

This is a resource/reference only, ALWAYS refer to full written rules as per the current 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) **and can't repeat same bonus/es.**

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/free 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 ½) = BM*
 - *Ex 2: Declared 720° twist, and rotated 630° by the waist level (1 ¾) = 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)

- 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 ½) = BM*
 - *Ex 2: Declared 720° rotation, and rotated 675° by the waist level (1 ¾) = Ok*
- **Allowance for 180°:**
 - There is no allowance – performing less than a 180° is a Base Mark.




ROTATIONS OF THE CONSTRUCTION (FOR GROUP P)





- 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) or until beginning of submergence of the featured-swimmer (if position is horizontal or “free”)
- Rotation will only begin to be counted once platform is at **maximum height**.
- **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).


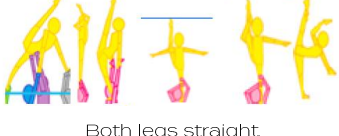

This is a resource/reference only, ALWAYS refer to full written rules as per the current Team Acro Catalogue (Appendix 7).





Remember: All declared positions have an allowance of 45 degrees from what is written in the tables.


POSITIONS:

GROUP A					
1 - Tuck		2 - Pike		3 - Kite	
 Knees must be within 90 degrees of chest (plus always consider 45° position allowance)		 Flexion at hip level with one or two legs (straight) touch stomach and/or chest		 Free "compact" body position with 1 or 2 knee(s) bent. May have small arch in back.	
tk	2tk	pk	2pk	kt	2kt
0.125	0.0625	0.20	0.10	0.05	0.025

4 - Line		5 - Split		6 - Jay		7 - Ring	
 *Open body* Line/Arch. At least one leg straight and/or spread in 45° out of vertical line. One leg may be bent.		 180° between legs can be different variations. Both legs should be straight. Torso position optional. 90° min split.		 Arch in back+1 leg back straight 90 degrees and more		 At least toes of one foot must touch head (no allowance)	
ln	2ln	sp	2sp	ja	2ja	rg	2rg
0.10	0.05	0.25	0.125	0.175	0.087	0.30	0.15

GROUP B					
Stand on 1 Leg: HEAD-UP with leg Forwards/Sideways					
Head-Up = the torso and head must be within 90 degrees of a head-up vertical position (no allowance).					
1 - Heron		2 - Vertical Split		3 - Glass	
 can be with arch in back		 Both legs straight. Can be with or without capture.		 Must see capture (not just a touch) with both hands and the opposite arm behind the head OR with just the opposite arm/hand, behind the head	
he	2he	vs	2vs	gl	2gl
0.125	0.062	0.30	0.10	0.40	0.20

Stand on 1 leg: HEAD UP with leg Backwards.							
Head-Up = the torso and head must be within 90 degrees of a head-up vertical position (no allowance). Positions in this subgroup are different from "sideways" positions and need to have hips square, and leg backwards							
4 - Ballerina		5 - Sail		6 - Needle		7 - Eye	
 can lean forward		 Can be on 1 knee. Must have leg capture (any arm).		 Arch with torso forwards 90° as per Head Up definition and 180° between legs (both straight). Can be with or without capture.		 Can be on 1 knee. Blind capture with 2 arms or opposite arm (elbow/s point forwards – not a "side" capture)	
ba	2ba	sa	2sa	ne	2ne	ey	2ey
0.15	0.075	0.325	0.162	0.425	0.212	0.50	0.25

Standing on 2 Legs – HEAD-UP	
Head-Up = the torso and head must be within 90 degrees of a head-up vertical position (no allowance).	
8 - Stand	
 Stand on 2 legs (apart or together or can be on 1 knee) Can have an arch in back. Torso as per Head Up definition.	
sd	2sd
0.05	0.025

FREE POSITIONS					
9 - Monkey		10 - Porcupine		11 - Cat	
		 Different variations of tuck on the support. Tuck both knees bent and close to chest (within 90°). With or without capture.		 Stand on 3 or 4 limbs (points of support)	
mo	2mo	pp	2pp	ct	2ct
0.075	0.037	0.10	0.05	0.025	0.012

12 - Shrimp		13 - Harp		14 - Flamingo		15 - Turtle	
 Both legs straight apart or together. Torso touches legs (legs within 45° of the torso as per allowance)		 Blind capture with 2 arms or opposite arm. Blind capture = elbow/s required to be pointing forwards.				 Blind capture with 2 legs and 2 arms. Elbows must point forwards.	
sh	2sh	hp	2hp	fl	2fl	tu	2tu
0.175	0.087	0.45	0.225	0.225	0.112	0.375	0.187

Horizontal aligned positions – HEAD-UP							
Head-Up = the torso and head must be within 90 degrees of a head-up vertical position (no allowance).							
16 - Cobra		17 - Split		18 - Scorpio		19 - Pin	
 Can be also on stomach or on the side		 Can be lay on stomach or back		 90° arch between back and at least one leg. Legs can be bent.		 Blind capture with 2 arms or with opposite arm. Elbow(s) must point forwards.	
co	2co	spl	2spl	so	2so	pi	2pi
0.15	0.075	0.28	0.14	0.275	0.137	0.60	0.30



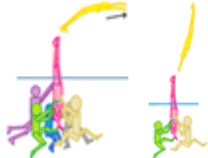

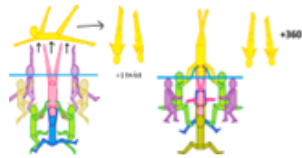

Head-Down							
Head-Down = the torso and head must be within 90 degrees of a head-down vertical position (no allowance).							
20 - Bamboo		21 - Box		22 - Firefly			
 At least one leg must remain in VP "cone" (within 45° of vertical line)		 90° Pike Position. Legs together or apart. At least one leg straight at 90 degrees.		 90° Pike Position. Both legs straight. Hips turned 90° from torso			
bb	2bb	bo	2bo	ff	2ff	ff	2ff
0.15	0.075	0.20	0.10	0.275	0.137	0.275	0.137

