30
46	1,35	0,1	0,1	0,1	0,4	0,1	0	2,15
47	1,35	0,1	0,1	0,15	0,1	0	0	1,80
48	1,25	0,05	0,3	0,1	0	0	0	1,7
49	1,25	0,05	0,25	0,2	0	0	0	1,75
50	1,35	0,2	0,1	0,15	0,3	0,1	0	2,20
51	1,35	0,15	0,1	0	0,2	0	0	1,8
52	1,35	0,15	0,1	0	0,6	0,4	0	2,6
53	1,35	0,05	0,1	0,1	0	0	0	1,6
54	1,35	0,05	0,2	0	0	0	0	1,6
55	1,35	0,05	0,25	0,1	0	0	0	1,75
56	1,35	0,05	0,1	0,1	0	0	0	1,6





No.	Construction	Direction	Pos	Pos2	Som/tw	Bonus	Bonus 2	Total
57	1,35	0,05	0,1	0,1	0,1	0	0	1,7
58	1,35	0,05	0,3	0,1	0	0	0	1,8
59	1,35	0,15	0,3	0,1	0,15	0	0	2,05
60	1,35	0,05	0,05	0	0	0	0	1,45
61	1,35	0,05	0,2	0,2	0	0	0	1,8
62	1,35	0,15	0,2	0,1	0,15	0	0	1,95
63	1,35	0,05	0,1	0,1	0,05	0	0	1,65
64	1,35	0,15	0,1	0	0,3	0	0	1,9
65	1,35	0,15	0,1	0	0,5	0	0	2,1
66	1,35	0,15	0,1	0	0,6	0	0	2,2
67	1,35	0,15	0,1	0	0,3	0,2	0	2,1
68	1,35	0,05	0,2	0,1	0	0	0	1,7
69	1,35	0,05	0,2	0,1	0,05	0	0	1,75
70	1,35	0,15	0,2	0	0,3	0	0	2
71	1,35	0,15	0,2	0	0,5	0	0	2,2
72	1,35	0,05	0,2	0	0	0	0	1,6
73	1,25	0,05	0,2	0,1	0	0	0	1,6
74	1,25	0,05	0,2	0,1	0,1	0	0	1,7
75	1,25	0,05	0,2	0,1	0	0	0	1,6
76	1,25	0,05	0,1	0,2	0	0	0	1,6
77	1,25	0,05	0,2	0,1	0,05	0	0	1,65
78	1,25	0,05	0,1	0,15	0,05	0	0	1,6
79	1,25	0,05	0,2	0,05	0,1	0,025	0	1,675
80	1,3	0,15	0,1	0	0,4	0,025	0	1,975
81	1,35	0,05	0,1	0	0,125	0,1	0	1,725
82	1,35	0,15	0,1	0	0,175	0,1	0	1,875
83	1,35	0,15	0,1	0	0,225	0,1	0	1,925
84	1,35	0,05	0,1	0,2	0	0	0	1,7
85	1,35	0,05	0,1	0,2	0	0,05	0	1,75



No.	Construction	Direction	Pos	Pos2	Som/tw	Bonus	Bonus 2	Total
86	1,35	0,05	0,15	0	0,025	0	0	1,575
87	1,35	0,05	0,1	0,2	0	0,05	0	1,75
88	0,9	0,05	0,2	0	0	0	0	1,15
89	0,9	0,05	0,2	0,1	0	0	0	1,25
90	0,9	0,05	0,2	0	0	0	0	1,15
91	0,9	0,05	0,2	0,1	0,2	0	0	1,45
92	0,9	0,05	0,1	0,15	0,1	0	0	1,3
93	0,9	0,15	0,1	0	0,3	0	0	1,45
94	1,35	0,2	0,1	0	0,05	0	0	1,7
95	1,35	0,2	0,1	0	0,3	0,2	0	2,15
96	1,35	0,2	0,2	0,1	0,05	0	0	1,9
97	1,35	0,2	0,2	0,1	0,3	0	0	2,15
98	1,35	0,2	0,1	0,1	0,05	0	0	1,8
99	1,35	0,2	0,1	0,1	0,3	0	0	2,05
100	1,35	0,2	0,1	0,15	0,3	0	0	2,1
101	1,35	0,2	0,1	0,15	0,3	0	0	2,1
102	1,35	0,2	0,1	0,1	0,3	0	0	2,05
103	1,35	0,05	0,1	0,2	0	0	0	1,7
104	1,35	0,15	0,1	0,1	0,5	0	0	2,2
105	1,25	0,15	0,1	0	0,4	0	0	1,9
106	1	0,05	0,1	0,1	0,1	0,15	0	1,5
107	1,35	0,1	0,1	0	0,025	0,1	0	1,675
108	1,35	0,1	0,1	0,1	0,5	0,05	0	2,2
109	1,35	0,05	0,1	0,1	0	0	0	1,6
110	1,35	0,05	0,1	0	0,025	0	0	1,525
111	0,9	0,1	0,2	0,15	0	0	0	1,35
112	1,25	0,2	0,05	0,2	0,1	0,05	0	1,85
113	0,9	0,2	0,05	0,1	0	0	0	1,25
114	1,35	0,1	0,1	0	0,4	0	0	1,95



No.	Construction	Direction	Pos	Pos2	Som/tw	Bonus	Bonus 2	Total
115	1,35	0,1	0,1	0	0,6	0	0	2,15
116	1,35	0,1	0,1	0	0,7	0	0	2,25
117	1,25	0,1	0,1	0	0,6	0	0	2,05
118	0,5	0,05	0,05	0	0	0	0	0,6
119	0,5	0,05	0,1	0	0,15	0	0	0,8
120	1,35	0,05	0,1	0	0	0,3	0	1,8
121	1,25	0,05	0,2	0,1	0	0,3	0,1	2
122	1	0,05	0,1	0	0,25	0	0	1,4
123	1,35	0,05	0,1	0	0,2	0,2	0	1,9
124	1,35	0,05	0,1	0	0,3	0	0	1,8
125	1,35	0,05	0,1	0	0,2	0,2	0	1,9
126	1,35	0,05	0,1	0	0,15	0,2	0	1,85
127	1,35	0,05	0,15	0	0,1	0	0	1,65
128	1,25	0,15	0,1	0,15	0,25	0	0	1,9
129	1,35	0,1	0,2	0,2	0,3	0,1	0	2,25
130	1,35	0,15	0,1	0	0,4	0	0	2
131	0,5	0,05	0,2	0,1	0	0	0	0,85
132	1,35	0,1	0,1	0	1,4	0	0	2,95
133	1,35	0,1	0,2	0,2	0,3	0	0	2,15
134	1,35	0,05	0,3	0,1	0	0,3	0	2,1
135	1,35	0,1	0,25	0,15	0,6	0	0	2,4
136	1,35	0,2	0,2	0,15	0,05	0	0	1,95
137	1,25	0,05	0,15	0	0	0	0	1,45
138	1,35	0,05	0,1	0	0	0	0	1,5
139	0,9	0,05	0,1	0	0,15	0	0	1,2
140	1,35	0,1	0,2	0,1	0,3	0	0	2,05
141	1,25	0,05	0,2	0,1	0	0	0	1,6
142	1,35	0,05	0,25	0,15	0	0	0	1,8
143	1,25	0,15	0,1	0	0,25	0	0	1,75



No.	Construction	Direction	Pos	Pos2	Som/tw	Bonus	Bonus 2	Total
144	1,35	0,1	0,1	0	0,3	0,1	0,2	2,15
145	0,5	0,05	0,1	0	0	0	0	0,65
146	0,9	0,05	0,2	0,15	0,2	0	0	1,5
147	0,9	0,05	0,2	0	0	0	0	1,15
148	0,9	0,05	0,1	0,1	0	0	0	1,15
149	0,9	0,15	0,2	0	0,15	0	0	1,4
150	1,35	0,1	0,1	0,1	0,6	0,5	0	2,75
151	1,35	0,05	0,3	0,15	0,1	0	0	1,95
152	1,35	0,1	0,1	0,15	0,3	0	0	2
153	1,35	0,1	0,2	0	0,6	0	0	2,25
154	1,35	0,05	0,3	0,15	0	0	0	1,85
155	1,35	0,1	0,2	0,15	0,3	0	0	2,1
156	1	0,1	0,1	0	0,025	0	0	1,225
157	1,25	0,1	0,2	0	0,4	0	0	1,95
158	1,25	0,1	0,2	0,1	0,3	0,1	0	2,05
159	1,25	0,05	0,1	0,1	0	0,1	0	1,6
160	1,25	0,05	0,1	0,15	0	0,1	0	1,65
161	1,25	0,05	0,1	0	0	0,1	0	1,5
162	1,35	0,1	0,1	0,1	0,5	0,1	0	2,25
163	1,35	0,1	0,1	0	0,5	0	0	2,05
164	1,35	0,05	0,25	0,1	0	0	0	1,75
165	1,25	0,15	0,1	0,15	0,15	0	0	1,8
166	1,3	0,1	0,2	0,1	0,3	0	0	2
167	1,35	0,2	0,1	0,1	0,4	0	0	2,15
168	1,35	0,2	0,2	0,1	0,3	0	0	2,15
169	1,35	0,05	0,1	0	0,15	0,2	0	1,85
170	1,35	0,1	0,1	0,15	0,3	0	0	2
171	1,35	0,05	0,3	0,15	0,1	0	0	1,95
172	1,25	0,05	0,2	0,1	0,1	0,05	0,1	1,85



No.	Construction	Direction	Pos	Pos2	Som/tw	Bonus	Bonus 2	Total
173	0,9	0,05	0,1	0,1	0,025	0	0	1,175
174	0,5	0,05	0,25	0	0	0	0	0,8
175	0,9	0,05	0,2	0,15	0,3	0	0	1,6
176	1,1	0,05	0,2	0	0,05	0	0	1,4
177	1,1	0,2	0,05	0,1	0,3	0	0	1,75
178	1	0,1	0,1	0,1	0,025	0	0	1,325
179	0,5	0,05	0,1	0,15	0,1	0	0	0,9
180	1,1	0,05	0,1	0	0,2	0	0	1,45





GROUP B								
No.	Construction	Area of Support	Pos	Pos2	Rotation of Const.	Bonus	Bonus 2	Total
1	1,05	0,05	0,1	0	0	0	0	1,2
2	1,05	0,05	0,1	0	0,05	0	0	1,25
3	1,05	0,05	0,1	0	0,1	0	0	1,3
4	1,05	0,05	0,1	0	0,15	0	0	1,35
5	1,05	0,1	0,15	0	0	0	0	1,3
6	1,05	0,1	0,15	0	0,2	0	0	1,5
7	1,05	0,1	0,15	0	0,3	0	0	1,6
8	1,05	0,1	0,15	0	0,4	0	0	1,7
9	1,05	0,1	0,25	0	0	0	0	1,4
10	1,05	0,2	0,25	0	0	0	0	1,5
11	1,05	0,2	0,25	0,3	0	0	0	1,8
12	1,05	0,2	0,25	0,3	0,2	0	0	2
13	1,05	0,1	0,25	0	0	0	0	1,4
14	1,05	0,1	0,25	0	0,2	0	0	1,6
15	1,05	0,1	0,25	0	0,3	0	0	1,7
16	1,05	0,1	0,65	0	0	0	0	1,8
17	1,05	0,1	0,65	0	0,25	0	0	2,05
18	1,05	0,1	0,65	0	0,35	0	0	2,15
19	1,05	0,2	0,55	0	0	0	0	1,8
20	1,05	0,1	0,1	0,45	0	0	0	1,7
21	1,05	0,2	0,45	0	0	0	0	1,7
22	1,05	0,2	0,45	0	0,25	0	0	1,95
23	1,05	0,2	0,45	0	0,35	0	0	2,05
24	1,05	0,1	0,45	0	0	0	0	1,6
25	1,05	0,1	0,45	0	0,25	0	0	1,85
26	1,05	0,1	0,45	0	0,35	0	0	1,95
27	1,05	0,1	0,5	0	0	0	0	1,65
28	1,05	0,1	0,5	0	0,25	0	0	1,9

No.	Construction	Area of Support	Pos	Pos2	Rotation of Const.	Bonus	Bonus 2	Total
29	1,05	0,1	0,5	0	0,35	0	0	2
30	1,05	0,1	0,5	0	0,45	0	0	2,1
31	1,05	0,1	0,2	0,2	0	0	0	1,55
32	1,05	0,1	0,2	0,1	0	0	0	1,45
33	1,05	0,1	0,2	0,1	0,2	0	0	1,65
34	1,05	0,95	0,1	0	0	0	0	2,1
35	1,05	0,95	0,1	0	0,2	0	0	2,3
36	1,05	0,95	0,1	0	0,3	0	0	2,4
37	0,6	0,1	0,2	0	0	0	0	0,9
38	1,05	1,05	0,1	0,3	0		0	2,5
39	1,05	0,1	0,05	0	0	0	0	1,2
40	1,05	0,45	0,3	0	0,3	0	0	2,1
41	1,05	0,45	0,2	0	0	0	0	1,7
42	1,05	0,4	0,35	0	0	0	0	1,8
43	1,05	0,1	0,15	0	0,2	0	0	1,5
44	1,05	0,1	0,3	0	0,2	0	0	1,65
45	1,05	0,5	0,2	0	0	0	0	1,75
46	1,05	0,1	0,45	0	0	0	0	1,6
47	1,05	0,1	0,45	0,05	0,3	0	0	1,95
48	1,35	0,1	0,25	0	0	0	0	1,7
49	1,35	0,1	0,25	0	0,3	0	0	2
50	1,35	0,2	0,1	0	0	0	0	1,65
51	1,35	0,2	0,2	0	0	0	0	1,75
52	1,35	0,2	0,2	0,1	0	0	0	1,85
53	1,15	0,5	0,1	0	0	0	0	1,75
54	1,05	0,5	0,1	0	0	0	0	1,65
55	1,35	0,7	0,1	0	0	0	0	2,15
56	1,35	0,7	0,1	0	0,3	0	0	2,45
57	1,35	0,15	0,3	0	0	0	0	1,8



No.	Construction	Area of Support	Pos	Pos2	Rotation of Const.	Bonus	Bonus 2	Total
58	1,05	0,45	0,3	0	0	0	0	1,8
59	1,05	0,45	0,3	0	0,3	0	0	2,1
60	1,05	0,45	0,3	0	0,5	0	0	2,3
61	1,05	0,45	0,3	0,2	0	0	0	2
62	1,05	0,45	0,3	0,2	0,3	0	0	2,3
63	1,05	0,45	0,3	0,2	0,5	0	0	2,5
64	1,05	1	0,3	0	0	0	0	2,35
65	1,05	1	0,3	0	0,3	0	0	2,65
66	1,05	1	0,3	0	0,5	0	0	2,85
67	1,05	1	0,25	0,15	0	0	0	2,45
68	1,05	1	0,3	0,2	0	0	0	2,55
69	1,05	1	0,3	0,2	0,3	0	0	2,85
70	1,05	1	0,3	0,2	0	0,05	0	2,6
71	1,05	1	0,3	0,2	0,5	0,05	0	3,1
72	1,05	1	0,4	0	0	0	0	2,45
73	1,05	1	0,4	0	0,5	0	0	2,95
74	1,05	1	0,3	0,2	0	0,05	0	2,6
75	0,6	0,1	0,6	0	0	0	0	1,3
76	1,05	0,4	0,4	0	0,5	0	0	2,35
77	1,05	0,8	0,3	0	0	0	0	2,15
78	1,35	0,3	0,3	0	0	0	0	1,95
79	1,35	0,3	0,3	0,2	0	0,05	0	2,2
80	1,15	0,1	0,45	0	0	0	0	1,7
81	1,05	0,1	0,3	0	0	0	0	1,45
82	1,05	0,45	0,4	0	0	0	0	1,9
83	1,05	0,3	0,3	0	0	0	0	1,65
84	1,05	0,3	0,3	0	0,2	0	0	1,85
85	1,05	0,3	0,3	0	0,3	0	0	1,95
86	1,05	0,3	0,3	0,2	0	0	0	1,85



No.	Construction	Area of Support	Pos	Pos2	Rotation of Const.	Bonus	Bonus 2	Total
87	1,05	0,3	0,3	0,2	0,2	0	0	2,05
88	1,05	0,1	0,3	0	0	0	0	1,45
89	1,05	0,1	0,3	0,2	0	0	0	1,65
90	1,05	0,1	0,3	0	0	0	0	1,45
91	1,05	0,1	0,3	0,2	0,2	0	0	1,85
92	1,05	0,1	0,3	0	0,3	0	0	1,75
93	1,05	0,1	0,3	0	0	0	0	1,45
94	1,35	0,1	0,4	0	0	0	0	1,85
95	1,35	0,1	0,4	0	0,5	0	0	2,35
96	1,35	0,15	0,2	0	0	0	0	1,7
97	1,35	0,15	0,2	0	0	0	0	1,7
98	1,15	0,1	0,3	0	0	0	0	1,55
99	1,35	0,15	0,3	0	0	0	0	1,8
100	1,35	0,15	0,35	0	0	0	0	1,85
101	1,15	0,1	0,1	0	0	0	0	1,35
102	1,15	0,1	0,2	0	0	0	0	1,45
103	1,05	0,1	0,35	0	0	0	0	1,5
104	1,2	0,1	0,4	0	0	0	0	1,7
105	1,2	0,1	0,3	0	0	0	0	1,6
106	1,2	0,1	0,35	0	0	0	0	1,65
107	1,7	0,15	0,2	0	0	0,1	0	2,15
108	1,6	0,15	0,3	0	0	0	0	2,05
109	1,6	0,15	0,2	0	0	0	0	1,95
110	1,6	0,15	0,15	0	0	0	0	1,9
111	0,7	0,1	0,1	0	0	0	0	0,9
112	0,7	0,1	0,3	0	0	0	0	1,1
113	0,7	0,1	0,15	0	0	0,1	0	1,05
114	0,6	0,1	0,4	0	0	0	0	1,1
115	0,6	0,1	0,25	0	0	0	0	0,95



No.	Construction	Area of Support	Pos	Pos2	Rotation of Const.	Bonus	Bonus 2	Total
116	0,6	0,1	0,2	0	0	0	0	0,9
117	0,7	0,1	0,25	0,05	0	0	0	1,1
118	0,6	0,1	0,35	0	0,4	0	0	1,45
119	0,7	0,3	0,1	0	0	0	0	1,1
120	0,7	0,3	0,45	0	0	0	0	1,45
121	1,4	0,3	0,1	0,2	0	0	0	2
122	1,1	0,3	0,1	0,2	0	0,05	0	1,75
123	0,8	0,1	0,1	0,2	0	0,05	0,2	1,45
124	1,05	0,1	0,4	0	0,3	0	0	1,85
125	1,35	0,15	0,3	0	0	0	0	1,8
126	1,2	0,3	0,4	0	0	0	0	1,9
127	1,2	0,1	0,1	0	0	0	0	1,4
128	1,2	0,45	0,3	0,1	0,5	0	0	2,55
129	0,95	0,4	0,55	0,05	0	0,2	0,1	2,25
130	0,9	0,3	0,45+0,4	0	0	0,1	0	2,15
131	0,7	0,1	0,4	0	0	0,1	0	1,3
132	1,2	0,1	0,2	0	0	0	0	1,5
133	1,2	0,1	0,55	0	0	0	0	1,85
134	1,2	0,1	0,2	0	0	0	0	1,5
135	1,4	0,1	0,2	0	0	0	0	1,7
136	1,05	0,1	0,35	0	0	0	0	1,5
137	1,05	0,1	0,4	0	0	0	0	1,55
138	1,05	0,1	0,4	0	0,35	0	0	1,9
139	1,35	0,15	0,2	0	0,3	0	0	2
140	1,35	0,15	0,2	0,05	0	0	0	1,75
141	1,35	0,15	0,2	0,1	0	0	0	1,8
142	1,35	0,3	0,2	0,15	0,3	0	0	2,3
143	0,95	1,05	0,15	0	0	0	0	2,15
144	1,05	1,05	0,15	0	0	0	0	2,25





No.	Construction	Area of Support	Pos	Pos2	Rotation of Const.	Bonus	Bonus 2	Total
145	0,9	0,3	0,2	0	0	0,05	0	1,45
146	1,05	0,95	0,1	0,05	0	0,05	0	2,2
147	1,05	0,2	0,55	0,2	0	0,2	0	2,2
148	1,35	0,7	0,1	0	0,5	0	0	2,65
149	1,35	0,15	0,05	0	0,3	0	0	1,85
150	1,35	0,15	0,05	0	0,5	0	0	2,05
151	0,6	0,1	0,05	0	0	0	0	0,75
152	0,7	0,1	0,1	0,1	0	0	0	1
153	0,7	0,1	0,3	0	0	0	0	1,1
154	1,05	1,05	0,25	0	0	0	0	2,35
155	1,05	0,2	0,4	0,05	0,2	0	0	1,9
156	1,05	0,2	0,1	0,05	0,3	0	0	1,7
157	1,4	0,2	0,45	0	0	0	0	2,05
158	0,85	0,25	0,3	0	0	0	0	1,4
159	0,7	0,1	0,2	0,05	0	0,1	0	1,15
160	0,8	0,1	0,3	0,2	0	0,05	0	1,45
161	1,05	0,1	0,5	0,1	0,2	0	0	1,95
162	0,7	0,1	0,1	0	0	0,05	0	0,95
163	1,35	0,7	0,1	0,1	0	0	0	2,25
164	0,6	0,1	0,3	0	0	0	0	1
165	0,95	0,1	0,3	0	0	0	0	1,35
166	1,05	0,1	0,2	0	0	0	0	1,35
167	1,05	0,35	0,2	0	0	0	0	1,6
168	1,35	0,3	0,45	0,1	0	0,05	0	2,25
169	1,05	0,3	0,3	0,2	0	0,05	0	1,9
170	1,05	0,1	0,25	0,05	0	0	0	1,45
171	1,35	0,2	0,2	0	0,5	0	0	2,25
172	1,05	0,1	0,25	0	0,3	0	0	1,7
173	0,4	0,1	0,25	0,05	0	0,05	0	0,85



No.	Construction	Area of Support	Pos	Pos2	Rotation of Const.	Bonus	Bonus 2	Total
174	1,2	0,1	0,45	0,05	0	0,05	0	1,85
175	1,35	0,3	0,4	0,1	0,3	0,05	0	2,5
176	0,6	0,1	0,3	0	0	0	0	1
177	1,35	0,15	0,05	0	0	0	0	1,55
178	0,7	0,1	0,2	0	0	0,1	0	1,1
179	0,4	0,1	0,45	0	0	0	0	0,95
180	0,3	0,1	0,2	0,1	0	0	0	0,7
181	1,1	0,1	0,3	0,1	0	0	0	1,6
182	1,05	0,15	0,15	0,1	0	0,3	0	1,75
183	1,2	0,55	0,1	0	0	0	0	1,85
184	0,7	0,3	0,3	0	0	0	0	1,3
185	1,25	0,1	0,25	0,05	0	0	0	1,65
186	1,25	0,1	0,2	0	0	0	0	1,55
187	1,35	0,45	0,45	0	0	0	0	2,25



GROUP P								
No.	Construction	Area of Support	Pos	Pos2	Rotation of Const.	Bonus	Bonus 2	Total
1	1,1	0,05	0,05	0	0	0	0	1,2
2	1,1	0,05	0,05	0	0,1	0	0	1,3
3	1,1	0,1	0,1	0	0	0	0	1,3
4	1,1	0,1	0,1	0	0,4	0	0	1,7
5	1,1	0,1	0,55	0	0	0	0	1,75
6	1,15	0,2	0,1	0	0	0	0	1,45
7	1,15	0,2	0,3	0	0	0	0	1,65
8	1,1	0,1	0,3	0,2	0	0	0	1,7
9	1,1	0,1	0,3	0,2	0,1	0,05	0	1,85
10	1,1	0,2	0,4	0,2	0	0,05	0,05	2
11	1,15	0,1	0,1	0	0	0	0	1,35
12	1,15	0,2	0,15	0	0	0	0	1,5
13	1,15	0,1	0,1	0	0	0	0	1,35
14	1,3	0,3	0,55	0	0	0	0	2,15
15	1,3	0,2	0,1	0	0	0	0	1,6
16	1,3	0,3	0,1	0	0	0	0	1,7
17	1,3	0,3	0,25	0,1	0	0,3	0	2,25
18	1,3	0,2	0,3	0	0	0	0	1,8
19	1,3	0,4	0,3	0	0	0	0	2
20	1,4	0,4	0,2	0	0	0	0	2
21	1,4	0,3	0,3	0	0	0	0	2
22	1,4	0,3	0,3	0,2	0,3	0	0	2,5
23	1,2	0,2	0,3	0,2	0	0	0	1,9
24	1,2	0,2	0,3	0,1	0	0,2	0	2
25	1,1	0,1	0,35	0	0	0	0	1,55
26	1,2	0,2	0,45+0,4	0	0	0,1	0	2,35
27	0,6	0,1	0,55	0	0	0,2	0,05	1,5
28	0,6	0,1	0,45	0	0	0,2	0	1,35



