

This is a resource/reference only, please always refer to the written rules as per the Team Acro Catalogue (Appendix 7)

MINIMUM DECLARATION REQUIREMENTS:

- GROUP A must have: CONSTRUCTION + DIRECTION + POS 1
- GROUP B must have: CONSTRUCTION + TYPE OF CONNECTION + POS 1
- GROUP P must have: CONSTRUCTION + TYPE OF CONNECTION + POS 1
- GROUP C must have: CONSTRUCTION + DIRECTION + POS 1

NOT REPEATING AN ACROBATIC:

- GROUP A: Can't repeat same position/s (as P1 or as P2 with the exception of 3rd pos. bonus).
- GROUP B: Can't repeat the same construction, can't repeat the same type of connection (grip).
- GROUP C: Can't repeat the same construction
- GROUP P: Can't repeat the same construction, can't repeat the same type of connection (grip), can't repeat same position/s (as P1 or as P2 with the exception of 3rd pos. bonus).

ALLOWANCES:

POSITIONS (*Position 2 MUST be a different declared position than position 1 or a BM will be applied*)

- All declared positions have an allowance of 45 degrees from what is written in the tables.
- All declared positions, in all Main Groups (1st Position, 2nd Position and the bonus for the 3rd position) must be clearly shown and higher than:
 - **Knees** for head-up positions
 - **Waist** for head-down positions
 - **Full body out of water** for horizontal positions

TWISTS

- The number of twists is calculated until the **waist** level of the featured-swimmer (visible/clear border for detecting rotations)
- **Allowance for 360° Twists and more:**
 - **180°** less than declared = Base Mark (note: swimmer can over rotate – you can do more than what is declared).
 - Ex 1: Declared 720° twist, but only rotated 540° by the waist level ($1\frac{1}{2}$) = BM
 - Ex 2: Declared 720° twist, and rotated 630° by the waist level ($1\frac{3}{4}$) = Ok
- **Allowance for 180° twists:**
 - There is no allowance – performing less than a 180° is a Base Mark.

SOMERSAULTS (all, including bonuses)

- The number of somersaults is calculated until the **beginning of the submergence** of the featured-swimmer. Beginning of submergence starts to be counted when a quarter of the body “disappears” underwater.
- Allowance for all somersaults (regular/frontal/two axes, etc.) is **90° less than declared** before submergence = BM (note: swimmer can over rotate – you can do more than was declared).
- In **Cartwheels** and **Handsprings** (all, including bonuses) – the same rule as somersaults applies: **90° less than declared** before submergence = Base Mark.

ROTATIONS OF CONSTRUCTION (FOR GROUPS B AND C)















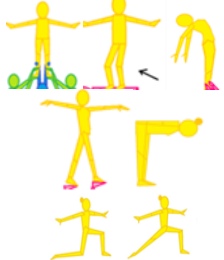

- The number of rotations of the construction is calculated until the waist level of the featured-swimmer (visible/clear border for detecting rotations). It must be a “visible” rotation: the support-swimmer turns with the featured-swimmer on top while submerging. It is not just a turn of the body of the featured-swimmer.
- The rotation may start during the ascent.
- **Allowances for 360° and more:**
 - **90°** less than declared = Base Mark (note: swimmer can over rotate – you can do more than what is declared).
 - Ex 1: Declared 720° rotation, but only rotated 540° by the waist level ($1\frac{1}{2}$) = BM
 - Ex 2: Declared 720° rotation, and rotated 675° by the waist level ($1\frac{3}{4}$) = Ok
- **Allowance for 180°:**
 - There is no allowance – performing less than a 180° is a Base Mark.



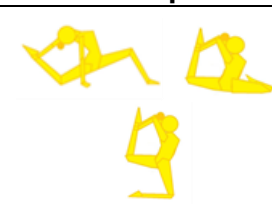



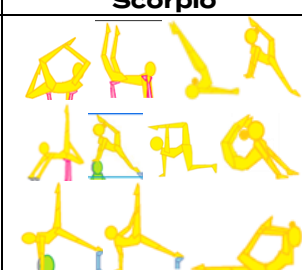
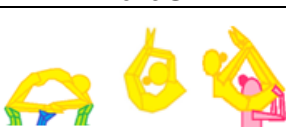



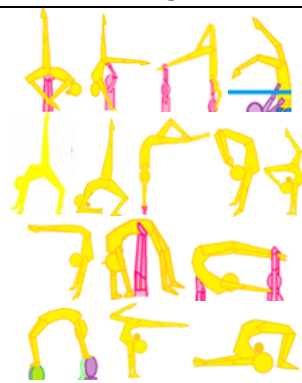



ROTATIONS OF THE CONSTRUCTION (FOR GROUP P)

- The rotation of the construction is calculated until the **knees** of the featured-swimmer (if the position is head-up) or **waist** (if the position of the featured-swimmer is head-down)
- **Allowances for 180° and more:** 45° less than declared = Base Mark (note: swimmer can over rotate – you can do more than was declared).
- **Allowance for 90°:** There is no allowance – performing less than 90° is a Base Mark. It must be done precisely (or more).

This is a resource/reference only, please always refer to the written rules as per the Team Acro Catalogue (Appendix 7).