23 - Willow		24 - Bridge		25 - Owl		26 - Marlin	
 Arch in the back with at least one leg straight and 90° back from vertical line.		 C-shape arch of the back standing or hanging. Legs/arms can be bent or straight		 Must have straight legs split apart 180° (with 45° allowance)		 Arch in back and connection to the head with at least the toes of 1 foot (no allowance)	
wi	2wi	br	2br	ow	2ow	ma	2ma
0.25	0.125	0.325	0.162	0.30	0.175	0.35	0.175





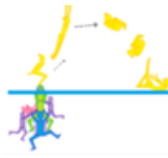
Positions with Extreme Flexibility							
27 - Drop		28 - Queen		29 - Snail			
 Head-down. Standing on 2 straight legs (not hanging). Arch (back almost 180°). Blind capture with 2 arms. Elbows pointing forwards.		 Head-down. Stand on 1 straight leg. Blind capture with 2 arms or opposite arm. Elbow(s) pointing forwards. Arch (back almost 180°) and must have from alignment of 180° with both legs straight.		 Head-down. Balance on 1 knee/shin (not hanging). Other foot can't be helping to support the position (ie standing on a support/base). Blind capture with 2 arms or opposite arm. Elbow(s) pointing forwards.			
dr	2dr	qu	2qu	sn	2sn	sn	2sn
0.80	0.40	0.70	0.35	0.475	0.238	0.475	0.238

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

GROUP A
CONSTRUCTION:

1		2	
Simple jump/throw		Jump/throw (stack head-up) from shoulder, arms or different combinations	
 <p>Can be from surface</p>		 <p>May have spotter/s</p>	
Thr		Shou	
0.60		0.90	
3	4	5	6
Jump/throw from feet (stack head-down type)	Jump from square ("basket")	Jump/throw from two supports head-up, disconnection and enter water	Jump/throw from two supports, from which at least one of them is head down
			
Feet	Sq	2Sup	2SupH
1.00	1.20	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	0.35

SIDE SOMERSAULTS		
360°	f1	0.40
540°	f1.5	0.70
720°	f2	1.10

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	0.65
720° somersault	s2	0.90
900° somersault	s2.5	1.20
1080° somersault	s3	2.00
360° somersault forwards	s1f	0.40
540° somersault forwards	s1.5f	0.75
720° somersault forwards	s2f	1.10
900° somersault forwards	s2.5f	1.30

360° straight body somersault	ss1	0.50
360° straight body somersault forwards	ss1f	0.60
1.5 straight body somersaults	ss1.5	1.20
540° somersault + open	s1.5o	1.00
540° somersault forwards + open	s1.5fo	1.10
720° somersault + open	s2o	1.70
720° somersault forwards + open	s2fo	1.80

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

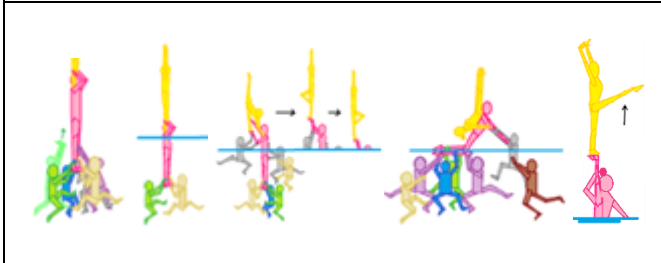
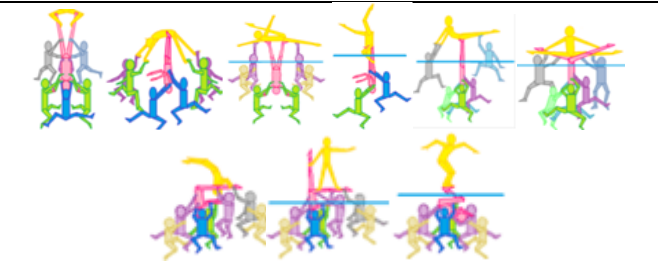
TWO AXES		
1 somersault + 0.5 twist	s1t0.5	0.45
1 somersault + 1 twist	s1t1	0.50
1 somersault + 1.5 twist	s1t1.5	0.55
1 somersault + 2 twists	s1t2	0.70
1.5 somersault + 0.5 twist	s1.5t0.5	0.675
1.5 somersault + 1 twist	s1.5t1	0.80
1.5 somersault and 1.5 twist	s1.5t1.5	0.975
2 somersaults + 0.5 twist	s2t0.5	1.20
2 somersaults + 1 twist	s2t1	1.60
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	1.30
1.5 somersault + 0.5 twist + open	s1.5t0.5o	1.20
1.5 somersault + 0.5 twist + open forwards	s1.5t0.5fo	1.30
1.5 somersault + 0.5 twist + open forwards	s1.5t1fo	1.40
2 somersaults + 0.5 twist + open	s2t0.5o	1.75
2 somersaults + 0.5 twist + open forwards	s2t0.5fo	1.85
2 somersaults + 1 twist + open	s2t1o	2.10
2 somersaults + 1 twist forwards + open	s2t1fo	2.20
Straight body somersault 1 + 0.5 twist	ss1t0.5	0.60
Straight body somersault 1 + 0.5 twist forwards	ss1t0.5f	0.70
Straight body somersault 1 + 1 twist	ss1t1	0.625
Straight body somersault 1 + 1 twist forwards	ss1t1f	0.75
Straight body somersault 1 + 1.5 twist	ss1t1.5	0.90
Straight body somersault 1 + 2 twists	ss1t2	1.10
Straight body somersault 1 + 2.5 twists	ss1t2.5	1.25
Straight body somersault 1 + 3 twists	ss1t3	1.50

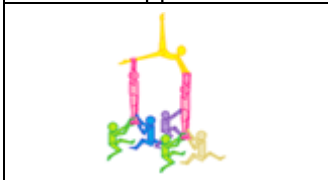
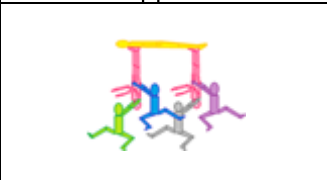


GROUP A BONUSES:


