



HOW TO CODE GROUP A (AIRBORNE)

ACRO A CODE ORDER :

Group/Subgroup – Construction – Direction - Position 1/Position 2 - Rotation - Bonus

1. In a code, first add the letter indicating the **group/subgroup**:

| | |
|-----------|-------------------------------------|
| AJ | Group A (airborne) – Subgroup Jump |
| AW | Group A (airborne) – Subgroup Throw |





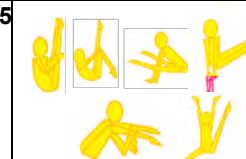
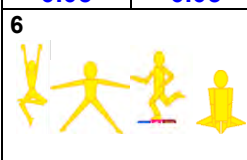
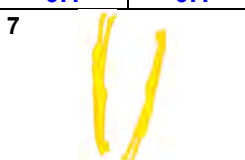
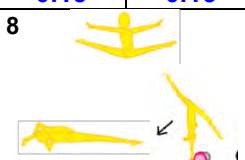
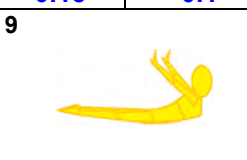

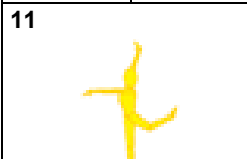


2. The second part of the code is for **Construction**:

| | | | | |
|-----------------------------|--------------------------------------|----------------------------------|----------------------------------|------------------------------------|
| 1 | 2 | 3 | 4 | 5 |
| Throw from surface | Simple throw | Simple throw (6-9 base swimmers) | Jump from shoulders (stack type) | Jump from shoulders (small type) |
| Surf 0.5 | Thr 0.9 | Thr 0.9 | Shou 1.25 | Sho 1.0 |
| 6 | 7 | 8 | 9 | 10 |
| Jump from hands | Jump from feet (stack type/6-9 base) | Jump from square ("basket") | Jump from 2 formations | Jump from two supports + "spotter" |
| Hand 1.35 | Feet 1.35 | Sq 1.35 | 2Form 1.3 | 2Sup' 1.3 |
| 11 | 12 | 13 | 14 | 15 |
| "triple" throw | Jump from 3 pairs | Stack + spotter | Throw from surface (small) | Jump from feet (stack type/small) |
| Tripl 1.35 | 3Pair 1.0 | St' 1.3 | surf 0.5 | feet 1.1 |

3. The next part of a Group A code is the **Direction** of the airborne action:

| | | | | | |
|--------------------------|--|---------------------------|---|---------------------------|--------------------------|
| | | | | | |
| Upwards | Forwards (no som/tw - just twist 180° or som 0,5, handspring or cartwheel) | Backwards | Forwards (with 1+ somersault or 1+ twist or both) | Sideways | Reverse |
| Up 0.05 | Forw 0.05 | Back 0.1 | FORW 0.15 | Side 0.2 | Rev 0.2 |

4. The next part of the Group A code indicates the **Positions** demonstrated:

| | | | | | | | | | |
|--|----------------|--|-------------------|--|----------------|--|----------------|--|----------------|
| 1  | | 2  | | 3  | | 4  | | 5  | |
| Kick | | Tuck | | Parrot | | Ninja | | Pike | |
| <i>If pos1</i> | <i>If pos2</i> | <i>If pos1</i> | <i>If pos2</i> | <i>If pos1</i> | <i>If pos2</i> | <i>If pos1</i> | <i>If pos2</i> | <i>If pos1</i> | <i>If pos2</i> |
| ki | 2ki | tk | 2tk | pa | 2pa | nj | 2nj | pk | 2pk |
| 0.05 | 0.05 | 0.1 | 0.1 | 0.15 | 0.15 | 0.15 | 0.1 | 0.2 | 0.2 |
| 6  | | 7  | | 8  | | 9  | | 10  | |
| Mantis | | Line | | Split | | Arch | | Kite | |
| <i>If pos1</i> | <i>If pos2</i> | <i>If pos1</i> | <i>If pos2</i> | <i>If pos1</i> | <i>If pos2</i> | <i>If pos1</i> | <i>If pos2</i> | <i>If pos1</i> | <i>If pos2</i> |
| mn | 2mn | ln / lnł | 2ln / 2lnł | sp | 2sp | ar | 2ar | kt | 2kt |
| 0.05 | 0.05 | 0.1 | 0.1 | 0.3 | 0.15 | 0.1 | 0.1 | 0.1 | 0.1 |
| 11  | | 12  | | 13  | | | | | |
| Martin | | Jay | | Ring | | | | | |
| <i>If pos1</i> | <i>If pos2</i> | <i>If pos1</i> | <i>If pos2</i> | <i>If pos1</i> | <i>If pos2</i> | | | | |
| ma | 2ma | ja | 2ja | rg | 2rg | | | | |
| 0.15 | 0.1 | 0.2 | 0.15 | 0.25 | 0.2 | | | | |

5. Area of support – N/A for Group A (value already inside construction)

6. Rotation of the construction base – N/A for Group A (not yet)

7. The next code in a Group A acrobatic (after the Position) is indicating if there is a **Rotation**:

- **The number of twists is calculated until the chest (lower ribs) level of the featured-swimmer (visible/clear border for detecting rotations). See catalogue p.18.**
- **To get value for a "full somersault" featured-swimmer, who jumps head-first needs to enter the water feet-first. For "Open" or variations of arch positions the featured swimmer enters the water demonstrating vertical alignment between shoulders and knees. See catalogue p.19.**

| GROUP A | | | | |
|---------|---|--------------------------|-------------|-------------|
| | Plane of rotation | Degree of Rotation | Code | Value |
| 1 | Horizontal plane (twist) For "head-up" positions | 180° | T0,5 | 0.1 |
| | | 360° | T1 | 0.15 |
| | | 540° | T1,5 | 0.2 |
| | | 720° | T2 | 0.25 |
| 2 | Horizontal plane (twist) When twist executed in the same time with somersault and other "not head-up" twists (example: horizontal twist aka sausage) | 180° | t0,5 | 0.1 |
| | | 360° | t1 | 0.2 |
| | | 540° | t1,5 | 0.3 |
| | | 720° | t2 | 0.4 |
| 3 | Sagittal plane (Example: forward somersault) | 180° | s0,5 | 0.05 |
| | | 180° (for "small" jumps) | S0,5 | 0.2 |
| | | 360° | s1 | 0.3 |
| | | 540° | s1,5 | 0.5 |
| | | 720° | s2 | 0.6 |
| | | 900° | s2,5 | 0.8 |

| | | | | |
|------------------------|---|---|-----------------|--------------|
| | | 1080° | s3 | 1.4 |
| | | Handspring | h | 0.1 |
| 4 | Frontal plane (Example: Side somersault) | 360° | f1 | 0.4 |
| | | 540° | f1,5 | 0.6 |
| | | 720° | f2 | 0.7 |
| | | Cartwheel or handspring | c or h | 0.1 |
| 5 | Dive (depends from parabola) | Not 180° somersault! | d | 0.025 |
| | | Dive + 180° twist | dt0,5 | 0.125 |
| | | Dive + 360° twist | dt1,0 | 0.175 |
| | | Dive + 540° twist | dt1,5 | 0.225 |
| 6 | Two Axis Airborne Rotations | Half somersault + half twist (small jumps only!) | S0,5t0,5 | 0.3 |
| | | 1 somersault + 0,5 twist | s1t0,5 | 0.4 |
| | | 1 somersault + 1 twist | s1t1 | 0.5 |
| | | 1 somersault + 1,5 twist | s1t1,5 | 0.6 |
| | | 1 somersault + 2 twist | s1t2 | 0.7 |
| | | 1 somersault + 2,5 twist | s1t2,5 | 0.8 |
| | | 1.5 somersault + 0,5 twist | s1.5t0,5 | 0.6 |
| | | 1.5 somersault + 1,0 twist | s1.5t1 | 0.7 |
| | | 2 somersault + 0,5 twist | s2t0,5 | 0.9 |
| 2 somersault + 1 twist | s2t1 | 1.0 | | |

