

Tiers 1 to 7

Technical Elements

2006-2009

- Must be performed in the order listed
- Only Tier 7 Senior must have the elements performed simultaneously and facing in the same direction
- Elements may be combined, except for Tier 6 and Tier 7 Junior



Revised: November 8, 2006
Lynda Furniss (OMT)

TIER 1: REQUIRED ELEMENTS

SOLO DUET & TEAM

ELEMENTS: to be performed in the order listed.

1. Eggbeater traveling sideways minimum one metre –

Body position vertical from head to hips. Arms optional. Using alternate rotating kick, travel sideways at least one metre.

2. Traveling Sailboat Alternate –

Begin in a **Back Layout Position**. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is resumed. Repeat with other leg.

3. Stroking sequence –

Including the following strokes in any order: Breaststroke head up, Front Flutter and Side Flutter. Arms optional. Head optional unless otherwise specified. Additional strokes are allowed in the stroke sequence.

4. Somersault Back Tuck –

From a **Back Layout Position** the knees and toes are drawn along the surface to assume a **Tuck Position**. With continuous motion the tuck becomes more compact as the body somersaults backwards around a lateral axis for one complete revolution. A **Back Layout** is resumed.

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
 - in team, some of the swimmers omit parts

1.0 PENALTY

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

2.0 PENALTY

- A) if a complete element is omitted

TIER 1: REQUIRED ELEMENTS

SOLO DUET & TEAM

	ELEMENT PARTS	0.5 PENALTY	EXECUTION (no penalty)
1	Traveling Eggbeater 1) body position vertical 2) eggbeater kick 3) sideways travel (min. 1 metre) *arms optional	any of 3 parts missing no travel travel forward or backwards	poor travel low water level weak body position / posture
2	Traveling Sailboat Alternate 1) back layout 2) sailboat position 3) back layout 4) sailboat position, opposite leg 5) back layout	any of 5 parts missing no travel both sailboats same leg	inaccurate body positions instability minimal travel
3	Stroking Sequence In any order: 1) breaststroke head up 2) front flutter 3) side flutter * head optional, unless specified	any of 3 parts missing breaststroke head in flutter kick instead of whip kick	breaststroke: weak propulsion &/or arm pull poor coordination kick not symmetrical three phase kick shoulders not square low water level flutter kicks: weak propulsion low water level
4	Somersault Back Tuck 1) back layout 2) tuck position 3) back tuck somersault 4) back layout	any of 4 parts missing forward tuck somersault	inaccurate body positions deep somersault lack of direction during somersault

TIER 2: REQUIRED ELEMENTS

SOLO

ELEMENTS: To be performed in the order listed.

1. Eggbeater **traveling sideways or forward** -

Body position vertical from head to hips. Arms optional. Using alternate rotating kick travel sideways or forward at least one metre. Water level should be constant with shoulders above surface.

2. **Traveling Ballet Leg Sequence**—

Traveling sequence containing **at least two** of the following positions: right **Sailboat**, left **Sailboat**, right **Ballet Leg**, left **Ballet Leg**.

3. **Kick-Pull-Kick-Airplane, shoulders square, 1 stroke right, 1 stroke left, to Front Pike**

Pull-down – * or can start with 1 stroke left, then 1 right - as legs execute a whip kick
Execute Kick-Pull- Kick-Airplane, shoulders square, 2 strokes. Back arm recovers in a 180 arc just above the surface. At completion of second Airplane, extend both arms forward and assume **Front Layout Position**. Execute *Front Pike pull-down* to **Front Pike Position**.

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**.

PENALTIES:

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TIER 2: REQUIRED ELEMENTS

SOLO

	ELEMENT PARTS	0.5 PENALTY	EXECUTION (no penalty)
1	Traveling Eggbeater 1) body position vertical 2) eggbeater kick 3) sideways or forward travel (min. 1 metre) * arms optional	any of 3 parts missing no travel travel backwards	poor travel low water level weak body position / posture
2	Traveling Ballet Leg Sequence 1) 2 positions (or more) sailboat right sailboat left ballet leg right ballet leg left	only one position no travel	inaccurate body positions instability minimal travel
3	Kick Pull Kick Airplane.... with shoulders square 1) kick pull kick airplane 2) kick pull kick airplane 3) both arms extended forward 4) front layout 5) front pike pull down	any of 5 parts missing using a flutter kick or scissor kick	weak propulsion poor coordination of kick pull kicks whip kick not symmetrical shoulders not square airplane arm lifts above surface inaccurate body positions no forward travel during pull down not reaching 90 for pike position
4	Kipnus 1) back layout 2) partial back tuck ss 3) inverted tuck position 4) bent knee vertical 5) bent knee vertical descent	any of 5 parts missing descent obviously not completely submerged	inaccurate body positions traveling instability

TIER 2: REQUIRED ELEMENTS

DUET & TEAM

ELEMENTS: to be performed in the order listed.

1. Eggbeater traveling sideways or forward -

Body position vertical from head to hips. Arms optional. Using alternate rotating kick travel sideways or forward at least one metre. Water level should be constant with shoulders above surface.

2. Traveling Ballet Leg Sequence—

Traveling sequence containing **at least two** of the following positions: right **Sailboat**, left **Sailboat**, right **Ballet Leg**, left **Ballet Leg**.

3. Kick-Pull-Kick-Airplane, shoulders square, 1 stroke right, 1 stroke left, to *Front Pike*

Pull-down – * or can start with 1 strokes left, then 1 right - as legs execute a whip kick Execute Kick-Pull- Kick-Airplane, shoulders square, 2 strokes. Back arm recovers in a 180 arc just above the surface. At completion of second Airplane, extend both arms forward and assume **Front Layout Position**. Execute *Front Pike pull-down* to **Front Pike Position**.

4. Split Position join to Vertical Position at ankle height –

Establish **Split Position**. The legs join to assume a **Vertical Position** at ankle height. A *Vertical Descent* is executed.

5. 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**.

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TIER 2: REQUIRED ELEMENTS

DUET & TEAM

	ELEMENT PARTS	0.5 PENALTY	EXECUTION (no penalty)
1	Traveling Eggbeater 1) body position vertical 2) eggbeater kick 3) sideways or forward travel (min. 1 metre) * arms optional	any of 3 parts missing no travel travel backwards	poor travel low water level weak body position / posture
2	Traveling Ballet Leg Sequence 1) 2 positions (or more) sailboat right sailboat left ballet leg right ballet leg left	only one position no travel	inaccurate body positions instability minimal travel
3	Kick Pull Kick Airplane.... with shoulders square 1) kick pull kick airplane 2) kick pull kick airplane 3) both arms extended forward 4) front layout 5) front pike pull down	any of 5 parts missing using a flutter kick or scissor kick	weak propulsion poor coordination of kick pull kicks whip kick not symmetrical shoulders not square airplane arm lifts above surface inaccurate body positions no forward travel during pull down not reaching 90 for pike position
4	Split Position Join to Vertical 1) split position 2) join to vertical at ankle 3) vertical descent	any of 3 parts missing body does not descend during join descent obviously not completely submerged	lack of extension in splits splits not flat inaccurate vertical & split positions vertical join is not completed at ankle level
5	Kipnus 1) back layout 2) partial back tuck ss 3) inverted tuck position 4) bent knee vertical 5) bent knee vertical descent	any of 5 parts missing descent obviously not completely submerged	inaccurate body positions traveling instability

TIER 3: REQUIRED ELEMENTS

SOLO

ELEMENTS: to be performed in the order listed

1. Crane Position to Bent Knee Vertical Position, Vertical descent - Establish a **Crane Position**. (Body extended in a vertical position with one leg extended forward 90 degrees to the body.) The horizontal leg is bent to assume a **Bent Knee Vertical Position** with the toe of the bent leg in contact with the inside of the extended leg at the knee or thigh. *Vertical Descent* - Maintaining the **Bent Knee Vertical Position** the body descends along its longitudinal axis until the toe is submerged.

2. Eggbeater traveling forward and sideways –

Body position vertical from head to hips. Arms optional. Using alternate rotating kick, travel both forward and sideways (any order.) Water level should be constant with shoulders above surface.

3. Traveling Ballet Leg Sequence –

Traveling sequence containing **at least** three of the following positions: right leg **Sailboat**, left leg **Sailboat**, right **Ballet Leg**, left **Ballet Leg**, right leg **Flamingo Position**, left leg **Flamingo Position**.

4. Kick-Pull-Kick-Airplane, shoulders open, 1 stroke right, 1 stroke left, to Front Pike Pull-down – * or can start with 1 stroke left, then 1 right - as legs execute a whip kick

Execute Kick-Pull- Kick-Airplane, **shoulders open**, 2 strokes. Back arm recovers in a 180 arc just above the surface. At completion of second Airplane, extend both arms forward and assume **Front Layout Position**. Execute *Front Pike pull-down* to **Front Pike Position**.

5. Ariana

A Walkover Back is executed to a **Split Position**. (Start in **Back Layout Position**. With the head leading, a dolphin is initiated. The hips and feet continue to move along the surface as the back is arched more to assume a **Surface Arch Position**. One leg is lifted in a 180 degree arc over the surface to assume a **Split Position**.) Maintaining the relative position of the legs to the surface, the hips rotate 180 degrees. *A Walkout Front* is executed. (The front leg is lifted in a 180 degree arc over the surface to meet the opposite leg in a **Surface Arch Position** and, with continuous movement, the hips, chest and face surface sequentially at the same point with foot first movement to a **Back Layout Position** until the head occupies the position of the hips at the beginning of the action.)

