



**Swim England North-West Regional Artistic Swimming Age Group Competition and Junior/Senior Championships 2023**

**LICENCE NUMBER:**

**5<sup>th</sup> March 2023**

**Sir Jason Kenny Centre, Bolton One, Moor Ln, Bolton BL3 5BN**

**COMPETITION CONDITIONS**

A competitor must have been a registered member of a club in whose name they have entered at least 30 days prior to the first day of competition. The Club must be affiliated to Swim England and Swim England North-West Region.

The championships shall be held annually, under Swim England Laws and Regulations and FINA Technical Rules of Artistic Swimming.

The promotion of the Competition shall be the responsibility of the NWR Management Group (The Promoters). The Promoters shall decide any matter that is not covered by these conditions.

All competitors hold Club Compete membership of Swim England if Figure Grade 3 and above or Club Train Membership of Swim England if they hold Figure Grade 0-2.

Competitors in the duets and teams must be members of the same club and may only represent one club.

Closing date will be 28 days prior to the first day of competition. **(SATURDAY 7<sup>th</sup> February 2023)**

All competitors must have the required Figure Grade by the closing date for the competition.

The age of all competitors is the age on the 31<sup>st</sup> December in the year of competition.

**Age Group Events**

**9 – 10 and 11 – 12 years**

**Figures – Figure Grade 2 minimum entry requirement.**

**Compulsory:**

106 Straight Ballet Leg  
301 Barracuda

1.6  
1.8

**Group 1:**

359 Front Ariana  
348 Tower

2.2  
1.9

**Group 2:**

363 Water Drop  
401 Swordfish

1.8  
2.1

**Group 3:**

311 Kip  
226 Swanita Spinning 180°

1.6  
1.9

Swimmers will perform compulsory figures plus one group to be drawn 3 days prior to the event. \*

**12 years & Under**

**Free Solo – Figure Grade 3 and Routine Grade 3** minimum entry requirement.

The top ten (10) Competitors from the Figures will qualify for the Free Solo.

**Free Duet - Figure Grade 2 and Routine Grade 2** minimum entry requirement.

The top ten (10) pairs from the Figures will qualify for the Free Duet.

**Free Mixed Duet - Figure Grade 2 and Routine Grade 2** minimum entry requirement.

The top ten (10) pairs from the Figures will qualify for the Free Mixed Duet.

**Free Team - Figure Grade 2 and Routine Grade 2** minimum entry requirement

All Free Teams will swim provided all swimmers have competed in the Figure section.

Final Routine scores: 50% Figure Score, 50% Routine Score.

### **13 - 15 years**

Figures - **Figure Grade 3** minimum entry requirement.

#### **Section A:**

##### **Group 1:**

140g Flamingo Bent Knee, Twist Spin 2.2  
437 Cyclone, Open 180 2.6

##### **Group 2:**

308h Barracuda Airborne Split Spin Up 180 2.9  
407 Swordfish Straight Leg Ariana Rotation 2.6

#### **Section B:**

##### **Group 3:**

356f Whip Continuous Spin 720 3.0  
441 Saturn 2.5

##### **Group 4:**

352 Venus 3.0  
240i Albatross Spin up 360 2.5

#### **Section C:**

##### **Group 5:**

144 Rio Straight Leg 3.1  
421 Walkover Back Closing 360 2.4

##### **Group 6:**

440d Ipanema Spinning 180 3.1  
311j Kip Combined Spin 2.4

All swimmers will perform all 4 figures from one section to be drawn 3 days prior to the event. \*

Free Solo – **Figure Grade 4 and Routine Grade 4** minimum entry requirement.

The top ten (10) Competitors from the Figures will qualify for the Free Solo.

Free Duet – **Figure Grade 4 and Routine Grade 4** minimum entry requirement.

The top ten (10) pairs from the Figures will qualify for the Free Duet.

Free Mixed Duet - **Figure Grade 2 and Routine Grade 2** minimum entry requirement.

The top ten (10) pairs from the Figures will qualify for the Free Duet.

Free Team - **Figure Grade 3 and Routine Grade 3** minimum entry requirement

All Free Teams will swim provided all swimmers have competed in the Figure section.

Final Routine scores: 50% Figure Score, 50% Routine Score.