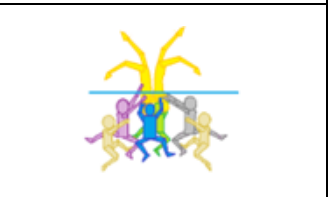
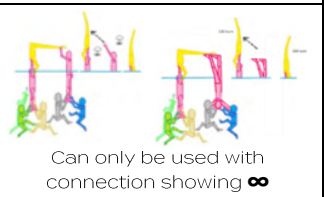
Dbl	0.20	Synchronized actions for double acrobatic movements	
Pos3	0.05	Third Position	
Split	0.20	Jump/Throw from split (head-up) position	
Feet	0.075	Jump from feet (feet/feet connect between support and f-swimmer)	
Grip	0.10	Arm connection between 2 f-swimmers from the beginning of the acrobatic movement 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)	
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	0.35	"Hula hoop action"	Can't be in the same acro! You need to choose one of these
RetSq	0.80	"Return" on the "Square" construction (Sq) - Safety: Jr/Sr only or BM	
RetPa	0.60	"Return" on support's palms - Safety: Jr/Sr only or BM	

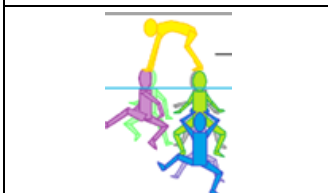
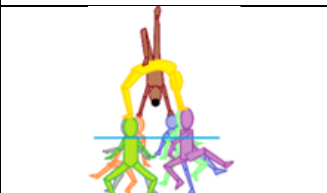
This is a resource/reference only, ALWAYS refer to full written rules as per the current Team Acro Catalogue (Appendix 7).

GROUP B
CONSTRUCTION:

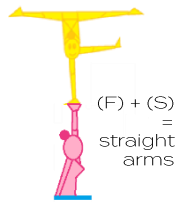

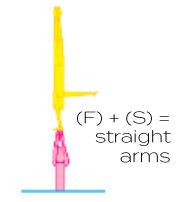
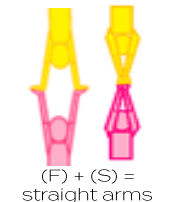
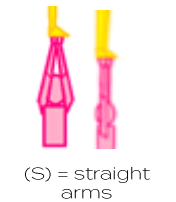


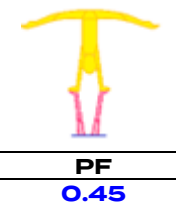

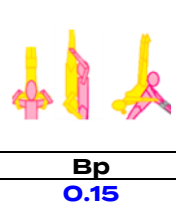
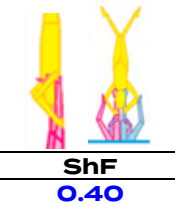
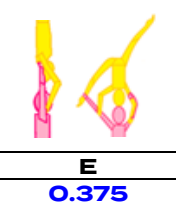
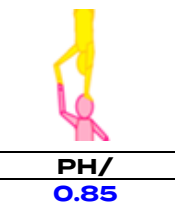
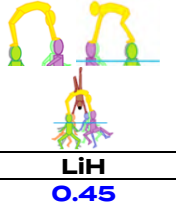






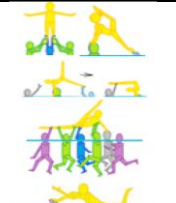
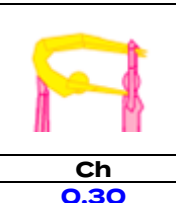
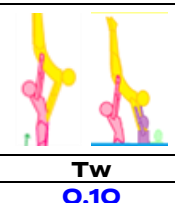
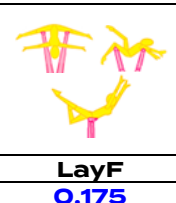


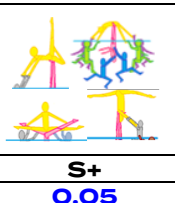
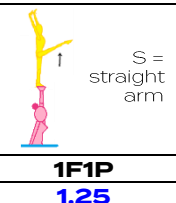
1	2
Stack Head-Up (may have spotter/s)	Stack Head-Down (may have spotter/s)
	
St 1.00	StH 1.10

3	4	5	6
Stack 2 head-up supports	Stack 2 head-down supports	Stack 2 supports (one of them head-down)	Stack two head-down (S) + two (F)
			
2SupU 1.15	2SupD 1.40	2SupM 1.25	2SupD2F 1.55

7	8	9
Simple Lift	Lift of two (F) or more who must form one construction and must be connected	Transitional Stack Any 2-stack formation (#3-2SupU, #4-2SupD, #5-2SupM, #6-2SupD2F) with a disconnect with one of the (S)
 Can be done from surface Lift+ spotters (that join const. later)		 Can only be used with connection showing ∞
L 0.70	L2F+ 0.80	St> 1.025

10	11	Group B Constructions with Connections: St 1P1P, 1PPx, PP, FP, SiSb, Bp, E, PH/, AP, SiS, FS, F1S, Tw, S+, 1PH, 1F1P, 1F1F (if support in head-up "vs" position) StH 1P1F, FF, FF/, PF, ShF, LayF, SiF, S+, 1F1F, H1F/, HT+ 2SupU Le, 1FH+1FP, PP2 2SupD Tow 2SupM Le, Ch 2SupD2F Tow L Li L2F+ Li St> PP, PF, Bp, ShF, E, F1S, LayF, 1P1F, 2pH, PH/ (must have ∞ symbol) LH LiH Lh2F LiH
Lift ONLY on heads above water (standing, sitting or laying)	Lift with two (F) ONLY on Heads above water (standing, sitting or laying)	
		
LH 1.10	Lh2F 1.20	

AREA OF SUPPORT/TYPE OF CONNECTION:

