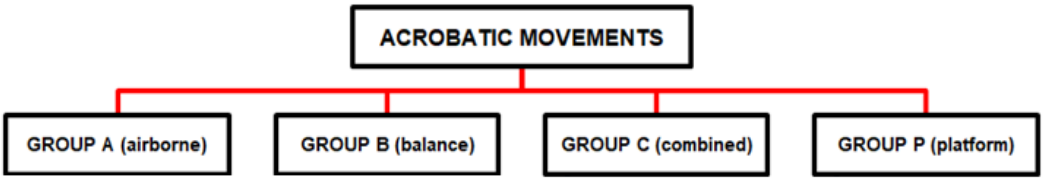
29.7 Appendix 7 – Acrobatics Catalogue

29.7.1 Team Acrobatics Catalogue

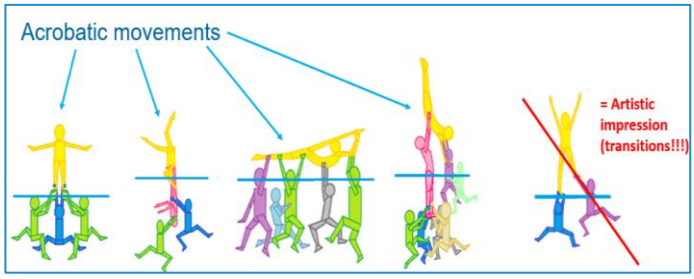
29.7.1.1 Classification of Acrobatic Movements, Terminology and Algorithm

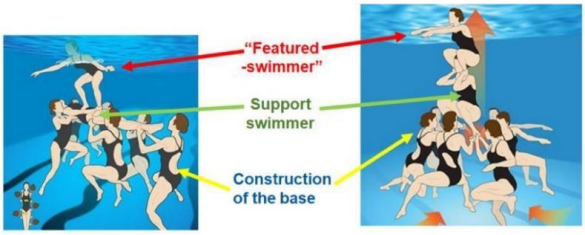
Main Groups

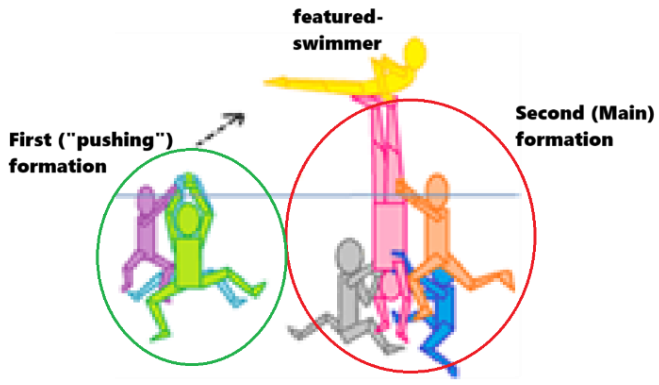
All the acrobatic movements are divided into 4 Main Groups:



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

Important Terminology		
a.	**Acrobatic movement**	General term for jumps, throws, lifts, stacks, platforms, etc., which is an integral part of artistic swimming routines that demonstrate spectacular gymnastic feats and/or risky actions in the air, on a balancing support, or in combination, and are achieved with the assistance of other swimmers. A team acrobatic movement is considered as an Element, starting from 4 swimmers and more (for example: 3 base swimmers + 1 featured swimmer; or 2 base swimmers + 1 support swimmer who pushes 1 featured swimmer). They must start and finish in the water. Acrobatic actions involving 3 swimmers or less are considered as pair acrobatics or pair assisted actions. *For example: these will not be considered as an acrobatic movement:*  

		Note in team-routines we might see choreographic formations that consist of 3 swimmers and more that can't be considered as "team acro" and look like pair-assist movements. The featured swimmer is usually halfway in the water or on the surface and never gets in the air "completely" - this is OK and is a transition/artistic impression. If a team performs this kind of assisted choreographic movement that is not declared as a "team acrobatic" on the coach card, it should not be penalized as an extra element if the DTCs cannot find a match for it in the catalogue. 
b.	**Base Swimmer**	The role of base swimmer consists of pushing/lifting the featured swimmer(s) or the support swimmer(s) with the featured swimmer on top.
c.	**Support Swimmer** **Abbreviated as "(S)" in the tables.*	Middle swimmer working or maintaining position on top of the base swimmer(s) in a "three tier/level" construction. Example: stack, standard platform, and "5q" construction in group A.
d.	**Featured swimmer** **Abbreviated as "(F)" in the tables.*	Top swimmer (flyer or featured performer) who executes acrobatic actions or movements on the support/base swimmer(s) or in the air.
e.	**Construction**	Generalized name for collaborated work of all athletes according to their assigned role in the acrobatic movement (base + support + featured swimmer/s). The construction is the "idea", "skeleton", "architecture" of the acrobatic movement.
f.	**Construction of the base**	Name of the coordinated actions of team members to form a support (under or at the water's surface) from which (or on which) one or more featured swimmer/s execute acrobatic actions. It includes the base swimmers, and sometimes spotter(s). 
g.	**Spotter ("helper")**	A swimmer, with a role of additional support (lift or push) inside the construction. Usually placed close to the "main" construction. They are attached to the featured swimmer. It is possible to have a few (1-4) separate spotters or "pair" of spotters (aka "pair-boost"). Their role is to provide additional support/assistance to the featured swimmer(s). For example: a featured swimmer is lifted on a stack head-down in an owl position and one spotter is holding the back foot of the featured swimmer. 

h.	**Formation**	Two or more groups of swimmers (that are separated, there's a distance between both groups), from which construction is comprised. Well synchronized actions of this group guarantee the execution of acrobatic movements. Without proper work from one of the formations, usually a whole acrobatic movement will fail.  **First ("pushing")** formation- is a group of swimmers that provide a push/throw of the featured swimmer before they disconnect and jump or transit on a second (main) formation **Second (main)** formation- group of swimmers that form a support on which, or through which or above which featured swimmer perform actions.
i.	**Jump**	When a featured swimmer jumps from the construction using their legs to become airborne / disconnected from the support with a "repulsion phase"
j.	**Throw**	When a featured swimmer is thrown in the air / disconnected from the support by the construction by the base or support swimmer(s). There's no "repulsion phase" by the legs of the featured swimmer.
k.	**Stack**	When a featured swimmer sits, stands or lays on a support swimmer(s) which is/are in a vertical body position (head-down or head-up).
l.	**Lift**	When a featured swimmer sits, stands or lays on base swimmers. The featured swimmer is lifted-up (away) from the water's surface (as high as they are able) to be considered as a lift.
m.	**Platform (standard)**	Coordinated actions of base swimmers where they lift from underwater a support swimmer in a horizontal position and the featured swimmer stands, sits, or lays on the support swimmer. Some platforms may be formed at the surface. A platform may finish with a jump/dismount of the featured swimmer at the end of the acrobatic movement.
n.	**Floats**	Coordinated actions of base swimmers and/or support swimmer(s) that form a stable geometric figure (from legs, hands or both) at the surface on which a featured swimmer executes movements. In some exceptions, floats can be lifted from underwater. A float may finish with a jump/dismount of the featured swimmer at the end of the acrobatic movement.
o.	**Until the Submergence of the Featured swimmer**	Defined as submergence underwater of the featured swimmer's waist (if head-down), knees (if head-up), or full body (horizontal) in alignment with general principles g) Positions (vii).
p.	**Until the Submergence of the Support/Base Swimmer(s)**	Defined as complete body submergence underwater of the support/base swimmer(s).

Algorithm for the Total Degree of Difficulty

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

BM + C + S + D + P + R + T + B = DD

BM - Base Mark of 0.50 points (start or base value of every acrobatic)
C – construction
S - area of support and type of connection
D – direction
P - position/s
R - rotation of construction
T - the plane and degree of rotation of the featured swimmer in the air
B – bonus/es
DD - degree of difficulty

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

The **Base Mark** for all the Main Groups is the same and has a **value of 0.50.**

The **Base Mark** is a starting point for the acro code. It means that the DDs of each component will be added to the base mark value.

29.7.1.2 General Principles and Rules

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

b) As stated in the AS Manual regarding judging hybrids, and in the hybrid catalogue, the same principle shall also apply for TCs for Acrobatics – TCs must focus on what they see at or over the water surface.

c) In regard to any acrobatic movements/declarations where compliance to specific angles or height levels is required:
   i. If technology is available at a competition where athletes can be accurately measured via analysis software for compliance to stated angles or height levels, then clear non-compliance to a required angle or level would result in a Base Mark
   ii. For Technical Controllers without technology – then non-compliance to a required angle or height level should be very obvious and clear in a video review (so far off the angle/height that there is no doubt). If too close to call and in doubt, then the ruling should go in favour of the athlete.

d) Discrepancy between images and written tables
If there is a discrepancy between the images and the written tables the "written description" always prevails. Images are there to show examples. Other variations might be possible as long as they respect the "written description".

e) Two Acrobatic Movements
If two equal/same acrobatic movements are performed at the same time It will be considered as one acrobatic movement with a bonus for double acrobatic movements (Dbl).

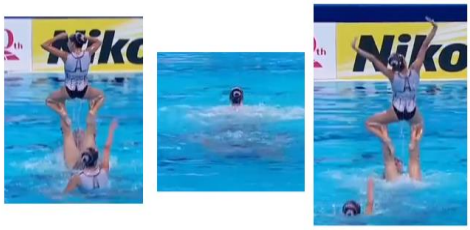
f) Bonus for double acrobatic movements

i. Elements judges do not pay attention to the timing, but to the design of the positions.

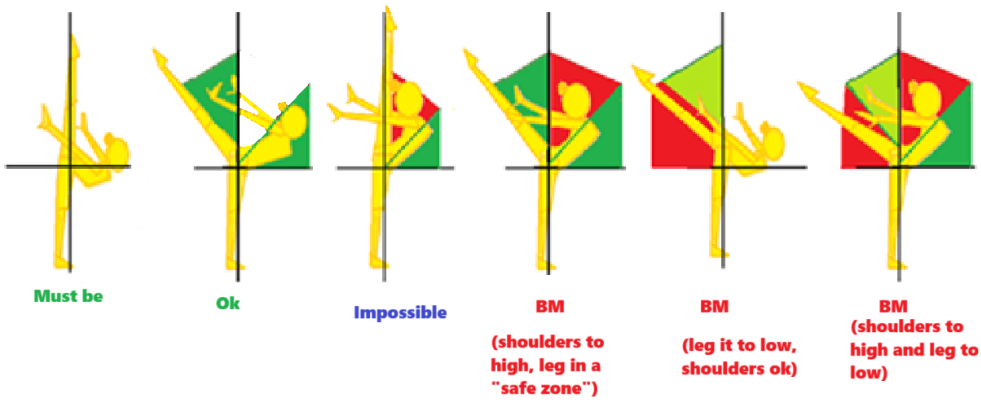
ii. However, if it is declared in the Coach Card that 2 acrobatic movements are supposed to be simultaneous (synchronized actions for double acrobatic movements bonus code "Dbl" used), and they **are obviously performed one after the other** (huge difference in timing) - the bonus will be deemed not executed, and it would put the acrobatic movement to a Base Mark.

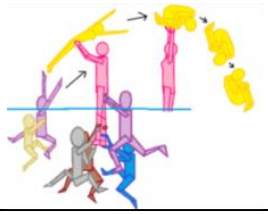
iii. It is not allowed to have **2 different** acrobatic movements performed **at the same time**. If this occurs, it will result in a Base Mark for both acrobatic movements.

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

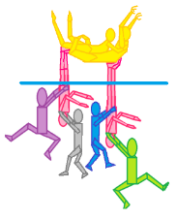
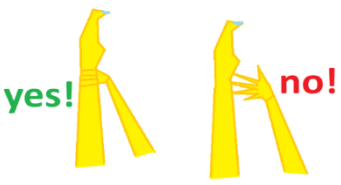


g) Positions (all groups)

i.	Declared position(s) are the one(s) demonstrated by the featured swimmer(s).
ii.	We do not consider "start positions" at the surface since they do not meet the minimal height requirement as per vii. As such, they can't be declared as position 1.
iii.	All declared positions have an allowance of **45 degrees** from what is written in the tables. Note: if the position (Needle, Sail, Queen, Eye) also requires a deviation of the torso (not just degree of the leg) – 45 degrees allowance applies separately for torso and leg. For example in Needle Position: 
v.	Unless specified, arms & hands positions/captures are optional.
vi.	Positions MUST be clearly shown • We must see a small stop in positions fixed in the clearly defined shape within 45 degrees allowance.

	• Note: in Group A or C during multiple somersaulting some positions might look "passing". For TCs - please use slow motion to verify a clearly defined shape within 45 degrees - If you can recognize that the position was performed within 45 degrees then there is no BM.
vii.	All declared positions, in all Main Groups (1st Position, 2nd Position and the bonus for the 3rd position) must be clearly shown and higher than: • **Knees** for head-up positions • **Waist** for head-down positions • **Full body out of water** for horizontal and "free" positions
viii.	Positions must be declared in **order of performance**. When a position is clearly shown and is above the height allowance as per vii, it **MUST** be declared and cannot be skipped. Any position held for 2 seconds or more without being declared is subject to a Base Mark, including between position 1 and 2. Transitioning from position 1 to position 2 must follow a direct pathway.
ix.	Position 2 MUST be a different declared position than position 1. This means that the same position code can't be declared consecutively, they must be different position codes from the table. This rule does not apply to the bonus for the third position. • Example 1: Group B: he/2he= not possible, but he/2gl = is OK • Example 2: Group A: kt/2kt = not possible, but kt/2tk = is OK • Example 3: Group P: bb/2ow + Pos3 bonus (switch legs and do another ow) = OK (DTC's need to see an obvious change in position from Position 2 to the Position 3 bonus)
x.	The **1st Position** in **Group A** (also used in Group C) is defined as: • The first position clearly shown by the featured swimmer in the air, following the take-off position. • Example 1: The featured swimmer takes off the construction in a line and then immediately brings the legs to a pike position to perform one somersault. In that case, "pike" will be position 1. • Example 2: The featured swimmer takes off the construction in a line and remains in that position to perform a full twist head-up. In that case, "line" will be position 1 as the line is shown during the main action of the acrobatic (so more than just the take-off position). • In the picture below, the first declared position will be tuck 

xi.	The **1st Position** in **Group B** (also used in Group P) is defined as:
	• The first position clearly shown by the featured swimmer that is above the height allowance (per vii). This does not include "rising" transitional positions.
	• If the featured swimmer rises-up from underwater, past the height allowance as per vii (knees/waist) in a position and clearly demonstrates that position – it MUST be declared as Position 1.
	  ○ Example 1: The featured swimmer starts at the surface in a tuck position. When the acrobatic movement starts lifting, the athlete opens the legs and demonstrates an "owl" position above the waist and therefore is OK. In that case, "owl" will be Position 1 (and not the tuck which is considered as the set-up/rising position).
	  ○ Example 2: In a Platform, the featured swimmer is in a pike position underwater. While the construction is lifting the featured swimmer performs a porpoise action to a Bamboo position (completed above the waist). In this case, "bamboo" will be Position 1 (and not "box" through which the featured swimmer is passing through during the porpoise action (the "box" is considered as a "rising" position).
	• When the construction is rising:

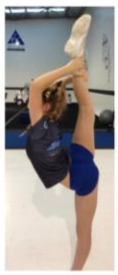
	○ The DTC can usually detect if the featured swimmer begins standing on two legs and then moves onto one leg (ie. Heron, Needle, etc.). ○ This phase of the acro is considered the same as the "take-off" as in group A, so we do not count this "standing/rising" phase (transitional to Position 1). ○ DTC will check for how long the featured swimmer holds the Stand (sd) position once fully extended. If more than 2 seconds, Stand (sd) must be declared as position 1, otherwise it will be a base mark. ○ If the athlete is still in the process of standing/rising and doesn't hold the Stand (sd) position for more than 2 seconds, this rising position must not be declared, and the coach must only declare the position on 1 leg shown after. • For **handstands**: ○ Ex 1: If the legs of the featured swimmer go through (passes-by) an "owl" position or through a "box" to get to the bamboo, coaches must declare bamboo as the 1st position. ○ Ex 2: If the legs of the featured swimmer starts in a tuck at the surface, and the legs open directly to an "owl" or a "box" position showing a clear stop above height allowance as per vii, then the coaches must declare the "owl"/"box" as the 1st position.
xii.	The **positions** in **group C** for a fly above formation (constructions **Thr^2F** or **Thr^Lh**) is defined as: • If there are two featured swimmers, position 1 indicates the position of the 1st featured swimmer (who is usually lifted, so group B is used) and position 2 indicates the position of the second featured swimmer (the one who flies, so group A is used). • All other positions of either featured swimmer may be indicated in the bonus for third position ("Pos3").
xiii.	For **group C** constructions **Thr+Thr** or **Sn**: • Position 1 indicates position of the first featured swimmer (leading) • Position 2 indicates position of the second featured swimmer (following) • Any subsequent position may be declared as a third position bonus
xiv.	When an acrobatic movement has two featured swimmers with the same position shown at the same time: • You have to declare only one position (due to the rule saying that position 2 must be different than position 1) • Example below: both featured swimmers perform cobra. The coach declares "cobra" only once. 
xv.	If a hand capture is required as per table, we **MUST** see a clear and controlled holding (not a "tap" touch). It must be as a held grasp. There is no duration specified for how long you need to "hold" the capture, as long as it shows clear and controlled grasp.  The featured swimmer may capture leg "inside" or "outside" and can grab any part of the leg: knee/s, foot/feet, shin/s, ankle/s. Hand capture (and transition to any hand capture) must happen by the featured swimmer themself, by their own ability and without the help of support or base swimmer(s).

<table>
<tr><td>xvii.</td><td>Opposite arm means:

a) If in the description of a position it is stated that the featured swimmer must demonstrate opposite arm, the capture cannot be done with the same leg and arm, or it will be a Base Mark.

Example: It must be left leg capture with right arm, but not left leg capture with left arm. Or opposite: right leg capture with left arm, but not right leg capture with right arm

b) The movement to an opposite arm catch must happen directly – meaning no help from the other arm/hand.

For example: the featured swimmer stands on their right leg, the left leg moves, performs kick backwards or sideways and then featured swimmer must catch the left leg with their right arm/hand.</td></tr>
<tr><td>xviii.</td><td>“Blind catch” or “blind capture”: means that the featured swimmer must capture any part of the leg/s (knee/s, foot/feet, shin/s, ankle/s) without looking with the opposite arm or both arms. Elbow/s look forward – not backwards - not a “side” capture). For example:
<table><tr><th>Eye position – OK (elbows forward)</th><th>Eye Position – NOT OK (elbow backwards)</th><th>Pin position</th></tr><tr><td>  </td><td>  </td><td>  </td></tr></table></td></tr>
<tr><td>xix.</td><td>If nothing is specified in the written description of the position, the capture can be done with either arm.</td></tr>
<tr><td>xx.</td><td>If the value is “0” (zero) in the capture column of the table, it means that a capture is not required, but may happen.</td></tr>
</table>

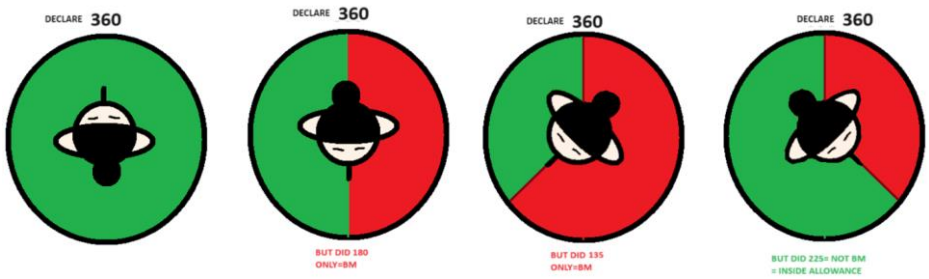
h) Constructions – all groups

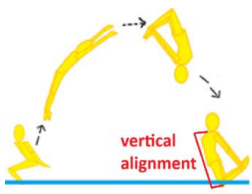
i. The way the base swimmers hold each other is optional.
ii. The way the base swimmers support the featured swimmer is optional.

