

#	Question	Answer
1	In TRE thrusts with twirls how many levels of drop will be considered a spin instead of a twirl and result in a zero?	A significant drop meaning it looks more like a spin 180 has always been called as a zero.
2	If in the turns going down 1440 of the elements, the swimmer does two to the ankles is it zero or poor execution?	There is no TRE with 1440 spin, so take in consideration the 1080°spin in Solo Tech, there is the allowance rule for figures and TREs to be followed.
3	Is there a requirement for split minimum 90 degrees in EL 5a?	Yes – a split is recognized as a split (vs VP) at 90 degrees (scissors) / 0.1-2.9 on height scale.
4	What is 'must not repeat same Acro' means for duets and mixed duets?	It means the pair acro code may not be repeated (this statement and examples have been added to the Pair Acro catalogue)
5	So, in tech team we don't have anymore a minimum 2.0 DD but maximum of 3.0	That is correct (DD max of 3.0 inclusive of the 0.50 base mark value)
6	During technical routine is Knight position VP ex of difficulty guide rules applied?	TREs do not have the same rule as Hybrids so the vertical leg would be expected to be vertical.
7	Pattern change not only in hybrid?	Pattern Changes are only bonus in Free Hybrids for Team. Pattern Changes in transitions are considered by the Artistic Swimming judges.
8	Swimmers should stop for 1 second for T9b only or do they need to stop for T9a as well?	That is correct. The stop for 1s is in the description for T9b only (not T9a) No stop for T9a. This is clear in final Hybrid Catalogue and Table.
9	Is it a BM if they start Airborne weight 3.5 level, drop during 3 seconds and then go back to 3.5 before end of 3 seconds.	YES - as it is sustained height and 3.5 is minimum height.
10	How are you going to judge this in 10 and under athletes?	If a 10U cannot reach 3.5 height I would advise not to choose. There are lots of new developmental options added to the table now.  Also - 10U is at discretion of the federation to make development adjustments as they deem necessary for their own country.
11	Can legs bend during rotation pike 180/360?	There are examples on the Difficulty Catalog, one extended one slightly bent, etc.
12	In A8 is it possible to switch from unbalanced forward to unbalanced back (rocking)	Rocking (unbalanced forward to unbalanced back with both legs together, etc.) was allowed in the past 2 seasons and will continue to be ok to stay consistent.

<b>13</b>	In A8 going from back unbalanced to front unbalanced through a 'V' position of legs and not stopping in the 'V' position is it a BM?	Yes it is a BM, as the 'V' position makes it balanced. Question 12 is an example of OK (legs together in VP rocking forward and backward)
<b>14</b>	In A6 can they switch legs?	Yes.
<b>15</b>	Can back leg bend in flexibility rotation (F8, F6)?	If meaning the rotation in Knight I would say no as this makes the position not flexible.
<b>16</b>	When we have F8 Knight to VP and we have finish in VP under knees – is this BM?	Knight Position minimum height is 6.5 and in Vertical Position should be 3.5 (from the height chart) as its stated in the Difficulty Catalog – if it looks like a descent and doesn't meet minimum heights - this would be an issue.
<b>17</b>	When rotating and joining from Knight to VP, is it BM when the rotation in hips occurs so the lower leg does not join the vertical leg from a back direction but from a front?	Yes, as the DD comes from the rotation being in the flexible position.
<b>18</b>	Which combinations are allowed? (ex old F1 – R6) is it possible to combine rapid split and split hold for 3 secs or split held for 3 seconds + 360 split to VP?	F1a (rapid split) to RCB or RC1 is ok.  F1a (rapid split) to F6d (Flat Split/Split variants sustained at the surface 3 seconds or more) - If athletes reach the Split Position with a rapid movement then clearly hold an additional 3s - we would say yes  F6d to RCB/RC1? Yes this is ok – split hold and then closing is fine.
<b>19</b>	In TRE combined spin at what point will a 'zero' be awarded when states the spin starts and finishes at the same height?	Unless it is a major difference in height at start/finish we should leave the element judges to deduct!
