

APPENDIX 2 – TECHNICAL ROUTINES

Element #	Element Version	Women Solo Technical Required Elements	DD
1	A	Thrust Continuous Spin 720°	2.7
	B	Thrust Continuous Spin 360°	2.0
2		Clepsydra	3.5
3	A	Porpoise Two Directions Spin Up 720°	3.1
	B	Porpoise Two Directions Spin Up 360°	2.6
4	A	Pacific Closing 360°	3.6
	B	Pacific	3.5
5	A	Rocket Split Spin 720° (360° Join + 360°)	2.5
	B	Rocket Split Spin 360° (180° Join + 180°)	2.2

Element #	Element Version	Men Solo Technical Required Elements	DD
1	A	Thrust Continuous Spin 720°	2.7
	B	Thrust Continuous Spin 360°	2.0
2	A	Poseidon Full Twist	2.4
	B	Poseidon Half Twist	1.9
3	A	Triton Full Twist	3.2
	B	Triton Half Twist	3.0
4	A	Sylpha Spinning 360°	2.2
	B	Sylpha Spinning 180°	2.1
5	A	Atlas Continuous Spin 1080°	2.6
	B	Atlas Continuous Spin 360°	1.9

Element #	Element Version	Women Duet Required Elements	DD
1	A	Thrust Bent Knee Twirl Spin 360°	2.3
	B	Thrust Bent Knee Twirl Spin 180°	2.1
2	A	Rocket Split Catch Spin 360°	2.5
	B	Rocket Split Catch Spin 180°	2.4
3		Sundial	3.6
4	A	Swan Half Twist	3.4
	B	Swan	2.9
5	A	Mercury Continuous Spin 720°	2.7
	B	Mercury Continuous Spin 360°	2.5

Element #	Element Version	Mixed Duet Technical Required Elements	DD
1	A	Albatross Helicopter Continuous Spin 720°	3.1
	B	Albatross Helicopter Continuous Spin 360°	2.9
2	A	Osprey Rotation 180°	2.3
	B	Osprey	2.2
3	A	Seraphin Twirl	3.2
	B	Seraphin	2.9

Element #	Element Version	Open Team Technical Required Elements	DD
1	A	Fouetté 540° Helicopter	2.2
	B	Fouetté 360° Helicopter	1.9
2	A	Cyclone Full Twist	2.8
	B	Cyclone Half Twist	2.6
3	A	Thrust Spin 360°	2.1
	B	Thrust Spin 180°	1.9
4	A	Rocket Split Spin 360°	2.4
	B	Rocket Split Spin 180°	2.3
5	A	Elaris Pattern Change Combined Spin 720°	3.4
	B	Elaris Pattern Change Combined Spin 360°	3.2

General Requirements

In Olympic Games, Olympic Games Qualifier, Artistic Swimming World Cup, World Aquatics Artistic Swimming Championships and World Aquatics Junior Artistic Swimming Championships and other World Aquatics competitions as designated, required Elements are used.

- 1) Unless otherwise specified in the description all required elements must be executed according to the requirements described in the 'World Aquatics Artistic Swimming Manual for Judges, Technical Controllers, Referees and Coaches'.
- 2) If one or more Athletes omits all or part of an element or performs an incorrect action in an element, refer to 2022-2025 World Aquatics Competition Regulations for penalties regarding incorrect or omitted actions.
- 3) Required Elements #1 - #5 (Solo, Duet and Team), or #1-3 (Mixed Duet) can be performed in any order.
- 4) Required Elements #1 - #5 (Solo, Duet and Team), or #1-3 (Mixed Duet) - It is required that the elements and the degrees of difficulty for each element selected to be performed, and the order of performance selected, must be declared and submitted on the Coach Card for the Technical Routine. This form must be submitted prior to the Competition/Event.
- 5) Additional hybrids and the degrees of difficulty for each hybrid selected, and the order to be performed, must be declared and submitted on the Coach Card for the Technical Routine. This form must be submitted prior to the Competition/Event.
- 6) For Team and Women Duet: with the exception of deck work and entry into the water, getting into and out of the circle (Team), and Acrobatics, Technical Required Elements, Hybrids and Transitions are to be performed simultaneously and facing the same direction by all duet or team members.
- 7) For Mixed Duets: Only Technical Required Elements must be performed simultaneously and facing the same direction. Deckwork and Entry into the water, Hybrid, Required Hybrid, Entry into or Exit out of Technical Required Elements, Transitions and Pair Acrobatics DO NOT have this restriction and may be performed freely (non-simultaneous and facing different directions).
- 8) Additional movements can be added immediately before and after (breath to breath) required Elements #1 - #5 (Solo, Duet and Team), or #1-3 (Mixed Duet). These movements will not add any extra difficulty nor will be considered as the additional hybrids.
- 9) Time limits – refer to Articles O and 10.4 of this Part Seven.
- 10) Recommendation for all Technical Routines: It is strongly recommended for clarity of judgment that
- 11) Required Elements #1 - #5 (Solo, Duet and Team), or #1-3 (Mixed Duet) are separated by other content.

