**Elements 2013-2017**

**Solo elements**

**Required elements 1-5 must be performed in the order listed**

1. Starting in a **Vertical Position**, the body rotates through 360 degrees opening to a **Split Position**. Continuing in the same direction a further 360 degrees rotation is completed while the legs join to **Vertical Position**. Rotating in the opposite direction, a *Continuous Spin* of 4 rotations is executed. **DD** = 2.1

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  | Total |
| NVT= | 19.0 | 21.0 | 29.0 |  |  | 69 |
| PV = | 2.75 | 3.04 | 4.2 |  |  | 2.12 |

1. A *Rocket Split* is executed to an **Airborne Split Position.** A *Twirl* is executed as the legs join to **Vertical Position** followed by a *Vertical Descent*. **DD = 2.6**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| New Drive:Users:barbsync:Desktop:FINA Docs:Back Pick 3.jpg |  | New Drive:Users:barbsync:Desktop:FINA Docs:Split Rocket7.jpg |  |  |  |  | Total |
| NVT= | 37.0 | 19.0 | 23.0 | 14.0 |  |  | 93 |
| PV = | 4.07 | 2.09 | 2.31 | 1.54 |  |  | 2.56 |

3. 150 - Knight is executed. Headfirst travel is allowed during the transition to Ballet Leg. **DD = 3.1**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| BLO-L | BK-L | BL | KNIGHT | BKV-R | BKV-L | BKSURARC | Surf-arc-r | Blo-r | Total |
| NVT= | 10.5 | 11.0 | 22.0 | 16.0 | 15.5 | 20.0 | 15.5 | 11.0 | 121.5 |
| PV = | 0.86 | 0.91 | 1.81 | 1.32 | 1.28 | 1.65 | 1.28 | 0.91 | 3.09 |

4. Starting in a **Vertical Position** a *Full Twist* is executed followed by a *Combined Spin* of 3 rotations followed by a *Vertical Descent.* **DD = 2.4**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  | Total |
| NVT= | 29.0 | 41.0 | 14.0 |  |  | 84 |
| PV = | 3.45 | 4.88 | 1.67 |  |  | 2.4 |

5. Starting in a submerged **Back Pike Position** with the legs vertical, 301e - Barracuda Spinning 360 is executed. **DD = 1.9**

**Back Pike Position (301E Barracuda Spin 360)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| New Drive:Users:barbsync:Desktop:FINA Docs:Back Pick 3.jpg |  |  |  |  | Total |
| NVT= | 37.0 | 21.0 |  |  | 58 |
| PV = | 6.38 | 3.62 |  |  | 1.92 |

**Duet Elements**

**Required elements 1-5 must be performed in the order listed**

1. 436 - Cyclone is executed to a **Vertical Position**. A *Full Twist* is executed as one leg lowers to a **Bent Knee Vertical Position**, followed by a *Continuous Spin* of 3 rotations as the bent knee is joined to a **Vertical Position**. **DD = 3.1**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| BLO | BKSUR-L | VERT-L |  |  |  | Total |
| NVT= | 19.5 | 39.0 | 24.0 | 37.0 |  | 119.5 |
| PV = | 1.86 | 4.57 | 1.81 | 1.33 |  | 3.05 |

1. **From a Back Layout Position,**travelling head first, one leg is raised straight to a **Ballet Leg Position**, followed by the other leg to a **Double Ballet Leg Position**. Maintaining the **Double Ballet Leg Position**, a rotation of 360 degrees is executed. The legs are held straight throughout the element. **DD =** **1.9**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| BLO-L |  |  |  |  |  |  | Total |
| NVT= | 14.5 | 20.0 | 23.0 |  |  |  | 57.5 |
| PV = | 2.52 | 3.48 | 4.00 |  |  |  | 1.91 |

1. Starting and maintaining a **Fishtail Position**, with the horizontal leg leading toward the vertical leg, 2 rapid rotations (720o) are executed. Continuing in the same direction, the horizontal leg is lifted to a **Vertical Position** as a *Continuous Spin* of 720o is executed. **DD = 2.1**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  | Total |
| NVT= | 18.5 | 48.5 |  |  |  | 67 |
| PV = | 2.76 | 7.24 |  |  |  | 2.08 |

