

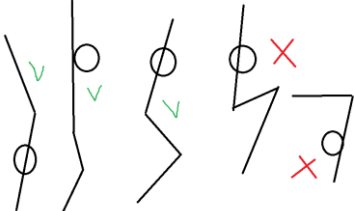
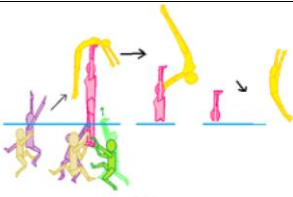
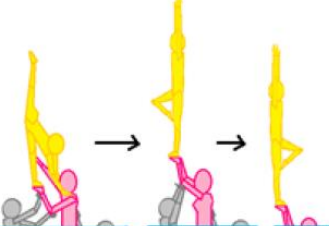
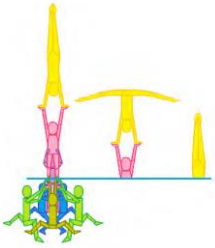
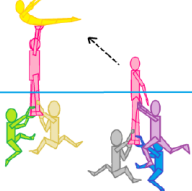

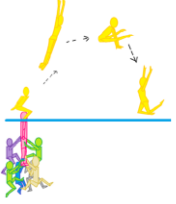
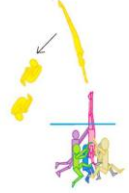

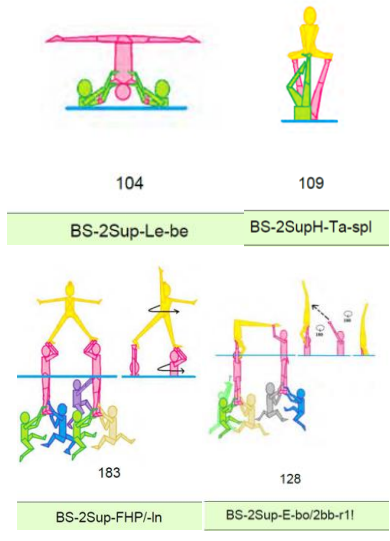

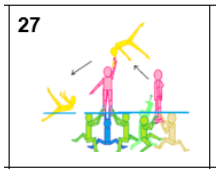
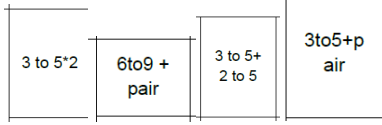
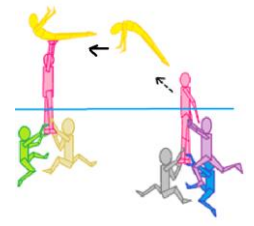


Category	Clarification	Picture
Bonuses	<p>In group C, if you have 2 formations and the featured swimmer jumps from one formation onto another and they are not connected with second formation you have "a bird nose" ">" in your code. For example: jump from Simple Throw on a Stack head-down will be written as Thr>StH</p> <p><u>Don't forget</u>: if your featured swimmer is not connected with the second formation at the beginning and jumps onto a Stack (becomes connected with second formation after flying phase) and remains on it until submergence you should automatically apply bonus "y1". BUT - If you declare this construction and/or bonus make sure featured swimmer does not perform it as "climbing on". Technical controllers must see a jump onto stack. Or at least "taking-off" and then put arms on leg/s onto second formation.</p>	<p>15</p>  <p>On support: Jump on Stack head-down from simple throw (Don't forget bonus!)</p> <p>Thr>StH</p>
	<p>The same bonus can't be declared twice in the same acro (exception: y17 only). For other variants how you can use bonuses and in which combination they work together please check acrobatic catalog examples (with pictures).</p> <p>You may only declare 2 bonuses. If you have 2 different bonuses – the first one will be written in "bonus 1" section and the second one will be written in "bonus 2" section. If you have more than 2 bonuses the coach needs to choose only 2, and advice is to declare the 2 highest valued ones, or those they know the swimmers will perform for sure.</p> <p>Interchangeable codes (some examples):</p> <ul style="list-style-type: none"> In group A - bonus u4 is used when you have just a simple somersault 360+ in a straight body position. But if you have somersault + twist in a straight body position you should declare u5. You can't declare u4 and u5 in the same acro. Some other examples that can't happen in same acro: u2 u3; y2 y3 y4; j23 and j24 etc. For other variants how you can use bonuses and in which combination they work together- check acrobatic catalog examples (with pictures) 	 <p>360 som</p> <p>144</p> <p>AJ-Feet-Back-In-s1-u12/u4</p>
	<p>Group A Bonuses: u2 ("opening" to a straight body position after 1,5 (inside 2 somersaults) and u3 (During 1,5 somersaults opening in a straight body position (1 somersault and +0,5 rotation with opening to a straight body position) = we need to see "opening" (yes, the rule of 45 degrees is there but most important to see opening). If it's completely another position like tuck or pike then it's a base mark.</p>	
	<p>Blind jump (y12) in group C can be done with connection to support-swimmer</p>	 <p>49</p> <p>CT-~>St>-Back-ar-h-y12</p>
	<p>Featured-swimmer rotates on feet or palms of support 180-360° means that the support swimmer remains in their position, but the featured-swimmer rotates on their palms or feet without leaving the support. <u>It is not rotation of the construction!</u></p> <p>This principle applies for bonuses: w2, w11 and w12 In other words only the featured swimmer rotates, all others stay static (movement is like a ballet dancer on their "pointe shoe")</p>	