<b>20</b>	I would like to ask a question regarding the lecture of Synchronization TC. As I understood, the counting of the synchro errors beginning from the start of Music, and not including the deck movements. What happened if the music starts and athletes doing some movements on the deck? Do we need to count from those movements including the jump to the water OR from the first movement in the water?	Yes, you count movements as of the music starting which would include deckwork and entry if they are starting on the deck (vs in the water). Thanks!
<b>21</b>	In T9b is it possible to bend a leg or make any position before stopping or can it only be performed in a vertical line?	It has to be 2 legs Thrust (Vertical Position in the cone or Flexibility), there can be a movement in between the thrust and the stop (not to limit choreography), but the stop must be in VP clearly above the knees.
<b>22</b>	In SC and SCD up to level 3, where 1 or 2 legs is/are marked, is it possible to make the up spin with 1 leg and the down spin with 2 legs or the opposite? Or is it allowed to up spin and down spin with the same number of legs?	This was spoken about in the presentation and in the Hybrid catalogue page 8

<b>23</b>	In TRE 1a of the solo (Thrust with 720 spin), if you fall from the maximum height as far as the ankle after a first spin is it BM or an execution problem evaluated by the execution judge?	As mentioned in question n° 2 there is the allowance rule for figures and TREs to be followed – SO, for TRE1a 720 spin <u>has an allowance of 180, therefore 540 needs to be completed to the ankles</u> . If an athlete thrusts, then spins 360 to the ankles, then twists 360 at the ankles, this is a zero from DTCs.
<b>24</b>	(Asked in Tech Routine session Oct 30) What happens if in slow motion the DTCs see a base mark that they hadn't seen during the swim	It is ignored – you can only review what was noted for review.
<b>25</b>	(Asked in Tech Routine session Oct 30) The Rocket Split after split we close to Bent Knee, so the bent knee must be above surface right	The height of the bent knee would be taken into account by the element judges.
<b>26</b>	(Asked in Tech Routine session Oct 30) So, in TRE there isn't minimum height, there is only in hybrids	Yes
<b>27</b>	(Asked in Tech Routine session Oct 30) I'm sorry about the review, if draft version goes final will DTC will watch 3x the video (1 of them slow) or just 1 time slower.	1 x slow motion
<b>28</b>	(Asked in Tech Routine session Oct 30) I have a question about solo tech, what do you think about the spins not being gradual and ½ of the spin was done at ankle level	Please refer to Question no. 23 – answer is there.
<b>29</b>	I wonder, Is it possible to bend legs in a swirl	Yes
<b>30</b>	In SC and SCD up to level 3, where 1 or 2 legs is/are marked, is it possible to make the up spin with 1 leg and the down spin with 2 legs or the opposite? Or is it allowed to up spin and down spin with the same number of legs?  In TRE 1a of the solo, if you fall from the maximum height as far as the ankle after a first spin is it BM or an execution problem evaluated by the execution judge?  In T9a is it possible to bent a leg or make any position before stopping, or can it only be performed in a vertical line?  In F8a, RO1 and RC1 is it possible to bent knee? And if the answer is yes, how much is it possible to bent?	Yes, as described in the hybrid catalogue.  Same question as No. 23, 28  The thrust to be 2 legs as explained in catalogue, but after thrust yes leg movements can be made as long as clear stop above the knee.  F8a – I would say no as it makes it easier to perform the rotation RO1 and RC1 – in the past this has been accepted with a small bend.
<b>31</b>	Front pike to VP, legs on surface - can be e.g. 90 degrees apart?	This is explained the catalogue, 'legs may be slightly apart (no more than 45 degrees)
<b>32</b>	When F6 and F8 are too fast and the second leg is not clear	Sorry, we are not sure what this question means.

<b>33</b>	You mentioned it's allowed to declare F1b F5a. If so, what about F1a F3a?	Yes, rapid split and then 2 split changes is ok one after the other.
<b>34</b>	Out of 30° in knight is OK in TRE?	TREs do not have the same rules, Knight position in TRE would be expected to be vertical and if not, the element judge would deduct accordingly.
