29.7.2 Pair Acrobatics Catalogue (Pair Acrobatics for Duet/Mixed Duet only)

29.7.2.1 General Principles:

i. A pair acrobatic movement is considered as a lift or a throw if the base swimmer is *underwater* and lifts/throws the featured swimmer (featured swimmer/ flyer/performer) up in the air (away from surface). The base swimmer can lift/throw the featured swimmer by holding/pushing their legs or shoulders.

ii. A pair acrobatic movement is considered as a jump if the base swimmer is underwater and the featured swimmer jumps in the air from the base swimmer.

iii. Rotations around oneself (turn, twist) can be performed in any direction. The direction of the rotation does not influence the DD of the pair acrobatic.

iv. The way of connecting between the base swimmer and the featured swimmer is *optional* and does not influence the DD of the pair acrobatic.

v. Pair acrobatic DD values should not be compared to team acrobatic values. They are directly related to the duet/mixed duet events.

vi. The base mark for all types of pair acrobatics is 0.10.

vii. When travelling is stated in the code and description it means *visible travel* from one spot to another of the base swimmer with featured swimmer supported on top. It must be obvious "visible" moving across the water's surface

viii. When crashing is stated, it means that after the main phase of the lift the featured swimmer does not sub merge but instead "crashes" (falls) on the water's surface.

ix. When "crashing" is *not* mentioned in the code and the description, but it happens – it is a Base Mark.

x. When "airborne" is stated in the description of the pair acrobatic movement, it means that the featured-swimmer must *be disconnected from the base swimmer and be completely out of water (airborne)* from toes to top of the head at the same time.

xi. 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".

xii. For the clear verification of a pair acrobatic movement by the DTCs:

a) If it's a Throw ("W") or a Jump ("J"), a disconnect should be clearly seen. The featured swimmer must be completely in the AIR (top of the head and toes must be above the surface at the same time).

b) If a clear disconnection with the featured swimmer completely airborne can't be achieved, a lift should be declared 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 swimmer pushes up the featured swimmer, then a rotation 360° occurs (not required to be airborne). The featured swimmer can disconnect from the base swimmer during the descent.

- In contrast: if it's a Throw legs-up with 180° rotation ("W!rO,5"): the base swimmer needs to accelerate and push up the featured swimmer into the air and disconnect. We must see the featured swimmer 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 swimmer goes head-up, lifts their legs up and then crashes on the surface. Another example: in the image (below on right), the featured swimmer is lifted straight up and then submerges.


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

xiii. 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!frO.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

29.7.2.2 Allowances

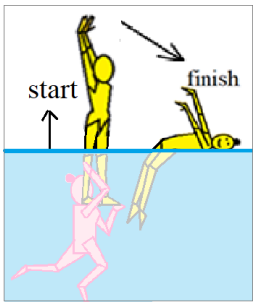
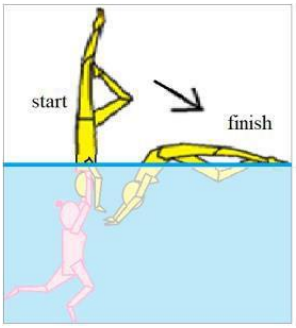
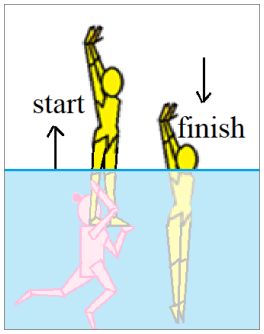
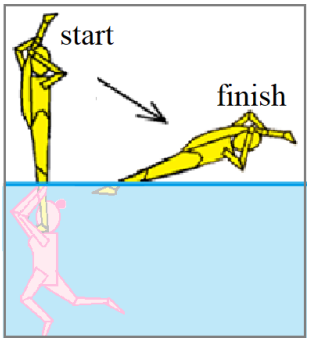
For Somersaults:	
i.	90° less than declared = Base Mark If you declare a somersault 360° but the featured swimmer rotates 260°, this would be a Base Mark, but if the featured swimmer rotates 300° you are ok.
ii.	For declared 360° somersaults and more: It must be visible fully above the water. For the water entrance, it is allowed that up to half of the body of the featured swimmer 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 swimmer 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 swimmer is submerged (or more) and then they just lift the head up with top of shoulders- it's a Base mark.
iii.	The featured swimmer can over-rotate (you can do more than you declared), For example: if you declare a somersault 360° but the featured swimmer does 400° (or even 540°), this is ok.

