



14.7 APPENDIX 7 – ACROBATICS CATALOGUE

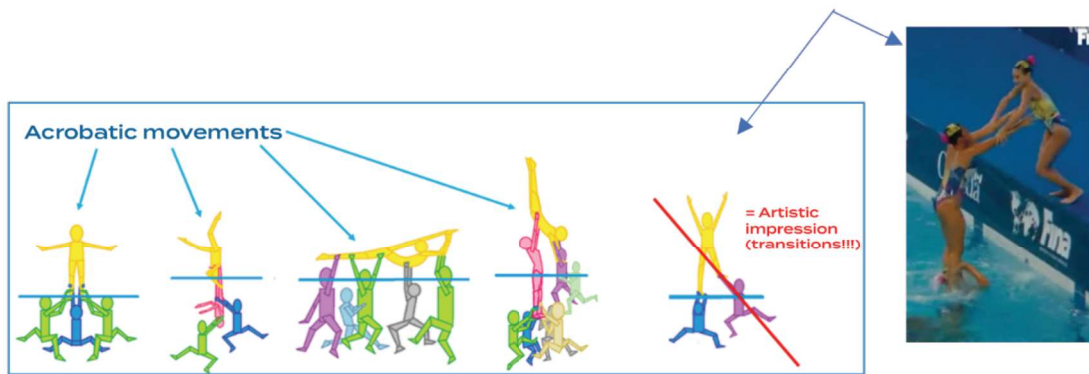
1. Team Acrobatics Catalogue

1.1 Important Terminology

- a) **Acrobatic movement:** General term for jumps, throws, lifts, stacks, platforms, etc., which is an integral part of artistic swimming routines that demonstrate spectacular gymnastic feats and/or risky actions in the air, on a balancing support, or in combination, and are achieved with the assistance of other Athletes.

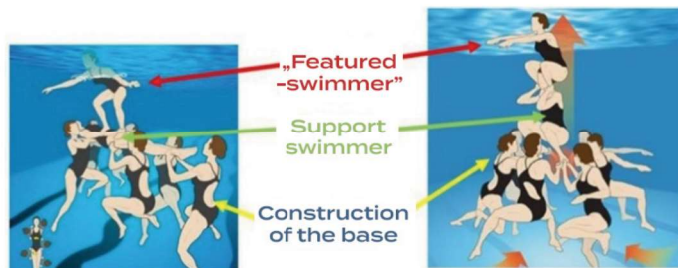
A team acrobatic movement is considered as an Element, starting from 4 Athletes and more (for example: 3 base-Athletes + 1 featured-Athlete; or 2 base-Athletes + 1 support-Athlete who pushes 1 featured-Athlete). They must start and finish in the water! Acrobatic actions involving 3 Athletes or less are considered as pair acrobatics or pair assisted actions.

- o For example: the below would not be considered as acrobatic movement:



Note in team-routines we might see choreographic formations that consist of 3 athletes and more that can't be considered as "team acro" and look like pair-assist movements. The featured athlete is usually halfway in the water or on the surface and never gets in the air "completely" - this is OK and is a transition/artistic impression. If a team performs this kind of assisted choreographic movement that is not declared as a "team acrobatic" on the coach card, it should not be penalized as an extra element if the DTCs cannot find a match for it in the catalogue.

- b) **Base-Athlete:** role of base Athlete consists of pushing/lifting the featured-Athlete/s or the support-Athlete/s with the featured-Athlete on top.
- c) **Support-Athlete (middle):** Athlete working or maintaining position on top of the base-Athlete(s) in a "three tier/level" construction. Example: stack, standard platform, and "Sq" construction in group A.
- d) **Featured-Athlete (flyer or featured performer):** top Athlete who executes the acrobatic actions or movements on the support-Athlete/s or in the air.
- e) **Construction:** generalised name for collaborated work of all Athletes according to their assigned role in the acrobatic movement (base + support + featured-Athlete/s). The construction is the "idea", "skeleton", "architecture" of the acrobatic movement.
- f) **Construction of the base:** name of the coordinated actions of team members to form a support (under or at the water's surface) from which (or on which) one or more featured-Athlete/s execute acrobatic actions. It includes the base-Athletes, and sometimes spotter/s.





- g) **Spotter** (“helper”): one Athlete, with a role of additional support (lift or push) inside the construction. Usually placed close to the “main” construction. They are attached to the featured-Athlete,. It is possible to have few (1-4) separate spotters or “pair” of spotters (aka “pair-boost”). Their role is to provide additional support/assistance to the featured-Athlete/s.
- o For example: a featured-Athlete is lifted on a stack head-down in an owl position and one spotter is holding the back foot of the featured-Athlete.



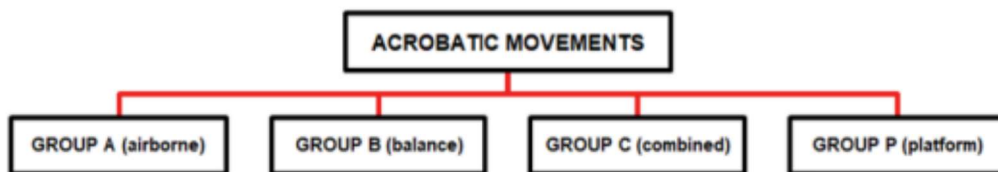
- h) **Formation**: two or more groups of Athletes (that are separated, there's a distance between both groups), from which construction is comprised. Well synchronised actions of this group guarantee the execution of acrobatic movements. Without proper work from one of the formations, usually a whole acrobatic movement will fail.
- i) **Jump**: when a featured-Athlete jumps from the construction using their legs to become airborne with a “repulsion phase”.
- j) **Throw**: when a featured-Athlete is thrown in the air /disconnected from the support by the construction of the base or support-Athlete/s. There's no “repulsion phase” by the feet of the featured-Athlete.
- k) **Stack**: when a featured-Athlete sits, stands or lays on “support-Athlete/s” which is/are in a vertical body position (head-down or head-up).
- l) **Lift**: when a featured-Athlete sits, stands or lays on base-Athletes. The featured-Athlete must be lifted up (away) from water's surface (as high as possible) to be considered as a lift.
- m) **Platform** (Standard): coordinated actions of base-Athletes where they lift from underwater a support-Athlete in horizontal position; and the featured-Athlete stands, sits, or lays on the support-Athlete. Some platforms may be formed at the surface. A platform may finish with a jump/dismount of the featured athlete at the end of the acrobatic movement.
- n) **Floats**: coordinated actions of base-Athletes and/or support-Athletes that form a stable geometric figure (from legs, hands or both) at the surface on which a featured-Athlete executes movements. In some exceptions, floats can be lifted from underwater. A float may finish with a jump/dismount of the featured athlete at the end of the acrobatic movement.
- o) **Until the Submergence of the Featured athlete**: Defined as submergence underwater of the featured athlete's waist (if head-down), knees (if head-up), or full body (horizontal) in alignment with general principles g) Positions (vii).
- p) **Until the Submergence of the Support/Base Athlete(s)**: Defined as complete body submergence underwater of the support/base athlete(s).



1.2 Main Groups of Acrobatic movements

All the acrobatic movements are divided into 4 main groups:

- a) A - stands for "airborne":
 - o All elements in this group are performed by a featured-Athlete in the air.
- b) B - stands for "balance":
 - o Acrobatic movements in this group are performed on a support/base, with connection between support-Athlete/s or base-Athletes from beginning to end.
- c) P - stands for "platform":
 - o The coordinated effort of team members to form a stable support on which one or more Athletes is lifted to pose or perform actions. May have jump or "dismount" ending (water entrance).
- d) C - stands for "combined":
 - o Encompasses combination of the characteristics of all three groups above in the same acrobatic.



1.3 Algorithm for the Total Degree of Difficulty

The "basic" algorithm for calculating Degree of Difficulty of each acrobatic movement is:

e) $BM + C + S + D + P + R + T + B = \text{Degree of Difficulty}$

Where the letters in that calculation have the following meanings:

- o BM - Base Mark of 0.5 points ("start or base value of every acrobatic)
- o C - construction
- o CS - area of support and type of connection
- o D - direction
- o P - position/s
- o R - rotation of construction
- o T - the plane and degree of rotation of the featured athlete in the air.
- o B - bonus/es
- o DD - Degree of Difficulty

Note: not every acro needs to have all the components. Please refer to General Requirements n) Minimum Declaration Requirements for details.

- f) The **Base Mark** for all the Main Groups is the same and has a **value of 0.5**.
- g) The **Base Mark** is a starting point for the acrobatic code. It means that the Degree of Difficulty of each component will be added to the base mark value.



1.4 General Requirements and Rules

World Aquatics documents written word will prevail over any other documents or video examples (AQUA or otherwise)

- a) As stated in the AS Manual regarding judging hybrids, and in the hybrid catalogue, the same principle shall also apply for TCs for Acrobatics – TCs must focus on what they see at or over the water surface.
- b) In regard to any acrobatic movements/declarations where compliance to specific angles or height levels is required:
 - o If technology is available at a competition where athletes can be accurately measured via analysis software for compliance to stated angles or height levels, then clear non-compliance to a required angle or level would result in a Base Mark
 - o For Technical Controllers without technology – then non-compliance to a required angle or height level should be very obvious and clear in a video review (so far off the angle/height that there is no doubt). If too close to call and in doubt, then the ruling should go in favour of the athlete.
- c) If there is a discrepancy between the images and the written tables the "written description" always prevails. Images are there to show examples. Other variations might be possible as long as they respect the "written description".
- d) Two acrobatic movements
 - o If two equal/same acrobatic movements are performed at the same time It will be calculated as one acrobatic movement with a bonus for double acrobatic movements ("DbI").

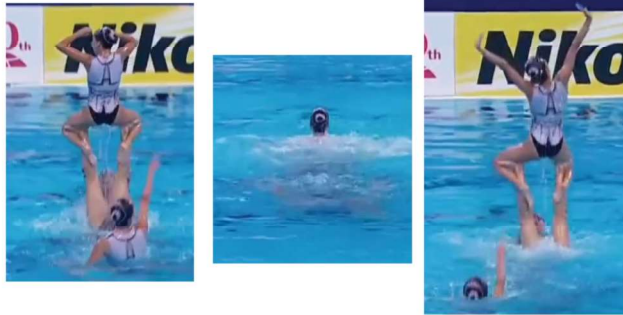


- e) Bonus for double acrobatic movements:
 - o Elements judges do not pay attention to the timing, but to the design of the positions.
 - o However, if it is declared in the Coach Card that two (2) acrobatic movements are supposed to be simultaneous (synchronised actions for double acrobatic movements bonus code "DbI" used), and they **are obviously performed one after the other** (huge difference in timing) - the bonus will be deemed not executed, and it would put the acrobatic movement to a Base Mark.
 - o It is not allowed to have 2 different acrobatic movements performed at the same time. If this occurs, it will result in a Base Mark for both acrobatic movements.





- Whether there is submersion or not it will be two separate acrobatic movements.





1.5 Positions (all Groups)

i.	Declared position(s) are the one(s) demonstrated by the featured athlete(s).
ii.	We do not consider "start positions" at the surface since they do not meet the minimal height requirement as per vii. As such, they can't be declared as position 1.
iii.	<p>All declared positions have an allowance of 45 degrees from what is written in the tables. Note: if the position (Needle, Sail, Queen, Eye) also requires a deviation of the torso (not just degree of the leg) – 45 degrees allowance applies separately for torso and leg. For example in Needle Position:</p>
v.	Unless specified, arms & hands positions/captures are optional.
vi.	<p>Positions must be clearly shown</p> <ul style="list-style-type: none"> We must see a small stop in positions fixed in the clearly defined shape within 45 degrees allowance. Note: in Group A or C during multiple somersaulting some positions might look "passing". For TCS – please use slow motion to verify a clearly defined shape within 45 degrees – If you can recognize that the position was performed within 45 degrees then there is no BM.
vii.	<p>All declared positions, in all Main Groups (1st Position, 2nd Position and the bonus for the 3rd position) must be clearly shown and higher than:</p> <ul style="list-style-type: none"> Knees for head-up positions Waist for head-down positions Full body out of water for horizontal and "free" positions
viii.	Positions must be declared in order of performance . When a position is clearly shown and is above the height allowance as per vii, it must be declared and cannot be skipped. Any position held for 2 seconds or more without being declared is subject to a Base Mark, including between position 1 and 2. Transitioning from position 1 to position 2 must follow a direct pathway.
ix.	<p>Position 2 must be a different declared position than position 1. This means that the same position code can't be declared consecutively, they must be different position codes from the table. This rule does not apply to the bonus for the third position.</p> <ul style="list-style-type: none"> Example 1: Group B: he/2he= not possible, but he/2gl is OK Example 2: Group A: kt/2kt = not possible, but kt/2tk = is OK Example 3: Group P: bb/2ow + Pos3 bonus (switch legs and do another ow) = OK (DTC's need to see an obvious change in position from Position 2 to the Position 3 bonus)
x.	The 1st Position in Group A (also used in Group C) is defined as:












	<ul style="list-style-type: none"> • The first position clearly shown by the featured athlete in the air, following the take-off position. • Example 1: The featured athlete takes off the construction in a line and then immediately brings the legs to a pike position to perform one somersault. In that case, "pike" will be position 1. • Example 2: The featured athlete takes off the construction in a line and remains in that position to perform a full twist head-up. In that case, "line" will be position 1 as the line is shown during the main action of the acrobatic (so more than just the take-off position). • In the picture below, the first declared position will be tuck <div data-bbox="762 591 1018 797" style="text-align: center;"> </div>
<p>xi.</p>	<p>The 1st Position in Group B (also used in Group P) is defined as:</p> <ul style="list-style-type: none"> • The first position clearly shown by the featured athlete that is above the height allowance (per vii). This does not include "rising" transitional positions. • If the featured athlete rises-up from underwater, past the height allowance as per vii (knees/waist) in a position and clearly demonstrates that position – it must be declared as Position 1. <ul style="list-style-type: none"> ◦ Example 1: The featured athlete starts at the surface in a tuck position. When the acrobatic movement starts lifting, the athlete opens the legs and demonstrates an "owl" position above the waist and therefore is OK. In that case, "owl" will be Position 1 (and not the tuck which is considered as the set-up/rising position). ◦ Example 2: In a Platform, the featured athlete is in a pike position underwater. While the construction is lifting the featured athlete performs a porpoise action to a Bamboo position (completed above the waist). In this case, "bamboo" will be Position 1 (and not "box" through which the featured athlete is passing through during the porpoise action (the "box" is considered as a "rising" position). • When the construction is rising: <ul style="list-style-type: none"> ◦ The DTC can usually detect if the featured athlete begins standing on two legs and then moves onto one leg (ie. Heron, Needle, etc.). ◦ This phase of the acro is considered the same as the "take-off" as in group A, so we do not count this "standing/rising" phase (transitional to Position 1). ◦ DTC will check for how long the featured athlete holds the Stand (sd) position once fully extended. If more than 2 seconds, Stand (sd) must be declared as position 1, otherwise it will be a base mark. ◦ If the athlete is still in the process of standing/rising and doesn't hold the Stand (sd) position for more than 2 seconds, this rising position must not be declared, and the coach must only declare the position on 1 leg shown after. • For handstands: <ul style="list-style-type: none"> ◦ Ex 1: If the legs of the featured athlete go through (passes-by) an "owl" position or through a "box" to get to the bamboo, coaches must declare bamboo as the 1st position. ◦ Ex 2: If the legs of the featured athlete starts in a tuck at the surface, and the legs open directly to an "owl" or a "box" position showing a clear stop above height allowance as per vii, then the coaches must declare the "owl"/"box" as the 1st position.
<p>xii.</p>	<p>The positions in group C for a fly above formation (constructions Thr^2F or Thr^Lh) is defined as:</p>



	<ul style="list-style-type: none"> • If there are two featured athletes, position 1 indicates the position of the 1st featured athlete (who is usually lifted, so group B is used) and position 2 indicates the position of the second featured athlete (the one who flies, so group A is used). • All other positions of either featured athletes may be indicated in the bonus for third position ("Pos3").
<p>xiii.</p>	<p>For group C constructions Thr+Thr or Sn:</p> <ul style="list-style-type: none"> • Position 1 indicates position of the first featured athlete (leading) • Position 2 indicates position of the second featured athlete (following) • Any subsequent position may be declared as a third position bonus
<p>xiv.</p>	<p>When an acrobatic movement has two featured athletes with the <u>same position</u> shown at the same time:</p> <ul style="list-style-type: none"> • You have to declare only one position (due to the rule saying that position 2 must be different than position 1) • Example below: both featured athletes perform cobra. The coach declares "cobra" only once. <div data-bbox="758 779 1013 996" data-label="Image"> </div>
<p>xv.</p>	<p>If a <u>hand capture is required</u> as per table, we must see a clear and controlled holding (not a "tap" touch). It must be as a held grasp. There is no duration specified for how long you need to "hold" the capture, as long as it shows clear and controlled grasp.</p> <div data-bbox="646 1182 1077 1400" data-label="Image"> </div> <p>The featured athlete may capture leg "inside" or "outside" and can grab any part of the leg: knee/s, foot/feet, shin/s, ankle/s. Hand capture (and transition to any hand capture) must happen by the featured athlete themselves, by their own ability and without the help or support of base athlete(s).</p>
<p>xvii.</p>	<p>Opposite arm means:</p> <ol style="list-style-type: none"> If in the description of a position it is stated that the featured athlete must demonstrate opposite arm, the capture cannot be done with the same leg and arm, or it will be a Base Mark. Example: It must be left leg capture with right arm, but not left leg capture with left arm. Or opposite: right leg capture with left arm, but not right leg capture with right arm The movement to an opposite arm catch must happen directly – meaning no help from the other arm/hand. For example: the featured athlete stands on their right leg, the left leg moves, performs kick backwards or sideways and then featured athlete must catch the left leg with their right arm/hand.



<p>xviii.</p>	<p>“Blind catch” or “blind capture”: means that the featured athlete must capture any part of the leg/s (knee/s, foot/feet, shin/s, ankle/s) without looking with the opposite arm or both arms. Elbow/s look forward – not backwards – not a “side” capture). For example:</p> <table border="1" data-bbox="475 331 1305 678"> <thead> <tr> <th data-bbox="475 331 715 398">Eye position – OK (elbows forward)</th> <th data-bbox="715 331 1002 398">Eye Position – NOT OK (elbow backwards)</th> <th data-bbox="1002 331 1305 398">Pin position</th> </tr> </thead> <tbody> <tr> <td data-bbox="475 398 715 678">  </td> <td data-bbox="715 398 1002 678">  </td> <td data-bbox="1002 398 1305 678">  </td> </tr> </tbody> </table>	Eye position – OK (elbows forward)	Eye Position – NOT OK (elbow backwards)	Pin position			
Eye position – OK (elbows forward)	Eye Position – NOT OK (elbow backwards)	Pin position					
							
<p>xix.</p>	<p>If nothing is specified in the written description of the position, the capture can be done with either arm.</p>						
<p>xx.</p>	<p>If the value is “0” (zero) in the capture column of the table, it means that a capture is not required, but may happen.</p>						

1.6 Constructions (all Groups)

- a) The way the base-Athletes hold each other is optional.
- b) The way the base-Athletes support the featured-Athlete is optional.

1.7 Area of Support / Type Connections (Groups B and P)

- a) If you have 2 types of connections in your acrobatic movements, you must declare the first one shown above the surface. You are not allowed to skip the first one and declare the second one instead, unless specified otherwise.
- b) In groups B and P, the base/support-Athletes cannot help the featured-Athlete achieving positions, except if stated otherwise in the description of the position/bonus.
- c) A blind connection is defined as when the featured-Athlete and the support-Athlete are connected while looking in different directions/not seeing each other (for example back to back).