1 1 palm (F) on 1 palm (S)  (F) + (S) = straight arms	2 1 palm (F) on 1 foot (S)  (F) = straight arm	3 (F) balances on 1 palm on the "XS" type of grip of (S)  (F) + (S) = straight arms	4 Palms (F) to Palms (S)  (F) + (S) = straight arms	5 1 foot/2 feet (F) on palms (S)  (S) = straight arms	6 Feet (F) on feet (S)  NO help from spotters or base swimmers	7 Feet (F) on feet (S) with help  Help from spotters or base swimmers
1P1P 1.30	1P1F 1.05	1PPx 1.00	PP 0.80	FP 0.70	FF 0.60	FF/ 0.275
8 Palms (F) on feet (S)  ∞	9 Lower back (F) sits on shoulder blades (S) (Blind Connect.)  ∞	10 "Backpack" grip: Back-to-back (Blind Connect.)  ∞	11 Shoulders (F) on feet (S)  ∞	12 "Eiffel": Palms (F) on shoulders (S)/ Palms (S) on shoulders (F) (Not handstand)  ∞	13 Palm (F) on head (S) + palm / palm  ∞	14 Lift ONLY on heads above water (F) stand/lay/sit on 2-4 heads (S)  ∞
PF 0.45	SiSb 0.50	Bp 0.15	ShF 0.40	E 0.375	PH/ 0.85	LiH 0.45
15 All (F) body on palms of (S) (lay or sit)  ∞	16 (F) Sit/hang or lay on shoulders (S)  ∞	17 Feet (f-swimmer) on shoulders (support)  ∞	18 Foot (F) on a shoulder (F) can have add. connect with (S)  ∞	19 "Lemur": Two (S) with at least one h-up. (F) lays, stands, hangs, sits on hands or is in h-down pos.  ∞	20 "Tower": Two (S) h-down, (F) lay, stand, hang, sit on hands or in a h-down pos.  ∞	21 Simple lift: Base swimmers hold (F)  ∞
AP 0.35	SiS 0.10	FS 0.025	F1S 0.125	Le 0.15	Tow 0.25	Li 0.075
22 "Chameleon": Two (S) one h-down. (F) connect to one (S) by stomach, and to 2 nd (S) by feet/legs, hands (3 pts)  ∞	23 "Twins": (F) hold stomach (S) + (S) hold pelvis (F) OR (F) hold shoulders of spotter + (S) hold pelvis (F)  ∞	24 (F) Lay/Hang on Feet (S)  ∞	25 Sit on feet or 1 foot of the support-swimmer  ∞	26 Two (S) h-up, (F) 1 leg stays on head of 1st (S) and 2nd leg on palms (near head) of 2 nd (S)  ∞	27 (F) Sit, stand or lay on Stack or Stack head-down with spotter/s  ∞	28 1 foot (F) on 1 palm (S)  S = straight arm
Ch 0.30	Tw 0.10	LayF 0.175	SiF 0.20	1FH+1FP 0.55	S+ 0.05	1F1P 1.25

29	30	31	32	33	34
1 foot (F) on 1 foot (S)	1 palm (F) on 1 head (S) grip.	Palms/Palms connection on 2SupU Stack.	Transitional stack only: Palm(s) on the head of (S). ∞	Head of (F) on 1 foot of (S). (F) hand(s) connected to leg of (S).	Head of (F) on 2 feet of (S), with hand(s) of (F) holding leg(s) of (S).
 (F) + (S) = straight legs	 (F) = straight arm	 (F) + (S) = straight arms	 (F) = straight arm		
1F1F 1.10	1PH 1.40	PP2 0.65	2pH 0.775	H1F/ 0.95	HT+ 0.75

ROTATION OF THE CONSTRUCTION BASE:










Type (Value for Stack where support swimmer with featured swimmer on top rotates on the vertical axis)	Degree of rotation					To be used with these connections:
	90°	180°	360°	540°	720°	
The featured swimmer stands on 2 feet on the shoulders of the support swimmer.	-	r0.5/ 0.05	r1/ 0.10	r1.5/ 0.15	-	ONLY Connection FS
The support swimmer must be head up. The featured swimmer can be head up or head down. <i>**If featured swimmer stands on 2 feet on shoulders (FS) these codes are not valid. Must use above (r0.5/r1/r1.5/).</i>	-	r0.5 0.10	r1 0.20	r1.5 0.30	-	FP SiSb Bp E AP SiS F1S Tw 1F1P S+ (support head up) PP (when (F) not in handstand, ie = Shrimp) 1F1F (support head up)
The featured swimmer stands on 1 leg with other leg at 135 to 180 degrees. The position(s) with 1 leg 135-180° must be maintained through the whole declared rotation of the construction. This means for position 1, or positions 1 and 2, or positions 1, 2 and bonus for 3rd - the leg can't drop out of 135-180° (inclusive of allowance) For example: Position 2 must be with equal "leg-position" (135-180o) to Position 1 (ie Eye, Needle, Sail, Vertical Split, Glass etc). (Note: the rising/moving of the position to a one leg position with the other leg at 135-180° can occur while the construction is ascending/turning. This is when the DTCs will start counting the rotation).	-	r0.5+ 0.125	r1+ 0.225	r1.5+ 0.325	r2+ 0.425	F1S 1F1P 1F1F FP (when (F) stands on one foot)
The featured swimmer is in a "Handstand" connection OR The support swimmer is in a head-down construction	-	r0.5! 0.15	r1! 0.25	r1.5! 0.35	r2! 0.45	(F) = Handstand: 1P1P 1P1F 1PPx PF PH/ PP2 2PH 1PH PP (S) head-down: FF FF/ ShF LayF SiF 1F1F H1F/ HT+ 1P1F PF S+
Value for Lift - big water resistance for base athletes while the entire construction rotates including the base swimmers. Rotation starts from the surface, not from underwater.	r/L 0.40	r0.5L 0.50	r1L 0.80	-	-	LiH Li

GROUP B BONUSES:

DbI	0.20	Synchronized actions for double acrobatic movements	
Pos3	0.05	Third Position	
Twirl	0.10	“Twirl” of f-swimmer in group B 180° and more (h-up or h-down)	Can't be in the same acro! You need to choose one of these
RotF	0.20	Featured-swimmer rotates on feet of support 180-360°	
SdUp	0.10	Stand-up (lifting torso) from head-down position - Example: Owl to Heron	
Wave	0.10	“Wave” movements (featured-swimmer/s must be lifted up/away from surface)	
Moon	0.275	“Moonwalk”: Lift-up from split, legs sliding and changing place and opening back to the split on surface	Can't be in the same acro! You need to choose one of these
Mov	0.70	Moving base lift (base-swimmers move backward and then return) OR Moving base lift (base-swimmers pass through each-other (under f-swimmer)	
Hold	0.50	Long holding lift (3 seconds and more timed by the DTCs)	