POSITIONS:




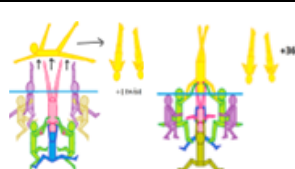

GROUP A							
1 Tuck		2 Pike		3 Kite			
 Important: knees must be within 90 degrees of chest (plus always consider 45° position allowance)		 Important: flexion at hip level with one or two legs (straight) touch stomach and/or chest					
tk	2tk	pk	2pk	kt		2kt	
0.10	0.05	0.20	0.10	0.05		0.025	
4 Line		5 Split		6 Jay		7 Ring	
						 At least toes of one foot must touch head (or be within 45 degrees as per position allowance)	
ln	2ln	sp	2sp	ja	2ja	rg	2rg
0.10	0.05	0.30	0.15	0.20	0.10	0.30	0.15
GROUP B							
1 Heron				2 Vertical Split			
 Can be with arch in back Can be with or without capture				 Both legs straight Can be with or without capture			
he		2he		vs		2vs	
0.10		0.05		0.30		0.10	
3 Glass		4 Ballerina		5 Sail		6 Needle	
 Must see capture (not just touch) with both arms and opposite arm behind the head OR just 1 opposite arm behind the head		 Can lean forward Can be with or without capture		 Must have leg capture (any arm)		 Can be with or without capture	
gl	2gl	ba	2ba	sa	2sa	ne	2ne
0.40	0.20	0.10	0.05	0.25	0.10	0.40	0.20
7 Eye		8 Stand		9 Monkey			
 Blind capture required or opposite arm capture (elbow/s look forward - not a "side" capture!) Leg can be on a shoulder				 Can be with or without capture			
ey	2ey	sd	2sd	mo		2mo	
0.50	0.25	0.05	0.025	0.10		0.05	

10 Shrimp		11 Split		12 Harp		13 Scissors	
							
Legs straight and torso touches legs / can be with or without capture		can be lay on stomach or back/ can be with or without capture		Blind capture required		Can be also on stomach or on the side	
sh	2sh	spl	2spl	hp	2hp	sc	2sc
0.125	0.0625	0.30	0.15	0.50	0.25	0.10	0.05
14 Cobra		15 Flamingo		16 Scorpio			
							
		Can be with or without capture		can be with or without capture			
co	2co	fl	2fl	so	2so		
0.15	0.075	0.25	0.125	0.25	0.125		
17 Turtle		18 Pin		19 Bamboo		20 Box	
							
Blind capture with 2 legs and 2 arms		Blind capture with 1 leg and 2 arms or with opposite arm		Can be on 1 hand		Can be on 1 hand	
tu	2tu	pi	2pi	bb	2bb	bo	2bo
0.35	0.175	0.60	0.30	0.15	0.075	0.25	0.125
21 Willow		22 Owl		23 Drop		24 Queen	
							
Can be on 1 hand / may have capture		Any split head-down May have hand capture Can be on 1 hand Must have from knee-to-knee alignment of 180° with 45° allowance		Blind capture with 2 arms		Blind capture with 2 arms or opposite arm	
wi	2wi	ow	2ow	dr	2dr	qu	2qu
0.275	0.1375	0.30	0.175	0.55	0.275	1.00	0.50




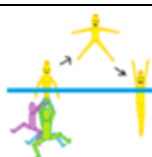
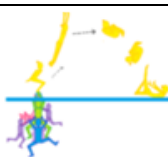
This is a resource/reference only, please always refer to the written rules as per the Team Acro Catalogue (Appendix 7)

GROUP A
CONSTRUCTION:

1			2	
Simple jump/throw			Jump/throw from shoulders (stack type)	
				
Thr			Shou	
0.60			0.90	

3	4	5	6	7
Jump/throw from hands	Jump/ throw from feet (stack type)	Jump from square ("basket")	Jump/throw from two supports head-up, disconnection and enter the water	Jump/throw from two supports, from which at least one of them is head down
				
Hand	Feet	Sq	2Sup	2SupH
0.95	1.00	1.15	1.00	1.10

DIRECTION:

Up	Forw	Back	Side	Rev
				
0.05	0.05	0.10	0.20	0.40

PLANE AND DEGREE OF ROTATION:

TWISTS		
180°	t0.5	0.025
360°	t1	0.05
540°	t1.5	0.10
720°	t2	0.20
900°	t2.5	0.25
1080°	t3	0.30

SIDE SOMERSAULTS		
360°	f1	0.40
540°	f1.5	0.60
720°	f2	0.80

SOMERSAULT/DIVE		
180° somersault /dive (any direction)	d	0.075
180° somersault /Dive + 180° twist (any direction)	dt0.5	0.10
180° somersault /Dive + 360° twist (any direction)	dt1	0.15
180° somersault /Dive + 540° twist (any direction)	dt1.5	0.25
180° somersault /Dive + 720° twist (any direction)	dt2	0.30
360° somersault	s1	0.30
540° somersault	s1.5	0.55
720° somersault	s2	0.80
900° somersault	s2.5	1.00
1080° somersault	s3	1.50
360° somersault forwards	s1f	0.40
540° somersault forwards	s1.5f	0.65
720° somersault forwards	s2f	0.90
900° somersault forwards	s2.5f	1.30

360° straight body somersault	ss1	0.50
360° straight body somersault forwards	ss1f	0.60
540° somersault + open	s1.5o	0.85
540° somersault forwards + open	s1.5fo	0.95
720° somersault + open	s2o	1.30
720° somersault forwards + open	s2fo	1.40