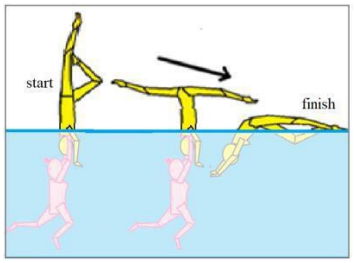
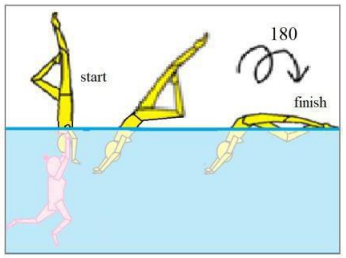
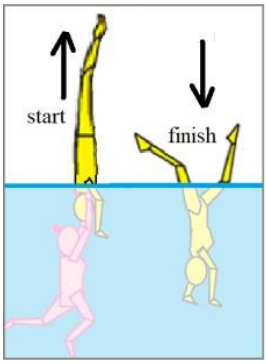
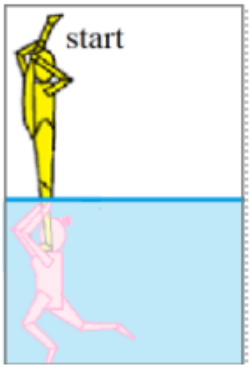
For Twists:	
i.	For Head-Down Lifts or Throws: We calculate the number of rotations until above the knee(s) (knee caps must be visible) of the featured swimmer. The featured swimmer must not be below the knee caps.
ii.	For Lifts and Jumps that are head-up: We calculate the number of rotations until the waist level of the featured- swimmer.
iii.	For 360° declared twists and more: 90° less than declared = Base Mark Meaning if you declare 360° but the featured swimmer 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 ok.
iv.	For 180° declared twists: There is no allowance – performing less than a 180° is a Base Mark. It must be done precisely (or more).
v.	The featured swimmer can over-rotate. It is allowed to do more before height allowance (waist/knee), but not less.

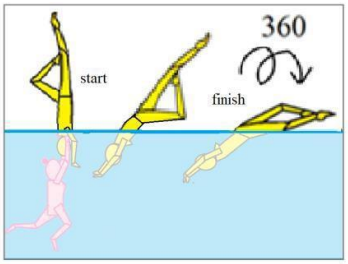
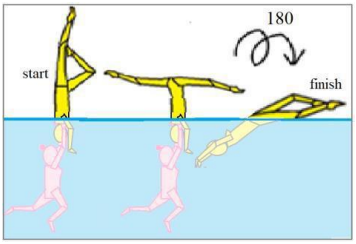
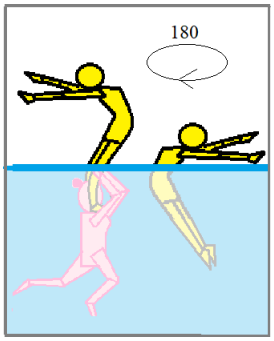
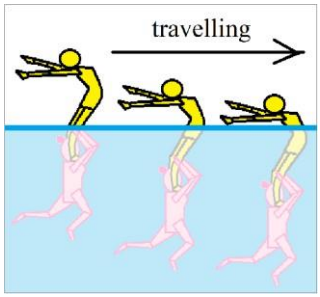
29.7.2.3 Positions

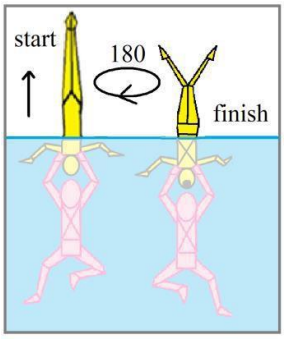
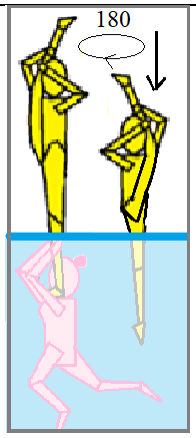
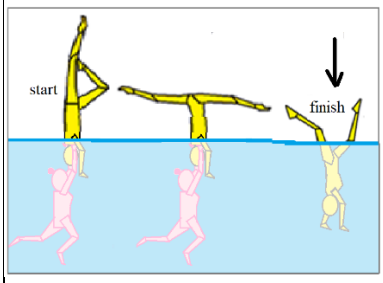
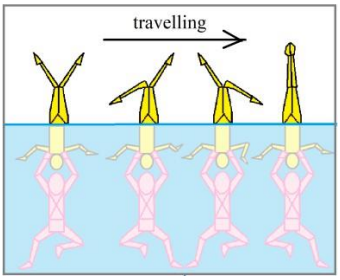
i.	Flexibility Positions allowed are: Splits and Over-splits (or variation where back leg is bent so toes touch the water. It is possible to bend the leg forward a little bit, but there must be clear flexibility demonstrated (180° between knees is desired).
ii.	The following positions (as defined in 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")
iii.	There is a 45 degrees allowance for positions.

