

L	THRUSTS (T)	SPINS (S)		TWISTS incl. Twirls/Swirls (R)		AIRBORNE WEIGHT (A)	FLEXIBILITY (F)	CONNECTIONS (C)
(B) A S I C	Thrust with one or two legs followed by crashing on the surface	SB = 0.15 SCB = 0.35 SCDB = 0.40	Spin 180° (one or two legs) Combined 180° (one or two legs) Two-direction Combined 180° (one or two legs)	RB = 0.10 1RB = 0.15 2RB = 0.20 ROB = 0.25 RCB = 0.25	Swirl 180°/Turn 180° non-sustained or up-down 1 leg Twist/Twirl 180° Twist/Twirl 180° (VP) VP open 180° to Split Split close 180° to VP	Lift to any single leg position from Inverted Tuck, Table Top or a variant	Back Layout to Surface Arch or Bent Knee Surface Arch	Piked body position at the surface of the water or any position out of VP "cone" area (facing any direction)
	TB = 0.30					AB = 0.05	FB = 0.05	CB = 0.10 CB+ = 0.20
1	Thrust with one leg followed by vertical descent	S1 = 0.35 SC1 = 0.80 SCD1 = 0.85	Spin 360° (one or two legs) Combined 360° (one or two legs) Two-direction Combined 360° (one or two legs)	R1 = 0.20 1R1 = 0.35 2R1 = 0.45 RD1 = 0.50 RU1 = 0.55 RO1 = 0.55 RC1 = 0.55	Swirl 360°/Rotation 360° non-sustained or up-down 1 leg Twist/Twirl 360° Twist/Twirl 360° (VP) Two-direction 360° (VP) Unbalanced Twist/Twirl 360° (VP) VP open 360° to Split Split close 360° to VP	a. Lift to any single leg position from Front Pike b. Single leg descent c. Lift to VP from Inverted Tuck, Table Top or a variant d. Join to VP from Fishtail, Bent Knee VP or Split	a. Rapid Split from any position b. Rapid Knight from any position c. BK Surface Arch to Knight (extending the BK up to Knight)	a. Connection in any one leg VP position (in "cone" area) with the "bottom" leg (non-VP leg) connected. Can be facing any direction. b. Connecting a bottom leg with a thigh of VP leg (athletes facing same direction) OR wrapping a leg around the body (pelvis) – can be facing any direction.
	T1 = 0.45					A1 = 0.10	F1 = 0.10	C1 = 0.20 C1+ = 0.30
2	a. Thrust with one leg followed by Spin 180° b. Thrust with one leg followed by Twirl 180° and a crash	S2 = 0.75 SC2 = 1.60 SCD2 = 1.65	Spin 720° (one or two legs) Combined 720° (one or two legs) Two-direction Combined 720° (one or two legs)	R2 = 0.40 1R2 = 0.75 2R2 = 0.95 RD2 = 1.05 RU2 = 1.15	Swirl 720° 1 leg Twist 720° Twist 720° (VP) Two-direction 720° (VP) Unbalanced Twist 720° (VP)	a. Vertical descent in VP (with or without isolated movements) b. From Front Pike to a single leg position (Bent Knee VP, Fishtail, etc.) while rotating 180°	a. Walkout Front (to breath) b. Split to Front Pike (180° arc with straight leg) c. Split variants at the surface (demonstration of at least 2 different Splits)	a. One leg (in VP "cone" area) face-to-face connection b. One leg back (in VP "cone"), one leg forward (in VP cone) connection c. C1 connections with a rotation of at least 180° at maximum height
	T2 = 0.50					A2 = 0.15	F2 = 0.20	C2 = 0.30 C2+ = 0.40

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3	a. Thrust and vertical descent b. Thrust with one leg followed by Spin 360° c. Thrust with one leg followed by Twirl 180° and descent d. Thrust with flexibility followed by crashing	S3 = 1.15 SC3 = 2.40 SCD3 = 2.45	Spin 1080° (two legs) Combined 1080° (two legs) Two-direction Combined 1080° (two legs)	R3 = 0.60 1R3 = 1.15 2R3 = 1.45 RU3 = 1.75	Swirl 1080° 1 leg Twist 1080° Twist 1080° (VP) Unbalanced Twist 1080° (VP)	a. Front Pike to VP (Porpoise lift) b. Vertical ascent with 1 or 2 legs (with or without isolated movements)	a. Split to Split through VP (changing legs) b. Ariana Rotation c. Combination of a Right and Left Leg Knight Position	One leg (in VP "cone" area) <u>back</u> or <u>side</u> connection
	T3 = 0.65				A3 = 0.20	F3 = 0.30	C3 = 0.40 C3+ = 0.50	
4	a. Thrust with one leg followed by Spin 720° b. Thrust with flexibility and descent c. Thrust followed by Spin 180° d. Flying Fish (with descent) e. Thrust followed by Twirl 180° (in VP) and a crash	S4 = 1.55 SC4 = 3.20 SCD4 = 3.25	Spin 1440° (two legs) Combined 1440° (two legs) Two-direction Combined 1440° (two legs)	R4 = 0.80 1R4 = 1.55 2R4 = 1.95 RD4 = 2.15 RU4 = 2.35	Swirl 1440° 1 leg Twist 1440° Twist 1440° (VP) Two-direction 1440° (VP) Unbalanced Twist 1440° (VP)	a. From Front Pike to a single leg position (Bent Knee VP, Fishtail, etc.) while rotating 360° b. Front Pike to VP while rotating 180°	a. Bent Knee Front Layout to Bent Knee Arch Position OR Front Layout to Split with a straight leg b. From Surface Arch Position to Knight or Split with a straight leg through the vertical arc/axis c. Bent Knee Surface Arch to Bent Knee VP d. BK Surface Arch to Knight (lifting the extended leg and extending on the surface the bent leg) e. Fishtail to Knight (horizontal plane, along the surface) f. Fishtail to Knight (through VP)	Two-leg connection (both legs must be in VP "cone" area). May be facing any direction.
	T4 = 0.80				A4 = 0.45	F4 = 0.40	C4 = 0.50 C4+ = 0.60	

