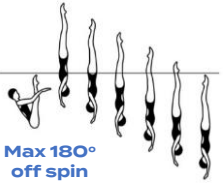
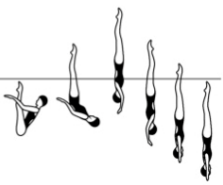
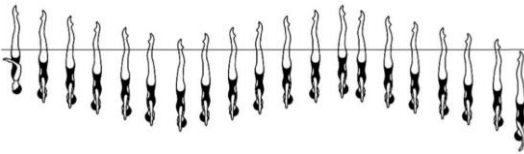
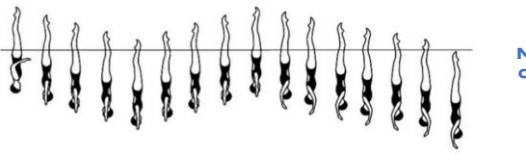
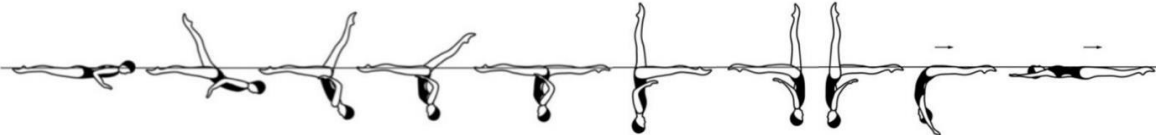
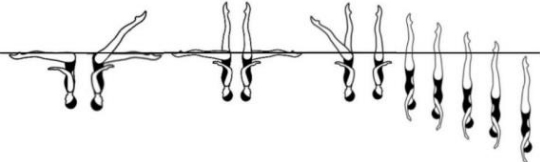
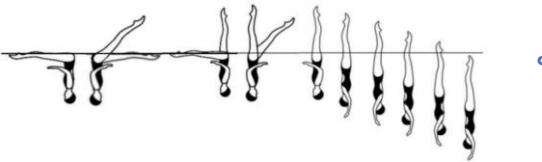
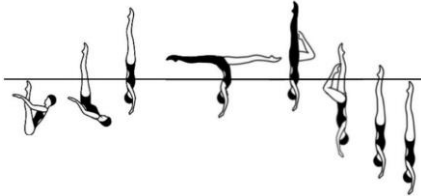
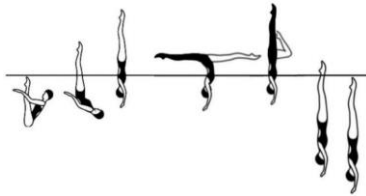
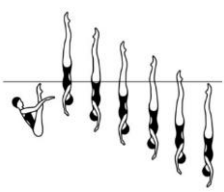

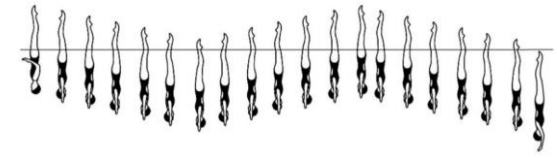
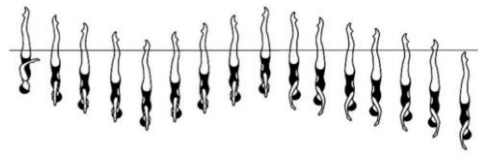
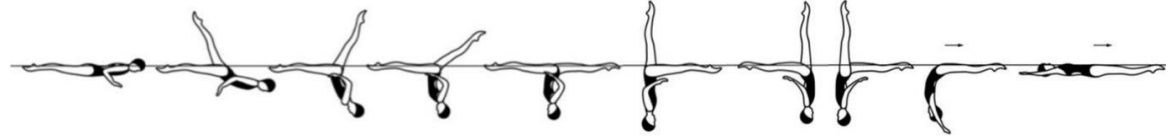
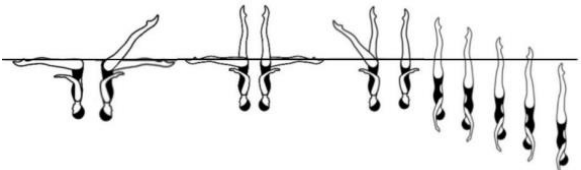
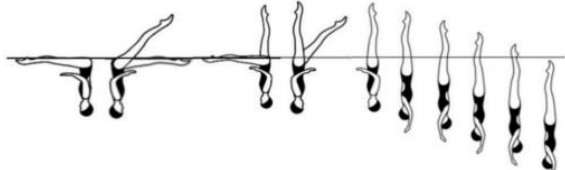
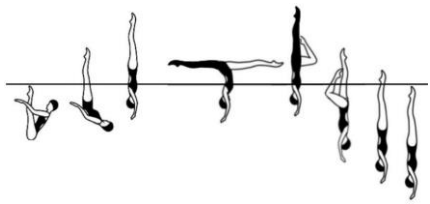
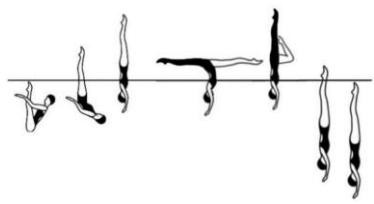
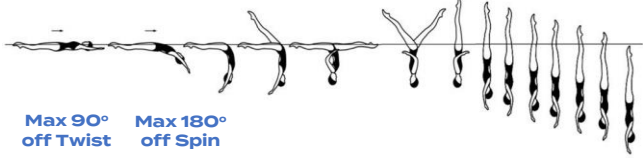
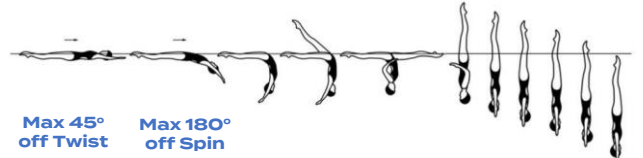
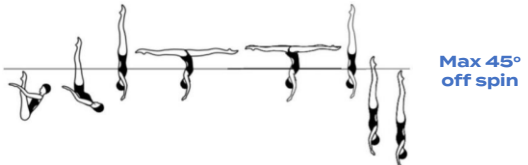