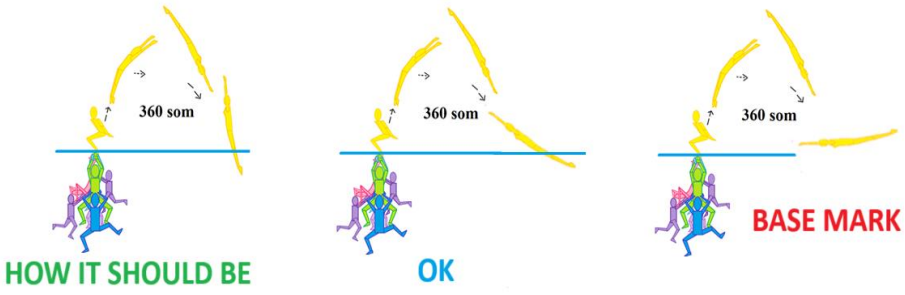
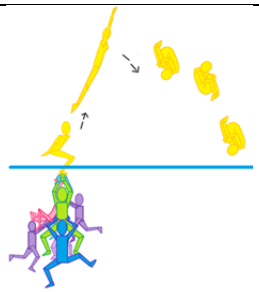
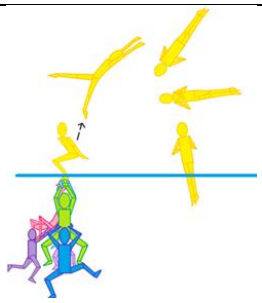
i) Area of Support / Type of Connections (Groups B and P)

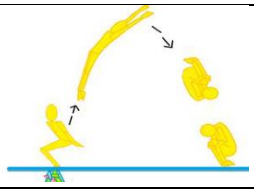
i. If you have 2 types of connections in your acrobatic movements, you MUST declare the first one shown above the surface. You are not allowed to skip the first one and declare the second one instead, unless specified otherwise.
ii. In groups B and P, the base/support swimmers cannot help the featured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

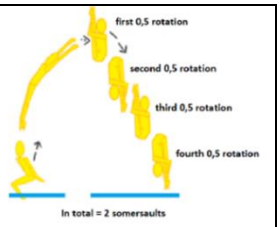
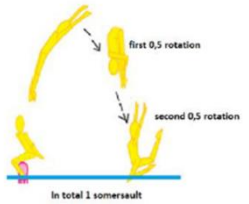
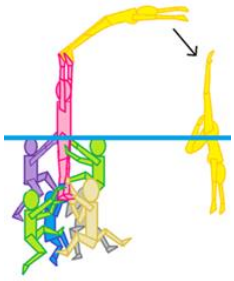
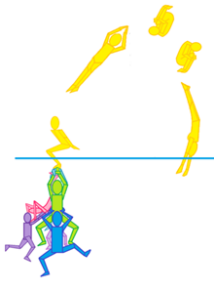
j) Rotations in the Air – Plane and Degree (Groups A, C and bonuses in Group P)

Twists (Groups A, C and bonuses in Group P)	
i.	The number of twists is calculated until the **waist level** of the featured swimmer (visible/clear border for detecting rotations)
ii.	A declared twist can happen at any time in the acrobatic movement. For example, after completing somersault, or while rotating in the air, or while taking off etc.)
iii.	Allowance for **360º Twists and more**: **180º less** than declared = Base Mark (note: swimmer can over rotate – you can do more than what is declared). Example 1: Declared 720º twist, but only rotated 540º by the waist level (1 1/2) = Base Mark Example 2: Declared 720º twist, and rotated 630º be the waist level (1 7/8) = Ok 
iv.	Allowance for **180º twists**: There is **no allowance**. Less than 180° is Base Mark.
v.	Twists can be started with legs together (after take-off) or with a fast kick forward action during the take-off phase (before twisting). We do not consider it as a position, regardless of the degree of the kicking leg (the degree of the "kicking leg" can be more than 90º)!

Somersaults (Groups A, C and bonuses in Group P)	
i.	The number of somersaults is calculated until the beginning of the submergence of the featured swimmer. Beginning of submergence is defined as when a quarter of the body "disappears" underwater. Note: this does not mean "a slide of the body part" or "body part submerging and then coming back and appearing above the surface", but when the body of the featured swimmer goes directly into the water and never "rises-up again".
ii.	Allowance for **all somersaults** (regular/frontal/dive/two axes, etc.) is **90º less** than declared before the beginning of the submergence of the featured swimmer = Base Mark (note: swimmer can over rotate – you can do more than was declared). Note: if you are trying a somersault backwards 360° in a flexibility position (for example: Ring), and the athlete can't complete a 360° somersault (with allowance) - you can instead declare "Jump-Dive" and stay inside "the rule of allowance" that you can over-rotate but at least "pass" the required rotation.
iii.	Regarding rotations in the air and allowances and how to see if the featured swimmer passed the "border line" and enters the "safe" zone, we look at part "from shoulders to knees" (this rule applies for positions: line position; variations of kite and jay positions) 

		
iv.	To qualify for "**open**" ("o") in ANY group – DTCs must see a "closed" position with forward flex stomach (tuck, pike) followed by an opening in a straight body position. Line (ln) position MUST be performed (with 45 degrees allowance) and may be declared as Position 2, or may be declared as the 3rd position bonus, OR it may be a subsequent position after a 3rd position. Line MUST be performed by the knees (head-up) or waist (head-down). Reminder: "ln" cannot be declared in group P as it is a group A position. If a group P bonus requires an opening to a straight body position, a line must be performed by the knees/waist, but cannot be declared.	
v.	When "**forwards**" ("f") is beside the degree of rotation, it means the direction in which the actual somersault in the air is happening is forward. *Note: if a team performs the somersault forwards and does not declare the "f" (so just a regular somersault) - we consider it as underdeclared, and it is not a Base Mark.*	
vi.	When "**straight body**" ("ss") is beside the degree of rotation, it means that the featured swimmer must keep a straight body position <u>from the take-off until the end of the rotation</u>. A small arch in the back is allowed (as positions have a 45-degree allowance), and it is allowed to have a small kick action after take-off, which is not declared as a position. To declare a "straight body somersault", position 1 always needs to be **Line (ln)** from the beginning to the end of the acrobatic movement. No other position can be declared.	

How to Calculate Somersault Rotations		
i.	To get value for a "full somersault" the featured- swimmer who jumps head-first needs to enter the water feet-first (after "full" rotations ie 360°, 720°, 1080°). For example: tuck position, straight body positions.	
ii.	For "Open" positions or variations of arch positions (Jay, Kite, etc) – the featured swimmer must enter the water demonstrating vertical alignment between shoulders and knees to get a full somersault.	

iii.	Pike somersault (without changing the body position throughout the rotation): We count somersaults in a pike position the same way that diving does. The first 180-degree movement of the legs after take-off is considered as the first half of the rotation and then count from there.	
iv.	If the somersault is performed using 2 positions – for example Pike and Jay: we count the number of somersaults in our regular method where we look how many times the torso with the head turns each 180. Note: position 1 must be declared as Pike, and position 2 must be different than Pike. It must not be a "pike somersault" all the way through.	
v.	If there's a **half somersault/dive** when the featured swimmer jumps head-up or is thrown feet-first and after demonstrating a parabola in the air enters the water head-first or feet-first, it should be written in the code as the letter "**d**" with indicated number of twists (if there are any). Not entering water head-first or feet-first in this situation would be counted just as a change of position and will not be written as dive/half somersault.	
vi.	When "**open**" ("o") is beside the degree of rotation it means: • Ex 1) 540^0 somersault + open = 360^0 in position + 0.5 open to Line Position • Ex 2) 720^0 + open = 540^0 in position + 0.5 open to Line Position To qualify for "open" refer to iv in Somersaults (Groups A, C and bonuses in Group P) chart. In group A the Plane and Degree of Rotation bonus for opening is only granted in codes for 1.5 somersaults and more.	

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

k) Rotations of the Construction (For Groups B and C)

i.	The number of rotations of the construction is calculated until the **waist** level of the featured swimmer (visible/clear border for detecting rotations) when position is head-up or head-down. If the featured swimmer is in a horizontal/free position rotations are calculated until the beginning of submergence of the featured swimmer. It must be a "visible" rotation: the support swimmer turns with the featured swimmer on top while submerging. It is not just a turn of the body of the featured swimmer.
ii.	The direction (left or right) of the construction's base rotation does not influence the value.
iii.	When rotation of the Stack or Stack head-down is declared TCs should look at the turning of the support swimmer to ensure it is a rotation of the construction base, in addition to the featured swimmer completing the declared rotation until the allowance If the support swimmer is submerged, but you can clearly see that the turning continues – look at the featured swimmer and make sure the required number of rotations are completed until the allowance (it must not look like a turn of only the featured swimmer on their own – unconnected to the support) If the ability of execution is low in height and TCs can't see the support swimmer, TCs should look at the featured swimmer as per above.
iv.	The rotation may start during the ascent.
v.	Allowances for **360º and more**: **90º less** than declared = Base Mark (note: swimmer can over rotate – you can do more than what is declared). • Example 1: Declared 720º rotation, but only rotated 540º by the waist level (1 1/2) = Base Mark • Example 2: Declared 720º rotation, and rotated 675º be the waist level (1 7/8) = Ok
vi.	Allowance for **180º**: There is **no allowance** – performing less than a 180º is a Base Mark.

l) Rotations for the Construction (for Group P)

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

m) Bonus (all Groups)

i.	Any bonus can be declared only **ONCE** per acrobatic movement, unless otherwise specified (ex: "C-Roll" can be declared twice).

ii.	A maximum of **two (2) different bonuses** can be declared per acrobatic.
iii.	Some bonuses can't be declared with another bonus in the same "category" or it will result in a Base Mark. If it is the case, it will be stated in the bonus chart for that group.

n) Minimum Declaration Requirements

The following components for each group **MUST** always be declared, while the other components (not listed below) are optional. When declaring an acrobatic movement, you can't skip these required parts of an acrobatic movement declaration - Not respecting the requirements will result in a Base Mark.

i. GROUP A must have: CONSTRUCTION + DIRECTION + POS 1
ii. GROUP B must have: CONSTRUCTION + TYPE OF CONNECTION + POS 1
iii. GROUP P must have: CONSTRUCTION + TYPE OF CONNECTION + POS 1
iv. GROUP C must have: CONSTRUCTION + DIRECTION + POS 1

- Example 1: The coach declares group B, Stack. Palms/palms connection and bamboo as position 1. But the coach is not sure if the featured swimmer will be able to complete a 2nd position by the waist level before submerging. So, the coach declares all "minimum required" components (ie. Construction + type of connection + position 1). The featured swimmer can still perform position 2 without risk to receive a base mark.

- Example 2: The same acro as above plus position 2 and rotation of the stack 180º. The coach is not sure if the featured swimmer will be able to complete 180º rotation of the construction respecting the allowance. So, the coach declares all the "minimum required" components (ie. Construction + type of connection + position 1 and position 2 (if the coach is sure). The featured swimmer can still perform the rotation of the construction without risk to receive a base mark.

- Example 3: same acro (group B, Stack. Palms/palms connection and bamboo as position 1, owl as position 2, and stack turning 180º) plus 3rd position (as bonus 1) and twirl (as bonus 2). The coach is still not sure if the swimmers are safe to perform the stack 180º rotation of the construction. So, the coach declares all components except the rotation of the construction, but swimmers are still allowed to attempt to do it.

o) Clarification to Rule in Appendix 3, 4 and 5 - Acrobatics must not be repeated in the same routine.
"Must not repeat the same acrobatic" is defined as:

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

For Group B: Can't repeat the same construction, can't repeat the same type of connection (grip). Examples:
In one routine – Not allowed: **B-St-1P1P-bb/2ow** **B-St-PP-bb/2ow** ✖

In one routine – this is OK: **B-St-1P1P-bb/2ow** **B-StH-FF-sd** 
Note: in group B, you must not repeat any of the constructions, type of connection (grip) declared in another acro of group B even if you change the position/s, bonuses or rotation of the construction

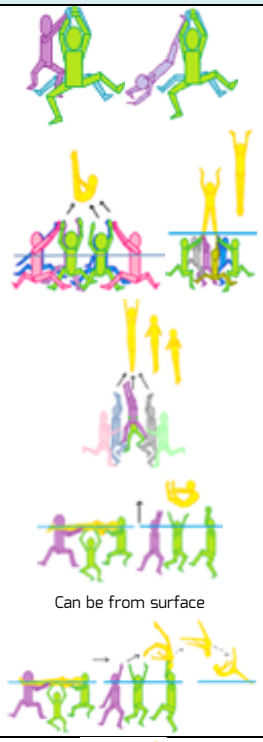
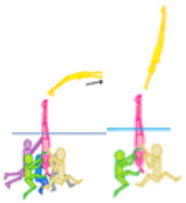
For Group C: Can't repeat the same construction. Examples:
In one routine – Not allowed: **C-Thr>St-Bln-tk-Cs1** **C-Thr>St-Forw-sd/2tk-Cd-Jump** 
In one routine – this is OK: **C-Thr>St-Bln-tk-Cs1** **C-Thr>F-Forw-sd/2tk-Cd-Jump>** 
Note: in group C, you must not repeat any of the constructions declared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

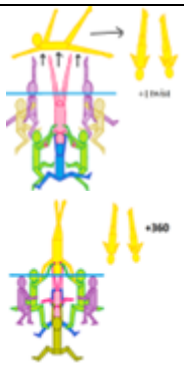
For Group P: Can't repeat the same construction, can't repeat the same type of connection (grip), can't repeat same position/s (as P1 or as P2 with the exception of the third position bonus), and can't repeat same bonus/es
In one routine – Not allowed: **P-Knees-SP+K-bb/2ow-Pos3** **P-Knees-3pA-ne-Pos3**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

Note: Position 1 (P1) and/or Position 2 (P2) limit is applicable to the specific group, but it can be done in others. For example: In a Platform (Group P) an owl position is declared and performed by the featured swimmer, in a Stack (Group B), it is safe to declare and perform an owl position as it is a different acrobatic group.

29.7.1.3 Group A

a) Component C – Construction

Group A Construction – Please note in table below Featured Swimmer = (F), Support Swimmer = (S)										
No.	**Picture**	**Name and number of levels**	**Code**	**Difficulty of coordinating actions and number of formations**	**Support: Body position and level of sustain-ability**	**Air-borne weight**	**Size of constructio n/ water resistance**	**Tempo of acceler-ation and push (lift/ throw)**	**Area of support from which featured swimmer jumps**	**Total**
1	 Can be from surface	Simple jump/throw 2 levels (Note: If in routine of 8 swimmers for example coach decides to do "double acro"- coach divides swimmers in 2 groups of 4-5 swimmers and declare Thr plus bonus for Double acro if the idea is to perform same/equal acrobatic movement at the same time)	**Thr**	Low	no	1	Type 1	fast	-	**0.60**
				0.1	0	0.1	0.1	0.3	0	
2	 May have spotter/s	Jump or throw (stack head-up) from shoulders, arms or different combinations (such as shoulder/arm or shoulder and spotter etc.) 3 levels	**Shou**	Med	High level of sustainabilit y+ low vestibular load	1+0.5	Type 2:	med	Med	**0.90**
				0.2	0	0.15	0.15	0.2	0.2	
3		Jump/ throw from feet (stack head-down type) 3 levels	**Feet**	Med	Low level of sustainabilit y+ high vestibular load+ blind connect	1+0.5	Type 2:	med	med	**1.00**
				0.2	0.1	0.15	0.15	0.2	0.2	

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

Notes on Group A Constructions:

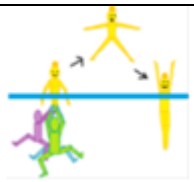
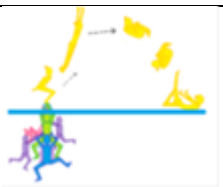
i. Constructions **2Sup** and **2SupH** can be done with or without a pusher in the middle of the 2 supports. The pusher can be head-up or head-down and may have additional swimmer(s) under for assistance.

ii. When both supports are head-down **(2SupH**), they can provide support to the featured swimmer as such: 1+1 foot, 2+2 feet, or a combination of 1 foot+2 feet

iii. If both supports are head-up (**2Sup),** or only one of them (**2SupH**), the way of pushing is optional. For example: push can be done with the palms of the support swimmer or featured swimmer can jump from support's shoulders (unless specified).

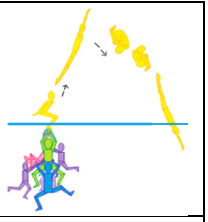
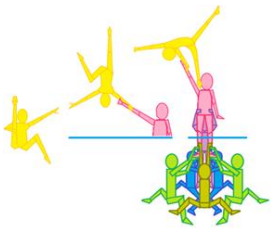
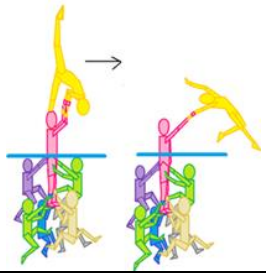
b) Component D – Direction

Direction: Defined as the direction of the jump of the featured swimmer.

	Direction	Code	Diagram	Value
1	**Upwards** The featured swimmer jumps up (or is thrown in the air by construction) and returns to the same spot they jumped from. The featured swimmer can execute the entrance into the water or back on the construction.	**Up**		**0.05**
2	**Forwards** The featured swimmer jumps forwards (or is thrown in the air in this direction by construction) and enters the water in front of the construction.	**Forw**		**0.05**
3	**Backwards** The featured swimmer jumps backwards (or is thrown in the air in this direction by construction) and enters the water behind the construction.	**Back**		**0.10**
4	**Sideways** The featured swimmer jumps sideways (or is thrown in the air in this direction by construction) and enters the water on the right/on the left the construction.	**Side**		**0.20**
5	**Reverse*** The featured swimmer jumps forwards (or is thrown in the air in this direction by construction) and then starts rotating backwards (facing the construction that the athlete jumps from) and enters the water in front of the construction.	**Rev**		**0.40**
	**A Health and Safety consideration: due to the high risk involved in this type of movement, inwards direction (jumping backwards and turning forwards- so called "turning under yourself") rotation in the air is not allowed and will not be granted a new code, even upon request.*			

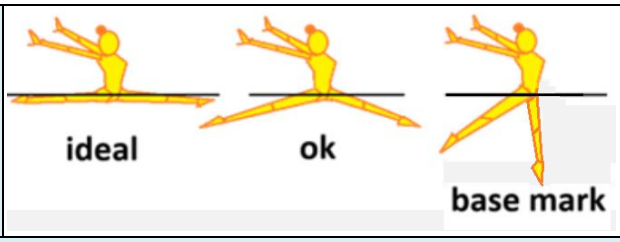
How to determine the direction:

Head-Up Jumps	**You must choose the direction the featured swimmer demonstrates during the "take-off" phase (at the beginning of the acrobatic movement).** ▪ **Example 1**: If the featured swimmer starts a jump backwards then turns in the air around self (twisting action) and then starts somersaulting forwards = declare Backwards (**Back**) ▪ **Example 2**: If the featured swimmer starts a jump forward and continues in the same direction executing a 360º somersault forwards = declare Forwards (**Forw**) ▪ **Example 3**: Jump from a square **backwards**, the featured swimmer after take-off then twists 180º and does a 540º somersault forwards. After performing 360º somersault in tuck position, the featured swimmer opens to a straight body position (ie. Line) while continuing with an additional 180º somersault and enters the water head-first. The code should be: A-Sq-**Back**-tk/2ln-s1,5t0,5fo. 

