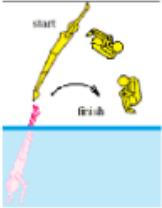


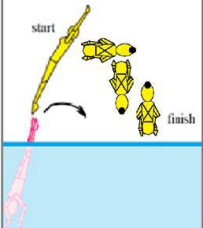
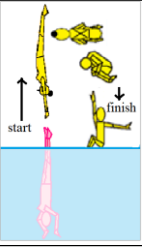


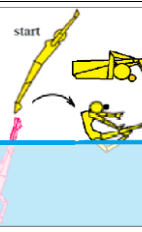
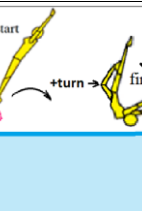


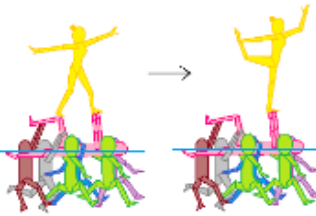



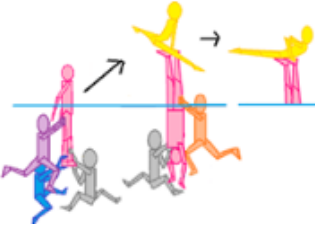



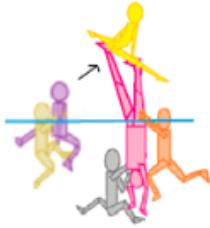
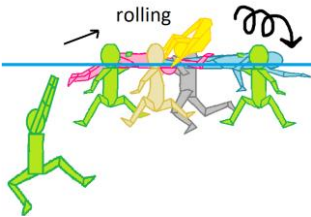
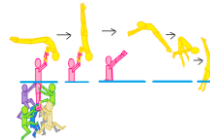

The following acrobatics or acrobatic components were approved up to and for the **2024 World Aquatics Championships** and are now included in the Swiss Timing Coach Card drop-down options. The following acrobatics/acrobatic components will be added to the Acrobatic Catalogue when next revised. Please note this document includes ALL new codes from 2023 to February 2024.



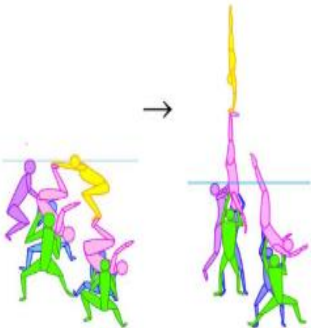
PAIR ACROBATICS:				
	Code	Image	Name/Description	Value
1	Js1B		<p>Jump head-up with 1 somersault backwards From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes airborne. The upper (visible) swimmer performs 1 backwards somersault in the air demonstrating "tuck" position before entering the water</p>	1.8
2	Jpd		<p>Jump-Tuck/Change Position-Dive From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes airborne. The upper (visible) swimmer performs 0,5 (half) somersault backwards with 1 change of the position in the air before entering the water headfirst. Note: any "non-flexibility" position is allowed to demonstrate in the air.</p>	1.4
3	JBs1t0,5		<p>Jump-Tuck-1 somersault half twist From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes airborne. The upper (visible) swimmer performs 1 backwards somersault and half twist around self in the air demonstrating "tuck" position before entering the water.</p>	2.0
4	JsF1B		<p>Jump head-up-Backwards-Frontal 360 somersault From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes airborne. The upper (visible) swimmer jumps backwards, turns 90 degrees in the air and performs 1 side (frontal) somersault in the air demonstrating "tuck", "pike" or "variant of pike" position before entering the water.</p>	2.2