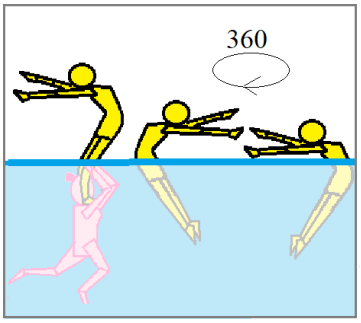
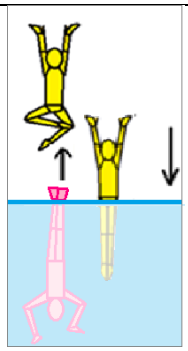
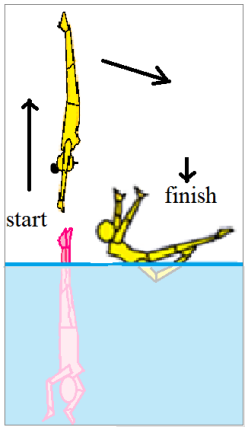
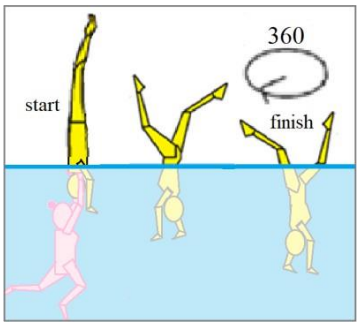
29.7.2.4 Pair Acrobatic Table:

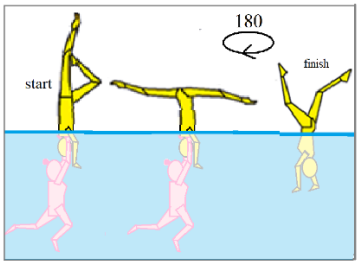
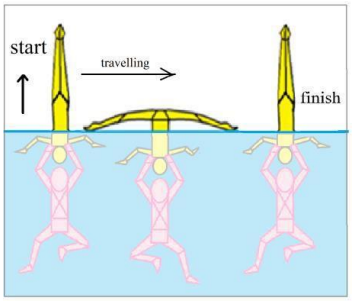
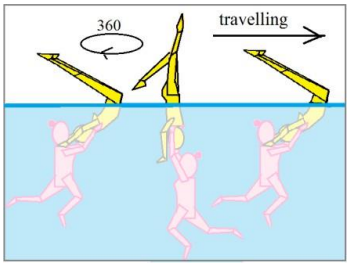
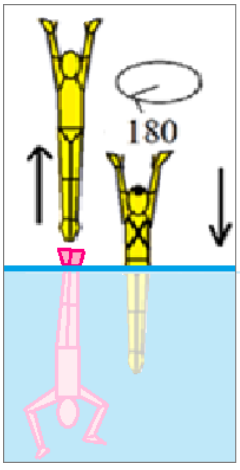
#	Name and code	Diagram	Description	DD of the Pair Acro	Total DD (with Base Mark)
1	Lift head-up with crashing **L»**		Base swimmer remains under the water and lifts the featured swimmer who performs actions above the water at maximum height. When the base swimmer pushes and releases support the featured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

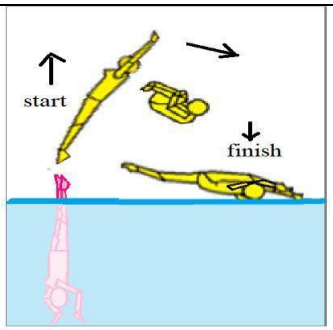
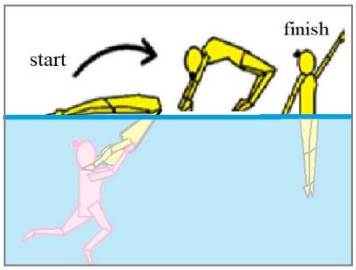
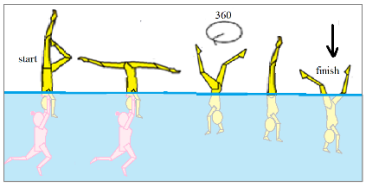
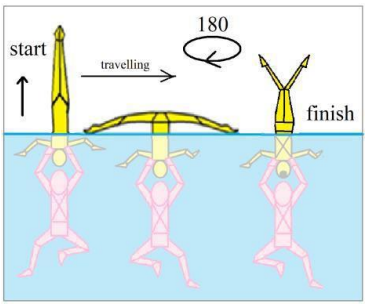
5	Lift legs-up with flexibility and crashing **L!f»**		Base swimmer remains under the water and lifts the featured swimmer (position is head-down), who demonstrates flexibility position/s (split variations etc.) above the water at maximum height. When the base swimmer pushes and releases support the featured swimmer "crashes" (falls) on the water's surface.	**0.40**	**0.50**
6	Lift legs-up with crashing and rotation 180° **L!rO.5»**		Base swimmer remains under the water and lifts the featured swimmer (position is head-down), above the water at maximum height. When the base swimmer pushes and releases support the featured swimmer simultaneously "crashes" (falls) on the water's surface while rotating 180°around themself. The rotation may also occur during the "maximum height" phase or while ascending.	**0.40**	**0.50**
7	Lift legs-up **L!**		Base swimmer remains under the water and lifts the featured swimmer (position is head-down) who performs some actions above the water at maximum height. When the base swimmer pushes and releases support, the featured swimmer submerges under the water.	**0.60**	**0.70**
8	Lift head-up with flexibility **Lf**		Base swimmer remains under the water and lifts the featured swimmer, who demonstrates flexibility position/s (split variations, etc.) above the water at maximum height. When the base swimmer releases support the featured swimmer submerges under the water.	**0.60**	**0.70**

