

APPENDIX IV

REQUIRED ELEMENTS FOR ACROBATIC ROUTINE

GENERAL REQUIREMENTS

1. Time Limits as in AS 14.1
2. Required Element #1 may be performed in any order
3. As in all routines, the Coach Card must show the Technical Required Elements in the selected order of performance according to Appendix III

ACROBATIC REQUIRED TECHNICAL ELEMENTS

1. Seven (7) acrobatic movements: one from each acrobatic group (A, B, C, P), and three (3) more of free choice (selected from any group).

Acrobatic movement: is a general term for jumps, throws, lifts, stacks, platforms, etc., which is performed as spectacular gymnastic feats and/or risky actions and is mostly achieved with assistance by another swimmer(s).