APPENDIX 7:
ACROBATICS CATALOGUE

EXCERPT TAKEN DIRECTLY FROM WORLD AQUATICS COMPETITION REGULATIONS

In force as of 1 January 2025

29.7 APPENDIX 7 – ACROBATICS CATALOGUE

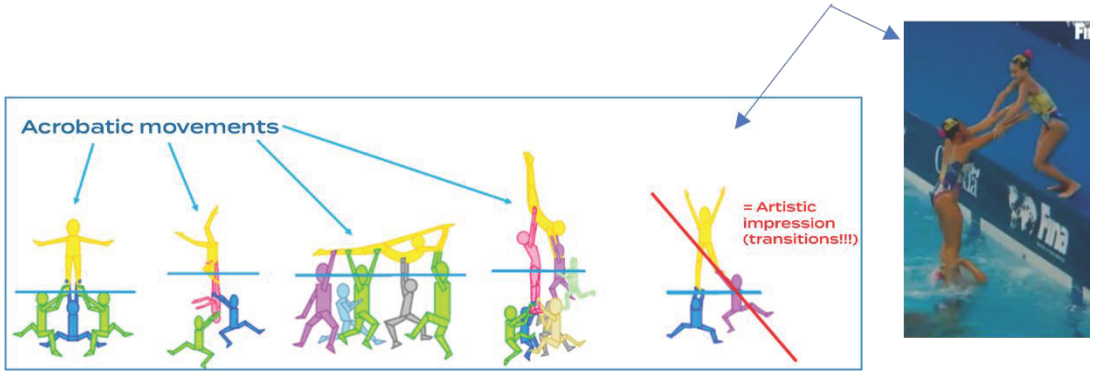
29.7.1 Team Acrobatics Catalogue

29.7.1.1 Classification of Acrobatic Movements, Groups, and Terminology

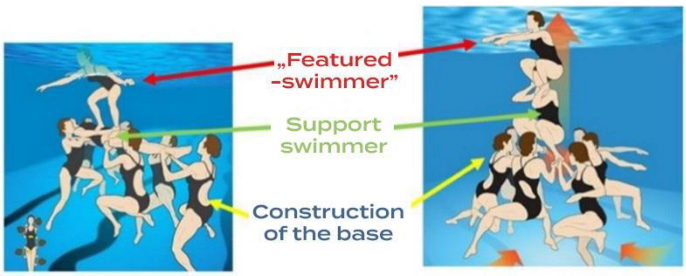
Important Terminology

- **Acrobatic movement**: General term for jumps, throws, lifts, stacks, platforms, etc., which is an integral part of artistic swimming routines that demonstrate spectacular gymnastic feats and/or risky actions in the air, on a balancing support, or in combination, and are achieved with the assistance of other swimmers. A team acrobatic movement is considered as an Element, starting from 4 swimmers and more (for example: 3 base-swimmers + 1 featured-swimmer; or 2 base-swimmers + 1 support-swimmer who pushes 1 featured-swimmer). They must start and finish in the water! Acrobatic actions involving 3 swimmers or less are considered as pair acrobatics or pair assisted actions.

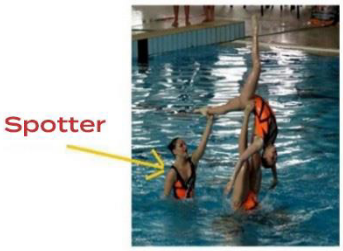
- For example: these will not be considered as acrobatic movement



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



- **Spotter ("helper")**: one swimmer, with a role of additional support (lift or push) inside the construction. Usually placed close to the "main" construction. In most of the cases they are attached to the featured-swimmer, but there are exceptions. It is possible to have few (1-4) separate spotters or "pair" of spotters (aka "pair-boost"). Their role is to provide additional support/assistance to the featured-swimmer/s and sometimes to the support-swimmer/s (usually it is specified in the description of the construction, connection or bonus). 404
- For example: a featured-swimmer is lifted on a stack head-down in an owl position and one spotter is holding the front foot of the featured-swimmer.



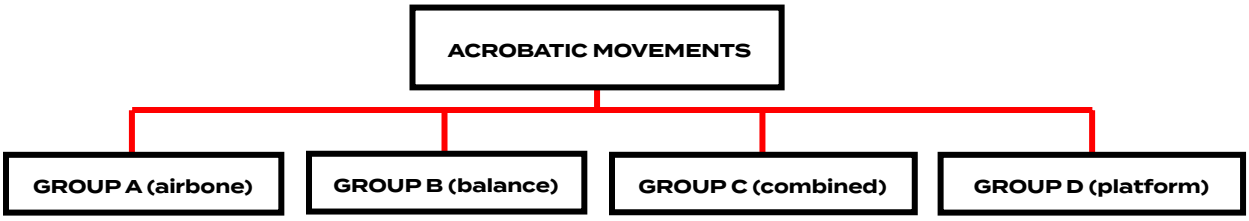
- **Formation**: two or more groups of swimmers, from which construction is comprised. Well synchronized actions of this group guarantee the execution of acrobatic movements. Without proper work from one of the formations, usually a whole acrobatic movement will fail.

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

Main Groups

All the acrobatic movements are divided into 4 Main Groups:

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



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

Algorithm for the Total Degree of Difficulty

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

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

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

C – construction

S - area of support and type of connection

D - direction

P - position/s

R - rotation of construction

T - the plane and degree of rotation

B – bonus

DD - degree of difficulty

Note: not every acro needs to have all the components

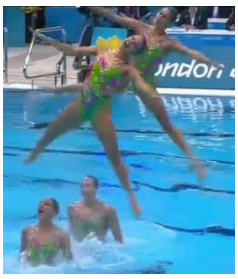
The **Base Mark** for all the Main Groups is the same and has a **value of 0.5**.

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

29.7.1.2 General Principless & Rules

Two Acrobatic Movements

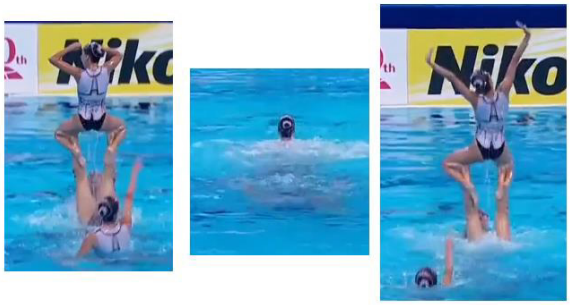
- If two equal/same acrobatic movements are performed at the same time It will be calculated as one acrobatic movement with a bonus for double acrobatic movements ("Dbl").



- Bonus for double acrobatic movements:
    - Elements judges do not pay attention to the timing, but to the design of the positions.
    - However, if it is declared in the Coach Card that 2 acrobatic movements are supposed to be simultaneous (synchronized actions for double acrobatic movements bonus code "Dbl" used), and they **are obviously performed one after the other** (huge difference in timing) - the bonus will be deemed not executed, and it would put the acrobatic movement to a Base Mark.

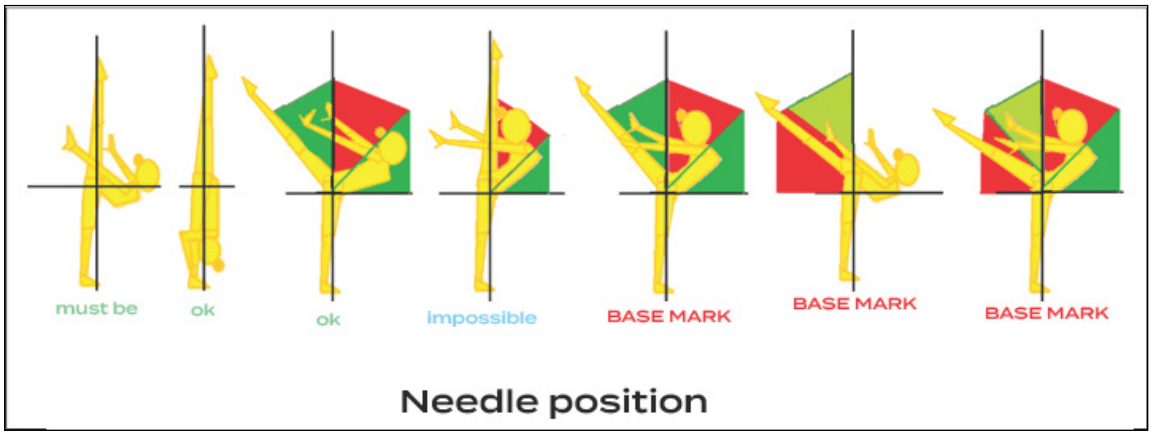
- It is not allowed to have **2 different** acrobatic movements performed **at the same time**. If this occurs, it will result in a Base Mark for both acrobatic movements.

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



Positions (all Groups)

- Declared position(s) are the one(s) demonstrated by the featured-swimmer(s).
- All declared positions have an allowance of **45 degrees** from what is written in the tables.
- Note: if the position (Needle, Sail, Queen, Eye) also requires a deviation of the torso (not just degree of the leg movement) – 45 degrees allowance applies separately for torso and leg.
- Example for Needle position:



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

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

- All declared positions, in all Main Groups (1st Position, 2nd Position and the bonus for the 3rd position) must be clearly shown and higher than:

  Knees for head-up positions

  Waist for head-down positions

  Full body out of water for horizontal positions

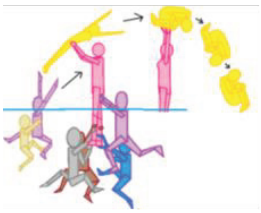
- The **1st Position** is defined as:

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

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

  Group A (also used in Group C):

  - The first position clearly shown by the featured-swimmer in the air, following the take-off position.
  - Example 1: The featured-swimmer takes-off the construction in a line and then immediately brings the legs to a pike position to perform one somersault. In that case, “pike” will be position 1.
  - Example 2: The featured-swimmer takes-off the construction in a line and remains in that position to perform a full twist head-up. In that case, “line” will be position 1 as the line is shown during the main action of the acrobatic (so more than just the take-off position).
  - In the picture below, the first declared position will be tuck



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

- Important note: In groups B and P there are few exceptions (for declaring position 1 and the 1st type of connection) While the construction is rising, the DTC can usually detect that the featured-swimmer for example begins standing on two legs and then moves onto one leg (ie. Heron, Needle, etc.) This phase of the acro is considered the same as the “take-off” is in group A, so we do not count this “standing/rising” positioning (transitional to Position 1). DTC will check for how long the featured-swimmer holds the “stand (sd)” position. If more than 2 seconds – it will be a base mark. 409 As long as the athlete is still in the process of standing/rising and doesn’t hold a position, it would not be required to declare (for example line in group P) In addition, the type of connection should be declared as the one where they stand up on 1 leg.

- In regard to positions and type of connection: Group B: Positions #1 to 7 (he, vs, gl, ba, sa, ne, ey) must be declared with type of connection #5 (FPx), #19 (F1S), #29 (1F1P) and #30 (1F1F) We declare type of connection #18 (FS) only when the featured-swimmer remains in a line position from the beginning to the end of the acrobatic movement or when the featured-swimmer clearly stands on 2 legs for the duration of the acrobatic movement Group P: Positions #1 to 7 must be declared with the type of connections #3, #4, #9, #19, #20, #21 and #23

- Position 2 **MUST** be a different declared position than position 1 or a BM will be applied. This means that the same position code can’t be declared consecutively, they have to be different position codes from the table. This rule does not apply to the bonus for the third position. Example 1: Group B: he/2he= **not** possible, but he/2gl = is OK Example 2: Group A: kt/2kt = **not** possible, but kt/2tk = is OK Example 3: Group P: bb/2ow + Pos3 bonus (another ow) = OK

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

  The "written description” always prevails.

  Images are there to show some examples.

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

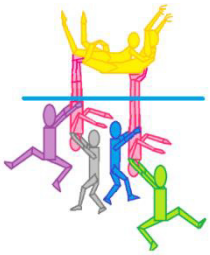
- In **group C** (constructions Thr^2F or Thr^Lh or Thr>L) if there are two featured-swimmers, position 1 indicates the position of the 1st featured-swimmer (who does balance for example) and position 2 indicates the position of the second featured-swimmer (who usually flies, so group A is used). All other positions of either featured-swimmer must be indicated in the bonus for third position (“Pos3”).

- When an acrobatic movement shows two featured-swimmers with different positions shown at the same time You have to declare both positions - with position 1 as the one with the higher DD and position 2 with the lower DD Can be used (for example) in group C with constructions: Thr+Thr or Sn 410

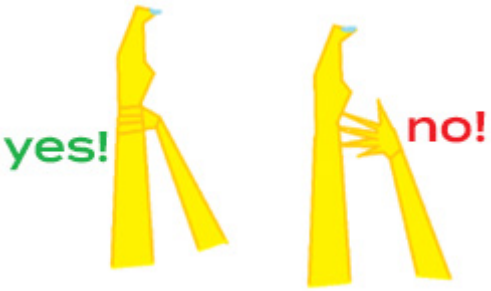
- When an acrobatic movement shows two featured-swimmers with the same position shown at the same time

  You have to declare only one position (due to the rule saying that position 2 must be different than position 1)

  Example below: both featured-swimmers perform cobra. The coach declares cobra only once.



- If a hand capture is required as per table, we **MUST** see a clear and controlled holding (not a "tap" touch). It must be as a held grasp. There is no duration specified for how long you need to "hold" the capture, as long as it shows clear and controlled grasp.



- **Catch/Capture of the leg**

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

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

- **Opposite arm means:**

  If in the description of a position it is stated that the featured-swimmer must demonstrate **Opposite arm**, the capture cannot be done with the same leg and arm, or it will be a Base Mark!

  Example: It must be left leg capture with right arm, but not left leg capture with left arm. Or opposite: right leg capture with left arm, but not right leg capture with right arm

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

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

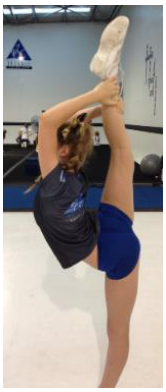
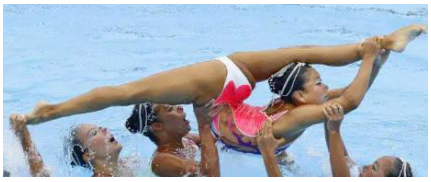
  For example: the featured-swimmer stands on their right leg, the left leg moves, performs kick backwards or sideways and then featured-swimmer must catch the left leg with their right arm/hand.

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

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

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

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

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

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

Constructions (all Groups)

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

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

- If you have 2 types of connections in your acrobatic movements, you MUST declare the first one shown above the surface. You are not allowed to skip the first one and declare the second one instead.
- In groups B and P, the base/support-swimmers cannot help the featured-swimmer achieving positions, but they can help/give additional support in platforms while performing the grip (type of connection).

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

Twists (all, including bonuses)

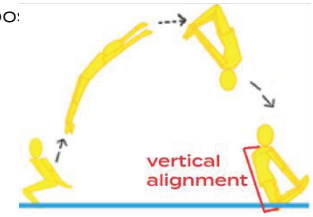
- The number of twists is calculated until the waist level of the featured-swimmer (visible/clear border for detecting rotations)
- Twist can start during a take-off phase (this applies especially to 2-axis rotations in the air)
- In 2 axes rotations in the air (when acrobatic movement includes somersault and twist): the twist can happen at any time in the acrobatic movement (for example: after completing somersault; while rotating in the air; while taking-off etc.)
- Allowance for 360° Twists and more: 180° less than declared = Base Mark (note: swimmer can over rotate – you can do more than what is declared). Example 1: Declared 720° twist, but only rotated 540° by the waist level (1 ½) = Base Mark Example 2: Declared 720° twist, and rotated 630° be the waist level (1 ¾) = Ok
- Allowance for 180° twists:

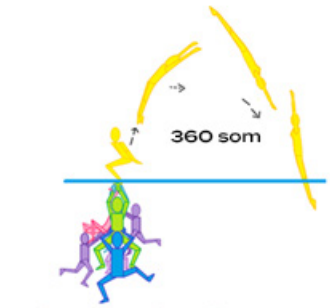
  There is no allowance – performing less than a 180° is a Base Mark.

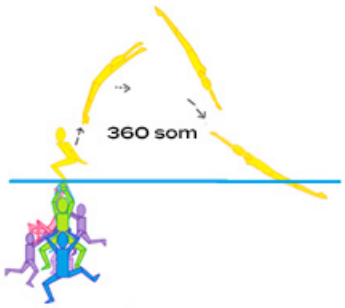
- Important: Twists can be started with legs together (after take-off) or with the fast kick forward action during the take-off phase (before twisting). We do not consider it as a position, regardless of the degree of the kicking leg (the degree of the "kicking leg" can be more than 90°)!

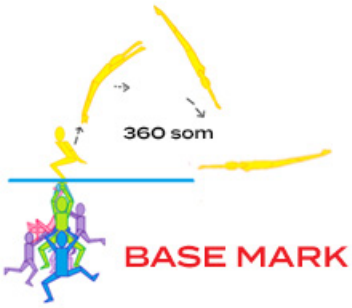
Somersaults (all, including bonuses)

- The number of somersaults is calculated until the beginning of the submergence of the featured-swimmer.
- Beginning of submergence – means not "a slide of the body part" or "body part submerging and then coming back and appearing above the surface", but when the body of the featured-swimmer goes directly into the water and never "rises-up again". Beginning of submergence starts to be counted when a quarter of the body "disappears" underwater.
- Allowance for **all somersaults** (regular/frontal/two axes, etc.) is **90° less** than declared before submergence = Base Mark (note: swimmer can over rotate – you can do more than was declared).
- Note: if you are trying a somersault backwards 360o in a flexibility position (for example: Ring), and the athlete can't complete a 360o somersault (with allowance) - you can instead declare "Jump-Dive" and stay inside "the rule of allowance" that you can over-rotate but at least "pass" the required rotation.
- Technical controller tips: when we speak about rotations in the air, about allowances and how to see if the featured-swimmer passed the "border line" and enters the "safe" zone, we look at part "from shoulders to knees" (this rule applies for positions: line/arch position; variations of kite and jay po









Cartwheels and handsprings (all, including bonuses)

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

Rotations of the Base (for Group B and C)

- The number of rotations of the construction is calculated until the waist level of the featured-swimmer (visible/clear border for detecting rotations). It must be a "visible" rotation: the support-swimmer turns with the featured-swimmer on top while submerging. It is not just a turn of the body of the featured-swimmer.
- The rotation may start during the ascent.
- Allowances for 360° and more: 90° less than declared = Base Mark (note: swimmer can over rotate – you can do more than what is declared). Example 1: Declared 720o rotation, but only rotated 540o by the waist level (1 ½) = Base Mark Example 2: Declared 720o rotation, and rotated 675o be the waist level (1 ¾) = Ok

- Allowance for 180°:

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

Rotations of the Base (for Group P)

- The rotation of the construction is calculated until the knees of the featured-swimmer (if the position is head-up) or waist (if the position of the featured-swimmer is head-down) 414
- Rotation will only begin to be counted once platform is at maximum height. If during the rotation the featured-swimmer significantly loses height (ie. knees of the featured-swimmer if position is head-up go under, or waist goes under if position of featured-swimmer is head-down) – it's a base mark if the construction has not completed declared rotation (considering allowance) at this point.
- Rotation may start during the ascent, but the TC will start counting the degrees of rotation from the moment construction reaches its maximum height.
- Allowances for 180° and more: 45° less than declared = Base Mark (note: swimmer can over rotate – you can do more than was declared).
- Allowance for 90°: There is no allowance – performing less than 90° is a Base Mark. It must be done precisely (or more).