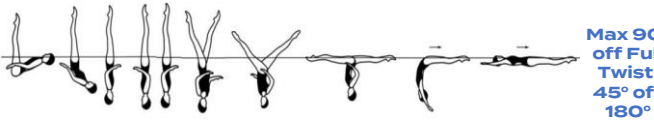
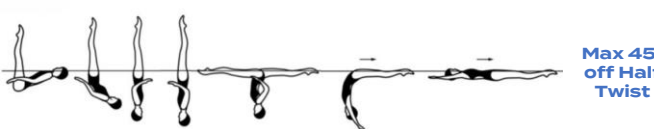
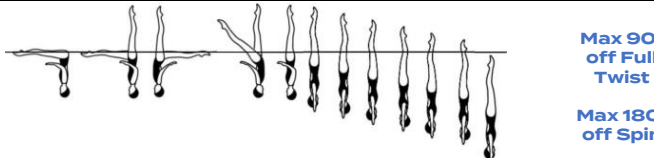
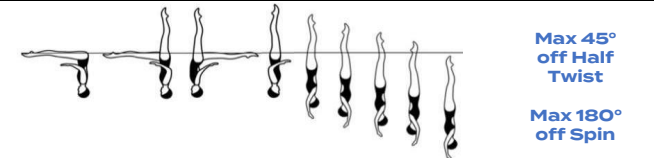
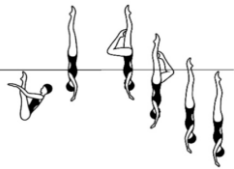
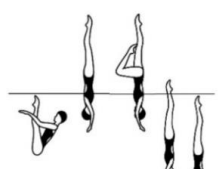


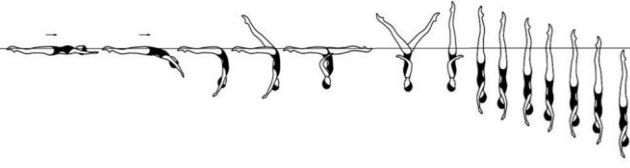
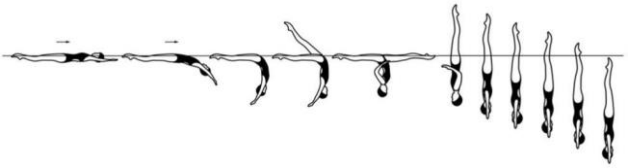
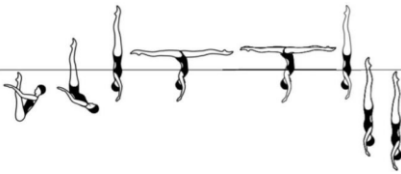
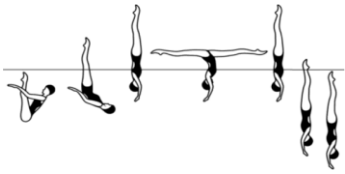
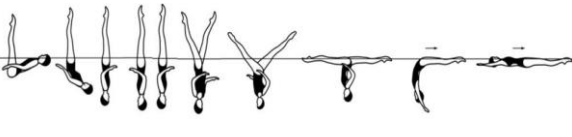
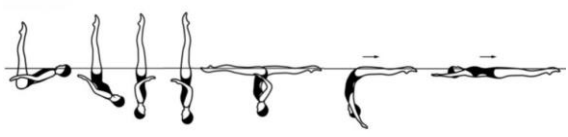
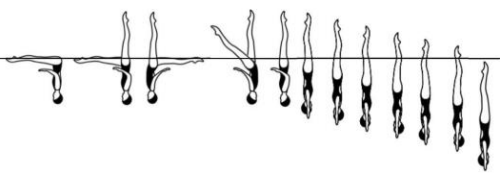
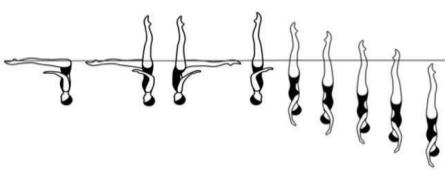