1.8 Rotations – Plane and Degree (Groups A, C and Bonuses in Group P)

Twists (all, including bonuses)

- a) The number of **Twists** is calculated until the waist level of the featured-Athlete (visible/clear border for detecting rotations).
- b) A declared twist can happen at any time in the acrobatic movement. For example, after completing somersault, or while rotating in the air, or while taking off etc.)
- c) Allowance for 360° Twists and more:
 - 180° less than declared = Base Mark (note: Athlete can over rotate – you can do more than what is declared).
 - *Example 1: Declared 720° twist, but only rotated 540° by the waist level (1 ½) = Base Mark.*



- o Example 2: Declared 720° twist, and rotated 630° by the waist level (1 7/8) = acceptable.



- d) Allowance for 180o twists: There is no allowance – performing less than a 180° is a Base Mark.
- e) Twists can be started with legs together (after take-off) or with the fast kick forward action during the take-off phase (before twisting). We do not consider it as a position, regardless of the degree of the kicking leg (the degree of the “kicking leg” can be more than 90°)!

Somersaults (all, including bonuses)

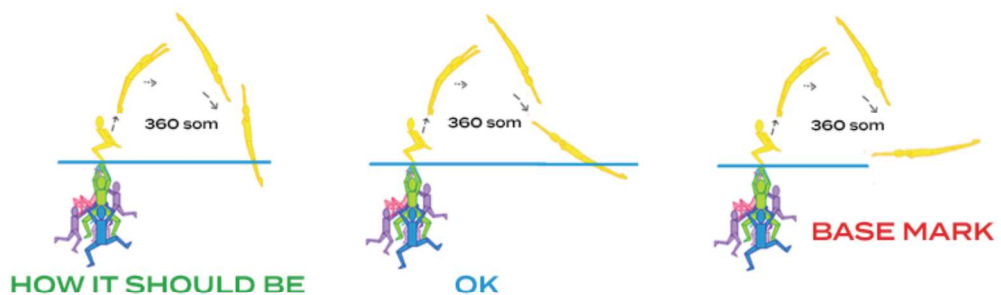
- a) The number of Somersaults is calculated until the beginning of the submergence of the featured-Athlete.

Beginning of submergence – means not “a slide of the body part” or “body part submerging and then coming back and appearing above the surface”, but when the body of the featured-Athlete goes directly into the water and never “rises-up again”. Beginning of submergence starts to be counted when a quarter of the body “disappears” underwater.

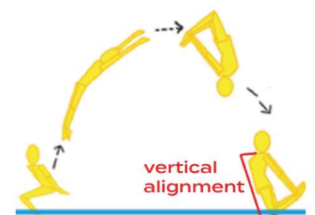
- b) Allowance for all Somersaults (regular/frontal/two axes, etc.) is 90o less than declared before submergence = Base Mark (note: Athlete can over rotate – you can do more than was declared).

Note: if you are trying a **Somersault** backwards 360° in a flexibility position (for example: Ring), and the Athlete can't complete a 360° somersault (with allowance) - you can instead declare “Jump-Dive” and stay inside “the rule of allowance” that you can over-rotate but at least “pass” the required rotation.

- c) Regarding rotations in the air, allowances and how to see if the featured-Athlete passed the “border line” and enters the “safe” zone, we look at part “from shoulders to knees” (this rule applies for positions: line/arch position; variations of kite and jay positions).



- d) To qualify for “open” (“o”) in ANY group – DTCs must see a “closed” position with forward flex stomach (tuck, pike) followed by an opening in a straight body position. Line (In) position MUST be performed (with 45 degrees allowance) and may be declared as Position 2, or may be declared as the 3rd position bonus, OR it may be a subsequent position after a 3rd position. Line MUST be performed by the knees (head-up) or waist (head-down). Reminder: “In” cannot be declared in group P as it is a group A position. If a group P bonus requires an opening to a straight body position, a line must be performed by the knees/waist, but cannot be declared.





- e) When “forwards” (“f”) is beside the degree of rotation, it means the direction in which the actual somersault in the air is happening is forward.

Note: if a team performs the somersault forwards and does not declare the “f” (so just a regular somersault) - we consider it as underdeclared, and it is not a Base Mark.



- f) When “straight body” (“ss”) is beside the degree of rotation, it means that the featured athlete must keep a straight body position from the take-off until the end of the rotation.

A small arch in the back is allowed (as positions have a 45-degree allowance), and it is allowed to have a small kick action after take-off, which is not declared as a position.

To declare a “straight body somersault”, position 1 always needs to be Line (ln) from the beginning to the end of the acrobatic movement. No other position can be declared.



How to Calculate Somersault Rotations		
	To get value for a “full somersault” the featured- athlete who jumps head-first needs to enter the water feet-first (after “full” rotations. Example: 360°, 720°, 1080°). For example: tuck position, straight body positions.	
	For “Open” positions or variations of arch positions (Jay, Kite, etc) – the featured athlete must enter the water demonstrating vertical alignment between shoulders and knees to get a full somersault.	
	Pike somersault (without changing the body position throughout the rotation): We count somersaults in a pike position the same way that diving does. The first 180-degree movement of the legs after take-off is considered as the first half of the rotation and then count from there.	
	If the somersault is performed using 2 positions – for example Pike and Jay: we count the number of somersaults in our regular method where we look how many times the torso with the head turns each 180. Note: position 1 must be declared as Pike, and position 2 must be different than Pike. It must not be a “pike somersault” all the way through.	



	<p>If there's a half somersault/dive when the featured athlete jumps head-up or is thrown feet-first and after demonstrating a parabola in the air enters the water head-first or feet-first, it should be written in the code as the letter "d" with indicated number of twists (if there are any). Not entering water head-first or feet-first in this situation would be counted just as a change of position and will not be written as dive/half somersault.</p>	
	<p>When "open" ("o") is beside the degree of rotation it means:</p> <ul style="list-style-type: none"> • Ex 1) 540° somersault + open = 360° in position + 0.5 open to Line Position • Ex 2) 720° + open = 540° in position + 0.5 open to Line Position <p>To qualify for "open" refer to iv in Somersaults (Groups A, C and bonuses in Group P) chart.</p> <p>In group A the Plane and Degree of Rotation bonus for opening is only granted in codes for 1.5 somersaults and more.</p>	



Cartwheels and Handsprings (Groups A, C and bonuses in Group P)

- a) In **Cartwheels and Handsprings** the same rule as somersaults applies: **90° less** than declared before submergence = Base Mark.
- b) A **Handspring** is an acrobatic move in which a person executes a complete revolution (360°) of the body on the sagittal plane by lunging headfirst from an upright position into an inverted vertical position and then pushing off (i.e., "springing") from the support or base athlete/athlete(s) with the hands so as to leap back to an upright position. The direction of body rotation in a handspring may be either forward or backward.
- c) A **Cartwheel** is a lateral, rotational movement where the featured athlete (starting from standing position) rotates their body sideways, using one hand to push off the support or base athlete/athlete(s), followed by the other, while their legs move in a wide, circular pattern. The cartwheel is a full 360° degree side-flip.

Rotations of the Constructions (for Group B and C)

- a) The number of rotations of the construction is calculated until the waist level of the featured-Athlete (visible/clear border for detecting rotations) when position is head-up or head-down. If the featured athlete is in a horizontal/free position rotations are calculated until the beginning of submergence of the featured athlete. It must be a "visible" rotation: the support-Athlete turns with the featured-Athlete on top while submerging. It is not just a turn of the body of the featured-Athlete.
- b) The direction (left or right) of the construction's base rotation does not influence the value.

When rotation of the Stack or Stack head-down is declared TCs should look at the turning of the support athlete to ensure it is a rotation of the construction base, in addition to the featured athlete completing the declared rotation until the allowance

If the support athlete is submerged, but you can clearly see that the turning continues – look at the featured athlete and make sure the required number of rotations are completed until the allowance (it must not look like a turn of only the featured athlete on their own – unconnected to the support)

If the ability of execution is low in height and TCs can't see the support athlete, TCs should look at the featured athlete as per above.

- c) The rotation may start during the ascent.
- d) Allowances for 360° and more:
 - o 90° less than declared = Base Mark (note: Athlete can over rotate – you can do more than what is declared).
 - *Example 1: Declared 720° rotation, but only rotated 540° by the waist level (1 ½) = Base Mark.*
 - *Example 2: Declared 720° rotation, and rotated 675° by the waist level (1 7/8) = acceptable.*
- e) Allowance for 180°:
 - o There is no allowance – performing less than a 180° is a Base Mark.

Rotations of the Construction (for Group P)

- a) The rotation of the construction is calculated until the *knees* of the featured-Athlete (if the position is head-up) or *waist* (if the position of the featured-Athlete is head-down) or until the beginning of submergence of the featured-Athlete (if the position is horizontal or 'free').
- b) Rotation will only begin to be counted once platform is at maximum height. If during the rotation the featured-Athlete significantly loses height (i.e., knees of the featured-Athlete if position is head-up go under, or waist goes under if position of featured-Athlete is head-down) or until beginning of submergence of the featured athlete (if position is horizontal or "free") – it's a base mark if the construction has not completed declared rotation (considering allowance) at this point.
- c) Rotation may start during the ascent, but the Difficulty Technical Controller will start counting the degrees of rotation from the moment construction reaches its maximum height.
 - o Allowances for 180° and more: 45° less than declared = Base Mark (note: Athlete can over rotate – you can do more than was declared).
 - o Allowance for 90°: There is no allowance – performing less than 90° is a Base Mark. It must be done precisely (or more).


1.9 Bonus (all Groups)

- a) Any bonus can be declared only **ONCE** per acrobatic movement, unless specified otherwise (ex: "C-Roll" can be declared twice).
- b) A maximum of **two (2) different bonuses** can be declared per acrobatic.
- c) Some bonuses cannot be declared with another bonus of the same "category" or it will result in a Base Mark. If it is the case, it will be stated in the bonus chart for that group.

1.10 Minimum Declaration Requirements

If you declare an acrobatic movement, you cannot "skip" some required parts of the acrobatic movements - the following components of each group must always be declared, while the other components (not listed below) are optional:



- a) GROUP A must have: CONSTRUCTION + DIRECTION + POS 1
- b) GROUP B must have: CONSTRUCTION + TYPE OF CONNECTION + POS 1
- c) GROUP P must have: CONSTRUCTION + TYPE OF CONNECTION + POS 1
- d) GROUP C must have: CONSTRUCTION + DIRECTION + POS 1

Note: Not respecting the requirements will result in a Base Mark.



- o Example 1: The Coach declares group B, Stack. Palms/palms connection and bamboo as position 1. But the Coach is not sure if the featured-Athlete will be able to complete 2nd position until waist level before submerging. So, the Coach declares all "minimum required" components (i.e., construction+ type of connection+ pos 1). The featured-Athlete can still perform position 2 without risk to receive a base mark.
- o Example 2: The same acro as above plus position 2 and rotation of the stack 180°. The coach is not sure if the featured-Athlete will be able to complete 180° rotation of the construction respecting the allowances. So, the Coach declares all the "minimum required" components (i.e., construction+ type of connection+ position 1 also position 2 (if the Coach is sure). The featured-Athlete can still perform the rotation of the construction without risk to receive a base mark.
- o Example 3: same acrobatic (group B, Stack. Palms/palms Connection and Bamboo as position 1, Owl as position 2, and stack turning 180°) plus 3rd position (as bonus 1) and Twirl (as bonus 2). The coach is still not sure if the Athletes are safe to perform the stack 180° rotation of the construction. So, the coach declares all components except the rotation of the construction, but Athletes are still allowed to attempt to do it.



1.11 Clarification to Rule in Appendix 3, 4 and 5



Acrobatics must not be repeated in the same routine. "Must not repeat the same acrobatic" is defined as:

For Group A: Can't repeat same position/s (as P1 or as P2 with the exception of the third position bonus). Examples:	
In one routine – <u>Not</u> allowed: A-Sq-Back-pk/2In-s1 A-Sq-Back-pk/2ja-s1	
In one routine – this is acceptable: A-Sq-Back-pk/2In-s1 A-Sq-Back-tk/2spl-s1	
Note: in group A, you must not repeat any of the positions declared in another acro from group A even if you change the construction, direction, bonuses or rotation in the air.	



For Group B: Can't repeat the same construction, can't repeat the same type of connection (grip). Examples:	
In one routine – <u>Not</u> allowed: B-St-1P1P-bb/2ow B-St-PP-bb/2ow	
In one routine – this is acceptable: B-St-1P1P-bb/2ow B-StH-FF-sd	
Note: in group B, you must not repeat any of the constructions, type of connection (grip) declared in another acro of group B even if you change the position/s, bonuses or rotation of the construction.	


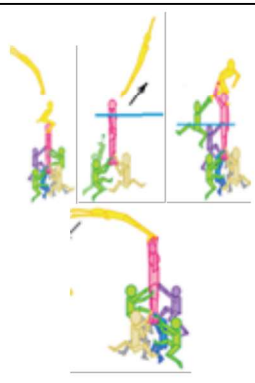
For Group C: Can't repeat the same construction. Examples:	
In one routine – <u>Not</u> allowed: C-Thr>St-BIn-tk-Cs1 C-Thr>St-Forw-sd/2tk-Cd-Jump	
In one routine – this is acceptable: C-Thr>St-BIn-tk-Cs1 C-Thr>F-Forw-sd/2tk-Cd-Jump>	
Note: in group C, you must not repeat any of the constructions declared in another acro of group C even if you change the position/s, direction, bonuses, rotation in the air or rotation of the construction.	

For Group P: Can't repeat the same construction, can't repeat the same type of connection (grip), can't repeat same position/s (as P1 or as P2 with the exception of the third position bonus), and can't repeat same bonus/es. Examples:	
In one routine – <u>Not</u> allowed: P-Knees-SP+K-bb/2ow-Pos3 P-Knees-3pA-ne-Pos3	
In one routine – this is acceptable: P-Knees-SP+K-bb/2ow-Pos3 P-2S-FA+PF-ne/2ey-Trav	
Note: in group P, you must not repeat any of the positions, any of the constructions, type of connection (grip) declared in another acro of group P even if you change the bonuses, or rotation in the construction.	

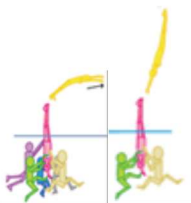
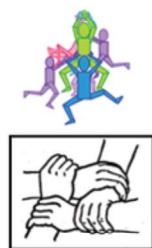
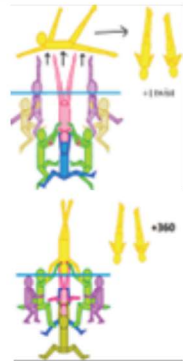
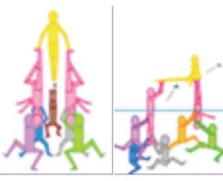
Q&A Note: P1 and/or P2 limit is applicable to the specific group, but it can be done in others.

- e) For example: In a Platform (Group P), the featured-Athlete performs an owl position, the featured-Athlete can repeat an Owl position in another acrobatic of group B.


Group A
Component C – Construction

Group A Construction – Please note in table below Featured Athlete = (F), Support Athlete = (S)										
No.	Picture	Name and number of levels	Code	Difficulty of coordinating actions and number of formations	Support : Body position and level of sustainability	Air-borne weight	Size of construction/ water resistance	Tempo of acceleration and push (lift/throw)	Area of support from which featured athlete jumps	Total
1		Simple jump/throw 2 levels (Note: If in routine of 8 athletes for example coach decides to do "double acro"- coach divides athletes in 2 groups of 4-5 athletes and declare Thr plus bonus for Double acro if the idea is to perform same/equal acrobatic movement at the same time) Can be from surface	Thr	Low	no	1	Type 1	fast	-	0.60
				0.1	0	0.1	0.1	0.3	0	
2		Jump or throw (stack head-up) from shoulders, arms or different combinations (such as shoulder/arm or shoulder and spotter etc.) 3 levels May have spotter/s	Shou	Med	High level of sustainability+ low vestibular load	1+0.5	Type 2:	med	Med	0.90
				0.2	0	0.15	0.15	0.2	0.2	







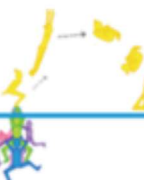
3		Jump/ throw from feet (stack head-down type) 3 levels	Feet	Med	Low level of sustainability+ high vestibular load+ blind connect	1+0.5	Type 2:	med	med	1.00
				0.2	0.1	0.15	0.15	0.2	0.2	
4		Jump from square ("basket") 3 levels Must have at least 2 people doing basket +1 leg-pusher (S) + at least 1 athlete pushing "leg-pusher" + (F) = in total 1 (F) + 4 base athletes who form Sq construction	Sq	Hard *	Head-down athlete counts as a support (0.2+0.1+0.1)	1+0.5+0.5+0.5	Type 2-3	fast	Big	1.20
				0.35	0.1	0.25	0.1	0.3	0.1	
5		Jump/throw from two supports head-up, disconnection and enter the water 3 levels (may have additional pusher head-down or head up)	2Sup	med	High level of sustainability+ low vestibular load	1+0.5+0.5	Type 3	medium	Med	1.00
				0.2	0	0.2	0.2	0.2	0.2	
6		Jump/throw from two supports, from which at least one of them is head down 3 levels (may have additional pusher head-down or head-up)	2Sup H	Hard	Low level of sustainability+ high vestibular load. doesn't matter how many supports + blind connect	1+0.5+0.5	Type 3	med	big	1.10
				0.3	0.1	0.2	0.2	0.2	0.1	

Notes on Group A Constructions:

- Constructions 2Sup and 2SupH can be done with or without a pusher in the middle of the 2 supports. The pusher can be head-up or head-down and may have additional Athlete(s) under for assistance.
- When both supports are head-down (2SupH), they can provide support to the featured-Athlete as such: 1+1 foot, 2+2 feet, or a combination of 1 foot+2 feet.
- If both supports are head-up (or only one of them), the way of pushing is optional. For example: push can be done with the palms of the support-Athlete, or featured-Athlete can jump from support's shoulders (unless specified).


Component D – Direction

Direction: Defined as the direction of the jump of the featured-Athlete.

	DIRECTION	CODE	DIAGRAM	VALUE
1	Upwards The featured-Athlete jumps up (or is thrown in the air by construction) and returns to the same spot they jumped from. The featured-Athlete can execute the entrance into the water or back on the construction.	Up		0.05
2	Forwards The featured-Athlete jumps forwards (or is thrown in the air in this direction by construction) and enters the water in front of the construction.	Forw		0.05
3	Backwards The featured-Athlete jumps backwards (or is thrown in the air in this direction by construction) and enters the water behind the construction.	Back		0.10
4	Sideways The featured-Athlete jumps sideways (or is thrown in the air in this direction by construction) and enters the water on the right/on the left the construction.	Side		0.20
5	Reverse* The featured-Athlete jumps forwards (or is thrown in the-air in this direction by construction) and then starts rotating backwards (facing the construction that the Athlete jumps from) and enters the water in front of the construction.	Rev		0.40

**Health and safety note:*

Due to the high risk involved in this type of movement, inwards direction (jumping backwards and turning forwards - so called "turning under yourself") rotation in the air is not allowed and will not be granted a new code, even upon request.



HOW TO DETERMINE THE DIRECTION

a) **Head-up Jumps:**

You must choose the direction the featured-Athlete demonstrates during the "take-off" phase (at the beginning of the acrobatic movement).

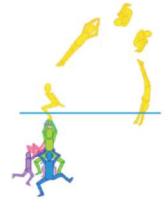
- Example 1: If the featured-Athlete starts a jump backwards then turns in the air around self (twisting action) and then starts somersaulting forwards = declare Backwards (Back).
- Example 2: If the featured-Athlete starts a jump forward and continues in the same direction executing a 360° Somersault forwards = declare Forwards (Forw).

