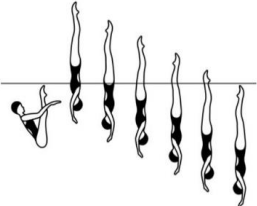
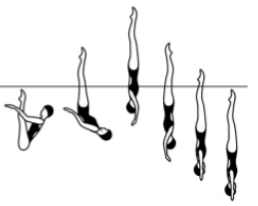
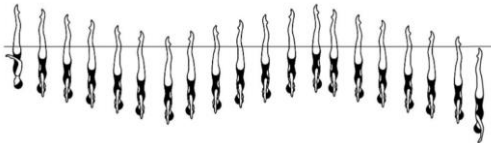
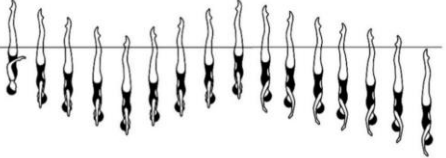
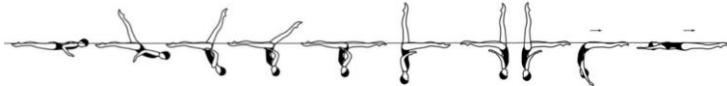
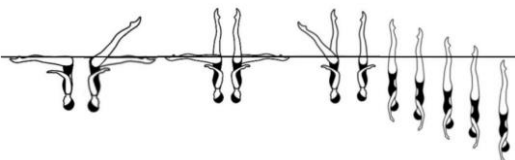
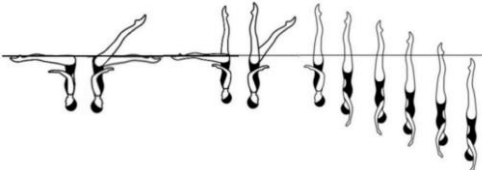
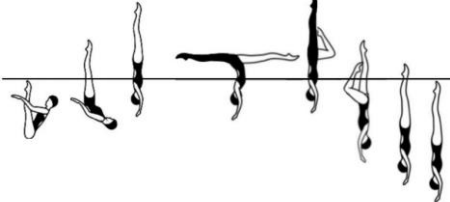

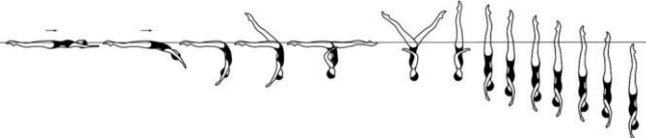
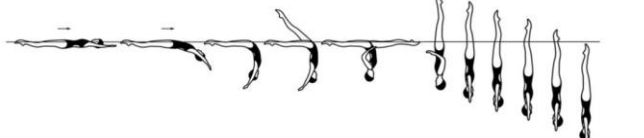
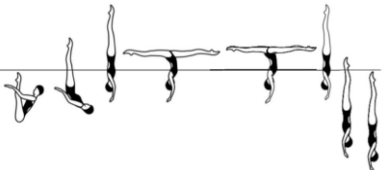
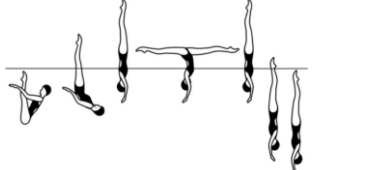
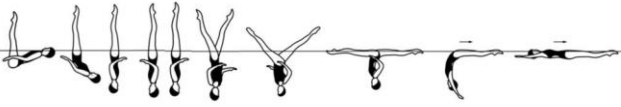
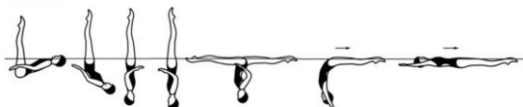
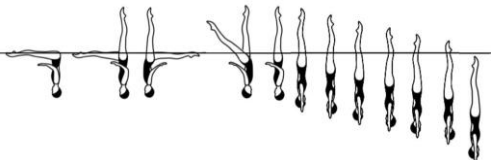
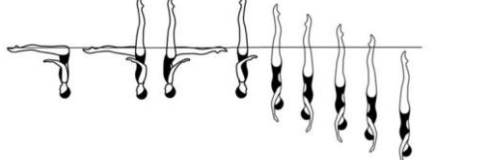
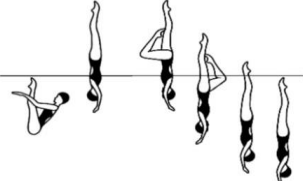
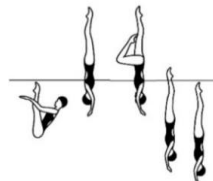


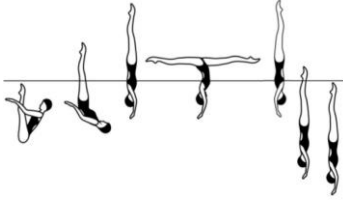
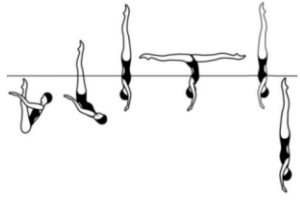
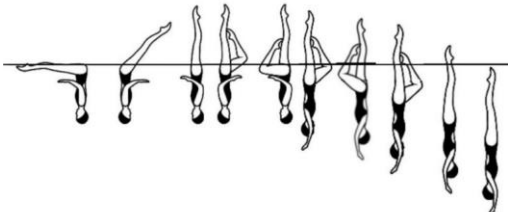
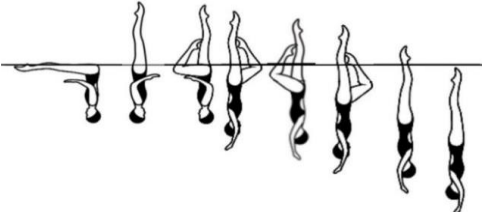
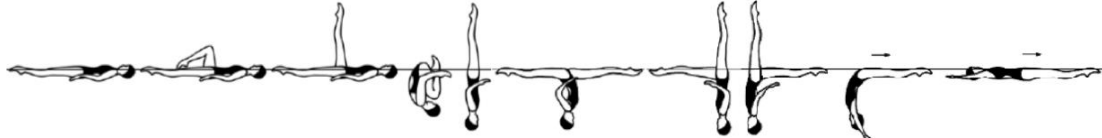
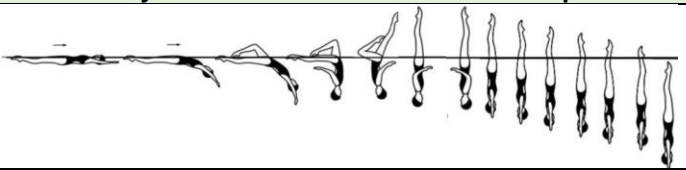
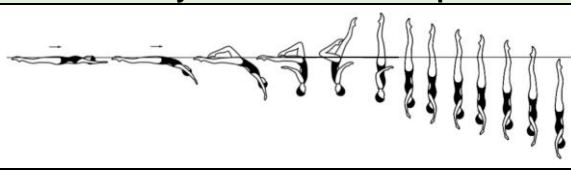
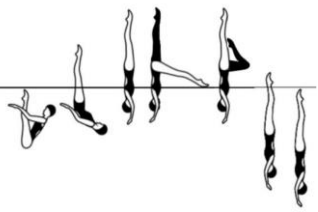
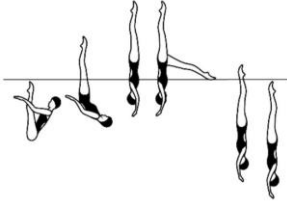
## SOLO TECH REQUIRED ELEMENTS

1a - Thrust Continuous Spin 720		1b - Thrust Spinning 360	
	<p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface, a <i>Thrust Continuous Spin 720°</i> (2 rotations) is executed.</p>		<p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface, a <i>Thrust Spinning 360°</i> (1 rotation) is executed.</p>
2a - Combined Spin 1080 + Continuous Spin 1080		2b - Combined Spin 720 + Continuous Spin 1080	
	<p>From a <b>Vertical Position</b> a <i>Combined Spin of 1080°</i> is executed (3 rotations + 3 rotations). Continuing in the same direction and without a pause a <i>Continuous Spin 1080°</i> (3 rotations) is executed.</p>		<p>From a <b>Vertical Position</b> a <i>Combined Spin of 720°</i> is executed (2 rotations + 2 rotations). Continuing in the same direction and without a pause a <i>Continuous Spin 1080°</i> (3 rotations) is executed.</p>
3 - Swordfish Straight Leg - Knight			
		<p>From a <b>Front Layout Position</b>, the back arches as one leg is lifted in a 180° arc over the surface to a <b>Split Position</b>. A hip rotation of 180° is executed as the front leg is rapidly raised to assume a <b>Fishtail Position</b>. Maintaining the vertical alignment of the body and with accelerating speed, the foot of the horizontal leg is moved in a horizontal arc of 180° at the surface to a <b>Knight Position</b> and with continuous motion and continuing in the same direction an additional 180° rotation is executed. The vertical leg is lowered to a <b>Surface Arch Position</b> and with continuous motion an <i>Arch to Back Layout Finish Action</i> is executed.</p>	
