



**WORLD  
AQUATICS**

# **PAIR ACROBATICS CATALOGUE**

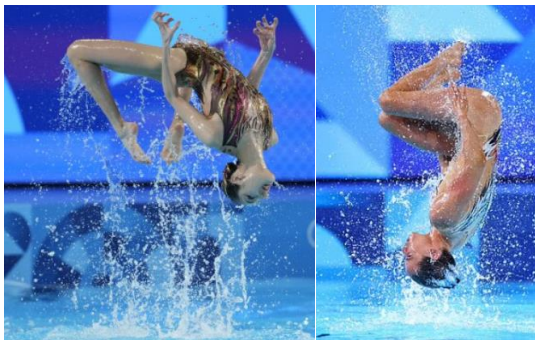
**In force as of September 1, 2024  
Catalogue 2 Version 1.3**

**APPENDIX VII OF AS RULES**

## PAIR ACROBATICS (For Duet/Mixed Duet only)

### General Principles:

- A pair acrobatic movement is considered as a **lift** or a **throw** if the “bottom” (base/underwater) swimmer is underwater and lifts/throws the featured-swimmer (upper swimmer/ flyer/performer) up in the air (away from surface). The base-swimmer can lift/throw the featured-swimmer by holding/pushing their legs or shoulders.
- A pair acrobatic movement is considered as a **jump** if the “bottom” (base) swimmer is underwater and the featured-swimmer jumps in the air from the base-swimmer.
- Rotations around oneself (turn, twist) can be performed in any direction. The direction of the rotation does not influence the DD of the pair acrobatic.
- The way of connecting between the base-swimmer and the featured-swimmer is optional and does not influence the DD of the pair acrobatic.
- Pair acrobatic DD values should not be compared to team acrobatic values. They are directly related to the duet/mixed duet events.
- The **base mark** for all types of pair acrobatics is **0.10**.
- When **travelling** is stated in the code and description it means visible travel from one spot to another of the base (pushing/support/underwater) swimmer with featured-swimmer supported on top. It must be obvious “visible” moving across the water’s surface!
- When “**crashing**” is not mentioned in the code and the description but it happens – it is a Base Mark.
- 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) from toes to top of the head at the same time.



- **If there is a discrepancy between the images and the written tables:**
  - The "written description" always prevails.
  - Images are there to show some examples.
  - Other variations might be possible as long as they respect the "written description".
  
- **For the clear verification of a pair acrobatic movement by the TCs:**
  - It is recommended to hold a **lift** movement ("L or L!") for 1-2 seconds and to lift the featured-swimmer by the arms.
  - 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.
    - If you can't achieve a clear disconnection with the featured-swimmer completely airborne, you must declare a lift instead (and not a Throw "W" or a Jump "J").
  - A clear difference between dynamic (Throws /Jumps) and balance (Lifts) pair acrobatics should be seen.
    - **For example:** if it's a Lift legs-up with 360° rotation ("L!r1") the base-swimmer should hold the featured-swimmer for 1-2 seconds and then the featured-swimmer rotates 360°. The base-swimmer can help the featured-swimmer to not descend very fast with their support OR disconnect during the descent.
    - **In contrast:** if it's a Throw legs-up with 180° rotation ("W!rO,5"): the base-swimmer needs to accelerate and push up the featured-swimmer in the air and disconnect. We must see the featured-swimmer completely out of the water (top of the head to toes) and then rotate 180° before the knees while submerging.
  - As per the rules, in duets or mixed duets which have 2 pair acrobatic elements or more, a pair acrobatic code must not be repeated.
    - Example 1: A duet could do L!fr1 and L!frO.5
    - Example 2: A duet could do Jd, W!d and L!f
    - Example 3: A duet could do Jfs1B and Js1B+f
    - Example 4: A duet COULD NOT do Jfs1B and Jfs1B
    - Example 5: A duet COULD NOT do W!fr1 and W!fr1

## Allowances

### For Somersaults:

- **90° less** than declared = Base Mark
  - If you declare a somersault 360° but the featured-swimmer rotates 260°, this would be a Base Mark, but if the featured-swimmer rotates 300° you are ok.
- Notes for declared 360° somersaults and more:
  - It must be visible fully above the water. For the water-entrance, it is allowed that up to half of the body of the featured-swimmer is submerged.
  - That means: if you declare a somersault back 360° in flexibility position and during the rotation in the air the head of featured-swimmer slides into the water but rotates fast enough to complete the somersault before entering water inside allowance – it's execution (not a Base Mark). But if after making half-somersault, half of the body of the featured-swimmer is submerged (or more) and then he/she just lifts up the head with top of shoulders- it's a Base mark
- The featured-swimmer can over-rotate (you can do more than you declared)
  - For example: if you declare a somersault 360° but the featured-swimmer does 400° (or even 540°), this is ok.
  - Another example: If the featured-swimmer performs a jump head-up with a somersault 270°, it's not a complete 360° and cannot declare a "Js1B" (90° less = Base Mark). You can instead declare a Jump-Dive "Jd" and stay inside "the rule of allowance" because you can over-rotate as long as you "pass" the required number of rotation(s).

### For Twists:

- For **Head-Down Lifts or Throws**:
  - 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!
- For **Lifts and Jumps that are head-up**:
  - We calculate the number of rotations until the **waist level** of the featured- swimmer.
- For **360° declared twists** and more:
  - **180° less** than declared = Base Mark
    - Meaning if you declare 360° but the featured-swimmer rotates 170° to waist (if head-up) or to knee level (if head-down), this would be Base Mark. But if they rotate 200°, it is ok.
- For **180° declared twists**:
  - There is **no allowance** – performing less than a 180° is a Base Mark. It must be done precisely (or more).
- The featured-swimmer can over-rotate. It is allowed to do more before height allowance (waist/knee), but not less!

## Lift head up clarification

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

- In this image (below on left), the featured-swimmer goes head-up, lifts their legs up and then crashes on the surface. Another example: in the image (below on right), the featured-swimmer is lifted straight up and then submerges.