No.	Construction	Area of Support	Pos	Pos2	Rotation of Const.	Bonus	Bonus 2	Total
29	1	0,05	0,1	0	0	0,2	0,05	1,4
30	0,9	0,1	0,45	0	0	0,2	0	1,65
31	1,1	0,2	0,3	0	0	0	0	1,6
32	1,45	0,3	0,55	0	0	0	0	2,3
33	1,7	0,1	0,25	0	0	0	0	2,05
34	1	0,2	0,1	0	0	0,05	0	1,35
35	1,3	0,3	0,45	0	0		0	2,05
36	1,1	0,3	0,65	0	0	0	0	2,05
37	1,1	0,1	0,55	0	0	0	0	1,75
38	1,15	0,1	0,15	0	0	0	0	1,4
39	1,2	0,2	0,3	0	0	0	0	1,7
40	1,15	0,2	0,15	0	0	0	0	1,5
41	1,1	0,1	0,3	0,2	0	0,05	0	1,75
42	0,8	0,05	0,1	0	0	0,05	0	1
43	1,1	0,1	0,1	0,05	0	0,2	0	1,55
44	1,15	0,2	0,45	0,2	0	0,05	0,05	2,1
45	1,15	0,2	0,3	0,1	0	0,3	0,2	2,25
46	1,4	0,4	0,45	0	0	0	0	2,25
47	1,15	0,3	0,35	0	0	0	0	1,8
48	0,85	0,1	0,55	0	0	0	0	1,5
49	0,85	0,05	0,05	0	0	0	0	0,95
50	1,3	0,4	0,3	0,15	0,3	0	0	2,45
51	1,1	0,1	0,55	0,1	0	0,05	0	1,9
52	1,1	0,1	0,1	0,1	0	0,05	0	1,45
53	1,4	0,4	0,3	0,1	0	0,05	0	2,25
54	1,3	0,4	0,3	0,2	0	0,05	0,05	2,3
55	1,4	0,3	0,1	0,1	0	0,05	0	1,95
56	0,5	0,1	0,3	0	0	0	0	0,9
57	1,1	0,1	0,4	0,15	0	0	0	1,75



No.	Construction	Area of Support	Pos	Pos2	Rotation of Const.	Bonus	Bonus 2	Total
58	1	0,2	0,1	0	0	0,05	0,05	1,4
59	0,6	0,1	0,3	0,2	0	0,05	0	1,25
60	0,6	0,1	0,3	0,2	0,15	0,05	0	1,4
61	1,15	0,3	0,45	0	0	0	0	1,9
62	1,2	0,25	0,25	0	0	0	0	1,7
63	1	0,05	0,1	0	0	0,2	0	1,35
64	0,3	0,2	0,45	0	0	0,05	0	1
65	0,6	0,1	0,3	0	0	0	0	1
66	0,5	0,1	0,45	0	0	0,05	0	1,1
67	0,9	0,1	0,55	0	0	0,05	0,05	1,65
68	1,15	0,2	0,55	0	0	0	0	1,9
69	1,4	0,3	0,25	0	0	0	0	1,95
70	1,2	0,15	0,1	0	0	0	0	1,45
71	1,2	0,05	0,05	0	0	0	0	1,3
72	0,6	0,3	0,1	0	0	0	0	1
73	1	0,1	0,45	0	0	0	0	1,55
74	1	0,1	0,55	0	0	0	0	1,65
75	1,3	0,1	0,1	0	0	0	0	1,5
76	0,6	0,05	0,05	0	0	0	0	0,7
77	1,3	0,3	0,45	0	0	0	0	2,05
78	1,1	0,1	0,45	0	0	0	0	1,65
79	1,1	0,05	0,1	0	0	0	0	1,25
80	1,7	0,1	0,1	0	0	0	0	1,9
81	1,45	0,1	0,1	0	0	0	0	1,65
82	1,3	0,1	0,1	0	0	0,2	0	1,7





**GROUP C**

No.	Construction	Direction	Pos	Pos2	Rot of Const.	Som/tw	Bonus	Bonus 2	Total
1	1,25	0,05	0,05	0,1	0	0,1	0	0	1,55
2	1,25	0,2	0,05	0,1	0	0,1	0	0	1,7
3	1,75	0,05	0,1	0	0	0,1		0	2
4	1,35	0,05	0,05	0,1	0	0,025	0,2	0	1,775
5	1,6	0,05	0,05	0,1	0	0,025	0,3	0	2,125
6	0,7	0,1	0,2	0,1	0	0,3	0,1	0,05	1,55
7	1,25	0,05	0,3	0,1	0	0,1	0	0	1,8
8	0,7	0,05	0,05	0,1	0	0,1	0	0	1
9	1,4	0,2	0,05	0,1	0	0,1	0,2	0	2,05
10	1,8	0,05	0,05	0,1	0	0,1	0	0	2,1
11	1,55	0,05	0,2	0	0,3	0	0	0	2,1
12	1,65	0,15	0,1	0	0	0,25	0	0	2,15
13	1,55	0,05	0,05	0,15	0	0,1	0	0	1,9
14	1,65	0,05	0,2	0,1	0	0	0	0	2
15	1,65	0,2	0,05	0,1	0	0,05	0	0,1	2,15
16	1,65	0,05	0,05	0,1	0	0,1	0	0	1,95
17	1,65	0,15	0,1	0,1	0	0,3	0	0	2,3
18	1,65	0,05	0,1	0	0	0	0,1	0	1,9
19	1,65	0,05	0,2	0,15	0	0	0	0	2,05
20	1,65	0,05	0,3	0	0,2	0	0	0	2,2
21	1,65	0,15	0,3	0	0,2	0,3	0	0	2,6
22	1,65	0,1	0,2	0	0	0,3	0,05	0	2,3



No.	Construction	Direction	Pos	Pos2	Rot of Const.	Som/tw	Bonus	Bonus 2	Total
23	1,75	0,05	0,2	0,1	0	0	0	0	2,1
24	1,75	0,05	0,1	0	0	0,1	0	0	2
25	1,75	0,2	0,05	0,1	0	0,1	0	0	2,2
26	1,15	0,05	0,1	0	0	0,025	0	0	1,325
27	1,3	0,05	0,3	0,1	0	0,025	0,3	0	2,075
28	1,45	0,05	0,45	0,1	0	0,025	0,3	0	2,375
29	1,15	0,05	0,1	0	0	0	0	0	1,3
30	1,85	0,05	0,2	0	0	0	0,3	0	2,4
31	1,75	0,05	0,3	0	0,3	0	0	0	2,4
32	1,55	0,05	0,25	0	0,3	0	0	0	2,15
33	1,7	0,05	0,3	0	0	0	0	0	2,05
34	0,5	0,05	0,3	0	0	0,1	0	0	0,95
35	1,65	0,05	0,1	0	0	0	0	0	1,8
36	1,65	0,05	0,1	0	0,2	0	0	0	2
37	1,65	0,05	0,1	0	0	0	0	0	1,8
38	1,6	0,05	0,05	0	0	0	0,2	0	1,9
39	2	0,05	0,2	0	0	0	0,3	0	2,55
40	1,45	0,05	0,1	0	0	0	0,3	0	1,9
41	1,75	0,1	0,1	0,1	0	0	0,3	0	2,35
42	1,75	0,1	0,2	0,05	0	0	0	0	2,1
43	1,35	0,1	0,3	0,1	0	0,025	0	0	1,875
44	0,95	0,05	0,3	0,1	0	0,025	0,2	0	1,625
45	1,85	0,1	0,1	0,1	0	0,3	0,1	0	2,55



No.	Construction	Direction	Pos	Pos2	Rot of Const.	Som/tw	Bonus	Bonus 2	Total
46	1,05	0,1	0,1	0,1	0	0,3	0,05	0	1,7
47	1,6	0,1	0,1	0,2	0	0,3	0,05	0	2,35
48	1,6	0,1	0,2	0	0	0,3	0,05	0	2,25
49	1,65	0,1	0,1	0	0	0,1	0,05	0	2
50	1,55	0,05	0,25	0	0,2	0	0	0	2,05
51	1,55	0,05	0,1	0	0	0	0,3	0	2
52	1,5	0,05	0,1	0	0	0,1	0	0	1,75
53	1,45	0,05	0,3	0	0	0	0,3	0	2,1
54	0,5	0,05	0,2	0	0	0	0,05	0	0,8
55	1,45	0,05	0,45+0,05	0,1	0	0,1	0	0	2,2
56	1,75	0,05	0,05	0,15	0	0	0	0	2
57	1,75	0,05	0,05	0,15	0	0,1	0	0	2,1
58	1,75	0,05	0,05	0,1	0	0	0	0	1,95
59	1	0,1	0,1	0	0	0	0,1	0	1,3
60	1,75	0,05	0,05	0,2	0	0	0	0	2,05
61	1,65	0,05	0,3	0,15	0	0	0,2	0	2,35
62	1,15	0,05	0,1	0,15	0	0	0	0	1,45
63	0,5	0,1	0,2	0	0	0,3	0	0	1,1
64	0,5	0,1	0,2	0,1	0	0,3	0	0	1,2
65	0,5	0,1	0,1	0	0	0,3	0	0	1
66	1,1	0,2	0,05	0,1	0	0,1	0	0	1,55
67	1,2	0,2	0,05	0,1	0	0,1	0	0	1,65
68	0,8	0,1	0,15	0	0	0,3	0	0	1,35
69	1,15	0,15	0,1	0,1	0	0,3	0	0	1,8



## 12. KEYS FOR CODE SYSTEM:

For designation of the acrobatic movement's components - abbreviation and symbols are used. Before and after acrobatic movement's component "code" hyphen "-" is used.

### Additional symbols:

- / stands between Position 1 and Position 2
- + - in Group C between Positions describes that first code (for example: a1) belongs to first featured-swimmer, then goes "+" and then code (for example: f1) that belongs to position of the second featured-swimmer.

### In Construction, listed symbols mean:

- ' «spotter»
- > onto
- >> passing through
- (2) two featured-swimmers
- ~ fly above formation
- H head-down
- p after H, means pike position of support-swimmer
- c after H, means crane position of support-swimmer
- t after H, means tuck position of support-swimmer
- h head
- u under
- Pb<sub>3</sub> Platform from 3 swimmer's backs


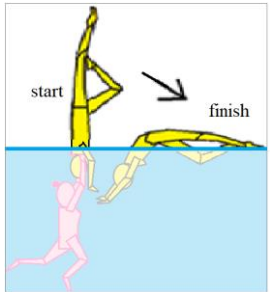
### For Pair Acrobatics:

- L lift
- J jump
- W throw
- f flexibility
- > travelling
- » crashing
- ! head-down
- r0,5 rotation 180
- r1 rotation 360
- s0,5 half somersault
- s1 full somersault
- SL Sustained Lift
- d dive
- F Forwards
- B Backwards
- S Sideways

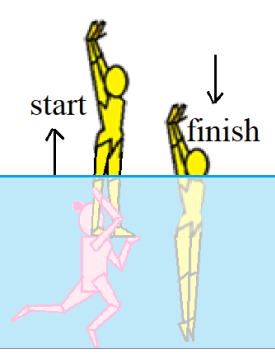
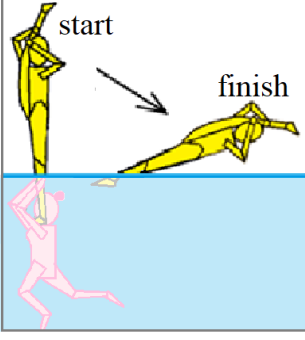
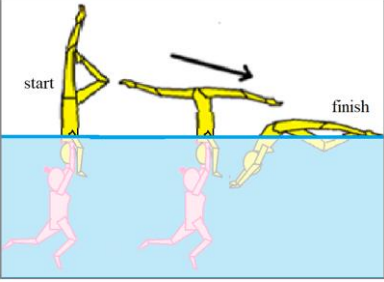
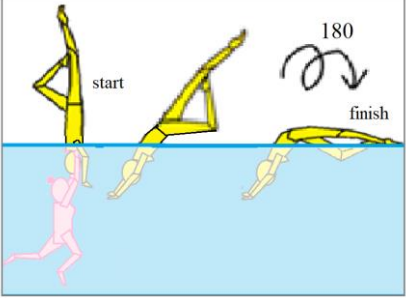
### 13. PAIR ACROBATICS (For Duet/Mixed Duet only)

**General Principles:**

1. A pair acrobatic movement is only considered as a lift or a throw if the “bottom” (base) swimmer is underwater and lifts/throws the featured-swimmer up in the air (away from surface). The base swimmer can lift/throw featured-swimmer by holding/pushing their legs or shoulders.
2. Rotation around self (turn, twist) can be performed in any direction.
3. Way of connecting between bottom and upper swimmer is optional and is not judged.
4. Pair Acro values should not be compared to Team Acro values. Their value is in direct relation to the duet/mixed duet events.
5. **Base Mark** for all types of Pair Acrobatics will be **0,10**.

Level	Name	Diagram	Description	Value
Level 1	Lift head-up with crashing  L»		<p>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” (falling) on the surface.</p> <p><u>Crashing</u> - means that after the main phase of the lift the upper (visible) swimmer does not submerge, but instead falls on the water’s surface.</p>	0,10
Level 1	Lift legs-up with crashing  L!»		<p>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” (falling) on the water’s surface.</p>	0,20



<p><b>Level 2</b></p>	<p>Lift head-up <b>L</b></p>		<p>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.</p>	<p><b>0,40</b></p>
<p><b>Level 2</b></p>	<p>Lift head-up with flexibility and crashing <b>Lf»</b></p>		<p>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.</p>	<p><b>0,40</b></p>
<p><b>Level 2</b></p>	<p>Lift legs-up with flexibility and crashing <b>L!f»</b></p>		<p>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” (falling) on the water’s surface.</p>	<p><b>0,40</b></p>
<p><b>Level 2</b></p>	<p>Lift legs-up with crashing and rotation 180° <b>L!r0,5»</b></p>		<p>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 self.</p> <p><i>Note: the rotation may also occur during the “maximum height” phase or while ascending.</i></p>	<p><b>0,60</b></p>



<p><b>Level 2</b></p>	<p>Lift legs-up <b>L!</b></p>		<p>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.</p>	<p><b>0,60</b></p>
<p><b>Level 3</b></p>	<p>Lift legs-up with crashing and rotation 360° <b>L!r1»</b></p>		<p>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 self.</p> <p><i>Note: the rotation may also occur during the “maximum height” phase or while ascending.</i></p>	<p><b>0,60</b></p>
<p><b>Level 3</b></p>	<p>Lift legs-up with crashing, flexibility and rotation 180° (turn) <b>L!fr0,5»</b></p>		<p>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 self.</p> <p><i>Note: the rotation may also occur during the “maximum height” phase or while ascending.</i></p>	<p><b>0,60</b></p>
<p><b>Level 3</b></p>	<p>Lift head-up with 180° rotation <b>Lr0,5</b></p>		<p>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°.</p> <p><i>Note: the rotation may occur during the “maximum height” phase or while ascending.</i></p>	<p><b>0,60</b></p>

<p><b>Level 3</b></p>	<p>Sustained lift head-up with travelling</p> <p><b>SL&gt;</b></p>		<p>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 and when the bottom swimmer pushes and releases support the upper swimmer submerges under the water.</p>	<p><b>0,80</b></p>
<p><b>Level 4</b></p>	<p>Lift legs-up with 180° rotation</p> <p><b>L!r0,5</b></p>		<p>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°.</p> <p><i>Note: the rotation may also occur during the “maximum height” phase or while ascending.</i></p>	<p><b>0,80</b></p>
<p><b>Level 4</b></p>	<p>Lift head-up with flexibility and rotation 180°</p> <p><b>Lfr0,5</b></p>		<p>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°.</p> <p><i>Note: the rotation may also occur during the “maximum height” phase or while ascending.</i></p>	<p><b>0,80</b></p>
<p><b>Level 4</b></p>	<p>Lift legs-up with flexibility</p> <p><b>L!f</b></p>		<p>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.</p>	<p><b>0,80</b></p>

<p><b>Level 4</b></p>	<p>Sustained lift legs-up with travelling</p> <p><b>SL!&gt;</b></p>		<p>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.</p>	<p><b>0,80</b></p>
<p><b>Level 4</b></p>	<p>Lift head-up with rotation 360°</p> <p><b>Lr1</b></p>		<p>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°.</p> <p><i>Note: the rotation may also occur during the "maximum height" phase or while ascending.</i></p>	<p><b>0,80</b></p>
<p><b>Level 4</b></p>	<p>Jump head-up</p> <p><b>J</b></p>		<p>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.</p>	<p><b>0,80</b></p>
<p><b>Level 4</b></p>	<p>Throw legs-up with crashing</p> <p><b>W!&gt;</b></p>		<p>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 falls (crashing) on the surface.</p>	<p><b>0,80</b></p>

<p><b>Level 5</b></p>	<p>Lift legs-up with rotation 360°</p> <p><b>L!r1</b></p>		<p>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°.</p> <p><i>Note: the rotation may also occur during the “maximum height” phase or while ascending.</i></p>	<p><b>1,0</b></p>
<p><b>Level 5</b></p>	<p>Lift legs-up with flexibility and rotation 180°</p> <p><b>L!fr0,5</b></p>		<p>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°.</p> <p><i>Note: the rotation may also occur during the “maximum height” phase or while ascending.</i></p>	<p><b>1,0</b></p>
<p><b>Level 5</b></p>	<p>Sustained lift legs-up with flexibility and travelling</p> <p><b>SL!f&gt;</b></p>		<p>One swimmer remains under the water and lifts another swimmer (position is head-down), sustaining the lift for 3 seconds or more while travelling.</p> <p>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.</p>	<p><b>1,0</b></p>



<p><b>Level 5</b></p>	<p>Sustained lift legs-up with travelling and rotation of 180°-360°</p> <p><b>SL!r0,5&gt;</b> or <b>SL!r1&gt;</b></p>		<p>One swimmer remains under the water and lifts another swimmer (position is head-down), holding for 3 seconds or more while traveling.</p> <p>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.</p> <p><i>Note: the rotation may also occur while ascending.</i></p>	<p><b>1,0</b></p>
<p><b>Level 5</b></p>	<p>Jump head-up with 180° rotation</p> <p><b>Jr0,5</b></p>		<p>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.</p> <p><i>Note: rotation may also occur while the upper-swimmer submerges.</i></p>	<p><b>1,0</b></p>
<p><b>Level 5</b></p>	<p>Jump head-up with flexibility</p> <p><b>Jf</b></p>		<p>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).</p>	<p><b>1,0</b></p>
<p><b>Level 5</b></p>	<p>Legs-up throw-dive</p> <p><b>W!d</b></p>		<p>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.</p>	<p><b>1,0</b></p>



<p><b>Level 6</b></p>	<p>Lift legs-up with flexibility and rotation 360°</p> <p><b>L!fr1</b></p>		<p>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.</p> <p><i>Note: rotation may occur while the upper-swimmer submerges or while ascending.</i></p>	<p><b>1,20</b></p>
<p><b>Level 6</b></p>	<p>Sustained lift legs-up with flexibility, travelling and rotation 180°-360°</p> <p><b>SL!fr0,5&gt;</b> or <b>SL!fr1&gt;</b></p>		<p>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.</p> <p><i>Note: rotation may occur while the upper-swimmer submerges or while ascending.</i></p>	<p><b>1,20</b></p>
<p><b>Level 6</b></p>	<p>Throw legs-up with 180° rotation</p> <p><b>W!r0,5</b></p>		<p>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°.</p> <p><i>Note: rotation may also occur during "pushing"/ascending phase.</i></p>	<p><b>1,20</b></p>

<p><b>Level 6</b></p>	<p>Throw legs-up with flexibility</p> <p><b>W!f</b></p>		<p>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.</p>	<p><b>1,20</b></p>
<p><b>Level 6</b></p>	<p>Jump-Dive</p> <p><b>Jd</b></p>		<p>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.</p>	<p><b>1,20</b></p>
<p><b>Level 7</b></p>	<p>Throw legs-up with 180° somersault</p> <p><b>W!s0,5</b></p>		<p>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.</p> <p><i>Note: the body of the upper (visible) swimmer should be fully out of the water (above the surface) before entering the water.</i></p>	<p><b>1,40</b></p>
<p><b>Level 7</b></p>	<p>Thow legs-up with flexibility and rotation 180°</p> <p><b>W!fr0,5</b></p>		<p>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°.</p>	<p><b>1,40</b></p>

<p><b>Level 8</b></p>	<p>Throw- legs up with flexibility and rotation 360°</p> <p><b>W!fr1</b></p>		<p>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.</p>	<p><b>1,60</b></p>
<p><b>Level 8</b></p>	<p>Jump head-up with 1 somersault forwards</p> <p><b>Js1F</b></p>		<p>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.</p>	<p><b>2,0</b></p>
<p><b>Level 8</b></p>	<p>Jump head-up with 1 somersault backwards and flexibility</p> <p><b>Jfs1B</b></p>		<p>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.</p>	<p><b>2,0</b></p>

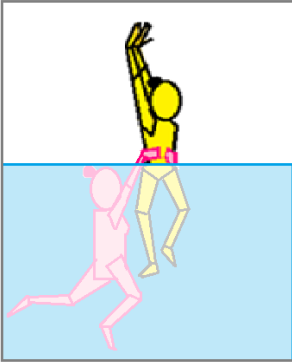
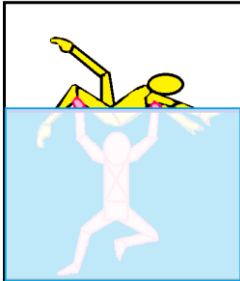
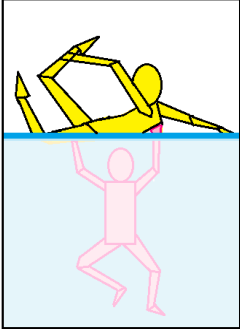
<p><b>Level 9</b></p>	<p>Throw legs-up with 1 somersault forwards</p> <p><b>W!s1F</b></p>		<p>From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes airborne. This upper (visible) swimmer starts their action feet-first and by lifting their body performs 1 somersault forwards in the air before entering the water.</p> <p><i>Note: the somersault is usually performed in a tuck position.</i></p>	<p><b>2,2</b></p>
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## 14. PAIR ASSISTED ACTIONS

**THIS IS A LIST OF PAIR ASSISTED ACTIONS (FOR YOUR INFORMATION) THAT ARE NOT CONSIDERED AS A PAIR ACROBATIC MOVEMENTS. THESE 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.

Level	Name	Diagram	Description
Level 1	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 maximum height (crotch level) with assistance of the “underwater” swimmer.
Level 1	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.
Level 1	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.)



<p><b>Level 2</b></p>	<p>Pair assisted action "surface" with rotation 180°-360°</p>		<p>One swimmer remains under the water and holds and rotates another swimmer (upper visible swimmer) 180°-360° who remains on the surface of the water.</p>
<p><b>Level 2</b></p>	<p>Sustained assisted action head-up</p>		<p>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.</p>
<p><b>Level 2</b></p>	<p>Sustained assisted action legs-up</p>		<p>One swimmer holds another swimmer whose position is head-down and sustained for 3 seconds or more.</p>
<p><b>Level 2</b></p>	<p>Pair assisted action "surface" with flexibility and rotation 180°-360°</p>		<p>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.).</p>
<p><b>Level 3</b></p>	<p>Sustained assisted action legs-up with rotation 180°-360°</p>		<p>One swimmer holds another swimmer, whose position is head-down for 3 seconds or more with a simultaneous rotation of 180°-360°.</p> <p><i>Note: both swimmers rotate in connection one with another.</i></p>

<p><b>Level 4</b></p>	<p>Sustained assisted action head-up with travelling and rotation 180°-360°</p>		<p>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.</p> <p><i>Note: the rotation must happen during “maximum height” phase.</i></p>
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Please fill in with type or write in capital letters!