4a - Fishtail Half Twist - Continuous Spin 720°		4b - Fishtail - Continuous Spin 720°	
	<p>From a <b>Front Pike Position</b>, a rotation of 360° is executed as one leg is lifted to a <b>Fishtail Position</b>. Continuing in the same direction a <i>Half Twist</i> in a <b>Fishtail Position</b> is executed. Continuing in the same direction another rotation of 360° is executed, as the horizontal leg is lifted to a <b>Vertical Position</b>. Continuing in the same direction, a <i>Continuous Spin of 720°</i> (2 rotations) is executed.</p>		<p>From a <b>Front Pike Position</b>, a rotation of 360° is executed as one leg is lifted to a <b>Fishtail Position</b>. Continuing in the same direction another rotation of 360° is executed, as the horizontal leg is lifted to a <b>Vertical Position</b>. Continuing in the same direction a <i>Continuous Spin of 720°</i> (2 rotations) is executed.</p>
5a - Rocket Split Bent Knee Joining 360°		5b - Rocket Split Bent Knee	
	<p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b>. The back leg is rapidly lifted to vertical and the front leg bends to assume a <b>Bent Knee Vertical Position</b>. A rapid 360° <i>Spin</i> is executed as the bent knee is extended to a <b>Vertical Position</b> completed as the ankles reach the surface of the water followed by a <i>Vertical Descent</i> at the same tempo as the <i>Thrust</i>.</p>		<p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b>. The back leg is rapidly lifted to vertical and the forward leg bends to assume a <b>Bent Knee Vertical Position</b>. A <i>Vertical Descent</i> is executed with the bent knee extended to a <b>Vertical Position</b> completed as the ankles reach the surface of the water, followed by a <i>Vertical Descent</i> at the same tempo as the <i>Thrust</i>.</p>
<p><b>Other requirements: Two (2) additional hybrids must be performed</b></p>			
<p><b>Allowances: Twist/Twirl – up to ¼ less (90°) / Cont. spin = 180° / Other Spins = up to ¼ less/more: 360 = 90°, 720 = 180°</b></p>			

## DUET TECH REQUIRED ELEMENTS

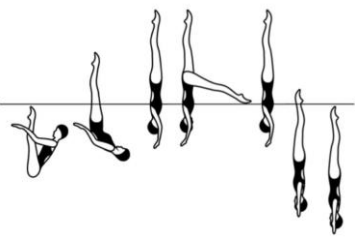
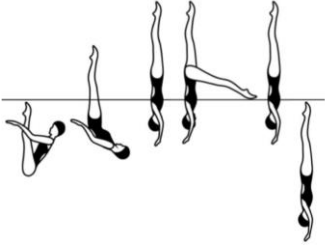
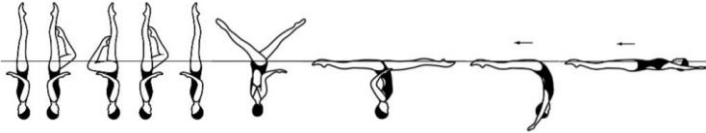

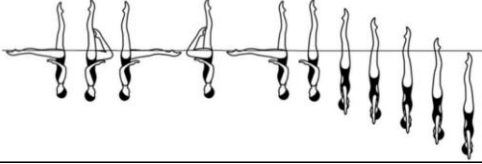
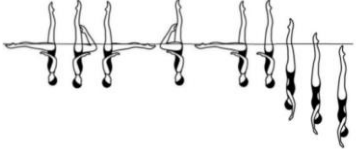
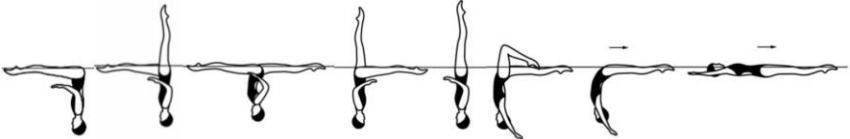
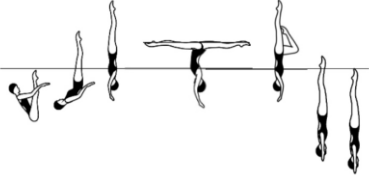
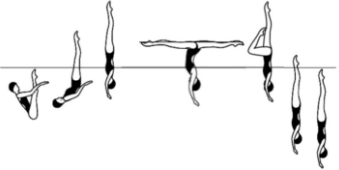