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TIER 3: REQUIRED ELEMENTS

SOLO

	ELEMENT PARTS	0.5 PENALTY	EXECUTION (no penalty)
1	Crane to Bent Knee Vertical to Bent Knee Vertical Descent 1) crane position 2) bent knee vertical 3) b.k. vertical descent	any of 3 parts missing	inaccurate body positions loss of height from crane to b.k. vert. descent off vertical line
2	Traveling Eggbeater 1) body position vertical 2) eggbeater kick 3) forward & sideways travel * arms optional	any of 3 parts missing no travel travel backwards	poor travel low water level weak body position / posture
3	Traveling Ballet Leg Sequence 1) 3 positions (or more) sailboat right sailboat left ballet leg right ballet leg left flamingo right flamingo left	only 1 or 2 positions no travel	inaccurate body positions instability minimal travel
4	Kick Pull Kick Airplane.... with shoulders open 1) kick pull kick airplane 2) kick pull kick airplane 3) both arms extended forward 4) front layout 5) front pike pull down	any of 5 parts missing using a flutter kick or scissor kick	weak propulsion poor coordination of kick pull kicks whip kick not symmetrical shoulders not open airplane arm lifts above surface inaccurate body positions no forward travel during pull down not reaching 90 for pike position
5	Ariana 1) back layout 2) surface arch position 3) split position 4) hips rotate 180 5) front leg lifts in arc over to surface 6) surface arch position 7) back layout	any of 7 parts missing	inaccurate body positions lack of extension lack of travel going into surface arch at the start lack of travel from surface arch to final back layout

TIER 3: REQUIRED ELEMENTS

DUET

ELEMENTS: to be performed in the order listed

1. Eggbeater traveling forward or sideways –

Body position vertical from head to hips. Arms optional. Using alternate rotating kick travel sideways or forward at least one metre. Water level should be constant with shoulders above surface.

2. Traveling Ballet Leg Sequence –

Traveling sequence containing **at least** three of the following positions: right leg **Sailboat**, left leg **Sailboat**, right **Ballet Leg**, left **Ballet Leg**, right leg **Flamingo Position**, left leg **Flamingo Position**.

3. Kick-Pull-Kick-Airplane, **shoulders open**, **1 stroke right**, **1 stroke left**, to **Front Pike Pull-down** – * or can start with **1 stroke left**, then **1 right** - as legs execute a whip kick

Execute Kick-Pull- Kick-Airplane, **shoulders open**, 2 strokes. Back arm recovers in a 180 arc just above the surface. At completion of second Airplane, extend both arms forward and assume **Front Layout Position**. Execute *Front Pike pull-down* to **Front Pike Position**.

4. Ariana rotation –

A **Split Position** is established. Maintaining the relative position of the legs to the surface, the hips rotate 180 degrees.

5. Kip

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the head and shins. A *Vertical Descent* is executed.

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TIER 3: REQUIRED ELEMENTS

DUET

	ELEMENT PARTS	0.5 PENALTY	EXECUTION (no penalty)
1	Traveling Eggbeater 1) body position vertical 2) eggbeater kick 3) forward or sideways travel * arms optional	any of 3 parts missing no travel travel backwards	poor travel low water level weak body position / posture
2	Traveling Ballet Leg Sequence 1) 3 positions (or more) sailboat right sailboat left ballet leg right ballet leg left flamingo right flamingo left	only 1 or 2 positions no travel	inaccurate body positions instability minimal travel
3	Kick Pull Kick Airplane.... with shoulders open 1) kick pull kick airplane 2) kick pull kick airplane 3) both arms extended forward 4) front layout 5) front pike pull down	any of 5 parts missing using a flutter kick or scissor kick	weak propulsion poor coordination of kick pull kicks whip kick not symmetrical shoulders not open airplane arm lifts above surface inaccurate body positions no forward travel during pull down not reaching 90 for pike position
4	Ariana Rotation 1) split position 2) hips rotate 180 3) split position * ending is optional	any of 3 parts missing	inaccurate body positions lack of extension
5	Kip 1) back layout 2) partial back tuck ss 3) inverted tuck position 4) vertical position 5) vertical descent	any of 5 parts missing forward tuck somersault descent obviously not completely submerged	inaccurate body positions descent off vertical line traveling instability

TIER 3: REQUIRED ELEMENTS

TEAM

ELEMENTS: to be performed in the order listed

1. Eggbeater traveling forward and sideways with one arm raised – Body position vertical from head to hips with one arm raised above the surface. Using alternate rotary kick, travel both sideways and forward. Water level should be constant with shoulders above surface.

2. Traveling Ballet Leg Sequence –

Traveling sequence containing **at least** three of the following positions: right leg **Sailboat**, left leg **Sailboat**, right **Ballet Leg**, left **Ballet Leg**, right leg **Flamingo Position**, left leg **Flamingo Position**.

3. Kick-Pull-Kick-Airplane, shoulders open, 1 stroke right, 1 stroke left, to Front Pike Pull-down – * or can start with 1 stroke left, then 1 right - as legs execute a whip kick
Execute Kick-Pull- Kick-Airplane, **shoulders open**, 2 strokes. Back arm recovers in a 180 arc just above the surface. At completion of second Airplane, extend both arms forward and assume **Front Layout Position**. Execute *Front Pike pull-down* to **Front Pike Position**.

4. Ariana rotation –

A **Split Position** is established. Maintaining the relative position of the legs to the surface, the hips rotate 180 degrees.

5. Kip

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the head and shins. A *Vertical Descent* is executed.

PENALTIES:

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TIER 3: REQUIRED ELEMENTS

TEAM

	ELEMENT PARTS	0.5 PENALTY	EXECUTION (no penalty)
1	Traveling Eggbeater 1 arm 1) body position vertical 2) eggbeater kick 3) forward & sideways travel 4) one arm raised	any of 4 parts missing no travel travel backwards no arm raised * allowed to lift 2 nd arm later in sequence	poor travel low water level weak body position / posture minimal lift of arm
2	Traveling Ballet Leg Sequence 1) 3 positions (or more) sailboat right sailboat left ballet leg right ballet leg left flamingo right flamingo left	only 1 or 2 positions no travel	inaccurate body positions instability minimal travel
3	Kick Pull Kick Airplane.... with shoulders open 1) kick pull kick airplane 2) kick pull kick airplane 3) both arms extended forward 4) front layout 5) front pike pull down	any of 5 parts missing using a flutter kick or scissor kick	weak propulsion poor coordination of kick pull kicks whip kick not symmetrical shoulders not open airplane arm lifts above surface inaccurate body positions no forward travel during pull down not reaching 90 for pike position
4	Ariana Rotation 1) split position 2) hips rotate 180 3) split position * ending is optional	any of 3 parts missing	inaccurate body positions lack of extension
5	Kip 1) back layout 2) partial back tuck ss 3) inverted tuck position 4) vertical position 5) vertical descent	any of 5 parts missing forward tuck somersault descent obviously not completely submerged	inaccurate body positions descent off vertical line traveling instability

TIER 4: REQUIRED ELEMENTS

SOLO

ELEMENTS: to be performed in the order listed.

1. Crane to Vertical, descent – A **Crane Position** is established. Horizontal leg is lifted to **Vertical Position**. A *Vertical Descent* is executed.

2. Boost one arm raised - A rapid upward movement of the head and trunk. From a submerged, tucked position (head uppermost), the body rises head first and unrolls to maximum height. One arm is raised above the head as the body reaches maximum height. A descent is executed.

3. Eggbeater traveling forward and sideways with one arm raised above the surface – Body position vertical from head to hips with one arm raised above the surface. Using alternate rotating kick, travel both sideways and forward. Water level should be constant with shoulders above surface.

4. Bent Knee Vertical spin 180 - Establish **Bent Knee Vertical Position**. A descending *Spin* with a rotation of 180 degrees is executed.

5. Ariana – A Walkover Back is executed to a **Split Position**. (Start in **Back Layout Position**. With the head leading, a dolphin is initiated. The hips and feet continue to move along the surface as the back is arched more to assume a **Surface Arch Position**. One leg is lifted in a 180 degree arc over the surface to assume a **Split Position**.) Maintaining the relative position of the legs to the surface, the hips rotate 180 degrees. A *Walkout Front* is executed. (The front leg is lifted in a 180 degree arc over the surface to meet the opposite leg in a **Surface Arch Position** and, with continuous movement, the hips, chest and face surface sequentially at the same point with foot first movement to a **Back Layout Position** until the head occupies the position of the hips at the beginning of the action.)

6. Thrust to Bent Knee Vertical Position – From a **Back Pike Position** with the toes just below the surface, a *thrust* is executed as the foot is drawn along the inside of the other extended leg to assume a **Bent Knee Vertical Position**. A *Vertical Descent* is executed in the bent knee position at the same tempo as the *Thrust*.