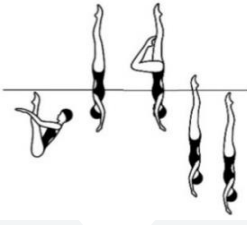
<p>1A – Thrust Continuous Spin 720° / DD - 2.7</p>  <p>Max 180° off spin</p> <p>From a Submerged Back Pike Position, with the legs perpendicular to the surface, a Thrust Continuous Spin 720° (2 rotations) is executed.</p>	<p>1B – Thrust Spinning 360° / DD - 2.1</p>  <p>Max 90° off spin</p> <p>From a Submerged Back Pike Position, with the legs perpendicular to the surface, a Thrust Spinning 360° (1 rotation) is executed.</p>
<p>2A – Combined Spin 1080° – Continuous Spin 1080° DD - 3.0</p>  <p>Max 180° off spins</p> <p>From a Vertical Position a Combined Spin of 1080° is executed (3 rotations + 3 rotations). Continuing in the same direction and without a pause a Continuous Spin 1080° (3 rotations) is executed.</p>	<p>2B – Combined Spin 720° – Continuous Spin 1080° DD - 2.7</p>  <p>Max 180° off spins</p> <p>From a Vertical Position a Combined Spin of 720° is executed (2 rotations + 2 rotations). Continuing in the same direction and without a pause a Continuous Spin 1080° (3 rotations) is executed.</p>
<p>3 – Swordfish Straight Leg – Knight / DD - 3.2</p>  <p>Max 45° off twist</p> <p>From a Front Layout Position, the back arches as one leg is lifted in a 180° arc over the surface to a Split Position. A hip rotation of 180° is executed as the front leg is rapidly raised to assume a Fishtail Position. Maintaining the vertical alignment of the body and with accelerating speed, the foot of the horizontal leg is moved in a horizontal arc of 180° at the surface to a Knight Position and with continuous motion and continuing in the same direction an additional 180° rotation is executed. The vertical leg is lowered to a Surface Arch Position and with continuous motion an Arch to Back Layout Finish Action is executed.</p>	
<p>4A – Fishtail Half Twist – Continuous Spin 720° DD - 2.9</p>  <p>Max 45° off Twists Max 180° off Spin</p> <p>From a Front Pike Position, a rotation of 360° is executed as one leg is lifted to a Fishtail Position. Continuing in the same direction a Half Twist in a Fishtail Position is executed. Continuing in the same direction another rotation of 360° is executed, as the horizontal leg is lifted to a Vertical Position. Continuing in the same direction, a Continuous Spin of 720° (2 rotations) is executed.</p>	<p>4B – Fishtail – Continuous Spin 720° DD - 2.6</p>  <p>Max 45° off Twists Max 180° off Spin</p> <p>From a Front Pike Position, a rotation of 360° is executed as one leg is lifted to a Fishtail Position. Continuing in the same direction another rotation of 360° is executed, as the horizontal leg is lifted to a Vertical Position. Continuing in the same direction a Continuous Spin of 720° (2 rotations) is executed.</p>
<p>5A – Rocket Split Bent Knee Joining 360° / DD - 2.4</p>  <p>Max 90° off spin</p> <p>From a Submerged Back Pike Position, with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position. Maintaining maximum height, the legs are split rapidly to assume an Airborne Split Position. The back leg is rapidly lifted to vertical and the front leg bends to assume a Bent Knee Vertical Position. A rapid 360° Spin is executed as the bent knee is extended to a Vertical Position completed as the ankles reach the surface of the water followed by a Vertical Descent at the same tempo as the Thrust.</p>	<p>5B – Rocket Split Bent Knee / DD - 2.1</p>  <p>From a Submerged Back Pike Position, with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position. Maintaining maximum height, the legs are split rapidly to assume an Airborne Split Position. The back leg is rapidly lifted to vertical and the forward leg bends to assume a Bent Knee Vertical Position. A Vertical Descent is executed with the bent knee extended to a Vertical Position completed as the ankles reach the surface of the water, followed by a Vertical Descent at the same tempo as the Thrust.</p>
<p>Other requirements: Two (2) additional hybrids must be performed</p> <p>Allowances: Twist/Twirl – up to ¼ less or more / Continuous Spin = 180° less or more Other Spins = up to ¼ less or more: 180° = 45°, 360° = 90°, 720° = 180°</p>	

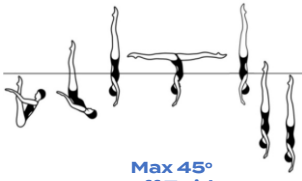
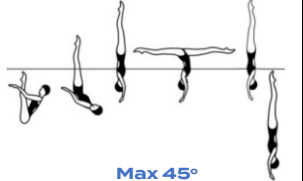
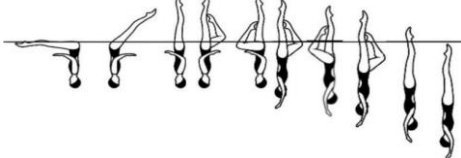
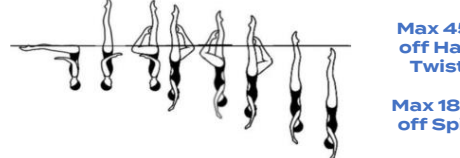
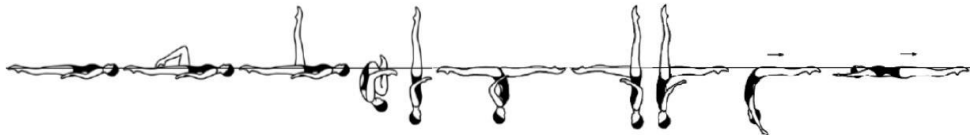


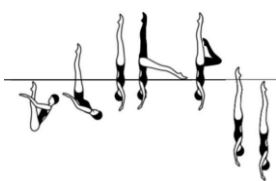
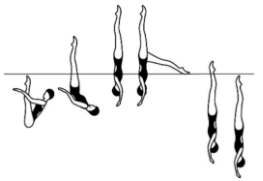
COMMON ZERO POSSIBILITIES

1A – Thrust Continuous Spin 720° / DD - 2.7		1B – Thrust Spinning 360° / DD - 2.1	
	<ul style="list-style-type: none"> Spin allowance 180° less or more in Spin 720° Stopping at ankles after 720° and doing vertical descent Tucking from the ankles 		<ul style="list-style-type: none"> Spin allowance ¼ less or more in Spin 360° (90°) Continuing to spin after Spinning 360° Tucking from the ankles
2A – Combined Spin 1080° – Continuous Spin 1080° DD - 3.0		2B – Combined Spin 720° – Continuous Spin 1080° DD - 2.7	
	<ul style="list-style-type: none"> Unequal number of rotations in Combined Spin Spin allowance 180° less or more in Continuous Spin 1080° If they fail to continue all spins in same direction or change direction. Stopping at ankles after Continuous Spin and descending / or tucking from the ankles 		<ul style="list-style-type: none"> Unequal number of rotations in the Combined Spin Spin allowance 180° less or more in Continuous Spin 1080° If they fail to continue all spins in same direction or change direction. Stopping at ankles after Continuous Spin and doing vertical descent / or tucking from the ankles
3 - Swordfish Straight Leg – Knight / DD - 3.2			
			