Bonus (all Groups)

- Any bonus can be declared only **ONCE** per acrobatic movement, unless specified otherwise (ex: "C-Roll" can be declared twice)
- A maximum of **two (2) different bonuses** can be declared per acrobatic.
- Some bonuses cannot be declared with another bonus of the same "category". If it is the case, it will be stated in the chart.
- When, fly above 2nd formation or fly above lift on heads is declared, it MUST be performed (the flying phase) when the featured-swimmer of the second formation (above which the featured-swimmer flies) is at the "positions allowance safe zone" or higher (Waist or Knees).

Minimum Declaration Requirements

- If you declare an acrobatic movement, you cannot "skip" some required parts of the acrobatic movements - the following components of each group **MUST** always be declared, while the other components (not listed below) are optional: GROUP A must have: CONSTRUCTION + DIRECTION + POS 1 GROUP B must have: CONSTRUCTION + TYPE OF CONNECTION + POS 1 GROUP P must have: CONSTRUCTION + TYPE OF CONNECTION + POS 1 GROUP C must have: CONSTRUCTION + DIRECTION + POS 1 Not respecting the requirements will result in a Base Mark.

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

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

Clarification to Rule in Appendix 3,4 and 5

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

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

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

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

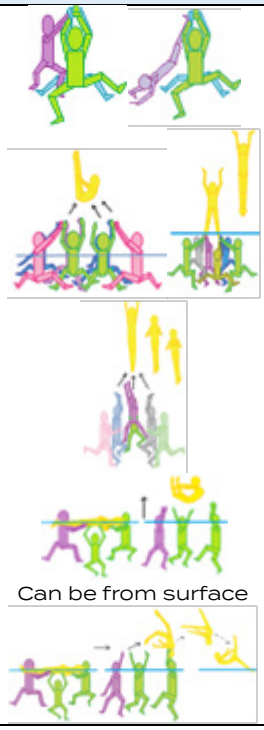
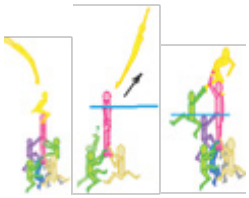
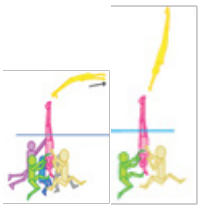
For Group P: Can't repeat the same construction, can't repeat the same type of connection (grip), can't repeat same position/s (as P1 or as P2 with the exception of the third position bonus). Examples:
In one routine – Not allowed: **P-Knees-SP+K-bb/2ow** **P-Knees-3pA-ne** ✖
In one routine – this is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

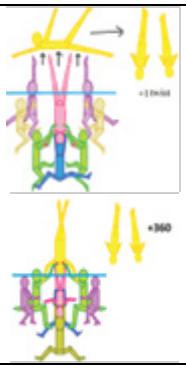
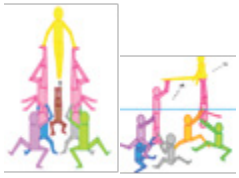
- Q&A Note: P1 and/or P2 limit is applicable to the specific group, but it can be done in others.

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

29.7.1.3 Group A

Component C – Construction

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

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

Notes on Group A Constructions:

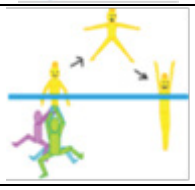
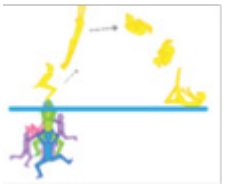
Constructions 6 and 7 can be done with or without a pusher in the middle of the 2 supports. The pusher can be head-up or head-down and may have additional swimmer(s) under for assistance.

When both supports are head-down, they can provide support to the featured-swimmer as such: 1+1 foot, 2+2 feet, or a combination of 1 foot+2 feet

If both supports are head-up (or only one of them), the way of pushing is optional. For example: push can be done with the palms of the support-swimmer, or featured-swimmer can jump from support's shoulders (unless specified).

Component D – Direction

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

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

*A Health and Safety consideration: due to the high risk involved in this type of movement, inwards direction (jumping backwards and turning forwards- so called “turning under yourself”) rotation in the air is not allowed and will not be granted a new code, even upon request.

HOW TO DETERMINE THE DIRECTION

Head-up Jumps:

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

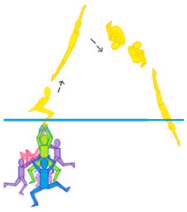
- Example 1: If the featured-swimmer starts a jump backwards then turns in the air around self (twisting action) and then starts somersaulting forwards = declare Backwards (Back) 420
- Example 2: If the featured-swimmer starts a jump forward and continues in the same direction executing a 360o somersault forwards = declare Forwards (Forw)

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

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

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

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



Head-Down Jumps (ie. Throws):

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

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

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

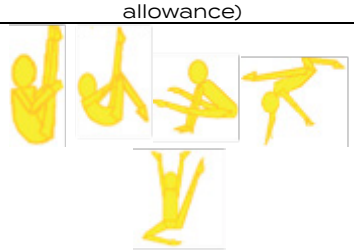
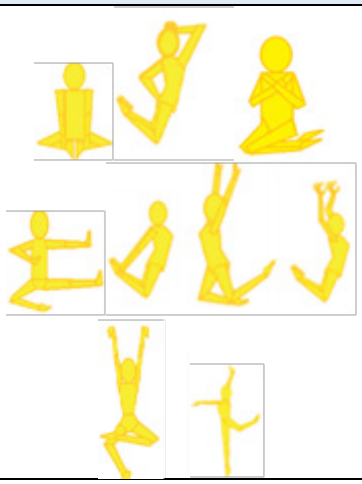
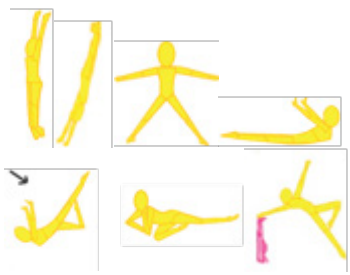
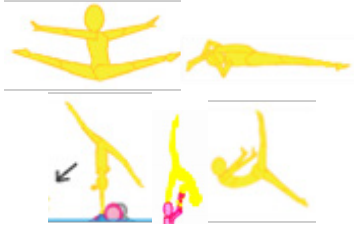
Cartwheels:

The direction is Sideways (Side).

Handsprings:

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

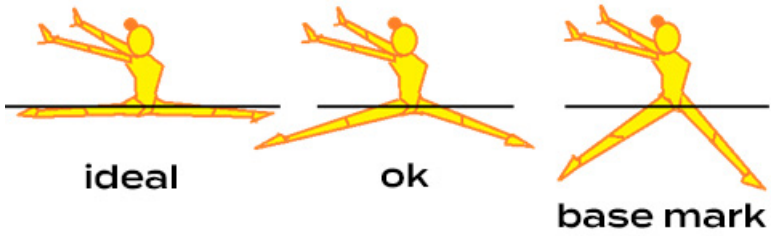
Component P – Position

No.	Picture	Name and code	Difficulty to balance	Presence or absence of a helping hand (capture)	Type and level of flexibility+ Deviation of torso from inner axis	Total	Value of Position 2 (half value of Pos 1)	Code for Position 2
			Forward flex stomach					
1	 Important: knees must be within 90 degrees of chest (plus always consider 45º position allowance)	Tuck **tk**	No	Can be with or without hands	Stomach flex 1 (bent legs!)	basic **0.10**	**0.05**	**2tk**
			O	O Can be with	O			
2	 Important: flexion at hip level with one or two legs (straight) touch stomach and/or chest	Pike **pk**	No	or without hands	Stomach flex 2	**0.20**	**0.10**	**2pk**
			O	O	0.2			
			Miscellaneous					
3		Kite **kt**	No	Can be with or without hands	Free body position (different from straight or open body, tuck or line) with flexion at hip level of 90 degrees or less (one or two legs side ways or forwards or back wards) Knee(s) may be bent. May have a small arch in back	basic **0.05**	**0.025**	**2kt**
			O	O	O			
4		"Open body" Line/Arch Can have "open" leg variations or 1 significantly (90 degrees) bent leg **ln**	No	-	Misc (straight body, may have small arch in back). Legs can be straight and/or spread in 45 degrees out of vertical line diapason	basic **0.10**	**0.05**	**2ln**
			O	O	O			
5		Split **sp**	No	Can be with or without hands	180 between legs can be different variations, however both legs should be straight (both legs must be in 45° cone from 180 line that is formed by legs)	**0.30**	**0.15**	**2sp**
			O	O	0.3			

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

Regarding the 45 degree position allowance for Split:

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



Component S – Area of Support

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

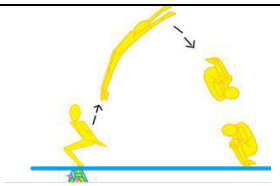
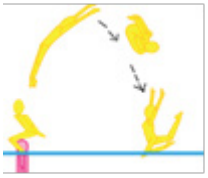
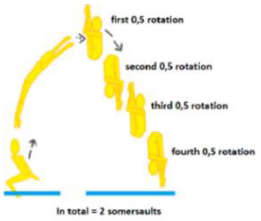
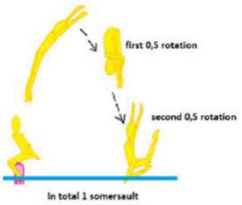
Component R – Rotation of the Construction Base

N/A for Group A

Component T – Plane and Degree of Rotations

- If there's a half somersault/dive (when the featured-swimmer jumps head-up forwards or backwards and after demonstrating a parabola in the air enters the water head-first, or after take-off performs a position or positions and enter the water head-first, it should be written in the code as the letter "d" with indicated number of twists (if there are any)
- Not entering water head-first in this situation would be counted just as a change of the position and will not be written as dive/half somersault.

How to Calculate Somersault Rotations:

To get value for a "full somersault" the featured- swimmer who jumps head-first needs to enter the water feet-first (after "full" rotations ie 360°, 720°, 1080°). For example: tuck position, straight body positions.	
For "Open" positions or variations of arch positions (Jay, Kite, etc) – the featured-swimmer must enter the water demonstrating vertical alignment between shoulders and knees to get a full somersault.	
Pike somersault (without changing the body position throughout the rotation): We count somersaults in a pike position the same way that diving does. The first 180-degree movement of the legs after take-off is considered as the first half of the rotation and then count from there.	
If the somersault is performed using 2 positions – for example Pike and Jay: we count the number of somersaults in our regular method where we look how many times the torso with the head turns each 180.	

- Notes regarding codes:

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

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

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

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

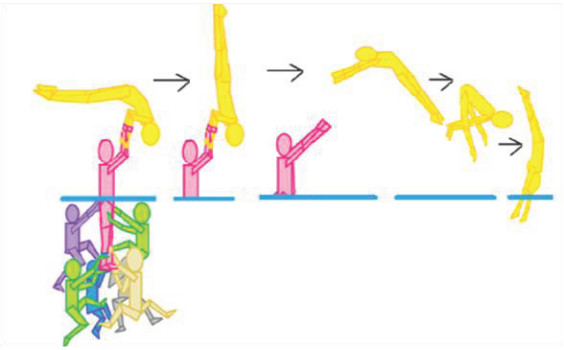
Horizontal plane (all twists: horizontal. head-up. head-down) - turns around self to the left or right (Performed in the air)							
Degree of rotation	Code	value	2nd axis	forw	straight body	open	total
180°	**t0.5**	0.025					**0.025**
360°	**t1**	0.05					**0.05**
540°	**t1.5**	0.10					**0.10**
720°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

Sagittal plane (Example: forward somersault) - turns around self - forwards or (Performed in the air)								
Degree of rotation	Code	value	2nd axis	forw	straight body	open	bo-nus	total
180° somersault /dive (any direction)	**d**	0.025	0.025				0.025	**0.075**
180° somersault /Dive + 180° twist (any direction)	**dt0.5**	0.025	0.05				0.025	**0.10**
180° somersault /Dive + 360° twist (any direction)	**dt1**	0.025	0.1				0.025	**0.15**
180° somersault /Dive + 540° twist (any direction)	**dt1.5**	0.025	0.2				0.025	**0.25**
180° somersault /Dive + 720° twist (any direction)	**dt2**	0.025	0.25				0.025	**0.30**
360° somersault	**s1**	0.3						**0.30**
360° somersault forwards	**s1f**	0.3		0.1				**0.40**
360° straight body somersault	**ss1**	0.3			0.2			**0.50**
360° straight body somersault forwards	**ss1f**	0.3		0.1	0.2			**0.60**
540° somersault	**s1.5**	0.55						**0.55**
540° somersault forwards	**s1.5f**	0.55		0.1				**0.65**
540° somersault + open	**s1.5o**	0.55				0.3		**0.85**
540° somersault forwards + open	**s1.5fo**	0.55		0.1		0.3		**0.95**
720° somersault	**s2**	0.8						**0.80**
720° somersault + open	**s2o**	0.8				0.5		**1.30**
720° somersault forwards	**s2f**	0.8		0.1				**0.90**
720° somersault forwards + open	**s2fo**	0.8		0.1		0.5		**1.40**
900° somersault	**s2.5**	1						**1.00**
900° somersault forwards	**s2.5f**	1		0.3				**1.30**
1080° somersault	**s3**	1.5						**1.50**

Frontal plane (Example: Side somersault) - turn to the left or to the right (sideways movements - Performed in the air)								
Degree of rotation	Code	value	2nd axis	forw	straight body	open	bonus	total
360° side somersault	**f1**	0.3					0.1	**0.40**
540° side somersault	**f1.5**	0.5					0.1	**0.60**
720° side somersault	**f2**	0.7					0.1	**0.80**

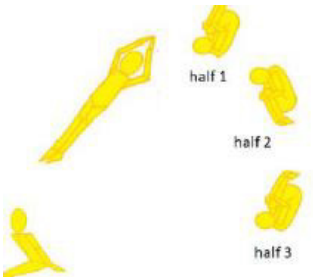
Cartwheels and Handsprings **(part of rotation starts with connection to support) ANY DIRECTION** **Usually, starts on a support and partially performed on it. Then featured-swimmer becomes airborne, performs rota tion in the air and enters the water (featured-swimmer may keep hand-connection with support until submergence)**								
Degree of rotation	Code	value	2nd axis	forw	straight body	open	bonus	total
Cartwheel	**c**	0.1						**0.10**
Cartwheel + half twist	**ct0.5**	0.1	0.025				0.025	**0.15**
Cartwheel + 1 twist	**ct1**	0.1	0.05				0.025	**0.175**
Handspring	**h**	0.1						**0.10**
Handspring + 180° twist	**ht0.5**	0.1	0.025				0.025	**0.15**
Handspring + 360° twist	**ht1**	0.1	0.05				0.025	**0.175**
Handspring + half somersault (dive)	**hd**	0.1	0.025					**0.125**
Handspring + 1 somersault	**hs1**	0.1	0.3					**0.40**
Half-Handspring + 1.5 somersault (with or without opening)	**h0.5s1.5**	0.05	0.4					**0.45**
Half-Handspring + 1 somersault (with or without opening)	**h0.5s1**	0.05	0.3					**0.35**

Example: half handspring + 1 somersault

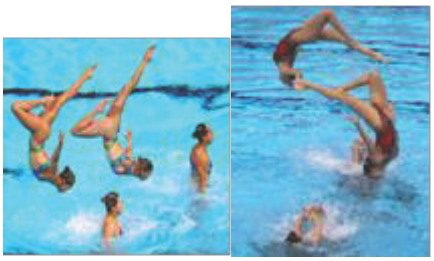
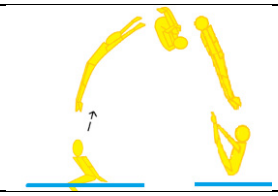
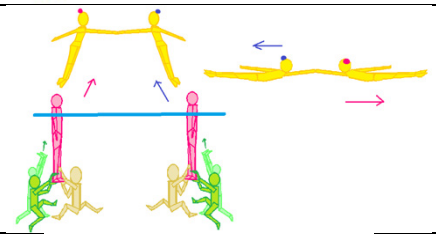
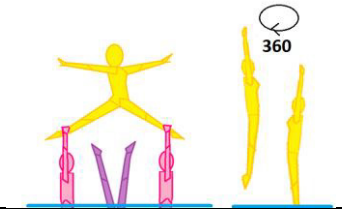


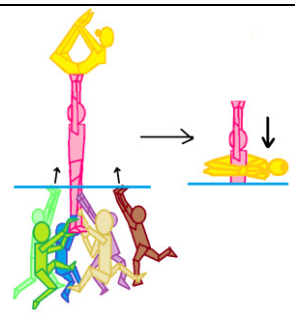
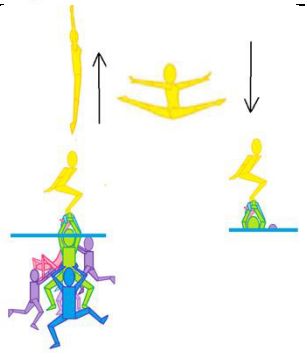
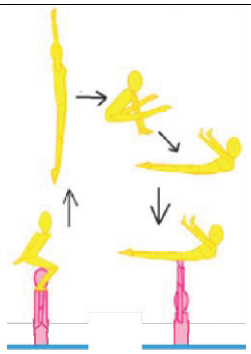
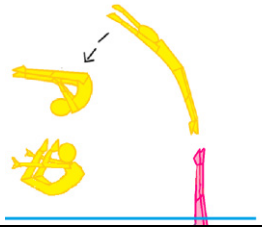
Two-axes somersaults (have additional bonus for using both axes 0,025) (Performed in the air)								
Degree of rotation	Code	value		forw	straight body	open	bonus	total
		som.	twist					
1 somersault + 0.5 twist	**s1t0.5**	0.3	0.05				0.1	**0.45**
1 somersault + 0.5 twist forwards	**s1t0.5f**	0.3	0.05	0.1			0.1	**0.55**
1 somersault + 1 twist	**s1t1**	0.3	0.1				0.1	**0.50**
1 somersault + 1 twist forwards	**s1t1f**	0.3	0.1	0.1			0.1	**0.60**
1 somersault + 1.5 twist	**s1t1.5**	0.3	0.15				0.1	**0.55**
1.5 somersault + 0.5 twist	**s1.5t0.5**	0.55	0.025				0.1	**0.675**
1.5 somersault + 0.5 twist forwards	**s1.5t0.5f**	0.55	0.025	0.1			0.1	**0.775**
1.5 somersault + 0.5 twist + open	**s1.5t0.5o**	0.55	0.025			0.3	0.1	**0.975**
1.5 somersault + 0.5 twist + open forwards	**s1.5t0.5fo**	0.55	0.025	0.1		0.3	0.1	**1.075**
1.5 somersault + 1 twist	**s1.5t1**	0.55	0.05				0.1	**0.70**
1.5 somersault and 1.5 twist	**s1.5t1.5**	0.55	0.125				0.1	**0.775**
2 somersaults + 0.5 twist	**s2t0.5**	0.8	0.025				0.1	**0.925**
2 somersaults + 0.5 twist forwards	**s2t0.5f**	0.8	0.025	0.1			0.1	**1.025**
2 somersaults + 0.5 twist + open	**s2t0.5o**	0.8	0.025			0.5	0.1	**1.425**
2 somersaults + 0.5 twist + open forwards	**s2t0.5fo**	0.8	0.025	0.1		0.5	0.1	**1.525**
2 somersaults + 1 twist	**s2t1**	0.8	0.075				0.1	**0.975**
2 somersaults + 1 twist +open	**s2t1o**	0.8	0.075			0.5	0.1	**1.475**
2 somersaults + 1 twist forwards + open	**s2t1fo**	0.8	0.075	0.1		0.5	0.1	**1.575**
Straight somersault 1 + 0.5 twist	**ss1t0.5**	0.3	0.025		0.275			**0.60**
Straight somersault 1 + 0.5 twist forwards	**ss1t0.5f**	0.3	0.025	0.1	0.275			**0.70**
Straight somersault 1 + 1 twist	**ss1t1**	0.3	0.05		0.275			**0.625**
Straight somersault 1 + 1 twist forwards	**ss1t1f**	0.3	0.075	0.1	0.275			**0.75**
Straight somersault 1 + 1.5 twist	**ss1t1.5**	0.3	0.125		0.3		0.075	**0.80**
Straight somersault 1 + 2 twists	**ss1t2**	0.3	0.2		0.3		0.1	**0.90**
Straight somersault 1 + 2.5 twists	**ss1t2.5**	0.3	0.25		0.3		0.175	**1.025**
Straight somersault 1 + 3 twists	**ss1t3**	0.3	0.3		0.3		0.225	**1.125**