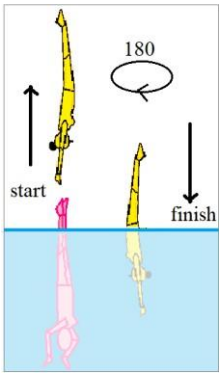
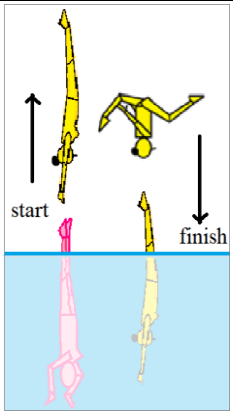
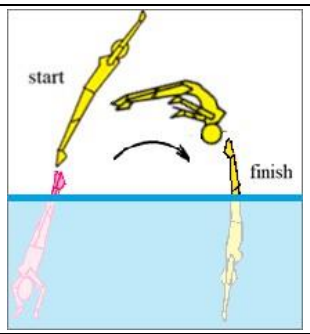
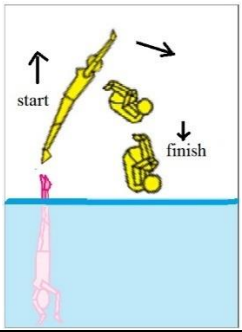
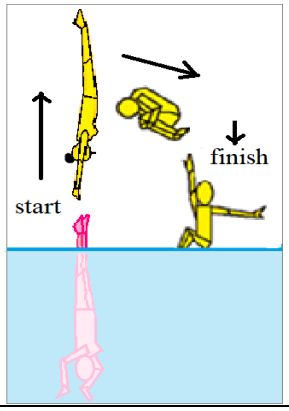
9	Lift legs-up with crashing and rotation 360° **L!r1»**		Base swimmer remains under the water and lifts another swimmer (position is head-down) above the water at maximum height. When the base swimmer pushes and releases support the featured swimmer simultaneously "crashes" (falls) on the water's surface while rotating 360° around themself. The rotation may also occur during the "maximum height" phase or while ascending.	**0.60**	**0.70**
10	Lift legs-up with crashing, flexibility and rotation 180° (turn) **L!frO.5»**		Base swimmer remains under the water and lifts the featured swimmer (position is head-down) who demonstrates flexibility position/s (split variations etc.) above the water at maximum height. When the base swimmer pushes and releases support the featured swimmer simultaneously "crashes" (falls) on the water's surface while rotating 180° around themself. The rotation may also occur during the "maximum height" phase or while ascending.	**0.60**	**0.70**
11	Lift head-up with 180° rotation **LrO.5**		Base swimmer remains under the water and lifts the featured swimmer who performs actions above the water at maximum height. When the base swimmer releases support the featured swimmer simultaneously submerges under the water while rotating 180°. The rotation may occur during the "maximum height" phase or while ascending.	**0.60**	**0.70**
12	Sustained lift head-up with travelling **SL>**		Base swimmer remains under the water and lifts the featured swimmer sustaining the lift for 3 seconds or more while travelling. The featured swimmer performs some actions above the water at maximum height and when the bottom swimmer pushes and releases support the featured swimmer submerges under the water.	**0.80**	**0.90**

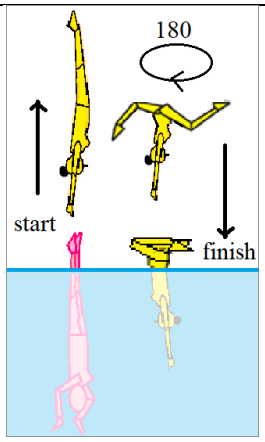
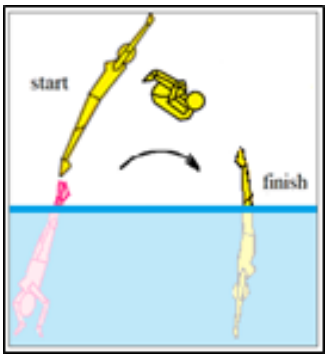
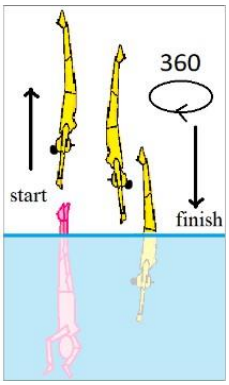
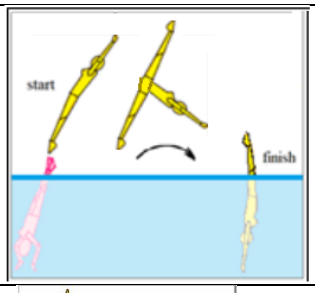
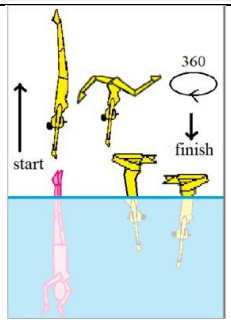
13	Lift legs-up with 180° rotation **L!r0.5**		Base swimmer remains under the water and lifts the featured swimmer (position is head-down) who performs actions above the water at maximum height. When the base swimmer pushes and releases support (or helps to rotate) the featured swimmer submerges with a simultaneous rotation of 180°. The rotation may also occur during the "maximum height" phase or while ascending.	**0.80**	**0.90**
14	Lift head-up with flexibility and rotation 180° **LfrO.5**		Base swimmer remains under the water and lifts the featured swimmer who demonstrates flexibility position/s (split variations, etc.) above the water at maximum height. When the base swimmer releases support (or helps to rotate) the featured swimmer submerges under the water with a simultaneous rotation of 180°. The rotation may also occur during the "maximum height" phase or while ascending.	**0.80**	**0.90**
15	Lift legs-up with flexibility **L!f**		Base swimmer remains under the water and lifts the featured swimmer (position is head-down) who demonstrates flexibility position/s (split variations etc.) above the water at maximum height. When the base swimmer pushes and releases support the featured swimmer submerges under the water.	**0.80**	**0.90**
16	Sustained lift legs-up with travelling **SL!>**		Base swimmer remains under the water and lifts the featured swimmer (position is head-down) and sustains the lift for 3 seconds or more while travelling. The featured swimmer performs some actions above the water at maximum height and when the base swimmer pushes and releases support the featured swimmer submerges under the water.	**0.80**	**0.90**