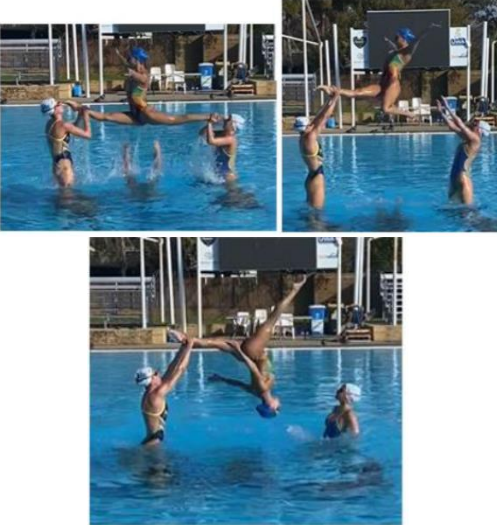

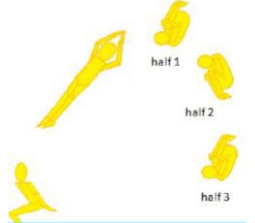

5	W!s0,5t0,5		<p>Throw legs-up with 180 somersault and half twist From under the water one swimmer pushes and throws (disconnects with) the upper (visible) swimmer who becomes airborne. This upper (visible) swimmer starts their action feet-first and by lifting their body and tucking, performs 0.5 (half) somersault with simultaneous turn on 180° in the air before entering the water.</p>	1.6
6	W!r1		<p>Throw legs-up with rotation 360° From under the water one swimmer pushes and throws (disconnects with) the upper (visible) swimmer who becomes airborne. The upper (visible) swimmer starts their action feet-first and after demonstrating maximum height submerges with a simultaneous rotation of 360°. Note: rotation may also occur during "pushing"/ascending phase."</p>	1.4
7	Js1B+f		<p>Jump head-up with 1 somersault backwards and open in Jay (flexibility) From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes airborne. The upper (visible) swimmer jumps backwards, tucking and turning 180 degrees in the air, then turning another 180 degrees while opening to a Jay (flexibility) position before entering the water.</p>	2.1
8	Js1B+pf		<p>Jump head-up with 1 somersault backwards+ pike +open in Jay (flexibility) From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes airborne. The upper (visible) swimmer jumps backwards, piking, turn 180 degrees in the air and another 180 degrees while opening in a Jay (flexibility) position before entering the water</p>	2.15
9	Js0,5t0,5		<p>Jump head-up+ turn and s0,5 From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes airborne. The upper (visible) swimmer jumps backwards, turns 180 degrees in the air and then enters the water.</p>	1.6

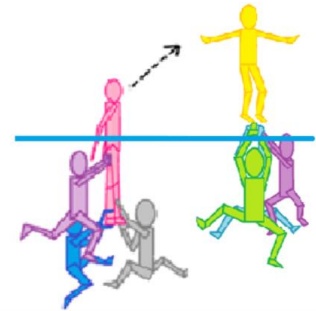


TEAM ACROBATICS:						
	Group	Component	Code	Image	Name/Description	Value
1	B	Construction	"O"		"O" Construction Support-swimmer is in the arch position. Featured-swimmer is in the Bridge (variant) position.	1.05
2	B	Area of Support/Type of Connection	SF+FB		Shoulders on feet + Feet on back Connected "blindly" with the "Shoulders on feet + Feet on the back" connection."	0.15
3	B	Area of Support/Type of Connection	Px1P		Handstand 1 arm Featured swimmer supports themselves from beginning to end on 1 hand, while support-swimmer provides"	1.5
4	P	Area of Support/Type of Connection	FK+>FK1		Transition on 1 foot on palms Featured-swimmer balances by one leg on the knee (of the bent vertical leg) and other leg steps on the palms (of the straight arms) of the support-swimmer. After achieving max height, f-swimmer "ungrips" and moves the whole weight of the body on arms of the support swimmer	0.95
5	B	Area of Support/Type of Connection	SiF1		Sit on one foot Stack sit on 1 foot: From underwater Stack head-down is lifted with featured swimmer on top in a Sit position. Featured-swimmer sits on 1 foot of the support swimmer (can be done with or without additional hand catch with support).	0.3


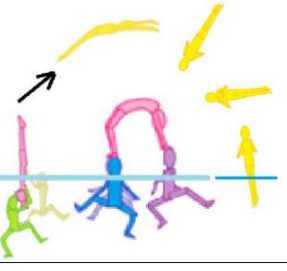
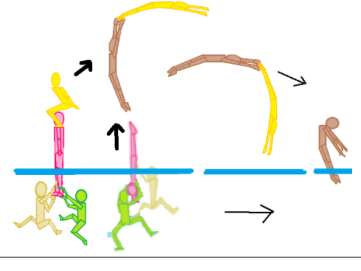
6	C	Bonus	y16		"Blind run" on the backs: Featured swimmer jumps backwards from simple Throw. After landing on one of the backs, they make another step to the second back, and without hesitation continue movement backwards, making a dive and enter water in the line position.	0.4
7	P	Area of Support/Type of Connection	PK+KP		Palms on knees + knee on palms Double Ballet leg "DB" (variation - new) construction is lifted up from under water with featured-swimmer on top in Scorpio position. Featured-swimmer supported with 2 arms and 2 legs (stand on the knees). Support swimmer holds knees. At maximum height featured swimmer lifts one leg and "change of the grip" happens. Construction submerges.	0.2
8	C	Construction	St>StH		Jump from Mini-Stack on Mini-Stack on Stack Head-down From underwater featured-swimmer jump from "mini-Stack" forwards on to another stack which is head-down (<u>not</u> a "transit"). Featured swimmer lands on the feet of the head-down Stack and remains on head-down support until submergence.	2.15
9	C	Construction	StH~L		Jump from feet of the head-down support and fly above lift Featured-swimmer jumps backwards from feet of the head-down support and fly above lift	1.75





