Elementen voor limieten junioren en senioren

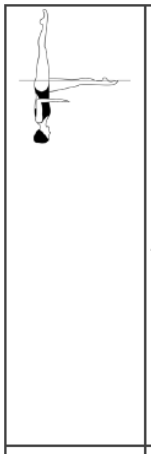
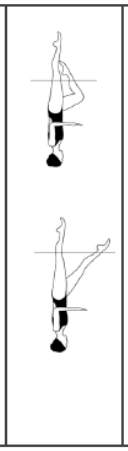
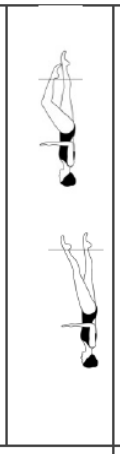
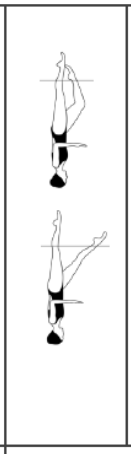
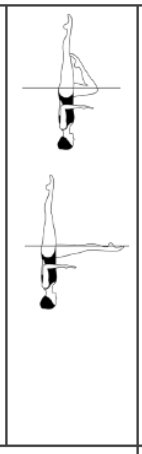
concept

Geldig vanaf 01-01-2027

groep	element	naam	DD
1	Team 1A	Fouetté 540° Helicopter	2.2
	Solo 2	Clepsydra	3.5
2	Team 2A	Cyclone Full Twist	2.8
	Solo 3B	Porpoise Two Directions Spin up 720°	3.1
3	Team 3A	Thrust spin 360°	2.1
	Duet 3	Sundial	3.6
4	Team 4B	Rocket Split Spin 180°	2.3
	Solo 4B	Pacific	3.5
5	Team 5B	Elaris Combined Spin 720°	3.4
	Duet 2B	Rocket Split Catch 180°	2.4

Groep 1 Team 1A Fouetté 540° Helicopter 2.2

From a **Fishtail Position** three descending *Fouetté Rotations* (540°) are executed, followed by three ascending *Fouetté Rotations* (540°). Continuing in the same direction a rapid *Helicopter Continuous Spin 720º* is executed.

								Total
NVT=	21.0			23.0			29.5	
PV =	2.86			3.13			4.01	

Groep 1 Solo 2 Clepsydra 3.5

From a **Front Layout Position**, the back arches as one leg is lifted in a 180° arc over the surface of the water to a **Split Position**. A rapid 180º rotation is executed as the back leg is moved horizontally through the surface of the water as the front leg is lifted into a vertical to assume a **Knight Position**. Maintaining the 90° angle between the legs, the horizontal leg rapidly moves to vertical as the vertical leg simultaneously continues its arc to the surface of the water to assume a **Fishtail Position**. Maintaining the 90º angle between the legs, a rapid 180º rotation is executed while the horizontal leg is lifted to vertical and the vertical leg is lowered to the surface of the water to assume a **Knight Position**. The vertical leg is lowered to a **Surface Arch Position** and with continuous motion an *Arch to Back Layout Position* is executed.

							Total
NVT=	48.0	21.5	22.0	27.0	18.5	7.0	144
PV=	3.33	1.49	1.53	1.88	1.28	0.49	10

Groep 2 Team 2A Cyclone Full Twist 2.8

From a **Back Layout Position** a *Bent Knee Surface Arch is assumed*. The legs are simultaneously lifted to a **Vertical Position** as a 360° rotation is executed. Continuing in the same direction a *Half Twist* is executed. The legs are lowered simultaneously to a **Bent Knee Surface Arch Position** as a 360° rotation is executed. The bent leg straightens to the **Surface Arch Position** and with continuous motion an *Arch to Back Layout Position* is executed.

							Total
NVT=	17.5	23.0	21.0	26.0	11.5	7.0	106
PV =	1.65	2.17	1.98	2.45	1.08	0.66	10

Groep 2 Solo 3B Porpoise Two Directions Spin up 720° 3.1

From a **Front Pike Position**, the legs are lifted into a **Vertical Position** as a rotation of 360° is executed. A *360° Spin* is executed in the opposite direction, followed by a *Spin Up 720* ° in the opposite direction. Continuing in the same direction as the Spin Up a *Continuous Spin 720°* (2 rotations) is executed.

