

ACRO GROUP & SUBGROUP:		CONSIDER HEIGHT OF:	POSITION / TYPE OF SUPPORT	10	9	8	7	6	5	4
GROUP A	JUMP / THROW	FEATURED SWIMMER	ANY	Two (2) Full Bodies		One (1,5) and Half Body		One (1) Body		Half Body
	SMALL JUMP/ THROW	FEATURED SWIMMER	ANY	One (1,5) and Half Body		One (1) Body		Half Body		
GROUP B	LIFT	BASE SWIMMER	HEAD	Head and upper chest out of the water		Head and top of shoulders out of water		Head only (chin dry)		Underwater
			ARMS	Upper chest with entire arm from shoulders to fingers out of the water		Head and top of shoulders out of water	Chin in the water with mid arm out of water		Elbow out of the water	Wrist dry
			SHOULDERS	Upper part of the chest						
	STACK	SUPPORT SWIMMER	HEAD UP	Ankle or higher	Above kneecap	Crotch	Waist	Chest	Neck	Top of head
			HEAD DOWN	VERTICAL	Waist or higher	Low back	Mid-thigh or higher	Kneecap	Mid-shin	Ankle
				TUCK	Waist					Feet under water
				CRANE, PIKE, SPLIT	Lower ribs	Waist	Horizontal legs dry	Mid of horizontal legs dry	Upper part of horizontal legs dry	Some parts of horizontal legs on surface
	SMALL LIFT	BASE SWIMMER	ARMS/HANDS	Neck					Upper Arm	
	SMALL STACK	SUPPORT SWIMMER	HEAD UP	Crotch		Waist		Neck		Underwater
			HEAD DOWN	Mid-thigh or higher		Kneecap	Mid-shin	Ankle	Upper part of	Underwater
GROUP C	ONTO SUPPORT	SUPPORT SWIMMER	ANY (depends on acrobatic movement)	The applicable height chart is based on the type of Acrobatics in the main (bigger) formation (Platform, Stack, etc). of the construction. Use the height chart for "Big" acrobatics.						
	THROUGH SUPPORT	SUPPORT SWIMMER								
GROUP P	STANDARD	SUPPORT SWIMMER	BACK/ FRONT LAYOUT POSITION	All body parts dry	Majority of body parts dry		Some body parts dry		Body under water	
			BALLET LEG SINGLE & DOUBLE, BENT KNEES	All body parts dry	Majority of body parts dry	Some body parts dry	Upper thigh	Mid-thigh	Above kneecap	
	FLOAT	BASE SWIMMER	ARMS/HANDS	Entire arm from shoulders to fingers out of the water					Elbow out of the water	
PAIR ACRO	LIFT	FEATURED SWIMMER	HEAD UP	Ankle or higher	Kneecap	Mid-thigh	Crotch	Top of pelvis	Waist	
			HEAD DOWN	Head out of water	Chin	Arm pits	Upper ribs	Lower back	Crotch	Mid-thigh
	JUMP/ THROW	FEATURED SWIMMER	HEAD UP	Feet above surface	Ankles	Mid-thigh	Kneecap		Crotch	
			HEAD DOWN			Top of the head	Shoulders	Lower ribs	Top of pelvis	

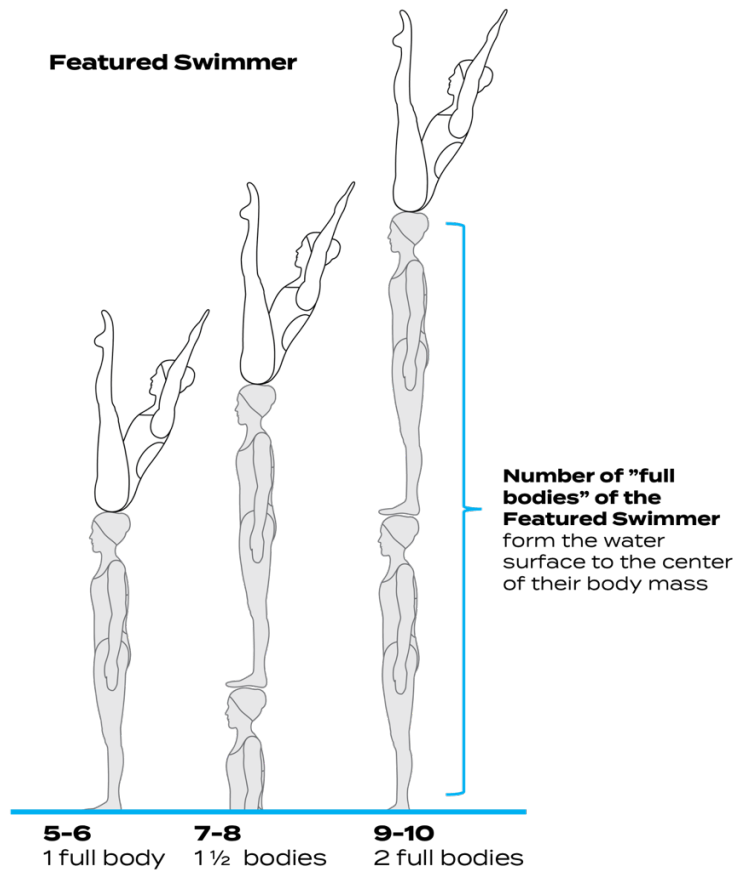
1.1.1 GUIDING SCALE FOR ACROBATICS HEIGHT – DIAGRAMS

