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“CLASSIFICATION AND DEGREES OF DIFFICULTY OF ACROBATIC MOVEMENTS IN ARTISTIC SWIMMING”

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FINA Artistic Swimming Innovation Group

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Procedures for Determining Degrees of Difficulty for Acrobatic Movements

1. CLASSIFICATION OF ACROBATIC MOVEMENTS, GROUPS, AND TERMINOLOGY

To begin the classification process, videos of past World and European Championships from the years 2008-2020 and some other international competitions in the early 2000s were analyzed. This facilitated the classification of acrobatic movements into 4 main groups.

All acrobatic movements are divided into **4 Main Groups**:

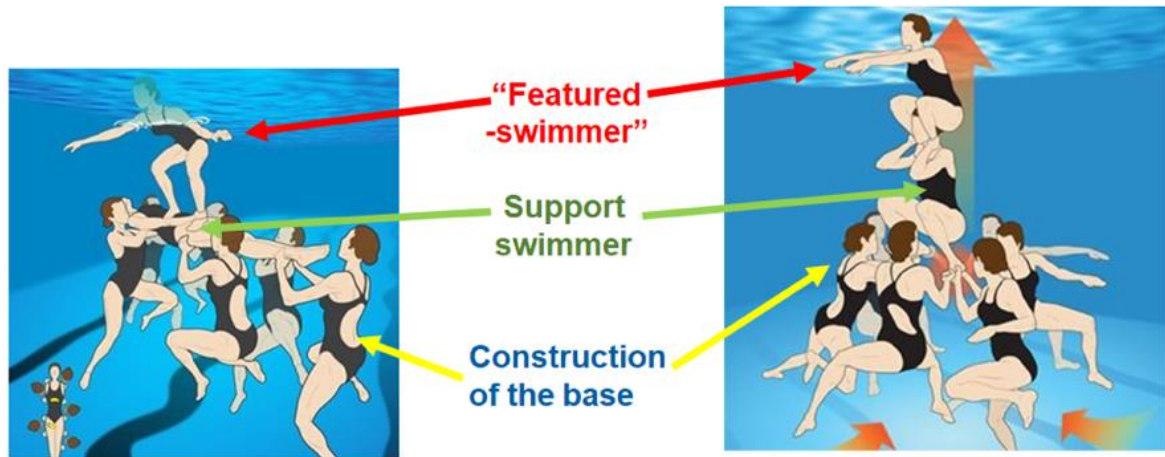
- **A** – stands for “**airborne**”.
All elements in this group are performed by a “featured-swimmer” in the air (Jumps and throws)
- **B** – stands for “**balance**”.
Acrobatic movements in this group are performed on a support/base.
- **C** – stands for “**combined**”.
Encompasses characteristics of both upper groups.
- **P** – stands for “**platform**”.
The coordinated effort of team members to form a stable support on which one or more swimmers is lifted to pose or perform actions. May have jump or “dismount” ending (water entrance).

Important terminology:

- 1) **Base athlete** – role of swimmers, which consists of pushing/lifting up featured-swimmer or support-swimmer with the featured-swimmer on top.
- 2) **Support athlete (middle)** – swimmer working or maintaining position on top of the “base swimmers” in a “three tier level” construction. Example: stack, standard platform, “area” construction in group A.
- 3) **Featured-swimmer** – top swimmer, which executes acrobatic actions or movements on support or in the air.
- 4) **Spotter («helper»)** – one swimmer, with a role of additional support (lift or push) inside the construction. Usually placed near and close to “main” construction. It is possible to have few separate spotters.



- 5) **Construction** - is a generalized name for collaborated work of all athletes according to their assigned role in the acrobatic movement (base+ support+ featured swimmers)



- 6) **Construction of the base** - is the name of the coordinated actions of team members to form a support (under or at the water's surface) from which (or on which) one or more "featured-swimmers" can execute acrobatic actions.
- 7) **Formation** – two or more groups of swimmers, from which construction is comprised. Well synchronized actions of this group guarantees execution of acrobatic movements. Without proper work from one of the formations, usually a whole acrobatic movement, it will fail.

Important: If two acrobatic movements occur one after another without submerging it should be considered as two separate acrobatic movements.

If two different acrobatic movements performed simultaneously – it should be considered as two different acrobatic movements and it will not get bonus for "double (identical) synchronization".