PENALTIES:

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TIER 4: REQUIRED ELEMENTS

SOLO

	ELEMENT PARTS	0.5 PENALTY	EXECUTION (no penalty)
1	Crane to Vertical 1) crane position 2) vertical position 3) vertical descent	any of 3 parts missing descent obviously not completely submerged	inaccurate body positions loss of height from crane to vertical descent off vertical line
2	Boost 1 arm 1) submerged tuck position 1) rapid head first rise * maximum height is desirable 2) one arm raised above the head 3) descent until completely submerged	any of 4 parts missing no attempt to raise arm descent obviously not completely submerged	minimal head first rise medium speed of rise difficulty raising arm above surface of the water
3	Traveling Eggbeater 1 arm 1) body position vertical 2) eggbeater kick 3) forward & sideways travel 4) one arm raised	any of 4 parts missing no travel travel backwards * allowed to lift 2 nd arm later in sequence	poor travel low water level minimal lift of arm
4	Bent Knee Vertical Spin 180 1) bent knee vertical 2) 180 spin in bent knee position	any of 2 parts missing spin in vertical position spin as leg joins to vert. 360 spin continuous spin descent obviously not completely submerged	inaccurate body positions descent off vertical line uneven drop spaces slightly over or under rotation of spin
5	Ariana 1) back layout 2) surface arch position 3) split position 4) hips rotate 180 5) front leg lifts in arc over to surface 6) surface arch position 7) back layout	any of 7 parts missing	inaccurate body positions lack of extension lack of travel going into surface arch at the start lack of travel from surface arch to final back layout
6	Thrust to Bent Knee Vertical 1) submerged back pike position 2) thrust to bent knee vertical 3) rapid b.k. vertical descent	any of 3 parts missing descent obviously not completely submerged	inaccurate body positions feet above surface in b. pike position slow thrust &/or descent thrust off vertical line descent off vertical line

TIER 4: REQUIRED ELEMENTS

DUET

ELEMENTS: to be performed in the order listed.

- 1. Bent Knee Vertical Position Half Twist** – A **Bent Knee Vertical Position** is established. A **Half Twist** is executed.
- 2. Boost one arm raised** - A rapid upward movement of the head and trunk. From a submerged, tucked position (head uppermost), the body rises head first and unrolls to maximum height. One arm is raised above the head as the body reaches maximum height. A descent is executed.
- 3. Eggbeater traveling forward and sideways** with one arm raised above the surface – Body position vertical from head to hips with one arm raised above the surface. Using alternate rotating kick, travel both sideways and forward. Water level should be constant with shoulders above surface.
- 4. Traveling Ballet Leg Sequence** – Traveling sequence containing **at least** three of the following positions: right **Ballet Leg**, left **Ballet Leg**, right leg **Flamingo Position**, left leg **Flamingo Position**.
- 5. Thrust to Bent Knee Vertical Position** – From a **Back Pike Position** with the toes just below the surface, a *thrust* is executed as the foot is drawn along the inside of the other extended leg to assume a **Bent Knee Vertical Position**. A *Vertical Descent* is executed in the bent knee position at the same tempo as the *Thrust*.
- 6. Ariana** – A Walkover Back is executed to a **Split Position**. (Start in **Back Layout Position**. With the head leading, a dolphin is initiated. The hips and feet continue to move along the surface as the back is arched more to assume a **Surface Arch Position**. One leg is lifted in a 180 degree arc over the surface to assume a **Split Position**.) Maintaining the relative position of the legs to the surface, the hips rotate 180 degrees. A *Walkout Front* is executed. (The front leg is lifted in a 180 degree arc over the surface to meet the opposite leg in a **Surface Arch Position** and, with continuous movement, the hips, chest and face surface sequentially at the same point with foot first movement to a **Back Layout Position** until the head occupies the position of the hips at the beginning of the action.)

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TIER 4: REQUIRED ELEMENTS

DUET

	ELEMENT PARTS	0.5 PENALTY	EXECUTION (no penalty)
1	Bent Knee Vertical ½ Twist 1) bent knee vertical 2) ½ twist in bent knee position *ending is optional	any of 2 parts missing full twist	inaccurate body positions slightly over or under rotation of twist instability loss of height
2	Boost 1 arm 1) submerged tuck position 1) rapid head first rise * maximum height is desirable 2) one arm raised above the head 3) descent until completely submerged	any of 4 parts missing no attempt to raise arm descent obviously not completely submerged	minimal head first rise medium speed of rise difficulty raising arm above surface of the water
3	Traveling Eggbeater 1 arm 1) body position vertical 2) eggbeater kick 3) forward & sideways travel 4) one arm raised	any of 4 parts missing no travel travel backwards * allowed to lift 2 nd arm later in sequence	poor travel low water level weak body position / posture minimal lift of arm
4	Traveling Ballet Leg Sequence 1) 3 positions (or more) ballet leg right ballet leg left flamingo right flamingo left	only 1 or 2 positions no travel	inaccurate body positions instability minimal travel
5	Thrust to Bent Knee Vertical 1) submerged back pike position 2) thrust to bent knee vertical 3) rapid b.k. vertical descent	any of 3 parts missing descent obviously not completely submerged	inaccurate body positions feet above surface in b. pike position slow thrust &/or descent thrust off vertical line descent off vertical line
6	Ariana 1) back layout 2) surface arch position 3) split position 4) hips rotate 180 5) front leg lifts in arc over to surface 6) surface arch position 7) back layout	any of 7 parts missing	inaccurate body positions lack of extension lack of travel going into surface arch at the start lack of travel from surface arch to final back layout

TIER 4: REQUIRED ELEMENTS

TEAM

ELEMENTS: to be performed in the order listed.

1. Boost Quarter Turn No Arms - A boost with arms below the surface is performed. Execute a quarter turn at maximum height. A descent is executed.

2. Eggbeater traveling forward or sideways with one arm raised above the surface – Body position vertical from head to hips with one arm raised above the surface. Using alternate rotating kick, travel sideways or forward. Water level should be constant with shoulders above surface.

3. Traveling Ballet Leg Sequence – Traveling sequence containing **at least** three of the following positions: right **Ballet Leg**, left **Ballet Leg**, right leg **Flamingo Position**, left leg **Flamingo Position**.

4. Walkover Front - - From a **Front Layout Position** a *Front Pike Position* is assumed. One leg is lifted in a 180 degree arc over the surface to **Split Position**. The front leg is lifted in a 180 degree arc over the surface to meet the opposite leg in a **Surface Arch Position** and, with continuous movement, the hips, chest and face surface sequentially at the same point with foot first movement to a **Back Layout Position** until the head occupies the position of the hips at the beginning of the action.

5. Bent Knee Vertical Position Spin 180 – A **Bent Knee Vertical Position** is established. A *180 Spin* is executed.

6. Thrust to Bent Knee Vertical Position – From a **Back Pike Position** with the toes just below the surface, a *thrust* is executed as the foot is drawn along the inside of the other extended leg to assume a **Bent Knee Vertical Position**. A *Vertical Descent* is executed in the bent knee position at the same tempo as the *Thrust*.

PENALTIES:

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- A) if any element is performed out of order
- B) if that which is done is another listed FINA basic movement
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TIER 4: REQUIRED ELEMENTS

TEAM

	ELEMENT PARTS	0.5 PENALTY	EXECUTION (no penalty)
1	Boost no arms – ¼ turn 1) rapid head first rise * maximum height is desirable 2) ¼ turn *no arms 3) descent until completely submerged	any of 3 parts missing descent obviously not completely submerged	minimal head first rise medium speed of rise difficulty doing ¼ turn
2	Traveling Eggbeater 1 arm 1) body position vertical 2) eggbeater kick 3) forward or sideways travel 4) one arm raised	any of 4 parts missing no travel travel backwards * allowed to lift 2 nd arm later in sequence	poor travel low water level weak body position / posture minimal lift of arm
3	Traveling Ballet Leg Sequence 1) 3 positions (or more) ballet leg right ballet leg left flamingo right flamingo left	only 1 or 2 positions no travel	inaccurate body positions instability minimal travel
4	Walkover Front 1) front layout 2) assume fr. pike position 3) l leg lifted 180 over surface 4) split position 5) other leg lifted 180 over surface 6) surface arch position 7) back layout	any of 7 parts missing	inaccurate body positions lack of extension little travel into fr. pike position low water level lack of travel from surface arch to final back layout
5	Bent Knee Vertical Spin 180 1) bent knee vertical 2) 180 spin in bent knee position	any of 2 parts missing spin in vertical position spin as leg joins to vert. 360 spin continuous spin descent obviously not completely submerged	inaccurate body positions descent off vertical line uneven drop spaces slightly over or under rotation of spin
6	Thrust to Bent Knee Vertical 1) submerged back pike position 2) thrust to bent knee vertical 3) rapid b.k. vertical descent	any of 3 parts missing descent obviously not completely submerged	inaccurate body positions feet above surface in b. pike position slow thrust &/or descent thrust off vertical line descent off vertical line

TIER 5: REQUIRED ELEMENTS

SOLO

ELEMENTS: to be performed in the order listed

1. **Split closing to Vertical, Vertical descent** - A **Split Position** is established. Both legs are symmetrically lifted and closed to **Vertical Position**. Vertical Descent
 2. **Boost, Quarter turn, one arm raised** – A Boost is executed with one arm raised above the head as the body reaches maximum height. With no loss of height, a quarter turn is executed. A descent is executed.
 3. **Eggbeater traveling forward with both arms raised** above the surface.
 4. **Traveling Ballet Leg Sequence** - Traveling sequence containing **at least** three of the following positions: right **Ballet Leg**, left **Ballet Leg**, **Ballet Leg Double**, right **Flamingo** and left **Flamingo Positions**.
 5. **Vertical Spin 360** – A **Vertical Position** is established. A *360 Spin* is executed.
 6. **Ariana** – A *Walkover Back* is executed to a **Split Position**. Maintaining the relative position of the legs to the surface, the hips rotate 180 degrees. A *Walkover Front* is executed.
 7. **Thrust to Vertical Position** – With the legs perpendicular to the surface a vertical upward movement of the legs and hips is rapidly executed as the body unrolls to assume a **Vertical Position**. Maximum height is desirable. A *Vertical Descent* is executed.
-

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
in team, some of the swimmers omit parts

