TIER T7 SENIOR: REQUIRED ELEMENTS SOLO Tech Assistant: _____

ELEMENTS: to be performed in the order listed

1 From a Front Pike Position, a **Full Twist** is executed as the extended legs are lifted to a Vertical Position. Continuing in the same direction, a Full Twist is executed followed by a Continuous Spin of 1440 (4 rotations).

2. Rocket Split is executed to an Airborne Split Position, maintaining maximum height the front leg is lifted vertically as the back leg moves to a Vertical Bent Knee Position. The vertical leg is lowered backward toward the surface as the bent leg extends forward to assume an Airborne Split Position. * ending optional

3. Boost - a rapid head first rise, with a maximum amount of the body above the surface of the water. Both arms must be lifted at or above the shoulder line as the body reaches maximum height. A descent is executed until the swimmer is completely submerged. Immediately afterwards, a second boost with both arms above the surface is executed. A second descent is executed until the swimmer is completely submerged.

4. Beginning with a **straight leg lift to a Ballet Leg** Position, a Catalarc (116) is executed with compulsory head first travel while assuming the ballet leg.

5. Combined Spin – descending Spin of 1080 degrees (3 rotations), followed without a pause, by an equal ascending Spin in the same direction. * vertical descent

6. From a Submerged Back Pike Position, a **Flying Fish** Spinning 360 (307e) is executed.

0.5 PENALTY

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

2.0 PENALTY

A) if a complete element is omitted

Comp. #	Full Twist Cont. Spin 4 rotations	Rocket Split	Double Body Boost	Catalarc Straight Leg Ballet Leg	Combined Spin 1080 3 down, 3 up	Flying Fish spin 360	Penalty Total

TIER T7 SENIOR: REQUIRED ELEMENTS DUET Tech Assistant: _____

ELEMENTS: to be performed in the order listed

1 An **Albatross Twirl** (240c) is executed until completion of the rotation, followed by a Continuous Spin of 1440 degrees (4 rotations)

2 From a Back Layout Position, **travelling ballet leg combination** beginning with a **straight leg lift** to a Ballet Leg Position. The horizontal leg is lifted to a Ballet Leg Double Position. Maintaining the Ballet Leg Double Position a rotation of 360 degrees is executed, the first leg is lowered to a Ballet Leg Position, the second leg is lowered to a Back Layout Position.*The legs are held straight throughout the element.

3 Rocket Split - A Thrust is executed to a Vertical Position followed by two rapid alternating Airborne Split Positions, followed by a join to a Vertical Position with maximum height. A Vertical Descent is executed.

4 Connected Action - connected, joined or intertwined movements. Lifts, throws and platforms are not included.

5 Maintaining a Fishtail Position, **three rapid Full Twists** are executed at maximum height. *ending optional

6 Boost - a rapid head first rise, with a maximum amount of the body above the surface of the water. Both arms must be lifted at or above the shoulder line as the body reaches maximum height. A descent is executed until the swimmer is completely submerged.

7 From a **Split Position**, a rotation of 180 degrees is executed as the legs are symmetrically lifted and closed to a Vertical Position followed by a **Half Twist** in the same direction. A **Twirl** is executed in the opposite direction, completed by a **Continuous Spin** of 1080 degrees (3 rotations) in the same direction as the Half Twist. The Half Twist, Twirl and Continuous Spin to be executed in the Vertical Position.

8 Thrust followed by a rapid 360 Spin.

All elements - required and supplementary , except a connected action - must be performed simultaneously and facing the same direction by both swimmers. Mirror actions are not permitted.

0.5 PENALTY

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

2.0 PENALTY

A) if a complete element is omitted

	1	2	3	4	5	6	7	8	
Comp #	Albatros Twirl cont spin (4)	Travel Ballet leg Combo	Rocket Split X 2	Joined Action	Fishtail 3 full twists	Body Boost	Sp. tw, twist, twirl, cspin 1080	Thrust 360 spin	Penalty Total

TIER T7 SENIOR: REQUIRED ELEMENTS TEAM Tech Assistant: _____

ELEMENTS: to be performed in the order listed

1. Acrobatic Move - 2 Jumps. **a)** two simultaneous jumps are required. **b)** Underwater set-up is optional, but all remaining swimmers must be involved. **c)** Each jump performs simultaneous identical movements facing the same direction. **d)** Each jump must rise once with supported person becoming airborne at the peak of the lift.

2. A **Thrust** is executed to a Vertical Position, maintaining maximum height a **Twirl** is executed as one leg is lowered to a **Bent Knee Vertical Position**. A Vertical Descent is executed as the bent knee is extended to meet the vertical leg as the ankles submerge with the same tempo as the thrust.

3. A **Nova** is executed to the completion of a Bent Knee Surface Arch Position; the legs are simultaneously lifted to a Vertical Position as the bent knee is extended. A Continuous Spin of 1080 degrees (**3 rotations**) is executed until the heels reach the surface, without submergence followed by a **rapid Spin Up 180**. A Vertical Descent is executed at the same tempo as the Spin Up 180.

4. **Boost** - a rapid head first rise, with a maximum amount of the body above the surface of the water. Both arms must be lifted at or above the shoulder line as the body reaches maximum height. A descent is executed until the swimmer is completely submerged.

5. **Cadence Action** with legs - identical leg movements(s) performed sequentially one-by-one by all team members. When more than one cadence action is performed, they must be consecutive, and not separated by other optional or required elements.There shall be at least 2 consecutive pattern changes during the cadence action.

6. From a Front Pike Position, a **porpoise lift** is executed to a Vertical Position. A Full Twist is executed, then the legs are lowered symmetrically to a Split Position. A Walkout Front is executed.

7. A **Rocket Split** is executed to an Airborne Split Position, maintaining maximum height the legs are lifted to a Vertical Position as a Twirl is executed with a rapid Vertical Descent.

8. The pattern formations must include a **straight line** and **circle**.

All elements - required and supplementary , except during the circle pattern - must be performed simultaneously and facing the same direction by both swimmers. Variations in propulsion and direction facing are permitted only during pattern changes and underwater actions. Mirror actions are not permitted.

0.5 PENALTY

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

2.0 PENALTY

A) if a complete element is omitted

	1	2	3	4	5	6	7	8	
Comp #	Acrobatic Move 2 Jumps	Thrust - Bent Knee Twirl	Nova, cspin 1080, spin up	Body Boost	Leg cad. action 2 patterns	Porp., full twist, split, walkout	Rocket Split, Twirl	Line, Circle	Penalty Total