	▪ Example 4: Jump from square **forwards**, the featured swimmer after take-off then starts a 540° somersault forwards. After performing 360° somersault in tuck position, the featured swimmer opens to a straight body position (ie. Line) while continuing with one more 180° somersault and entering the water head-first. The code should be : A-Sq-**Forw**-tk/2ln-s1,5fo 
Head-Down Jumps (ie Throws)	**For Head-down jumps (ie throws) with <u>NO ROTATION</u>: you must choose the direction where the featured swimmer is thrown (where they move).** **For Head-down jumps (ie throws) <u>WITH ROTATION</u>: If there is a somersault, choose the direction of the rotation instead.** • **Example 1**: If the featured swimmer is head-down and thrown forwards and then starts performing a 180 rotation (with the back part of the head moving upwards) ie moving backwards = declare backwards (**Back**).  • **Example 2**: If the featured swimmer is head-down and is thrown backwards with no rotation = declare backwards (**Back**).  • **Example 3**: If the featured swimmer is head-down and is thrown upwards – with arch in back, starts moving backwards then performs 180 rotation in the air moving "face-first" (i.e 180 somersault and becomes head-up and continues rotating to enter the water head-first). The actual rotation is happening forwards, so declare Forwards. (**Forw**). 
Cartwheel	**The direction is Sideways (Side)** 
Handspring	**The direction is Forwards (Forw) or Backwards (Back)** 

c) Component P – Position

No.	Picture	Name and code	Difficulty to balance	Presence or absence of a helping hand (capture)	Type and level of flexibility+ Deviation of torso from inner axis	Total	*Value of Position 2 (half value of Pos 1)*	Code for Position 2
Forward flex stomach								
1	 Knees must be within 90 degrees of chest (plus always consider 45° position allowance)	Tuck **tk**	No	Can be with or without hands	Stomach flex 1 (bent legs)	**0.125**	***0.0625***	**2tk**
			0	0	0.025+basic 0.1			
2	 Flexion at hip level with one or two legs (straight) touch stomach and/or chest	Pike **pk**	No	Can be with or without hands	Stomach flex 2	**0.20**	***0.10***	**2pk**
			0	0	0.2			
Miscellaneous								
3		Kite **kt**	No	Can be with or without hands	Free "compact" body position (different from straight or open body, tuck or line) with 1 or 2 knee(s) bent. May have a small arch in back.	basic **0.05**	***0.025***	**2kt**
			0	0	0			
4		"Open body" Line/Arch Can have "open" leg variations **ln**	No	-	Misc (straight body, may have small arch in back). At least one leg straight and/or spread in 45 degrees out of vertical line. One leg may be bent.	basic **0.10**	***0.05***	**2ln**
			0	0	0			
5		Split **sp**	No	Can be with or without hands	180 between legs can be different variations, however both legs should be **straight** (both legs must be in 45° cone from 180 line that is formed by legs). Torso position-optional	**0.25**	***0.125***	**2sp**
			0	0	0.25			
	Regarding the 45-degree position allowance for Split: For a "pass" both the front and back legs need to be at 90 degrees or more from each other (see ideal and ok images below).							

								
Arched								
6		Jay **ja**	No	-	Arch in back+1 leg back straight 90 degrees and more	**0.175**	***0.087***	**2ja**
			0	0	0.175			
7	 At <u>least</u> toes of one foot must touch head (no allowance)	Ring **rg**	No	Can be with or without hands	Arch (maximum flex in back)	**0.3**	***0.15***	**2rg**
			0	0	0.3			

d) Component S – Area of Support

N/A for Group A (value already inside construction)

e) Component R – Rotation of the Construction Base

N/A for Group A

f) Component T – Plane and Degree of Rotation (Group A Rotation codes and values):

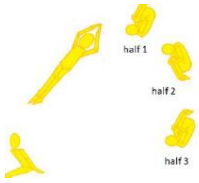
Horizontal plane (all twists: horizontal, head-up, head-down) – turns around self to the left or right (performed in the air)								
Degree of rotation	Code	value	2nd axis	forw	straight body	open	bonus	total
180^0	**t0.5**	0.025						**0.025**
360^0	**t1**	0.05						**0.05**
540^0	**t1.5**	0.10						**0.10**
720^0	**t2**	0.20						**0.20**
900^0	**t2.5**	0.25						**0.25**
1080^0	**t3**	0.30					0.05	**0.35**

Frontal plane (Example: Side somersault) - turn to the left or to the right (sideways movements - Performed in the air)								
Degree of rotation	Code	value	2nd axis	forw	straight body	open	bonus	total
360° side somersault	**f1**	0.3					0.1	**0.40**
540° side somersault	**f1.5**	0.5					0.2	**0.70**
720° side somersault	**f2**	0.7					0.4	**1.10**

Sagittal plane (Example: forward somersault) - turns around self - forwards or backwards (Performed in the air) and Two-axes somersaults (have additional bonus for using both axes + Performed in the air)								
Degree of rotation	Code	value	2nd axis	forw	straight body	open	Bonus	Total
180^0 somersault /dive (any direction)	**D**	0.025					0.05	**0.075**
180^0 somersault /Dive + 180^0 twist (any direction)	**dt0.5**	0.025	0.025				0.05	**0.10**
180^0 somersault /Dive + 360^0 twist (any direction)	**dt1**	0.025	0.05				0.075	**0.15**
180^0 somersault /Dive + 540^0 twist (any direction)	**dt1.5**	0.025	0.1				0.125	**0.25**
180^0 somersault /Dive + 720^0 twist (any direction)	**dt2**	0.025	0.2				0.075	**0.30**
360^0 somersault	**s1**	0.3						**0.30**
360^0 somersault forwards	**s1f**	0.3		0.1				**0.40**
360^0 straight body somersault	**ss1**	0.3			0.2			**0.50**
360^0 straight body somersault forwards	**ss1f**	0.3		0.1	0.2			**0.60**
1 somersault + 0.5 twist	**s1t0.5**	0.3	0.05				0.1	**0.45**
1 somersault + 0.5 twist forwards	**s1t0.5f**	0.3	0.05	0.1			0.1	**0.55**
1 somersault + 1 twist	**s1t1**	0.3	0.1				0.1	**0.50**
1 somersault + 1 twist forwards	**s1t1f**	0.3	0.1	0.1			0.1	**0.60**
1 somersault + 1.5 twist	**s1t1.5**	0.3	0.15				0.1	**0.55**
1 somersault + 2 twist	**s1t2**	0.3	0.3				0.1	**0.70**
Straight body somersault 1 + 0.5 twist	**ss1t0.5**	0.3	0.025		0.275			**0.60**
Straight body somersault 1 + 0.5 twist forwards	**ss1t0.5f**	0.3	0.025	0.1	0.275			**0.70**
Straight body somersault 1 + 1 twist	**ss1t1**	0.3	0.05		0.275			**0.625**
Straight body somersault 1 + 1 twist forwards	**ss1t1f**	0.3	0.05	0.1	0.275		0,025	**0.75**
Straight body somersault 1 + 1.5 twist	**ss1t1.5**	0.3	0.1		0.3		0.2	**0.90**
Straight body somersault 1 + 2 twists	**ss1t2**	0.3	0.2		0.3		0.3	**1.10**
Straight body somersault 1 + 2.5 twists	**ss1t2.5**	0.3	0.25		0.3		0.4	**1.25**
Straight body somersault 1 + 3 twists	**ss1t3**	0.3	0.35		0.3		0.55	**1.50**
540^0 somersault	**s1.5**	0.65						**0.65**
540^0 somersault forwards	**s1.5f**	0.65		0.1				**0.75**
540^0 somersault + open	**s1.5o**	0.65				0.35		**1.00**
540^0 somersault forwards + open	**s1.5fo**	0.65		0.1		0,35		**1.10**
1.5 somersault + 0.5 twist	**s1.5t0.5**	0.65	0.025					**0.675**
1.5 somersault + 0.5 twist forwards	**s1.5t0.5f**	0.65	0.025	0.1				**0.775**
1.5 somersault + 0.5 twist + open	**s1.5t0.5o**	0.65	0.025			0.35	0.175	**1.20**
1.5 somersault + 0.5 twist + open forwards	**s1.5t0.5fo**	0.65	0.025	0.1		0.35	0.175	**1.30**
1.5 somersault + 1 twist + open forwards	**s1.5t1fo**	0.65	0.05	0.1		0.35	0.25	**1.40**
1.5 somersault + 1 twist	**s1.5t1**	0.65	0.05				0.1	**0.80**
1.5 somersault and 1.5 twist	**s1.5t1.5**	0.65	0.1				0.225	**0.975**
720^0 somersault	**s2**	0.9						**0.90**
720^0 somersault + open	**s2o**	0.9				0.5	0.3	**1.70**
720^0 somersault forwards	**s2f**	0.9		0.1			0.1	**1.10**
720^0 somersault forwards + open	**s2fo**	0.9		0.1		0.5	0.3	**1.80**

2 somersaults + 0.5 twist	**s2t0.5**	0.9	0.025				0.275	**1.20**
2 somersaults + 0.5 twist forwards	**s2t0.5f**	0.9	0.025	0.1			0.275	**1.30**
2 somersaults + 0.5 twist + open	**s2t0.5o**	0.9	0.025			0.5	0.325	**1.75**
2 somersaults + 0.5 twist + open forwards	**s2t0.5fo**	0.9	0.025	0.1		0.5	0.325	**1.85**
2 somersaults + 1 twist	**s2t1**	0.9	0.075				0,625	**1.60**
2 somersaults + 1 twist +open	**s2t1o**	0.9	0.075			0.5	0,625	**2.10**
2 somersaults + 1 twist forwards + open	**s2t1fo**	0.9	0.075	0.1		0.5	0.625	**2.20**
900^0 somersault	**s2.5**	1.2						**1.20**
900^0 somersault forwards	**s2.5f**	1.2		0.1				**1.30**
1080° somersault	**s3**	2						**2.00**
1.5 straight body somersaults	**ss1.5**	0.65		0.3			0.25	**1.20**

Example: 1.5 somersault+ 1.5 twist:

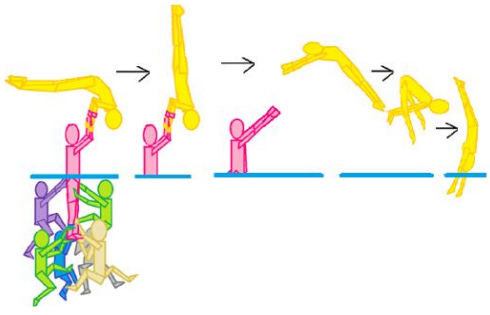


Cartwheels (frontal plane rotations) and Handsprings (sagittal plane rotations)

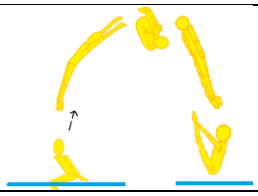
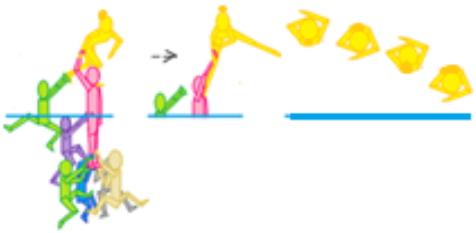
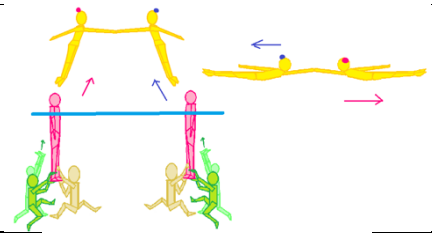
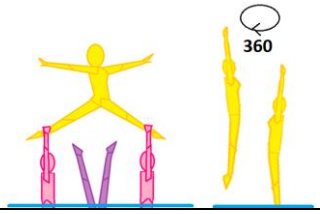
- Part of rotation starts with connection to support - ANY DIRECTION
- Cartwheel/handspring usually starts on a support and is partially performed on it. Then the featured swimmer starts the movement head-up, becomes airborne, performs 360 rotation and enters the water (featured swimmer may keep hand-connection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

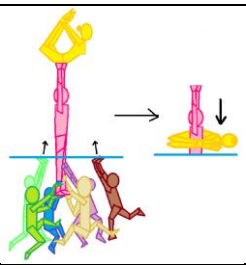
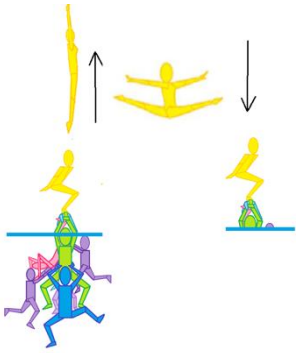
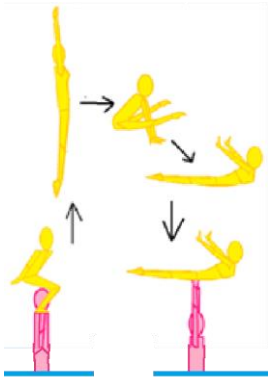
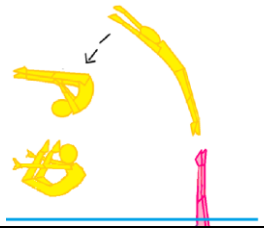
Degree of rotation	Code	value	2nd axis	forw	straight body	open	bonus	Total
Cartwheel	**C**	0.1						**0.10**
Cartwheel + 180° twist	**ct0.5**	0.1	0.025				0.025	**0.15**
Cartwheel + 360° twist	**ct1**	0.1	0.05				0.025	**0.175**
Handspring	**H**	0.1						**0.10**
Handspring + 180^0 twist	**ht0.5**	0.1	0.025				0.025	**0.15**
Handspring + 360^0 twist	**ht1**	0.1	0.05				0.025	**0.175**
Handspring + half (180°) somersault (dive)	**hd**	0.1	0.025					**0.125**
Handspring + 360° somersault	**hs1**	0.1	0.3					**0.40**

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



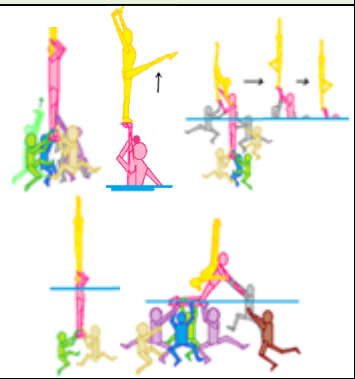
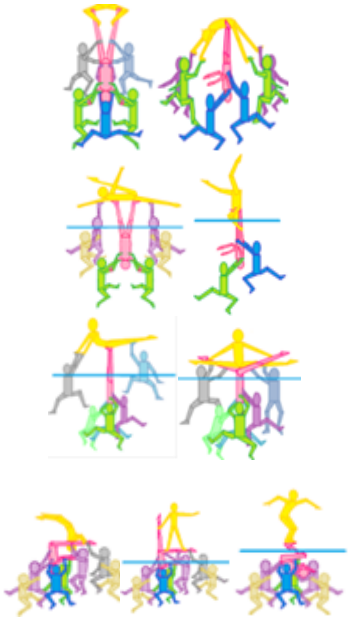
g) Component B – Bonus

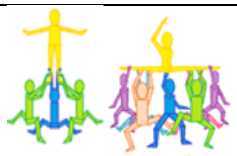
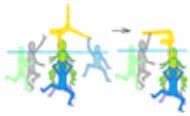
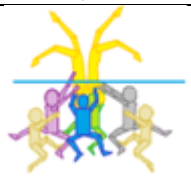
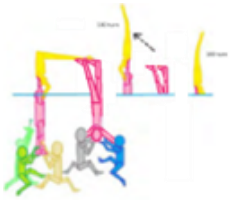
List of additions, bonuses, and risk elements in Group A				
Code		Description	Diagram	Value
Dbl		**Synchronized actions for double acrobatic movements** Where swimmers are divided into two groups (separate small constructions. Usually 3 swimmers underwater + 1 featured swimmer) who perform identical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

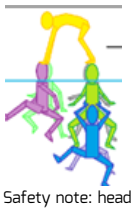
Can't be combined in the same acrobatic. **You can only choose 1 of these!**	**Hula**	**"Hulahoop" action** Featured swimmer in ring/jay position enters water with support swimmer inside the circle (which is made from legs/hands connection of featured swimmer)		**0.35**
	RetSq	**"Return" on the "Square"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

29.7.1.4 Group B

a) Component C - Construction

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

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

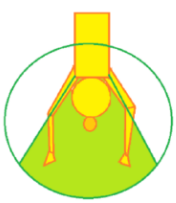
10	 Health and Safety note: head and neck.	Lift ONLY on Heads above water (Standing, sitting or laying) Arms/legs of (F) can only be connected to HEADS which must be visible above water.	**LH** +0.3 bonus for head connect-ion	Hard	no	No	1 + 4 quarters	type1	med (bonus for head connection)	**1.10**
	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

b) Component D – Direction

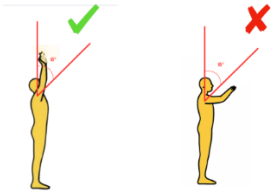
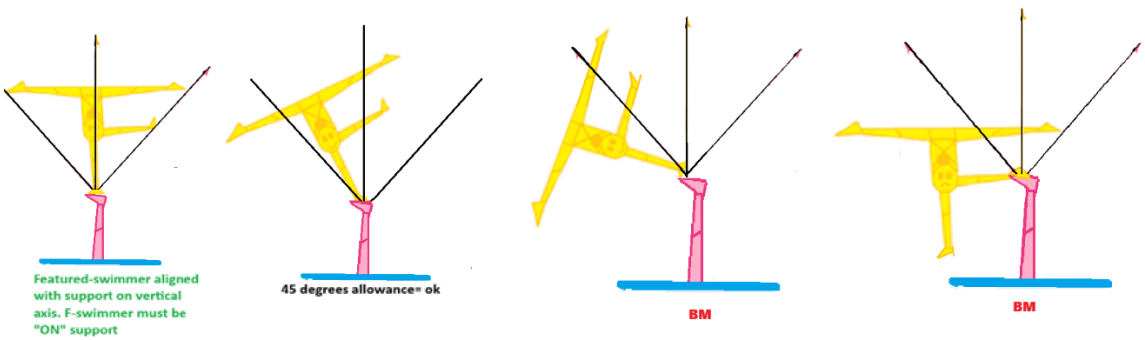
N/A for GROUP B