<ul style="list-style-type: none"> At beginning if a pike is executed instead of arching as one leg is lifted Rotating in the wrong direction after the Knight Position Twist allowance ¼ less or more of 180° in Knight Position (45°) 			
4A – Fishtail Half Twist – Continuous Spin 720° DD - 2.9		4B – Fishtail – Continuous Spin 720° DD - 2.6	
	<ul style="list-style-type: none"> Rotation allowance of ¼ in 360° (90°), 180° (45°) and 360° (90°) rotations Rotating in the wrong direction (they fail to continue in the same direction) Spin allowance 180° less or more in Continuous Spin 720° Stopping at ankles after completing 720° Spin and descending or tucking from the ankles 		<ul style="list-style-type: none"> Rotation allowance ¼ less or more in 360° rotations (90°) Rotating in the wrong direction (they fail to continue in the same direction) Spin allowance 180° less or more in Continuous Spin 720° Stopping at ankles at end of 720° Spin and descending / or tucking from the ankles
5A – Rocket Split Bent Knee Joining 360° / DD - 2.4		5B – Rocket Split Bent Knee / DD - 2.1	
	<ul style="list-style-type: none"> Incorrect leg bending into Bent Knee Vertical Position Spin allowance of ¼ in 360° Spin (90°) Remaining in a Bent Knee Vertical during 360° Spin Continuing the spin after the 360° Spin Tucking from the ankles 		<ul style="list-style-type: none"> Incorrect leg bending into Bent Knee Vertical Position Not extending bent leg in vertical descent Tucking from the ankles

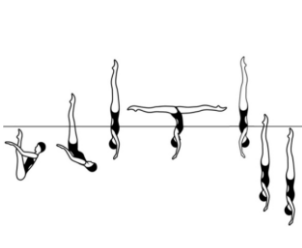
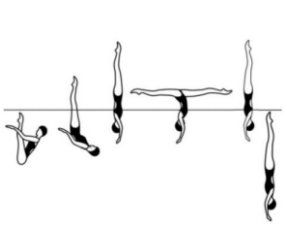
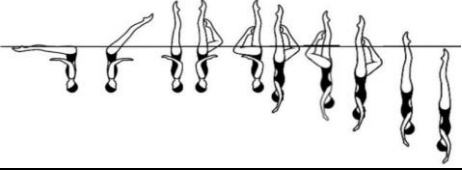
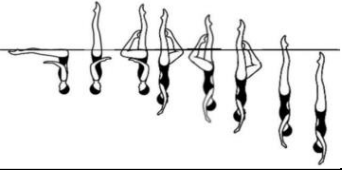
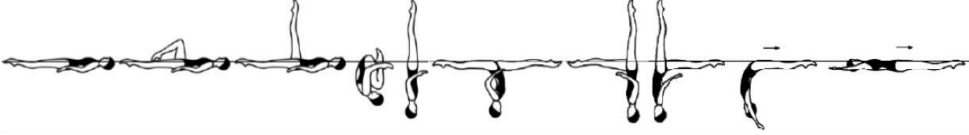
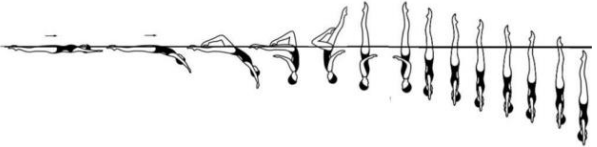


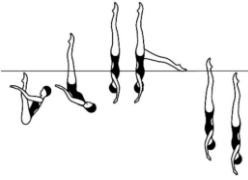
<p>1A – Walkover Back Closing 360° – Continuous Spin 1080° DD - 3.0</p>  <p>Max 90° off Twist Max 180° off Spin</p>	<p>1B – Walkover Back Closing 180° – Continuous Spin 720° DD - 2.5</p>  <p>Max 45° off Twist Max 180° off Spin</p>
<p>From a Back Layout Position a Surface Arch Position is assumed. One leg is lifted in a 180° arc over the surface to a Split Position. A rotation of 360° is executed, as the legs symmetrically close to a Vertical Position. Continuing in the same direction a Continuous Spin of 1080° (3 rotations) is executed.</p>	
<p>2A – Rocket Split Alternating Legs – Spinning 180° DD - 2.8</p>  <p>Max 45° off spin</p>	<p>2B – Rocket Split – Spinning 180° / DD - 2.4</p>  <p>Max 45° off spin</p>
<p>From a Submerged Back Pike Position, with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position. Maintaining maximum height, the legs are split rapidly to assume two alternating Airborne Split Positions. The legs rapidly re-join to a Vertical Position. A rapid 180° Spin is executed.</p>	
<p>3A – Flamingo Full Twist Hybrid / DD - 2.9</p>  <p>Max 90° off Full Twist, 45° off 180°</p>	<p>3B – Flamingo Half Twist Hybrid / DD - 2.6</p>  <p>Max 45° off Half Twist</p>
<p>From a Surface Ballet Leg Double Position, maintaining the vertical position of the legs, the hips are lifted as the trunk is unrolled to a Vertical Position. A Full Twist is executed. Continuing in the same direction and without a pause an additional rotation of 180° is executed as the legs are symmetrically opened to assume a Split Position. A Walkout Front is executed.</p>	
<p>4A – Fishtail – Knight – Continuous Spin 1080° / DD - 3.2</p>  <p>Max 90° off Full Twist Max 180° off Spin</p>	<p>4B – Fishtail – Knight – Continuous Spin 720° / DD - 2.7</p>  <p>Max 45° off Half Twist Max 180° off Spin</p>
<p>From a Front Pike Position one leg is lifted to a Fishtail Position. The horizontal leg is rapidly lifted through an arc of 180° to assume a Knight Position. A rapid Full Twist is executed as the horizontal leg is lifted to a Vertical Position. Continuing in the same direction a Continuous Spin 1080° (3 rotations) is executed.</p>	
<p>5A – Rocket Split Bent Knee Joining 360° / DD - 2.4</p>  <p>Max 45° off Twirl Max 90° off Spin</p>	<p>5B – Rocket Split Bent Knee / DD - 2.1</p>  <p>Max 45° off Twirl</p>
<p>Other requirements: Two (2) additional hybrids and one (1) Pair Acrobatic must be performed</p> <p>Allowances: Twist/Twirl – up to ¼ less or more / Continuous Spin = 180° less or more Other Spins = up to ¼ less or more: 180° = 45°, 360° = 90°, 720° = 180°</p>	

