

## APPENDIX II TECHNICAL ROUTINES

### GENERAL REQUIREMENTS

In Olympic Games, Olympic Games Qualifier, FINA World Series, FINA Senior & Junior World Championships and other FINA competitions as designated, Required Elements are used.

1. Unless otherwise specified in the description:

All required elements must be executed according to the requirements described in the FINA AS Manual for Judges, Coaches and Referees.

2. If 1 or more competitors omits all or part of an element or performs an incorrect action in an element, refer to 2022-2025 FINA Handbook for penalties regarding incorrect or omitted actions.

3. Required Elements #1 - #5 can be performed in any order.

4. Required Elements #1 - #5 - It is required that the elements and the degrees of difficulty for each element selected to be performed, and the order of performance selected, must be declared and submitted on the Coach Card for the Technical Routine. This form must be submitted prior to the Competition/Event.

5. Additional hybrids and the degrees of difficulty for each hybrid selected, and the order to be performed, must be declared and submitted on the Coach Card for the Technical Routine. This form must be submitted prior to the Competition/Event.

6. With the exception of Deck Work, Entry, Hybrid Connected action (Mixed Duet), Acrobatic movement (Team), Pair Acrobatics (Duet and Mixed Duet), Cadence action (Team) and Circle Pattern (Team), Required and Free Elements and Transitions are to be performed simultaneously and facing same direction by all duet or team members.

7. Additional movements can be added immediately before and after (breath to breath) Required Elements #1 - #5. Those movements will not add any extra difficulty nor will be considered as the additional hybrids.

8. Time limits – refer to 2022-2025 FINA Handbook.

Recommendation for all Technical Routines:

It is strongly recommended for clarity of judgment that Required Elements #1 - #5 are separated by other content.

**DD values subject to adjustment by Fina**

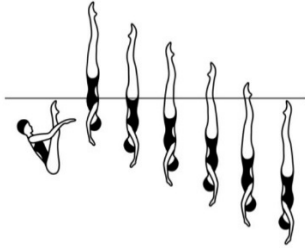
## Technical Routines – Required Elements

### SOLO REQUIRED ELEMENTS

#### Element 1

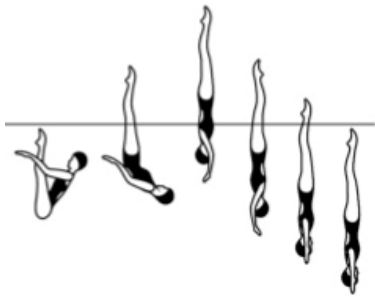
##### 1A - Thrust Continuous Spin 720° DD – 2.7

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust Continuous Spin 720°* (2 rotations) is executed.



##### 1B - Thrust Spinning 360° DD - 2.1

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust Spinning 360°* (1 rotation) is executed.

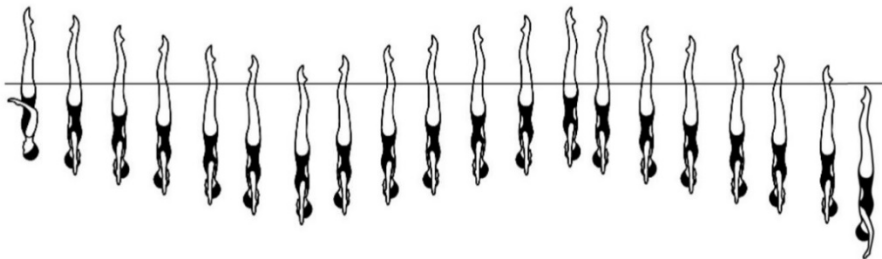


### SOLO REQUIRED ELEMENTS

#### Element 2

##### 2A – Combined Spin 1080° – Continuous Spin 1080° DD - 3.0

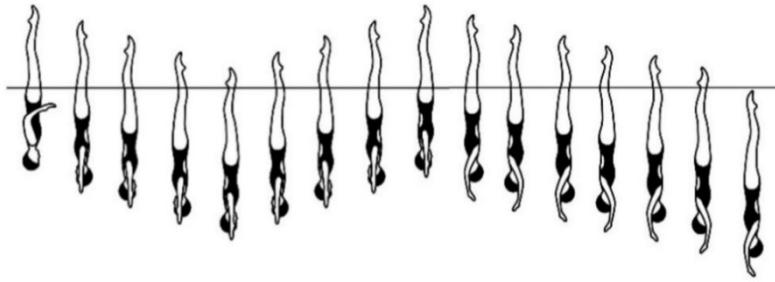
From a **Vertical Position** a *Combined Spin of 1080°* is executed (3 rotations + 3 rotations). Continuing in the same direction and without a pause a *Continuous Spin 1080°* (3 rotations) is executed.