<p><b>1a - Walkover Back Closing 360° – Continuous Spin 1080°</b></p>  <p>From a <b>Back Layout Position</b> a <i>Surface Arch Position</i> is assumed. One leg is lifted in a 180° arc over the surface to a <b>Split Position</b>. A rotation of 360° is executed, as the legs symmetrically close to a <b>Vertical Position</b>. Continuing in the same direction a <i>Continuous Spin</i> of 1080° (3 rotations) is executed.</p>	<p><b>1b - Walkover Back Closing 180° – Continuous Spin 720°</b></p>  <p>From a <b>Back Layout Position</b> a <i>Surface Arch Position</i> is assumed. One leg is lifted in a 180° arc over the surface to a <b>Split Position</b>. A rotation of 180° is executed, as the legs symmetrically close to a <b>Vertical Position</b>. Continuing in the same direction a <i>Continuous Spin</i> of 720° (2 rotations) is executed.</p>
<p><b>2a - Rocket Split Alternating Legs – Spinning 180°</b></p>  <p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume two alternating <b>Airborne Split Positions</b>. The legs rapidly re-join to a <b>Vertical Position</b>. A rapid 180° <i>Spin</i> is executed.</p>	<p><b>2b - Rocket Split – Spinning 180°</b></p>  <p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b>. The legs rapidly re-join to <b>Vertical Position</b>. A rapid 180° <i>Spin</i> is executed.</p>
<p><b>3a - Flamingo Full Twist Hybrid</b></p>  <p>From a <b>Surface Ballet Leg Double Position</b>, maintaining the vertical position of the legs, the hips are lifted as the trunk is unrolled to a <b>Vertical Position</b>. A <i>Full Twist</i> is executed. Continuing in the same direction and without a pause an additional rotation of 180° is executed as the legs are symmetrically opened to assume a <b>Split Position</b>. A <i>Walkout Front</i> is executed.</p>	<p><b>3b - Flamingo Half Twist Hybrid</b></p>  <p>From a <b>Surface Ballet Leg Double Position</b>, maintaining the vertical position of the legs, the hips are lifted as the trunk is unrolled to a <b>Vertical Position</b>. A <i>Half Twist</i> is executed. Without a pause the legs open symmetrically to a <b>Split Position</b>. A <i>Walkout Front</i> is executed.</p>
<p><b>4a - Fishtail – Knight - Continuous Spin 1080°</b></p>  <p>From a <b>Front Pike Position</b> one leg is lifted to a <b>Fishtail Position</b>. The horizontal leg is rapidly lifted through an arc of 180° to assume a <b>Knight Position</b>. A rapid <i>Full Twist</i> is executed as the horizontal leg is lifted to a <b>Vertical Position</b>. Continuing in the same direction a <i>Continuous Spin</i> 1080° (3 rotations) is executed.</p>	<p><b>4b - Fishtail – Knight - Continuous Spin 720°</b></p>  <p>From a <b>Front Pike Position</b> one leg is lifted to a <b>Fishtail Position</b>. The horizontal leg is rapidly lifted through an arc of 180° to assume a <b>Knight Position</b>. A rapid <i>Half Twist</i> is executed as the horizontal leg is lifted to a <b>Vertical Position</b>. Continuing in the same direction a <i>Continuous Spin</i> 720° (2 rotations) is executed.</p>
