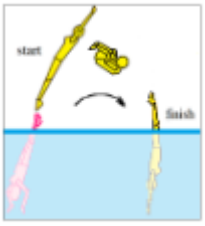
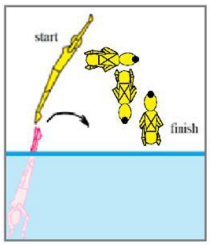
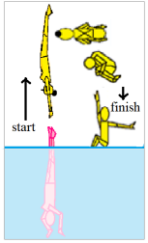
The following acrobatics or acrobatic components were approved up to and for the 2023 World Aquatics Championships and are now included in the Swiss Timing Coach Card drop-down options. The following acrobatics/acrobatic components will be added to the Acrobatic Catalogue when next revised.

PAIR ACROBATICS:			
Code	**Image**	**Name/Description**	**Value**
Js1B		**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	1,8
Jpd		**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.	1,4
JBs1t0,5		**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.	2,0
JsF1B		**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.	2,2
W!s0,5t0,5		**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.	1,6

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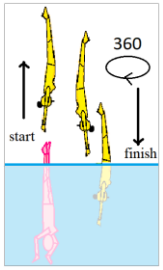
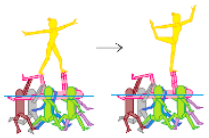
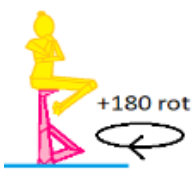
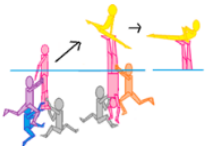
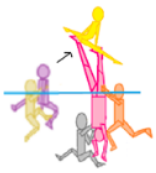
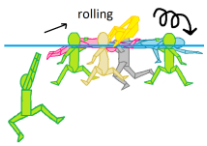
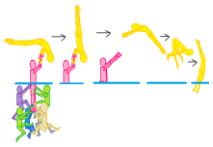
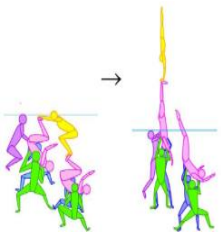
W!r1		**Throw legs-up with rotation 360°** From under the water one swimmer pushes and throws (disconnects with) the upper (visible) swimmer who becomes airborne. The upper (visible) swimmer starts their action feet-first and after demonstrating maximum height submerges with a simultaneous rotation of 360°. Note: rotation may also occur during "pushing"/ascending phase."	1,4

TEAM ACROBATICS:					
Group	**Component**	**Code**	**Image**	**Name/Description**	**Value**
B	Construction	"O"		**"O" Construction** Support-swimmer is in the arch position. Featured-swimmer is in the Bridge (variant) position.	1,05
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
B	Area of Support/Type of Connection	Px1P		**Handstand 1 arm** Featured swimmer supports themself from beginning to end on 1 hand, while support-swimmer provides" connection"	1,5
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
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

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
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
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 (not a transition). Featured swimmer lands on the feet of the head-down Stack and remains on head-down support until submergence.	2,15
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
C	Construction	'~StH		**Transits from spotter-pair on to 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

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
C	Bonus	y17		**Rolling on construction** (can be declared twice during 1 acro)	0,05
A	Plane and degree of rotation	hhs1		Half Handspring+1 somersault forwards from shoulders	0,35
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
P	Bonus	j26		**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.	0,1
P	Bonus	j27		**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.	0,35

C	Construction	StH~StH		**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.	1,95