CARTWHEEL/HANDSPRING

Cartwheel	c	0.10
Cartwheel + half twist	ct0.5	0.15
Cartwheel + 1 twist	ct1	0.175
Handspring	h	0.10
Handspring + 180° twist	ht0.5	0.15
Handspring + 360° twist	ht1	0.175
Handspring + half somersault (dive)	hd	0.125
Handspring + 1 somersault	hs1	0.40
Half-Handspring + 1 somersault (with or without opening)	h0.5s1	0.35
Half-Handspring + 1.5 somersault (with or without opening)	h0.5s1.5	0.45

TWO AXES

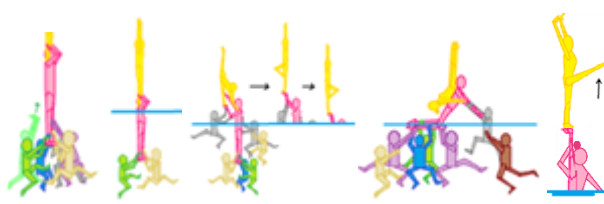
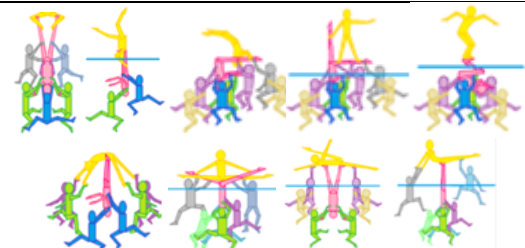
1 somersault + 0.5 twist	s1t0.5	0.45
1 somersault + 1 twist	s1t1	0.50
1 somersault + 1.5 twist	s1t1.5	0.55
1.5 somersault + 0.5 twist	s1.5t0.5	0.675
1.5 somersault + 1 twist	s1.5t1	0.70
1.5 somersault and 1.5 twist	s1.5t1.5	0.775
2 somersaults + 0.5 twist	s2t0.5	0.925
2 somersaults + 1 twist	s2t1	0.975
1 somersault + 0.5 twist forwards	s1t0.5f	0.55
1 somersault + 1 twist forwards	s1t1f	0.60
1.5 somersault + 0.5 twist forwards	s1.5t0.5f	0.775
2 somersaults + 0.5 twist forwards	s2t0.5f	1.025
1.5 somersault + 0.5 twist + open	s1.5t0.5o	0.975
1.5 somersault + 0.5 twist + open forwards	s1.5t0.5fo	1.075
2 somersaults + 0.5 twist + open	s2t0.5o	1.425
2 somersaults + 0.5 twist + open forwards	s2t0.5fo	1.525
2 somersaults + 1 twist + open	s2t1o	1.475
2 somersaults + 1 twist forwards + open	s2t1fo	1.575
Straight somersault 1 + 0.5 twist	ss1t0.5	0.60
Straight somersault 1 + 0.5 twist forwards	ss1t0.5f	0.70
Straight somersault 1 + 1 twist	ss1t1	0.625
Straight somersault 1 + 1 twist forwards	ss1t1f	0.75
Straight somersault 1 + 1.5 twist	ss1t1.5	0.80
Straight somersault 1 + 2 twists	ss1t2	0.90
Straight somersault 1 + 2.5 twists	ss1t2.5	1.025
Straight somersault 1 + 3 twists	ss1t3	1.125





BONUSES:


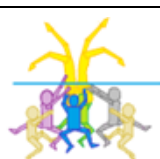

Dbl	0.20	Synchronized actions for double acrobatic movements	
Pos3	0.05	Third Position	
Split	0.15	Jump/Throw from split (head-up) position.	
Feet	0.025	Jump from feet (feet/feet connect between support and f-swimmer)	
Grip	0.10	Connection between 2 f-swimmers from the beginning of the acrobatic movement and remain connected until submergence	Can't be in the same acro! You need to choose one of these
Conn	0.10	Connection between support and f-swimmer (may disconnect before water entrance)	
Catch	0.15	Connection between 2 f-swimmers during airborne phase and remain connected until submergence (connection occurs after take-off). Can only be declared with Dbl bonus.	
Hula	0.30	"Hulahoop action"	Can't be in the same acro! You need to choose one of these
RetSq	0.60	"Return" on the "Square" construction (Sq) after the airborne phase	
RetPa	0.50	"Return" on support's hands after airborne phase, before submergence.	



This is a resource/reference only, please always refer to the written rules as per the Team Acro Catalogue (Appendix 7)

GROUP B
CONSTRUCTION:

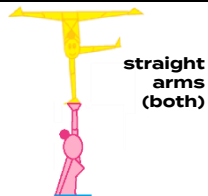

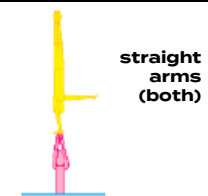
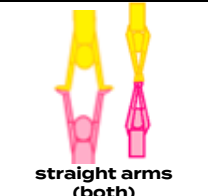


1	2
Stack (classic) OR Stack + spotter/s (1 or 2 or 3 or 4 or more)	Stack head-down Support in any position also can have spotters (from 1 to 4)
	