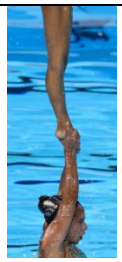
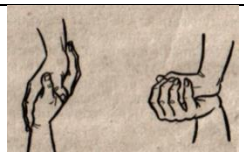
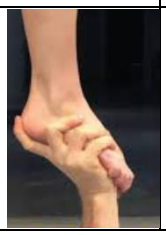
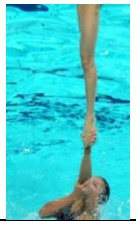
c) Component S - Area of support/Type of connection (also referred to as "Grip")

i.	Unless specified otherwise, the featured swimmer(s) MUST remain connected with the support(s) or base swimmers until the support(s) and the base swimmers are completely submerged - meaning the area of connection can no longer be seen by the DTCs.
ii.	If the infinity symbol ∞ is pictured with the grip – this grip CAN be used with the construction "Transitional Stack" (St>). If a grip does not include the infinity symbol ∞ then it can't be used with Transitional Stack (St>).
iii	A **handstand** is the act of supporting the body in a stable, inverted vertical position by balancing on the hand(s). Every handstand type of connection (**PP, 1P1P, 1PPx, PH/, PP2, 1PH, 2PH, PF, 1P1F)** MUST be performed with straight arm(s) by the featured swimmer and the support swimmer from the beginning of the handstand until the submergence of the support swimmer. **The allowance for any obvious bending of the arms is a limit of the top of the head.**

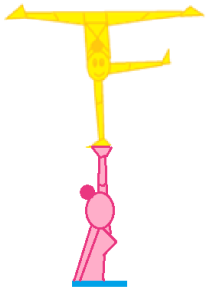
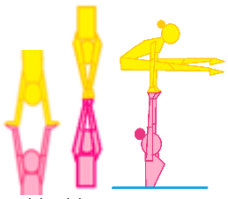
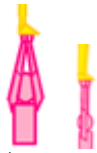
OK		**Base Mark**	
Featured swimmer	**Support Swimmer**	**Featured swimmer**	**Support Swimmer**
			

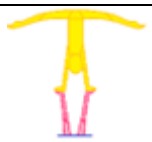
iv.	The same rules in iii. above for support swimmers' arms positioning also applies to type of connections: **FP, 1F1P**

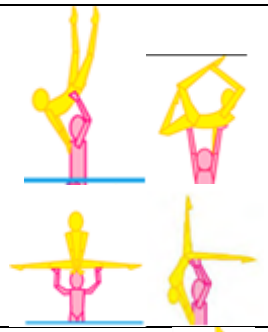
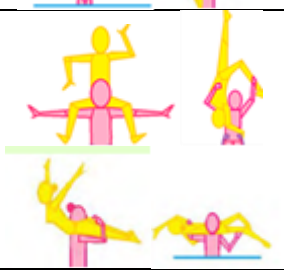
v.	In the type of connections: **1P1P, 1PPx, PP, FP, 1F1P, PP2** the support swimmers' arm(s) must remain in the vertical "cone" which is up to 45 degrees off the vertical line from beginning until submergence of the support swimmer. 
iv.	For connections **PF** and **1P1F** – the support swimmer has straight legs and any bending of the legs of the support swimmer is an execution issue and not a Base Mark.
v.	As per general principles of connections - If you have 2 types of connections in your acrobatic movements, you MUST declare the first one shown above the surface. You are not allowed to skip the first one and declare the second one instead. Therefore, in Group B, if the featured swimmer with support swimmer performs 2 types of connection/grips (for example: PP and then 1P1P) – the first connection/grip MUST be declared (in our example below it will be PP). The only exceptions shall be: a) **1F1F** where the pushing phase may start with a FF connection that breaks the surface. 1F1F MUST be executed by the time the support swimmer is at their knees. b) **F1S** where the pushing phase may start with a FS connection that breaks the surface. F1S MUST be executed immediately after FS breaks the surface. c) If construction **St>** is used, you must declare the connection shown after the disconnection from the pushing support swimmer.
vi.	The featured swimmer MUST be aligned with the support swimmer on the vertical axis until the submergence of the support swimmer (as per i) with an allowance of 45 degrees from the intended vertical axis. The 45-degree cone has a starting point at the point of connection of the featured swimmer with the support/base swimmer(s). DTCs should look at the torso of the featured swimmer to validate that rule. 
vii.	XS (extra small) type of connection is where the support swimmer's arms are straight, and their hands are positioned as follows: a) Palms one on top of the other. 

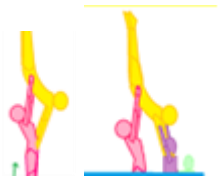
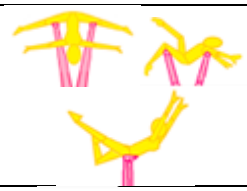
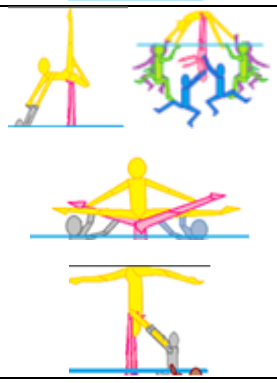
<table>
<tr><td></td><td>b) Wrists touching making an open “cone” with palms to grasp a foot or palm of featured swimmer.</td><td>  </td></tr>
<tr><td></td><td>c) Hand grasping wrist of the arm supporting the featured swimmer.</td><td>  </td></tr>
<tr><td>viii.</td><td colspan="2">For 1P1P and 1F1P: the support swimmer can hold the elbow or area from elbow to shoulder with one palm. The palm CAN’T hold the wrist area or it will be subject to Base Mark because that is then a different connection (an XS).</td></tr>
<tr><td></td><td>Example 1P1P:  </td><td>Acceptable: one palm can hold elbow or lower (area from elbow to shoulder). 
Not Acceptable: Obviously the wrist area  </td></tr>
<tr><td></td><td>Example 1F1P:  </td><td>Acceptable: one palm can hold elbow or lower (area from elbow to shoulder). 
Not Acceptable: Obviously the wrist area  </td></tr>
</table>

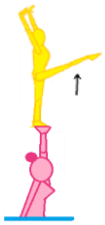
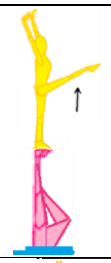
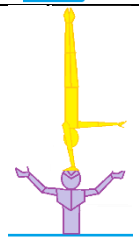
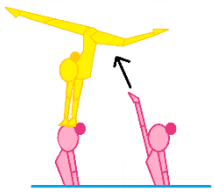
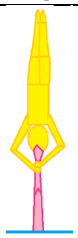
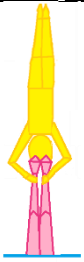
Group B Constructions with the type of connections that must be used with: *(if there is a discrepancy between this table and the original connection and the construction tables, the original connection and construction tables will prevail)*	
Construction	**Connections**
St	1P1P, 1PPx, PP, FP, SiSb,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

Area of support - Group B: Please note in table below Featured Swimmer = (F), Support Swimmer = (S)								
No.	**Picture**	**Type of Connection**	**Area of both Supports**	**Support**	**Featured swimmer**	**Average**	**Bonus/ Deduction**	**Total**
1	 (F) + (S) = straight arms	1 palm (F) on 1 palm (S) Extra small + Extra small **1P1P**	Extra small + Extra small	1.2 (average for both)			0.3 - Vertical body on palm -0.2 for stabilization catch the support arm	**1.30**
2	 (F) = straight arm	1 palm (F) on 1 foot (S) **1P1F** **∞**	Extra small+ small	1.2	0.5	0.85	+0.2 ALL BODY ON 1 PALM	**1.05**
3	 (F) + (S) = straight arms	(F) balances on 1 palm on the "XS" type of grip of the (S) **1PPx**	Extra small + Extra small	0.6	1.2	0.9	+0.2 Vertical body on palms – 0.1 for 2 palms	**1.00**
4	 (F) + (S) = straight arms	Palms (F) to Palms (S) (S) and (F) can hold as XS grip (with hands together) or with hands apart **PP** **∞**	Extra small + Extra small	0.6	0.6	0.6	0.2 Body on palms	**0.80**
5	 (S) = straight arms	1 foot/2 Feet (F) on palms (S) (S) can hold as XS grip (with hands together) or with hands apart **FP**	Extra small + small	0.6	0.5	0.55	+0.15 for power press	**0.70**
6		Feet (F) on feet (S) With NO help from spotters or base swimmers **FF**	Small + small	0.5	0.5	0.5	+0.1 No Capture	**0.60**
7		Feet (F) on feet (S) with help from base swimmers or spotters **FF/**	Small + small	0.5	0.5	0.5	-0.225 for additional spotters help on side	**0.275**

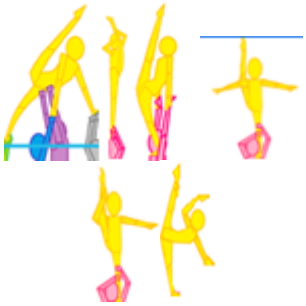
8		Palms (F) on feet (S) **PF** **∞**	Extra small + small	0.6	0.5	0.55	- 0.1 for capture with support	**0.45**
9		Lower back (F) sits on shoulder blades (S) Blind Connection **SiSb**	Small + medium	0.5	0.3	0.4	Minus 0.1 for capture and minus 0.1 for close to support but +0.2 (for blind connection) Touch (not "sit") +0.1	**0.50**
10		"Backpack" grip: Back-to-back blind connection The back of (F) touches the back of (S). **Bp** **∞**	Big + Big	0.1	0.1	0.1	0.2 (for blind connection) - 0.15 for strong "double" hand connection between 2	**0.15**
11		Shoulders (F) on feet (S). Note: (F) may hold legs of (S) **ShF** **∞**	Small + medium	0.5	0.3	0.4		**0.40**
12		"Eiffel" grip: Palms (F) on shoulders (S)/ Palms (S) on shoulders (F) (Not a handstand) (S) and (F) may hold one side with a varying grip (like image on right). One grip must always be palms to shoulders. **E** **∞**	Medium/Small+Medium/ small	0.5 0.3	0.5 0.3	0.4	-0.025 close to center of mass	**0.375**
13	 (F) = straight arm (the one on the head)	Palm (F) on head (S) + palm/palm connection **PH/** **∞**	Extra small + extra small + help	0.6	0.60	0.6	Plus connection head 0.05 0.3- all body on palm -0,1 for balance capture arm	**0.85**
14		Lift ONLY on heads above water: (F) stand/lay/sit on 2-4 heads of base swimmers (S) Arms/legs of (F) may only be connected to heads which must be visible above water **LiH** **Note: base swimmers (for safety) may hold featured swimmer**	4 medium supports = big sustainability	0.1	0.1	0.1	0.3 bonus for head connection Risk+0,05	**0.45**

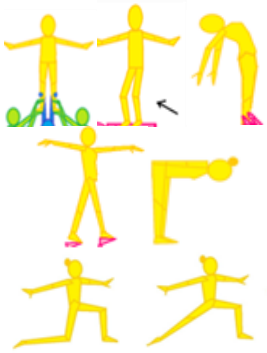
15		All (F) body on palms of (S) (lay or sit) (F) may have additional connection to (S) Note: (S) arms ABOVE or at same level with top of the head **AP**	Extra small + big	0.6	0.1	0.35	Bonus 0.1 all body on palms; (close to support center of mass) (-0.1)	**0.35**
16		(F) Sit/hang or lay on shoulders (S) **SiS**	Medium + big	0.3	0.1	0.2	(close to support center of mass) (-0.1)	**0.10**
17		Feet (F) on Shoulders (S) **FS**	Medium + small	0.3	0.5	0.4	-0.3 (for 2 hand capture by support) -0.15 for Stable, not risk connect -stabilization balance (divide by 2)	**0.025**
18		Foot (F) on a shoulder (S) + (F) can have additional connection with (S) **FtS** **∞**	Medium + Small	0.3	0.5	0.4	minus 0.275 for extra support (2 hands+leg sometimes)	**0.125**
19		"Lemur" grip Construction is 2 support athletes with at least 1 head-up. (F) lays, stands, hangs, or sits on their hands or is in a head-down position. (F) can also hold shoulders of one (S) **Le**	Big + small	0.1	0.5	0.3	Minus 0.1 for 2 supports + coordinate balance 0.05 between 2 people	**0.15**
20		"Tower" grip Construction 2 support athletes head-down, (F) lay, stand, hang, or sit on their hands or is in a head-down position **Tow**	medium + medium	0.3	0.3	0.3	Minus 0.05 for capture	**0.25**

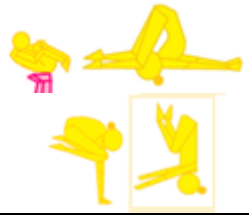
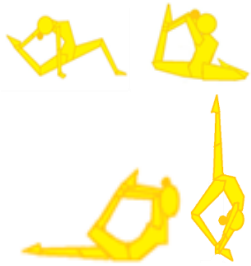
21		Simple lift: Base swimmers hold (F) Note: (F) may use support of head/s of base swimmers/ spotters **Li**	Small + big	0.5	0.1	0.3	-0.225 (for 3 or more hands capture by base swimmers; stable)	**0.075**
22		"Chameleon" grip Construction 2 supports, one of them head-down. (F) connects to one (S) by stomach, and to second (S) by feet/legs, hands (3 points) **Ch**	Medium+medium+ Small+Small = average	0.3 0.3	0.5 0.5	0.4	Minus 0.1 for 2 supports	**0.30**
23		Twins (F) holds the stomach of (S) and (S) holds pelvis of (F) Or (F) holds the shoulders of a spotter and (S) holds the pelvis of (F) **Tw**	Big + big	0.1	0.1	0.1		**0.10**
24		(F) Lay/Hang on Feet (S) **LayF** **∞**	Small+ Big	0.5	0.1	0.3	-0.125 close to the support (center of mass lays exactly on support)	**0.175**
25		(F) Sit on feet or 1 foot of (S) **SiF**	Extra small+ Med	0.5	0.2	0.35	-0.1 for center of mass close to support -0.05 for stability catch	**0.20**
26		Construction: Two (S) head-up, (F) 1 leg stays on a head of first (S) and 2nd leg on palms (near head) of second (S) **1FH+1FP**	Small+ extra small + Extra small + Small+ help	0.5	0.6	0.55	Plus connection head 0.2 Minus -0.2 for 2 supports	**0.55**
27		(F) Sit, stand or lay on Stack or Stack head-down with spotter/s **S+**	Small+ Big	0.5	0.1	0.3	-0.25 for spotters	**0.05**

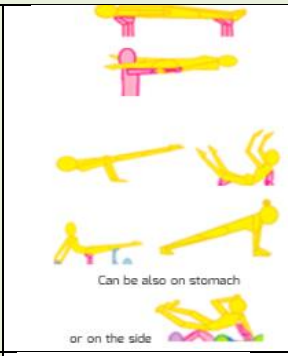
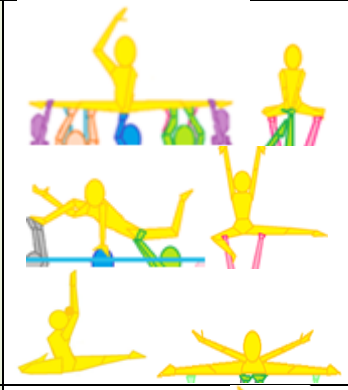
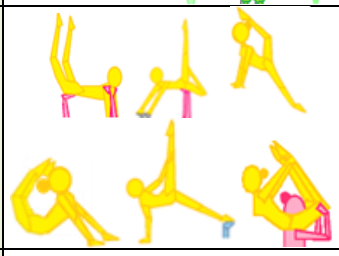
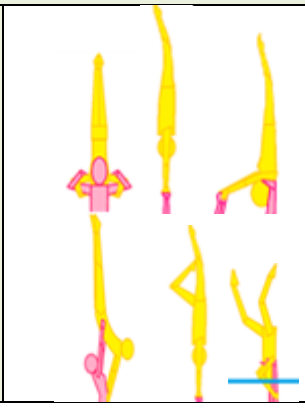
28	 (S) = straight arm	(F) 1 foot on 1 palm (S) **1F1P**	Small+ extra small	1.2	0.6	0.85	+0.4 ALL BODY ON 1 PALM	**1.25**
29		1 foot (F) on 1 foot (S) **1F1F** Leg of (S) on which (F) balances must be straight. The leg on which (F) stands must be straight.	Small+small	0.5	0.5	0.5	Bonus for no connect 0.1 1 body part multiply on 2	**1.10**
30	 (F) = straight arm	1 palm (F) on 1 head (S) grip. **1PH**	Extra small+ small	1.2	0.6	0.85	+0,3all body on 1 palm +0,2 connection with head +balane bonus 0,05	**1.40**
31	 (F) + (S) = straight arms	Palms/Palms connection on 2SupU Stack. **PP2**	small/small+ Small/small	0.6	0.6	0.6	+0.05 bonus for balancing in between 2 supports	**0.65**
32	 (F) = straight arms	**<u>Transitional stack only:</u>** Palm(s) on the head of (S). (S) can help (F) to keep balance with their hands. **2pH** **∞**	Small +Small	0.6	0.6	Capture	+0.175 connection to head -0,05 close to support centre of mass	**0.775**
33		Head of (F) on 1 foot of (S). (F) hand(s) connected to leg of (S). **H1F/**	Extra small + small	1.2	0.6	0.85	+0,2 balance on head only with head -0,1 for capture	**0.95**
34		Head of (F) on 2 feet of (S), with hand(s) of (F) holding leg(s) of (S). **HT+**	Small+small	0.6	0.6	0.6	+0,25 balance on head only with head -0,1 for capture	**0.75**

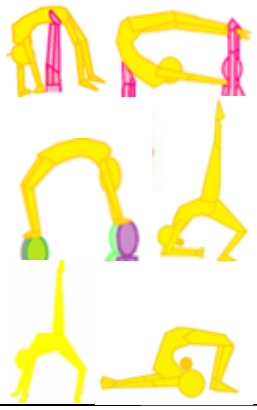
d) Component P – Position

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

5	 Can be on 1 knee Must have leg capture (any arm)	Sail **sa**	Stand on 1 leg: HEAD UP with leg Backwards	Must have leg capture (any arm)	Arch with bent leg back 135° or more and must have torso **forwards** 90° as per Head Up definition	**0.325**	***0.162***	**2sa**
			0.075	0.025	0.225			
6		Needle **ne**	Stand on 1 leg: HEAD UP with leg Backwards	Can be with or without capture	Arch with torso forwards 90° as per Head Up definition and 180° between legs (both straight)	**0.425**	***0.212***	**2ne**
			0.075	0.1	0.25			
7	 Can be on 1 knee. Blind capture with 2 arms or opposite arm, (elbow/s point forwards - not a "side" capture)	Eye **ey**	Stand on 1 leg: HEAD UP with leg Backwards	Yes - Blind capture with 2 arms or opposite arm.	Leg (straight or bent) backwards 135° or more with torso as per Head Up definition	**0.50**	***0.25***	**2ey**
			0.075	0.2	0.225			
Standing on 2 Legs – **HEAD-UP** Head-Up = the torso and head must be within 90 degrees of a head-up vertical position (no allowance).								
8		Stand **sd**	Stand on 2 legs HEAD-UP	-	Stand on 2 legs (apart or together or can be on 1 knee) Can have an arch in back. Torso as per Head Up definition.	**0.05**	***0.025***	**2sd**
			0	0	0.05			
FREE POSITIONS								
9		Monkey **mo**	Open Tuck/Pike variations, Chair variations – head-up or head-down	Can be with or without capture	Legs are close to centre of mass ie. Chair variations, "open pike variations", different kind of sits where legs are close to centre of mass.	**0.075**	***0.037***	**2mo**
			0	0	0.075			

