

NOVICE REQUIRED TECHNICAL ELEMENTS

<p>NOVICE SOLO, DUET/MIXED DUET, TRIO AND TEAM (1:30) Required elements 1-5 must be performed in the order listed.</p>
<p>1. Head First Standard Scull in Back Layout Position.</p>
<p>2. Figure #310 Somersault, Back Tuck, to the completion of at least a 90° rotation.</p>
<p>3. Side flutter on either side, followed by an arm sweep to a Front Layout Position, followed by a pull into a Surface Front Pike Position.</p>
<p>4. Split Position.</p>
<p>5. Figure #101 Ballet Leg, Single, while traveling.</p>
<p>6. <u>Required Strokes</u>. Any two of the three listed strokes must be performed in the routine. The strokes may appear in any order and at any point in the routine. Each stroke must be performed with at least three repetitions with no intervening actions. The proper kick must be done with the proper arm strokes. The three listed strokes are:</p> <ul style="list-style-type: none">a. Breaststroke: Head may be in or out.b. Backstroke: Stops at top of the arm stroke are allowed.c. Sidestroke: Head up or down.
<p>7. With the exception of the deck work and entry, all elements – required and supplementary – must be performed simultaneously and facing the same direction by all competitors. For Team routines, variations in propulsion and direction facing are permitted only during underwater pattern changes. Mirror actions are not permitted. See Section 1.06 B.</p>

INTERMEDIATE FREE ROUTINE WITH REQUIRED TECHNICAL ELEMENTS

INTERMEDIATE SOLO (2:00), DUET/MIXED DUET/TRIO (2:30) AND TEAM (3:00) Required elements 1-5 must be performed in the order listed.
1. Figure #348 Tower. [DD 1.9]
2. Boost - a rapid, head-first rise, with a maximum amount of the body above the surface of the water. One arm must be lifted above the surface as the body reaches maximum height. The Boost is begun with the body totally underwater or with the back of the head and/or torso flush with the surface. The Boost is completed upon total submergence. [DD 1.3]
3. Figure #360 Walkover, Front. [DD 1.9]
4. Figure #101 Ballet Leg, Single. [DD 1.6]
5. Figure #301 Barracuda. [DD 1.9]
6. All elements must be performed simultaneously and facing the same direction by all competitors. Mirror actions are not permitted during Technical Elements. See Section 1.06 C

Note. For scoring purposes, the Intermediate Elements should be listed in the Integrated Sports Systems scoring program as follows:

Element # 1 - Tower

Element # 2 – Boost

Element # 3 – Walkover, Front

Element # 4 - Ballet Leg, Single

Element # 5 - Barracuda