- Example 3: Jump from a square backwards, the featured-Athlete after take-off twists 180° and starts a 540° Somersault forwards. After performing 360° somersault in Tuck Position, the featured-Athlete opens to a straight body position (i.e., Line) while continuing with an additional 180° Somersault and enters the water head-first.

The code should be: A-Sq-Back-tk/2In-s1,5t0,5fo.

- Example 4: Jump from square forwards, the featured-Athlete after take-off starts 540° somersault forwards. After performing 360° somersault in tuck position, the featured-Athlete opens to a straight body position (i.e., Line) while continuing with one more 180° somersault and enters the water head-first.

The code should be: A-Sq-Forw-tk/2In-s1,5fo.

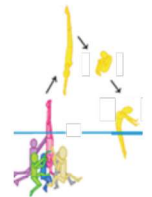


b) **Head-Down Jumps (i.e., Throws):**

In throws (with no rotation), you must choose the direction where the featured-Athlete is thrown (where they move).

Exception: If there is a Somersault, choose the direction of the rotation instead.

- Example 1: If the featured-Athlete is head-down and thrown forwards, and then starts performing a 180° rotation (with the back part of the head moving upwards) ie moving backwards = declare backwards (Back).



- Example 2: If the featured-Athlete is head-down and is thrown backwards with no rotation = declare backwards. (Back).



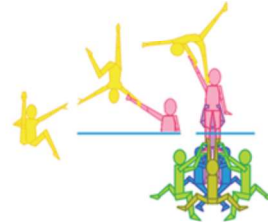


- Example 3: If the featured athlete is head-down and is thrown upwards – with arch in back, starts moving backwards then performs 180 rotation in the air moving “face-first” (i.e 180 somersault and becomes head-up and continues rotating to enter the water head-first). The actual rotation is happening forwards, so declare Forwards. (Forw).



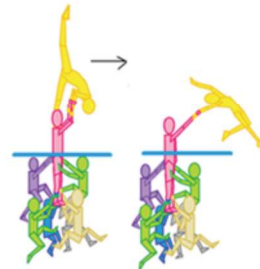
c) **Cartwheels:**

The direction is Sideways (Side).



d) **Handsprings:**

The direction is Forwards (Forw) or Backwards (Back).





Component P – Position



No.	Picture	Name and code	Difficulty to balance	Presence or absence of a helping hand (capture)	Type and level of flexibility+ Deviation of torso from inner axis	Total	Value of Position 2 (half value of Pos 1)	Code for Position 2
Forward flex stomach								
1	<p>Knees must be within 90 degrees of chest (plus always consider 45° position allowance)</p>	Tuck tk	No	Can be with or without hands	Stomach flex 1 (bent legs)	0.125	0.0625	2tk
			O	O	O.025+basic O.1			
2	<p>Flexion at hip level with one or two legs (straight) touch stomach and/or chest</p>	Pike pk	No	Can be with or without hands	Stomach flex 2	0.20	0.10	2pk
			O	O	O.2			
Miscellaneous								
3		Kite kt	No	Can be with or without hands	Free "compact" body position (different from straight or open body, tuck or line) with 1 or 2 knee(s) bent. May have a small arch in back.	basic 0.05	0.025	2kt
			O	O	O			
4		"Open body" Line/Arch Can have "open" leg variations ln	No	-	Misc (straight body, may have small arch in back). At least one leg straight and/or spread in 45 degrees out of vertical line. One leg may be bent.	basic 0.10	0.05	2ln
			O	O	O			
5		Split sp	No	Can be with or without hands	180 between legs can be different variations, however both legs should be straight (both legs must be in 45° cone from 180 line that is formed by legs). Torso position-optional	0.25	0.125	2sp
			O	O	O.25			



Regarding the 45-degree position allowance for Split: For a "pass" both the front and back legs need to be at 90 degrees or more from each other (see ideal and ok images below).



Arched

6		Jay ja	No	-	Arch in back+1 leg back straight 90 degrees and more	0.175	0.087	2ja
			O	O	0.175			
7	 At <u>least</u> toes of one foot must touch head (no allowance)	Ring rg	No	Can be with or without hands	Arch (maximum flex in back)	0.3	0.15	2rg
				O	O			

- e) **Component S – Area of Support**
- N/A for Group A (value already inside construction).
- f) **Component R – Rotation of the Construction Base**
- N/A for Group A.
- g) **Component T – Plane and Degree of Rotations**

**Horizontal plane (all twists: horizontal, head-up, head-down) – turns around self to the left or right
(Performed in the air)**

Degree of rotation	Code	value	2nd axis	forw	straight body	open	bonus	total
180°	t0.5	0.025						0.025
360°	t1	0.05						0.05
540°	t1.5	0.10						0.10
720°	t2	0.20						0.20
900°	t2.5	0.25						0.25
1080°	t3	0.30					0.05	0.35

**Frontal plane (Example: Side somersault) – turn to the left or to the right
(sideways movements - Performed in the air)**

Degree of rotation	Code	value	2nd axis	forw	straight body	open	bonus	total
360° side somersault	f1	0.3					0.1	0.40
540° side somersault	f1.5	0.5					0.2	0.70
720° side somersault	f2	0.7					0.4	1.10



Sagittal plane (Example: forward somersault) – turns around self - forwards or backwards (Performed in the air) and Two-axes somersaults (have additional bonus for using both axes + Performed in the air)								
Degree of rotation	Code	value	2nd axis	forw	straight body	open	Bonus	Total
180° somersault /dive (any direction)	D	0.025					0.05	0.075
180° somersault /Dive + 180° twist (any direction)	dt0.5	0.025	0.025				0.05	0.10
180° somersault /Dive + 360° twist (any direction)	dt1	0.025	0.05				0.075	0.15
180° somersault /Dive + 540° twist (any direction)	dt1.5	0.025	0.1				0.125	0.25
180° somersault /Dive + 720° twist (any direction)	dt2	0.025	0.2				0.075	0.30
360° somersault	s1	0.3						0.30
360° somersault forwards	s1f	0.3		0.1				0.40
360° straight body somersault	ss1	0.3			0.2			0.50
360° straight body somersault forwards	ss1f	0.3		0.1	0.2			0.60
1 somersault + 0.5 twist	s1t0.5	0.3	0.05				0.1	0.45
1 somersault + 0.5 twist forwards	s1t0.5f	0.3	0.05	0.1			0.1	0.55
1 somersault + 1 twist	s1t1	0.3	0.1				0.1	0.50
1 somersault + 1 twist forwards	s1t1f	0.3	0.1	0.1			0.1	0.60
1 somersault + 1.5 twist	s1t1.5	0.3	0.15				0.1	0.55
1 somersault + 2 twist	s1t2	0.3	0.3				0.1	0.70
Straight body somersault 1 + 0.5 twist	ss1t0.5	0.3	0.025		0.275			0.60
Straight body somersault 1 + 0.5 twist forwards	ss1t0.5f	0.3	0.025	0.1	0.275			0.70
Straight body somersault 1 + 1 twist	ss1t1	0.3	0.05		0.275			0.625
Straight body somersault 1 + 1 twist forwards	ss1t1f	0.3	0.05	0.1	0.275		0,025	0.75
Straight body somersault 1 + 1.5 twist	ss1t1.5	0.3	0.1		0.3		0.2	0.90
Straight body somersault 1 + 2 twists	ss1t2	0.3	0.2		0.3		0.3	1.10
Straight body somersault 1 + 2.5 twists	ss1t2.5	0.3	0.25		0.3		0.4	1.25
Straight body somersault 1 + 3 twists	ss1t3	0.3	0.35		0.3		0.55	1.50



540° somersault	s1.5	0.65						0.65
540° somersault forwards	s1.5f	0.65		0.1				0.75
540° somersault + open	s1.5o	0.65				0,3 5		1.00
540° somersault forwards + open	s1.5fo	0.65		0.1		0,3 5		1.10
1.5 somersault + 0.5 twist	s1.5t0.5	0.65	0.025					0.675
1.5 somersault + 0.5 twist forwards	s1.5t0.5 f	0.65	0.025	0.1				0.775
1.5 somersault + 0.5 twist + open	s1.5t0.5 o	0.65	0.025			0,3 5	0.175	1.20
1.5 somersault + 0.5 twist + open forwards	s1.5t0.5 fo	0.65	0.025	0.1		0,3 5	0.175	1.30
1.5 somersault + 1 twist + open forwards	s1.5t1fo	0.65	0.05	0.1		0,3 5	0.25	1.40
1.5 somersault + 1 twist	s1.5t1	0.65	0.05				0.1	0.80
1.5 somersault and 1.5 twist	s1.5t1.5	0.65	0.1				0.225	0.975
720° somersault	s2	0.9						0.90
720° somersault + open	s2o	0.9				0.5	0.3	1.70
720° somersault forwards	s2f	0.9		0.1			0.1	1.10
720° somersault forwards + open	s2fo	0.9		0.1		0.5	0.3	1.80
2 somersaults + 0.5 twist	s2t0.5	0.9	0.025				0.275	1.20
2 somersaults + 0.5 twist forwards	s2t0.5f	0.9	0.025	0.1			0.275	1.30
2 somersaults + 0.5 twist + open	s2t0.5o	0.9	0.025			0.5	0.325	1.75
2 somersaults + 0.5 twist + open forwards	s2t0.5f o	0.9	0.025	0.1		0.5	0.325	1.85
2 somersaults + 1 twist	s2t1	0.9	0.075				0,625	1.60
2 somersaults + 1 twist + open	s2t1o	0.9	0.075			0.5	0,625	2.10
2 somersaults + 1 twist forwards + open	s2t1fo	0.9	0.075	0.1		0.5	0.625	2.20
900° somersault	s2.5	1.2						1.20
900° somersault forwards	s2.5f	1.2		0.1				1.30
1080° somersault	s3	2						2.00
1.5 straight body somersaults	ss1.5	0.65		0.3			0.25	1.20



Example: 1.5 somersault+ 1.5 twist:

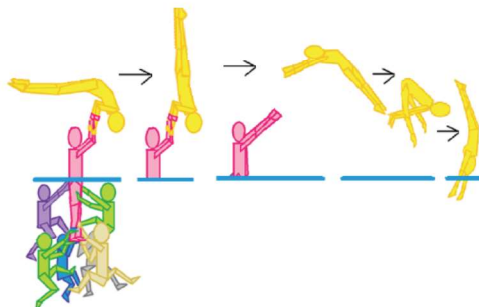


Cartwheels (frontal plane rotations) and Handsprings (sagittal plane rotations)

- Part of rotation starts with connection to support - ANY DIRECTION
- Cartwheel/handspring usually starts on a support and is partially performed on it. Then the featured athlete starts the movement head-up, becomes airborne, performs 360 rotation and enters the water (featured athlete may keep hand-connection with support until submergence of support athlete).
- As handspring/cartwheel is 360 degrees, to calculate how many additional somersaults or twists flyer does – we calculate how many additional 180 degree turns the featured athlete performs AFTER accomplishing the handspring/cartwheel.

Degree of rotation	Code	value	2nd axis	forw	straight body	open	bonus	Total
Cartwheel	C	0.1						0.10
Cartwheel + 180° twist	ct0.5	0.1	0.025				0.025	0.15
Cartwheel + 360° twist	ct1	0.1	0.05				0.025	0.175
Handspring	H	0.1						0.10
Handspring + 180° twist	ht0.5	0.1	0.025				0.025	0.15
Handspring + 360° twist	ht1	0.1	0.05				0.025	0.175
Handspring + half (180°) somersault (dive)	hd	0.1	0.025					0.125
Handspring + 360° somersault	hs1	0.1	0.3					0.40

Example of "**hd**": Handspring (360° rotation) + half (180°) somersault (dive). This means after the handspring (360°) the featured athlete performs an additional 180° somersault and enters water head-first.





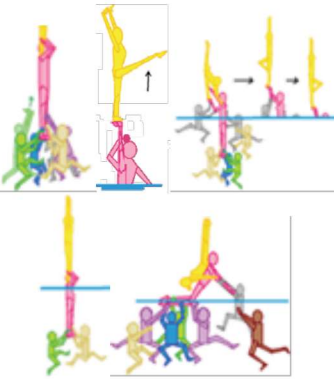
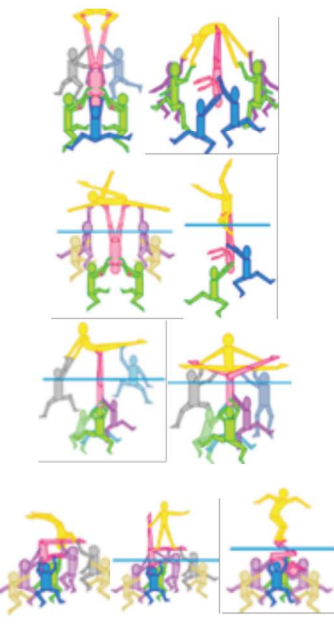


h) **Component B – Bonus**

List of additions, bonuses, and risk elements in Group A				
Code	Description	Diagram	Value	
Db1	<p>Synchronized actions for double acrobatic movements</p> <p>Where athletes are divided into two groups (separate small constructions. Usually 3 athletes underwater + 1 featured athlete) who perform identical (equal/same) simultaneous acrobatic movements.</p> <p>Note 1: "Mirror action" is possible – ie constructions face each other and featured athletes both jump backwards or forwards.</p> <p>Note 2: The two featured athletes may be connected with each other.</p>		0.20	
Pos3	<p>Third position</p> <p>This bonus can be declared only once no matter how many positions the featured athlete will perform after the first and second declared positions.</p>		0.05	
<p>Can't be combined in the same acrobatic. You can only choose 1 of these!</p>	Grip	<p>Arm connection (ie palms, or palms/elbows etc) between 2 featured athletes from the beginning of the acrobatic movement and remain connected until submergence of both featured athletes.</p>		0.10
	Conn	<p>Connection between support and featured athlete (may disconnect before water entrance)</p> <p>NOTE: use this code if you have a handspring/cartwheel in your acro</p>		0.10
	Catch	<p>Connection between 2 featured athletes during airborne phase and remain connected until submergence of both featured athletes (connection occurs after take-off),</p> <p>*Can only be declared with bonus Db1*</p>		0.15
Split	<p>Jump/Throw from split (head-up) position</p> <p>Note: as position 1 coach should indicate line or kite or tuck (depending on how the acro is performed), because split is considered as "take-off" phase</p>		0.20	



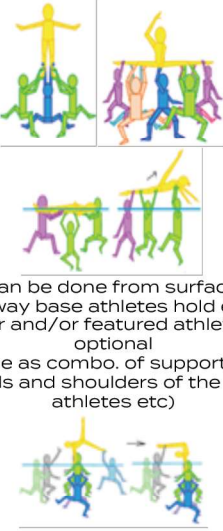

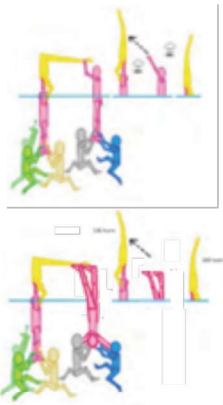


<p>Can't be combined in the same acrobatic. You can only choose 1 of these!</p>	<p>Hula</p>	<p>"Hula hoop" action</p> <p>Featured athlete in ring/jay position enters water with support athlete inside the circle (which is made from legs/hands connection of featured athlete)</p>		<p>0.35</p>
	<p>RetSq</p>	<p>"Return" on the "Square" construction (Sq) above water after the airborne phase and remain on construction until submergence of the construction.</p> <p>Note: only for senior/junior category (otherwise BM). Only for advanced level and well-prepared athletes,</p> <p>For athlete safety: somersault and landing back on construction is not allowed and will result in BM.</p>		<p>0.80</p>
	<p>RetPa</p>	<p>"Return" on support's palms above water after the airborne phase and remain on construction until submergence of support athlete.</p> <p>Featured athlete needs to clearly land on palms of the support.</p> <p>Note: only for senior/junior category (otherwise BM) Only for advanced level and well-prepared athletes.</p> <p>For athlete safety: somersault and landing back on construction is not allowed and will result in BM.</p>		<p>0.60</p>
<p>Feet</p>	<p>Jump from feet</p> <p>feet/feet connect between support and featured athlete during "pushing phase" until disconnect.</p>		<p>0.075</p>	

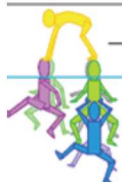


i) Group B
Component C – Construction

Group B Construction – Please note in table below Featured Athlete = (F), Support Athlete = (S)										
No.	Picture	Name and number of levels	Code	Difficulty of coordinating actions and number formations	Support: Body position and level of sustainability	Support: Type and level of flexibility or maintain position	Air-borne weight	Area of full construction, Proximity between athletes	Tempo of acceleration and push (lift/throw)	Total
1		Stack Head-Up (may have spotter/s)	St	Med-Hard	High level of sustainability+ low vestibular load	Free body position (support is head-up)	1+1	Type 2	Med-fast	1.00
				0.25	0	0.1	0.2	0.2	0.25	
2		Stack Head-down (may have spotters)	StH	Med-Hard	Low level of sustainability+ high vestibular load	Free body position (support is head-down)	1+1	Type 2	Med-fast	1.10
				0.25	0.1	0.1	0.2	0.2	0.25	
3		Stack 2 head-up supports	2SupU	Hard	High level of sustainability+ low vestibular load (0.1+0.1)	straight body 1+1	1+1+1	Type 2	big-med	1.15
				0.3	0	0.2	0.3	0.2	0.15	
4		Stack 2 head-down supports	2SupD	Hard	Low level of sustainability+ high vestibular load 1+1	straight body 1+1	1+1+1	Type 2	med	1.40



				0.3	0.2	0.2	0.3	0.2	0.2	
5		Stack 2 supports (one of them head-down)	2SupM	Hard	Combined (1 head-up+1 head-down)	straight body 1+1	1+1+1	Type 2	big-med	1.25
				0.3	0.1	0.2	0.3	0.2	0.15	
6		Stack two head-down (S) + two (F)	2SupD 2F	Hard	Low level of sustainability+ high vestibular load 1+1	straight body 1+1	1+1+1+1	Type 2	med +connect	1.55
				0.3	0.2	0.2	0.4	0.2	0.25	
7	 <p>Can be done from surface. The way base athletes hold each other and/or featured athletes is optional (can be as combo. of supporting on heads and shoulders of the base athletes etc)</p> <p>Lift+ spotters (that joins construction later)</p>	Simple Lift	L	Low	no	no	1+ bonus	Type 1	fast	0.70
				0.1	0	0	0.2	0.1	0.3	
8		Lift of two (F) or more who must form one construction and must be connected	L2F+	Medium	no	no	2	Type 1	slow-med bonus for connection between two or more (F)	0.80
				0.2	0	0	0.2	0.1	0.3	
9	 <p>Transitional Stack: Any 2-stack formation (#3-2SupU, #4-2SupD, #5-2SupM, #6-2SupD2F) with a disconnection with one of the (S)</p> <p>Can only be used with a connection showing ∞ symbol</p>		St>	Hard	Optional	Free body position	1+0.5+0.5	Other	small+bonus FOR TRANS DISCONNECT AND BALANCE	1.025
				0.3	0.1	0.1	0.2	0	0.325	



10	 <p>Health and Safety note: head and neck.</p>	<p>Lift ONLY on Heads above water (Standing, sitting or laying)</p> <p>Arms/legs of (F) can only be connected to HEADS which must be visible above water.</p>	<p>LH</p> <p>+0.3 bonus for head connection</p>	Hard	no	No	1 + 4 quarters	type1	med (bonus for head connection)	1.10
				0.3	0	0	0.2	0.1	0.5	
11	 <p>Health and Safety note: head and neck.</p>	<p>Lift with two (F) ONLY on Heads above water (Standing, sitting or laying)</p> <p>Arms/legs of (F) can only be connected to HEADS which must be visible above water.</p>	<p>Lh2F</p> <p>+0.3 bonus for head connection + 0.1 for connection between 2 f-swim</p>	Hard	No	No	2 + 4 quarters	type1	slow-med bonus for head connection + connect between two (F)	1.20
				0.3	0	0	0.3	0.1	0.5	



j) **Component D – Direction**

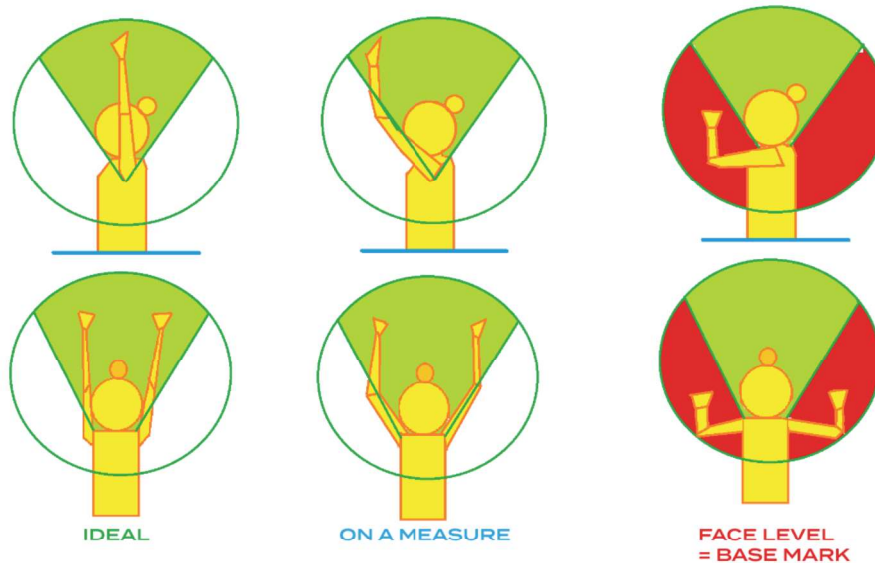
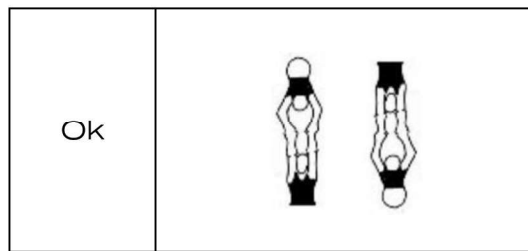
- N/A for Group B.