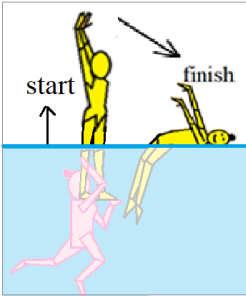
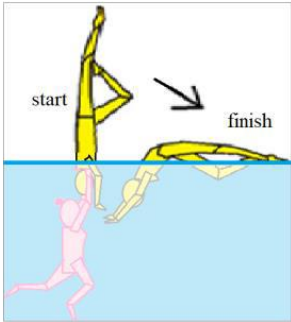
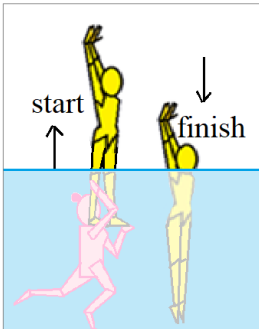
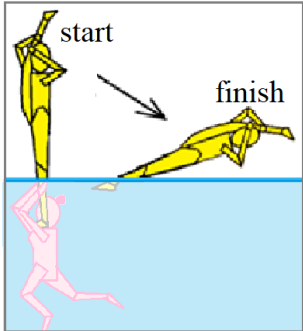
- However, these 2 types of movements pictured below are considered as Pair Assist (and therefore are Transitions):

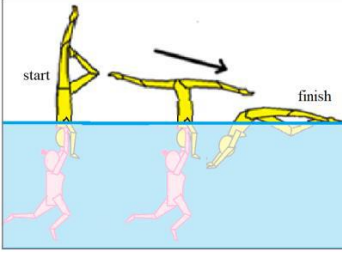
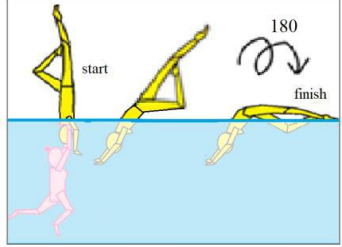
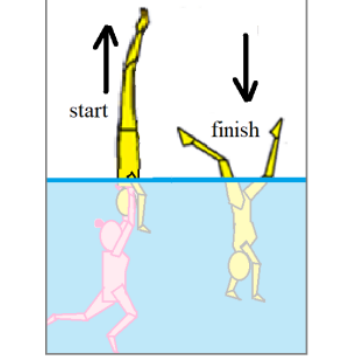
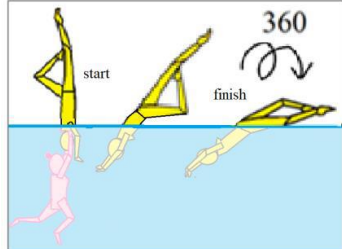


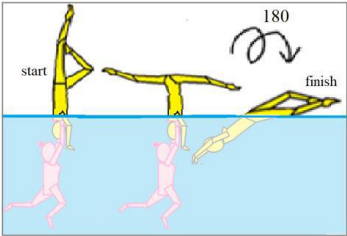

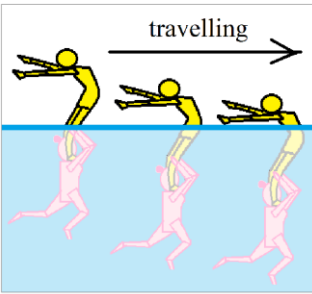
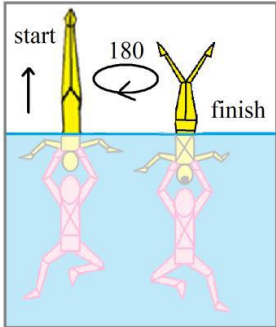
## Flexibility Positions:

- Flexibility Positions allowed are:
  - Splits and Over-splits (or variation where back leg is bent so toes touch the water. It is possible to bend forward the leg a little bit, but there must be a clear flexibility demonstrated (180° between knees is desired)
  - The following positions (as defined in Group A/B of the acrobatics catalogue):
    - Vertical Split / Glass / Eye positions (refer to Group B in the Team Acrobatics Catalogue)
    - Knight like in figures (where thigh is 90° back and leg is bent so toes touch the water), or any variation of the “Willow” position from Group B of the Team Acrobatics Catalogue
    - Ring (arch with toes touching or close to touching the head)

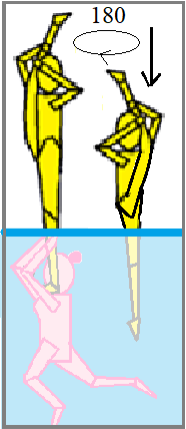
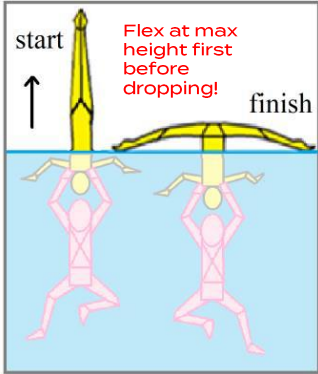
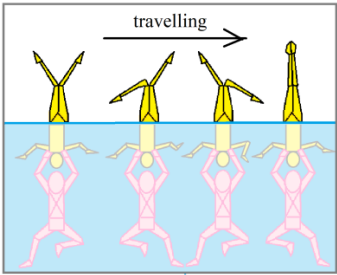
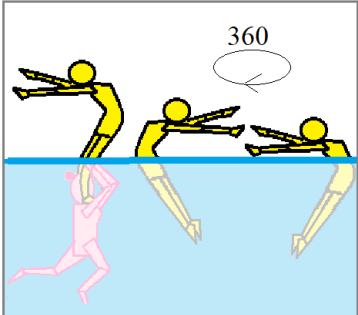
**Pair Acrobatics Table:**