WOMEN SOLO TRE

WOMEN SOLO TRE 1A: THRUST CONTINUOUS SPIN 720°

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust Continuous Spin 720°* (2 rotations) is executed.

			Total
NVT=	31.0	67.0	98
PV=	3.16	6.84	10

Video 1A: <https://youtu.be/lq3NWms5ZGo>

WOMEN SOLO TRE 1B: THRUST CONTINUOUS SPIN 360°

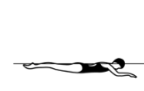
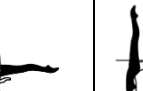
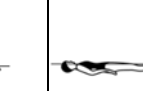
From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust Continuous Spin 360°* (1 rotation) is executed.

			Total
NVT=	31.0	30.0	61
PV=	4.43	5.57	10

Video 1B: <https://youtu.be/5cl-Krb3O68>

WOMEN SOLO TRE 2: CLEPSYDRA (no B version)

From a **Front Layout Position**, the back arches as one leg is lifted in a 180° arc over the surface of the water to a **Split Position**. A rapid 180° rotation is executed as the back leg is moved horizontally through the surface of the water as the front leg is lifted into a vertical to assume a **Knight Position**. Maintaining the 90° angle between the legs, the horizontal leg rapidly moves to vertical as the vertical leg simultaneously continues its arc to the surface of the water to assume a **Fishtail Position**. Maintaining the 90° angle between the legs, a rapid 180° rotation is executed while the horizontal leg is lifted to vertical and the vertical leg is lowered to the surface of the water to assume a **Knight Position**. The vertical leg is lowered to a **Surface Arch Position** and with continuous motion an *Arch to Back Layout Position* is executed.

							Total
NVT=	48.0	21.5	22.0	27.0	18.5	7.0	144
PV=	3.33	1.49	1.53	1.88	1.28	0.49	10

Video 2: <https://youtu.be/Q29iZYVmYoU>

WOMEN SOLO TRE 3A: PORPOISE TWO DIRECTIONS SPIN UP 720°

From a **Front Pike Position**, the legs are lifted into a **Vertical Position** as a rotation of 360° is executed. A *360° Spin* is executed in the opposite direction, followed by a *Spin Up 720°* in the opposite direction. Continuing in the same direction as the Spin Up a *Continuous Spin 720°* (2 rotations) is executed.

					Total
NVT=	37.0	19.0	30.0	34.0	120
PV=	3.08	1.58	2.50	2.83	10

Video 3A: https://youtu.be/_LQN5o6HVso

WOMEN SOLO TRE 3B: PORPOISE TWO DIRECTIONS SPIN UP 360°

From a **Front Pike Position**, the legs are lifted into a **Vertical Position** as a rotation of 180° is executed. A *180° Spin* is executed in the opposite direction, followed by a *Spin Up 360°* in opposite direction. Continuing in the same direction as the Spin Up a *Continuous Spin 360°* (1 rotation) is executed.

					Total
NVT=	33.0	16.0	21.0	23.0	93
PV =	3.55	1.72	2.26	2.47	10

Video 3B: <https://youtu.be/wUsDyhTc6Mg>

WOMEN SOLO TRE 4A: PACIFIC CLOSING 360°

From a **Back Layout Position** a *Surface Arch Position* is assumed. One leg is lifted to assume a **Knight Position**. The horizontal leg is lifted to a **Vertical Position**. A 180° rotation is executed as the legs open symmetrically to assume a **Split Position**. In the opposite direction a 360° rotation is executed as the legs symmetrically close to a **Vertical Position**. The legs are simultaneously lowered into a **Bent Knee Surface Arch**. The bent knee is straightened to assume a **Surface Arch Position**. With continuous motion an *Arch to Back Layout Position* is executed.

