ELEMENTS: to be performed in the order listed

1 **Eggbeater**, one arm raised, at a minimum of 45 degrees off the surface of the water and to the side. Arm to be fully extended from shoulder to finger tips. Travel is optional.

2 **Travelling Sailboat Sequence.** Starting in a back layout include at least two of the following: right sailboat, left sailboat, ballet leg right, ballet leg left. Ending is optional.

3 **Side Flutter Kick.** Arms optional. Travelling is required.

4 **Back layout to inverted tuck position.** Ending is optional.

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

	1	2	3	4	
Comp #	Eggbeater	Travelling Sailboat	Side Flutter Kick	Bk. Layout to inv. Tuck	Penalty Total

12 & Under Team Technical Monitor Sheets **Tech Assistant:** _____

ELEMENTS: to be performed in the order listed

1 **Travelling Eggbeater**, one arm raised, at a minimum of 45 degrees off the surface of the water and to the side. Arm to be fully extended from shoulder to finger tips. Travel is mandatory.

2 **Travelling Ballet Sequence.** Starting in a back layout include at least two of the following: ballet leg right, ballet leg left, flamingo right, flamingo left, ballet leg double. Ending is optional.

3 **Front Pike Pull Down,** lift to fishtail. Ending is optional.
* Element starts from extended front layout.

4 **Kipnus**. From a **Back Layout Position** a partial Somersault Back Tuck is executed to an **Inverted Tuck Position**. The trunk unrolls as one leg is straightened to assume a **Bent Knee Vertical Position** midway between the former vertical line through the hips and the former vertical line through the shins. A *Vertical Descent* is executed in the **Bent Knee Vertical Position**.

5 **Split Position** followed by a *Walkout Front,* finishing when face emerges in extended **Back Layout Position**.

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

	1	2	3	4	5	
Comp #	Travelling Eggbeater	Travelling Ballet Leg Sequence	Front Pike Pull Down	Kipnus	Split Position Walkout	Penalty Total