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

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

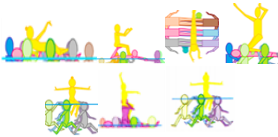





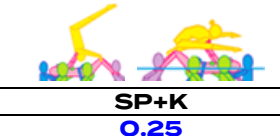

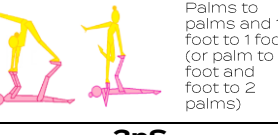



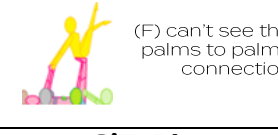
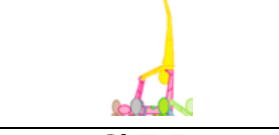



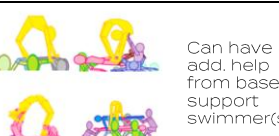



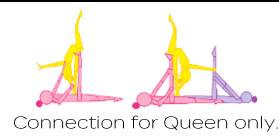


1	2	3	4	5
Platform where (S) is horizontal with straight body	Platform where (S) is head-up with torso bent at 90°, legs straight at surface	Platform where (S) is horizontal with straight body and bent knees	Platform where (S) is in a Ballet Leg Position	Platform where (S) is in a Double Ballet Leg Position
				
P 1.00	Box 1.10	Knees 1.05	B 1.20	DB 1.30
6	7	8	9	
Platform where (S) is horizontal on stomach with bent knees or in arch “Chariot” (either legs up or torso up)	Platform from 2 (S) Any variations: straight bodies, 1 or 2 Double or Single Ballet Legs	Platform “Flower” (3-8 swim. form support from legs) + Others are base-swim.	Platform made from hands/arms (May or may not have base swimmers)	
	 <small>There <u>MUST</u> be base swimmers under <u>both</u> (S)</small>	 <small>Min. requirement: 1 base-swimmer+ 3 (S) + 1 (F) = 5</small>		
Chariot 1.15	2S 1.25	Flower 1.00	Hand 0.80	




AREA OF SUPPORT/TYPE OF CONNECTION:

i.	In connections SiA, F2A, 3pA, HA, 1FA, FA+PF, 2pA/, BA, 2pBb: support swimmer/s and/or base swimmer/s can give additional support to the featured swimmer to maintain balance for safety reasons.
ii.	In connections FAb, SP+K, 3pK, 3pS, 3pbA, SP+L, SiF+Pb, ShF+P, L/SiF+P, 4p, DBB, 2pK, >1F1P, >2P2P, 2b/, SP+TF, ShiShi+, HP+L: support swimmer already/automatically holding featured swimmer as per the definition


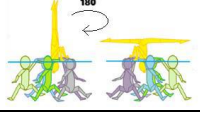
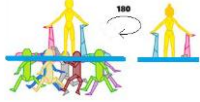
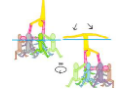
Group P: Constructions with the type of connections that must be used with

P	F2A; SiA; 1FA; 3pA; HA; >F1P; 2pA/; 4p; 3pbA; BA; >2P2P
Box	4p; 3pA; SiA; F2A; HA
Knees	2pK; 3pbA; 3pK; SP+K; F2A; SiA; 3pA; >F1P; >2P2P; BA; 1FA
B	2pBb; >F1P; L/SiF+P; SiF+Pb; SP+L; FA+PF; F2A; SiA; HP+L, FAb, 3pA; 1FA; HA; 3pS
DB	L/SiF+P; ShF+P; SiF+Pb; SP+L; FA+PF; 3pK; F2A; SiA; >F1P; ShiShi+; SF+TP; HP+L; 3pA, 1FA; 4p; DBB
Chariot	2pA/; 4p; 3pbA; 3pA; FAb; F2A; SiA; 1FA; BA
2S	2b/; 2pBb; FA+PF; 3pbA; HA; 3pA; F2A; SiA; 1FA; SP+K; 3pS; ShF+P; L/SiF+P; 2pA/; BA
Flower	2pA/; 3pbA; HA; 3pA; F2A; SiA; 1FA; BA
Hand	2pA/; 3pbA; HA; 1FA; 3pA; F2A; SiA; 3pbA; BA

1 (F) sits or lays on big area of support 	2 (F) stands (two legs/feet) on a big area of support 	3 (F) stands (two legs/1 leg) on big area of support  <p>Blind connect = (S) and (F) look opposite ways</p>	4 (F) connects at 3 pts standing with at least one leg on big area of support 
SiA 0.10	F2A 0.20	FAb 0.20	3pA 0.15
5 (F) stands 1 leg on a big area of support 	6 Headstand (F) on a big area of support 	7 (F) holds knees (S). (S) holds shoulders (F). 	8 (F) connected to knee/s (S) and palms/shoulders by any 3 points 
1FA 0.40	HA 0.10	SP+K 0.25	3pK 0.30
9 3 points of connection with (S) on small area with (F)  <p>Palms to palms and 1 foot to 1 foot (or palm to foot and foot to 2 palms)</p>	10 (F) is connected to a big area of support by any 3 pts in a blind connection 	11 1 foot (F) stands (S) who is in a ballet leg + (F) holds/grabs Ballet Leg (S)  <p>Can have additional support with another Ballet Leg</p>	12 Shoulders (F) on palms (S) + (F) connected by hands with leg/2 legs (S) 
3pS 0.40	3pbA 0.45	FA+PF 0.25	SP+L 0.375
13 (F) sits on feet or 1 foot (S) + blind connection to (S) palms to palms  <p>(F) can't see the palms to palms connection</p>	14 Shoulders (F) on feet (S) + palms/palms connection between them 	15 (F) sits or lies on the foot or two feet (S). (S) connected to (F) with their palms. 	16 4 pts connection - Palms (S) connected with ankles (F). Palms (F) connected with the ankles (S). 
SiF+Pb 0.35	ShF+P 0.40	L/SiF+P 0.30	4p 0.10
17 Handstand (F) on a big area of support (2 palms)  <p>Can have add. help from base/support swimmer(s).</p>	18 Bridge position (F) with 4 points of connection on a big area of support  <p>Can have add. help from base/support swimmer(s).</p>	19 Bridge position (F) with 4 pts of connect. on Double Ballet Leg construction.  <p>(F) can face any way. The connection must be made between palms and feet of (S) and (F).</p>	20 2 points of connection (S) on platform construction Knees 
2pA/ 0.275	BA 0.30	DBB 0.50	2pK 0.20
21 (F) performs a transit to stand 1 leg on 1 or 2 palms (S) 	22 2 blind points of connection with (S) (blind points of support)  <p>Connection for Queen only.</p>	23 (F) performs a transit to 2 arm handstand on both palms (S).  <p>(F) must have both arms straight</p>	24 (F) hanging on 1 or 2 ballet legs of one or two (S) + help from base swim. 
>F1P 0.40	2pBb 0.55	>2P2P 0.60	2b/ 0.45

