



<b>2F&gt;2F</b>	<p><b>JUMP</b> of the featured swimmer landing on 2 feet onto 2 feet of a stack head-down and remain on support until submergence of the support swimmer.</p> <p style="text-align: center;">Only for construction Thr&gt;StH</p>		<b>0.50</b>
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**2. Pairs Acrobatics Catalogue (for Duet/Mixed Duet only)**

**2.1 General Requirements**

- 1) A pair acrobatic movement is considered as a lift or a **throw** if the "bottom" (base/underwater) Athlete is *underwater* and lifts/throws the featured-Athlete (upper Athlete/ flyer/performer) up in the air (away from surface). The base-Athlete can lift/throw the featured-Athlete by holding/pushing their legs or shoulders.
- 2) A pair acrobatic movement is considered as a **jump** if the "bottom" (base) Athlete is underwater and the featured-Athlete jumps in the air from the base-Athlete.
- 3) Rotations around oneself (turn, twist) can be performed in any direction. The direction of the rotation does not influence the Degree of Difficulty of the pair acrobatic.
- 4) The way of connecting between the base-Athlete and the featured-Athlete is *optional* and does not influence the Degree of Difficulty of the pair acrobatic.
- 5) Pair acrobatic Degree of Difficulty values should not be compared to team acrobatic values. They are directly related to the duet/mixed duet events.
- 6) The **base mark** for all types of pair acrobatics is **0.10**.
- 7) When **travelling** is stated in the code and description it means *visible travel* from one spot to another of the base Athlete with featured-Athlete supported on top. It must be obvious "visible" moving across the water's surface.
- 8) When "**crashing**" is stated, it means that after the main phase of the lift, the featured Athlete does not submerge but instead "crashes" (falls) onto the water's surface. By contrast, when "**crashing**" is not explicitly mentioned in the code and the description, but it happens, then it is a Base Mark.
- 9) When "**airborne**" is stated in the description of the pair acrobatic movement, it means that the featured-Athlete must *be disconnected from the base-Athlete and be completely out of water (airborne)* from toes to top of the head at the same time.



If there is a discrepancy between the images and the written tables:

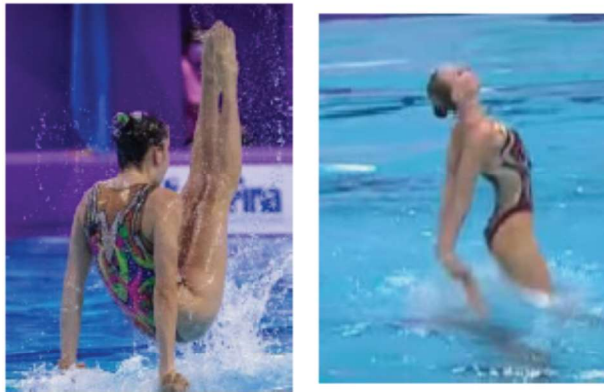
- a) The "written description" always prevails.
  - b) Images are there to show some examples.
  - c) Other variations might be possible as long as they respect the "written description".
- 10) Article 2.6 of this Part Seven applies.
  - 11) For the clear verification of a pair acrobatic movement by the Difficulty Technical Controllers:
    - a) If it's a Throw ("W") or a Jump ("J)", a disconnect should be clearly seen. The featured-Athlete must be completely in the AIR (top of the head and toes must be above the surface at the same time).



- b) If you can't achieve a clear disconnection with the featured-Athlete completely airborne, you must declare a lift instead (and not a Throw "W" or a Jump "J").
- c) A clear difference between dynamic (Throws /Jumps) and balance (Lifts) pair acrobatics should be seen.
  - For example: if it's a Lift legs-up with 360° rotation ("L!r1") the base-Athlete pushes up the featured-Athlete then rotation 360° occurs (not required to be airborne). The featured athlete can disconnect from the base athlete during the descent.
  - In contrast: if it's a Throw legs-up with 180° rotation ("W!r0,5"): the base-Athlete needs to accelerate and push up the featured-Athlete into the air and disconnect. We must see the featured-Athlete completely out of the water (top of the head to toes) and then rotate 180° before the knees while submerging.
- d) Lift head up clarification

Acrobatic movements like these are considered Lift head-up (L):

In this image (below on left), the featured-Athlete goes head-up, lifts their legs up and then crashes on the surface. Another example: in the image (below on right), the featured-Athlete is lifted straight up and then submerges.



