

Acrobatic Allowances/Clarifications:
ALL GROUPS:

- Positions have an allowance of +/- 45 degrees otherwise it's a Base Mark
- Positions declared until shoulders (head down) or knee (head up) of featured swimmer

Group A:

- Somersaults = 90 degrees allowance
- Levels – above knee (pike), mid -thigh (Jay, Kite) crotch/feet/bum (Tuck)
- How to Calculate rotations:
 - Pike – legs lifted up = ½ rotation
 - (Tuck, Jay, Kite) = 360° = enter feet first with vertical alignment between shoulders and knees.
- Cartwheel or Handspring – Allowance is 45 degrees from vertical line
- Group A Twists:
 - Number of twists until chest/lower ribs
 - Every 180 less = Base Mark

Group B:

- Number of rotations to waist level
- 180 degrees allowance on rotations – must be completed by waist
- Stack head down rotations (180, 360, 540, 720) must be completed by waist level.
- Lift (90, 180, 360) – there is a 90-degree allowance

Group P:

- Rotation of the construction base:
 - 90 degrees rotation = 15 degree
 - 180 degrees rotation = 30 degree
 - 360 rotation = 45 degrees

Group C:

- Direction same as Group A
- Rotation same as Group B
- Positions same as Group A & B

Pair Acrobatics:

- For Somersaults:
 - 90 degrees less than declared = Base Mark
 - For 360 somersaults – it must be fully visible above the water for the entrance.
- For Lifts and Jumps that are head up:
 - We calculate the rotation until the chest level of the featured swimmer.
- For Head Down Lifts or Throws:
 - We calculate the number of rotations until the above knee/knee cap level (but not below the knee cap) of the featured swimmer.
- For Rotations around-self (ie/twisting)
 - For 360 rotations: 180 degrees less than declared = Base Mark
 - For 180 rotations: 90 degrees Less than declared = Base Mark
- 3 things to keep in mind for Common Pair Acro's:
 - If it is a Throw (W) you must see a disconnect.
 - If flexibility is shown, it must be done at maximum height
 - Jfs1B – finish at chest level and head should stay above the water.