Example: 1.5 somersault+ 1.5 twist:



Component B – Bonus

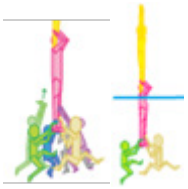
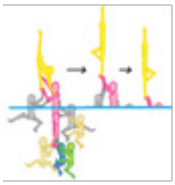
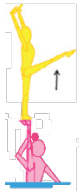
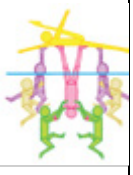
List of additions. bonuses. and risk-elements in Group A				
Code		For Group A:		Value
Dbl		**Synchronized actions for double acrobatic movements** Where swimmers are divided into two groups (separate small constructions. usually, 3 swimmers underwater + 1 fea tured-swimmer) and who perform identical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

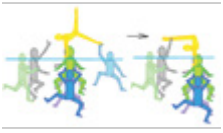
Can' t be in the same acro! You need to choose one of these!	**Hula**	**"Hulahoop" action** Featured-swimmer in ring/jay position enters water with support-swimmer in side the circle (which is made from legs/hands connection of featured-swimmer		**0.30**
	RetSq	"**Return" on the "Square" construction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

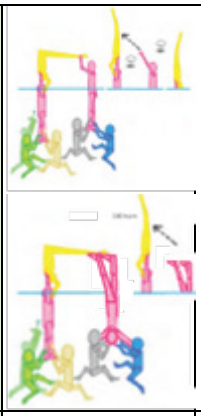
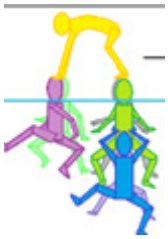
29.7.1.4 Group B

Component C – Construction

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

No.	Picture	Name and number of levels	Code	Difficulty of coor-din-ating actions and num ber form ations	Support: Body po sition and level of sustain ability	Support: Type and level of flexibility or main tain posi tion	Air borne weigh t	Area of full construc tion, Prox imity be tween swimmers	Tempo of accel-era-tion and push (lift/ throw)	Total
1		Stack (clas-sic) OR Stack + spotter/s (1 or 2 or 3 or 4 or more)	**St**	Med-Hard	High level of sustain-ability+ low ves-tibular load	Free body position	1+1	Type 2	Med-fast	**1.00**
				0.25	0	0.1	0.2	0.2	0.25	
										
2	    	Stack head-down Support in any position also can have spotters (from 1 to 4)	**StH**	Med-Hard	Low level of sustain-ability+ high ves-tibular load	Free body position	1+1	Type 2	Med-fast	**1.10**
				0.25	0.1	0	0.2	0.3	0.25	
										

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

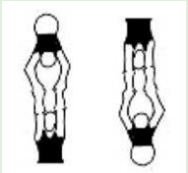
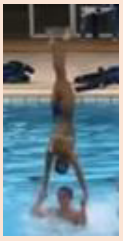
9		"Transitional Stack" (Any 2-stack formation #3-2SupU, #4-2SupD, #5-2SupM, #6-2SupD2F) with discon nection	**St>**	Hard	Optional	Free body position	1+0.5+ 0.5	Other	small+bo n-us 0.025 FOR TRANS DIS CONN ECT AND BAL ANCE	**1.025**
				0.3	0.1	0.1	0.2	0	0.3+ 0.025	
10	 RISKY!	Lift on heads (only on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

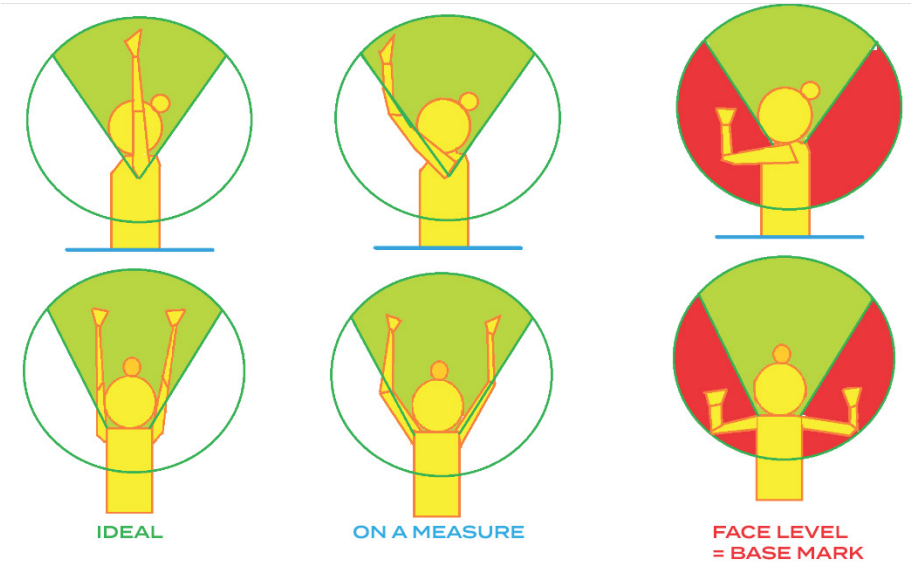
Component D – Direction

N/A for GROUP B

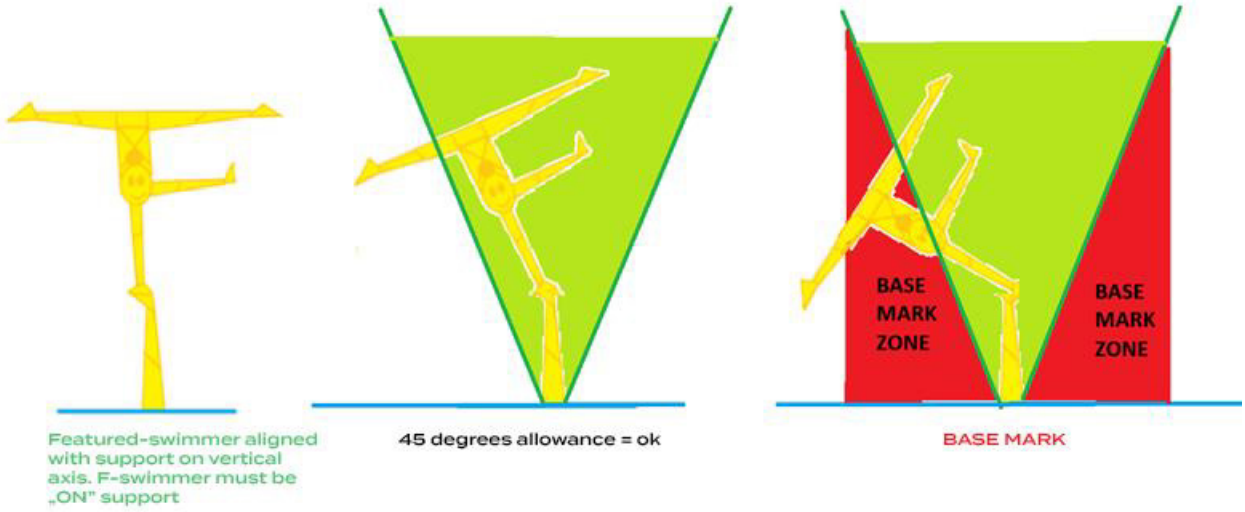
Component S – Area of Support / Type of Connection

- Every handstand type of connection (PP,1P1P, Px1P, PF, 1P1F, PF*) must be performed with straight arms from beginning to the end (submergence of the support swimmer) of the acrobatic movement unless otherwise specified in the description of the grip. 432
- This applies for both the featured-swimmer and the support-swimmer, with the limit of the **head** (specifically defined as the "face") as the allowance for any slight bending of the arms. **The arms are not allowed to be bent with palms lower than the face (face = from top of the head-until chin level)**.
- *In case of PF – the support swimmer has straight legs and any bending of the legs of the support swimmer is an execution issue
- Arm/s of the support-swimmer must remain within vertical cone ie. 45 degrees (the same rule applies for group C). The same rules for support-swimmers' arms positioning also applies to types of connection: FP, FPx, 1F1P

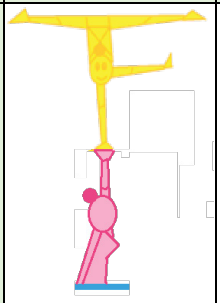
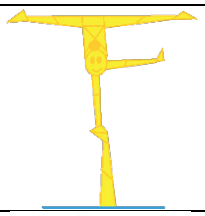
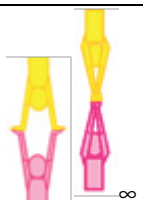
Ok	
BM	

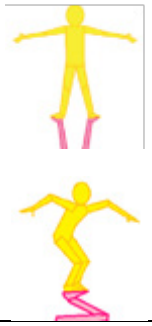
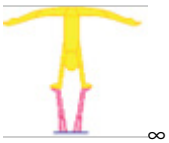
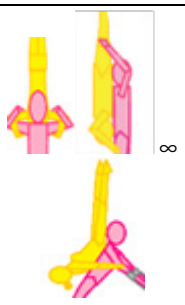
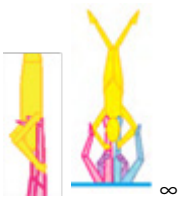


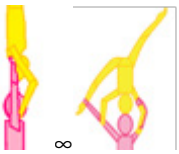
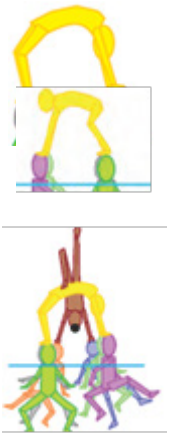
- A **handstand** is the act of supporting the body in a stable, inverted vertical position by balancing on the hands. In a basic handstand, the body is held straight with the arms (close to the ears) with legs fully extended and together, and the hands spaced approximately shoulder-width apart. There are many variations of handstands, all of which require the performer to possess adequate balance and upper body strength.
- When the featured-swimmer with support-swimmer perform 2 types of connection/grips (for example: PP and then Px1P) – you must declare the first one (in our example below it will be PP). 433
- In handstands in groups B and C when there's a balance in handstand on both or one arm, the featured-swimmer needs to be aligned with the support-swimmer on the vertical axis until submergence with an allowance of 45 degrees from the vertical axis (invisible vertical line that runs through the middle of the bodies of the support and featured-swimmer). The 45-degree cone has a start point at the water's surface from the support-swimmer (and also while the construction is turning). The featured-swimmer must always remain "on" the support.
- **Note:** this rule regarding handstands also applies for Group C bonuses "**Jump**" and "**On1Foot**"

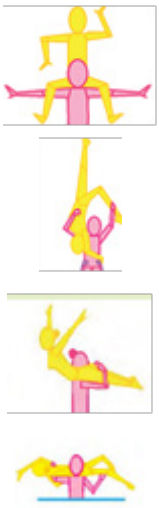


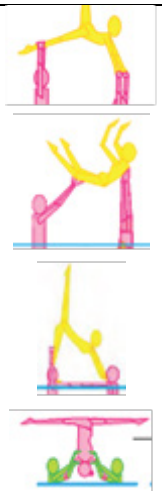
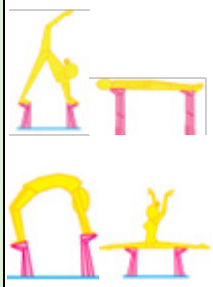
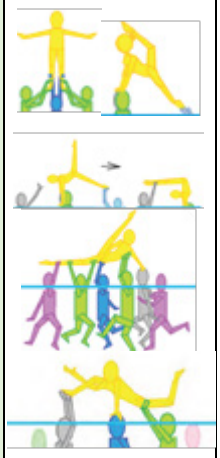
- If you see a symbol ∞ near the picture of the grip – it may be used for the acrobatic movement with the construction "Transitional Stack" (St>) with specified types of connections in group B.

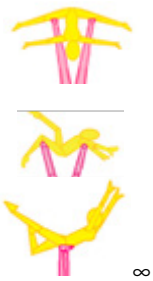
Area of support - Group B									
No.	Picture	Type of Connection	Area of both Sup ports	Support	Featured-Swimmer	Aver-age	Capture	Bonus/ Deduction	Total
1	 straight arms (both)	1 palm on 1 palm Extra small + Extra small **1P1P**	Extra small + Extra small	1.2 (average for both)			Capture	0.3 - Vertical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

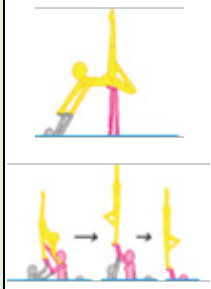
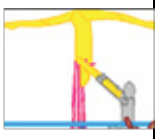
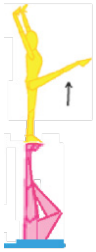
7		Feet (featured-swimmer) on feet (support) **FF**	Small + small	0.5	0.5	0.5	No cap-ture!	+0.1 no hand con nection be tween sup porters and featured-swimmer (if in construc tion there is no "«spotters")	**0.6**
8		Feet (featured-swimmer) on feet (support) with spotter/s **FF/**	Small + small	0.5	0.5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

13		"Eiffel" grip: Palms on shoulders/ palms on shoulders (it's not a handstand!) **E**	Me- dium/Small+M edium/ small	0.5 0.3	0.5 0.3	0.4	Capture	-0.05 close to center of mass	**0.35**
14		Palm (featured swimmer) on head (support) + palm / palm **PH/**	Extra small + extra small + help	0.6	0.60	0.6	Capture	Plus connection head 0.15 0.3- all body on palms	**1.05**
15		Lift on 2-4 heads of base-swimmers **LiH**	4 medium supports = big sustaina- bility	0.1	0.1	0.1	Capture	head connec0.2 bonus for tion	**0.30**
16		All featured-swimmer's body on palms (lay or sit) May have additional connection to support Note: support -swim mer's arms ABOVE or on a same level with head! **AP**	Extra small + big	0.6	0.1	0.35	Capture (close to support center of mass)	Bonus 0.1 all body on palms; (close to support center of mass) (-0.1)	**0.35**

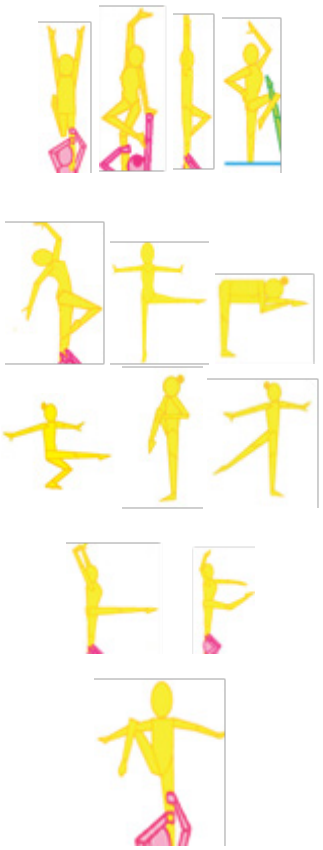
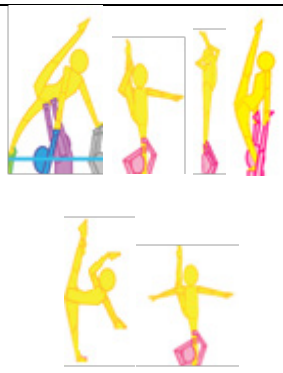
17		Sit or lay on shoulders **SiS**	Medium + big	0.3	0.1	0.2		(close to sup port center of mass) (-0.1)	**0.10**
18		Feet (featured-swim mer) on shoulders (sup port) **FS**	Medium + small	0.3	0.5	0.4	Capture by support	-0.3 (for 2 hand capture by support) -0.15 for Stable, not risk connect -stabilization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

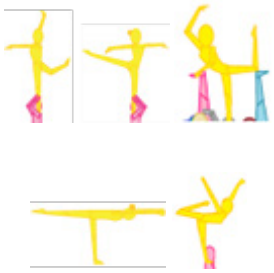
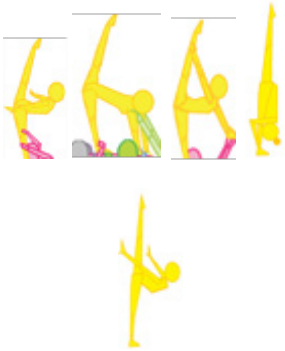
20		"Lemur" grip Construction 2 support athletes with at least 1 head-up. Fea tured-swimmer lays, stands, hangs, sits on their hands or in a head-down position (or featured.swimmer holds the shoulders of one of the supports) **Le**	Big + small	0.1	0.5	0.3	Capture	Minus 0.15 for 2 supports	**0.15**
21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

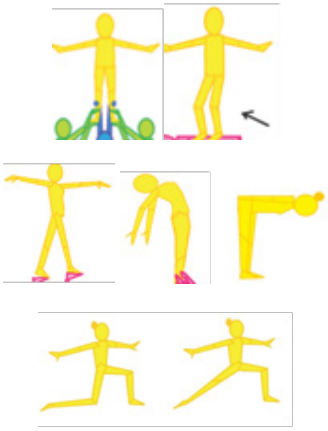
23		"Chameleon" grip Construction 2 supports, one of them h-down; featured-swimmer connects to them by stomach, hands and legs (3points) **Ch**	Medium+medium+Small+Small = average	0.3 0.3	0.5 0.5	0.4	Capture	Minus 0.2 for 2 supports	**0.30**
24		Twins Featured-swimmer holds the stomach of support and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

