HOW TO CODE GROUP A (AIRBORNE)

ACRO A CODE ORDER :

Group/Subgroup – Construction – Direction - Position 1/Position 2 - Rotation - Bonus

1. In a code, first add the letter indicating the **group/subgroup**:

AJ	Group A (airborne) – Subgroup Jump
AW	Group A (airborne) – Subgroup Throw
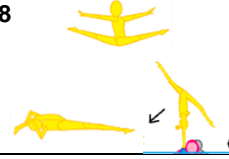
2. The second part of the code is for **Construction**:

1	2	3	4	5
Throw from surface	Simple throw	Simple throw (6-9 base swimmers)	Jump from shoulders (stack type)	Jump from shoulders (small type)
Surf	**Thr**	**Thr**	**Shou**	**Sho**
0.5	**0.9**	**0.9**	**1.25**	**1.0**
6	7	8	9	10
Jump from hands	Jump from feet (stack type/6-9 base)	Jump from square ("basket")	Jump from 2 formations	Jump from two supports + "spotter"
Hand	**Feet**	**Sq**	**2Form**	**2Sup'**
1.35	**1.35**	**1.35**	**1.3**	**1.3**
11	12	13	14	15
"triple" throw	Jump from 3 pairs	Stack + spotter	Throw from surface (small)	Jump from feet (stack type/small)
Tripl	**3Pair**	**St'**	**surf**	**feet**
1.35	**1.0**	**1.3**	**0.5**	**1.1**

3. The next part of a Group A code is the **Direction** of the airborne action:

Upwards	Forwards (no som/tw - just twist 180º or som 0,5, handspring or cartwheel)	Backwards	Forwards (with 1+ somersault or 1+ twist or both)	Sideways	Reverse
Up	**Forw**	**Back**	**FORW**	**Side**	**Rev**
0.05	**0.05**	**0.1**	**0.15**	**0.2**	**0.2**

4. The next part of the Group A code indicates the **Positions** demonstrated:

1		2		3		4		5	
Kick		Tuck		Parrot		Ninja		Pike	
If pos1	*If pos 2*	*If pos1*	*If pos 2*	*If pos1*	*If pos 2*	*If pos1*	*If pos 2*	*If pos1*	*If pos 2*
ki	**2ki**	**tk**	**2tk**	**pa**	**2pa**	**nj**	**2nj**	**pk**	**2pk**
0.05	0.05	0.1	0.1	0.15	0.15	0.15	0.1	0.2	0.2
6		**7**		**8**		**9**		**10**	
Mantis		Line		Split		Arch		Kite	
If pos1	*If pos 2*	*If pos1*	*If pos 2*	*If pos1*	*If pos 2*	*If pos1*	*If pos 2*	*If pos1*	*If pos 2*
mn	**2mn**	**ln / ln⌐**	**2ln / 2ln⌐**	**sp**	**2sp**	**ar**	**2ar**	**kt**	**2kt**
0.05	0.05	0.1	0.1	0.3	0.15	0.1	0.1	0.1	0.1
11		**12**		**13**					
Martin		Jay		Ring					
If pos1	*If pos 2*	*If pos1*	*If pos 2*	*If pos1*	*If pos 2*				
ma	**2ma**	**ja**	**2ja**	**rg**	**2rg**				
0.15	0.1	0.2	0.15	0.25	0.2				

5. Area of support – N/A for Group A (value already inside construction)
6. Rotation of the construction base – N/A for Group A (not yet)
7. The next code in a Group A acrobatic (after the Position) is indicating if there is a **Rotation**:

- *The number of twists is calculated until the chest (lower ribs) level of the featured-swimmer (visible/clear border for detecting rotations). See catalogue p.18.*
- *To get value for a "full somersault" featured-swimmer, who jumps head-first needs to enter the water feet-first. For "Open" or variations of arch positions the featured swimmer enters the water demonstrating vertical alignment between shoulders and knees. See catalogue p.19.*

GROUP A				
	Plane of rotation	**Degree of Rotation**	**Code**	**Value**
1	Horizontal plane (twist) For "head-up" positions	180°	**T0,5**	0.1
		360°	**T1**	0.15
		540°	**T1,5**	0.2
		720°	**T2**	0.25
2	Horizontal plane (twist) When twist executed in the same time with somersault and other "not head-up" twists (example: horizontal twist aka sausage)	180°	**t0,5**	0.1
		360°	**t1**	0.2
		540°	**t1,5**	0.3
		720°	**t2**	0.4
3	Sagittal plane (Example: forward somersault)	180°	**s0,5**	0.05
		180° (for "small" jumps)	**S0,5**	0.2
		360°	**s1**	0.3
		540°	**s1,5**	0.5
		720°	**s2**	0.6
		900°	**s2,5**	0.8

		1080°	s3	1.4
		Handspring	h	0.1
4	Frontal plane (Example: Side somersault)	360°	f1	0.4
		540°	f1,5	0.6
		720°	f2	0.7
		Cartwheel or handspring	c or h	0.1
5	Dive (depends from parabola)	Not 180° somersault!	d	0.025
		Dive + 180° twist	dt0,5	0.125
		Dive + 360° twist	dt1,0	0.175
		Dive + 540° twist	dt1,5	0.225
6	Two Axis Airborne Rotations	Half somersault + half twist (small jumps only!)	S0,5t0,5	0.3
		1 somersault + 0,5 twist	s1t0,5	0.4
		1 somersault + 1 twist	s1t1	0.5
		1 somersault + 1,5 twist	s1t1,5	0.6
		1 somersault + 2 twist	s1t2	0.7
		1 somersault + 2,5 twist	s1t2,5	0.8
		1.5 somersault + 0,5 twist	s1.5t0,5	0.6
		1.5 somersault + 1,0 twist	s1.5t1	0.7
		2 somersault + 0,5 twist	s2t0,5	0.9
		2 somersault + 1 twist	s2t1	1.0

8. The final code for a Group A code is indicating if there is a **Bonus**:
   (For example images of bonuses please refer to page 20-21 in the acro catalogue)