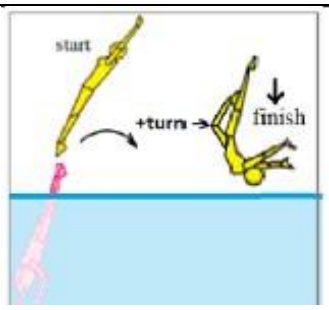
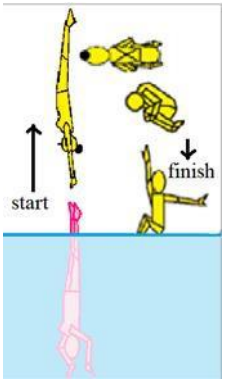
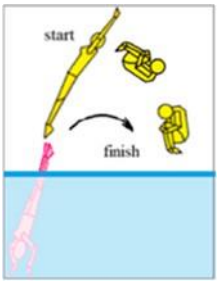
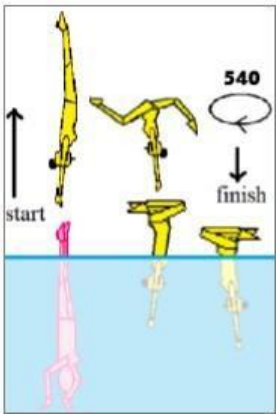
17	Lift head-up with rotation 360° **Lr1**		Base swimmer remains under the water and lifts the featured swimmer, who performs actions above the water at maximum height. When the base swimmer releases support the featured swimmer simultaneously submerges under the water while rotating 360°. The rotation 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 swimmer pushes and throws (disconnects with) a featured swimmer who becomes airborne. This featured swimmer 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 swimmer pushes and throws (disconnects with) a featured swimmer who becomes airborne. This featured swimmer 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° **L!r1**		Base swimmer remains under the water and lifts the featured swimmer (position is head-down), who performs some actions above the water at maximum height. When the base swimmer pushes and releases support the featured swimmer simultaneously submerges under the water while rotating 360°. The rotation may also occur during the "maximum height" phase or while ascending.	**1.00**	**1.10**

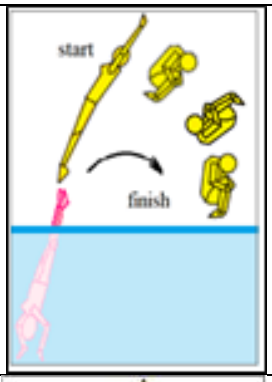
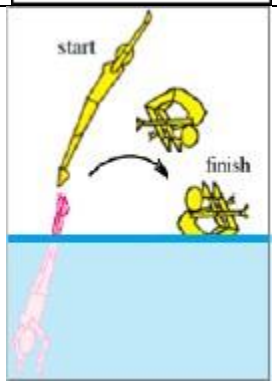
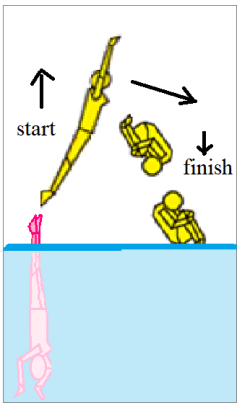
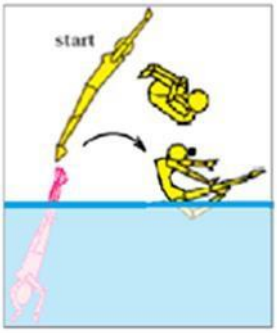
21	Lift legs-up with flexibility and rotation 180° **L!frO.5**		Base swimmer remains under the water and lifts the featured swimmer (position is head-down), who demonstrates flexibility position/s (split variations etc.) above the water at maximum height. When the base swimmer pushes and releases the featured swimmer simultaneously submerges under the water while rotating 180°. The rotation may also occur during the "maximum height" phase or while ascending.	**1.00**	**1.10**
22	Sustained lift legs-up with flexibility and travelling **SL!f>**		Base swimmer remains under the water and lifts the featured swimmer (position is head-down), sustaining the lift for 3 seconds or more while travelling. The featured swimmer demonstrates flexibility position/s above the water at maximum height and when base swimmer pushes and releases, the featured swimmer submerges under the water.	**1.00**	**1.10**
23	Sustained lift legs-up with travelling and rotation of 180° or more **S!rO.5>**		Base swimmer remains under the water and lifts the featured swimmer (position is head-down), holding for 3 seconds or more while traveling. The featured swimmer performs some actions while rotating 180°or more above the water at maximum height. When the base swimmer pushes and releases support the featured swimmer submerges. The rotation may also occur while ascending.	**1.00**	**1.10**
24	Jump head-up with 180° rotation **JrO.5**		From underwater base swimmer pushes and throws (disconnects with) the featured swimmer who becomes airborne. The featured swimmer performs some actions in the air with a 180° rotation, before entering the water. Note: rotation may also occur while the featured swimmer submerges.	**1.00**	**1.10**