									Total
NVT=	12.0	23.5	26.5	20.0	27.0	21.0	11.5	7.0	148.5
PV=	0.81	1.58	1.78	1.35	1.82	1.41	0.77	0.47	10

Video 4A: https://youtu.be/1Y_kr-Ru7Hw

WOMEN SOLO TRE 4B: PACIFIC

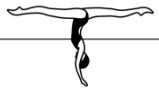
From a **Back Layout Position** a *Surface Arch Position* is assumed. One leg is lifted to assume a **Knight Position**. The horizontal leg is lifted to a **Vertical Position**. A 180° rotation is executed as the legs open symmetrically to assume a **Split Position**. The legs symmetrically close to a **Vertical Position**. The legs are simultaneously lowered into a **Bent Knee Surface Arch**. The bent leg is straightened to assume a **Surface Arch Position**. With continuous motion an *Arch to Back Layout Position* is executed.

									Total
NVT=	12.0	23.5	26.5	20.0	20.0	21.0	11.5	7.0	141.5
PV=	0.85	1.66	1.87	1.41	1.41	1.48	0.81	0.49	10

Video 4B: <https://youtu.be/xRDIYHXtgAw>

WOMEN SOLO TRE 5A: ROCKET SPLIT SPIN 720° (360° JOIN + 360°)

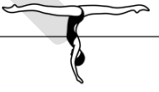
From a **Submerged Back Pike Position**, with the legs perpendicular to the surface of the water, a *Thrust* is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position**. Without pause a rapid *720° Spin* is executed as the legs symmetrically close to a **Vertical Position** at the 360° point, and with continuous motion the remaining 360° is completed to the ankles. A rapid *Vertical Descent* is executed.

						Total
NVT=		31.0	17.0	40.0	0	88
PV=		3.52	1.93	4.55	0	10

Video 5A: <https://youtu.be/jmn5GmJvuXs>

WOMEN SOLO TRE 5B: ROCKET SPLIT SPIN 360° (180° JOIN° + 180°)

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface of the water, a *Thrust* is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position**. Without pause a rapid *360° Spin* is executed as the legs symmetrically close to a **Vertical Position** at the 180° point, and with continuous motion the remaining 180° is completed to the ankles. A rapid *Vertical Descent* is executed.

						Total
NVT=		31.0	17.0	26.0	0	74
PV=		4.19	2.30	3.51	0	10

Video 5B: <https://youtu.be/OXsQvHXaSqk>

MEN SOLO TRE

MEN SOLO TRE 1A: THRUST CONTINUOUS SPIN 720°

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface of the water, a *Thrust Continuous Spin 720°* (2 rotations) is executed.

			Total
NVT=	31.0	67.0	98
PV=	3.16	6.84	10

Video 1A: <https://youtu.be/YtAhOAvIsjU>

MEN SOLO TRE 1B: THRUST CONTINUOUS SPIN 360°

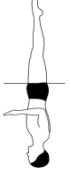
From a **Submerged Back Pike Position**, with the legs perpendicular to the surface of the water, a *Thrust Continuous Spin 360°* (1 rotations) is executed.

			Total
NVT=	31.0	30.0	61
PV=	5.08	4.92	10

Video 1B: <https://youtu.be/Rd2ism7tqmg>

MEN SOLO TRE 2A: POSEIDON FULL TWIST

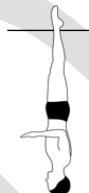
Beginning in a **Vertical Position** with water level at the ankles, a *Spin Up 720°* is executed as one leg is lowered to a **Bent Knee Vertical Position**. Continuing in the same direction a *Full Twist* is executed as the bent knee is extended to join the vertical leg in a **Vertical Position**. Continuing in the same direction, a *Continuous Spin 720°* (2 rotations) is executed.

				Total
NVT=	26.0	22.0	34.0	82.0
PV=	3.17	2.68	4.15	10

Video 2A: <https://youtu.be/8LzGT2-pS74>

MEN SOLO TRE 2B: POSEIDON HALF TWIST

Beginning in a **Vertical Position** with water level at the ankles, a *Spin Up 360°* is executed as one leg is lowered to a **Bent Knee Vertical Position**. Continuing in the same direction a *Half Twist* is executed as the bent knee is extended to join the vertical leg in a **Vertical Position**. Continuing in the same direction, a *Continuous Spin 360°* (1 rotation) is executed.

				Total
NVT=	19.0	16.5	23.0	58.5
PV =	3.25	2.82	3.93	10

Video 2B: https://youtu.be/S41xTlxS_1E

MEN SOLO TRE 3A: TRITON FULL TWIST

Travelling headfirst from a **Back Layout Position** a *Ballet Leg* is assumed. The shin of the horizontal leg is drawn along the surface of the water to assume a **Surface Flamingo Position**. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg straightens with the knee at the surface of the water to assume a **Fishtail Position**. A *Full Twist* is executed. Maintaining the 90° angle between the legs, a 180° rotation is executed while the horizontal leg is lifted to vertical and the vertical leg is lowered to the surface of the water to assume a **Knight Position**. The vertical leg is lowered to a **Surface Arch Position** and with continuous motion an *Arch to Back Layout Position* is executed.