	GROUP A		
	Bonus	**Code**	**Value**
1	Synchronized actions for double acrobatic movements	u1	0.2
2	"opening" to straight body position after 1,5 (inside 2 somersaults)	u2	0.5
3	During 1,5 somersault opening in a straight body position (1 somersault and +0,5 rotation with opening to a straight body position)	u3	0.4
4	Straight body somersault	u4	0.2
5	Straight body position during twist + somersault jump (start from 1 somersault+1,5 twist and more)	u5	0.4
6	"Grip" (hand connection) between featured-swimmer and support	u6	0.025
7	"Return" on a construction after the airborne phase	u7	0.3
8	Connection between 2 featured-swimmers (from beginning to the end)	u8	0.1
9	Connection between support and featured swimmer (may be "broken" before water entrance)	u9	0.025
10	Connection between 2 featured swimmers during airborne phase (they connect after take-off)	u10	0.15
11	Third position (example: in the end of acrobatic movement closing legs to vertical (group B) or tucking (group A)	u11	0.05
12	Jump from feet (feet/feet connect between support and featured-swimmer)	u12	0.1
13	Twist head-down 360	u13	0.2
14	Jump from split (head-up) position	u14	0.2
15	"Return" on a support's hands after the airborne phase	u15	0.1
16	"twirl" of a featured-swimmer with hand connection with support-swimmer	u16	0.05
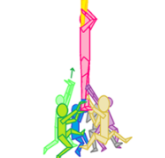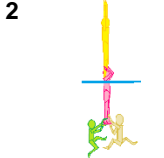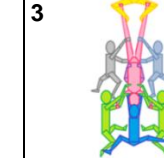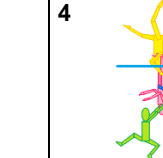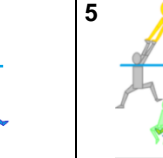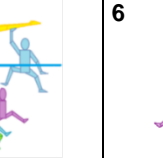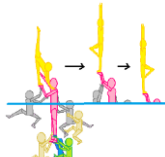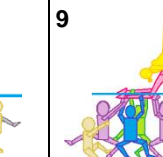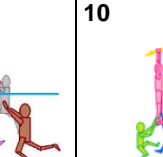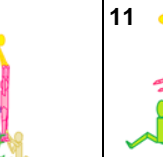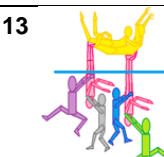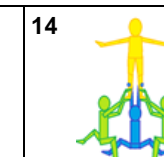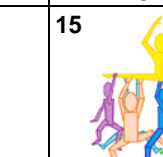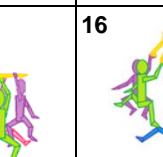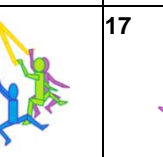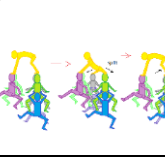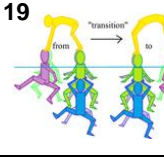
ACRO B CODE ORDER :

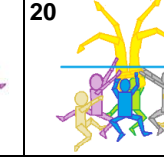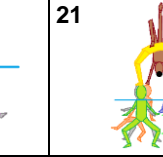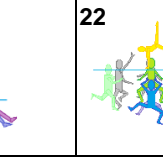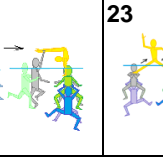**Group/Subgroup - Construction - Type of Connection - Pos 1 / Pos 2 - Rotation of Base - Bonus**

1. In a code, first add the letter indicating the **group/subgroup**. For Group B there are two options:

BS	Group B, subgroup Stack
BL	Group B, subgroup Lift

2. The second part of the code is for **Construction**:
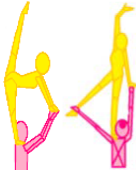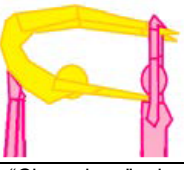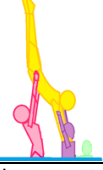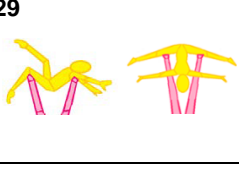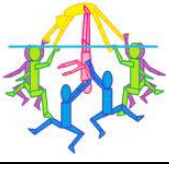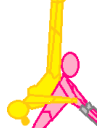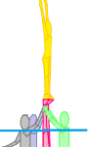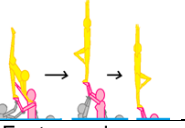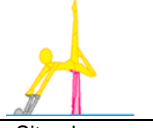
1	2	3	4	5	6
Stack (classic)	Stack "small"	Stack head-down	Stack head-down "small"	Stack head-down + 1 or 2 «spotters»	Stack head-down in a tuck position
St	**st**	**StH**	**stH**	**StH' or StH''**	**StHt**
1.05	**0.7**	**1.35**	**0.9**	**1.15**	**1.15**

7	8		9	10	11
Stack +help (spotter)	Stack head-down in pike OR crane position + 2 spotters		Stack+2 spotters	Stack 2 supports	Stack 2 head-down supports
St'	**St''Hp**	**St''Hc**	**St''**	**2Sup**	**2SupH**
0.95	**1.2**		**0.85**	**1.2**	**1.6**

12	13	14	15	16	17
Stack 2 supports (one of them head-down)	Stack 2 head-down supports+2 featured-swimmers	Simple Lift	Lift (classic)	Stack type + 3 or 4 «spotters» on surface	Lift on heads
2mSup	**2SupH(2**	**L**	**⌐**	**StH''' or St''''**	**Lh**
1.4	**1.7**	**0.7**	**0.6**	**1.05**	**0.7**

18	19	20	21	22	23
Moving base lift (base swimmers move backward and then return)	Moving base lift (base swimmers pass through each-other (under featured-swimmer)	Lift two f.swimmers	Lift two f.swimmers on heads	Lift+2 spotters	Parallel moving base lift
LM	**LMu**	**L(2)**	**Lh(2)**	**L''**	**LMp**
1.1	**1.4**	**0.7**	**0.9**	**0.8**	**0.8**

24	25	26	27	28	29
Lift from surface	Lift + crash	2 supports Stack + crash in the end	Lift on 2 heads+spotter	Stack + crash	"Trinity"
LSurf	**L»**	**2Sup»**	**Lh²***	**St»**	**Trin**
0.4	**0.3**	**1.1**	**0.7**	**0.95**	**1.25**

