

17.2 TECHNICAL REQUIRED ELEMENTS

17.2.1 WOMEN AND MEN SOLO TECHNICAL REQUIRED ELEMENTS

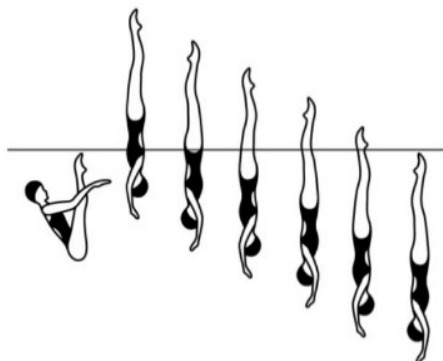
Element #	Element Version	Women and Men Technical Required Elements	DD
1	A	Thrust Continuous Spin 720°	2.7
	B	Thrust Spinning 360°	2.1
2	A	Combined Spin 1080° – Continuous Spin 1080°	3.0
	B	Combined Spin 720° – Continuous Spin 1080°	2.7
3		Swordfish Straight Leg - Knight	3.2
4	A	Fishtail Half Twist – Continuous Spin 720°	2.9
	B	Fishtail – Continuous Spin 720°	2.6
5	A	Rocket Split Bent Knee Joining 360°	2.4
	B	Rocket Split Bent Knee	2.1

SOLO Technical Routine Additional Requirement:

- d) One (1) additional Hybrid must be performed. These may be placed anywhere in the routine.

WOMEN AND MEN SOLO TECHNICAL REQUIRED ELEMENTS
Element 1
1A - Thrust Continuous Spin 720°
DD - 2.7

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust Continuous Spin 720°* (2 rotations) is executed.



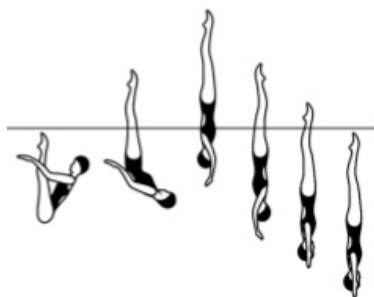
			Total
			
NVT=	31.0	67.0	98
PV =	3.16	6.84	10

Clarification:

- All movements are executed rapidly.
- BP 11 **Submerged Back Pike Position** is executed with the legs perpendicular to the surface of the water.
- BM 9 *Thrust* allowance: Deviation allowances for the *Thrust* action are unique and allow for the legs to be up to an additional 15° off the vertical line.
- Refer to BM 9 *Thrust*.

WOMEN AND MEN SOLO TECHNICAL REQUIRED ELEMENTS
Element 1
1B - Thrust Spinning 360°
DD - 2.1

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust Spinning 360°* (1 rotation) is executed.



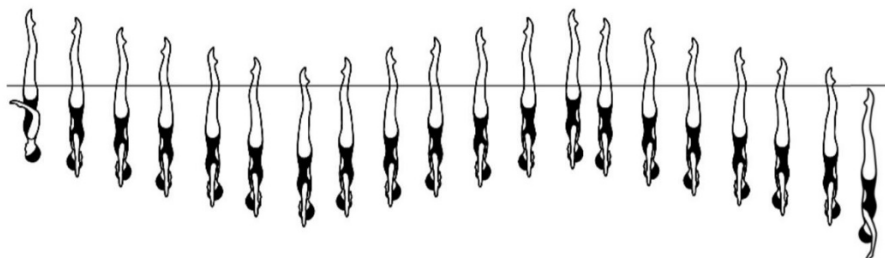
				Total
				
NVT=	31.0	39.0	0	70
PV =	4.43	5.57	0	10

Clarification:

- All movements are executed rapidly.
- BP 11 **Submerged Back Pike Position** is executed with the legs perpendicular to the surface of the water.
- BM 9 *Thrust* allowance: Deviation allowances for the *Thrust* action are unique and allow for the legs to be up to an additional 15° off the vertical line.
- Refer to BM 9 *Thrust*.

WOMEN AND MEN SOLO TECHNICAL REQUIRED ELEMENTS
Element 2
2A – Combined Spin 1080° – Continuous Spin 1080°
DD - 3.0

From a **Vertical Position** a *Combined Spin of 1080°* is executed (3 rotations + 3 rotations). Continuing in the same direction and without a pause a *Continuous Spin 1080°* (3 rotations) is executed.



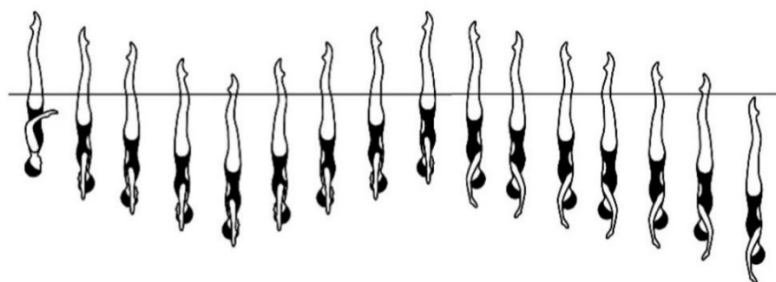
				Total
NVT=	69.0		49.0	118
PV =	5.85		4.15	10

Clarification:

- BM 13 f) *Continuous Spin* is executed rapidly.
- The height of the starting and ending of BP 6 **Vertical Position** in *Combined Spin* is the same.

WOMEN AND MEN SOLO TECHNICAL REQUIRED ELEMENTS
Element 2
2B – Combined Spin 720° – Continuous Spin 1080°
DD - 2.7

From a **Vertical Position** a *Combined Spin of 720°* is executed (2 rotations + 2 rotations). Continuing in the same direction and without a pause a *Continuous Spin 1080°* (3 rotations) is executed.



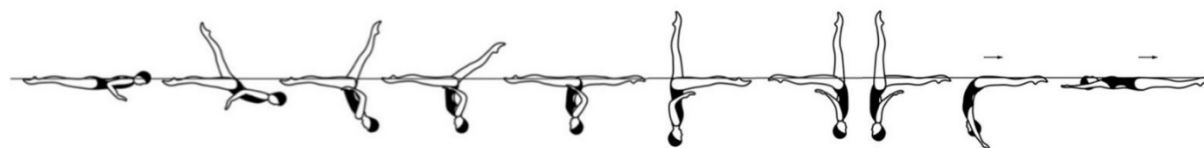
				Total
NVT=	50.0		49.0	99
PV =	5.05		4.95	10

Clarification:

- BM 13 f) *Continuous Spin* is executed rapidly.
- The height of the starting and ending of BP 6 **Vertical Position** in *Combined Spin* is the same.

