

## 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 #348 – Tower [DD 1.9]
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. Technical Required Elements # 1-5 must be performed simultaneously and facing the same direction by all competitors. Mirror actions are not permitted during the Technical Required Elements. See Article 3, Section 3.02.
7. <b>Solo, Male Solo</b> – maximum of 1 x Free Hybrid required. Placement within the routine is optional.
8. <b>Duet, Mixed Duet, Trio</b> – maximum of 2 x Free Hybrids OR 1 x Free Hybrid and 1 x Pair Acrobatic*. Placement within the routine is optional. *See Article 1, Section 1.04.
9. <b>Team</b> – maximum of 2 x Free Hybrids OR 1 x Free Hybrid and 1 x Acrobatic Movement* (within safety limit**). Placement within the routine is optional. *See Article 1, Section 1.03