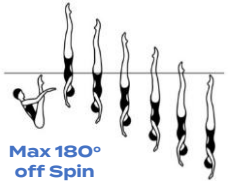
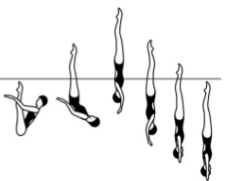
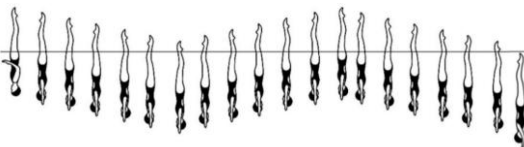
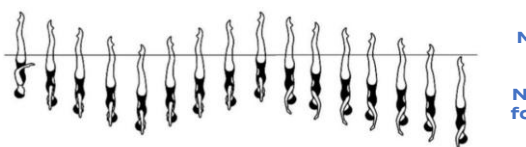

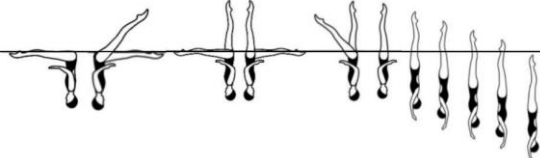
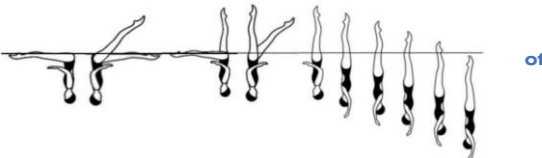

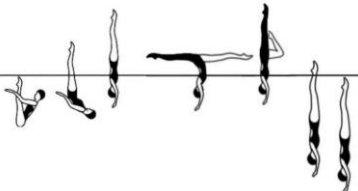
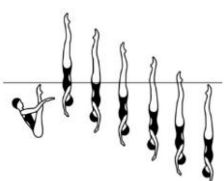
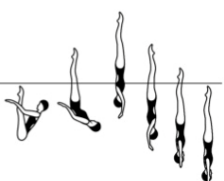
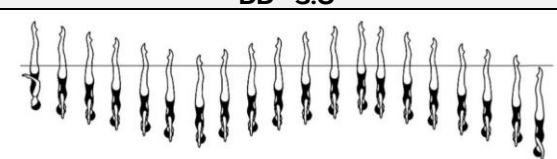
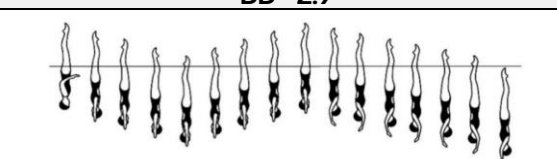
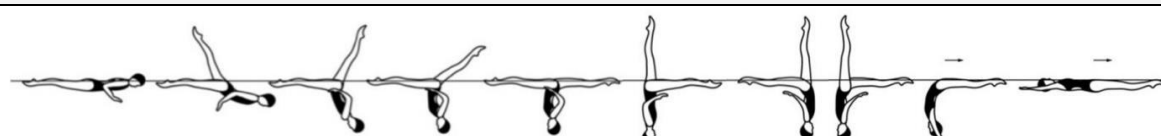
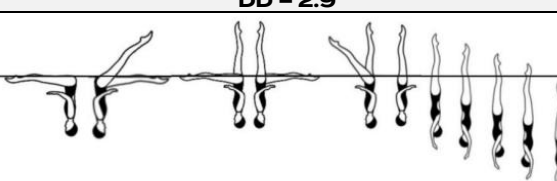
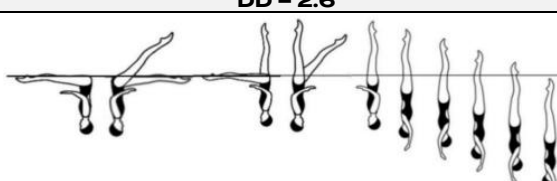
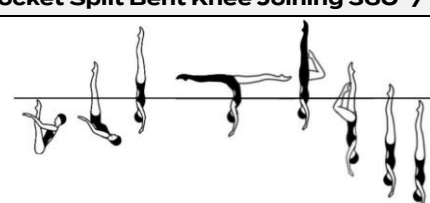
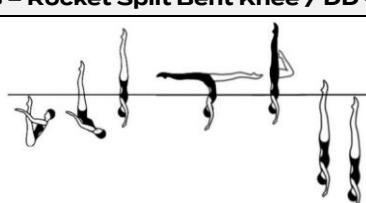
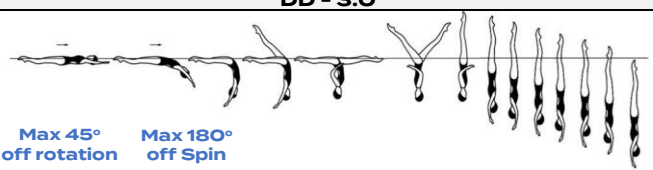
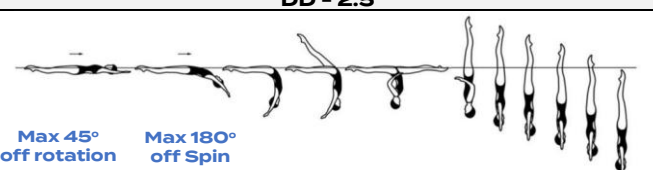
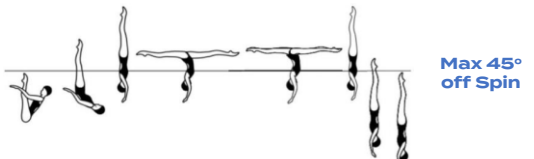
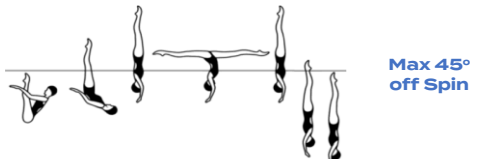
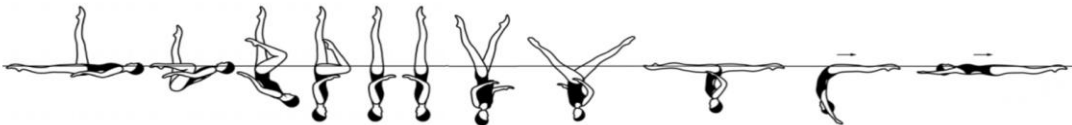
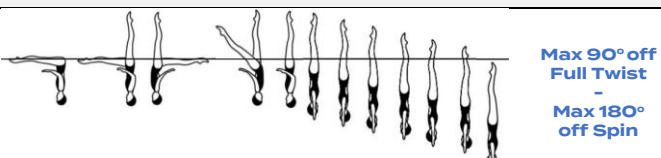
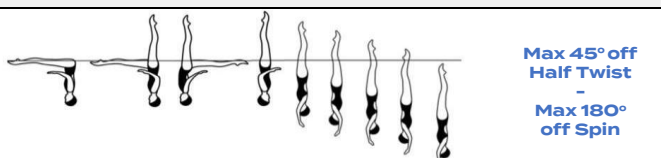
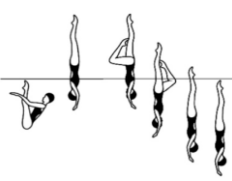
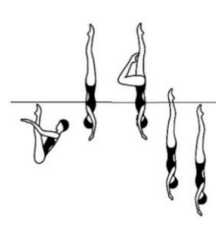