<b>35</b>	For T9a. 8.5 ???	Yes
<b>36</b>	Can you declare F1a RC1?	Yes
<b>37</b>	So as for the previous question, for T9b if they perform the thrust with split, the height is above 8.5, and then do the catch for 1s, would that be a bm?	The height of 8.5 is the minimum height.
<b>38</b>	No, Thrust with spin 1080. There are no requirement for level 8.5 in T9a. Is it correct?	No T9a also has the minimum height of 8.5, this is now clear in final hybrid catalogue.
<b>39</b>	For the bonuses of Hybrids, could you confirm that now there is only one type of bonus "Pattern Change" ?	That is correct.
<b>40</b>	Regarding the bonus given to teams who didn't exceed the underwater time limit, is this a rule you didn't apply in the end ? Because I couldn't find it.	Apnoea bonus was removed – it is not in place any longer (as stated in Appendix 3 document).
<b>41</b>	In Duet TRE 2 – in regards to split – it is a zero if not open to 90°? Will a photo/statement also be added to the manual for this TRE?	Yes – as per the manual split position minimum standard (0.1-2.9) is scissors, if less than scissors it is no longer a split position.
<b>42</b>	When a lot of arms are done in transitions lying on side/back how do we consider the height?	This is a judging question not for TCs.
<b>43</b>	In positions is the 45 degrees or 30 degrees in knight the last accepted degree of already a BM	Yes - It is the last accepted degree.
<b>44</b>	How will the TC check 1 second in video review when DTCs are watching in slow motion? Measuring 1 second with a stopwatch is inaccurate.	If this is to be checked it will be normal speed 1x, the same will apply to the 3 seconds in Airborne weight and the flex.
<b>45</b>	Could you please tell me the paragraph that states ankles or feet need to be touching in RO1 etc	Will be in the final version  For RO1: "Also – the starting "VP" position must begin with feet/ankles touching"  (Same as said for RC1... end with feet/ankles touching)
<b>46</b>	To clarify: for surface arch to VP 180 or 360 there is no need to be under the 45-degree angle at the halfway point?	From Catalogue Flex Family section this has been clarified (in final version):  "Knight join 180°/360° to VP: By the halfway point (90°/180°) the bottom leg should not be higher than 45° – meaning the lifting action must be gradual (not a lift into VP followed by a twirl 180°/360°)"

		"For F8b: Bent Knee Surface Arch Position to VP rotating 360° (Nova rotating 360°). By the halfway point (180°) the bottom leg should not be higher than 45° – meaning the lifting action must be gradual (not a lift into VP followed by a twirl 360°"
<b>47</b>	Is it ok to declare C4 C3 C4	Yes
<b>48</b>	When you declare a spin and the swimmer does a twirl is it execution?	This would be a BM if it doesn't meet the definition as per Hybrid Catalogue.
<b>49</b>	In a team of 7 they connect 4 and 3 can a C+ be declared	The 4 would be C+ factored by 0.5 and the 3 C factored by 0.3
<b>50</b>	Is it ok to declare CB+ A3a C4+ if the swimmers are connected in the surface of the water, during the porpoise action and in the vertical position or should it be declared only CB+ and C4+	A3a and C4+ can't happen simultaneously, you need to declare one or the other. However, an extra movement to achieve C4+ athlete may occur – ie pivot 90° while still connected or disconnect then connect
<b>51</b>	In AW it is enough to descend below the knee but in descending spins must end at the ankle or underwater.	Yes - Spins must finish at the ankle or toes.
<b>52</b>	So, a spin that starts above the knee and descends two heights but finishes at shins is BM because it is not at ankles or toes.	Yes
<b>53</b>	Is the requirement that all team members should have each family code applies to combo?	As per Appendix 3 – can accomplish 1 per family using the DD hybrids in Solo, Duet and Team (you could do some in each, or all in one hybrid – up to coach). We do not "track" each individual swimmer in combo – the rule is to cover all families (T, S, R, A, F, C) across all hybrids in the routine.