1.1.1.1 GROUP A (AIRBORN)

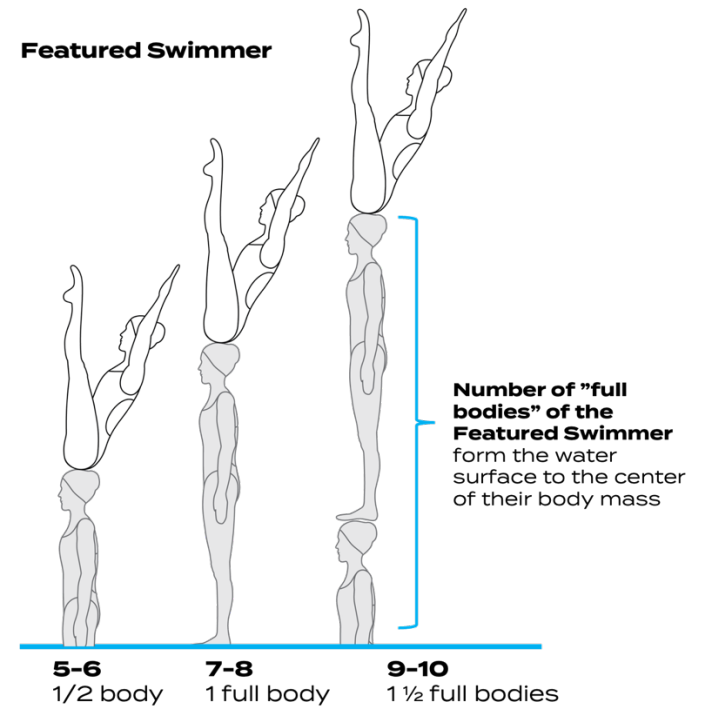
Judges consider the height of the Featured Swimmer in relation to the surface of the water. Considering that the physical height of each athlete is different, Judges need to visually estimate how many “full bodies” (from head to toe) can fit within the jump amplitude (from the water surface to the point of maximum height in the air).

The point of maximum height is considered in the place where “center of mass of Featured Swimmers” gets in the air (person’s center of mass is slightly below their belly button, which is nearly the geometric center of a person. Men and Women have different centers of mass, with Women’s centers of mass being lower than those of Men).