<b>FINA Member Federation:</b>				
<b>Competition:</b>				
<b>Event:</b>	<input type="checkbox"/> <b>PRELIMS</b>		<input type="checkbox"/> <b>FINALS</b>	
	<input type="checkbox"/> Solo Tech	<input type="checkbox"/> Male Solo Tech	<input type="checkbox"/> Duet Tech	<input type="checkbox"/> Mixed Duet Tech
	<input type="checkbox"/> Solo Free	<input type="checkbox"/> Male Solo Free	<input type="checkbox"/> Duet Free	<input type="checkbox"/> Mixed Duet Free
	<input type="checkbox"/> Team Tech	<input type="checkbox"/> Team Free	<input type="checkbox"/> Highlight	<input type="checkbox"/> Combo
<b>Name of competitor(s):</b>				

### ELEMENTS IN ORDER OF PERFORMANCE

TIME	PART	EL	BASE MARK	DECLARED DIFFICULTY	BONUS	TC

FINA Member Federation: \_\_\_\_\_

Date: \_\_\_\_\_ Signature: \_\_\_\_\_



## World Ranking Points Systems for Artistic Swimming

The FINA World Ranking will cover two year periods. The first period will be 1st September 2022 to 31st August 2024.

Each Solo, Male Solo, Duet, Mixed Duet, Team Technical, Free & Acrobatic Routine will be awarded a world ranking. The ranking is established by combining the scores per category.

The FINA World Rankings will be updated after each event mentioned (table with current standings to be available in the FINA website. Only eligible artistic swimming athletes will be considered in the FINA World Standings.

National Federations receive points based on their final placement at the following competitions:

- FINA World Championships
- FINA ASWS Live & Virtual
- FINA Junior & Youth Worlds

The competitions weight varies depending on the number of entries.

Weighting of the points			
Events	WCH	ASWS- Live	Junior/Youth
Solo	x3	x2	X1
Duet	X3	x2	x1
Mixed Duet	X3	X2	X1
Teams	x5	x4	x3

For competitions attended by less than 10 delegations (per category) the weighting will be divided by 50%.



Points allocated by ranking (overall points for the competition per NF)						
	First	Second	Third	Fourth	Fifth	Sixth
Solo	10	9	8	7	6	5
Duet	10	9	8	7	6	5
Mixed Duet	10	9	8	7	6	5
Teams	20	19	18	17	16	15

**Example:** if XYZ places 1st in solo tech and 3rd in solo free, they will get: 10 + 8 points for solo. If this is in WCH the total will be 18 x 3 = 54 points for the solo category for XYZ.

All NF after the sixth rank get 1 point for having attended the competition.

Solo athletes, duet and mixed duet partnerships and their respective reserves must be declared at the beginning of each season.

A new partnership starts with zero points — there is no transfer of world standing points for soloists, duets and mixed duets. If a new soloist is selected, a duet/mixed duet formed then previous solo ranking and duet/mixed duet ranking will be removed from the World Ranking.

Teams qualify by the Teams' name. When an athlete officially announces his or her retirement from competition.

#### Draws

At FINA Events, draws will be divided into two parts: **Competitors with and without world rankings.**

Competitors with ranking will draw for the later starting numbers: the highest ranked competitor goes last, the next ranked Competitor second last etc. In cases of ties in the World Standings there will be a separate draw between tied competitors to decide the order of the main draw.

Following the current season's World Championships, the results from the previous season are deleted.





<b>PAQ Artistic Swimming - FINA Rule Proposal Q&amp;A - July 28, 2022</b>	
<b>Question</b>	<b>Answer</b>
1. AS 6.2.2 the rule states FINA WCH and Jr WCH must have 8 Competitors and 10 for Acrobatic Routines Will federations be allowed to enter teams with less competitors, small federations may not be able to fill this quota	For FINA events this is the rule - you would receive a penalty for not having full team quota however FINA recommends flexibility in rules for federations and clubs when quotas become challenging to fulfil.
2. Appendix II #7 - for Tech routines elements, any movements added before or after an element (in the same breath) will only contribute to artistic impression, correct? Judges prefer not to see additional movements done?	This is correct. Remember though artistic impression judging panel and transitions into and out of elements and freedom of choreography – For example, if leg movements added before or after a technical required element interpret an accent in the music then you don't want to miss that opportunity.
3. Appendix II Elements labeled as A are meant for Senior and B are Junior, correct ?	No - Coaches and athletes have the freedom to select the level (A or B) that best suits their athletes. The coach may choose to select some technical required elements that are A and some that are B. The goal is to help build confidence with your athletes so they can progress to the next level.
4. Appendix III referring to the combo hybrids allowances when it references a "Team Hybrid" has 8 swimmers or all swimmers?	All swimmers.
5. For Tech Controllers will they have the opportunity to review via video if they have a doubt?	Yes - there are three technical controllers and video technology will be available to them for reviews.
6. How far in advance will the Tech Controllers receive the Coach Cards?	Tech Controllers will receive cards shortly after close of registration.
7. Do we as judges now need to specialize in one panel?	No - judges should keep on doing what they have been doing, now we have lightened the load to two areas (execution and artistic impression) and become more focused.
8. When are we having Certification Schools to test for new rules?	Exams will be finalized after the Tech Congress. Instructors are currently preparing exams. Schools will begin in November 2022.
9. Why are we changing to quarter points for judging routines? Rationale for asking this question as we saw at Worlds, competitors are close and we need the ability to show the difference in the routines both in Elements/ Execution and Artistic Impression	With the calculation of the difficulty in elements (hybrids and acrobatics), athletes will receive many more marks than before. For example, in Team Free there are 11 elements – that will be 55 marks from judges! Also, judges will have clearly defined 0.25 ranges. Please see end of the document for a calculation example.

## PAQ Artistic Swimming - FINA Rule Proposal Q&A - July 28, 2022

Question	Answer
10. AS 17.2.2 Under the category of Performance in Artistic Impression we are now judging walk on?	Yes – as part of the Performance mark the judges will “consider the manner in which the swimmer(s) present(s) the routine to the viewers: the walk-on and deck movements.” We are an artistic sport, let us all show off the athleticism of our athletes as they get ready to swim.
11. AS 20 - For Youth Competitions and 12 and under where Figures are part of the total score, can you address how much the Figures are worth (or weighted) in the total calculation of results. It states that the results shall be the sum of each session. Does that imply 50/50 routine/figures.	Figure score will be added to the routine score (sum + sum). For example, a Youth routine may have a routine total of 100.0000 and their Figure Score may be 75.0000. $100.0000 + 75.0000 = 175.0000$ . Please note as new system calculations are tested and finalized more examples will be provided (like the Tech Team example at the end of this document).
12. Would it be possible for FINA to provide videos of hybrids/acrobatics, to make it easier to understand the degree of difficulty, how has it been done with figures and elements before?	For hybrids - There are videos links embedded in the Difficulty Guide for Base Mark, Families and Bonuses. Also there are video tutorials on the FINA Learning Platform here for both difficulty and acrobatics: <a href="https://learning.fina.org/coaches-education-artistic-swimming/">https://learning.fina.org/coaches-education-artistic-swimming/</a> *Also, more education will occur at the Youth Worlds and Junior Worlds workshops + more throughout the Fall as needed/requested. As a reminder the Difficulty Guide is posted here: <a href="https://learning.fina.org/coaches-officials-artisticswimming/">https://learning.fina.org/coaches-officials-artisticswimming/</a>
13. On free routines, from which panel the synchronization deductions will be taken?	On <u>all</u> routines (except Solo Tech and Free), synchronisation deductions will be applied to the Elements score (see calculation example at end of this document).
14. Will the free routines have a synchro panel?	As above – <u>ALL</u> routines (except Solo Tech and Free) at FINA events will have the synchronisation technical controllers panel in place applying synchronisation errors as per the Synchronisation guide. You can find the synchro guide here: <a href="https://learning.fina.org/coaches-officials-artisticswimming/">https://learning.fina.org/coaches-officials-artisticswimming/</a>
15. FINA will give the synchro checking system/device?	Device/app information to be confirmed, however you can do synchronisation errors with pencil and paper calculations (see synchronisation) guide. We hope to have cloud-based program you can use. More information to come but for now practice using synchro guide template! You can find the synchro guide here: <a href="https://learning.fina.org/coaches-officials-artisticswimming/">https://learning.fina.org/coaches-officials-artisticswimming/</a>
16. How will the judges be displayed at the pool?	Like current set-up, but just with 10 judges (five on each side), plus synchronisation technical controllers on either side, evaluators if present also on deck. The difficulty technical controllers will sit together as a panel up and behind the judges on one side with video replay.

## PAQ Artistic Swimming - FINA Rule Proposal Q&A - July 28, 2022

Question	Answer
17. How are the results calculated on the routines (Tech/Free)?	Please see the calculation example at the end of this document.
18. What happens if this acrobatics and even hybrids are not executed as submitted on the Coach Card sent in?	If an Acrobatic or a Hybrid is not performed as declared on the Coach Card – Base Mark will be applied (see AS 18.3). For Technical Required Elements in Tech Routines it would be a zero (see AS 18.7.1).
19. The first competition that we have in the Americas will be CCCAN. Coaches in Mexico have many doubts with respect to how they fill out the Coach Card. Will there be more courses in the Americas?	Yes of course - and keep asking questions and attending workshops that are available. There is also a Coach Card tutorial on the FINA Learning Platform: <a href="https://learning.fina.org/coaches-education-artistic-swimming/">https://learning.fina.org/coaches-education-artistic-swimming/</a>
20. How can we have the system that will be used in every Artistic Swimming Competition?	It will be a cloud-based scoring system.
21. What are the similarities and differences of the new FINA system for qualifying and scoring routines in Artistic Swimming with respect to other sports disciplines such as figure skating or artistic gymnastics?	We studied both figure skating and artist gymnastic scorings system, as well as diving. There are many similarities. We had very good consultations with figure skating where they shared what they have learned since implementing their system and gave us excellent advice.
22. Will synchronisation technical controllers be used in the solo events?	No.
23. Choreography & Musicality – Judges are judging synchronisation with the music? Don't the synchronisation technical controllers judge synchronization?	Judges evaluate the musicality of the program and how the athletes perform to the music. The synchronisation technical controllers identify synchronisation errors/unequal actions. Please refer to the synchronisation guide which is posted on this page: <a href="https://learning.fina.org/coaches-officials-artisticswimming/">https://learning.fina.org/coaches-officials-artisticswimming/</a>
24. If a competitor does not perform an element according to the description listed on the Coach Card, the competitor does not get credit for a lower DD, but rather the difficulty level is reduced to the Base Mark? Is that because it is too hard to recalculate the DD's when not performed to the level declared?	Yes, that is correct (see AS 18.3), we will not be “upgrading” or “downgrading” difficulty live during a routine performance. It is important that coaches ensure the athletes can perform what is declared on the coach card for each competition. Remember that as athletes improve throughout the season you can edit your Coach Cards accordingly respecting the entry deadlines. You can even change between prelims and finals (also respecting submission deadline).
25. Re: Penalties in Free Combination AS 18.8.1 - Should General Requirement # 6 (theme) be listed here? Does a coach declare a theme on their Coach Card?	Thank you for spotting that – yes that may be edited in the rules and the Coach Card would be edited accordingly.

## PAQ Artistic Swimming - FINA Rule Proposal Q&A - July 28, 2022

Question	Answer
<p>26. In Youth (13-15) figures who decides which athlete swims in which group and which figure they swim. Does the coach decide, does the judge decide?</p>	<p>The wording in the rules has been edited to be clearer – it is 3 random draws as follows:</p> <p>First the section is drawn (A, B or C). Then the athlete order of appearance is drawn separating the athletes into two groups (1 or 2). Then a figure group of 2 figures is drawn for each athlete group.</p> <p>For example, Section B is drawn, then the athletes are drawn into Group 1 and Group 2. Then a figure group for Group 1 is drawn - let's say they get figure group 4, and therefore Group 2 gets figure group 3.</p> <p>Note that all is random so in the case of an 8-member team, 6 athletes may be in one group and 2 in another. For this reason the DDs are all the same for each group in their section.</p> <p>Athletes will have to train all figures equally to be prepared for competition</p>
<p>27. Tech Team: what happen if the athletes cannot perform an acrobatic with a DD that goes between 2.00-2.65?</p>	<p>This is required for FINA events. We encourage investigation of the Acrobatic Catalogue – you have the choice of 4 different types of acrobatics to achieve this. The DD range was selected after careful analysis that it was achievable for athletes attending Junior and Senior FINA events. The Acrobatic Catalogue is posted here: <a href="https://learning.fina.org/coaches-officials-artisticswimming/">https://learning.fina.org/coaches-officials-artisticswimming/</a></p>
<p>28. Juniors are doing the same thing as Senior? (Do they have the same elements as seniors?)</p>	<p>Yes – noting the choice between option A or option B for almost all elements (there are a few that have just one option).</p>
<p>29. What are the new penalties?</p>	<p>All penalties are detailed in the draft rules. If you have a specific question about a specific penalty please forward your question.</p>
<p>30. When and how will bonuses be given?</p>	<p>Bonuses apply to Free Hybrids only as per the Difficulty Table and Difficulty Guide (Traveling, Angles, Placement, Synchronisation and Pattern Changes). Please refer to the Difficulty Guide and the embedded video links within and the video tutorials available.</p> <p>Guide: <a href="https://learning.fina.org/coaches-officials-artisticswimming/">https://learning.fina.org/coaches-officials-artisticswimming/</a></p> <p>Tutorials: <a href="https://learning.fina.org/coaches-education-artistic-swimming/">https://learning.fina.org/coaches-education-artistic-swimming/</a></p>

## PAQ Artistic Swimming - FINA Rule Proposal Q&A - July 28, 2022

Question	Answer
31. What is the time limit (without sanction between hybrid and hybrid)?	No time limitation between hybrids. The only time limits are routine time limits (See AS 14).
32. How are ballet legs going to be considered in routines?	They are considered in Transitions (Artistic Impression)
33. Will the hybrids and other components of the routine be included in the form for the qualification in the championship?	Yes, coach card is mandatory to enter and participate in a competition.
34. Who counts the number of hybrids?	The Technical Controllers ensure the set numbers of Elements for Routines are performed as per the rules. See AS 16.1 and AS 18.4.
35. How will the new judging be, will the panels change?	Please review AS 16 and AS 17.2. Two (2) panels of five (5) judges must officiate in all routines: one for Elements and one for Artistic Impression. Elements panel judges shall award one score for the execution of each Element (Free and Technical Required). Artistic Impression panel judges shall award three scores, one score for Choreography and Musicality, one score for Performance and one score for Transitions.
36. The mirrors in mixed duets are eliminated?	All requirements for Mixed Duet Tech and Free are outlined in Appendix III.
37. We are saying we don't want to limit creativity, but the Free Routines are no longer free because there will be penalties for doing more or less. This is hard for very creative coaches. How can we approach this?	There is much creativity to demonstrate in each of your uniquely choreographed free hybrids and all of the transition parts. As well acrobatics offer the opportunity to be creative. Artistic Impression is very important and athletes can demonstrate their excellence in choreography and musicality, performance and transitions. Our set numbers are no different from other technical-artistic sports (like figure skating) where the number of elements is set, but the athletes routines are choreographed to be creative and amazing!
38. Is there a trial period in which we can get used to this new method? Will we be able to send out a coach card with the routine videos to see if it makes sense? Also, would you recommend writing a routine from the rules, or rather build the routine like we used to and then cross check it with the new difficulty chart? What will make more sense?	We are in the trial method now. Coaches are encouraged to try the Coach Card. There have been opportunities at Super Final, and upcoming at Youth and Junior Worlds. Also, workshops being offered, and more training to come to prepare coaches. Connecting with a Technical Controller in-training from your Federation or Region would be ideal for everyone to practice. We would recommend writing a new routine using the new rules and difficulty table as your guide.



## PAQ Artistic Swimming - FINA Rule Proposal Q&A - July 28, 2022

Question	Answer
39. Do judges will make a different in the scores if coaches choose option A o B in an element?	No. Elements panel judges judge the execution of what is performed. The option chosen by the athlete affects the outcome. For example, if one Athlete chooses option A and another option B but they get the exact same execution score, the athlete who chose option A would have a higher sum for that element.
40. The youth will perform only two figures, right? Not 4 as the current rules?	Correct.
41. I have two questions: 1- if you select certain elements (A or B) for one competition, do you have to stick with those through the entire season? Or can you switch it up as the athletes improve in their skills? 2- Have there been any updates for masters rules and elements?	1 – No - You can change your Coach Card for each competition AND between prelims and finals.  2 – Masters rules to be confirmed (as of Jul 28)
42. Is there a reason that the figures draw has such a gap of time: 18 hours to 72 hours?	This is unchanged from current rules.
43. Can you do acrobatics during walk on?	Yes.
44. For an element, if a soloist goes from doing 2b (declared on Coach Card) to actually performing a 2a in competition, is that a zero even though it is still an actual element?	Yes – you must perform what has been declared on the Coach Card. It is important that coaches and athletes (especially soloists) understand this rule. Take advantage of adjusting the Coach Card with an athlete’s improvement event to event or prelims to finals.
45. it will be only 1 Judge counting the Synchronization error?	AS 16.1.2 There will be 3 Synchronization Technical Controllers (STC) who will record the number of synchronization errors (unequal actions) they observe during the performance of a routine. They will be seated on deck with a clear view of the pool.
46. For Youth Team Free it says "Total of 6 Free Hybrids and 3 Team Acrobatics (safety limit TBD). Required components (in any of the 6 hybrids): one (1) thrusting action and one (1) 720° rotation (R3), both performed fully synchronised." It says 720 rotation, not 720 spin. Can you clarify.	720° rotation (R3) means the spin descending 720 from Rotation Family Level 3.
47. Is there going to be webinars for the people that run the system??	Yes – once the scoring system is finalized and available appropriate training will occur.
48. Will there be changes to masters artistic swimming? If yes, what will they be?	To be determined. The FINA Masters Committee operates separate from the FINA Artistic Swimming Committees.

## PAQ Artistic Swimming - FINA Rule Proposal Q&A - July 28, 2022

Question	Answer
49. Do we need to get all, the same system (omega) or there will be versions for the other systems (colorados, swiss, etc)??	The plan is to make the same system available to all (cloud-based system).
50. Coach Card - is just available for tech controllers or will it be displayed for everyone??	This is in progress with the scoring system capabilities. The very detailed Coach Card will only be viewed by the Technical Controllers. Judges will have a screen that allows them to see what element/part is coming (not the DD) so they are prepared to judge execution. What the audience sees live/video stream is also in development.
51. Ballet legs fall under transitions?	Yes.
52. About hybrids difficulty: if the coach put for example: Thrust with Spin 720 (T7) in Coach Card and the athlete does Thrust with Spin 360 (T5), they suffer a penalty?	Yes – that hybrid receives Base Mark. See AS 18.3.


## ASIA Artistic Swimming - FINA Rule Proposal Q&A - August 13, 2022

	Question	Note / Comments / Answer
1	<p>Q1 - AS 4.2, AS 4.3, AS 4.4, AS 4.5 and AS 18.4, It says "In Technical Routine, Free Routine, Free Combination and Acrobatic Routine will consist of a predetermined number of Free Elements (Hybrids and Acrobatics),,,," AS 18.4 - "In all routines a two-point penalty shall be deducted from the Elements score for each element exceeding the predetermined number assigned to the particular event and category." Q: Can a routine put extra free elements (Hybrids and Acrobatics) besides predetermined number of Free Elements which described in Appendix II.</p>	<p>No, you will receive a penalty (2 points) for each element exceeding predetermined number and will not add any extra score.</p>
2	<p>AS 4.4, AS 6.2.3 and AS 13.3, AS 4.4 says "Free Combination: Preliminary / Final says "Free Combination has eight (8) to ten (10) competitors,,," , but AS 6.2.3 and AS 13.3 says "A Free Combination shall consist of at least four (4) but not more than ten (10) competitors. With a maximum of 2 male competitors included." Q: It doesn't consistent number of competitors in Free Combination between AS 4.4 and AS 6.2.3 and AS 13.3..... Four to ten or Eight to ten? Which is correct?</p>	<p>Four to ten. AS 4.4 must say 4 to 10, thanks for noting the mistake in the draft</p>
3	<p>AS 5.6 It says "For all other international competitions, the programme may be any combination of AS 4.1 – AS 4.3 so that the Free Routine is included."  Q: It seems AS 4.4 Free Combination and AS 4.5 Acrobatic Routine are missing. But really it should be "the programme may be any combination of AS 4.1 – AS 4.5 so that the Free Routine is included", shouldn't it?</p>	<p>Well, the meaning is that Free Routine has to be included, with Figures (12U and Youth) or Tech Routines (Jr and Sr). Free Routine Combination and Acrobatic to be included or not. Maybe the wording needs to be changed. Actually, non-FINA competitions may have whatever programme is decided by organizer, but there could be arguments by FINA side to accept evaluations of competitions depending on the programme.</p>
4	<p>AS 6.1.3 It says "In World Youth Championships, Continental and Regional Championships and FINA competitions each country shall be entitled to enter one Solo, one Male Solo, one Duet, one Mixed Duet, one Team and one Free Combination (unless otherwise specified)."  Q: It seems Acrobatic Routine is missing. ??? Can Continental and Regional Championships and FINA competitions each country shall be entitled to enter one Acrobatic Routine, too?</p>	<p>Acrobatic only for Junior and Senior Free Routine Combination only for 12U and Youth</p>
5	<p>AS 18.5 - additional required movement in Mixed Duet What is "Surface connected movements with travel"? Please give us some example.</p>	<p>Example hand-hand connection with propulsion.</p>

6	<p>AS 19.1 Calculation procedure for all routines:          What percentages of scores in each Panel for Tech and Free routines?          What percentages of scores in each figures and routines for Youth and 12 and under competitions?</p>	<p>No exact percentages, as no ceiling for difficulty, but factoring applied to Choreography-Musicality score (Ch-Mu) to keep Artistic Impression (AI) score over 45%.          Between figures and routines no exact percentage, always in relation with elements score (refer to example calculations).</p>
7	<p>AS 20.3 In case of ties .....          In new scoring system, there are only two panels; Elements and Artistic Impression.          If the the Elements score of the Free Routine are still the same, Artistic Impression score should be the same, doesn't it?          So, the tie breaking system need to reconsider .....??</p>	<p>You're right. Maybe we need to add to "If they are still the same, <b>the higher Ch-Mu</b> in Artistic Impression score shall decide". Needs your opinion and approval to decide if we answer or if we take time to decide</p>
8	<p>Scoring Program          How can national federations get FINA approved Scoring Program and Registering devices for Synchronization errors?</p>	<p>FINA is working with Omega/Swiss Timing on the accessible cloud-based system for all. More information to come.</p>
9	<p>Technical Controllers (Synchronization / Difficulty)          Will you plan to educate Technical Controllers before World Series 2023?          Will you make FINA Technical Controllers list as well as FINA Judges list?          What will be requirement or qualification to be a FINA Technical Controllers? Do they need to participate in a school and to take an exam?</p>	<p>YES to all!          Technical Controllers will be educated before World Series 2023.          There will be a FINA Technical Controllers list.          Requirement/qualification = successful completion of school (required course modules) and exam. The first group of Controllers is currently completing training – so the process will be defined well after this first cohort of training is completed.</p>
10	<p>AS 21.2 Officials          There are not needed a Chief recorder anymore?          Who will monitor/check Additional Elements in Technical Routines?</p>	<p>Technical Controllers</p>
11	<p>General Requirements #6 in Tech Mixed Duet Technical Routines, except Hybrid Connected action (Mixed Duet) and Pair Acrobatics, all movements should be performed simultaneously. Is it correct?          Swimmers don't need to perform required elements parallel?</p>	<p>Additional required #1 does not need to be simultaneous. Elements do not need to be performed parallel to judges platforms.</p>
12	<p>MIXED DUET Technical Routine Additional Requirements #6          What is hybrid connection in Mixed Duet?          Please give us example?</p>	<p>A connected action where the two swimmers are in apnea, not at surface. (see Difficulty Guide)</p>
13	<p>TEAM Technical Routine Additional Requirements #6          Can a routine have extra hybrids and Acro besides three declared hybrids and one Acro?</p>	<p>No</p>
14	<p>Team Required Elements #7          If a routine doesn't have a circle, is it no penalty. Correct?</p>	<p>Yes</p>
15	<p>On technical Routines, can HYBRID BOUNUSES apply to Required Elements #1-#5 and Additional Requirements ?          For example, when a swimmer perform SOLO Required Elements #1(1A) in last 20 seconds, is it's DD 2.7+(PL) ?</p>	<p>Technical Required Elements will not have Bonus added to the DD.          Additional Requirements may have bonus added (for example the Cadence in Tech Team).</p>