30
Stack head-down split +spotters
St''Hs
1.2
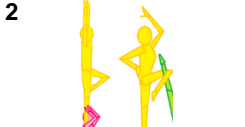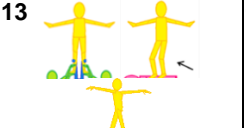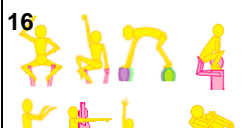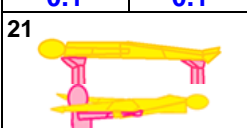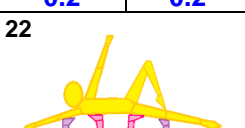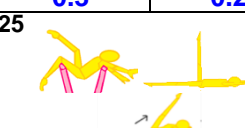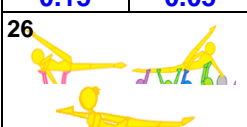
3. There is no Direction in Group B.
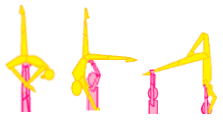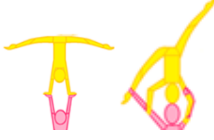
4. The next part of a Group B code is - **Area of Support/Type of Connection**:

1	2	3	4	5
Palms / palms XS	Palms / palms	Feet (featured-swimmer) on palms (support) XS	Feet (featured-swimmer) on palms (support)	Feet (featured-swimmer) on feet (support)
PPx	**PP**	**FPx**	**FP**	**FF**
1.1	**1.0**	**1.05**	**0.95**	**0.7**
6	7	8	9	10
Palms (featured-swimmer) on feet (support)	Lower back (touch/not sit) on shoulder blades (blind connection)	"Backpack" grip Shoulder blades (f.swimmer)/ Shoulder blades (support)	Shoulders (featured-swimmer) on feet	"Eiffel" grip: Palms on shoulders/ palms on shoulders
PF	**SiSb**	**Bp**	**ShF**	**E**
0.45	**0.5**	**0.3**	**0.3**	**0.45**
11	12	13	14	15
"Icarus" - Feet (f.swimmer)/feet bent (support) 0r feet/feet+2 «spotter»s on the side holding featured-swimmer's hands	Palm (featured-swimmer) on head (support) + palm / palm	Lift on 4 heads of base-featured-swimmers	"Window" grip: All f.swimmer's body (connection by shoulders) on a shoulder + extra help	"Pyramid" grip: Head on head + palm / palm + leg hold by featured-swimmers palm
I	**PH/**	**Li4H**	**W**	**Py**
0.5	**0.8**	**0.3**	**0.4**	**0.4**
16	17	18	19	20
All featured-swimmer's body on palms (lay or sit)	Shoulders (featured-swimmer) on feet + "spotters"	Sultan: Back/back + featured-swimmer holds support, and support holds featured-swimmer	"Table" grip: Construction 2 support athletes head-down, featured-swimmer lay on their feet	Sit or Lay on shoulders
AP	**ShF***	**Su**	**Ta**	**SiS**
0.45	**0.1**	**0.1**	**0.15**	**0.1**

21	22	23	24	25
Feet (featured-swimmer) on shoulders (support) while stack is lifted up and switch on 1 foot for main phase	Feet (featured-swimmer) on shoulders (support)	Foot on a shoulder + connection with support athlete	"Lemur" grip: Construction 2 support athletes head-up, f.swimmer lay on their hands or in a head-down position (or f.swimmer hold the shoulders of one of the supports)	Simple lift (base athletes hold featured-swimmer) Or "Full body" Lift on hands
F1S	**FS**	**F1S/**	**Le**	**Li**
0.1	**0.05**	**0.2**	**0.1**	**0.1**
26	27	28	29	30
"Chameleon" grip: Construction 2 supports, one of them h-down; f.swimmer connects to them by stomack, hands and legs (3points	Twins (Featured-swimmer holds the stomach of support and support holds the pelvis of featured-swimmer)	Twins+ spotters (Featured-swimmer holds the shoulders of the spotter and support holds the pelvis of featured-swimmer)	All featured-swimmer's body (Lays) on feet (legs of support spread)	All body on feet + 4 spotters
Ch	**Tw**	**Tw***	**AV**	**AF***
0.2	**0.1**	**0.1**	**0.1**	**0.1**
31	32	33	34	35
Split on split	Sit on Feet (Buttocks or Stomach)	Back/Back + blind capture	Lift + spotter pair	Cowboy sit on (spread legs) feet
SpSp	**SiF**	**BBb**	**Li***	**SiV**
0.1	**0.15**	**0.25**	**0.1**	**0.2**
36	37	38	39	40
All featured-swimmer's body on palms (sit)+ f.swimmer has additional support on head	Palms on 2 heads+spotter	Construction 2 support athletes head-up, f.swimmer stay 1 leg on a head of first support and 2nd leg on palms (near head)	Feet on Feet+ additional help on the sides	All body on leg+ connect with leg
AP/	**PH***	**FHP/**	**FF***	**AL/**
0.35	**0.3**	**0.55**	**0.5**	**0.1**
41	42	43		
Foot on palms + additional support	Sit or lay on feet+spotter/s	all body on palms + extra catch the support		
FP*	**SiF***	**AP**		
0.4	**0.1**	**0.1**		