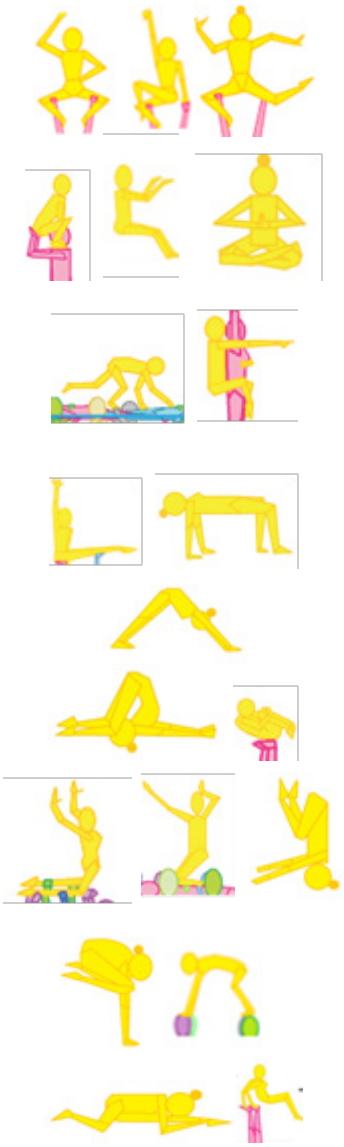
28		Sit, stand or lay on Stack or Stack head-down+ spotter/s **S+**	Small+ Big	0.5	0.1	0.3		-0.25 for spot-ters	**0.05**
									
29		1 foot on 1 palm **1F1P**	Small+ extra small	1.2	0.6	0.85	yes	+0.4 ALL BODY ON 1 PALM	**1.25**
30		1 foot on 1 foot **1F1F** Leg of the support-swimmer on which featured-swimmer balances must be straigh. The leg on which featured-swimmer stands must be straight.	Small+small	0.5	0.5	0.5		Bonus for no connect 0.1 1 body part multiply on 2	**1.10**

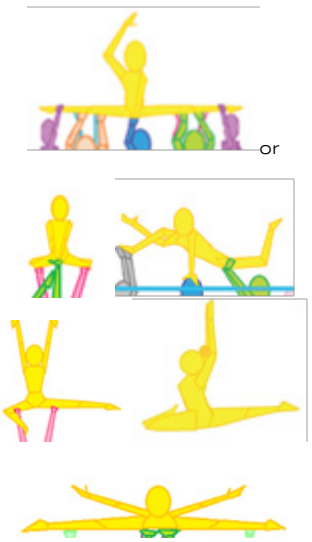
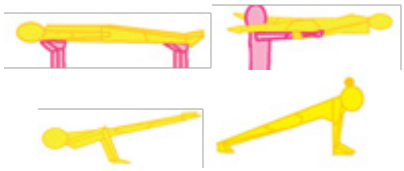
Component P – Position

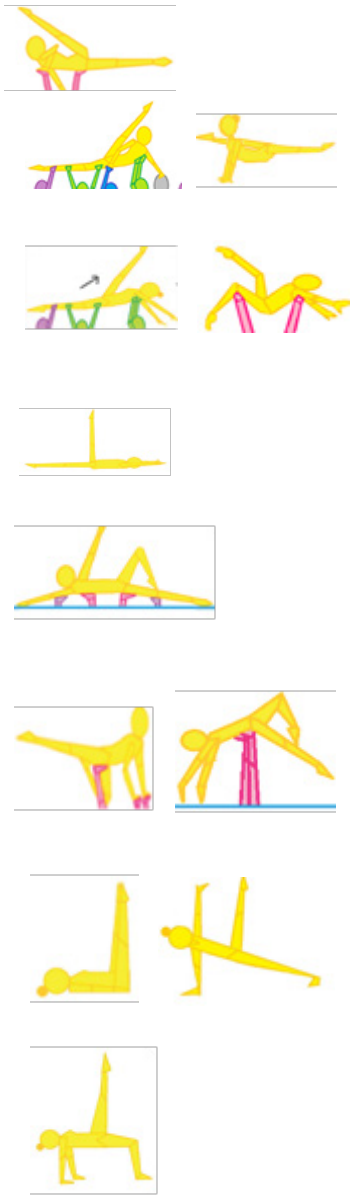
Group B Positions								
No.	**Picture**	**Name and code**	**Vesti-bu-lar load/ Difficulty to bal ance**	**Presence or absence of a helping hand (capture)**	**Type and level of flexibility+ Deviation of torso from inner axis**	**Total**	**Value If Position 2**	**Code for position 2 (level)**
Stand on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

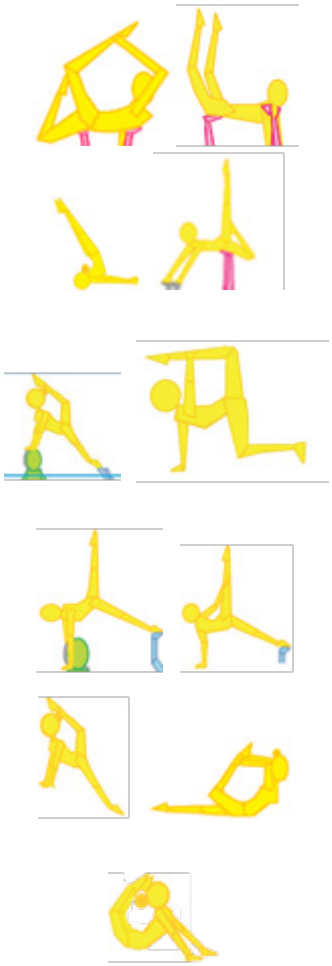
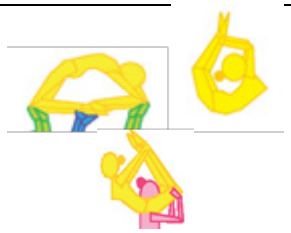
3	 Must see capture (not just touch) with both arms and opposite arm behind the head OR just 1 opposite arm, also behind the head	Glass **gl**	Stand on 1 leg	Yes (opposite arm behind head!) or 2 hands one of them behind head or in line with head	Misc (side 180)	**0.40**	0.20	**2gl**
			0.075	0.025	0.3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

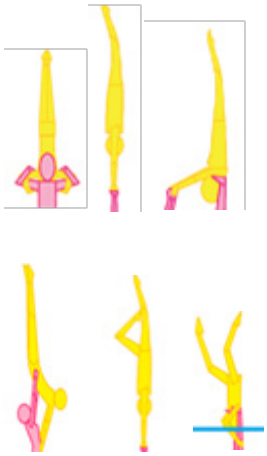
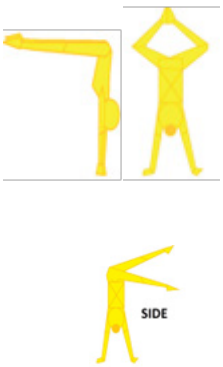
7	 Blind capture required or opposite arm cap ture (elbow/s look forward - not a "side" cap ture!) Leg can be on a shoulder	Eye **ey**	Stand on 1 leg 0.075	Yes + blind grip moving leg or oppo site arm cap- ture 0.2	Leg backward 135 (0.25) + torso forward 45 (0.1) 0.225	**0.50**	0.25	**2ey**
Stand on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

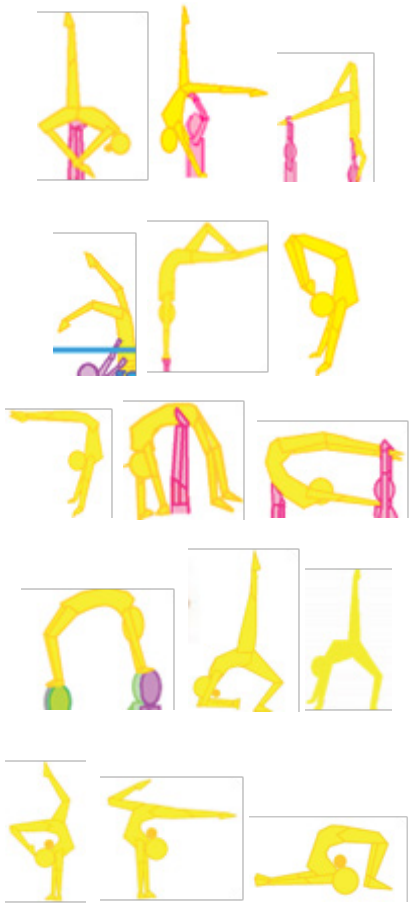
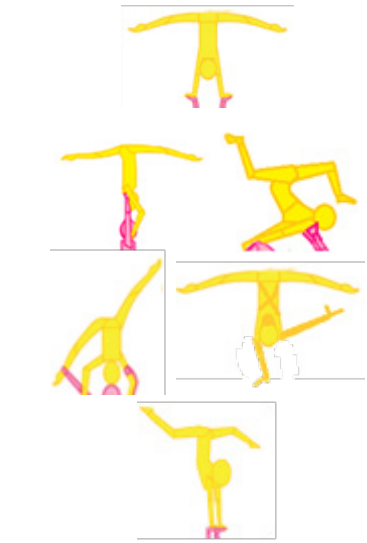
Sit or Lay or Stand (on all 4 or 3)								
9		Monkey **mo**	Sit/Lay/stand	Can be with or without capture	Basic. Free positions where legs are close to centre of mass (ie. Tuck variations, sit positions etc)	**0.10**	0.05	**2mo**
			0.05	0	0.05			
10	 Legs straight and torso touches legs	Shrimp **sh**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

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

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

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

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

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

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

Component R – Rotation of the Construction Base

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

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

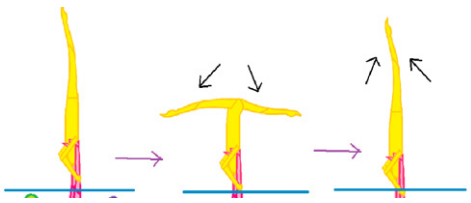
Value* for Stack head-up where **featured-swimmer stands on 1 leg and other one is at 135 to 180 degrees.** Note: the position must be maintained through the whole rotation of the construction (or position 2 must be with equal "leg-position" degree (135-180) to first position (ie Eye, Needle, Sail, Vertical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

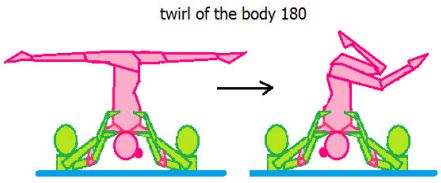
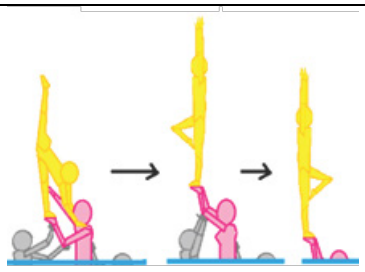
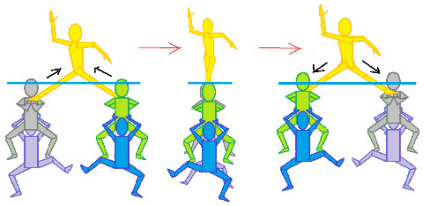
Notes: The direction (left or right) of the construction's base rotation does not influence the value. For the moment, for the grips 20 (Le), 21 (Tow), 23 (Ch) there's no rotation of the construction. In the case where only featured-swimmer rotates without the support-swimmer (for example around self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

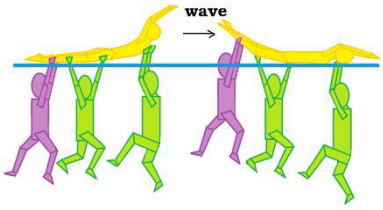
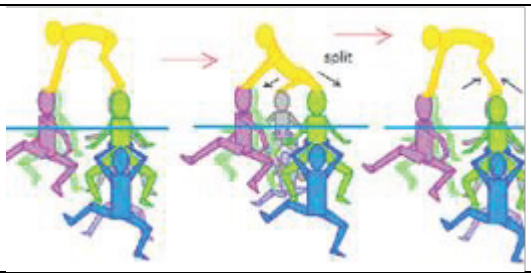
Component T – Plane and Degree of Rotations

N/A for GROUP B

Component B – Bonus

List of additions, bonuses, and risk-elements in Group B			
Code	For Group B		Value
Dbl	**Synchronized actions for double** acrobatic movements		**0.20**
Pos3	**Third position** Example: at the end of acrobatic move ment closing legs from split to vertical or tucking (any additional position 3rd, 4th, 5th etc.). This bonus should be declared only once no matter how many positions featured-swimmer will perform after the first 2 declared ones.		**0.05**

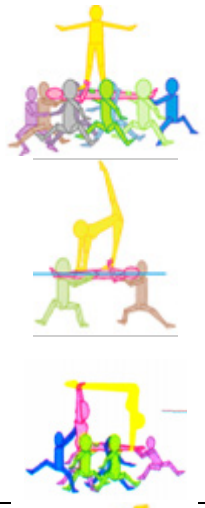
Can´t be in same acro!	**Twirl**	**"Twirl"** of featured-swimmer in group B 180-360 (head-up or head-down). Support-swimmer does not move. Fea tured-swimmer turns to opposite direc tion (like in 2-direction twist) if head-down) or rotates on feet or palms of the support (if head-up). Only the fea tured-swimmer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

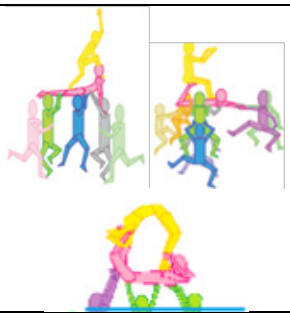
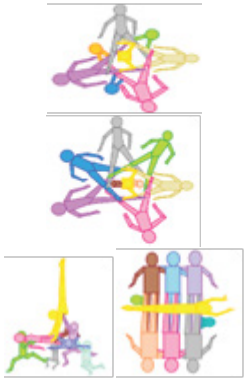
Wave	**"Wave"** movements (featured-swimmer/s must be lifted away from surface)		**0.10**
Mov	**Moving base lift** (base-swimmers move backward and then return) OR Moving base lift (base-swimmers pass through each-other (under featured-swimmer)		**0.30**

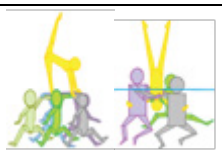
29.7.1.5 Group P

Component C – Construction

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

No.	Picture	Name and number of levels	Difficulty of coordinating actions and number formations	Support: Body position and level of sustainability	Support: Type and level of flexibility or maintain position	Air borne weight	Area of full construction, Proximity between swimmers	Tempo of acceleration and push (lift/throw)	TOTAL
1		Platform (Support straight body) Or with bent knees Or Box construction **P**	Hard	High level of sustainability+ low vestibular load (laying)	straight body	2+ may have bent knees	Type 2	slow-med	**1.00**
			0.3	0.1	0.1	0.2	0.2	0.1	
2A		Straight body with bent knees **Knees**	Hard	High level of sustainability+ low vestibular load (laying)	straight body	2+ may have bent knees	Type 2	slow-med	**1.05**
			0.3	0.1	0.1	0.25	0.2	0.1	

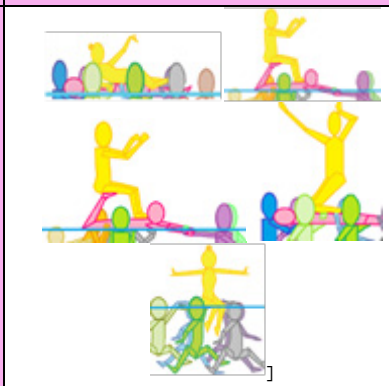
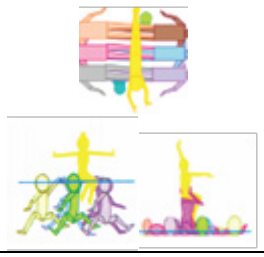
2		Platform (Support Ballet Leg) **B**	Hard	High level of sustainability+ low vestibular load (laying)	leg forward 90 degrees	2+leg straight	Type 2:	slow-med	**1.20**
			0.3	0.1	0.2 leg	0.3	0.2	0.1	
3		Platform (Support Double Ballet Leg) **DB**	Hard	High level of sustain-ability+ low vestibular load (lay-ing)	forward 90 degrees	2+two legs straight	Type 2:	slow-med	**1.30**
			0.3	0.1	0.2	0.4	0.2	0.1	
4		Platform (Support on stomach with bent knees) or in arch "Chariot" **Chariot**	Hard	High level of sustainability+ low vestibular load (laying 0)	straight body+ bent knees or arch	2	Type 2	med	**1.15**
			0.3	0.1	0.15	0.2	0.2	0.2	
5	 Important: there MUST be base-swimmers under both support-swimmers.	Platform from 2 supports (any variations: straight bodies, 1 or 2 Double or Single Ballet Leg or any combination of above **2S**	Hard	High level of sustain-ability+ low vestibular load (lay-ing) 1	static straight body or ballet legs?	3	Type 2	slow-med	**1.10**
			0.3	0.1	0.1	0.3	0.2	0.1	
	 Can be 2 supports in Double Ballet leg								
6		Platform "Flower" (3-7 swimmers form a support from legs) + Others are base-swimmers **Flower** Minimum requirement for this acro: 1 base-swimmer+ 3 support-swimmers+ 1 featured-swimmer= total 5 athletes	Med	no	static straight body	4-8	Type 3	-	**1.00**
			0.1	0	0.1	0.8	0	0	

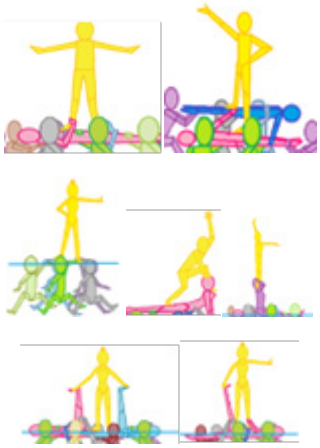
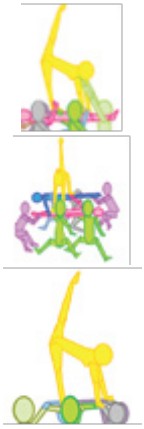
7	 may or may have not base-swimmers	Platform made from hands **Hand** Important may or may have not base-swimmers	Hard	no	no	1	Type 2	med	**0.80**
			0.3	0	0	0.1	0.2	0.2	
8		Platform 4 levels **P4** (4 levels!)	Very-Hard	High level of sustainability+ low vestibular load (laying)	straight body	3	Type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