25	26	27
Chest on feet + Hips on palms	Shin (F) connected to Shin (S) + (F) lays on the other foot of (S).	Head (F) on palms (S) + (F) connects with 1 or 2 legs(S)
 <p>(F) may hold legs of (S) (depending on declared position)</p>	 <p>(S) may have additional connection with base swimmers' head. (F) may have additional help of (S)</p>	
SF+TP 0.25	ShiShi+ 0.70	HP+L 0.425

ROTATION OF THE CONSTRUCTION BASE:

Type		Degree of rotation					To be used with:
		90°	180°	360°	540°	720°+	
Value for platform where the entire construction rotates, including base swimmers. The platform is made with one horizontal support swimmer .		Pr	Pr0.5	Pr1	Pr1.5	-	P Box Knees B Chariot
		0.20	0.30	0.50	0.70	-	
Value for construction made from hands		Ph	PO.5h	P1h	P1.5h	P2h	Hand
		0.10	0.20	0.30	0.50	0.70	
Value for platform made from legs with 2 or more support swimmers		P2S	P2Sr0.5	P2Sr1	-	-	2S Flower
		0.30	0.40	0.60	-	-	
Value for platform construction DB		PDB	PDB0.5	PDB1	-	-	DB
		0.35	0.45	0.70	-	-	

GROUP P BONUSES:

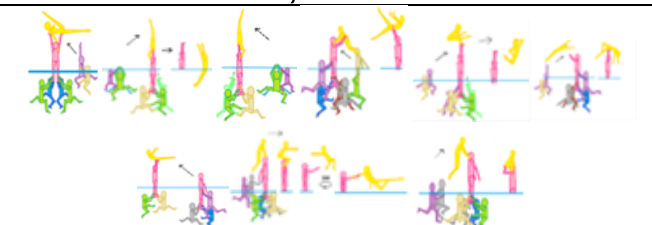
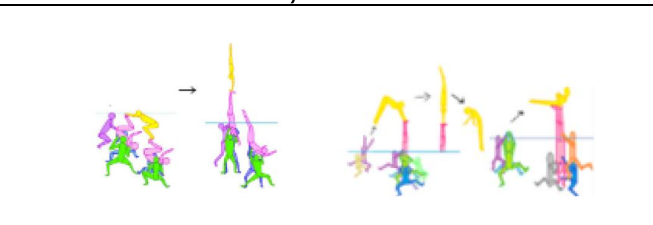
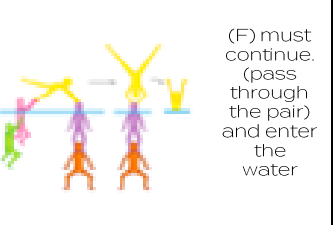
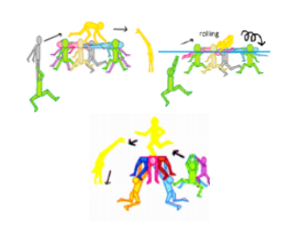
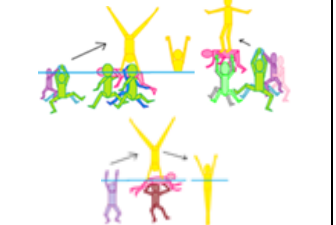

Db1	0.30	Synchronized actions for double acrobatic movements	
Pos3	0.05	Third Position	
UP	1.00	Platform (any construction) lifted UP out of the water off the surface. Must hold 3 seconds or more.	
Trav	0.20	Travelling construction - It must be an obvious movement from one spot to another. May start moving from underwater while ascending.	
Pro11	0.125	Roll on the construction (*Refer to catalogue for full definition)	
Box	0.175	Lifting in a "Box" and/or lowering back	
Arch	0.40	While platform is rising a non-stop transition to a Position 1 Queen or Drop that starts head-up.	
Kozak	0.60	"Kozak" power press sequence (*Refer to catalogue for full definition)	
Porp	0.15	Porpoise: Transitional start-action for (F) at the beginning of the acrobatic movement. Legs must be straight.	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, then power-lowering from Bamboo to Shrimp. Or in the opposite way. (F) must be unassisted. Legs must be straight. Legs parallel to surface (sh).	
Stand	0.10	After handstand/head-down position/s (F) lowers legs on platform and stands-up (ex: Needle to Stand, or from Owl to Stand)	Can't be in the same acro! You need to choose one of these
Diva	0.30	For 2S construction: (F) starts in 3pS connection, then stands on two feet foot to foot on two different (S), and stands up, remaining standing connected feet to feet until submergence of both (S).	
Spider	0.225	(F) twists shoulder and thigh joints and appears inside construction from underwater and climbs on top of construction into a Bridge position. Can only be used for 2S, Flower and Hand.	Can't be in the same acro! You need to choose one of these
Climb	0.10	(F) climbs onto the platform from under the water inside the construction to perform Position 1. Can only be used for 2S, Flower and Hand.	