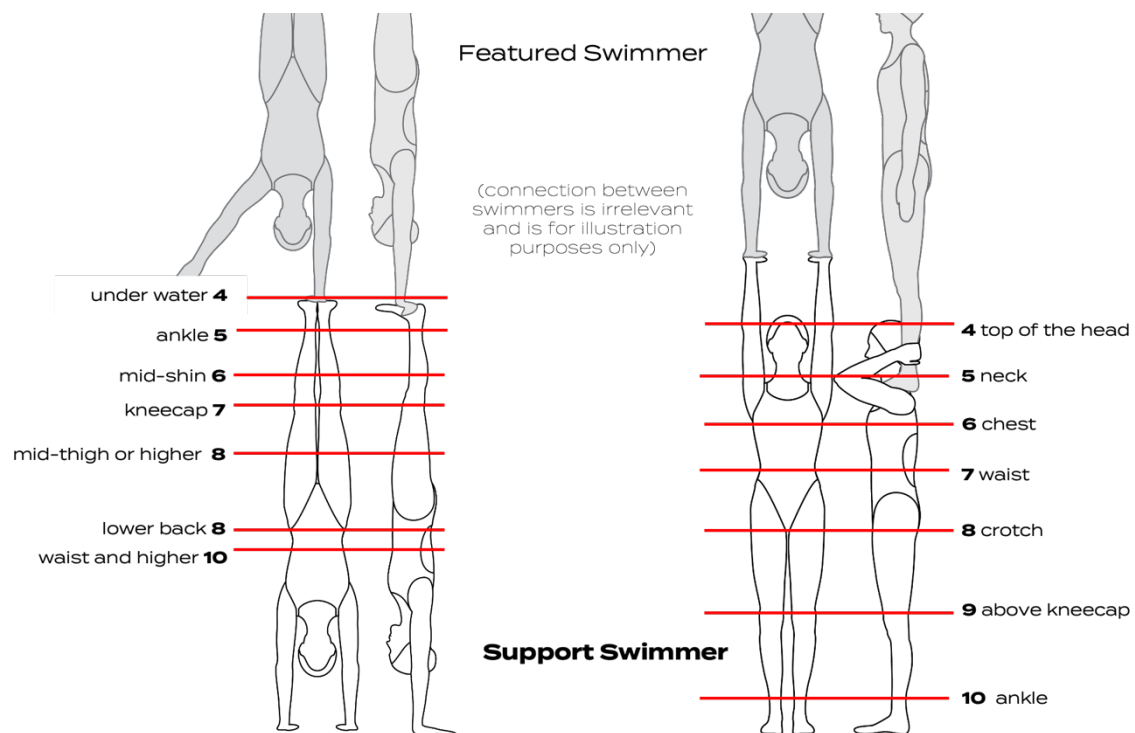
BIG ACROBATICS (seven (7) or more athletes)



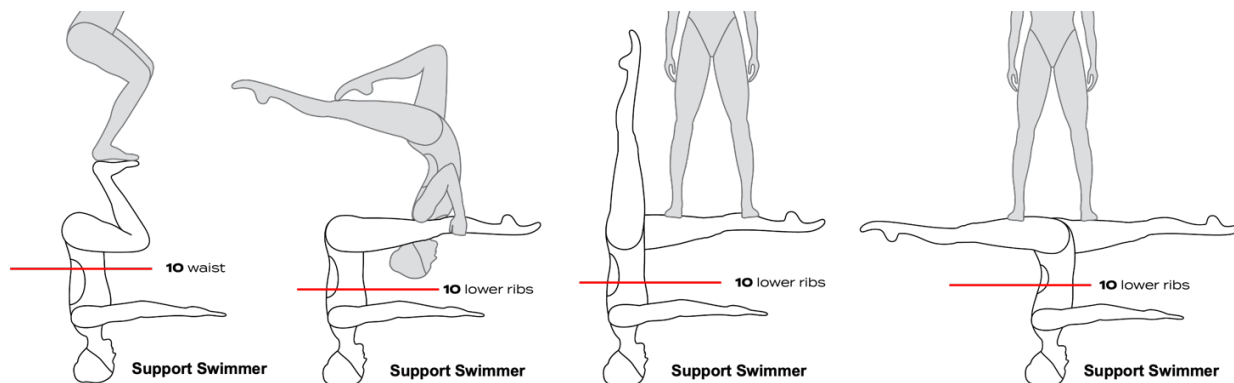
SMALL ACROBATICS (six (6) or less more athletes)