10		Porcupine **pp**	Tuck (both knees bent and closed to chest (within 90° from chest)	Can be with or without capture	Different variations of tuck on the support (laying, standing on palms, head-down etc)	**0.10**	***0.05***	**2pp**
			0	0	0.1			
11		Cat **ct**	Stand on 3 or 4 limbs (points of support)	-	Stand on 3 or 4 limbs (foot+2 palms or 1 palm+2 feet or 2 feet+2 palms) Horizontal alignment of torso which can be arched back or bent forwards. Arms/Legs can be bent or straight. If standing on one leg the other leg can be in a free position.	**0.025**	***0.012***	**2ct**
			0	-	0.025			
12		Shrimp **sh**	Legs straight and torso touches legs	Can be with or without capture	Both legs straight apart or together. Torso touches legs (legs within 45° of the torso as per allowance)	**0.175**	***0.087***	**2sh**
			0.05	0	0.125			
13	 Blind capture with 2 arms or opposite arm Blind capture = elbow(s) required to be pointing forwards	Harp **hp**	Sit/Lay/Hanging Head-Up or Head-Down	Blind capture with 2 arms or opposite arm Blind capture = elbow(s) required to be pointing forwards	Obvious arch in the back. Captured leg is bent. Other leg is in a free position.	**0.45**	***0.225***	**2hp**
			0.05	0.1	0.3			
14		Flamingo **fl**	Lay torso/head horizontal with legs free (not cobra)	Can be with or without capture	Straight torso on the horizontal axis, can have arch in back. Legs straight or bent.	**0.225**	***0.112***	**2fl**
			0.05	0	0.175			
15	 Blind capture with 2 legs and 2 arms Elbows must point forwards.	Turtle **tu**	Lay with arch in the back (stomach upwards, downwards or sideways)	Yes - Blind capture with 2 legs and 2 arms + elbows must point forwards	Arch in back. Legs can be bent.	**0.375**	***0.187***	**2tu**
			0.05	0.15	0.175			

Horizontal aligned positions – **HEAD-UP** Head-Up = the torso and head must be within 90 degrees of a head-up vertical position (no allowance).								
16		Cobra **co**	Lay whole body horizontal Head-Up	-	Horizontal aligned body. Can have arch in back up to 45° from horizontal line. Knees can be slightly bent. Legs can be up to 45° from horizontal line	**0.15**	***0.075***	**2co**
			0.05	0	0.10			
17		Split **spl** (Can be lay on stomach or back)	Sit/Lay in a Split Position (or variant) Head Up	Can be with or without capture	Must have from knee-to-knee an alignment of 180° with 45° allowance. Leg(s) may be bent.	**0.28**	***0.14***	**2spl**
			0.05	0	0.23			
18		Scorpio **so**	Lay torso horizontal on stomach Head-Up Arch in the back	-	90-degree arch between the back and at least one leg. Legs can be bent.	**0.275**	***0.137***	**2so**
			0.05	0	0.225			
19	 Blind capture with 2 arms or with opposite arm Elbow(s) must point forwards.	Pin **pi**	Lay with stomach upwards or downwards. Arch in the back with straight legs. Head-Up	Yes – Blind capture with 2 arms or opposite arm (elbow(s) must point forwards)	180° between straight legs and arch in back	**0.60**	***0.30***	**2pi**
			0.05	0.20	0.35			
Head-Down Head-Down = the torso and head must be within 90 degrees of a head-down vertical position (no allowance).								
20		Bamboo **bb**	Head-down Vertical Position (including variants) At least one leg must remain in VP "cone" (within 45 degrees of vertical line)	-	Small arch in back allowed. At least one leg must remain in VP "cone" (within 45 degrees of vertical line)	**0.15**	***0.075***	**2bb**
			0.1	0	0.05			

21		Box **bo**	Head-down 90º Pike Position At least one leg straight	-	90º Pike Position. Legs together or apart. At least one leg straight at 90 degrees.	**0.20**	***0.10***	**2bo**
			0.1	0	0.10			
22		Firefly **ff**	Head-down 90º Pike Position Both legs straight Hips with legs turned sideways (hips turned 90º from torso)	-	Hips with both legs clearly turned 90º from torso	**0.275**	***0.137***	**2ff**
			0.10	0	0.175			
23		Willow **wi**	Head-down Arch in the back with at least one leg straight and 90º back from vertical line.	No	Arch in the back with at least one leg straight and 90º back from vertical line.	**0.25**	***0.125***	**2wi**
			0.15	0	0.1			
24		Bridge **br**	C-shape arch of the back head-down standing or hanging. Legs/arms can be bent or straight	No	C-shape arch of the back head-down standing or hanging. Legs/arms can be bent or straight	**0.325**	***0.162***	**2br**
			0.05	0	0.275			
25		Owl **ow**	Split with straight legs Head-down	-	Must have straight legs split apart 180º (with a 45º allowance)	**0.30**	***0.175***	**2ow**
			0.15	0	0.15			
26	 MUST touch head with at least the toes of 1 foot - NO ALLOWANCE	Marlin **ma**	Head-down with arch in the back and connection to the head with at least the toes of 1 foot (no allowance)	-	Head-down with arch in the back and connection to the head with at least the toes of 1 foot (no allowance)	**0.35**	***0.175***	**2ma**
			0.15	0	0.2			

Positions with Extreme Flexibility: It is recommended these positions are only used by athletes who have the appropriate level of strength, flexibility and body awareness to perform these types of body positions safely. If executed incorrectly, there is a high risk of severe injuries.								
27	 Blind capture with 2 arms Elbows pointing forwards.	Drop **dr**	Head-down Standing on 2 straight legs (not hanging)	Yes - blind capture with 2 arms. (elbows forward) Can catch 1 leg or both legs with 2 arms.	Arch (back almost 180°)	**0.80**	***0.40***	**2dr**
			0.2	0.3	0.3			
28	 Blind capture with 2 arms or opposite arm. Elbow(s) pointing forwards.	Queen **qu**	Head-down Stand on 1 straight leg	Yes - blind capture with 2 arms or opposite arm. (elbow(s) forward)	Arch (back almost 180°) and must have from alignment of 180° with both legs straight	**0.70**	***0.35***	**2qu**
			0.1	0.2	0.4			
29	 Blind capture with 2 arms or opposite arm. Elbow(s) pointing forwards.	Snail **sn**	Head-down Balance on 1 knee/shin (not hanging). Other foot can't be helping to support the position (ie standing on a support/base)	blind capture with 2 arms or opposite arm capture (elbow(s) forward) Max arch in back	Balance on 1 knee/shin (not hanging). Other foot can't be helping to support the position (ie standing on a support/base)	**0.475**	***0.238***	**2sn**
			0.15	0.20	0.125			

e) Component R – Rotation of the Construction Base

We start counting the rotation of the support swimmer (ie. Stack or Stack head-down) when the support swimmer starts turning. Sometimes you can see that the turning starts while rising and the featured swimmer lifts their leg while the turn is already happening – this is not a Base Mark.

Values for Rotation of the Construction Base in Group B						
Type	Degree of rotation					
	90°	180°	360°	540°	720°	To be used with these connections:
Value for Stack where support swimmer with featured swimmer on top rotates on the vertical axis. **The featured swimmer <u>stands on 2 feet</u> on the shoulders of the support swimmer**.	-	**r0.5/**	**r1/**	**r1.5/**	-	**ONLY** Connection FS
		0.05	**0.10**	**0.15**		
Value for Stack where support swimmer with featured swimmer on top rotates on the vertical axis. **The support swimmer must be head up.** **The featured swimmer can be head up or head down.** ***If featured swimmer stands on 2 feet on shoulders (FS) these codes are not valid. Must use above (r0.5/r1/r1.5/).*	-	**r0.5**	**r1**	**r1.5**	-	FP SiSb Bp E AP SiS F1S Tw 1F1P S+ (when support is head-up) PP (when featured swimmer is not in handstand – for example shrimp) 1F1F (when support is head-up)
		0.10	**0.20**	**0.30**		

<table>
<tr><td rowspan="2">Value for Stack where support swimmer with featured swimmer on top rotates on the vertical axis.

The featured swimmer stands on 1 leg with other leg at 135 to 180 degrees.

The position(s) with 1 leg 135-180º must be maintained through the whole declared rotation of the construction. This means for position 1, or positions 1 and 2, or positions 1, 2 and bonus for 3rd - the leg can't drop out of 135-180º (inclusive of allowance) For example: Position 2 must be with equal "leg-position" (135-180º) to Position 1 (ie Eye, Needle, Sail, Vertical Split, Glass etc).

Note: the rising/moving of the position to a one leg position with the other leg at 135-180º can occur while the construction is ascending/turning. This is when the DTCs will start counting the rotation.</td><td rowspan="2">-</td><td>r0.5+</td><td>r1+</td><td>r1.5+</td><td>r2+</td><td rowspan="2">F1S
1F1P
1F1F
FP (when featured swimmer stands on 1 foot)</td></tr>
<tr><td>0.125</td><td>0.225</td><td>0.325</td><td>0.425</td></tr>
<tr><td rowspan="2">Value for Stack where support swimmer with featured swimmer on top rotates on the vertical axis

The featured swimmer is in a "Handstand" connection

OR

The support swimmer is in a head-down construction</td><td rowspan="2">-</td><td>r0.5!</td><td>r1!</td><td>r1.5!</td><td>r2!</td><td rowspan="2">Feat-Swim = Handstand connection:
1P1P
1P1F
1PPx
PF
PH/
PP2
2PH
1PH
PP

Support swimmer head-down:
FF
FF/
ShF
LayF
SiF
1F1F
H1F/
HT+
1P1F
PF
S+</td></tr>
<tr><td>0.15</td><td>0.25</td><td>0.35</td><td>0.45</td></tr>
<tr><td rowspan="2">Value for Lift - big water resistance for base athletes while the entire construction rotates including the base swimmers.

Rotation starts from the surface, not from underwater.</td><td>r/L</td><td>r0.5L</td><td>r1L</td><td rowspan="2">-</td><td rowspan="2">-</td><td rowspan="2">LiH
Li</td></tr>
<tr><td>0.40</td><td>0.50</td><td>0.80</td></tr>
<tr><td colspan="7"><u>Important</u>:
For the grips Le, Tow, and Ch there is no rotation of the construction. In the case where only the featured swimmer rotates without the support swimmer (for example around self while submerging) declare the Group B twirl bonus (Twirl).</td></tr>
</table>

f) Component T – Plane and Degree of the Rotation

N/A for GROUP B

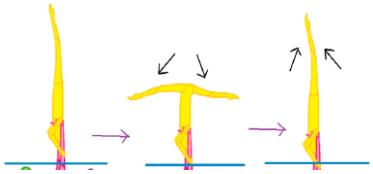
g) Component B – Bonus

<table>
<tr><th colspan="4">List of additions, bonuses, and risk-elements in Group B</th></tr>
<tr><th colspan="2">Code</th><th>Description</th><th>Diagram</th><th>Value</th></tr>
<tr><td colspan="2">Dbl</td><td>Synchronized actions for double acrobatic movements

Where swimmers are divided into two groups (separate small constructions. Usually 3 swimmers underwater + 1 featured swimmer) who perform identical (equal/same) simultaneous acrobatic movements.
Note 1: “Mirror action” is possible – ie constructions face each other and featured swimmers both are lifted back-to-back or face to face.
Note 2: The two featured swimmers may be connected with each other.</td><td>  </td><td>0.20</td></tr>
<tr><td colspan="5">Note on Dbl bonus: How to differentiate a construction with 2 supports and 2 featured swimmers vs bonus for double acrobatic movement:
 
2 supports with 2 featured swimmers (2SupD2F)
 
1 acro (StH) with bonus for double acro movement and connection between 2 featured swimmers.

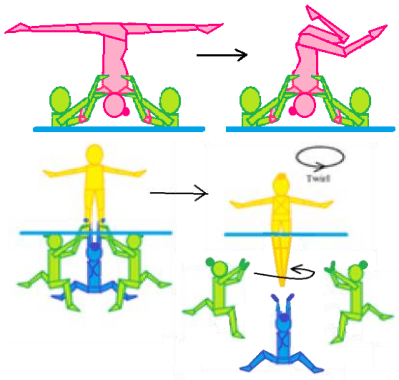
In 2SupD2F we clearly can see that both supports and both featured swimmers form “a whole” construction and “look unified” (the weight of both swimmers is distributed between two supports). But in a second example, we clearly see 2 identical “small” acrobatic movements where featured swimmers are just connected in a touching manner. The 2nd acro can't use 2SupD2F, but instead StH with the bonus for double acro and if clearly connected the bonus for a connection.</td></tr>
<tr><td colspan="2">Pos3</td><td>Third position

Example: at the end of acrobatic movement closing legs from split to vertical or tucking (any additional position 3rd, 4th, 5th etc.).

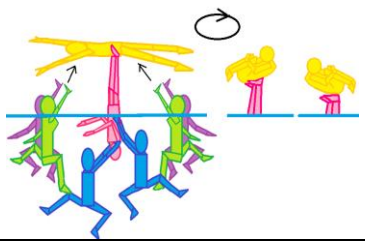
This bonus should be declared only once no matter how many positions featured swimmer will perform after the first 2 declared ones.</td><td>  </td><td>0.05</td></tr>
<tr><td rowspan="2">Can't be combined in the same acrobatic.

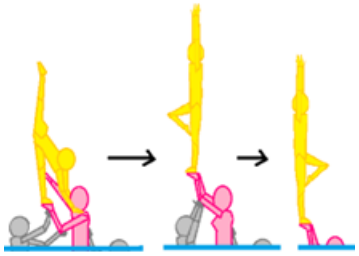
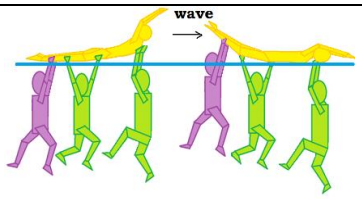
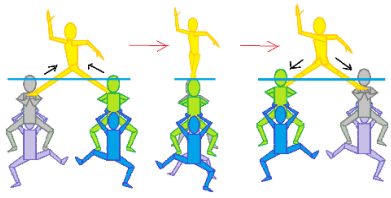
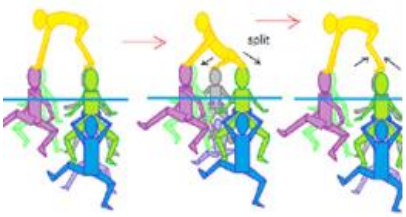
You can only choose 1 of these!</td><td>Twirl</td><td>“Twirl” of featured swimmer in Group B 180º and more (head-up or head-down).

Support swimmer does not rotate. Only the featured swimmer rotates (180-360). Support or base swimmers stay static.

For this bonus only the featured swimmer may remain on the construction for the twirl OR the support/base swimmers can let go (disconnect) and the featured swimmer twirls while submerging.
At least 180 MUST be achieved by the featured swimmer’s waist (no allowance)</td><td>twirl of the body 180
  </td><td>0.10</td></tr>
<tr><td>RotF</td><td>Featured swimmer rotates on feet of support 180-360°

Support swimmer does not rotate. Only the featured swimmer rotates (180-360). Support or base swimmers stay static.

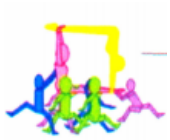
The featured swimmer rotates on the feet of the support. Featured swimmer must be on horizontal plane on their stomach or on their back.</td><td>  </td><td>0.20</td></tr>
</table>

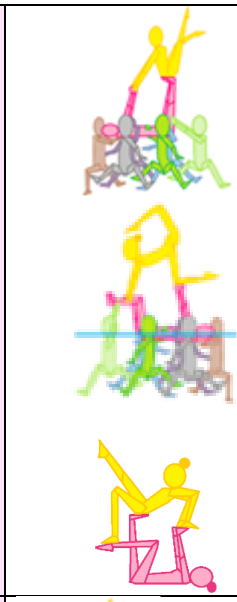
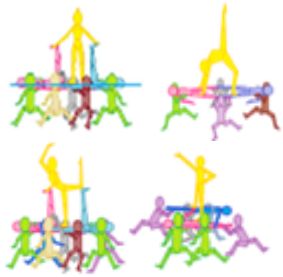
SdUp		**Stand-up** (lifting torso) from a head-down position. For example: Owl to Heron		**0.10**
Wave		**"Wave"** movements Featured swimmer(s) must be lifted up/away from the surface.		**0.10**
Can't be combined in the same acrobatic. **You can only choose 1 of these!**	**Moon**	**"Moonwalk"**: Lift-up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

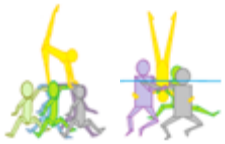
29.7.1.5 Group P

a) Component C - Construction

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

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

5		Platform where (S) is in a Double Ballet Leg position Both thighs of (S) must be on the vertical axis. The shins of the vertical legs can be straight or bent at 90° max (parallel to the surface) **DB**	Hard	High level of sustainability+ low vestibular load (laying)	thighs forward 90 degrees or one leg forward vertical + one thigh vertical	2+two legs with thighs on the vertical axis	Type 2:	slow-med	**1.30**
			0.3	0.1	0.2	0.4	0.2	0.1	
6		Platform where (S) is horizontal on stomach with bent knees or in an arch "Chariot" (either legs up or torso up) **Chariot**	Hard	High level of sustainability+ low vestibular load (laying o)	straight body+ bent knees or arch	2	Type 2	med	**1.15**
			0.3	0.1	0.15	0.2	0.2	0.2	
7		Platform from 2 support swimmers (<u>any variation</u> such as straight bodies, 1 or 2 Double or Single Ballet Legs) There <u>MUST</u> be base swimmers under <u>both</u> (S). **25**	*Hard	High level of sustainability+ low vestibular load (laying) 1	static straight body or ballet leg(s)	3	Type 2	slow-med	**1.25**
			0.45	0.1	0.1	0.3	0.2	0.1	
8		Platform "Flower" (3-8 swimmers form support from legs) + Others are base swimmers **Flower** <u>Minimum requirement for this acro</u>: 1 base swimmer + 3 support+ 1 featured swimmer = total 5 athletes	Med	No	static straight body	4-8	Type 3	-	**1.00**
			0.1	0	0.1	0.8	0	0	