	Is my understanding correct that the BONUSSES which can add Required Elements #1-#5 is only (PL)?	
16	About "AS 16.1.2", do 3 Synchronization Technical Controllers need to be seated closely? OR do they need to be placed on opposite sides of the pool? Can they be seated with judges?	Ideally in opposite sides of pool but it depends on the deck and technology conditions.
17	Does STC record the number of synchronization errors they perform all of moves including deck movement?	Yes
18	The changes may be deemed necessary at the elite level, but it also brings about requirement for technological advancements, more technical officials, etc for local competitions, creating more barriers to entry specially nations where the sport is at a lower level. How do developing countries achieve conformity to these new rules?	Every federation can choose how to progressively roll out the system in their country. The system can be as simple as pencil and paper and a spreadsheet. The FINA innovation team is happy to give help and advice to every federation and share knowledge from other countries on how they can achieve success with implementing the new system.
19	<i>Is there a percent array of routine panels? It has been 30% EX, 40% AI, and 30% DI, but EL 50%, AI also 50%, 100 points, etc. Is there a percentage?</i>	No. Please refer to calculation example.
20	13-15 figures. How are the figures are drawn? By sections (Section A Groups 1, 2 / B Groups 3, 4 / C Groups 5, 6)? or by mixed groups (e.g. Section A Group 2 plus Section C Group 1, totaling 4 figures)?	First the section is drawn, then Group to be assigned to the drawn list of swimmers. Each swimmer performs 2 figures, not 4.
21	To seek clarifications on new figure session. I am confused by the number of 13-15 figures. Are there 12 figures in 6 groups categorized in 3 sections?	Correct – there are 12 figures, in 6 groups categorized in 3 sections.
22	Honestly, I'm not sure what to ask. I'm looking forward to hearing many things from this opportunity. But just one thing if there is a mistake in the coach card what will happen?	A difference in what is declared and what is performed (for example less rotations than declared) means that the Base Mark would be applied as DD. Altering the order of performance declared means that judges will put a zero.
23	Question about technical programs. In the difficulty guide, there is information that hybrids connected to a technical element will not be calculated as an additional difficulty. Does it make sense then to do them at all or not? Should the element be separate from the hybrid? If there are more than 2 hybrids in the technical program, will this be calculated as additional complexity?	Any hybrid connected with a Technical Required Element (TRE) does not add any difficulty. You can do for Artistic Impression (AI) purposes. The only hybrids with DD are those clearly separated from TRE, and only the amount set in Appendix III
24	How coefficient of difficulty (according to declared coach card) will be awarded to performed hybrids? And how will it be calculated in total result?	Please refer to calculation example.
25	APPENDIX III - Set Numbers of Elements for Routines -DRAFT Mixed Duet Free (Senior/Junior) -- The original as below: Total of 7 Free Hybrids (one of them must be a connected hybrid), 2 Pair Acrobatics: an overhead lift and a throw	<ol style="list-style-type: none"> <li>Overhead lift = One swimmer below surface pushing the other athlete up. This will be confirmed in Pair Acro information (Pair Acro Chart) in revised Acro Catalogue. We will ensure wording is consistent and accurate with the catalogue.</li> <li><b>AS 18.5</b> In Free Mixed Duet a half (0.5) point penalty</li> </ol>



	<p>Additional required "movements" for Free Mixed Duet: #1. Two (2) connected surface movements with travel</p> <p>My question:</p> <ol style="list-style-type: none"> <li><b>1. What is the "overhead lift" describe?</b> Head first? Over from the head of the swimmer below? Or others?</li> <li><b>2. What is the meaning - #1. Two (2) connected surface movements with travel, #1 means ? Two(2)?</b></li> </ol>	<p>shall be deducted from the <b>Artistic Impression</b> score for each of the additional required movements in Appendix III not performed (additional required movement - <b>Two Surface connected movements with travel; a 0.5 penalty shall be assessed for each connected movement not performed</b>).</p>
<p><b>26</b></p>	<p>In the Acrobatic catalog, pg 139 – Item 13. KEYS FOR CODE SYSTEM: - t-after H, means tuck position of support-swimmer Please elaborate. Does it means keep tuck position when support the featured swimmers?</p>	<p>t – after H, means tuck position of support-swimmer For example, in Group B Construction StHt = stack head down in a tuck position:</p> 
<p><b>27</b></p>	<p>AS 6.2.1 For Olympic Games, team routines shall consist of eight (8) competitors. The total number of competitors entered by each Federation (unless otherwise specified) may not exceed nine (9) competitors one as reserve. <b>*A maximum of two (2) male competitors can be entered.*</b> In the latest release on Olympic Qualification 2024, there are no mention of male swimmers, which is correct?</p>	<p>FINA fights for inclusion.</p>
<p><b>28</b></p>	<p>AS 6.2.3 For World Youth Championships, team routines shall consist of at least four (4) but not more than eight (8) and Free Routine Combination shall consist of at least four (4) but not more than ten (10) competitors. A maximum of two (2) male competitors can be entered.</p> <ol style="list-style-type: none"> <li>1. Any deduction for Team routines with less than 8 swimmers?</li> <li>2. Any deduction for Free Combination with less than 10 swimmers?</li> </ol>	<p>0,5 for each less of 8 in Team ONLY, not in Free Routine Combination.</p>

LEN Artistic Swimming - FINA Rules Q&A - August 18, 2022	
QUESTION	ANSWER
1. Basic Movement - Thrust Can you clarify when it says: " ... Thrust action are unique and allow for the legs to be up to an additional 15° off vertical line" Because in the chart it states from 0 to 30°. Should it be from 15-30° instead? It might be a typing error?	Yes, it should be 15-30° - this has been edited.
2. Free Combination is listed in <b>AS 6.1.4.</b> for World series, but in <b>AS. 5.5.</b> says The Free Combination is for Youth and 12 & under. Is this mistake in <b>AS 6.1.4.</b> or we will have World series for Youth too?	Yes, it's an error in rule AS 6.1.4 (this will be edited). There is no Free Combination in Junior or Senior events.
3. Is it correct that the lower scale for Hardly recognizable starts at 0.1? Or is this a typing error, and the scale should start at 0.25 or 1,0?	It's a typing error. Scale starts at 0.25. Hardly recognizable 1.75-0.25
4. Appendix V General Requirement 6 has no penalty connected to if you disregard this. Not needed? Why bother then?	It will. Rule 18.8.1 will include General Requirement 6. The revised Coach Card now has a row to declare the "Theme".
5. Please explain how an overhead lift is defined (Free Mixed Duet)	This was clarified for Asia. Overhead lift Will be edited to "Lift" (which is the word exactly as it appears in Pair Acro of Acrobatic Catalogue)
6. In Synchronization Guide is written that total of synchronization errors will be deducted from total score when in Draft General Rules (draft) is pointed that sum of synchronization errors will be deducted from Elements score. What is correct? As well as type of Synchronization Errors and penalty values are completely different between Synchronization Guide and General Rules (draft). Which values are correct?	Correct version is in the General Rules (draft) AS 18.6 where the sum of Synchronisation errors will be deducted from Elements Score. The the penalty values are: Small -0.1 Obvious -0.5 Major -3.0  The Synchronisation guide will be edited to match the rules.
7. <b>AS 8.3</b> – In 2 <sup>o</sup> paragraph refers to Appendix V (Appendix V - required elements for the free combination). Is it a mistake? Must refer to Appendix I, right?	It must refer to Appendix I – this has been edited.
8. AS 5.4 For World Junior Championships: Technical Routines and Free Routines in this order: Free Routines Preliminaries, Acrobatic Routine Preliminary, Technical Routines, Free Routine Finals and Acrobatic Routine Final (time limits as listed in AS 14) --> so no tech routine prelim AND final, just one "shot", but after, it's writing:	AS 5.4 will say:  <b>AS 5.4</b> – For World Junior Championships: Technical Routine Preliminaries, Technical Routine Finals, Free Routine Preliminaries, Acrobatic Routine Preliminary, Free Routine Finals and Acrobatic Routine Final. (Time limits as listed in AS 14). The final order of

<p>AS 7 PRELIMINARIES AND FINALS  AS 7.1 If there are more than twelve (12) entries in any Tech or Free Routine, Free Combination, or Acrobatic Routine, preliminaries shall be held. Only the twelve (12) best results shall be allowed in the official finals.  AS 7.2 If there are less than thirteen (13) entries in any Tech &amp; Free Routine, Free Combination, or Acrobatic Routine, preliminaries may be held.  AS 7.3 This information must be included on the information sheet (see AS 24.2.7).</p> <p><b>So the AS 7 does not apply for the junior?</b></p>	<p>sessions shall be determined by FINA and the Organizing Committee.</p>
<b>RULES</b>	
<p><b>1. AS 6.2.2. and AS 13.4</b> create confusion.</p> <p>So for World Championships and World Junior Championships for Acrobatic routine only 10 swimmers. If less- disqualification? And the same for other competitions if less than 8 = disqualification not penalty?</p>	<p>WC and JWC Acrobatic Routine must have 10 athletes if not, they are not even be able to enter that event in the entry system. For the rest of competitions the minimum required is 8 athletes, if not you won't be allowed to enter that routine in the event. Remember the rules are for FINA competitions. You can locally apply whatever you wish to consider, or modify and generate your own rules.</p>
<p>2. In <b>AS 6.3.</b> what does "sport entries" mean (swimmers doing the routine, or declared difficulty of the routine or something else)? Since in the first sentence of this rule Coach Cards are being mentioned, as well as in the last (third) sentence where is referring to modification of Coach Cards between preliminaries and finals... What are those modifications (modification of routine and what is in the routine – declared difficulty, or something else...sport entries)? And is this modification of Coach Cards between preliminaries and finals only due to medical reasons or not, or can there be any other reason)?</p>	<p>"Sport entries" is the procedure to enter athletes in a competition event. In FINA the GMS is used.</p> <p>Modifications of the Coach Card between preliminary and finals can be done to any of your declared difficulty content and is not for medical reason but for strategic reason. You might want to make it easier or more difficult in some aspects.</p>
<p>3. According to the rule AS 6.3 entry forms with completed Coach Card must be entered 14 days prior to competition and can only be modified between prelims and finals. Isn't it allowed to change the Coach Card of declared difficulty before the preliminaries? E.g. Countries that do not train together throughout the year, team meets for preparation camp only 2 weeks prior to major competition and basically all routine changes are made during this period. Is it possible to send a preliminary coach card and a final one e.g. 5 days prior to competition?</p>	<p>According to the rules this is not possible. It requires time to get everything settled and Coach Cards sent to the Technical Controllers so they can take their notes to be able to do their best work at the competition. If changes would be allowed, we can't control the confidentiality of the process.</p>
<p><b>4. AS 6.3.1 (about 2 reserves for Mixed Duet)</b>  Question: for mix-duet is there a difference in the gender of the reserve. It can be male and female? Or only 2 females? Or....?</p>	<p>Whatever the country wants to submit. It can be male and female, two males or two females.</p>

<p>5. In <b>AS 6.3.1</b> for Free Combination and Acrobatic Routine is stated that maximum 2 reserves can be entered. Both routine can have 4 to 10 competitors. If the routine consist of less than 10 competitors, is it possible to enter reserves (for example 7 swimmers are entered + 2 reserves)?</p>	<p>Careful. Rule AS 4.4 reflects now that a Free Combination has 8 to 10 competitors, but to be consistent and clear for the community we will change it to "4 to 10".</p> <p>But: Rule AS 4.5 reflects that Acrobatic Routine has 8 to 10 competitors.</p> <p>Then 6.2.2 says that for WC and Junior WC the Acrobatic Routine must have 10 competitors.</p> <p>And 6.2.3 says that for Youth WC the Free Combination is allowed to have 4 to 10 competitors.</p> <p>Make sure to understand this correctly.</p> <p>To your question: yes, in a Youth competition is possible to have 7 competitors and 2 reserves entered.</p>
<p><b>6. AS 8.5 or AS 13.12</b> – Don't talk about tattoos or bracelets or about the use off colored nail polish (mainly in figure sessions)? How to decide?</p> <p>22. In AS 13.9, 13.10, 13.11, 13.12 and 13.13 nothing is said about head pieces. Can swim caps be worn for the routines, as well as head pieces? Are there any conditions or limitations about swim caps (like part sticking out from the surface of the head etc.)?</p>	<p>If nothing is said then it's allowed. We will include in <b>13.12</b> a better description that explains that in all attire (Headpieces, swim caps, swim suit, jewellery, etc) no dangling pieces are allowed for safety reason (if a dangling piece get's lost in the middle of a performance, another athlete could inhale it and be very dangerous).</p>
<p>7. For acrobatics movement on deck work: it is still compulsory to have 1 contact with the floor? Or athletes can do acrobatics and piramids? Safety Issues where not taken into consideration?</p>	<p>Athletes can show their strengths in any way. Coaches are responsible to include in their walk-ons and choreography all those exercises/actions that they know their athletes can achieve safely.</p> <p>Ex: in Diving there are many different dives, but it is the coach who decides which of them suits their athletes – with safety as the first principle.</p>
<p>8. In <b>AS 12.3.4</b> If a competitor after the preliminaries in Duet or Team is not able to swim figures... in Team, the higher figure score of the two reserves is used to determine the total score for the team. Does this mean that higher score of reserve is taken automatically for determination of the total score of the team? Also does this mean that this reserve has to compete in finals and coach can't choose which reserve is competing (if he wants to choose reserve with lower figure score)?</p>	<p>1st question: Yes, it means that the higher score of the reserve is taken.</p> <p>2nd question: No, the coach can choose which reserve is competing in the final and the Figure score of that competitor will then be used to calculate the result of the combined score in the final.</p>
<p>9. In AS 16.4 and 16.4.1. it says "one or more judges". How many is more (2, 3, all...)?</p>	<p>The Referee after discussing with FINA commission will decide when to keep a competition running in order to be fair for the athletes result. They would decide what's the</p>

	minimum number of judges to have in a panel to continue with the competition event.
10. AS 20.3 If you get the same score, is there a tie for the particular place? The old rule is removed about this.	AS 20.3 describes the process if any decision needs to be taken to break a tie (to get into finals, qualification, etc). This is being edited to provide a better description of the process, and all tie-breaking steps.
11. AS 24.2.8 - Is the Gala mandatory for all competitions? What happens if you do not participate?	We need to be generous with our audience and understand that FINA marketing research says that the Gala works for the sport to grow fans and publicity. Many of our athletes have fun and it is a positive and celebratory way to finish competitions.
12. Cyclone – previously it was no. 436 (Oceanea being 437), now it's no. 437. Is this correct? And if yes, which number is Oceanea?	In Figures Library Cyclone Open 180° is 437 Oceanea is 438
13. Tech Routines: General requirement 6 refers to the same as Team required element 7 (everything needs to be done simultaneously). However, the penalty for general requirement 6 is 0.5 (AS 18.7.3), but for Team required element 7 it is 2 points (AS 18.7.4). Please clarify.	It doesn't refer to the same. General Requirement 6 states that everything must be done simultaneously except for certain specific things and Team Required Element 7 says that you may do a maximum of one circle. So you may do no circles or 1 circle, but if you do 2 circles, then a 2 point penalty will be applied.
14. In Tech team, could you confirm that the line and circle are not required anymore?	Confirmed. You will be able to do a maximum of one circle, but it's not compulsory anymore.
15. Do you think + or – 5 " is risky for a routine to get a penalty?	We don't think so. What would be unfair is to have a possible 30 sec difference between one routine and another now that we want to compare routines objectivity.
16. Will all judging start at walk-on or only "Performance"? There is no longer any definition when the rest of the judging should start.	The walk-on should be judged by the Artistic Impression judges towards their Performance score out of the three AI scores they have to give. The other two scores (Choreography & Musicality and Transitions) shall begin to be judged from when the music starts. We will try to put that clear in the rules.
17. The rules for free combinations are in two different appendixes (appendix 3 and appendix 5). In appendix 5 it states that at least two parts must have fewer than three competitors and at least two parts must have eight to ten competitors whilst appendix 3 states that only 1x solo hybrid, 1x duet hybrid, 3x	Yes, 5 Hybrids (1 for solo, 1 for duet and 3 for team) + 4 acrobatics are allowed in the routine.

<p>team hybrid. <b>To clarify this means that a total of only 5 hybrids are allowed in the routine?</b> In addition to these 5 hybrids, <b>is it free to do as many transitions as wanted with any number of swimmers</b>, as long as at least two parts have fewer than three competitors and at least two parts have eight to ten swimmers?</p>	<p>Notice that in Appendix V we will correct Required Element one and it will say: “At least two (2) parts must have fewer than three (3) competitors and at least two (2) parts must have all competitors.”</p> <p>Tip for coaches: With your Solo hybrid and Duet hybrid (if nothing else going on at the same time) you’ve already complete 2 parts of fewer than three competitors and with two team hybrids you already completed the two parts with all competitors. All the rest is completely free in Transitions.</p>
<p><b>APPENDIX III – Hybrids and applicable penalties</b></p>	
<p>1. In Free and Tech routines where the number of elements to be declared is stated, if a Walkout front, or any kind of similar movements (ex. Separated from hybrids, from Table Top, Pike position or inverted Tuck a high push and than a fast torpedo) are used as transition to move fast in the pool, would that be considered as a transition or as an element to be declared?</p> <p>If it's in the choreography will take the 2 points penalties for extra hybrid?</p>	<p>On page 2 in the Introductory Guide for the application of Declared Difficulty we have added a definition of what a Hybrid be considered.</p> <p>Please check: <a href="https://learning.fina.org/wp-content/uploads/2022/07/July_14_2022_Difficulty_Intro_Guide_v3.1.pdf">https://learning.fina.org/wp-content/uploads/2022/07/July_14_2022_Difficulty_Intro_Guide_v3.1.pdf</a></p> <p>So make sure what you described as transitions in your question, is not a hybrid according to the current definition because if it's a extra hybrid to those required it will be a 2 point penalty.</p>
<p>Hybrids: does a hybrid have to meet minimum requirements to be considered a hybrid? For example: if a thrust or small leg movement is inserted after a technical element of a solo/duet, is it considered as one of the two hybrids that can be inserted? Can extra hybrids be inserted? And if so, is the difficulty taken into account?</p>	<p>Refer to previous answer for Hybrid Definition.</p> <p>If that thrust is part of the TRE underwater breath, then it wouldn't be considered a compulsory free hybrid extra.</p> <p>Just the required TRE, Free Hybrids and Acrobatics that are stated in Appendix III for each routine can be done.</p>
<p>In the number of Free Elements of the Coach Card, in case the swimmer is doing a transition for the Artistic Impression score, with legs where the head is submerged for a few movements, for example: a fast side walkover, or a ballet leg followed with a swirl putting the head under the water and finishing with the head up again in an arched movement. If it's not declared in the Coach Card as difficulty, is it going to be penalized?</p>	<p>As mentioned above – as written in the difficulty guide: A hybrid is defined as having a combination of two or more movements performed with lower limbs with intentional apnea (head down under hips level). Horizontal movements along the surface with 1-2 lower limb actions that have consequential</p>



	<p>apnea (rolling over, kicking, etc.) are considered transitional movements.</p> <p>Any hybrid as defined in the guide (as cut and pasted above) will count as one of the required hybrids.</p>
2. Penalty for too many hybrids – but shall these be scored? If not, how do the judge choose what hybrid to judge (judges has no coach cards)?	<p>AS 24.1.4 does refer to a program sheet that the judges will receive from the OC for each routine.</p> <p>This program sheet won't have the declared difficulty but the PART column of the Coach Card, so they can follow the routine and give their scores. They won't score extra hybrids. Please try to avoid confusion of hybrids and everything will work well.</p>
3. Is there no penalty for less executed elements than stated in coach card?	<p>No – however if something is not declared, that requirement will get a zero DD, then a zero result for that non executed element. Conclusion: you penalise yourself by lots of points. And, if one whole element is missing as per set numbers (a hybrid or acrobatic) you add no value to your total – again penalising yourself.</p>
4. Appendix VI – It is more strenuous when swimmers under water a longer time. Is there any risk assessment done of this? Big safety risk for swimmers, pressed to prolong their stay under water!	<p>There's three different levels for Time Underwater to use. We trust in coaches knowledge to try the best for their athletes abilities.</p>
5. Appendix VI - Miss that what you do before does not increase the difficulty, for example a twirl creates more instability before a spin than starting from a stable VP. There are more examples.	<p>Appendix II. General Requirement 7 states that: Additional movements can be added immediately before and after (breath to breath) Required Elements #1 - #5. Those movements will not add any extra difficulty nor will be considered as the additional hybrids.</p> <p>So those movements will be judged and given credit by Artistic Impression Judges but will add no difficulty to the TRE. It's upto coach's strategy to decide what to do.</p>
6. According to Appendix II Technical routine clause 7: "Additional movements can be added immediately before and after required elements #1-#5. Those movements will not add any extra difficulty nor will be considered as the additional hybrid". Does that mean that all extra hybrids (including 2 mandatory hybrids) have to be performed separately from the	<p>Yes. Make sure it's understood that the number of Free Hybrids required is stated in Appendix III.</p> <p>When you wrote "that all extra hybrids (including 2 mandatory hybrid)", you need to understand <b>just</b> those 2 mandatory Free Hybrids are possible to do as what you</p>

<p>elements (and not before and/or after) in order to be marked in Coach Card and have extra difficulty in total result?</p>	<p>understand by extra, and yes, they should be performed separately from the TRE.</p>
<p>7. In Free team 4 team acrobatics are required for seniors, is there a rule regarding the number of acrobatics that must be performed by the whole team and the number of double acrobatics movement for example?</p>	<p>Team Acrobatics are defined as those with at least 4 athletes (3 base swimmers and one feature swimmer). This is being added to Appendix III. Please refer to the Acrobatic Catalogue as your key resource:  <a href="https://learning.fina.org/wp-content/uploads/2021/11/ACRO-CATALOG_AS_Innovation-Group_November_8_2021_light.pdf">https://learning.fina.org/wp-content/uploads/2021/11/ACRO-CATALOG_AS_Innovation-Group_November_8_2021_light.pdf</a></p> <p>Once you understand the definition of an acrobatic and your options, then choose 4 for your Free Team.</p> <p>Other actions with 2-3 swimmers is considered a transition.</p>
<p>8. About the choice of hybrid, is it correct that the choice is completely free, we do not have to include 1 hybrid from each family ? If a routine contains hybrid from the same family, is the lack of variety reflected by the Artistic impression panel?</p>	<p>Unless otherwise specified, a Free Hybrid is completely free. Yes, a lack of variety must be reflected in the 'Choreography and Musicality' score for the Artistic Impression panel.</p>
<p>9. How you translate in the coach card the hybrid performed by some swimmers and other hybrids performed by others at the same time. Do you include already the reduction factor based on the number of swimmers?</p>	<p>In page 3 of the Introductory Guide for the application of Declared Difficulty – General Principles f) explains how to declare that.</p> <p>Please check:  <a href="https://learning.fina.org/wp-content/uploads/2022/07/July_14_2022_Difficulty_Intro_Guide_v3.1.pdf">https://learning.fina.org/wp-content/uploads/2022/07/July_14_2022_Difficulty_Intro_Guide_v3.1.pdf</a></p>
<p>10. Is it correct that technical elements in all tech routines don't have to be presented in parallel to the judges seating/to the long side of the pool?</p>	<p>Yes.</p>
<p>11. What will happen if acrobatics or hybrids are more difficult than it is written on the Coach Card?</p>	<p>Firstly – it is important to understand the difficulty will <b>NOT</b> be upgraded. We very strongly ask that athletes do what is declared, and only make changes to Coach Cards between events as per the rules to reflect their improvement.</p> <p>The Technical Controllers will verify as per Rule AS 18.3 “All Free Elements (hybrids and acrobatics) have a calculated Base Mark (Appendix VI and VII) that is the minimum DD that will be applied if one or more components</p>