1.1.1.2 GROUP B (BALANCE)- STACK (Big Acro – seven (7) or more athletes)

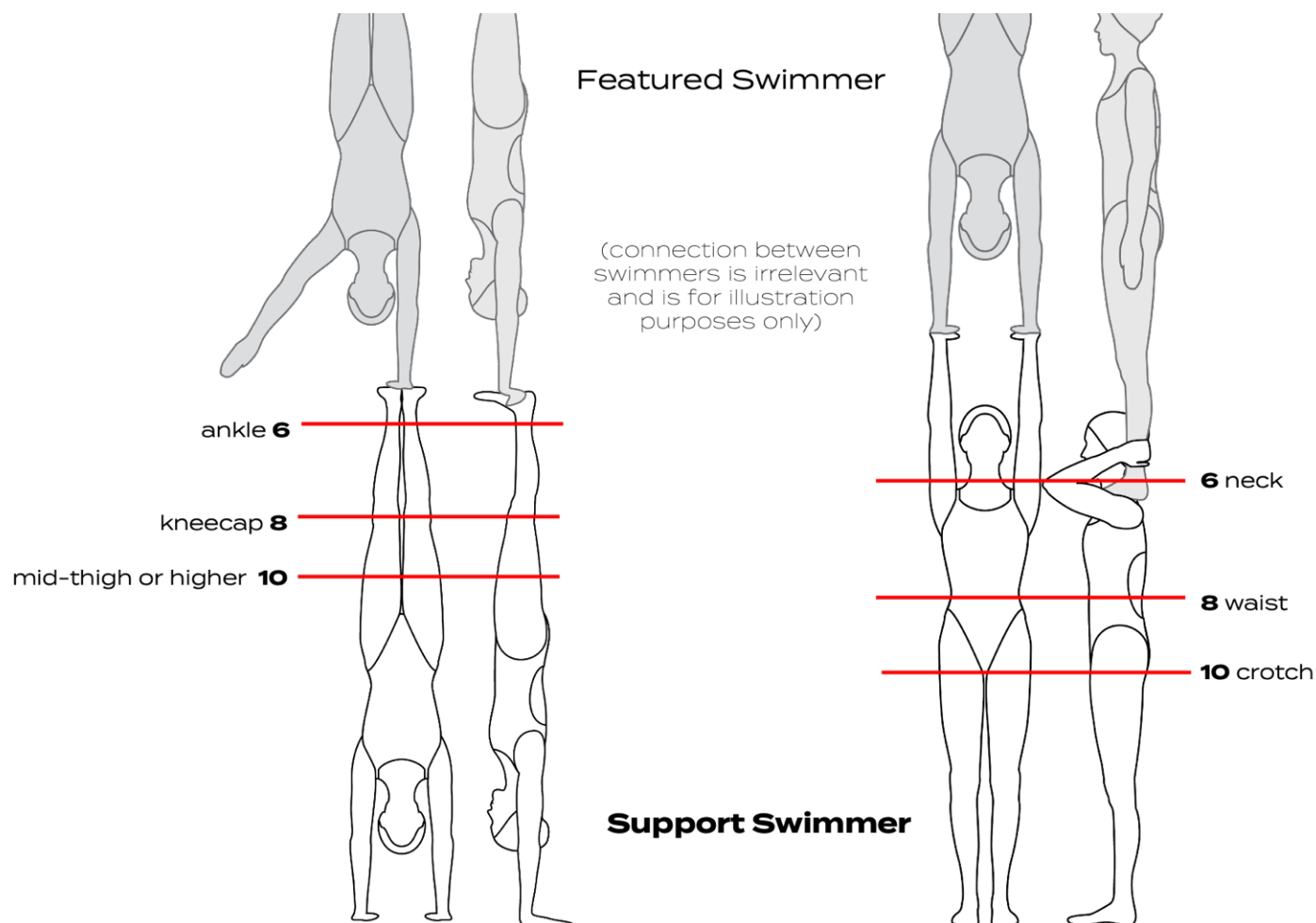


Other examples of positions of Support Swimmers

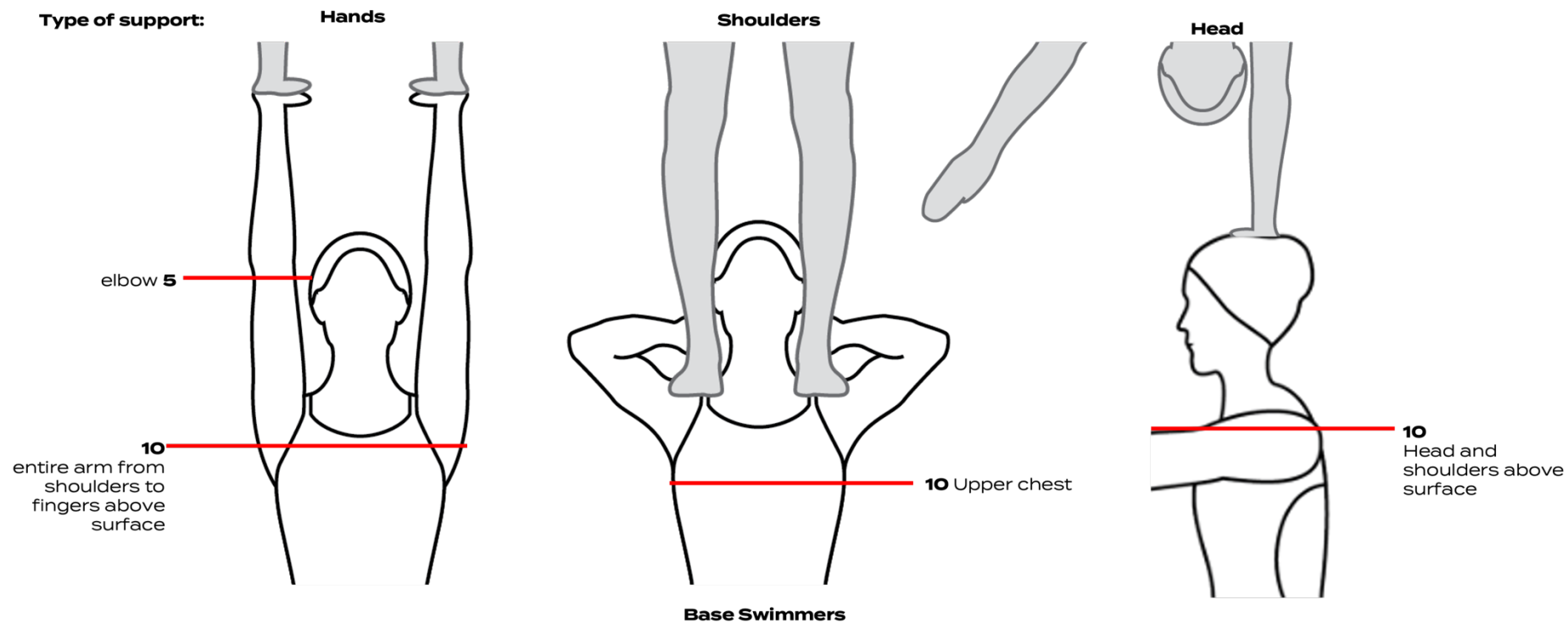


1.1.1.3 GROUP B (BALANCE)– STACK (Small Acro – six (6) and less athletes)

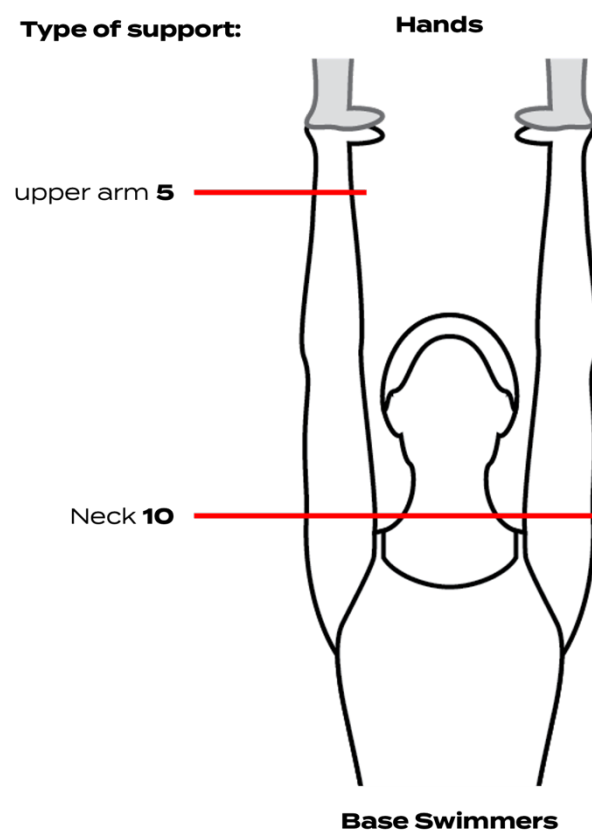
In **Stacks with two (2) Support Swimmers** the height is calculated as the **average height of two (2) Support Swimmers**. For example, if one (1) Support Swimmer was lifted head-up to “waist” height level (8 points) but the second Support Swimmer was lifted head-up to “above kneecap” height level (10 points), the Judges calculate the average of 8 and 10, which is 9. If two identical small stacks occur at the same time, Elements Judges average scores for each Stack.