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

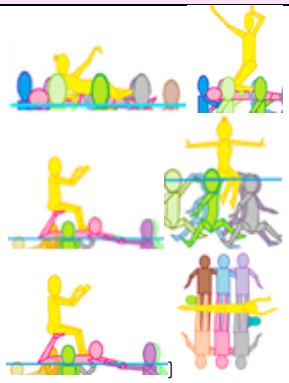
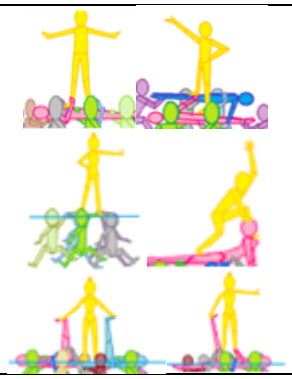
b) Component D – Direction

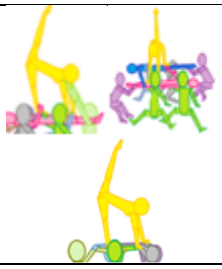
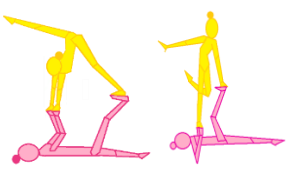
N/A for Group P

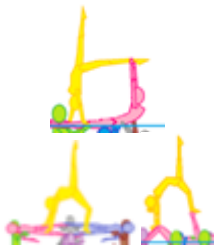
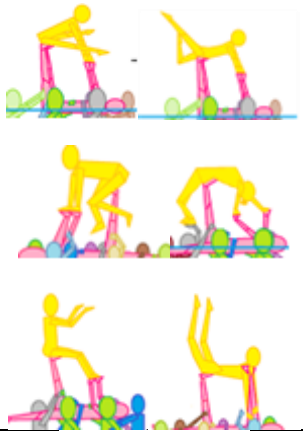
c) COMPONENT S – Area of Support / Type of Connection

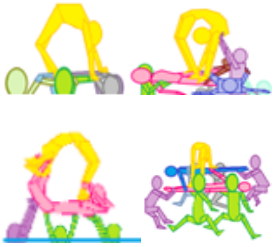
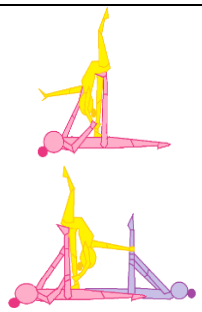
i.	In connections **SiA, F2A, 3pA, HA, 1FA, FA+PF, 2pA/, BA, 2pBb** : support swimmer/s and/or base swimmer/s can give additional support to the featured swimmer to maintain balance for safety reasons.
ii.	In connections **FAb, SP+K, 3pK, 3pS, 3pbA, SP+L , SiF+Pb, ShF+P, L/SiF+P, 4p, DBB, 2pK, >1F1P,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

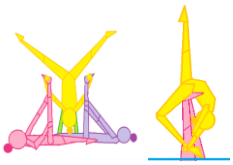
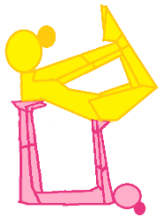
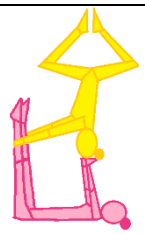
Area of support – Group P: Please note in table below Featured Swimmer = (F), Support Swimmer = (S)
In all grips if nothing is specified the support swimmer(s) arms can be straight or bent.

No.	Picture	Type of Connection	Support	Featured Swimmer	Average	Support/ base holds f-swimmer	Bonus/ Deduction	Total
1		(F) sits or lays on big area of support such as: straight or arched body or hands/arms constructions. **SiA**	Big	med		Doesn't matter (can be)	-0.05 to close to support	**0.10**
			0.10	0.2	0.10			
2		(F) stands (two legs, two feet) on a big area of support such as: straight or arched body or hands/arms or ballet leg/s constructions. (F) may hold (S) (like one/two hand(s) on one/two Ballet Leg(s), or hand on head) **F2A**	Big	Medium (2 feet)		Doesn't matter (can be)		**0.20**
			0.1	0.3	0.2			

3		(F) stands (two legs, or 1 leg) on a big area of support such as: straight or arched body or ballet leg/s constructions + blind connect to (S) Blind connect = (S) and (F) look opposite ways (usually connected palms to palms) **FAb**	Big	Medium (2 feet)		Yes	+blind	**0.20**
			0.10	0.30	0.20	-0.10	0.1	
4		(F) connects at 3 points standing with at least one leg on a big area of support such as: straight or arched body or hands/arms constructions. **3pA**	Big	Extra small + small (1 foot)		Doesn't matter (can be)	-0,15 connect to sup	**0.15**
			0.1	0.4	0.3			
5		(F) stands on 1 leg on a big area of support such as: straight or ached body or hands/arms constructions. **1FA**	Big	Extra small (1 foot)		Doesn't matter (can be)		**0.40**
			0.1	0.7	0.4			
6		Headstand (F) on a big area of support such as: straight or arched body; or Head (F) can be between (S) legs or between the base swimmers hands/arms etc. **HA**	Big	Small (head)		Doesn't matter (can be)	Centre of mass close to support	**0.10**
			0.1	0.5	0.3		- 0.2	
7		(F) holds knees (S), (S) holds shoulders (F). **SP+K**	Small + extra small	Medium (should-ders)		Yes		**0.25**
			0.4	0.3	0.35	- 0.1		
8		(F) is connected to knee/s (S) and palms/shoulders by any 3 points (for example: 2 palms and 1 knee OR 1 palm and a knee and knees in palms of the support etc.) **3pK**	Small + extra small	Extra small + small (1 leg/ knee)		Yes		**0.30**
			0.4	0.40	0.40	-0.10		
9		3 points of connection with (S) on small area with (F): palms to palms and one foot to one foot (or palm to foot and foot to 2 palms) **3pS**	Small	Small		Yes		**0.40**
			0.50	0.05	0.50	-0.10		

10		(F) is connected to a big area of support by any 3 points (for example: 2 palms and 1 foot OR 1 palm and 2 feet etc) in a blind connection where (F) does not see their foot/feet (for example bridge position) **3pbA**	Big	Extra small+big		Doesn't matter (can be)	+blind + high cm	**0.45**
			0.1	0.6	0.3		+0.15	
11		One foot (F) stands on (S) who is in a ballet leg position + (F) holds/grabs the Ballet Leg (S) (can have additional support with another Ballet Leg) **FA+PF**	medium	small (1 foot and 1 palm)		Yes	-0.05 for stability	**0.25**
			0.3	0.5	0.4	-0.1		
12		Shoulders (F) on palms (S) + (F) is connected by hands with the leg or 2 legs (S). **SP+L**	Extra small	Medium (shoulders)		Yes	-0.05 for stability + high cm 0.025	**0.375**
			0.7	0.3	0.5	- 0.1		
13		(F) sits on feet or 1 foot (S) + blind connection to (S) palms to palms ((F) can't see the palms to palms connection) **SiF+Pb**	Medium	Medium			+ blind +0.05 for connection	**0.35**
			0.3	0.3	0.3		+0.05	
14		Shoulders (F) on feet (S) + palms/palms connection between them **ShF+P**	Medium	Small		Yes	High cm	**0.40**
			0.3	0.5	0.4	- -0.1	+0,1	
15		(F) sits or lies on the foot or two feet (S). (S) connected to (F) with their palms. **L/SiF+P**	Small	Medium (bottom or lower stomach)		Yes		**0.30**
			0.5	0.3	0.4	-0.1		
16		4 points of connection - Palms (S) connected with ankles (F). Palms (F) connected with the ankles (S). **4p**	Medium	Medium (shins)		Yes (double)		**0.10**
			0.3	0.3	0.3	-0.2		

17		Handstand (F) on a big area of support (2 palms) + can have additional help from base/support swimmer(s). Arms (F) must be straight with a limit of the top of the head for any bending due to execution (alignment with group B). **2pA/**	Small	Big		Yes	-0.025 for base swimmers help	**0.275**
			0.5	0.1	0.3	-		
18		Bridge position (F) with 4 points of connection on a big area of support. (can have extra help from base/support swimmer(s)) **BA**	Big	Small		Doesn't matter (can be)		**0.30**
			0.1	0.5	0.3			
19		Bridge position (F) with 4 points of connection on a Double Ballet Leg construction. (F) can face any way. The connection must be made between palms and feet of (S) and (F). **DBB**	Small	Small		Yes	Blind + high cm	**0.50**
			0.5	0.5	0.5	- 0.1	+ 0.1 +0,1	
20		2 points of connection (S) on platform construction Knees **2pK**	Small	Medium		Yes (double help)	-	**0.20**
			0.5	0.3	0.4	- 0.2		
21		(F) performs a transit to stand 1 leg on 1 or 2 palms (S). **>F1P**	Extra*2	Small		Yes	-0.15 for transit	**0.40**
			1.2	0.5	0.85	-0.1		
22		2 blind points of connection with (S) (blind points of support- is when (F) does not see the leg they are connected on). Can have one extra point of connection with (S), or (F) can hold another support swimmer's leg. This connection is for Queen position only. **2pBb**	Small	Small/ Medium		Yes	+blind arch capture	**0.55**
			0.5	0.4	0.45	-0.1	+0.3	
23		(F) performs a transit to 2 arm handstand on both palms (S). (F) must have both arms straight with a limit of the top of the head for any bending due to execution (alignment with group B). **>2P2P**	Extra*2			Yes	-0.2 for transit	**0.60**
			1.2		0.9	-0.1		

24		(F) hanging on 1 or 2 ballet legs of one or two (S) + help from base swimmer(s) **2b/**	Extra small	small		Yes		**0.45**
			0.6	0.5	0.55	-0.1		
25		Chest on feet+ Hips on palms Note: (F) may hold legs of (S) (depending on declared position) **SF+TP**	Small-Med	Med		Doesn't matter	Centre of mass is ON the support	**0.25**
			05/0.3	0.3	0.4	-	-0.15	
26		Shin (F) connected to Shin (S) + (F) lays on the other foot of (S). (S) may have additional connection with base swimmers' head. (F) may have additional help of (S) **ShiShi+**	Med	Extra small		No!!	Shin/knee+ Sheen/ knee bonus +0.3 -0.15 for head and extra help from support	**0.70**
			0.3	0.6	0.45	+0.1		
27		Head (F) on palms (S) + (F) connects with 1 or 2 legs(S) **HP+L**	small	Extra small	yes	Yes	+0.1 for head connection -0.125 for extra connection to legs	**0.425**
			0.5	0.6	0.55	-0.1		

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

d) Component P - Position

Please use the Position Charts from GROUP B

e) Component T – Plane and Degree of the Rotation

N/A for GROUP P

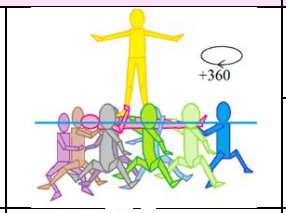
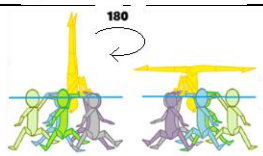
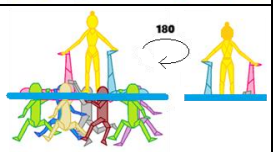
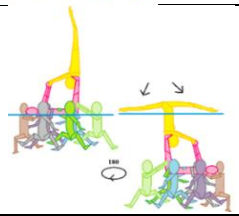
f) Component R – Rotation of the Construction Base

i.	If there is a change in the construction, the rotation of the construction declaration must match the criteria of the construction required when the actual rotation is being performed.
ii.	The declared rotation of the construction must be performed with the same construction throughout.

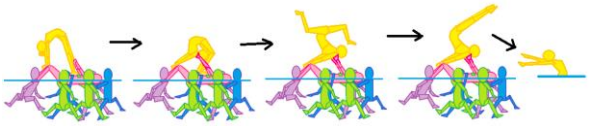
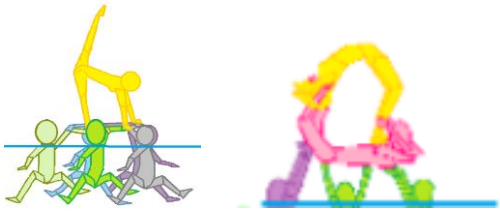
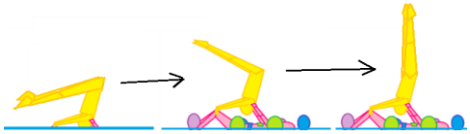
Sometimes swimmers can change the type of construction while performing a Group P acrobatic movement.
For example, starts in a 2S construction and then 1 support swimmer disconnects and becomes a base swimmer and the construction becomes Ballet Leg B. The team will declare 2S as the Construction.

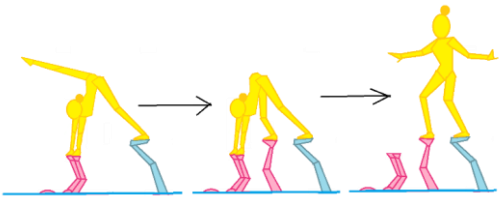
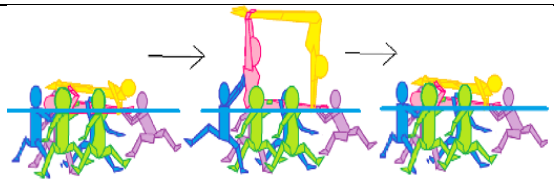
If, in this example, a rotation of the construction is also occurring the coach MUST ensure that the declared rotation code matches the criteria of the construction used when the rotation is being performed. The declared rotation must be performed with the same construction throughout.

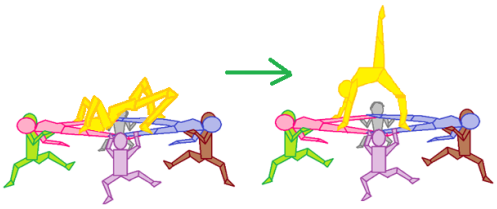
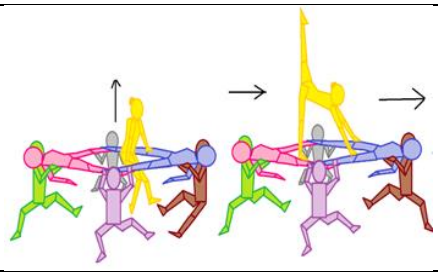
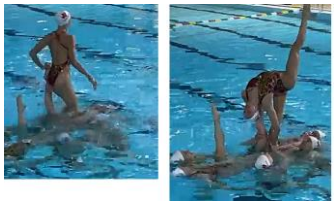
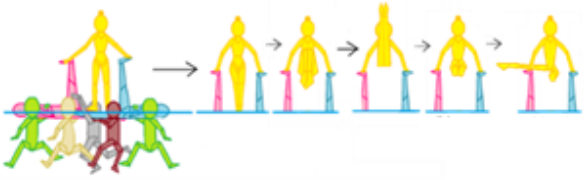
For example: the platform starts as a 2S construction and then becomes a B construction. A 360° rotation occurs during the B construction. In this case the team will declare "Pr1" for rotation of the construction, and not "P2Sr1".

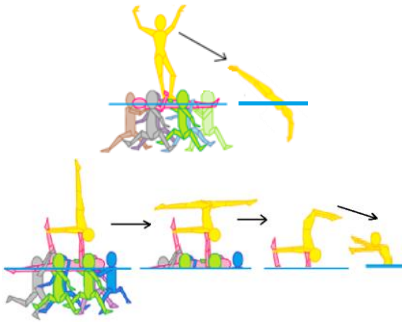
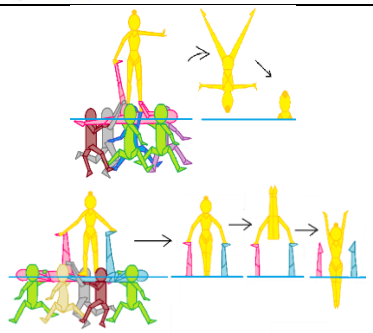
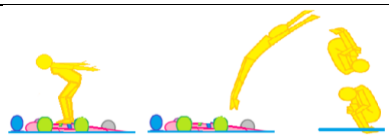
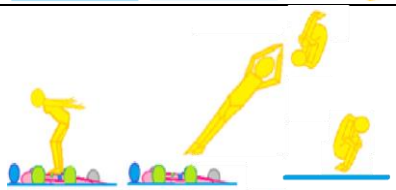
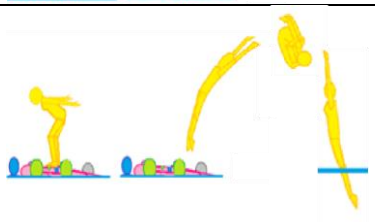
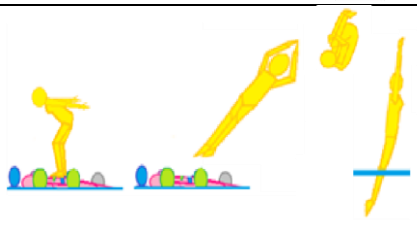
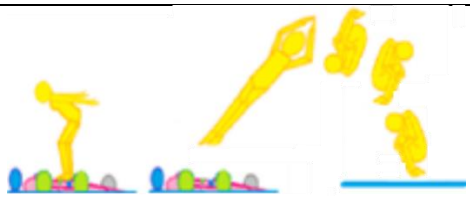
Values for Rotation of the construction base in Group P							
Type		Degree of rotation					
		90°	180°	360°	540°	720° and more	To be used with these connections
Value for platform where the entire construction rotates, including base swimmers The platform is made with **one horizontal support swimmer**		**Pr**	**Pr0.5**	**Pr1**	**Pr1.5**	**-**	P Box Knees B Chariot
		0.20	0.30	0.50	0.70	-	
Value for construction **made from hands**		**Ph**	**P0.5h**	**P1h**	**P1.5h**	**P2h**	Hand
		0.10	0.20	0.30	0.50	0.70	
Value for platform made from legs with **2 or more support swimmers**		**P2S**	**P2Sr0.5**	**P2Sr1**	**-**	**-**	2S Flower
		0.30	0.40	0.60	**-**	-	
Value for platform construction **DB**		**PDB**	**PDB0.5**	**PDB1**	**-**	**-**	DB
		0.35	0.45	0.70	**-**	**-**	

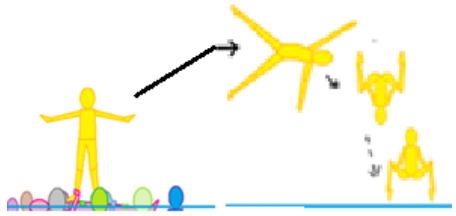
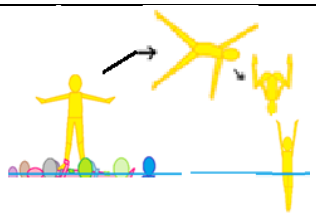
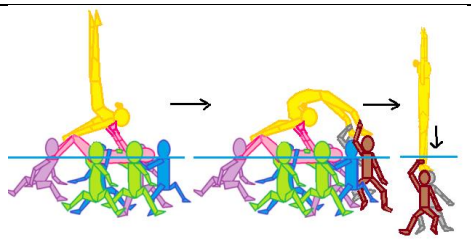
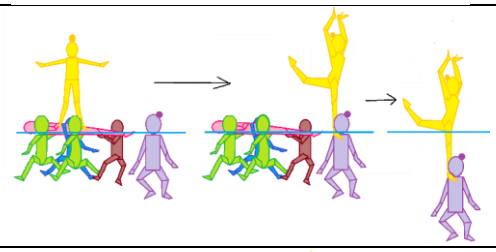
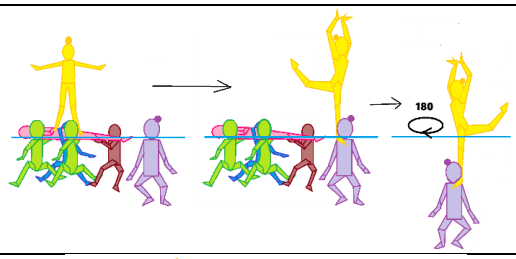
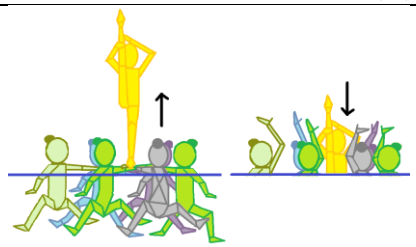
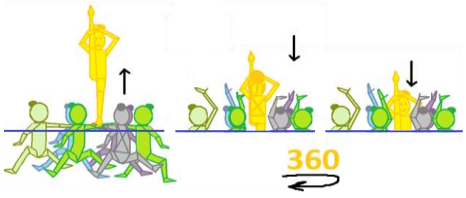
g) Component B – Bonus