##### 2B – Combined Spin 720° – Continuous Spin 1080° DD - 2.7

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.

## Technical Routines – Required Elements

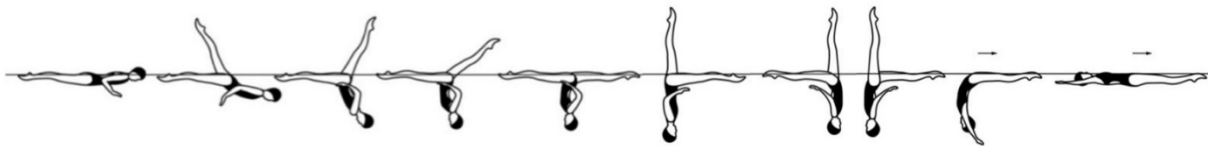


### SOLO REQUIRED ELEMENTS

#### Element 3

#### 3- Swordfish Straight Leg - Knight DD-3.2

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.

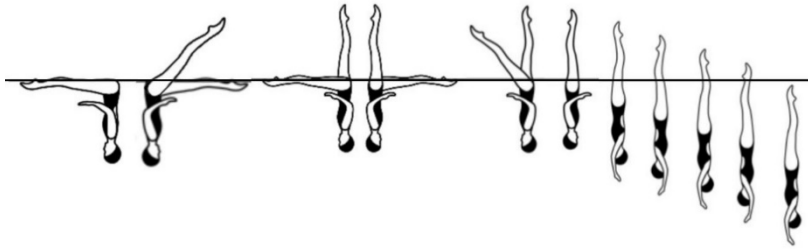


## SOLO REQUIRED ELEMENTS

### Element 4

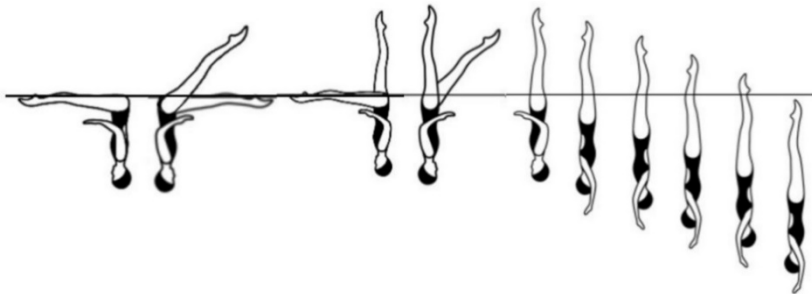
#### 4A – Fishtail Half Twist - Continuous Spin 720° DD – 2.9

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.



#### 4B - Fishtail - Continuous Spin 720° DD – 2.6

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.



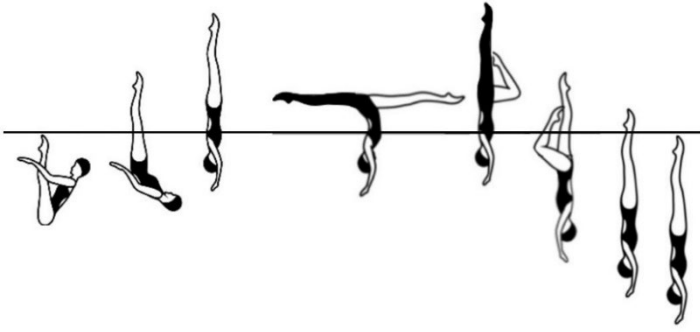
## SOLO REQUIRED ELEMENTS

### Element 5

#### 5A – Rocket Split Bent Knee Joining 360° DD - 2.4

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*.

## Technical Routines – Required Elements



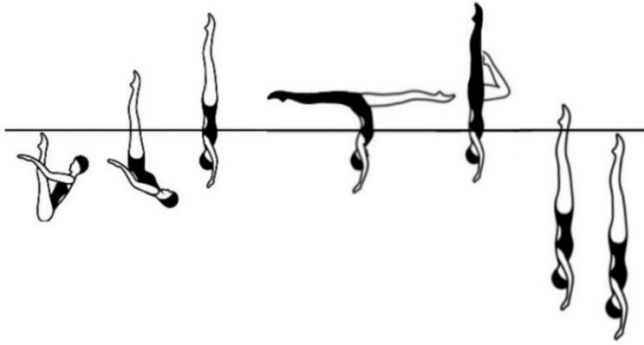
## Technical Routines – Required Elements

### SOLO REQUIRED ELEMENTS

#### Element 5 - continued

#### 5B – Rocket Split Bent Knee DD - 2.1

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*.