									Total
NVT=	10.5	11.0	7.5	22.5	24	27	18.5	7.0	128
PV =	0.82	0.86	0.59	1.76	1.88	2.11	1.45	0.55	10

Video 3A: https://youtu.be/c_Vkr1OguUk

MEN SOLO TRE 3B: TRITON HALF TWIST

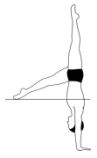
Travelling headfirst from a **Back Layout Position** a *Ballet Leg* is assumed. The shin of the horizontal leg is drawn along the surface of the water to assume a **Surface Flamingo Position**. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg straightens with the knee at the surface of the water to assume a **Fishtail Position**. A *Half Twist* is executed. Maintaining the 90° angle between the legs, the horizontal leg is lifted to vertical as the vertical leg is lowered to the surface of the water to assume a **Knight Position**. The vertical leg is lowered to a **Surface Arch Position** and with continuous motion an *Arch to Back Layout Position* is executed.

									Total
NVT=	10.5	11.0	7.5	22.5	17	25	18.5	7.0	119
PV =	0.88	0.92	0.63	1.89	1.43	2.10	1.55	0.59	10

Video 3B: https://youtu.be/s_eleUxxVO

MEN SOLO TRE 4A: SYLPHA SPINNING 360°

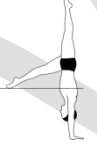
From a **Submerged Back Pike Position**, with the legs perpendicular to the surface of the water a *Thrust* is executed to a **Vertical Position** and with no loss of height one leg is rapidly lowered to an airborne **Fishtail Position**. A rapid *360° Spin* is executed as the horizontal leg is extended to a **Vertical Position** and is completed as the ankles reach the surface of the water. A rapid *Vertical Descent* is executed.

						Total
NVT=		31.0	18.5	25.5	0	75
PV =		4.13	2.47	3.40	0	10

Video 4A: <https://youtu.be/j7H1QoUwgJw>

MEN SOLO TRE 4B: SYLPHA SPINNING 180°

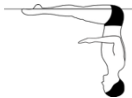
From a **Submerged Back Pike Position**, with the legs perpendicular to the surface of the water a *Thrust* is executed to a **Vertical Position** and with no loss of height one leg is rapidly lowered to an airborne **Fishtail Position**. A rapid *180° Spin* is executed as the horizontal leg is extended to a **Vertical Position** and is completed as the ankles reach the surface of the water. A rapid *Vertical Descent* is executed.

						Total
NVT=		31.0	18.5	17.5	0	67
PV =		4.63	2.76	2.61	0	10

Video 4B: <https://youtu.be/wfgYMg7RoEc>

MEN SOLO TRE 5A: ATLAS CONTINUOUS SPIN 1080°

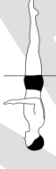
From a **Front Pike Position** one leg is lifted in a 180° arc over the surface of the water to a **Split Position** as the hips rotate 180°. A 360° rotation is executed in the opposite direction as the legs symmetrically join to **Vertical Position**. Continuing in the same direction a *Continuous Spin 1080° (3 rotations)* is executed.

				Total
NVT=	19.0	27.0	49.0	95.0
PV=	2.00	2.84	5.16	10

Video 5A: <https://youtu.be/ysOotIP4jDQ>

MEN SOLO TRE 5B: ATLAS CONTINUOUS SPIN 360°

From a **Front Pike Position** one leg is lifted in a 180° arc over the surface of the water to a **Split Position** as the hips rotate 180°. A 180° rotation is executed in the opposite direction as the legs symmetrically join to **Vertical Position**. Continuing in the same direction a *Continuous Spin 360° (one rotation)* is executed.

				Total
NVT=	19.0	17.0	23.0	59.0
PV=	3.22	2.88	3.90	10

Video 5B: <https://youtu.be/MSCGce5npJU>

WOMEN DUET TRE

WOMEN DUET TRE 1A: THRUST BENT KNEE TWIRL SPIN 360°

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface of the water, a *Thrust* is executed to a **Vertical Position**. One leg is lowered to a **Bent Knee Vertical Position** as a *Twirl* is executed. Continuing in the same direction and without a pause a rapid *Spin 360°* is executed as the bent knee is extended to a **Vertical Position** completed as the ankles reach the surface of the water. A rapid *Vertical Descent* is executed.