In a code, first Letter describes **group/subgroup**:

A – group airborne

S – subgroup Stack, from group B

L – subgroup Lift from group B

P – group platform, subgroup standard

F – subgroup Float from group P

O – subgroup Other from group C

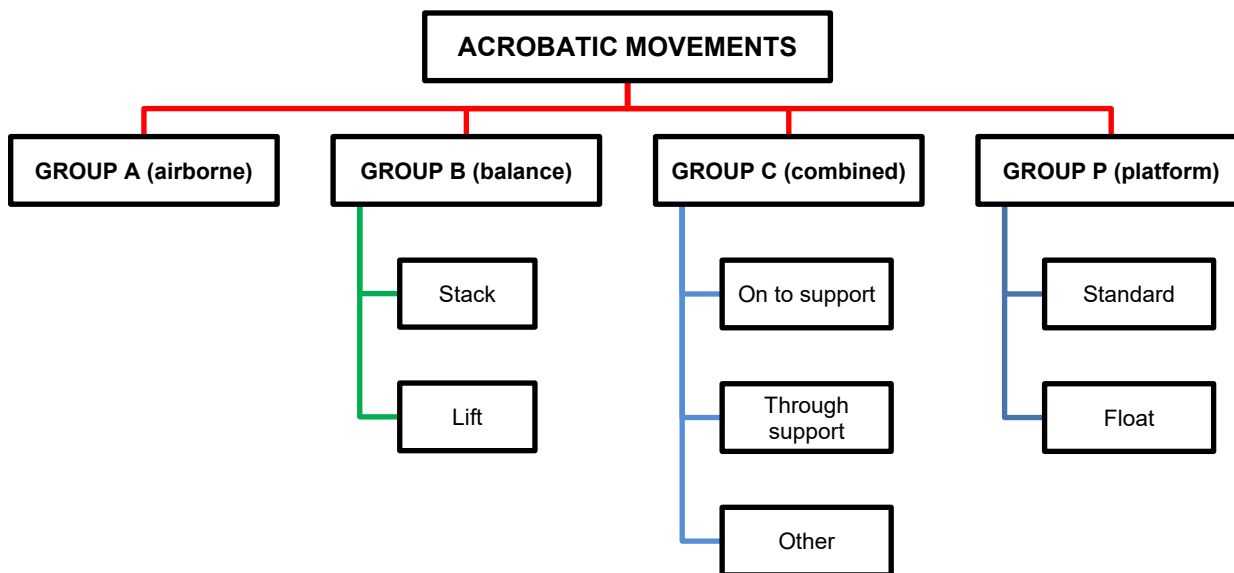
T – subgroup Through support from group C

C – combined, subgroup onto support from group C



2. SUBGROUPS

Each Main Group (except GROUP A) gets divided into smaller groups, called “subgroups”



For GROUP B (balance) the subgroups are:

- **Stack** (when a featured-swimmer sits/stands or lays on “support-athlete/s” which is/are in a vertical body position (head-down or head-up)
- **Lift** (when featured-swimmer sits/stands or lays on “base-athletes”). Featured swimmer must be lifted up (away) from water surface, for acrobatic movement to be considered as lift.

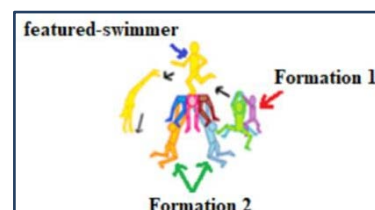
For GROUP C (combined) the subgroups are:

- **On the support:** featured-swimmer, jumps from one formation onto the other formation and remains on until the submergence.
- **Through the support:** featured-swimmer jumps and passing through other formation (slight touch and continue moving)
- **Other**

For GROUP P (platform) the subgroups are:

- **Standard** (coordinated actions of “base-swimmers”, where they lift from underwater a “support-swimmer” in horizontal position; and featured-swimmer stands, sits or lays on support swimmer)
- **Floats** (Forms on the surface, not lifting from underwater).

NOTE: Float – is a coordinated action of “base-swimmers” and “support” swimmers that form a stable geometric figure (from legs or hands or both) on the surface on which later featured-swimmer execute movements





3. THE MAIN COMPONENTS AND THEIR SPECIAL ELEMENTS (SE)

3.1. Component “C” (construction) and its SE:

- Number of base swimmers
- Difficulty of coordinating actions
- Body position of a “support” swimmer
- Type of flexibility of maintained position of a “support” swimmer
- Airborne weight
- Area of full construction (water resistance)
- Tempo of acceleration and push (lift/throw)
- Area of support on which or from which featured swimmer jumps or passes through

3.2. SE of component “P” (position):

- Body position / Difficulty to balance
- Presence or absence of a helping hand (capture)
- Direction of leg movement and level of flexibility
- Deviation of torso from inner axis

3.3. Other components:

- “D” – Direction (for group A and C)
- “S” – Area of support/ Type of connect (“Grip”)
- “R” – Rotation of the construction base
- “T” – The plane and degree of rotation (featured-swimmer)
- “B” – Bonus

NOTE: Each Main Group may not have some of the components regarding its specifics!



4. VALUES OF COMPONENTS AND SPECIFIC ELEMENTS (SE)

Components and Specific Elements (SE) which are used to calculate the degree of difficulty of any acrobatic movement.