List of additions, bonuses, and risk elements in group P:				
Code		Description	Diagram	Value
Dbl		**Synchronized actions for double** acrobatic movements Where swimmers are divided into two groups separate small constructions. (usually, 3 swimmers underwater + 1 featured swimmer) and who perform identical equal/same simultaneous acrobatic movements. Note 1: "Mirror action" is possible – ie constructions face each other or away from each-other Note 2: The two featured swimmers may be connected with each other		**0.30**
Pos3		**Third position** Example: at the end of acrobatic movement closing legs from split to vertical or tucking any additional position 3rd, 4th, 5th etc. This bonus can be declared only once no matter how many positions featured swimmer will perform after the first 2 declared ones.		**0.05**
UP		Platform (any construction) lifted **UP** out of the water off the surface. **Must hold 3 seconds or more** with the featured swimmer completely dry and the support swimmer completely dry if support is horizontal OR with the featured swimmer completely dry and the holding arms of base swimmers completely dry from shoulders to fingers if construction is made from hands/arms Rotation of the construction may be declared simultaneously.		**1.00**
Can't be declared in the same acrobatic. In both bonuses legs must be **straight** throughout the movement.	**Porp**	**Porpoise** Transitional start-action for featured swimmer at the beginning of the acrobatic movement. Porpoise bonus must start in a pike position and while the platform is rising the legs are continuously lifted into a Bamboo position which must be declared as Position 1.		**0.15**
	Spich	**Spichag** Power press-up from Shrimp Position to Bamboo Position, then power-lowering from Bamboo Position to Shrimp Position. Or in the opposite way - starts in Bamboo, lower to Shrimp, press up to Bamboo. Featured swimmer must be unassisted by support/base swimmer(s).	 **How Spichag MUST be done (or opposite way)**	**0.50**

		We do not declare a transitional position between Bamboo and Shrimp or Shrimp to Bamboo. The declaration of the positions varies for the acro depending on when the Spichag is happening. For this bonus, the legs in the Shrimp position must be parallel to the surface (with a 45-degree allowance) Can happen in any phase of acrobatic movement		
Trav		**Travelling construction** It must be an <u>obvious</u> movement from one spot to another. May start moving from underwater while ascending Can occur simultaneously with rotation of the construction, but travelling must be obvious.		**0.20**
Can't be declared in the same acrobatic	**Stand**	**After handstand/head-down** position/s featured swimmer lowers legs on a platform and **stands-up.** For example: from Willow to Stand position		**0.10**
	Diva	For **2S** construction: featured swimmer starts in 3pS connection, then stands on two feet foot to foot on two different support swimmers, and stands up, remaining standing connected feet to feet until submergence of both support swimmers.		**0.30**
PRoll		**Roll on the Construction** From Back Layout Position on the surface featured swimmer holds ankles of the support swimmer, and lift legs upwards over the head. Support swimmer catches ankles and pulls featured swimmer up. Featured swimmer rolls while extending the arms into a horizontal position (parallel with the support swimmer). Support and featured swimmer hold each other's ankles using both arms at the end of this bonus. In the case of using this bonus, position 1 will be considered the one that is happening after the roll.		**0.125**
Box		**Lifting in a "Box" and/or lowering back**		**0.175**

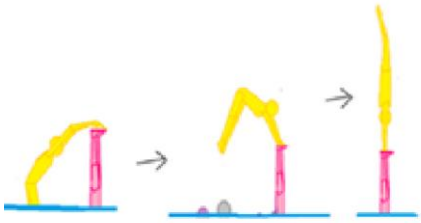
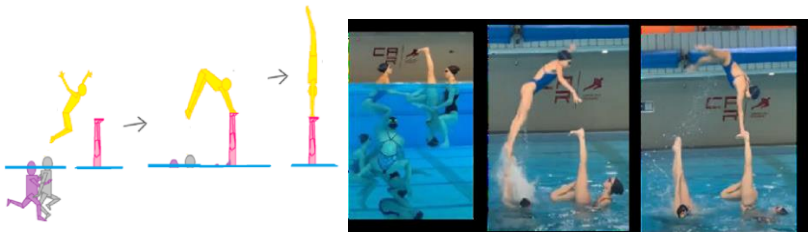
		Featured swimmer starts from a horizontal body position. Construction is pushed by base swimmer/s and support swimmer rises and pikes simultaneously. Featured swimmer also simultaneously rises and pikes to form a Box position. The box can lower back down. The featured swimmer may remain on until submergence of the support swimmer or continue with other movements after the Box bonus is completed.		
Can't be in the same acrobatic	**Spider**	**"Spider" action** Featured swimmer twists the shoulder and thigh joints and appears inside a construction from underwater and climbs on top of the construction into a Bridge position. This action has flexibility risk factor. Can only be used for constructions **2S, Flower and Hand**		**0.225**
	Climb	Featured swimmer **climbs** onto the platform from under the water inside the construction to perform Position 1. Can only be used for constructions **2S, Flower and Hand**		**0.10**
Arch		While platform is rising a non-stop transition to a Position 1 Queen or Drop that starts head-up. The featured swimmer can start arching back into position 1 only once knees are above surface of the water. Exception - the featured swimmer may have help from support/base swimmers to achieve position 1.		**0.40**
Kozak		**"Kozak" power press sequence** Featured swimmer presses up on 2 Ballet Legs, slowly balancing and pulling legs close to chest and then straightening them into a Shrimp Position with the legs at 45 degrees or less from the vertical line. Next, featured swimmer lowers legs straight to a Monkey position and executes a Static Power Hold for **3 sec or more.** Tempo of bonus must be slow-medium, not fast.		**0.60**
Ending Action Bonuses – Can only use ONE of the following codes as a bonus – two can't be declared together in the same acrobatic. Same allowance rules for somersaults and twists apply in these bonuses as in group A. Must start from standing/head-up (on 1 or 2 legs) except for Dive bonus.				

Dive	**Dive or Half Somersault** at the end of the platform performed headfirst or foot-first. Featured swimmer performs a dive/ half somersault to enter the water (may have twist around self while diving). Featured swimmer **can't** remain in connection with the support swimmer. TCs must see a disconnection.		**0.05**
CH	**Cartwheel or Handspring** 360º ending action off a platform. Can be performed as Handspring with connection.		**0.10**
Ps1	At the end of the platform, the featured swimmer performs **360º somersault** to enter the water		**0.10**
Ps1t0.5	At the end of the platform, the featured swimmer performs **360º somersault + half twist** to enter the water		**0.15**
Ps1o	At the end of the platform, the featured swimmer performs **360º somersault and open to a straight body position** to enter the water.		**0.30**
Ps1t0.5o	At the end of the platform, the featured swimmer performs **360º somersault + half twist and open to a straight body** position to enter the water		**0.40**
Ps1t1	At the end of the platform, the featured swimmer performs **360º somersault + 1 twist** to enter the water		**0.35**

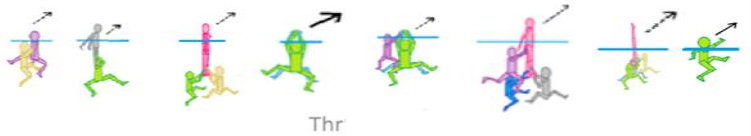
Pf1	At the end of the platform, the featured swimmer performs **360º Side Somersault** to enter the water		**0.15**
Pf1o	At the end of the platform, the featured swimmer performs a **360º Side Somersault and open to a straight body position** to enter the water.		**0.325**
Mov	The featured swimmer **Moves from platform onto 1 or 2 spotter's heads** for finishing acrobatic movement as a **Lift.**		**0.25**
Mov1	The featured swimmer **Moves from platform to standing with one leg on the shoulder of 1 spotter/base swimmer and submerge.** The standing on one leg position must be shown by the allowance of the knee.		**0.15**
Mov1+t	The featured swimmer **Moves from platform to standing with one leg on the shoulder of 1 spotter/base swimmer with a turn 180 degrees by the waist**. The standing on one leg position must be shown by allowance of the knee.		**0.275**
Fall	**Fast fall down inside construction** by the featured swimmer. Can only be used for constructions **2S, Flower and Hand**		**0.05**
FTurn	**Fast fall down inside construction with 360o or more twist(s)** by the featured swimmer, which must be completed by the waist. Can only be used for constructions **2S, Flower and Hand**		**0.15**

29.7.1.6 Group C

a) Specific terminology for Group C:

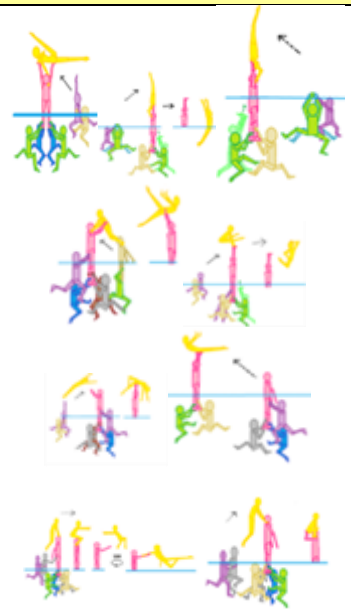
i.	**Transit –** is a term used when the featured swimmer is held/supported by the support swimmer of a second (main) formation from the start of the acrobatic movement. The support swimmer "pulls/helps" the featured swimmer to its own formation. The featured swimmer may continue their movement and enter the water or remain on this support swimmer until submergence of the support swimmer. Example of Transit: 
ii.	**Jump (when used in group C) –** is a term used when the featured swimmer is **not** connected from the start of the acrobatic action with the second (main) formation. **There must be a clear and obvious airborne jump (from head/fingers to toes of the featured swimmer)** from one formation to the other and a connection with the second (main) formation after the flying phase. The featured swimmer may remain on the support swimmer or continue their movement after a connection until entering the water. Example of desirable execution for a Jump: 
iii.	**Onto the support** - When the featured swimmer jumps/transits from first (pushing) formation onto another – second (main) formation and remains on it until submergence of the support swimmer
iv.	**Through the support -** When the featured swimmer jumps/transits and passes through the second (main) formation (touch and continues moving)
v.	**Fly above formation -** When the featured swimmer jumps and flies above the second (main) formation (without touching).

b) Component C – Construction

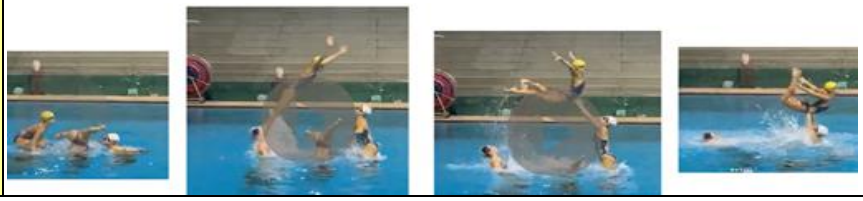
i.	When in the Code we see "Thr" – that means a "pusher" formation. Any way of pushing or jumping will be written as Throw (ie: Thr). Some examples of Thr in Group C:  Thr
ii.	Inside of a construction code the symbol **>** means a transit OR a jump from first (pushing) formation to the second (main) formation.
iii.	A **Piked arrow ˆ** inside of a construction code means a jump from first (pushing) formation and fly above second (main) formation without touching and entering the water beyond.

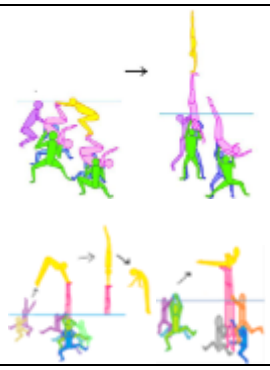
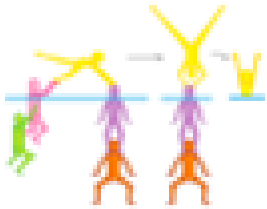
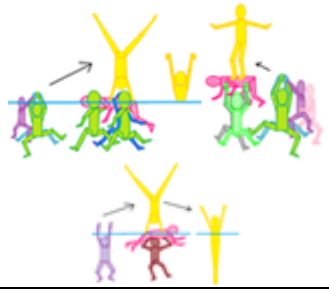
iv.	If there is no **>** at the end of the construction code, it means that you can remain on the 2nd (main) formation OR pass through the 2nd formation before entering water.
v.	If there is a **>** at the end of the construction code, we **MUST** see a pass through of the 2nd (main) formation and continue to enter the water.
vi.	When a Stack or Stack head-down construction is declared it must contain at least: 1 base swimmer, 1 support swimmer and 1 featured swimmer (after landing).
vii.	When a lift is declared it must contain at least: 2 base swimmers and 1 featured swimmer (as part of the formation/construction).
viii.	When platform(s) or float(s) construction is declared: It must have at least 1 base swimmer under support swimmer(s).
ix.	For flying over construction, the flying phase MUST be performed when the featured swimmer of the second (main) formation (above which the featured swimmer flies) is at the "positions allowance safe zone" or higher (waist, knees or full body dry). If the featured swimmer unintentionally touches the second (main) formation while flying - it is execution. If the featured swimmer falls on the second (main) formation while flying above it – this is a Base Mark.
x.	Connections can be "broken" before submergence if it is not clearly stated that it should remain connected until submergence of the featured swimmer or submergence the support swimmer.

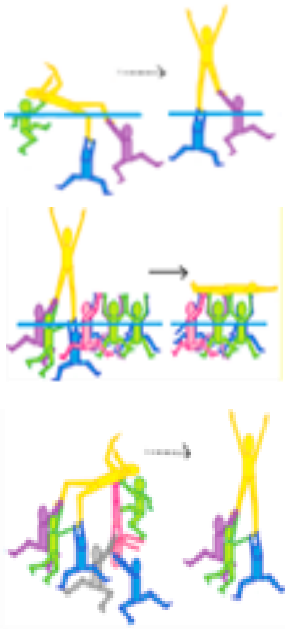
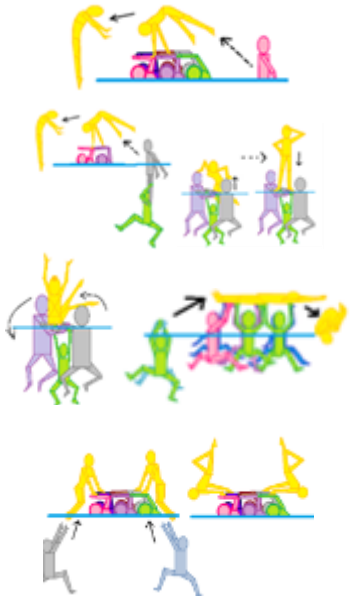
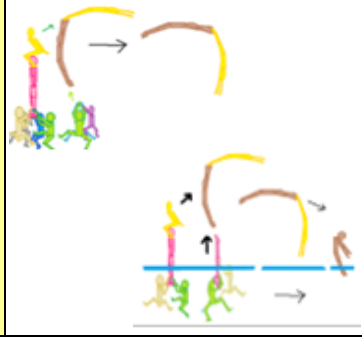
Group C Construction : Please note in table below Featured Swimmer = (F), Support Swimmer = (S)

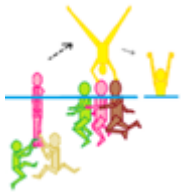
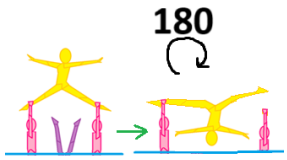
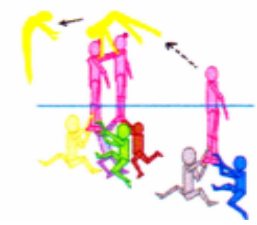
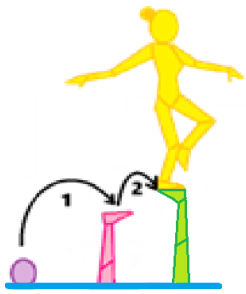
#	Picture	Name and number of levels	Difficulty of coordinating actions and number formations	Support: Body position and level of sustainability	Air-borne weight	Tempo of acceler-ation and push lift/ throw)	Area of support	Bonus	Total
1		Transit or Jump on Stack head-up from any kind of throw. (F) may continue to move and enter the water or may remain on the 2nd (main) formation until submergence of (S). **Thr>St**	Med	High level of sustainability+ low vestibular load	1+0.5	Fast/med 0.3/0.2)	Small-med	+0.27 5 increa -ser	**1.125**
			0.2	0	0.15	0.25	0.25	+0.27 5 increa -ser	

Please note in the acro below the coach decares Thr>St (Transit or Jump on Stack from any kind of throw). The additional formation between the two formations (pushing and main one) that does not take part in acro and does not influence the DD is considered in Artistic Impression and can't be declared as bonus.