WOMEN AND MEN SOLO TECHNICAL REQUIRED ELEMENTS
Element 3
3- Swordfish Straight Leg - Knight
DD-3.2

From a **Front Layout Position**, the back arches as one leg is lifted in a 180° arc over the surface to a **Split Position**. A hip rotation of 180° is executed as the front leg is rapidly raised to assume a **Fishtail Position**. Maintaining the vertical alignment of the body and with accelerating speed, the foot of the horizontal leg is moved in a horizontal arc of 180° at the surface to a **Knight Position** and with continuous motion and continuing in the same direction an additional 180° rotation is executed. The vertical leg is lowered to a **Surface Arch Position** and with continuous motion an *Arch to Back Layout Position* is executed.



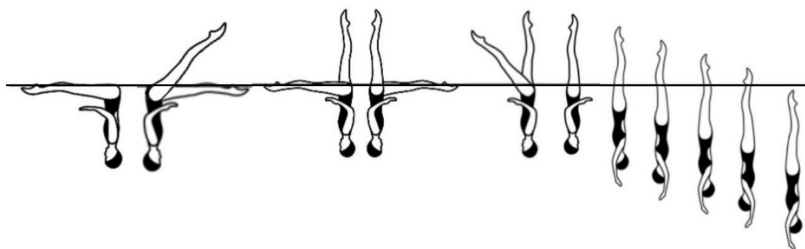
							Total
NVT=	43.0	16.5	21.0	24.0	18.5	7.0	130
PV =	3.31	1.27	1.62	1.85	1.42	0.54	10

Clarification:

- The action from BP 16 **Split Position** to BP 8 **Fishtail Position** is executed rapidly. From BP 8 **Fishtail Position** to BP 17 **Knight Position** the horizontal leg moves with accelerating speed at the surface of the water and with continuous acceleration and continuing in the same direction an additional 180° rotation is executed.

WOMEN AND MEN SOLO TECHNICAL REQUIRED ELEMENTS
Element 4
4A – Fishtail Half Twist - Continuous Spin 720°
DD – 2.9

From a **Front Pike Position**, a rotation of 360° is executed as one leg is lifted to a **Fishtail Position**. Continuing in the same direction a *Half Twist* in a **Fishtail Position** is executed. Continuing in the same direction another rotation of 360° is executed, as the horizontal leg is lifted to a **Vertical Position**. Continuing in the same direction, a *Continuous Spin of 720°* (2 rotations) is executed.



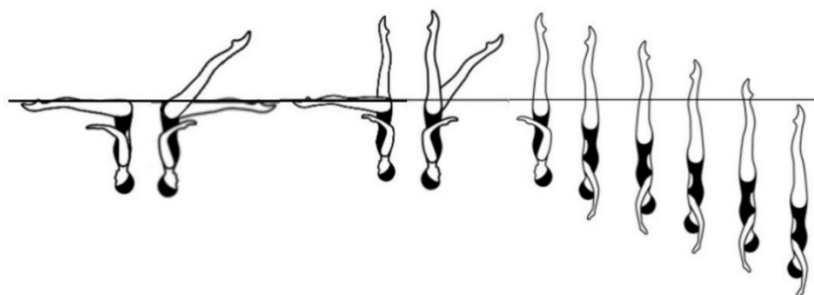
					Total
NVT=	32.0	17.0	26.5	34.0	109.5
PV =	2.92	1.55	2.42	3.11	10

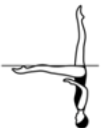
Clarification:

- All rotations are executed in the same direction.
- From BP 10 **Front Pike Position**, either right or left leg can be lifted.
- The foot of the horizontal leg remains at the surface of the water throughout the rotation of 360° to **Fishtail Position** and the *Half Twist* in **Fishtail Position**.

WOMEN AND MEN SOLO TECHNICAL REQUIRED ELEMENTS
Element 4
4B - Fishtail - Continuous Spin 720
DD – 2.6

From a **Front Pike Position**, a rotation of 360° is executed as one leg is lifted to a **Fishtail Position**. Continuing in the same direction another rotation of 360° is executed, as the horizontal leg is lifted to a **Vertical Position**. Continuing in the same direction a *Continuous Spin of 720°* (2 rotations) is executed.



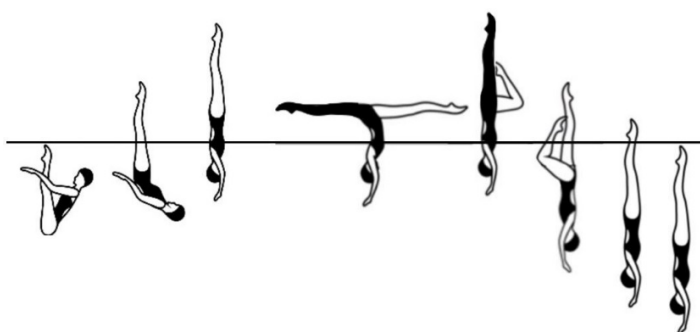
				Total
NVT=	32.0	26.5	34.0	92.5
PV =	3.46	2.86	3.68	10

Clarification:

- All rotations are executed in the same direction.
- From BP 10 **Front Pike Position**, either right or left leg can be lifted.
- The foot of the horizontal leg remains at the surface of the water throughout the rotation of 360° to **Fishtail Position**.

WOMEN AND MEN SOLO TECHNICAL REQUIRED ELEMENTS
Element 5
5A – Rocket Split Bent Knee Joining 360°
DD - 2.4

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position**. The back leg is rapidly lifted to vertical as the front leg bends to assume a **Bent Knee Vertical Position**. A rapid *360° Spin* is executed as the bent knee is extended to a **Vertical Position** completed as the ankles reach the surface of the water followed by a *Vertical Descent* at the same tempo as the *Thrust*.