However, these 2 types of movements pictured below are considered as Pair Assist (and therefore are Transitions):



- 12) As per the rules, in duets or mixed duets which have 2 pair acrobatic elements or more, a pair acrobatic code *must not be repeated*.
- Example 1: A duet could do L!fr1 and L!fr0,5
  - Example 2: A duet could do Jd, W!d and L!f
  - Example 3: A duet could do Jfs1B and Js1B+f
  - Example 4: A duet COULD NOT do Jfs1B and Jfs1B
  - Example 5: A duet COULD NOT do W!fr1 and W!fr1


**2.2**
**Allowances**
**For Somersaults:**

- 1) 90° less than declared = Base Mark
  - If you declare a somersault 360° but the featured-Athlete rotates 260°, this would be a Base Mark, but if the featured-Athlete rotates 300° this is acceptable.
- 2) Notes for declared 360° somersaults and more:
  - It must be visible fully above the water. For the water-entrance, it is allowed that up to half of the body of the featured-Athlete is submerged.
  - That means: if you declare a somersault back 360° in flexibility position and during the rotation in the air the head of featured-Athlete slides into the water but rotates fast enough to complete the somersault before entering water inside allowance – it's execution (not a Base Mark). But if after making half-somersault, half of the body of the featured-Athlete is submerged (or more) and then he/she just lifts up the head with top of shoulders – it's a Base mark.
- 3) The featured-Athlete can over-rotate (you can do more than you declared):
  - For example: if you declare a somersault 360° but the featured-Athlete does 400° (or even 540°), this is acceptable.

**For Twists:**

- 1) For Head-Down Lifts or Throws:
  - We calculate the number of rotations until above the knee(s) (kneecaps must be visible) of the featured-Athlete. The featured-Athlete must not be below the kneecaps.
- 2) For Lifts and Jumps that are head-up:
  - We calculate the number of rotations until the waist level of the featured- Athlete.
- 3) For 360° declared twists and more: 90° less than declared = Base Mark  
 Meaning if you declare 360° but the featured-Athlete rotates 190° to waist (if head-up) or to knee level (if head-down), this would be Base Mark. But if they rotate 280°, it is acceptable.
- 4) For 180° declared twists:
 

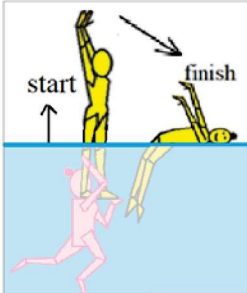
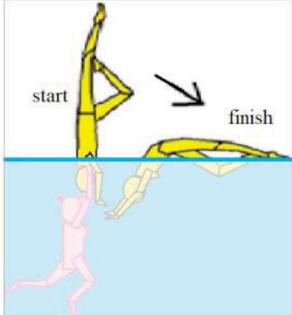
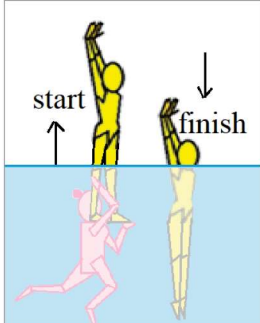
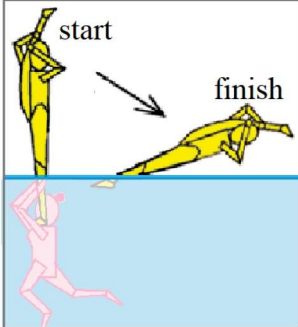
There is no allowance – performing less than a 180° is a Base Mark. It must be done precisely (or more).
- 5) The featured-Athlete can over-rotate. It is allowed to do more before height allowance (waist/knee), but not less