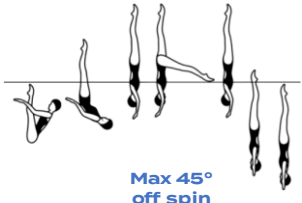
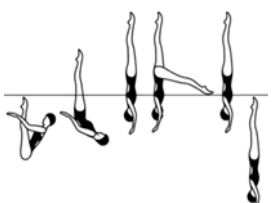

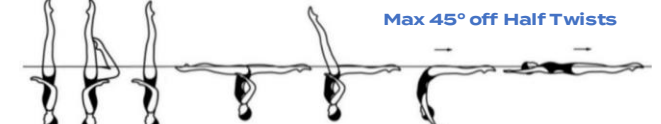
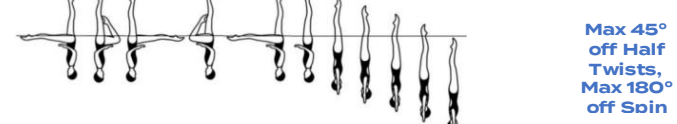
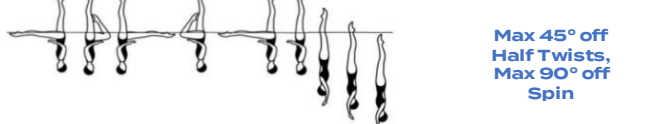
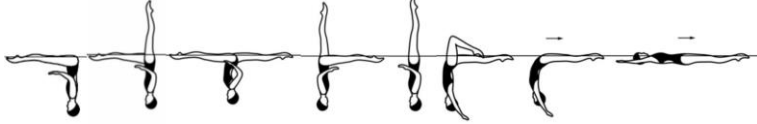
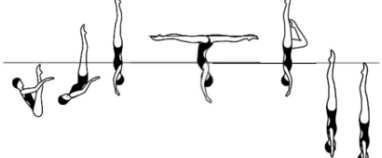
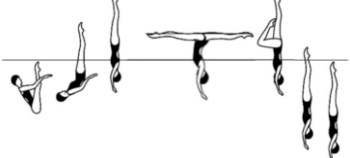
COMMON ZERO POSSIBILITIES

1A – Walkover Back Closing 360° – Continuous Spin 1080° DD - 3.0	1B – Walkover Back Closing 180° – Continuous Spin 720° DD - 2.5
	
<ul style="list-style-type: none"> • Twist allowance of ¼ less or more in 360° rotation (90°) • Spin allowance 180° less or more in Continuous Spin 1080° • Rotating in the wrong direction after closing to vertical • NOTE – the closing 360° rotation can go either way as long as the Spin continues in the same direction! • Stopping at ankles and descending after 1080° continuous spin / tucking from the ankles 	<ul style="list-style-type: none"> • Twist allowance ¼ less or more in 180° rotation. • Spin allowance 180° less/more in Continuous Spin 720° • Rotating in the wrong direction after closing to the vertical. • NOTE – the closing 180° rotation can go either way as long as the Spin continues in the same direction! • Stopping at ankles and descending after 720° continuous spin / tucking from the ankles
2A – Rocket Split Alternating Legs – Spinning 180° DD - 2.8	2B – Rocket Split – Spinning 180° / DD - 2.4
	
<ul style="list-style-type: none"> • Spin allowance ¼ (45°) less or more in 180° Spin • Continuing the spin after achieving the 180° rotation to the ankle • Tucking from the ankles 	<ul style="list-style-type: none"> • Spin allowance ¼ (45°) less or more in 180° Spin • Continuing the spin after achieving the 180° rotation to the ankle • Tucking from the ankles
3A – Flamingo Full Twist Hybrid / DD - 2.9	3B – Flamingo Half Twist Hybrid / DD - 2.6
	
<ul style="list-style-type: none"> • Twist allowance of ¼ in 360° Twist (90°) and 180° rotation (45°) • Rotating in the wrong direction after the Full Twist 	<ul style="list-style-type: none"> • Twist allowance of ¼ in Half Twist (45°)
4A – Fishtail – Knight – Continuous Spin 1080° / DD - 3.2	4B – Fishtail – Knight – Continuous Spin 720° / DD - 2.7
	
<ul style="list-style-type: none"> • Twist allowance of ¼ less or more in Full Twist (90°) • The horizontal leg moving in a horizontal arc instead of vertical arc • Spin allowance of 180° less or more in 1080° Spin • Stopping at ankles and descending after 1080° Spin • Tucking from the ankles 	<ul style="list-style-type: none"> • Twist allowance of ¼ less or more in Half Twist (45°) • The horizontal leg moving in a horizontal arc instead of vertical arc • Spin allowance of 180° less or more in Spin 720° • Stopping at ankles and descending after 720° Spin • Tucking from the ankles
5A – Rocket Split Bent Knee Joining 360° / DD - 2.4	5B – Rocket Split Bent Knee / DD - 2.1
 <ul style="list-style-type: none"> • Twirl allowance of ¼ (45°) less or more in the Twirl • Rotating in the wrong direction after the Twirl • Spin allowance of ¼ (90°) less or more of the Spin 360° • Not extending the leg during the Spin • Continuing the spin after the 360° Spin • Tucking from the ankles 	 <ul style="list-style-type: none"> • Twirl allowance ¼ (45°) less or more in the Twirl • Not achieving a Twirl • Not extending the leg during the vertical descent • Tucking from the ankles