10	C	Construction	'~StH		Transits from spotter-pair onto feet of the head-down Stack. Legs of the support are in V position Featured-swimmer transits from spotter-pair on to feet of the head-down Stack. Legs of the support are in V position. After demonstrating first position featured swimmer sits/lay legs on support legs.	1.7
11	C	Construction	'>PP>		Through 2 platforms (3 to 5 base swimmers) Construction is made of 3-5 base swimmers + 2 support swimmers that lay on water's surface in horizontal position and are connected between each-other; spotter/s pushing featured-swimmer which climb on the 2 support swimmers and rolls forwards on them. After passing through them they enter the water behind the construction.	1.45
12	C	Bonus	y17		Rolling on construction (can be declared twice during 1 acro)	0.05
13	A	Plane and degree of rotation	hhs1		Half Handspring+1 somersault forwards from shoulders	0.35
14	P	Construction	2bbSup		Platform from 2 supports (2 ballet legs) small From underwater 3-5 base swimmers lift-up to the surface 2 supports and featured-swimmer. Support-swimmers execute Ballet Leg position.	1.8





15	P	Bonus	j26		<p>After handstand/head-down position/s, featured swimmer lowers legs on a platform and stands up Featured-swimmer demonstrating handstand/head-down position/s. After, featured-swimmer lowers legs and puts them on a platform and carefully stands-up.</p>	0.1
16	P	Bonus	j27		<p>360 somersault from Platform After demonstrating actions on a platform, featured swimmer jumps from platform in any direction (backwards, forwards, or sideways) and after making a full 360 somersault in the air enters the water.</p>	0.35
17	C	Construction	StH~StH		<p>Onto: from dynamic Stack head-down transit on to Stack-head-down. Featured-swimmer is pushed by a small Stack head-down formation, where “pusher” is connected with featured swimmer by feet/feet in the beginning and push them later by feet after acceleration. Also, in the beginning, the featured swimmer is holding the legs of the support swimmer of the second formation. While jumping up, the featured swimmer is in connection with the “Main formation” (Stack-head-down) and while coming in the air, featured-swimmer transfers body weight to Main construction and disconnects with “pushing” head-down formation. In the moment of the maximum height (“stop-spot”) featured swimmer is completely on the Main formation and remains on it until submergence.</p>	1.95



18	C	Construction	2Sup*		<p>Other: 2 mini-Stack (head-up) +spotter (head-down) From under water, the construction that consists from 2 mini-Stack (head-up) is lifted up. 2 support swimmers straighten their arms to lift featured swimmer. Between them in the water spotter (head-down) makes an additional push by legs to the featured-swimmer. At maximum point, featured swimmer disconnects from one of the supports and performs action staying with connection with only one support-swimmer.</p>	1.35
19	C	Bonus	y18		<p>Jump/Lift up from split (head-up) + featured-swimmer disconnects with one of the supports and rotates 180 in sagittal plane (still in connection with second support)</p>	0.25
20	A	Plane and degree of rotation	s1,5t1,5		<p>1,5 somersaults with 1,5 twist Featured swimmer after jump performs 1,5 somersault and 1,5 twist simultaneously before submerging (considering allowances)</p>	0.8
21	C	Construction	ThrH>Lh		<p>Through: from Trio head-down, featured-swimmer flies above lift on 3-to 4 heads From trio head-down, the featured-swimmer jumps and flies above a lift where a second featured-swimmer stands on 3-4 heads of the base swimmers</p>	1.8