1.0 PENALTY

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

2.0 PENALTY

- A) if a complete element is omitted

TIER 5: REQUIRED ELEMENTS

SOLO

	ELEMENT PARTS	0.5 PENALTY	EXECUTION (no penalty)
1	Split Closing to Vertical 1) split position 2) vertical position 3) vertical descent	any of 3 parts missing descent obviously not completely submerged	inaccurate body positions lack of extension low water level descent off vertical line
2	Boost 1 arm – ¼ turn 1) rapid head first rise * maximum height is desirable 2) ¼ turn – 1 arm 3) descent until completely submerged	any of 3 parts missing descent obviously not completely submerged	minimal head first rise medium speed of rise difficulty doing ¼ turn
3	Traveling Eggbeater 2 arms 1) body position vertical 2) eggbeater kick 3) forward travel 4) both arms raised	any of 4 parts missing no travel travel sideways or backwards 1 or no arm raised	poor travel low water level weak body position / posture minimal lift of arms
4	Traveling Ballet Leg Sequence 1) 3 positions (or more) ballet leg right ballet leg left ballet leg double flamingo right flamingo left	only 1 or 2 positions no travel	inaccurate body positions instability minimal travel
5	Vertical Spin 360 1) vertical position 2) spin 360	any of 2 parts missing spin 180 continuous spin twists descent obviously not completely submerged	inaccurate vertical position lack of extension low water level spin between 180 and 360, or slightly more than 360 uneven drop spaces
6	Ariana 1) back layout 2) surface arch position 3) split position 4) hips rotate 180 5) front leg lifts in arc over to surface 6) surface arch position 7) back layout	any of 7 parts missing	inaccurate body positions lack of extension lack of travel going into surface arch at the start lack of travel from surface arch to final back layout
7	Thrust to Vertical 1) submerged back pike position 2) thrust to vertical 3) rapid vertical descent	any of 3 parts missing descent obviously not completely submerged	inaccurate body positions feet above surface in b. pike position slow thrust &/or descent thrust off vertical line descent off vertical line

TIER 5: REQUIRED ELEMENTS

DUET

ELEMENTS: to be performed in the order listed

1. **Vertical Position Half Twist** – A **vertical position** is established. A *Half Twist* is executed.
 2. **Boost, Quarter turn, one arm raised** – A Boost is executed with one arm raised above the head as the body reaches maximum height. With no loss of height, a quarter turn is executed. A descent is executed.
 3. **Eggbeater traveling forward with both arms raised** above the surface.
 4. **Traveling Ballet Leg Sequence** - Traveling sequence containing **at least** three of the following positions: right **Ballet Leg**, left **Ballet Leg**, **Ballet Leg Double**, right **Flamingo** and left **Flamingo Positions**.
 5. **Thrust to Vertical Position** – With the legs perpendicular to the surface a vertical upward movement of the legs and hips is rapidly executed as the body unrolls to assume a **Vertical Position**. Maximum height is desirable. A *Vertical Descent* is executed.
 6. **Ariana** – A *Walkover Back* is executed to a **Split Position**. Maintaining the relative position of the legs to the surface, the hips rotate 180 degrees. A *Walkover Front* is executed.
-

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
in team, some of the swimmers omit parts

1.0 PENALTY

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

2.0 PENALTY

- A) if a complete element is omitted

TIER 5: REQUIRED ELEMENTS

DUET

	ELEMENT PARTS	0.5 PENALTY	EXECUTION (no penalty)
1	Vertical Position ½ Twist 1) vertical position 2) ½ twist * ending is optional	any of 2 parts missing full twist	inaccurate vertical position unstable twist traveling loss of height
2	Boost 1 arm – ¼ turn 1) rapid head first rise * maximum height is desirable 2) ¼ turn – 1 arm 3) descent until completely submerged	any of 3 parts missing descent obviously not completely submerged	minimal head first rise medium speed of rise difficulty doing ¼ turn
3	Traveling Eggbeater 2 arms 1) body position vertical 2) eggbeater kick 3) forward travel 4) both arms raised	any of 4 parts missing no travel travel sideways or backwards 1 or no arm raised	poor travel low water level weak body position / posture minimal lift of arms
4	Traveling Ballet Leg Sequence 1) 3 positions (or more) ballet leg right ballet leg left ballet leg double flamingo right flamingo left	only 1 or 2 positions no travel	inaccurate body positions instability minimal travel
5	Thrust to Vertical 1) submerged back pike position 2) thrust to vertical 3) rapid vertical descent	any of 3 parts missing descent obviously not completely submerged	inaccurate body positions feet above surface in b. pike position slow thrust &/or descent thrust off vertical line descent off vertical line
6	Ariana 1) back layout 2) surface arch position 3) split position 4) hips rotate 180 5) front leg lifts in arc over to surface 6) surface arch position 7) back layout	any of 7 parts missing	inaccurate body positions lack of extension lack of travel going into surface arch at the start lack of travel from surface arch to final back layout

TIER 5: REQUIRED ELEMENTS

TEAM

ELEMENTS: to be performed in the order listed

1. Boost, one arm raised – A Boost is executed with one arm raised above the head as the body reaches maximum height. A descent is executed.

2. Eggbeater traveling forward and sideways with one arm raised above the surface – Body position vertical from head to hips with one arm raised above the surface. Using alternate rotating kick, travel both sideways and forward. Water level should be constant with shoulders above surface.

3. Traveling Ballet Leg Sequence - Traveling sequence containing **at least three** of the following positions: right **Ballet Leg**, left **Ballet Leg**, **Ballet Leg Double**, right **Flamingo** and left **Flamingo Positions**.

4. Walkover Front - - From a **Front Layout Position** a *Front Pike Position* is assumed. One leg is lifted in a 180 degree arc over the surface to **Split Position**. The front leg is lifted in a 180 degree arc over the surface to meet the opposite leg in a **Surface Arch Position** and, with continuous movement, the hips, chest and face surface sequentially at the same point with foot first movement to a **Back Layout Position** until the head occupies the position of the hips at the beginning of the action.

5. Bent Knee Vertical Position 1/2 twist, join to **Vertical Position, Vertical Descent** – A **Bent Knee Vertical Position** is established. A *Half Twist* (180 degrees) is executed. Bent knee is extended to **Vertical Position**. A *Vertical Descent* is executed.

6. Thrust to Vertical Position – With the legs perpendicular to the surface a vertical upward movement of the legs and hips is rapidly executed as the body unrolls to assume a **Vertical Position**. Maximum height is desirable. A *Vertical Descent* is executed.

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
in team, some of the swimmers omit parts

1.0 PENALTY

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

2.0 PENALTY

- A) if a complete element is omitted

TIER 5: REQUIRED ELEMENTS

TEAM

	ELEMENT PARTS	0.5 PENALTY	EXECUTION (no penalty)
1	Boost 1 arm 1) rapid head first rise * maximum height is desirable 2) 1 arm raised 3) descent until completely submerged	any of 3 parts missing no arm raised descent obviously not completely submerged	minimal head first rise medium speed of rise difficulty raising arm
2	Traveling Eggbeater 1 arm 1) body position vertical 2) eggbeater kick 3) forward & sideways travel 4) one arm raised	any of 4 parts missing no travel travel backwards * allowed to lift 2 nd arm later in sequence	poor travel low water level weak body position / posture minimal lift of arm
3	Traveling Ballet Leg Sequence 1) 3 positions (or more) ballet leg right ballet leg left ballet leg double flamingo right flamingo left	only 1 or 2 positions no travel	inaccurate body positions instability minimal travel
4	Walkover Front 1) front layout 2) assume fr. pike position 3) 1 leg lifted 180 over surface 4) split position 5) other leg lifted 180 over surface 6) surface arch position 7) back layout	any of 7 parts missing	inaccurate body positions lack of extension little travel into front pike position low water level lack of travel from surface arch to final back layout
5	B. K. Vertical, ½ Twist, Vertical, Vertical Descent 1) bent knee vertical 2) ½ twist in bent knee position 3) join to vertical 4) vertical descent	any of 4 parts missing full twist descent obviously not completely submerged	inaccurate body positions slightly over or under rotation of twist instability loss of height descent off vertical line
6	Thrust to Vertical 1) submerged back pike 2) thrust to vertical 3) vertical descent	any of 3 parts missing descent obviously not completely submerged	inaccurate body positions feet above surface in bk pike position slow thrust &/or vertical descent thrust off vertical line descent off vertical line

TIER 6: REQUIRED ELEMENTS

SOLO

ELEMENTS: to be performed in the order listed, may not be combined.

1. From a **Split Position**, the legs are symmetrically closed to **Vertical Position** during a rapid *Spin* of at least 720° continuing through submergence.*
2. **Boost** – a rapid head-first rise, with a maximum amount of the body above the surface of the water. Both arms must be lifted above the surface as the body reaches maximum height. A descent is executed until the swimmer is completely submerged.
3. **Arm sequence using eggbeater kick** – must follow immediately after the Boost; travel forward and/or sideways and contain a sequence of arm movements which includes both arms out of the water at the same time.
4. **Rocket Split** – a *Thrust* followed by a rapid leg split followed by a **Bent Knee Vertical Position** as the front leg bends and the back leg is lifted to vertical. (The legs need not be perpendicular to the surface in the **Back Pike Position** prior to the *Thrust*.)
5. **Knight** to the **Bent Knee Vertical Position**, with compulsory head first travel while assuming the **Ballet Leg Position**. Starting in back layout, sailboat, to ballet leg, arch back to knight position, bend vertical leg while simultaneously lifting horizontal leg to assume a vertical bent knee position.
6. **Thrust** followed by a *Vertical Descent* at the same tempo as the *Thrust*.