**2.3**
**Flexibility Positions:**

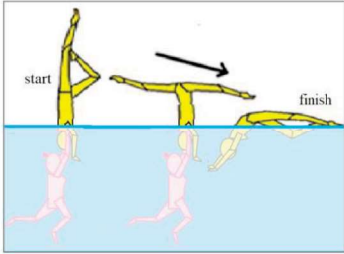
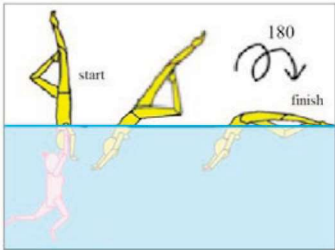
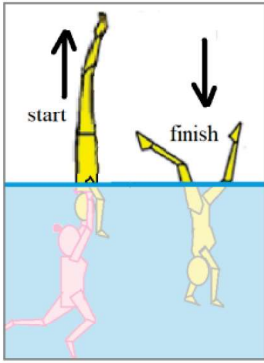
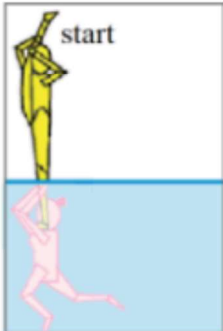
- a) Flexibility Positions allowed are:
  - **Splits** and **Over-splits** (or variation where back leg is bent so toes touch the water). It is possible to bend the leg forward a little bit, but there must be a clear flexibility demonstrated (180° between knees is desired).
- b) The following positions (as defined in Group A/B of the team acrobatics catalogue) are also allowed as flexibility positions:
  - From group B – can be used for lifts head-up “L” and its variation where flexibility is required:
    - **Vertical Split** “vs” / **Glass** “gl”/ sail “sa”, needle “ne”, **Eye** “ey” turtle “tu” split “spl”
  - From group B – can be used for lifts head-down “L!” and its variation where flexibility is required
    - . willow “wi”, owl “ow”, marlin “ma”, and knights with back leg bent so toes touch the water.
  - From group A – can be used for throws/jumps (“W”/“J”) and its variation where flexibility is required,
    - Split “sp”, jay “ja”, ring “rg”
- c) There is a 45° degree allowance for positions.



**2.4 Pair Acrobatic Table:**

#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
1	Lift head-up with crashing  <b>L»</b>		Base Athlete remains under the water and lifts the featured Athlete who performs actions above the water at maximum height. When the base Athlete pushes and releases support the featured Athlete “crashes” (falls) on the surface. Crashing - means that after the main phase of the lift the featured Athlete does not submerge, but instead falls on the water’s surface.	<b>0.10</b>	<b>0.20</b>
2	Lift legs-up with crashing  <b>L!»</b>		Base Athlete remains under the water and lifts the featured Athlete (position head-down) who performs actions above the water at maximum height. When the base Athlete pushes and releases support the featured Athlete “crashes” (falls) on the water’s surface.	<b>0.20</b>	<b>0.30</b>
3	Lift head-up  <b>L</b>		Base Athlete remains under the water and lifts the featured Athlete who performs actions above the water at maximum height. When the base Athlete releases support the featured Athlete submerges under the surface of the water.	<b>0.40</b>	<b>0.50</b>
4	Lift head-up with flexibility and crashing  <b>Lf»</b>		Base Athlete remains under the water and lifts the featured Athlete, who demonstrates flexibility position/s (split variations, , etc.) above the water at maximum height. When the base Athlete releases support the featured Athlete crashes on the surface.	<b>0.40</b>	<b>0.50</b>



#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
5	Lift legs-up with flexibility and crashing  <b>Llf»</b>		Base Athlete remains under the water and lifts the featured Athlete (position is head-down), who demonstrates flexibility position/s (split variations etc.) above the water at maximum height. When the base Athlete pushes and releases support the featured Athlete “crashes” (falls) on the water’s surface.	<b>0.40</b>	<b>0.50</b>
6	Lift legs-up with crashing and rotation 180°  <b>Llr0.5»</b>		Base Athlete remains under the water and lifts the featured Athlete (position is head-down), above the water at maximum height. When the base Athlete pushes and releases support the featured Athlete simultaneously “crashes” (falls) on the water’s surface while rotating 180° around themselves.  Note: the rotation may also occur during the “maximum height” phase or while ascending.	<b>0.40</b>	<b>0.50</b>
7	Lift legs-up  <b>L!</b>		Base Athlete remains under the water and lifts the featured Athlete (position is head-down) who performs some actions above the water at maximum height. When the base Athlete pushes and releases support the featured Athlete submerges under the water.	<b>0.60</b>	<b>0.70</b>
8	Lift head-up with flexibility  <b>Lf</b>		Base athlete remains under the water and lifts the featured athlete, (position is head down) who demonstrates flexibility position/s (split variations, etc.) above the water at maximum height. When the base athlete releases support the featured athlete submerges under the water.	<b>0.60</b>	<b>0.70</b>