8. The final code for a Group A code is indicating if there is a **Bonus**:
(For example images of bonuses please refer to page 20-21 in the acro catalogue)

| GROUP A | | | |
|----------------|---|-------------|--------------|
| | Bonus | Code | Value |
| 1 | Synchronized actions for double acrobatic movements | u1 | 0.2 |
| 2 | “opening” to straight body position after 1,5 (inside 2 somersaults) | u2 | 0.5 |
| 3 | During 1,5 somersault opening in a straight body position (1 somersault and +0,5 rotation with opening to a straight body position) | u3 | 0.4 |
| 4 | Straight body somersault | u4 | 0.2 |
| 5 | Straight body position during twist + somersault jump (start from 1 somersault+1,5 twist and more) | u5 | 0.4 |
| 6 | “Grip” (hand connection) between featured-swimmer and support | u6 | 0.025 |
| 7 | “Return” on a construction after the airborne phase | u7 | 0.3 |
| 8 | Connection between 2 featured-swimmers (from beginning to the end) | u8 | 0.1 |
| 9 | Connection between support and featured swimmer (may be “broken” before water entrance) | u9 | 0.025 |
| 10 | Connection between 2 featured swimmers during airborne phase (they connect after take-off) | u10 | 0.15 |
| 11 | Third position (example: in the end of acrobatic movement closing legs to vertical (group B) or tucking (group A)) | u11 | 0.05 |
| 12 | Jump from feet (feet/feet connect between support and featured-swimmer) | u12 | 0.1 |
| 13 | Twist head-down 360 | u13 | 0.2 |
| 14 | Jump from split (head-up) position | u14 | 0.2 |
| 15 | “Return” on a support’s hands after the airborne phase | u15 | 0.1 |
| 16 | “twirl” of a featured-swimmer with hand connection with support-swimmer | u16 | 0.05 |

HOW TO CODE GROUP B (LIFT/STACK)







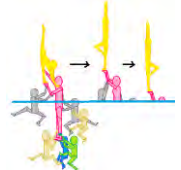










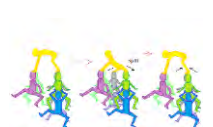
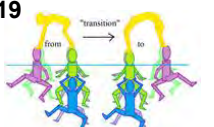


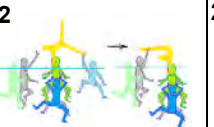
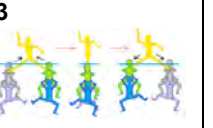
ACRO B CODE ORDER :

Group/Subgroup - Construction - Type of Connection - Pos 1 / Pos 2 - Rotation of Base - Bonus

1. In a code, first add the letter indicating the **group/subgroup**. For Group B there are two options:

| | |
|-----------|-------------------------|
| BS | Group B, subgroup Stack |
| BL | Group B, subgroup Lift |

2. The second part of the code is for **Construction**:

| | | | | | |
|---|---|---|--|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 |
|  |  |  |  |  |  |
| Stack (classic) | Stack "small" | Stack head-down | Stack head-down "small" | Stack head-down + 1 or 2 «spotters» | Stack head-down in a tuck position |
| St | st | StH | stH | StH' or StH'' | StHt |
| 1.05 | 0.7 | 1.35 | 0.9 | 1.15 | 1.15 |
| 7 | 8 | 9 | 10 | 11 | |
|  |  |  |  |  | |
| Stack +help (spotter) | Stack head-down in pike OR crane position + 2 spotters | Stack+2 spotters | Stack 2 supports | Stack 2 head-down supports | |
| St' | St''Hp | St''Hc | St''' | 2Sup | 2SupH |
| 0.95 | 1.2 | | 0.85 | 1.2 | 1.6 |
| 12 | 13 | 14 | 15 | 16 | 17 |
|  |  |  |  |  |  |
| Stack 2 supports (one of them head-down) | Stack 2 head-down supports+2 featured-swimmers | Simple Lift | Lift (classic) | Stack type + 3 or 4 «spotters» on surface | Lift on heads |
| 2mSup | 2SupH(2) | L | l | StH'''' or St'''' | Lh |
| 1.4 | 1.7 | 0.7 | 0.6 | 1.05 | 0.7 |
| 18 | 19 | 20 | 21 | 22 | 23 |
|  |  |  |  |  |  |
| Moving base lift (base swimmers move backward and then return) | Moving base lift (base swimmers pass through each-other (under featured-swimmer)) | Lift two f.swimmers | Lift two f.swimmers on heads | Lift+2 spotters | Parallel moving base lift |
| LM | LMu | L(2) | Lh(2) | L'' | LMP |
| 1.1 | 1.4 | 0.7 | 0.9 | 0.8 | 0.8 |

| | | | | | |
|---------------------------------|--------------|-------------------------------------|-------------------------|---------------|-------------|
| 24 | 25 | 26 | 27 | 28 | 29 |
| | | | | | |
| Lift from surface | Lift + crash | 2 supports Stack + crash in the end | Lift on 2 heads+spotter | Stack + crash | "Trinity" |
| LSurf | L» | 2Sup» | Lh^{2*} | St» | Trin |
| 0.4 | 0.3 | 1.1 | 0.7 | 0.95 | 1.25 |
| 30 | | | | | |
| | | | | | |
| Stack head-down split +spotters | | | | | |
| St''Hs | | | | | |
| 1.2 | | | | | |













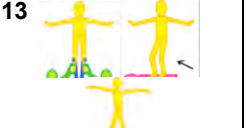







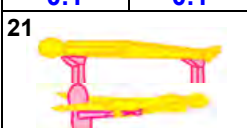
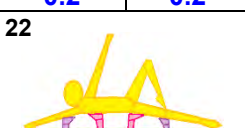



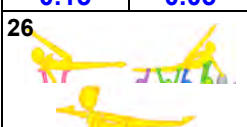
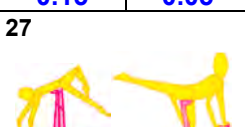


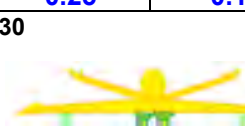
3. There is no Direction in Group B.








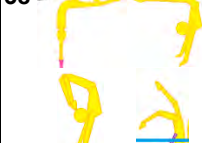






4. The next part of a Group B code is - **Area of Support/Type of Connection:**

| | | | | |
|--|--|--|---|---|
| 1 | 2 | 3 | 4 | 5 |
| | | | | |
| Palms / palms XS | Palms / palms | Feet (featured-swimmer) on palms (support) XS | Feet (featured-swimmer) on palms (support) | Feet (featured-swimmer) on feet (support) |
| PPx | PP | FPx | FP | FF |
| 1.1 | 1.0 | 1.05 | 0.95 | 0.7 |
| 6 | 7 | 8 | 9 | 10 |
| | | | | |
| Palms (featured-swimmer) on feet (support) | Lower back (touch/not sit) on shoulder blades (blind connection) | "Backpack" grip Shoulder blades (f.swimmer)/ Shoulder blades (support) | Shoulders (featured-swimmer) on feet | "Eiffel" grip: Palms on shoulders/ palms on shoulders |
| PF | SiSb | Bp | ShF | E |
| 0.45 | 0.5 | 0.3 | 0.3 | 0.45 |
| 11 | 12 | 13 | 14 | 15 |
| | | | | |
| "Icarus" - Feet (f.swimmer)/feet bent (support) Or feet/feet+2 «spotters» on the side holding featured-swimmer's hands | Palm (featured-swimmer) on head (support) + palm / palm | Lift on 4 heads of base-featured-swimmers | "Window" grip: All f.swimmer's body (connection by shoulders) on a shoulder + extra help | "Pyramid" grip: Head on head + palm / palm + leg hold by featured-swimmers palm |
| I | PH/ | Li4H | W | Py |
| 0.5 | 0.8 | 0.3 | 0.4 | 0.4 |
| 16 | 17 | 18 | 19 | 20 |
| | | | | |
| All featured-swimmer's body on palms (lay or sit) | Shoulders (featured-swimmer) on feet + "spotters" | Sultan: Back/back + featured-swimmer holds support, and support holds featured-swimmer | "Table" grip: Construction 2 support athletes head-down, featured-swimmer lay on their feet | Sit or Lay on shoulders |
| AP | ShF* | Su | Ta | SiS |
| 0.45 | 0.1 | 0.1 | 0.15 | 0.1 |