5. The next part of a Group B Acrobatic code (Area of Support/Type of Connection) is **Position**:

1 Lady		2 Heron		3 Crane		4 Kitri		5 Vertical Split	
If pos1	*If pos 2*	*If pos1*	*If pos 2*	*If pos1*	*If pos 2*	*If pos1*	*If pos 2*	*If pos1*	*If pos 2*
ld	2ld	he	2he	cr	2cr	kr	2kr	vs	2vs
0.1	0.05	0.15	0.05	0.2	0.1	0.25	0.2	0.45	0.3
6 Swan		7 Glass		8 Ballerina		9 Eagle		10 Sail	
If pos1	*If pos 2*	*If pos1*	*If pos 2*	*If pos1*	*If pos 2*	*If pos1*	*If pos 2*	*If pos1*	*If pos 2*
sw	2sw	gl	2gl	ba	2ba	ea	2ea	sa	2sa
0.4	0.3	0.5	0.4	0.25	0.1	0.35	0.25	0.45	0.3
11 Needle		12 Eye		13 Line		14 Dove		15 Sit	
If pos1	*If pos 2*	*If pos1*	*If pos 2*	*If pos1*	*If pos 2*	*If pos1*	*If pos 2*	*If pos1*	*If pos 2*
ne	2ne	ey	2ey	ln	2ln	do	2do	si	2si
0.55	0.45	0.65	0.4	0.1	0.1	0.15	0.1	0.05	0.05
16 Monkey		17 Shrimp		18 Split		19 Peacock		20 Crocodile	
If pos1	*If pos 2*	*If pos1*	*If pos 2*	*If pos1*	*If pos 2*	*If pos1*	*If pos 2*	*If pos1*	*If pos 2*
mo	2mo	sh	2sh	spl	2spl	pe	2pe	cd	2cd
0.1	0.1	0.2	0.2	0.2	0.2	0.2	0.1	0.3	0.2
21 Scissors		22 Pirate		23 Cobra		24 Mermaid		25 Sunbathe	
If pos1	*If pos 2*	*If pos1*	*If pos 2*	*If pos1*	*If pos 2*	*If pos1*	*If pos 2*	*If pos1*	*If pos 2*
sc	2sc	pt	2pt	co	2co	mr	2mr	sb	2sb
0.15	0.05	0.15	0.05	0.2	0.05	0.15	0.05	0.25	0.1
26 Birch		27 Flamingo		28 Scorpio		29 Turtle		30 Seastar	
If pos1	*If pos 2*	*If pos1*	*If pos 2*	*If pos1*	*If pos 2*	*If pos1*	*If pos 2*	*If pos1*	*If pos 2*
bi	2bi	fl	2fl	so	2so	tu	2tu	se	2se
0.25	0.1	0.25	0.1	0.3	0.05	0.3	0.1	0.35	0.1

31	32	33	34	35
Pin	Rose	Lamp post	Box	Bamboo

If pos1	If pos 2	If pos1	If pos 2	If pos1	If pos 2	If pos1	If pos 2	If pos1	If pos 2
pi	2pi	ro	2ro	lp	2lp	bo	2bo	bb	2bb
0.6	0.45	0.2	0.05	0.25	0.15	0.3	0.1	0.3	0.1

36	37	38	39	40
Iguana	Knight	Willow	Beluga	Tower

If pos1	If pos 2	If pos1	If pos 2	If pos1	If pos 2	If pos1	If pos 2	If pos1	If pos 2
ig	2ig	kn	2kn	wi	2wi	be	2be	to	2to
0.35	0.2	0.35	0.15	0.4	0.15	0.4	0.2	0.45	0.15

41	42	43	44
Owl	Bridge	Drop	Queen

If pos1	If pos 2	If pos1	If pos 2	If pos1	If pos 2	If pos1	If pos 2
ow	2ow	br	2br	dr	2dr	qu	2qu
0.45	0.2	0.45	0.2	0.6	0.3	1.0	0.5

6. The next part of the code is **Rotation of the Construction Base**:

The number of rotations of the construction base calculates each 180° until the featured-swimmer's "waist" level (for both head-up or head-down positions). It must be a "visible" rotation. Not just a turn of the body of the featured-swimmer. See catalogue p.38.

GROUP B						
	Type	90°	180°	360°	540°	720°
1	Value for Stack (only support swimmer with featured-swimmer on top rotates around self)	-	r0,5	r1	r1,5	r2
			0.2	0.3	0.4	0.5
2	Value for Stack (featured swimmer stands on 1 leg and other one is 135 or 180 degrees)	-	R0,5	R1	R1,5	-
			0.25	0.35	0.45	
3	Value for Stack (featured swimmer stands by both feet on supports shoulders) in code add *	-	r0,5*	r1*	r1.5*	r2*
			0.05	0.1	0.15	0.2
4	Value for Stack (if featured-swimmer is in a handstand position; or support position is head-down; or both are head-down (shoulders on feet connect)	-	r0,5!	r1!	r1,5!	-
			0.3	0.5	0.7	
5	Value for Lift (big water resistance for base athletes while all construction rotates including base swimmers)	r/L	r0,5L	r1L	-	-
		0.3	0.4	0.5		