#### SOLO Technical Routine Additional Requirements

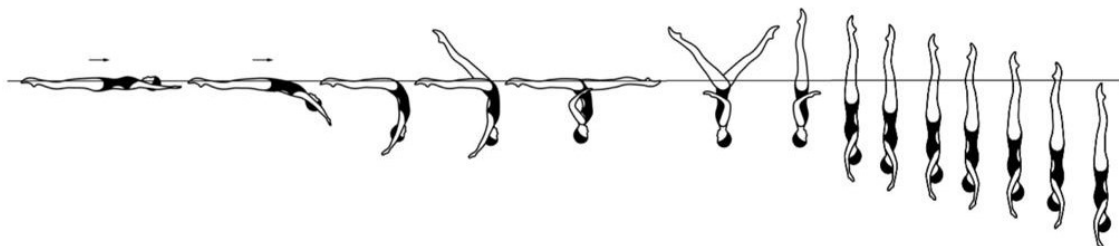
6. Two (2) additional hybrids must be performed. These may be placed anywhere in the routine.

## DUET REQUIRED ELEMENTS

### Element 1

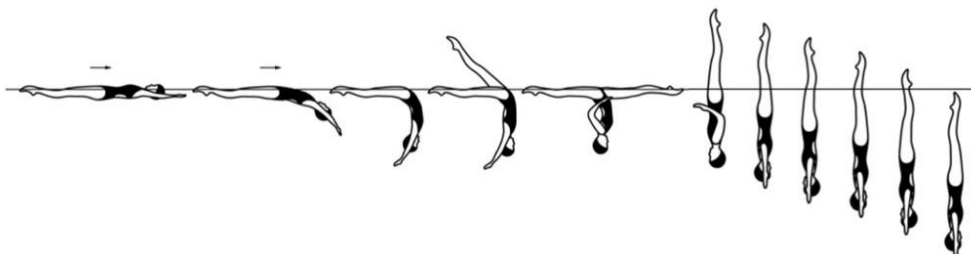
#### 1A – Walkover Back Closing 360° – Continuous Spin 1080° DD – 3.0

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.



#### 1B – Walkover Back Closing 180° – Continuous Spin 720° DD – 2.5

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 180° is executed, as the legs symmetrically close to a **Vertical Position**. Continuing in the same direction a *Continuous Spin of 720°* (2 rotations) is executed.

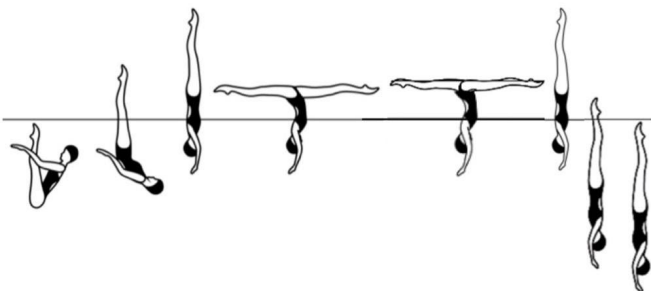


## DUET REQUIRED ELEMENTS

### Element 2

#### 2A – Rocket Split Alternating Legs – Spinning 180° DD - 2.8

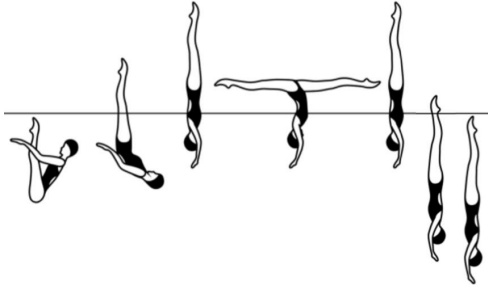
From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume two alternating **Airborne Split Positions**. The legs rapidly re-join to a **Vertical Position**. A rapid *180° Spin* is executed.



## Technical Routines – Required Elements

### 2B - Rocket Split – Spinning 180° DD - 2.4

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 legs rapidly re-join to **Vertical Position**. A rapid *180° Spin* is executed.