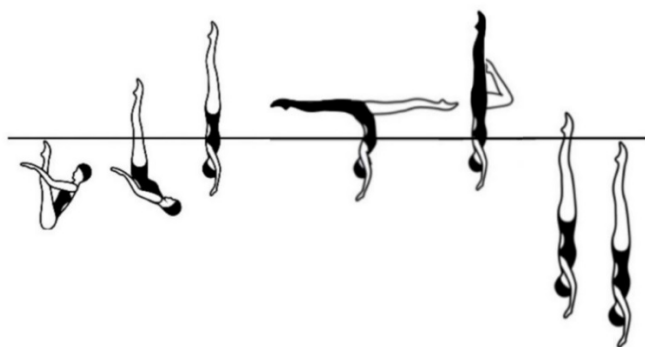
							Total
NVT=		31.0	17.0	13.0	24.0	0	85.0
PV =		3.65	2.00	1.53	2.82	0	10

Clarification:

- All movements are executed rapidly.
- BP 11 **Submerged Back Pike Position** is executed with the legs perpendicular to the surface of the water.
- BM 9 *Thrust* allowance: Deviation allowances for the *Thrust* action are unique and allow for the legs to be up to an additional 15° off the vertical line.
- Refer to BM 9 *Thrust*.
- Refer to the *Rejoin to Vertical Single Leg water level in the Dynamic Height Scale for the differing height standard requirements following a BM 9 *Thrust* airborne move.

WOMEN AND MEN SOLO TECHNICAL REQUIRED ELEMENTS
Element 5
5B – Rocket Split Bent Knee
DD - 2.1

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position**. The back leg is rapidly lifted to vertical and the forward leg bends to assume a **Bent Knee Vertical Position**. A *Vertical Descent* is executed with the bent knee extended to a **Vertical Position** completed as the ankles reach the surface of the water, followed by a *Vertical Descent* at the same tempo as the *Thrust*.



							Total
NVT=		31.0	17.0	13.0	9.0	0	70
PV =		4.43	2.43	1.86	1.29	0	10

Clarification:

- All movements are executed rapidly.
- BP 11 **Submerged Back Pike Position** is executed with the legs perpendicular to the surface of the water.
- BM 9 *Thrust* allowance: Deviation allowances for the *Thrust* action are unique and allow for the legs to be up to an additional 15° off the vertical line. Refer to BM 9 *Thrust*.
- Refer to the *Rejoin to Vertical Single Leg water level in the Dynamic Height Scale for the differing height standard requirements following a BM 9 *Thrust* airborne move.

17.2.2 WOMEN DUET TECHNICAL REQUIRED ELEMENTS

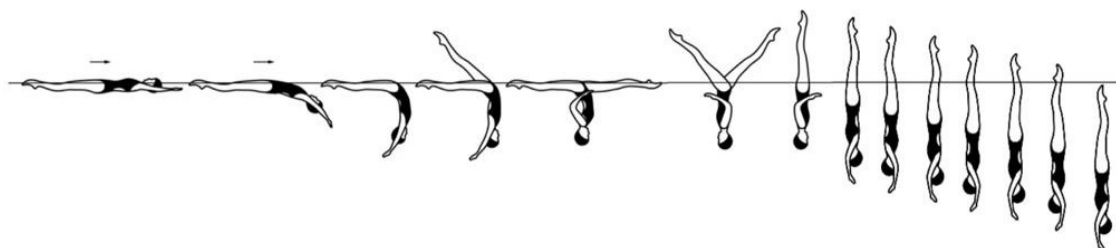
Element #	Element Version	Women Duet Required Elements	DD
1	A	Walkover Back Closing 360° – Continuous Spin 1080°	3.0
	B	Walkover Back Closing 180° – Continuous Spin 720°	2.5
2	A	Rocket Split Alternating Legs – Spinning 180°	2.8
	B	Rocket Split – Spinning 180°	2.4
3		Beginning from a Ballet Leg Position – Flamingo Bent Knee rollback- Join to Vertical Position – Half Twist – 360° open to Split – Walkout	3.1
4	A	Fishtail – Knight – Continuous Spin 1080°	3.2
	B	Fishtail – Knight – Continuous Spin 720°	2.7
5	A	Thrust Bent Knee Twirl Spin 360°	2.3
	B	Thrust – Bent Knee Twirl	2.1

WOMEN DUET Technical Routine Additional Requirement:

6. **One (1) additional Hybrid and one (1) Pair Acrobatics must be performed. These may be placed anywhere in the routine.**

WOMEN DUET TECHNICAL REQUIRED ELEMENTS
Element 1
1A – Walkover Back Closing 360° – Continuous Spin 1080°
DD – 3.0

From a **Back Layout Position** a *Surface Arch Position* is assumed. One leg is lifted in a 180° arc over the surface to a **Split Position**. A rotation of 360° is executed, as the legs symmetrically close to a **Vertical Position**. Continuing in the same direction a *Continuous Spin of 1080°* (3 rotations) is executed.



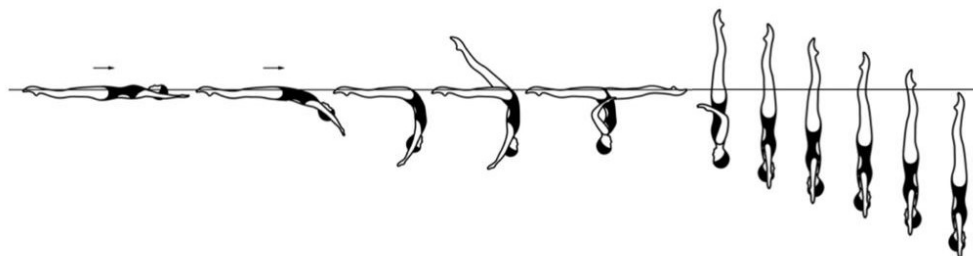
					Total
NVT=	12.0	29.0	27.0	49.0	117
PV =	1.03	2.48	2.31	4.19	10

Clarification:

- All rotations are executed in the same direction.
- *BM 13f The Continuous Spin* is executed rapidly.

WOMEN DUET TECHNICAL REQUIRED ELEMENTS
Element 1
1B – Walkover Back Closing 180° – Continuous Spin 720°
DD – 2.5

From a **Back Layout Position** a *Surface Arch Position* is assumed. One leg is lifted in a 180° arc over the surface to a **Split Position**. A rotation of 180° is executed, as the legs symmetrically close to a **Vertical Position**. Continuing in the same direction a *Continuous Spin of 720°* (2 rotations) is executed.



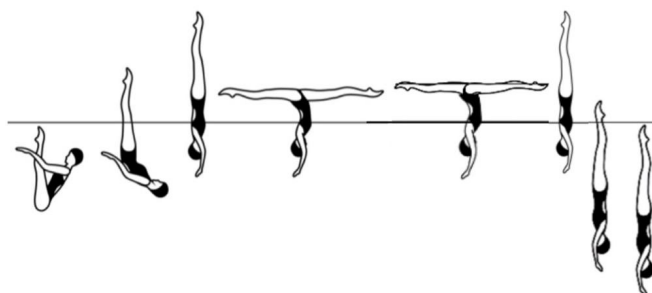
					Total
NVT=	12.0	29.0	17.0	34.0	92
PV =	1.30	3.15	1.85	3.70	10

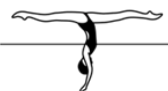
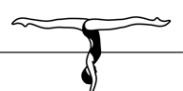
Clarification:

- All rotations are executed in the same direction.
- BM 13f *The Continuous Spin* is executed rapidly.