7. Plane and Degree of Rotation – N/A for Group B.

8. The last part of a code for a Group B acrobatic is indicating if there is a **Bonus**:

	GROUP B		
	Bonus	**Code**	**Value**
1	Synchronized actions for double acrobatic movements	**w1**	**0.2**
2	Rotation 180° or 360° on feet without leaving support	**w2**	**0.3**
3	In 2Support construction, twirl one of the supports	**w3**	**0.1**
4	Stand-up (lifting torso) from head-down position	**w4**	**0.2**
5	Connection between 2 featured-swimmers	**w5**	**0.1**
6	Blind grip for Lifts	**w6**	**0.2**
7	Third position (example: in the end of acrobatic movement closing legs to vertical)	**w7**	**0.05**
8	Long holding lift (3 seconds and more) =doesn't apply for rotation of the construction or "moving base lifts"	**w8**	**0.2**
9	"Twirl" of featured-swimmer in group B	**w9**	**0.05**
10	"Wave" movements	**w10**	**0.1**
11	Featured-swimmer rotates on feet or palms of support 180°	**w11**	**0.1**
12	Featured-swimmer rotates on feet or palms of support 360°	**w12**	**0.2**
13	Travelling construction (at least 1 meter)	**w13**	**0.1**
14	"Moonwalk": Lift-up from split - legs sliding and changing place and opening back to the split on surface	**w14**	**0.2**
15	"Ungrip"	**w15**	**0.05**
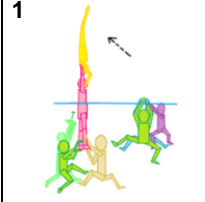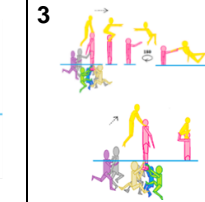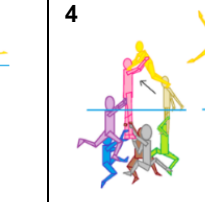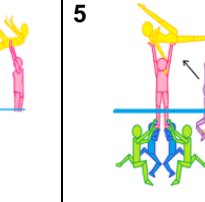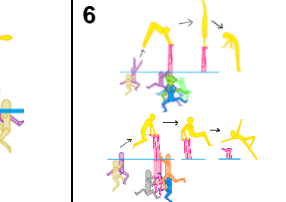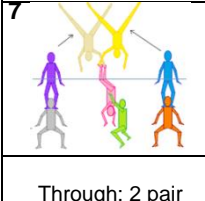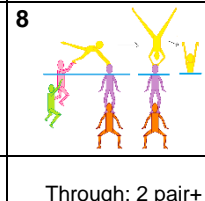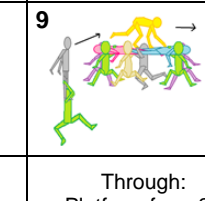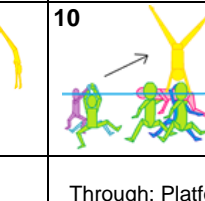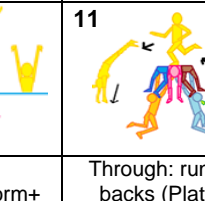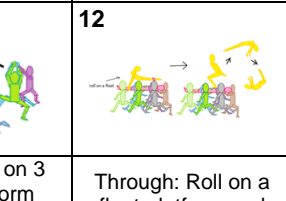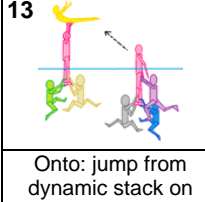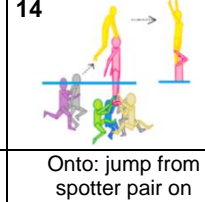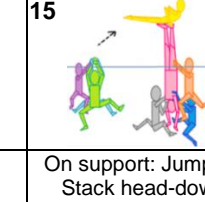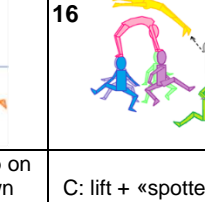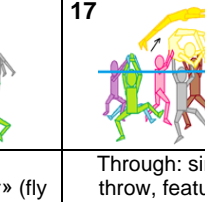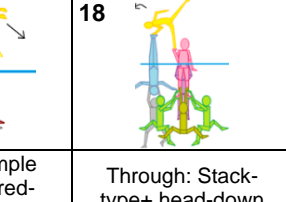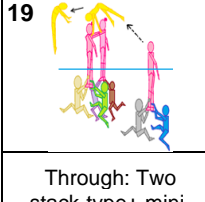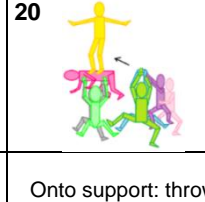
ACRO C CODE ORDER :

Group/Subgroup – Construction – Direction - Position 1/Position 2 – Rotn of Base - Rotation - Bonus

1. In a code, first add the letter indicating the **group/subgroup**. For Group C there are three options:

CO	Group C, subgroup Other
CT	Group C, subgroup Through Support
CC	Group C, subgroup Onto Support

2. The second part of the code is for **Construction**:

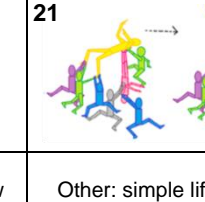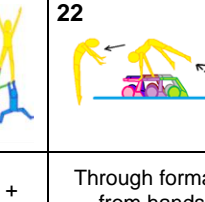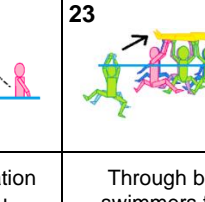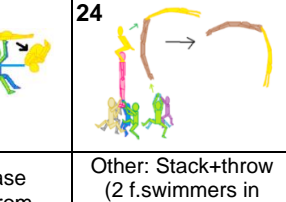| 1	2	3	4	5	6
On to support: Stack from simple throw Transit, not jump!	Jump through support from «spotter» (Stack type+«spotter») Transit, not jump	Jump through support's shoulders from «spotter» (Stack type+«spotter») or Jump on support's shoulders from spotter and remain until submergence	Onto support from «spotter» (Stack type+«spotter») Transit, not jump	Onto support from «spotter» (Stack type+«spotter») 3 points grip Transit, not jump	jump through head-down support
Thr~St	**'~St>**	**'>StSh> or '>Stsh**	**'~St**	**'~St***	**'>StH>**
1.7	**1.65**	**1.55**	**1.75**	**1.55**	**1.75**
7	8	9	10	11	12
Through: 2 pair +featured-swimmer	Through: 2 pair+ featured-swimmer	Through: Platform from 2+ «spotter»/thrower	Through: Platform+ «spotter» /thrower	Through: run on 3 backs (Platform from 3 swimmers+ «spotters» /throwers	Through: Roll on a float-platform and jump from it
'>'H>	**'>'>**	**Thr>PP>**	**'>P>**	**Thr>Pb$_3$>**	**Roll>P>**
1.4	**1.1**	**1.35**	**1.25**	**1.6**	**0.7**
13	14	15	16	17	18
Onto: jump from dynamic stack on "balance" stack and remain on palms	Onto: jump from spotter pair on "balance" stack and remain on shoulders	On support: Jump on Stack head-down from simple throw (Don't forget bonus!)	C: lift + «spotter» (fly above formation)	Through: simple throw, featured-swimmer fly above lift	Through: Stack-type+ head-down «spotter» pair
St>Stp	**'>Stsh**	**Thr>StH**	**'~L**	**Thr ~L**	**St>'H>**
1.85	**1.65**	**2.0**	**1.45**	**1.3**	**1.75**
19	20	21	22	23	24
Through: Two stack-type+ mini-stack	Onto support: throw on a platform	Other: simple lift + «spotter»	Through formation from hands + «spotter»	Through base swimmers from simple throw	Other: Stack+throw (2 f.swimmers in connection with each-other)
'>StSt>	**Thr>P**	**L'**	**Thr >hand>**	**Thr >base>**	**St+Thr(2)**
1.8	**1.45**	**1.15**	**0. 7**	**1.05**	**1.85**