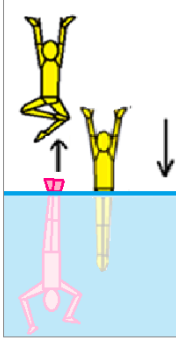
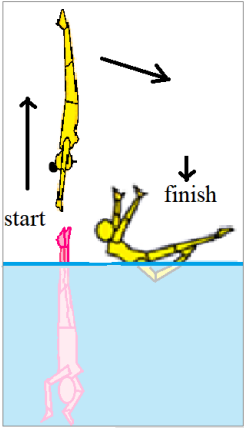
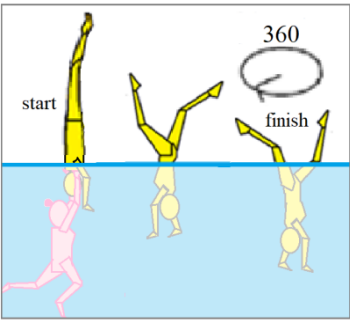
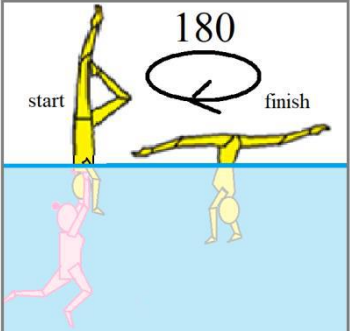
| # | Name and code  | Diagram   | Description   | DD of the Pair Acro | Total DD (with Base Mark) |
|---|--|---|---|---------------------|---------------------------|
| 1 | <b>Lift head-up with crashing</b><br><br>L»                  |    | One swimmer remains under the water and lifts another swimmer who performs actions above the water at maximum height. When the bottom swimmer pushes and releases support the upper swimmer "crashes" (falls) on the surface.<br><br><b>Crashing</b> - means that after the main phase of the lift the upper (visible) swimmer does not submerge, but instead falls on the water's surface. | <b>0.10</b>         | <b>0.20</b>               |
| 2 | <b>Lift legs-up with crashing</b><br><br>L!»                 |   | One swimmer remains under the water and lifts another swimmer (position head-down) who performs actions above the water at maximum height. When the bottom swimmer pushes and releases support the upper swimmer "crashes" (falls) on the water's surface.  | <b>0.20</b>         | <b>0.30</b>               |
| 3 | <b>Lift head-up</b><br><br>L                                 |  | One swimmer remains under the water and lifts another swimmer who performs actions above the water at maximum height. When the bottom swimmer releases support the upper swimmer submerges under the surface of the water.  | <b>0.40</b>         | <b>0.50</b>               |
| 4 | <b>Lift head-up with flexibility and crashing</b><br><br>Lf» |  | One swimmer remains under the water and lifts another swimmer, who demonstrates flexibility position/s (split variations, ring, etc.) above the water at maximum height. When the bottom swimmer releases support the upper swimmer submerges under the water.  | <b>0.40</b>         | <b>0.50</b>               |

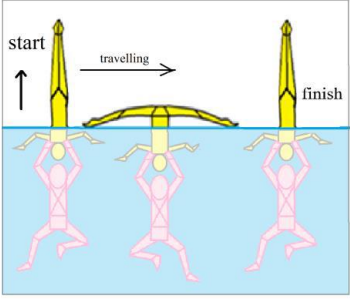
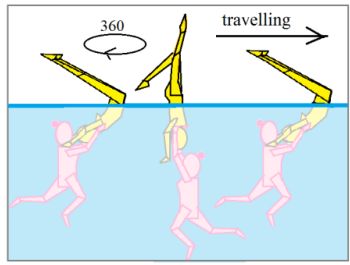
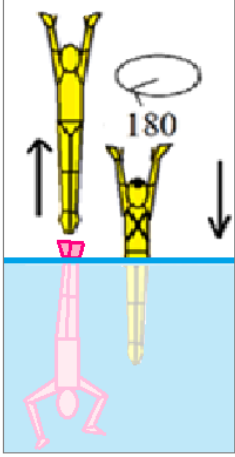
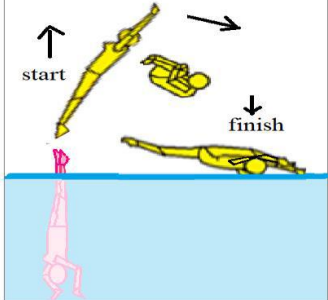
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| <p><b>5</b></p> | <p><b>Lift legs-up with flexibility and crashing</b></p> <p><b>L!f»</b></p>      |    | <p>One swimmer remains under the water and lifts another swimmer (position is head-down), who demonstrates flexibility position/s (split variations etc.) above the water at maximum height. When the bottom swimmer pushes and releases support the upper swimmer “crashes” (falls) on the water’s surface.</p>  | <p><b>0.40</b></p> | <p><b>0.50</b></p> |
| <p><b>6</b></p> | <p><b>Lift legs-up with crashing and rotation 180°</b></p> <p><b>L!r0.5»</b></p> |    | <p>One swimmer remains under the water and lifts another swimmer (position is head-down), above the water at maximum height. When the bottom swimmer pushes and releases support the upper swimmer simultaneously “crashes” (falls) on the water’s surface while rotating 180 around themselves.</p> <p>Note: the rotation may also occur during the “maximum height” phase or while ascending.</p> | <p><b>0.40</b></p> | <p><b>0.50</b></p> |
| <p><b>7</b></p> | <p><b>Lift legs-up</b></p> <p><b>L!</b></p>                                      |  | <p>One swimmer remains under the water and lifts another swimmer (position is head-down) who performs some actions above the water at maximum height. When the bottom swimmer pushes and releases support the upper swimmer submerges under the water.</p>  | <p><b>0.60</b></p> | <p><b>0.70</b></p> |
| <p><b>8</b></p> | <p><b>Lift legs-up with crashing and rotation 360°</b></p> <p><b>L!r1»</b></p>   |  | <p>One swimmer remains under the water and lifts another swimmer (position is head-down) above the water at maximum height. When the bottom swimmer pushes and releases support the upper swimmer simultaneously “crashes” (falls) on the water’s surface while rotating 360° around themselves.</p> <p>Note: the rotation may also occur during the “maximum height” phase or while ascending.</p> | <p><b>0.60</b></p> | <p><b>0.70</b></p> |