WOMEN DUET TECHNICAL REQUIRED ELEMENTS
Element 2
2A – Rocket Split Alternating Legs – Spinning 180°
DD - 2.8

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume two (2) alternating **Airborne Split Positions**. The legs rapidly re-join to a **Vertical Position**. A rapid *180° Spin* is executed.



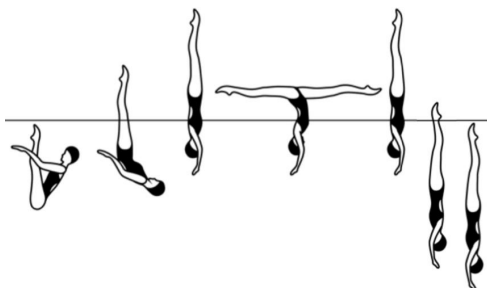
							Total
NVT=	31.0	17.0	22.0	13.0	24.0	0	107
PV =	2.90	1.59	2.06	1.21	2.24	0	10

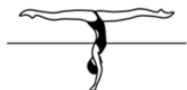
Clarification:

- All movements are executed rapidly.
- BP 11 **Submerged Back Pike Position** is executed with the legs perpendicular to the surface of the water.
- BM 9 *Thrust* allowance: Deviation allowances for the *Thrust* action are unique and allow for the legs to be up to an additional 15° off the vertical line.
- Refer to BM 9 *Thrust*.
- Refer to the *Rejoin to Vertical Double Leg water level in the Dynamic Height Scale for the differing height standard requirements following a BM 9 *Thrust* airborne move.

WOMEN DUET TECHNICAL REQUIRED ELEMENTS
Element 2
2B - Rocket Split – Spinning 180°
DD - 2.4

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



							Total
NVT=		31.0	17.0	13.0	24.0	0	85
PV =		3.65	2.00	1.53	2.82	0	10

Clarification:

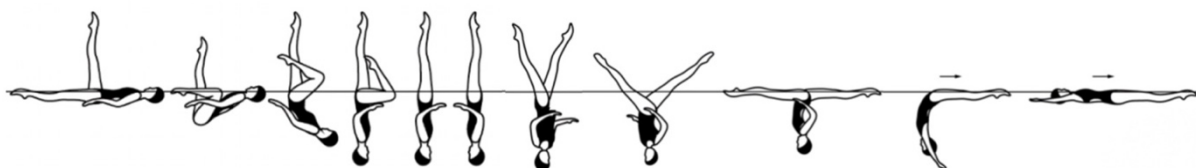
- All movements are executed rapidly.
- BP 11 **Submerged Back Pike Position** is executed with the legs perpendicular to the surface of the water.
- BM 9 *Thrust* allowance: Deviation allowances for the *Thrust* action are unique and allow for the legs to be up to an additional 15° off the vertical line.
- Refer to BM 9 *Thrust*.
- Refer to the *Rejoin to Vertical Double Leg water level in the Dynamic Height Scale for the differing height standard requirements following a BM 9 *Thrust* airborne move.

WOMEN DUET TECHNICAL REQUIRED ELEMENTS
Element 3

3 - Beginning from a Ballet Leg Position – Flamingo Bent Knee rollback- Join to Vertical Position – Half Twist – 360° open to Split - Walkout

DD – 3.1

From a **Surface Ballet Leg Position**, the shin of the horizontal legs drawn along the surface of the water to assume a **Surface Flamingo Position**. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls, while the bent leg moves to a **Bent Knee Vertical Position**. The bent leg is extended to a **Vertical Position**. A *Half Twist* is executed. Continuing in the same direction and without a pause, an additional rotation of 360° is executed as the legs are symmetrically opened to assume a **Split Position**. A *Walkout Front* is executed.



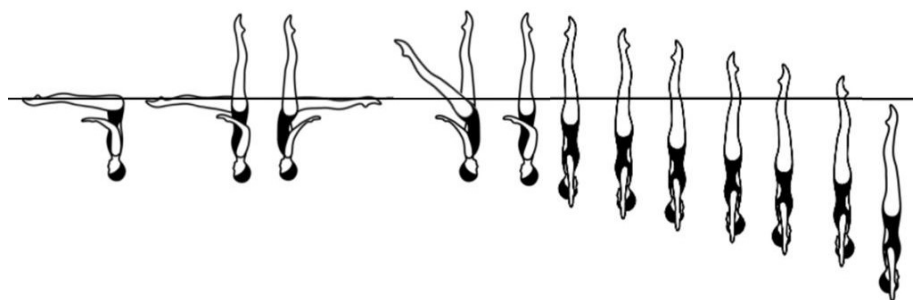
								Total
NVT=	7.5	20.0	16.5	21.0	26.0	23.0	7.0	121
PV =	0.62	1.65	1.36	1.74	2.15	1.90	0.58	

Clarification:

- All rotations are executed in the same direction.

WOMEN DUET TECHNICAL REQUIRED ELEMENTS
Element 4
4A - Fishtail – Knight – Continuous Spin 1080°
DD - 3.2

A - From a **Front Pike Position** one leg is lifted to a **Fishtail Position**. The horizontal leg is rapidly lifted through an arc of 180° to assume a **Knight Position**. A rapid *Full Twist* is executed as the horizontal leg is lifted to a **Vertical Position**. Continuing in the same direction a *Continuous Spin 1080° (3 rotations)* is executed.



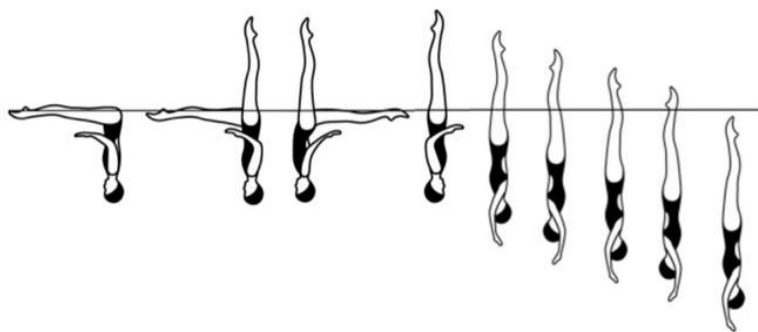
						Total
NVT=		14.5	26.0	36.0	49.0	125.5
PV =		1.16	2.07	2.87	3.90	10

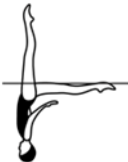
Clarification:

- All movements are executed rapidly from the BP 8 **Fishtail Position**.