25	26	27	28	29	30
Other: Snake-stack type	Other: Snake-stack head-down	Through: Jump from stack with connection with 2 stack and broke it later	Other: Stack + 2 spotters	Onto: "Monkey" jump from spotter pair on "balance" stack and remain on shoulders	Through: Stack from simple throw Transit,not jump!
Sn	**SnH**	**St>St>**	**St''**	**'>Stm**	**Thr~St>**
0.95	**1.35**	**1.6**	**1.45**	**1.55**	**1.5**
31	32	33	34	35	36
Through: featured-swimmer passes through surface hand-grip of base swimmers	Through lift from «spotter»	"Toss" (from surface through hands)	Through 3 heads from mini-stack	Through formation from hands+«spotters»+2 featured-swimmers	Through: run on 2 backs (Platform from 2 swimmers+ «spotters» /throwers
>HandSurf>	**'>L>**	**Toss>hand>**	**Thr>3head>**	**(2)Thr >hand>**	**Thr>Pb²>**
0.5	**1.45**	**0.5**	**1.2**	**0.8**	**1.6**
37	38				
Onto: Jump from spotter on Stack, palms	Fall from one formation on the "hand-formation"				
'>Stp	**L>hand**				
1.75	**1.0**				

3. The next part of a Group C code is the **Direction** of the combined action:

GROUP C			
	Direction	**Code**	**Value**
1	Forwards (no somersault, no twist)	**Forw**	**0.05**
2	Backwards	**Back**	**0.1**
3	Forwards (with somersault/twist)	**FORW**	**0.15**
4	Sideways	**Side**	**0.2**
5	Upwards	**Up**	**0.05**
6	Reverse	**Rev**	**0.2**

4. The next part of the code indicates the **Positions** demonstrated:

Please use the Position Charts from GROUP A and GROUP B and consider the special positions for Group C below:

Passing Tuck / Pike / Mantis / Monkey	**ps**	**0.05**	Passing Line	**psl**	**0.1**

5. Area of support – N/A for Group C (value already inside construction)

6. The next part of the code is for **Rotation of the Construction Base**:

> *The number of rotations of the construction base calculates each 180° until the featured-swimmer's "waist" level (for both head-up or head-down positions). It must be a "visible" rotation. Not just a turn of the body of the featured-swimmer. See catalogue p.38.*

GROUP C			
Type	**180°**	**360°**	**540°**
1 Value for Stack (only support swimmer with feature-swimmer on top rotates around self)	**r0,5**	**r1**	**r1,5**
	0.2	**0.3**	**0.4**
2 Value for Stack (if featured-swimmer is in a handstand position; or support position is head-down; or both are head-down (shoulders on feet connect)	**r0,5!**	**r1!**	**r1,5!**
	0.3	**0.5**	**0.7**

7. The next part of the code is for **Plane and Degree of Rotation**:

> - *The number of twists is calculated until the chest (lower ribs) level of the featured-swimmer (visible/clear border for detecting rotations). See catalogue p.18.*
> - *To get value for a "full somersault" featured-swimmer, who jumps head-first needs to enter the water feet-first. For "Open" or variations of arch positions the featured swimmer enters the water demonstrating vertical alignment between shoulders and knees. See catalogue p.19.*

GROUP C			
Plane of rotation	**Degree of Rotation**	**Code**	**Value**
1 Horizontal plane (twist) For "head-up" positions	180°	T0.5	0.1
	360°	T1	0.15
	540°	T1.5	0.2
	720°	T2	0.25
2 Horizontal plane (twist) When twist executed in the same time with somersault	180°	t0.5	0.1
	360°	t1	0.2
	540°	t1.5	0.3
	720°	t2	0.4
3 Sagittal plane (Example: forward somersault)	180°	s0.5	0.05
	360°	s1	0.3
	540°	s1.5	0.5
	720°	s2	0.6
4 Frontal plane (Example: Side somersault)	360°	f1	0.4
	540°	f1.5	0.6
	720°	f2	0.7
5 Dive (depends from parabola)	Not 180° somersault!	d	0.025
	Dive+180 twist	dt0.5	0.125
	Dive+360 twist	dt1.0	0.175
	Dive+540 twist	dt1.5	0.225
6 Two Axis Airborne Rotations	1 somersault + 0.5 twist	s1t0,5	0.4
	1 somersault + 1 twist	s1t1	0.5
	1 somersault + 1.5 twist	s1t1,5	0.6
	1 somersault + 2 twist	s1t2	0.7
	1.5 somersault + 0.5 twist	s1.5t0,5	0.6
	1.5 somersault + 1.0 twist	s1.5t1	0.7
	2 somersault + 0.5 twist	s2t0,5	0.9
	2 somersault + 1 twist	s2t1	1.0