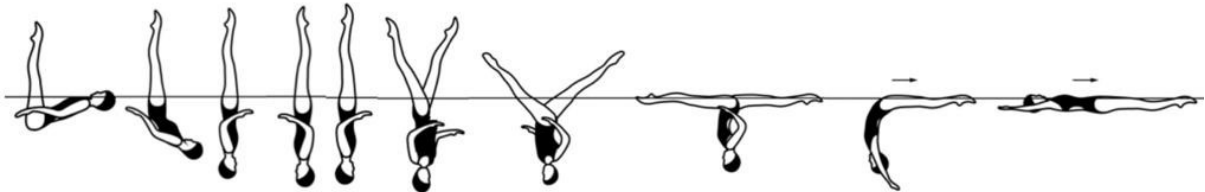


## DUET REQUIRED ELEMENTS

### Element 3

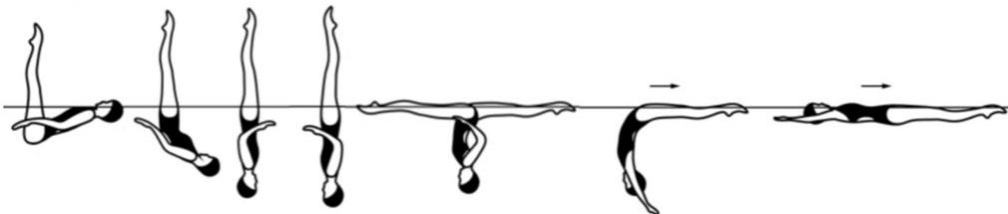
#### 3A- Flamingo Full Twist Hybrid DD – 2.9

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.



#### 3B- Flamingo Half Twist Hybrid DD - 2.6

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 *Half Twist* is executed. Without a pause the legs open symmetrically to a **Split Position**. A *Walkout Front* is executed.



## DUET REQUIRED ELEMENTS

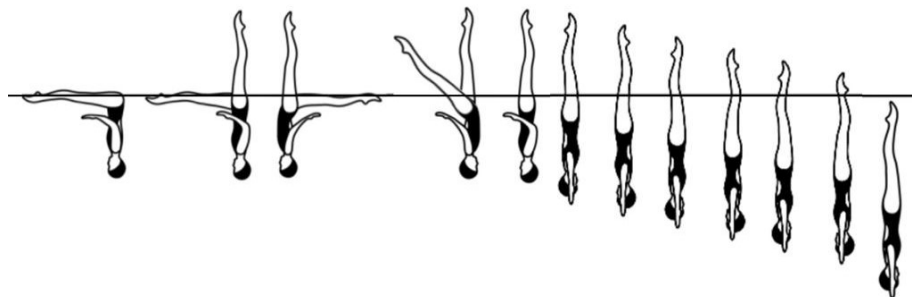
### Element 4

#### 4A - Fishtail – Knight - Continuous Spin 1080° DD - 3.2



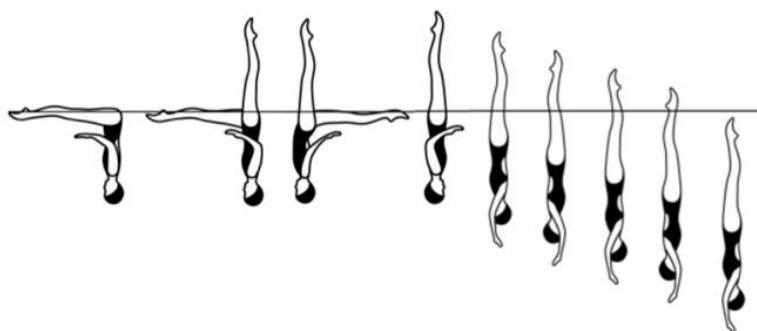
## Technical Routines – Required Elements

**A** - 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.



### **4B - Fishtail – Knight - Continuous Spin 720° DD – 2.7**

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 *Half Twist* is executed as the horizontal leg is lifted to a **Vertical Position**. Continuing in the same direction a *Continuous Spin 720° (2 rotations)* is executed.

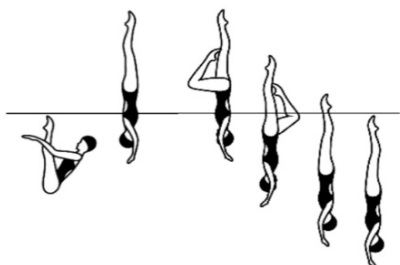


## DUET REQUIRED ELEMENTS

### Element 5

#### **5A – Thrust Bent Knee Twirl Spin 360° DD - 2.3**

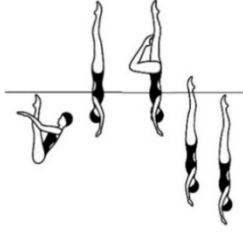
From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position**. One leg is lowered to a **Bent Knee Vertical Position** as a *Twirl* is executed. Continuing in the same direction and without a pause a rapid *360° Spin* is executed 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* at the same tempo as the *Thrust*.