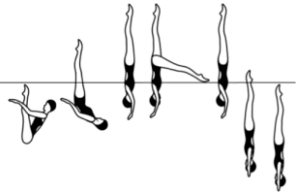

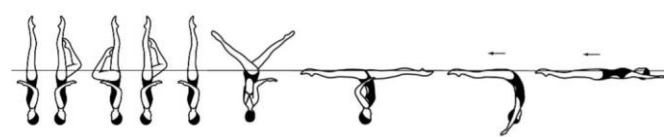
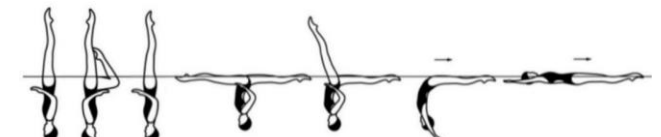
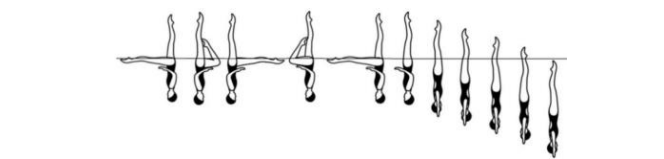
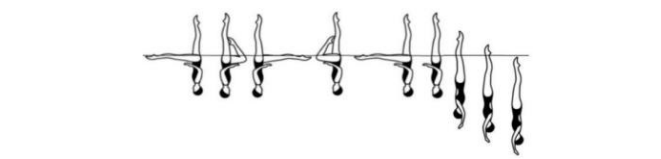
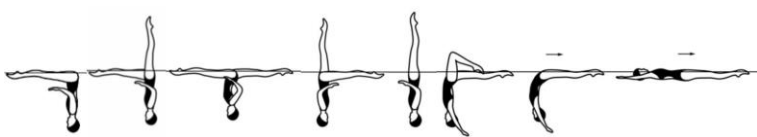
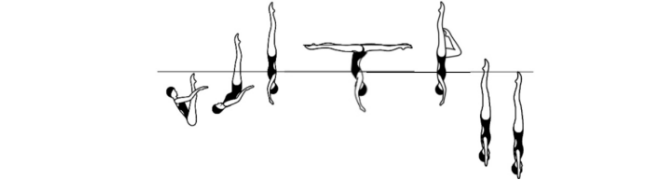
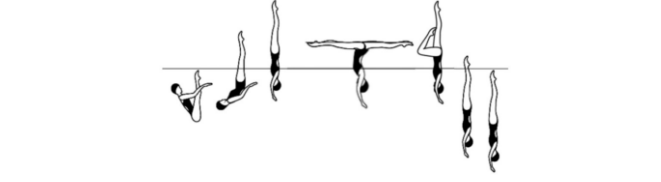
<p>1A – Rocket Split Twirl Spin 180° / DD – 2.7</p>  <p>Max 45° off Twirl and Spin</p> <p>From a Submerged Back Pike Position, with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position. Maintaining maximum height, the legs are split rapidly to assume an Airborne Split Position. A Twirl is executed, as the legs symmetrically close to a Vertical Position. Continuing in the same direction a rapid 180° Spin is executed.</p>	<p>1B – Rocket Split Twirl / DD - 2.5</p>  <p>Max 45° off Twirl</p> <p>From a Submerged Back Pike Position, with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position. Maintaining maximum height, the legs are split rapidly to assume an Airborne Split Position. A Twirl is executed, as the legs symmetrically close to a Vertical Position. A Vertical Descent is executed at the same tempo as the Thrust.</p>
<p>2A – Front Pike – Vertical 360° Rotation – Full Twist to Bent Knee – Continuous Spin 720° / DD 2.4</p>  <p>Max 90° off Full Twist Max 180° off Spin</p> <p>From a Front Pike Position, the legs are lifted to Vertical Position as a rotation of 360° is executed. Continuing in the same direction a Full Twist is executed as one leg is lowered to a Bent Knee Vertical Position. Continuing in the same direction a Continuous Spin 720° (2 rotations) is executed as the bent knee is extended to join the vertical leg to a Vertical Position completed as the ankles reach the surface of the water and continues through submergence.</p>	<p>2B – Front Pike – Vertical 180° Rotation – 1/2 Twist to Bent Knee – Continuous Spin 720° / DD 2.2</p>  <p>Max 45° off Half Twist Max 180° off Spin</p> <p>From a Front Pike Position, the legs are lifted to Vertical Position as a rotation of 180° is executed. Continuing in the same direction a Half Twist is executed as one leg is lowered to a Bent Knee Vertical Position. Continuing in the same direction a Continuous Spin 720° (2 rotations) is executed as the bent knee is extended to join the vertical leg to a Vertical Position completed as the ankles reach the surface of the water and continues through submergence.</p>
<p>3 – London Hybrid / DD 3.3</p>  <p>Max 45° off Half Twist</p> <p>A Ballet Leg is assumed followed by a partial Somersault Back Tuck as both legs are drawn into a Tuck Position, until the shins are perpendicular to the surface. The trunk unrolls rapidly as the legs are rapidly straightened to assume a Vertical Position midway between the former vertical line through the hips and the former vertical line through the head and the shins. The legs are symmetrically lowered to a Split Position, and without a pause a rapid hip rotation of 180° is executed as the front leg is raised to assume a Fishtail Position. The horizontal leg is rapidly lifted through an arc of 180° to assume a Knight Position. The vertical leg is lowered to assume a Surface Arch Position, and with continuous motion an Arch to Back Layout Finish Action is executed.</p>	
<p>4A – Nova Hybrid – Half Twist – Continuous Spin 1080° DD – 3.0</p>  <p>Max 90° off Full Twist / 45° off Half Twist / 180° off Spin</p> <p>From a Back Layout Position a Bent Knee Surface Arch Position is assumed. The legs are lifted and join simultaneously to a Vertical Position, as a Full Twist is executed. Continuing in the same direction and without a pause a Half Twist is executed. Continuing in the same direction and without a pause a Continuous Spin 1080° (3 rotations) is executed.</p>	<p>4B – Nova Hybrid – Continuous Spin 1080° / DD - 2.6</p>  <p>Max 90° off Full Twist / 45° off Half Twist / 180° off Spin</p> <p>From a Back Layout Position a Bent Knee Surface Arch Position is assumed. The legs are lifted and join simultaneously to a Vertical Position, as a Full Twist is executed. Continuing in the same direction and without a pause a Continuous Spin 1080° (3 rotations) is executed.</p>
<p>5A – Thrust Fishtail Hybrid Bent Knee to Vertical Spinning 180° / DD - 2.4</p>  <p>Max 45° off Spin</p> <p>From a Submerged Back Pike Position, with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position. With no loss of height, one leg is rapidly lowered to an airborne position midway between a Side Fishtail Position and a Fishtail Position with the foot of the lowered leg touching the surface of the water. The horizontal leg is rapidly lifted as the vertical leg is rapidly lowered to assume a Bent Knee Vertical Position. A rapid 180° Spin is executed, as the bent knee is extended to join the vertical leg in a Vertical Position completed as the ankles reach the surface of the water followed by a Vertical Descent.</p>	<p>5B – Thrust Fishtail Helicopter Spinning 180° / DD - 2.1</p>  <p>Max 45° off Spin</p> <p>From a Submerged Back Pike Position, with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position and with no loss of height one leg is rapidly lowered to an airborne Fishtail Position. A rapid Helicopter Rotation Spinning 180° is executed with the horizontal leg lifted to a Vertical Position during the rotation and is completed as the ankles reach the surface of the water followed by a Vertical Descent.</p>
<p>Other requirements: Two (2) additional hybrids, one which must include a hybrid connection, and one (1) Pair Acrobatic</p> <p>Allowances: Twist/Twirl – up to ¼ less or more / Continuous Spin = 180° less or more Other Spins = up to ¼ less or more: 180° = 45°, 360° = 90°, 720° = 180°</p>	

