

## PRE-JUNIOR COMPULSORY ELEMENTS

### 1- One (1) Body Boost [arms optional]

A rapid headfirst rise, with a maximum of the body above the surface is executed, arms optional. A descent is executed until the swimmer is completely submerged.

### 2- One (1) Above Water Pattern Change *[Teams Only]*

### 3- Ballet Leg Single Leg

Begin in a **Back Layout Position**. One leg remains at the surface of the water throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. The bent leg is straightened without movement of the thigh to assume a **Ballet Leg Position**. Knees are drawn into the chest, ending with a **Back Tuck Somersault**.

### 4- Modified Fish Tail

Begin with a **Front Pike Pull Down** until a **Pike Position** is assumed. One leg remains at the surface of the water throughout. The other leg is bent into a **Swirly Position**. The same leg is then extended into a **Fish Tail Position**. **Ending Optional**.

## JUNIOR COMPULSORY ELEMENTS

### 1- One (1) Body Boost [arms optional]

A rapid headfirst rise, with a maximum of the body above the surface is executed, arms optional. A descent is executed until the swimmer is completely submerged.

### 2- One (1) Above Water Pattern Change *[Teams Only]*

### 3- One (1) Double Arm Movement

Both arms must be in the air, elbows cleared from the water.

### 4- Modified Fish Tail

Begin with a **Front Pike Pull Down** until a **Pike Position** is assumed. One leg remains at the surface of the water throughout. The other leg is bent into a **Swirly Position**. The same leg is then extended into a **Fish Tail Position**. **Ending Optional**.

### 3- Ballet Leg Single Leg

Begin in a **Back Layout Position**. One leg remains at the surface of the water throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. The bent leg is straightened without movement of the thigh to assume a **Ballet Leg Position**. Knees are drawn into the chest, ending with a **Back Tuck Somersault**.

## SENIOR COMPULSORY ELEMENTS

### 1- One (1) Body Boost with a minimum of One (1) Arm Movement

A rapid headfirst rise, with a maximum of the body above the surface is executed. A movement of one or both arms is executed before the head is completely submerged. A descent is executed until the swimmer is completely submerged.

### 2- Two (2) Above Water Pattern Changes *[Teams Only]*

### 3- One (1) Sequence of a Minimum of Three (3) Consecutive Double Arm Movements.

### 4- Ballet Leg Single Leg

Begin in a **Back Layout Position**. One leg remains at the surface of the water throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. The bent leg is straightened without movement of the thigh to assume a **Ballet Leg Position**. The ballet leg is bent without movement of the thigh to a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed. **Ending Optional**.

### 5- Modified Neptunus

Begin with a **Front Pike Pull Down** until a **Pike Position** is assumed. One leg remains at the surface of the water throughout. The other leg is lifted to a **Fishtail Position**. The horizontal leg is bent to assume a **Bent Knee Position**. **Ending Optional**.

### 6- Walkover Front *[Optional]*

Begin with a **Front Pike Pull Down** until a **Pike Position** is assumed. One leg is lifted in a 180° arc over the surface of the water to a **Split Position**. The front leg is lifted in a 180° arc over the surface of the water to meet the opposite leg in a **Surface Arch Position** and with continuous movement an **Arch to Back Layout Finish** is executed. **Ending Optional**.