| | | | | | | | | | |
|----|--|----|--|----|---|----|---|----|--|
| 21 | | 22 | | 23 | | 24 | | 25 | |
| | Feet (featured-swimmer) on shoulders (support) while stack is lifted up and switch on 1 foot for main phase | | Feet (featured-swimmer) on shoulders (support) | | Foot on a shoulder + connection with support athlete | | "Lemur" grip: Construction 2 support athletes head-up, f.swimmer lay on their hands or in a head-down position (or f.swimmer hold the shoulders of one of the supports) | | Simple lift (base athletes hold featured-swimmer) Or "Full body" Lift on hands |
| | F1S | | FS | | F1S/ | | Le | | Li |
| | 0.1 | | 0.05 | | 0.2 | | 0.1 | | 0.1 |
| 26 | | 27 | | 28 | | 29 | | 30 | |
| | "Chameleon" grip: Construction 2 supports, one of them h-down; f.swimmer connects to them by stomach, hands and legs (3points) | | Twins (Featured-swimmer holds the stomach of support and support holds the pelvis of featured-swimmer) | | Twins+ spotters (Featured-swimmer holds the shoulders of the spotter and support holds the pelvis of featured-swimmer) | | All featured-swimmer's body (Lays) on feet (legs of support spread) | | All body on feet + 4 spotters |
| | Ch | | Tw | | Tw* | | AV | | AF* |
| | 0.2 | | 0.1 | | 0.1 | | 0.1 | | 0.1 |
| 31 | | 32 | | 33 | | 34 | | 35 | |
| | Split on split | | Sit on Feet (Buttocks or Stomach) | | Back/Back + blind capture | | Lift + spotter pair | | Cowboy sit on (spread legs) feet |
| | SpSp | | SiF | | BBb | | Li* | | SiV |
| | 0.1 | | 0.15 | | 0.25 | | 0.1 | | 0.2 |
| 36 | | 37 | | 38 | | 39 | | 40 | |
| | All featured-swimmer's body on palms (sit)+ f.swimmer has additional support on head | | Palms on 2 heads+spotter | | Construction 2 support athletes head-up, f.swimmer stay 1 leg on a head of first support and 2 nd leg on palms (near head) | | Feet on Feet+ additional help on the sides | | All body on leg+ connect with leg |
| | AP/ | | PH* | | FHP/ | | FF* | | AL/ |
| | 0.35 | | 0.3 | | 0.55 | | 0.5 | | 0.1 |
| 41 | | 42 | | 43 | | | | | |
| | Foot on palms + additional support | | Sit or lay on feet+spotter/s | | all body on palms + extra catch the support | | | | |
| | FP* | | SiF* | | AP/ | | | | |
| | 0.4 | | 0.1 | | 0.1 | | | | |

5. The next part of a Group B Acrobatic code (Area of Support/Type of Connection) is **Position**:

| | | | | | | | | | |
|---|---|---|--|---|----------------|----------------|----------------|----------------|----------------|
|  |  |  |  |  | | | | | |
| Lady | | Heron | | Crane | | Kitri | | Vertical Split | |
| <i>If pos1</i> | <i>If pos2</i> | <i>If pos1</i> | <i>If pos2</i> | <i>If pos1</i> | <i>If pos2</i> | <i>If pos1</i> | <i>If pos2</i> | <i>If pos1</i> | <i>If pos2</i> |
| ld | 2ld | he | 2he | cr | 2cr | kr | 2kr | vs | 2vs |
| 0.1 | 0.05 | 0.15 | 0.05 | 0.2 | 0.1 | 0.25 | 0.2 | 0.45 | 0.3 |
|  |  |  |  |  | | | | | |
| Swan | | Glass | | Ballerina | | Eagle | | Sail | |
| <i>If pos1</i> | <i>If pos2</i> | <i>If pos1</i> | <i>If pos2</i> | <i>If pos1</i> | <i>If pos2</i> | <i>If pos1</i> | <i>If pos2</i> | <i>If pos1</i> | <i>If pos2</i> |
| sw | 2sw | gl | 2gl | ba | 2ba | ea | 2ea | sa | 2sa |
| 0.4 | 0.3 | 0.5 | 0.4 | 0.25 | 0.1 | 0.35 | 0.25 | 0.45 | 0.3 |
|  |  |  |  |  | | | | | |
| Needle | | Eye | | Line | | Dove | | Sit | |
| <i>If pos1</i> | <i>If pos2</i> | <i>If pos1</i> | <i>If pos2</i> | <i>If pos1</i> | <i>If pos2</i> | <i>If pos1</i> | <i>If pos2</i> | <i>If pos1</i> | <i>If pos2</i> |
| ne | 2ne | ey | 2ey | ln | 2ln | do | 2do | si | 2si |
| 0.55 | 0.45 | 0.65 | 0.4 | 0.1 | 0.1 | 0.15 | 0.1 | 0.05 | 0.05 |
|  |  |  |  |  | | | | | |
| Monkey | | Shrimp | | Split | | Peacock | | Crocodile | |
| <i>If pos1</i> | <i>If pos2</i> | <i>If pos1</i> | <i>If pos2</i> | <i>If pos1</i> | <i>If pos2</i> | <i>If pos1</i> | <i>If pos2</i> | <i>If pos1</i> | <i>If pos2</i> |
| mo | 2mo | sh | 2sh | spl | 2spl | pe | 2pe | cd | 2cd |
| 0.1 | 0.1 | 0.2 | 0.2 | 0.2 | 0.2 | 0.2 | 0.1 | 0.3 | 0.2 |
|  |  |  |  |  | | | | | |
| Scissors | | Pirate | | Cobra | | Mermaid | | Sunbathe | |
| <i>If pos1</i> | <i>If pos2</i> | <i>If pos1</i> | <i>If pos2</i> | <i>If pos1</i> | <i>If pos2</i> | <i>If pos1</i> | <i>If pos2</i> | <i>If pos1</i> | <i>If pos2</i> |
| sc | 2sc | pt | 2pt | co | 2co | mr | 2mr | sb | 2sb |
| 0.15 | 0.05 | 0.15 | 0.05 | 0.2 | 0.05 | 0.15 | 0.05 | 0.25 | 0.1 |
|  |  |  |  |  | | | | | |
| Birch | | Flamingo | | Scorpio | | Turtle | | Seastar | |
| <i>If pos1</i> | <i>If pos2</i> | <i>If pos1</i> | <i>If pos2</i> | <i>If pos1</i> | <i>If pos2</i> | <i>If pos1</i> | <i>If pos2</i> | <i>If pos1</i> | <i>If pos2</i> |
| bi | 2bi | fl | 2fl | so | 2so | tu | 2tu | se | 2se |
| 0.25 | 0.1 | 0.25 | 0.1 | 0.3 | 0.05 | 0.3 | 0.1 | 0.35 | 0.1 |