St	StH
1.00	1.10

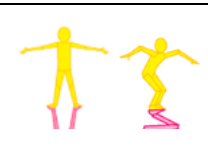
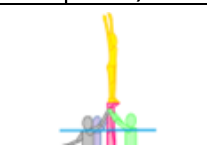
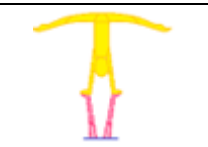

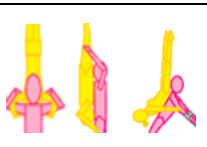
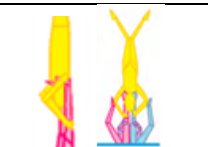
3	4	5	6
Stack 2 head-up supports (f-swimmer remains from beginning to the end on support- swimmers)	Stack 2 head-down supports	Stack 2 supports (one of them head-down)	Stack 2 head-down supports+2 featured- swimmers
			
2SupU	2SupD	2SupM	2SupD2F
1.05	1.30	1.15	1.60


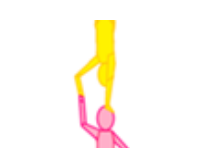
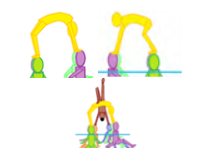



7	8	9
Simple Lift	Lift two featured- swimmers or more (they must form 1 construction) and must be connected	"Transitional Stack" (Any 2-stack formation #3-2SupU, #4-2SupD, #5-2SupM, #6-2SupD2F) with disconnection
		
Can be done from surface Can be done from surface Lift+ spotters (that join construct. later)		
L	L2F+	St>
0.70	0.80	1.025







10	11
Lift on heads (only on heads. No options as: on 2 head+on 2 shoulders etc. ON HEADS ONLY!)	Lift on heads +2 f- swimmers (the same "heads rule as in number 10)
	
LH	Lh2F
1.00	1.10

AREA OF SUPPORT/TYPE OF CONNECTION:






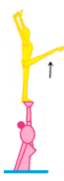

1	2	3	4	5	6
1 palm on 1 palm	F-swimmer balances by one palm on one foot of the support swimmer	F-swimmer balances on 1 palm on the "XS" type of grip of the support swimmer	Palms/Palms ∞	Feet Foot (f-swimmer) on palms (support) XS	Feet (f-swimmer) on palms (support)
					
1P1P	1P1F	Px1P	PP	FPx	FP
1.30	1.05	1.10	0.80	0.70	0.70

7	8	9	10	11	12
Feet (f-swimmer) on feet (support)	Feet (f-swimmer) on feet (support) with spotter/s	Palms (f-swimmer) on feet (support) ∞	Lower back touch shoulder blades OF THE SUPPORT (blind connection)	"Backpack" grip: Back-to-back blind connection ∞	Shoulders (f-swimmer) on feet ∞
					
FF	FF/	PF	SiSb	Bp	ShF
0.60	0.35	0.45	0.50	0.15	0.40

13	14	15	16	17	18
"Eiffel" Palms on shoulders/ palms on shoulders (not a handstand!) ∞	Palm (featured swimmer) on head (support) + palm / palm	Lift on 2-4 heads of base-swimmers	All f-swimmer's body on palms (lay or sit). May have additional conn. to support <i>*Supports arms ABOVE or same level as head!</i>	Sit or lay on shoulders	Feet (f-swimmer) on shoulders (support)
					
E	PH/	LiH	AP	SiS	FS
0.35	1.05	0.30	0.35	0.10	0.025

19	20	21	22	23	24
Foot on a shoulder + can have connection with support athlete ∞	"Lemur" Construction 2 support athletes with at least 1 head-up.	"Tower" Construction 2 supports head-down, f-swimmer lay, stand, hang, sit on their hands or in a head-down position	Simple lift (base athletes hold f-swimmer) Or "Full body" Lift on hands <i>Note: f-swimmer may support on head/s of base-swim/ spotters</i>	"Chameleon" Construct. 2 supports, one of them h-down; f-swimmer connects to them by stomach, hands and legs (3 points)	"Twins" f-swimmer holds stomach of support/support holds the pelvis of f-swimmer Or f-swimmer holds shoulders of spotter/ support holds pelvis of f-swimmer
					
F1S	Le	Tow	Li	Ch	Tw
0.10	0.15	0.125	0.10	0.30	0.10

25	26	27	27	29	30
----	----	----	----	----	----

Lay/Hang on Feet 	Sit on feet or 1 foot of the support-swimmer	Construction 2 support athletes head-up, f-swimmer 1 leg stays on head of 1st support and 2nd leg on palms (near head)	Sit, stand or lay on Stack or Stack head-down+ spotter/s	1 foot on 1 palm	1 foot on 1 foot <i>*Note: Leg of the support-swimmer on which f-swimmer balances must be straight. The leg on which f-swimmer stands must be straight.</i>
					
LayF 0.15	SiF 0.20	1FH+1FP 0.55	S+ 0.05	1F1P 1.25	1F1F 1.10

ROTATION OF THE CONSTRUCTION BASE:






Type	Degree of rotation					
	90°	180°	360°	540°	720°	To be used with these type of connections
Value* for Stack where: The support-swimmer is head up and the legs of the featured-swimmer are not at 135-180 degrees throughout the rotation. *Support-swimmer with featured-swimmer on top rotates on the vertical axis. OR In 2 Support const. (# 3 ie.2SupU), one of the supports twirls (or turns more than 180) and f-swimmer remains connected to both support-swimmers while one of them is rotating.	-	r0.5	r1	r1.5	-	#5 - FPx #6 - FP #10 - SiSb #11 - Bp #13 - E #16 - AP #17 - SiS #19 - F1S #24 - Tw #28 - S+ And possible: #29 (1F1P) and #30 (1F1F)
Value* for Stack where the featured-swimmer stands on 2 feet on the shoulders of the support-swimmer. *Support-swimmer with featured-swimmer on top rotates on the vertical axis.		r0.5/ 0.05	r1/ 0.10	r1.5/ 0.15	-	FS connection (#18)
Value* for Stack head-up where featured-swimmer stands on 1 leg and other one is at 135 to 180 degrees. <i>Note: the pos. must be maintained through the whole rotation of the construction (or pos 2 must be with equal "leg-position" degree (135-180) to first pos (ie Eye, Needle, Sail, Vertical Split to Glass etc).</i> *Support-swimmer with featured-swimmer on top rotates on the vertical axis.	-	r0.5+ 0.125	r1+ 0.225	r1.5+ 0.325	r2+ 0.425	To be used with connections: #5 - FPx / #6 - FP #19 - F1S Possible: #29 (1F1P) and 30 (1F1F) only if the leg remains through rotation in 135-180-degree for all 2 or more positions
Value* for Stack where featured-swimmer is in "Handstand" connections categories. OR Value for Stack when Support-swimmer is head-down *Support-swimmer with featured-swimmer on top rotates on the vertical axis.	-	r0.5! 0.15	r1! 0.25	r1.5! 0.35	r2! 0.45	Handstands connections: #1 - 1P1P / #2 - 1P1F #3 - Px1P / #4 - PP #9 - PF / #14 - PH/ OR When support-swimmer is head-down in construction #2 (1P1F), and possibly #9 (PF). It will be automatically used for connections: #7 - FF / #8 - FF/ #12 - ShF / #25 - LayF #26 - SiF #28 (S+) if support-swimmer is head-down #30 - 1F1F
Value for Lift Big water resistance for base athletes while all construction rotates including base-swimmers. Rotation starts from the surface, not from underwater. <i>Note: the same rot. of the construction is possible to happen in group C, while main f-swimmer fly above rotating lift. In this case TC must see arms of base-swimmers and identify a turn (TC must that the whole formation turns)</i>	r/L 0.40	r0.5L 0.50	r1L 0.80	-	-	To be used with connections: #15 - LiH #22 - Li





BONUSES:

Dbl	0.20	Synchronized actions for double acrobatic movements	
Pos3	0.05	Third Position	
Twirl	0.10	"Twirl" of f-swimmer in group B 180-360 (head-up or head-down).	Can't be in the same acro! You need to choose one of these
RotF	0.10	Featured-swimmer rotates on feet of support 180-360°	
Hold	0.50	Long holding lift (3 seconds and more)	
SdUp	0.10	Stand-up (lifting torso) from head-down position - Example: Needle to Heron	
Moon	0.25	"Moonwalk": Lift-up from split, legs sliding and changing place and opening back to the split on surface	
Wave	0.10	"Wave" movements (featured-swimmer/s must be lifted away from surface)	
Mov	0.30	Moving base lift (base-swimmers move backward and then return) OR Moving base lift (base-swimmers pass through each-other (under f-swimmer)	




This is a resource/reference only, please always refer to the written rules as per the Team Acro Catalogue (Appendix 7)






GROUP P (Please use the Position Charts from GROUP B)
CONSTRUCTION:






1	2	2A	3	4
Platform (Support straight body) Or Box construction	Straight body with bent knees	Platform (Support Ballet Leg)	Platform (Support Dbl. Ballet Leg)	Platform (Support on stomach with bent knees) or in arch "Chariot"
				
P	Knees	B	DB	Chariot
1.00	1.05	1.20	1.30	1.15

5	6	7	8
Platform from 2 supports (any variations: straight bodies, 1 or 2 Double or Single Ballet Leg or any combination of above 2S)	Platform "Flower" (3-7 swimmers form a support from legs) + Others are base-swimmers <i>Min. requirement: 1 base-swimmer + 3 support-swimmers + 1 f-swimmer = total 5 athletes</i>	Platform made from hands (may or may not have base swimmers)	Platform 4 levels
			
2S	Flower	Hand	P4
1.10	1.00	0.80	1.20





AREA OF SUPPORT/TYPE OF CONNECTION:



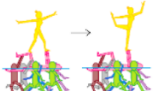


1	2	3
Sit or Lay on straight body also apply: (Sit, Lay, Head-down or stand) on Flower construction	Stand (two legs, feet) on straight or arched body or hands or ballet leg/s	Stand (two legs, or 1 foot) on straight or arched body or hands or ballet leg/s+ blind connect to support
		
SiA	F2A	FAb
0.05	0.20	0.30





4	5	6	7	8
3 POINTS (Stand 1 leg + 2 hands) on straight body/s Or (Stand on 1 leg+ palms/palms connection) <i>(can have additional help from base-swimmers)</i>	Stand 1 leg on straight body or hands or shoulder	Headstand on straight body or Head between legs or Head between hands	Shoulders on palms + connect or touch (lay) on bent knees	Any 3-point connection with straight body bent knees
				