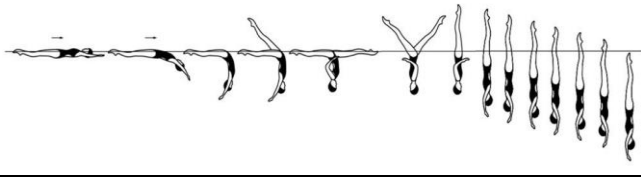
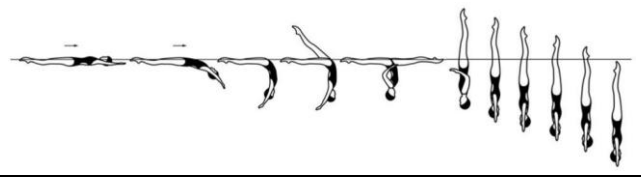
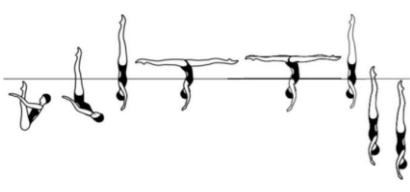
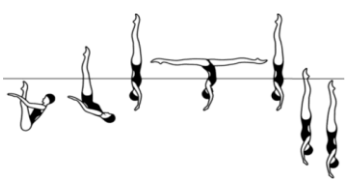
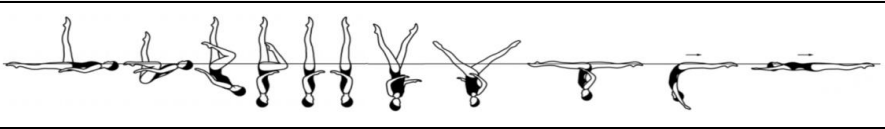
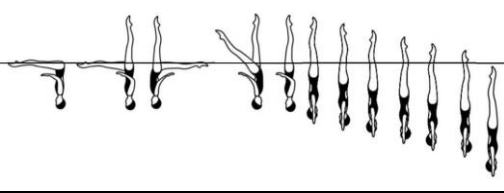
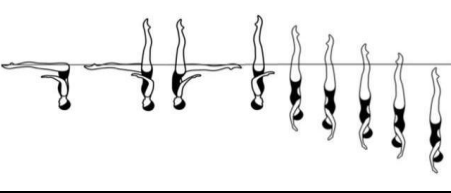
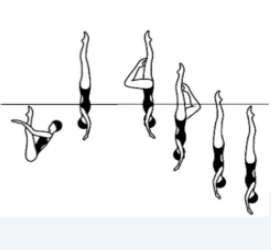
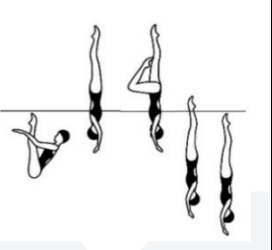
<p><b>1A – Thrust Continuous Spin 720° / DD - 2.7</b></p>  <p>Max 180° off Spin</p> <p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface, a <b>Thrust Continuous Spin 720°</b> (2 rotations) is executed.</p>	<p><b>1B – Thrust Spinning 360° / DD - 2.1</b></p>  <p>Max 90° off Spin</p> <p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface, a <b>Thrust Spinning 360°</b> (1 rotation) is executed.</p>
<p><b>2A – Combined Spin 1080° – Continuous Spin 1080° DD - 3.0</b></p>  <p>Max 180° off Cont. Spin - No allowance for Combined Spin</p> <p>From a <b>Vertical Position</b> a <b>Combined Spin</b> of 1080° is executed (3 rotations + 3 rotations). Continuing in the same direction and without a pause a <b>Continuous Spin 1080°</b> (3 rotations) is executed.</p>	<p><b>2B – Combined Spin 720° – Continuous Spin 1080° DD - 2.7</b></p>  <p>Max 180° off Cont. Spin - No allowance for Combined Spin</p> <p>From a <b>Vertical Position</b> a <b>Combined Spin</b> of 720° is executed (2 rotations + 2 rotations). Continuing in the same direction and without a pause a <b>Continuous Spin 1080°</b> (3 rotations) is executed.</p>
<p><b>3 – Swordfish Straight Leg – Knight / DD - 3.2</b></p>  <p>Max 45° off 180° rotations</p> <p>From a <b>Front Layout Position</b>, the back arches as one leg is lifted in a 180° arc over the surface to a <b>Split Position</b>. A hip rotation of 180° is executed as the front leg is rapidly raised to assume a <b>Fishtail Position</b>. Maintaining the vertical alignment of the body and with accelerating speed, the foot of the horizontal leg is moved in a horizontal arc of 180° at the surface to a <b>Knight Position</b> and with continuous motion and continuing in the same direction an additional 180° rotation is executed. The vertical leg is lowered to a <b>Surface Arch Position</b> and with continuous motion an <b>Arch to Back Layout Finish Action</b> is executed.</p>	
<p><b>4A – Fishtail Half Twist – Continuous Spin 720° DD - 2.9</b></p>  <p>Max 45° off rotations - Max 45° off Twist - Max 180° off Spin</p> <p>From a <b>Front Pike Position</b>, a rotation of 360° is executed as one leg is lifted to a <b>Fishtail Position</b>. Continuing in the same direction a <b>Half Twist</b> in a <b>Fishtail Position</b> is executed. Continuing in the same direction another rotation of 360° is executed, as the horizontal leg is lifted to a <b>Vertical Position</b>. Continuing in the same direction, a <b>Continuous Spin</b> of 720° (2 rotations) is executed.</p>	<p><b>4B – Fishtail – Continuous Spin 720° DD - 2.6</b></p>  <p>Max 45° off rotations - Max 180° off Spin</p> <p>From a <b>Front Pike Position</b>, a rotation of 360° is executed as one leg is lifted to a <b>Fishtail Position</b>. Continuing in the same direction another rotation of 360° is executed, as the horizontal leg is lifted to a <b>Vertical Position</b>. Continuing in the same direction a <b>Continuous Spin</b> of 720° (2 rotations) is executed.</p>
<p><b>5A – Rocket Split Bent Knee Joining 360° / DD - 2.4</b></p>  <p>Max 90° off Spin</p> <p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface, a <b>Thrust</b> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b>. The back leg is rapidly lifted to vertical and the front leg bends to assume a <b>Bent Knee Vertical Position</b>. A rapid 360° Spin is executed as the bent knee is extended to a <b>Vertical Position</b> completed as the ankles reach the surface of the water followed by a <b>Vertical Descent</b> at the same tempo as the <b>Thrust</b>.</p>	<p><b>5B – Rocket Split Bent Knee / DD - 2.1</b></p>  <p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface, a <b>Thrust</b> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b>. The back leg is rapidly lifted to vertical and the forward leg bends to assume a <b>Bent Knee Vertical Position</b>. A <b>Vertical Descent</b> is executed with the bent knee extended to a <b>Vertical Position</b> completed as the ankles reach the surface of the water, followed by a <b>Vertical Descent</b> at the same tempo as the <b>Thrust</b>.</p>
<p><b>Other requirements: One (1) additional hybrid must be performed</b></p> <p><b>Allowances: Twist rotations (Half Twist, Full Twist, Twirl) and Non-Twist rotations = up to ¼ less or more</b>  <b>Continuous Spin = 180° less or more / Other Spins = up to ¼ less or more: 180° = 45°, 360° = 90°, 720° = 180°</b></p>	