#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
9	Lift legs-up with crashing and rotation 360°  <b>L!r1»</b>		Base Athlete remains under the water and lifts another Athlete (position is head-down) above the water at maximum height. When the base Athlete pushes and releases support the featured Athlete simultaneously “crashes” (falls) on the water’s surface while rotating 360° around themselves.  Note: the rotation may also occur during the “maximum height” phase or while ascending.	<b>0.60</b>	<b>0.70</b>
10	Lift legs-up with crashing, flexibility and rotation 180° (turn)  <b>L!fr0.5»</b>		Base Athlete remains under the water and lifts the featured Athlete (position is head-down) who demonstrates flexibility position/s (split variations etc.) above the water at maximum height. When the base Athlete pushes and releases support the featured Athlete simultaneously “crashes” (falls) on the water’s surface while rotating 180° around themselves.  Note: the rotation may also occur during the “maximum height” phase or while ascending.	<b>0.60</b>	<b>0.70</b>
11	Lift head-up with 180° rotation  <b>Lr0.5</b>		Base Athlete remains under the water and lifts the featured Athlete who performs actions above the water at maximum height. When the base Athlete releases support the featured Athlete simultaneously submerges under the water while rotating 180°.  Note: the rotation may occur during the “maximum height” phase or while ascending.	<b>0.60</b>	<b>0.70</b>
12	Sustained lift head-up with travelling  <b>SL&gt;</b>		Base Athlete remains under the water and lifts the featured Athlete <u>sustaining the lift for 3 seconds or more while travelling</u> . The featured Athlete performs some actions above the water at maximum height and when the base Athlete pushes and releases support the featured Athlete submerges under the water.	<b>0.80</b>	<b>0.90</b>



#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
13	Lift legs-up with 180° rotation  <b>Llr0.5</b>		<p>Base Athlete remains under the water and lifts the featured Athlete (position is head-down) who performs actions above the water at maximum height. When the base Athlete pushes and releases support (or helps to rotate) the featured Athlete submerges with a simultaneous rotation of 180°.</p> <p>Note: the rotation may also occur during the "maximum height" phase or while ascending.</p>	<b>0.80</b>	<b>0.90</b>
14	Lift head-up with flexibility and rotation 180°  <b>Lfr0.5</b>		<p>Base Athlete remains under the water and lifts the featured Athlete who demonstrates flexibility position/s (split variations, etc.) above the water at maximum height. When the base Athlete releases support (or helps to rotate) the featured Athlete submerges under the water with a simultaneous rotation of 180°.</p> <p>Note: the rotation may also occur during the "maximum height" phase or while ascending.</p>	<b>0.80</b>	<b>0.90</b>
15	Lift legs-up with flexibility  <b>Llf</b>		<p>Base Athlete remains under the water and lifts the featured Athlete (position is head-down) who demonstrates flexibility position/s (split variations etc.) above the water at maximum height. When the base Athlete pushes and releases support the featured Athlete submerges under the water.</p>	<b>0.80</b>	<b>0.90</b>
16	Sustained lift legs-up with travelling  <b>SLI&gt;</b>		<p>Base Athlete remains under the water and lifts the featured Athlete (position is head-down) and <u>sustains the lift for 3 seconds or more while travelling</u>. The featured Athlete performs some actions above the water at maximum height and when the base Athlete pushes and releases support the featured Athlete submerges under the water.</p>	<b>0.80</b>	<b>0.90</b>



#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
17	Lift head-up with rotation 360°  Lr1		Base Athlete remains under the water and lifts the featured Athlete, who performs actions above the water at maximum height. When the base Athlete releases support the featured Athlete simultaneously submerges under the water while rotating 360°. Note: the rotation may also occur during the "maximum height" phase or while ascending.	0.80	0.90
18	Jump head-up  J		From under the water one Athlete pushes and throws (disconnects with) a featured ( ) Athlete who becomes airborne. This featured ( ) Athlete performs some actions in the air before entering the water.	0.80	0.90
19	Throw legs-up with crashing  W!>		From under the water one Athlete pushes and throws (disconnects with) a featured ( ) Athlete who becomes airborne. This featured Athlete starts their action feet-first and after demonstrating maximum height "crashes" (falls) on the surface.	0.80	0.90
20	Lift legs-up with rotation 360°  Lr1		Base Athlete remains under the water and lifts the featured Athlete (position is head-down), who performs some actions above the water at maximum height. When the base Athlete pushes and releases support the featured Athlete simultaneously submerges under the water while rotating 360°. Note: the rotation may also occur during the "maximum height" phase or while ascending.	1.00	1.10