					Total
NVT=	31.0	26.0	24.0	0	81
PV=	3.83	3.21	2.96	0	10

Video 1A: https://youtu.be/yLQS63i4_h8

WOMEN DUET TRE 1B: THRUST BENT KNEE TWIRL SPIN 180°

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface of the water, a *Thrust* is executed to a **Vertical Position**. One leg is lowered to a **Bent Knee Vertical Position** as a *Twirl* is executed. Continuing in the same direction and without a pause a rapid *Spin 180°* is executed as the bent knee is extended to a **Vertical Position** completed as the ankles reach the surface of the water. A rapid *Vertical Descent* is executed.

					Total
NVT=	31.0	26.0	13.0	0	70
PV=	4.43	3.71	1.86	0	10

Video 1B: https://youtu.be/z2_reIVAOCU

WOMEN DUET TRE 2A: ROCKET SPLIT CATCH SPIN 360°

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface of the water, a *Thrust* is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position** followed by a *Catch* in a maximum sustained **Vertical Position**. A rapid *Spin 360°* is executed followed by a *Vertical Descent*.

							Total
NVT =	31.0	17.0	18.0	21.0	0	87.0	
PV=	3.56	1.95	2.07	2.41	0	10	

Video 2A: <https://youtu.be/F93NdUL8iwQ>

WOMEN DUET TRE 2B: ROCKET SPLIT CATCH SPIN 180°

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface of the water, a *Thrust* is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position** followed by a *Catch* in a maximum sustained **Vertical Position**. A rapid *Spin 180°* is executed followed by a *Vertical Descent*.

						Total
NVT=	31.0	17.0	18.0	19.0	0	85.0
PV=	3.65	2.00	2.12	2.24	0	10

Video 2B: https://youtu.be/cV_Shuz3lAs

WOMEN DUET TRE 3: SUNDIAL

From a **Front Layout Position**, the back arches as one leg is lifted in a 180° arc over the surface of the water to a **Split Position**. The front leg then lifts to a **Knight Position**. The foot of the horizontal leg is moved in a horizontal arc of 180° at the surface of the water to a **Fishtail Position**. Maintaining the 90° angle between the legs, the horizontal leg moves to vertical as the vertical leg simultaneously continues its arc to the surface of the water to assume a **Knight Position**. From the **Knight Position**, the vertical leg is lowered rapidly to the surface of the water as the horizontal leg bends at the knee to assume a **Bent Knee Surface Arch Position**. The bent leg is straightened to assume a **Surface Arch Position**. With continuous motion an *Arch to Back Layout Position* is executed.

								Total
NVT=	48.0	17.5	18.0	25.0	20.5	11.5	7.0	147.0
PV=	3.25	1.19	1.22	1.69	1.39	0.78	0.47	10

Video 3: <https://youtu.be/X1vEmcbOw5w>

WOMEN DUET TRE 4A: SWAN HALF TWIST

From a **Back Layout Position** a *Bent Knee Surface Arch Position* is assumed. The bent knee is straightened to assume a **Knight Position**. The hips rotate 180° to assume a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position**. In the opposite direction a *Half Twist* is executed. Continuing in the same direction another *Half Twist* is executed as the legs open symmetrically to a **Split Position**. A *Walkout Front* is executed.

									Total
NVT=	17.5	14.0	14.0	20.5	21.0	20.0	23.0	7.0	137.0
PV=	1.28	1.02	1.02	1.50	1.53	1.43	1.68	0.51	10

Video 4A: <https://youtu.be/uwgyrGub9d4>

WOMEN DUET TRE 4B: SWAN

From a **Back Layout Position** a *Bent Knee Surface Arch Position* is assumed. The bent knee is straightened to assume a **Knight Position**. The hips rotate 180° to assume a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position**. The legs open symmetrically to a **Split Position**. A *Walkout Front* is executed.

									Total
NVT=	17.5	14.0	14.0	20.5	17.0	23.0	7.0	113.0	
PV =	1.55	1.24	1.24	1.81	1.50	2.04	0.62	10	

Video 4B: <https://youtu.be/qRmQQJ1mQSY>

WOMEN DUET TRE 5A: MERCURY CONTINUOUS SPIN 720°

From a **Front Pike Position** the legs are lifted to a **Vertical Position** as a rotation of 360° is executed. The legs are split rapidly to assume a **Split Position**. The back leg is rapidly lifted to vertical as the front leg bends to assume a **Bent Knee Vertical Position** as a rotation of 180° is executed. Continuing in the same direction, a *Continuous Spin 720°* is executed as the bent knee is extended to a **Vertical Position** completed as the ankles reach the surface of the water and continues through submergence.