<b>54</b>	When using the knee as a reference point for heights in descents and ascents what is the definition of the knee? Kneecap or 6.5 for above the knee or 4.5 for below the knee.	We always refer to what is in writing in the hybrid catalogue, for example:  <i>p.15: "As per general principle g) for Vertical ascent with 1 or 2 legs (A3): A vertical ascent must rise above the knees (kneecaps clearly visible) or not bend at the knees before reaching above the knees (kneecaps clearly visible). Once above knees other movements/declarations can occur"</i>
<b>55</b>	Who will control the two combined actions in Mixed Duet? The DTC or referee	Not sure what is meant by "two combined actions"?  If this refers to the 2 connections in Required Hybrid, or 3/4 Surface Connection this is DTC.  Referees are not involved in DTC or STC decisions.
<b>56</b>	So, if we are not sure of a 2R1 and a S4 in the same hybrid we can review both movements in slow motion or 1 slow motion for whole hybrid?	1x slo mo for that hybrid (non-stop). You can't just watch 2R1 in slo mo and then the S4 in slo mo, you must watch both during one replay.

<b>57</b>	Would it be possible to find a list of penalties to be checked by the DTC or STC (that informs the referee) or if the referee has to find themselves	Coming in rules.
<b>58</b>	What happens if parts of the coach card are not filled in such as timing or wrong DD etc?	The World Aquatics system should require these (and it calculates the correct DD). Non-AQUA systems are at discretion of the federations.
<b>59</b>	Are connections and connections+ different declarations??  For example, In a hybrid, is it possible to declare:  C4+, C4, C4+, C4, C4+	NO  C4 or C4+ are considered the same technique.
<b>60</b>	I have a question, regarding tolerances. Is it respected as long as the heels remain dry? (Spins, technical elements). For example: you declare a 360 rotation and you reach 320 but your knees are sunken, is the tolerance applied?	Free Hybrids and TREs are not considered the same. Spins in Free Hybrids can be until the toes. Meaning a 360 must be completed as per catalogue definitions – in completion by the toes (drop in 2 height levels etc.). TREs are different (as per description).
<b>61</b>	Could you do a hybrid but just cannot declare everything in there? (ie if reps over)	Yes, this is true Let's say it's still not consistent yet and a risk then technically it can be done in choreography but not declared and therefore not gaining any DD. While this can be confusing for the DTCs there isn't anything in writing that says it can't be done.
<b>62</b>	What if pause in Combined/Rev Comb Spin?	Execution Issue. We need to always follow what is in writing - there is nothing currently in writing in Hybrid Catalogue about BM for Combined because of timing at top/bottom - if pause is excessive (many seconds) this may be another issue – have not encountered this yet – if it happens, we would consider future clarification.
<b>63</b>	A4a was done with the bottom leg bent which is way easier? Ok/Not ok?	As A4a is "From Front Pike to <u>single leg position</u> while rotating 360°" and not only to Fish Tail Position, the athlete can execute a lift from Front Pike to Vertical Bent Knee Position (like Albatross lift but with 360° rotation) and the bottom leg can be bent.
<b>64</b>	In a combo do solo/duet hybrids count for all families at some point in routine or all skills have to be done in 2 team hybrids	The 1 per family is considered across ALL DD hybrids (solo/duet/team) in Combo.
<b>65</b>	In combo if 8 of 10 do team hybrid do we have factor it?	Yes (0.5) because it isn't ALL team members – just 8 of the 10
<b>66</b>	What if a wrong code is used on a Coach Card (ie Typo) - the coach has somehow typed a code by accident that doesn't exist in the table. Is this a BM? (most	This shouldn't happen with AQUA systems, but may for hand written, excel, etc. and this is at the discretion of the federations.

	scoring programs would catch/not allow this but if by hand/Excel could happen?)	
<b>67</b>	Does the spin have to finish at ankles?	For descending spins in free hybrids, the definition of degrees is by the submersion of the toes, OR when the rotation has come to a complete stop at the ankles level.
<b>68</b>	I have a question about S1, if they spin 540 to make sure they finish the rotation but actually finish the 360 mid shin is that a BM?	As TCs we are looking for min height to start, gradual, and drop of 2 height levels to 360 before it continues to finish at ankles/toes allowing that it can over rotate.