#### **5B - Thrust - Bent Knee Twirl DD 2.1**

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position**. One leg is lowered to a **Bent Knee Vertical Position** as a *Twirl* is executed. Without a pause a *Vertical Descent* 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* at the same tempo as the *Thrust*.

## Technical Routines – Required Elements



### **DUET Technical Routine Additional Requirements-**

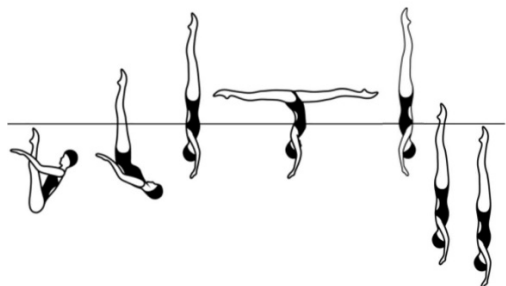
6. Two (2) additional hybrids and one (1) Pair Acrobatics must be performed. These may be placed anywhere in the routine.

## MIXED DUET REQUIRED ELEMENTS

### Element 1

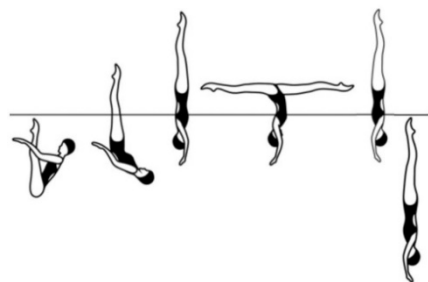
#### 1A – Rocket Split Twirl Spin 180° DD – 2.7

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.



#### 1B – Rocket Split Twirl DD – 2.5

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*.

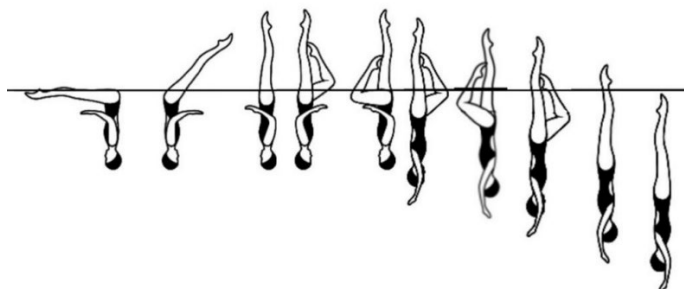


## MIXED DUET REQUIRED ELEMENTS

### Element 2

#### 2A - Front Pike – Vertical 360° Rotation - Full Twist to Bent Knee - Continuous Spin 720° DD 2.4

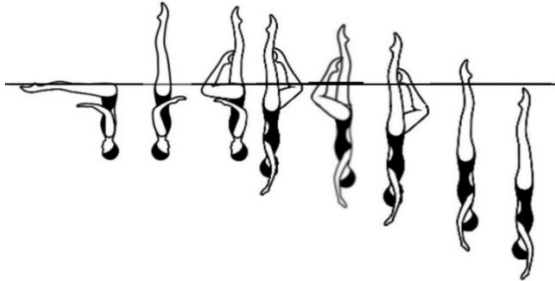
From a **Front Pike Position**, the legs are lifted to **Vertical Position** as a rotation of 360° is executed. Continuing in the same direction a *Full Twist* is executed as one leg is lowered to a **Bent Knee Vertical Position**. Continuing in the same direction a *Continuous Spin 720°* (2 rotations) 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.



## Technical Routines – Required Elements

### 2B - Front Pike – Vertical 180° Rotation – 1/2 Twist to Bent Knee - Continuous Spin 720° DD 2.2

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.

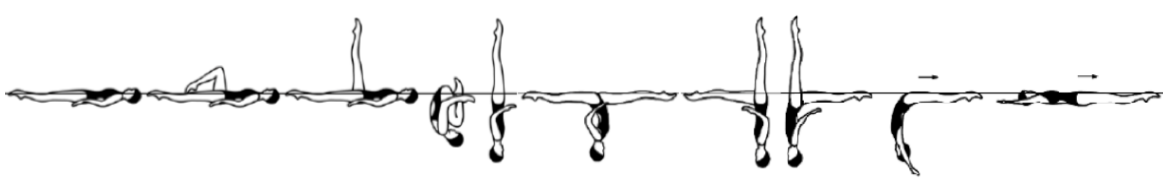


## MIXED DUET REQUIRED ELEMENTS

### Element 3

#### 3 – London Hybrid DD 3.3

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.