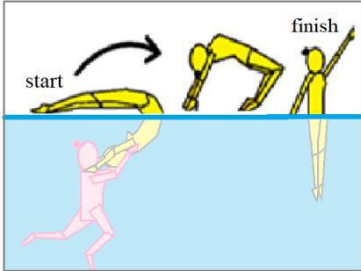
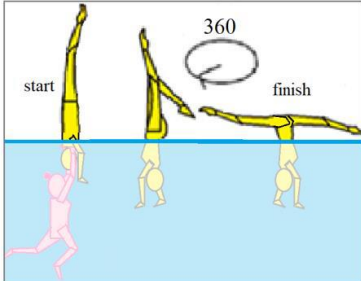
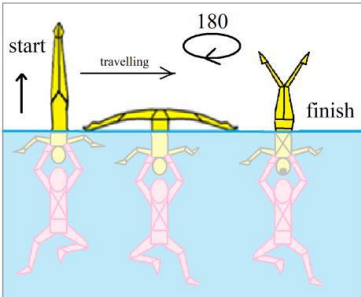
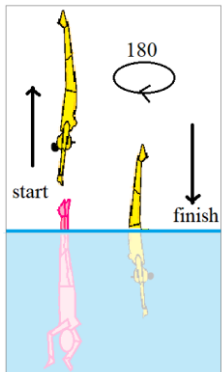
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| <p>9</p>  | <p><b>Lift legs-up with crashing, flexibility and rotation 180° (turn)</b></p> <p><b>L!frO.5»</b></p> |    | <p>One swimmer remains under the water and lifts another swimmer (position is head-down) who demonstrates flexibility position/s (split variations etc.) above the water at maximum height. When the bottom swimmer pushes and releases support the upper swimmer simultaneously “crashes” (falls) on the water’s surface while rotating 180° around themselves.</p> <p>Note: the rotation may also occur during the “maximum height” phase or while ascending.</p> | <p><b>0.60</b></p> | <p><b>0.70</b></p> |
| <p>10</p> | <p><b>Lift head-up with 180° rotation</b></p> <p><b>LrO.5</b></p>                                     |   | <p>One swimmer remains under the water and lifts another swimmer who performs actions above the water at maximum height. When the bottom swimmer releases support the upper swimmer simultaneously submerges under the water while rotating 180°.</p> <p>Note: the rotation may occur during the “maximum height” phase or while ascending.</p>   | <p><b>0.60</b></p> | <p><b>0.70</b></p> |
| <p>11</p> | <p><b>Sustained lift head-up with travelling</b></p> <p><b>SL&gt;</b></p>                             |  | <p>One swimmer remains under the water and lifts another swimmer <u>sustaining the lift for 3 seconds or more while travelling</u>. The upper swimmer performs some actions above the water at maximum height and when the bottom swimmer pushes and releases support the upper swimmer submerges under the water.</p>  | <p><b>0.80</b></p> | <p><b>0.90</b></p> |
| <p>12</p> | <p><b>Lift legs-up with 180° rotation</b></p> <p><b>L!rO.5</b></p>                                    |  | <p>One swimmer remains under the water and lifts another swimmer (position is head-down) who performs actions above the water at maximum height. When the bottom swimmer pushes and releases support (or helps to rotate) the upper swimmer submerges with a simultaneous rotation of 180°.</p> <p>Note: the rotation may also occur during the “maximum height” phase or while ascending.</p>  | <p><b>0.80</b></p> | <p><b>0.90</b></p> |

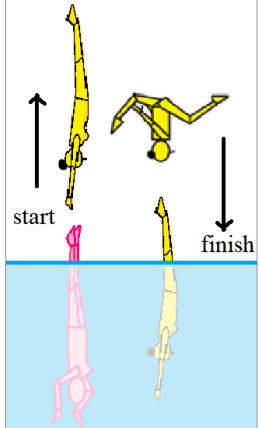

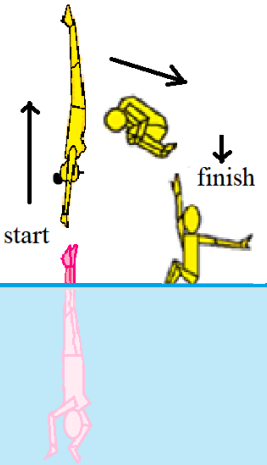
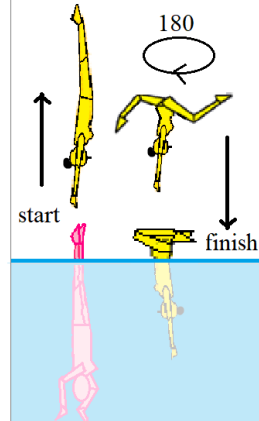



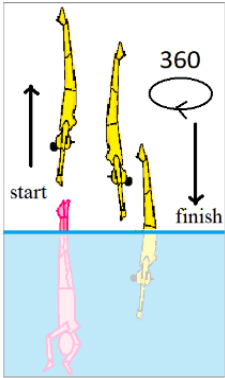
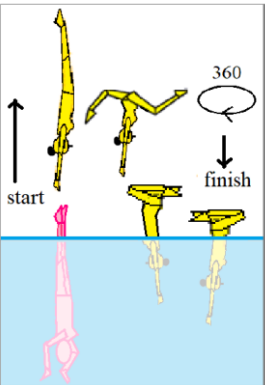