**\*NB In all figure sections:** If, due to time constraints, it is necessary to reduce the number of figures being swum, swimmers will only swim three figures – for 12 and under figures these will be the two compulsory figures plus one other figure to be drawn 3 days prior to the event. For youth figures these will be 3 figures from 1 section to be drawn 3 days prior to the event.

Time Limits for routines, including ten (10) seconds for deck work shall be:

<b>Age Group</b>	<b>Routine</b>	<b>Time Limit (+/- 5 sec)</b>	<b>Walk-on to start position time limit</b>	<b>Grades required</b>
9 – 12	Solo Free	2:00	20 seconds	FG3 & RG3
	Duet Free	2:30	20 seconds	FG2 & RG2
	Mixed Duet	2:30	30 seconds	FG2 & RG2
	Free Team	3:00	30 seconds	FG2 & RG2
Youth (13 – 15)	Solo Free	2:00	20 seconds	FG4 & RG4
	Duet Free	2:30	20 seconds	FG4 & RG4
	Mixed Duet	2:30	30 seconds	FG2 & RG2
	Free Team	3:00	30 seconds	FG3 & RG3

## **Championship Events**

- Technical Solo
- Technical Duet
- Technical Mixed Duet
- Free Solo
- Free Duet
- Free Mixed Duet
- Technical Team
- Free Team

All Solos, Duets, Mixed Duets and teams that enter will swim for that event.

All routines will be scored 100%.

A competitor may only enter one Technical Solo, one Free Solo, one Technical Duet, one Free Duet, one Technical Team and one Free Team. They may enter free events without competing in technical events.

Swimmers aged 15 years old may enter events in both the 13-15 age group and Junior/Senior (Championship) age group competitions however they may only enter one free solo, one free duet, one free mixed duet and/or one free team.

Time Limits for Technical routines and Free routines, including ten (10) seconds for deck work shall be:

<b>Event</b>	<b>Routine</b>	<b>Time Limit (+/- 5 seconds)</b>	<b>Walk-on to Start position time limit</b>	<b>Grades required</b>
Solo	Technical	2 mins 00 secs	20 seconds	FG5 & RG5
	Free	2 mins 15 secs	20 seconds	FG5 & RG5
Duet	Technical	2 mins 20 secs	20 seconds	FG5 & RG5
	Free	2 mins 45 secs	20 seconds	FG5 & RG5
Mixed Duet	Technical	2 mins 20 secs	30 seconds	FG3 & RG3
	Free	2 mins 45 secs	30 seconds	FG3 & RG3
Team	Technical	2 mins 50 secs	30 seconds	FG4 & RG4
	Free	3 mins 30 secs	30 seconds	FG4 & RG4

## **Order of appearance**

The order of appearance for all events shall be selected by a random draw.

## **Mixed Duet**

A mixed duet shall consist of one female and one male.

## **Teams**

Technical and Free teams may consist of no less than four (4) and no more than eight (8) competitors with a maximum of two (2) male competitors included.

A one half (0.5) point penalty shall be deducted from the total score for each member less than eight (8).

## **Judging of routines & Coach Cards**

Coach cards will not be required for any Free routine events in all age categories. Coach cards will be required for ALL Championship technical routines and coaches are asked, as a minimum, to complete the first 4 columns (the first 5 for duet events). These will be used to identify the order of swim and which Technical Required Elements will be swum. Coach cards must be sent to the event organiser by midnight on 25<sup>th</sup> February 2023.

Judging of all routines will be completed by 3 panels of 5 judges. For Free routines there will be a panel for Execution, Difficulty and Artistic Impression. For Technical routines there will be a panel for Execution, Elements (Technical Required Elements only) and Impression.

All Technical routines must include the 5 Technical Required Elements.

It is recommended that swimmers working towards participating at National Age Groups and National Championships include the required number and types of hybrids for each routine as required by the FINA rules and as adopted and amended by the English Artistic Swimming Leadership Team.

Penalties will be applied for too many hybrids overall and also if the type of hybrids exceed the maximum number required for each type of routine. There will be no minimum number of hybrids applied to this competition.

### **Medals**

Medals will be presented for the 9-10, 11-12 and Youth (13-15 years for females & 13-16 years for males) age groups for the figure competition. Medals for all age group routine events will be presented for 12 years and under and Youth only.