| 7 | Handspring | | h | 0.1 |
| 8 | Cartwheel | | c | 0.1 |

8. The last part of a code for a Group C is indicating if there is a **Bonus**:

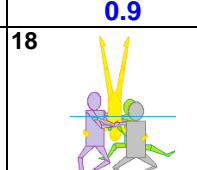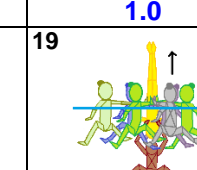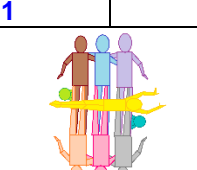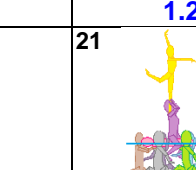|	GROUP C		
	Bonus	**Code**	**Value**
1	Jump on the Stack and remain on it until submergence	y1	0.3
2	Running on the (3) backs	y2	0.3
3	Running on the (2) backs	y3	0.2
4	Running on the (1) back (should lay not sideways to featured-swimmer)	y4	0.1
5	Fly above formation	y5	0.3
6	Blind grip in group C	y6	0.2
7	Synchronized actions for double acrobatic movements	y7	0.2
8	"Rolling" on a construction	y8	0.1
9	Connection between 2 featured-swimmers;	y9	0.1
10	Third position (example: in the end of acrobatic movement tucking (group A)	y10	0.05
11	F.swimmer "Slips through" after jump between support's legs	y11	0.1
12	Blind jump	y12	0.05
13	Hulahoop" action (f.swimmer in ring position enters water with support swimmer inside the circle (which is made from legs/hands connection of f.swimmer)	y13	0.3
14	"Twirl of a featured swimmer"	y14	0.05
15	"Beyonce fall" (from lift blind fall backwards on the other formation made from hands)	y15	0.1
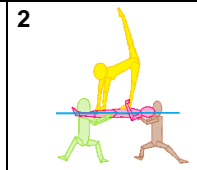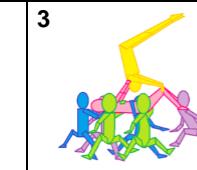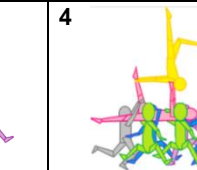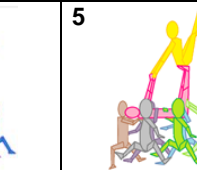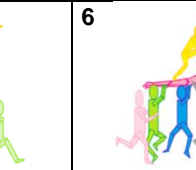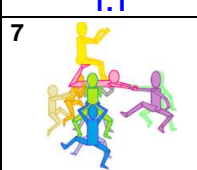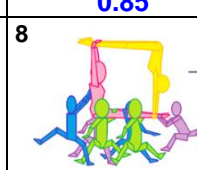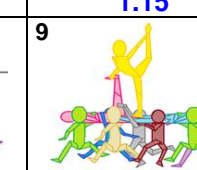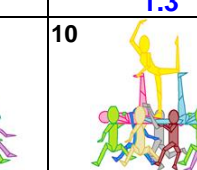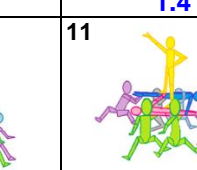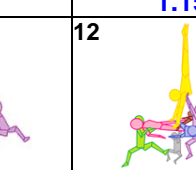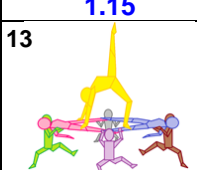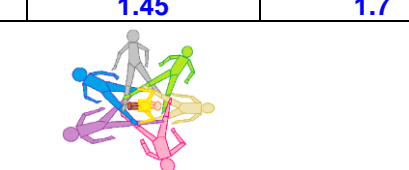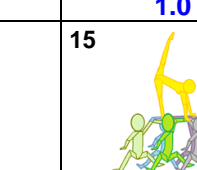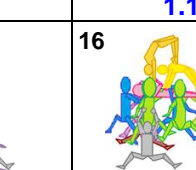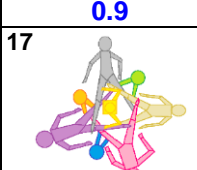
ACRO P CODE ORDER :

Grou/Subgroup - Construction - Type of Connection - Pos 1 / Pos 2 - Rotation of Base - Bonus

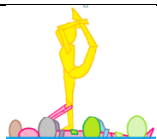1. In a code, first add the letter indicating the **group/subgroup**. For Group P there are two options:

PP	Group P, subgroup Standard
PF	Group P, subgroup Float
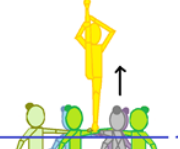
2. The second part of the code is for **Construction**:

1	2	3	4	5	6
Platform (Support straight body)	Platform "small" (Support straight body)	Platform (Support straight body)+bent knees	Platform (Support ballet leg)	Platform (Support double ballet leg)	Platform (Support on stomach in arch position)
P	**p**	**Knees**	**B**	**DB**	**a**
1.1	**0.85**	**1.15**	**1.3**	**1.4**	**1.15**
7	8	9	10	11	12
Platform (Support on stomach with bent knees) "Chariot"	"Area" ("box")	Platform from 2 supports (1 ballet leg)	Platform from 2 supports (2 ballet legs)	Float from 2 parallel supports	Float "triangle" (3 swimmers form a support from legs)
Chariot	**Box**	**2SupB**	**2SupBB**	**2Sup**	**Triangle**
1.15	**1.2**	**1.45**	**1.7**	**1.0**	**1.1**

13	14			15	16
Float "Rhombus" (2 swimmers form a support from legs)	Float "star" (5-7 swimmers form a support from legs)+ 2 base is under!			Platform: float made from hands	Platform +2 featured-swimmers
Rhombus	**Star** (5 supports)	**Star6** (if 6 supports)	**Star7** (if 7 supports)	**Hand**	**(2)**
0.9	**0.9**	**1.0**	**1.1**	**0.6**	**1.2**

17	18	19	20		21
Float:compass	Platform: float made from hands small	"Fountain": 1 base under water+ 6 touch/hold featured-swimmer on the surface	"Carpet" 1 featured-swimmer make actions on 6 laying supports, other swimmers hold them as base		Platform 4 levels
Compass	**hand**	**Fo**	**Carp**	**Carp4** (if 4 supports)	**P4l**
0.8	**0.5**	**0.3**	**1.0**	**0.8**	**1.2**