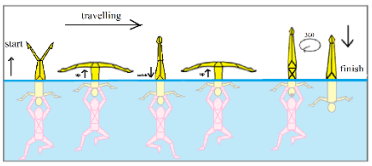
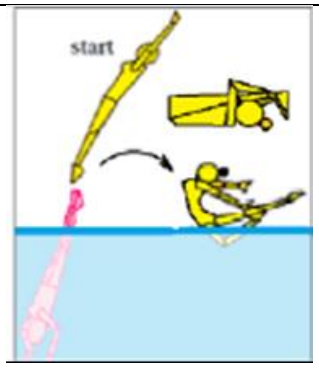
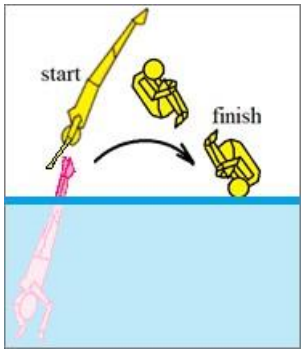
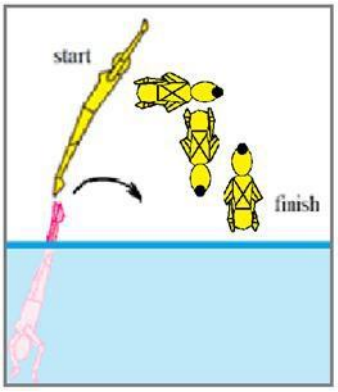
25	Jump head-up with flexibility **Jf**		From under the water base swimmer pushes and throws (disconnects with) the featured swimmer who becomes airborne. The featured swimmer demonstrates flexibility position/s (such as split variations etc.) in the air before entering the water or falling/crashing.	**1.00**	**1.10**
26	Legs-Up Throw-Dive **W!d**		From a Pike Position the featured swimmer is pushed/thrown by the base swimmer who disconnects and becomes airborne. The featured swimmer's legs are lifted in an arc over the surface of the water to meet the surface of the water again. The featured swimmer enters the water feet first and lifting their upper body to a vertical position before submerging.	**1.00**	**1.10**
27	Lift legs-up with flexibility and rotation 360° **L!fr1**		Base swimmer remains under the water and lifts the featured swimmer (position is head-down). The featured swimmer demonstrates flexibility position/s above the water at maximum height with 360° rotation. When the base swimmer pushes and releases support the featured swimmer submerges under the water. The rotation may occur while the featured swimmer submerges or while ascending.	**1.20**	**1.30**
28	Sustained lift legs-up with flexibility, travelling and rotation 180° or more **S!fr0.5>**		Base swimmer remains under the water and lifts the featured swimmer (position is head-down), sustaining the lift for 3 seconds or more while travelling. The featured swimmer demonstrates flexibility position/s above the water at maximum height with 180° or more rotation. When the base swimmer pushes and releases support the featured swimmer submerges under the water. Note: rotation may occur while the featured swimmer submerges or while ascending.	**1.20**	**1.30**

29	Throw legs-up with 180° rotation **W!r0.5**		From under the water base swimmer pushes and throws (disconnects with) the featured swimmer who becomes airborne. The featured swimmer starts their action feet-first and after demonstrating maximum height submerges with a simultaneous rotation of 180°. The rotation may also occur during "pushing"/ ascending phase.	**1.20**	**1.30**
30	Throw legs-up with flexibility **W!f**		From under the water base swimmer pushes and throws (disconnects with) the featured swimmer who becomes airborne. The featured swimmer starts their action feet-first and demonstrates flexibility position/s during maximum height and then submerges.	**1.20**	**1.30**
31	Jump-Dive **Jd**		From under the water base swimmer pushes and throws (disconnects with) the featured swimmer who becomes airborne. This featured swimmer demonstrates an arc over the surface before entering the water in a head-first vertical position. If the featured swimmer over-rotates, it will not be a Base Mark.	**1.20**	**1.30**
32	Jump head-up with 180° backwards somersault **Js0.5B**		From under the water base swimmer pushes and throws (disconnects with) a featured swimmer who becomes airborne. The featured swimmer performs a half backwards somersault (180°) in the air demonstrating "tuck" position before entering the water.	**1.20**	**1.30**
33	Throw legs-up with 180° somersault **W!s0.5**		From under the water base swimmer pushes and throws (disconnects with) the featured swimmer who becomes airborne. This featured swimmer 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. Note: the body of the featured swimmer should be fully out of the water (above the surface) before entering the water.	**1.40**	**1.50**