Championship medals will be determined for both junior (15-19 years for females & 15-20 years for males) and senior (15+) categories for each event. Swimmers aged 15-19 years (15-20 for males) will automatically be entered into both age categories and be eligible for medals in each category. For team or duet, if any swimmer is aged 20+ (21 for males) then the team/duet will only be eligible for senior medals.

### **Music**

All music information must be registered with The Limited Manufacturing License, Mechanical Copyright Protection Society. (MCPS)

All music needs to be clearly labelled with name, club and PPL information.

All music must be handed in with music licence to the Controller of Music.

All music shall be recorded on a CD – one routine per CD with a 'lead in' of 4 seconds.

If the sound level of the competitor's accompaniment is found to be incorrect during the deck work the competitor may stop and after adjustment of the music, restart without penalty.

The accompaniment and judging shall begin upon a signal from the referee. After the signal, the performance shall continue without interruption.

### **Swim wear**

FINA rules shall apply.

### **Photography**

Anyone wishing to video, take photos by camera/mobile phone etc. must declare and sign the register before entering the pool. They must be members of a competing club and have their permission to film.

### **Protests**

Protests may be made and dealt with as detailed in Swim England Laws.

# TECHNICAL ROUTINES - 2022-2025 FINA Handbook

## GENERAL REQUIREMENTS

1. Unless otherwise specified in the description:  
All required elements must be executed according to the requirements described in the FINA AS Manual for Judges, Coaches and Referees.
2. If 1 or more competitors omits all or part of an element or performs an incorrect action in an element, refer to 2022-2025 FINA Handbook for penalties regarding incorrect or omitted actions.
3. Required Elements #1 - #5 can be performed in any order.
4. Required Elements #1 - #5 - It is required that the elements and the order of performance selected, must be declared and submitted on the Coach Card for the Technical Routine. This form must be submitted prior to the Competition/Event.
5. With the exception of Deck Work, Entry, Hybrid Connected action (Mixed Duet), Acrobatic movement (Team), Pair Acrobatics (Duet and Mixed Duet), Cadence action (Team) and Circle Pattern (Team), Required and Free Elements and Transitions are to be performed simultaneously and facing same direction by all duet or team members.
6. Additional movements can be added immediately before and after (breath to breath) Required Elements #1 - #5. Those movements will not add any extra difficulty nor will be considered as the additional hybrids.

It is strongly recommended for clarity of judgment that Required Elements #1 - #5 are separated by other content.

## Technical Routines – Required Elements

### SOLO REQUIRED ELEMENTS

#### Element 1

##### 1A - Thrust Continuous Spin 720° DD – 2.7

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

##### 1B - Thrust Spinning 360° DD - 2.1

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

#### Element 2

##### 2A – Combined Spin 1080° – Continuous Spin 1080° DD - 3.0

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

##### 2B – Combined Spin 720° – Continuous Spin 1080° DD - 2.7

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

#### Element 3

##### 3- Swordfish Straight Leg - Knight DD-3.2

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

#### Element 4

##### 4A – Fishtail Half Twist - Continuous Spin 720° DD – 2.9

From a **Front Pike Position**, a rotation of 360° is executed as one leg is lifted to a **Fishtail Position**. Continuing in

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

#### **4B - Fishtail - Continuous Spin 720° DD – 2.6**

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

#### **Element 5**

##### **5A – Rocket Split Bent Knee Joining 360° DD - 2.4**

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

##### **5B – Rocket Split Bent Knee DD - 2.1**

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

#### **Additional Requirements for National Championships (may be included for regional competition but must not exceed the number stated)**

6. Two (2) additional hybrids must be performed. These may be placed anywhere in the routine.

#### **DUET REQUIRED ELEMENTS**

##### **Element 1**

##### **1A – Walkover Back Closing 360° – Continuous Spin 1080° DD – 3.0**

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

##### **1B – Walkover Back Closing 180° – Continuous Spin 720° DD – 2.5**

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

##### **Element 2**

##### **2A – Rocket Split Alternating Legs – Spinning 180° DD - 2.8**

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

##### **2B - Rocket Split – Spinning 180° DD - 2.4**

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

##### **Element 3**

##### **3A- Flamingo Full Twist Hybrid DD – 2.9**

From a **Surface Ballet Leg Double Position**, maintaining the vertical position of the legs, the hips are lifted as the trunk is unrolled to a **Vertical Position**. A *Full Twist* is executed. Continuing in the same direction and without a pause an additional rotation of 180° is executed as the legs are symmetrically opened to assume a **Split Position**. A *Walkout Front* is executed.