<p><b>5a - Thrust Bent Knee Twirl Spin 360°</b></p>  <p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a <b>Vertical Position</b>. One leg is lowered to a <b>Bent Knee Vertical Position</b> as a <i>Twirl</i> is executed. Continuing in the same direction and without a pause a rapid 360° <i>Spin</i> is executed as the bent knee is extended to join the vertical leg in a <b>Vertical Position</b> completed as the ankles reach the surface of the water, followed by a <i>Vertical Descent</i> at the same tempo as the <i>Thrust</i>.</p>	<p><b>5b - Thrust - Bent Knee Twirl</b></p>  <p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a <b>Vertical Position</b>. One leg is lowered to a <b>Bent Knee Vertical Position</b> as a <i>Twirl</i> is executed. Without a pause a <i>Vertical Descent</i> is executed as the bent knee is extended to join the vertical leg in a <b>Vertical Position</b> completed as the ankles reach the surface of the water, followed by a <i>Vertical Descent</i> at the same tempo as the <i>Thrust</i>.</p>
<p><b>Other requirements: Two (2) additional hybrids and one (1) Pair Acrobatics must be performed</b></p>	
<p><b>Allowances: Twist/Twirl – up to ¼ less (90°) / Cont. spin = 180° / Other Spins = up to ¼ less/more: 360 = 90°, 720 = 180°</b></p>	

# MIXED DUET TECH REQUIRED ELEMENTS

<p><b>1a - Rocket Split Twirl Spin 180°</b></p>  <p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b>. A <i>Twirl</i> is executed, as the legs symmetrically close to a <b>Vertical Position</b>. Continuing in the same direction a rapid <b>180° Spin</b> is executed.</p>	<p><b>1b - Rocket Split Twirl</b></p>  <p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b>. A <i>Twirl</i> is executed, as the legs symmetrically close to a <b>Vertical Position</b>. A <b>Vertical Descent</b> is executed at the same tempo as the <i>Thrust</i>.</p>
<p><b>2a - Front Pike - Vertical 360° Rotation - Full Twist to Bent Knee - Continuous Spin 720°</b></p> 	<p><b>2b - Front Pike – Vertical 180° Rotation – 1/2 Twist to Bent Knee - Continuous Spin 720°</b></p> 
<p>From a <b>Front Pike Position</b>, the legs are lifted to <b>Vertical Position</b> as a rotation of <b>360°</b> is executed. Continuing in the same direction a <b>Full Twist</b> is executed as one leg is lowered to a <b>Bent Knee Vertical Position</b>. Continuing in the same direction a <b>Continuous Spin 720°</b> (2 rotations) is executed as the bent knee is extended to join the vertical leg to a <b>Vertical Position</b> completed as the ankles reach the surface of the water and continues through submergence.</p>	<p>From a <b>Front Pike Position</b>, the legs are lifted to <b>Vertical Position</b> as a rotation of <b>180°</b> is executed. Continuing in the same direction a <b>Half Twist</b> is executed as one leg is lowered to a <b>Bent Knee Vertical Position</b>. Continuing in the same direction a <b>Continuous Spin 720°</b> (2 rotations) is executed as the bent knee is extended to join the vertical leg to a <b>Vertical Position</b> completed as the ankles reach the surface of the water and continues through submergence.</p>
