

World Aquatics: Clarification for Pair Acrobatics & Group C Important Note

April 25, 2023

1. For a Pair Acrobatic Movements:

For the clear verification of a Pair Acro movement –

- It is highly recommended to hold a Lift movement “L or L!” for 1-2 seconds. Recommended: to lift featured-swimmer by arms
- If it’s a Throw “W” or a Jump “J” a **disconnect** should be clearly seen – ideally AIR. Recommended: to push featured-swimmer by feet
- If you can’t achieve a clearly seen disconnection, then you should declare a Lift instead.
- A clear difference between dynamic and balance Pair Acrobatics should be seen.

For example: if it’s a Lift legs-up with 360° rotation (L!r1) : the base swimmer needs to hold the featured-swimmer for 1-2 seconds and then rotate the featured-swimmer (help them not to descend very fast, support) or disconnect and partner will submerge with rotation.

In contrast: if it’s a Throw legs-up with 180° rotation (W!r0,5): the base swimmer needs to accelerate and push up the featured-swimmer in the air and disconnect. The featured- swimmer rotates 180° and submerges.

2. Acrobatic movements like these are considered as Lift head-up (L):

For example, in image on the left the featured-swimmer goes head-up, lifts legs up and then crashes on the surface OR like image on right is lifted straight up and then submerges:



However, these types of movements pictured below are considered as Pair Assist (and therefore are Transitions):



3. If the swimmers do a Jump head-up and somersault 270°:

- It’s not a complete 360° somersault BUT coach can instead declare “Jump-Dive” and stay inside “the rule of allowances” that you can over-rotate but at least “pass” the required rotation.

4. Allowances:

For somersaults:

- 90 degrees less than declared = Base Mark
- If you declare somersault 360° but you rotate 260°, this would be Base Mark, but if 300° you are ok
- However, you can over-rotate. For example, the coach declares somersault 360° but swimmers do 400° or even 540° – this is ok.
- For the 360° somersault - it must be visible fully above the water and for the entrance it is allowed that up

to half of the body is submerged. That means: if coach declares somersault back 360 in flexibility position and during rotation in the air the head of featured-swimmer slides into the water but swimmer rotates fast enough to complete the somersault before entering water inside allowance – it's execution.

- If it's not a complete 360° somersault - coach can instead declare "Jump-Dive" and stay inside "the rule of allowances" that you can over-rotate but at least "pass" the required rotation.

For Lifts and Jumps that are head-up:

- We calculate the number of rotations until the chest level of the featured-swimmer.

For Head-Down Lifts or Throws:

- We calculate the number of rotations until the above knee/knee cap level (but not below knee cap!) of the featured-swimmer.

For the rotations (around self / ie twisting):

- For 360 rotations: 180 degrees less than declared = Base Mark
 - Meaning if you declare 360° but you rotate 170° to chest/knee level this would be Base Mark, but if 200° you are ok.
- For 180 rotations: 90 degrees less than declared = Base Mark
 - Meaning if you declare 180° but you rotate 75° to chest/knee level this would be Base Mark, but if 100° you are ok.
- Swimmers can over-rotate - you can do more until allowance (chest/knee) but not less!

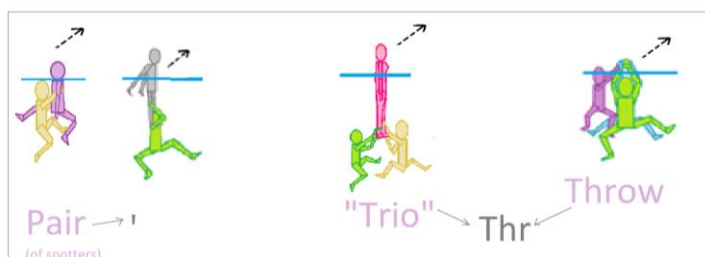
5. Flexibility Positions:

Flexibility Positions are considered as:

- Split and Over-split (or variation where back leg is bent so toes touch the water. Possible to bend forward leg a little bit, but still there must be a clear flexibility (desirably 180 degrees between legs) not Zebra Position (as in Group B of the acrobatics catalogue)
- Vertical Split / Glass / Swan / Eye positions (refer to Group B in the Acrobatics Catalogue)
- Knight (where thigh is 90° back and leg is bent so toes touch the water), any variation of the "Willow" position from Group B of the Acrobatics Catalogue
- Ring (arch with toes touching or close to touching the head)

Group C Team Acrobatic Movements – IMPORTANT NOTE:

When in the code we see "Thr" – that means a smaller "pusher" formation from which featured-swimmer jumps on a second formation. It can consist from: a Pair of Spotters (it doesn't matter how they hold/push each other) or Simple Throw (consist from 3 swimmers "square" push) or Trio (2 base swimmers lift 1 support swimmer from which featured-swimmer jumps). That means: if team has in a smaller formation 3 swimmers or less: they can decide their roles and push as they want!



If TC see during routine declaration of " " but instead swimmers perform any variation of Throw (as described above) – it's not a Base Mark! And opposite: if swimmers declare "Thr" but instead push "from pair of spotters" – it's not a Base Mark! It's the choice of swimmers how to push!