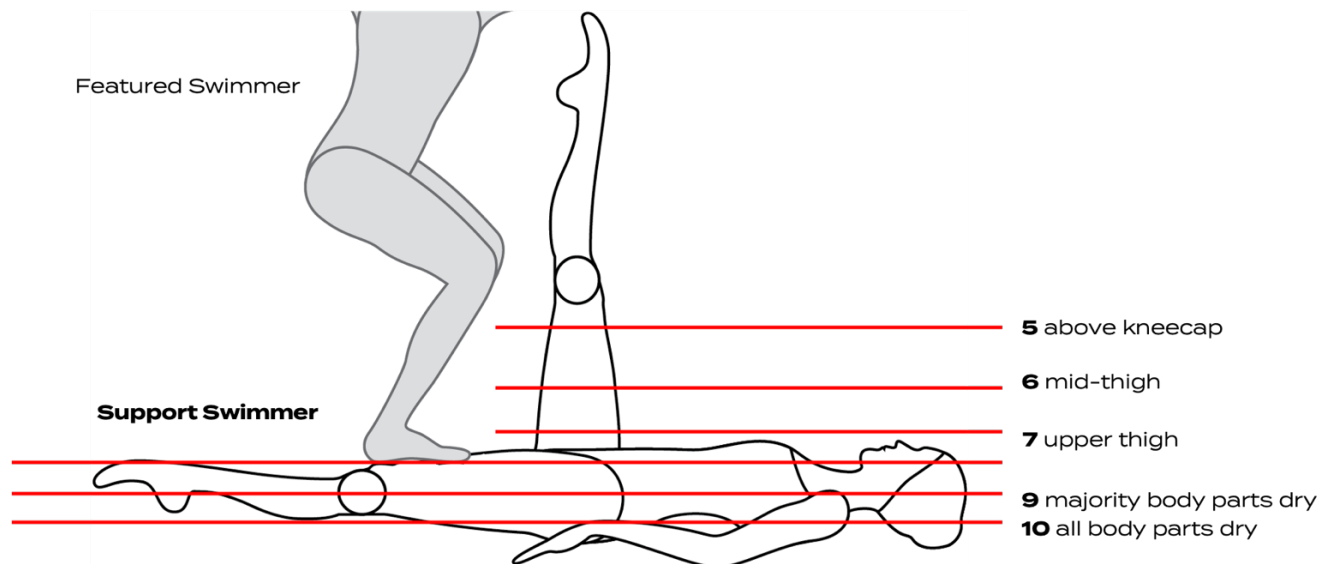
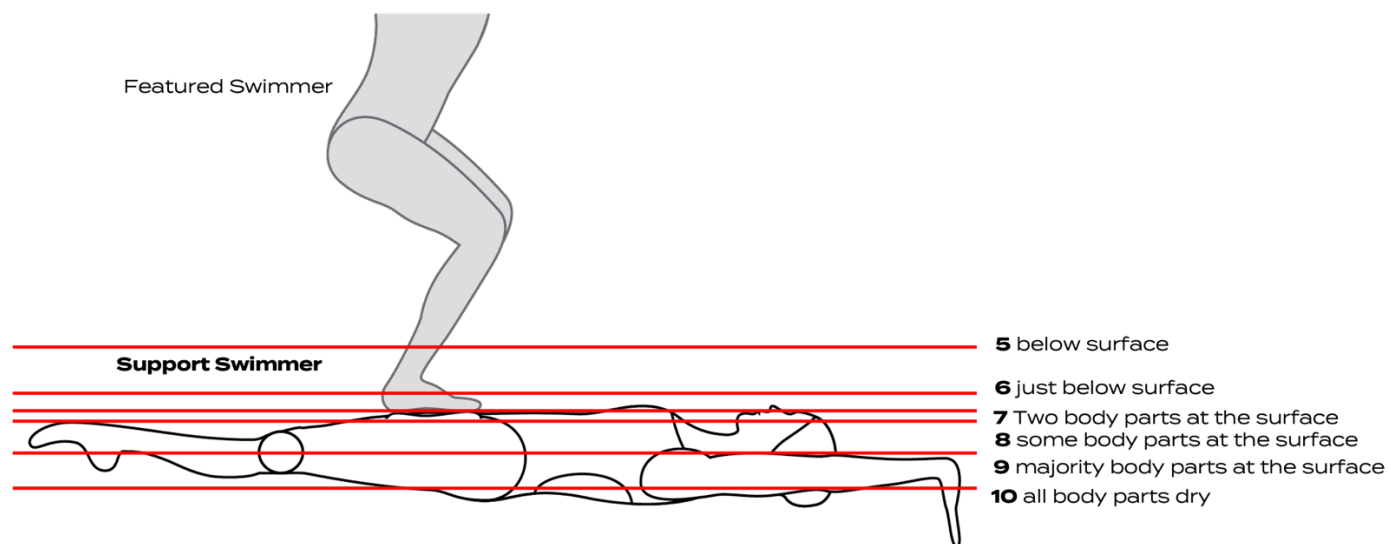
1.1.1.4 GROUP B (BALANCE) – LIFT (Big Acrobatics – six (6) and more Base Swimmers)