WOMEN DUET TECHNICAL REQUIRED ELEMENTS
Element 4
4B - Fishtail – Knight - Continuous Spin 720°
DD – 2.7

From a **Front Pike Position** one leg is lifted to a **Fishtail Position**. The horizontal leg is rapidly lifted through an arc of 180° to assume a **Knight Position**. A rapid *Half Twist* is executed as the horizontal leg is lifted to a **Vertical Position**. Continuing in the same direction a *Continuous Spin 720° (2 rotations)* is executed.



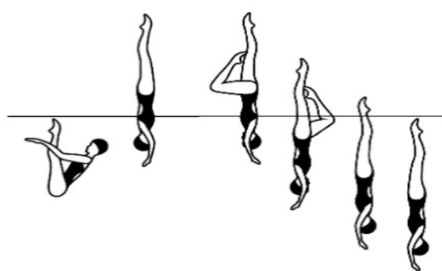
					Total
NVT=	14.5	26.0	28.5	34.0	103
PV =	1.41	2.52	2.77	3.30	10

Clarification:

- All movements are executed rapidly from the BP 8 **Fishtail Position**.

WOMEN DUET TECHNICAL REQUIRED ELEMENTS
Element 5
5A – Thrust Bent Knee Twirl Spin 360°
DD - 2.3

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position**. One leg is lowered to a **Bent Knee Vertical Position** as a *Twirl* is executed. Continuing in the same direction and without a pause a rapid *360° Spin* is executed as the bent knee is extended to join the vertical leg in a **Vertical Position** completed as the ankles reach the surface of the water, followed by a *Vertical Descent* at the same tempo as the *Thrust*.



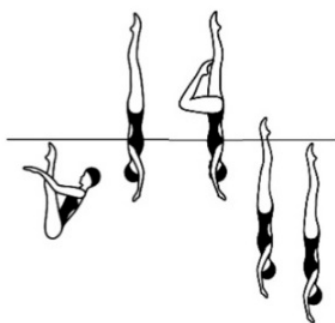
					Total
NVT=	31.0	26.0	24.0	0	81
PV =	3.83	3.21	2.96	0	10

Clarification:

- All movements are executed rapidly.
- BP 11 **Submerged Back Pike Position** is executed with the legs perpendicular to the surface of the water.
- BM 9 *Thrust* allowance: deviation allowances for the *Thrust* action are unique and allow for the legs to be up to an additional 15° off the vertical line.
- Refer to BM 9 *Thrust*.

WOMEN DUET TECHNICAL REQUIRED ELEMENTS
Element 5
5B - Thrust - Bent Knee Twirl
DD 2.1

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position**. One leg is lowered to a **Bent Knee Vertical Position** as a *Twirl* is executed. Without a pause a *Vertical Descent* is executed as the bent knee is extended to join the vertical leg in a **Vertical Position** completed as the ankles reach the surface of the water, followed by a *Vertical Descent* at the same tempo as the *Thrust*.



					Total
NVT =	31.0	26.0	9.0	0	66
PV =	4.70	3.94	1.36	0	10

Clarification:

- All movements are executed rapidly.
- BP 11 **Submerged Back Pike Position** is executed with the legs perpendicular to the surface of the water
- BM 9 *Thrust* allowance: deviation allowances for the *Thrust* action are unique and allow for the legs to be up to an additional 15° off the vertical line.
- Refer to BM 9 *Thrust*.

17.2.3 MIXED DUET TECHNICAL REQUIRED ELEMENTS

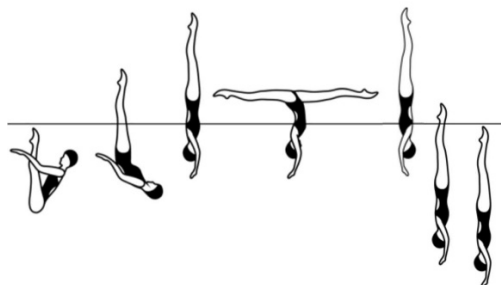
Element #	Element Version	Mixed Duet Required Elements	DD
1	A	Rocket Split Twirl Spin 180°	2.7
	B	Rocket Split Twirl	2.5
2	A	Front Pike – Vertical 360° Rotation – Full Twist to Bent Knee – Continuous Spin 720°	2.4
	B	Front Pike – Vertical 180° Rotation – 1/2 Twist to Bent Knee – Continuous Spin 720°	2.2
3		Manta Ray Half Twist	3.0

MIXED DUET Technical Routine Additional Requirements:

4. One (1) Hybrid of free choice
5. One (1) Hybrid that must contain one (1) Thrust declaration and two (2) different Connection declarations only
6. Two (2) Pair Acrobatics of free choice but must not repeat the same Acrobatic
7. Three (3) declared Sustained Surface Connections with travel (1m or more) or rotation (180° or more)

MIXED DUET TECHNICAL REQUIRED ELEMENTS
Element 1
1A – Rocket Split Twirl Spin 180°
DD – 2.7

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position**. A *Twirl* is executed, as the legs symmetrically close to a **Vertical Position**. Continuing in the same direction a rapid *180° Spin* is executed.



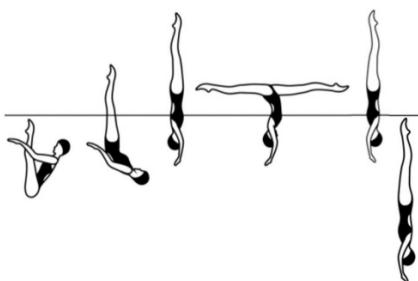
							Total
NVT =	31.0	17.0	30.0	24.0	0		102
PV =	3.04	1.67	2.94	2.35	0		10

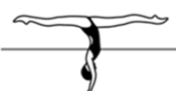
Clarification:

- All movements are executed rapidly.
- BP 11 **Submerged Back Pike Position** is executed with the legs perpendicular to the surface of the water.
- BM 9 *Thrust* allowance: deviation allowances for the *Thrust* action are unique and allow for the legs to be up to an additional 15° off the vertical line.
- Refer to BM 9 *Thrust*.
- Refer to the *Rejoin to Vertical Double Leg water level in the Dynamic Height Scale (for the differing height standard requirements following a BM 9 *Thrust* airborne move).