| | | | | | | | | | |
|--|----------------|--|----------------|--|----------------|--|----------------|--|----------------|
| 31  | | 32  | | 33  | | 34  | | 35  | |
| Pin | | Rose | | Lamp post | | Box | | Bamboo | |
| <i>lf pos1</i> | <i>lf pos2</i> | <i>lf pos1</i> | <i>lf pos2</i> | <i>lf pos1</i> | <i>lf pos2</i> | <i>lf pos1</i> | <i>lf pos2</i> | <i>lf pos1</i> | <i>lf pos2</i> |
| pi | 2pi | ro | 2ro | lp | 2lp | bo | 2bo | bb | 2bb |
| 0.6 | 0.45 | 0.2 | 0.05 | 0.25 | 0.15 | 0.3 | 0.1 | 0.3 | 0.1 |
| 36  | | 37  | | 38  | | 39  | | 40  | |
| Iguana | | Knight | | Willow | | Beluga | | Tower | |
| <i>lf pos1</i> | <i>lf pos2</i> | <i>lf pos1</i> | <i>lf pos2</i> | <i>lf pos1</i> | <i>lf pos2</i> | <i>lf pos1</i> | <i>lf pos2</i> | <i>lf pos1</i> | <i>lf pos2</i> |
| ig | 2ig | kn | 2kn | wi | 2wi | be | 2be | to | 2to |
| 0.35 | 0.2 | 0.35 | 0.15 | 0.4 | 0.15 | 0.4 | 0.2 | 0.45 | 0.15 |
| 41  | | 42  | | 43  | | 44  | | | |
| Owl | | Bridge | | Drop | | Queen | | | |
| <i>lf pos1</i> | <i>lf pos2</i> | <i>lf pos1</i> | <i>lf pos2</i> | <i>lf pos1</i> | <i>lf pos2</i> | <i>lf pos1</i> | <i>lf pos2</i> | | |
| ow | 2ow | br | 2br | dr | 2dr | qu | 2qu | | |
| 0.45 | 0.2 | 0.45 | 0.2 | 0.6 | 0.3 | 1.0 | 0.5 | | |

6. The next part of the code is **Rotation of the Construction Base**:

The number of rotations of the construction base calculates each 180° until the featured-swimmer's "waist" level (for both head-up or head-down positions). It must be a "visible" rotation. Not just a turn of the body of the featured-swimmer. See catalogue p.38.

| GROUP B | | | | | | |
|---------|---|-------------------|----------------------|-------------------|----------------------|-------------------|
| | Type | 90° | 180° | 360° | 540° | 720° |
| 1 | Value for Stack (only support swimmer with featured-swimmer on top rotates around self) | - | r0,5 0.2 | r1 0.3 | r1,5 0.4 | r2 0.5 |
| 2 | Value for Stack (featured swimmer stands on 1 leg and other one is 135 or 180 degrees) | - | R0,5 0.25 | R1 0.35 | R1,5 0.45 | - |
| 3 | Value for Stack (featured swimmer stands by both feet on supports shoulders) in code add * | - | r0,5* 0.05 | r1* 0.1 | r1.5* 0.15 | r2* 0.2 |
| 4 | Value for Stack (if featured-swimmer is in a handstand position; or support position is head-down; or both are head-down (shoulders on feet connect)) | - | r0,5! 0.3 | r1! 0.5 | r1,5! 0.7 | - |
| 5 | Value for Lift (big water resistance for base athletes while all construction rotates including base swimmers) | r/L 0.3 | r0,5L 0.4 | r1L 0.5 | - | - |

7. Plane and Degree of Rotation – N/A for Group B.

8. The last part of a code for a Group B acrobatic is indicating if there is a **Bonus**:

| GROUP B | | | |
|----------------|---|-------------|--------------|
| | Bonus | Code | Value |
| 1 | Synchronized actions for double acrobatic movements | w1 | 0.2 |
| 2 | Rotation 180° or 360° on feet without leaving support | w2 | 0.3 |
| 3 | In 2Support construction, twirl one of the supports | w3 | 0.1 |
| 4 | Stand-up (lifting torso) from head-down position | w4 | 0.2 |
| 5 | Connection between 2 featured-swimmers | w5 | 0.1 |
| 6 | Blind grip for Lifts | w6 | 0.2 |
| 7 | Third position (example: in the end of acrobatic movement closing legs to vertical) | w7 | 0.05 |
| 8 | Long holding lift (3 seconds and more) =doesn't apply for rotation of the construction or "moving base lifts" | w8 | 0.2 |
| 9 | "Twirl" of featured-swimmer in group B | w9 | 0.05 |
| 10 | "Wave" movements | w10 | 0.1 |
| 11 | Featured-swimmer rotates on feet or palms of support 180° | w11 | 0.1 |
| 12 | Featured-swimmer rotates on feet or palms of support 360° | w12 | 0.2 |
| 13 | Travelling construction (at least 1 meter) | w13 | 0.1 |
| 14 | "Moonwalk": Lift-up from split - legs sliding and changing place and opening back to the split on surface | w14 | 0.2 |
| 15 | "Ungrip" | w15 | 0.05 |

HOW TO CODE GROUP C (COMBINED)

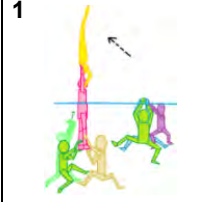


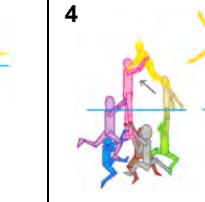
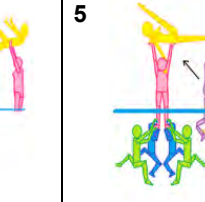
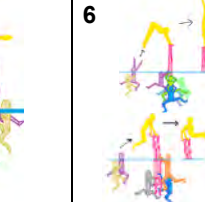
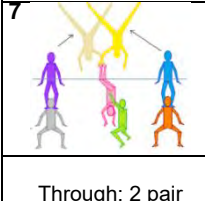
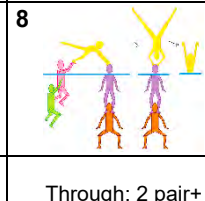
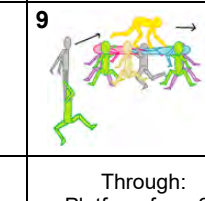
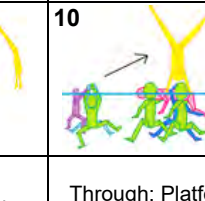
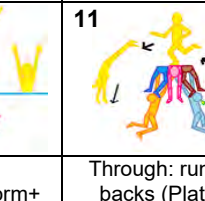
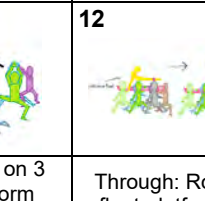
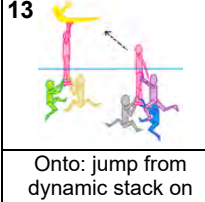
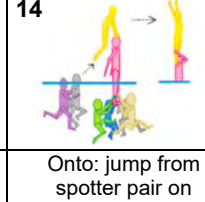
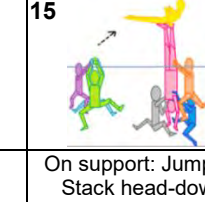
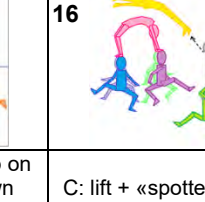
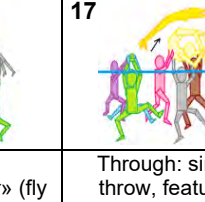
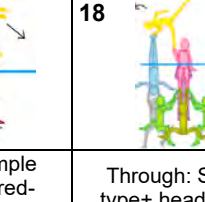
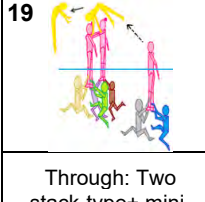
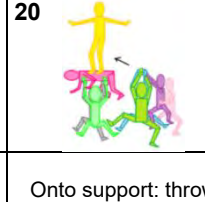
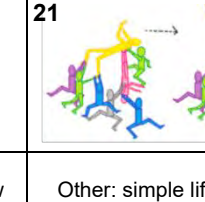
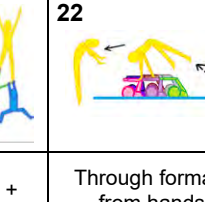
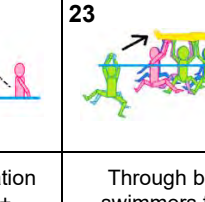
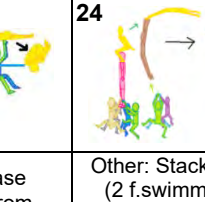
ACRO C CODE ORDER :

