

## Novice Required Technical Elements

<b>NOVICE SOLO, DUET/MIXED DUET, TRIO AND TEAM (1:30)</b> Required elements # 1-5 must be performed in the order listed
1. Figure #316 – Kipnus [DD 1.4]
2. No-Arm Boost - a rapid, head-first rise, with a maximum amount of the body above the surface of the water. The Boost is begun with the body totally underwater or with the back of the head and/or torso flush with the surface. The Boost is completed upon total submergence. [DD 1.0]
3. Figure #360 – Walkover, Front [DD 1.9]
4. Figure #100 – Bent Knee, Alternate [DD 1.0]
5. Figure #306 – Barracuda [DD 1.9]
6. All elements must be performed simultaneously and facing the same direction by all competitors. Mirror actions are not permitted during technical elements. See Section 1.05 C
7. Acrobatic lifts or moves are not permitted in novice routines.

## Intermediate Required Technical Elements

<b>INTERMEDIATE SOLO (1:45), DUET/MIXED DUET/TRIO (2:05) AND TEAM (2:35) +/- 5 sec</b> Required elements # 1-5 must be performed in the order listed
1. Figure #344 – Neptunus [DD 1.7]
2. Boost - a rapid, head-first rise, with a maximum amount of the body above the surface of the water. One arm must be lifted above the surface as the body reaches maximum height. The Boost is begun with the body totally underwater or with the back of the head and/or torso flush with the surface. The Boost is completed upon total submergence. [DD 1.3]
3. Figure #101 – Ballet Leg, Single [DD 1.6]
4. Figure #318 – Kip, Bent Knee [DD 1.8]
5. Figure #306 – Barracuda [DD 1.8]
6. All elements must be performed simultaneously and facing the same direction by all competitors. Mirror actions are not permitted during technical elements. See Section 1.05 C