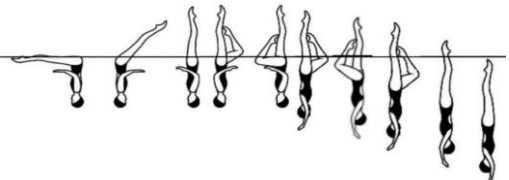
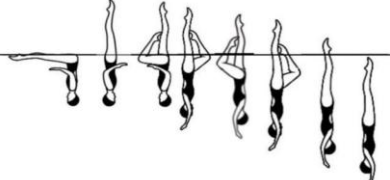
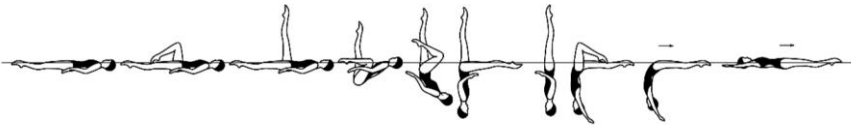
**COMMON ZERO POSSIBILITIES**

<p><b>1A – Thrust Continuous Spin 720° / DD - 2.7</b></p>  <ul style="list-style-type: none"> <li>Spin 720° not within the allowance (540° needs to be completed to the ankles).</li> <li>Stopping at ankles after 720° and doing vertical descent</li> <li>Tucking from the ankles</li> </ul>	<p><b>1B – Thrust Spinning 360° / DD - 2.1</b></p>  <ul style="list-style-type: none"> <li>Spin 360° not within the allowance (270° needs to be completed to the ankles)</li> <li>Continuing to spin after Spinning 360°</li> <li>Tucking from the ankles</li> </ul>
<p><b>2A – Combined Spin 1080° – Continuous Spin 1080° DD - 3.0</b></p>  <ul style="list-style-type: none"> <li>Unequal number of rotations in Combined Spin</li> <li>Combined or Continuous Spin not within the allowance</li> <li>If they fail to continue all spins in same direction or change direction.</li> <li>Stopping at ankles after Continuous Spin and descending / or tucking from the ankles</li> </ul>	<p><b>2B – Combined Spin 720° – Continuous Spin 1080° DD - 2.7</b></p>  <ul style="list-style-type: none"> <li>Unequal number of rotations in the Combined Spin</li> <li>Combined or Continuous Spin not within the allowance</li> <li>If they fail to continue all spins in same direction or change direction.</li> <li>Stopping at ankles after Continuous Spin and doing vertical descent / or tucking from the ankles</li> </ul>
<p><b>3 - Swordfish Straight Leg – Knight / DD - 3.2</b></p>  <ul style="list-style-type: none"> <li>At beginning if a Pike is executed instead of arching as one leg is lifted</li> <li>A minimum Split Position of 90° (0.1-2.9) not achieved</li> <li>Rotating in the wrong direction after the Knight Position</li> <li>Rotation in Knight Position not within allowance</li> </ul>	
<p><b>4A – Fishtail Half Twist – Continuous Spin 720° DD - 2.9</b></p>  <ul style="list-style-type: none"> <li>Rotation or Twist not within allowance</li> <li>Rotating in the wrong direction (they fail to continue in the same direction)</li> <li>Continuous Spin 720° not within allowance</li> <li>Stopping at ankles after completing 720° Spin and descending or tucking from the ankles</li> </ul>	<p><b>4B – Fishtail – Continuous Spin 720° DD - 2.6</b></p>  <ul style="list-style-type: none"> <li>Rotation or Twist not within allowance</li> <li>Rotating in the wrong direction (they fail to continue in the same direction)</li> <li>Continuous Spin 720° not within allowance</li> <li>Stopping at ankles at end of 720° Spin and descending / or tucking from the ankles</li> </ul>
<p><b>5A – Rocket Split Bent Knee Joining 360° / DD - 2.4</b></p>  <ul style="list-style-type: none"> <li>A min. split position of 90° (0.1- 2.9) is not achieved</li> <li>Incorrect leg bending into Bent Knee Vertical Position</li> <li>Spin 360° Spin not within allowance</li> <li>Remaining in a Bent Knee Vertical during 360° Spin</li> <li>Continuing the spin after the 360° Spin</li> <li>Tucking from the ankles</li> </ul>	<p><b>5B – Rocket Split Bent Knee / DD - 2.1</b></p>  <ul style="list-style-type: none"> <li>A min. split position of 90° (0.1- 2.9) is not achieved</li> <li>Incorrect leg bending into Bent Knee Vertical Position</li> <li>Not extending bent leg in vertical descent</li> <li>Tucking from the ankles</li> </ul>

