

Senior Technical Elements



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TIER 7 SENIOR: REQUIRED ELEMENTS SOLO

ELEMENTS: to be performed in the order listed

- 1 From a **Front Pike Position**, a *Full Twist* is executed as the extended legs are lifted to a **Vertical Position**. Continuing in the same direction, a *Full Twist* is executed followed by a *Continuous Spin* of 1440 (**4 rotations**).
 - 2 Rocket Split is executed to an **Airborne Split Position**, maintaining maximum height the front leg is lifted vertically as the back leg moves to a **Vertical Bent Knee Position**. The vertical leg is lowered backward toward the surface as the bent leg extends forward to assume an **Airborne Split Position**. * ending optional
 - 3 Boost - a rapid head first rise, with a maximum amount of the body above the surface of the water. Both arms must be lifted at or above the shoulder line as the body reaches maximum height. A descent is executed until the swimmer is completely submerged. Immediately afterwards, a second boost with both arms above the surface is executed. A second descent is executed until the swimmer is completely submerged.
 - 4 Beginning with a straight leg lift to a **Ballet Leg Position**, a Catalarc (116) is executed with compulsory head first travel while assuming the ballet leg.
 - 5 *Combined Spin – descending Spin* of 1080 degrees (**3 rotations**), followed without a pause, by an equal *ascending Spin* in the same direction. * vertical descent
 - 6 From a **Submerged Back Pike Position**, a Flying Fish Spinning 360 (307e) is executed.
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PENALTIES:

0.5 PENALTY

- A) if any element is performed out of order
- B) if that which is done is another listed FINA basic movement
- C) for each part of the required element omitted up to a maximum deduction of 2.0 for that element

2.0 PENALTY

- A) if a complete element is omitted

	SOLO ELEMENT PARTS	0.5 PENALTY	EXECUTION (no penalty)
1	<p>Porpoise Variation</p> <ol style="list-style-type: none"> 1) front pike position 2) full twist to vertical 3) full twist, same direction 4) continuous spin 1440 (4 rotations) same direction 	<ul style="list-style-type: none"> - any of 4 parts missing - ½ twist during vertical twist - ½ twist - opposite direction in any of twists or spin - 180 spin - 360 spin - 3 or less spins - 5 or more spins 	<ul style="list-style-type: none"> -inaccurate body positions -lack of height -lack of extension -twists and/or spins off vertical line - continuous spin medium speed -execute more than 3 spins or less than 5 spins
2	<p>Rocket Split Variation</p> <ol style="list-style-type: none"> 1) submerged back pike 2) thrust to vertical 3) airborne split 4) front leg to vertical, back leg to vertical bent knee position 5) vertical leg lowered bkwrtd toward surface while bent leg extends forward to 2nd airborne split position 	<ul style="list-style-type: none"> - any of 5 parts missing - front leg to bent knee, back leg to vertical in second position - vertical leg to front, bent leg extend back to airborne split in fifth position 	<ul style="list-style-type: none"> - inaccurate body positions - thrust off vertical line - maximum height not maintained - not full split positions - inaccurate bent knee vertical - actions not rapid
3	<p>Two Boosts Double Arm*</p> <ol style="list-style-type: none"> 1) rapid head first rise 2) 2 arms raised at or above shoulder line 3) descent until completely submerged 4) immediately followed by 2nd rapid head first rise 5) 2 arms raised at or above shoulder line 6) descent until completely submerged <p>*Boosts may face different directions</p>	<ul style="list-style-type: none"> -any of 6 parts missing -1 or no arms raised - arms raised below shoulder line - descent obviously not completely submerged -second boost not immediately after first boost 	<ul style="list-style-type: none"> -minimal head first rise -medium speed of rise -difficulty raising arms higher than shoulder line
4	<p>Catalarc Variation</p> <ol style="list-style-type: none"> 1) back layout 2) straight leg lift to ballet leg with head first travel while assuming ballet leg 3) Catalina rotation 4) crane position 5) horizontal leg lifts in 180 arc over the surface and as it passes the vertical leg the vertical leg starts to move symmetrically in opposite direction to reach a split position 6) walkout front 7) surface arch 8) back layout 	<ul style="list-style-type: none"> - any of 8 parts missing - incorrect leg action in splits - ballet leg starts with a bent knee sailboat - no head first travel while assuming ballet leg - obvious fishtail position 	<ul style="list-style-type: none"> - inaccurate body positions - minimal travel to assume ballet leg - travel throughout figure - inaccurate catalina rotation - low water level - instability - head doesn't replace hips in surface arch to back layout - loss of direction in back layout