<p><b>3 - London Hybrid</b></p>	
	
<p>A <b>Ballet Leg</b> is assumed followed by a partial Somersault Back Tuck as both legs are drawn into a <b>Tuck Position</b>, until the shins are perpendicular to the surface. The trunk unrolls rapidly as the legs are rapidly straightened to assume a <b>Vertical Position</b> midway between the former vertical line through the hips and the former vertical line through the head and the shins. The legs are symmetrically lowered to a <b>Split Position</b>, and without a pause a rapid hip rotation of <b>180°</b> is executed as the front leg is raised to assume a <b>Fishtail Position</b>. The horizontal leg is rapidly lifted through an arc of <b>180°</b> to assume a <b>Knight Position</b>. The vertical leg is lowered to assume a <b>Surface Arch Position</b>, and with continuous motion an <b>Arch to Back Layout Finish Action</b> is executed.</p>	
<p><b>4a - Nova Hybrid – Half Twist – Continuous Spin 1080°</b></p> 	<p><b>4b - Nova Hybrid –Continuous Spin 1080°</b></p> 
<p>From a <b>Back Layout Position</b> a <b>Bent Knee Surface Arch Position</b> is assumed. The legs are lifted and join simultaneously to a <b>Vertical Position</b>, as a <b>Full Twist</b> is executed. Continuing in the same direction and without a pause a <b>Half Twist</b> is executed. Continuing in the same direction and without a pause a <b>Continuous Spin 1080°</b> (3 rotations) is executed.</p>	<p>From a <b>Back Layout Position</b> a <b>Bent Knee Surface Arch Position</b> is assumed. The legs are lifted and join simultaneously to a <b>Vertical Position</b>, as a <b>Full Twist</b> is executed. Continuing in the same direction and without a pause a <b>Continuous Spin 1080°</b> (3 rotations) is executed.</p>
<p><b>5a - Thrust Fishtail Hybrid Bent Knee to Vertical Spinning 180°</b></p>  <p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a <b>Vertical Position</b>. With no loss of height, one leg is rapidly lowered to an airborne position midway between a <b>Side Fishtail Position</b> and a <b>Fishtail Position</b> with the foot of the lowered leg touching the surface of the water. The horizontal leg is rapidly lifted as the vertical leg is rapidly lowered to assume a <b>Bent Knee Vertical Position</b>. A rapid <b>180° Spin</b> is executed, as the bent knee is extended to join the vertical leg in a <b>Vertical Position</b> completed as the ankles reach the surface of the water followed by a <b>Vertical Descent</b>.