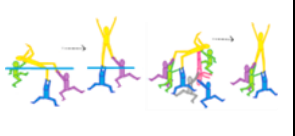
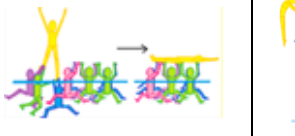

Ending Action Bonuses – Can only use ONE of the following codes as a bonus – two can't be declared together in the same acrobatic. Same allowance rules for somersaults and twists apply in these bonuses as in group A. Must start from standing/head-up (on 1 or 2 legs) except for Dive bonus.		
Dive	0.05	Dive/Half Somersault at the end of platform performed headfirst or foot-first
CH	0.10	Cartwheel/Handspring 360° - Can be performed as Handspring with connect
Ps1	0.10	(F) performs 360° somersault to enter the water
Ps1t0.5	0.15	(F) performs 360° somersault + half twist to enter the water
Ps1o	0.30	(F) performs 360° somersault + open to straight body pos. to enter the water
Ps1t0.5o	0.40	(F) performs 360° somersault + half twist + open to straight body pos. to enter the water
Ps1t1	0.35	(F) performs 360° somersault + 1 twist to enter the water
Pf1	0.15	(F) performs 360° Side Somersault to enter the water
Pf1o	0.325	(F) performs a 360° Side Somersault + open to straight body pos. to enter the water.
Mov	0.25	(F) moves from platform onto 1 or 2 spotter's heads for finishing acrobatic movement as a Lift.
Mov1	0.15	(F) moves from platform to standing with one leg on shoulder of 1 spotter/base swimmer and submerge. The standing on one leg position must be shown by the allowance of the knee.
Mov1+t	0.275	(F) moves from platform to standing with one leg on the shoulder of 1 spotter/base swimmer with a turn 180 degrees by the waist. The standing on one leg position must be shown by allowance of the knee.
Fall	0.05	Fast fall down inside construction by the featured swimmer. Can only be used for constructions 2S, Flower and Hand
Fturn	0.15	Fast fall down inside construction with 360° or more twist(s) by the featured swimmer, which must be completed by the waist. Can only be used for constructions 2S, Flower and Hand



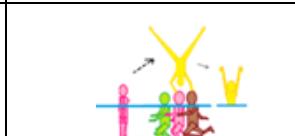
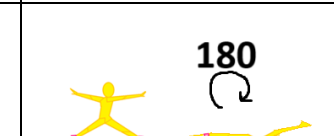
This is a resource/reference only, please always refer to the written rules as per the Team Acro Catalogue (Appendix 7)

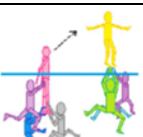
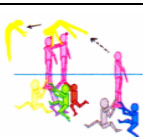

GROUP C (Please use the Position Charts from GROUP A + GROUP B)

CONSTRUCTION:

1		2	
Transit or Jump on Stack head-up from any kind of throw		Transit or jump onto Stack head-down from any kind of throw	
			
Thr>St		Thr>StH	
1.125		1.20	
3	4	5	6
Through: 2 pair (one can be h-down)	Transit or Jump from any kind of throw to 2 or more floats	Transit or Jump on a float (One (S) is floating at the surface)	Fly above Lift on heads from any kind of throw.
			
(F) must continue. (pass through the pair) and enter the water			(F) must be in Cat or Bridge. Lift can be made with 2, 3 or 4 heads only.
Thr>Pair>	Thr>FF	Thr>F	Thr^Lh
0.675	1.0	0.875	1.575

7	8		9
Fly above Second (main) formation (lift, pair acro, stack) from any kind of throw	Simple lift + spotter/s 2 formations of base swim. under one (F)		Transit or Jump on formation made from arms/hands.
	Option 1: stand up onto 2 nd (main) formation	Option 2: Falls on the 2 nd (main) formation	
			
Thr^2F	L+spot		Thr>hand
1.225	0.775		0.80

10	11	12	13
2 Jumps from throws (2 (F)s in connection with each-other)	Snake Type: One (F) after showing balance stack becomes airborne in connection with (S).	Transit through 1, 2 or 3 heads from any kind of throw. Can't be used with Jump bonus.	2 mini-stacks (head-up) + spotter (head-up or head-down).
			
1st (F) jumping and passing above 2nd (F) while flying. 2nd (F) follows the 1st (F) to enter water after showing arc in air.	After showing arc-dive both enter water one-by-one while keeping the connection.	ONLY ON HEADS	180
Thr+Thr	Sn	Thr>head>	2Sup+
1.25	1.175	1.075	1.05

14	15	16
Transit or Jump on Small-Square formation	Transit or jump on 2-Stacks (head-up or head-down) from any kind of throw	From any kind of throw (1st form.), jump/step (1 foot to 1 foot) onto a StH (2nd form). Followed by a step (1 foot to 1 foot) onto a StH (3rd form.)
		
Thr>Sq	Thr>St2	Thr>StH>1F
1.15	1.20	1.30

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

Blind back jump: (F) can't see the second (main) formation before and during takeoff and is not connected with the second (main) formation. If "Back" declared instead of "Bln" this is NOT a BM.	Bln	0.20
--	------------	-------------

ROTATION OF THE CONSTRUCTION BASE:

Type	Degree of rotation				Use with these connections
	90°	180°	360°	540°	
Stack - if the featured-swimmer AND the Support-Swimmer are NOT in head-down position *Support-swimmer with featured-swimmer on top rotates around self after landing or reaching max height stop-point	-	Cr0.5	Cr1	Cr1.5	Thr>St (possible if (F) and (S) are not head-down)
	-	0.20	0.30	0.40	Thr>St2 (possible if (F) and (S) are not head-down)
Stack - if the featured-swimmer AND/OR the Support-Swimmer is in head-down position *Support-swimmer with featured-swimmer on top rotates around self after landing or reaching max height stop-point	-	Cr0.5!	Cr1!	Cr1.5!	Th>StH Thr>StH>1F Thr>St (possible if (F) and/or (S) is head-down)
	-	0.30	0.40	0.50	Thr>St2 (possible if (F) and/or (S) is head-down)