	SOLO ELEMENT PARTS	0.5 PENALTY	EXECUTION (no penalty)
5	Combined Spin 1080 (3 rotations ascending and descending) 1) vertical position 2) descending spin of 1080 (3 spins) 2) ascending spin of 1080 (3 spins) 3) vertical descent 4) both spins in the same direction	- any of 3 parts missing - spins in opposite directions - descending spin of 2 or less or 4 or more - ascending spin of 2 or less or 4 or more - differ in ascending and descending spins of more than 180 - final descent not completely submerged	- off vertical line -uneven drop/rise spaces in spins - descending spin more than 2 but less than 4 - ascending spin more than 2 but less than 4 - differ in ascending and descending spins of more than 180
6	Flying Fish Spin 360 Variation 1) submerged back pike position 2) thrust to vertical 3) with no loss of height one leg lowered to fishtail position 4) with no pause rapid lift back to vertical position 5) 360 spin at same tempo as thrust	-any of 5 parts missing - 180 spin	- inaccurate body positions - feet above surface in submerged back pike - thrust and/or split off vertical line - loss of height - spin between 180 and 360 -uneven drop spaces in spin - medium speed of spin - uneven tempo overall

TIER 7 SENIOR: REQUIRED ELEMENTS DUET

ELEMENTS: to be performed in the order listed

- 1 An Albatross Twirl (240c) is executed until completion of the rotation, followed by a *Continuous Spin* of 1440 degrees (4 rotations)
 - 2 From a **Back Layout Position**, travelling ballet leg combination beginning with a straight leg lift to a **Ballet Leg Position**. The horizontal leg is lifted to a **Ballet Leg Double Position**. Maintaining the **Ballet Leg Double Position** a rotation of 360 degrees is executed, the first leg is lowered to a **Ballet Leg Position**, the second leg is lowered to a **Back Layout Position**.
* The legs are held straight throughout the element.
 - 3 Rocket Split - A *Thrust* is executed to a **Vertical Position** followed by two rapid alternating **Airborne Split Positions**, followed by a join to a **Vertical Position** with maximum height. A *Vertical Descent* is executed.
 - 4 Connected Action - connected, joined or intertwined movements. Lifts, throws and platforms are not included.* **Judges: consider this element under 30% of score.**
 - 5 Maintaining a **Fishtail Position**, three rapid *Full Twists* are executed at maximum height. * ending optional
 - 6 Boost - a rapid head first rise, with a maximum amount of the body above the surface of the water. Both arms must be lifted at or above the shoulder line as the body reaches maximum height. A descent is executed until the swimmer is completely submerged.
 - 7 From a **Split Position**, a rotation of 180 degrees is executed as the legs are symmetrically lifted and closed to a **Vertical Position** followed by a *Half Twist* in the same direction. A *Twirl* is executed in the opposite direction, completed by a *Continuous Spin* of 1080 degrees (**3 rotations**) in the same direction as the *Half Twist*. The *Half Twist*, *Twirl* and *Continuous Spin* to be executed in the **Vertical Position**.
 - 8 *Thrust* followed by a rapid *360 Spin*.
 - 9 All elements - required and supplementary , except a connected action - must be performed simultaneously and facing the same direction by both swimmers. Mirror actions are not permitted. * **Judges: consider this element under 30% of score.**
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PENALTIES:

0.5 PENALTY

- A) if any element is performed out of order
- B) if that which is done is another listed FINA basic movement
- C) for each part of the required element omitted up to a maximum deduction of 2.0 for that element e.g. in duet: both swimmers omit different parts of the element
- D) each violation of mirror imagery and/or deliberate non-synchronization (except for the connected action)