MIXED DUET TECHNICAL REQUIRED ELEMENTS
Element 1
1B – Rocket Split Twirl
DD – 2.5

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position**. A *Twirl* is executed, as the legs symmetrically close to a **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.



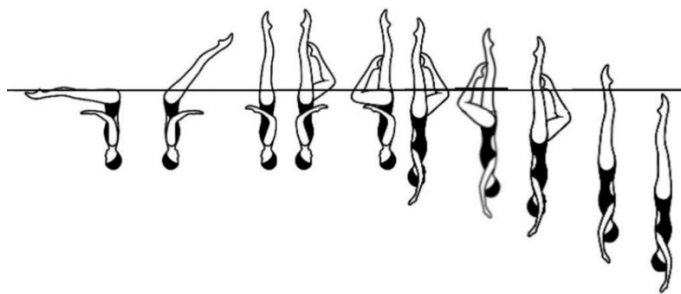
					Total
NVT=	31.0	17.0	30.0	13.0	91
PV =	3.41	1.87	3.30	1.43	10

Clarification:

- All movements are executed rapidly.
- BP 11 **Submerged Back Pike Position** is executed with the legs perpendicular to the surface of the water.
- BM 9 *Thrust* allowance: Deviation allowances for the *Thrust* action are unique and allow for the legs to be up to an additional 15° off the vertical line
- Refer to BM 9 *Thrust*.
- Refer to the *Rejoin to Vertical Double Leg water level in the Dynamic Height Scale for the differing height standard requirements following a BM 9 *Thrust* airborne move.

MIXED DUET TECHNICAL REQUIRED ELEMENTS
Element 2
**2A - Front Pike – Vertical 360° Rotation – Full Twist to Bent Knee – Continuous Spin 720°
DD 2.4**

From a **Front Pike Position**, the legs are lifted to **Vertical Position** as a rotation of 360° is executed. Continuing in the same direction a *Full Twist* is executed as one leg is lowered to a **Bent Knee Vertical Position**. Continuing in the same direction a *Continuous Spin 720°* (2 rotations) is executed as the bent knee is extended to join the vertical leg to a **Vertical Position** completed as the ankles reach the surface of the water and continues through submergence.



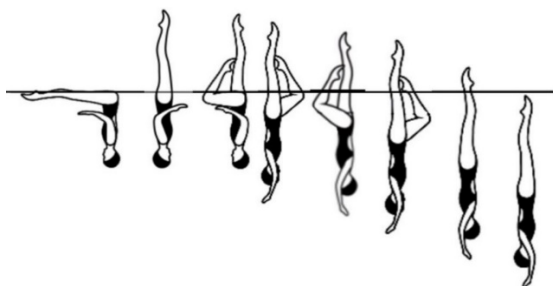
					Total
NVT =	37.0	24.5	24.0	0	85.5
PV =	4.33	2.87	2.81	0	10

Clarification:

- All rotations are executed in the same direction.
- BM 13f *The Continuous Spin* is executed rapidly.

MIXED DUET TECHNICAL REQUIRED ELEMENTS
Element 2
2B - Front Pike – Vertical 180° Rotation – 1/2 Twist to Bent Knee – Continuous Spin 720°
DD 2.2

From a **Front Pike Position**, the legs are lifted to **Vertical Position** as a rotation of 180° is executed. Continuing in the same direction, a *Half Twist* is executed as one leg is lowered to a **Bent Knee Vertical Position**. Continuing in the same direction a *Continuous Spin 720°* (2 rotations) is executed as the bent knee is extended to join the vertical leg to a **Vertical Position** completed as the ankles reach the surface of the water and continues through submergence.



					Total
NVT=	33.0	17.5	24.0	0	74.5
PV =	4.43	2.35	3.22	0	10

Clarification:

- All rotations are executed in the same direction.
- BM 13f *The Continuous Spin* is executed rapidly.

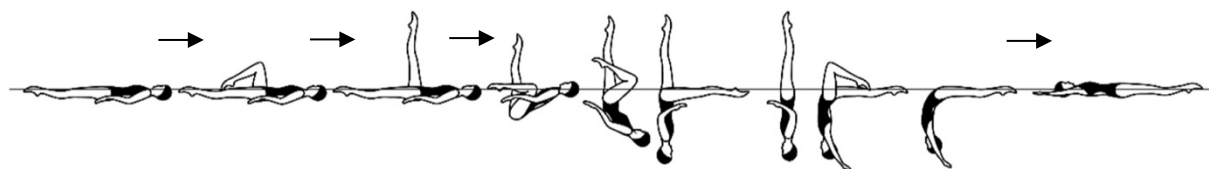
MIXED DUET TECHNICAL REQUIRED ELEMENTS

Element 3

3 – Manta Ray Half Twist

DD 3.0

Starting from a **Back Layout Position** a *Ballet Leg* is assumed and the shin of the horizontal leg is drawn along the surface of the water to assume a **Surface Flamingo Position**, travelling headfirst. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg straightens with the knee at the surface of the water to assume a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position**, as the body rotates 180°. The direction of the 180° rotation is closing externally the horizontal leg. (Note: a right flamingo start requires the left shoulder back during the 180° rotation and a left flamingo start requires the right shoulder back during the 180° rotation). The legs are lowered rapidly simultaneously to a Bent Knee Surface Arch Position. (Note: The **Bent Knee Surface Arch Position** can be assumed by using either leg). The bent knee is straightened to a **Surface Arch Position** and with continuous motion, an *Arch to Back Layout Finish Action* is executed.



										Total
NVT=		10.5	11.0	7.5	22.5	23.5	21.0	11.5	7.0	114.5
PV =		0.92	0.96	0.66	1.97	2.05	1.83	1.00	0.61	

Clarification: →

- *Ballet Leg position is assumed* travelling headfirst.
- Travelling stops at **Surface Flamingo Position**.
- A right flamingo start requires the left shoulder back during the 180° rotation and a left flamingo start requires the right shoulder back during the 180° rotation.
- The **Bent Knee Surface Arch Position** can be assumed by using either leg.
- Half *Twist* must be rapid.