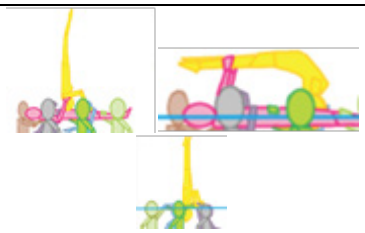
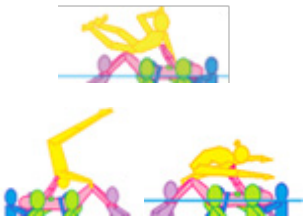
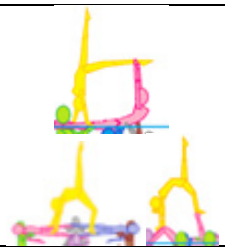
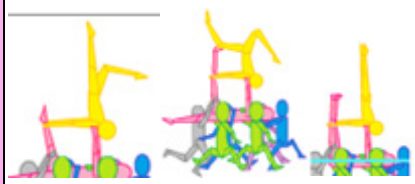
Component D – Direction

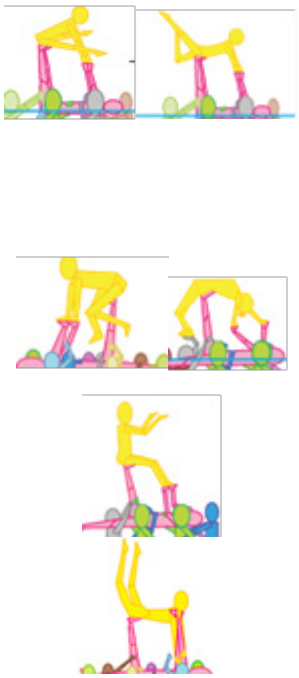
N/A for GROUP P

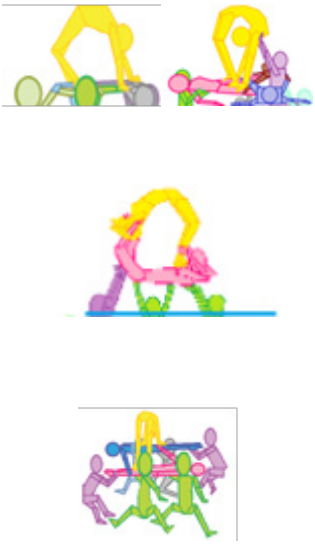
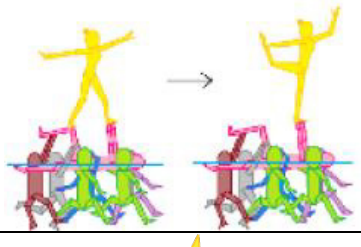
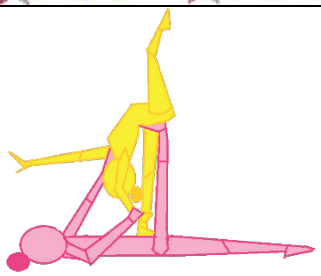
Component S – Area of Support / Type of Connection

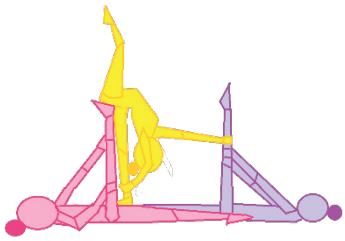
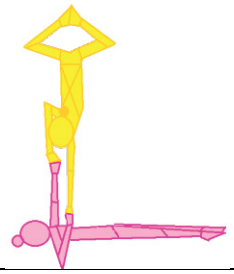
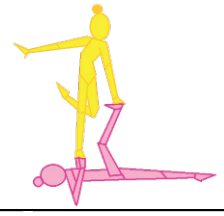
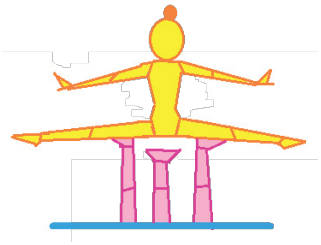
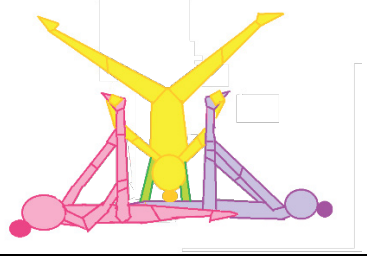
Area of support – Group P								
No.	**Picture**	**Type of Connection**	**Support**	**Fea-turedSwim-mer**	**Aver-age**	**Capture (support/ base holds f.swimmer)**	**Bonus/ Deduc-tion**	**Total**
1	 	Sit or Lay on straight body also apply: (Sit, Lay, Head-down or stand) on Flower construction **SiA**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

2		Stand (two legs, feet) on straight or arched body or hands or ballet leg/s **F2A**	Big	Medium (2 feet)		Doesn't matter (can be)		**0.20**
			0.1	0.3	0.2			
3		Stand (two legs, or 1 foot) on straight or arched body or hands or ballet leg/s+ blind connect to support **FAb**	Big	Medium (2 feet)		Yes	+blind	**0.30**
			0.10	0.30	0.20	-0.10	0.2	
4		3 POINTS (Stand 1 leg + 2 hands) on straight body/s Or (Stand on 1 leg+ palms/palms con-nection) **3pA** (can have addi tional help from base-swimmers)	Big	Extra small + small (1 foot)		Doesn't matter (can be)	-0,15 connect to sup	**0.15**
			0.1	0.4	0.3			
5		Stand 1 leg on straight body or hands or shoulder **1FA**	Big	Extra small (1 foot)		Doesn't matter (can be)		**0.40**
			0.1	0.7	0.4			

6		Headstand on straight body or Head between legs or Head between hands **HA**	Big	Small (head)		Doesn't mat ter (can be)	Centre of mass close to support	**0.10**
			0.1	0.5	0.3		- 0.2	
7		Shoulders on palms + connect or touch (lay) on bent knees **SP+K**	Small + extra small	Medium (should-ders)		Yes		**0.25**
			0.4	0.3	0.35	- 0.1		
8		Any 3-point connection with straight body bent knees **3pK**	Small	Extra small + small (1 leg/ knee)		Yes		**0.35**
			0.5	0.4	0.45	- 0.1		
9		3 points of support blind connect **3pb**	Big	Extra small+big		Doesn't matter (can be)	+blind	**0.40**
			0.1	0.6	0.3		+0.1	
10		Foot on a ballet leg body + palm/foot (can have additional support with another Bal-let.leg/s) **FA+PF**	medium	small (1 foot and 1 palm)		Yes	-0.05 for stability	**0.25**
			0.3	0.5	0.4	-0.1		
11		Shoulders on palms + connect with leg or 2 legs **SP+L**	Extra small	Medium (shoul-ders)		Yes	-0.05 for stability	**0.35**
			0.7	0.3	0.5	- 0.1		
12		Sit on feet or 1 foot+ blind palms/palms **SiF+Pb**	Medium	Medium			+ blind +0.05 for connec-tion	**0.35**
			0.3	0.3	0.3		+0.05	

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

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

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

Component P – Position

Please use the Position Charts from GROUP B

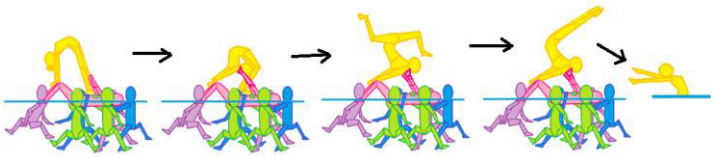
Component T – Plane and Degree of Rotations

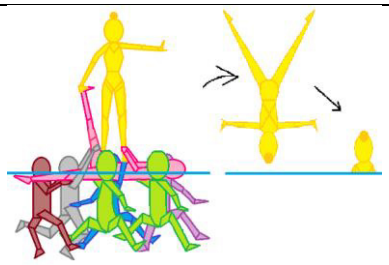
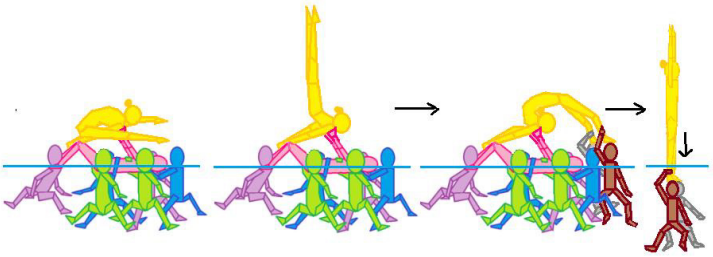
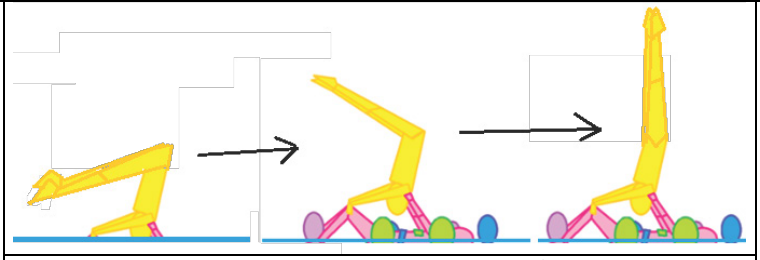
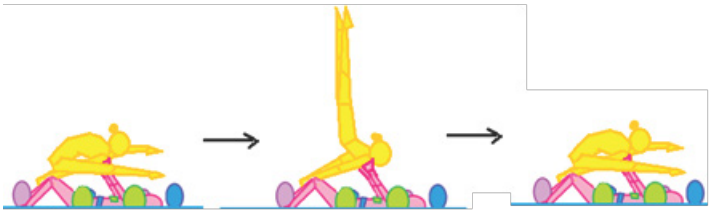
N/A for GROUP P

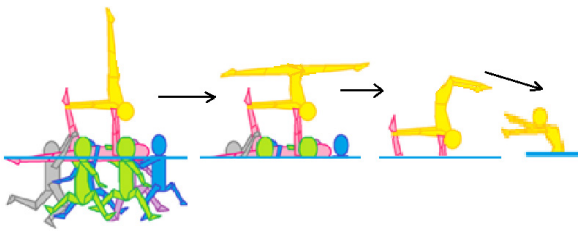
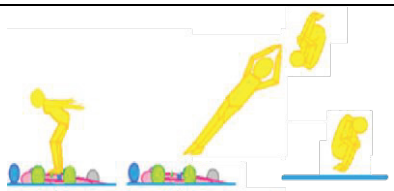
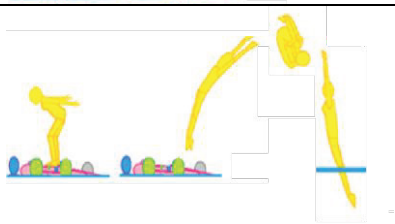
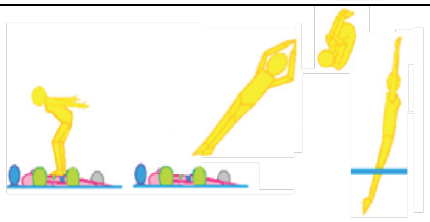
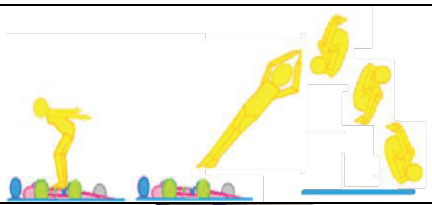
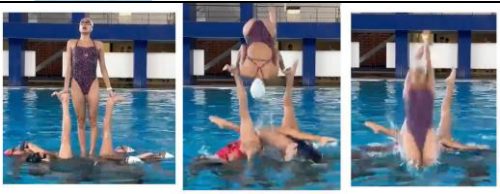
Component R – Rotation of the Construction Base

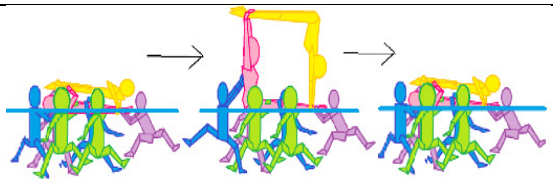
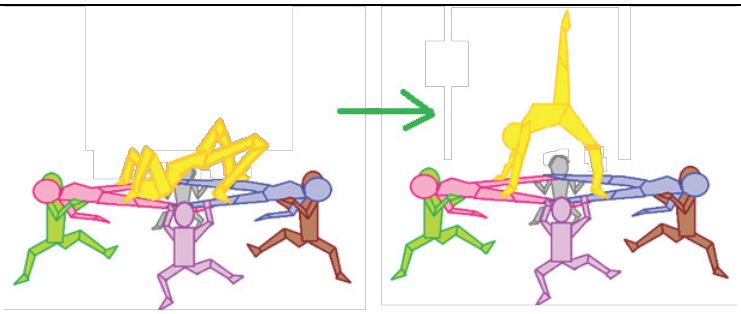
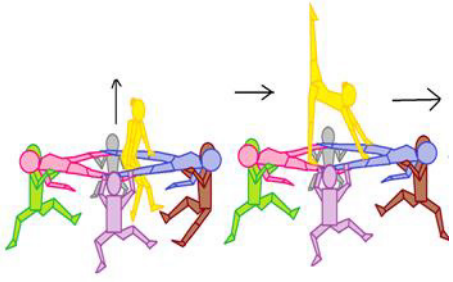
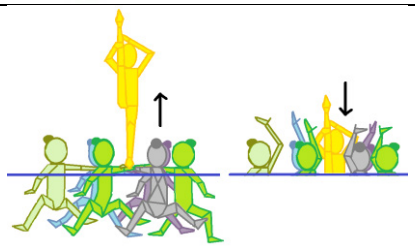
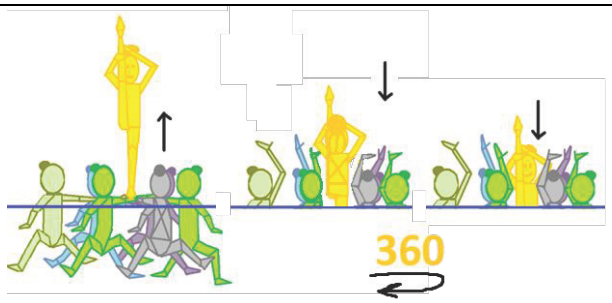
Values for Rotation of the construction base in Group P			
Type	Degree of rotation		
	90°	180°	360°
Value for platform (all construction rotates including base-swimmers) where the **featured-swimmer does not sit or lay on construction** The platform is made with a horizontal support-swimmer(s)	**Pr**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

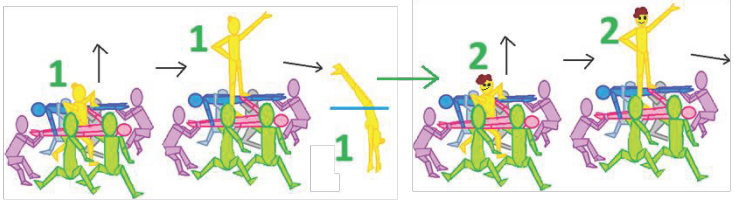
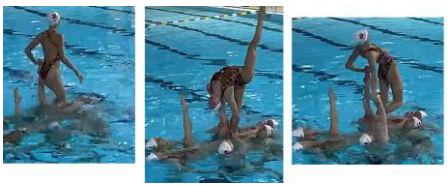
Component B – Bonus

List of additions, bonuses, and risk-elements in group P:			
Code	For Group P		Value
Dbl	**Synchronized actions for double** acrobatic movements Can be facing different directions, but must be at the same time and done the same		**0.20**
Pos3	**Third position** Example: at the end of acrobatic movement closing legs from split to vertical or tucking (any additional position 3rd, 4th, 5th etc.) This bonus can be declared only once no matter how many positions featured-swimmer will perform after the first 2 declared ones.		**0.05**
UP	**Platform made from hands**, which are "out of the water" (not on the surface). **Must hold 3 seconds** or more + the whole arm (from shoulder to fingers) = dry		**0.30**

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

Can't be declared in the same acro! Same rules for somersaults and twists apply in these bonuses	**Dive**	**Dive, Dismount or Half Somersault** at the end of the platform Featured-swimmer performs a dive, dismount or half somersault (may have twist around self while diving) to enter the water		**0.05**
	Ps1	At the end of the platform, the featured-swimmer performs **360º somersault** to enter the water		**0.10**
	Ps1t0.5	At the end of the platform, the featured-swimmer performs **360º somersault + half twist** to enter the water		**0.15**
	Ps1op	At the end of the platform, the featured-swimmer performs **360º somersault and open to a straight body position** to enter the water		**0.30**
	Ps1t0.5o	At the end of the platform, the featured-swimmer performs **360º somersault + half twist and open to a straight body** position to enter the water		**0.40**
	Ps1t1	At the end of the platform, the featured-swimmer performs **360º somersault + 1 twist** to enter the water		**0.25**
	CH+	**Handspring with connection**		**0.20**

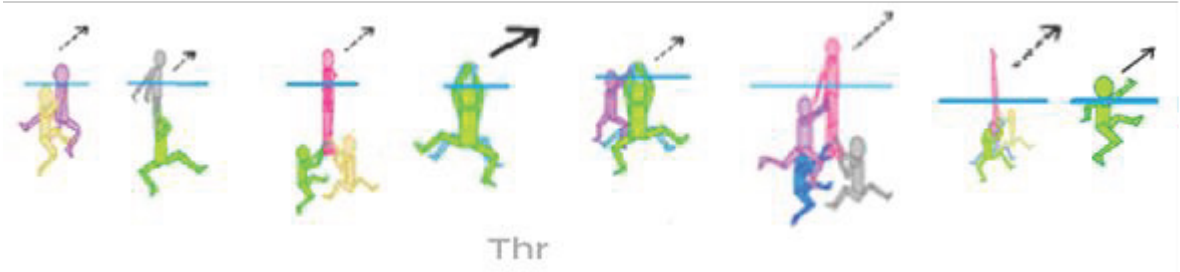
	Roll		**"Roll" on the construction** and/or "rolling" (connected arching- action of platform construction, when featured-swimmer submerges after 90° and support-swimmer follows showing 180° arch-action above surface) entrance in the water **Can't be declared twice! It** **is a beginning and/or ending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

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

29.7.1.6 Group C

Component C – Construction

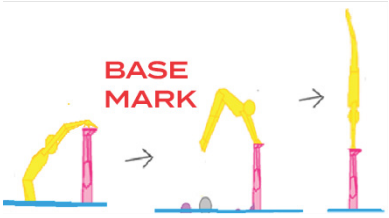
- When in the Code we see **"Thr"** – that means a "pusher" formation. Any way of pushing or jumping will be written as Throw (ie. Thr). Some examples of Thr in Group C:



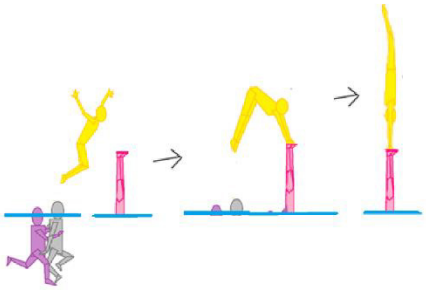
- **Transit** – is a term used when the featured-swimmer is held/supported by the support-swimmer of second formation from the beginning. The support-swimmer "pulls/helps" the featured-swimmer to its own formation. The featured-swimmer may continue their movement and enter the water or remain on the support-swimmer (bonus) .
- **Jump (in group C)** – is a term used when the featured-swimmer is **not** connected at the beginning with the second formation. There's a clear jump from one formation to another (that is a bonus) and a connection after a flying phase. The featured-swimmer may remain on the support-swimmer (bonus) or continue their movement until entering the water. Declaration is **"Jump"** bonus (onto support) OR if there's a continuing movement into the water (through support) they should declare **"Jump >"**.
- Example: Thr>StH (Transit or jump onto Stack head-down from any kind of throw). The coach wants to perform the first phase as a clear Jump. So, the coach adds a bonus **"Jump"** to the acro code. They have to make sure that the featured-swimmer remains on 2nd formation (stack head-down) until submergence. If the coach wants in an acrobatic movement to have an action where the featured-swimmer jumps on the 2nd formation and continues moving into the water (for example it is a handspring), they declare **"Jump>"**. In the case when the coach is not sure if the swimmer will be able to execute the requirements of the bonus Jump or Jump>, the coach can still declare this as Thr>StH but leave the bonus off and be safe of not receiving a Base Mark while still performing the acrobatic as planned.
- **Note:** when Jump is declared in group C, make sure that the featured-swimmer does not perform it as "climbing on". Technical Controllers must see a jump onto the 2nd formation (shoulders and upper chest of the "jumping" featured-swimmer must pass the horizontal invisible line that is on a same level with the feet of the 2nd formation's featured-swimmer and only then connect).