2		Transit or jump onto Stack head-down from any kind of throw. (F) may continue to move and enter the water or may remain on the 2nd (main) formation until submergence of (S). **Thr>StH**	Med	Low level of sustainability+ high vestibular load and 1 support is head-down	1+0.5	Slo/med 0.2/0.1)	Small-med	+0.27 5 increa -ser	**1.20**
			0.2	0.2	0.15	0.15	0.225		
3		Through: 2 pair One of them can be head-down) + (F) must continue (pass through the pair) and enter the water **Thr>Pair>**	Basic	-	1	Big	Med	+0.27 5 increa -ser	**0.675**
			0	0	0.1	0.1	0.2		
4		Transit or Jump from any kind of throw to 2 or more floats (swimmers floating at the surface and connected to each other). May remain on platforms until submergence of the (S)s or may continue to move and enter the water **Thr>FF**	Med*	High level of sustainability+ low vestibular load laying) at least **two** floats in connect	1+1+1	Optional	Big	+0.27 5 increa -ser	**1.0**
			0.225	0.1	0.3	0	0.1		
5		Transit or Jump on a float (One (S) is floating at the surface) (F) may continue to move and enter the water or may remain on support until submergence of (S). **Thr>F**	Easy	High level of sustainability+ low vestibular load laying)	1+1	Fast/no	Med-big	+0.27 5 increa -ser	**0.875**
			0.1	0	0.2	0.15	0.15		
6	 Lift can be made with 2, 3 or 4 heads only.	Fly above Lift on heads from any kind of throw. (F) must be in Cat or Bridge position. Lift can be made with 2, 3 or 4 heads only. **Thr^Lh**	Hard	-	1+1	Fast/ slow-med 0.3/0.1)	Big	+0.3 fly above formation on heads +0.2 lift on head +0.27 5 increa -ser	**1.575**
			0.3	0	0.2	0.2	0.1		
7		Fly above Second (main) formation (lift, pair acro, stack-head-down, stack) from any kind of throw **Thr^2F**	Med-Hard	May be	1+1	Fast/ slow-med 0.3/0.1)	Big	+0.2 fly above formation +0.27 5 increa -ser	**1.225**
			0.25	0	0.2	0.2	0.1		

8		Simple lift + spotter/s 2 formations of base swimmers under one (F) and <u>Option 1</u>: (F) is laying at the surface. One of the base swimmer's formation pushes part of the (F)'s body and they stand-up on a 2nd (main) formation. May remain on this 2nd (main) formation until submergence of the base swimmers or continue moving/disconnect and enter the water <u>Option 2</u>: (F) stands-up as regular lift on the 1st formation with 2nd (main) formation waiting. (F) falls on the 2nd (main) formations' base swimmer who catches them before submergence of the base swimmers. (F) may continue moving/disconnect and enter the water. **L+spot**	Low	-	1	Med/no 0.2/0)	Medium	+0.27 5 increa -ser	**0.775**
			0.1	0	0.1	0.1	0.2		
9		Transit or Jump on formation made from arms/hands. Arms may be on the surface. (F) may continue to move and enter the water or may remain on the 2nd (main) formation until submergence of the base swimmers. **Thr>hand**	Low	no	1	Fast/no	Easy- Medium	+0.27 5 increa -ser	**0.80**
			0.1	0	0.1	0.15	0.175		
10		2 Jumps from throws (2 (F)s in connection with each-other) : 1st (F) jumping and passing above the 2nd (F) while flying. 2nd (F) follows the 1st (F) to enter the water after showing an arc in the air. **Thr+Thr**	Hard	High level of sustainability+ low vestibular load	1+1	fast	Big	+0.1 for connect between 2 featured swimmers	**1.25**
			0.3	0	0.2	0.3	0.175	+0.27 5 increa -ser	

11		**Snake-type** One (F) after showing balance stack becomes airborne in connection/ together with (S). After showing arc-dive both of them enter water one-by-one while still keeping the connection. **Sn**	Med	Optional	1+1	Med	Med	+0.27 5 increa -ser	**1.175**
			0.2	0.1	0.2	0.2	0.2		
12	 ONLY ON HEADS.	Transit through 1, 2 or 3 **<u>heads</u>** from any kind of throw. **Can't be used with Jump bonus.** (F) **<u>must</u>** continue (pass through the heads formation) and enter the water. **Thr>head>**	Med	no	1	0.3/0) Med/no	Medium	+0.2 bonus for head-connect-ion) +0.27 5 increa -ser	**1.075**
			0.2	0	0.1	0.1	0.2		
13		2 mini-stacks (head-up) + spotter (head-up or head-down). Starts as 2 support Stack. After reaching max height (F) is pushed by one of the supports and disconnects to perform actions in the air while keeping connection with 2nd (S). **2Sup+**	*Med	no	1+0.5 +0.5	Medium-up	Med	+0.27 5 increa -ser	**1.05**
			0.25	0	0.2	0.125	0.2		
14		Transit or Jump on Small-Square formation. (F) may continue to move and enter the water or remain on the square formation until submergence of the second (main) formation. **Thr>Sq**	Hard	NO	1	Fast/slow-med 0.3/0.1)	Extra-hard Small	+0.27 5 increa -ser	**1.15**
			0.3	0	0.1	0.2	0.275		
15		Transit or jump on 2-Stacks (head up or head down) from any kind of throw. (F) may continue to move and enter the water or may remain on the 2 stack formation until submergence of both (S). **Thr>St2**	Hard	High level of sustainability+ low vestibular load	1+1+1	Fast/med 2	Big	+0.27 5 increa -ser	**1.20**
			0.3	0	0.3	0.225	0.1		
16		From any kind of throw (1st formation), jump/ step (1 foot to 1 foot) onto a Stack head-down (2nd formation). Followed by a step 1 (foot to 1 foot) onto a Stack Head-down (3rd formation). (F) may continue to move and enter the water or may remain on the 3rd formation until submergence of (S). **Thr>StH>1F**	Med - Hard	Low level of sustainability+ high vestibular load and 1 support is head-up	1+0.5+0.5	Slo/med 0.2/0.1)	Small-med	+0.27 5 increa -ser	**1.30**
			0.25	0.2	0.2	0.15	0.225		

c) Component D – Direction

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

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

d) Component P – Position

Use the Position Charts from GROUP A and GROUP B

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

e) Component S – Area of Support

N/A for GROUP C Value already inside construction)

f) Component R – Rotation of the Construction Base

i.	Must happen with support and featured swimmer together. For example: after the featured swimmers lands on a second (main) formation, unless otherwise specified.

Values for the rotation of the construction base in Group C					
Type	Degree of rotation				Use with these constructions
	90º	180º	360º	540º	
Value* for **Stack** **If the featured swimmer AND the support swimmer are NOT in head-down position**	-	**Cr0.5**	**Cr1**	**Cr1.5**	Thr>St (possible if (F) and (S) are not head-down)
**Support swimmer with featured swimmer on top rotates around self after landing or reaching max height stop-point*	-	0.20	0.30	0.40	Thr>St2 (possible if (F) and (S) are not head-down)
Value* for **Stack** **If the featured swimmer AND/OR the support swimmer is in head-down position**	-	**Cr0.5!**	**Cr1!**	**Cr1.5!**	Th>StH Thr>StH>1F Thr>St (possible if (F) and/or (S) is head-down) Thr>St2 (possible if (F) and/or (S) is head-down)
**Support swimmer with featured swimmer on top rotates around self after landing or reaching max height stop-point*	-	0.30	0.40	0.50	
Value for **LIFT ON HEADS** while **featured swimmer flies above it** Big water resistance for base swimmers while the entire construction rotates including the base swimmers. Rotation starts from the surface, not from underwater.	-	**Cr0.5L**	**-**	**-**	Thr^Lh ONLY
	-	0.40	-	-	
Value for the **platform/float made of hands** (formation) **after featured swimmer lands on it**	**-**	**CP0.5**	**-**	**-**	Thr>F Thr>FF Thr>hand
	-	0.40	-	-	
Special rotation for the formation being flown over in **Thr^2F construction** The rotation must happen during the flying phase of the featured swimmer (not before they jump or after they enter the water)	**-**	**2F0.5**	**2F1**	**-**	Thr^2F ONLY
	-	0.25	0.35	-	
Note: • For constructions **Thr>Pair>; Thr+Thr; Sn; 2Sup+; Thr>head>**, there is no rotation of the base possible. • For construction **L+spot** and **Thr>Sq**, the only option is to use the **twirl** bonus (no rotation of the base option available for this construction)					

g) Component R – Plane and Degree of the Rotation

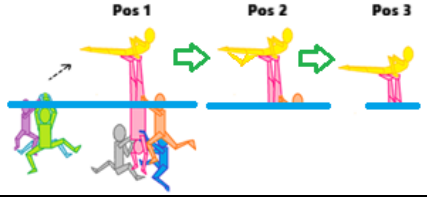
i.	For Thr+Thr Construction coach declares only one type of rotation in the air of the "second" featured swimmer (not the one that appears from underwater first and leads the jump). TCs look at the one who is "finishing the jump". For example: first featured swimmer performs a dive, second featured swimmer follows them and performs one somersault before entering the water. Coach declares only 1 somersault (Cs1).
ii.	In group C for Thr>St or Thr >StH, if featured swimmer jumps head up and lands on the second (main) formation performing handstand position (such as Bamboo etc.) - it is NOT considered as a Dive.

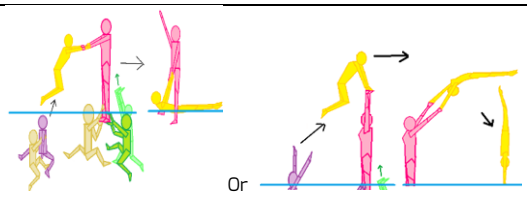
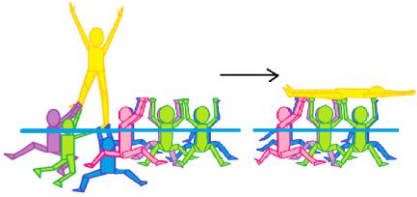
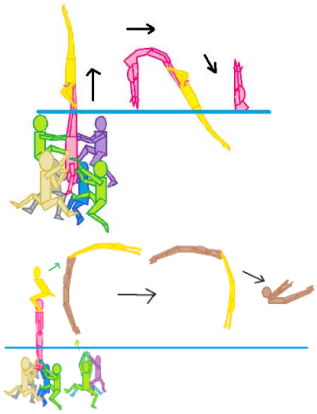
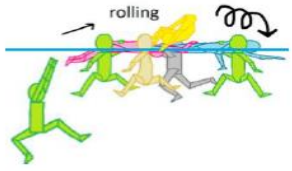
Values for featured swimmer's rotations in the air		
Degree of rotation	Code	value
1/2 twist group (C)	**Ct0.5**	0.05
1 twist group (C)	**Ct1**	0.10
1.5 twist group (C)	**Ct1.5**	0.20
2 twists group (C)	**Ct2**	0.30
2.5 twist group (C)	**Ct2.5**	0.40

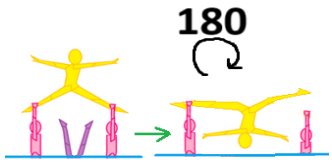
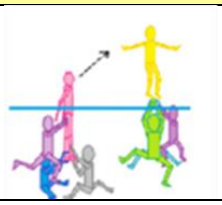
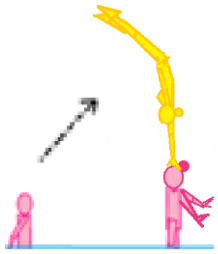
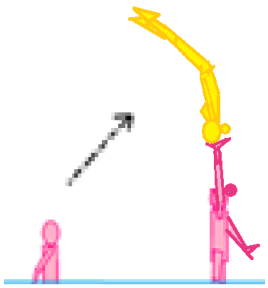
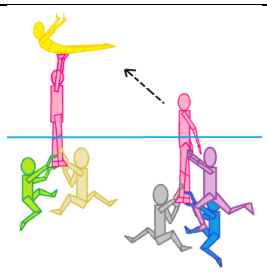
3 twists group (C)	**Ct3**	0.50
Dive/180 somersault group (C)	**Cd**	0.10
1/2 twist + dive group (C)	**Cdt0.5**	0.15
1 twist + dive group (C)	**Cdt1**	0.20
1.5 twist + dive group (C)	**Cdt1.5**	0.30
1 somersault group (C)	**Cs1**	0.25
1 straight somersault group (C)	**Css1**	0.35
1.5 somersault group (C)	**Cs1.5**	0.45
1.5 somersault + open group (C)	**Cs1.5o**	0.55
1 frontal somersault group (C)	**Cf1**	0.35
1.5 frontal somersault group (C)	**Cf1.5**	0.55
Cartwheel group (C)	**Cc**	0.10
Cartwheel + 1/2 twist group (C)	**Cct0.5**	0.15
Cartwheel + 1 twist group (C)	**Cct1**	0.20
Handspring group (C)	**Ch**	0.10
Handspring + 1/2 twist group (C)	**Cht0.5**	0.15
Handspring + 1 twist group (C)	**Cht1**	0.20
1 somersault + 1/2 twist group (C)	**Cs1t0.5**	0.30
1 somersault + 1 twist group (C)	**Cs1t1**	0.40
1 somersault + 1.5 twist group (C)	**Cs1t1.5**	0.50
1 somersault + 2 twists group (C)	**Cs1t2**	0.60
1 straight somersault + 1/2 twist group (C)	**Css1t0.5**	0.40
1 straight somersault + 1 twist group (C)	**Css1t1**	0.50
1 straight somersault + 1.5 twist group (C)	**Css1t1.5**	0.60
1 straight somersault + 2 twists group (C)	**Css1t2**	0.70
1 somersault + 1 twist + open group (C)	**Cs1t1o**	0.75
1 somersault + 1.5 twist + open group (C)	**Cs1t1.5o**	0.90
1 somersault + 2 twists + open group (C)	**Cs1t2o**	1.05
Handspring + 1/2 somersault group (C)	**Chs0.5**	0.20

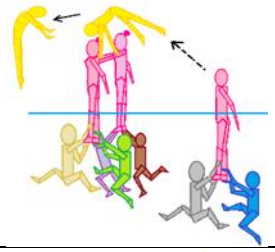
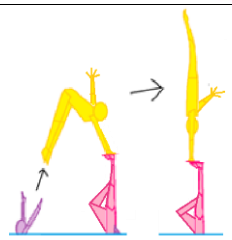
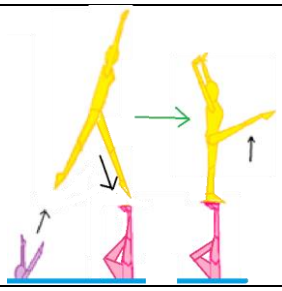
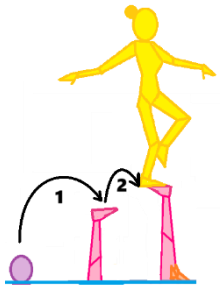
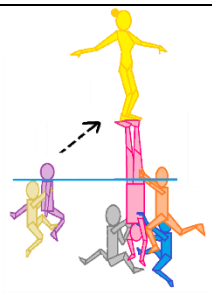
h) Component B – Bonus

i.	For **Jump** and **H>1P:** Support swimmers' arm(s) must remain in the vertical "cone" which is up to 45 degrees off the vertical line from beginning until submergence of the support swimmer (as per 29.7.1.4 v. of group B)
ii.	For **Ju**, **1P>H**, **H>1P**, **Jump**, **On1Foot**, **1F>1F**, **1F>1F+**, **2F>2F:** The featured swimmer MUST be aligned with the support swimmer on the intended vertical axis until the submergence of the support swimmer with an allowance of 45 degrees from the vertical axis (as per 29.7.1.4 vi. of group B)

List of additions, bonuses, and risk-elements in group C:			
Code	Description	Diagram	Value
Pos3	**Third position** This bonus should be declared only once no matter how many positions featured swimmer will perform after the first 2 declared positions.		**0.05**

Dbl	**Synchronized actions for double acrobatic movements** Where swimmers are divided into two groups separate small constructions. Usually 3 swimmers underwater + 1 featured swimmer who perform identical (equal/same) simultaneous acrobatic movements. Note 1: "Mirror action" is possible – ie constructions face each other and featured swimmers both are lifted (back-to-back or face-to-face) Note 2: The two featured swimmers may be connected with each other		**0.30**
Slip	Featured swimmer transits from first (pushing) formation to the 2nd (main) support (usually connected by hands). They then slip through (after take-off) between the support's legs (support is head-up) or between the arms, disconnects, and then continues movement until entering the water.		**0.175**
Star	"Superstar" **from a lift formation - blind fall backwards onto a 2nd formation made from hands**. Featured swimmer may remain on it until submergence of base swimmers, or continue the acrobatic movement in some way.		**0.10**
Cx	**Connection between 2 featured swimmers** (may be broken at the end of acrobatic movement before entering water). Featured swimmers can be connected in any way.		**0.125**
Twirl	"**Twirl**" of featured swimmer in Group C 180° or more (head-up or head-down). Support swimmer does not rotate. Only the featured swimmer rotates (180-360). Support/base swimmers stay static. For this bonus only: the featured swimmer may remain on the construction for the twirl OR the support/base swimmers can let go and the featured swimmer twirls while submerging. At least 180 MUST be achieved by the featured swimmer's waist (no allowance).		**0.075**
C-Roll	**"Rolling" on top of the construction** *Can be declared twice during one acro* (Action is like doing a somersault on the land) The featured swimmer climbs on the support swimmer, crouches down, places their hands shoulder width apart and facing forward. They tuck their chin to their chest and place the back of their head onto the support swimmer. They then push off the spotter with their legs and rotate over their head onto their back.		**0.15**

Turn	Push up from split (head-up) + featured swimmer disconnects with one of the supports, performs a 180° rotation in sagittal plane (still in connection with second support).	 Note: The proper declaration for this exceptional acro should be: C-2Sup+-Up-sp-Turn in this acro use positions from group A only)	**0.25**
Run	**Running on the back(s)** Torso of featured swimmer is vertical. Featured swimmer transits/jumps from first (pushing) formation and lands on 2nd (Main) formation. Only for construction or Thr>FF or Thr>F		**0.20**
The following bonus codes CAN'T be declared in the same acrobatic declaration. One may only be chosen. Each of the following bonuses are a "**JUMP**" and therefore must follow the rule 29.7.1.6 a) ii. It is forbidden to do a somersault and land on another formation			
Ju	**JUMP** onto a <u>non-Stack</u> formation Only for: Thr>FF; Thr>F; Thr>hand; Thr>Sq and remain on it until submergence of the support swimmer(s), base swimmers or formation.		**0.15**
1P>H	**JUMP** with 1 hand onto head Jump of featured swimmer landing with one hand onto one head of the support swimmer and balancing on the head while performing actions until submergence of the support swimmer. Safety: Not permitted for 12 and under and Youth categories (otherwise BM). Only for experienced and prepared athletes.		**1.10**
H>1P	**JUMP** onto a Stack landing with the head onto 1 palm of the support swimmer. Featured swimmer jumps and lands with only their head (no help with hands) on one palm of the support swimmer and stays connected until submergence of the support swimmer. Arm of the support swimmer must be straight *with the allowance of the face as per 29.7.1.4 c) iii Safety: Not permitted for 12 and under and Youth categories (otherwise BM). Only for experienced and prepared athletes.		**0.90**
Jump	**JUMP** onto Stack and remain on it until submergence of the support swimmer For constructions: Thr>St, Thr>StH, Thr>St2		**0.275**

Jump>	**JUMP** and pass through a second formation with an intentional connection occurring after JUMP/flying phase. Only for constructions: Thr>St, Thr>StH, Thr>FF, Thr>F, Thr>hand, Thr>Sq, Thr>St2		**0.225**
On1Foot	**JUMP** from any kind of Throw landing with 1 palm onto 1 foot of the support swimmer (in stack head-down) and balancing on 1 palm while performing actions until submergence of the support swimmer.		**0.40**
1F>1F	**JUMP** of the featured swimmer landing with 1 foot onto 1 foot of the support swimmer (in stack head-down) and balancing on 1 foot while performing actions until submergence of the support swimmer. Safety: Not permitted for 12 and under and Youth categories (otherwise BM). Only for experienced and prepared athletes.		**0.70**
1F>1F+	**JUMP** of the featured swimmer landing with 1 foot onto 1 foot onto a stack head-down (2nd formation) followed by a step (1 foot to 1 foot) onto another stack head-down (3rd formation) and remain on support until submergence of the support swimmer of the 3rd formation. Only for construction Thr>StH>1F Safety: Not permitted for 12 and under and Youth categories (otherwise BM). Only for experienced and prepared athletes.		**1.00**
2F>2F	**JUMP** 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. Only for construction Thr>StH		**0.50**