<b>69</b>	What happens when watching in slow motion, the DTC's notice one thing that they actually hadn't flagged	You can't BM something you see in slo mo that you didn't identify as an issue/review live during the routine.
<b>70</b>	Do we must make the review if we are 100% sure there is a base mark	Not if it is VERY clearly a fail (this does happen once in a while), for eg a Acro that completely fails. However, usually better safe to take one look to be 100% in case of a protest.
<b>71</b>	I don't understand about the slo-mo review. Are we allowed to watch in slo-mo now?	Yes, reviews shall be 1x in Slow Motion The exception is TIMING Reviews which would be 1x in normal speed because normal speed is what is required.
<b>72</b>	I have a little question with the ethics, if you are a swimmer for the national team and your teammate or other swimmers from your federation are swimming you have to step out as the TC too right?	This would be a question to send to the World Aquatics office (Angela) directly.
<b>73</b>	In F2b is it possible to turn for the artistic impression?	F2b is Split to Front Pike (180 arc with straight leg) and yes this would be ok because you are still doing the movement that is in writing.
<b>74</b>	Can we do some movements from the table if there are less than 5 movements and don't declare it?	Yes, because we only consider hybrids as of 5 movements (as per revised Hybrid Catalogue). 1-4 would be a transition.
<b>75</b>	I have a question, regarding <b>tolerances</b> . Is it respected as long as the heels remain dry? (Spins, technical elements). For example: you declare a 360 rotation and you reach 320 but your knees are sunken, is the tolerance applied?	In TRE spins there are allowances depending on the degrees of the spin. The ankle is the point we would look at.
<b>76</b>	Might we say that crash after the thrust should be done above the knee? Otherwise, it is a descent and then wrong declaration?	It's not written, so a crash can occur at any height, the DD of the declaration will be lower than a declaration with the descent. It's written that the minimum height for a Thrust is 3,5 dynamic height (above the knee) in this case a lower-level athlete or a developing athlete, would probably execute the crash under the knee.
<b>77</b>	I have questions about under-declaring, we had those combo routines and there were some examples: doing rapid knight and declared as AB; lifting both legs from table top to VP and declared AB... could it be written somewhere if these types of under-declaring are permitted or not?	If they have declared AB and done a different thing (ie A1c) it's a different movement – and it is a BM.  However, a F1c (BK Surface Arch to Knight – extending BK up to Knight) and a F1b

	<p>And actually, I wouldn't allow this, because I think that we, DTC, will have much harder work with remembering the codes during routines (as it will be much longer and complicated) and I believe our only chance to do so is to visualize the hybrids and since almost every movement has its own special code, it would be tricky for us if coaches could declare some movements with different codes. Of course, under-declaring rotations is something different and everybody knows it is possible to rotate more than declare, also doing something in the water which is not declared at all is okay, but for the other families, I just think coaches should declare exactly what is supposed to happen in the water. And one more question, why do we have F1c code for doing bent knee surface arch to knight (extending the bent knee) when it was declared as F1b several times today? Is this allowed?</p>	<p>(Rapid Knight Position) is ok (the techniques are both a rapid knight).</p> <p>It matters if the technique matches what is written or not – sometimes it does and sometimes it doesn't.</p>
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**ACROBATICS QUESTIONS FROM ACRO SESSION:**

#	Question	Answer
1	<p>In Pair Acrobatics does the 'airborne' also mean the arms in the air, or can the arms be anywhere?</p>	<p>When "airborne" is stated in the description of the pair acrobatic movement, it means that the featured-swimmer must be disconnected from the base-swimmer and be completely out of water (airborne) <u>from toes to top of the head</u> at the same time</p> <p>TC should be looking at toes to top of head – so technically hands/arms are not what is being assessed – ie fingertips in water, but toes to head are airborne would be ok.</p>
2	<p>Could it be a takeoff position and not be declared in bonus porp or spich?</p>	<p>We never declare take-off position. To declare bonus for porpoise or no – it's a coach's choice.</p>
3	<p>For Platforms: does it matter where the featured swimmer is located on top of the platform or can they be located for example on top of the chest and stomach?</p>	<p>It's optional. And it is a coach's choice/strategy = techniques Be careful with "standing on the ribs"! Might be dangerous, especially for young swimmers.</p>
4	<p>Can partial fail be if you have two of the same acrobatic at the same time and one of them fails?</p>	<p>Not sure if question is for TC or Judges here? If they declared a double acro and only perform one as per declaration and other one fails – this would be a BM.</p>
5	<p>Do you check every position declared with stopwatch?</p>	<p>No. Only if DTC, sees that position was held "too long" (as per catalogue).</p>
6	<p>When do we stop counting the positions?</p>	<p>As per required minimum height for positions. Head up positions – knees / head down positions – waist</p>



<b>7</b>	No matter how difficult the third position is, does it only counts as a bonus?	Yes.