|           |   |   |  |                    |                    |
|-----------|---|---|--|--------------------|--------------------|
| <p>13</p> | <p><b>Lift head-up with flexibility and rotation 180°</b></p> <p>Lfr0.5</p> |    | <p>One swimmer remains under the water and lifts another swimmer who demonstrates flexibility position/s (split variations, ring etc.) above the water at maximum height. When the bottom swimmer releases support (or helps to rotate) the upper swimmer submerges under the water with a simultaneous rotation of 180°.</p> <p>Note: the rotation may also occur during the “maximum height” phase or while ascending.</p> | <p><b>0.80</b></p> | <p><b>0.90</b></p> |
| <p>14</p> | <p><b>Lift legs-up with flexibility</b></p> <p>L!f</p>                      |   | <p>One swimmer remains under the water and lifts another swimmer (position is head-down) who demonstrates flexibility position/s (split variations etc.) above the water at maximum height. When the bottom swimmer pushes and releases support the upper swimmer submerges under the water.</p>   | <p><b>0.80</b></p> | <p><b>0.90</b></p> |
| <p>15</p> | <p><b>Sustained lift legs-up with travelling</b></p> <p>SL!&gt;</p>         |  | <p>One swimmer remains under the water and lifts another swimmer (position is head-down) and <u>sustains the lift for 3 seconds or more while travelling</u>. The upper swimmer performs some actions above the water at maximum height and when the bottom swimmer pushes and releases support the upper swimmer submerges under the water.</p>   | <p><b>0.80</b></p> | <p><b>0.90</b></p> |
| <p>16</p> | <p><b>Lift head-up with rotation 360°</b></p> <p>Lr1</p>                    |  | <p>One swimmer remains under the water and lifts another swimmer, who performs actions above the water at maximum height. When the bottom swimmer releases support the upper swimmer simultaneously submerges under the water while rotating 360°.</p> <p>Note: the rotation may also occur during the “maximum height” phase or while ascending.</p>  | <p><b>0.80</b></p> | <p><b>0.90</b></p> |

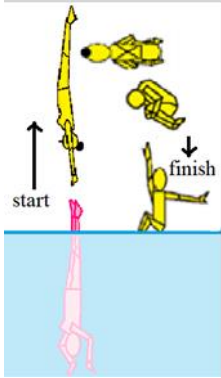

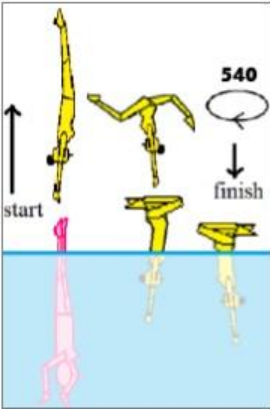
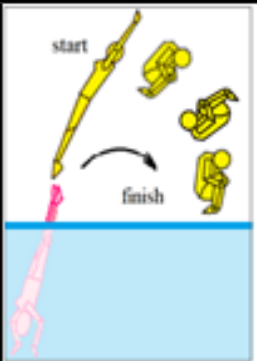
|           |  |   |   |                    |                    |
|-----------|--|---|---|--------------------|--------------------|
| <p>17</p> | <p><b>Jump head-up</b></p> <p>J</p>  |    | <p>From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes <b>airborne</b>. This upper (visible) swimmer performs some actions in the air before entering the water.</p>   | <p><b>0.80</b></p> | <p><b>0.90</b></p> |
| <p>18</p> | <p><b>Throw legs-up with crashing</b></p> <p>W!&gt;&gt;</p>                  |   | <p>From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes <b>airborne</b>. This upper (visible) swimmer starts their action feet-first and after demonstrating maximum height “crashes” (falls) on the surface.</p>   | <p><b>0.80</b></p> | <p><b>0.90</b></p> |
| <p>19</p> | <p><b>Lift legs-up with rotation 360°</b></p> <p>L!r1</p>                    |  | <p>One swimmer remains under the water and lifts another swimmer (position is head-down), who performs some actions above the water at maximum height. When the bottom swimmer pushes and releases support the upper swimmer simultaneously submerges under the water while rotating 360°.</p> <p>Note: the rotation may also occur during the “maximum height” phase or while ascending.</p>                               | <p><b>1.00</b></p> | <p><b>1.10</b></p> |
| <p>20</p> | <p><b>Lift legs-up with flexibility and rotation 180°</b></p> <p>L!fr0.5</p> |  | <p>One swimmer remains under the water and lifts another swimmer (position is head-down), who demonstrates flexibility position/s (split variations etc.) above the water at maximum height. When the bottom swimmer pushes and releases the upper swimmer simultaneously submerges under the water while rotating 180°.</p> <p>Note: the rotation may also occur during the “maximum height” phase or while ascending.</p> | <p><b>1.00</b></p> | <p><b>1.10</b></p> |

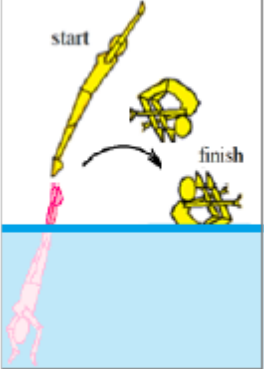
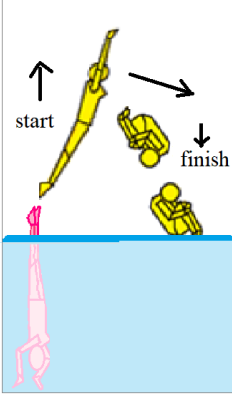