17.2.4 TEAM TECHNICAL REQUIRED ELEMENTS

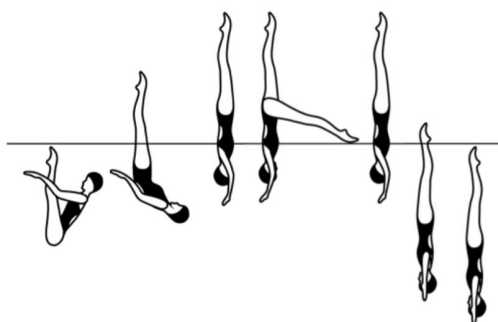
Element #	Element Version	Team Technical Required Elements	DD
1	A	Fish Hybrid Spinning 180°	2.5
	B	Flying Fish Hybrid	2.3
2	A	Vertical - Full Twist to Bent Knee - Full Twist to Vertical - Open 180° - Walkout	2.6
	B	Vertical - Half Twist to Bent Knee - Half Twist to Vertical - Split - Walkout	2.3
3	A	Two Fouetté Rotations - Vertical Position - Continuous Spin 720°	2.6
	B	Two Fouetté Rotations - Vertical Position - Spinning 360°	2.3
4		Butterfly Hybrid	2.9
5	A	Rocket Split Bent Knee Twirl Hybrid	2.4
	B	Rocket Split Bent Knee Hybrid	2.1

TEAM Technical Routine Additional Requirements

- **Two (2)-additional Hybrids**, one of which must include a **cadence action**,
- **One (1) Acrobatic Movement** must be **performed by all team members**. These may be placed anywhere in the routine. The Declared Difficulty for the Acrobatic Movement must not exceed 3.0 inclusive of Base Mark value (in the Appendix 7).
- **Cadence Action**: Identical movement(s) performed sequentially, one by one, by all team members. When more than one cadence action is performed, they must be consecutive and not separated by other optional or required Elements. A second cadence action may begin before the first cadence action is completed by all team members, but each team member must do the action of each cadence.
- **Acrobatic movements**: A general term for jumps, throws, lifts, stacks, platforms, etc., which are performed as spectacular gymnastic feats and/or risky actions and are mostly achieved with assistance from other athlete(s). An Acrobatic Movement is considered when it starts and ends once all team members are in the water.
- A routine may contain a maximum of **one (1) circle pattern**.
- The direction of **propulsion** may vary if all athletes are facing the same direction.
- Variations in propulsion and direction facing are permitted only during underwater pattern changes, underwater actions, and making and finishing a circle.

TEAM TECHNICAL REQUIRED ELEMENTS
Element 1
1A – Flying Fish Hybrid Spinning 180°
DD – 2.5

From a **Submerged Back Pike Position** with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position** and with no loss of height one leg is rapidly lowered to an airborne **Fishtail Position**. Without a pause the horizontal leg is rapidly lifted to a **Vertical Position**, followed by a rapid *180° Spin*.



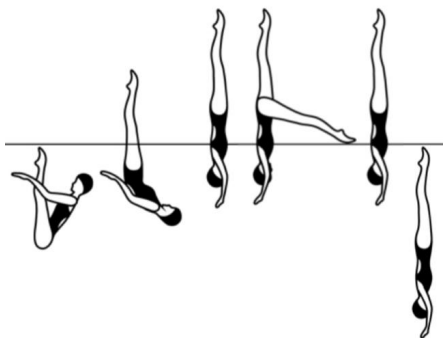
							Total
NVT=		31.0	18.5	14.0	24.0	0	87.5
PV =		3.54	2.11	1.60	2.74	0	10

Clarification:

- All movements are executed rapidly.
- BP 11 **Submerged Back Pike Position** is executed with the legs perpendicular to the surface of the water.
- BM 9 *Thrust* allowance: Deviation allowances for the *Thrust* action are unique and allow for the legs to be up to an additional 15° off the vertical line.
- Refer to BM 9 *Thrust*.
- Refer to the *Rejoin to Vertical Double Leg water level in the Dynamic Height Scale for the differing height standard requirements following a BM 9 *Thrust* airborne move.

TEAM TECHNICAL REQUIRED ELEMENTS
Element 1
1B – Flying Fish Hybrid
DD – 2.3

From a **Submerged Back Pike Position** with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position** and with no loss of height one leg is rapidly lowered to an airborne **Fishtail Position**. Without a pause the horizontal leg is rapidly lifted to a **Vertical Position** followed by a *Vertical Descent*.



					Total
NVT=	31.0	18.5	14.0	13.0	76.5
PV =	4.05	2.42	1.83	1.70	10

Clarification:

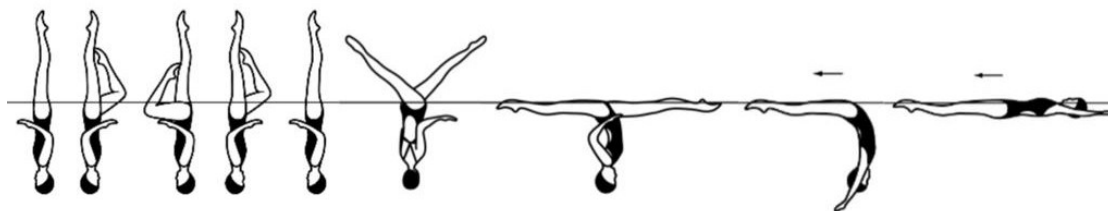
- All movements are executed rapidly.
- BP 11 **Submerged Back Pike Position** is executed with the legs perpendicular to the surface of the water.
- BM 9 *Thrust* allowance: Deviation allowances for the *Thrust* action are unique and allow for the legs to be up to an additional 15° off the vertical line.
- Refer to BM 9 *Thrust*.
- Refer to the *Rejoin to Vertical Double Leg water level in the Dynamic Height Scale for the differing height standard requirements following a BM 9 *Thrust* airborne move.

TEAM TECHNICAL REQUIRED ELEMENTS

Element 2

2A - Vertical - Full Twist to Bent Knee - Full Twist to Vertical - Open 180° - Walkout DD - 2.6

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



						Total
NVT=	24.5	22.0	20.0	23.0	7.0	96.5
PV =	2.54	2.28	2.07	2.38	0.73	10

Clarification:

- All rotations are executed in the same direction.

TEAM TECHNICAL REQUIRED ELEMENTS

Element 2

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

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



						Total
NVT=	17.5	16.5	17.0	23.0	7.0	81
PV =	2.16	2.04	2.10	2.84	0.86	10

Clarification:

- All rotations are executed in the same direction.