34	Thow legs-up with flexibility and rotation 180° **W!fr0.5**		From under the water base swimmer pushes and throws (disconnects with) a featured swimmer who becomes airborne. The featured swimmer starts their action feet-first and demonstrates flexibility position/s during maximum height. The featured swimmer then submerges while simultaneously rotating 180°.	**1.40**	**1.50**
35	Jump-Tuck/ Change position – Dive **Jpd**		From under the water base swimmer pushes and throws (disconnects with) a featured swimmer who becomes airborne. The featured swimmer per-forms 180° (half) somersault backwards with 1 change of the position in the air before entering the water headfirst. If the featured swimmer over-rotates, it will not be a Base Mark. Note: any "non-flexibility" position is allowed to be demonstrated in the air.	**1.40**	**1.50**
36	Throw legs-up with rotation 360° **W!r1**		From under the water base swimmer pushes and throws (disconnects with) the featured swimmer who becomes airborne. The featured swimmer starts their action feet-first and after demonstrating maximum height submerges with a simultaneous rotation of 360°. The rotation may also occur during "pushing"/ascending phase."	**1.40**	**1.50**
37	**Jump head-up, with flexibility and dive** **Jdf**		From underwater one swimmer pushes and throws the featured swimmer in the air who becomes airborne. The featured swimmer 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 swimmer over-rotates, it will not be a Base Mark.	**1.50**	**1.60**
38	Throw-legs up with flexibility and rotation 360° or more **W!fr1**		From under the water one swimmer pushes and throws (disconnects with) a featured swimmer who becomes airborne. The featured swimmer starts their action feet-first and demonstrating flexibility position/s during maximum height. The featured swimmer then submerges while simultaneously rotating 360° degrees or more.	**1.60**	**1.70**

39	Jump head-up with half twist and 180° somersault **Js0.5t0.5**		From under the water base swimmer pushes and throws (disconnects with) a featured swimmer who becomes airborne. The featured swimmer jumps backwards, twists 180° in the air, and then enters the water.	**1.60**	**1.70**
40	Throw legs-up with 180° somersault and half twist **W!s0.5t0.5**		From under the water base swimmer pushes and throws (disconnects with) the featured swimmer who becomes airborne. This featured swimmer 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 **Js1B**		From under the water base swimmer pushes and throws (disconnects with) a featured swimmer who becomes airborne. The featured swimmer 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° **W!fr1.5**		From under the water base swimmer pushes and throws (disconnects with) a featured swimmer who becomes airborne. The featured swimmer starts their action feet first and demonstrating flexibility position/s during maximum height. The featured swimmer then submerges while simultaneously rotating 540 degrees or more.	**1.80**	**1.90**

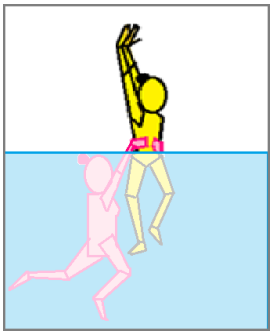
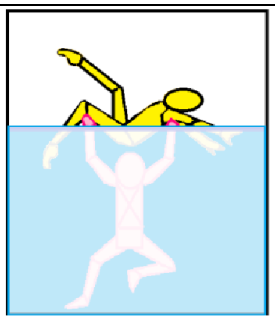
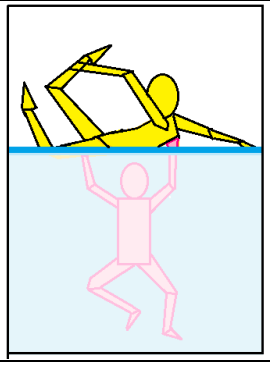
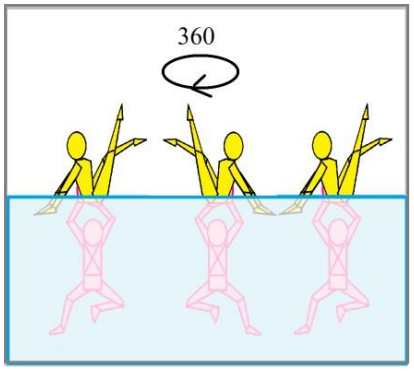
43	Jump - Tuck - 1 somersault half twist **JBs1t0.5**		From under the water base swimmer pushes and throws (disconnects with) a featured swimmer who becomes airborne. The featured swimmer per-forms 1 backwards somersault (360°) and half twist (180°) around themself in the air demonstrating "tuck" position before entering the water.	**2.00**	**2.10**
44	Jump head-up with 1 somersault backwards and flexibility **Jfs1B**		From under the water base swimmer pushes and throws (disconnects with) a featured swimmer who becomes airborne. The featured swimmer performs 1 backwards somersault in the air demonstrating flexibility of their body (split variations, etc) before entering the water.	**2.00**	**2.10**
45	Jump head-up with 1 somersault forwards **Js1F**		From under the water base swimmer pushes and throws (disconnects with) a featured swimmer who becomes airborne. The featured swimmer performs 1 forwards somersault in the air before entering the water.	**2.00**	**2.10**
46	Jump head-up with 1 somersault backwards and open in Jay (flexibility) **Js1B+f**		From under the water base swimmer pushes and throws (disconnects with) a featured swimmer who becomes airborne. The featured swimmer jumps backwards, tucking and rotating 180° in the air, then turning another 180° while opening to a Jay (flexibility) position before entering the water.	**2.10**	**2.20**