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| <p>21</p> | <p><b>Sustained lift legs-up with flexibility and travelling</b></p> <p>SL!f&gt;</p>                           |    | <p>One swimmer remains under the water and lifts another swimmer (position is head-down), <u>sustaining the lift for 3 seconds or more while travelling.</u> The upper swimmer demonstrates flexibility position/s above the water at maximum height and when bottom swimmer pushes and releases, the upper swimmer submerges under the water.</p>   | <p><b>1.00</b></p> | <p><b>1.10</b></p> |
| <p>22</p> | <p><b>Sustained lift legs-up with travelling and rotation of 180°-360°</b></p> <p>SL!r0.5&gt; or SL!r1&gt;</p> |   | <p>One swimmer remains under the water and lifts another swimmer (position is head-down), <u>holding for 3 seconds or more while traveling.</u> The upper swimmer performs some actions while rotating 180°-360° above the water at maximum height. When the bottom swimmer pushes and releases support the upper swimmer submerges.</p> <p>Note: the rotation may also occur while ascending.</p> | <p><b>1.00</b></p> | <p><b>1.10</b></p> |
| <p>23</p> | <p><b>Jump head-up with 180° rotation</b></p> <p>Jr0.5</p>   |  | <p>From under the water one swimmer pushes and throws (disconnects with) the upper (visible) swimmer who becomes <b>airborne</b>. The upper (visible) swimmer performs some actions in the air with a 180° rotation, before entering the water.</p> <p>Note: rotation may also occur while the upper-swimmer submerges.</p>  | <p><b>1.00</b></p> | <p><b>1.10</b></p> |
| <p>24</p> | <p><b>Jump head-up with flexibility</b></p> <p>Jf</p>  |  | <p>From under the water one swimmer pushes and throws (disconnects with) the upper (visible) swimmer who becomes <b>airborne</b>. The upper (visible) swimmer demonstrates flexibility position/s (such as split etc.) in the air before entering the water or falling/crashing.</p>   | <p><b>1.00</b></p> | <p><b>1.10</b></p> |

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| <p>25</p> | <p><b>Legs-Up<br/>Throw-Dive</b></p> <p><b>W!d</b></p>  |    | <p>From a Pike Position the upper swimmer is pushed/thrown by the bottom swimmer (<b>disconnects/becomes airborne</b>). The upper swimmer's legs are lifted in an arc over the surface of the water to meet the surface of the water again. The upper swimmer enters the water feet-first and lifting their upper body to a vertical position before submerging.</p>   | <p><b>1.00</b></p> | <p><b>1.10</b></p> |
| <p>26</p> | <p><b>Lift legs-up<br/>with<br/>flexibility<br/>and<br/>rotation<br/>360°</b></p> <p><b>L!fr1</b></p>   |   | <p>One swimmer remains under the water and lifts another swimmer (position is head-down). The upper swimmer demonstrates flexibility position/s above the water at maximum height with 180°-360° rotation. When the bottom swimmer pushes and releases support the upper swimmer submerges under the water.</p> <p>Note: rotation may occur while the upper-swimmer submerges or while ascending.</p>  | <p><b>1.20</b></p> | <p><b>1.30</b></p> |
| <p>27</p> | <p><b>Sustained<br/>lift legs-up<br/>with<br/>flexibility,<br/>travelling<br/>and<br/>rotation<br/>180°-360°</b></p> <p><b>SL!fr0.5&gt;<br/>or<br/>SL!fr1&gt;</b></p> |  | <p>One swimmer remains under the water and lifts another swimmer (position is head-down), <u>sustaining the lift for 3 seconds or more while travelling</u>. The upper swimmer demonstrates flexibility position/s above the water at maximum height with 180°-360° rotation. When the bottom swimmer pushes and releases support the upper swimmer submerges under the water.</p> <p>Note: rotation may occur while the upper-swimmer submerges or while ascending.</p> | <p><b>1.20</b></p> | <p><b>1.30</b></p> |
| <p>28</p> | <p><b>Throw legs-<br/>up with<br/>180°<br/>rotation</b></p> <p><b>W!r0.5</b></p>  |  | <p>From under the water one swimmer pushes and throws (disconnects with) the upper (visible) swimmer who becomes <b>airborne</b>. The upper (visible) swimmer starts their action feet-first and after demonstrating maximum height submerges with a simultaneous rotation of 180°.</p> <p>Note: rotation may also occur during "pushing"/ ascending phase.</p>  | <p><b>1.20</b></p> | <p><b>1.30</b></p> |

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| <p>29</p> | <p><b>Throw legs-up with flexibility</b></p> <p>W!f</p>                      |    | <p>From under the water one swimmer pushes and throws (disconnects with) the upper (visible) swimmer who becomes <b>airborne</b>. The upper (visible) swimmer starts their action feet-first and demonstrates flexibility position/s during maximum height and then submerges.</p>  | <p>1.20</p> | <p>1.30</p> |
| <p>30</p> | <p><b>Jump-Dive</b></p> <p>Jd</p>  |   | <p>From under the water one swimmer pushes and throws (disconnects with) the upper (visible) swimmer who becomes <b>airborne</b>. This upper (visible) swimmer demonstrates an arc over the surface before entering the water in a head-first vertical position.</p>  | <p>1.20</p> | <p>1.30</p> |
| <p>31</p> | <p><b>Throw legs-up with 180° somersault</b></p> <p>W!s0.5</p>               |  | <p>From under the water one swimmer pushes and throws (disconnects with) the upper (visible) swimmer who becomes <b>airborne</b>. This upper (visible) swimmer starts their action feet-first and by lifting their body and tucking, performs 0.5 (half) somersault (180° rotation) <b>in the air</b> before entering the water.</p> <p>Note: the body of the upper (visible) swimmer should be fully out of the water (above the surface) before entering the water.</p> | <p>1.40</p> | <p>1.50</p> |
| <p>32</p> | <p><b>Thow legs-up with flexibility and rotation 180°</b></p> <p>W!fr0.5</p> |  | <p>From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes <b>airborne</b>. The upper (visible) swimmer starts their action feet-first and demonstrates flexibility position/s during maximum height. The upper (visible) swimmer then submerges while simultaneously rotating 180°.</p>   | <p>1.40</p> | <p>1.50</p> |