Group/Subgroup – Construction – Direction - Position 1/Position 2 – Rotn of Base - Rotation - Bonus

1. In a code, first add the letter indicating the **group/subgroup**. For Group C there are three options:

| | |
|-----------|-----------------------------------|
| CO | Group C, subgroup Other |
| CT | Group C, subgroup Through Support |
| CC | Group C, subgroup Onto Support |

2. The second part of the code is for **Construction**:

| | | | | | |
|--|--|--|--|--|--|
| 1  | 2  | 3  | 4  | 5  | 6  |
| On to support: Stack from simple throw Transit, not jump! | Jump through support from «spotter» (Stack type+«spotter») Transit, not jump | Jump through support's shoulders from «spotter» (Stack type+«spotter») or Jump on support's shoulders from spotter and remain until submergence | Onto support from «spotter» (Stack type+«spotter») Transit, not jump | Onto support from «spotter» (Stack type+«spotter») 3 points grip Transit, not jump | jump through head- down support |
| Thr~St | '~St> | '>StSh> or '>Stsh | '~St | '~St* | '>StH> |
| 1.7 | 1.65 | 1.55 | 1.75 | 1.55 | 1.75 |
| 7  | 8  | 9  | 10  | 11  | 12  |
| Through: 2 pair +featured-swimmer | Through: 2 pair+ featured-swimmer | Through: Platform from 2+ «spotter»/thrower | Through: Platform+ «spotter» /thrower | Through: run on 3 backs (Platform from 3 swimmers+ «spotters» /throwers | Through: Roll on a float-platform and jump from it |
| '>'H> | '>'> | Thr>PP> | '>P> | Thr>Pb₃> | Roll>P> |
| 1.4 | 1.1 | 1.35 | 1.25 | 1.6 | 0.7 |
| 13  | 14  | 15  | 16  | 17  | 18  |
| Onto: jump from dynamic stack on "balance" stack and remain on palms | Onto: jump from spotter pair on "balance" stack and remain on shoulders | On support: Jump on Stack head-down from simple throw (Don't forget bonus!) | C: lift + «spotter» (fly above formation) | Through: simple throw, featured- swimmer fly above lift | Through: Stack- type+ head-down «spotter» pair |
| St>Stp | '>Stsh | Thr>StH | '~L | Thr ~L | St>'H> |
| 1.85 | 1.65 | 2.0 | 1.45 | 1.3 | 1.75 |
| 19  | 20  | 21  | 22  | 23  | 24  |
| Through: Two stack-type+ mini- stack | Onto support: throw on a platform | Other: simple lift + «spotter» | Through formation from hands + «spotter» | Through base swimmers from simple throw | Other: Stack+throw (2 f.swimmers in connection with each-other) |
| '>StSt> | Thr>P | L' | Thr >hand> | Thr >base> | St+Thr(2) |
| 1.8 | 1.45 | 1.15 | 0.7 | 1.05 | 1.85 |

| | | | | | |
|---|---|---|---------------------------------|--|---|
| | | | | | |
| Other: Snake-stack type | Other: Snake-stack head-down | Through: Jump from stack with connection with 2 stack and broke it later | Other: Stack + 2 spotters | Onto: "Monkey" jump from spotter pair on "balance" stack and remain on shoulders | Through: Stack from simple throw <u>Transit, not jump!</u> |
| Sn | SnH | St>St> | St'' | '>Stm | Thr~St> |
| 0.95 | 1.35 | 1.6 | 1.45 | 1.55 | 1.5 |
| | | | | | |
| Through: featured-swimmer passes through surface hand-grip of base swimmers | Through lift from «spotter» | "Toss" (from surface through hands) | Through 3 heads from mini-stack | Through formation from hands+«spotters»+2 featured-swimmers | Through: run on 2 backs (Platform from 2 swimmers+ «spotters» /throwers |
| >HandSurf> | '>L> | Toss>hand> | Thr>3head> | (2)Thr >hand> | Thr>Pb²> |
| 0.5 | 1.45 | 0.5 | 1.2 | 0.8 | 1.6 |
| | | | | | |
| Onto: Jump from spotter on Stack, palms | Fall from one formation on the "hand-formation" | | | | |
| '>Stp | L>hand | | | | |
| 1.75 | 1.0 | | | | |

3. The next part of a Group C code is the **Direction** of the combined action:

| GROUP C | | | |
|---------|------------------------------------|-------------|-------------|
| | Direction | Code | Value |
| 1 | Forwards (no somersault, no twist) | Forw | 0.05 |
| 2 | Backwards | Back | 0.1 |
| 3 | Forwards (with somersault/twist) | FORW | 0.15 |
| 4 | Sideways | Side | 0.2 |
| 5 | Upwards | Up | 0.05 |
| 6 | Reverse | Rev | 0.2 |

4. The next part of the code indicates the **Positions** demonstrated:

Please use the Position Charts from GROUP A and GROUP B and consider the special positions for Group C below:

| | | | |
|---------------------------------------|----|-------------|--------------|
| | | | |
| Passing Tuck / Pike / Mantis / Monkey | ps | 0.05 | Passing Line |
| | | | psl |
| | | | 0.1 |

5. Area of support – N/A for Group C (value already inside construction)

6. The next part of the code is for **Rotation of the Construction Base**:



The number of rotations of the construction base calculates each 180° until the featured-swimmer's "waist" level (for both head-up or head-down positions). It must be a "visible" rotation. Not just a turn of the body of the featured-swimmer. See catalogue p.38.

| GROUP C | | | | |
|---------|---|-------|------|-------|
| | Type | 180° | 360° | 540° |
| 1 | Value for Stack (only support swimmer with feature-swimmer on top rotates around self) | r0,5 | r1 | r1,5 |
| | | 0.2 | 0.3 | 0.4 |
| 2 | Value for Stack (if featured-swimmer is in a handstand position; or support position is head-down; or both are head-down (shoulders on feet connect)) | r0,5! | r1! | r1,5! |
| | | 0.3 | 0.5 | 0.7 |

