

APPENDIX VI FINA REQUIRED ELEMENTS FOR TECHNICAL ROUTINES**GENERAL REQUIREMENTS**

1. Supplementary elements may be added.
2. Unless otherwise specified in the description of an element:
 - All figures or components thereof shall be executed according to the requirements described in appendices II-IV.
 - All elements shall be executed high and controlled, in uniform motion with each section clearly defined.
3. Duet required elements # 4, # 9 and Team required elements # 1, # 5, # 8, # 9 shall be judged within remaining 30 % of the Execution score.
4. Time limits as in SS 14.1.
5. FINA competitions must use category A. One category must be chosen for any specific competition. See categories B and C in FINA SS Manual.

Category A**SOLO REQUIRED ELEMENTS (A)**

Required elements 1 – 6 are 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 the same direction, a *Full Twist* is executed followed by a *Continuous Spin* of 1440° (4 rotations). [DD 3.3]
- 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 **Bent Knee Vertical Position**. The vertical leg is lowered backward toward the surface as the bent leg extends forward to assume an **Airborne Split Position**. [DD 3.1]
- 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. [DD 2.5]
- 4 Beginning with a straight leg lift to a **Ballet Leg Position**, 116 - Catalarc is executed with compulsory head first travel while assuming the ballet leg. [DD 2.9]
- 5 *Combined Spin* is executed. A *descending Spin* of 1080° (3 rotations) followed, without a pause, by an equal *ascending Spin* in the same direction. [DD 3.0]
- 6 From a Submerged **Back Pike Position**, 307e - Flying Fish Spinning 360° is executed. [DD 3.2]

DUET REQUIRED ELEMENTS (A)

Required elements 1 – 8 are to be performed in the order listed.

SYNCHRONISED SWIMMING

- 1 240 c - Albatross Twirl is executed until completion of the rotation, followed by a *Continuous Spin* of 1440° (4 rotations). [DD 3.3]
- 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° 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. [DD 2.5]
- 3 Rocket Split - A *Thrust* 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. [DD 3.4]
- 4 A 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. [DD 2.9]
- 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. [DD 1.7]
- 7 From a **Split Position** rotation of a 180° 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° (3 rotations) in the same direction as the *Half Twist*. *Half Twist*, *Twirl* and *Continuous Spin* to be executed in **Vertical Position**. [DD 2.3]
- 8 *Thrust* followed by a rapid *360° Spin*. [DD 2.2]
- 9 With the exception of the deck work, entry and a connected action, all elements – required and supplementary – must be performed simultaneously and facing the same direction by both swimmers. Mirror actions are not permitted.

TEAM REQUIRED ELEMENTS (A)

Required elements 1 – 7 are to be performed in the order listed.

- 1 Acrobatic move – Jump
 - 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 peak of 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 at the ankles submerge with the same tempo as *Thrust*. [DD 2.3]
- 3 435 – 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° (3 rotations) is executed until heels reach the surface, without submergence, followed by a rapid *Spin Up 180°*. A *Vertical Descent* is executed at the same tempo as *Spin Up 180°*. [DD 2.9]

- 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. [DD 1.7]
- 5 Cadence Action with legs – identical leg 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. There shall be at least 2 consecutive pattern changes during the cadence action.
- 6 From a **Front Pike Position**, 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. [DD 2.9]
- 7 *Rocket Split* is executed to an **Airborne Split Position**, maintaining maximum height the legs are lifted to a **Vertical Position** as *Twirl* is executed with a rapid *Vertical Descent*. [DD 2.6]
- 8 The pattern formations must include a straight line and circle.
- 9 With exception of the deck work, entry and the Cadence Action, all elements – required and supplementary – must be performed simultaneously and facing the same direction by all team members except during the circle pattern. Variations in propulsion and direction facing are permitted only during pattern changes and underwater actions. Mirror actions are not permitted.