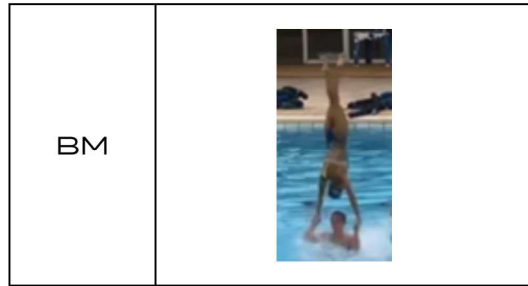
k) **Component S – Area of Support / Type of Connection (“Grip”)**

- Unless specified otherwise, the featured athlete(s) MUST remain connected with the support(s) or base athletes until the support(s) and the base athletes are completely submerged - meaning the area of connection can no longer be seen by the DTCs. Every Handstand type of Connection (PP, 1P1P, 1PPx, PH/PP2, 1PH, 2PH, PF, 1P1F, , *) must be performed with straight arms from beginning of the handstand to the end (submergence of the support Athlete).
- This applies for both the featured-Athlete and the support-Athlete, with the limit of the head as the allowance for any slight bending of the arms.

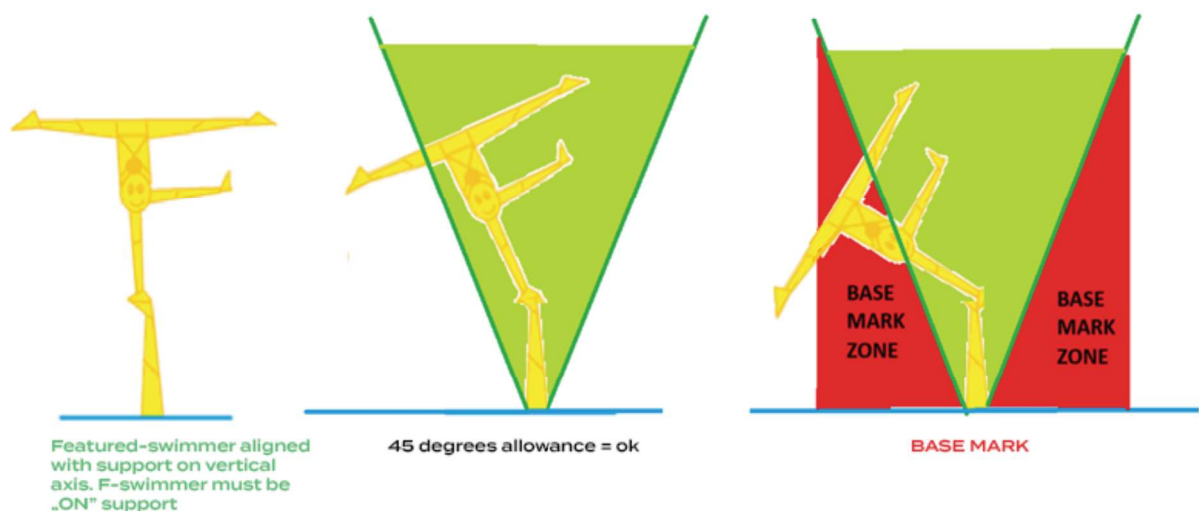
Note: The arms are not allowed to be bent with palms lower than the face (face = from top of the head-until chin level).

- In case of PF – the support Athlete has straight legs and any bending of the legs of the support Athlete is an execution issue not a Base Mark.
- Arm(s) of the support-Athlete must remain within vertical cone i.e., 45 degrees (the same rule applies for group C). The same rules for support-Athletes’ arms positioning also applies to types of connection: FP, FPx, 1F1P.




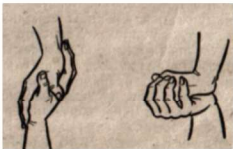


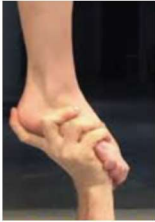






- A Handstand is the act of supporting the body in a stable, inverted Vertical Position by balancing on the hands.
- As per general principles of connections - If you have 2 types of connections in your acrobatic movements, you MUST declare the first one shown above the surface. You are not allowed to skip the first one and declare the second one instead.
- Therefore, in Group B, if the featured athlete with support athlete performs 2 types of connection/grips (for example: PP and then 1P1P) – the first connection/grip MUST be declared (in our example below it will be PP).
- The only exceptions shall be:
 - 1F1F where the pushing phase may start with a FF connection that breaks the surface. 1F1F MUST be executed by the time the support athlete is at their knees.
 - F1S where the pushing phase may start with a FS connection that breaks the surface. F1S MUST be executed immediately after FS breaks the surface.
- If construction St> is used, you must declare the connection shown after the disconnection from the pushing support athlete.
- In **Handstands** in groups B and C when there's a balance in handstand on both or one arm, the featured-Athlete needs to be aligned with the support-Athlete on the vertical axis until submergence with an allowance of 45 degrees from the vertical axis (invisible vertical line that runs through the middle of the bodies of the support and featured-Athlete). The 45-degree cone has a start point at point of connection of the featured athlete with the support/base athlete(s). DTCs should look at the torso of the featured athlete to validate that rule





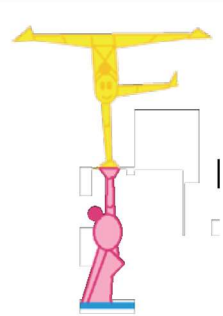
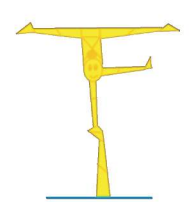

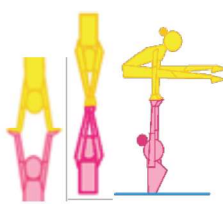
<p>vii.</p>	<p>XS (extra small) type of connection is where the support athlete's arms are straight, and their hands are positioned as follows:</p>		
	<p>a) Palms one on top of the other.</p>		
	<p>b) Wrists touching making an open "cone" with palms to grasp a foot or palm of featured athlete.</p>		
	<p>c) Hand grasping wrist of the arm supporting the featured athlete.</p>		
<p>viii.</p>	<p>For 1P1P and 1F1P: the support athlete can hold the elbow or area from elbow to shoulder with one palm. The palm CAN'T hold the wrist area or it will be subject to Base Mark because that is then a different connection (an XS).</p>		
 <p>Example 1P1P:</p>	<p>Acceptable: one palm can hold elbow or lower (area from elbow to shoulder).</p>		<p>Not Acceptable: Obviously the wrist area</p> 
 <p>Example 1F1P:</p>	<p>Acceptable: one palm can hold elbow or lower (area from elbow to shoulder).</p>		<p>Not Acceptable: Obviously the wrist area</p> 



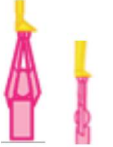




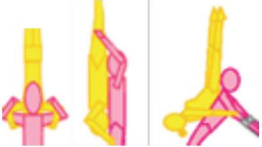
Group B Constructions with the type of connections that must be used with: <i>(if there is a discrepancy between this table and the original connection and the construction tables, the original connection and construction tables will prevail)</i>	
Construction	Connections
St	1P1P, 1PPx, PP, FP, SiSb, Bp, E, PH/, AP, SiS, FS, F1S, Tw, S+, 1PH 1F1P, 1F1F (in case support athlete is in head-up vertical split position)
StH	1P1F, FF, FF/ , PF, ShF, LayF, SiF, S+, 1F1F, H1F/, HT+
2SupU	Le, 1FH+1FP, PP2
2SupD	Tow
2SupM	Le, Ch
2SupD2F	Tow
L	Li
L2F+	Li
St>	PP, PF, Bp, ShF, E, F1S, LayF, 1P1F, 2pH, PH/ (must have symbol ∞ with connection code)
LH	LiH
Lh2F	LiH

- In the below table, if you see a symbol ∞ near the picture of the grip – it may be used for the acrobatic movement with the construction “Transitional Stack” (St>) with specified types of connections in group B. If a grip does not include the infinity symbol ∞ then it can't be used with Transitional Stack (St>).

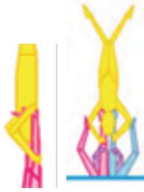
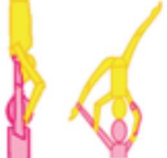

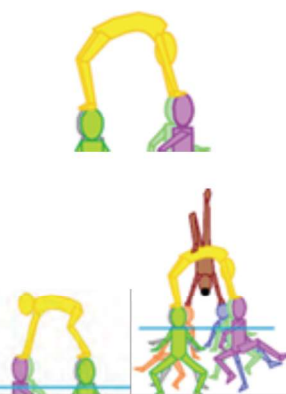


Area of support - Group B: Please note in table below Featured Athlete = (F), Support Athlete = (S)								
No.	Picture	Type of Connection	Area of both Supports	Support	Featured athlete	Average	Bonus/ Deduction	Total
1	 <p>(F) + (S) = straight arms</p>	1 palm (F) on 1 palm (S) Extra small + Extra small 1P1P	Extra small + Extra small	1.2 (average for both)			0.3 - Vertical body on palm -0.2 for stabilization catch the support arm	1.30
2	 <p>(F) = straight arm</p>	1 palm (F) on 1 foot (S) 1P1F ∞	Extra small+ small	1.2	0.5	0.85	+0.2 ALL BODY ON 1 PALM	1.05
3	 <p>(F) + (S) = straight arms</p>	(F) balances on 1 palm on the "XS" type of grip of the (S) 1PPx	Extra small + Extra small	0.6	1.2	0.9	+0.2 Vertical body on palms - 0.1 for 2 palms	1.00
4	 <p>(F) + (S) = straight arms</p>	Palms (F) to Palms (S) (S) and (F) can hold as XS grip (with hands together) or with hands apart PP ∞	Extra small + Extra small	0.6	0.6	0.6	0.2 Body on palms	0.80

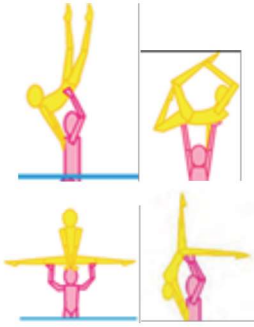
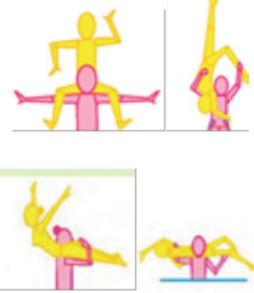

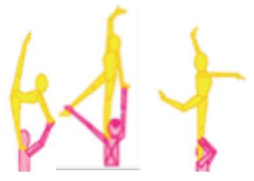
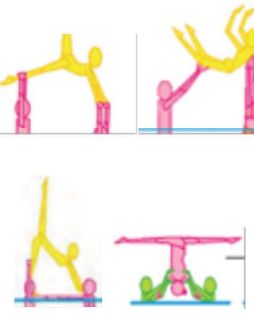


5	 <p>(S) = straight arms</p>	<p>1 foot/2 Feet (F) on palms (S)</p> <p>(S) can hold as XS grip (with hands together) or with hands apart</p> <p>FP</p>	<p>Extra small</p> <p>+</p> <p>small</p>	0.6	0.5	0.55	+0.15 for power press	0.70
6		<p>Feet (F) on feet (S)</p> <p>With NO help from spotters or base athletes</p> <p>FF</p>	<p>Small</p> <p>+</p> <p>small</p>	0.5	0.5	0.5	+0.1 No Capture	0.60
7		<p>Feet (F) on feet (S)</p> <p>with help from base athletes or spotters</p> <p>FF/</p>	<p>Small</p> <p>+</p> <p>small</p>	0.5	0.5	0.5	-0.225 for additional spotters help on side	0.275
8		<p>Palms (F) on feet (S)</p> <p>PF</p> <p>∞</p>	<p>Extra small</p> <p>+</p> <p>small</p>	0.6	0.5	0.55	- 0.1 for capture with support	0.45
9		<p>Lower back (F) sits on shoulder blades (S)</p> <p>Blind Connection</p> <p>SiSb</p>	<p>Small</p> <p>+</p> <p>medium</p>	0.5	0.3	0.4	Minus 0.1 for capture and minus 0.1 for close to support but +0.2 (for blind connection) Touch (not "sit") +0.1	0.50
10		<p>"Backpack" grip: Back-to-back blind connection</p> <p>The back of (F) touches the back of (S).</p> <p>Bp</p> <p>∞</p>	<p>Big</p> <p>+</p> <p>Big</p>	0.1	0.1	0.1	0.2 (for blind connection) - 0.15 for strong "double" hand connection between 2	0.15

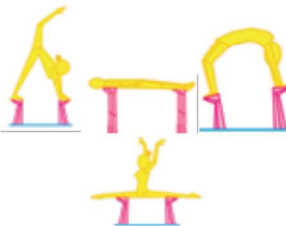
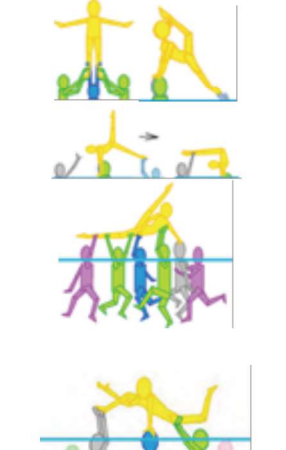

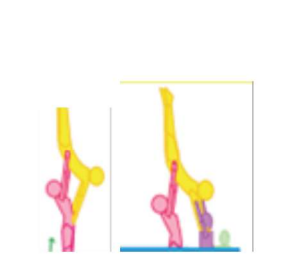
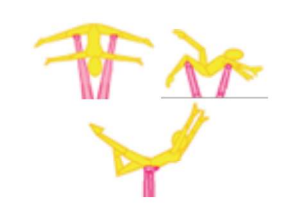


11		<p>Shoulders (F) on feet (S).</p> <p>Note: (F) may hold legs of (S)</p> <p>ShF</p> <p>∞</p>	<p>Small</p> <p>+</p> <p>medium</p>	<p>0.5</p>	<p>0.3</p>	<p>0.4</p>		<p>0.40</p>
12		<p>"Eiffel" grip:</p> <p>Palms (F) on shoulders (S)/ Palms (S) on shoulders (F)</p> <p>(Not a handstand)</p> <p>(S) and (F) may hold one side with a varying grip (like image on right). One grip must always be palms to shoulders.</p> <p>E</p> <p>∞</p>	<p>Medium/Small +Medium/ small</p>	<p>0.5</p> <p>0.3</p>	<p>0.5 0.3</p>	<p>0.4</p>	<p>-0.025 close to center of mass</p>	<p>0.375</p>
13	 <p>(F) = straight arm (the one on the head)</p>	<p>Palm (F) on head (S) + palm/palm connection</p> <p>PH/</p> <p>∞</p>	<p>Extra small</p> <p>+</p> <p>extra small</p> <p>+</p> <p>help</p>	<p>0.6</p>	<p>0.60</p>	<p>0.6</p>	<p>Plus connection head 0.05</p> <p>0.3- all body on palm</p> <p>-0,1 for balance capture arm</p>	<p>0.85</p>
14		<p>Lift ONLY on heads above water:</p> <p>(F) stand/lay/sit on</p> <p>2-4 heads of</p> <p>base athletes (S)</p> <p>Arms/legs of (F) may only be connected to heads which must be visible above water</p> <p>LiH</p> <p>Note: base athletes (for safety) may hold featured athlete</p>	<p>4 medium supports</p> <p>=</p> <p>big sustainability</p>	<p>0.1</p>	<p>0.1</p>	<p>0.1</p>	<p>0.3 bonus for head connection</p> <p>Risk+0,05</p>	<p>0.45</p>

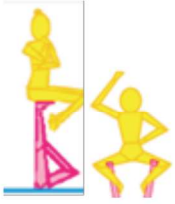

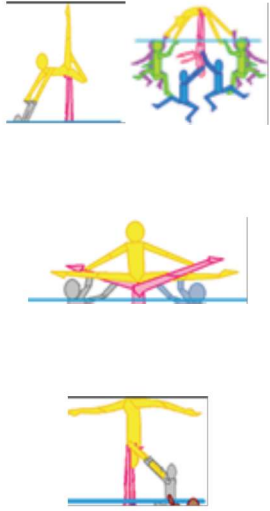
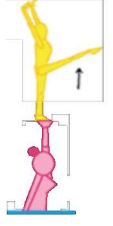
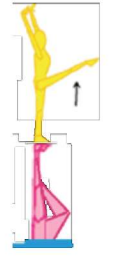