7. The next part of the code is for **Plane and Degree of Rotation**:

- The number of twists is calculated until the chest (lower ribs) level of the featured-swimmer (visible/clear border for detecting rotations). See catalogue p.18.*
- To get value for a "full somersault" featured-swimmer, who jumps head-first needs to enter the water feet-first. For "Open" or variations of arch positions the featured swimmer enters the water demonstrating vertical alignment between shoulders and knees. See catalogue p.19.*

| GROUP C | | | | |
|---------|--|----------------------------|----------|-------|
| | Plane of rotation | Degree of Rotation | Code | Value |
| 1 | Horizontal plane (twist) For "head-up" positions | 180° | T0.5 | 0.1 |
| | | 360° | T1 | 0.15 |
| | | 540° | T1.5 | 0.2 |
| | | 720° | T2 | 0.25 |
| 2 | Horizontal plane (twist) When twist executed in the same time with somersault | 180° | t0.5 | 0.1 |
| | | 360° | t1 | 0.2 |
| | | 540° | t1.5 | 0.3 |
| | | 720° | t2 | 0.4 |
| 3 | Sagittal plane (Example: forward somersault) | 180° | s0.5 | 0.05 |
| | | 360° | s1 | 0.3 |
| | | 540° | s1.5 | 0.5 |
| | | 720° | s2 | 0.6 |
| 4 | Frontal plane (Example: Side somersault) | 360° | f1 | 0.4 |
| | | 540° | f1.5 | 0.6 |
| | | 720° | f2 | 0.7 |
| 5 | Dive (depends from parabola) | Not 180° somersault! | d | 0.025 |
| | | Dive+180 twist | dt0.5 | 0.125 |
| | | Dive+360 twist | dt1.0 | 0.175 |
| | | Dive+540 twist | dt1.5 | 0.225 |
| 6 | Two Axis Airborne Rotations | 1 somersault + 0.5 twist | s1t0,5 | 0.4 |
| | | 1 somersault + 1 twist | s1t1 | 0.5 |
| | | 1 somersault + 1.5 twist | s1t1,5 | 0.6 |
| | | 1 somersault + 2 twist | s1t2 | 0.7 |
| | | 1.5 somersault + 0.5 twist | s1.5t0,5 | 0.6 |
| | | 1.5 somersault + 1.0 twist | s1.5t1 | 0.7 |
| | | 2 somersault + 0.5 twist | s2t0,5 | 0.9 |
| | | 2 somersault + 1 twist | s2t1 | 1.0 |

| | | | | |
|---|------------|--|---|-----|
| 7 | Handspring |  | h | 0.1 |
| 8 | Cartwheel |  | c | 0.1 |

8. The last part of a code for a Group C is indicating if there is a **Bonus**:

| GROUP C | | | |
|---------|--|------|-------|
| | Bonus | Code | Value |
| 1 | Jump on the Stack and remain on it until submergence | y1 | 0.3 |
| 2 | Running on the (3) backs | y2 | 0.3 |
| 3 | Running on the (2) backs | y3 | 0.2 |
| 4 | Running on the (1) back (should lay not sideways to featured-swimmer) | y4 | 0.1 |
| 5 | Fly above formation | y5 | 0.3 |
| 6 | Blind grip in group C | y6 | 0.2 |
| 7 | Synchronized actions for double acrobatic movements | y7 | 0.2 |
| 8 | “Rolling” on a construction | y8 | 0.1 |
| 9 | Connection between 2 featured-swimmers; | y9 | 0.1 |
| 10 | Third position (example: in the end of acrobatic movement tucking (group A)) | y10 | 0.05 |
| 11 | F.swimmer “Slips through” after jump between support’s legs | y11 | 0.1 |
| 12 | Blind jump | y12 | 0.05 |
| 13 | Hula hoop” action (f.swimmer in ring position enters water with support swimmer inside the circle (which is made from legs/hands connection of f.swimmer)) | y13 | 0.3 |
| 14 | “Twirl of a featured swimmer” | y14 | 0.05 |
| 15 | “Beyonce fall” (from lift blind fall backwards on the other formation made from hands) | y15 | 0.1 |

HOW TO CODE GROUP P (PLATFORM)



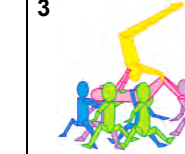
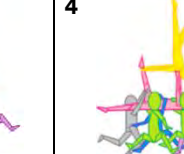
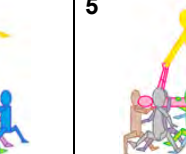



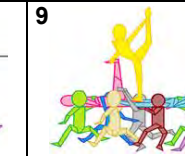
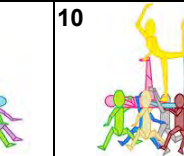
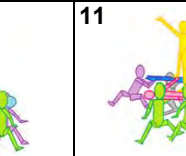
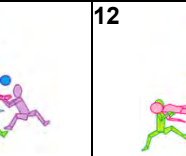


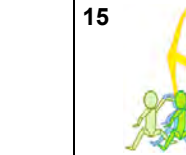
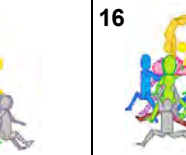

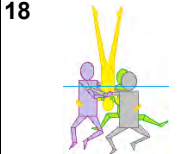
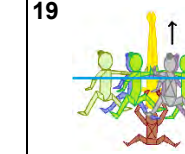
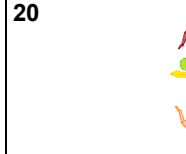

ACRO P CODE ORDER :

Grou/Subgroup - Construction - Type of Connection - Pos 1 / Pos 2 - Rotation of Base - Bonus

1. In a code, first add the letter indicating the **group/subgroup**. For Group P there are two options:

| | |
|-----------|----------------------------|
| PP | Group P, subgroup Standard |
| PF | Group P, subgroup Float |










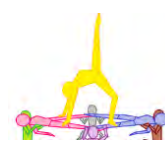






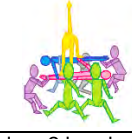




2. The second part of the code is for **Construction**:

| | | | | | |
|---|---|---|---|--|---|
| 1 | 2 | 3 | 4 | 5 | 6 |
|  |  |  |  |  |  |
| Platform (Support straight body) | Platform "small" (Support straight body) | Platform (Support straight body)+bent knees | Platform (Support ballet leg) | Platform (Support double ballet leg) | Platform (Support on stomach in arch position) |
| P | p | Knees | B | DB | a |
| 1.1 | 0.85 | 1.15 | 1.3 | 1.4 | 1.15 |
| 7 | 8 | 9 | 10 | 11 | 12 |
|  |  |  |  |  |  |
| Platform (Support on stomach with bent knees) "Chariot" | "Area" ("box") | Platform from 2 supports (1 ballet leg) | Platform from 2 supports (2 ballet legs) | Float from 2 parallel supports | Float "triangle" (3 swimmers form a support from legs) |
| Chariot | Box | 2SupB | 2SupBB | 2Sup | Triangle |
| 1.15 | 1.2 | 1.45 | 1.7 | 1.0 | 1.1 |
| 13 | 14 | | | 15 | 16 |
|  |  | | |  |  |
| Float "Rhombus" (2 swimmers form a support from legs) | Float "star" (5-7 swimmers form a support from legs)+ 2 base is under! | | | Platform: float made from hands | Platform +2 featured-swimmers |
| Rhombus | Star (5 supports) | Star6 (if 6 supports) | Star7 (if 7 supports) | Hand | (2) |
| 0.9 | 0.9 | 1.0 | 1.1 | 0.6 | 1.2 |
| 17 | 18 | 19 | 20 | | 21 |
|  |  |  |  | |  |
| Float:compass | Platform: float made from hands small | "Fountain": 1 base under water+ 6 touch/hold featured-swimmer on the surface | "Carpet" 1 featured-swimmer make actions on 6 laying supports, other swimmers hold them as base | | Platform 4 levels |
| Compass | hand | Fo | Carp | Carp4 (if 4 supports) | P4l |
| 0.8 | 0.5 | 0.3 | 1.0 | 0.8 | 1.2 |