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
in team, some of the swimmers omit parts
- D) Tier 6 and Tier 7 junior: if any elements are sequential - following each other with no other action separating the movements

1.0 PENALTY

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

2.0 PENALTY

- A) if a complete element is omitted

TIER 6: REQUIRED ELEMENTS

SOLO

	ELEMENT PARTS	0.5 PENALTY	EXECUTION (no penalty)
1	Split, Vertical, Spin 720+ 1) split position 2) symmetrically closed rapidly to vert. position - 3) during spin 720+	any of 3 parts missing spin 180 spin 360 descent obviously not completely submerged	inaccurate body positions lack of extension low water level legs not symmetrically closed spin between 720 and 360 medium speed of spin
2	Boost 2 arms 1) rapid head first rise * maximum height is desirable 2) 2 arms raised 3) descent until completely submerged	any of 3 parts missing 1 or no arms raised descent obviously not completely submerged	minimal head first rise medium speed of rise difficulty raising arms
3	Arm Sequence 2 arms 1) eggbeater kick *body position optional 2) forward &/or sideways travel 3) two arms raised	any of 3 parts missing no travel 1 or no arms raised does not follow immediately after boost	poor travel low water level minimal lift of arms
4	Rocket Split 1) thrust 2) rapid leg split 3) front leg bends as back leg lifts to b.k. vertical *ending is optional	any of 3 parts missing back leg bends as front leg lifts to vertical	inaccurate body positions thrust off vertical line lack of extension lack of height in thrust low water level in 2 nd vertical
5	Knight variation 1) back layout 2) assume ballet leg * must travel 3) arch to knight position 4) vertical leg bends as horiz. leg lifts to b.k. position *ending is optional	any of 4 parts missing no travel assuming ballet leg vertical leg remains as horiz. leg moves to bent knee position	inaccurate body positions minimal travel assuming ballet leg lack of extension loss of height loss of vertical line
6	Thrust to Vertical 1) submerged back pike 2) thrust to vertical 3) rapid vertical descent	any of 3 parts missing descent obviously not completely submerged	inaccurate body positions feet above surface in bk pike position slow thrust &/or vertical descent thrust off vertical line descent off vertical line

TIER 6: REQUIRED ELEMENTS

DUET

ELEMENTS: to be performed in the order listed, may not be combined.

1. **Half Twist**; followed by a *Twirl* in the opposite direction completed by a *Vertical Descent*.
2. **Boost** – a rapid head-first rise, with a maximum amount of the body above the surface of the water. Both arms must be lifted above the surface as the body reaches maximum height. A descent is executed until the swimmer is completely submerged.
3. **Arm sequence** using eggbeater kick – must follow immediately after the Boost; travel forward and/or sideways and contain a sequence of arm movements which includes both arms out of the water at the same time.
4. **Walkout, front** – from a **Split Position** the front leg is lifted in a 180 degree arc over the surface to meet the opposite leg in a **Surface Arch Position** and, with continuous movement, the hips, chest and face surface sequentially at the same point with foot first movement to a **Back Layout Position** until the head occupies the position of the hips at the beginning of the action.
5. **Bent Knee Vertical Combined Spin** - from a bent knee vertical position a 180° *Descending Spin* is executed with the bent knee extending to meet the vertical leg on the descent and a 180° *Ascending Spin* with the same leg bending to resume a **Bent Knee Vertical Position** on the ascent. **The ending is optional.**
6. **Thrust** followed by a *Vertical Descent* at the same tempo as the *Thrust*.

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
in team, some of the swimmers omit parts
- D) Tier 6 and Tier 7 junior: if any elements are sequential - following each other with no other action separating the movements

1.0 PENALTY

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

2.0 PENALTY

- A) if a complete element is omitted

TIER 6: REQUIRED ELEMENTS

DUET

	ELEMENT PARTS	0.5 PENALTY	EXECUTION (no penalty)
1	Vertical ½ Twist, Twirl 1) vertical position 2) ½ twist 3) twirl * opposite direction 4) vertical descent	any of 4 parts missing full twist twirl same direction as twist descent obviously not completely submerged	inaccurate body positions less or more than ½ twist instability loss of height descent off vertical line
2	Boost 2 arms 1) rapid head first rise * maximum height is desirable 2) 2 arms raised 3) descent until completely submerged	any of 3 parts missing 1 or no arms raised descent obviously not completely submerged	minimal head first rise medium speed of rise difficulty raising arms
3	Arm Sequence 2 arms 1) eggbeater kick *body position optional 2) forward &/or sideways travel 3) two arms raised	any of 3 parts missing no travel 1 or no arms raised does not follow immediately after boost	poor travel low water level minimal lift of arms
4	Walkout Front (basic movement) 1) split position 2) leg lift 180 over surface 3) surface arch 4) back layout	any of 4 parts missing	inaccurate body positions lack of extension loss of height during leg lift minimal travel from surface arch to back layout
5	Bent Knee Vertical Spins 1) bent knee vertical 2) 180 descending spin as leg straightens 3) vertical position 4) 180 ascending spin as same leg bends – * same direction 5) bent knee vertical *ending is optional	any of 5 parts missing 360 spin(s) or more spins obviously not matched eg.180 down,360 up spin in opposite direction bent knee is maintained throughout different leg bends on the ascent	inaccurate body positions vertical line not maintained spins not quite equal in degrees difficulty ascending uneven drop or rise spaces in spins
6	Thrust to Vertical 1) submerged back pike 2) thrust to vertical 3) rapid vertical descent	any of 3 parts missing descent obviously not completely submerged	inaccurate body positions feet above surface in bk pike position slow thrust &/or vertical descent thrust off vertical line descent off vertical line

TIER 6: REQUIRED ELEMENTS

TEAM

ELEMENTS: to be performed in the order listed, may not be combined.

1. **360 – Walkover Front** to the completion of the **Split Position**, the legs are closed symmetrically to **Vertical Position**. The legs open symmetrically to **Split Position**.* A *Walkout Front* is executed.
2. **Boost** – a rapid head-first rise, with a maximum amount of the body above the surface of the water. Both arms must be lifted above the surface as the body reaches maximum height. A descent is executed until the swimmer is completely submerged.
3. **Arm sequence** using eggbeater kick – must follow immediately after the Boost; travel forward and/or sideways and contain a sequence of arm movements which includes both arms out of the water at the same time.
4. **355 – Porpoise** to the completion of the **Vertical Position**; one leg is bent to assume a **Bent Knee Vertical Position**; the bent knee leg is extended to the vertical while the vertical leg is lowered to the surface to **Crane Position**.
5. **Travelling ballet leg combination** beginning with a straight leg lift to assume a **Ballet Leg Position**. The combination to include at least two other of the following surface positions in any order: **Ballet Leg Double**, **Flamingo** with right leg, **Flamingo** with left leg.
6. **Rocket Split** – A *Thrust* to **Vertical Position** followed by a rapid leg split and rejoin to **Vertical Position** at maximum height. The legs need not be perpendicular to the surface in the **Back Pike Position** prior to the *Thrust*.

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
in team, some of the swimmers omit parts
- D) Tier 6 and Tier 7 junior: if any elements are sequential - following each other with no other action separating the movements

1.0 PENALTY

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

2.0 PENALTY

- A) if a complete element is omitted

TIER 6: REQUIRED ELEMENTS

TEAM

	ELEMENT PARTS	0.5 PENALTY	EXECUTION (no penalty)
1	Walkover Front variation <ol style="list-style-type: none"> 1) front layout 2) front pike pull down 3) leg lifts in arc over to surface 4) split position 5) vertical position 6) split position 7) front leg lifts in arc over to surface 8) surface arch 9) back layout 	any of 9 parts missing	inaccurate body positions lack of extension low water levels uneven closing and/or opening of legs minimal or no travel in front pike pull down, or arch to back layout * the splits can be done with different legs
2	Boost 2 arms <ol style="list-style-type: none"> 1) rapid head first rise * maximum height is desirable 2) 2 arms raised 3) descent until completely submerged 	any of 3 parts missing 1 or no arms raised descent obviously not completely submerged	minimal head first rise medium speed of rise difficulty raising arms
3	Arm Sequence 2 arms <ol style="list-style-type: none"> 1) eggbeater kick *body position optional 2) forward &/or sideways travel 3) two arms raised 	any of 3 parts missing no travel 1 or no arms raised does not follow immediately after boost	poor travel low water level minimal lift of arms
4	Porpoise variation <ol style="list-style-type: none"> 1) front layout 2) front pike pull down 3) vertical position 4) bent knee vertical position 5) bent leg extends to vertical as vertical leg is lowered to crane position * ending is optional 	any of 5 parts missing bent leg does not move to vertical for crane position	inaccurate body positions lack of extension low water level instability minimal or no travel in front pike pull down
5	Traveling Ballet Leg Sequence <ol style="list-style-type: none"> 1) straight leg ballet leg lift 2) 2 positions (or more) ballet leg double flamingo right flamingo left 	ballet leg starts with a bent knee sailboat only 1 position no travel	inaccurate body positions instability minimal travel
6	Rocket Split <ol style="list-style-type: none"> 1) thrust to vertical 2) rapid leg split 3) vertical *ending is optional 	any of 3 parts missing	inaccurate body positions thrust off vertical line lack of extension lack of height in thrust low water level in 2 nd vertical

TIER 7 JUNIOR: REQUIRED ELEMENTS

SOLO

ELEMENTS: to be performed in the order listed, may not be combined.