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

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



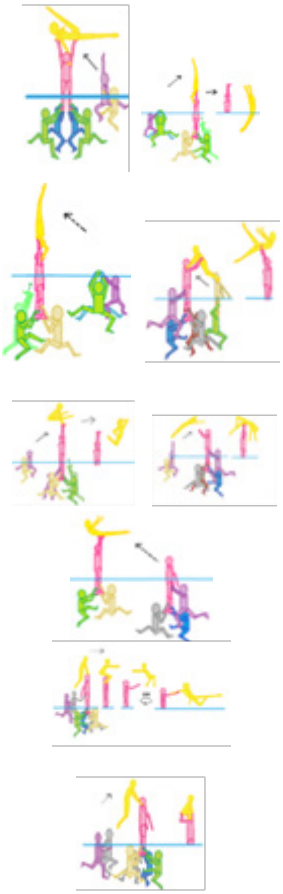
- Example of desirable execution:

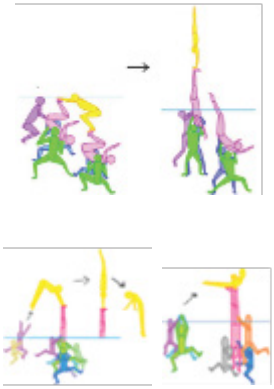
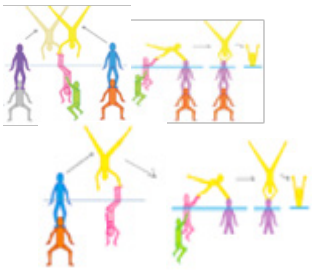
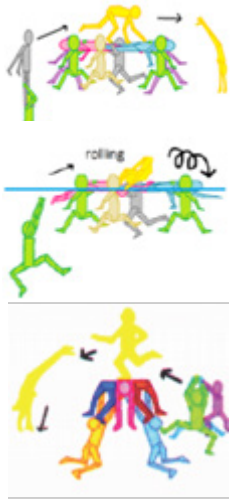


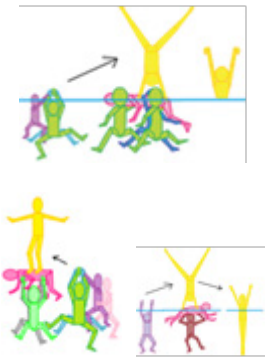
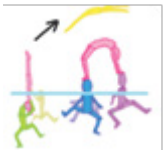
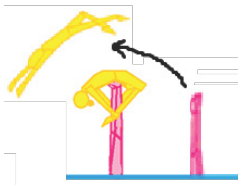
- If the bonus **Jump** is declared: After landing on the second formation, if the featured-swimmer falls from it (any time: immediately after landing, after some time or before submerging) or never lands on 2nd formation (ie. the connection is lost) = Base Mark
- Connections can be "broken" before submergence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

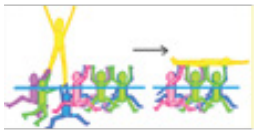
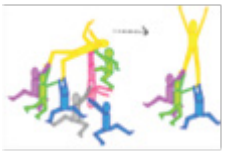
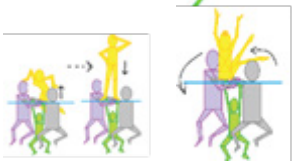
- When platform/s or float/s (1 or more support-swimmers):
  - It must have at least 1 base-swimmer under support/s

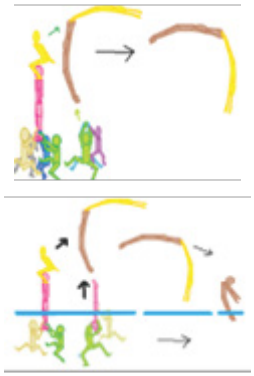
- For flying over constructions (fly above 2nd formation or fly above lift on heads is declared), it MUST be performed (the flying phase) when the featured-swimmer of the second formation (above which the featured-swimmer flies) is at the "positions allowance safe zone" or higher (Waist or Knees).

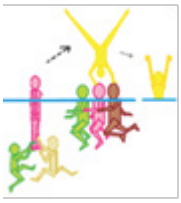
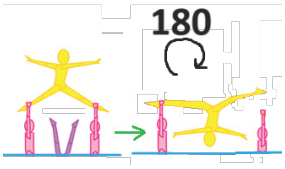
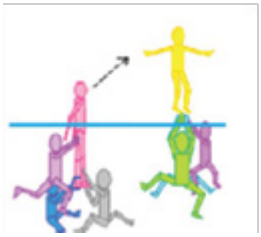
Group C Construction									
#	**Picture**	**Name and number of levels**	**Difficulty of coordinating actions and number formations**	**Support: Body position and level of sustain-ability**	**Air borne weight**	**Tempo of acceleration and push (lift/ throw)**	**Area of support**	**Bonus**	**Total**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

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

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

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

10		2 Jumps from throws (2 featured-swimmers in connection with each-other) **Thr+Thr**	Hard	High level of sustainability+ low vestibular load	1+1	med	Medium	+0.1 for connect between 2 fea-turedswi m-mers +0.275 increa-ser	**1.275**
			0.3	0	0.2	0.2	0.2		
11		Snake-type (1 featured-swimmer after showing balance stack becomes airborne in connection/ together with support-swimmer, after showing arc-dive both of them enter water one-by-one while still keeping the connection) **Sn**	Med	Optional	1+1	Med	Med	+0.275 increa-ser	**1.175**
			0.2	0.1	0.2	0.2	0.2		
12	 Can be on heads. Position of the balancing featured-swimmer can be different from Bridge.	On lift from any kind of throw with connection! (means there must be a connection between f.swimmer and lift after takeoff phase) Can be transit f-swimmer may re-main on the 2nd/main formation Thr>L	Hard	-	1+1	Fast/slow -med (0.3/0.1)	Big	+0.275 increa-ser	**1.075**
			0.3	0	0.2	0.2	0.1		

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

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

Component D – Direction

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

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

Component P – Position

Use the Position Charts from GROUP A and GROUP B

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

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

Component S – Area of Support

N/A for GROUP C (Value already inside construction)

Component R – Rotation of the Construction Base

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

Values for the rotation of the construction base in group C:				
Type	Degree of rotation			
	90°	180°	360°	540°
Value* for **Stack** **If the featured-swimmer AND the Support-Swimmer are NOT in head-down position** (constructions #1, possible #12)	-	**Cr0.5**	**Cr1**	**Cr1.5**
*Support-swimmer with featured-swimmer on top rotates around self after landing or reaching max height stop-point	-	0.2	0.3	0.4
Value* for **Stack If the featured-swimmer AND/OR the Support-Swimmer is in head-down position** (constructions #2, possible #12)	-	**Cr0.5!**	**Cr1!**	**Cr1.5!**
*Support-swimmer with featured-swimmer on top rotates around self after landing or reaching max height stop-point	-	0.3	0.4	0.5
Value for **Lift on heads** while **featured-swimmer flies above it** Note: the same rule as in group B (where in Lift construction)- the whole construction rotates. This applies to group C too, where in Lift-formation base-swimmers move to another spot in the water with featured-swimmer on top. (NOT ARIANA turn!!!!!!!) (constructions #6)	-	**Cr0.5L**	-	-
	-	0.4	-	-
Value for the **platform** (formation) **after featured-swimmer lands on it** (constructions #4, 5)	-	**CP0.5**	-	-
	-	0.4	-	-
Special rotation for the second formation in **Thr^2F construction (TC look at the rotation of the featured-swimmer)** (constructions #7)	-	**2F0.5**	**2F1**	-
	-	0.25	0.35	-

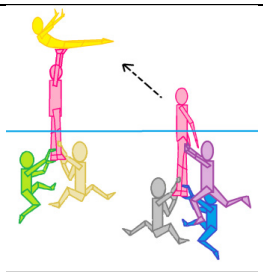
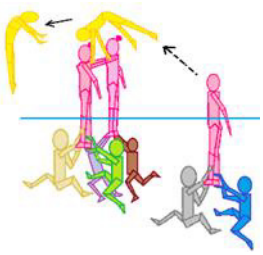
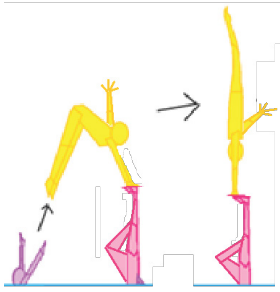
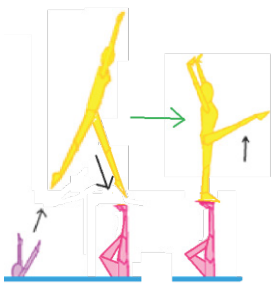
Component T – Plane and Degree of Rotations

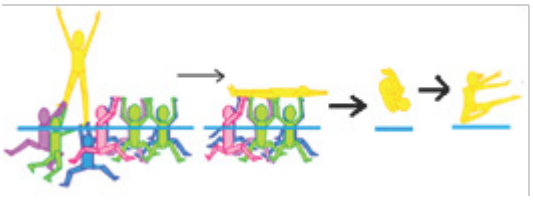
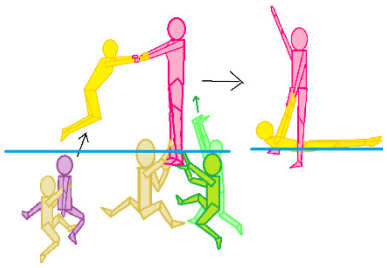
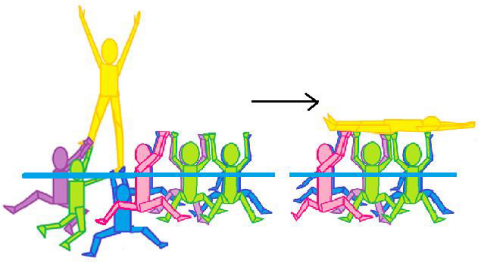
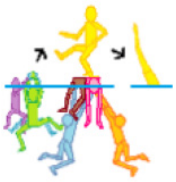
Values for featured-swimmer's rotations in the air			
#	Description	code	value
1	1/2 twist (group C)	**CtO.5**	0.025
2	1 twist (group C)	**Ct1**	0.05
3	1.5 twist (group C)	**Ct1.5**	0.10
4	2 twists (group C)	**Ct2**	0.20
5	2.5 twist (group C)	**Ct2.5**	0.25
6	3 twists (group C)	**Ct3**	0.35
7	Dive/180 somersault (group C)	**Cd**	0.025
8	1/2 twist + dive (group C)	**CdtO.5**	0.05
9	1 twist + dive (group C)	**Cdt1**	0.10
10	1.5 twist + dive (group C)	**Cdt1.5**	0.15
11	1 somersault (group C)	**Cs1**	0.20
12	1 straight somersault (group C)	**Css1**	0.30
13	1.5 somersault (group C)	**Cs1.5**	0.40
14	1.5 somersault + open (group C)	**Cs1.5o**	0.60
15	1 frontal somersault (group C)	**Cf1**	0.30
16	1.5 frontal somersault (group C)	**Cf1.5**	0.50
17	2 frontal somersaults (group C)	**Cf2**	0.60
18	Cartwheel (group C)	**Cc**	0.05
19	Cartwheel + 1/2 twist (group C)	**CctO.5**	0.10
20	Cartwheel + 1 twist (group C)	**Cct1**	0.15
21	Handspring (group C)	**Ch**	0.05
22	Handspring + 1/2 twist (group C)	**ChtO.5**	0.10
23	Handspring + 1 twist (group C)	**Cht1**	0.15
24	1/2 somersault + 1/2 twist (group C)	**CsO.5tO.5**	0.125
25	1 somersault + 1/2 twist (group C)	**Cs1tO.5**	0.35
26	1 somersault + 1 twist (group C)	**Cs1t1**	0.40
27	1 somersault + 1.5 twist (group C)	**Cs1t1.5**	0.45
28	1 somersault + 2 twists (group C)	**Cs1t2**	0.50
29	1 straight somersault + 1/2 twist (group C)	**Css1tO.5**	0.45
30	1 straight somersault + 1 twist (group C)	**Css1t1**	0.50
31	1 straight somersault + 1.5 twist (group C)	**Css1t1.5**	0.60
32	1 straight somersault + 2 twists (group C)	**Css1t2**	0.65
33	1 straight somersault + 2.5 twists (group C)	**Css1t2.5**	0.70
34	1 somersault + 1 twist + open (group C)	**Cs1t1o**	0.55
35	1 somersault + 1.5 twist + open (group C)	**Cs1t1.5o**	0.65
36	1 somersault + 2 twists + open (group C)	**Cs1t2o**	0.75
37	Handspring + 1 somersault (group C)	**Chs1**	0.25

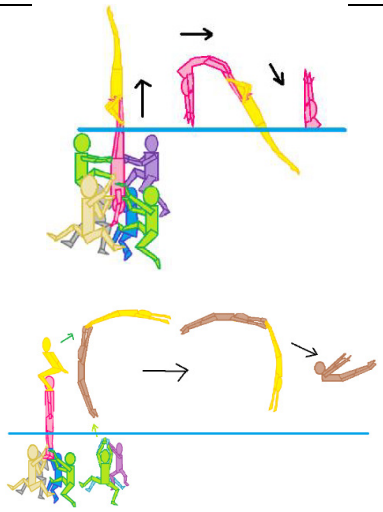
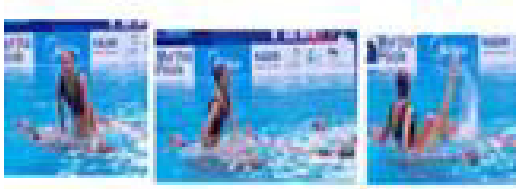
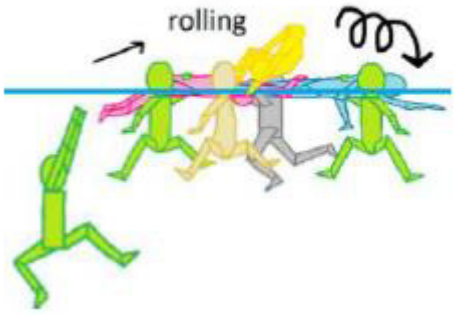
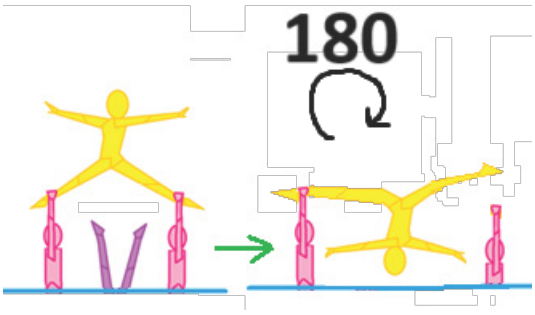
- For Thr+Thr Construction coach declares only one type of rotation in the air of the "second" featured swimmer (not the one that appears from underwater first and leads the jump). TC looks at the one who is "finishing the jump". For example: first featured-swimmer performs a dive, second featured-swimmer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

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

Component B – Bonus

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

	Pos3	**Third position**. Example: at the end of an acrobatic movement closing legs from split to vertical or tucking (any additional position 3rd, 4th, 5th etc.). This bonus should be declared only once no matter how many positions f.swim-mer will perform after the first 2 declared ones.		**0.05**
	Slip	Featured-swimmer **"Slips through"** after **jump** between support's legs (support is head-up) or hands **(can have connection between f.swimmer and support/s of 2nd formation)**		**0.10**
	Bey	"Beyonce fall" (**from lift - blind fall backwards on the other formation made from hands**)		**0.10**
Can't be in same acro	**Run**	**Running on the 2+ backs** (torso of featured-swim-mer=vertical) Note: featured-swimmer must step on each declared back (in construction) **"Blind run" on the backs**		**0.20**
	BRun	Featured-swimmer jumps backwards, or jumps turns and then runs backwards, stepping on each of declared backs (in construction)		**0.40**

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

29.7.2 Pair Acrobatics Catalogue

Pair Acrobatics (for Duet / Mixed Duet only)

General Principles

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

- If there is a discrepancy between the images and the written tables: The "written description" always prevails. Images are there to show some examples. Other variations might be possible as long as they respect the "written description".

- For the clear verification of a pair acrobatic movement by the TCs:

  It is recommended to hold a **lift** movement ("L or L!") for 1-2 seconds and to lift the featured-swimmer by the arms.

  If it's a **Throw ("**W") or a **Jump** ("J)", a disconnect should be clearly seen. The featured-swimmer must be completely in the AIR (top of the head and toes must be above the surface at the same time). It is recommended to push the featured-swimmer by the feet.

  - If you can't achieve a clear disconnection with the featured-swimmer completely airborne, you must declare a lift instead (and not a Throw "W" or a Jump "J").

  A clear difference between dynamic (Throws /Jumps) and balance (Lifts) pair acrobatics should be seen.

  - For example: if it's a Lift legs-up with 360° rotation ("L!r1") the base-swimmer should hold the featured-swimmer for 1-2 seconds and then the featured-swimmer rotates 360°. The base-swimmer can help the featured-swimmer to not descend very fast with their support OR disconnect during the descent.
  - In contrast: if it's a Throw legs-up with 180° rotation ("W!rO,5"): the base-swimmer needs to accelerate and push up the featured-swimmer in the air and disconnect. We must see the featured-swimmer completely out of the water (top of the head to toes) and then rotate 180° before the knees while submerging.

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

Allowances

For Somersaults:

- **90° less** than declared = Base Mark If you declare a somersault 360° but the featured-swimmer rotates 260°, this would be a Base Mark, but if the featured-swimmer rotates 300° you are ok.