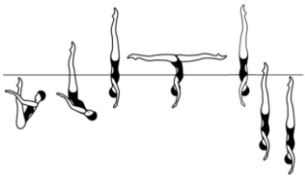
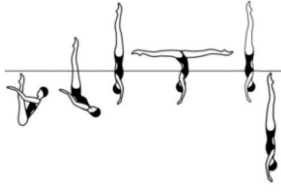
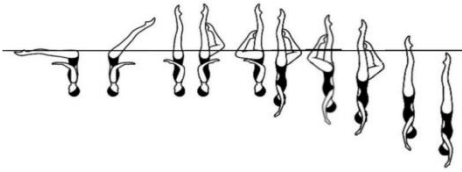
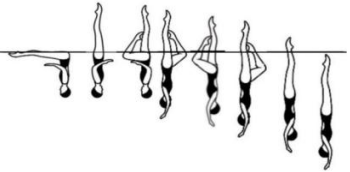
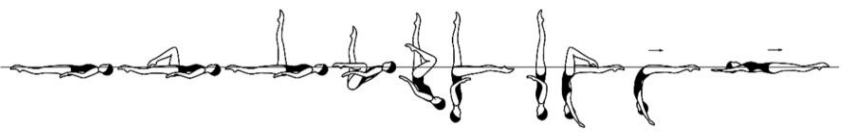
<b>1A – Walkover Back Closing 360° – Continuous Spin 1080°</b> <b>DD - 3.0</b>  <p>Max 45° off rotation Max 180° off Spin</p>	<b>1B – Walkover Back Closing 180° – Continuous Spin 720°</b> <b>DD - 2.5</b>  <p>Max 45° off rotation Max 180° off Spin</p>
<p>From a <b>Back Layout Position</b> a <b>Surface Arch Position</b> is assumed. One leg is lifted in a 180° arc over the surface to a <b>Split Position</b>. A rotation of 360° is executed, as the legs symmetrically close to a <b>Vertical Position</b>. Continuing in the same direction a <b>Continuous Spin</b> of 1080° (3 rotations) is executed.</p> <p>From a <b>Back Layout Position</b> a <b>Surface Arch Position</b> is assumed. One leg is lifted in a 180° arc over the surface to a <b>Split Position</b>. A rotation of 180° is executed, as the legs symmetrically close to a <b>Vertical Position</b>. Continuing in the same direction a <b>Continuous Spin</b> of 720° (2 rotations) is executed.</p>	
<b>2A – Rocket Split Alternating Legs – Spinning 180°</b> <b>DD - 2.8</b>  <p>Max 45° off Spin</p>	<b>2B – Rocket Split – Spinning 180° / DD - 2.4</b>  <p>Max 45° off Spin</p>
<p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface, a <b>Thrust</b> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume two alternating <b>Airborne Split Positions</b>. The legs rapidly re-join to a <b>Vertical Position</b>. A rapid 180° <b>Spin</b> is executed.</p> <p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface, a <b>Thrust</b> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b>. The legs rapidly re-join to <b>Vertical Position</b>. A rapid 180° <b>Spin</b> is executed.</p>	
<b>3 – Flamingo Bent Knee rollback - Join to VP – Half Twist – 360° open to Split – Walkout / DD – 3.1</b>	
 <p>Max 45° off Half Twist - Max 90° off rotation 360°</p>	
<p>From a <b>Surface Ballet Leg Position</b>, the shin of the horizontal legs drawn along the surface of the water to assume a <b>Surface Flamingo Position</b>. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls, while the bent leg moves to a <b>Bent Knee Vertical Position</b>. The bent leg is extended to a <b>Vertical Position</b>. A <b>Half Twist</b> is executed. Continuing in the same direction and without a pause, an additional rotation of 360° is executed as the legs are symmetrically opened to assume a <b>Split Position</b>. A <b>Walkout Front</b> is executed.</p>	
<b>4A – Fishtail – Knight – Continuous Spin 1080° / DD - 3.2</b>  <p>Max 90° off Full Twist - Max 180° off Spin</p>	<b>4B – Fishtail – Knight – Continuous Spin 720° / DD - 2.7</b>  <p>Max 45° off Half Twist - Max 180° off Spin</p>
<p>From a <b>Front Pike Position</b> one leg is lifted to a <b>Fishtail Position</b>. The horizontal leg is rapidly lifted through an arc of 180° to assume a <b>Knight Position</b>. A rapid <b>Full Twist</b> is executed as the horizontal leg is lifted to a <b>Vertical Position</b>. Continuing in the same direction a <b>Continuous Spin</b> 1080° (3 rotations) is executed.</p> <p>From a <b>Front Pike Position</b> one leg is lifted to a <b>Fishtail Position</b>. The horizontal leg is rapidly lifted through an arc of 180° to assume a <b>Knight Position</b>. A rapid <b>Half Twist</b> is executed as the horizontal leg is lifted to a <b>Vertical Position</b>. Continuing in the same direction a <b>Continuous Spin</b> 720° (2 rotations) is executed.</p>	
<b>5A – Thrust Bent Knee Twirl Spin 360° / DD - 2.3</b>  <p>Max 45° off Twirl - Max 90° off Spin</p> <p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface, a <b>Thrust</b> is executed to a <b>Vertical Position</b>. One leg is lowered to a <b>Bent Knee Vertical Position</b> as a <b>Twirl</b> is executed. Continuing in the same direction and without a pause a rapid 360° <b>Spin</b> is executed as the bent knee is extended to join the vertical leg in a <b>Vertical Position</b> completed as the ankles reach the surface of the water, followed by a <b>Vertical Descent</b> at the same tempo as the <b>Thrust</b>.</p>	<b>5B – Thrust – Bent Knee Twirl / DD 2.1</b>  <p>Max 45° off Twirl</p> <p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface, a <b>Thrust</b> is executed to a <b>Vertical Position</b>. One leg is lowered to a <b>Bent Knee Vertical Position</b> as a <b>Twirl</b> is executed. Without a pause a <b>Vertical Descent</b> is executed as the bent knee is extended to join the vertical leg in a <b>Vertical Position</b> completed as the ankles reach the surface of the water, followed by a <b>Vertical Descent</b> at the same tempo as the <b>Thrust</b>.</p>
<b>Other requirements: One (1) additional hybrid and one (1) Pair Acrobatic must be performed</b>	
<b>Allowances: Twist rotations (Half Twist, Full Twist, Twirl) and Non-Twist rotations = up to ¼ less or more</b> <b>Continuous Spin = 180° less or more / Other Spins = up to ¼ less or more: 180° = 45°, 360° = 90°, 720° = 180°</b>	