3. There is no Direction in Group P.

4. The next part of a Group P code is - **Area of Support/Type of Connection:**

| | | | | | | | | | |
|---|--|--|--|---|--|---|--|--|--|
| 1 | | 2 | | 3 | | 4 | | 5 | |
| Sit on straight body (8-9 swimmers or 2-5) | | Stand (two legs, feet) on straight body | | 3 POINTS (Stand 1 leg + 2 hands) on straight body Or (Stand on 1 leg+ palms/palms connection) (constr: 6-to 9 b.swimmers or 2-5) | | Stand 1 leg on straight body | | Headstand on straight body | |
| SiA 0.05 | | F2A 0.1 | | 3pA or 3pA/ 0.1 | | FA 0.3 | | HA 0.1 | |
| 6 | | 7 | | 8 | | 9 | | 10 | |
| "Golden bridge" grip: Palms (of 1st f.sw) and palms+feet (2nd f.sw) on straight body | | Head between legs | | Laying on a straight body | | Stand one leg on palms, on leg on the knees | | Shoulders on palms + catch bent knees | |
| Go 0.2 | | H+L 0.1 | | AA 0.05 | | FP+FK 0.2 | | SP+K 0.2 | |
| 11 | | 12 | | 13 | | 14 | | 15 | |
| All body (sit or lay) on knees +hand/hands connection | | Bridge 1leg on knees and palm | | Any 3 point connection with straight body bent knee | | Stay on straight body + blind connection | | Stay on arch featured-swimmers + extra support on head | |
| AK/ 0.2 | | Br1K 0.3 | | 3pK/ 0.2 | | F2Cb 0.2 | | F2C+H 0.1 | |
| 16 | | 17 | | 18 | | 19 | | 20 | |
| "Yin/Yang" (palms on legs+leg/s on palms) | | Sit on feet + feet on back | | Foot on a ballet leg body + palm/foot | | Sit on 1 foot + feet on palms | | Sit on 1 foot + palms/palms | |
| YY 0.3 | | SiF+FB 0.1 | | FA+PF 0.3 | | SiF+FP 0.2 | | SiF/ 0.3 | |
| 21 | | 22 | | 23 | | 24 | | | |
| Lay on 1 foot + palms/shoulders+ shoulders/palms | | Shoulders on palms + connect with leg | | Shoulders on palms + hand and knee connection with leg | | Stand (two legs, feet) on ballet leg body +palm on foot | | | |
| BF+Le 0.2 | | SP+L 0.4 | | SP+KF 0.3 | | F2A+PF 0.1 | | | |
| 25 | | 26 | | 27 | | 28 | | 29 | |
| Bridge on a ballet leg (foot)+ palms/palms | | Sit on straight feet + blind palms/palms | | Bridge on Double ballet leg" | | Shoulders on feet + extra connection palms/palms | | Sit or Lay on straight feet + palms/palms | |
| 4pF/ 0.3 | | SiFb/ 0.4 | | PF+FP 0.4 | | SF/ 0.3 | | SiF/ 0.3 | |

| | | | | | | | | | |
|----------------------------------|---|--|---|---|---|--|---|--|---|
| 30 |  | 31 |  | 32 |  | 33 |  | 34 |  |
| Palms/legs + legs/palms | | Palms on bodies + extra help from base swimmers | | 4 (bridge) or 3 (needle) points of support on legs+ extra help from base swimmers | | Feet and palms on hands connection | | Foot and palms on hands connection | |
| PL+LP | | PA3* | | 4pA3* | | BrH | | 3pH | |
| 0.2 | | 0.2 | | 0.1 | | 0.1 | | 0.1 | |
| 35 |  | 36 |  | 37 |  | 38 |  | 39 |  |
| Shoulders on hands | | 2 legs on hands | | sit or lay on hands | | All body (Sit, Lay, Head-down or stand) on 6/7/8 straight bodies Or Compass Or Carpet | | Palms, foot on 2 straight bodies (for example: needle) Or Bridge | |
| ShH | | F2H | | AH | | AA | | 3pA2 or Br1A2 | |
| 0.1 | | 0.3 | | 0.05 | | 0.1 | | 0.1 | |
| 40 |  | 41 |  | 42 |  | 43 |  | 44 |  |
| Foot on two bodies + palm / foot | | 2 legs on 2 bodies: 1 ballet leg+1 straight body | | Foot on a two body + palm / foot + knee / foot | | 2 legs on 2 ballet leg bodies | | Legs on 2 straight bodies | |
| FA2+PF | | F2A2+PF | | FB2+PF+KF | | F2B2+PF+PF | | F2A2 | |
| 0.3 | | 0.1 | | 0.1 | | 0.1 | | 0.2 | |
| 45 |  | 46 |  | 47 |  | 48 |  | 49 |  |
| Bridge on 2 straight bodies | | 1 leg+2 hands on 2 straight bodies | | (4 level), 1 leg on shoulders | | (4 level) sit on shoulders | | (4 level) stand on shoulders | |
| 4pA2 | | 3pA2 | | FSh | | SiSh | | 2LSH | |
| 0.1 | | 0.1 | | 0.25 | | 0.05 | | 0.15 | |
| 50 |  | | | | | | | | |
| 1 foot on hands | | | | | | | | | |
| F1H | | | | | | | | | |
| 0.2 | | | | | | | | | |

5. The next part of the code indicates the **Positions** demonstrated:

Please use the Positions Charts from GROUP A and GROUP B.

6. The next part of the code is any **Rotation** of Construction Base:

| GROUP P | | | | |
|---------|--|-------------|---------------|-------------|
| | Type | 90° | 180° | 360° |
| 1 | Value for Platform (all construction rotates including base swimmers) | R/ 0.2 | R0.5 0.3 | R1 0.4 |
| 2 | Value for Platform (if featured-swimmer sits or in a headstand position, not standing) | R/* 0.05 | R0.5* 0.1 | R1* 0.2 |
| 3 | Value for Float made from hands | - | R0,5h 0.15 | R1h 0.25 |
| 4 | Value for Float made from legs (Star, Compass etc.) | R/I 0.3 | R0,5I 0.4 | - |

7. Plane and Degree of Rotation – N/A for Group P.

8. The last part of the code is the **Bonus**:



| GROUP P | | | |
|---------|---|------|-------|
| | Bonus | Code | Value |
| 1 | Synchronized actions for double acrobatic movements | j1 | 0.2 |
| 2 | Connection between 2 featured-swimmers | j2 | 0.1 |
| 3 | Third position (any additional position 3rd, 4th, 5th will be counted only once) | j3 | 0.05 |
| 4 | Blind grip between f.swimmer and support | j4 | 0.1 |
| 5 | “Roll” on the construction and “rolling” (circling action of platform construction, when featured swimmer submerges after 90° and support swimmer follows showing 180° arch-action above surface) entrance in the water | j5 | 0.2 |
| 6 | Lifting in a “Box” and lowering back | j6 | 0.2 |
| 7 | “Spider” action (Float formation: featured-swimmer twists in the shoulder and thigh joints and appears from underwater on a construction. This action has flexibility risk factor) | j7 | 0.2 |
| 8 | Floats made from hands, which are “out of water” (not on the surface) | j8 | 0.2 |
| 9 | Jump (Dive) from platform | j9 | 0.05 |
| 10 | “Cartwheel” on a platform and entering the water | j10 | 0.2 |
| 11 | 270° somersault jump from Platform | j11 | 0.3 |
| 12 | Move from Platform on to 2 spotter’s heads for finishing acrobatic movement as Lift | j12 | 0.3 |
| 13 | During platform, F.swimmer breaks palms/palms connect with support and/or lifting torso and maintain position | j13 | 0.3 |
| 14 | “Spichag” (power press-up from Crocodile to Candle/or Vertical head-down position) | j14 | 0.2 |
| 15 | “Break-dance” movements on a float | j15 | 0.2 |
| 16 | “Porpoise” start-action for featured-swimmer at the beginning of the acrobatic movement to get to the main position. | j16 | 0.1 |
| 17 | Travelling construction | j17 | 0.1 |
| 18 | Lifting up from the surface platform-construction | j18 | 0.1 |
| 19 | “Surfing”, “Riding a wave” (lifting up and down full platform construction (but not away from surface) | j19 | 0.1 |
| 20 | Climb onto the platform from under the water (inside the construction) | j20 | 0.05 |
| 21 | Change the “grip” | j21 | 0.05 |
| 22 | If float was lifted up from under the water and/or submerge after to finish an acrobatic movement | j22 | 0.1 |
| 23 | Fast fall down inside floats’ construction | j23 | 0.05 |
| 24 | Fast fall down inside floats’ construction with twirl 360° | j24 | 0.1 |
| 25 | Change of featured-swimmer | j25 | 0.1 |