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| <p>33</p> | <p><b>Jump-Tuck/Change position – Dive</b></p> <p>Jpd</p>                           |    | <p>From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes <b>airborne</b>. The upper (visible) swimmer performs 180° (half) somersault backwards with 1 change of the position in the air before entering the water headfirst.</p> <p>Note: any “non-flexibility” position is allowed to be demonstrated in the air.</p> | <p><b>1.40</b></p> | <p><b>1.50</b></p> |
| <p>34</p> | <p><b>Throw legs-up with rotation 360°</b></p> <p>W!r1</p>                          |   | <p>From under the water one swimmer pushes and throws (disconnects with) the upper (visible) swimmer who becomes <b>airborne</b>. The upper (visible) swimmer starts their action feet-first and after demonstrating maximum height submerges with a simultaneous rotation of 360°.</p> <p>Note: rotation may also occur during “pushing”/ascending phase.”</p>                | <p><b>1.40</b></p> | <p><b>1.50</b></p> |
| <p>35</p> | <p><b>Throw-legs up with flexibility and rotation 360° or more</b></p> <p>W!fr1</p> |  | <p>From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes <b>airborne</b>. The upper (visible) swimmer starts their action feet-first and demonstrating flexibility position/s during maximum height. The upper (visible) swimmer then submerges while simultaneously rotating 360° degrees or more.</p>                 | <p><b>1.60</b></p> | <p><b>1.70</b></p> |
| <p>36</p> | <p><b>Jump head-up with half twist and 180 somersault</b></p> <p>Js0.5t0.5</p>      |  | <p>From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes <b>airborne</b>. The upper (visible) swimmer jumps backwards, twists 180° in the air, and then enters the water.</p>   | <p><b>1.60</b></p> | <p><b>1.70</b></p> |

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| <p>37</p> | <p><b>Throw legs-up with 180 somersault and half twist</b></p> <p><b>W!s0.5t0.5</b></p> |    | <p>From under the water one swimmer pushes and throws (disconnects with) the upper (visible) swimmer who becomes <b>airborne</b>. 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>                 | <p><b>1.60</b></p> | <p><b>1.70</b></p> |
| <p>38</p> | <p><b>Jump head-up with 1 somersault backwards</b></p> <p><b>Js1B</b></p>               |    | <p>From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes <b>airborne</b>. The upper (visible) swimmer performs 1 backwards somersault (360°) in the air demonstrating "tuck" position before entering the water</p>   | <p><b>1.80</b></p> | <p><b>1.90</b></p> |
| <p>39</p> | <p><b>Throw legs up with flexibility and rotation 540°</b></p> <p><b>W!fr1.5</b></p>    |  | <p>From under the water one swimmer pushes and throws (disconnects with) and upper (visible) swimmer who becomes <b>airborne</b>. The upper visible swimmer starts their action feet first and demonstrating flexibility position/s during maximum height. The upper (visible) swimmer then submerges while simultaneously rotating 540 degrees or more.</p> | <p><b>1.80</b></p> | <p><b>1.90</b></p> |
| <p>40</p> | <p><b>Jump - Tuck - 1 somersault half twist</b></p> <p><b>JBs1t0.5</b></p>              |  | <p>From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes <b>airborne</b>. The upper (visible) swimmer performs 1 backwards somersault (360°) and half twist (180°) around themselves in the air demonstrating "tuck" position before entering the water.</p>  | <p><b>2.00</b></p> | <p><b>2.10</b></p> |

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| <p>41</p> | <p><b>Jump head-up with 1 somersault backwards and flexibility</b></p> <p><b>Jfs1B</b></p>                     |    | <p>From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes <b>airborne</b>. The upper (visible) swimmer performs 1 backwards somersault in the air demonstrating flexibility of their body (ring position and variations) before entering the water.</p>              | <p><b>2.00</b></p> | <p><b>2.10</b></p> |
| <p>42</p> | <p><b>Jump head-up with 1 somersault forwards</b></p> <p><b>Js1F</b></p>                                       |   | <p>From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes <b>airborne</b>. The upper (visible) swimmer performs 1 forwards somersault in the air before entering the water.</p>  | <p><b>2.00</b></p> | <p><b>2.10</b></p> |
| <p>43</p> | <p><b>Jump head-up with 1 somersault backwards and open in Jay (flexibility)</b></p> <p><b>Js1B+f</b></p>      |  | <p>From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes <b>airborne</b>. The upper (visible) swimmer jumps backwards, tucking and rotating 180° in the air, then turning another 180° while opening to a Jay (flexibility) position before entering the water.</p> | <p><b>2.10</b></p> | <p><b>2.20</b></p> |
| <p>44</p> | <p><b>Jump head-up with 1 somersault backwards +Pike + open in Jay (flexibility)</b></p> <p><b>Js1B+pf</b></p> |  | <p>From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes <b>airborne</b>. The upper (visible) swimmer jumps backwards, piking, rotating 180° in the air and then rotates another 180° while opening into a Jay (flexibility) position before entering the water</p> | <p><b>2.15</b></p> | <p><b>2.25</b></p> |

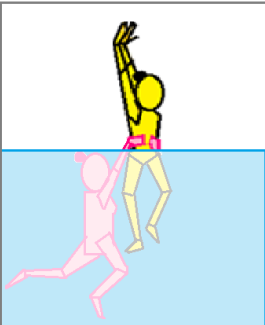
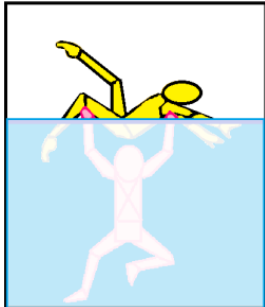
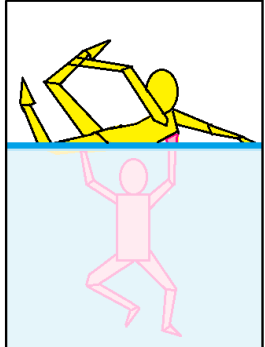
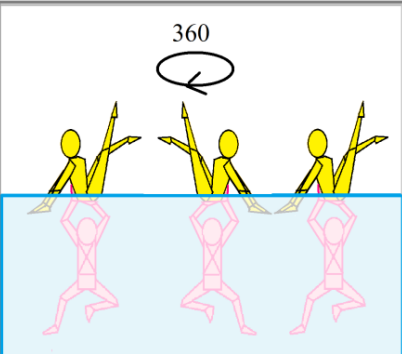