					Total
NVT=	37.0	19.0	30.0	34.0	120
PV=	3.08	1.58	2.50	2.83	10

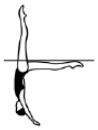
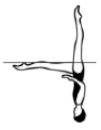
Groep 3 Team 3A Thrust spin 360° 2.1

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface of the water, a *Thrust* is executed to a **Vertical Position**. A rapid *Spin 360º* is executed. A rapid *Vertical Descent* is executed.

				Total
NVT=	31.0	39.0	0	70
PV=	4.43	5.57	0	10

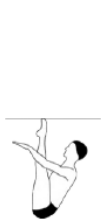
Groep 3 Duet 3 Sundial 3.6

From a **Front Layout Position**, the back arches as one leg is lifted in a 180° arc over the surface of the water to a **Split Position**. The front leg then lifts to a **Knight Position**. The foot of the horizontal leg is moved in a horizontal arc of 180° at the surface of the water to a **Fishtail Position**. Maintaining the 90° angle between the legs, the horizontal leg moves to vertical as the vertical leg simultaneously continues its arc to the surface of the water to assume a **Knight Position**. From the **Knight Position**, the vertical leg is lowered rapidly to the surface of the water as the horizontal leg bends at the knee to assume a **Bent Knee Surface Arch Position**. The bent leg is straightened to assume a **Surface Arch Position**. With continuous motion an *Arch to Back Layout Position* is executed.

								Total
NVT=	48.0	17.5	18.0	25.0	20.5	11.5	7.0	147.0
PV=	3.25	1.19	1.22	1.69	1.39	0.78	0.47	10

Groep 4 Team 4B Rocket Split Spin 180° 2.3

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface of the water, a *Thrust* is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position**. Without a pause the legs are symmetrically lifted to join to **Vertical Position**. A rapid *Spin 180º* is executed followed by a *Vertical Descent* at the same tempo as the *Thrust*.

						Total
NVT=	31.0	17.0	13.0	19.0	0	80
PV =	3.88	2.13	1.63	2.38	0	10

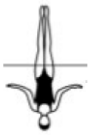
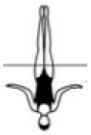
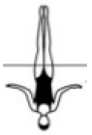
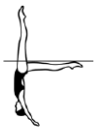
Groep 4 Solo 4B Pacific 3.5

From a **Back Layout Position** a *Surface Arch Position is assumed*. One leg is lifted to assume a **Knight Position**. The horizontal leg is lifted to a **Vertical Position**. A 180° rotation is executed as the legs open symmetrically to assume a **Split Position**. The legs symmetrically close to a **Vertical Position**. The legs are simultaneously lowered into a **Bent Knee Surface Arch**. The bent leg is straightened to assume a **Surface Arch Position**. With continuous motion an *Arch to Back Layout Position* is executed.

									Total
NVT=	12.0	23.5	26.5	20.0	20.0	21.0	11.5	7.0	141.5
PV=	0.85	1.66	1.87	1.41	1.41	1.48	0.81	0.49	10

Groep 5 Team 5B Elaris Combined Spin 720° 3.4

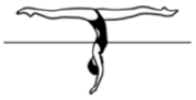
Maintaining height in a **Vertical Position**, one clearly defined pattern change is executed by all athletes. A rapid *Combined Spin 720°* is executed. Without a pause, the hips rotate 90° as one leg is rapidly lowered to a **Knight Position**. The vertical leg is then lowered to a **Surface Arch Position** and with continuous motion an *Arch to Back Layout Position* is executed.

						Total
NVT=	38.0	50.0	23.5	18.5	7.0	137
PV =	2.77	3.65	1.72	1.35	0.51	10

Let op! Geen pattern change! Wel minimaal 1,5 meter verplaatsen. Dit wordt zichtbaar onder water aangegeven middels loodlijnen.

Groep 5 Duet 2B Rocket Split Catch 180° 2.4

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface of the water, a *Thrust* is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position** followed by a *Catch* in a maximum sustained **Vertical Position**. A rapid *Spin 180°* is executed followed by a *Vertical Descent*.

						Total
NVT=	31.0	17.0	18.0	19.0	0	85.0
PV=	3.65	2.00	2.12	2.24	0	10