1.1.1.6 GROUP B (BALANCE) – LIFT (Small Acrobatics – five (5) and less Base Swimmers)



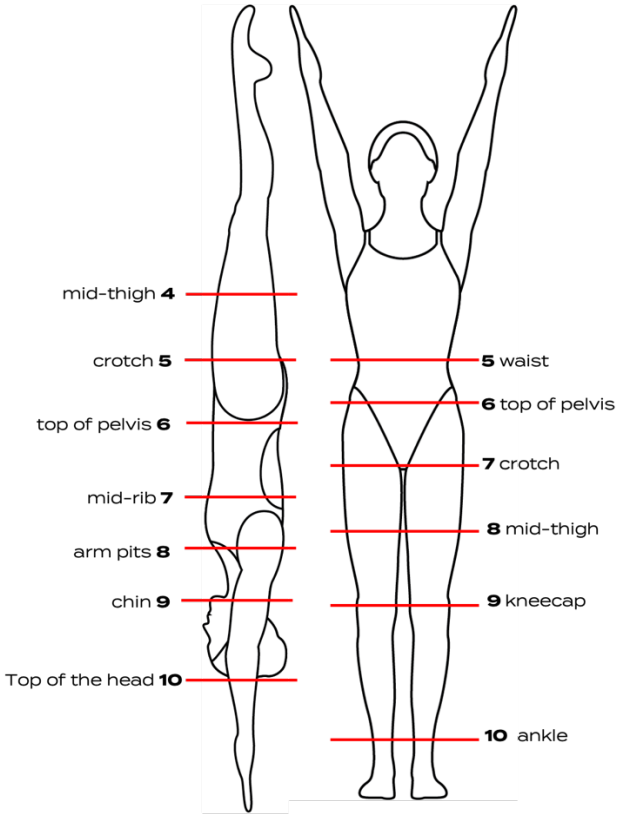
1.1.1.7 GROUP P – PLATFORM



The above chart is also applicable if the Support Swimmer is in Ballet Leg Double or a **Back Layout Position with bent knees**

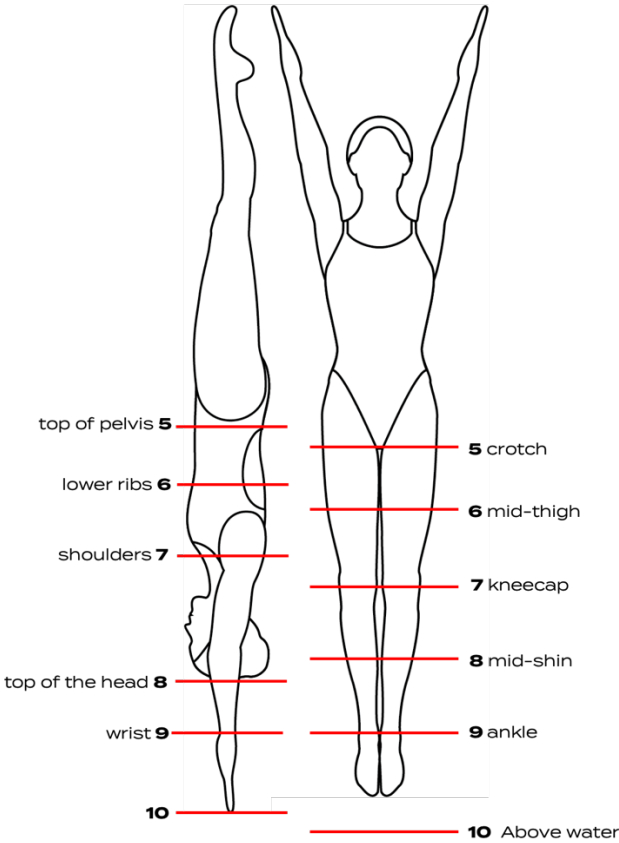
1.1.2 Pair Acrobatics

Pair Lift



Featured Swimmer

Pair Jump / Throw



Featured Swimmer