COMMON ZERO POSSIBILITIES

1A – Rocket Split Twirl Spin 180° / DD – 2.7		1B – Rocket Split Twirl / DD – 2.5	
	<ul style="list-style-type: none"> • Allowance of ¼ less or more in the Twirl (45°) • The Twirl not being achieved (a 180° Spin) • Spin allowance of ¼ less or more in Spin 180° (45°) • NOTE: the Twirl can go in either direction as long as the Spin continues in the same direction 		<ul style="list-style-type: none"> • Allowance of ¼ less or more in the Twirl (45°) • The Twirl not being achieved (a 180° Spin)
2A – Front Pike – Vertical 360° Rotation – Full Twist to Bent Knee – Continuous Spin 720° / DD 2.4		2B – Front Pike – Vertical 180° Rotation – 1/2 Twist to Bent Knee – Continuous Spin 720° / DD 2.2	
			
<ul style="list-style-type: none"> • Twist allowance of ¼ less or more in 360° rotation and Full Twist (90°) • Spin allowance of 180° less or more in Continuous Spin 720° • Rotating in the wrong direction after the 360° rotation and Full Twist • Tucking from the ankles 		<ul style="list-style-type: none"> • Twist allowance of ¼ in 180° rotation and the Half Twist (45°) • Spin allowance of 180° less or more in Continuous Spin 720° • Rotating in the wrong direction after the 180° rotation and Half Twist • Not extending the bent leg during the Spin 720° • Stopping at ankle and descending after the Spin 720° / Tucking from the ankles 	
3 – London Hybrid / DD 3.3			
			
<ul style="list-style-type: none"> • Not lifting the leg in an arc through the vertical line • Completely submerged surface arch position 			
4A – Nova Hybrid – Half Twist – Continuous Spin 1080° DD – 3.0		4B – Nova Hybrid – Continuous Spin 1080° / DD – 2.6	
			
<ul style="list-style-type: none"> • Twist allowance of ¼ in Full Twist (90°) and Half Twist (45°) • Spin allowance of 180° less or more in Continuous Spin 1080° • Not continuing in the same direction in all rotations • Stopping at the ankle and descending after the Spin 1080° / Tucking from ankles 		<ul style="list-style-type: none"> • Twist allowance of ¼ in Full Twist (90°) • Not continuing in the same direction in all rotations • Spin allowance of 180° in Continuous Spin 1080° • Stopping at the ankle and descending after the Spin 1080° • Tucking from the ankles 	
5A – Thrust Fishtail Hybrid Bent Knee to Vertical Spinning 180° / DD – 2.4		5B – Thrust Fishtail Helicopter Spinning 180° / DD – 2.1	
	<ul style="list-style-type: none"> • Doing Fishtail Airborne position instead of opening midway • Incorrect leg bending into the Bent Knee Vertical • Spin allowance of ¼ less or more in 180° Spin (45°) • Not extending the bent leg during the 180° Spin • Continuing the spin after the Spin 180° to ankle is completed • Tucking from the ankles 		<ul style="list-style-type: none"> • Spin allowance of ¼ less or more in 180° Spin (45°) • Continuing the spin after the 180° is achieved at the ankle • Tucking from the ankles

