

T7 Junior Technical Elements

		Technical Elements					
SOLO	1 Split Position close to vert, during at least 720 spin	Technical Merit		SOLO	1 Vert - 360 rotation to split - opp. Dir. legs close to vert during rapid 720+ spin		
	3 *2 Boost Travelling Eggbeater 2 arm sequence	Execution 50%	Synchronization 10%		3 * 2 Boost Travelling Eggbeater 2 arm sequence		
	4 Rocket Split - bk vert ending is optional	Difficulty 40%	Artistic Impression				
	5 Knight - bk vert must travel assuming b.leg - ending optional	Choreography 50%	Music Interpretation 20%		4 Rocket Split -bk vert- vert.- ending optional		
	6 Thrust rapid vertical descent	Manner of Presentation 30%	Choreography 50%		5 Knight-1/2twist bk pos. must travel assuming b. leg - ending optional		
	6 Thrust in vertical position	Manner of Presentation 30%	Music Interpretation 20%		6 Thrust rapid vertical descent in vertical position		
DUET	1 1/2 Twist -Twirl in opposite direction vertical descent	Technical Merit		DUET	1 1/2 Twist - twirl opp.dir. spin 360 same dir. as twist		
	3 * 2 Boost Travelling Eggbeater 2 arm sequence	Execution 40%	Synchronization 30%		3 * 2 Boost Travelling Eggbeater 2 arm sequence		
	4 Walkout Front start in split pos. - surface arch - walkout	Difficulty 30%	Artistic Impression				
	5 Bent Knee Vert. 180 spin down and up ending is optional	Choreography 50%	Music Interpretation 30%		4 Swordfish Str. Leg to split position ending is optional		
	6 Thrust rapid vertical descent	Manner of Presentation 20%	Choreography 50%		5 Bent Knee Vert. 360 spin down and up ending is optional		
	6 Thrust rapid vertical descent	Manner of Presentation 20%	Music Interpretation 30%		* 6 Tr. B. Leg Combo str leg lift +doubles/flam		
TEAM	1 Walkover Front to split close to vertical	Technical Merit		TEAM	1 Thrust rapid vertical descent		
	3 * 2 Boost Travelling Eggbeater 2 arm sequence	Execution 40%	Synchronization 30%		* 2 Walkover Fr -split close-vert, open-split front WO ending		
	4 Porpoise-vert-bk.vert- crane *ending optional	Difficulty 30%	Artistic Impression				
	5 Tr. Ballet Leg Combo str leg lift +doubles/flam	Choreography 50%	Music Interpretation 30%		3 Boost * 4 Tr. Eggbeater 2 arm sequence		
	6 Rocket Split to vertical ending is optional	Manner of Presentation 20%	Music Interpretation 30%		5 Tr.Ballet Leg Combo str leg lift +doubles/flam		
	6 Rocket Split to vertical ending is optional	Manner of Presentation 20%	Manner of Presentation 20%		* 6 Nova-bk surf.arch lift to vert.-ending opt. Rocket Split -vert rapid 180 spin		

T6 IS and UNDER & Open Technical Elements

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Must be in order & not combined
high & controlled, uniform motion
each section clearly defined.

Senior Technical Elements

SOLO		Execution	
1	Full Twist opp dir. 360 rot.to split close to vert. doing 720+ spin same dir. as twist	Execution of Elements	70%
3	* 2 Boost Travelling Eggbeater 2 arm sequence	Execution of Rest	30%
SOLO		Overall Impression	
4	Rocket Split bk vert-twirl-vert-desc	Choreography and Music Use	40%
5	Knight - whole figure must travel assuming ballet leg	Difficulty	30%
6	Combined Spin at least 360 down, then up - desc.	Manner of Presentation	20%
7	Thrust rapid spin at least 360 through submergence	Synchronization	10%
DUET		Execution	
1	1/2 Twist -Twirl in opposite direction continuous spin same direction as twist	Execution of Elements	70%
2	Rocket Split 2 alternate leg splits to vertical ending is optional	Execution of Rest	30%
DUET		Overall Impression	
4	* 3 Boost Trav. Eggbeater	Choreography and Music Use	40%
5	Swordfish Str. Leg whole figure	Difficulty	30%
6	BK Combined Spin desc. in bk position	Manner of Presentation	10%
7	Tr. Ballet Leg Combo str leg lift +doubles/flam	Synchronization	20%
8	Vert Rise 360 Rot. to knight position 180 to fishtail-arc over knight-arch to bk layout		
9	Thrust rapid 360 spin		
TEAM		Execution	
1	Cadence	Execution of Elements	70%
2	Thrust - Twirl rapid vert. descent	Execution of Rest	30%
3	Front Walkover to split, close to vert. 1/2 twist -180 -split WO		
TEAM		Overall Impression	
5	*4 Boost Travelling Eggbeater	Choreography and Music Use	40%
6	Porpoise to vert - bk vert-crane pos. ending optional	Difficulty	20%
7	Tr. Ballet Leg Combo str leg lift +doubles/flam	Manner of Presentation	10%
8	Nova to bk sur. arch vert-f.twist-cont.spin	Synchronization	30%
9	Rocket Split Thrust to vert - split - rejoin vert position rapid 180 spin		
10	Acrobatic Move PSJ		
11	Patterns/St. Line, Circle		

Execution	
Execution effortlessness & fluidity maximum height solid & stable accuracy extension flexibility clarity & cleanness strength and power endurance efficiency in all figures, transitions, propulsion & patterns	
Overall Impression	
Synchronization with music with each other crisp & precise sharp & clear at the surface below the surface precision throughout timing of arm and leg actions & techniques position timing transition into position timing	
Difficulty wide range of difficult elements complex combinations figures (verticals, spins, etc) strokes and eggbeater intricate patterns & changing at and below surface high risk moves placement of figures intricate synchronization, not always counting distance covered close spacing frequent changes strong complex propulsion extreme flexibility intensity double arm and leg moves	
Choreography balance of creative & technical elements captivating creative unique cohesive whole with logical structure continuous flowing movement well placed elements balanced mix of wide variety of elements many patterns with fluid, frequent & logical changes covers all areas of pool memorable	
Music Use & Interpretation blending of movements & music expressing oneness interpret the obvious & subtle qualities of music achieve an emotional impact using musical elements strong emotional impact exceptional use of moods, subtle & powerful music superior interpretation of special parts complete expression	
Manner of Presentation total command, compelling attention projects personality & involves viewers charismatic, completely poised & confident fresh & spontaneous performance total body use, complete body language uniquely captivating & special to swimmers physical and emotional energy	