</p>	<p><b>5b - Thrust Fishtail Helicopter Spinning 180°</b></p>  <p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a <b>Vertical Position</b> and with no loss of height one leg is rapidly lowered to an airborne <b>Fishtail Position</b>. A rapid <b>Helicopter Rotation Spinning 180°</b> is executed with the horizontal leg lifted to a <b>Vertical Position</b> during the rotation and is completed as the ankles reach the surface of the water followed by a <b>Vertical Descent</b>.</p>
<p><b>Other requirements: Two (2) additional hybrids, one which must include a hybrid connection, and one (1) Pair Acrobatic</b></p>	
<p><b>Allowances: Twist/Twirl – up to ¼ less (90°) / Cont. spin = 180° / Other Spins = up to ¼ less/more: 360 = 90°, 720 = 180°</b></p>	



# TEAM TECH REQUIRED ELEMENTS

1a - Flying Fish Hybrid Spinning 180°	1b - Flying Fish Hybrid
 <p>From a <b>Submerged Back Pike Position</b> with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a <b>Vertical Position</b> and with no loss of height one leg is rapidly lowered to an airborne <b>Fishtail Position</b>. Without a pause the horizontal leg is rapidly lifted to a <b>Vertical Position</b>, followed by a rapid <i>180° Spin</i>.</p>	 <p>From a <b>Submerged Back Pike Position</b> with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a <b>Vertical Position</b> and with no loss of height one leg is rapidly lowered to an airborne <b>Fishtail Position</b>. Without a pause the horizontal leg is rapidly lifted to a <b>Vertical Position</b> followed by a <i>Vertical Descent</i>.</p>
2a - Vertical - Full Twist to Bent Knee - Full Twist to Vertical - Open 180° - Walkout	2b - Vertical - Half Twist to Bent Knee - Half Twist to Vertical - Split - Walkout
 <p>Starting in a <b>Vertical Position</b>, a <i>Full Twist</i> is executed as one leg is lowered to a <b>Bent Knee Vertical Position</b>. Continuing in the same direction another <i>Full Twist</i> is executed, as the bent knee is extended to a <b>Vertical Position</b>. Continuing in the same direction a <i>Half Twist</i> is executed as the legs are symmetrically lowered to a <b>Split Position</b>. A <i>Walkout Front</i> is executed.</p>	 <p>Starting in a <b>Vertical Position</b>, a <i>Half Twist</i> is executed as one leg is lowered to a <b>Bent Knee Vertical Position</b>. Continuing in the same direction another <i>Half Twist</i> is executed, as the bent knee is extended to a <b>Vertical Position</b>. The legs are symmetrically lowered to a <b>Split Position</b>. A <i>Walkout Front</i> is executed.</p>
3a - Two Fouetté Rotations - Vertical - Continuous Spin 720°	3b - Two Fouetté Rotations - Vertical - Spinning 360°