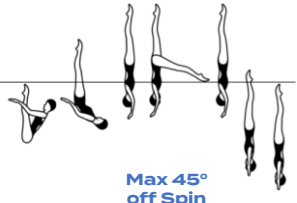
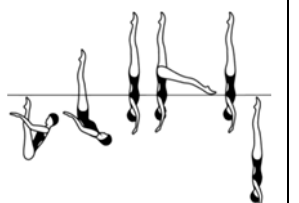

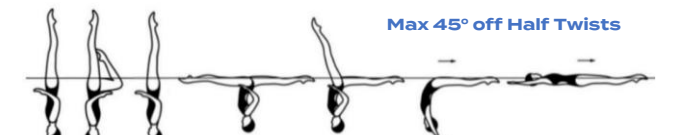
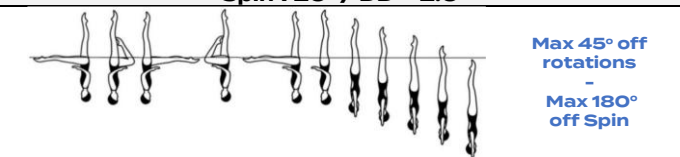
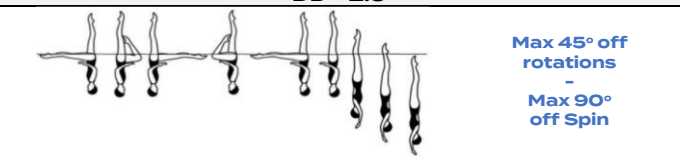
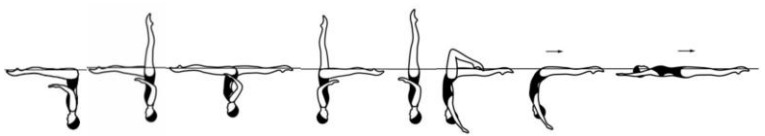
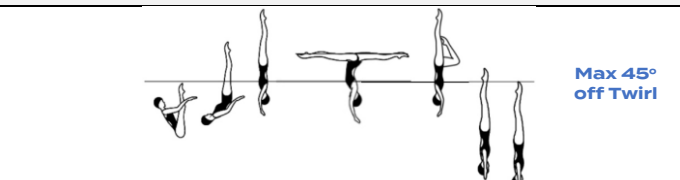
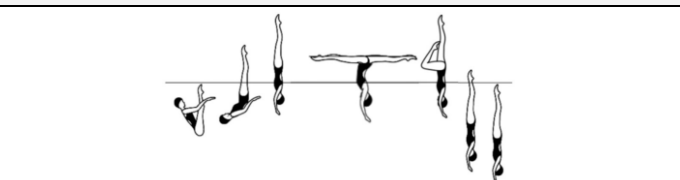
**COMMON ZERO POSSIBILITIES**

<b>1A – Walkover Back Closing 360° – Continuous Spin 1080°</b> <b>DD - 3.0</b>	<b>1B – Walkover Back Closing 180° – Continuous Spin 720°</b> <b>DD - 2.5</b>
	
<ul style="list-style-type: none"> <li>• A min. split position of 90° (0.1- 2.9) is not achieved</li> <li>• Closing 360° rotation not within allowance</li> <li>• Spin 1080° not within allowance</li> <li>• Rotating in the wrong direction after closing to vertical</li> <li>• NOTE – the closing 360° rotation can go either way as long as the Spin continues in the same direction!</li> <li>• Stopping at ankles and descending after 1080° Continuous spin</li> <li>• Tucking from the ankles</li> </ul>	<ul style="list-style-type: none"> <li>• A min. split position of 90° (0.1- 2.9) is not achieved</li> <li>• Closing 180° rotation not within allowance</li> <li>• Spin 720° not within allowance</li> <li>• Rotating in the wrong direction after closing to the vertical.</li> <li>• NOTE – the closing 180° rotation can go either way as long as the Spin continues in the same direction!</li> <li>• Stopping at ankles and descending after 720° Continuous Spin</li> <li>• Tucking from the ankles</li> </ul>
<b>2A – Rocket Split Alternating Legs – Spinning 180°</b> <b>DD - 2.8</b>	<b>2B – Rocket Split – Spinning 180°</b> <b>DD - 2.4</b>
	
<ul style="list-style-type: none"> <li>• A min. split position of 90° (0.1- 2.9) is not achieved</li> <li>• 180° Spin not within allowance</li> <li>• Continuing the spin after achieving the 180° rotation to the ankle</li> <li>• Tucking from the ankles</li> </ul>	<ul style="list-style-type: none"> <li>• A min. split position of 90° (0.1- 2.9) is not achieved</li> <li>• 180° Spin not within allowance</li> <li>• Continuing the spin after achieving the 180° rotation to the ankle</li> <li>• Tucking from the ankles</li> </ul>
<b>3– Flamingo Bent Knee rollback - Join to VP – Half Twist – 360° open to Split – Walkout/ DD – 3.1</b>	
	
<ul style="list-style-type: none"> <li>• Not starting in a Ballet Leg Position</li> <li>• Half Twist not within allowance</li> <li>• Rotation of 360° open to split not within allowance</li> <li>• A min. split position of 90° (0.1- 2.9) is not achieved</li> <li>• Not completing the walkout to a back layout</li> </ul>	
<b>4A – Fishtail – Knight – Continuous Spin 1080° / DD - 3.2</b>	<b>4B – Fishtail – Knight – Continuous Spin 720° / DD - 2.7</b>
	