##### **3B- Flamingo Half Twist Hybrid DD - 2.6**

From a **Surface Ballet Leg Double Position**, maintaining the vertical position of the legs, the hips are lifted as the trunk is unrolled to a **Vertical Position**. A *Half Twist* is executed. Without a pause the legs open symmetrically to a **Split Position**. A *Walkout Front* is executed.

#### Element 4

##### 4A - Fishtail – Knight - Continuous Spin 1080° DD - 3.2

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

##### 4B - Fishtail – Knight - Continuous Spin 720° DD – 2.7

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

#### Element 5

##### 5A – Thrust Bent Knee Twirl Spin 360° DD - 2.3

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

##### 5B - Thrust - Bent Knee Twirl DD 2.1

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

#### Additional Requirements for National Championships (may be included for regional competition but must not exceed the number stated)

6. Two (2) additional hybrids and one (1) Pair Acrobatics must be performed. These may be placed anywhere in the routine.

#### MIXED DUET REQUIRED ELEMENTS

##### Element 1

##### 1A – Rocket Split Twirl Spin 180° DD – 2.7

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

##### 1B – Rocket Split Twirl DD – 2.5

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

##### Element 2

**2A - Front Pike – Vertical 360° Rotation - Full Twist to Bent Knee - Continuous Spin 720° DD 2.4** From a **Front Pike Position**, the legs are lifted to **Vertical Position** as a rotation of 360° is executed. Continuing in the same direction a *Full Twist* is executed as one leg is lowered to a **Bent Knee Vertical Position**. Continuing in the same direction a *Continuous Spin 720° (2 rotations)* is executed as the bent knee is extended to join the vertical leg to a **Vertical Position** completed as the ankles reach the surface of the water and continues through submergence.

**2B - Front Pike – Vertical 180° Rotation – 1/2 Twist to Bent Knee - Continuous Spin 720° DD 2.2** From a **Front Pike Position**, the legs are lifted to **Vertical Position** as a rotation of 180° is executed. Continuing in the same direction a *Half Twist* is executed as one leg is lowered to a **Bent Knee Vertical Position**. Continuing in the same direction a *Continuous Spin 720° (2 rotations)* is executed as the bent knee is extended to join the vertical leg to a **Vertical Position** completed as the ankles reach the surface of the water and continues through submergence.

##### Element 3

##### 3 – London Hybrid DD 3.3

A *Ballet Leg* is assumed followed by a partial Somersault Back Tuck as both legs are drawn into a **Tuck Position**, until the shins are perpendicular to the surface. The trunk unrolls rapidly as the legs are rapidly straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line

through the head and the shins. The legs are symmetrically lowered to a **Split Position**, and without a pause a rapid hip rotation of 180° is executed as the front leg is raised to assume a **Fishtail Position**. The horizontal leg is rapidly lifted through an arc of 180° to assume a **Knights Position**. The vertical leg is lowered to assume a **Surface Arch Position**, and with continuous motion an *Arch to Back Layout Finish Action* is executed.

#### Element 4

##### **4A - Nova Hybrid – Half Twist – Continuous Spin 1080° DD – 3.0**

From a **Back Layout Position** a *Bent Knee Surface Arch Position* is assumed. The legs are lifted and join simultaneously to a **Vertical Position**, as a *Full Twist* is executed. Continuing in the same direction and without a pause a *Half Twist* is executed. Continuing in the same direction and without a pause a *Continuous Spin 1080°* (3 rotations) is executed.

##### **4B - Nova Hybrid –Continuous Spin 1080° DD – 2.6**

From a **Back Layout Position** a *Bent Knee Surface Arch Position* is assumed. The legs are lifted and join simultaneously to a **Vertical Position**, as a *Full Twist* is executed. Continuing in the same direction and without a pause a *Continuous Spin 1080°* (3 rotations) is executed.