 <p>From a <b>Fishtail Position</b>, 2 <i>Fouetté rotations</i> (<math>180^\circ + 180^\circ</math>) are executed. The horizontal leg is rapidly lifted to a <b>Vertical Position</b>. Continuing in the same direction a <i>Continuous Spin of 720°</i> (2 rotations) is executed.</p>	 <p>From a <b>Fishtail Position</b>, 2 <i>Fouetté rotations</i> (<math>180^\circ + 180^\circ</math>) are executed. The horizontal leg is rapidly lifted to a <b>Vertical Position</b>. Continuing in the same direction, a rapid <i>Spinning 360°</i> (1 rotation) is executed.</p>
4 - Butterfly Hybrid	
	
<p>The Butterfly Hybrid is to be performed rapidly. From a <b>Front Pike Position</b>, one leg is lifted to a <b>Fishtail Position</b>. The horizontal leg is lifted through an arc of <math>180^\circ</math> as the vertical leg is lowered to assume a <b>Split Position</b>. Without a pause a hip rotation of <math>180^\circ</math> is executed as the front leg is raised to assume a <b>Fishtail Position</b>. Continuing in the same direction a <math>180^\circ</math> rotation is executed as the horizontal leg is lifted to a <b>Vertical Position</b>. The legs are lowered simultaneously to a <b>Bent Knee Surface Arch Position</b>. (Note: The <b>Bent Knee Surface Arch Position</b> can be assumed by using either leg). The bent knee is straightened to a <b>Surface Arch Position</b> and with continuous motion an <i>Arch to Back Layout Finish Action</i> is executed.</p>	
5a - Rocket Split Bent Knee Twirl Hybrid	5b - Thrust - Bent Knee Twirl
 <p>From a <b>Submerged Back Pike Position</b> with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b>, followed by a rapid rotation of <math>180^\circ</math> to assume an airborne <b>Bent Knee Vertical Position</b> with the front leg bent. A rapid <i>Vertical Descent</i> is executed as the bent knee is extended to join the vertical leg completed as the ankles reach the surface of the water followed by a <i>Vertical Descent</i>.</p>	 <p>From a <b>Submerged Back Pike Position</b> with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b> followed by the front leg rapidly bending and the back leg rapidly lifting to a vertical to assume an airborne <b>Bent Knee Vertical Position</b>. A <i>Vertical Descent</i> is executed as the bent knee is extended to join the vertical leg completed as the ankles reach the surface of the water followed by a <i>Vertical Descent</i>.</p>
<p><b>Other requirements: Three (3) additional hybrids (one with cadence) + one Acrobatic (DD 2.0-2.65), max one circle</b></p>	
<p><b>Allowances: Twist/Twirl – up to ¼ less (90°) / Cont. spin = 180° / Other Spins = up to ¼ less/more: 360 = 90°, 720 = 180°</b></p>	