<ul style="list-style-type: none"> <li>• Full Twist not within allowance</li> <li>• The horizontal leg moving in a horizontal arc instead of vertical arc</li> <li>• 1080° Spin not within allowance</li> <li>• Stopping at ankles and descending after 1080° Spin</li> <li>• Tucking from the ankles</li> </ul>	<ul style="list-style-type: none"> <li>• Half Twist not within allowance</li> <li>• The horizontal leg moving in a horizontal arc instead of vertical arc</li> <li>• 720° Spin not within allowance</li> <li>• Stopping at ankles and descending after 720° Spin</li> <li>• Tucking from the ankles</li> </ul>
<b>5A – Thrust Bent Knee Twirl Spin 360° / DD - 2.3</b>	<b>5B – Thrust – Bent Knee Twirl / DD 2.1</b>
 <ul style="list-style-type: none"> <li>• Twirl not within allowance</li> <li>• Rotating in the wrong direction after the Twirl</li> <li>• 360° Spin not within allowance</li> <li>• Not extending the bent knee during the Spin</li> <li>• Continuing the spin after the 360° Spin</li> <li>• Tucking from the ankles</li> </ul>	 <ul style="list-style-type: none"> <li>• Twirl not within allowance</li> <li>• Not extending the leg during the vertical descent</li> <li>• Tucking from the ankles</li> </ul>

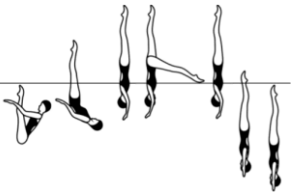

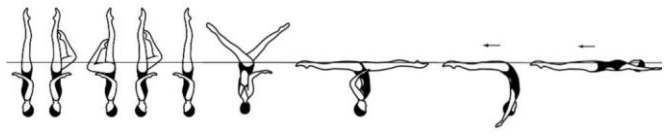
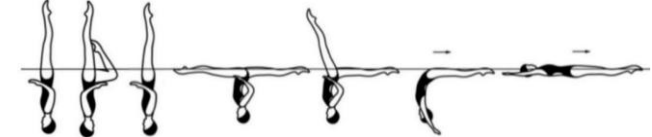
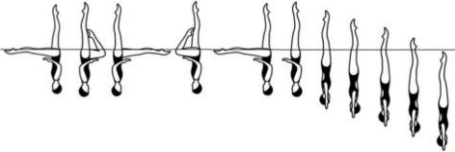
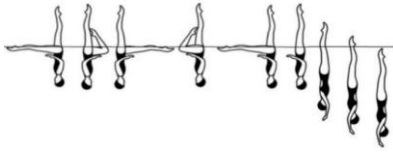
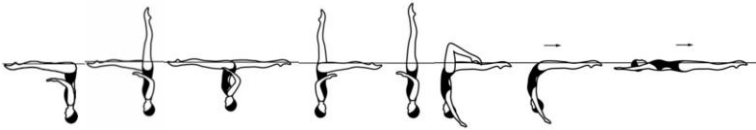
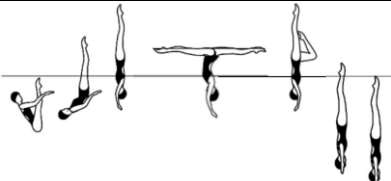
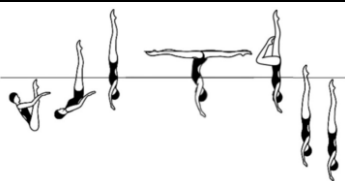
<b>1A – Rocket Split Twirl Spin 180° / DD – 2.7</b>		<b>1B – Rocket Split Twirl / DD - 2.5</b>	
 <p style="text-align: center; color: blue;">Max 45° off Twirl - Max 45° off Spin</p>	<p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface, a <b>Thrust</b> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b>. A <b>Twirl</b> is executed, as the legs symmetrically close to a <b>Vertical Position</b>. Continuing in the same direction a rapid <b>180° Spin</b> is executed.</p>	 <p style="text-align: center; color: blue;">Max 45° off Twirl</p>	<p>From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface, a <b>Thrust</b> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b>. A <b>Twirl</b> is executed, as the legs symmetrically close to a <b>Vertical Position</b>. A <b>Vertical Descent</b> is executed at the same tempo as the <b>Thrust</b>.</p>
<b>2A – Front Pike – Vertical 360° Rotation – Full Twist to Bent Knee – Continuous Spin 720° / DD 2.4</b>		<b>2B – Front Pike – Vertical 180° Rotation – 1/2 Twist to Bent Knee – Continuous Spin 720° / DD 2.2</b>	
 <p style="text-align: center; color: blue;">Max 90° off rotation 360° - Max 90° off Full Twist - Max 180° off Spin</p>		 <p style="text-align: center; color: blue;">Max 45° off rotation 180° - Max 45° off Half Twist - Max 180° off Spin</p>	
<p>From a <b>Front Pike Position</b>, the legs are lifted to <b>Vertical Position</b> as a rotation of <b>360°</b> is executed. Continuing in the same direction a <b>Full Twist</b> is executed as one leg is lowered to a <b>Bent Knee Vertical Position</b>. Continuing in the same direction a <b>Continuous Spin 720°</b> (2 rotations) is executed as the bent knee is extended to join the vertical leg to a <b>Vertical Position</b> completed as the ankles reach the surface of the water and continues through submergence.</p>		<p>From a <b>Front Pike Position</b>, the legs are lifted to <b>Vertical Position</b> as a rotation of <b>180°</b> is executed. Continuing in the same direction a <b>Half Twist</b> is executed as one leg is lowered to a <b>Bent Knee Vertical Position</b>. Continuing in the same direction a <b>Continuous Spin 720°</b> (2 rotations) is executed as the bent knee is extended to join the vertical leg to a <b>Vertical Position</b> completed as the ankles reach the surface of the water and continues through submergence.</p>	
<b>3 – Manta Ray Half Twist / DD 3.0</b>			
 <p style="text-align: right; color: blue;">Max 45° off 180° rotation</p>			
<p>Starting from a <b>Back Layout Position</b> a <b>Ballet Leg</b> is assumed, and the shin of the horizontal leg is drawn along the surface of the water to assume a <b>Surface Flamingo Position</b>, traveling headfirst. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg straightens with the knee at the surface of the water to assume a <b>Fishtail Position</b>. The horizontal leg is lifted rapidly to a <b>Vertical Position</b>, as the body rotates <b>180°</b>. The direction of the <b>180°</b> rotation is closing externally the horizontal leg. (Note: A right flamingo start requires the left shoulder back during the <b>180°</b> rotation and a left flamingo start requires the right shoulder back during the <b>180°</b> rotation). The legs are lowered rapidly simultaneously to a <b>Bent Knee Surface Arch Position</b>. (Note: The Bent Knee Surface Arch Position can be assumed by using either leg). The bent knee is straightened to a <b>Surface Arch Position</b> and with continuous motion, an <b>Arch to Back Layout Finish Action</b> is executed.</p>			
<p><b>Other requirements: One (1) Free Hybrid, One (1) Required Hybrid (must contain only one Thrust declaration and 2 different Connection declarations), Two (2) Pair Acro (free choice but must not repeat the same acrobatic), 3 declared Sustained Surface Connections (“SuCon”) with travel (1m or more) or rotation (180° or more)</b></p>			
<p><b>Allowances: Twist rotations (Half Twist, Full Twist, Twirl) and Non-Twist rotations = up to ¼ less or more</b>  <b>Continuous Spin = 180° less or more / Other Spins = up to ¼ less or more: 180° = 45°, 360° = 90°, 720° = 180°</b></p>			