1.0 PENALTY

- A) for each part of the required element omitted by both swimmers in duet

2.0 PENALTY

- A) if a complete element is omitted

TIER SEVEN SENIOR: REQUIRED ELEMENTS

DUET

	DUET ELEMENTS PARTS	0.5 PENALTY	EXECUTION (no penalty)
1	Albatross Twirl and Continuous Spin 1440 1) back layout 2) dolphin start 3) front pike position 4) lift to bent knee position 5) ½ twist 6) twirl as leg joins to vertical 7) continuous spin of 4 rotations	- any of 7 parts missing - full twist - 3 or less spins - 5 or more spins - descent obviously not completely submerged	- lack of head first travel during dolphin and start to front pike - inaccurate body positions - lack of height - spins off vertical line - spins and/or twirl at medium speed - execute more than 3 spins but less than 5
2	Travelling Ballet Leg Sequence 1) straight leg lift to ballet leg 2) second leg lifted to double ballet leg position without bending 3) 360 rotation 4) first leg lowered to ballet leg position without bending 5) second leg lowered to back layout without bending 6) travel throughout	-any of 5 parts missing - no travel -bent leg position (sailboat) - obvious bending of legs - incorrect legs lowered - 270 and less rotation or 450 and more rotation	- inaccurate body positions - - - minimal travel - incomplete extension - lack of height - rotation more than 270 and less than 450
3	Rocket Split Variation 1) submerged back pike 2) thrust to vertical 3) 2 rapid alternating airborne split positions 4) vertical position 5) vertical descent	- any of 5 parts missing - 1 split - descent obviously not completely submerged	- inaccurate body positions - thrust off vertical line - maximum height not maintained - not full split positions - actions not rapid - descent off vertical line
4	Connected Action 1) connected, joined or intertwined movement (arms or legs)	- lift, throw, or platform - action missing	- loss of connection during action
5	Fishtail Twist 1) fishtail position 2) 3 rapid full twists	-any of 2 parts missing - 2 or less full twists - 4 or more full twist	- medium speed during twists - loss of height during twists - more than 2 full twists but less than 4 full twists
6	Boost Double Arm 1) rapid head first rise 2) 2 arms raised at or above shoulder line 3) descent until completely submerged	-any of 3 parts missing -1 or no arms raised - arms raised below shoulder line - descent obviously not completely submerged	-minimal head first rise -medium speed of rise -difficulty raising arms higher than shoulder line

	DUET ELEMENTS PARTS	0.5 PENALTY	EXECUTION (no penalty)
7	Split Rotation Variation 1) split position 2) 180 rotation – legs lifted and closed to vertical position In vertical position: 3) ½ twist same direction as 180 rotation 4) twirl opposite direction 5) continuous spin 1080 (3 rotations) in same direction as ½ twist	<ul style="list-style-type: none"> - any of 5 parts missing - ½ twist in wrong direction - twirl in wrong direction - continuous spin in wrong direction - full twist -360 or more rotation to vertical - 2 or less spins - 4 or more spins 	<ul style="list-style-type: none"> - inaccurate body positions - instability - loss of height between actions - slightly more or less than half of 180 rotation, ½ twist, or twirl - more than 2 spins but less than 4 spins - medium speed on continuous spin - uneven drop spaces during spin
8	Thrust 360 Spin 1) submerged back pike 2) thrust to vertical 3) rapid 360 spin	<ul style="list-style-type: none"> - any of 3 parts missing - 180 spin or less - spin of 540 or more 	<ul style="list-style-type: none"> - inaccurate body positions - feet start above surface in submerged back pike - thrust off vertical line - medium speed of spin - spin greater than 180 but less than 540 - uneven drop spaces during spin

TIER 7 SENIOR: REQUIRED ELEMENTS TEAM

ELEMENTS: to be performed in the order listed

- 1 Acrobatic Move - Jump
 - a) two simultaneous jumps are required.
 - b) Underwater set-up is optional, but all remaining swimmers must be involved.
 - c) Each jump performs simultaneous identical movements facing the same direction.
 - d) Each jump must rise once with supported person becoming airborne at the peak of the lift.

*** Judges: consider this element under 30% of score.**
- 2 A *Thrust* is executed to a **Vertical Position**, maintaining maximum height a *Twirl* is executed as one leg is lowered to a **Bent Knee Vertical Position**. A *Vertical Descent* is executed as the bent knee is extended to meet the vertical leg as the ankles submerge with the same tempo as the thrust.
- 3 A Nova is executed to the completion of a **Bent Knee Surface Arch Position**; the legs are simultaneously lifted to a **Vertical Position** as the bent knee is extended. A *Continuous Spin* of 1080 degrees (**3 rotations**) is executed until the heels reach the surface, without submergence followed by a rapid *Spin Up 180*. A *Vertical Descent* is executed at the same tempo as the *Spin Up 180*.
- 4 Boost - a rapid head first rise, with a maximum amount of the body above the surface of the water. Both arms must be lifted at or above the shoulder line as the body reaches maximum height. A descent is executed until the swimmer is completely submerged.
- 5 Cadence Action with legs - identical leg movements(s) performed sequentially one-by-one by all team members. When more than one cadence action is performed, they must be consecutive, and not separated by other optional or required elements. There shall be at least 2 consecutive pattern changes during the cadence action.

*** Judges: consider this element under 30% of score.**
- 6 From a **Front Pike Position**, a porpoise lift is executed to a **Vertical Position**. A *Full Twist* is executed, then the legs are lowered symmetrically to a **Split Position**. A *Walkout Front* is executed.
- 7 A Rocket Split is executed to an **Airborne Split Position**, maintaining maximum height the legs are lifted to a **Vertical Position** as a *Twirl* is executed with a rapid *Vertical Descent*.
- 8 The pattern formations must include a straight line and circle.