- Notes for declared 360° somersaults and more: It must be visible fully above the water. For the water-entrance, it is allowed that up to half of the body of the featured-swimmer is submerged. That means: if you declare a somersault back 360° in flexibility position and during the rotation in the air the head of featured-swimmer slides into the water but rotates fast enough to complete the somersault before entering water inside allowance – it's execution (not a Base Mark). But if after making half-somersault, half of the body of the featured-swimmer is submerged (or more) and then he/she just lifts up the head with top of shoulders- it's a Base mark

- The featured-swimmer can over-rotate (you can do more than you declared) For example: if you declare a somersault 360° but the featured-swimmer does 400° (or even 540°), this is ok. Another example: If the featured-swimmer performs a jump head-up with a somersault 270**°,** it's not a complete 360° and cannot declare a "Js1B" (90° less = Base Mark). You can instead declare a Jump-Dive "Jd" and stay inside "the rule of allowance" because you can over-rotate as long as you "pass" the required number of rotation(s).

For Twists:

- For **Head-Down Lifts or Throws**: We calculate the number of rotations until above the **knee(s) (knee caps must be visible)** of the featured-swimmer. The featured-swimmer must not be below the knee caps!

- For **Lifts and Jumps that are head-up**: We calculate the number of rotations until the **waist level** of the featured- swimmer.

- For **360° declared twists** and more:

  180° less than declared = Base Mark

  - Meaning if you declare 360° but the featured-swimmer rotates 170° to waist (if head-up) or to knee level (if head-down), this would be Base Mark. But if they rotate 200°, it is ok.

- For **180° declared twists**:

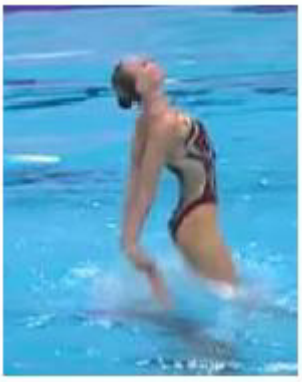
  There is **no allowance** – performing less than a 180**°** is a Base Mark. It must be done precisely (or more).

- The featured-swimmer can over-rotate. It is allowed to do more before height allowance (waist/knee), but not less!

Lift head up clarification

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

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

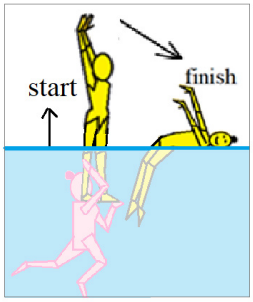
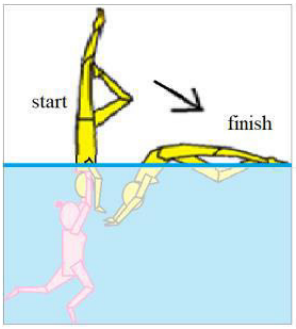
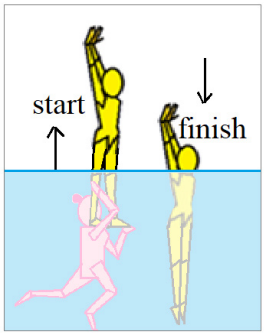


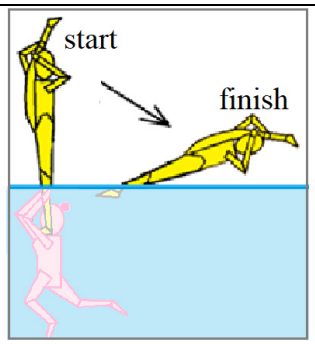
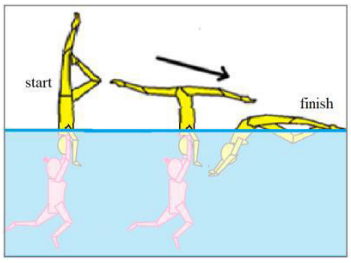
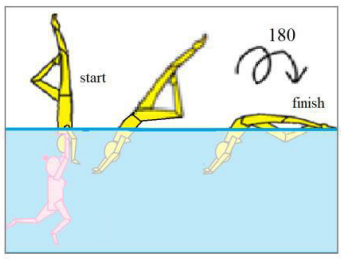
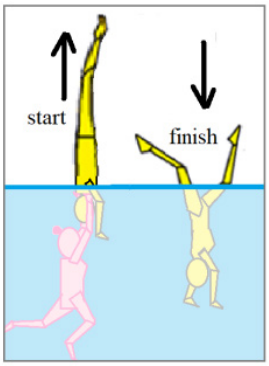
However, these 2 types of movements pictured below are considered as Pair Assist (and therefore are Transitions):

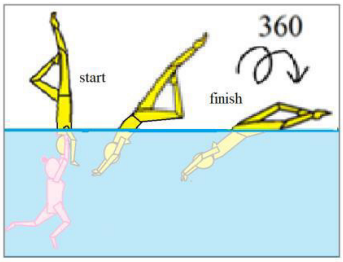
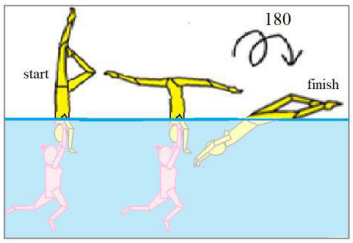
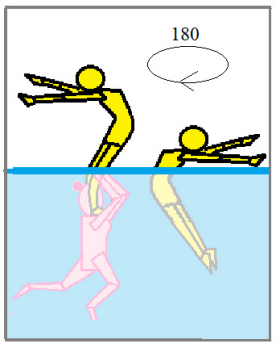
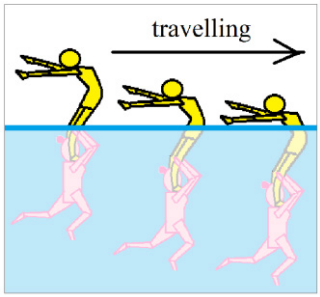
Flexibility Positions:

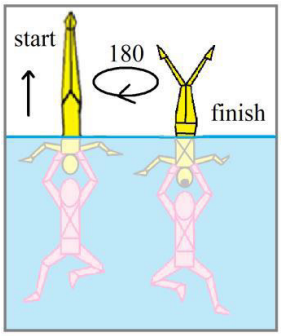
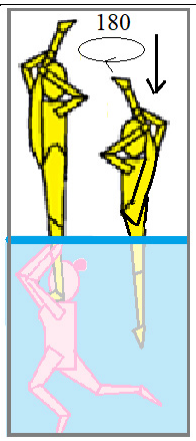
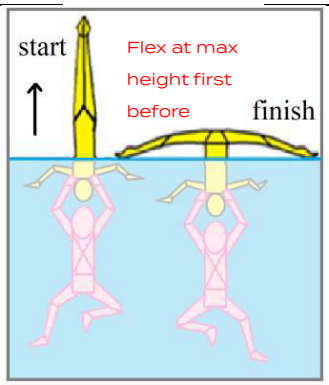
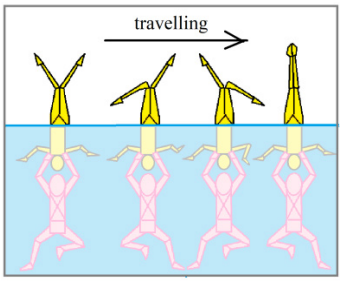
- Flexibility Positions allowed are:
  - Splits and Over-splits (or variation where back leg is bent so toes touch the water. It is possible to bend forward the leg a little bit, but there must be a clear flexibility demonstrated (180° between knees is desired)
  - The following positions (as defined in Group A/B of the acrobatics catalogue):
    - Vertical Split / Glass / Eye positions (refer to Group B in the Team Acrobatics Catalogue)
    - Knight like in figures (where thigh is 90° back and leg is bent so toes touch the water), or any variation of the "Willow" position from Group B of the Team Acrobatics Catalogue
    - Ring (arch with toes touching or close to touching the head)

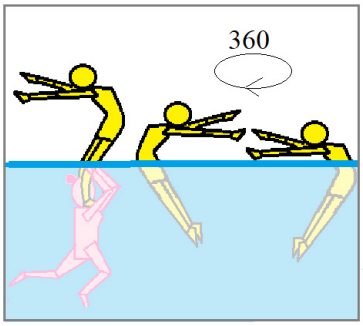
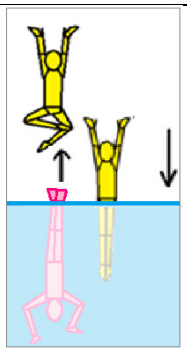
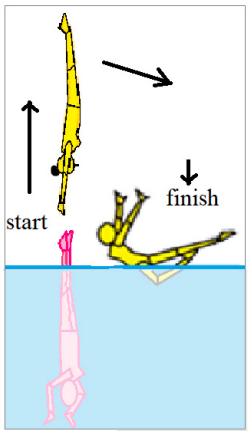
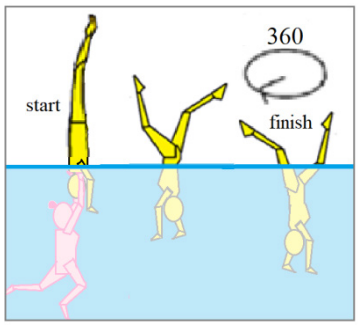
Pair Acrobatic Table:

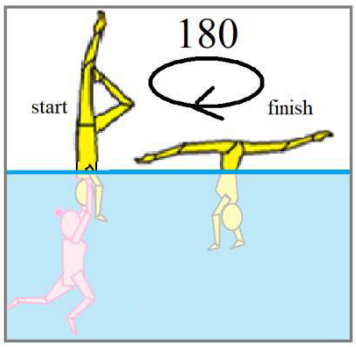
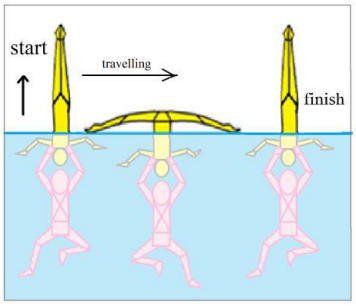
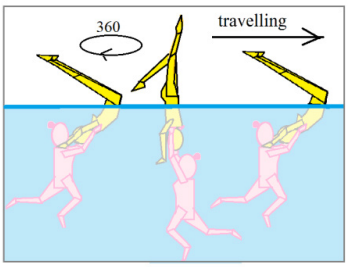
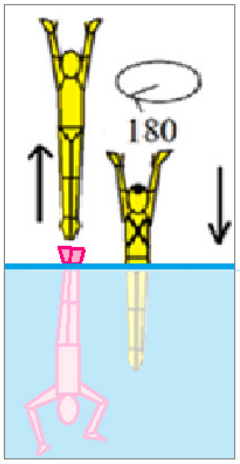
#	Name and code	Diagram	Description	DD of the Pair Acro	Total DD (with Base Mark)
1	Lift head-up with crashing **L»**		One swimmer remains under the water and lifts another swimmer who performs actions above the water at maximum height. When the bottom swimmer pushes and releases support the upper swimmer "crashes" (falls) on the surface. Crashing - means that after the main phase of the lift the upper (visible) swimmer does not submerge, but instead falls on the water's surface.	**0.10**	**0.20**
2	Lift legs-up with crashing **L!»**		One swimmer remains under the water and lifts another swimmer (position head-down) who performs actions above the water at maximum height. When the bottom swimmer pushes and releases support the upper swimmer "crashes" (falls) on the water's surface.	**0.20**	**0.30**
3	Lift head-up **L**		One swimmer remains under the water and lifts another swimmer who performs actions above the water at maximum height. When the bottom swimmer releases support the upper swimmer submerges under the surface of the water.	**0.40**	**0.50**

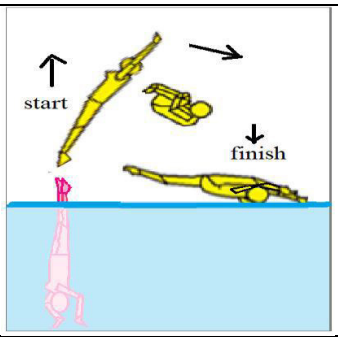
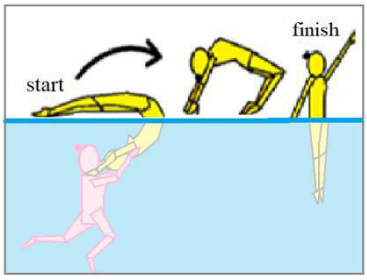
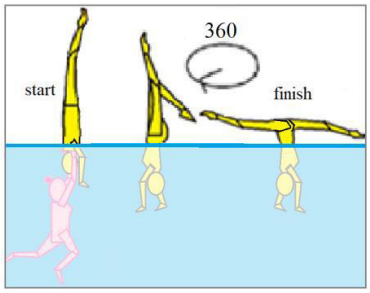
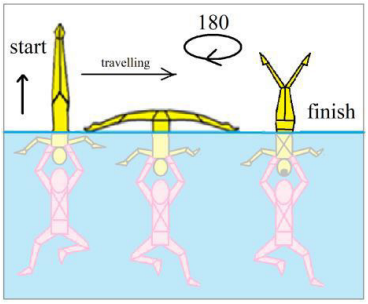
4	Lift head-up with flexibility and crashing **Lf»**		One swimmer remains under the water and lifts another swimmer, who demonstrates flexibility po-sition/s (split variations, ring, etc.) above the water at maximum height. When the bottom swimmer releases support the upper swimmer submerges under the water.	**0.40**	**0.50**
5	Lift legs-up with flexibility and crashing **L!f»**		One swimmer remains under the water and lifts another swimmer (position is head-down), who demonstrates flexibility posi-tion/s (split variations etc.) above the water at maximum height. When the bottom swimmer pushes and releases support the upper swimmer “crashes” (falls) on the water’s surface.	**0.40**	**0.50**
6	Lift legs-up with crashing and rotation 180° **L!rO.5»**		One swimmer remains under the water and lifts another swimmer (position is head-down), above the water at maximum height. When the bottom swimmer pushes and releases support the upper swimmer simultaneously “crashes” (falls) on the water’s surface while rotating 180 around themself. Note: the rotation may also occur during the “maximum height” phase or while ascending.	**0.40**	**0.50**
7	Lift legs-up **L!**		One swimmer remains under the water and lifts another swimmer (position is head-down) who performs some actions above the water at maximum height. When the bottom swimmer pushes and releases support the upper swimmer submerges under the water.	**0.60**	**0.70**

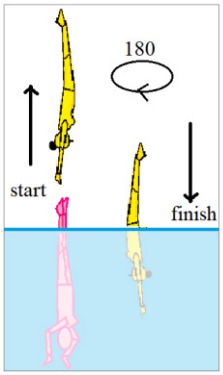
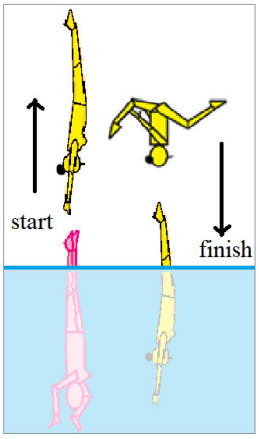
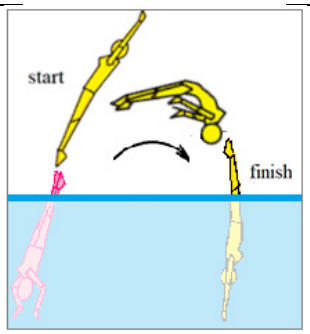
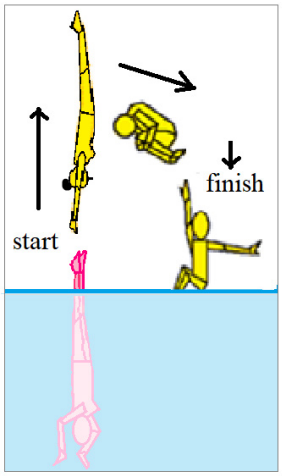
8	Lift legs-up with crashing and rotation 360° **L!r1»**		One swimmer remains under the water and lifts another swimmer (position is head-down) above the water at maximum height. When the bottom swimmer pushes and releases support the upper swimmer simultaneously "crashes" (falls) on the water's surface while rotating 360° around themself. Note: the rotation may also occur during the "maximum height" phase or while ascending.	**0.60**	**0.70**
9	Lift legs-up with crashing, flexibility and rotation 180° (turn) **L!fr0.5»**		One swimmer remains under the water and lifts another swimmer (position is head-down) who demonstrates flexibility posi-tion/s (split variations etc.) above the water at maximum height. When the bottom swimmer pushes and releases support the upper swimmer simultaneously "crashes" (falls) on the water's surface while rotating 180° around themself. Note: the rotation may also occur during the "maximum height" phase or while ascending.	**0.60**	**0.70**
10	Lift head-up with 180° rotation **Lr0.5**		One swimmer remains under the water and lifts another swimmer who performs actions above the water at maximum height. When the bottom swimmer releases support the upper swimmer simultaneously submerges under the water while rotating 180°. Note: the rotation may occur during the "maximum height" phase or while ascending.	**0.60**	**0.70**
11	Sustained lift head-up with travelling **SL>**		One swimmer remains under the water and lifts another swimmer sustaining the lift for 3 seconds or more while travelling. The upper swimmer performs some actions above the water at maximum height and when the bottom swimmer pushes and releases support the upper swimmer submerges under the water.	**0.80**	**0.90**

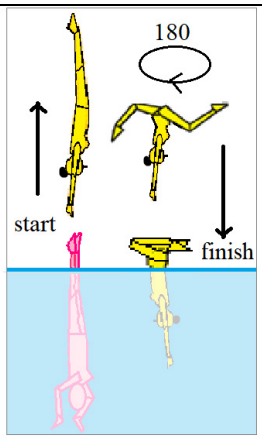
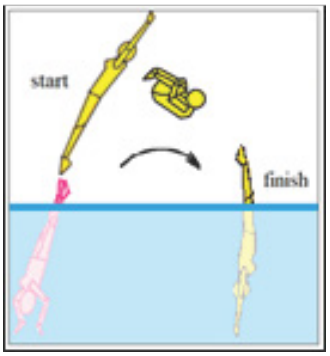
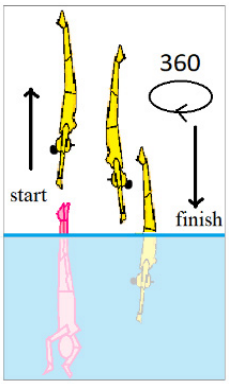
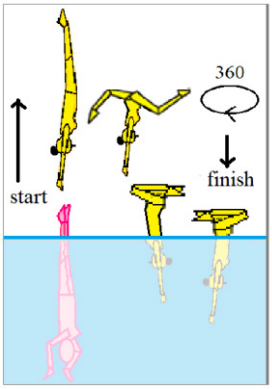
12	Lift legs-up with 180° rotation **L!r0.5**		One swimmer remains under the water and lifts another swimmer (position is head-down) who performs actions above the water at maximum height. When the bottom swimmer pushes and releases support (or helps to rotate) the upper swimmer submerges with a simultaneous rotation of 180°. Note: the rotation may also occur during the "maximum height" phase or while ascending.	**0.80**	**0.90**
13	Lift head-up with flexibility and rotation 180° **Lfr0.5**		One swimmer remains under the water and lifts another swimmer who demonstrates flexibility po-sition/s (split variations, ring etc.) above the water at maximum height. When the bottom swimmer releases support (or helps to rotate) the upper swimmer submerges under the water with a simultaneous rotation of 180°. Note: the rotation may also occur during the "maximum height" phase or while ascending.	**0.80**	**0.90**
14	Lift legs-up with flexibility **L!f**		One swimmer remains under the water and lifts another swimmer (position is head-down) who demonstrates flexibility posi-tion/s (split variations etc.) above the water at maximum height. When the bottom swimmer pushes and releases support the upper swimmer submerges under the water.	**0.80**	**0.90**
15	Sustained lift legs-up with travelling **SL!>**		One swimmer remains under the water and lifts another swimmer (position is head-down) and sustains the lift for 3 seconds or more while travelling. The upper swimmer performs some actions above the water at maximum height and when the bottom swimmer pushes and releases support the upper swimmer submerges under the water.	**0.80**	**0.90**