1. From a **Vertical Position**, a 360⁰ rotation is executed while the legs are opened symmetrically to **Split Position**. In the opposite direction, the legs are symmetrically closed to **Vertical Position** during a rapid *Spin* of at least 720⁰ continuing through submergence.*
2. **Boost** – a rapid head-first rise, with a maximum amount of the body above the surface of the water. Both arms must be lifted above the surface as the body reaches maximum height. A descent is executed until the swimmer is completely submerged.
3. **Arm sequence** using eggbeater kick – must follow immediately after the Boost; travel forward and/or sideways and contain a sequence of arm movements which includes both arms out of the water at the same time.
4. **Rocket Split** – a *Thrust* followed by a rapid leg split followed by a **Bent Knee Vertical Position** as the front leg bends and the back leg is lifted to vertical. Join to a **Vertical Position**. (The legs need not be perpendicular to the surface in the **Back Pike Position** prior to the *Thrust*.)
5. **Knight to the Half Twist** in the **Bent Knee Vertical Position**, with compulsory head first travel while assuming the **Ballet Leg Position**. Starting in back layout to sailboat to ballet leg, arch down to knight position, bend the vertical leg while simultaneously lifting the horizontal leg to bent knee vertical position, followed by a half twist.
6. **Thrust** followed by a *Vertical Descent* at the same tempo as the *Thrust*.

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
in team, some of the swimmers omit parts
- D) Tier 6 and Tier 7 junior: if any elements are sequential - following each other with no other action separating the movements

1.0 PENALTY

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

2.0 PENALTY

- A) if a complete element is omitted

TIER 7 JUNIOR: REQUIRED ELEMENTS

SOLO

	ELEMENT PARTS	0.5 PENALTY	EXECUTION (no penalty)
1	Vertical, Split to Spin <ol style="list-style-type: none"> 1) vertical position 2) 360 rotation 3) split position 4) rapid 720+ spin in opposite direction as legs close to vertical & continue through submergence 	any of 4 parts missing 180 rotation 360 spin 180 spin descent obviously not completely submerged	inaccurate body positions uneven opening of legs to split spin between 720 and 360 legs close too early/or late during spin * should be closed as heels reach the surface
2	Boost 2 arms <ol style="list-style-type: none"> 1) head first rise * maximum height is desirable 2) 2 arms raised 3) descent until completely submerged 	any of 3 parts missing 1 or no arms raised descent obviously not completely submerged	minimal head first rise medium speed of rise difficulty raising arms
3	Arm Sequence 2 arms <ol style="list-style-type: none"> 1) eggbeater kick *body position optional 2) forward &/or sideways travel 3) two arms raised 	any of 3 parts missing no travel travels backwards 1 or no arms raised does not follow immediately after boost	poor travel low water level minimal lift of arms
4	Rocket Split <ol style="list-style-type: none"> 1) thrust 2) rapid leg split 3) front leg bends as back leg lifts to b.k. vertical 4) vertical position *ending is optional 	any of 4 parts missing back leg bends as front leg lifts to vertical	inaccurate body positions thrust off vertical line lack of extension lack of height in thrust loss of height from bent knee vertical to vertical
5	Knight variation <ol style="list-style-type: none"> 1) back layout 2) assume ballet leg * must travel 3) arch to knight position 4) vertical leg bends as horiz. leg lifts to b.k. position 5) ½ twist * ending is optional 	any of 5 parts missing no travel assuming ballet leg vertical leg remains as horiz. leg moves to bent knee position full twist	inaccurate body positions minimal travel assuming ballet leg lack of extension loss of height loss of vertical line less or more than ½ twist
6	Thrust to Vertical <ol style="list-style-type: none"> 1) submerged back pike 2) thrust to vertical 3) rapid vertical descent 	any of 3 parts missing descent obviously not completely submerged	inaccurate body positions feet above surface in bk pike position slow thrust &/or vertical descent thrust off vertical line descent off vertical line

TIER 7 JUNIOR: REQUIRED ELEMENTS

DUET

ELEMENTS: to be performed in the order listed, may not be combined.

1. **Half Twist**; followed by a *Twirl* in the opposite direction; completed by a 360° *Spin* in the same direction as the *Half Twist*. All movements to be performed in **Vertical Position**.
2. **Boost** – a rapid head-first rise, with a maximum amount of the body above the surface of the water. Both arms must be lifted above the surface as the body reaches maximum height. A descent is executed until the swimmer is completely submerged.
3. **Arm sequence** using eggbeater kick – must follow immediately after the Boost; travel forward and/or sideways and contain a sequence of arm movements which includes both arms out of the water at the same time.
4. Swordfish Straight Leg to the **Split Position**. From a front layout position one leg is lifted in an arc over the surface to a split position.
5. **Bent Knee Vertical Combined Spin** – from a bent knee vertical position a 360° *Descending Spin* is executed with the bent knee extending to meet the vertical leg on the descent and a 360° *Ascending Spin* with the same leg bending to resume a **Bent Knee Vertical Position** on the ascent. **The ending is optional.**
6. Travelling ballet leg combination beginning with a straight leg lift to assume a **Ballet Leg Position**. The combination to include at least two other of the following surface positions in any order: **Ballet Leg Double**, **Flamingo** with right leg, **Flamingo** with left leg.
7. **Thrust** followed by a rapid 180° *Spin*.

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
in team, some of the swimmers omit parts
- D) Tier 6 and Tier 7 junior: if any elements are sequential - following each other with no other action separating the movements

1.0 PENALTY

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

2.0 PENALTY

- A) if a complete element is omitted

TIER 7 JUNIOR: REQUIRED ELEMENTS

DUET

	ELEMENT PARTS	0.5 PENALTY	EXECUTION (no penalty)
1	½ Twist, Twirl, 360 Spin 1) vertical position 2) ½ twist 3) twirl * opposite direction 4) 360 spin same direction as twist	any of 4 parts missing full twist 180 spin twirl same direction as twist spin not same direction as twist descent obviously not completely submerged	inaccurate body positions less or more than ½ twist spin between 180 and 360 spin more than 360 instability loss of height descent off vertical line
2	Boost 2 arms 1) rapid head first rise * maximum height is desirable 2) 2 arms raised 3) descent until completely submerged	any of 3 parts missing 1 or no arms raised descent obviously not completely submerged	minimal head first rise medium speed of rise difficulty raising arms
3	Arm Sequence 2 arms 1) eggbeater kick *body position optional 2) forward &/or sideways travel 3) two arms raised	any of 3 parts missing no travel travels backwards 1 or no arms raised does not follow immediately after boost	poor travel low water level minimal lift of arms
4	Swordfish Str. Leg variation 1) front layout 2) leg lift in arc over surface 3) split position *ending is optional	any of 3 parts missing	inaccurate body positions lack of extension drop in water level during leg lift backing up during lift
5	Bent Knee Vertical Spins 1) bent knee vertical 2) 360 descending spin as leg straightens 3) vertical position 4) 360 ascending spin as same leg bends – * same direction 5) bent knee vertical *ending is optional	any of 5 parts missing 180 spin(s) spins obviously not matched e.g. 180 down, 360 up spin in opposite direction bent knee is maintained throughout different leg bends on the ascent	inaccurate body positions vertical line not maintained spins not quite equal in degrees spin between 180 and 360 spin more than 360 difficulty ascending uneven drop or rise spaces in spins
6	Traveling Ballet Leg Sequence 1) straight leg ballet leg lift 2) 2 positions (or more) ballet leg double flamingo right flamingo left	ballet leg starts with a bent knee sailboat only 1 position no travel	inaccurate body positions instability minimal travel
7	Thrust to Vertical, 180 Spin 1) submerged back pike 2) thrust to vertical 3) rapid 180 spin	any of 3 parts missing 360 spin	inaccurate body positions feet above surface in bk pike position slow thrust thrust and/or spin off vertical line spin not rapid spin less than 180 spin more than 180 but less than 360

TIER 7 JUNIOR: REQUIRED ELEMENTS

TEAM

ELEMENTS: to be performed in the order listed, may not be combined.

1. **Thrust** completed with a *Vertical Descent* at the same tempo as the *Thrust*.
2. **360 – Walkover Front** to the completion of the **Split Position**, the legs are closed symmetrically to **Vertical Position**. The legs open symmetrically to **Split Position**. * A *Walkout Front* is executed.
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 above the surface as the body reaches maximum height. A descent is executed until the swimmer is completely submerged.
4. **Arm sequence** using eggbeater kick – must follow immediately after the Boost; travel forward and/or sideways and contain a sequence of arm movements which includes both arms out of the water at the same time.
5. **Travelling ballet leg combination** beginning with a straight leg lift to assume a **Ballet Leg Position**. The combination to include at least two other of the following surface positions in any order: **Ballet Leg Double**, **Flamingo** with right leg, **Flamingo** with left leg.
6. **Nova** to the completion of the **Bent Knee Surface Arch Position**; the legs are simultaneously lifted to **Vertical Position** as the bent knee is extended. Nova starts in a back layout, with head first movement a bent knee surface arch is assumed.
7. **Rocket Split** – A *Thrust* to **Vertical Position** followed by a rapid leg split and rejoin to **Vertical Position** at maximum height. Completed with a rapid *180° Spin*. The legs need not be perpendicular to the surface in the **Back Pike Position** prior to the *Thrust*.