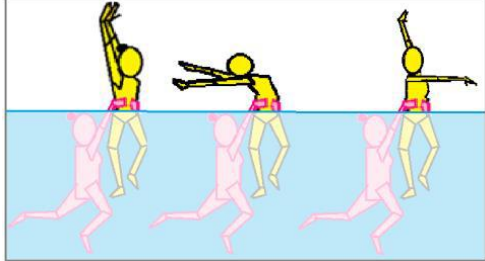
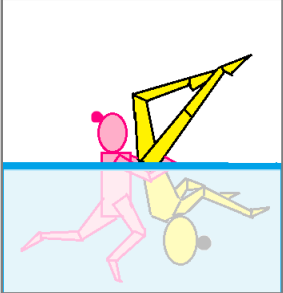
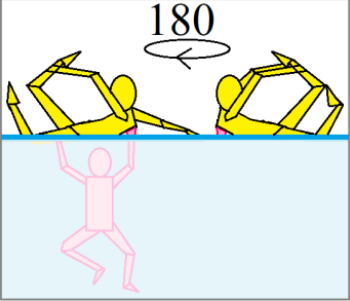
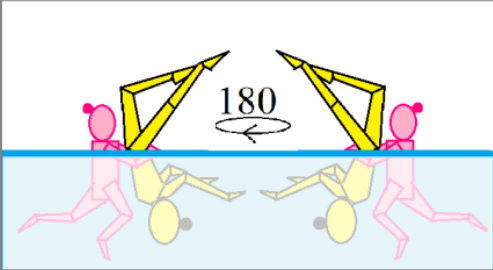
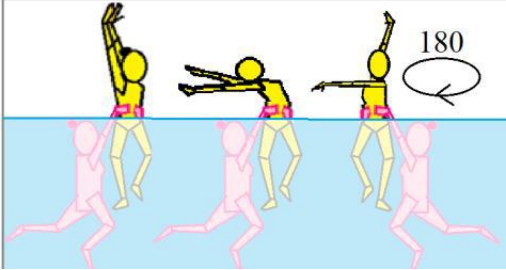
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| <p>45</p> | <p><b>Throw legs-up with 1 somersault forwards</b></p> <p><b>W!s1F</b></p>       |  | <p>From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes <b>airborne</b>. This upper (visible) swimmer starts their action feet-first and by lifting their torso forwards performs 1 somersault forwards (360°) in the air before entering the water.</p> <p>Note: the somersault is usually performed in a tuck position.</p> | <p><b>2.20</b></p> | <p><b>2.30</b></p> |
| <p>46</p> | <p><b>Jump head-up-Backwards -Frontal 360 somersault</b></p> <p><b>JsF1B</b></p> |  | <p>From under the water one swimmer pushes and throws (disconnects with) an upper (visible) swimmer who becomes <b>airborne</b>. The upper (visible) swimmer jumps backwards, turns 90 degrees in the air and performs 1 side (frontal) somersault (360°) in the air demonstrating “tuck”, “pike” or “variant of pike” position before entering the water.</p>                        | <p><b>2.20</b></p> | <p><b>2.30</b></p> |

## PAIR ASSISTED ACTIONS

THIS IS A LIST OF PAIR ASSISTED ACTIONS (FOR YOUR INFORMATION). THEY ARE NOT CONSIDERED AS A PAIR ACROBATIC MOVEMENTS. THEY ARE CONSIDERED IN TRANSITIONS (ARTISTIC IMPRESSION) IN DUETS OR TEAMS.

In pair assisted actions, the bottom (base) swimmer may remain under the surface of the water or on the surface, but the featured-swimmer always remains on the surface (not lifted up). Also, “boost-type” assisted movements are considered as pair assisted actions.

| Name  | Diagram   | Description  |
|---|---|--|
| <b>Pair assisted action “boost type”</b>                              |   | One swimmer remains under the water and lifts another swimmer who performs actions above the surface of the water. This action should demonstrate a boost of a “visible” swimmer to maximum height (crotch level) with assistance of the “underwater” swimmer. |
| <b>Pair assisted action on the surface (“float”)</b>                  |  | One swimmer remains under the water and holds another swimmer who remains on the surface and performs actions.   |
| <b>Pair assisted action on the surface (“float”) with flexibility</b> |  | One swimmer remains under the water and holds another swimmer who remains on the surface and performs movements with a range of flexibility (such as: Split, Ariana, Ring etc.)  |
| <b>Pair assisted action on the surface with rotation 180°-360°</b>    |  | One swimmer remains under the water and holds and rotates another swimmer (upper visible swimmer) 180-360 degrees who remains on the surface of the water.   |

|  |   |  |
|--|---|--|
| <p><b>Sustained assisted action head-up</b></p>  |    | <p>One swimmer remains under the water and lifts another swimmer who performs actions above the surface of the water sustained for 3 seconds or more.</p>  |
| <p><b>Sustained assisted action legs-up</b></p>  |    | <p>One swimmer holds another swimmer whose position is head-down and sustained for 3 seconds or more.</p>  |
| <p><b>Pair assisted action on surface with flexibility and rotation 180°-360°</b></p>  |   | <p>One swimmer remains under the water and holds and rotates another swimmer (upper visible swimmer) 180°-360° who remains at the surface and performs movements with a range of flexibility (such as: split, Ariana, ring etc.).</p>  |
| <p><b>Sustained assisted action legs-up with rotation 180°-360°</b></p>                |  | <p>One swimmer holds another swimmer, whose position is head-down for 3 seconds or more with a simultaneous rotation of 180°-360°. Note: both swimmers rotate in connection one with another.</p>  |
| <p><b>Sustained assisted action head-up with travelling and rotation 180°-360°</b></p> |  | <p>One swimmer remains under the water and lifts another swimmer holding for 3 seconds or more while travelling. The upper swimmer performs some actions above the water at maximum height with a rotation of 180°. When the bottom swimmer pushes and releases support the upper swimmer submerges under the water. Note: the rotation must happen during "maximum height" phase.</p> |