<b>8</b>	Is there is a limit of height to start to rotate while ascending (for group B)?	No
<b>9</b>	If during the rotation (in a platform) the featured-swimmer loses height, knees down, and then get up before the end of the rotation, is it BM?	Yes.
<b>10</b>	If the platform never reaches the surface. only we can see the ankles of the feature swimmer. is a BM?	If the featured-swimmer doesn't reach the minimum required height (knees/waist) for the position they declared, yes, it will be a BM  If the question is about construction: TC will try to see/recognize what was declared. If TC can see that it's completely not was declared- it's a BM.
<b>11</b>	If we have 7 swimmers, we can't do 2 acrobatic? Because it's 4+3, you agree?	Correct
<b>12</b>	Do you have an example of an "obvious" difference in timing of two acrobatics?	As per STC training
<b>13</b>	In group P, if the featured swimmer lays on two legs but in less than 2 sec assumes a one-leg position (ne/ba/sa) as a support/type of connection is it possible to declare 1FA or is it necessary to declare F2A?	If the featured swimmer is clearly connected with the base swimmer by two feet and shows a line position, then they should declare F2A (and line as Pos1). If they transition to one-leg quickly as per catalogue then 1FA may be possible – coaches need to ensure clarity. (Note: Please pay attention to the way of connecting! If featured swimmer supports themselves by using leg of the support swimmer the connection should be FA+PF)
<b>14</b>	"Fly above formation" bonus what if they crash is it considered BM? And what if they touch unintentionally?	If they crash and the featured swimmer doesn't "fly above the formation" it will be a BM. If they unintentionally touch the 2 <sup>nd</sup> formation, it will be considered execution
<b>15</b>	Not really a Question, more my Opinion, I understand the Intent but in Groupe B I think acrobatics with the same Construction (e.g. St) can be extremely different, Handstand, Stand on Shoulder, Stand on Hand etc. Those requires different skills and looks completely different for the audience. I would prefer that the same Construction and Connection cannot be used. Any change that that gets reviewed again?	As per Appendix 3, and the Team Acro Catalogue:  <i>For Group B – can't repeat the same construction and can't repeat the same type of connection (grip)</i>
<b>16</b>	Is "line" the only 2nd position for which the somersault plus open can be declared	Line MUST be declared as 2 <sup>nd</sup> position or performed as the 3 <sup>rd</sup> Position bonus and it must be performed by the knees (head-up) or waist (head-down) allowances
<b>17</b>	What about the lift with feet on Palm, that start from bent elbow and then extended arms is this not allowed now after the bent elbow rule	The elbows can be slightly bent, but must be within the cone

<b>18</b>	What if the acro is choreographed with elbows bent, is that ok	Only if they are bent within the allowance
<b>19</b>	Could you please explain again the meaning of the infinity symbol?	If a Transitional Stack construction is declared, a type of connection with the infinity symbol <b>must</b> be used
<b>20</b>	So, if we cannot see the support swimmer because it is completely submerged (never goes out of water) we just look at the featured swimmer?	Yes.
<b>21</b>	For 1P1F, can the support swimmer hold / grip their support arm?	Yes, as long as they are grabbing / gripping the arm/wrist (or arm/elbow) and not creating a 2-palm support (FPx)
<b>22</b>	If a youth/12U/junior team performs a queen/drop position, is that also an 8-point penalty plus basemark (same as exceeding safety limits)?	No.