					Total
NVT=	37.0	19.0	20.0	26.0	102.0
PV=	3.63	1.86	1.96	2.55	10

Video 5A: <https://youtu.be/9WYScxulPHc>

WOMEN DUET TRE 5B: MERCURY CONTINUOUS SPIN 360°

From a **Front Pike Position** the legs are lifted to a **Vertical Position**. The legs are split rapidly to assume a **Split Position**. The back leg is rapidly lifted to vertical as the front leg bends to assume a **Bent Knee Vertical Position** as a rotation of 180° is executed. Continuing in the same direction, a *Continuous Spin 360°* is executed as the bent knee is extended to a **Vertical Position** completed as the ankles reach the surface of the water and continues through submergence.

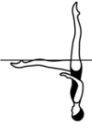
					Total
NVT =	33.0	19.0	20.0	17.0	89.0
PV =	3.71	2.13	2.25	1.91	10

Video 5B: <https://youtu.be/gdvizy-R7Zg>

MIXED DUET TRE

MIXED DUET TRE 1A: ALBATROSS HELICOPTER CONTINUOUS SPIN 720°

Albatross Rotation is executed. A rotation of 360° is executed as one leg is lifted to assume a **Fishtail Position**. The horizontal leg is lifted rapidly to a **Vertical Position** and without a pause lowered to assume a **Fishtail Position**. A *Helicopter Continuous Spin 720°* is executed.

						Total
NVT=	15.0	37.0	20.5	22.5	29.5	124.5
PV =	1.20	2.97	1.65	1.81	2.37	10

Video 1A: <https://youtu.be/Qbm-SXzsSU>

MIXED DUET TRE 1B: ALBATROSS HELICOPTER CONTINUOUS SPIN 360°

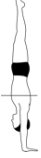
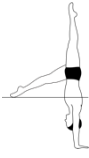
Albatross Rotation is executed. A rotation of 360° is executed as one leg is lifted to assume a **Fishtail Position**. The horizontal leg is lifted rapidly to a **Vertical Position** and without a pause lowered to assume a **Fishtail Position**. A *Helicopter Continuous Spin 360°* is executed.

						Total
NVT=	15.0	37.0	20.5	22.5	17.5	112.5
PV =	1.33	3.29	1.82	2.00	1.56	10

Video 1B: <https://youtu.be/z2OpmxZ8leU>

MIXED DUET TRE 2A: OSPREY ROTATION 180°

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface of the water a *Thrust* is executed to a **Vertical Position** and without loss of height one leg is rapidly lowered to an airborne **Fishtail Position**. Without a pause the non-vertical leg is rapidly bent to a **Bent Knee Vertical Position** as rapid 180° rotation inwards is executed. Without a pause a rapid *Vertical Descent* is executed as the bent knee is extended to a **Vertical Position** completed as the ankles reach the surface of the water. A rapid *Vertical Descent* is executed.

						Total
NVT=	31.0	18.5	21.5	9.0	0	80
PV =	3.88	2.31	2.69	1.13	0	10

Video 2A: <https://youtu.be/mMluYvptqd8>

MIXED DUET TRE 2B: OSPREY

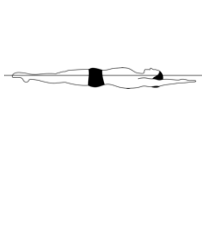
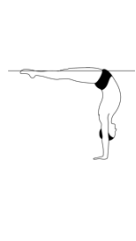
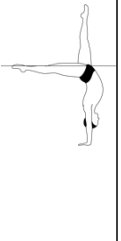
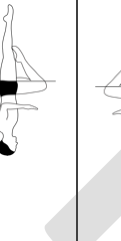
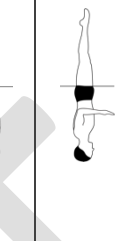
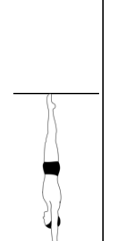
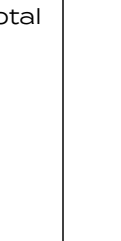
From a **Submerged Back Pike Position**, with the legs perpendicular to the surface of the water a *Thrust* is executed to a **Vertical Position** and without loss of height one leg is rapidly lowered to an airborne **Fishtail Position**. Without a pause the non-vertical leg is rapidly bent to a **Bent Knee Vertical Position**. Without a pause a rapid *Vertical Descent* is executed as the bent knee is extended to a **Vertical Position** completed as the ankles reach the surface of the water. A rapid *Vertical Descent* is executed.