#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
21	Lift legs-up with flexibility and rotation 180°  <b>Lifr0.5</b>		<p>Base Athlete remains under the water and lifts the featured Athlete (position is head-down), who demonstrates flexibility position/s (split variations etc.) above the water at maximum height. When the base Athlete pushes and releases the featured Athlete simultaneously submerges under the water while rotating 180°.</p> <p>Note: the rotation may also occur during the "maximum height" phase or while ascending.</p>	<b>1.00</b>	<b>1.10</b>
22	Sustained lift legs-up with flexibility and travelling  <b>SLif&gt;</b>		<p>Base Athlete remains under the water and lifts the featured Athlete (position is head-down), <u>sustaining the lift for 3 seconds or more while travelling.</u> The featured Athlete demonstrates flexibility position/s above the water at maximum height and when base Athlete pushes and releases, the featured Athlete submerges under the water.</p>	<b>1.00</b>	<b>1.10</b>
23	Sustained lift legs-up with travelling and rotation of 180° or more  <b>SLir0.5&gt;</b>		<p>Base Athlete remains under the water and lifts the featured Athlete (position is head-down), <u>holding for 3 seconds or more while traveling.</u> The featured Athlete performs some actions while rotating 180° or more above the water at maximum height. When the base Athlete pushes and releases support the featured Athlete submerges.</p> <p>Note: the rotation may also occur while ascending.</p>	<b>1.00</b>	<b>1.10</b>



#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
24	Jump head-up with 180° rotation  <b>Jr0.5</b>		<p>From under the water base Athlete pushes and throws (disconnects with) the featured ( ) Athlete who becomes airborne. The featured ( ) Athlete performs some actions in the air with a 180° rotation, before entering the water.</p> <p>Note: rotation may also occur while the featured - Athlete submerges.</p>	1.00	1.10
25	Jump head-up with flexibility  <b>Jf</b>		<p>From under the water the base Athlete pushes and throws (disconnects with) the featured ( ) Athlete who becomes airborne. The featured ( ) Athlete demonstrates flexibility position/s (such as split variations etc.) in the air before entering the water or falling/crashing.</p>	1.00	1.10
26	Legs-Up Throw-Dive  <b>Wld</b>		<p>From a Pike Position the featured Athlete is pushed/thrown by the base Athlete who disconnects and becomes airborne. The featured Athlete's legs are lifted in an arc over the surface of the water to meet the surface of the water again. The featured Athlete enters the water feet-first and lifting their upper body to a Vertical Position before submerging.</p>	1.00	1.10
27	Lift legs-up with flexibility and rotation 360°  <b>Llfr1</b>		<p>Base Athlete remains under the water and lifts the featured Athlete (position is head-down). The featured Athlete demonstrates flexibility position/s above the water at maximum height with 360° rotation. When the base Athlete pushes and releases support the featured Athlete submerges under the water.</p> <p>Note: rotation may occur while the featured-Athlete submerges or while ascending.</p>	1.20	1.30



#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
28	Sustained lift legs-up with flexibility, travelling and rotation 180° or more  <b>SL!fr0.5&gt;</b>		<p>Base Athlete remains under the water and lifts the featured Athlete (position is head-down), <u>sustaining the lift for 3 seconds or more while travelling</u>. The featured Athlete demonstrates flexibility position/s above the water at maximum height with 180° or more rotation. When the base Athlete pushes and releases support the featured Athlete submerges under the water.</p> <p>Note: rotation may occur while the featured-Athlete submerges or while ascending.</p>	1.20	1.30
29	Throw legs-up with 180° rotation  <b>W!r0.5</b>		<p>From under the water the base Athlete pushes and throws (disconnects with) the featured Athlete who becomes <u>airborne</u>. The featured Athlete starts their action feet-first and after demonstrating maximum height submerges with a simultaneous rotation of 180°.</p> <p>Note: rotation may also occur during "pushing"/ascending phase.</p>	1.20	1.30
30	Throw legs-up with flexibility  <b>W!f</b>		<p>From under the water the base Athlete pushes and throws (disconnects with) the featured Athlete who becomes <u>airborne</u>. The featured Athlete starts their action feet-first and demonstrates flexibility position/s during maximum height and then submerges.</p>	1.20	1.30
31	Jump-Dive  <b>Jd</b>		<p>From under the water the base Athlete pushes and throws (disconnects with) the featured Athlete who becomes <u>airborne</u>. This featured Athlete demonstrates an arc over the surface before entering the water in a head-first Vertical Position.</p>	1.20	1.30