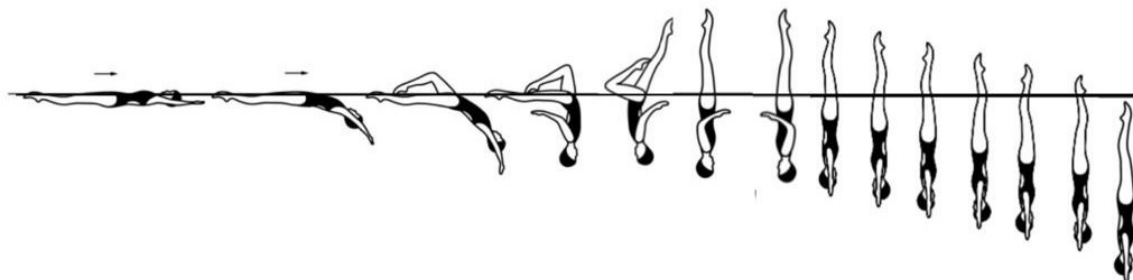


## MIXED DUET REQUIRED ELEMENTS

### Element 4

#### 4A - Nova Hybrid – Half Twist – Continuous Spin 1080° DD – 3.0

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.



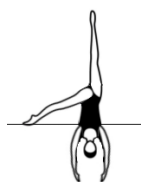
#### 4B - Nova Hybrid –Continuous Spin 1080° DD – 2.6

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.



## MIXED DUET REQUIRED ELEMENTS

### Fishtail Hybrid Airborne Position



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. Body is extended in a **Vertical Position** and hip joints must be on a horizontal line.

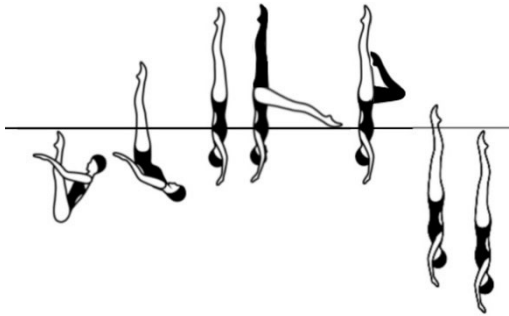
### Element 5

#### 5A -Thrust Fishtail Hybrid Bent Knee to Vertical Spinning 180° DD - 2.4

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

## Technical Routines – Required Elements

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*.

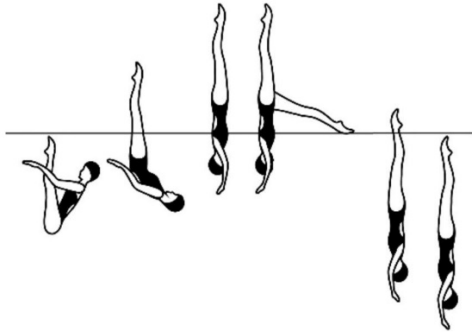


## MIXED DUET REQUIRED ELEMENTS

### Element 5-continued

#### 5B - Thrust Fishtail Helicopter Spinning 180° DD - 2.1

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*.



### MIXED DUET Technical Routine Additional Requirements

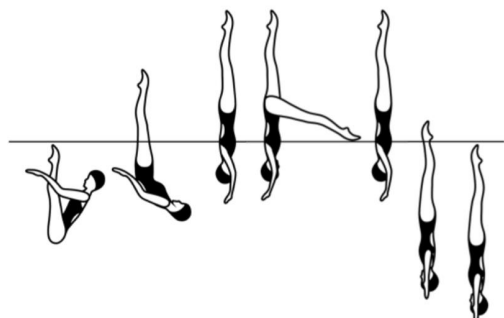
6. Two (2) additional hybrids, one of which must include a hybrid connection, and one (1) Pair Acrobatics must be performed,. These may be placed anywhere in the routine.

## TEAM REQUIRED ELEMENTS

### Element 1

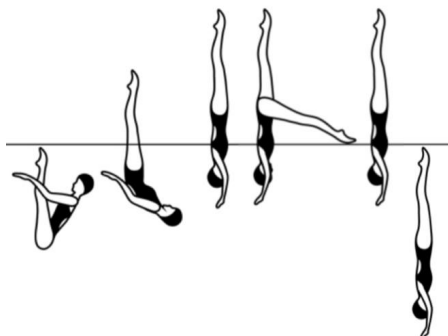
#### 1A – Flying Fish Hybrid Spinning 180° DD – 2.5

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*.