						Total
NVT=	31.0	18.5	16.5	9.0	0	75
PV =	4.13	2.47	2.20	1.20	0	10

Video 2B: <https://youtu.be/pCg9bkNJPkM>

MIXED DUET TRE 3A: SERAPHIN TWIRL

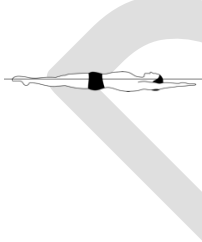
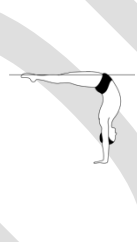
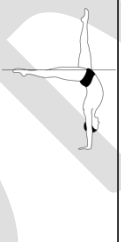
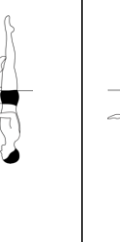
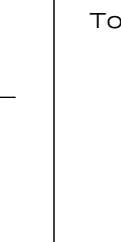
From a **Back Layout Position** a *Surface Arch Position* is assumed. One leg is lifted in a 90° arc over the surface of the water to a **Knight Position**. The hip tilts forward raising the horizontal leg to the vertical as the vertical leg bends into a **Bent Knee Vertical Position**. A *Half Twist* is executed. A *Twirl* is executed as the bent knee is extended to a **Vertical Position**. Continuing in the same direction a *Continuous Spin 720°* is executed.

							Total
NVT=	12.0	23.5	21.0	15.0	21.5	24.0	127
PV =	0.94	1.85	1.65	1.18	1.69	2.68	10

Video 3A: <https://youtu.be/cTq3mFM4PHc>

MIXED DUET TRE 3B: SERAPHIN

From a **Back Layout Position** a *Surface Arch Position* is assumed. One leg is lifted in a 90° arc over the surface of the water to a **Knight Position**. The hip tilts forward raising the horizontal leg to the vertical as the vertical leg bends into a **Bent Knee Vertical Position**. A *Half Twist* is executed. The bent knee is extended to a **Vertical Position**. Continuing in the same direction a *Continuous Spin 360°* is executed.

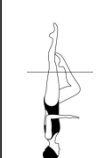
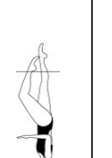
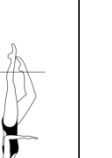
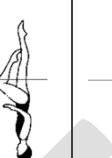
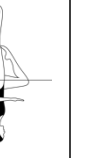
							Total
NVT=	12.0	23.5	21.0	15.0	16.5	23.0	111
PV =	1.08	2.12	1.89	1.35	1.49	2.07	10

Video 3B: https://youtu.be/xN1Dxnii_vU

OPEN TEAM TRE

OPEN TEAM TRE 1A: FOUETTÉ 540° HELICOPTER

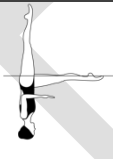
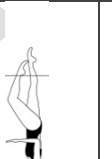
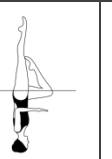
From a **Fishtail Position** three descending *Fouetté Rotations* (540°) are executed, followed by three ascending *Fouetté Rotations* (540°). Continuing in the same direction a rapid *Helicopter Continuous Spin* 720° is executed.

								Total
NVT=	21.0			23.0			29.5	
PV =	2.86			3.13			4.01	

Video 1A: <https://youtu.be/axvM1nKEIrc>

OPEN TEAM TRE 1B: FOUETTÉ 360° HELICOPTER

From a **Fishtail Position** two descending *Fouetté Rotations* (360°) are executed, followed by two ascending *Fouetté Rotations* (360°). Continuing in the same direction a rapid *Helicopter Continuous Spin* 360° is executed.

						Total
NVT=	16.0		18.0		21.5	55.5
PV =	2.88		3.24		3.87	10

Video 1B: <https://youtu.be/A8DuSKEHPU8>

OPEN TEAM TRE 2A: CYCLONE FULL TWIST

From a **Back Layout Position** a *Bent Knee Surface Arch* is assumed. The legs are simultaneously lifted to a **Vertical Position** as a 360° rotation is executed. Continuing in the same direction a *Half Twist* is executed. The legs are lowered simultaneously to a **Bent Knee Surface Arch Position** as a 360° rotation is executed. The bent leg straightens to the **Surface Arch Position** and with continuous motion an *Arch to Back Layout Position* is executed.