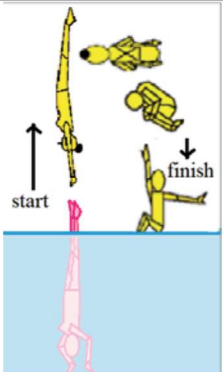
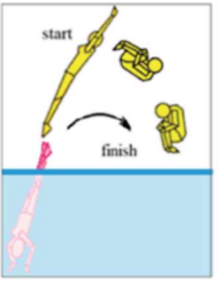
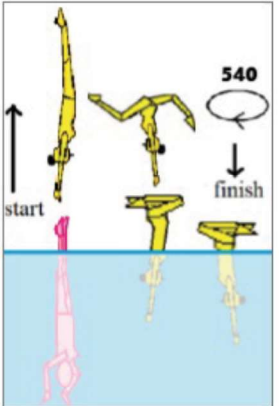



#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
32	Jump head-up with 180° backwards somersault  <b>JsO.5B</b>		<p>From under the water base athlete pushes and throws (disconnects with) a featured athlete who becomes airborne. The featured athlete performs a half backwards somersault (180° ) in the air demonstrating “tuck” position before entering the water.</p>	<b>1.20</b>	<b>1.30</b>
33	Throw legs-up with 180° somersault  <b>WisO.5</b>		<p>From under the water the base Athlete pushes and throws (disconnects with) the featured Athlete who becomes airborne. This featured Athlete starts their action feet-first and by lifting their body and tucking, performs 0.5 (half) somersault (180° rotation) in the air before entering the water.</p> <p>Note: the body of the featured Athlete should be fully out of the water (above the surface) before entering the water.</p>	<b>1.40</b>	<b>1.50</b>
34	Throw legs-up with flexibility and rotation 180°  <b>WifrO.5</b>		<p>From under the water the base Athlete pushes and throws (disconnects with) an featured Athlete who becomes airborne. The featured Athlete starts their action feet-first and demonstrates flexibility position/s during maximum height. The featured Athlete then submerges while simultaneously rotating 180°.</p>	<b>1.40</b>	<b>1.50</b>
35	Jump-Tuck/ Change position – Dive  <b>Jpd</b>		<p>From under the water the base Athlete pushes and throws (disconnects with) featured Athlete who becomes airborne. The featured Athlete performs a 180° (half) somersault backwards with 1 change of the position in the air before entering the water headfirst.</p> <p>Note: any “non-flexibility” position is allowed to be demonstrated in the air.</p>	<b>1.40</b>	<b>1.50</b>

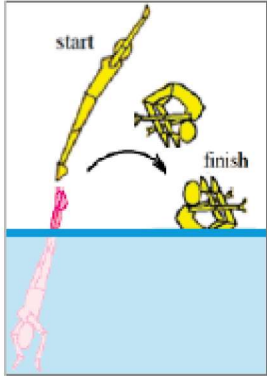
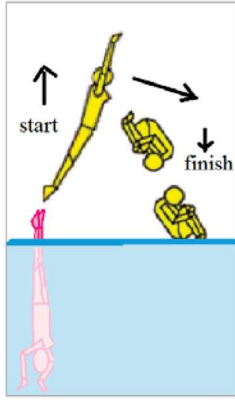

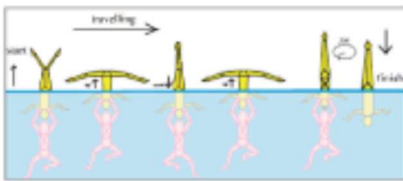


#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
36	Throw legs-up with rotation 360°  <b>W!r1</b>		From under the water the base Athlete pushes and throws (disconnects with) the featured Athlete who becomes airborne. The featured Athlete starts their action feet-first and after demonstrating maximum height submerges with a simultaneous rotation of 360°.  Note: rotation may also occur during "pushing"/ascending phase."	<b>1.40</b>	<b>1.50</b>
37	Jump head-up, with flexibility and dive  <b>Jdf</b>		From underwater the base athlete pushes and throws the featured athlete in the air who becomes airborne. The featured athlete performs a 180 (half) somersault backwards with an airborne flexibility position and then changes position before entering in the water head-first. If the featured athlete over-rotates, it will not be a Base Mark.	<b>1.50</b>	<b>1.60</b>
38	Throw-legs up with flexibility and rotation 360° or more  <b>W!fr1</b>		From under the water a base Athlete pushes and throws (disconnects with) a featured Athlete who becomes airborne. The featured Athlete starts their action feet-first and demonstrating flexibility position/s during maximum height. The featured Athlete then submerges while simultaneously rotating 360° degrees or more.	<b>1.60</b>	<b>1.70</b>
39	Jump head-up with half twist and 180 somersault  <b>Jso.5t0.5</b>		From under the water the base Athlete pushes and throws (disconnects with) a featured Athlete who becomes airborne. The featured Athlete jumps backwards, twists 180° in the air, and then enters the water.	<b>1.60</b>	<b>1.70</b>