	<p>Following catalog examples (rules) Bonus: group B, C, P where the third position is head-down – it can be done until waist is submerged.</p>	 <p>74</p> <p>BS-St-PP-bb/2be-w7</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Positions</p>	<p>In group C, subgroup <u>Through Support</u> we highly recommend to:</p> <p>1) Use positions from group A, because they are done mostly in the air. But . . .</p> <p>2) For Group C, subgroup <u>Onto Support</u> we use positions from group B, because positions are done during the balancing phase</p> <p>Example on right is “Cobra” (co) not “Arch” (ar). But if at some point coach declares arch = we recommend controllers to <u>not</u> give a base mark (if positions are the same just belong to different group).</p>	 <p>30</p> <p>CC-St>Stp-Forw-co-y1</p>
	<p>Positions that MUST have a <u>hand capture</u> (group B or P) of <u>opposite or both arms</u> = Glass, Eye, Pin, Drop, Queen</p> <p>Positions that you can choose to do with or without a hand capture = Vertical Split (see example to right), Swan, Sail, Scorpio, and Needle</p>	 <p style="text-align: center;">Vertical Split</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Direction</p>	<p>In Group A and C if you have a jump/cartwheel/handspring - when you choose "Direction" component write the direction which featured swimmer demonstrates <u>during "take-off" phase</u> (beginning of the acrobatic movement).</p> <p>For example: featured swimmer starts a jump backwards, then turns in the air around self (twisting action) and then starts somersaulting forwards: Coach declares – Backwards</p> <p>However, if featured swimmer starts a jump forwards and continues in the same direction executing a 360 somersault forwards: coach declares direction as FORWARDS.</p> <p>We look at the direction during the take-off!</p> <p>Another variant (to the right): Throw, when featured-swimmer starts acrobatic movement from head-down position. In this case we look where they move/rotate, and in this case it is FORWARDS.</p>	 <p>74</p> <p>AJ-Shou-Forw-pk/2kt-T0,5</p> <p>1,7</p>  <p>104</p> <p>AW-Feet-FORW-inl/2tk-s1,5</p> <p>2,2</p>
	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Rotation of the construction</p>	<p>Value for Stack (featured swimmer stands on 1 leg and other one is 135 or 180 degrees): to declare this component the featured swimmer MUST perform one position (from beginning to the end) or two positions with degree of leg 135-180 <u>from beginning until the end of the declared rotation</u> (remembering allowance).</p> <p>Example on right: how to declare if you have rotation of the construction but leg lowers down while turning.</p>

Type of connection	<p>For the new construction “2bbSup” - type of connection declared can be either “FA2+PF” or “FA+PF”</p>																						
	<p>For acrobatic movements in group B: for construction “2Sup” (if featured swimmer remains on both supports from beginning to the end) we use type of connection “Lemur” (see catalog examples #104, #105, #106, #132, #133, #174)</p> <p>For construction “2SupH” we use type of connection “Table” (see catalog examples #107, #108, #109, #110)</p> <p>Exceptions: acrobatic movement where featured swimmer stands on both heads of 2 support (see example #183)</p> <p>Grips from 1-12,14-18, 20-23, 27-33, 35-36, 39-43 are used for acrobatic movements that consists of 1 support-swimmer (might have spotters).</p> <p>Important exception: Types of acrobatic movements where acrobatic movement starts on 2 supports and while reaching max height/stop point the featured swimmer disconnects from one of the supports and remains on the other until submergence. In this case we use codes for “1 support grips” (for example acro #128 from catalog)</p>	 <p>104 109</p> <p>BS-2Sup-Le-be BS-2SupH-Ta-spl</p> <p>183 128</p> <p>BS-2Sup-FHP/-In BS-2Sup-E-bo/2bb-r1!</p>																					
Construction	<p>If you have an acrobatic routine, team free or team tech where you don't have more than 8 swimmers and you would like to perform a platform with 2 ballet leg supports: by default, you should use code “2bbSup” (because of the smaller number of base swimmers then in construction “2SupBB” (which shows 10 in the picture).</p>																						
	<p>Construction St>St> can be done with or without connection between the support and featured swimmer.</p>	 <p>27</p>																					
	<p>Advice to TC: In group C, constructions that consist of 2 formations may involve a different number of the base swimmers (see examples on right). Please consider that the catalog was made when the old “highlight routine” consisted of 10 swimmers. It is allowed to have a different number of base swimmers in formations as long as the main “idea” of the acro is done. Remember the rule - where it is allowed to have different options for the push (“Thr” can be as pair, as trio etc.).</p>	 <p>3 to 5*2 6to9 + pair 3 to 5+ 2 to 5 3to5+p air</p>																					
Rotations in the air	<p>When there's a jump from a dynamic Stack onto a Balance Stack (St>Stp) and during the airborne phase (flight phase before landing on palms of the support) the featured-swimmer performs a twist action around self (to the left or to the right) the coach should declare a Twist head-up rotation:</p> <table border="1" data-bbox="295 1803 949 1904"> <thead> <tr> <th colspan="4">GROUP C</th> </tr> <tr> <th>Plane of rotation</th> <th>Degree of Rotation</th> <th>Code</th> <th>Value</th> </tr> </thead> <tbody> <tr> <td rowspan="4">1 Horizontal plane (twist) For "head-up" positions</td> <td>180°</td> <td>T0.5</td> <td>0.1</td> </tr> <tr> <td>360°</td> <td>T1</td> <td>0.15</td> </tr> <tr> <td>540°</td> <td>T1.5</td> <td>0.2</td> </tr> <tr> <td>720°</td> <td>T2</td> <td>0.25</td> </tr> </tbody> </table>	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	
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Pike somersault: We count somersaults in a pike position the same way that diving does, with the first 180-degree movement of the legs after take-off considered as first half-rotation and then count from there (see top image to right).

IF the somersault is performed using 2 positions – for example pike and kite: we count the number of somersaults in our regular method where we look how many times the torso with the head turns each 180 (see bottom image to right).