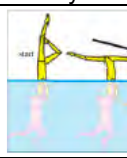

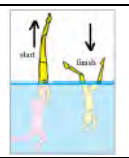
General Principles:

1. A pair acrobatic movement is only considered as a lift or a throw if the "bottom" (base) swimmer is underwater and lifts/throws the featured-swimmer up in the air (away from surface). The base swimmer can lift/throw featured-swimmer by holding/pushing their legs or shoulders.
2. Rotation around self (turn, twist) can be performed in any direction.
3. Way of connecting between bottom and upper swimmer is optional and is not judged.
4. Pair Acro values should not be compared to Team Acro values. Their value is in direct relation to the duet/mixed duet events.
5. **Base Mark** for all types of Pair Acrobatics will be **0,10**.

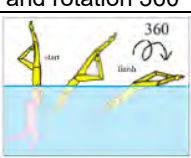
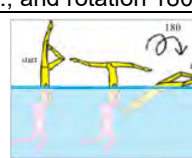


Pair Acro Level 1:

| Name | Lift head-up with crashing | Lift legs-up with crashing |
|---------|---|---|
| Diagram |  |  |
| Code | L>> | L!>> |
| Value | 0,10 | 0,20 |

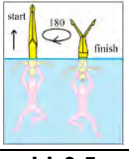

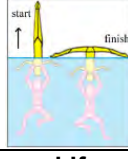
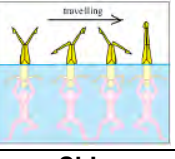
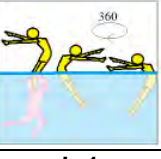
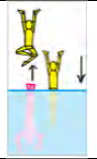
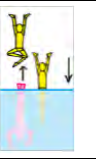
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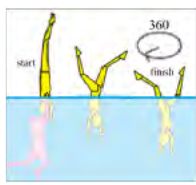

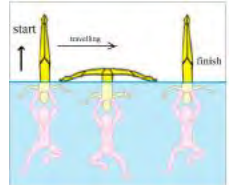
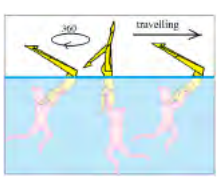
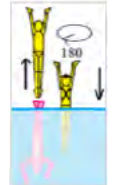
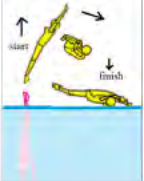
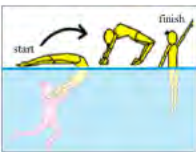
| Name | Lift head-up | Lift head-up with flexibility and crashing | Lift legs-up with flexibility and crashing | Lift legs-up with crashing and rotation 180° | Lift legs-up |
|---------|--|--|--|--|--|
| Diagram |  |  |  |  |  |
| Code | L | Lf>> | L!f>> | L!r0,5>> | L! |
| Value | 0,40 | 0,40 | 0,40 | 0,60 | 0,60 |



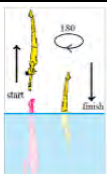
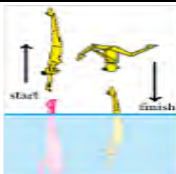
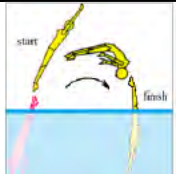
Pair Acro Level 3:

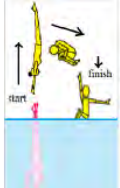

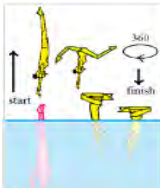
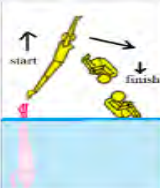

| Name | Lift legs-up with crashing and rotation 360° | Lift legs-up with crashing, flex., and rotation 180° (turn) | Lift head-up with 180° rotation | Sustained lift head-up with traveling |
|---------|---|---|--|---|
| Diagram |  |  |  |  |
| Code | L!r1>> | L!fr0,5>> | Lr0,5 | SL> |
| Value | 0,60 | 0,60 | 0,60 | 0,80 |

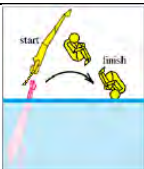
Pair Acro Level 4:

| Name | Lift legs-up with 180° rotation | Lift head-up with flex. and 180° rotation | Lift legs-up with flexibility | Sustained lift legs-up with traveling | Lift head-up with rotation 360° |
|---------|---|---|---|---|---|
| Diagram |  |  |  |  |  |
| Code | L!r0,5 | Lfr0,5 | L!f | SL!> | Lr1 |
| Value | 0,80 | 0,80 | 0,80 | 0,80 | 0,80 |
| Name | Jump head-up | Throw legs-up with crashing | | | |
| Diagram |  |  | | | |
| Code | J | W!>> | | | |
| Value | 0,80 | 0,80 | | | |

| Pair Acro Level 5: | | | | | |
|--------------------|---|---|---|---|---|
| Name | Lift legs-up with 360° rotation | Lift legs-up with flexibility and 180° rotation | Sustained lift legs-up with flexibility and traveling | Sustained lift legs-up with traveling and rotation 180°-360° | Jump head-up with 180 rotation |
| Diagram |  |  |  |  |  |
| Code | L!r1 | L!fr0,5 | SL!f> | SL!r0,5> or SL!r1> | Jr0,5 |
| Value | 1,0 | 1,0 | 1,0 | 1,0 | 1,0 |
| Name | Jump head-up with flexibility | Legs-up throw-dive | | | |
| Diagram |  |  | | | |
| Code | Jf | W!d | | | |
| Value | 1,0 | 1,0 | | | |

| Pair Acro Level 6: | | | | | |
|--------------------|---|---|---|---|---|
| Name | Lift legs-up with flexibility and rotation 360° | Sustained lift legs-up with flexibility, traveling and rotation 180°-360° | Throw legs-up with 180° rotation | Throw legs-up with flexibility | Jump-Dive |
| Diagram |  |  |  |  |  |
| Code | L!fr1 | SL!fr0,5> or SL!fr1> | W!r0,5 | W!f | Jd |
| Value | 1,2 | 1,2 | 1,2 | 1,2 | 1,2 |

| Pair Acro Level 7: | | | Pair Acro Level 8: | | |
|--------------------|---|---|---|---|---|
| Name | Throw legs-up with 180° somersault | Throw legs-up with flexibility and rotation 180° | Throw legs-up with flexibility and rotation 360° | Jump head-up with 1 somersault forwards | Jump head-up with 1 somersault backwards and flexibility |
| Diagram |  |  |  |  |  |
| Code | W!s0,5 | W!fr0,5 | W!fr1 | Js1F | Jfs1B |
| Value | 1,4 | 1,4 | 1,6 | 2,0 | 2,0 |

| Pair Acro Level 9: | |
|--------------------|---|
| Name | Throw legs-up with somersault forwards |
| Diagram |  |
| Code | W!s1F |
| Value | 2,2 |