15		<p>All (F) body on palms of (S)</p> <p>(lay or sit)</p> <p>(F) may have additional connection to (S)</p> <p>Note: (S) arms ABOVE or at same level with top of the head</p> <p>AP</p>	<p>Extra small</p> <p>+</p> <p>big</p>	0.6	0.1	0.35	<p>Bonus 0.1 all body on palms; (close to support center of mass) (-0.1)</p>	0.35
16		<p>(F) Sit/hang or lay on shoulders (S)</p> <p>Sis</p>	<p>Medium</p> <p>+</p> <p>big</p>	0.3	0.1	0.2	<p>(close to support center of mass) (-0.1)</p>	0.10
17		<p>Feet (F) on Shoulders (S)</p> <p>FS</p>	<p>Medium</p> <p>+</p> <p>small</p>	0.3	0.5	0.4	<p>-0.3</p> <p>(for 2 hand capture by support) -0.15 for Stable, not risk connect</p> <p>-stabilization balance (divide by 2)</p>	0.025
18		<p>Foot (F) on a shoulder (S)</p> <p>+ (F) can have additional connection with (S)</p> <p>F1S</p> <p>∞</p>	<p>Medium</p> <p>+</p> <p>Small</p>	0.3	0.5	0.4	<p>minus 0.275 for extra support (2 hands+leg sometimes)</p>	0.125
19		<p>"Lemur" grip</p> <p>Construction is</p> <p>2 support athletes with at least 1 head-up. (F) lays, stands, hangs, or sits on their hands or is in a head-down position. (F) can also hold shoulders of one (S)</p> <p>Le</p>	<p>Big</p> <p>+</p> <p>small</p>	0.1	0.5	0.3	<p>Minus 0.1 for 2 supports</p> <p>+ coordinate balance 0.05 between 2 people</p>	0.15

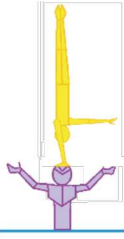
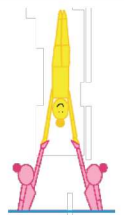
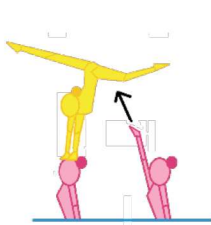
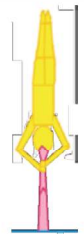
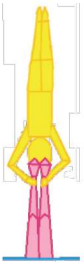


20		<p>"Tower" grip</p> <p>Construction</p> <p>2 support athletes head-down, (F) lay, stand, hang, or sit on their hands or is in a head-down position</p> <p>Tow</p>	medium + medium	0.3	0.3	0.3	Minus 0.05 for capture	0.25
21		<p>Simple lift:</p> <p>Base athletes hold (F)</p> <p>Note: (F) may use support of head/s of base athletes/spotters</p> <p>Li</p>	Small + big	0.5	0.1	0.3	-0.225 (for 3 or more hands capture by base athletes; stable)	0.075
22		<p>"Chameleon" grip</p> <p>Construction 2 supports, one of them head-down. (F) connects to one (S) by stomach, and to second (S) by feet/legs, hands</p> <p>(3 points)</p> <p>Ch</p>	Medium+medium+Small+Small = average	0.3	0.5	0.4	Minus 0.1 for 2 supports	0.30
23		<p>Twins</p> <p>(F) holds the stomach of (S) and (S) holds pelvis of (F) Or (F) holds the shoulders of a spotter and (S) holds the pelvis of (F)</p> <p>Tw</p>	Big + big	0.1	0.1	0.1		0.10
24		<p>(F) Lay/Hang on Feet (S)</p> <p>LayF</p> <p>∞</p>	Small+ Big	0.5	0.1	0.3	-0.125 close to the support (center of mass lays exactly on support)	0.175



25		<p>(F) Sit on feet or 1 foot of (S)</p> <p>SiF</p>	<p>Extra small+ Med</p>	0.5	0.2	0.35	<p>-0.1 for center of mass close to support</p> <p>-0.05 for stability catch</p>	0.20
26		<p>Construction:</p> <p>Two (S) head-up, (F) 1 leg stays on a head of first (S) and 2nd leg on palms (near head) of second (S)</p> <p>1FH+1FP</p>	<p>Small+ extra small + Extra small + Small+ help</p>	0.5	0.6	0.55	<p>Plus connection head 0.2</p> <p>Minus -0.2 for 2 supports</p>	0.55
27		<p>(F) Sit, stand or lay on Stack or Stack head-down with spotter/s</p> <p>S+</p>	Small+ Big	0.5	0.1	0.3	-0.25 for spotters	0.05
28	 <p>(S) = straight arm</p>	<p>(F) 1 foot on 1 palm (S)</p> <p>1F1P</p>	Small+ extra small	1.2	0.6	0.85	+0.4 ALL BODY ON 1 PALM	1.25
29		<p>1 foot (F) on 1 foot (S)</p> <p>1F1F</p> <p>Leg of (S) on which (F) balances must be straight. The leg on which (F) stands must be straight.</p>	Small+small	0.5	0.5	0.5	<p>Bonus for no connect 0.1</p> <p>1 body part multiply on 2</p>	1.10



<p>30</p>	 <p>(F) = straight arm</p>	<p>1 palm (F) on 1 head (S) grip.</p> <p>1PH</p>	<p>Extra small+ small</p>	<p>1.2</p>	<p>0.6</p>	<p>0.85</p>	<p>+0,3all body on 1 palm</p> <p>+0,2 connection with head +balane bonus 0,05</p>	<p>1.40</p>
<p>31</p>	 <p>(F) + (S) = straight arms</p>	<p>Palms/Palms connection on 2SupU Stack.</p> <p>PP2</p>	<p>small/small+ Small/small</p>	<p>0.6</p>	<p>0.6</p>	<p>0.6</p>	<p>+0.05 bonus for balancing in between 2 supports</p>	<p>0.65</p>
<p>32</p>	 <p>(F) = straight arms</p>	<p>Transitional stack only: Palm(s) on the head of (S).</p> <p>(S) can help (F) to keep balance with their hands.</p> <p>2pH</p> <p>∞</p>	<p>Small +Small</p>	<p>0.6</p>	<p>0.6</p>	<p>Capture</p>	<p>+0.175 connection to head</p> <p>-0,05 close to support centre of mass</p>	<p>0.775</p>
<p>33</p>		<p>Head of (F) on 1 foot of (S). (F) hand(s) connected to leg of (S).</p> <p>H1F/</p>	<p>Extra small + small</p>	<p>1.2</p>	<p>0.6</p>	<p>0.85</p>	<p>+0,2 balance on head only with head</p> <p>-0,1 for capture</p>	<p>0.95</p>
<p>34</p>		<p>Head of (F) on 2 feet of (S), with hand(s) of (F) holding leg(s) of (S).</p> <p>HT+</p>	<p>Small+small</p>	<p>0.6</p>	<p>0.6</p>	<p>0.6</p>	<p>+0,25 balance on head only with head</p> <p>-0,1 for capture</p>	<p>0.75</p>



Component P – Position

Group B Positions								
No.	Picture	Name and code	Vestibular load/ Difficulty to balance	Presence or absence of a helping hand (capture)	Type and level of flexibility+ Deviation of torso from inner axis	Total	Value If Position 2	Code for position 2 (level)
Stand on 1 Leg: HEAD-UP with leg Forwards/Sideways Head-Up = the torso and head must be within 90 degrees of a head-up vertical position (no allowance).								
1		Heron he can be with arch in back	Stand on 1 Leg: HEAD-UP with leg Forwards/Sideways	Can be with or without capture	Leg (thigh) 135° or less Leg bent or straight	0.125	0.062	2he
			0.075	0	0.05			
2	<p style="text-align: center;">Both legs straight</p>	Vertical Split vs	Stand on 1 Leg: HEAD-UP with leg Forwards/Sideways Both legs straight.	Can be with or without capture	Straight "upper" leg forwards or sideways 180°+ can have torso deviation up to 90 degrees as per head-up rule	0.30	0.10	2vs
			0.075	0	0.225			
3	<p>Must see capture (not just a touch) with both hands and the opposite arm behind the head OR with just the opposite arm/hand, behind the head</p>	Glass gl	Stand on 1 Leg: HEAD-UP with leg Forwards/Sideways	Yes - both hands and the opposite arm behind the head OR with just the opposite arm/hand, behind the head	Straight leg sideways 180°	0.40	0.20	2gl
			0.075	0.025	0.3			
Stand on 1 leg: HEAD UP with leg Backwards. Head-Up = the torso and head must be within 90 degrees of a head-up vertical position (no allowance). Positions in this subgroup are different from "sideways" positions and need to have hips square, and leg backwards.								
4		Ballerina ba can lean forward	Stand on 1 leg: HEAD UP with leg Backwards	Can be with or without capture	Arch with leg back at 90° (straight or bent at knee). May have torso forwards up to 90 degrees as per head up definition.	0.15	0.075	2ba
			0.075	0	0.075			
5	<p>Can be on 1 knee Must have leg capture (any arm)</p>	Sail sa	Stand on 1 leg: HEAD UP with leg Backwards	Must have leg capture (any arm)	Arch with bent leg back 135° or more and must have torso forwards 90° as per Head Up definition	0.325	0.162	2sa
			0.075	0.025	0.225			



6		Needle ne	Stand on 1 leg: HEAD UP with leg Backwards	Can be with or without capture	Arch with torso forwards 90° as per Head Up definition and 180° between legs (both straight)	0.425	0.212	2ne
			0.075	0.1	0.25			
7	 Can be on 1 knee. Blind capture with 2 arms or opposite arm, (elbow/s point forwards - not a "side" capture)	Eye ey	Stand on 1 leg: HEAD UP with leg Backwards	Yes - Blind capture with 2 arms or opposite arm.	Leg (straight or bent) backwards 135° or more with torso as per Head Up definition	0.50	0.25	2ey
			0.075	0.2	0.225			
Standing on 2 Legs – HEAD-UP								
Head-Up = the torso and head must be within 90 degrees of a head-up vertical position (no allowance).								
8		Stand sd	Stand on 2 legs HEAD-UP	-	Stand on 2 legs (apart or together or can be on 1 knee) Can have an arch in back. Torso as per Head Up definition.	0.05	0.025	2sd
			0	0	0.05			
FREE POSITIONS								
9		Monkey mo	Open Tuck/Pike variations, Chair variations – head-up or head- down	Can be with or without capture	Legs are close to centre of mass i.e. Chair variations, "open pike variations", different kind of sits where legs are close to centre of mass.	0.075	0.037	2mo
			0	0	0.075			
10		Porcupine pp	Tuck (both knees bent and closed to chest (within 90° from chest)	Can be with or without capture	Different variations of tuck on the support (laying, standing on palms, head-down etc)	0.10	0.05	2pp
			0	0	0.1			
11		Cat ct	Stand on 3 or 4 limbs (points of support)	-	Stand on 3 or 4 limbs (foot+2 palms or 1 palm+2 feet or 2 feet+2 palms) Horizontal alignment of torso which can be arched back or bent forwards. Arms/Legs can be bent or straight. If standing on one leg the other leg can be in a free position.	0.025	0.012	2ct
			0	-	0.025			



12		Shrimp	Legs straight and torso touches legs	Can be with or without capture	Both legs straight apart or together. Torso touches legs (legs within 45° of the torso as per allowance)	0.175	0.087	2sh	
		sh	0.05	0	0.125				
13	<p>Blind capture with 2 arms or opposite arm</p> <p>Blind capture = elbow(s) required to be pointing forwards</p>	Harp	Sit/Lay/Hanging Head-Up or Head-Down	Blind capture with 2 arms or opposite arm	Obvious arch in the back. Captured leg is bent. Other leg is in a free position.	0.45	0.225	2hp	
		hp	0.05	0.1					0.3
14		Flamingo	Lay torso/head horizontal with legs free (not cobra)	Can be with or without capture	Straight torso on the horizontal axis, can have arch in back. Legs straight or bent.	0.225	0.112	2fl	
		fl	0.05	0					0.175
15	<p>Blind capture with 2 legs and 2 arms</p> <p>Elbows must point forwards.</p>	Turtle	Lay with arch in the back (stomach upwards, downwards or sideways)	Yes - Blind capture with 2 legs and 2 arms + elbows must point forwards	Arch in back. Legs can be bent.	0.375	0.187	2tu	
		tu	0.05	0.15					0.175
<p>Horizontal aligned positions – HEAD-UP</p> <p>Head-Up = the torso and head must be within 90 degrees of a head-up vertical position (no allowance).</p>									
16	<p>Can be also on stomach</p> <p>or on the side</p>	Cobra	Lay whole body horizontal	-	Horizontal aligned body. Can have arch in back up to 45° from horizontal line. Knees can be slightly bent. Legs can be up to 45° from horizontal line	0.15	0.075	2co	
		co	0.05	0					0.10





17		Split	Sit/Lay in a Split Position (or variant) Head Up	Can be with or without capture	Must have from knee-to-knee an alignment of 180° with 45° allowance. Leg(s) may be bent.	0.28	0.14	2spl	
		spl	(Can be lay on stomach or back)	0.05	0				0.23
18		Scorpio	Lay torso horizontal on stomach Head-Up Arch in the back	-	90-degree arch between the back and at least one leg. Legs can be bent.	0.275	0.137	2so	
		so		0.05	0				0.225
19	<p>Blind capture with 2 arms or with opposite arm</p> <p>Elbow(s) must point forwards.</p>	Pin	Lay with stomach upwards or downwards. Arch in the back with straight legs. Head-Up	Yes – Blind capture with 2 arms or opposite arm (elbow(s) must point forwards)	180° between straight legs and arch in back	0.60	0.30	2pi	
		pi		0.05	0.20				0.35
Head-Down									
Head-Down = the torso and head must be within 90 degrees of a head-down vertical position (no allowance).									
20		Bamboo	Head-down Vertical Position (including variants) At least one leg must remain in VP "cone" (within 45 degrees of vertical line)	-	Small arch in back allowed. At least one leg must remain in VP "cone" (within 45 degrees of vertical line)	0.15	0.075	2bb	
		bb		0.1	0				0.05
21		Box	Head-down 90° Pike Position At least one leg straight	-	90° Pike Position. Legs together or apart. At least one leg straight at 90 degrees.	0.20	0.10	2bo	
		bo		0.1	0				0.10
22	<p>SIDE</p>	Firefly	Head-down 90° Pike Position Both legs straight Hips with legs turned sideways (hips turned 90° from torso)	-	Hips with both legs clearly turned 90° from torso	0.275	0.137	2ff	
		ff		0.10	0				0.175



23		Willow	Head-down Arch in the back with at least one leg straight and 90° back from vertical line.	No	Arch in the back with at least one leg straight and 90° back from vertical line.	0.25	0.125	2wi	
		wi	0.15	0	0.1				
24		Bridge	C-shape arch of the back head-down standing or hanging. Legs/arms can be bent or straight	No	C-shape arch of the back head-down standing or hanging. Legs/arms can be bent or straight	0.325	0.162	2br	
		br	0.05	0	0.275				
25		Owl	Split with straight legs Head-down	-	Must have straight legs split apart 180° (with a 45° allowance)	0.30	0.175	2ow	
		ow	0.15	0	0.15				
26	<p>MUST touch head with at least the toes of 1 foot - NO ALLOWANCE</p>	Marlin	Head-down with arch in the back and connection to the head with at least the toes of 1 foot (no allowance)	-	Head-down with arch in the back and connection to the head with at least the toes of 1 foot (no allowance)	0.35	0.175	2ma	
		ma	0.15	0	0.2				
<p>Positions with Extreme Flexibility: It is recommended these positions are only used by athletes who have the appropriate level of strength, flexibility and body awareness to perform these types of body positions safely. If executed incorrectly, there is a high risk of severe injuries.</p>									
27	<p>Blind capture with 2 arms Elbows pointing forwards.</p>	Drop	Head-down Standing on 2 straight legs (not hanging)	Yes - blind capture with 2 arms. (elbows forward) Can catch 1 leg or both legs with 2 arms.	Arch (back almost 180°)	0.80	0.40	2dr	
		dr	0.2	0.3	0.3				



28	 <p>Blind capture with 2 arms or opposite arm. Elbow(s) pointing forwards.</p>	Queen qu	Head-down Stand on 1 straight leg	Yes - blind capture with 2 arms or opposite arm. (elbow(s) forward)	Arch (back almost 180°) and must have from alignment of 180° with both legs straight	0.70	0.35	2qu
			0.1	0.2	0.4			
29	 <p>Blind capture with 2 arms or opposite arm. Elbow(s) pointing forwards.</p>	Snail sn	Head-down Balance on 1 knee/shin (not hanging). Other foot can't be helping to support the position (ie standing on a support/base)	blind capture with 2 arms or opposite arm capture (elbow(s) forward) Max arch in back	Balance on 1 knee/shin (not hanging). Other foot can't be helping to support the position (ie standing on a support/base)	0.475	0.238	2sn
			0.15	0.20	0.125			


Component R – Rotation of the Construction Base

We start counting the rotation of the support-Athlete (i.e., Stack or Stack head-down) when the support-Athlete starts turning. Sometimes you can see that the turning starts while rising and the featured-Athlete lifts her/his leg while the turn is already happening – it's not Base Mark.

Values for Rotation of the Construction Base in Group B						
Type	Degree of rotation					
	90°	180°	360°	540°	720°	To be used with these connections:
Value for Stack where support athlete with featured athlete on top rotates on the vertical axis. The featured athlete stands on 2 feet on the shoulders of the support athlete.	-	r0.5/	r1/	r1.5/	-	ONLY Connection FS
		0.05	0.10	0.15		
Value for Stack where support athlete with featured athlete on top rotates on the vertical axis. The support athlete must be head up. The featured athlete can be head up or head down. <i>**If featured athlete stands on 2 feet on shoulders (FS) these codes are not valid. Must use above (r0.5/r1/r1.5/).</i>	-	r0.5	r1	r1.5	-	FP SiSb Bp E AP SiS F1S Tw 1F1P S+ (when support is head-up) PP (when featured athlete is not in handstand – for example shrimp) 1F1F (when support is head-up)
Value for Stack where support athlete with featured athlete on top rotates on the vertical axis. The featured athlete stands on 1 leg with other leg at 135 to 180 degrees. The position(s) with 1 leg 135–180° must be maintained through the whole declared rotation of the construction. This means for position 1, or positions 1 and 2, or positions 1, 2 and bonus for 3rd	-	r0.5+	r1+	r1.5+	r2+	F1S 1F1P 1F1F FP (when featured athlete stands on 1 foot)


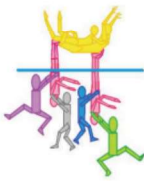
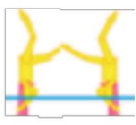
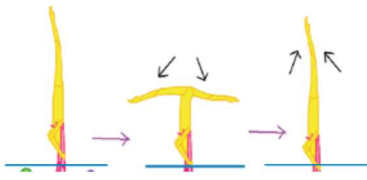
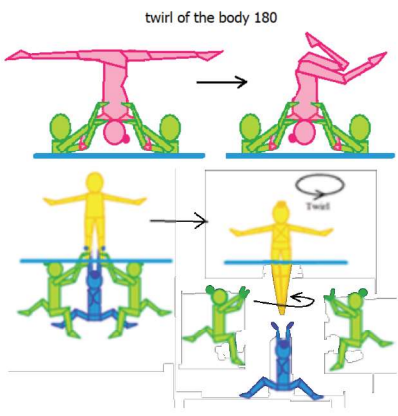
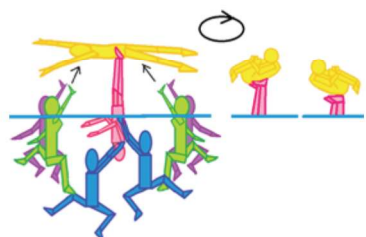


<p>- the leg can't drop out of 135-180° (inclusive of allowance) For example: Position 2 must be with equal "leg-position" (135-180°) to Position 1 (ie Eye, Needle, Sail, Vertical Split, Glass etc).</p> <p>Note: the rising/moving of the position to a one leg position with the other leg at 135-180° can occur while the construction is ascending/turning. This is when the DTCs will start counting the rotation.</p>		0.125	0.225	0.325	0.425	
<p>Value for Stack where support athlete with featured athlete on top rotates on the vertical axis</p> <p>The featured athlete is in a "Handstand" connection</p> <p>OR</p> <p>The support athlete is in a head-down construction</p>	-	r0.5!	r1!	r1.5!	r2!	<p>Feat-Swim = Handstand connection:</p> <p>1P1P</p> <p>1P1F</p> <p>1PPx</p> <p>PF</p> <p>PH/ PP2 2PH</p> <p>1PH</p> <p>PP</p> <p>Support athlete head-down:</p> <p>FF</p> <p>FF/</p> <p>ShF</p> <p>LayF</p> <p>SiF</p> <p>1F1F</p> <p>H1F/ HT+</p> <p>1P1F</p> <p>PF</p> <p>S+</p>
<p>Value for Lift - big water resistance for base athletes while the entire construction rotates including the base athletes.</p> <p>Rotation starts from the surface, not from underwater.</p>	r/L	r0.5L	r1L	-	-	<p>LiH</p> <p>Li</p>
	0.40	0.50	0.80			
<p>Important: For the grips Le, Tow, and Ch there is no rotation of the construction. In the case where only the featured athlete rotates without the support athlete (for example around self while submerging) declare the Group B twirl bonus (Twirl).</p>						


Component T – Plane and Degree of Rotations

- N/A for GROUP B.