3. There is no Direction in Group P.

4. The next part of a Group P code is - **Area of Support/Type of Connection**:

1	2	3	4	5
Sit on straight body (8-9 swimmers or 2-5	Stand (two legs, feet) on straight body	3 POINTS (Stand 1 leg + 2 hands) on straight body Or (Stand on 1 leg+ palms/palms connection) (constr: 6-to 9 b.swimmers or 2-5)	Stand 1 leg on straight body	Headstand on straight body
SiA	**F2A**	**3pA or 3pA/**	**FA**	**HA**
0.05	**0.1**	**0.1**	**0.3**	**0.1**
6	7	8	9	10
"Golden bridge" grip: Palms (of 1st f.sw) and palms+feet (2nd f.sw) on straight body	Head between legs	Laying on a straight body	Stand one leg on palms, on leg on the knees	Shoulders on palms + catch bent knees
Go	**H+L**	**AA**	**FP+FK**	**SP+K**
0.2	**0.1**	**0.05**	**0.2**	**0.2**
11	12	13	14	15
All body (sit or lay) on knees +hand/hands connection	Bridge 1leg on knees and palm	Any 3 point connection with straight body bent knee	Stay on straight body + blind connection	Stay on arch featured- swimmers + extra support on head
AK/	**Br1K**	**3pK/**	**F2Ɔb**	**F2Ɔ+H**
0.2	**0.3**	**0.2**	**0.2**	**0.1**
16	17	18	19	20
"Yin/Yang" (palms on legs+leg/s on palms)	Sit on feet + feet on back	Foot on a ballet leg body + palm/foot	Sit on 1 foot + feet on palms	Sit on 1 foot + palms/palms
YY	**SiF+FB**	**FA+PF**	**SiF+FP**	**SiF/**
0.3	**0.1**	**0.3**	**0.2**	**0.3**
21	22		23	24
Lay on 1 foot + palms/shoulders+ shoulders/palms	Shoulders on palms + connect with leg		Shoulders on palms + hand and knee connection with leg	Stand (two legs, feet) on ballet leg body +palm on foot
BF+Le	**SP+L**		**SP+KF**	**F2A+PF**
0.2	**0.4**		**0.3**	**0.1**
25	26	27	28	29
Bridge on a ballet leg (foot)+ palms/palms	Sit on straight feet + blind palms/palms	Bridge on Double ballet leg"	Shoulders on feet + extra connection palms/palms	Sit or Lay on straight feet + palms/palms
4pF/	**SiFb/**	**PF+FP**	**SF/**	**SiF/**
0.3	**0.4**	**0.4**	**0.3**	**0.3**

30	31	32	33	34
Palms/legs + legs/palms	Palms on bodies + extra help from base swimmers	4 (bridge) or 3 (needle) points of support on legs+ extra help from base swimmers	Feet and palms on hands connection	Foot and palms on hands connection
PL+LP	**PA3***	**4pA3***	**BrH**	**3pH**
0.2	**0.2**	**0.1**	**0.1**	**0.1**
35	36	37	38	39
Shoulders on hands	2 legs on hands	sit or lay on hands	All body (Sit, Lay, Head-down or stand) on 6/7/8 straight bodies Or Compass Or Carpet	Palms, foot on 2 straight bodies (for example: needle) Or Bridge
ShH	**F2H**	**AH**	**AA**	**3pA2 or Br1A2**
0.1	**0.3**	**0.05**	**0.1**	**0.1**
40	41	42	43	44
Foot on two bodies + palm / foot	2 legs on 2 bodies: 1 ballet leg+1 straight body	Foot on a two body + palm / foot + knee / foot	2 legs on 2 ballet leg bodies	Legs on 2 straight bodies
FA2+PF	**F2A2+PF**	**FB2+PF+KF**	**F2B2+PF+PF**	**F2A2**
0.3	**0.1**	**0.1**	**0.1**	**0.2**
45	46	47	48	49
Bridge on 2 straight bodies	1 leg+2 hands on 2 straight bodies	(4 level), 1 leg on shoulders	(4 level) sit on shoulders	(4 level) stand on shoulders
4pA2	**3pA2**	**FSh**	**SiSh**	**2LSh**
0.1	**0.1**	**0.25**	**0.05**	**0.15**
50				
1 foot on hands				
F1H				
0.2				

5. The next part of the code indicates the **Positions** demonstrated:

Please use the Positions Charts from GROUP A and GROUP B.

6. The next part of the code is any **Rotation** of Construction Base:

GROUP P				
	Type	90°	180°	360°
1	Value for Platform (all construction rotates including base swimmers)	R/	R0.5	R1
		0.2	0.3	0.4
2	Value for Platform (if featured-swimmer sits or in a headstand position, not standing)	R/*	R0.5*	R1*
		0.05	0.1	0.2
3	Value for Float made from hands	-	R0,5h	R1h
			0.15	0.25
4	Value for Float made from legs (Star, Compass etc.)	R/l	R0,5l	-
		0.3	0.4	

7. Plane and Degree of Rotation – N/A for Group P.

8. The last part of the code is the **Bonus**:

GROUP P			
	Bonus	Code	Value
1	Synchronized actions for double acrobatic movements	j1	0.2
2	Connection between 2 featured-swimmers	j2	0.1
3	Third position (any additional position 3rd, 4th, 5th will be counted only once)	j3	0.05
4	Blind grip between f.swimmer and support	j4	0.1
5	"Roll" on the construction and "rolling" (circling action of platform construction, when featured swimmer submerges after 90° and support swimmer follows showing 180° arch-action above surface) entrance in the water	j5	0.2
6	Lifting in a "Box" and lowering back	j6	0.2
7	"Spider" action (Float formation: featured-swimmer twists in the shoulder and thigh joints and appears from underwater on a construction. This action has flexibility risk factor)	j7	0.2
8	Floats made from hands, which are "out of water" (not on the surface)	j8	0.2
9	Jump (Dive) from platform	j9	0.05
10	"Cartwheel" on a platform and entering the water	j10	0.2
11	270° somersault jump from Platform	j11	0.3
12	Move from Platform on to 2 spotter's heads for finishing acrobatic movement as Lift	j12	0.3
13	During platform, F.swimmer breaks palms/palms connect with support and/or lifting torso and maintain position	j13	0.3
14	"Spichag" (power press-up from Crocodile to Candle/or Vertical head-down position)	j14	0.2
15	"Break-dance" movements on a float	j15	0.2
16	"Porpoise" start-action for featured-swimmer at the beginning of the acrobatic movement to get to the main position.	j16	0.1
17	Travelling construction	j17	0.1
18	Lifting up from the surface platform-construction	j18	0.1
19	"Surfing", "Riding a wave" (lifting up and down full platform construction (but not away from surface)	j19	0.1
20	Climb onto the platform from under the water (inside the construction)	j20	0.05
21	Change the "grip"	j21	0.05
22	If float was lifted up from under the water and/or submerge after to finish an acrobatic movement	j22	0.1
23	Fast fall down inside floats' construction	j23	0.05
24	Fast fall down inside floats' construction with twirl 360°	j24	0.1
25	Change of featured-swimmer	j25	0.1