#### **Fishtail Hybrid Airborne Position**

One leg is rapidly lowered to an airborne position midway between a **Side Fishtail Position** and a **Fishtail Position** with the foot of the lowered leg touching the surface of the water. Body is extended in a **Vertical Position** and hip joints must be on a horizontal line.

#### Element 5

##### **5A -Thrust Fishtail Hybrid Bent Knee to Vertical Spinning 180° DD - 2.4**

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position**. With no loss of height, one leg is rapidly lowered to an airborne position midway between a **Side Fishtail Position** and a **Fishtail Position** with the foot of the lowered leg touching the surface of the water. The horizontal leg is rapidly lifted as the vertical leg is rapidly lowered to assume a **Bent Knee Vertical Position**. A rapid *180° Spin* is executed, as the bent knee is extended to join the vertical leg in a **Vertical Position** completed

##### **5B - Thrust Fishtail Helicopter Spinning 180° DD - 2.1**

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position** and with no loss of height one leg is rapidly lowered to an airborne **Fishtail Position**. A rapid *Helicopter Rotation Spinning 180°* is executed with the horizontal leg lifted to a **Vertical Position** during the rotation and is completed as the ankles reach the surface of the water followed by a *Vertical Descent*.

#### **Additional Requirements for National Championships (may be included for regional competition but must not exceed the number stated)**

6. Two (2) additional hybrids, one of which must include a hybrid connection, and one (1) Pair Acrobatics must be performed, These may be placed anywhere in the routine.

#### **TEAM REQUIRED ELEMENTS**

##### Element 1

##### **1A – Flying Fish Hybrid Spinning 180° DD – 2.5**

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

##### **1B – Flying Fish Hybrid DD – 2.3**

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

##### Element 2

**2A - Vertical - Full Twist to Bent Knee - Full Twist to Vertical – Open 180° - Walkout DD - 2.6** Starting in a **Vertical Position**, a *Full Twist* is executed as one leg is lowered to a **Bent Knee Vertical Position**. Continuing in the same direction another *Full Twist* is executed, as the bent knee is extended to a **Vertical Position**. Continuing in the same direction a *Half Twist* is executed as the legs are symmetrically lowered to a **Split Position**. A *Walkout Front* is executed.

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

Starting in a **Vertical Position**, a *Half Twist* is executed as one leg is lowered to a **Bent Knee Vertical Position**.



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

#### *Fouetté Rotation - New movement*

From a **Fishtail Position**, with the horizontal leg leading toward the vertical leg, a rapid 180° rotation is executed as the front leg bends to assume a **Bent Knee Vertical Position**. The bent leg rapidly extends to a **Fishtail Position**.

#### **Element 3**

##### **3A – Two Fouetté Rotations – Vertical – Continuous Spin 720° DD – 2.6**

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

##### **3B – Two Fouetté Rotations – Vertical – Spinning 360° DD – 2.3**

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

#### **Element 4**

##### **4 - Butterfly Hybrid DD – 2.9**

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

#### **Element 5**

##### **5A-Rocket Split Bent Knee Twirl Hybrid DD – 2.4**

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

##### **5B-Rocket Split Bent Knee Hybrid DD – 2.1**

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

#### **Additional Requirements for National Championships (may be included for regional competition but must not exceed the number stated)**

6. Three (3) additional hybrids, one of which must include a Cadence action, and one (1) acrobatic movement must be performed by all team members. These may be placed anywhere in the routine. The DD for the acrobatic movement must not **exceed 2.65** (in the Appendix VII)

**Cadence Action:** Identical movement(s) performed sequentially, one by one, by all team members. When more than one cadence action is performed, they must be consecutive and not separated by other optional or required elements. A second cadence action may begin before the first cadence action is completed by all team members but each team member must do the action of each cadence.

**Acrobatic movements:** A general term for jumps, throws, lifts, stacks, platforms, etc., which are performed as spectacular gymnastic feats and/or risky actions and are mostly achieved with assistance from other swimmer(s). An acrobatic movement is considered when it starts and ends once all team members are **in** the water.

7. A routine may contain a maximum of one circle pattern.

The direction of propulsion may vary as long as all swimmers are facing the same direction.

Variations in propulsion and direction facing are permitted only during underwater pattern changes, underwater actions, and making and finishing a circle.