#### 1B – Flying Fish Hybrid DD – 2.3

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*.

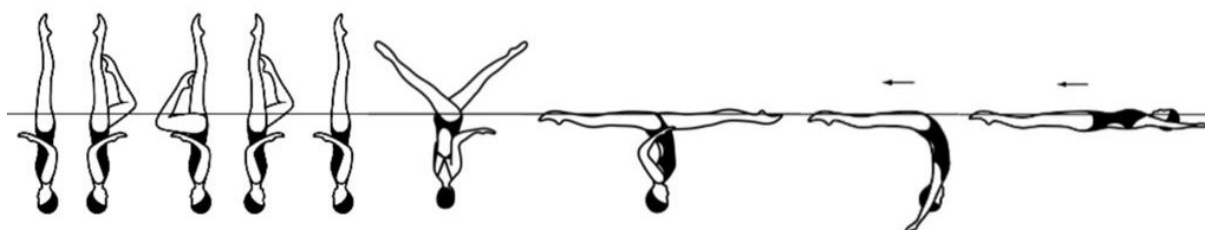


## TEAM REQUIRED ELEMENTS

### Element 2

#### 2A - Vertical - Full Twist to Bent Knee - Full Twist to Vertical – Open 180° - Walkout DD - 2.6

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.





## Technical Routines – Required Elements

### 2B - Vertical - Half Twist to Bent Knee - Half Twist to Vertical – Split - Walkout DD - 2.3

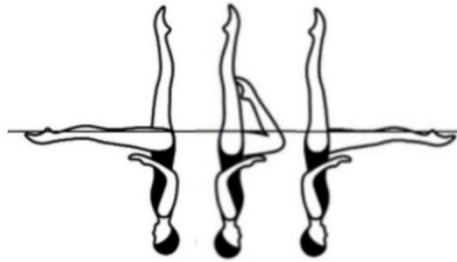
Starting in a **Vertical Position**, a *Half Twist* is executed as one leg is lowered to a **Bent Knee Vertical Position**. Continuing in the same direction another *Half Twist* is executed, as the bent knee is extended to a **Vertical Position**. The legs are symmetrically lowered to a **Split Position**. A *Walkout Front* is executed.



## TEAM REQUIRED ELEMENTS

### *Fouetté Rotation* - New movement

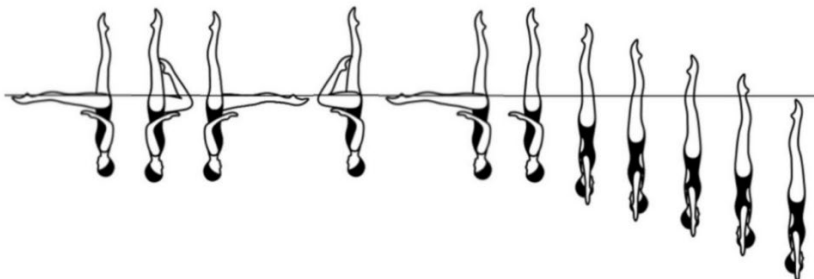
From a **Fishtail Position**, with the horizontal leg leading toward the vertical leg, a rapid 180° rotation is executed as the front leg bends to assume a **Bent Knee Vertical Position**. The bent leg rapidly extends to a **Fishtail Position**.



### Element 3

### 3A – Two Fouetté Rotations – Vertical – Continuous Spin 720° DD – 2.6

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.