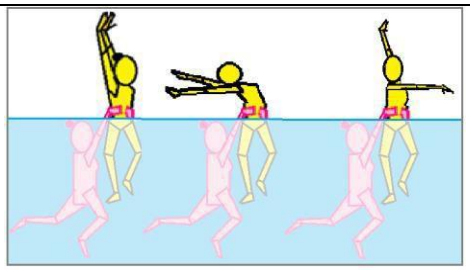
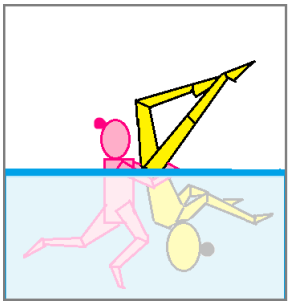
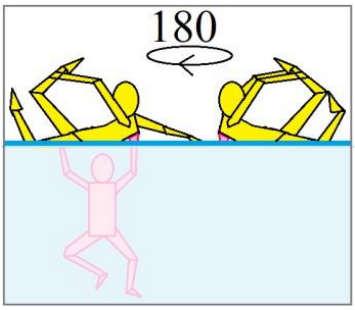
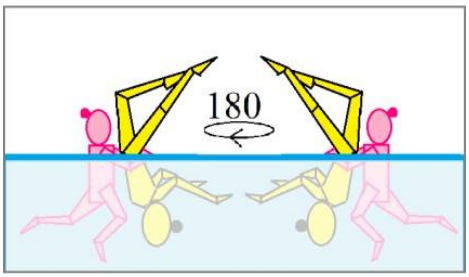
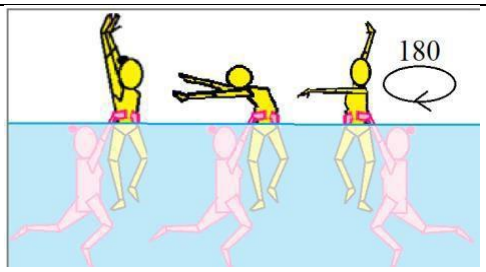
47	Sustained Lift with traveling and 2 consecutive flexibility pushes with a clear catch + rotation 360° **SL!f2+r1>**		Pair Acro Sustained Lift (featured swimmer head down) with travelling and 2 consecutive flexibility pushes with a clear catch in-between while remaining sustained, followed by a rotation 360°. Note 1: rotation can happen anywhere during this pair acrobatic sequence. Note 2: Sustained Lift must be 3s or more	**2.10**	**2.20**
48	Jump head up with 1 somersault backward +Pike + open in Jay (flexibility) **Js1B+pf**		From under the water base swimmer pushes and throws (disconnects with) a featured swimmer who becomes airborne. The featured swimmer jumps backwards, piking, rotating 180° in the air and then rotates another 180° while opening into a Jay (flexibility) position before entering the water	**2.15**	**2.25**
49	Throw legs-up with 1 somersault forwards **W!s1F**		From under the water base swimmer pushes and throws (disconnects with) a featured swimmer who becomes airborne. This featured swimmer starts their action feet-first and by lifting their torso performs 1 somersault forwards (360°) in the air before entering the water. Note: the somersault is usually performed in a tuck position.	**2.20**	**2.30**
50	Jump head-up backwards frontal 360 somersault **JsF1B**		From under the water base swimmer pushes and throws (disconnects with) a featured swimmer who becomes airborne. The featured swimmer 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.	**2.20**	**2.30**

29.7.2.4 Pair Assisted Actions:

THIS IS A LIST OF PAIR ASSISTED ACTIONS (FOR YOUR INFORMATION). THEY ARE NOT CONSIDERED AS A PAIR ACROBATIC MOVEMENTS. THEY ARE CONSIDERED IN TRANSITIONS (ARTISTIC IMPRESSION) IN DUETS OR TEAMS.

In pair assisted actions, the bottom (base) swimmer may remain under the surface of the water or on the surface, but the featured swimmer remains close to the surface (obviously not a Pair Acro lift, throw or jump). "Boost-type" assisted movements are considered as pair assisted actions. Coaches must ensure pair assisted actions do not meet a pair acrobatic definition.

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

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