*** Judges: consider this element under 30% of score**
- 9 All elements - required and supplementary, except during the circle pattern - must be performed simultaneously and facing the same direction by both swimmers. Variations in propulsion and direction facing are permitted only during pattern changes and underwater actions. Mirror actions are not permitted.

*** Judges: consider this element under 30% of score.**

PENALTIES:

0.5 PENALTY

- A) if any element is performed out of order
- B) if that which is done is another listed FINA basic movement
- C) for each part of the required element omitted up to a maximum deduction of 2.0 for that element e.g. in team: some of the swimmers omit parts
- D) each violation of mirror imagery and/or deliberate non-synchronization (except during circle pattern)

1.0 PENALTY

- A) for each part of the required element omitted by all swimmers in the team

2.0 PENALTY

- A) if a complete element is omitted

TIER SEVEN SENIOR: REQUIRED ELEMENTS

TEAM

	TEAM ELEMENT PARTS	0.5 PENALTY	EXECUTION (no penalty)
1	<p>Acrobatic Move - Jump</p> <ul style="list-style-type: none"> 1) two stacks facing same direction 2) one person on each stack rises head first 3) simultaneous, identical facing jumps 4) each jump must rise once with supported person becoming airborne at height 5) underwater set up optional but all athletes involved 	<ul style="list-style-type: none"> -any of 5 parts missing -each jump completely different 	<ul style="list-style-type: none"> -lack of height -different heights for each jump -swimmer(s) being lifted falls -not synchronized in the lift/release at height/or entry into water -positions or movements of supported swimmers not quite the same e.g. angles
2	<p>Thrust Variation</p> <ul style="list-style-type: none"> 1) submerged back pike 2) thrust to vertical 3) twirl as knee bends to bent knee vertical position 4) vertical descent straightening bent knee to meet vertical leg as ankles submerge at the same tempo as the thrust 	<ul style="list-style-type: none"> -any of 4 parts missing - knee bends after or before twist - vertical join finished above knee 	<ul style="list-style-type: none"> - inaccurate body positions - feet above surface in the submerged back pike - thrust off vertical line - medium speed during twirl - twirl not at the height of the thrust -finish of join above or below ankle
3	<p>Nova Variation</p> <ul style="list-style-type: none"> 1) back layout 2) dolphin start to BK surface arch 3) vertical position 4) Continuous spin of 1080 (3 spins) to heels without submergence 5) rapid spin up of 180 6) rapid vertical descent 	<ul style="list-style-type: none"> -any of 6 parts missing - 2 spins or less - 4 spins or more - obvious complete submergence prior to spin up of 180 - spin up of 360 or more - descent obviously not completely submerged 	<ul style="list-style-type: none"> - inaccurate body positions - tempo variations in spin - low water levels - off vertical line - medium speed of all spins and descent - continuous spin more than 2 but less than 4

	TEAM ELEMENT PARTS	0.5 PENALTY	EXECUTION (no penalty)
4	Boost Double Arm 1) rapid head first rise 2) 2 arms raised at or above shoulder line 3) descent until completely submerged	-any of 3 parts missing -1 or no arms raised - arms raised below shoulder line - descent obviously not completely submerged	-minimal head first rise -medium speed of rise -difficulty raising arms higher than shoulder line
5	Leg Cadence Action 1) same leg movements done one by one by all members 2) minimum of 2 consecutive pattern changes during cadence action *if more than one cadence: must be consecutive and not separated by other optional or required elements	-cadence action is missing -an optional or required elements is separating another cadence action - only 1 pattern change or no pattern change	-inaccurate body positions -timing difficulties -clarity of patterns - swimmer(s) out of place in patterns -swimmer(s) hit one another
6	Porpoise Variation 1) front pike position 2) vertical position 3) full twist 4) legs open symmetrically to split position 5) walkout front 6) surface arch position 7) back layout	- any of 7 parts missing - ½ twist	- inaccurate body positions - over piking in lift to vertical - low water levels - non-symmetrical opening of legs - instability - lack of extension - travel during parts 1 - 6 - head not replacing hips in unroll
7	Rocket Split Variation 1) submerged back pike 2) thrust to vertical 3) airborne split position 4) legs lifted to vertical simultaneously performing a twirl 5) rapid vertical descent	-any of 5 parts missing	-inaccurate body positions - thrust off vertical line - maximum height not maintained - not full split position - timing of twirl inaccurate -actions not rapid - descent off vertical line
8	Pattern Formations – at any point in routine 1) straight line 2) circle	- any of 2 parts missing	- accuracy of pattern shapes -spacing