	<p>of the element <b><u>is not performed or is not in conformance to what is declared in the Coach Card.</u></b></p> <p>Example 1: An R3 (Spin 360-720) is declared but an R4 is performed (Spin 720-1080) – the R3 will be verified because it was completed in conformance to what was declared.</p> <p>Example 2: A s1 (somersault 360) was declared in an acrobatic but an s1,5 (somersault 540) was performed. The acrobatic will be verified because it was completed in conformance to what was declared (somersault 360 was completed).</p> <p>Through education we will make sure the community understands the process, and provide examples.</p>
<p>12. Does the penalty in AS 18.4 also apply if you do a “Hybrid” in addition to the required number and do not declare it on the coach card. So you are not expecting any difficulty for it but only added artistic value.</p>	<p>Yes it will have a penalty. No extra hybrids are allowed, declared or not declared.</p>
<p>13. Coaches’ card will be corrected in any situation?</p>	<p>AS 18.3. – NO - Just Base Mark will be recalculated by DTC if there’s an error in the declaration. Any other errors in family or bonus will bring you to the base mark of that element.</p>
<p>14. Who calculate the time of the hybrids? That they were performed correctly according to the coach card?</p>	<p>Difficulty Technical Controllers and their Assistants. Any doubts will be checked quickly with video replay. The DTC will organize their TC team in order to be able to do all duties correctly.</p>
<p>15. Unfortunately, we see a lot of teams that are too difficult for the level of the athletes; isn't forcing the inclusion of a 720 spin or thrust in a category 13-15 team a bit of a stretch? There is a risk of continuing to include elements that are too difficult at the expense of clean routines. Might it not also be an idea to include a maximum difficulty coefficient of pushes in youth categories?</p>	<p>First in regards to required components for Youth team as per Appendix III (one thrusting action and spin 720) – Thrust difficulty is choice, and a spin 720 is a development basic which through analysis is done by many teams already. Also remember this is set for FINA events – federations can adjust for developing athlete levels.</p> <p>Further, execution scores will be really defined and clear, so achieving risk in difficulty that athletes may not be able to execute correctly,</p>

	can harm your final score for that hybrid or acrobatic. Coaches will need to use the best strategy for their athletes.
16. The material is in itself not very clear on how to set the degree of difficulty for hybrids. Will there be further written descriptions of this, or will there only be videos?	Yes, education and resources are continuously in development to be shared for everyone in addition to the documents and videos that have been posted by FINA: <a href="https://learning.fina.org/coaches-officials-artisticswimming/">https://learning.fina.org/coaches-officials-artisticswimming/</a> <a href="https://learning.fina.org/coaches-education-artistic-swimming/">https://learning.fina.org/coaches-education-artistic-swimming/</a>
<b>LINKS to DD Guide or Acro...</b>	
1. In DD if a thrust has a Twirl/or Spin but end with crashing which is the correct level?	This will be updated in the Final Introductory Guide for Application of Declared Difficulty. The decision is that the DD level comes from what is done during the maximum airborne weight, so in the example you send us, it would NOT be a T1, but a T3 or T4.
2. I couldn't find an explanation what a Swirl is.	"...Swirls (rotation performed in a pike position or other positions where body is not aligned with its vertical axis)." Page 6 in the Difficulty Guide: <a href="https://learning.fina.org/wp-content/uploads/2022/07/July_14_2022_Difficulty_Intro_Guide_v3.1.pdf">https://learning.fina.org/wp-content/uploads/2022/07/July_14_2022_Difficulty_Intro_Guide_v3.1.pdf</a>
3. How will twist 1080° below the knees be considered by the Technical Controllers and the Execution Panel?	Execution judges take height into consideration as a main component for their execution score.  From a Technical Controller perspective – it would be verified as complete because unless at the ankles the twist is accepted – See page 7 of the Introductory Guide for the application of Declared Difficulty:  "Twisting (any amount) or Twirling at the ankles (not considered as spin ending) will be credited as per number of movements".
4. If high level of difficulty is declared but executed poorly will any penalties or deductions be applied? E.g. declared 10 continuous spins but 8 out of 10 performed at ankles (obviously Execution will be reduced) but amount of time underwater is automatically increased and level of difficulty comparing to those who for example performed 5 spins but with solid technique and even distribution of height is significantly higher. Will these swimmers	Let's use a more realistic example tied to the Hybrid Table: Say a R5 is declared for a spin descending more than 1440° (more than 4 full rotations) but there are 2 full rotations done at the ankles by the athlete, then the Technical Controllers would flag that skill and advise the

<p>still be awarded for it or should level of difficulty be in direct relation with athletes technical level?</p>	<p>Referee that the Hybrid goes to Base Mark since an R5 was not performed.</p> <p>As noted above - page 7 of the Introductory Guide for the application of Declared Difficulty says: "Twisting (any amount) or Twirling at the ankles (not considered as spin ending) will be credited as per number of movements".</p> <p>Elements judges will also take that "drop" in height/spin levels into consideration for their execution score.</p>
<p>5. If a team hybrid has parts that are executed by only some of the swimmers at different times (for example 4+4 or 2+2+2+2) how is it marked on the coach card?</p>	<p>Page 3 of Introductory Guide for the Application of declared Difficulty. In General Rules f) it explains how this procedure would be.</p> <p><a href="https://learning.fina.org/wp-content/uploads/2022/07/July_14_2022_Difficulty_Intro_Guide_v3.1.pdf">https://learning.fina.org/wp-content/uploads/2022/07/July_14_2022_Difficulty_Intro_Guide_v3.1.pdf</a></p>
<p>6. Lifts: does the underwater construction have to be the same as in the new regulations? For example: group C #5: I have always constructed the base differently, i.e. two push the person where the flyer starts and 3 push the other person where the flyer will have support; does this change the difficulty coefficient of the lift?</p>	<p>It doesn't influence the value. You can push whatever you want. The main thing is to have (for example C#5) 2 formations (ie. "pushing/throwing" formation which can consist of 2-5 and second formation from 2-5). The number of "laying support swimmers" matters. Firstly: for the construction's value and secondly for the bonus.</p> <p>At this moment the value for "small formation" (such as 3 pushers) has the same value as a "pair" pushers. The system was created flexible to allow coaches use their own techniques and methods to achieve great execution of the acrobatics.</p>
<p>7. Where can we find / when do we get the DD values for the difficulty table.</p>	<p>They are in page 22 and 23 of the Introductory Guide for the application of Declared Difficulty:</p> <p><a href="https://learning.fina.org/wp-content/uploads/2022/07/July_14_2022_Difficulty_Intro_Guide_v3.1.pdf">https://learning.fina.org/wp-content/uploads/2022/07/July_14_2022_Difficulty_Intro_Guide_v3.1.pdf</a></p>
<b>TRANSITIONS &amp; AI</b>	
<p>1. What do you mean about transitions? Only strokes, propulsions?</p>	<p>Anything that is neither a Free Hybrid, a Technical Required Element or an Acrobatic.</p>
<p>2. In the Elements for Routines, the 2 connected surface movements, has to be one followed by the other? Where can we see some examples?</p>	<p>You may see some examples here for breathing connections in Transitions:</p> <p><a href="https://vimeo.com/641944961/23f6525b63">https://vimeo.com/641944961/23f6525b63</a></p>

<p>3. Appendix VI - Is there no difficulty score for double arms? The degree of difficulty only refers to hybrids. How will difficulty in arm sequences count? And transitions? Does eggbeater double arm section have any value of difficulty? If yes how long it has to be performed and marked in the Coach Card?</p>	<p>Difficulty/variety in Transitions will be taken into account by Artistic Impression Judges in their Transitions score. After the judges tested during virtual ASWS it was decided that difficulty of transitions will be a next step, right now only the artistry of transitions will be evaluated.</p> <p>Transitions are not declared in the coach card, just the reference in PART column that there's a "Transition" (TRANS) going in that specific time.</p>
<p>4. Could you be more specific for the performance score's items? Will there be a percentage for each item in Artistic Impression?</p>	<p>Coming soon will be more details in the Manual for Coaches, Judges and Referee.</p> <p>There will be no percentages for each item in Artistic Impression. Please review the examples provided. Factoring will be applied to Ch-Mu score to guarantee AI score does not fall under 45% of total score. Factoring is a best practice also used by Figure Skating.</p>
<p><b>SYNCHRO GUIDE</b></p>	
<p>1. If synchro errors are done on paper and the three controllers are averaged - what exactly is averaged? The number of small, obvious and major errors or the calculated amount of penalty points by each controller?</p>	<p>In page 6 of the Introductory Guide for Scoring Synchronisation you will find an example:</p> <p><a href="https://learning.fina.org/wp-content/uploads/2022/03/25_01_2022_Synchronisation_Intro_Guide_v1_Jan_2022.pdf">https://learning.fina.org/wp-content/uploads/2022/03/25_01_2022_Synchronisation_Intro_Guide_v1_Jan_2022.pdf</a></p>
<p>2. Will synchronization errors be counted by every asynchronized movement or by an entire hybrid/transition (e.g. a hybrid is completely forgotten by one of the swimmer will it be considered as one (1) major error, or all major errors according to the number of performed movements?)</p>	<p>In page 2 of the Introductory Guide for Scoring Synchronisation it's written: 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).</p>
<p>3. Video use will be the control of big mistakes but also many medium or small mistakes would need checking point. Is it possible to be done?</p>	<p>If the Referee considers to check, they may do so, but is mainly required for Major errors.</p>
<p>4. Synchronisation fault, do we have an "oops it was not a synchro fault but just the beginning of a joined action and the duet doesn't perform the same thing at the same time" button? Is there a possibility to make corrections with the gadget or app?</p>	<p>It's a matter of learning how and when to press by educating and practice. Technical Controllers will be asked not try to anticipate but react with clear decision of what they see with no rush. Also, Technical Controllers shall</p>



	watch practice – so they will have previewed routines and understand the choreography.																																												
<b>FIGURES &amp; YOUTH</b>																																													
<p><b>1. AS 11.3</b> – In the figure competition for the 12 and Under age category if the competitor doesn't perform the correct figure, we have to see the video after allow the competitor to perform the figure again? Is confusing when previous read 11.1 and 11.2.</p>	11.2 says that the video <b>may</b> be revised. This means that if there's any doubt the video can be used to make the decision in any case.																																												
<p><b>2. AS 8.4:</b> How does this work? Do we split up the swimmers, so they swim different figures? And only 2 each? How will this be calculated towards the final result? And how does figures count in free combination, if the swimmers choose to do figures?</p>	<p>AS 8.4: Nothing changes for 12 and under.</p> <p>For Youth Category let's check an example:</p>																																												
<p>3. In the Youth category each competitor in Solo, Male Solo, Duet, Mixed Duet, and Team must perform a group of two (2) figures from the set of figures drawn from the list described in the Appendix V of these rules. Question: what does the "set of two groups" means?</p>	<p>We have <b>221 competitors</b> for the Figure event in a Youth Competition. Appendix I Youth Figures has the following:</p>																																												
<p>4. I'm not sure I totally understand the organisation for the figure youth, they choose the group from the section A, B or C, for example group 1 section A (so they do flamingo blabla, and cyclone blabla)? Can we please have a clear example of how the 13-15 figures would be done?</p>	<table border="1" data-bbox="951 720 1507 1157"> <thead> <tr> <th>Group &amp; Figure #</th> <th>Figure Name</th> </tr> </thead> <tbody> <tr> <td colspan="2"><b>Section A</b></td> </tr> <tr> <td colspan="2"><b>Group 1</b></td> </tr> <tr> <td>140g</td> <td>Flamingo Bent Knee, Twist Spin</td> </tr> <tr> <td>437</td> <td>Cyclone, Open 180°</td> </tr> <tr> <td colspan="2"><b>Group 2</b></td> </tr> <tr> <td>308h</td> <td>Barracuda Airborne Split Spin Up 180°</td> </tr> <tr> <td>407</td> <td>Swordfish Straight Leg Ariana Rotation</td> </tr> <tr> <td colspan="2"><b>Section B</b></td> </tr> <tr> <td colspan="2"><b>Group 3</b></td> </tr> <tr> <td>356f</td> <td>Whip Continuous Spin 720°</td> </tr> <tr> <td>441</td> <td>Saturn</td> </tr> <tr> <td colspan="2"><b>Group 4</b></td> </tr> <tr> <td>352</td> <td>Venus</td> </tr> <tr> <td>240i</td> <td>Albatross Spin up 360°</td> </tr> <tr> <td colspan="2"><b>Section C</b></td> </tr> <tr> <td colspan="2"><b>Group 5</b></td> </tr> <tr> <td>144</td> <td>Rio Straight Leg</td> </tr> <tr> <td>421</td> <td>Walkover Back Closing 360°</td> </tr> <tr> <td colspan="2"><b>Group 6</b></td> </tr> <tr> <td>440d</td> <td>Ipanema Spinning 180°</td> </tr> <tr> <td>311j</td> <td>Kip Combined Spin</td> </tr> </tbody> </table> <p>Step 1: In the 72h to 24h prior to the start of the Figure Competition, there will be a draw for Section A, B or C. <b>Let's say we did the draw and came Section A.</b> So we know the competition will have Group 1 and Group 2 of Figures.</p> <p>Step 2: We will now do the draw for the start list 1-221.</p> <p>Step 3: We will now divide the start list in two groups. 1-111 (because if it's odd number it's said in the rule that first group will have the extra athlete) and the other 112-221.</p> <p>Step 4: We will have another draw to designate Group 1 or Group 2 of Figures (to either 1-111 competitors or 112-221).</p> <p><b><u>Final result:</u></b></p>	Group & Figure #	Figure Name	<b>Section A</b>		<b>Group 1</b>		140g	Flamingo Bent Knee, Twist Spin	437	Cyclone, Open 180°	<b>Group 2</b>		308h	Barracuda Airborne Split Spin Up 180°	407	Swordfish Straight Leg Ariana Rotation	<b>Section B</b>		<b>Group 3</b>		356f	Whip Continuous Spin 720°	441	Saturn	<b>Group 4</b>		352	Venus	240i	Albatross Spin up 360°	<b>Section C</b>		<b>Group 5</b>		144	Rio Straight Leg	421	Walkover Back Closing 360°	<b>Group 6</b>		440d	Ipanema Spinning 180°	311j	Kip Combined Spin
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	<b>1-111 will do Figures from Group 2, 308h and 407, while competitors 112-221 will do Figures from Group 1, 140g and 437.</b>
<p>5. Concerning figures, in the youth category the athlete draw list will be divided into two equal groups - 1 and 2, and one of the two figures of the drawn set will be assigned by lot to each athlete group (1 and 2). Does it mean the duet swimmers may swim not the same figure?</p> <p>Taking into concern that panels are not always using the same scale, couldn't this be a problem to compare different participants?</p>	<p>Yes it means that a swimmer may not swim the same figures as their duet partner.</p> <p>We will try and do the best in education for judges if we understand this happens, but we can't base the rules taking into account judges possible mistakes. Also chance/risk is part of sport.</p>
<b>SCORING SYSTEM</b>	
<p>1. Will FINA release an affordable scoring program for federations and clubs? If yes, when and how much will it cost?</p> <p>Will FINA release any technical equipment to assist federations/clubs with how to measure and judge synchronisation errors?</p> <p>How we can use Synchronized system? Is this system ready for us at local level?</p> <p>When will FINA publish the guidelines/template for the new scoring system for all Federations and Continental Organisations.</p> <p>How much will it cost to purchase a license from swiss timing?</p> <p>What happens if a federation/area has a conflicting scoring partner? Will the system be accessible to conflicting scoring partner.</p> <p>Will the programme be adaptable to allow it to be tailored to local rules.</p> <p>What is the process and criteria for FINA to approve the scoring system. Rule: 24.1.8</p>	<p>FINA is working on a cloud-based scoring system.</p> <p>All equipment will be included in this cloud-based system.</p> <p>Once it's approved and available to all, and applicable training will occur.</p> <p>As soon as we have more information to tell - we will share with the AS community.</p>
<b>HOW TO OPERATE</b>	
<p>1. AS 16.1.1 There will be 1 Difficulty Technical Controller (DTC) and 2 Difficulty Assistant Technical Controllers (DATC).</p> <p>What is the difference between a DTC and a DATC? Is the DTC taking responsibility/decision like a "head of the panel" in case of a disagreement?</p>	<p>The DTC will be the coordinator of that three person team. They will be in charge of distributing the work to focus on and reporting to the Referee.</p> <p><b>For example:</b> In a Free Duet Routine they will decide to designate: One DATC to check timing and number of movements.</p>

	One DATC to check bonuses and pair acro And DTC will check the families DD declared.
2. AS 21.2 There is no assistant referee among the required officials in routine sessions. But yet there is duties on the Ass.Ref (AS 13.10 + AS 23.1). Did FINA miss Asst. Ref in routine sessions?	AS 23.1 explains there can be other officials to assist the Referee in those duties assigned by them. In FINA competitions it is not necessary that FINA has to nominate an Assistant Referee as part of the officials required, but the Referee is allowed to designate judges to assist them as Assistant Ref.
3. AS 23.2 Why is the role of Chief Recorder removed and the work load moved to the referee? Is this practical in all kind of competitions?	For FINA events duties will be covered by the Referee and the data operator.  Each Federation or Continent may organize their competition with or without a Chief Recorder. This is up to each to make their decision for their competitions.
4. When Technical Controllers will need to check something on video. Will it be checked right after the routine is swum? And if they have to go to BM, will be BM be calculated just at that moment?	Yes, in FINA events, it will be right after the routine.
5. Will there be no separate rules for junior swimmers? Only that they can choose to do the easier elements (A/B)?	Correct - no separate rules.
6. How is it possible to make a protest in the future: GR-rules tell that a protest can be done only against the decision of the referee. If now the referee is not making the decisions alone -can the protest done or not? If the final decision is always from the referee- where is the need to have the group of people to watch the video?	Protest still goes to the Referee. To be transparent, efficient and able to discuss their rationale, the Referee will have the help and advice of the FINA TASC commission/FINA delegate and evaluators. We have a 3 person decision and validation criteria in all areas. It brings fairness and transparency to the sport: 3 technical controllers for Declared Difficulty and 3 technical controllers for unequal errors (synchro).
7. The Referee is now to coordinate many decisions with the commission. Why is the Referee's mandate more limited?	AS 22 has up to eleven responsibilities to make sure the competition runs smooth. Sport events are getting bigger and bigger and it helps to have others supporting.
8. In some competitions walk-in is accompanied with music from the OC. How will this be regulated when walk-ins now are judged. Music has to fit to the walk-in-program and also be fare to all participants.	We can't forget we need our championships to be attractive so sport presentation group will have to take this point into account but still keep up the attraction of audience.

<p>9. Can a person be in the same time in the list of FINA judges and FINA Technical Controllers? For example: at World Series a person is a tech controller but next competition (let's say) World championship she/he is a Judge?</p>	<p>Yes.</p>
<p>10. At the top beginning, for the first competition, could we have a supervisor to help the coaches (hot line) to fill the Coach Card and to help the Technical Controllers to understand the Coach Card ?</p> <p>Which score or % value have components of Bonus family?</p>	<p>The FINA Innovation Group and FINA Coaches group will be happy to help any coach that needs advice.</p> <p>The Bonus has no %, you just add the DD value each bonus has. Please refer to the difficulty guide: <a href="https://learning.fina.org/wp-content/uploads/2022/07/July_14_2022_Difficulty_Intro_Guide_v3.1.pdf">https://learning.fina.org/wp-content/uploads/2022/07/July_14_2022_Difficulty_Intro_Guide_v3.1.pdf</a></p>
<p>11. How often the Appendices for Hybrids and Acrobatics will be updated with new elements added (as long as our sport continues to develop)?</p>	<p>Each season. After all FINA events finish each year, we will review and adjust.</p>
<p>12. What is the procedure to apply for new elements in the Guide and Acro catalog? Prior how many months? To send the video? How?</p>	<p>Send to FINA office video and proposal 3 months before you need to declare. This will be outlined clearly.</p>
<p>13. How we can conduct our "inner" (club, regional) competitions? We can invite FINA controller? We can use our owner controllers?</p>	<p>We have begun our first FINA Technical Controller Training and just like Judges there will be schools and exams after we evaluate our first educational webinars. There will be more schools planned for the future.</p> <p>Our expectation is that the current group of tech controllers that are being trained will also help educate in their countries and others if required.</p> <p>On the other hand, each country is free to work out their inner competitions with their rules and try and prepare their own controllers for their competitions, the same procedure as they do to educate coaches and judges.</p>
<p>14. The Tech Controllers should have access to the Coach Cards how long before the competition? This will be sent by the organization or the Referee?</p>	<p>They will be sent by FINA office and yes they will get them in advance. Can't say yet exactly when before.</p>
<p>15. In Tech Routines if the judges don't have the lists of the selected elements for each routine, how do they know if it's a zero or if they are correct?</p>	<p>Judges don't give zeros for non-TRE, it's technical controllers who checks TRE. Judges will get a plan of the routine ("program sheet")</p>
<p>16. The judges from the Elements panel, in Tech, will have the information about the Coach Card, so they can know what elements are going to judge?</p>	<p>As said before, they will get the "program sheet" for each routine.</p>

17. Will judges have a list of the upcoming elements/ hybrids on their "boards"?	As said before, they will have the PART column of the Coach Card.
18. The 2 panels (elements and artistic impression) will be displayed on both sides of the pool, one panel for each side, or mixed?	Under discussion and to be confirmed. Will be included in the new operational manual.
19. FINA reserves the right to adjust the components assigned to each category as required." - Congress/TASC decision for each change?	TASC decision, after data collected and analysed.
20. When will we receive videos for new elements and figures?	FINA is working on videos - perfect level of execution animations. Coming soon.
21. What is the first international competition with the new system?	FINA competitions: first after 1st January 2023. Planned to be the World Series.
22. It is written judges will be informed when a hybrid will start. How will they be informed?	They will have the routine "program sheet".
23. Regarding the result forms (printed and published): are the expected to include all judges' marks (EL and ART) and only summary penalty amounts OR all judges' marks (EL and ART) including detailed penalties, factorizations on elements and synchro errors?	FINA is working on that.
<b>QUESTIONS - WHY?</b>	
1. Why a new scoring system?	One of the main goals: OBJECTIVITY Athletes, coaches, judges and fans need to receive fair answers to their efforts. If we manage to extract objective data, the sport will grow and be able to communicate and be attractive. Compare, have records, ...
2. Regarding how you calculate the results. What is the thought behind the weighing of the different panels? E.g. why is Cho+Mu weighted 1.75 and Raw Elements only 0.5? isn't it at least as important if not more that the elements are performed correctly? Especially because the example you provided in the PAN summary was about a technical routine. How were the factors chosen? And will the same factorization (Acrobatics 0.5 and Cho+Mu 1.75) be used in the free routines?	Artistic Impression panel have a ceiling score while Elements panel doesn't. This is why we need a multiplying factor that corrects and gives balance so we make sure AI has at least a 45% weight of the final score. TRE have been decided to keep their DD value according to previous calculations based on NVT and again to make the whole system work, mathematicians have advice for the factors to be applied. This happens in many of the other sports in which we have supported, i.e Ice skating. Real experts in scoring system changes have advised and helped so much.
3. Why limit to only 2 men? Why not leave it open, like in LEN competitions?	Let's go step by step. FINA is fighting for inclusivity.