**COMMON ZERO POSSIBILITIES**

<b>1A – Rocket Split Twirl Spin 180° / DD – 2.7</b>		<b>1B – Rocket Split Twirl / DD - 2.5</b>	
	<ul style="list-style-type: none"> <li>• Twirl is not within allowance</li> <li>• A minimum split position of 90° (0.1-2.9) is not achieved</li> <li>• Twirl not achieved (ie. it's a Spin vs a Twirl)</li> <li>• Spin is not within allowance</li> <li>• NOTE: the Twirl can go in either direction as long as the Spin continues in the same direction</li> </ul>		<ul style="list-style-type: none"> <li>• A minimum split position of 90° (0.1-2.9) is not achieved</li> <li>• Twirl is not within allowance</li> <li>• Twirl not achieved (ie. it's a Spin vs a Twirl)</li> </ul>
<b>2A – Front Pike – Vertical 360° Rotation – Full Twist to Bent Knee – Continuous Spin 720° / DD 2.4</b>		<b>2B – Front Pike – Vertical 180° Rotation – 1/2 Twist to Bent Knee – Continuous Spin 720° / DD 2.2</b>	
			
<ul style="list-style-type: none"> <li>• Rotation is not within allowance</li> <li>• Full Twist is not within allowance</li> <li>• Continuous Spin is not within allowance</li> <li>• Rotating in the wrong direction after the 360° rotation and/or Full Twist</li> <li>• Not extending the bent leg during the Spin 720°</li> <li>• Stopping at ankle and descending after the Spin 720°</li> <li>• Tucking from the ankles</li> </ul>		<ul style="list-style-type: none"> <li>• Rotation is not within allowance</li> <li>• Full Twist is not within allowance</li> <li>• Continuous Spin is not within allowance</li> <li>• Rotating in the wrong direction after the 180° rotation and/or Half Twist</li> <li>• Not extending the bent leg during the Spin 720°</li> <li>• Stopping at ankle and descending after the Spin 720°</li> <li>• Tucking from the ankles</li> </ul>	
<b>3 – Manta Ray Half Twist / DD 3.0</b>			
			
<ul style="list-style-type: none"> <li>• Not starting in a back layout</li> <li>• Rotation not within allowance</li> <li>• Rotating in the wrong direction from Fishtail position to Vertical</li> <li>• Not finishing in a Back Layout</li> <li>• Bent Knee Surface arch being completely underwater</li> </ul>			

<p><b>1A – Flying Fish Hybrid Spinning 180° / DD - 2.5</b></p>  <p>Max 45° off Spin</p> <p>From a <b>Submerged Back Pike Position</b> with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a <b>Vertical Position</b> and with no loss of height one leg is rapidly lowered to an airborne <b>Fishtail Position</b>. Without a pause the horizontal leg is rapidly lifted to a <b>Vertical Position</b>, followed by a rapid 180° Spin.</p>	<p><b>1B – Flying Fish Hybrid / DD - 2.3</b></p>  <p>From a <b>Submerged Back Pike Position</b> with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a <b>Vertical Position</b> and with no loss of height one leg is rapidly lowered to an airborne <b>Fishtail Position</b>. Without a pause the horizontal leg is rapidly lifted to a <b>Vertical Position</b> followed by a <i>Vertical Descent</i>.</p>
<p><b>2A – Vertical – Full Twist to Bent Knee – Full Twist to Vertical – Open 180° – Walkout / DD - 2.6</b></p>  <p>Max 90° off Full Twists, 45° off Half Twist</p>	<p><b>2B – Vertical – Half Twist to Bent Knee – Half Twist to Vertical – Split – Walkout / DD - 2.3</b></p>  <p>Max 45° off Half Twists</p>
<p>Starting in a <b>Vertical Position</b>, a <i>Full Twist</i> is executed as one leg is lowered to a <b>Bent Knee Vertical Position</b>. Continuing in the same direction another <i>Full Twist</i> is executed, as the bent knee is extended to a <b>Vertical Position</b>. Continuing in the same direction a <i>Half Twist</i> is executed as the legs are symmetrically lowered to a <b>Split Position</b>. A <i>Walkout Front</i> is executed.</p>	<p>Starting in a <b>Vertical Position</b>, a <i>Half Twist</i> is executed as one leg is lowered to a <b>Bent Knee Vertical Position</b>. Continuing in the same direction another <i>Half Twist</i> is executed, as the bent knee is extended to a <b>Vertical Position</b>. The legs are symmetrically lowered to a <b>Split Position</b>. A <i>Walkout Front</i> is executed.</p>
<p><b>3A – Two Fouetté Rotations – Vertical – Continuous Spin 720° / DD - 2.6</b></p>  <p>Max 45° off rotations - Max 180° off Spin</p>	<p><b>3B – Two Fouetté Rotations – Vertical – Spinning 360° DD - 2.3</b></p>  <p>Max 45° off rotations - Max 90° off Spin</p>
<p>From a <b>Fishtail Position</b>, 2 <i>Fouetté rotations</i> (180°+180°) are executed. The horizontal leg is rapidly lifted to a <b>Vertical Position</b>. Continuing in the same direction a <i>Continuous Spin</i> of 720° (2 rotations) is executed.</p>	<p>From a <b>Fishtail Position</b>, 2 <i>Fouetté rotations</i> (180°+180°) are executed. The horizontal leg is rapidly lifted to a <b>Vertical Position</b>. Continuing in the same direction, a rapid <i>Spinning 360°</i> (1 rotation) is executed.</p>
<p><b>4 – Butterfly Hybrid / DD - 2.9</b></p>	
 <p>Max 45° off rotations</p>	
<p>The <b>Butterfly Hybrid</b> is to be performed rapidly. From a <b>Front Pike Position</b>, one leg is lifted to a <b>Fishtail Position</b>. The horizontal leg is lifted through an arc of 180° as the vertical leg is lowered to assume a <b>Split Position</b>. Without a pause a hip rotation of 180° is executed as the front leg is raised to assume a <b>Fishtail Position</b>. Continuing in the same direction a 180° rotation is executed as the horizontal leg is lifted to a <b>Vertical Position</b>. The legs are lowered simultaneously to a <b>Bent Knee Surface Arch Position</b>. (Note: The <b>Bent Knee Surface Arch Position</b> can be assumed by using either leg). The bent knee is straightened to a <b>Surface Arch Position</b> and with continuous motion an <i>Arch to Back Layout Finish Action</i> is executed.</p>	
<p><b>5A – Rocket Split Bent Knee Twirl Hybrid / DD - 2.4</b></p>  <p>Max 45° off Twirl</p>	<p><b>5B – Rocket Split Bent Knee Hybrid / DD - 2.1</b></p> 
<p>From a <b>Submerged Back Pike Position</b> with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b>, followed by a rapid rotation of 180° to assume an airborne <b>Bent Knee Vertical Position</b> with the front leg bent. A rapid <i>Vertical Descent</i> is executed as the bent knee is extended to join the vertical leg completed as the ankles reach the surface of the water followed by a <i>Vertical Descent</i>.</p>	<p>From a <b>Submerged Back Pike Position</b> with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b> followed by the front leg rapidly bending and the back leg rapidly lifting to a vertical to assume an airborne <b>Bent Knee Vertical Position</b>. A rapid <i>Vertical Descent</i> is executed as the bent knee is extended to join the vertical leg completed as the ankles reach the surface of the water followed by a <i>Vertical Descent</i>.</p>
<p><b>Other requirements: Two (2) additional hybrids (one with cadence) + one Acrobatic (max DD 3.0), max one circle</b></p>	
<p><b>Allowances: Twist rotations (Half Twist, Full Twist, Twirl) and Non-Twist rotations = up to ¼ less or more Continuous Spin = 180° less or more / Other Spins = up to ¼ less or more: 180° = 45°, 360° = 90°, 720° = 180°</b></p>	