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
in team, some of the swimmers omit parts
- D) Tier 6 and Tier 7 junior: if any elements are sequential - following each other with no other action separating the movements

1.0 PENALTY

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

2.0 PENALTY

- A) if a complete element is omitted

TIER 7 JUNIOR: REQUIRED ELEMENTS

TEAM

	ELEMENT PARTS	0.5 PENALTY	EXECUTION (no penalty)
1	Thrust to Vertical 1) submerged back pike 2) thrust to vertical 3) rapid vertical descent	any of 3 parts missing descent obviously not completely submerged	inaccurate body positions feet above surface in bk pike position slow thrust &/or vertical descent thrust off vertical line descent off vertical line
2	Walkover Front variation 1) front layout 2) front pike pull down 3) leg lifts in arc over to surface 4) split position 5) vertical position 6) split position 7) front leg lifts in arc over to surface 8) surface arch 9) back layout	any of 9 parts missing	inaccurate body positions lack of extension low water levels uneven closing and/or opening of legs minimal or no travel in front pike pull down, or arch to back layout * the splits can be done with different legs
3	Boost 2 arms 1) rapid head first rise * maximum height is desirable 2) 2 arms raised 3) descent until completely submerged	any of 3 parts missing 1 or no arms raised descent obviously not completely submerged	minimal head first rise medium speed of rise difficulty raising arms
4	Arm Sequence 2 arms 1) eggbeater kick *body position optional 2) forward &/or sideways travel 3) two arms raised	any of 3 parts missing no travel travels backwards 1 or no arms raised does not follow immediately after boost	poor travel low water level minimal lift of arms
5	Traveling Ballet Leg Sequence 1) straight leg ballet leg lift 2) 2 positions (or more) ballet leg double flamingo right flamingo left	ballet leg starts with a bent knee sailboat only 1 position no travel	inaccurate body positions instability minimal travel
6	Nova variation 1) back layout 2) dolphin start to bent knee surface arch 3) vertical position * ending is optional	any of 3 parts missing	inaccurate body positions little to no travel in dolphin start low water level traveling during lift to vertical instability
7	Rocket Split 1) thrust to vertical 2) rapid leg split 3) vertical 4) rapid 180 spin	any of 4 parts missing 360 spin descent obviously not completely submerged	inaccurate body positions thrust off vertical line lack of height in thrust low water level in 2 nd vertical spin less than 180 spin more than 180 but less than 360

TIER 7 SENIOR: REQUIRED ELEMENTS

SOLO

ELEMENTS: to be performed in the order listed

- 1 **Full Twist**, in the opposite direction a 360⁰ rotation is executed while the legs are opened symmetrically to **Split Position**. In the same direction as the *Full Twist*, the legs are symmetrically closed to **Vertical Position** during a rapid *Spin* of at least 720⁰ continuing through submergence.*
- 2 **Boost** – a rapid head-first rise, with a maximum amount of the body above the surface of the water. Both arms must be lifted above the surface as the body reaches maximum height. A descent is executed until the swimmer is completely submerged.
- 3 **Arm sequence** using eggbeater kick – must follow immediately after the Boost; travel forward and/or sideways and contain a sequence of arm movements which includes both arms out of the water at the same time.
- 4 **Rocket Split** – a *Thrust* followed by a rapid leg split followed by a **Bent Knee Vertical Position** as the front leg bends and the back leg is lifted to vertical; followed by a *Twirl* while joining the bent leg to a **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*. The legs need not be perpendicular to the surface in the **Back Pike Position** prior to the *Thrust*. *
- 5 **150 Knight**, with compulsory head first travel while assuming the **Ballet Leg Position**.*
- 6 **Combined Spin** – minimum 360 descending spin, 360 ascending spin – must be performed in a vertical position.
- 7 **Thrust** followed by a rapid *Spin* of at least 360⁰ continuing through submergence.

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
in team, some of the swimmers omit parts

1.0 PENALTY

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

2.0 PENALTY

- A) if a complete element is omitted

TIER 7 SENIOR: REQUIRED ELEMENTS

SOLO

	ELEMENT PARTS	0.5 PENALTY	EXECUTION (no penalty)
1	Full Twist, 360 rotation to Split, variation Spin 1) vertical position 2) full twist 3) 360 rotation opposite direction to twist 4) split 5) rapid 720+ spin with legs closing to vertical, same direction as twist, continue through submergence	any of 5 parts missing ½ twist 180 rotation rotation same direction as twist 180 spin 360 spin spin opp. dir. to twist descent obviously not completely submerged	inaccurate body positions lack of height spin and/or twist off vertical line spin less than 720 but greater than 360 legs not closed symmetrically spin * should be closed as heels reach the surface
2	Boost 2 arms 1) rapid head first rise * maximum height is desirable 2) 2 arms raised 3) descent until completely submerged	any of 3 parts missing 1 or no arms raised descent obviously not completely submerged	minimal head first rise medium speed of rise difficulty raising arms
3	Arm Sequence 2 arms 1) eggbeater kick *body position optional 2) forward &/or sideways travel 3) two arms raised	any of 3 parts missing no travel travels backwards 1 or no arms raised does not follow immediately after boost	poor travel low water level minimal lift of arms
4	Rocket Split variation 1) thrust to vertical 2) rapid leg split 3) front leg bends as back leg lifts to b.k. vertical 4) twirl to vertical 5) rapid vertical descent	any of 5 parts missing back leg bends as front leg lifts to vertical descent obviously not completely submerged	inaccurate body positions thrust or descent off vertical line lack of height in thrust twirl slower than thrust low water level in 2 nd vertical
5	Knight 1) back layout 2) travel to assume ballet leg position 3) knight position 4) vertical leg bends as horiz. leg lifts to b.k. position 5) ½ twist 6) bent knee surface arch 7) back layout	any of 7 parts missing no travel to assume ballet leg vertical leg remains as horiz. leg moves to bent knee position full twist	inaccurate body positions minimal travel to assume ballet leg travel throughout figure instability twist slightly more or less than 180 low water level head not replacing hips in b.k. surface arch to back layout
6	Combined Spin 1) vertical position 2) 360+ descending spin 3) 360+ ascending spin * same direction 4) vertical descent	any of 4 parts missing 180 spin(s) spins obviously not matched eg.360 down, 540 up spins in opposite directions descent obviously not completely submerged	off vertical line uneven drop/rise spaces of spins spins not quite matched in revolutions spins less than 360 but greater than 180
7	Thrust to Vertical, 360+ Spin 1) submerged back pike 2) thrust to vertical 3) rapid 360+ spin	any of 3 parts missing no spin 180 spin descent obviously not completely submerged	inaccurate body positions feet above surface in bk pike position slow thrust thrust and/or spin off vertical line spin not rapid spin more than 180 but less than 360

TIER 7 SENIOR: REQUIRED ELEMENTS DUET

ELEMENTS: to be performed in the order listed, with the exception of deck work and entry all elements must be performed simultaneously and facing the same direction by both swimmers, mirror actions not permitted.

1. **Half Twist**; followed by a *Twirl* in the opposite direction; completed by a *Continuous Spin* in the same direction as the *Half Twist*. All movements to be performed in **Vertical Position**.
2. **Rocket Split** – A *Thrust* followed by two rapid alternating legs split; join to **Vertical Position** at maximum height. The legs need not be perpendicular to the surface in the **Back Pike Position** prior to the *Thrust*. *
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 above the surface as the body reaches maximum height. A descent is executed until the swimmer is completely submerged.
4. **Arm sequence** using eggbeater kick – must follow immediately after the Boost; travel forward and/or sideways and contain a sequence of arm movements which includes both arms out of the water at the same time.
5. **406 – Swordfish Straight Leg**. From a front layout one leg is arced over the water to assume a split position. A front walkout is performed.
6. **Bent Knee Vertical Position** followed by a *Combined Spin* of at least 360 with the bent knee extending to meet the vertical leg on the descent and bending to resume a **Bent Knee Vertical Position** on the ascent. The position is maintained during a *Vertical Descent*. The ascending spin must match the descending spin in revolutions.
7. **Travelling ballet leg combination** beginning with a straight leg lift to assume a **Ballet Leg Position**. The combination to include at least two other of the following surface positions in any order: **Ballet Leg Double**, **Flamingo** with right leg, **Flamingo** with left leg.
8. From an under water **Vertical Position** – as the toes break the surface, a rotation of 360° is initiated, during which one leg follows the surface of the water to assume a **Knight Position**; the body rotates 180° in the same direction to assume a **Fishtail Position**; the horizontal leg is lifted in a 180° arc over the surface to **Knight Position**; the vertical leg is lowered to a **Surface Arch Position**. An *Arch to Back Layout* is executed.
9. **Thrust** followed by a rapid 360° *Spin*.

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
in team, some of the swimmers omit parts
- D) if any member does not perform the routine simultaneously and facing the same direction. Exceptions allowed – see specific event description.