<p>4. What is the main reason for Youth will only perform only 2 figures?</p>	<p>Different system. Athletes need to be well prepared for 12 figures in the same level of importance and when arriving to the competition chance, which is part of sport, will enter. We must not forget, an important part of sport is audience to watch and the Figures event is not attractive right now. We are conscious technique is important in this age and the event is necessary, but needed to be more dynamic.</p>
<p>5. Why are studs now accepted? Safety issue!</p>	<p>They are pieces that are very difficult to remove.</p>
<p>6. Why is the walk-on time limit differentiated?</p>	<p>Number of athletes and possibilities for mixed duet to show difference.</p>
<p>7. Why two different scales of scores? One figure scale (0,10 base), and one music scale (0,25 base).</p>	<p>Figures are performed just in front of judges, one by one, nothing happens in between, all under precise description. Routines are a different story (can be far, close, solo, team, lots of movements changing position). Discussions are always in terms of high, mid, low.</p>
<p>8. Element judges are to judge up to 11 execution scores (Mixed Duet Free Jr/Sr) in 2:45 min. Today's maximum is 5 scores. Too much (judging + notes + entering score)?</p>	<p>But the new system is so much easier for judges - no decisions about exact matching (zeros), not judging synchronisation or difficulty, not pressed to decide tenths.</p> <div data-bbox="958 1249 1477 1449"> </div>
<p><b>WORLD RANKINGS</b></p>	
<p>1. Can you explain the idea/logic behind the world ranking points system and this determining the order of swimming?</p>	<p>Our sport is growing in a new direction. It needs to be celebrated. The spirit of the world ranking is ONE to reward athletes and give them world rankings and TWO to increase the attraction of fans, social media, TV broadcast, etc.</p>
<p>2. <b>AS 13.7.</b> All routine events shall be entered according to the World Ranking. The competitors will then be divided into draw groups of 6. The 6 competitors in each grouping will be allotted their start number by random draw with the draw proceeding with the lowest ranked entries drawing for the first group of 6. This contradicts your document 11-AS-World Rankings as this</p>	<p>Correct one is AS 13.7. We will edit 11-AS-World Rankings document.</p>



<p>one states that the country with the highest gathered points will start last.</p>	
<p>3. Ranking it is for 2 years, but next 2 world championships are in 1 year and then 6 months. And the one on 2024 will be a qualifier for duets. We want to understand if this ranking will Go on from when to when exactly. And if it's tech duet and free duet all together.</p> <p>What is the season as the period covered is September 1, 2022 to August 31, 2024 (so two seasons?). How does this work with a World Championship in July 2023 and another 1 in February 2024?</p> <p>In the first paragraph it's said: "The FINA World Ranking will cover two year periods The first period will be 1st September 2022 to 31st August 2024." And at the end of the document: "Following the current season's World Championships, the results from the previous season are deleted". (How is this point going to be applied in 2023 and 2024, considering that there are 6 months between the 2 of them, and the importance of Doha being the Qualifier event)</p>	<p>Points start to be collected from 1st September 2022 and will go to 31st August 2024. Then it will start from zero again (Sep 1 2024). When we get to the World Championship, the ranking at that moment will be the one used for the draws.</p>
<p>4. Each Solo, Male Solo, Duet, Mixed Duet, Team Technical, Free &amp; Acrobatic Routine will be awarded a world ranking. The ranking is established by combining the scores per category. (What does category mean? Is it referred to Solo family for example? Or Duet family? Meaning technical and free together? If so, which is the reason for it to be combined when at the World and other FINA events the results are not combined?).</p>	<p>Yes, the Category would mean the Event: Solo, Duet, Mixed Duet, Teams</p> <p><b>If we look at the example:</b>  If XYZ places 1st in solo tech and 3rd in solo free, they will get: 10 + 8 points for solo. If this is in WCH the total will be 18 x 3 = 54 points for the solo category for XYZ.  Combined scores means adding the points from the result obtained in the technical routine to those points obtained from the free routine result.</p>
<p>5. Solo athletes, duet, and mixed duet partnerships and their respective reserves must be declared at the beginning of each season. A new partnership starts with zero points — there is no transfer of world standing points for soloists, duets and mixed duets. If a new soloist is selected, a duet/mixed duet formed then previous solo ranking and duet/mixed duet ranking will be removed from the World Ranking (If it's only possible to declare 2 partnerships and the reserve, what happens in case there were 2 different pairs of athletes in the Duet events (4 athletes in total or 6, if counting the reserves? 2 athletes for Duet Tech and 2 different ones for Duet Free, as it's allowed at the FINA events)</p>	<p>We understand there's some uncertainty so we will work on having clearer information coming forward in following months.</p>
<p>6. Junior and Youth Categories have no Fina legs? What is planned for those categories?</p>	

<p>If you have one athlete swimming solo free and one athlete swimming solo tech, will the scores be put together for this category?</p> <p>If one swimmer swims solo in junior category then changes to senior level the following year but a senior is better than this person to be the solo or the reserve of the already existing senior solo, do we have to restart with the ranking or what is foreseen for this case? Does the ranking of the junior worlds count for the ranking senior?</p> <p>Is it possible to enter one duet free and one duet tech (with different swimmers) and add the scores?</p> <p>Why are the scores in soloist/and duet per person and not per country like for the team? What is the thought behind that?</p> <p>A lot of factors in this paper are penalizing countries that cannot participate in all the legs (weaker country or one that doesn't have the means) to gather points. What is the thought behind this?</p>	
<p>7. The points go to the National Federation. For a solo and (Mixed) Duet can a federation only declare one routine per category per season? This seems to be the case based on the sentence that if a new solo/partnership is selected it will start with zero points.</p>	
<p>8. Qualification for Duets, will it be with first round and second round like for London 2012 or Rio 2016, or without second round like for Tokyo.</p> <p>Cause it will make a lot of difference in between the countries close to the qualification for Paris, the order of appearance for duets.</p>	<p>Please refer to the Paris 2024 qualification document "QUALIFICATION SYSTEM – GAMES OF THE XXXIII OLYMPIAD – PARIS 2024"</p> <p><a href="https://www.fina.org/competitions/paris-2024-artistic-swimming-info">https://www.fina.org/competitions/paris-2024-artistic-swimming-info</a></p>
<b>SCHOOLS</b>	
<p>1. Is there any courses for those who would like to become an Evaluator and what list of requirements to become an Evaluator?</p>	<p>TBA by FINA.</p>
<p>2. How will be done the evaluation for Judges and also for Technical Controllers?</p>	<p>More info coming in the future on evaluation for Judges through the Schools. Regarding Technical Controllers, easy to detect every competition. N° of protests received could be something to have in mind.</p>
<p>3. Acceptable deviation of the tech controllers will be checked in which way?</p> <p>Any mistake on the recognition of the coach card done by the tech controllers how can be detected?</p>	<p>We have 3 Technical Controllers for Synchro errors in order to validate decisions and we have 3 Technical Controllers for difficulty to make sure decisions are taken in the right direction. Difficulty TC when a routine needs revision, will inform the Referee. The Referee together with FINA Commission/Delegate - check.</p> <p>After that if there's a review request process stated in AS 18.10</p>

4. The FINA Judges have to do a Certification School about the New Rules, to remain on FINA List? This can be done online?	Yes certification school as always at beginning of quad, not online.
5. FINA will have a Manual for Judges, Coaches and Referees as before?	Yes.
6. Walk-on can be up to 15% of the total time. How to way this compared to the water time?	Is not comparable, is just one more judging point in Performance mark.
7. When will be the dates of the FINA schools published. It's important to know in advance for planning national schools afterwards.	Information will be sent by FINA office and posted in website. They start in November.
<b>MASTERS</b>	
1. Will there be new masters rules? Currently it looks like it is the same as the previous. Will these rule changes affect the age category of the Masters? If so, which ones?	Masters Rules are the responsibility of the FINA Masters Committee.

**Draft FINA Rules 2023-2025 Q & A South Africa  
22nd August 2022**

Questions	Answers
Appendix II – n <sup>o</sup> 7: does this refer to add-ons to elements	Yes, it refers to those extra movements done during the same apnea (time underwater) of the technical required element (TRE). You are allowed to add extra movements before or after a TRE but they are not added to the Coach Card and won't add any extra DD. The additional actions are considered in Artistic Impression.
If a swimmer chooses technical required element A, must all elements be A or can some be A and some B?	No. They choose each technical required element (TRE) according to their level of execution. For example: a Senior soloist could choose TRE1a, TRE2a, TRE3, TRE4b, TRE5b, and a Junior soloist could choose exactly the same or different (except TRE3 because there is just one option for this element).
Tech team: MAY contain max 1 circle so not essential	Exactly. It may have none or 1 circle, but if 2 circles it will get a penalty of 2 points.
Appendix III Senior Free Solo: 7 free hybrids set number (ie no more/no fewer). Free team: only 7 and 4 acro confirm?	This is correct for free routines. The new system compares “apples with apples” in that there is a set number of elements that can be declared. It is the content declared in each element that is free choice.
AS 4.1 and 8.3 MUST (solo duet and team) and MAY (combo) How does this affect calculations? If combo comprises swimmers from youth and 12&u, are figures required?	This hasn't changed. The Combo is always free of the Figure calculation, it's been always a routine calculation with 100% routine result. What is meant to be understood is that those athletes that just swim Combo are allowed to enter figures for their development.
Please elaborate on AS 8.4 for all age groups. Please explain process of draw for ...	<p>Nothing changes for 12 and under.</p> <p>For Youth Category let's provide an example:</p> <p>We have 221 competitors for the Figure event in a Youth Competition.</p> <p>Appendix I Youth Figures has the following:</p>

Group & Figure #	Figure Name	DD
<b>Section A</b>		
<b>Group 1</b>		
140g	Flamingo Bent Knee, Twist Spin	2.9
437	Cyclone, Open 180°	2.6
<b>Group 2</b>		
308h	Barracuda Airborne Split Spin Up 180°	2.9
407	Swordfish Straight Leg Ariana Rotation	2.6
<b>Section B</b>		
<b>Group 3</b>		
356f	Whip Continuous Spin 720°	3.0
441	Saturn	2.5
<b>Group 4</b>		
352	Venus	3.0
240i	Albatross Spin up 360°	2.5
<b>Section C</b>		
<b>Group 5</b>		
144	Rio Straight Leg	3.1
421	Walkover Back Closing 360°	2.4
<b>Group 6</b>		
440d	Ipanema Spinning 180°	3.1
311j	Kip Combined Spin	2.4

**Step 1:** So in the 72h to 24h prior to the start of the Figure Competition, there will be a draw for Section A, B or C. Let's say we did the draw and Section A was drawn. So we know the competition will have Group 1 and Group 2 of Figures.

**Step 2:** Then we will do the draw for the athlete start list 1-221.

**Step 3:** We then divide the start list in two groups: 1-111 (because if it's odd number it's said in the rule that first group will have the extra athlete) and the other is 112-221.

**Step 4:** We will then have another draw to designate Group 1 or Group 2 of Figures (to either 1-111 competitors or 112-221).

**Final result of the Youth figure draw:**

1-111 will do Figures from Group 2, 308h and 407, while competitors 112-221 will do Figures from Group 1, 140g and 437.

AS 11.3 back to previous rule?

Just for athletes 12 and under.  
In 12 and under Figure competition if there's a mistake on their first attempt they may repeat and have a penalty, but if the second attempt also fails, then it will get a zero.











AS 13.2 and 13.3 acc to comp  
A.S 4.4 states 8-10 swimmers in combo. A.S 6.2.3 states 4-10 swimmers in combo for youth worlds. So that's a contradiction.

Teams are 4 to 8 athletes (penalty of 0.5 for each athlete less than 8).  
Free Combination shall be written everywhere that it is 4 to 10 competitors (no penalties for each member less than 10). This we need to update to make it clear.  
Highlight is always 8 to 10 (no penalties for less than 10 athletes. No entry if less than 8 in FINA events. For WC and JWC must have 10 athletes)

Hybrid is completed one breath is taken. So walkout is permitted until face appears and after full sink under water hybrid can continue

In page 2 of the Introductory Guide for the application of Declared Difficulty we added a definition of what a Hybrid is considered AND we define in Time Underwater when a hybrid begins and ends.

Please check:  
[https://learning.fina.org/wp-content/uploads/2022/07/July\\_14\\_2022\\_Difficulty\\_Intro\\_Guide\\_v3.1.pdf](https://learning.fina.org/wp-content/uploads/2022/07/July_14_2022_Difficulty_Intro_Guide_v3.1.pdf)

	<p>For your examples – Yes when a breath is taken after a walkout is completed at the end of a hybrid – this ends the apnea and therefore ends the hybrid. After a full sink underwater you may choose to tuck out and surface and breathe to end the hybrid, or continue the hybrid (as the apnea is continued).</p>						
<p>Will each hybrid in a routine be judged like a figure/element and we give a score for each hybrid or is it just one score on the element panel like execution. I understand it as each hybrid gets its own score</p>	<p>Yes – there be a score given for each Hybrid. Education for judges will come up soon in this matter.</p> <p>Example: In a Senior Team Free where 7 free hybrids and 4 acrobatics shall be declared and performed, the judges from the element panel will give 11 execution scores in total (1 for each free hybrid and 1 for each acrobatic).</p> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;"> <p><u>Now:</u></p> <div style="border: 1px solid blue; border-radius: 50%; padding: 5px; width: fit-content; margin: 0 auto;"> <p>Correct element? How synchronized it was? Execution? Ok....score 7.7.</p> </div>  </div> <div style="text-align: center;"> <p>Future 2023...:</p> <table style="margin: 0 auto;"> <tr> <td style="text-align: center;">Synchro</td> <td style="text-align: center;">Correct TRE</td> <td style="text-align: center;">Execution</td> </tr> <tr> <td style="text-align: center;">    </td> <td style="text-align: center;">DTC</td> <td style="text-align: center;">Judge</td> </tr> </table> </div> </div>	Synchro	Correct TRE	Execution	  	DTC	Judge
Synchro	Correct TRE	Execution					
  	DTC	Judge					
<p>Cannot seem to find a difficulty rating for a Catalina type rotation or a rotation from a split lifting a leg to fishtail</p>	<p>Catalina type rotation would be consider a twist 180° with one leg so level R2 and a Split lifting a leg to Fishtail would be a “turning 180-360° while doing other ‘non-sustained’ or ‘up and down’ actions” so level R1.</p>						
<p>Can the local federation nominate which optional figure group will be used or must it be drawn as per Fina rule.</p>	<p>Continental, National or Local Federations can adapt FINA rules according to their convenience and best for their development. The FINA rules are followed by FINA events and are a guide for all other events organized by other institutions (continental, national or local federations).</p>						
<p>Tattoos are now allowed, earrings...etc</p>	<p>We had a similar question coming from LEN Q &amp; A. If nothing is said then it's allowed. We are considering to include in <b>13.12</b> a better description that explains that in all attire (Headpieces, swim caps, swim suit, jewellery, etc) no dangling pieces are allowed for safety reasons (if a dangling piece get's lost in the middle of a performance, another athlete could aspire it and be very dangerous).</p>						



## FINA DRAFT RULES & NEW SYSTEM INFORMATION LINKS

FINA Draft Rules are posted on the FINA website (Technical Congress page):

<https://www.fina.org/corporate-events/fina-technical-congress>

There are links to 12 documents on that page:

- Artistic Swimming Rules Draft
- Artistic Swimming Appendix I – Basic Positions and Basic Movements
- Artistic Swimming Appendix I – 12 & U Figures
- Artistic Swimming Appendix I – Youth (13-15) Figures
- Artistic Swimming Appendix II – Technical Routines
- Artistic Swimming Appendix III – Set Numbers of Elements for Routines
- Artistic Swimming Appendix IV – Required Elements for Acrobatic Routine
- Artistic Swimming Appendix V – Required Elements for the Free Combination
- Artistic Swimming Appendix VI – Hybrid Difficulty Table
- Artistic Swimming Appendix VII – Acrobatics Catalogue
- Artistic Swimming Appendix VIII – FINA Coach Card Template
- Artistic Swimming – World Rankings

More information on the new system is posted on the FINA Learning Platform as follows:

For the latest **Introductory Guide for the Application of Declared Difficulty**, the **Acrobatics Catalogue** and the **Intro Guide for Scoring Synchronisation** link below. Updated documents are always posted here:

<https://learning.fina.org/coaches-officials-artisticswimming/>

For a **video tutorial on filling out the Coach Card** (plus accompanying slide deck in PDF), **video tutorial on difficulty**, **video tutorial on synchronisation** and **video tutorial on acrobatics** link below. New resources will be continually added here:

<https://learning.fina.org/coaches-education-artistic-swimming/>

To re-watch live presentations on the new system from 2021 link to the page below:

<https://learning.fina.org/live-replay-artistic-swimming/>



**AS 8.4:** In the Youth category the figure section (A, B or C) shall be drawn first then the order of appearance shall be drawn. The athlete draw list will be divided into two equal groups 1 and 2 (if numbers are not equal, group 1 will have 1 extra swimmer). Then one of the two figures 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.

Let's say we have 221 swimmers entered in the Youth Worlds Figure Competition . . .

## FIRST, we draw the Section: A, B or C

Group & Figure #	Figure Name	DD
<b>Section A</b>		
<b>Group 1</b>		
140g	Flamingo Bent Knee, Twist Spin	2.9
437	Cyclone, Open 180°	2.6
<b>Group 2</b>		
308h	Barracuda Airborne Split Spin Up 180°	2.9
407	Swordfish Straight Leg Ariana Rotation	2.6
<b>Section B</b>		
<b>Group 3</b>		
356f	Whip Continuous Spin 720°	3.0
441	Saturn	2.5
<b>Group 4</b>		
352	Venus	3.0
246°	Albatross Spin up 360°	2.5
<b>Section C</b>		
<b>Group 5</b>		
144	Rio Straight Leg	3.1
421	Walkover Back Closing 360°	2.4
<b>Group 6</b>		
440d	Ipanema Spinning 180°	3.1
311j	Kip Combined Spin	2.4

Let's say Section A is drawn. This tells us it will be Group 1 and Group 2 Figures:

Group & Figure #	Figure Name	DD
<b>Section A</b>		
<b>Group 1</b>		
140g	Flamingo Bent Knee, Twist Spin	2.9
437	Cyclone, Open 180°	2.6
<b>Group 2</b>		
308h	Barracuda Airborne Split Spin Up 180°	2.9
407	Swordfish Straight Leg Ariana Rotation	2.6

**SECOND, we divide the 221 swimmers into 2 groups: 1-111 and 112-221**  
*(Because if it's odd number it is said in the rules that the first group will have the extra athlete)*

Swimmers 1-111

Swimmers 112-221

**THIRD, we will draw which group (Group 1 or Group 2) swimmers 1-111 will do, and that will automatically tell us which group swimmers 112-221 will be given.**

For example, if swimmers 1-111 draw Group 2, swimmers 112-221 will automatically be assigned Figure Group 1.

## FINAL RESULT

Swimmers 1-111: GROUP 2

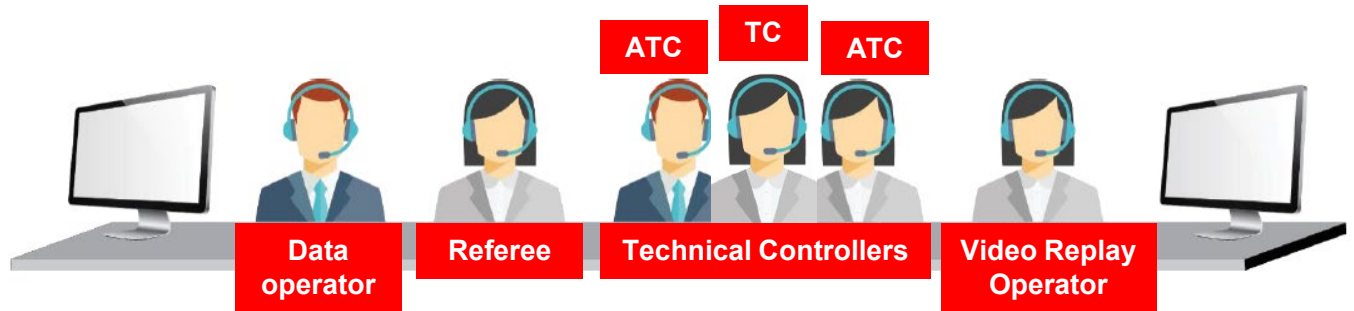
Swimmers 112-221: GROUP 1

Group 2		
308h	Barracuda Airborne Split Spin Up 180°	2.9
407	Swordfish Straight Leg Ariana Rotation	2.6

Group 1		
140g	Flamingo Bent Knee, Twist Spin	2.9
437	Cyclone, Open 180°	2.6

# Draft – Example of new system pool set-up

The “Technical Panel” sits above and behind judges on one side of the pool



One side of the pool:

3 Elements Judges, 2 Artistic Impression Judges, 2 Synchro Controllers, 1 Evaluator



Other side of the pool:



2 Elements Judges, 3 Artistic Impression Judges, 1 Synchro Controller, 1 Evaluator

## Draft Rules – Tech Team Calculation Example:

9 Total Elements (5 Tech Req. Elements (TRE), 3 Free Hybrids and 1 Team Acrobatic) with declared DD

Judges' execution marks for elements using 0.25 scale.  
The highest and the lowest awards for each mark are cancelled and the 3 remaining awards are added, and the sum divided by 3. The result is multiplied by its corresponding DD and factored for Req. Elem and Acro.

Draft Factors applied to Score as follows  
(Note: still being tested/validated).  
Ex: EL 3A = 8.3333\*2.6\*0.5 = 10.8333

ELEMENT	DD	J1	J2	J3	J4	J5	Avg	Score	Factorization:	Acrobatics					
Hybrid 1	1.75	8.25	10.00	9.50	7.75	9.00	8.9167	15.6042		Req. Elem	0.5	alpha			
TRE 3A	2.60	7.50	8.25	7.50	9.50	9.25	8.3333	10.8333		ChoMu	1.75	phi			
TRE 4	2.90	7.50	7.50	7.50	8.75	8.00	7.6667	11.1167							
Hybrid 2	1.20	7.75	8.00	10.00	7.75	9.25	8.3333	10.0000							
TRE 1B	2.30	8.50	8.00	9.00	9.25	8.00	8.5000	9.7750	Synchro:	Small	12	1.20			
Acro	2.50	10.00	9.25	8.50	7.75	9.75	9.1667	11.4583		Obvious	6	3.00			
TRE 5B	2.10	9.25	10.00	10.00	7.75	9.25	9.5000	9.9750		Major	0	0.00			
Hybrid 3	1.55	7.50	9.25	7.75	10.00	8.25	8.4167	13.0458							
TRE 2A	2.60	10.00	8.50	9.50	8.00	10.00	9.3333	12.1333							
RAW ELEMENT:								103.9417							
SYNCHRONIZATION ERRORS:								4.2000							
TOTAL ELEMENT:								99.7417							
												ROUTINE SCORE :	197.4292		
													PENALTIES :	0.5	
														TOTAL ROUTINE SCORE:	196.9292
Cho + Mu		8.25	8.00	8.50	8.50	9.25		44.1875							
Performance		9.50	9.75	7.75	9.50	8.25		27.2500							
Transitions		8.75	9.75	9.00	8.50	7.50		26.2500							
TOTAL ARTISTIC IMPRESSION:								97.6875							

Total Element Score =  
Raw Elements  
– Synchro errors

As per draft rules:  
Small error x 0.1  
Obvious error x 0.5  
Major error x 3.0

Judges Artistic Impression marks using 0.25 scale.  
The highest and the lowest awards for each mark are cancelled.  
The 3 remaining awards are added.  
Choreography and Musicality sum is factored by 1.75.  
No factors are applied for Performance or Transitions.

Total Routine Score equals  
Total Element Score + Total AI Score  
minus any other penalties  
In this example:  
99.7417  
+97.6875  
= 197.4293  
-0.5  
= 196.9292

## Draft Rules – Youth Team Calculation Example:

9 Total Elements (6 Free Hybrids and 3 Team Acrobatics) with declared DD

Judges' execution marks for elements using 0.25 scale.  
The highest and the lowest awards for each mark are cancelled and the 3 remaining awards are added, and the sum divided by 3. The result is multiplied by its corresponding DD and factored for Req. Elem and Acro.