1A – Flying Fish Hybrid Spinning 180° / DD - 2.5	1B – Flying Fish Hybrid / DD - 2.3
 <p>Max 45° off spin</p> <p>From a Submerged Back Pike Position with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position and with no loss of height one leg is rapidly lowered to an airborne Fishtail Position. Without a pause the horizontal leg is rapidly lifted to a Vertical Position, followed by a rapid 180° Spin.</p>	 <p>From a Submerged Back Pike Position with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position and with no loss of height one leg is rapidly lowered to an airborne Fishtail Position. Without a pause the horizontal leg is rapidly lifted to a Vertical Position followed by a Vertical Descent.</p>
2A – Vertical – Full Twist to Bent Knee – Full Twist to Vertical – Open 180° – Walkout / DD - 2.6	2B – Vertical – Half Twist to Bent Knee – Half Twist to Vertical – Split – Walkout / DD - 2.3
 <p>Max 90° off Full Twist, 45° off Half Twist</p>	 <p>Max 45° off Half Twists</p>
<p>Starting in a Vertical Position, a Full Twist is executed as one leg is lowered to a Bent Knee Vertical Position. Continuing in the same direction another Full Twist is executed, as the bent knee is extended to a Vertical Position. Continuing in the same direction a Half Twist is executed as the legs are symmetrically lowered to a Split Position. A Walkout Front is executed.</p>	<p>Starting in a Vertical Position, a Half Twist is executed as one leg is lowered to a Bent Knee Vertical Position. Continuing in the same direction another Half Twist is executed, as the bent knee is extended to a Vertical Position. The legs are symmetrically lowered to a Split Position. A Walkout Front is executed.</p>
3A – Two Fouetté Rotations – Vertical – Continuous Spin 720° / DD - 2.6	3B – Two Fouetté Rotations – Vertical – Spinning 360° / DD - 2.3
 <p>Max 45° off Half Twists, Max 180° off Spin</p>	 <p>Max 45° off Half Twists, Max 90° off Spin</p>
<p>From a Fishtail Position, 2 Fouetté rotations (180°+180°) are executed. The horizontal leg is rapidly lifted to a Vertical Position. Continuing in the same direction a Continuous Spin of 720° (2 rotations) is executed.</p>	<p>From a Fishtail Position, 2 Fouetté rotations (180°+180°) are executed. The horizontal leg is rapidly lifted to a Vertical Position. Continuing in the same direction, a rapid Spinning 360° (1 rotation) is executed.</p>
4 – Butterfly Hybrid / DD - 2.9	
 <p>Max 45° off 180 rotations</p>	
<p>The Butterfly Hybrid is to be performed rapidly. From a Front Pike Position, one leg is lifted to a Fishtail Position. The horizontal leg is lifted through an arc of 180° as the vertical leg is lowered to assume a Split Position. Without a pause a hip rotation of 180° is executed as the front leg is raised to assume a Fishtail Position. Continuing in the same direction a 180° rotation is executed as the horizontal leg is lifted to a Vertical Position. The legs are lowered simultaneously to a Bent Knee Surface Arch Position. (Note: The Bent Knee Surface Arch Position can be assumed by using either leg). The bent knee is straightened to a Surface Arch Position and with continuous motion an Arch to Back Layout Finish Action is executed.</p>	
5A – Rocket Split Bent Knee Twirl Hybrid / DD - 2.4	5B – Rocket Split Bent Knee Hybrid / DD - 2.1
 <p>Max 45° off Twirl</p>	
<p>From a Submerged Back Pike Position with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position. Maintaining maximum height, the legs are split rapidly to assume an Airborne Split Position, followed by a rapid rotation of 180° to assume an airborne Bent Knee Vertical Position with the front leg bent. A rapid Vertical Descent is executed as the bent knee is extended to join the vertical leg completed as the ankles reach the surface of the water followed by a Vertical Descent.</p>	<p>From a Submerged Back Pike Position with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position. Maintaining maximum height, the legs are split rapidly to assume an Airborne Split Position followed by the front leg rapidly bending and the back leg rapidly lifting to a vertical to assume an airborne Bent Knee Vertical Position. A Vertical Descent is executed as the bent knee is extended to join the vertical leg completed as the ankles reach the surface of the water followed by a Vertical Descent.</p>
<p>Other requirements: Three (3) additional hybrids (one with cadence) + one Acrobatic (DD 2.0-2.65), max one circle</p>	
<p>Allowances: Twist/Twirl – up to ¼ less or more / Continuous Spin = 180° less or more Other Spins = up to ¼ less or more: 180° = 45°, 360° = 90°, 720° = 180°</p>	

COMMON ZERO POSSIBILITIES

1A – Flying Fish Hybrid Spinning 180° / DD - 2.5		1B – Flying Fish Hybrid / DD - 2.3	
	<ul style="list-style-type: none"> Spin allowance of ¼ less or more in Spin 180° (45°) Continuing the spin after the 180° is achieved at the ankle Tucking from the ankles 		<ul style="list-style-type: none"> Not completing a vertical descent Tucking from the ankles
2A – Vertical – Full Twist to Bent Knee – Full Twist to Vertical – Open 180° – Walkout / DD - 2.6		2B – Vertical – Half Twist to Bent Knee – Half Twist to Vertical – Split – Walkout / DD - 2.3	
	<ul style="list-style-type: none"> Twist allowance of ¼ less or more in Full Twists (90°) and Half Twist (45°) Rotating in the wrong direction (not continuing in the same direction) A completely submerged surface arch position 		<ul style="list-style-type: none"> Twist allowance of ¼ less or more in the Half Twist (45°) Rotating in the wrong direction (not continuing in the same direction) A completely submerged surface arch position
3A – Two Fouetté Rotations – Vertical – Continuous Spin 720° / DD - 2.6		3B – Two Fouetté Rotations – Vertical – Spinning 360° / DD - 2.3	
	<ul style="list-style-type: none"> Twist/Twirl allowance of ¼ less or more in Fouetté rotations (45°) Spin allowance of 180° less or more in Continuous Spin 720° Rotating in the wrong direction after the Fouetté rotations (not continuing in the same direction) Tucking from the ankles 		<ul style="list-style-type: none"> Twist/Twirl allowance of ¼ less or more in Fouetté rotations (45°) Spin allowance of ¼ (90°) less or more in 360° Spin Rotating in the wrong direction after the Fouetté rotations (not continuing in the same direction) Continuing the spin after the 360° rotation is completed at the ankle Tucking from the ankles
4 – Butterfly Hybrid / DD - 2.9			
			
<ul style="list-style-type: none"> Twist allowance of ¼ in 180 rotations (45°) Not moving horizontal leg in arc through vertical line Incorrect leg assuming Split Position Rotating in the wrong direction after the Fishtail Position (not continuing in the same direction) Completely submerged Bent Knee Surface Arch Position or Surface Arch Position 			
5A – Rocket Split Bent Knee Twirl Hybrid / DD - 2.4		5B – Rocket Split Bent Knee Hybrid / DD - 2.1	
			
<ul style="list-style-type: none"> Allowance of ¼ less or more in 180° rotation into Bent Knee Vertical (45°) Incorrect leg bending into Bent Knee Vertical Vertical descent remaining in the Bent Knee Vertical If the Twirl is a Spin Tucking from the ankles 		<ul style="list-style-type: none"> Incorrect leg bending into the Bent Knee Vertical Vertical descent remaining in the Bent Knee Tucking from the ankles 	