							Total
NVT=	17.5	23.0	21.0	26.0	11.5	7.0	106
PV =	1.65	2.17	1.98	2.45	1.08	0.66	10

Video 2A: <https://youtu.be/i5TCQwgP6xQ>

OPEN TEAM TRE 2B: CYCLONE HALF TWIST

From a **Back Layout Position** a *Bent Knee Surface Arch* is assumed. The legs are simultaneously lifted to a **Vertical Position** as a 180° rotation is executed. Continuing in the same direction, a *Half Twist* is executed. The legs are lowered simultaneously to a **Bent Knee Surface Arch Position** as a 180° rotation is executed. The bent leg straightens to the **Surface Arch Position** and with continuous motion an *Arch to Back Layout Position* is executed.

							Total
NVT=	17.5	18.0	21.0	22.0	11.5	7.0	97
PV =	1.80	1.86	2.16	2.27	1.19	0.72	10

Video 2B: https://youtu.be/93r_pRN1Ofs

OPEN TEAM TRE 3A: THRUST SPIN 360°

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface of the water, a *Thrust* is executed to a **Vertical Position**. A rapid *Spin 360°* is executed. A rapid *Vertical Descent* is executed.

					Total
NVT=		31.0	39.0	0	70
PV=		4.43	5.57	0	10

Video 3A: <https://youtu.be/te8yRoHrOqE>

OPEN TEAM TRE 3B: THRUST SPIN 180°

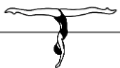
From a **Submerged Back Pike Position**, with the legs perpendicular to the surface of the water, a *Thrust* is executed to a **Vertical Position**. A rapid *Spin 180°* is executed. A rapid *Vertical Descent* is executed.

					Total
NVT=		31.0	24.0	0	55
PV=		5.64	4.36	0	10

Video 3B: <https://youtu.be/FQm1cXYqYLs>

OPEN TEAM TRE 4A: ROCKET SPLIT SPIN 360°

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface of the water, a *Thrust* is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position**. Without a pause the legs are symmetrically lifted to join to **Vertical Position**. A rapid *Spin 360°* is executed followed by a *Vertical Descent* at the same tempo as the *Thrust*.

						Total
NVT=	31.0	17.0	13.0	21.0	0	82
PV =	3.78	2.07	1.59	2.56	0	10

Video 4A: <https://youtu.be/g3w7eV8Mo8E>

OPEN TEAM TRE 4B: ROCKET SPLIT SPIN 180°

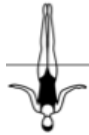
From a **Submerged Back Pike Position**, with the legs perpendicular to the surface of the water, a *Thrust* is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position**. Without a pause the legs are symmetrically lifted to join to **Vertical Position**. A rapid *Spin 180°* is executed followed by a *Vertical Descent* at the same tempo as the *Thrust*.

						Total
NVT=	31.0	17.0	13.0	19.0	0	80
PV =	3.88	2.13	1.63	2.38	0	10

Video 4B: https://youtu.be/h_1iPGeFG34

OPEN TEAM TRE 5A: ELARIS PATTERN CHANGE COMBINED SPIN 720°

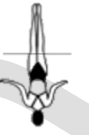
Maintaining height in a **Vertical Position**, one clearly defined pattern change is executed by all athletes. A rapid *Combined Spin 720°* is executed. Without a pause, the hips rotate 90° as one leg is rapidly lowered to a **Knight Position**. The vertical leg is then lowered to a **Surface Arch Position** and with continuous motion an *Arch to Back Layout Position* is executed.

						Total
NVT=	38.0	50.0	23.5	18.5	7.0	137
PV =	2.77	3.65	1.72	1.35	0.51	10

Video 5A: <https://youtu.be/PBhFYlv4FXs>

OPEN TEAM TRE 5B: ELARIS PATTERN CHANGE COMBINED SPIN 360°

Maintaining height in a **Bent Knee Vertical Position**, one clearly defined pattern change is executed by all athletes. Leg is extended to **Vertical Position**. A rapid *Combined Spin 360°* is executed. Without a pause, the hips rotate 90° as one leg is rapidly lowered to a **Knight Position**. The vertical leg is then lowered to a **Surface Arch Position** and with continuous motion an *Arch to Back Layout Position* is executed.

							Total
NVT=	20.0	16.5	42.0	23.5	18.5	7.0	127.5
PV =	1.57	1.29	3.29	1.84	1.45	0.55	10

Video 5B: <https://youtu.be/71DtiktU7TM>

Clarification:

- In the pattern change, all athletes must face the same direction **but do not have to travel in the same direction.**
- All athletes must demonstrate an obvious travel when achieving a pattern change.