Component B – Bonus
List of additions, bonuses, and risk-elements in Group B




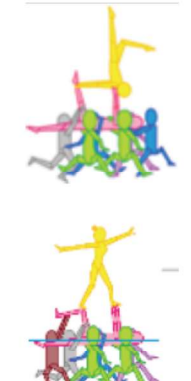
Code	Description	Diagram	Value
Dbl	<p>Synchronized actions for double acrobatic movements</p> <p>Where athletes are divided into two groups (separate small constructions. Usually 3 athletes underwater + 1 featured athlete) who perform identical (equal/same) simultaneous acrobatic movements.</p> <p>Note 1: "Mirror action" is possible – ie constructions face each other and featured athletes both are lifted back-to-back or face to face.</p> <p>Note 2: The two featured athletes may be connected with each other.</p>		0.20
<p>Note on Dbl bonus: How to differentiate a construction with 2 supports and 2 featured athletes vs bonus for double acrobatic movement:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>2 supports with 2 featured athletes (2SupD2F)</p> </div> <div style="text-align: center;">  <p>1 acro (StH) with bonus for double acro movement and connection between 2 featured athletes.</p> </div> </div> <p>In 2SupD2F we clearly can see that both supports and both featured athletes form "a whole" construction and "look unified" (the weight of both athletes is distributed between two supports). But in a second example, we clearly see 2 identical "small" acrobatic movements where featured athletes are just connected in a touching manner. The 2nd acro can't use 2SupD2F, but instead StH with the bonus for double acro and if clearly connected the bonus for a connection.</p>			
Pos3	<p>Third position</p> <p>Example: at the end of acrobatic movement closing legs from split to vertical or tucking (any additional position 3rd, 4th, 5th etc.).</p> <p>This bonus should be declared only once no matter how many positions featured athlete will perform after the first 2 declared ones.</p>		0.05
<p>Can't be combined in the same acrobatic.</p> <p>You can only choose 1 of these!</p>	<p>Twirl</p> <p>"Twirl" of featured athlete in Group B 180° and more (head-up or head-down).</p> <p>Support athlete does not rotate. Only the featured athlete rotates (180-360). Support or base athletes stay static.</p> <p>For this bonus only the featured athlete may remain on the construction for the twirl OR the support/base athletes can let go (disconnect) and the featured athlete twirls while submerging. At least 180 MUST be achieved by the featured athlete's waist (no allowance)</p>	<p>twirl of the body 180</p> 	0.10
	<p>RotF</p> <p>Featured athlete rotates on feet of support 180-360°</p> <p>Support athlete does not rotate. Only the featured athlete rotates (180-360). Support or base athletes stay static.</p> <p>The featured athlete rotates on the feet of the support.</p> <p>Featured athlete must be on horizontal plane on their stomach or on their back.</p>		0.20



<p>SdUp</p>	<p>Stand-up (lifting torso) from a head-down position. For example: Owl to Heron</p>		<p>0.10</p>	
<p>Wave</p>	<p>“Wave” movements Featured athlete(s) must be lifted up/away from the surface.</p>		<p>0.10</p>	
<p>Can't be combined in the same acrobatic. You can only choose 1 of these!</p>	<p>Moon</p>	<p>“Moonwalk”: Lift-up from split, legs sliding and changing place and opening back to the split on surface Base athletes hold legs of featured athlete and move underwater to change position of the featured athlete. The featured athlete can either move 1 leg while the other leg remains static or moves both legs at the same time. Legs can move forwards/backwards.</p>		<p>0.275</p>
	<p>Mov</p>	<p>Moving base lift Base athletes move backward and then return. OR Base athletes pass through each other under the featured athlete.</p>		<p>0.70</p>
	<p>Hold</p>	<p>Long holding lift - 3 seconds and more (Timed by the DTCs) Time starts when featured athlete achieves maximum height and ends when featured athlete starts submerging. Hold bonus declaration and rotation of the construction declaration CAN'T occur simultaneously.</p>		<p>0.50</p>


Group P
Component C – Construction


- Any construction in group P can be lifted from underwater or starts at the surface. The ending of a platform can be done with the descent of the construction or as a “regroup” action on a surface (for example featured-Athlete dives away from platform and support-Athlete make a kick while base-Athletes stop holding him/her and continue the routine).

Group P Construction – Please note in table below Featured Athlete = (F), Support Athlete = (S)									
No.	Picture	Name and number of levels	Difficulty of coordinating actions and number Formations	Support: Body position and level of sustainability	Support: Type and level of flexibility or maintain position	Airborne weight	Area of full construction, Proximity between athletes	Tempo of acceleration and push (lift/throw)	TOTAL
1		Platform where (S) is horizontal with straight body P	Hard	High level of sustainability+ low vestibular load (laying)	straight body	2	Type 2	slow-med	1.00
			0.3	0.1	0.1	0.2	0.2	0.1	
2		Platform where (S) is head-up with the torso bent at 90°. legs straight at the surface. Box	Hard	High level of sustainability+ low vestibular load (laying)+torso up (core hold)	Pike with 90 degrees angle between legs and torso	2	Type 2	Slow-med	1.10
			0.3	0.15	0.15	0.2	0.2	0.1	
3		Platform where (S) is horizontal with straight body and bent knees Knees	Hard	High level of sustainability+ low vestibular load (laying)	straight body	2+ may have bent knees	Type 2	slow-med	1.05
			0.3	0.1	0.1	0.25	0.2	0.1	
4		Platform where (S) is in a Ballet Leg position One thigh of (S) must be on the vertical axis. The shin of the vertical leg can be straight or bent at 90° max (parallel to the surface) B	Hard	High level of sustainability+ low vestibular load (laying)	Thigh forward 90 degrees	2+leg with thigh on the vertical axis	Type 2:	slow-med	1.20
			0.3	0.1	0.2	0.3	0.2	0.1	



5		<p>Platform where (S) is in a Double Ballet Leg position</p>	Hard	High level of sustainability+ low vestibular load (laying)	thighs forward 90 degrees or one leg forward vertical + one thigh vertical	2+two legs with thighs on the vertical axis	Type 2:	slow-med	1.30
		<p>Both thighs of (S) must be on the vertical axis. The shins of the vertical legs can be straight or bent at 90° max (parallel to the surface)</p> <p>DB</p>	0.3	0.1	0.2	0.4	0.2	0.1	
6		<p>Platform where (S) is horizontal on stomach with bent knees or in an arch</p> <p>"Chariot" (either legs up or torso up)</p> <p>Chariot</p>	Hard	High level of sustainability+ low vestibular load (laying o)	straight body+ bent knees or arch	2	Type 2	med	1.15
		<p>0.3</p> <p>0.1</p> <p>0.15</p> <p>0.2</p> <p>0.2</p> <p>0.2</p>	0.3	0.1	0.15	0.2	0.2	0.2	
7		<p>Platform from 2 support athletes</p> <p>(any variation such as straight bodies, 1 or 2 Double or Single Ballet Legs)</p> <p>There <u>MUST</u> be base athletes under <u>both</u> (S).</p> <p>2S</p>	*Hard	High level of sustainability+ low vestibular load (laying) 1	static straight body or ballet leg(s)	3	Type 2	slow-med	1.25
		<p>0.45</p> <p>0.1</p> <p>0.1</p> <p>0.3</p> <p>0.2</p> <p>0.1</p>	0.45	0.1	0.1	0.3	0.2	0.1	
8		<p>Platform "Flower" (3-8 athletes form support from legs) + Others are base athletes</p> <p>Flower</p> <p><u>Minimum requirement for this acro:</u></p> <p>1 base athlete + 3 support+ 1 featured athlete = total 5 athletes</p>	Med	No	static straight body	4-8	Type 3	-	1.00
		<p>0.1</p> <p>0</p> <p>0.1</p> <p>0.8</p> <p>0</p> <p>0</p>	0.1	0	0.1	0.8	0	0	



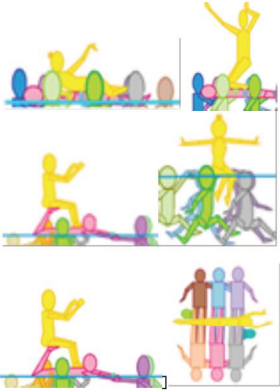
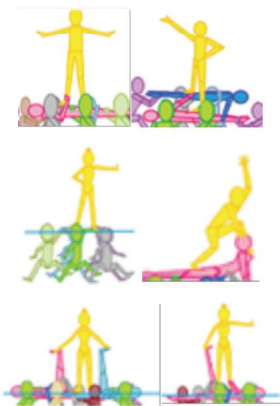

9	 <p>May or may not have Base athletes</p>	<p>Platform made from hands/arms. Base athletes form geometrical figure/or stable support from their hands/arms at the surface on top of which (F) balances</p> <p>Hand</p> <p>May or may not have base athletes</p>	Hard	No	no	1	Type 1	small	0.80
			0.3	0	0	0.1	0.1	0.3	


Component D – Direction

- N/A for GROUP P.

Component S – Area of Support / Type of Connection

i.	In connections SiA, F2A, 3pA, HA, 1FA, FA+PF, 2pA/, BA, 2pBb : support athlete/s and/or base athlete/s can give additional support to the featured athlete to maintain balance for safety reasons.
ii.	In connections FAb, SP+K, 3pK, 3pS, 3pbA, SP+L, SiF+Pb, ShF+P, L/SiF+P, 4p, DBB, 2pK, >1F1P, >2P2P, 2b/, SP+TF, ShiShi+, HP+L : support athlete already/automatically holding featured athlete as per the definition.

Area of support – Group P: Please note in table below Featured Athlete = (F), Support Athlete = (S) In all grips if nothing is specified the support athlete(s) arms can be straight or bent.								
No.	Picture	Type of Connection	Support	Featured Athlete	Average	Support/ base holds f-athlete	Bonus/ Deduction	Total
1		(F) sits or lays on big area of support such as: straight or arched body or hands/arms constructions. SiA	Big	med		Doesn't matter (can be)	-0.05 to close to support	0.10
			0.10	0.2	0.10			
2		(F) stands (two legs, two feet) on a big area of support such as: straight or arched body or hands/arms or ballet leg/s constructions. (F) may hold (S) (like one/two hand(s) on one/two Ballet Leg(s), or hand on head) F2A	Big	Medium (2 feet)		Doesn't matter (can be)		0.20
			0.1	0.3	0.2			
3		(F) stands (two legs, or 1 leg) on a big area of support such as: straight or arched body or ballet leg/s constructions + blind connect to (S) Blind connect = (S) and (F) look opposite ways (usually connected palms to palms) FAb	Big	Medium (2 feet)		Yes	+blind	0.20
			0.10	0.30	0.20	-0.10	0.1	



4		<p>(F) connects at 3 points standing with at least one leg on a big area of support such as: straight or arched body or hands/arms constructions.</p> <p>3pA</p>	Big	Extra small + small (1 foot)		Doesn't matter (can be)	-0,15 connect to sup	0.15
			0.1	0.4	0.3			
5		<p>(F) stands on 1 leg on a big area of support such as: straight or arched body or hands/arms constructions.</p> <p>1FA</p>	Big	Extra small (1 foot)		Doesn't matter (can be)		0.40
			0.1	0.7	0.4			
6		<p>Headstand (F) on a big area of support such as: straight or arched body; or</p> <p>Head (F) can be between (S) legs or between the base athletes hands/arms etc.</p> <p>HA</p>	Big	Small (head)		Doesn't matter (can be)	Centre of mass close to support	0.10
			0.1	0.5	0.3		- 0.2	
7		<p>(F) holds knees (S), (S) holds shoulders (F).</p> <p>SP+K</p>	Small + extra small	Medium (shoulders)		Yes		0.25
			0.4	0.3	0.35	- 0.1		
8		<p>(F) is connected to knee/s (S) and palms/shoulders by any 3 points (for example: 2 palms and 1 knee OR 1 palm and a knee and knees in palms of the support etc.)</p> <p>3pK</p>	Small + extra small	Extra small + small (1 leg/ knee)		Yes		0.30
			0.4	0.40	0.40	-0.10		
9		<p>3 points of connection with (S) on small area with (F): palms to palms and one foot to one foot (or palm to foot and foot to 2 palms)</p> <p>3pS</p>	Small	Small		Yes		0.40
			0.50	0.05	0.50	-0.10		


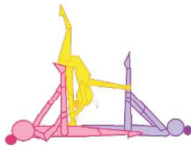

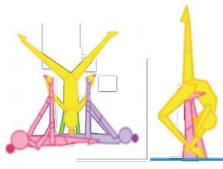

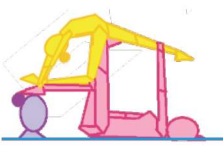
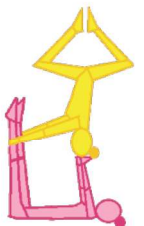


10		<p>(F) is connected to a big area of support by any 3 points (for example: 2 palms and 1 foot OR 1 palm and 2 feet etc) in a blind connection where (F) does not see their foot/feet (for example bridge position)</p> <p>3pbA</p>	Big	Extra small+big		Doesn't matter (can be)	+blind + high cm	0.45
			0.1	0.6	0.3		+0.15	
11		<p>One foot (F) stands on (S) who is in a ballet leg position + (F) holds/grabs the Ballet Leg (S) (can have additional support with another Ballet Leg)</p> <p>FA+PF</p>	medium	small (1 foot and 1 palm)		Yes	-0.05 for stability	0.25
			0.3	0.5	0.4	-0.1		
12		<p>Shoulders (F) on palms (S) + (F) is connected by hands with the leg or 2 legs (S).</p> <p>SP+L</p>	Extra small	Medium (shoulders)		Yes	-0.05 for stability + high cm 0.025	0.375
			0.7	0.3	0.5	- 0.1		
13		<p>(F) sits on feet or 1 foot (S) + blind connection to (S) palms to palms ((F) can't see the palms to palms connection)</p> <p>SiF+Pb</p>	Medium	Medium			+ blind +0.05 for connection	0.35
			0.3	0.3	0.3		+0.05	
14		<p>Shoulders (F) on feet (S) + palms/palms connection between them</p> <p>ShF+P</p>	Medium	Small		Yes	High cm	0.40
			0.3	0.5	0.4	--0.1	+0,1	
15		<p>(F) sits or lies on the foot or two feet (S). (S) connected to (F) with their palms.</p> <p>L/SiF+P</p>	Small	Medium (bottom or lower stomach)		Yes		0.30
			0.5	0.3	0.4	-0.1		



16		<p>4 points of connection - Palms (S) connected with ankles (F). Palms (F) connected with the ankles (S).</p> <p>4p</p>	Medium	Medium (shins)		Yes (double)		0.10
			0.3	0.3	0.3	-0.2		
17		<p>Handstand (F) on a big area of support (2 palms) + can have additional help from base/support athlete(s). Arms (F) must be straight with a limit of the top of the head for any bending due to execution (alignment with group B).</p> <p>2pA/</p>	Small	Big		Yes	-0.025 for base athletes help	0.275
			0.5	0.1	0.3	-		
18		<p>Bridge position (F) with 4 points of connection on a big area of support. (can have extra help from base/support athlete(s))</p> <p>BA</p>	Big	Small		Doesn't matter (can be)	0.30	
			0.1	0.5	0.3			
19		<p>Bridge position (F) with 4 points of connection on a Double Ballet Leg construction. (F) can face any way. The connection must be made between palms and feet of (S) and (F).</p> <p>DBB</p>	Small	Small		Yes	Blind + high cm	0.50
			0.5	0.5	0.5	- 0.1	+ 0.1 +0,1	
20		<p>2 points of connection (S) on platform construction Knees</p> <p>2pK</p>	Small	Medium		Yes (double help)	-	0.20
			0.5	0.3	0.4	- 0.2		
21		<p>(F) performs a transit to stand 1 leg on 1 or 2 palms (S).</p> <p>>FIP</p>	Extra*2	Small		Yes	-0.15 for transit	0.40
			1.2	0.5	0.85	-0.1		



22		2 blind points of connection with (S) (blind points of support- is when (F) does not see the leg they are connected on). Can have one extra point of connection with (S), or (F) can hold another support athlete's leg. This connection is for Queen position only.	Small	Small/ Medium		Yes	+blind arch capture	0.55	
		2pBb	0.5	0.4	0.45	-0.1	+0.3		
23		(F) performs a transit to 2 arm handstand on both palms (S). (F) must have both arms straight with a limit of the top of the head for any bending due to execution (alignment with group B).	Extra*2			Yes		-0.2 for transit	0.60
		>2P2P	1.2		0.9	-0.1			
24		(F) hanging on 1 or 2 ballet legs of one or two (S) + help from base athlete(s)	Extra small	small		Yes		0.45	
		2b/	0.6	0.5	0.55	-0.1			
25		Chest on feet+ Hips on palms Note: (F) may hold legs of (S) (depending on declared position)	Small- Med	Med		Doesn't matter	Centre of mass is ON the support	0.25	
		SF+TP	0.5/0.3	0.3	0.4	-	-0.15		
26		Shin (F) connected to Shin (S) + (F) lays on the other foot of (S). (S) may have additional connection with base athletes' head. (F) may have additional help of (S)	Med	Extra small		No!!	Shin/knee + Sheen/ knee bonus +0.3 -0.15 for head and extra help from support	0.70	
		ShiShi+	0.3	0.6	0.45	+0.1			
27		Head (F) on palms (S) + (F) connects with 1 or 2 legs(S)	small	Extra small	yes	Yes	+0.1 for head connection -0.125 for extra connection to legs	0.425	
		HP+L	0.5	0.6	0.55	-0.1			



Group P: Constructions with the type of connections that must be used with <i>(If there is a discrepancy between this table and the original connection and the construction tables, the original connection and construction tables will prevail.)</i>	
Construction	Connection
P	F2A; SiA; 1FA; 3pA; HA; >F1P; 2pA/; 4p; 3pbA; BA; >2P2P
Box	4p; 3pA; SiA; F2A; HA
Knees	2pK; 3pbA; 3pK; SP+K; F2A; SiA; 3pA; >F1P; >2P2P; BA; 1FA
B	2pBb; >F1P; L/Sif+P; SiF+Pb; SP+L; FA+PF; F2A; SiA; HP+L, FAb, 3pA; 1FA; HA; 3pS
DB	L/Sif+P; ShF+P; SiF+Pb; SP+L; FA+PF; 3pK; F2A; SiA; >F1P; ShiShi+; SF+TP; HP+L; 3pA, 1FA; 4p; DBB
Chariot	2pA/; 4p; 3pbA; 3pA; FAb; F2A; SiA; 1FA; BA
2S	2b/; 2pBb; FA+PF; 3pbA; HA; 3pA; F2A; SiA; 1FA; SP+K; 3pS; ShF+P; L/Sif+P; 2pA/; BA
Flower	2pA/; 3pbA; HA; 3pA; F2A; SiA, 1FA; BA
Hand	2pA/; 3pbA; HA; 1FA; 3pA; F2A; SiA; 3pbA; BA

Component P – Position

- Please use the Position Charts from GROUP B.