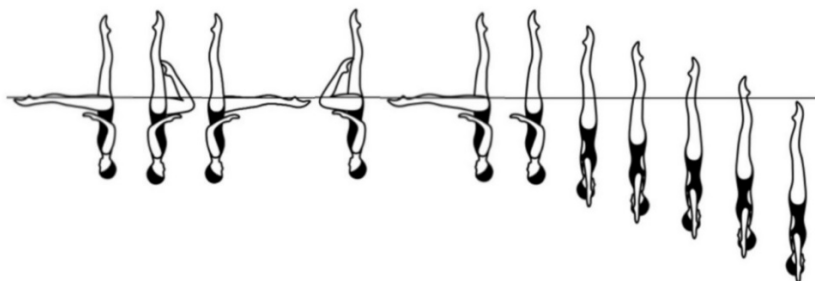
TEAM TECHNICAL REQUIRED ELEMENTS

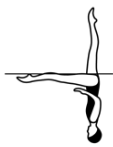
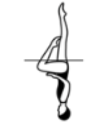
Element 3

3A – Two Fouetté Rotations – Vertical – Continuous Spin 720°

DD – 2.6

From a **Fishtail Position**, 2 *Fouetté rotations* ($180^{\circ}+180^{\circ}$) are executed. The horizontal leg is rapidly lifted to a **Vertical Position**. Continuing in the same direction a *Continuous Spin of 720°* (two (2) rotations) is executed.



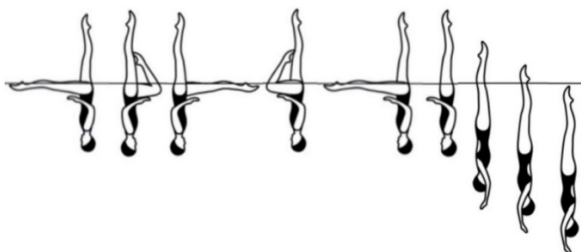
						Total
NVT=		19.0	19.0	20.5	34.0	92.5
PV =		2.05	2.05	2.22	3.68	10

Clarification:

- All rotations are executed in the same direction.
- Refer to BM 18 *Fouetté Rotation*.
- In *Fouetté Rotation*, either leg may be used.
- A rotation towards the vertical leg means that a right horizontal leg start requires the left shoulder back for the initiation of the 180° rotation. Conversely, a left horizontal leg start requires the right shoulder back for the initiation of the 180° rotation.

TEAM TECHNICAL REQUIRED ELEMENTS
Element 3
3B – Two Fouetté Rotations – Vertical –Spinning 360°
DD – 2.3

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



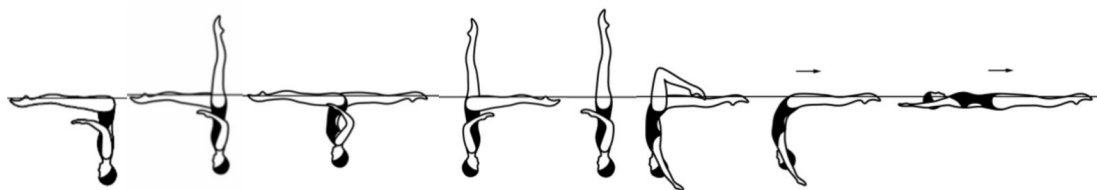
						Total
NVT=		19.0	19.0	20.5	19.0	77.5
PV =		2.45	2.45	2.65	2.45	10

Clarification:

- All rotations are executed in the same direction.
- Refer to BM 18 *Fouetté Rotation*.
- In *Fouetté Rotation*, either leg may be used.
- A rotation towards the vertical leg means that a right horizontal leg start requires the left shoulder back for the initiation of the 180° rotation. A left horizontal leg start requires the right shoulder back for the initiation of the 180° rotation.

TEAM TECHNICAL REQUIRED ELEMENTS
Element 4
4 - Butterfly Hybrid
DD – 2.9

The Butterfly Hybrid is to be performed rapidly. From a **Front Pike Position**, one leg is lifted to a **Fishtail Position**. The horizontal leg is lifted through an arc of 180° as the vertical leg is lowered to assume a **Split Position**. Without a pause a hip rotation of 180° is executed as the front leg is raised to assume a **Fishtail Position**. Continuing in the same direction a 180° rotation is executed as the horizontal leg is lifted to a **Vertical Position**. The legs are lowered simultaneously to a **Bent Knee Surface Arch Position**. (Note: The **Bent Knee Surface Arch Position** can be assumed by using either leg). The bent knee is straightened to a **Surface Arch Position** and with continuous motion an *Arch to Back Layout Position* is executed.



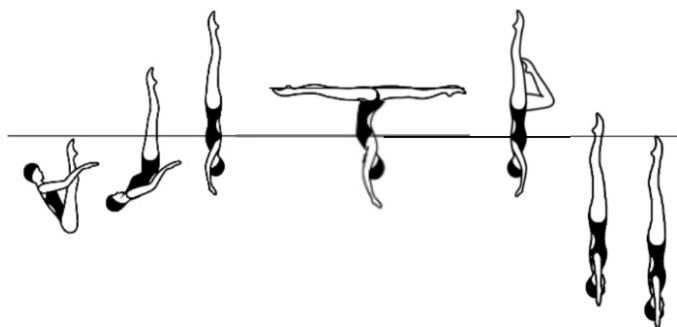
								Total
NVT=	14.5	20.0	16.5	23.5	21.0	11.5	7.0	114
PV =	1.27	1.75	1.45	2.06	1.84	1.01	0.61	10

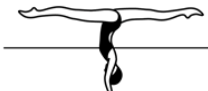
Clarification:

- The Butterfly Hybrid is to be performed rapidly.
- BP 14d) **Bent Knee Surface Arch Position** can be assumed by using either leg.

TEAM TECHNICAL REQUIRED ELEMENTS
Element 5
5A-Rocket Split Bent Knee Twirl Hybrid
DD – 2.4

From a **Submerged Back Pike Position** with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position**, followed by a rapid 180° rotation to assume an airborne **Bent Knee Vertical Position** with the front leg bent. A rapid *Vertical Descent* is executed as the bent knee is extended to join the vertical leg completed as the ankles reach the surface of the water followed by a *Vertical Descent*.



							Total
NVT=		31.0	17.0	25.0	9.0	0	82
PV =		3.78	2.07	3.05	1.10	0	10

Clarification:

- All movements are executed rapidly.
- BP 11 **Submerged Back Pike Position** is executed with the legs perpendicular to the surface of the water.
- BM 9 *Thrust* allowance: Deviation allowances for the *Thrust* action are unique and allow for the legs to be up to an additional 15° off the vertical line.
- Refer to BM 9 *Thrust*.
- Refer to the *Rejoin to Vertical Single Leg water level in the Dynamic Height Scale for the differing height standard requirements following a BM 9 *Thrust* airborne move.