Draft Factors applied to Score as follows  
(Note: still being tested/validated).  
Ex: Acro 1 =  $7.6667 \times 2.6 \times 0.5 = 9.9667$

ELEMENT	DD	J1	J2	J3	J4	J5	Avg	Score	Factorization:	Acrobatics	0.5	alpha
Hybrid 1	1.75	8.00	7.50	8.25	7.75	8.00	7.9167	13.8542				
Hybrid 2	2.10	7.50	8.25	7.50	8.00	8.25	7.9167	16.6250		ChoMu	2.0	phi
Acro 1	2.60	7.50	7.50	7.50	8.75	8.00	7.6667	9.9667				
Hybrid 3	1.80	7.75	8.00	8.50	7.75	8.25	8.0000	14.4000				
Hybrid 4	1.95	8.50	8.00	8.00	8.25	8.75	8.2500	16.0875	Synchro:	Small	18	1.80
Acro 2	2.00	10.00	9.25	9.50	9.75	9.25	9.5000	9.5000		Obvious	6	3.00
Hybrid 5	2.00	7.25	8.00	7.75	7.75	7.50	7.6667	15.3333		Major	0	0.00
Acro 3	1.55	7.50	8.25	7.75	8.00	8.25	8.0000	6.2000				4.80
Hybrid 6	2.00	8.25	8.50	8.50	7.75	8.00	8.2500	16.5000				
RAW ELEMENT:								118.4667				
SYNCHRONIZATION ERRORS:								4.8000	ROUTINE SCORE :		209.6667	
TOTAL ELEMENT:								113.6667	PENALTIES :		0	
Cho + Mu		8.25	8.00	8.50	8.50	8.00	49.5000		TOTAL ROUTINE SCORE:		209.6667	
Performance		7.25	8.00	7.75	7.25	7.50	22.5000					
Transitions		8.00	8.00	8.00	8.50	7.50	24.0000		FIGURE SCORE:		78.0000	
TOTAL ARTISTIC IMPRESSION:								96.0000				
									TOTAL SCORE:		287.6667	

Total Element Score =  
Raw Elements  
– Synchro errors

As per draft rules:  
Small error x 0.1  
Obvious error x 0.5  
Major error x 3.0

Judges Artistic Impression marks using 0.25 scale.  
The highest and the lowest awards for each mark are cancelled.  
The 3 remaining awards are added.  
Choreography and Musicality sum is factored by 2.0 for Youth Team.  
No factors are applied for Performance or Transitions.

Total Routine Score equals  
Total Element Score + Total AI Score  
minus any other penalties  
In this example:  
 $113.6667$   
 $+ 96.6875$   
Total Routine Score =  $209.6667$   
Add the Figure Score:  $+ 78.0000$   
Equals Total Score =  $287.6667$



FÉDÉRATION  
INTERNATIONALE  
DE NATATION

A R T I S T I C S W I M M I N G



# INTRODUCTORY GUIDE FOR THE APPLICATION OF DECLARED DIFFICULTY

FINA Artistic Swimming Innovation Group

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*Dear AS Family,*

*Over the last three years the Innovation Group has been working in the specific area of difficulty in routines looking for opportunities to improve or enhance the mutual comprehension of the issue among coaches, athletes, judges, media, and audience.*

*Athletes and coaches have boosted the sport to an unbelievable level of difficulty with their athleticism and hard work and continue to do so each season. As a result of the sport's growth and development routines are more and more amazing and awe inspiring but with an underlying complexity very hard to analyze and judge at a first sight.*

*Fortunately, we have solid foundations built by the enormous contributions of great coaches and judges who developed our Manual and DD Reports.*

*This document is the result of the Innovation Group's internal work done up to now, with the valuable help of the group of FINA Lecturers and TASC Members that tested our intermediate steps. Their comments and questions helped us to progress.*

*We present to you the work done in routine hybrids and declaring difficulty on a coach card. This document is meant to explain the use of the Hybrid Difficulty Table and using a coach card to declare routine difficulty that needs to be tested by you.*

*The first goal is to check if you find in our descriptions all possible combinations of different components of a hybrid (movements), as well as the added values (bonuses) specific for routines - number of swimmers, apnea time, patterns, placement.... etc.*

*The second goal is to practice using a coach card to declare difficulty in a routine.*

*For your information, the values for movements that you will eventually see in the difficulty table, calculator or coach card have been obtained by normalising current values inside our transitions categories. Bonus values have been assigned after internal testing by the Innovation Group according to the appreciated subjective difficulty and trying to be proportionate to the difficulty values of movements. Extensive testing will reveal the validity and adjustments will be applied if required.*

*We highly appreciate your participation in continued testing.*



## HYBRIDS

**A hybrid is defined as** having a combination of two or more movements performed with lower limbs with intentional apnea (head down under hips level). Horizontal movements along the surface with 1-2 lower limb actions that have consequential apnea (rolling over, kicking, etc.) are considered transitional movements.

Hybrid difficulty **COMPONENTS** are considered under three areas:

### 1. BASE MARK

NUMBER OF MOVEMENTS PERFORMED (NM)  
and  
TIME UNDERWATER (TU)

### 2. MOVEMENTS that comprise transitions in a hybrid and are grouped in “families”:

1. THRUSTS (T)
2. ROTATIONS (R)
3. FLEXIBILITY (F)
4. AIRBORNE WEIGHT (AW)
5. CONNECTIONS (C)

### 3. BONUSSES that add difficulty factors specific to hybrids:

1. TRAVELING (TR)
2. ANGLES (A)
3. PLACEMENT (PL)
4. SYNCHRONISATION (SY)
5. PATTERN CHANGES (PC)

## BASE MARK

**Base Mark** is the difficulty value that a hybrid has according to the time spent underwater (TU) and the number of movements performed (NM).

$$\text{BM} = \text{NM} + \text{TU}$$

These two parameters are common to all possible hybrids, from easiest to hardest.

If the Hybrid has no “Families” movements or Bonuses, the Base Mark is applied.

**Video examples of Base Mark:**

<https://vimeo.com/641654114/75dfce51e3>

*\*Note: when the symbol (“) appears it means “seconds” and not inches.*



## 1. NUMBER OF MOVEMENTS (NM)

**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.

- Number of movements in a hybrid will be given credit in 4 categories:

<b>Level 1 (NM1)</b>	6 movements or less
<b>Level 2 (NM2)</b>	7-19 movements
<b>Level 3 (NM3)</b>	20-29 movements
<b>Level 4 (NM4)</b>	30+ movements

- Spins / Twists / Twirls: each ½ turn (180°) 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.
- 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
- Regarding “**back-to-back**” hybrids:
  - Shall be ONE hybrid if no breath is taken in between. For example, a hybrid is executed and then a front walkout ending appears to be taking place BUT the athlete(s) DO NOT break their face and breathe and instead tuck and continue with more movements. This is ONE hybrid, totalling all movements.
  - In comparison IF the athletes face(s) break the surface and they breathe in Back Layout the hybrid has ended, and if they continue into another hybrid, it will be considered a separate hybrid with movements counted accordingly.
- Regarding **Cadence** (team hybrids only):
  - 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.



- Regarding Duet, Mixed Duet or Team, there may be a difference in the number of movements executed by different athletes in one hybrid, however, the total number of movements of each athlete **MUST** be in the same Level. For example, in one team hybrid half of the athletes do 15 movements, and the other half do 18 movements – this is all Level 2 (NM2), so this is permitted. What is not permissible is if half of the athletes do 18 movements (NM2) and half of the athletes do 22 movements (NM3). If the Technical Controller identifies a difference in levels the lower NM level will be applied to the Base Mark.

## 2. TIME UNDERWATER (TU)

**The Definition of Time Underwater** = apnea calculated from breath taken into hybrid entry, to first surfacing breath after completing the hybrid. Please read specific situation examples given below.

- Time underwater will be given credit in 3 categories:

<b>Level 1 (TU1)</b>	6 seconds or less
<b>Level 2 (TU2)</b>	7-15 seconds
<b>Level 3 (TU3)</b>	16 seconds and longer

- **STAND-ALONE HYBRID:**  
Hybrid underwater time shall be timed from “breath to breath” – from taking entry breath to go under (pull down, arch back, body boost, etc.), to first surfacing breath after completing the hybrid (roll up from walkout, body boost, eggbeater surfacing, etc.)
- **ACRO/DIVE-IN INTO HYBRID:**  
In the case that a hybrid takes place in combination with an acrobatic movement/highlight OR from directly after the dive-in, the underwater time shall be counted from the first movement of the hybrid to the surfacing breath.
- **HYBRID FOLLOWED BY ACRO:**  
In the case that the hybrid takes place in combination with an acrobatic movement/highlight occurring directly after a hybrid, the underwater time shall be counted from taking the entry breath, to the last movement of the hybrid.
- **ATHLETES START OR END A HYBRID AT DIFFERENT TIMES:**  
If some of the athletes start the Hybrid earlier than the other athletes or end the hybrid later than others, the time underwater starts from the moment the first athlete(s) start the Hybrid and ends when the last athlete(s) finish the Hybrid. This is applicable to cadence and other instances of 4 and 4 or 2,2,2,2, etc.
- **Regarding Duet, Mixed Duet or Team, there may be a difference in the time underwater executed by different athletes in one hybrid, however, the time underwater of each athlete **MUST** be in the same Level. For example, in one team hybrid half of the athletes are underwater 10 seconds, and the other half are underwater for 14 seconds – this is all Level 2 (TU2), so this is permitted. What is not permissible is if half of the athletes do 14 seconds underwater (TU2) and half of the athletes do 18 seconds underwater (TU3). If the Technical Controller identifies a difference in levels the lower TU level will be applied to the Base Mark.**





## FAMILIES OF MOVEMENTS

### 1. THRUSTS (T)

This family includes variations of thrusts (as defined in AS Rulebook BM). When “Thrust” is stated it means two legs, otherwise one leg is stated.

- A Thrust with flexibility (T4, T6 and T8) 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. 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 (not inward).
- A Thrust with flexibility (T4) or a twirl (T4, T5) may have any ending including a crash.
- 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) in a Vertical Position above the knees is performed, declare a T9.

Video examples of Thrusts Family: <https://vimeo.com/642471073/716a29df4b>

#### a) Level 1

Thrust with crashing on the surface  
(means “not completed” thrust: From a Submerged Back Pike Position, a vertical upward movement of the legs and hips is rapidly executed as the body unrolls to assume a Vertical Position and continues by “falling” on the surface)

#### b) Level 2

Thrust with one leg: Thrust with the Bent Knee Vertical Position or Thrust in a Fishtail position

#### c) Level 3

Thrust with one leg followed by rotation of Spin 360°  
Thrust and vertical descent (may be followed by leg movements **while descending**)

#### d) Level 4

Thrust with one leg followed by rotation of Spin 720° or Twirl 180°  
Thrust with flexibility

#### e) Level 5

Thrust followed by rotation of Spin 360° or Twirl 180° (During rotation, leg movements can be performed close to the vertical position).

#### f) Level 6

Thrust with flexibility followed by rotation of Spin 360°

#### g) Level 7

Thrust with rotation of Spin 720° and over (Thrust continued by Spin or Continuous Spin)



**h) Level 8**

Thrust with flexibility followed by rotation of Spin 720° and over

**i) Level 9**

Thrust continued by catching (clearly stopping) in a Vertical Position above the knees or higher.

**2. ROTATIONS (R)**

This family includes all types of rotations: Twists, Spins, Twirls (as defined in AS Rulebook BM) and swirls (rotation performed in a pike position or other positions where body is not aligned with its vertical axis).

- 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. **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 when the rotation begins. **Please note this is different than for Figures or Technical Required Elements (see BM 13).**
- **Spin and Twist allowances (BM 12 and 13) do not apply to Rotation declarations in Free Hybrids. Athletes must fully complete rotations as declared on the Coach Card. For example, if an R3 is declared (Spin descending 360°-720°), then the Technical Controllers will be watching for completion of at least a full 360°.**
- Various modifications of leg positions during rotations are allowed.
- Rotations with one leg includes Bent Knee Vertical Position, Fishtail, Crane, Knight, and other position options.
- Rotations with two legs includes Vertical Position "VP", Fishtail close to vertical, Arched VP and other positions where 2 legs are clearly visible close to the vertical line.
- Joining/opening/bending/extending movements from Bent Knee VP/Fishtail to VP or VP to Bent Knee VP/Fishtail is considered in all "1 leg only" rotation classifications.
- "Unbalanced 1 leg twists" is considered in all "1 leg only" rotation classifications.
- A **Combined Spin** and a **Reverse Combined Spin** 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 **"Two-Direction"** rotation (Spin or Twist) means a rotation in one direction, followed without a pause by an equal rotation in the opposite direction. For example:
  - Two-Direction Twist 360° = a rotation of 180° in one direction followed without a pause by a rotation of 180° in the opposite direction.
  - Two-Direction Twist 720° = a 360° rotation in one direction followed without a pause by a rotation of 360° in the opposite direction.
  - Two-Direction Combined or Reverse Combined Spin 720° = a descending or ascending rotation of 720° followed without a pause by a descending or ascending rotation of 720° in the opposite direction.





- If there are several rotations in a hybrid, it is recommended to separate them from each other by other movements (unless it is a Combined Spin). For example – If an R3 and R5 please put extra movements between them.
- Twisting (any amount) or Twirling at the ankles will be credited as per number of movements. Declared spins that drop and spin at the ankles will be flagged by Technical Controllers. For example – if an R5 (spin descending more than 1440°) is declared and the athlete drops to the ankles after 2 rotations, and spins 720° at the ankles this is not a spin 1440° and the hybrid will go to Base Mark.

**Video examples of Rotations Family:** <https://vimeo.com/641650538/38beefa2fc>

**Rotations by Technique:** <https://vimeo.com/653441032/6659676c65>

**a) Level 1** includes rotations with **one or two legs:**

Swirl 180°-360°

Turning 180°-360° while doing other non-sustained or “up-down” actions such as:

- VP to Split repeating while rotating
- Fishtail to Pike repeating while rotating
- Bent Knee to Tuck while rotating
- Etc. . .

**b) Level 2** includes rotations with **one or two legs:**

Swirl 720°-1080°

Spin descending 180°

Twist **or Twirl** 180° with **1 leg only**

**b) Level 3** includes rotations with **one or two legs:**

Swirl 1440°

Spin ascending 180°-360°

Spin descending 360°-720°

Twist **or Twirl** 180° with **2 legs**

Twist 360° with **1 leg only**

**c) Level 4** includes rotations with **one or two legs:**

Spin ascending 720°-1080°

Spin descending 1080°-1440°

Twist 360° with **2 legs**

**d) Level 5** includes rotations with **one or two legs:**

Twist 720° with **1 leg**

Spin ascending 1440° with **1 leg**

Spin descending more than 1440° with **2 legs**

Twist opening 360° Vertical Position to Split

Twirl 360° with **2 legs**

Combined Spin 360°-720° with **1 leg**

Reverse Combined Spin 360°-720° with **1 leg**



**e) Level 6** includes rotations with **one or two legs**:

Combined Spin 360° with **2 legs**

Reverse Combined Spin 360° with **2 legs**

Two-Direction Combined or Reverse Combined Spin 360°-720° with **1 leg**

Spin ascending 1440° with **2 legs**

Twist 720° with **2 legs**

Twist Closing 360° from Split to Vertical Position

**f) Level 7** includes rotations with **two legs only**:

Combined Spin 720°

Reverse Combined Spin 720°

Two-Direction Combined or Reverse Combined Spin 360°

Twist 1080°

Unbalanced 360° Twist

Two-Direction Twist 360°

**g) Level 8** includes rotations with **two legs only**:

Combined Spin 1080°

Reverse Combined Spin 1080°

Two-Direction Combined or Reverse Combined Spin 720°

Twist 1440°

Unbalanced 720° Twist

Two-Direction Twist 720°

**h) Level 9** includes rotations with **two legs only**:

Combined Spin 1440°

Reverse Combined Spin 1440°

Two-Direction Combined or Reverse Combined Spin 1080°

Unbalanced 1080° Twist

### 3. FLEXIBILITY (F)

This family includes all types of flexibility movements that require an extreme range of suppleness (bring a joint to its maximum range of motion), such as Walkouts, Nova lift, Aurora open, Knight and Split.

- All positions should be shown with maximum strength in legs and a body position that demonstrates the flexibility of the athletes.
- The duration of execution should be sufficient to clearly identify the difficulty by the technical controllers.

**Video examples of Flexibility Family:** <https://vimeo.com/641660983/030337b7a6>

**a) Level 1**

Rapid split by one leg from any position (such as Pike, Tub, Tuck, Inverted Tuck, Bent Knee VP, Fishtail, VP, etc.



**b) Level 2**

Clearly demonstrated split (held at least 1-2 seconds)  
Walkout Front  
Back Layout to Surface Arch or Bent Knee Surface Arch

**c) Level 3**

Ariana rotation or split variants at the surface with a demonstration of at least 2 different splits (Right, Left, Middle)  
Split to Split through Vertical Position (changing legs)

**d) Level 4**

Front Layout to Surface Bent Knee Arch Position or a Split (Example – Swordfish like movement)  
From Surface Arch Position to Knight or Split  
Bent Knee Surface Arch to Bent Knee VP

**e) Level 5**

Knights: combinations of Knight positions (demonstration of at least 2 Knight positions)  
Knight to Fishtail (through Vertical Position)  
Knight to Vertical Position  
Sustained Knight Position (held at least 1-2 seconds)  
Bent Knee Surface Arch to Vertical Position

**f) Level 6**

Surface Arch to Vertical Position

#### 4. AIRBORNE WEIGHT (AW)

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 Principles d) and e) on page 14 as Airborne Weight may not be declared when occurring simultaneously with a rotation.

**Video examples of Airborne Weight Family:** <https://vimeo.com/642431079/aff60a114f>

**a) Level 1**

Vertical descent in Bent Knee Vertical Position or Vertical descent from Fishtail join to VP (not as part of a Thrust or a Spin)  
Front Pike Position to Bent Knee VP or Fishtail

**b) Level 2**

Vertical descent in Vertical Position (not as part of a Thrust or a Spin) or descending VP performing isolated movements  
Front Pike to Vertical Position (porpoise action)



**c) Level 3**

Vertical ascent **with one or two legs** (not as part of an ascending spin)

Ascending Vertical Position performing isolated movements (one leg stays in a fixed position while the other performs movements with body in vertical alignment with fixed leg)

**d) Level 4**

Sustained height with one leg (Bent Knee Vertical Position or Fishtail) or combination of one and two legs, lasting equal or more than 3 seconds

**e) Level 5**

Isolated movements performed in stable Fishtail Position and piked body position (legs over surface, 30 to 60° from vertical) lasting equal or more than 3 seconds. Any knee/leg movements performed credited in number of movements.

**f) Level 6**

Sustained height in Vertical Position lasting equal or more than 3 seconds

**g) Level 7**

Sustained height shown at least 3 seconds in Vertical Position performed in an unbalanced position. Any knee/leg movements performed credited in number of movements.

## 5. CONNECTIONS “C”

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

- The swimmers must be touching in some manner during the performance of the connection.
- As per General Principle b) on page 14 “if a Connections (C) movement is repeated during a hybrid it may be counted only two times taking always the highest values”. A connection is declared once per connection (as per table) - it does not matter how many times the positions are changed, as they will be counted in number of movements.

**Video examples of Connections Family:** <https://vimeo.com/641668503/d7f550cda4>

**a) Level 1**

Pike Position at the surface of the water (connections on the surface of the water without lifting the feet from the water)

**b) Level 2**

One leg face-to-face connection

When swimmers are connected with one leg facing each other in any vertical position.

**c) Level 3**

One-leg back connection

When swimmers are connected with one leg back or to side of each other in any vertical position.





**d) Level 4**

Two-leg connection

When swimmers are connected with two legs facing, back or side to each other in any vertical position.

**e) Level 5**

Rotation vertical connection with one leg

When swimmers are connected with one leg facing, back or side to each other in any vertical position while performing a rotation of at least 180° at maximum height.

**f) Level 6**

Rotation vertical connection with two legs

When swimmers are connected with two legs facing, back or side to each other in any vertical position while performing a rotation of at least 180° at maximum height.

## BONUS

There are 5 bonuses available for added features in a free hybrid. Please note that not all bonuses are applicable to all disciplines and bonuses are NOT applicable to Technical Required Elements.

Bonus	Allowance per hybrid:	Solo	Duet	Team
Traveling	Once per hybrid	✓	✓	✓
Angles	Once per hybrid (Simple or Complex)		✓	✓
Placement	For each hybrid in the last 20 seconds	✓	✓	✓
Synchronisation	Team only - Part (2x) or Full (1x)			✓
Pattern Change	For each pattern change (Simple or Complex)			✓

**Video examples of all bonuses:** <https://vimeo.com/643072561/751c0b1733>

### 1. TRAVELING (TR)

The Traveling bonus may be declared only once per hybrid in solo, duet, or team for movement of all swimmers of 1.0m or more during the hybrid. If travel occurs only at the entry (pull-down, etc.) or exit of the hybrid (walkout, torpedo/propellor, etc.) this does not count.

If the Hybrid starts at one point in the pool and finishes at another point in the pool, having covered 1.0m or more, then a traveling bonus will be awarded.

Any pattern changes taking place during the hybrid are not considered as traveling (see Bonus 5. Pattern Change).

### 2. ANGLES (A)

An angles bonus may be declared only once per hybrid in duet or team. Angles are not considered for Solo; they may be credited as unbalanced positions in the difficulty table.



### a) Simple Angles (A-S)

Simple angles are defined as angles performed with straight legs on the sagittal plane (forward or backward movements) or frontal plane (lateral or side-to-side movements), with one or two legs.

The hybrid shows **2 or more different** angles but there is not more than 1 complex angle (see definition of complex angles below).

### b) Complex Angles (A-C)

The hybrid shows 2 or more **different** complex angles.

Complex angles are defined as:

- Large joint movements involving different axes and planes
- Positions where several joints are angled (toes, ankle, knee, hip...)
- Those hybrids that have micro movements of one of the joints (example knee)
- Those that involve a considerable displacement of the center of gravity or in continuous displacement
- Angles which involve unbalanced movements

## 3. PLACEMENT (PL)

The placement bonus may be applied for each hybrid performed during the last 20 seconds of the routine in solo, duet or team.

The hybrid must begin within the last 20 seconds of the routine. For example, if an athlete's solo routine is 2:18 a hybrid can begin anytime as of 1:58 to earn the placement bonus.

## 4. SYNCHRONISATION (SY)

This bonus is applied for Teams only (**including Free Hybrids in Tech Team**). Synchronisation of part or full hybrid means that all athletes perform the same movements at the same time. Equal movements (same legs **or symmetric movement**) in different directions (facing a different way) are considered synchronized movements.

### Part Synchronisation (SY-P or 2SY-P)

This bonus is awarded for a fully synchronized part of a hybrid that consists of at least 7 or more movements. The bonus can be added not more than 2 times per hybrid.

**Example of SY-P:** A team hybrid begins with 10 fully synchronized movements by all 8 athletes together, then the athletes do a 2-2-2-2 cadence action to end the hybrid. You can declare an "SY-P" bonus because the first part of the hybrid was synchronized and met the minimum movement requirement.

**Example of 2SY-P:** A team hybrid begins with 8 fully synchronized movements by all 8 athletes together, then there is choreography with 4 athletes doing a set of movements, and the other 4 doing different movements, then the team of 8 finishes the hybrid with 10 fully synchronized movements. You can declare "2SY-P" bonus because the first and last part of the hybrid was synchronized and met minimum movement requirement.





### Full Synchronisation (SY-F)

This bonus is awarded for a fully synchronized hybrid (a maximum of 3 asynchronous movements is allowed). The bonus is only awarded for hybrids with 7-19 (level 2), 20-29 (level 3) or 30+ (level 4) movements.

## 5. PATTERN CHANGE (PC)

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

Each pattern change in a hybrid is counted either as a Simple Pattern Change (PC-S) or a Complex Pattern Change (PC-C). For example, if a hybrid has 3 pattern changes and 2 are simple and 1 is complex the codes would be 2PC-S and 1PC-C in bonus section of the Coach Card.

### a) Simple pattern change (PC-S)

Pattern changes where athletes can see each other and can control the accuracy of the pattern.

### b) Complex pattern change (PC-C)

Changes from large patterns to compact patterns and from compact patterns to larger patterns.

Blind pattern changes where athletes cannot see each other while performing back or side pattern changes.

**NOTE:** Traveling of all athletes in the same direction while maintaining the pattern is not a pattern change - this is Traveling (see Bonus 1.)