<b>23</b>	In team acro group C the Bln rule says that there is no connection between featured-swimmer and main construction before jump. So, does the lift that the featured swimmer flies above have to have more people than the one they start from considering the rule says main construction?	Bln = Blind Back Jump in group C. No connection between featured swimmer and main construction before jump.  It doesn't matter how many swimmers each formation has (as long as it has the minimum requirement – refer to Catalog)
<b>24</b>	Pair Acro - so if they are not able to disconnect we need to declare a lift?	If they declare a Jump or Throw and are not able to get airborne it will be a BM – The coach should decide on declaration Lift vs Jump or Throw based on the abilities of the athletes. Read the Pair Acro Catalogue in full! All rules are clear (with examples).
<b>25</b>	And if the jump does not reach all the body out then is a BM?	Yes.
<b>26</b>	But if they're doing a "Throw" somersault, without disconnecting, but because of the somersault it can't be held 1-2 sec, what should it be	The coaches need to choose pair acrobatics that are successful for the athletes to achieve – A throw with no air = BM. Pair Acrobatics need to conform to their definitions as per the revised Pair Acro Catalogue.
<b>27</b>	Can the lift be pushed by legs of the support swimmer (as, you know, pushing by legs is usually more dynamic then balanced)?	As per Pair Acro Catalogue Page 2 (General Principles): <i>"The way of connecting between the base-swimmer and the featured-swimmer is optional and does not influence the DD of the pair acrobatic."</i>
<b>28</b>	But in a throw or a jump the whole body does not need to be out head to toe whole time?	As per Pair Acro Catalogue page 3: <i>"If it's a Throw ("W") or a Jump ("J"), a disconnect should be clearly seen. The featured-swimmer must be completely in the AIR (top of the head and toes must be above the surface at the same time). It is recommended to push the featured-swimmer by the feet."</i>  It's obvious that the whole acrobatic movement can't "pause" in the air and

		remain whole time. DTC need to see disconnect, airborne phase and water entrance.
<b>29</b>	For 360 twist the allowance is 90°?	As per Pair Acro Catalogue page 4: <i>"For 360° declared twists and more: 180° less than declared = Base Mark"</i>
<b>30</b>	In the twist if the athlete rotates 180 until cap of the knees is ok? The finish rotates 360	As per Pair Acro Catalogue page 4: <i>"For 360° declared twists and more: 180° less than declared = Base Mark" AND "We calculate the number of rotations until above the knee(s) (knee caps must be visible) of the featured-swimmer. The featured-swimmer must not be below the knee caps!"</i>  Remember you must enter "safe zone" passing 180 degrees "line" (look at picture in team acro catalog for twists)
<b>31</b>	Are pair assisted actions can be used as a SuCon?	Potentially – but remember Sustained Surface Connections ("SuCon") require travel (1m or more) or rotation (180° or more)
<b>32</b>	For sustained lift the height must maintain throughout? Is there a minimal required height to be help all the time?	Not for the moment.