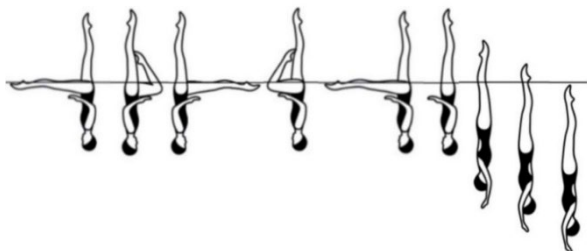


## TEAM REQUIRED ELEMENTS

### Element 3-continued

#### 3B – Two Fouetté Rotations – Vertical –Spinning 360° DD – 2.3

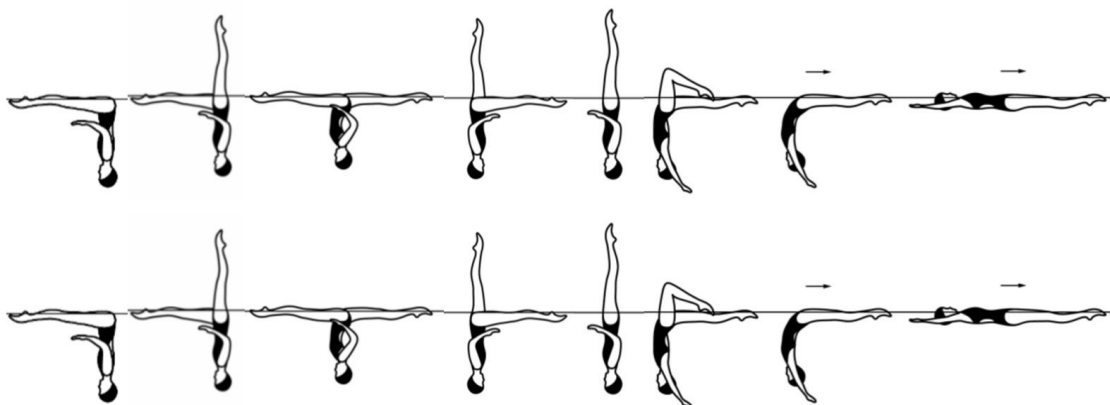
From a **Fishtail Position**, 2 *Fouetté* rotations (180°+180°) are executed. The horizontal leg is rapidly lifted to a **Vertical Position**. Continuing in the same direction, a rapid *Spinning 360°* (1 rotation) is executed.



### Element 4

#### 4 - Butterfly Hybrid DD – 2.9

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.



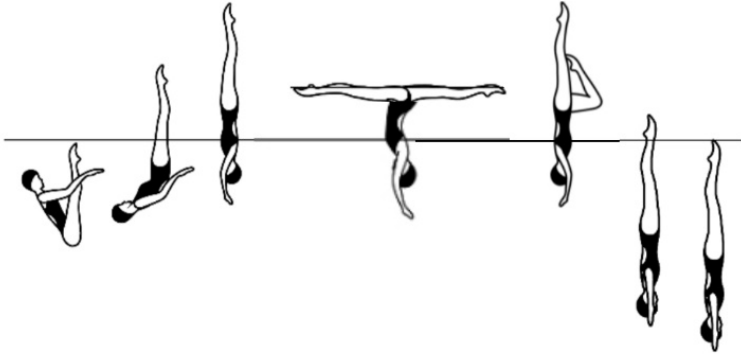
## TEAM REQUIRED ELEMENTS

### Element 5

#### 5A-Rocket Split Bent Knee Twirl Hybrid DD – 2.4

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*.

Technical Routines – Required Elements

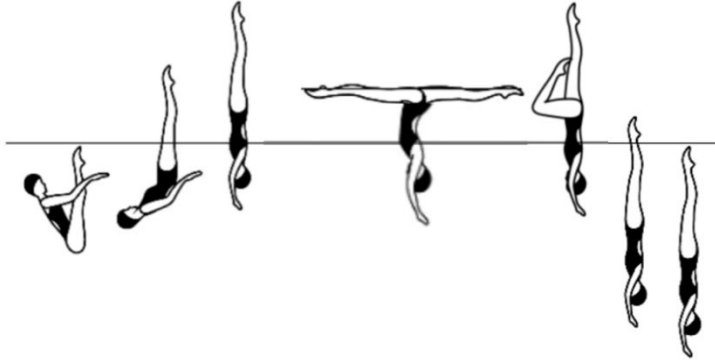


**TEAM REQUIRED ELEMENTS**

**Element 5-continued**

**5B-Rocket Split Bent Knee Hybrid DD – 2.1**

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*.



## Technical Routines – Required Elements

### TEAM Technical Routine Additional Requirements

6. Three (3) additional hybrids, one of which must include a Cadence action, and one (1) acrobatic movement must be performed by all team members. These may be placed anywhere in the routine. The DD for the acrobatic movement must not **be less than 2.0 nor exceed 2.65** (in the Appendix VII)

**Cadence Action:** Identical movement(s) performed sequentially, one by one, by all team members. When more than one cadence action is performed, they must be consecutive and not separated by other optional or required elements. A second cadence action may begin before the first cadence action is completed by all team members but each team member must do the action of each cadence.

**Acrobatic movements:** A general term for jumps, throws, lifts, stacks, platforms, etc., which are performed as spectacular gymnastic feats and/or risky actions, and are mostly achieved with assistance from other swimmer(s). An acrobatic movement is considered when it starts and ends once all team members are **in** the water.

7. A routine may contain a maximum of one circle pattern.

The direction of propulsion may vary as long as all swimmers are facing the same direction.

Variations in propulsion and direction facing are permitted only during underwater pattern changes, underwater actions, and making and finishing a circle.