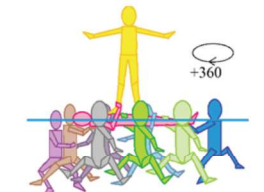
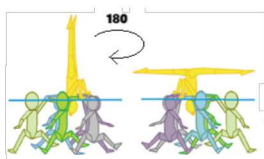
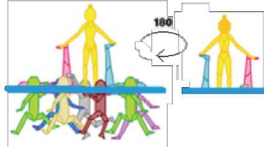

Component T – Plane and Degree of Rotations

- N/A for GROUP P.


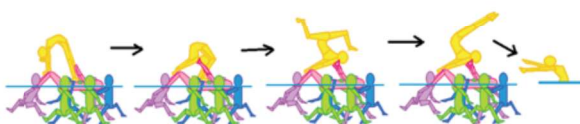
Component R – Rotation of the Construction Base

i.	If there is a change in the construction, the rotation of the construction declaration must match the criteria of the construction required when the actual rotation is being performed.
ii.	The declared rotation of the construction must be performed with the same construction throughout.
<p>Sometimes athletes can change the type of construction while performing a Group P acrobatic movement. For example, starts in a 2S construction and then 1 support athlete disconnects and becomes a base athlete and the construction becomes Ballet Leg B. The team will declare 2S as the Construction.</p> <p>If, in this example, a rotation of the construction is also occurring the coach MUST ensure that the declared rotation code matches the criteria of the construction used when the rotation is being performed. The declared rotation must be performed with the same construction throughout.</p> <p>For example: the platform starts as a 2S construction and then becomes a B construction. A 360o rotation occurs during the B construction. In this case the team will declare "Pr1" for rotation of the construction, and not "P2Sr1".</p>	



Values for Rotation of the construction base in Group P							
Type	Diagram	Degree of rotation					To be used with these connections
		90°	180°	360°	540°	720° and more	
Value for platform where the entire construction rotates, including base swimmers The platform is made with one horizontal support swimmer		Pr	Pr0.5	Pr1	Pr1.5	-	P Box Knees B Chariot
		0.20	0.30	0.50	0.70	-	
Value for construction made from hands		Ph	PO.5h	P1h	P1.5h	P2h	Hand
		0.10	0.20	0.30	0.50	0.70	
Value for platform made from legs with 2 or more support swimmers		P2S	P2Sr0.5	P2Sr1	-	-	2S Flower
		0.30	0.40	0.60	-	-	
Value for platform construction DB		PDB	PDB0.5	PDB1	-	-	DB
		0.35	0.45	0.70	-	-	

Component B – Bonus

List of additions, bonuses, and risk elements in group P:			
Code	Description	Diagram	Value
Dbl	<p>Synchronized actions for double acrobatic movements</p> <p>Where swimmers are divided into two groups separate small constructions. (usually, 3 swimmers underwater + 1 featured swimmer) and who perform identical equal/same simultaneous acrobatic movements.</p> <p>Note 1: "Mirror action" is possible – ie constructions face each other or away from each-other</p> <p>Note 2: The two featured swimmers may be connected with each other</p>		0.30
Pos3	<p>Third position</p> <p>Example: at the end of acrobatic movement closing legs from split to vertical or tucking any additional position 3rd, 4th, 5th etc.</p> <p>This bonus can be declared only once no matter how many positions featured swimmer will perform after the first 2 declared ones.</p>		0.05

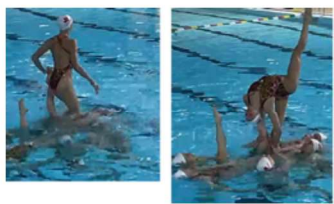
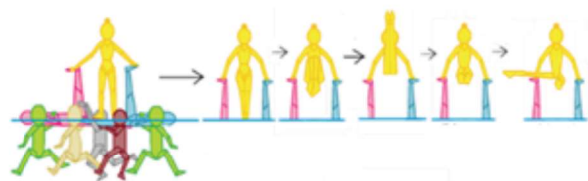
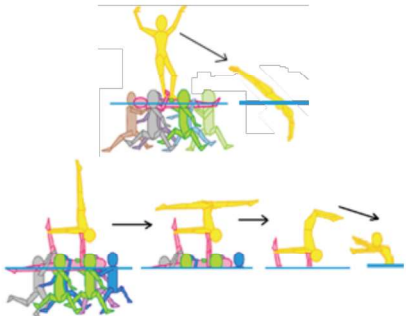


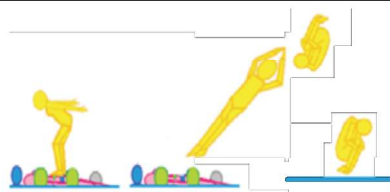


<p>UP</p>	<p>Platform (any construction) lifted UP out of the water off the surface.</p> <p>Must hold 3 seconds or more with the featured swimmer completely dry and the support swimmer completely dry if support is horizontal OR with the featured swimmer completely dry and the holding arms of base swimmers completely dry from shoulders to fingers if construction is made from hands/arms</p> <p>Rotation of the construction may be declared simultaneously.</p>		<p>1.00</p>	
<p>Can't be declared in the same acrobatic.</p> <p>In both bonuses legs must be straight throughout the movement.</p>	<p>Porp</p>	<p>Porpoise</p> <p>Transitional start-action for featured swimmer at the beginning of the acrobatic movement.</p> <p>Porpoise bonus must start in a pike position and while the platform is rising the legs are continuously lifted into a Bamboo position which must be declared as Position 1.</p>		<p>0.15</p>
	<p>Spich</p>	<p>Spichag</p> <p>Power press-up from Shrimp Position to Bamboo Position, then power-lowering from Bamboo Position to Shrimp Position. Or in the opposite way - starts in Bamboo, lower to Shrimp, press up to Bamboo. Featured swimmer must be unassisted by support/base swimmer(s).</p> <p>We do not declare a transitional position between Bamboo and Shrimp or Shrimp to Bamboo.</p> <p>The declaration of the positions varies for the acro depending on when the Spichag is happening.</p> <p>For this bonus, the legs in the Shrimp position must be parallel to the surface (with a 45-degree allowance)</p> <p>Can happen in any phase of acrobatic movement</p>	<p>How Spichag MUST be done (or opposite way)</p>	<p>0.50</p>
<p>Trav</p>	<p>Travelling construction</p> <p>It must be an <u>obvious</u> movement from one spot to another. May start moving from underwater while ascending</p> <p>Can occur simultaneously with rotation of the construction, but travelling must be obvious.</p>		<p>0.20</p>	



Can't be declared in the same acrobatic	<p>Stand</p> <p>After handstand/head-down position/s featured swimmer lowers legs on a platform and stands-up.</p> <p>For example: from Willow to Stand position</p>		0.10
	<p>Diva</p> <p>For 2S construction: featured swimmer starts in 3pS connection, then stands on two feet foot to foot on two different support swimmers, and stands up, remaining standing connected feet to feet until submergence of both support swimmers.</p>		0.30
PRoll	<p>Roll on the Construction</p> <p>From Back Layout Position on the surface featured swimmer holds ankles of the support swimmer, and lift legs upwards over the head. Support swimmer catches ankles and pulls featured swimmer up. Featured swimmer rolls while extending the arms into a horizontal position (parallel with the support swimmer). Support and featured swimmer hold each other's ankles using both arms at the end of this bonus. In the case of using this bonus, position 1 will be considered the one that is happening after the roll.</p>		0.125
Box	<p>Lifting in a "Box" and/or lowering back</p> <p>Featured swimmer starts from a horizontal body position. Construction is pushed by base swimmer/s and support swimmer rises and pikes simultaneously. Featured swimmer also simultaneously rises and pikes to form a Box position. The box can lower back down. The featured swimmer may remain on until submergence of the support swimmer or continue with other movements after the Box bonus is completed.</p>		0.175
Can't be in the same acrobatic	<p>Spider</p> <p>"Spider" action</p> <p>Featured swimmer twists the shoulder and thigh joints and appears inside a construction from underwater and climbs on top of the construction into a Bridge position. This action has flexibility risk factor.</p> <p>Can only be used for constructions 2S, Flower and Hand</p>		0.225
	<p>Climb</p> <p>Featured swimmer climbs onto the platform from under the water inside the construction to perform Position 1.</p> <p>Can only be used for constructions 2S, Flower and Hand</p>		0.10



<p>Arch</p>	<p>While platform is rising a non-stop transition to a Position 1 Queen or Drop that starts head-up. The featured swimmer can start arching back into position 1 only once knees are above surface of the water.</p> <p>Exception - the featured swimmer may have help from support/base swimmers to achieve position 1.</p>		<p>0.40</p>
<p>Kozak</p>	<p>“Kozak” power press sequence</p> <p>Featured swimmer presses up on 2 Ballet Legs, slowly balancing and pulling legs close to chest and then straightening them into a Shrimp Position with the legs at 45 degrees or less from the vertical line.</p> <p>Next, featured swimmer lowers legs straight to a Monkey position and executes a Static Power Hold for 3 sec or more.</p> <p>Tempo of bonus must be slow-medium, not fast.</p>		<p>0.60</p>
<p>Ending Action Bonuses – Can only use ONE of the following codes as a bonus – two can’t be declared together in the same acrobatic.</p> <p>Same allowance rules for somersaults and twists apply in these bonuses as in group A. Must start from standing/head-up (on 1 or 2 legs) except for Dive bonus.</p>			
<p>Dive</p>	<p>Dive or Half Somersault at the end of the platform performed headfirst or foot-first.</p> <p>Featured swimmer performs a dive/ half somersault to enter the water (may have twist around self while diving).</p> <p>Featured swimmer can’t remain in connection with the support swimmer.</p> <p>TCs must see a disconnection.</p>		<p>0.05</p>
<p>CH</p>	<p>Cartwheel or Handspring 360° ending action off a platform. Can be performed as Handspring with connection.</p>		<p>0.10</p>
<p>Ps1</p>	<p>At the end of the platform, the featured swimmer performs 360° somersault to enter the water</p>		<p>0.10</p>
<p>Ps1t0.5</p>	<p>At the end of the platform, the featured swimmer performs 360° somersault + half twist to enter the water</p>		<p>0.15</p>



<p>Ps1o</p>	<p>At the end of the platform, the featured swimmer performs 360° somersault and open to a straight body position to enter the water.</p>		<p>0.30</p>
<p>Ps1t0.5o</p>	<p>At the end of the platform, the featured swimmer performs 360° somersault + half twist and open to a straight body position to enter the water</p>		<p>0.40</p>
<p>Ps1t1</p>	<p>At the end of the platform, the featured swimmer performs 360° somersault + 1 twist to enter the water</p>		<p>0.35</p>
<p>Pf1</p>	<p>At the end of the platform, the featured swimmer performs 360° Side Somersault to enter the water</p>		<p>0.15</p>
<p>Pf1o</p>	<p>At the end of the platform, the featured swimmer performs a 360° Side Somersault and open to a straight body position to enter the water.</p>		<p>0.325</p>
<p>Mov</p>	<p>The featured swimmer Moves from platform onto 1 or 2 spotter's heads for finishing acrobatic movement as a Lift.</p>		<p>0.25</p>
<p>Mov1</p>	<p>The featured swimmer Moves from platform to standing with one leg on the shoulder of 1 spotter/base swimmer and submerge. The standing on one leg position must be shown by the allowance of the knee.</p>		<p>0.15</p>



<p>Mov1+t</p>	<p>The featured swimmer Moves from platform to standing with one leg on the shoulder of 1 spotter/base swimmer with a turn 180 degrees by the waist. The standing on one leg position must be shown by allowance of the knee.</p>		<p>0.275</p>
<p>Fall</p>	<p>Fast fall down inside construction by the featured swimmer. Can only be used for constructions 2S, Flower and Hand</p>		<p>0.05</p>
<p>FTurn</p>	<p>Fast fall down inside construction with 360o or more twist(s) by the featured swimmer, which must be completed by the waist. Can only be used for constructions 2S, Flower and Hand</p>		<p>0.15</p>

Group C

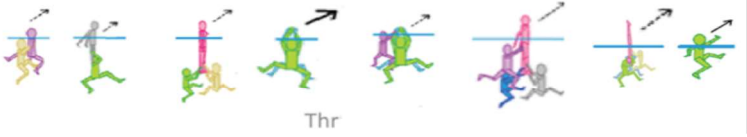
Specific terminology for Group C:

<p>i.</p>	<p>Transit – is a term used when the featured swimmer is held/supported by the support swimmer of a second (main) formation from the start of the acrobatic movement. The support swimmer “pulls/helps” the featured swimmer to its own formation. The featured swimmer may continue their movement and enter the water or remain on this support swimmer until submergence of the support swimmer.</p> <p>Example of Transit:</p>
<p>ii.</p>	<p>Jump (when used in group C) – is a term used when the featured swimmer is not connected from the start of the acrobatic action with the second (main) formation. There must be a clear and obvious airborne jump (from head/fingers to toes of the featured swimmer) from one formation to the other and a connection with the second (main) formation after the flying phase. The featured swimmer may remain on the support swimmer or continue their movement after a connection until entering the water.</p> <p>Example of desirable execution for a Jump:</p>



iii.	Onto the support - When the featured swimmer jumps/transits from first (pushing) formation onto another – second (main) formation and remains on it until submergence of the support swimmer
iv.	Through the support - When the featured swimmer jumps/transits and passes through the second (main) formation (touch and continues moving)
v.	Fly above formation - When the featured swimmer jumps and flies above the second (main) formation (without touching).

Component C – Construction

i.	<p>When in the Code we see “Thr” – that means a “pusher” formation. Any way of pushing or jumping will be written as Throw (ie: Thr). Some examples of Thr in Group C:</p> 
ii.	Inside of a construction code the symbol > means a transit OR a jump from first (pushing) formation to the second (main) formation.
iii.	A Piked arrow ^ inside of a construction code means a jump from first (pushing) formation and fly above second (main) formation without touching and entering the water beyond.
iv.	If there is no > at the end of the construction code, it means that you can remain on the 2nd (main) formation OR pass through the 2nd formation before entering water.
v.	If there is a > at the end of the construction code, we MUST see a pass through of the 2nd (main) formation and continue to enter the water.
vi.	When a Stack or Stack head-down construction is declared it must contain at least: 1 base swimmer, 1 support swimmer and 1 featured swimmer (after landing).
vii.	When a lift is declared it must contain at least: 2 base swimmers and 1 featured swimmer (as part of the formation/construction).
viii.	When platform(s) or float(s) construction is declared: It must have at least 1 base swimmer under support swimmer(s).
ix.	For flying over construction, the flying phase MUST be performed when the featured swimmer of the second (main) formation (above which the featured swimmer flies) is at the “positions allowance safe zone” or higher (waist, knees or full body dry). If the featured swimmer unintentionally touches the second (main) formation while flying - it is execution. If the featured swimmer falls on the second (main) formation while flying above it – this is a Base Mark.
x.	Connections can be “broken” before submergence if it is not clearly stated that it should remain connected until submergence of the featured swimmer or submergence the support swimmer.



Group C Construction : Please note in table below Featured Swimmer = (F), Support Swimmer = (S)									
#	Picture	Name and number of levels	Difficulty of coordinating actions and number formations	Support: Body position and level of sustainability	Air-borne weight	Tempo of acceleration and push lift/throw)	Area of support	Bonus	Total
1		Transit or Jump on Stack head-up from any kind of throw. (F) may continue to move and enter the water or may remain on the 2nd (main) formation until submergence of (S). Thr>St	Med	High level of sustainability+ low vestibular load	1+0.5	Fast/med (0.3/0.2)	Small-med	+0.275 increase	1.125
			0.2	0	0.15	0.25	0.25	+0.275 increase	
Please note in the acro below the coach declares Thr>St (Transit or Jump on Stack from any kind of throw). The additional formation between the two formations (pushing and main one) that does not take part in acro and does not influence the DD is considered in Artistic Impression and can't be declared as bonus.									
2		Transit or jump onto Stack head-down from any kind of throw. (F) may continue to move and enter the water or may remain on the 2nd (main) formation until submergence of (S). Thr>StH	Med	Low level of sustainability+ high vestibular load and 1 support is head-down	1+0.5	Slo/med (0.2/0.1)	Small-med	+0.275 increase	1.20
			0.2	0.2	0.15	0.15	0.225		
3		Through: 2 pair One of them can be head-down) + (F) must continue (pass through the pair) and enter the water Thr>Pair>	Basic	-	1	Big	Med	+0.275 increase	0.675
			0	0	0.1	0.1	0.2		



4		<p>Transit or Jump from any kind of throw to</p> <p>2 or more floats (swimmers floating at the surface and connected to each other).</p>	Med*	High level of sustainability + low vestibular load laying) at least two floats in connect	1+1+1	Optional	Big	+0.275 increase	1.0
		<p>May remain on platforms until submergence of the (S)s or may continue to move and enter the water</p> <p>Thr>FF</p>	0.225	0.1	0.3	0	0.1		
5		<p>Transit or Jump on a float (One (S) is floating at the surface)</p>	Easy	High level of sustainability + low vestibular load laying)	1+1	Fast/no	Med-big	+0.275 increase	0.875
		<p>(F) may continue to move and enter the water or may remain on support until submergence of (S).</p> <p>Thr>F</p>	0.1	0	0.2	0.15	0.15		
6	<p>Lift can be made with 2, 3 or 4 heads only.</p>	<p>Fly above Lift on heads from any kind of throw. (F) must be in Cat or Bridge position. Lift can be made with 2, 3 or 4 heads only.</p>	Hard	-	1+1	Fast/slow-med 0.3/0.1)	Big	+0.3 fly above formation on heads	1.575
		<p>Thr^Lh</p>	0.3	0	0.2	0.2	0.1	+0.275 increase	
7		<p>Fly above Second (main) formation (lift, pair acro, stack-head-down, stack) from any kind of throw</p>	Med-Hard	May be	1+1	Fast/slow-med 0.3/0.1)	Big	+0.2 fly above formation	1.225
		<p>Thr^2F</p>	0.25	0	0.2	0.2	0.1	+0.275 increase	




8		<p>Simple lift + spotter/s</p> <p>2 formations of base swimmers under one (F) and</p> <p><u>Option 1:</u> (F) is laying at the surface. One of the base swimmer's formation pushes part of the (F)'s body and they stand-up on a 2nd (main) formation. May remain on this 2nd (main) formation until submergence of the base swimmers or continue moving/disconnect and enter the water</p> <p><u>Option 2:</u> (F) stands-up as regular lift on the 1st formation with 2nd (main) formation waiting. (F) falls on the 2nd (main) formations' base swimmer who catches them before submergence of the base swimmers. (F) may continue moving/disconnect and enter the water.</p> <p>L+spot</p>	Low	-	1	Med/no 0.2/O)	Medium	+0.275 increaser	0.775
			0.1	0	0.1	0.1	0.2		
9		<p>Transit or Jump on formation made from arms/hands.</p> <p>Arms may be on the surface. (F) may continue to move and enter the water or may remain on the 2nd (main) formation until submergence of the base swimmers.</p> <p>Thr>hand</p>	Low	no	1	Fast/no	Easy-Medium	+0.275 increaser	0.80
			0.1	0	0.1	0.15	0.175		
10		<p>2 Jumps from throws (2 (F)s in connection with each-other) : 1st (F) jumping and passing above the 2nd (F) while flying. 2nd (F) follows the 1st (F) to enter the water after showing an arc in the air.</p> <p>Thr+Thr</p>	Hard	High level of sustainability+ low vestibular load	1+1	fast	Big	+0.1 for connection between 2 featured swimmers	1.25
			0.3	0	0.2	0.3	0.175	+0.275 increaser	