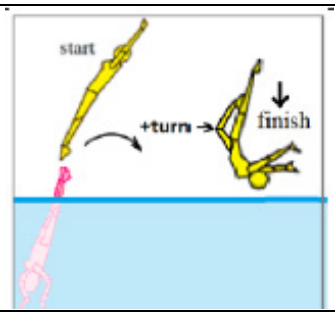
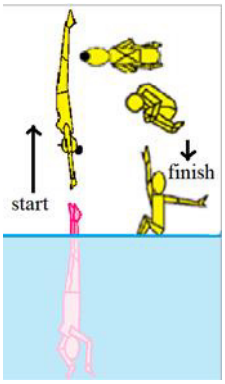
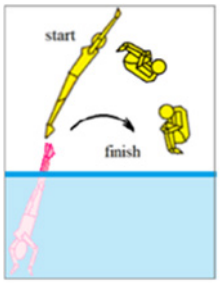
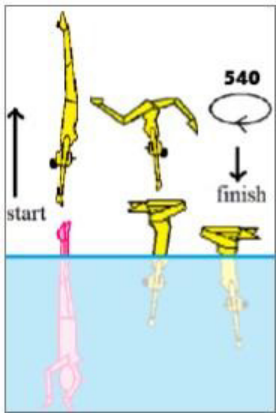
16	Lift head-up with rotation 360° **Lr1**		One swimmer remains under the water and lifts another swimmer, who performs actions above the water at maximum height. When the bottom swimmer releases support the upper swimmer simultaneously submerges under the water while rotating 360°. Note: the rotation may also occur during the "maximum height" phase or while ascending.	**0.80**	**0.90**
17	Jump head-up **J**		From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes airborne. This upper (visible) swimmer performs some actions in the air before entering the water.	**0.80**	**0.90**
18	Throw legs-up with crashing **W!»**		From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes airborne. This upper (visible) swimmer starts their action feet-first and after demonstrating maximum height "crashes" (falls) on the surface.	**0.80**	**0.90**
19	Lift legs-up with rotation 360° **L!r1**		One swimmer remains under the water and lifts another swimmer (position is head-down), who performs some actions above the water at maximum height. When the bottom swimmer pushes and releases support the upper swimmer simultaneously submerges under the water while rotating 360°. Note: the rotation may also occur during the "maximum height" phase or while ascending.	**1.00**	**1.10**

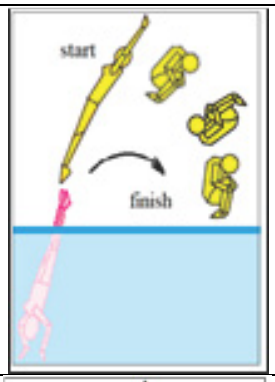
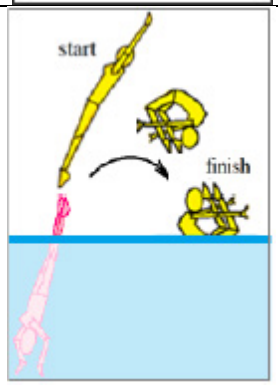
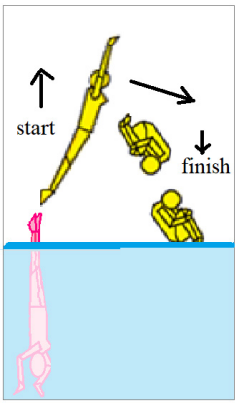
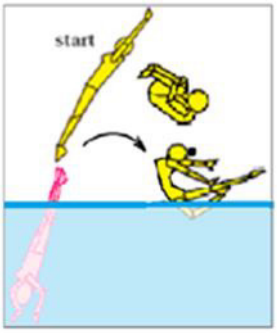
20	Lift legs-up with flexibility and rotation 180° **L!fr0.5**		One swimmer remains under the water and lifts another swimmer (position is head-down), who demonstrates flexibility posi-tion/s (split variations etc.) above the water at maximum height. When the bottom swimmer pushes and releases the upper swimmer simultaneously submerges under the water while rotating 180°. Note: the rotation may also occur during the "maximum height" phase or while ascending.	**1.00**	**1.10**
21	Sustained lift legs-up with flexibility and travelling **SL!f>**		One swimmer remains under the water and lifts another swimmer (position is head-down), sustaining the lift for 3 seconds or more while travelling. The upper swimmer demonstrates flexibility position/s above the water at maximum height and when bottom swimmer pushes and releases, the upper swimmer submerges under the water.	**1.00**	**1.10**
22	Sustained lift legs-up with travelling and rotation of 180°-360° **SL!r0.5>** or **SL!r1>**		One swimmer remains under the water and lifts another swimmer (position is head-down), holding for 3 seconds or more while traveling. The upper swimmer performs some actions while rotating 180°360° above the water at maximum height. When the bottom swimmer pushes and releases support the upper swimmer submerges. Note: the rotation may also occur while ascending.	**1.00**	**1.10**
23	Jump head-up with 180° rotation **Jr0.5**		From under the water one swimmer pushes and throws (disconnects with) the upper (visible) swimmer who becomes airborne. The upper (visible) swimmer performs some actions in the air with a 180° rotation, before entering the water. Note: rotation may also occur while the upper-swimmer submerges.	**1.00**	**1.10**

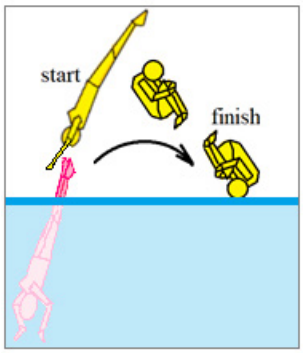
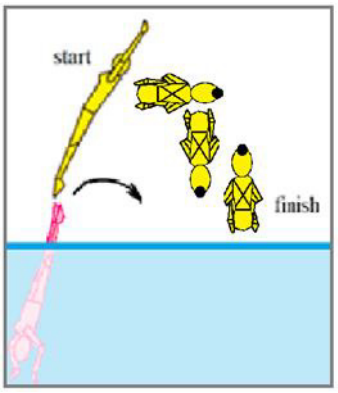
24	Jump head-up with flexibility **Jf**		From under the water one swimmer pushes and throws (disconnects with) the upper (visible) swimmer who becomes airborne. The upper (visible) swimmer demonstrates flexibility posi-tion/s (such as split etc.) in the air before entering the water or fall-ing/crashing.	**1.00**	**1.10**
25	Legs-Up Throw-Dive **W!d**		From a Pike Position the upper swimmer is pushed/thrown by the bottom swimmer (discon-nects/becomes airborne). The upper swimmer's legs are lifted in an arc over the surface of the water to meet the surface of the water again. The upper swimmer enters the water feet-first and lifting their upper body to a vertical position before submerging.	**1.00**	**1.10**
26	Lift legs-up with flexibility and rotation 360° **L!fr1**		One swimmer remains under the water and lifts another swimmer (position is head-down). The upper swimmer demonstrates flexibility position/s above the water at maximum height with 180°360° rotation. When the bottom swimmer pushes and releases support the upper swimmer submerges under the water. Note: rotation may occur while the upper-swimmer submerges or while ascending.	**1.20**	**1.30**
27	Sustained lift legs-up with flexibility, travelling and rotation 180°360° **SL!fr0.5>** or **SL!fr1>**		One swimmer remains under the water and lifts another swimmer (position is head-down), sustaining the lift for 3 seconds or more while travelling. The upper swimmer demonstrates flexibility posi-tion/s above the water at maximum height with 180o-360o rotation. When the bottom swimmer pushes and releases support the upper swimmer submerges under the water. Note: rotation may occur while the upper-swimmer submerges or while ascending.	**1.20**	**1.30**

28	Throw legs-up with 180° rotation **W!r0.5**		From under the water one swimmer pushes and throws (disconnects with) the upper (visible) swimmer who becomes airborne. The upper (visible) swimmer starts their action feet-first and after demonstrating maximum height submerges with a simultaneous rotation of 180°. Note: rotation may also occur during "pushing"/ ascending phase.	**1.20**	**1.30**
29	Throw legs-up with flexibility **W!f**		From under the water one swimmer pushes and throws (disconnects with) the upper (visible) swimmer who becomes airborne. The upper (visible) swimmer starts their action feet-first and demonstrates flexibility posi-tion/s during maximum height and then submerges.	**1.20**	**1.30**
30	Jump-Dive **Jd**		From under the water one swimmer pushes and throws (disconnects with) the upper (visible) swimmer who becomes airborne. This upper (visible) swimmer demonstrates an arc over the surface before entering the water in a head-first vertical position.	**1.20**	**1.30**
31	Throw legs-up with 180° somersault **W!s0.5**		From under the water one swimmer pushes and throws (disconnects with) the upper (visible) swimmer who becomes airborne. This upper (visible) swimmer starts their action feet-first and by lifting their body and tucking, performs 0.5 (half) somersault (180° rotation) in the air before entering the water. Note: the body of the upper (visible) swimmer should be fully out of the water (above the surface) before entering the water.	**1.40**	**1.50**

32	Thow legs-up with flexibility and rotation 180° **W!frO.5**		From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes airborne. The upper (visible) swimmer starts their action feet-first and demonstrates flexibility posi-tion/s during maximum height. The upper (visible) swimmer then submerges while simultaneously rotating 180°.	**1.40**	**1.50**
33	Jump-Tuck/ Change posi-tion – Dive **Jpd**		From under the water one swim mer pushes and throws (discon nects with) an upper (visible) swimmer who becomes airborne. The upper (visible) swimmer per forms 180₀ (half) somersault backwards with 1 change of the position in the air before entering the water headfirst. Note: any "non-flexibility" position is allowed to be demonstrated in the air.	**1.40**	**1.50**
34	Throw legs-up with rota tion 360° **W!r1**		From under the water one swim mer pushes and throws (discon nects 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 simulta neous rotation of 360°. Note: rotation may also occur during "pushing"/ascending phase."	**1.40**	**1.50**
35	Throw-legs up with flexibility and rotation 360° or more **W!fr1**		From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes airborne. The upper (visible) swimmer starts their action feet-first and demonstrating flexibility posi-tion/s during maximum height. The upper (visible) swimmer then submerges while simultaneously rotating 360° degrees or more.	**1.60**	**1.70**

36	Jump head-up with half twist and 180 somersault Js0.5t0.5		From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes airborne. The upper (visible) swimmer jumps backwards, twists 180º in the air, and then enters the water.	**1.60**	**1.70**
37	Throw legs-up with 180 somersault and half twist W!s0.5t0.5		From under the water one swimmer pushes and throws (disconnects with) the upper (visible) swimmer who becomes airborne. This upper (visible) swimmer starts their action feet-first and by lifting their body and tucking, performs 0.5 (half) somersault with simultaneous turn on 180° in the air before entering the water.	**1.60**	**1.70**
38	Jump head-up with 1 somersault backwards Js1B		From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes airborne. The upper (visible) swimmer performs 1 backwards somersault (360º) in the air demonstrating "tuck" position before entering the water	**1.80**	**1.90**
39	Throw legs up with flexibility and rotation 540º W!fr1.5		From under the water one swimmer pushes and throws (disconnects with) and upper (visible) swimmer who becomes airborne. The upper visible swimmer starts their action feet first and demonstrating flexibility position/s during maximum height. The upper (visible) swimmer then submerges while simultaneously rotating 540 degrees or more.	**1.80**	**1.90**

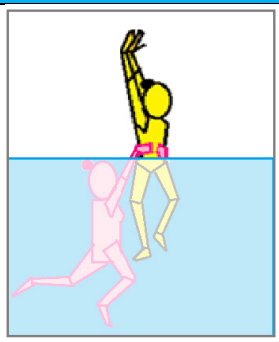
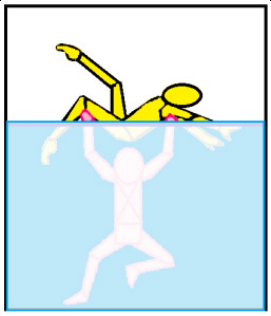
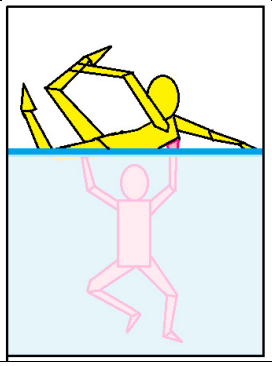
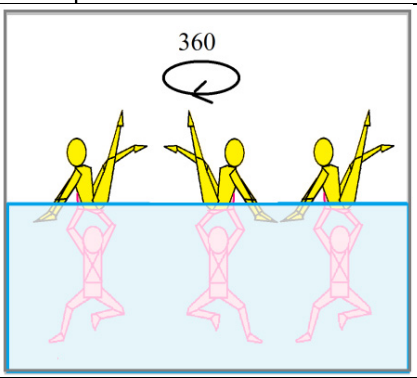
40	Jump - Tuck - 1 somersault half twist **JBs1t0.5**		From under the water one swim mer pushes and throws (discon nects with) an upper (visible) swimmer who becomes airborne. The upper (visible) swimmer per forms 1 backwards somersault (360º) and half twist (180º) around themself in the air demonstrating "tuck" position before entering the water.	**2.00**	**2.10**
41	Jump head-up with 1 somersault backwards and flexibility **Jfs1B**		From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes airborne. The upper (visible) swimmer performs 1 backwards somersault in the air demonstrating flexibility of their body (ring position and variations) before entering the water.	**2.00**	**2.10**
42	Jump head-up with 1 somersault forwards **Js1F**		From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes airborne. The upper (visible) swimmer performs 1 forwards somersault in the air before entering the water.	**2.00**	**2.10**
43	Jump head-up with 1 somersault backwards and open in Jay (flexibility) **Js1B+f**		From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes airborne. The upper (visible) swimmer jumps backwards, tucking and rotating 180º in the air, then turning another 180º while opening to a Jay (flexibility) position before entering the water.	**2.10**	**2.20**

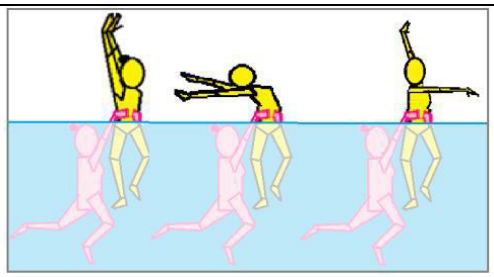
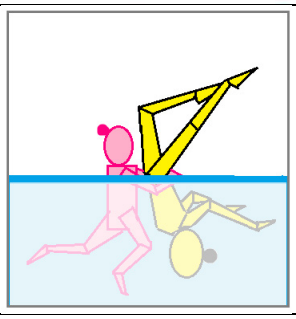
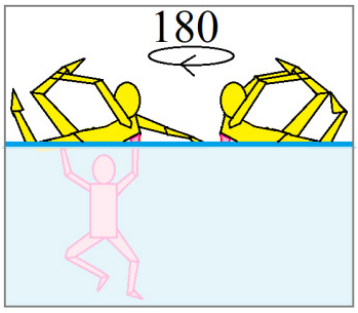
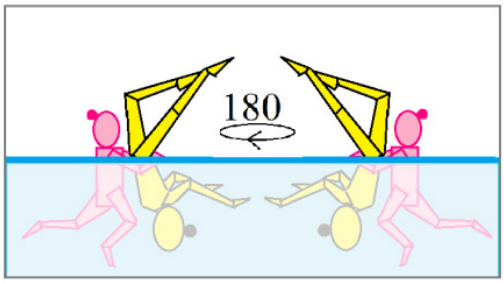
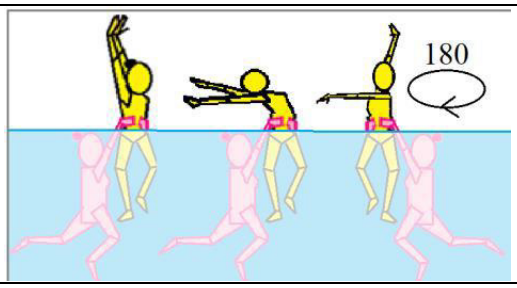
44	Jump head-up with 1 somersault back-wards+Pike + open in Jay (flexibility) **Js1B+pf**		From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes airborne. The upper (visible) swimmer jumps backwards, piking, rotating 180o in the air and then rotates another 180o while opening into a Jay (flexibility) position before entering the water	**2.15**	**2.25**
45	Throw legs-up with 1 somersault forwards **W!s1F**		From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes airborne. This upper (visible) swimmer starts their action feet-first and by lifting their torso performs 1 somersault forwards (360o) in the air before entering the water. Note: the somersault is usually performed in a tuck position.	**2.20**	**2.30**
46	Jump head-up-Back wards-Frontal 360 somer sault **JsF1B**		From under the water one swim mer pushes and throws (discon nects with) an upper (visible) swimmer who becomes airborne. The upper (visible) swimmer jumps backwards, turns 90 de grees in the air and performs 1 side (frontal) somersault (360o) in the air demonstrating “tuck”, “pike” or “variant of pike” position before entering the water.	**2.20**	**2.30**

Pair Assisted Actions

THIS IS A LIST OF PAIR ASSISTED ACTIONS (FOR YOUR INFORMATION). THEY ARE NOT CONSIDERED AS A PAIR ACROBATIC MOVEMENTS. THEY ARE CONSIDERED IN TRANSITIONS (ARTISTIC IMPRESSION) IN DUETS OR TEAMS.

In pair assisted actions, the bottom (base) swimmer may remain under the surface of the water or on the surface, but the featured-swimmer always remains on the surface (not lifted up). Also, "boost-type" assisted movements are considered as pair assisted actions.

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

Sustained assisted action head-up		One swimmer remains under the water and lifts another swimmer who performs actions above the sur face of the water sustained for 3 seconds or more.
Sustained assisted action legs-up		One swimmer holds another swimmer whose position is head-down and sustained for 3 seconds or more.
Pair assisted action on surface with flexibility and rotation 180₀-360₀		One swimmer remains under the water and holds and rotates another swimmer (upper visible swimmer) 180₀-360₀ who remains at the surface and performs movements with a range of flexibility (such as: split, Ariana, ring etc.).
Sustained assisted action legs-up with rotation 180₀-360₀		One swimmer holds another swimmer, whose position is head-down for 3 seconds or more with a simultaneous rotation of 180°-360°. Note: both swimmers rotate in connection one with another.
Sustained assisted action head-up with travelling and rotation 180₀-360₀		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 180₀. When the bottom swimmer pushes and releases support the upper swimmer submerges under the water. Note: the rotation must happen during “maximum height” phase.