3pA	1FA	HA	SP+K	3pK
0.15	0.40	0.10	0.25	0.35

9	10	11	12	13
3 points of support blind connect	Foot on a ballet leg body + palm/foot <i>(can have additional support with another ballet leg/s)</i>	Shoulders on palms + connect with leg or 2 legs	Sit on feet or 1 foot+ blind palms/palms	Shoulders on feet+ connect to palms
				
3pb	FA+PF	SP+L	SiF+Pb	ShF+P
0.40	0.25	0.35	0.35	0.30

14	15	16	16*

Sit or Lay on feet (or foot) + palms/palms or sit/lay on feet/foot +shoulders/ palms connection	4 points of connection	Handstand on a big area/s of support (2 palms) <i>Have additional help from base-swimmers</i>	Bridge or any 4 "blind" points of support on straight/arched bodies or legs or hand platform <i>(can have extra help from base-swimmers)</i>
			
L/SiF+P 0.30	4p 0.10	2pA 0.275	4pAb 0.30

17	18	19	20	21
Bridge on a double ballet leg. F-swimmer can be facing any way.	2 points of support on Knees+ palms	Onto 1 foot on Palms	3 blind point support on 2S <i>Can be used for construction B</i>	3 point support on 2S (construction #5) +connect to ballet leg
				
Bb 0.40	2pK 0.20	>F1P 0.60	3pBb 0.65	3pB+b 0.45

22	23	24	25
F-swimmer perf. 1 arm handstand on a palm of platform with additional connect to support- swimmer (leg)	Platform holds a featured-swimmer standing on 1 leg on X-small support - palm to foot	Sit on 2 feet (ballet legs) +extra connect to leg of the support with disconnection	Hanging on 2 ballet legs +help from base
			
>1P1P/ 0.65	1Fxs/ 0.55	On2b 0.40	2b/ 0.55

ROTATION OF THE CONSTRUCTION BASE:

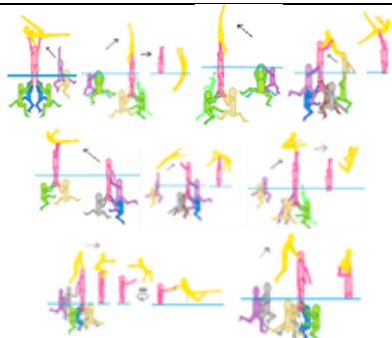
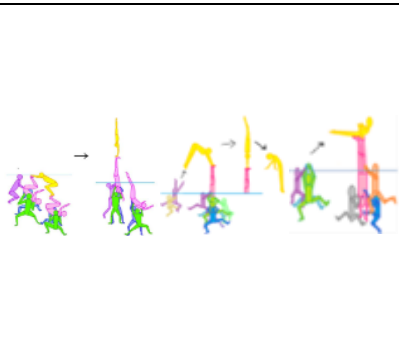

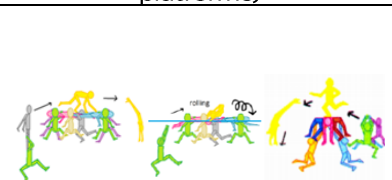



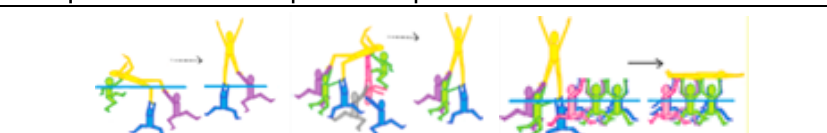


Type	Degree of rotation		
	90°	180°	360°
Value for platform (all construction rotates including base-swimmers) where the featured-swimmer does not sit or lay on construction The platform is made with a horizontal support-swimmer(s)	Pr 0.20	Pr0.5 0.30	Pr1 0.40
Value for Platform (all construction rotates including base-swimmers) where the featured-swimmer sits/lays on construction	Pr/ 0.05	Pr0.5/ 0.10	Pr1/ 0.15
Value for construction made from hands (#7 - Hand)	-	P0.5h	P1h
	-	0.25	0.30
Value for platform made from legs with 2 support-swimmers or more (constructions #5 - 2S, #6 - Flower)	Pr// 0.30	Pr0.5// 0.40	Pr1// 0.50



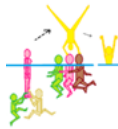
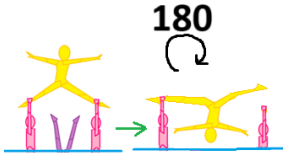


BONUSES:

DbI	0.20	Synchronized actions for double acrobatic movements	
Pos3	0.05	Third Position	
UP	0.30	Platform made from hands, which are “out of the water” (not on the surface). Must hold 3 seconds or more + the whole arm (from shoulder to fingers) = dry	
CH	0.15	Cartwheel or Handspring ending action after performing actions on a platform and entering the water	
MovHead	0.30	Move from Platform on to 1 or 2 spotter’s heads for finishing acrobatic movement as a Lift	
Porp	0.15	“Porpoise” start-action for f-swimmer at the beginning of the acrobatic movement to get to the main (first) position.	Can't be in the same acro! You need to choose one of these
Spich	0.50	“Spichag” power press-up from Shrimp to Bamboo/or in opposite direction: power-lowering from Bamboo to Shrimp.	
Trav	0.20	Travelling construction - It must be an obvious movement from one spot to another. May start moving from underwater while ascending	
Stand	0.10	After handstand/head-down position/s f-swimmer lowers legs on a platform and stands-up (ex: from Needle to Stand position, or from Owl to Stand position)	
Dive	0.05	Dive, Dismount or Half Somersault at the end of the platform F-swimmer performs a dive, dismount or half somersault (may have twist around self while diving) to enter the water	Can't be in the same acro! You need to choose one of these Same allowance rules for somersaults and twists apply in these bonuses
Ps1	0.10	At the end of the platform, the f-swimmer performs 360° somersault to enter the water	
Ps1t0.5	0.15	At the end of the platform, the f-swimmer performs 360° somersault + half twist to enter the water	
Ps1op	0.30	At the end of the platform, the f-swimmer performs 360° somersault and open to a straight body position to enter the water	
Ps1t0.5o	0.40	At the end of the platform, the f-swimmer performs 360° somersault + half twist and open to a straight body position to enter the water	
Ps1t1	0.25	At the end of the platform, the f-swimmer performs 360° somersault + 1 twist to enter the water	
CH+	0.20	Handspring with connection	
Roll	0.20	“Roll” on the construction and/or “rolling” (connected arching- action of platform construction, when f-swimmer submerges after 90° and support-swimmer follows showing 180° arch-action above surface) entrance in the water. Can't be declared twice! It is a beginning and/or ending action	
Box	0.20	Lifting in a “Box” and lowering back	
Spider	0.075	“Spider” action: Platform, 2 support formation: f-swimmer twists in the shoulder and thigh joints and appears from underwater on a construction	Can't be in the same acro! You need to choose one of these
Climb	0.05	Climb onto the platform from under the water (inside the construction)	
Fall	0.05	Fast fall down inside construction	Can't be in the same acro! You need to choose one of these
F-Turn	0.10	Fast fall down inside platform construction with 360°+ turn (must be completed by waist respecting the allowances)	
Swim	0.20	Change of Featured-Swimmer: Coach declares position/s and type of connection of a second f-swimmer	
Arch	0.30	From underwater, non-stop transition to a Position 1 Queen (demonstrating a 2 nd position head-down is optional) and stand-up back on 2 feet (may have help from base-swimmer)	

This is a resource/reference only, please always refer to the written rules as per the Team Acro Catalogue (Appendix 7)

GROUP C (Please use the Position Charts from GROUP A + GROUP B)
CONSTRUCTION:

1 Transit or Jump on Stack from any kind of throw	2 Transit or jump onto Stack h-down from any kind of throw	3 Through: 2 pair (One of them can be head-down) +f-swimmer (Can be transit)
		
Thr>St	Thr>StH	Thr>Pair
1.125	1.20	0.675
4 To 2-3 or more floats (swimmers floating on a surface connected to each other) from any kind of throw (Can be as transit/May remain on platforms)	5 Any kind of throw on a float (1 support-swimmer is floating on surface). F-swimmer may continue to move and enter the water (Can be as transit / Can continue movement)	6 Fly above Lift on heads from any kind of throw
		
Thr>FF	Thr>F	Thr^Lh
1.125	0.875	1.575
7 Fly above 2nd formation (lift, pair acro, stack, stack h-down) from any kind of throw	8 Simple lift + «spotter/s»: 2 formations of base-swimmers gather under 1 f.swimmer and: Opt 1: F-swimmer pushed and stands up onto 2 nd formation Opt 2: F-swimmer pushed up and falls onto 2 nd formation	
		
Thr^2F	L+spot >	
1.175	0.775	
9 Through formation from hands from any kind of throw/push Can be as transit. Arms might be on the surface		10 2 Jumps from throws (2 featured-swimmers in connection with each-other)
		
Thr >hand>		Thr+Thr
0.875		1.275

11	12	13
Snake-type <i>(1 f-swimmer after showing balance stack becomes airborne in connect/ together with support-swimmer, after showing arc-dive both enter water 1-by-1 while still keeping the connect)</i>	On lift from any kind of throw with connection! <i>(means there must be a connect. between f-swimmer and lift after take-off phase). Can be transit / f-swimmer may remain on the 2nd/main formation</i>	Through 1, 2 or 3 heads from any kind of throw Can be as transit
		
Sn	Thr>L	Thr>head>
1.175	1.075	1.075
14	15	16
2 mini-Stack (head-up) +spotter (head-up or head-down). <i>Starts as 2 support Stack, after reaching max height f-swimmer pushed by one of the supports and disconnects to perform actions in air while keeping connect. with 2nd support-swimmer)</i>	Throw onto Small-Square formation	Transit or jump on 2-Stacks from any kind of throw
		
2Sup+	Thr>Sq	Thr>St2
1.075	1.375	1.225

DIRECTION: The same as in group A, plus on additional special direction for group C

Blind back jump: No connection between featured-swimmer and main construction before jump	BIn	0.20
--	------------	-------------

ROTATION OF THE CONSTRUCTION BASE:

Type	Degree of rotation			
	90°	180°	360°	540°
Value* for Stack If the featured-swimmer AND the Support-Swimmer are NOT in head-down position (constructions #1, possible #12)	-	Cr0.5	Cr1	Cr1.5
<i>*Support-swimmer with featured-swimmer on top rotates around self after landing or reaching max height stop-point</i>	-	0.2	0.3	0.4
Value* for Stack If the featured-swimmer AND/OR the Support-Swimmer is in head-down position (constructions #2, possible #12)	-	Cr0.5!	Cr1!	Cr1.5!
<i>*Support-swimmer with featured-swimmer on top rotates around self after landing or reaching max height stop-point</i>	-	0.3	0.4	0.5
Value for Lift on heads while featured-swimmer flies above it <i>Note: the same rule as in group B (where in Lift construction)- the whole construction rotates. This applies to group C too, where in Lift-formation base-swimmers move to another spot in the water with f-swimmer on top. (NOT ARIANA turn!!!!!!) (construction #6)</i>	-	Cr0.5L	-	-
	-	0.4	-	-
Value for the platform (formation) after featured-swimmer lands on it (constructions #4, 5)	-	CP0.5	-	-
	-	0.4	-	-
Special rotation for the second formation in Thr^2F construction (TC look at the rotation of the f-swimmer) (construction #7)	-	2F0.5	2F1	-
	-	0.25	0.35	-

PLANE AND DEGREE OF THE ROTATION:

TWISTS IN GROUP C:		
180°	Ct0.5	0.025
360°	Ct1	0.05
540°	Ct1.5	0.10
720°	Ct2	0.20
900°	Ct2.5	0.25
1080°	Ct3	0.35

SIDE SOMERSAULTS IN GROUP C:		
360°	Cf1	0.30
540°	Cf1.5	0.50
720°	Cf2	0.60

CARTWHEEL/HANDSPRING IN GROUP C:		
Cartwheel	Cc	0.05
Cartwheel + 1/2 twist	Cct0.5	0.10
Cartwheel + 1 twist	Cct1	0.15
Handspring	Ch	0.05
Handspring + 1/2 twist	Cht0.5	0.10
Handspring + 1 twist	Cht1	0.15
Handspring + 1 somersault	Chs1	0.25

SOMERSAULT/DIVE IN GROUP C:		
Dive/180 somersault	Cd	0.025
1/2 twist + dive	Cdt0.5	0.05
1 twist + dive	Cdt1	0.10
1.5 twist + dive	Cdt1.5	0.15
360° somersault	Cs1	0.20
540° somersault	Cs1.5	0.40
1/2 somersault + 1/2 twist	Cs0.5t0.5	0.125
1 somersault + 1/2 twist	Cs1t0.5	0.35
1 somersault + 1 twist	Cs1t1	0.40
1 somersault + 1.5 twist	Cs1t1.5	0.45
1 somersault + 2 twists	Cs1t2	0.50
360° straight body somersault	Css1	0.30
1 straight somersault + 1/2 twist	Css1t0.5	0.45
1 straight somersault + 1 twist	Css1t1	0.50
1 straight somersault + 1.5 twist	Css1t1.5	0.60
1 straight somersault + 2 twists	Css1t2	0.65
1 straight somersault + 2.5 twists	Css1t2.5	0.70
540° somersault + open	Cs1.5o	0.60
1 somersault + 1 twist + open	Cs1t1o	0.55
1 somersault + 1.5 twist + open	Cs1t1.5o	0.65
1 somersault + 2 twists + open	Cs1t2o	0.75

BONUSES:

Dbl	0.20	Synchronized actions for double acrobatic movements	
Pos3	0.05	Third Position	
Jump	0.20	Jump on Stack and remain on it until submergence	Can't be in the same acro! You need to choose one of these
Jump>	0.10	Jump and pass through the 2nd formation (no connection between f-swimmer and support/s of 2nd formation in the beginning. Connection happens after flying phase (minimal requirement))	
On1Foot	0.40	Jump from any kind of Throw, onto 1 foot of support-swimmer (2nd formation) and balance on 1 palm while performing actions.	
1F>1F	1.50	Jump of featured swimming landing with 1 foot onto 1 foot of the support-swimmer (2nd formation) and balancing on the 1 foot while performing actions.	
Slip	0.10	F-swimmer "Slips through" after jump between support's legs (support is h-up) or hands (can have connect. between f.swimmer and support/s of 2nd formation)	
Bey	0.10	"Beyonce fall" (from lift - blind fall backwards on other formation made from hands)	
Run	0.20	Running on the 2+ backs: torso of f-swimmer=vertical). F-swimmer must step on each declared back (in construction)	Can't be in the same acro! You need to choose one of these
BRun	0.40	"Blind run" on the backs: F-swimmer jumps backwards, or jumps turns and then runs backwards, stepping on each of declared backs (in construction)	

Cx	0.20	Connection between 2 featured-swimmers (may be broken in the end of acrobatic movement before entering water)
Twirl	0.05	Twirl of a featured-swimmer: Rotation of the f-swimmer around self to the left or to the right on longitudinal axis (that is done not in the air like twist or somersault)
C-Roll	0.10	“Rolling” on top of the construction - Can be declared twice during 1 acro <i>(Rolling: f-swimmer, climbs on support-swimmer, crouches down, places hands shoulder width apart and facing forward. F-swimmer tucks their chin to their chest and places the back of their head onto support-swimmer. They then push off the spotter with their legs and rotate over their head onto their back)</i>
Turn	0.25	Lift up from split (h-up) + f-swimmer disconnects with one of the supports, makes a rotation 180 in sagittal plane (still in connection with second support).