#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
40	Throw legs-up with 180 somersault and half twist  <b>Wis0.5t0.5</b>		From under the water one Athlete pushes and throws (disconnects with) the upper (visible) Athlete who becomes airborne. This upper (visible) Athlete starts their action feet-first and by lifting their body and tucking, performs 0.5 (half) somersault with simultaneous turn on 180° in the air before entering the water.	1.60	1.70
41	Jump head-up with 1 somersault backwards  <b>Js1B</b>		From under the water one Athlete pushes and throws (disconnects with) an upper (visible) Athlete who becomes airborne. The upper (visible) Athlete performs 1 backwards somersault (360°) in the air demonstrating "tuck" position before entering the water.	1.80	1.90
42	Throw legs up with flexibility and rotation 540°  <b>W!fr1.5</b>		From under the water one Athlete pushes and throws (disconnects with) and upper (visible) Athlete who becomes airborne. The upper visible Athlete starts their action feet first and demonstrating flexibility position/s during maximum height. The upper (visible) Athlete then submerges while simultaneously rotating 540 degrees or more.	1.80	1.90
43	Jump - Tuck - 1 somersault half twist  <b>JBs1t0.5</b>		From under the water one Athlete pushes and throws (disconnects with) an upper (visible) Athlete who becomes airborne. The upper (visible) Athlete performs 1 backwards somersault (360°) and half twist (180°) around themselves in the air demonstrating "tuck" position before entering the water.	2.00	2.10



#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
44	Jump head-up with 1 somersault backwards and flexibility  <b>Jfs1B</b>		From under the water one Athlete pushes and throws (disconnects with) an upper (visible) Athlete who becomes airborne. The upper (visible) Athlete performs 1 backwards somersault in the air demonstrating flexibility of their body (ring position and variations) before entering the water.	<b>2.00</b>	<b>2.10</b>
45	Jump head-up with 1 somersault forwards  <b>Js1F</b>		From under the water one Athlete pushes and throws (disconnects with) an upper (visible) Athlete who becomes airborne. The upper (visible) Athlete performs 1 forwards somersault in the air before entering the water.	<b>2.00</b>	<b>2.10</b>
46	Jump head-up with 1 somersault backwards and open in Jay (flexibility)  <b>Js1B+f</b>		From under the water one Athlete pushes and throws (disconnects with) an upper (visible) Athlete who becomes airborne. The upper (visible) Athlete jumps backwards, tucking and rotating 180° in the air, then turning another 180° while opening to a Jay (flexibility) position before entering the water.	<b>2.10</b>	<b>2.20</b>
47	Sustained Lift with traveling and 2 consecutive flexibility pushes with a clear catch + rotation 360°  <b>SLif2+r1&gt;</b>		<p>Pair Acro Sustained Lift (featured athlete head down) with travelling and 2 consecutive flexibility pushes with a clear catch in-between while remaining sustained, followed by a rotation 360°.</p> <p>Note 1: rotation can happen anywhere during this pair acrobatic sequence. Note 2: Sustained Lift must be 3s or more</p>	<b>2.10</b>	<b>2.20</b>



