

## **APPENDIX VI FINA REQUIRED ELEMENTS FOR TECHNICAL ROUTINES 2013 - 2017**

### **GENERAL REQUIREMENTS**

1. Unless otherwise specified in the description of an element:
    - All figures or components thereof shall be executed according to the requirements described in appendices II-IV.
    - All elements shall be executed high and controlled, in uniform motion with each section clearly defined.
  2. Required Elements #1 - #5 shall be judged within the Elements score.
  3. Time limits as in SS 14.1.
- It is strongly recommended, for clarity of judgment that Required Elements #1 - #5 are separated by other contents.

### **SOLO REQUIRED ELEMENTS**

Required elements 1 – 5 are to be performed in the order listed.

1. Starting in a **Vertical Position**, the body rotates through 360° opening to a **Split Position**. Continuing in the same direction a further 360° rotation is completed while the legs join to **Vertical Position**. Rotating in the opposite direction, a *Continuous Spin* of 1440° (4 rotations) is executed. [DD 2.1]
2. Starting in a submerged **Back Pike Position** with the legs vertical, a *Rocket Split* is executed to an **Airborne Split Position**. Maintaining maximum height a *Twirl* is executed as the legs join to **Vertical Position** followed by a rapid *Vertical Descent*. [DD 2.6]
3. With head first travel is allowed while *assuming a Ballet Leg*, 150 - Knight is executed. [DD 3.1]
4. Starting in a **Vertical Position** a *Full Twist* is executed followed by a *Combined Spin* of 1080° (3 rotations) followed by a *Vertical Descent*. [DD 3.2]
5. Starting in a submerged **Back Pike Position** with the legs vertical, 301e - Barracuda Spinning 360° is executed. [DD 1.9]

### **DUET REQUIRED ELEMENTS**

Required elements 1-5 must be performed in the order listed.

1. 436 - Cyclone is executed to a **Vertical Position**. A *Full Twist* is executed as one leg lowers to a **Bent Knee Vertical Position**, followed by a *Continuous Spin* of 1080° (3 rotations) as the bent knee is joined to a **Vertical Position**. [DD 3.0]
2. Travelling head first, one leg is raised straight to a **Ballet Leg Position**, followed by the other leg to a **Double Ballet Leg Position**. Maintaining the **Double Ballet Leg Position**, a rotation of 360° is executed. [DD 1.9]

3. Starting and maintaining a **Fishtail Position** (closing the horizontal leg across the body) two rapid *Full Twists* (720° rapid rotations) are executed. Continuing in the same direction, the horizontal leg is lifted to a **Vertical Position** as *Continuous Spin* of 720° (2 rotations) is executed. [DD 2.0]
4. Starting in a **Front Pike Position**, the legs are lifted to a **Vertical Position**. A *Half Twist* is executed followed by a further rotation of 180° with the legs opening to a **Split Position**. A *Walkout Front* is Executed. [DD 2.6]
5. Starting in a submerged **Back Pike Position** with the legs vertical, 301c - Barracuda Twirl is executed. [DD 2.4]
6. The routine must contain a lift or throw and this can be placed anywhere in the routine.
7. With the exception of the deck work and the lift or throw, all elements required and supplementary must be performed simultaneously and facing the same direction. Mirror actions are not permitted

### TEAM REQUIRED ELEMENTS

Required elements 1-5 must be performed in the order listed.

1. Starting in a submerged **Back Pike Position** with the legs vertical, 301 - Barracuda is executed. [DD 1.8]
2. 435 - Nova is executed to the **Bent Knee Surface Arch Position**. A rotation of 360° is executed as the legs are lifted to a **Vertical Position** followed by a *Continuous Spin* of 720° (2 rotations). [DD 2.4]
3. Starting in a **Front Pike Position**, the legs are lifted to a **Vertical Position**. A *Full Twist* is executed, the legs are lowered to a **Split Position**. A *Walkout Front* is executed. [DD 2.4]
4. Starting in a submerged **Back Pike Position** with the legs vertical, 308 - Barracuda Airborne Split is executed. [DD 1.9]
5. Travelling Ballet Leg Sequence. Starting in a **Back Layout Position** travelling head first, a *Ballet Leg is assumed*, one leg bends to a **Flamingo Position** and is then lifted to a **Ballet Leg Double Position**. [DD 1.7]
6. The routine must contain one head first throw and a Cadence Action with either arms or legs. These may be placed anywhere in the routine
7. With exception of the deck work, entry, the throw and the Cadence Action, all elements – required and supplementary – must be performed simultaneously and facing the same direction by all team members. Variations in propulsion and direction facing are permitted only during pattern changes and underwater actions. Mirror actions are not permitted.