22	C	Construction	St>sq		Stack jump onto small-square formation Featured-swimmer jumps from small-stack (3 base swimmers+1 pusher) formation onto a small-square (3 base swimmers) formation and remains on it until submergence	1.7
23	C	Bonus	y19		Jump onto Small-Square formation Featured-swimmer jumps from any second (smaller, pushing) formation on a small-square formation (main formation) and remains on it until submergence	0.6
24	P	Position	fg		Frog Tuck head-down	0.25
25	P	Bonus	j28		Move from Platform on to 1 spotter's head Featured swimmer after platform moves on to 1 spotter's head to finish acrobatic movement as a lift	0.15

26	C	Bonus	y20		<p>Straight body somersault while flying above a 2nd formation Important note: this bonus can't be declared simultaneously with the "fly above formation" y5 bonus because it already contains that value. Also, coach needs to choose to declare y20 or y21 as they can't be declared together in the same acrobatic movement</p>	0.5
27	C	Bonus	y21		<p>Straight body somersault+1 twist (and more) while flying above a 2nd formation Important note: this bonus can't be declared simultaneously with the "fly above formation" y5 bonus because it already contains that value. Also, coach needs to choose to declare y20 or y21 as they can't be declared together in the same acrobatic movement</p>	0.7
28	C	Construction	St+ThrH(2)		<p>Other: Stack+Throw head-down (2 f.swimmers in connection with each-other) First featured-swimmer jumps from shoulders of a first support. After becoming airborne, the second featured-swimmer (who is in connection with the first one) jumps from the legs of a second formation (throw variation). After demonstrating movements in the air both swimmers enter the water one after another (may break connection in the air before submerging)</p>	2.0

29	P	Bonus	j29		360 somersault half twist from platform Note: j29 and j27 can't be declared in the same acro.	0.4
31	A	Plane and degree of rotation	s1t3		1 somersault with 3 twists Featured swimmer after jump performs 1 somersault and 3 twists simultaneously before submerging (considering allowances)	0.9
32	C	Construction	ThrH ~StH		Jump from feet of head-down support and fly over Stack-head-down Featured-swimmer jumps from 1st formation's feet above the other formation (small stack head-down). The second featured swimmer (who is on top of the stack head-down, not the one that flies) can be connected to the support any way -> the connection can be: Shoulders on Feet, Sit or Lay on Feet).	2.05
33	C	Rotation of the construction	r/L		Rotation of the second formation (Lift small) 90 degrees during "fly above formation" At the same time in group C acrobatic movement: fly above the lift formation while lift formation turns 90 degrees. Note: because of the risk of this element – lift may not be very high from the water's surface.	0.3

34	B	Rotation of the construction	r2!		Rotation of the Stack-head down 720 degrees Value for stack if featured swimmer is in a handstand position; or support swimmer is head-down; or both are head-down (shoulders on feet connection) – rotation of 720 degrees	0.9
35	B	Type of connection	1P1P		Handstand 1 palm to 1 palm Stack head-up is executed while featured swimmer performs a transition to a position and supports themselves from beginning to end on 1 palm, while the support swimmer also provides only 1 palm from beginning to end. The placement of the 2 nd arm of the support swimmer is optional (important to keep clear 1 palm to 1 palm grip)	1.8
36	B	Rotation of the construction	rO,5!1		Stack Rotation, featured-swimmer is in a 1-arm handstand position and construction rotates 180 degrees (used for 1P1P only!) Value for stack if featured-swimmer is in a 1-arm handstand position and construction rotates 180 degrees *1-arm connection from beginning to end must be demonstrated *may be used with 1P1P connection only	0.5
37	C	Construction	St>F1		Jump from mini-stack (or variation of Thr) onto 1 foot of support swimmer (2nd formation) and balancing on 2 palms while performing actions *Important: make sure it doesn't look like a "climb" onto the 1 foot	2.3

38	C	Construction	St>F1+P1		<p>Jump from mini-stack (or variation of Thr) onto 1 foot of support swimmer (2nd formation) and balancing on 1 palm while performing actions *Important: make sure it doesn't look like a "climb" onto the 1 foot</p>	2.55
39	A	Construction	2Sup		<p>Featured-swimmer is thrown upwards into the air by 2 head-down Stacks Starting in any position on the surface, featured-swimmer is thrown upwards into the air by two head-down stacks. After performing movements in the air, the featured swimmer falls into the water (Note: no spotters allowed)</p>	1.4