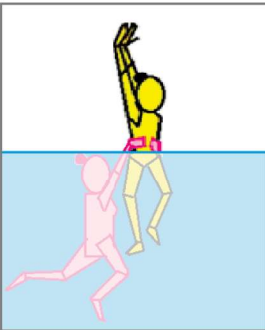
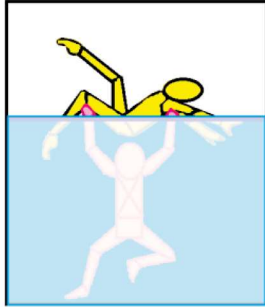
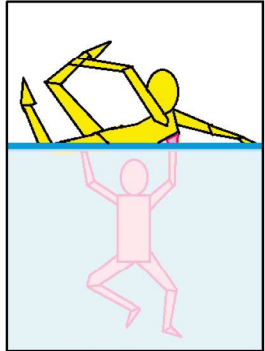
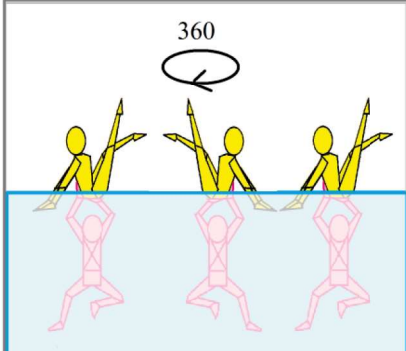
#	Name and code	Diagram	Description	Degree of Difficulty of the Pair Acro	Total Degree of Difficulty (with Base Mark)
48	<p>Jump head up with 1 somersault backward +Pike + open in Jay (flexibility)</p> <p><b>Js1B+pf</b></p>		<p>From under the water base athlete pushes and throws (disconnects with) a featured athlete who becomes airborne. The featured athlete jumps backwards, piking, rotating 180° in the air and then rotates another 180° while opening into a Jay (flexibility) position before entering the water.</p>	2.15	2.25
49	<p>Throw legs-up with 1 somersault forwards</p> <p><b>Wis1F</b></p>		<p>From under the water one Athlete pushes and throws (disconnects with) an upper (visible) Athlete who becomes airborne. This upper (visible) Athlete starts their action feet-first and by lifting their torso performs 1 somersault forwards (360°) in the air before entering the water.</p> <p>Note: the somersault is usually performed in a tuck position.</p>	2.20	2.30
50	<p>Jump head-up-Backwards-Frontal 360 somersault</p> <p><b>JsF1B</b></p>		<p>From under the water one Athlete pushes and throws (disconnects with) an upper (visible) Athlete who becomes airborne. The upper (visible) Athlete jumps backwards, turns 90 degrees in the air and performs 1 side (frontal) somersault (360°) in the air demonstrating "tuck", "pike" or "variant of pike" position before entering the water.</p>	2.20	2.30



**2.5 Pair Assisted Actions**

In pair assisted actions, the bottom (base) Athlete may remain under the surface of the water or on the surface, but the featured-Athlete always remains close to the surface (not lifted up). Also, “boost-type” assisted movements are considered as pair assisted actions. Coaches must ensure pair assisted actions do not meet a pair acrobatic definition.

**Note:** This is a list of pair assisted actions (for your information). They are not considered to be pair acrobatic movements. They are considered in transitions (artistic impression) in duets or teams.

Name	Diagram	Description
<p><b>Pair assisted action “boost type”</b></p>		<p>Base Athlete remains under the water and lifts the featured Athlete who performs actions above the surface of the water. This action should demonstrate a boost of a “featured” Athlete to maximum height (crotch level) with assistance of the “base” Athlete.</p>
<p><b>Pair assisted action on the surface (“float”)</b></p>		<p>Base Athlete remains under the water and holds the featured Athlete who remains on the surface and performs actions.</p>
<p><b>Pair assisted action on the surface (“float”) with flexibility</b></p>		<p>Base Athlete remains under the water and holds the featured Athlete who remains on the surface and performs movements with a range of flexibility (such as: Split, Ariana, Ring etc.)</p>
<p><b>Pair assisted action on the surface with rotation 180°-360°</b></p>		<p>Base Athlete remains under the water and holds and rotates the featured Athlete (upper visible Athlete) 180-360 degrees who remains on the surface of the water.</p>



<p><b>Sustained assisted action head-up</b></p>		<p>Base Athlete remains under the water and lifts the featured Athlete who performs actions above the surface of the water sustained for 3 seconds or more.</p>
<p><b>Sustained assisted action legs-up</b></p>		<p>Base Athlete holds the featured Athlete whose position is head-down and sustained for 3 seconds or more.</p>
<p><b>Pair assisted action on surface with flexibility and rotation 180°-360°</b></p>		<p>Base Athlete remains under the water and holds and rotates the featured Athlete (upper visible Athlete) 180°-360° who remains at the surface and performs movements with a range of flexibility (such as: split, Ariana, ring etc.).</p>
<p><b>Sustained assisted action legs-up with rotation 180°-360°</b></p>		<p>Base Athlete holds the featured Athlete, whose position is head-down for 3 seconds or more with a simultaneous rotation of 180°-360°. Note: both Athletes rotate in connection one with another.</p>
<p><b>Sustained assisted action head-up with travelling and rotation 180°-360°</b></p>		<p>Base Athlete remains under the water and lifts the featured Athlete holding for 3 seconds or more while travelling. The featured Athlete performs some actions above the water at maximum height with a rotation of 180°. When the base Athlete pushes and releases support the featured Athlete submerges under the water. Note: the rotation must happen during "maximum height" phase.</p>