**COMMON ZERO POSSIBILITIES**

<p><b>1A – Flying Fish Hybrid Spinning 180° / DD - 2.5</b></p>  <ul style="list-style-type: none"> <li>• Spin 180° not within allowance</li> <li>• Continuing the spin after the 180° is achieved at the ankle</li> <li>• Tucking from the ankles</li> </ul>	<p><b>1B – Flying Fish Hybrid / DD - 2.3</b></p>  <ul style="list-style-type: none"> <li>• Not completing a vertical descent</li> <li>• Tucking from the ankles</li> </ul>
<p><b>2A – Vertical – Full Twist to Bent Knee – Full Twist to Vertical – Open 180° – Walkout / DD - 2.6</b></p>  <ul style="list-style-type: none"> <li>• Full Twists not within allowance</li> <li>• Half Twist not within allowance</li> <li>• Rotating in the wrong direction (not continuing in the same direction)</li> <li>• A minimum split of 90° (O.1-2.9) not achieved</li> <li>• A completely submerged surface arch position</li> </ul>	<p><b>2B – Vertical – Half Twist to Bent Knee – Half Twist to Vertical – Split – Walkout / DD - 2.3</b></p>  <ul style="list-style-type: none"> <li>• Half Twists not within allowance</li> <li>• Rotating in the wrong direction (not continuing in the same direction)</li> <li>• A minimum split of 90° (O.1-2.9) not achieved</li> <li>• A completely submerged surface arch position</li> </ul>
<p><b>3A – Two Fouetté Rotations – Vertical – Continuous Spin 720° / DD - 2.6</b></p>  <ul style="list-style-type: none"> <li>• Fouetté rotations not within allowance</li> <li>• Continuous Spin 720° not within allowance</li> <li>• Rotating in the wrong direction after the Fouetté rotations (not continuing in the same direction)</li> <li>• Tucking from the ankles</li> </ul>	<p><b>3B – Two Fouetté Rotations – Vertical – Spinning 360° / DD - 2.3</b></p>  <ul style="list-style-type: none"> <li>• Fouetté rotations not within allowance</li> <li>• Spin 360° not within allowance</li> <li>• Rotating in the wrong direction after the Fouetté rotations (not continuing in the same direction)</li> <li>• Continuing the spin after the 360° rotation is completed at the ankles</li> <li>• Tucking from the ankles</li> </ul>
<p><b>4 – Butterfly Hybrid / DD - 2.9</b></p>	
 <ul style="list-style-type: none"> <li>• Rotations not within allowance</li> <li>• Not moving horizontal leg in arc through vertical line</li> <li>• Incorrect leg assuming Split Position</li> <li>• A minimum split of 90° (O.1-2.9) not being achieved</li> <li>• Rotating in the wrong direction after the Fishtail Position (not continuing in the same direction)</li> <li>• Completely submerged Bent Knee Surface Arch Position or Surface Arch Position</li> </ul>	
<p><b>5A – Rocket Split Bent Knee Twirl Hybrid / DD - 2.4</b></p>  <ul style="list-style-type: none"> <li>• A minimum split of 90° (O.1-2.9) not being achieved</li> <li>• Twirl into Bent Knee not within allowance</li> <li>• Incorrect leg bending into Bent Knee Vertical</li> <li>• Vertical descent remaining in the Bent Knee Vertical</li> <li>• If the rotation is a Spin</li> <li>• Tucking from the ankles</li> </ul>	<p><b>5B – Rocket Split Bent Knee Hybrid / DD - 2.1</b></p>  <ul style="list-style-type: none"> <li>• A minimum split of 90° (O.1-2.9) not being achieved</li> <li>• Incorrect leg bending into the Bent Knee Vertical</li> <li>• Vertical descent remaining in the Bent Knee</li> <li>• Tucking from the ankles</li> </ul>