1.0 PENALTY

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

2.0 PENALTY

- A) if a complete element is omitted

September 1, 2006

TIER 7 SENIOR: REQUIRED ELEMENTS

DUET

	ELEMENT PARTS	0.5 PENALTY	EXECUTION (no penalty)
1	½ Twist, Twirl, Continuous Spin 1) vertical position 2) ½ twist 3) twirl opposite direction 4) continuous spin 720+ same direction as twist	any of the 4 parts missing full twist twirl same dir. as twist cont. sp. same dir. as twirl 180 spin 360 spin	vertical off line low water level twist &/or twirl slightly under or over 180 spin less than 720 but greater than 360 loss of height
2	Rocket Split variation 1) thrust to vertical 2) two rapid alternating leg splits 3) vertical position * ending is optional	any of 3 parts missing 1 leg split both splits using same leg	thrust off vertical line lack of extension unequal leg splits loss of height
3	Boost 2 arms 1) rapid head first rise * maximum height is desirable 2) 2 arms raised 3) descent until completely submerged	any of 3 parts missing 1 or no arms raised descent obviously not completely submerged	minimal head first rise medium speed of rise difficulty raising arms
4	Arm Sequence 2 arms 1) eggbeater kick *body position optional 2) forward &/or sideways travel 3) two arms raised	any of 3 parts missing no travel travels backwards 1 or no arms raised does not follow immediately after boost	poor travel low water level minimal lift of arms
5	Swordfish Straight Leg 1) front layout 2) leg lift in arc over surface 3) split position 4) 2 nd leg lift in arc over surface 5) surface arch 6) back layout	any of 6 parts missing	inaccurate body positions lack of extension drop in water level during leg lift(s) backing up during lift(s) head not replacing hips from surface arch to back layout
6	Bent Knee Combined Spin 1) bent knee vertical 2) 360+ descending spin as bent leg straightens 3) 360+ ascending spin as same leg bends * same direction 4) bent knee vertical descent	any of 4 parts missing 180 spin(s) b. k. maintained during spins different leg bends on ascent spins obviously not matched e.g. 360 down, 540 up spins in opposite directions descent obviously not completely submerged	off vertical line uneven drop/rise spaces of spins spins not quite matched in degrees
7	Traveling Ballet Leg Sequence 1) straight leg ballet leg lift 2) 2 positions (or more) ballet leg double flamingo right flamingo left	ballet leg starts with a bent knee sailboat only 1 position no travel	inaccurate body positions instability minimal travel
8	Underwater Vertical Rise variation 1) submerged vertical position 2) rise & rotate 360 to assume 3) knight position 4) body rotates 180 same direction to fishtail 5) horizontal leg lifts in 180 arc over surface to knight 6) surface arch 7) back layout	any of 7 parts missing rotates 180 during rise rotation to fishtail in opp. dir. horiz. leg swings across surface to 2nd knight position	inaccurate body positions not rising on vertical line instability rotation during rise is less than 360 but more than 180 head does not replace hips from surface arch to back layout
9	Thrust to Vertical, 360 Spin 1) submerged back pike 2) thrust to vertical 3) rapid 360 spin	any of 3 parts missing 180 spin continuous spin descent obviously not completely submerged	inaccurate body positions feet above surface in bk pike position slow thrust thrust and/or spin off vertical line spin not rapid spin more than 180 but less than 360 spin slightly more than 360

TIER 7 SENIOR: REQUIRED ELEMENTS TEAM

ELEMENTS: to be performed in the order listed with the exception of the circle and the line patterns, with the exception of the cadence action, deck work and entry all elements must be performed simultaneously and facing the same direction by all team members except during the circle pattern and the platform, variations in propulsion and direction facing are permitted only during pattern changes, no mirror actions.

1. **Cadence Action** – identical movement(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.
2. **Thrust** followed by a *Twirl* and completed with a rapid *Vertical Descent* in **Vertical Position**.
3. 360 – Walkover Front to the completion of the **Split Position**, the legs are closed symmetrically to **Vertical Position**. A *Half Twist* is executed. The legs open symmetrically during an additional 180⁰ rotation in the same direction to **Split Position**. A *Walkout Front* is executed. (A walkover front is performed from a front layout to a front pike position, one leg is lifted in an arc over the surface of the water to assume a split position – A walkout front is performed from a split position, the front leg is lifted in an arc over the surface to assume a surface arch position, the body unrolls to a back layout position.)
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 above the surface as the body reaches maximum height. A descent is executed until the swimmer is completely submerged.
5. **Arm sequence** using eggbeater kick – must follow immediately after the Boost; travel forward and/or sideways and contain a sequence of arm movements which includes both arms out of the water at the same time.
6. **355 – Porpoise** to the completion of the **Vertical Position**; one leg is bent to assume a **Bent Knee Vertical Position**; the bent knee leg is extended to the vertical while the vertical leg is lowered to the surface to **Crane Position**.
7. **Travelling ballet leg combination** beginning with a straight leg lift to assume a **Ballet Leg Position**. The combination to include at least two other of the following surface positions in any order: **Ballet Leg Double**, **Flamingo** with right leg, **Flamingo** with left leg.
8. **435 – Nova** to the completion of the **Bent Knee Surface Arch Position**; the legs are simultaneously lifted to **Vertical Position** as the bent knee is extended; a *Full Twist* is executed followed by a *Continuous Spin*. The Nova begins in a back layout, with head first travel a bent knee surface arch is assumed.
9. **Rocket Split** – A *Thrust* followed by a rapid leg split and rejoin to **Vertical Position** at maximum height. Completed with a rapid 180⁰ *Spin*. The legs need not be perpendicular to the surface in the **Back Pike Position** prior to the *Thrust*.
10. **Acrobatic Move** – one Platform, Stack or Jump
Platform requirements:
 - i. One person supported at or above the surface.
 - ii. Underwater set-up is optional, but all remaining swimmers must be involved.
 - iii. Must rise and descend once with supported person maintaining contact with lifters.
 - iv. Person being supported must rise head first.Stack requirements:
 - v. 2 stacks are required.
 - vi. One person lifted head first in each stack.
 - vii. Underwater set-up is optional, but all remaining swimmers must be involved.
 - viii. Each stack performs simultaneous identical movements facing the same direction.
 - ix. Each stack must rise and descend once.Jump requirements:
 - x. e-f. Same as Stack requirements.
 - xi. Each jump must rise once with supported person becoming airborne at peak of lift.
11. The **pattern formations** must include a **straight line and circle**.

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 in team, some of the swimmers omit parts
- D) if any member does not perform the routine simultaneously and facing the same direction. Exceptions allowed – see specific event description.

1.0 PENALTY

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

2.0 PENALTY

- A) if a complete element is omitted

TIER 7 SENIOR: REQUIRED ELEMENTS

TEAM

	ELEMENT PARTS	0.5 PENALTY	EXECUTION (no penalty)
1	Cadence Action 1) same movements done one by one by all members * if more than 1 cadence: must be consecutive	cadence action is missing * an optional or required element is separating another cadence action	inaccurate body or arm positions timing difficulties swimmer(s) out of place in pattern swimmer(s) hit one another
2	Thrust to Vertical, Twirl 1) submerged back pike 2) thrust to vertical 3) twirl 4) rapid vertical descent	any of 4 parts missing 180 or 360 spin continuous spin descent obviously not completely submerged	inaccurate body positions feet above surface in bk pike position slow thrust thrust and/or descent vertical line twirl not rapid twirl more than 180
3	Walkover Front variation 1) front layout 2) front pike pull down 3) leg lift 180 over surface 4) split position 5) vertical position 6) ½ twist 7) rotate 180 as legs open, same direction as twist 8) split position 9) front leg lifts in arc over to surface 10) surface arch 11) back layout	any of 11 parts missing full twist rotating opposite direction from the ½ twist to the 2 nd split	inaccurate body positions lack of extension low water levels slightly less or more than 180 in twist uneven opening of legs to 2 nd split position minimal or no travel in front pike pull down, or arch to back layout head not replacing hips in arch to back layout * the splits can be done with different legs
4	Boost 2 arms 1) rapid head first rise * maximum height is desirable 2) 2 arms raised 3) descent until completely submerged	any of 3 parts missing 1 or no arms raised descent obviously not completely submerged	minimal head first rise medium speed of rise difficulty raising arms
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5	Arm Sequence 2 arms 1) eggbeater kick *body position optional 2) forward &/or sideways travel 3) two arms raised	any of 3 parts missing no travel travels backwards 1 or no arms raised does not follow immediately after boost	poor travel low water level minimal lift of arms
6	Porpoise variation 1) front layout 2) front pike pull down 3) vertical position 4) bent knee position 5) bent leg extends to vertical as vertical leg is lowered to crane position * ending is optional	any of 5 parts missing vertical leg remains as bent leg extends along surface to the crane position	inaccurate body positions lack of travel from front layout to pike position over piking to lift legs to vertical lack of extension low water levels loss of vert. line from one position to the next traveling
7	Traveling Ballet Leg Sequence 1) straight leg ballet leg lift 2) 2 positions (or more) ballet leg double flamingo right flamingo left	ballet leg starts with a bent knee sailboat only 1 position no travel	inaccurate body positions instability minimal travel
8	Nova variation 1) back layout 2) dolphin start to bent knee surface arch 3) vertical position 4) full twist 5) continuous spin	any of 5 parts missing ½ twist 180 spin 360 spin descent obviously not completely submerged	inaccurate body positions little to no travel in dolphin start low water level traveling during lift to vertical instability twirl slightly under or over 360 spin less than 720 but greater than 360
9	Rocket Split 1) thrust to vertical 2) rapid leg split 3) vertical 4) rapid 180 spin	any of 4 parts missing 360 spin descent obviously not completely submerged	inaccurate body positions thrust off vertical line lack of height in thrust low water level in 2 nd vertical spin less than 180 spin more than 180 but less than 360
10	Acrobatic Move		
	Platform: * can be stationary or moving 1) one person supported 2) rise head first 3) rise & descend once 4) maintain contact with lifters 5) all underwater swimmers involved	any of 5 parts missing	instability of platform swimmer being lifted falls platform at or above the surface
	Stack: 1) 2 stacks facing same direction 2) 1 person on each stack rises head first 3) rise & descend once 4) maintain contact with lifters 5) simultaneous identical moves 6) all underwater swimmers involved	any of 6 parts missing each stack completely different	instability of stack(s) lack of height different heights for each stack swimmer(s) being lifted falls not synchronized in the lift positions or movements of supported swimmers not quite the same e.g. angles
	Jumps: 1) 2 stacks facing same direction 2) 1 person on each stack rises head first 3) simultaneous identical moves 4) supported swimmers airborne at peak of lift 5) all underwater swimmers involved	any of 5 parts missing each jump completely different	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
11	Pattern Formations 1) circle 2) straight line	pattern(s) missing	inaccurate shape of pattern spacing difficulties