1. Starting in a **Front Pike Position**, the legs are lifted to a **Vertical Position**. A *Half Twist* is executed followed by a further rotation of 180 degrees with the legs opening to a **Split Position**. A *Walkout* *Front* is executed. **DD = 2.8**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | Surf-arc-r | Blo-r |  | Total |
| NVT= | 29.0 | 19.0 | 21.0 | 24.0 | 11.0 |  | 104 |
| PV = | 2.79 | 1.83 | 2.02 | 2.31 | 1.06 |  | 2.77 |

1. Starting in a submerged **Back Pike Position** with the legs vertical, 301c - Barracuda Twirl is executed. **DD = 2.4**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| New Drive:Users:barbsync:Desktop:FINA Docs:Back Pick 3.jpg |  | New Drive:Users:barbsync:Desktop:FINA Docs:VerticalL2.jpg |  |  | Total |
| NVT= | 37.0 | 35.0 | 14.0 |  | 86 |
| PV = | 4.30 | 4.07 | 1.63 |  | 2.43 |

1. The routine must contain a lift or throw and this can be placed anywhere in the routine.
2. With the exception of the deck work and the lift or throw, all elements required and supplementary must be performed simultaneously and facing the same direction. Mirror actions are not permitted

**Team Elements.**

**Required elements 1-5 must be performed in the order listed**

1. Starting in a submerged **Back Pike Position** with the legs vertical, 301 - Barracuda is executed. **DD = 1.8**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| BARACUDA Subm | home:miwako:miwako1_BU:TSSC＆AASF:2009TSSC:マニュアル2009-2013原稿:Thrust-R2.jpg |  |  |  | Total |
| NVT= | 37.0 | 14.0 |  |  | 51 |
| PV = | 7.25 | 2.75 |  |  | 1.79 |

1. 435 - Nova is executed to the **Bent Knee Surface Arch Position**; A rotation of 360 degrees is executed as the legs are lifted to a **Vertical Position** followed by a *Continuous Spin* of 720 degrees. **DD = 2.4**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| BLO-L | BKSUR-L | VERT-R |  |  |  | Total |
| NVT= | 19.5 | 39.5 | 27.0 |  |  | 86 |
| PV = | 2.87 | 2.88 | 3.97 |  |  | 2.43 |

1. Starting in a **Front Pike Position**, the legs are lifted to a **Vertical Position**, A *Full Twist* is executed, the legs are lowered to a **Split Position**. A *Walkout Front* is executed. **DD = 2.9**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| FPIKE-R2 | New Drive:Users:barbsync:Desktop:jpg files 09:VERT-L.jpg | New Drive:Users:barbsync:Desktop:jpg files 09:VERT-L.jpg | New Drive:Users:barbsync:Desktop:jpg files 09:SPLIT-L.jpg | New Drive:Users:barbsync:Desktop:jpg files 09:SURF-ARC.jpg | New Drive:Users:barbsync:Desktop:jpg files 09:Blo-r.jpg |  | Total |
| NVT= | 29.0 | 29.0 | 19.0 | 24.0 | 11.0 |  | 112 |
| PV = | 2.59 | 2.59 | 1.7 | 2.14 | 0.98 |  | 2.91 |

1. Starting in a submerged **Back Pike Position** with the legs vertical, 308 – a Barracuda Airborne Split is executed. **DD =2.5**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| BARACUDA Subm |  |  |  |  |  | Total |
| NVT= | 37.0 | 19.0 | 21.0 | 14.0 |  | 91 |
| PV = | 4.07 | 2.09 | 2.31 | 1.54 |  | 2.53 |

1. Travelling Ballet Leg Sequence. Starting in a **Back Layout Position** travelling head first, a *Ballet Leg is assumed*, the horizontal leg bends to a **Flamingo Position** and is then lifted to a **Ballet Leg Double Position. DD = 1.7**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| BLO-L | BK-L |  |  |  |  |  | Total |
| NVT= | 10.5 | 11.0 | 10.5 | 16.0 |  |  | 48 |
| PV = | 2.19 | 2.29 | 2.19 | 3.33 |  |  | 1.73 |

1. The routine must contain one Headfirst Throw and a Cadence Action with either arms or legs. These may be placed anywhere in the routine.
2. With exception of the deck work, entry, the throw and the Cadence Action, all elements – required and supplementary – must be performed simultaneously and facing the same direction by all team members. Variations in propulsion and direction facing are permitted only during pattern changes and underwater actions. Mirror actions are not permitted.