11		<p>Snake-type One (F) after showing balance stack becomes airborne in connection/ together with (S). After showing arc-divide both of them enter water one-by-one while still keeping the connection.</p> <p>Sn</p>	Med	Optional	1+1	Med	Med	+0.275 increase	1.175
			0.2	0.1	0.2	0.2	0.2		
12	<p>ONLY ON HEADS.</p>	<p>Transit through 1, 2 or 3 heads from any kind of throw. Can't be used with Jump bonus.</p> <p>(F) must continue (pass through the heads formation) and enter the water.</p> <p>Thr>head></p>	Med	no	1	0.3/0) Med/no	Medium	+0.275 bonus for head-connection)	1.075
			0.2	0	0.1	0.1	0.2	+0.275 increase	
13	<p>180</p>	<p>2 mini-stacks (head-up) + spotter (head-up or head-down). Starts as 2 support Stack. After reaching max height (F) is pushed by one of the supports and disconnects to perform actions in the air while keeping connection with 2nd (S).</p> <p>2Sup+</p>	*Med	no	1+0.5 +0.5	Medium-up	Med	+0.275 increase	1.05
			0.25	0	0.2	0.125	0.2		
14		<p>Transit or Jump on Small-Square formation. (F) may continue to move and enter the water or remain on the square formation until submergence of the second (main) formation.</p> <p>Thr>Sq</p>	Hard	NO	1	Fast/slow-med 0.3/0.1)	Extra-hard Small	+0.275 increase	1.15
			0.3	0	0.1	0.2	0.275		
15		<p>Transit or jump on 2-Stacks (head up or head down) from any kind of throw. (F) may continue to move and enter the water or may remain on the 2 stack formation until submergence of both (S).</p> <p>Thr>St2</p>	Hard	High level of sustainability+ low vestibular load	1+1+1	Fast/med 2	Big	+0.275 increase	1.20
			0.3	0	0.3	0.225	0.1		
16		<p>From any kind of throw (1st formation), jump/ step (1 foot to 1 foot) onto a Stack head-down (2nd formation). Followed by a step 1 (foot to 1 foot) onto a Stack Head-down (3rd formation). (F) may continue to move and enter the water or may remain on the 3rd formation until submergence of (S).</p> <p>Thr>StH>1F</p>	Med - Hard	Low level of sustainability+ high vestibular load and 1 support is head-up	1+0.5+ 0.5	Slo/med 0.2/0.1)	Small-med	+0.275 increase	1.30
			0.25	0.2	0.2	0.15	0.225		


Component D – Direction

The same as in group A, plus on additional special direction for group C:

Direction	Code	Diagram	Value
<p>Blind back jump Blind means that the featured swimmer can't see the second (main) formation before and during takeoff and is not connected with the second (main) formation.</p> <p>Also use for Thr+Thr construction as there's no Main formation</p> <p>Please note if "Back" is declared instead of "Bln" this is NOT a Base Mark.</p>	Bln		0.20

Component P – Position

- Use the Position Charts from GROUP A and GROUP B.
- If in an acrobatic movement, the featured-Athlete after getting on a second "main" formation remains on it until submergence of the support athlete-use table from group B only. Position 1 is the first position the featured athlete is in when they get on the second (main) formation.
- If in an acrobatic movement the featured-Athlete after getting on a second "main" formation continues their movement and becomes airborne and later enters the water, use table from group A only. Position 1 is the first position in the order after take-off that is happening in the air after leaving the second main formation. (for example: if it's a handspring or somersault use positions from group A)
- For Thr>FF and Thr>F a group B position must be declared as position 1 on the float(s). Position 2 or 3rd position bonus must also be Group B if featured swimmer remains on until submergence of the support swimmers or if featured swimmer continues to move and enters the water. Group A positions are not allowed.
- If a Group A position is declared when a Group B position is required = Base Mark.
- If a Group B position is declared when a Group A position is required = Base Mark.
- The positions in group C for a fly above formation (constructions Thr^2F or Thr^Lh) is defined as:
 - If there are two featured swimmers, position 1 indicates the position of the 1st featured swimmer (who is usually lifted, so group B is used) and position 2 indicates the position of the second featured swimmer (who usually flies, so group A is used).
 - All other positions of either featured swimmer may be indicated in the bonus for third position ("Pos3").

For **group C** constructions **Thr+Thr** or **Sn**:

- Position 1 indicates position of the first featured swimmer (leading)
- Position 2 indicates position of the second featured swimmer (following)
- Any subsequent position may be declared as a third position bonus

Component S – Area of Support

- N/A for Group C (Value already inside construction).

Component R – Rotation of the Construction Base

- Must happen with support and featured-Athlete together (for example: after the featured-Athletes lands on a second formation), unless otherwise specified.



Values for the rotation of the construction base in Group C					
Type	Degree of rotation				Use with these constructions
	90°	180°	360°	540°	
<p style="text-align: center;">Value* for Stack</p> <p style="text-align: center;">If the featured swimmer AND the support swimmer are NOT in head-down position</p> <p><i>*Support swimmer with featured swimmer on top rotates around self after landing or reaching max height stop-point</i></p>	-	Cr0.5	Cr1	Cr1.5	Thr>St (possible if (F) and (S) are not head-down)
	-	0.20	0.30	0.40	Thr>St2 (possible if (F) and (S) are not head-down)
<p style="text-align: center;">Value* for Stack</p> <p style="text-align: center;">If the featured swimmer AND/OR the support swimmer is in head-down position</p> <p><i>*Support swimmer with featured swimmer on top rotates around self after landing or reaching max height stop-point</i></p>	-	Cr0.5 !	Cr1!	Cr1.5!	Thr>StH Thr>StH>1F
	-	0.30	0.40	0.50	Thr>St (possible if (F) and/or (S) is head-down) Thr>St2 (possible if (F) and/or (S) is head-down)
<p>Value for LIFT ON HEADS while featured swimmer flies above it</p> <p>Big water resistance for base swimmers while the entire construction rotates including the base swimmers. Rotation starts from the surface, not from underwater.</p>	-	Cr0.5 L	-	-	Thr^Lh ONLY
	-	0.40	-	-	
<p>Value for the platform/float made of hands (formation) after featured swimmer lands on it</p>	-	CP0.5	-	-	Thr>F Thr>FF
	-	0.40	-	-	Thr>hand
<p>Special rotation for the formation being flown over in Thr^2F construction</p> <p>The rotation must happen during the flying phase of the featured swimmer (not before they jump or after they enter the water)</p>	-	2F0.5	2F1	-	Thr^2F ONLY
	-	0.25	0.35	-	

Note:

- For constructions **Thr>Pair>**; **Thr+Thr**; **Sn**; **2Sup+**; **Thr>head>**, there is no rotation of the base possible.
- For construction **L+spot** and **Thr>Sq**, the only option is to use the **twirl** bonus (no rotation of the base option available for this construction)


Component T – Plane and Degree of Rotations

For Thr+Thr Construction coach declares only one type of rotation in the air of the “second” featured swimmer (not the one that appears from underwater first and leads the jump). TCs look at the one who is “finishing the jump”. For example: first featured swimmer performs a dive, second featured swimmer follows them and performs one somersault before entering the water. Coach declares only 1 somersault (Cs1).

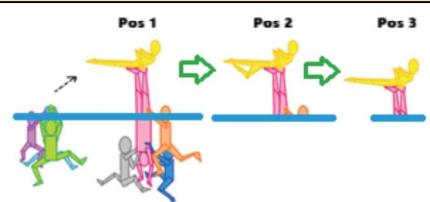

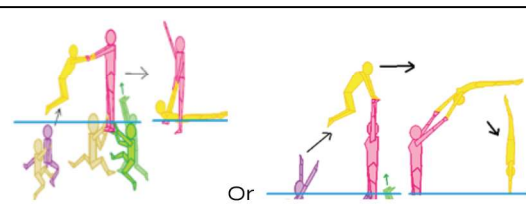
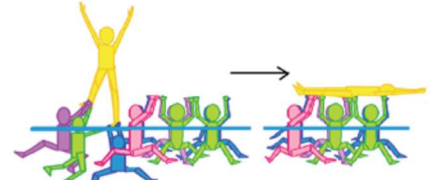
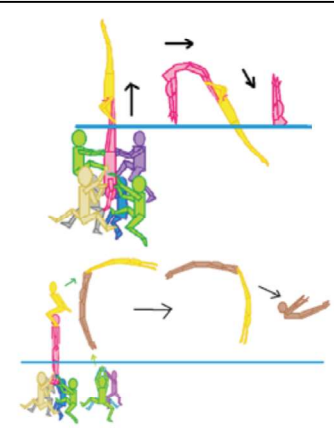
In group C for Thr>St or Thr >StH, if featured swimmer jumps head up and lands on the second (main) formation performing handstand position (such as Bamboo etc.) - it is NOT considered as a Dive.

Values for featured swimmer's rotations in the air		
Degree of rotation	Code	value
1/2 twist group (C)	Ct0.5	0.05
1 twist group (C)	Ct1	0.10
1.5 twist group (C)	Ct1.5	0.20
2 twists group (C)	Ct2	0.30
2.5 twist group (C)	Ct2.5	0.40
3 twists group (C)	Ct3	0.50
Dive/180 somersault group (C)	Cd	0.10
1/2 twist + dive group (C)	Cdt0.5	0.15
1 twist + dive group (C)	Cdt1	0.20
1.5 twist + dive group (C)	Cdt1.5	0.30
1 somersault group (C)	Cs1	0.25
1 straight somersault group (C)	Css1	0.35
1.5 somersault group (C)	Cs1.5	0.45
1.5 somersault + open group (C)	Cs1.5o	0.55
1 frontal somersault group (C)	Cf1	0.35
1.5 frontal somersault group (C)	Cf1.5	0.55
Cartwheel group (C)	Cc	0.10
Cartwheel + 1/2 twist group (C)	Cct0.5	0.15
Cartwheel + 1 twist group (C)	Cct1	0.20
Handspring group (C)	Ch	0.10
Handspring + 1/2 twist group (C)	Cht0.5	0.15
Handspring + 1 twist group (C)	Cht1	0.20
1 somersault + 1/2 twist group (C)	Cs1t0.5	0.30
1 somersault + 1 twist group (C)	Cs1t1	0.40
1 somersault + 1.5 twist group (C)	Cs1t1.5	0.50
1 somersault + 2 twists group (C)	Cs1t2	0.60
1 straight somersault + 1/2 twist group (C)	Css1t0.5	0.40
1 straight somersault + 1 twist group (C)	Css1t1	0.50
1 straight somersault + 1.5 twist group (C)	Css1t1.5	0.60
1 straight somersault + 2 twists group (C)	Css1t2	0.70
1 somersault + 1 twist + open group (C)	Cs1t1o	0.75
1 somersault + 1.5 twist + open group (C)	Cs1t1.5o	0.90
1 somersault + 2 twists + open group (C)	Cs1t2o	1.05
Handspring + 1/2 somersault group (C)	Chs0.5	0.20


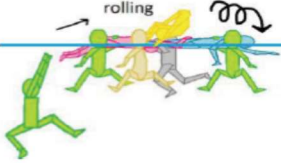
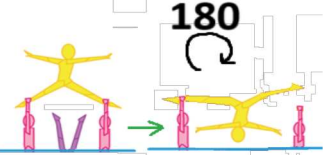
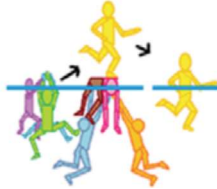
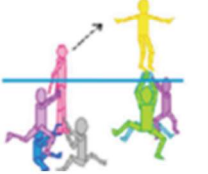
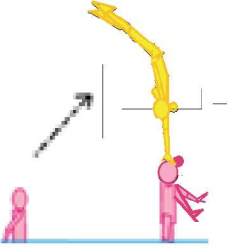

Component B – Bonus

For Jump and H>1P: Support swimmers' arm(s) must remain in the vertical "cone" which is up to 45 degrees off the vertical line from beginning until submergence of the support swimmer (as per part 4 v. of group B)

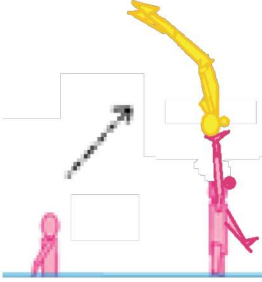
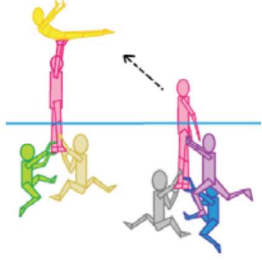
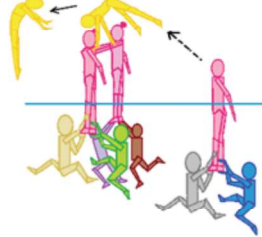
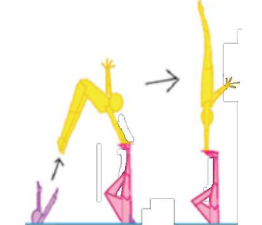
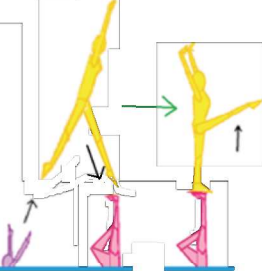
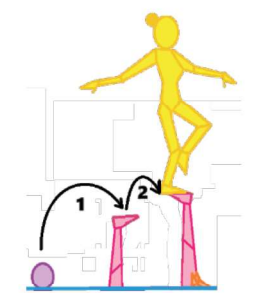
For Ju, 1P>H, H>1P, Jump, On1Foot, 1F>1F, 1F>1F+, 2F>2F: The featured swimmer MUST be aligned with the support swimmer on the intended vertical axis until the submergence of the support swimmer with an allowance of 45 degrees from the vertical axis (as per part 4 vi. of group B)

List of additions, bonuses, and risk-elements in group C:			
Code	Description	Diagram	Value
Pos3	<p>Third position</p> <p>This bonus should be declared only once no matter how many positions featured swimmer will perform after the first 2 declared positions.</p>		0.05
Dbl	<p>Synchronized actions for double acrobatic movements</p> <p>Where swimmers are divided into two groups separate small constructions. Usually 3 swimmers underwater + 1 featured swimmer who perform identical (equal/same) simultaneous acrobatic movements.</p> <p>Note 1: "Mirror action" is possible – ie constructions face each other and featured swimmers both are lifted (back-to-back or face-to-face)</p> <p>Note 2: The two featured swimmers may be connected with each other</p>		0.30
Slip	<p>Featured swimmer transits from first (pushing) formation to the 2nd (main) support (usually connected by hands). They then slip through (after take-off) between the support's legs (support is head-up) or between the arms, disconnects, and then continues movement until entering the water.</p>		0.175
Star	<p>"Superstar" from a lift formation - blind fall backwards onto a 2nd formation made from hands. Featured swimmer may remain on it until submergence of base swimmers, or continue the acrobatic movement in some way.</p>		0.10
Cx	<p>Connection between 2 featured swimmers (may be broken at the end of acrobatic movement before entering water). Featured swimmers can be connected in any way.</p>		0.125



<p>Twirl</p>	<p>"Twirl" of featured swimmer in Group C 180° or more (head-up or head-down). Support swimmer does not rotate. Only the featured swimmer rotates (180-360). Support/base swimmers stay static.</p> <p>For this bonus only: the featured swimmer may remain on the construction for the twirl OR the support/base swimmers can let go and the featured swimmer twirls while submerging. At least 180 MUST be achieved by the featured swimmer's waist (no allowance).</p>		<p>0.075</p>
<p>C-Roll</p>	<p>"Rolling" on top of the construction *Can be declared twice during one acro* (Action is like doing a somersault on the land)</p> <p>The featured swimmer climbs on the support swimmer, crouches down, places their hands shoulder width apart and facing forward. They tuck their chin to their chest and place the back of their head onto the support swimmer. They then push off the spotter with their legs and rotate over their head onto their back.</p>		<p>0.15</p>
<p>Turn</p>	<p>Push Up from split (head-up) + featured swimmer disconnects with one of the supports, performs a 180° rotation in sagittal plane (still in connection with second support).</p>	 <p>Note: The proper declaration for this exceptional acro should be: C-2Sup+-Up-sp-Turn in this acro use positions from group A only)</p>	<p>0.25</p>
<p>Run</p>	<p>Running on the back(s) Torso of featured swimmer is vertical. Featured swimmer transits/jumps from first (pushing) formation and lands on 2nd (Main) formation.</p> <p>Only for construction or Thr>FF or Thr>F</p>		<p>0.20</p>
<p>The following bonus codes CAN'T be declared in the same acrobatic declaration. One may only be chosen.</p> <p>Each of the following bonuses are a "JUMP" and therefore must follow the rule part 6 a) ii. It is forbidden to do a somersault and land on another formation</p>			
<p>Ju</p>	<p>JUMP onto a <u>non-Stack</u> formation Only for: Thr>FF; Thr>F; Thr>hand; Thr>Sq and remain on it until submergence of the support swimmer(s), base swimmers or formation.</p>		<p>0.15</p>
<p>1P>H</p>	<p>JUMP with 1 hand onto head</p> <p>Jump of featured swimmer landing with one hand onto one head of the support swimmer and balancing on the head while performing actions until submergence of the support swimmer.</p> <p>Safety: Not permitted for 12 and under and Youth categories (otherwise BM). Only for experienced and prepared athletes.</p>		<p>1.10</p>



<p>H>1P</p>	<p>JUMP onto a Stack landing with the head onto 1 palm of the support swimmer.</p> <p>Featured swimmer jumps and lands with only their head (no help with hands) on one palm of the support swimmer and stays connected until submergence of the support swimmer.</p> <p>Arm of the support swimmer must be straight</p> <p>*with the allowance of the face as per part 4 c) iii</p> <p>Safety: Not permitted for 12 and under and Youth categories (otherwise BM). Only for experienced and prepared athletes.</p>		<p>0.90</p>
<p>Jump</p>	<p>JUMP onto Stack and remain on it until submergence of the support swimmer</p> <p>For constructions: Thr>St, Thr>StH, Thr>St2</p>		<p>0.275</p>
<p>Jump></p>	<p>JUMP and pass through a second formation with an intentional connection occurring after JUMP/flying phase.</p> <p>Only for constructions: Thr>St, Thr>StH, Thr>FF, Thr>F, Thr>hand, Thr>Sq, Thr>St2</p>		<p>0.225</p>
<p>On1Foot</p>	<p>JUMP from any kind of Throw landing with 1 palm onto 1 foot of the support swimmer (in stack head-down) and balancing on 1 palm while performing actions until submergence of the support swimmer.</p>		<p>0.40</p>
<p>1F>1F</p>	<p>JUMP of the featured swimmer landing with 1 foot onto 1 foot of the support swimmer (in stack head-down) and balancing on 1 foot while performing actions until submergence of the support swimmer.</p> <p>Safety: Not permitted for 12 and under and Youth categories (otherwise BM). Only for experienced and prepared athletes.</p>		<p>0.70</p>
<p>1F>1F+</p>	<p>JUMP of the featured swimmer landing with 1 foot onto 1 foot onto a stack head-down (2nd formation) followed by a step (1 foot to 1 foot) onto another stack head-down (3rd formation) and remain on support until submergence of the support swimmer of the 3rd formation.</p> <p>Only for construction Thr>StH>1F</p> <p>Safety: Not permitted for 12 and under and Youth categories (otherwise BM). Only for experienced and prepared athletes.</p>		<p>1.00</p>