

## 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 #310 – Somersault, Back Tuck [DD 1.1]
2. Figure #100 Bent Knee, Alternate [DD 1.0]
3. 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]
4. Figure #302 – Blossom [DD 1.4]
5. Figure #316 – Kipnus [DD 1.4]
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.
8. All Novice routines will include the Technical Required Elements and may also include one free hybrid. The free hybrid may be placed anywhere in the routine and will only be judged under Artistic Impression