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5	a. Thrust followed by Spin 360° b. Thrust followed by Twirl 180° (in VP) and descent c. Thrust with flexibility followed by Spin 180° d. Flying Fish Spin 180° or Thrust Fishtail Helicopter Spinning 180° e. One leg Thrust with Twirl 180° followed by Spin 360°	S5 = 1.95 SC5 = 4.00 SCD5 = 4.05	Spin 1800° (two legs) Combined 1800° (two legs) Two-direction Combined 1800° (two legs)	1R5 = 1.95 2R5 = 2.45 RU5 = 2.95	1 leg Twist 1800° Twist 1800° (VP) Unbalanced Twist 1800° (VP)	Front Pike to VP while rotating 360°	a. Knight to VP OR Knight to Fishtail through VP b. Bent Knee Surface Arch to VP c. Knight rotating 180° (twisting in the Knight position)	Rotation vertical connection with one leg in VP "cone" area (rotation of 180°+ at maximum height). May be facing any direction.
	T5 = 0.90					A5 = 0.65	F5 = 0.50	C5 = 1.00 C5+ = 1.10
6	a. Thrust with flexibility followed by Spin 360° b. Thrust with Twirl 180° (in VP) followed by Spin 360° c. Flying Fish 360° or Thrust Fishtail Helicopter Spinning 360°	S6 = 2.35 SC6 = 4.80 SCD6 = 4.85	Spin 2160° (two legs) Combined 2160° (two legs) Two-direction Combined 2160° (two legs)	1R6 = 2.35 2R6 = 2.95 RD6 = 3.35 RU6 = 3.55	1 leg Twist 2160° Twist 2160° (VP) Two-direction 2160° (VP) Unbalanced Twist 2160° (VP)	Sustained height with one leg or a combination of one or two legs lasting equal or more than 3 seconds Or Isolated movements performed in a stable and fixed single leg position (within VP definition of 0-45 degrees) – isolated movements performed with other (non-fixed) leg lasting 3 seconds or more Or A combination of the two techniques	a. Cyclone 180° (BK Surface Arch Twirl 180° to a VP) b. Knight rotating 360° (twisting in the Knight position) c. Knight Join to VP while rotating 180° d. Flat Split/Split variants sustained at the surface 3 seconds or more	Rotation vertical connection with two legs in VP "cone" area (rotation of 180°+ at maximum height). May be facing any direction. Rotation vertical connection with one leg (rotation of 360°+ at maximum height). May be facing any direction.
	T6 = 1.10					A6 = 1.15	F6 = 0.65	C6 = 1.25 C6+ = 1.35

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7	Thrust followed by Spin 720°	S7 = 2.75	Spin 2520° (two legs)	2R7 = 3.45 RU7 = 4.15	Twist 2520° (VP) Unbalanced Twist 2520° (VP)	Sustained height in VP lasting equal or more than 3 seconds	Surface Arch to VP	Rotation vertical connection with two legs in VP "cone" area (rotation of 360°+ at maximum height). May be facing any direction.
	T7 = 1.50					A7 = 1.45	F7 = 0.75	C7 = 1.50 C7+ = 1.60
8	Thrust with flexibility followed by Spin 720°	S8 = 3.15	Spin 2880° (two legs)	2R8 = 3.95 RU8 = 4.75	Twist 2880° (VP) Unbalanced Twist 2880° (VP)	Sustained height shown at least 3 seconds or more in VP performed in an unbalanced position	a. Knight Join to VP while rotating 360° b. Bent Knee Surface Arch Position to VP rotating 360° (Nova rotating 360°)	
	T8 = 1.70					A8 = 1.65	F8 = 0.90	
9	a. Thrust to height of 8.5 (waist) or higher followed by Spin 1080° or more b. Thrust to height of 8.5 (waist) or higher continued by catching (clearly stopping - stable height demonstrated for 1s or more) in a VP above the knees or higher	S9 = 3.55	Spin 3240° (two legs)	2R9 = 4.45 RU9 = 5.35	Twist 3240° (VP) Unbalanced Twist 3240° (VP)		Surface Arch Position to VP rotating 180°	
	T9 = 2.00					F9 = 1.00		
10		S10 = 3.95	Spin 3600° (two legs)	2R10 = 4.95 RU10 = 5.95	Twist 3600° (VP) Unbalanced Twist 3600° (VP)		Surface Arch Position to VP rotating 360°	
						F10 = 1.30		