LIFT ON HEADS while featured-swimmer flies above it <i>Rotation starts from the surface, not from underwater.</i>	-	Cr0.5L	-	-	Thr^Lh ONLY
	-	0.40	-	-	
Platform/float made of hands (formation) after featured swimmer lands on it	-	CP0.5	-	-	Thr>F Thr>FF Thr>hand
	-	0.40	-	-	
Special rotation for the formation being flown over in Thr^2F construction <i>The rotation must happen during the flying phase of the featured swimmer (not before they jump or after they enter the water)</i>	-	2FO.5	2F1	-	Thr^2F ONLY
	-	0.25	0.35	-	

PLANE AND DEGREE OF THE ROTATION:

TWISTS IN GROUP C:		
180°	Ct0.5	0.05
360°	Ct1	0.10
540°	Ct1.5	0.20
720°	Ct2	0.30
900°	Ct2.5	0.40
1080°	Ct3	0.50

SIDE SOMERSAULTS IN GROUP C:		
360°	Cf1	0.35
540°	Cf1.5	0.55

CARTWHEEL/HANDSPRING IN GROUP C:		
Cartwheel	Cc	0.10
Cartwheel + 1/2 twist	Cct0.5	0.15
Cartwheel + 1 twist	Cct1	0.20
Handspring	Ch	0.10
Handspring + 1/2 twist	Ch0.5	0.15
Handspring + 1 twist	Ch1	0.20
Handspring + 1/2 somersault	Chs0.5	0.20

SOMERSAULT/DIVE IN GROUP C:		
Dive/180 somersault	Cd	0.10
1/2 twist + dive	Cdt0.5	0.15
1 twist + dive	Cdt1	0.20
1.5 twist + dive	Cdt1.5	0.30
360° somersault	Cs1	0.25
540° somersault	Cs1.5	0.45
1 somersault + 1/2 twist	Cs1t0.5	0.30
1 somersault + 1 twist	Cs1t1	0.40
1 somersault + 1.5 twist	Cs1t1.5	0.50
1 somersault + 2 twists	Cs1t2	0.60
360° straight body somersault	Css1	0.35
1 straight somersault + 1/2 twist	Css1t0.5	0.40
1 straight somersault + 1 twist	Css1t1	0.50
1 straight somersault + 1.5 twist	Css1t1.5	0.60
1 straight somersault + 2 twists	Css1t2	0.70
540° somersault + open	Cs1.5o	0.55
1 somersault + 1 twist + open	Cs1t1o	0.75
1 somersault + 1.5 twist + open	Cs1t1.5o	0.90
1 somersault + 2 twists + open	Cs1t2o	1.05

GROUP C BONUSES:

DbI	0.30	Synchronized actions for double acrobatic movements
Pos3	0.05	Third Position
Slip	0.175	(F) transits from first (pushing) formation to the 2nd (main) support (usually connected by hands). They then slip through (after take-off) between the support's legs (support is head-up) or between the arms, disconnects, and then continues movement until entering the water.
Star	0.10	From lift formation blind fall backwards onto 2nd formation made from hands.
Cx	0.125	Connection between 2 (F) which may be broken at the end of acrobatic movement before entering water). (F) can be connected in any way.
Twirl	0.075	"Twirl" of (F) 180° or more (head-up/head-down). (S) does not rotate. Only (F) rotates (180-360). Support/base swimmers stay static.
C-Roll	0.15	"Rolling" on top of the construction *Can be declared twice during one acro* (Action is like doing a somersault on the land). See full description in catalogue.
Turn	0.25	Push up from split (head-up) + (F) disconnects with one of the supports, performs 180° rotation in sagittal plane (still in connection with 2nd support). Note: The proper declaration for this exceptional acro should be: C-2Sup+-Up-sp-Turn (in this acro use positions from group A only)
Run	0.20	Running on the back(s) - Torso of (F) is vertical. (F) transits/jumps from first (pushing) formation and lands on 2nd (Main) formation. Only for construction or Thr>FF or Thr>F
<p>The following bonus codes CAN'T be declared in the same acrobatic declaration. One may only be chosen. Each of the following bonuses are a "JUMP" and therefore must follow the rule 29.7.1.6 a) ii. It is forbidden to do a somersault and land on another formation</p>		
Ju	0.15	JUMP onto a non-Stack formation Only for: Thr>FF; Thr>F; Thr>hand; Thr>Sq and remain on it until submergence of the support swimmer(s), base swimmers or formation.
1P>H	1.10	JUMP with 1 hand onto head Jump of (F) landing with one hand onto one head of the (S) and balancing on the head while performing actions until submergence of (S). <i>Safety: Not permitted for 12 and under and Youth categories (otherwise BM).</i>
H>1P	0.90	JUMP onto a Stack landing with the head onto 1 palm of the support swimmer (F) jumps and lands with only their head (no help with hands) on one palm of (S) and stays connected until submergence of (S). Arm of (S) must be straight *with the allowance of the face as per 29.7.1.4 c) iii <i>Safety: Not permitted for 12 and under and Youth categories (otherwise BM).</i>
Jump	0.275	JUMP onto Stack and remain on it until submergence of the support swimmer For constructions: Thr>St, Thr>StH, Thr>St2
Jump>	0.225	JUMP and pass through a second formation with an intentional connection occurring after JUMP/flying phase. Only for constructions: Thr>St, Thr>StH, Thr>FF, Thr>F, Thr>hand, Thr>Sq, Thr>St2
On1Foot	0.40	JUMP from any kind of Throw landing with 1 palm onto 1 foot of (S) in stack head-down and balancing on 1 palm while performing actions until submergence of the support swimmer.
1F>1F	0.70	JUMP of (F) landing with 1 foot onto 1 foot of (S) in stack head-down and balancing on 1 foot while performing actions until submergence of the support swimmer. <i>Safety: Not permitted for 12 and under and Youth categories (otherwise BM).</i>
1F>1F+	1.00	JUMP of (F) landing with 1 foot onto 1 foot onto a stack head-down (2nd formation) followed by a step (1 foot to 1 foot) onto another stack head-down (3rd formation) and remain on support until submergence of (S) of the 3rd formation. Only for construction Thr>StH>1F <i>Safety: Not permitted for 12 and under and Youth categories (otherwise BM).</i>
2F>2F	0.50	JUMP of (F) landing on 2 feet onto 2 feet of a stack head-down and remain on support until submergence of the support swimmer. Only for construction Thr>StH