<b>33</b>	Have any point completely airborne it is BM? Because it used to be that they are still jumping even if not completely dry from head to toe...no? I'm sorry, its a lot of information, I am just confirming I am understanding correctly?	As per Pair Acro Catalogue page 3: <i>"If it's a Throw ("W") or a Jump ("J"), a disconnect should be clearly seen. The featured-swimmer must be completely in the AIR (top of the head and toes must be above the surface at the same time). It is recommended to push the featured-swimmer by the feet."</i>
<b>34</b>	Is there any allowance in flexibility in pair acro?	45-degree deviation (as per Positions rule standard in Team Acro Catalogue)
<b>35</b>	I am sorry but I don't have clear between throw and jump	Please refer to Pair Acro Catalogue – there is clear explanation in writing and photographs
<b>36</b>	Question that came up at Nov 6 session – we were wondering if straight arms issue (as per Group B when arms are too bent past head) in handstands when doing a Thr>St, or Thr>StH applicable to Group C? Because we don't have grips – but we saw an example where in handstand in bamboo on a StH with an attempted rotation of construction the arms were very bent (past head)	Refer to catalog pages 31-32 (Cut and pasted below)

	<ul style="list-style-type: none"> <li>In <b>handstands</b> in groups <b>B</b> and <b>C</b> when there's a balance in handstand on both or one arm, the featured-swimmer needs to be aligned with the support-swimmer on the vertical axis until submergence with an allowance of 45 degrees from the vertical axis (invisible vertical line that runs through the middle of the bodies of the support and featured-swimmer). The 45-degree cone has a start point at the water's surface from the support-swimmer (and also while the construction is turning). The featured-swimmer must always remain "on" the support.</li> <li>Note: this rule regarding handstands also applies for Group C bonuses "<b>Jump</b>" and "<b>On1Foot</b>"</li> </ul> <p>And</p> <ul style="list-style-type: none"> <li>Arm/s of the support-swimmer must remain within vertical cone ie. 45 degrees (the same rule applies for group C). The same rules for support-swimmers' arms positioning also applies to types of connection: FP, FPx, 1F1P</li> </ul>	
<b>37</b>	We have questions about acro C. When the jump transitions to the stag position, the athlete must maintain a horizontal line.	Sorry we don't understand the question here.
<b>38</b>	I've got questions regarding acro (page 32 in catalog) as below, could you pass on to the acro team?  when support swimmer is out of the vertical axis in handstands group B and P but Fswimmer remain on top, do we still apply the allowance being set from surface? the degree of the support swimmer doesn't matter as long as Fswimmer remains inside the allowance from surface?	In group P - we don't have a rule for a handstand (only in B and C)  In group B – yes. The "cone starts" has a start point at the surface from the support swimmer.
<b>39</b>	I have a question, regarding tolerances. In rotations in acros as long as the ribs or knees have not yet touched the water? For example: you declare a 360 rotation and you reach 320 but your knees are sunken, is the tolerance applied?	Depends the type of rotation – i.e. twists and somersaults have different allowances.  Check page 13 in the catalogue to understand the allowances for each type and degree of rotation.
<b>40</b>	If on a platform position of f-swimmer is standing on a knee/s (head-up) until which level TC count position/s	if the position is head up, we always count positions until the knees submerge
<b>41</b>	Porpoise - legs together? Straight? Can base swimmer help to push legs of featured-swimmer to perform Porpoise bonus?	Yes, as in figures: legs straight. Can be shoulder width apart. Yes, base swimmer can help to push legs of featured-swimmers.
<b>42</b>	Position on surface optional? Didn't find this sentence in catalog	Yes. Position on surface is optional and doesn't count.
<b>43</b>	Positions counted until certain level including if it's bonus for Pos 3, what happened if there are 4, 5 positions etc.....? We all look at them until certain water level?	As DTCs we only look at any declared positions (Pos 1, Pos 2), and if a 3 <sup>rd</sup> position bonus is declared. Any additional positions are not looked at (we don't care – it's "artistic impression")
<b>44</b>	I have a question about the minimum declaration requirements described in the Team Acro Catalogue. I found some conflicting sentences, where I don't know what prevails.  On page 9 it is written that clearly shown positions above height allowance must be declared. However, on page 15 it is written	On page 9, it talks about <b>the order (of the declaration)</b> ie....you can't skip pos 1 and declare pos 2 only, or do few positions and choose most "expensive".  On page 15, we speak about minimum declaration requirements and the swimmer's safety and give examples – in these examples we are never skipping pos

	<p>as an example that a 2nd position doesn't need to be declared if the coach is afraid that the featured swimmer won't perform the position before the height allowance. But if the featured swimmer would be performing the position above the height allowance, this would be base mark based on what was written on page 9, so the coach cannot use it as safety?</p>	<p>1 and declaring pos 2, but instead because a Pos 2 maybe can't be achieved by required height – choosing not to declare it – this is OK. This means that if the coach is not sure that the swimmer/s will be able to perform pos 2, the coach may not declare it so as to not get a Base Mark - but still perform it so they can continue to get stronger and maybe eventually they can add it in because they get it in before the requirement (knees/waist).</p>
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