### HYBRID DIFFICULTY TABLE:

- Please see the end of the guide for printable Hybrid Difficulty Table (2 pages).
- **Important: Most up-to-date version is [September 2, 2022](#)**



## GENERAL PRINCIPLES FOR DECLARING DIFFICULTY ON THE COACH CARD:

- a) When **Vertical Position (VP)** is indicated it includes variants of 2 legs close to vertical (legs can be up to 45° off from vertical)
- b) When a **Flexibility (F)**, **Airborne Weight (AW)** or **Connections (C)** movement is repeated during a hybrid it may be counted only two times (2x) always taking the highest values. For example: If there are three flexibility movements performed; two (2) of Level 1 and one (1) of Level 3, the value declared should be 1 x Level 1 and 1 x Level 3.
- c) **Rotation (R)** and **Thrust (T)** movements in levels 1-4 may be counted only two times (2x) per hybrid always taking the highest values. Each **Rotation (R)** and **Thrust (T)** movement of levels 5-9 adds its value regardless of the number of repetitions.
- d) If a **Rotation (R)** is declared (such as a Twist 360° with two legs) then Airborne Weight (AW) may not also be declared because the Twist already has the difficulty of Airborne Weight taken into consideration in its value.
- e) If an **Airborne Weight (AW)** movement and a rotation is occurring simultaneously - for example a Front Pike to Vertical Position (AW2) is executed while rotating 360° (R1), then you may only declare one – either the AW2 or the R1.
- f) If a **Flexibility (F)** movement is declared and a rotation is occurring simultaneously – for example a Bent Knee Surface Arch to Vertical Position (F5) is executed while twisting or twirling 180° (R2), then you may only declare one – either the F5 or the R2.
- g) Regarding **bonus** repetitions during a free hybrid:
  - o Traveling is counted once per hybrid
  - o Angles is counted once per hybrid either as simple or complex
  - o Placement is counted for each hybrid in the last 20 seconds
  - o Synchronisation is counted once per hybrid if full synchronisation (SY-F) and max twice per hybrid if part synchronisation (SY-P or 2SY-P)
  - o Each pattern change in a hybrid is counted either as a Simple Pattern Change (PC-S) or a Complex Pattern Change (PC-C).
- h) In **teams or duet**: when a hybrid movement or bonused action is not performed by all team/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 applies in pair actions where just one swimmer is performing an action while the other performs surface accompaniment (whether connected or not).

When a hybrid movement (those with 2x maximums) 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 4x when factored.

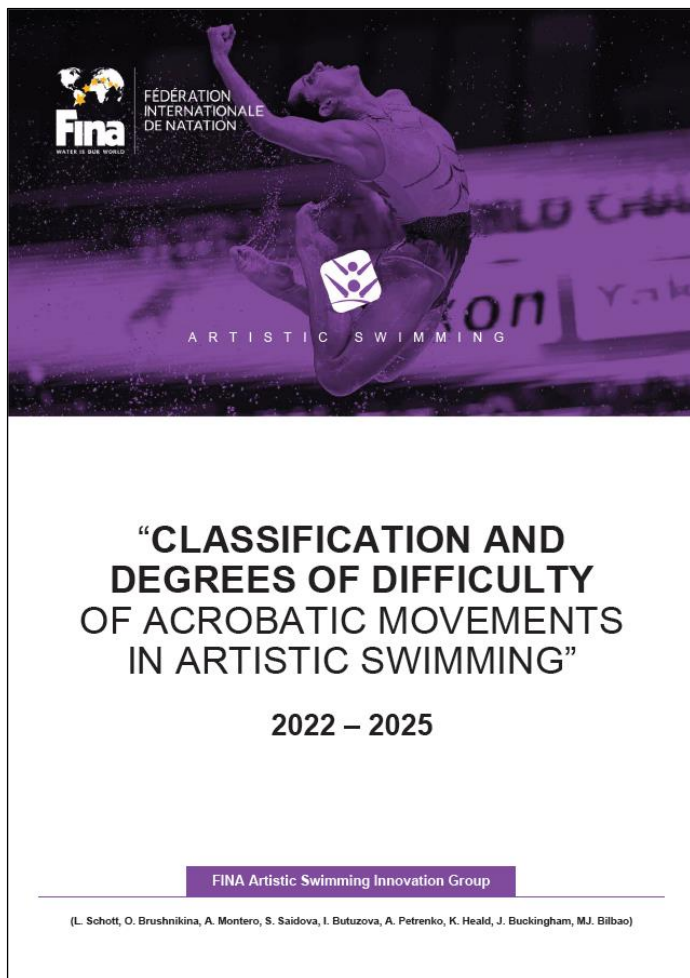
For example in a team – If 4 swimmers do R3 (R3\*0.5), then the other 4 swimmers do R3 (R3\*0.5), then this could be repeated again for a total of four (4) R3\*0.5 because this is the same as 2 “whole” R3 declarations and respects the maximum limit.



## ACROBATICS:

For acrobatics difficulty please refer to the Acrobatics Catalogue.

This acrobatics information is needed to complete a routine's declared difficulty on the Coach Card for Duet and Team routines.



For Acrobatics, coaches may also use the Acrobatics Calculator that is available online as a resource: <https://www.synchroswim.com.ua/>



## HOW DO ALL OF THESE DIFFICULTY COMPONENTS GO INTO A DECLARED DIFFICULTY CARD (COACH CARD)?

Now that we have introduced and explained declaring hybrid difficulty, and you have familiarized yourself with the acrobatics catalogue, we can provide an example of the declared difficulty card, or what we are calling in Artistic Swimming 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 (Time and Part column only) 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.

FINA			FÉDÉRATION INTERNATIONALE DE NATATION		COACH CARD			
<b>Please fill in with type or write in capital letters!</b>								
<b>FINA Member Federation:</b>								
<b>Competition:</b>								
<b>Event:</b>	<input type="checkbox"/> PRELIMS <input type="checkbox"/> FINALS							
	<input type="checkbox"/> Solo Tech	<input type="checkbox"/> Male Solo Tech	<input type="checkbox"/> Duet Tech	<input type="checkbox"/> Mixed Duet Tech				
	<input type="checkbox"/> Solo Free	<input type="checkbox"/> Male Solo Free	<input type="checkbox"/> Duet Free	<input type="checkbox"/> Mixed Duet Free				
	<input type="checkbox"/> Team Tech	<input type="checkbox"/> Team Free	<input type="checkbox"/> Acrobatic	<input type="checkbox"/> Combo				
<b>Theme:</b>								
<b>Name of competitor(s):</b>								
<b>ELEMENTS IN ORDER OF PERFORMANCE</b>								
TIME	PART	EL	BASE MARK	DECLARED DIFFICULTY	BONUS	DD	TC	
FINA Member Federation: _____								
Date: _____ Signature: _____								





## IMPORTANT - REGARDING DECLARED DIFFICULTY MOVEMENTS / COACH CARD:

It is very important that athletes perform movements 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 or bonus 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 (movement is different or in wrong order than declared) then the following shall occur:

- **For a Free Hybrid:**
  - Only the Base Mark value will be applied
  - For example, a routine hybrid is declared to have:
    - Base Mark of NM 7-19 (L2) and TU 7-15 sec (L2)
    - Thrust L3 (T3), Airborne Weight L3 (AW3), and a Rotation L4 (R4)
    - However, an athlete does not perform their R4 (for example a spin descending 1080°-1440°) and instead does a R3 (spin descending 360°-720°)
    - The routine will have only the Base Mark value of NM2 + TU2 applied for this hybrid (the value of T3+AW3+R4 will not be added)
    - 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 AW3, then R4 occurs. IF this is incorrectly ordered on Coach Card vs what is done in the water, the deduction will apply.
  - Please note when declaring Bonuses, it is asked that they are declared in order as per the Difficulty Table, considering first TR, then A, then PL, then SY, then PC.
  - If the coach makes an error on the Base Mark declaration on the Coach Card the Difficulty Technical Controller panel will adjust.
- **For a Technical Required Element (TRE)**
  - In technical routines, a Technical Required Element 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) Required Elements #1-5. 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):**
  - Acrobatic codes should be added to the Coach Card as per the Acrobatic Catalogue
  - 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 Acro Base Marks for Groups A, B, C and P.



## COACH CARD LEGEND:

### Acrobatics Base Mark:

<b>Group A</b>	<b>ACRO-A</b>	For Acrobatics, please enter the acrobatic code in the “declared difficulty” column as per the Acrobatics Catalogue.
<b>Group B</b>	<b>ACRO-B</b>	
<b>Group C</b>	<b>ACRO-C</b>	
<b>Group P</b>	<b>ACRO-P</b>	
<b>Pair Acro</b>	<b>Acro-Pair</b>	

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

### Hybrid Base Mark:

<b>Number of Movements (NM):</b>	<b>NM1</b>	<b>NM2</b>	<b>NM3</b>	<b>NM4</b>
	≤ 6	7-19	20-29	30+
<b>Time Underwater (TU):</b>	<b>TU1</b>	<b>TU2</b>	<b>TU3</b>	
	≤ 6 sec	7-15 sec	16 sec +	

### Hybrid Families and Bonuses:

<b>Families (groups):</b>		<b>Family + Level Codes:</b>
Thrusts	T	T1 - T9
Rotations	R	R1 - R9
Flexibility	F	F1 - F6
Airborne Weight	AW	AW1 - AW6
Connections	C	C1 - C6

<b>Bonuses:</b>		<b>Bonus Codes:</b>
Travelling	TR	TR
Angles	A	A-S or A-C
Placement	PL	PL
Synchronisation	SY	SY-P or SY-F
Pattern Change	PC	PC-S or PC-C

### Technical Required Elements:

<b>Element 1</b>	<b>Element 2</b>	<b>Element 3</b>	<b>Element 4</b>	<b>Element 5</b>
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”*





EXAMPLE OF HOW TO FILL OUT THE COACH CARD (TECH ROUTINE):

FINA Member Federation:		Federation ABC					
Competition:		FINA WORLD SERIES #1					
Event:	<input type="checkbox"/> PRELIMS <input type="checkbox"/> FINALS						
	<input type="checkbox"/> Solo Tech	<input type="checkbox"/> Male Solo Tech	<input type="checkbox"/> Duet Tech	<input type="checkbox"/> Mixed Duet Tech			
	<input type="checkbox"/> Solo Free	<input type="checkbox"/> Male Solo Free	<input type="checkbox"/> Duet Free	<input type="checkbox"/> Mixed Duet Free			
	<input type="checkbox"/> Team Tech	<input type="checkbox"/> Team Free	<input type="checkbox"/> Acrobatic	<input type="checkbox"/> Combo			
Theme:		The Nutcracker					
Name of competitor(s):		Duet Name A, Duet Name B, Duet Reserve Name					
ELEMENTS IN ORDER OF PERFORMANCE							
TIME	PART	EL	BASE MARK	DECLARED DIFFICULTY	BONUS	DD	TC
0:08-0:11	ACRO	1	Acro-Pair	L&f		0.2	
0:12-0:20	TRANS						
0:21-0:30	TRE	2		TRE4a		3.2	
0:31-0:38	TRANS						
0:39-0:49	TRE	3		TRE1a		3.0	
0:50-0:57	TRANS						
0:58-1:10	HYBRID	4	NM3 TU2	F3 AW4 R6 R3	TR A-S	2.0	
1:11-1:19	TRANS						
1:20-1:25	TRE	5		TRE2b		2.4	
1:26-1:31	TRANS						
1:32-1:40	TRE	6		TRE3a		2.9	
1:41-1:45	TRANS						
1:46-1:51	TRE	7		TRE5b		2.1	
1:52-1:59	TRANS						
2:00-2:18	HYBRID	8	NM4 TU3	AW3 R4 F5 AW4 R3	TR A-C PL	2.7	
2:18-2:20	TRANS						

FINA Member Federation: \_\_\_\_\_

Date: \_\_\_\_\_ Signature: \_\_\_\_\_



## EXAMPLE OF HOW TO FILL OUT THE COACH CARD (FREE ROUTINE):

FINA		COACH CARD					
<b>Please fill in with type or write in capital letters!</b>							
<b>FINA Member Federation:</b>	Federation ABC						
<b>Competition:</b>	FINA WORLD SERIES #1						
<b>Event:</b>	<input type="checkbox"/> PRELIMS		<input type="checkbox"/> FINALS				
	<input type="checkbox"/> Solo Tech	<input type="checkbox"/> Male Solo Tech	<input type="checkbox"/> Duet Tech				
	<input type="checkbox"/> Solo Free	<input type="checkbox"/> Male Solo Free	<input type="checkbox"/> Duet Free				
	<input type="checkbox"/> Team Tech	<input checked="" type="checkbox"/> Team Free	<input type="checkbox"/> Acrobatic				
<b>Theme:</b>	Swan Lake						
<b>Name of competitor(s):</b>	Federation ABC						
<b>ELEMENTS IN ORDER OF PERFORMANCE</b>							
TIME	PART	EL	BASE MARK	DECLARED DIFFICULTY	BONUS	DD	TC
0:10-0:16	HYBRID	1	NM1 TU2	R1 T3	A-S 1PC-S	0.8	
0:17-0:27	TRANS						
0:28-0:35	ACRO	2	ACRO-A	A-Sq-Back-f1-s1		1.95	
0:36-0:50	TRANS						
0:51-1:10	HYBRID	3	NM3 TU3	AW5 R4 F3 T4	TR A-C	2.1	
1:11-1:20	TRANS						
1:21-1:26	HYBRID	4	NM1 TU1	C3	SY-F	0.8	
1:27-1:37	TRANS						
1:38-1:45	ACRO	5	ACRO-B	S-St-0-m1		1.2	
1:46-1:55	TRANS						
1:56-2:06	HYBRID	6	NM2 TU2	F1 F1 R3 AW3	A-S SY-P 2PC-S	1.3	
2:07-2:10	TRANS						
2:11-2:20	HYBRID	7	NM2 TU2	R1 R1 AW4 T1	SY-F 1PC-C	1.7	
2:21-2:25	TRANS						
2:26-2:30	ACRO	8	ACRO-P	P-P-0-a3		1.75	
2:31-2:35	TRANS						
2:36-2:42	HYBRID	9	NM1 TU2	R3 AW3 F1		0.85	
2:43-2:49	TRANS						
2:50-2:59	ACRO	10	ACRO-C	T-Thr>P>-Forw-m3-h		1.8	
3:00-3:09	TRANS						
3:10-3:27	HYBRID	11	NM4 TU3	R1 R1 AW3 AW4	A-S PL 2PC-S 1PC-C	2.0	
3:28-3:30	TRANS						
FINA Member Federation: _____							
Date: _____				Signature: _____			



## DIFFICULTY CALCULATOR (EXCEL TEMPLATE TOOL)

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 Catalogue. Updates to the calculator will be made as needed to stay up to date with any revised values.

The user can enter movement and bonus 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 based on the Acrobatics Catalogue must be added manually at this point for this version. The user can also add all values in manually if preferred.

### Example 1:

TIME		PART	EL	BASE MARK	DECLARED DIFFICULTY								BONUS				TOTALS
0:00-0:15		ACROBATIC	1	ACRO-A	A	Sq	Forw	a3	m1								1.85
		Value															
0:16-0:25		TRANSITION															0.00
		Value															
0:26-0:30		HYBRID	2	NM3 TU2	R1	R3	AW3	T1					TR	A-S	SY-P	2PC-S	1.75
		Value		0.20 0.10	0.15	0.45	0.20	0.15					0.15	0.05	0.10	0.20	
0:31-0:36		TRANSITION															0.00
		Value															
0:37-0:40		ACROBATIC	3	ACRO-B	S	St	0	a1	r1								1.70
		Value															
0:41-0:48		TRANSITION															0.00
		Value															
0:49-1:00		HYBRID	4	NM2 TU2	F1	F1	R2	AW4									0.90
		Value		0.10 0.10	0.05	0.05	0.35	0.25									
ETC . . .																	0.00
		Value															

### Example 2:

TIME		PART	EL	BASE MARK	DECLARED DIFFICULTY								BONUS				TOTALS
0:00-0:15		TRANSITION															0.00
		Value															
0:16-0:25		TRE	1		D-TRE2a												2.80
		Value															
0:26-0:30		TRANSITION															0.00
		Value															
0:31-0:36		HYBRID	2	NM2 TU2	F1	F1	AW3	R4					A-C				1.20
		Value		0.10 0.10	0.05	0.05	0.20	0.55					0.15				
0:37-0:40		TRANSITION															0.00
		Value															
0:41-0:48		TRE	3		D-TRE4b												2.70
		Value															
0:49-1:00		TRANSITION															0.00
		Value															
ETC . . .																	0.00
		Value															



BASE MARK (BM)	Level 1		Level 2		Level 3		Level 4		
	<b>No. of Movements (NM):</b>	6 or less movements	<b>0.05</b>	7-19 movements	<b>0.1</b>	20-29 movements	<b>0.2</b>	30+ movements	<b>0.3</b>
	<b>Time Underwater (TU):</b>	Short (6 sec. or less)	<b>0.05</b>	Medium (7-15 seconds)	<b>0.1</b>	Long (16 sec. or more)	<b>0.2</b>	-	

## HYBRID BONUSES

Bonuses:	Traveling (TR) 1.0m or more	Angles (A) Simple (A-S) or Complex (A-C)	Placement (PL) Hybrid in last 20 seconds	Synchronisation (SY) Part (SY-P) or Full (SY-F)	Pattern Change (PC) Simple (PC-S) or Complex (PC-C)
<b>Rep/hybrid:</b>	Once per hybrid	Once per hybrid	Each in last 20 seconds	Team only SY-P 2x / SY-F 1x **Only for NM 7+ (L2-4)	Every PC counted
	<b>0.15</b>	Simple: <b>0.05</b>   Complex: <b>0.15</b>	<b>0.20</b>	Partial: <b>0.1</b>   Full: <b>0.5</b>	Simple: <b>0.1</b>   Complex: <b>0.3</b>

## FAMILIES

Family:	Thrusts (T)	Rotations (R)	Flexibility (F)	Airborne Weight (AW)	Connections (C)
<b>Rep/hybrid:</b>	L1-4 2x / L5-9 unlimited	L1-4 2x / L5-9 unlimited	2x	2x	2x
<b>Level 1</b>	Thrust with crashing	<b>One or two legs:</b> Swirl 180°-360° Turning 180°-360° while doing other non-sustained or "up-down" actions	Rapid split by one leg from any position (such as Pike, Tub, Tuck, Inverted Tuck, Bent Knee VP, Fishtail, VP, etc.)	Vertical descent in Bent Knee VP or Vertical descent from Fishtail join to VP Front Pike to Bent Knee VP or Fishtail	Pike Position at the surface of the water
	<b>0.15</b>	<b>0.15</b>	<b>0.05</b>	<b>0.05</b>	<b>0.05</b>
<b>Level 2</b>	Thrust with one leg	<b>One or two legs:</b> Swirl 720°-1080° Spin descending 180° Twist or Twirl 180° with 1 leg only	Clearly demonstrated split (held at least 1-2 seconds) Walkout Front Back Layout to Surface Arch or Bent Knee Surface Arch	Vertical descent in VP or descending VP performing isolated movements Front Pike to Vertical Position	One leg face-to-face connection
	<b>0.30</b>	<b>0.35</b>	<b>0.10</b>	<b>0.15</b>	<b>0.15</b>
<b>Level 3</b>	Thrust with one leg followed by rotation of Spin 360° Thrust and vertical descent	<b>One or two legs:</b> Swirl 1440° Spin ascending 180°-360° Spin descending 360°-720° Twist or Twirl 180° with 2 legs Twist 360° with 1 leg only	Ariana rotation or split variants at the surface with a demonstration of at least 2 different splits (Right, Left, Middle) Split to Split through VP (changing legs)	Vertical ascent with 1 or 2 legs Ascending VP performing isolated movements	One leg back connection
	<b>0.35</b>	<b>0.45</b>	<b>0.15</b>	<b>0.30</b>	<b>0.20</b>
<b>Level 4</b>	Thrust with one leg followed by rotation of Spin 720° or Twirl 180° Thrust with flexibility	<b>One or two legs:</b> Spin ascending 720°-1080° Spin descending 1080°-1440° Twist 360° with 2 legs	Front Layout to Surface Bent Knee Arch Position or a Split From Surface Arch Position to Knight or Split Bent Knee Surface Arch to Bent Knee VP	Sustained height with one leg or a combination of one and two legs lasting equal or more than 3 seconds	Two-legs connection
	<b>0.40</b>	<b>0.55</b>	<b>0.20</b>	<b>0.45</b>	<b>0.25</b>



Levels	Thrusts (T)	Rotations (R)	Flexibility (F)	Airborne Weight (AW)	Connections (C)
Level 5	Thrust followed by rotation of Spin 360° or Twirl 180°	<b>One or two legs:</b> Twist 720° with 1 leg Spin ascending 1440° with 1 leg Spin descending more than 1440° with 2 legs Twist opening 360° VP to Split Twirl 360° with 2 legs Combined Spin 360°-720° with 1 leg Reverse Combined Spin 360°-720° with 1 leg	Knights: combinations of Knight positions ( <b>at least 2</b> ) Knight to Fishtail (through VP) Knight to VP Sustained Knight Position ( <b>held at least 1-2 seconds</b> ) Bent Knee Surface Arch to Vertical Position	<b>Isolated movements performed in stable Fishtail Position and piked body position (legs over surface, 30-60° from vertical) lasting equal or more than 3 seconds. Any knee/leg movements performed credited in n° of movements</b>	Rotation vertical connection with one leg ( <b>rotation of at least 180° at maximum height</b> )
	<b>0.45</b>	<b>0.60</b>	<b>0.25</b>	<b>0.50</b>	<b>0.30</b>
Level 6	Thrust with flexibility followed by rotation of Spin 360°	<b>One or two legs:</b> Combined Spin 360° with 2 legs Reverse Combined Spin 360° with 2 legs Two-Direction Combined or Reverse Combined Spin 360°-720° with 1 leg Spin ascending 1440° with 2 legs Twist 720° with two legs Twist Closing 360° from Split to VP	Surface Arch to VP	<b>Sustained height in VP lasting equal or more than 3 seconds</b>	Rotation vertical connection with two legs ( <b>rotation of at least 180° at maximum height</b> )
	<b>0.50</b>	<b>0.65</b>	<b>0.30</b>	<b>0.60</b>	<b>0.40</b>
Level 7	Thrust with rotation of Spin 720° and over	<b>Two legs only:</b> Combined Spin 720° Reverse Combined Spin 720° Two-Direction Combined or Reverse Combined Spin 360° Twist 1080° Unbalanced 360° Twist Two-Direction Twist 360°		<b>Sustained height shown at least 3 seconds in VP performed in an unbalanced position. Any knee/leg movements performed credited in n° of movements</b>	
	<b>0.55</b>	<b>0.70</b>		<b>0.65</b>	
Level 8	Thrust with flexibility followed by rotation of Spin 720° and over	<b>Two legs only:</b> Combined Spin 1080° Reverse Combined Spin 1080° Two-Direction Combined or Reverse Combined Spin 720° Twist 1440° Unbalanced 720° Twist Two-Direction Twist 720°			
	<b>0.60</b>	<b>0.75</b>			
Level 9	Thrust continued by catching a sustained Vertical Position	<b>Two legs only:</b> Combined Spin 1440° Reverse Combined Spin 1440° Two-Direction Combined or Reverse Combined Spin 1080° Unbalanced 1080° Twist			
	<b>0.65</b>	<b>0.80</b>			

Please fill in with type or write in capital letters!

<b>FINA Member Federation:</b>				
<b>Competition:</b>				
<b>Event:</b>	<input type="checkbox"/> <b>PRELIMS</b>		<input type="checkbox"/> <b>FINALS</b>	
	<input type="checkbox"/> Solo Tech	<input type="checkbox"/> Male Solo Tech	<input type="checkbox"/> Duet Tech	<input type="checkbox"/> Mixed Duet Tech
	<input type="checkbox"/> Solo Free	<input type="checkbox"/> Male Solo Free	<input type="checkbox"/> Duet Free	<input type="checkbox"/> Mixed Duet Free
	<input type="checkbox"/> Team Tech	<input type="checkbox"/> Team Free	<input type="checkbox"/> Acrobatic	<input type="checkbox"/> Combo
<b>Theme:</b>				
<b>Name of competitor(s):</b>				

**ELEMENTS IN ORDER OF PERFORMANCE**

TIME	PART	EL	BASE MARK	DECLARED DIFFICULTY	BONUS	DD	TC

FINA Member Federation: \_\_\_\_\_

Date: \_\_\_\_\_ Signature: \_\_\_\_\_