4.1. Component “C” (construction) – consider “base” swimmers and “supporter’s” actions.

Table #1 – Number of base swimmers:

It is more difficult to lift the same weight with less number of people

Number of base swimmers	Value
2 swimmers	0,3
3-5 swimmers	0,2
6-9 swimmers	0,1

Table #2 – Difficulty of coordinating actions (depends from number of levels and/or difficulty to synchronize actions with each other)

Difficulty of coordinating actions	Value
Low	0,1
Medium	0,2
Hard	0,3

Table #3 – Body position of a “support” (middle) swimmer

Type	Value
Standing position	-
Laying position	0,1
Head-down position (group A)	0,1
Head-down position (group B, because of “maintaining”, not pushing)	0,2

Table #4 – Flexibility type of maintained position of a “support” swimmer

Type of flexibility	Value
Straight body	0,1
Straight body with bent knees	0,15
Arched Position	0,15
Leg/legs/torso create a “right angle”	0,2



Table#5 – Airborne weight values

Airborne weight – is an amount of weight shown above the surface (out of water)

“Full body” – term that can be used for acrobatic movements, where 1 swimmer is completely above the surface (Example: simple lift, simple throw)

“Half body” – term that can be used for acrobatic movements where only half of body of a supporter (legs or torso with hands) is shown above the water surface. Example: stack

Type:	Value:
1 full body (Example: Simple lift)	0,1
1 full body + half body (Example: stack)	0,15
1 full body+ half body + half body (Example: lift on two support-swimmers)	0,2
1 full body + 1 full body (Example: platform)	0,2
1 full body + half body + half body + half body (Example: throw from “square” construction)	0,25
2 full body + half + half (Example: 2 featured-swimmers on 2 support-swimmers)	0,3

For Platforms:	Value
Classic Platform (1 full body + 1 full body (support) = 0,1 + 0,1)	0,2
Platform: support 1 leg up+ featured-swimmer	0,3
Platform: support 2 legs up +featured-swimmer	0,4

Table # 6 – Area of full construction (water resistance + how much space is occupied in the water + Proximity between base swimmers (it influences on the directions of vectors of the push/lift)).

Number of levels	Type:	Value
Two level (less time needed to lift)	Type 1	Low resistance (small area of space occupied in the water, close proximity) (Example: simple lift)
Three level (more time needed to lift)	Type 2	Big resistance (Large area of space occupied in the water, far from each-other) (Example: platform, stack, Jump from square)
Float	Type 3	No resistance (construction builds on a surface (without lifting from underwater) (Example: “rhomb float”)

NOTE: Most of the acrobatic movements in group C, consists from few formations. That means: we take in the count area of each formation, unless they are connected with performer from beginning till the submergence or until the end of main “pushing phase”



Table #7 Speed of acceleration and push

Type of speed of acceleration	Value:
Slow-Medium (platform)	0,1
Medium (stack)	0,2
Fast (throw)	0,3

Table #8 Area of support from which featured-swimmer jumps

Area of support – GROUP A		
Type:	Area:	Value
Jump from "square" construction; Throw from surface; Jump from two supports + "spotter"; Jump from 3 pairs;	Big	0,1
Jump from shoulders; Jump from feet; Jump from 2 formations; "Triple" throw;	Medium	0,2
Jump from hands;	Small	0,3

Table #9 Average value of areas of support on which featured swimmer jumps or passes through

Area of support – GROUP C		
Type:	Area	Value
Platform or platform from 2 supports Or Back / backs (1,2,3...)	big	0,1
Other: Snake stack-type (back/back): like in Group B	big	0,1
Other: Snake stack head-down (shoulders on feet)	small	0,3
From Simple throw: like in Group A (fly above other formation)	big	0,1
Jump from shoulders (like in group A)	medium	0,2
Jump through formation from hands	medium	0,2
On to Simple lift or jump through 2 connected Stacks	big	0,1
Jump through support's hands or feet	medium	0,2
Jump through support's 1 foot Or Jump on to supports feet / palms	small	0,3



4.2. Component “P” (position) – consider “featured-swimmer’s” actions.

**IMPORTANT: We do not consider “take-off” as a position!
(Only if jump starts head-down)**

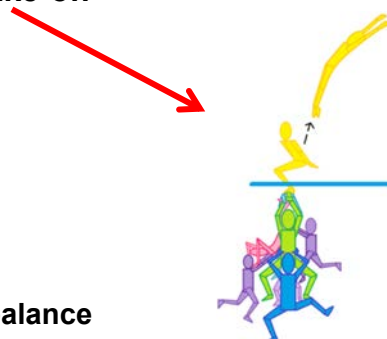


Table #10 – Body position/Difficulty to balance (groups B, P and sometimes C)

Type	Value
Stand on 2 legs	0
Stand on 1 leg	0,1
Laying position	0,15
Head-down position	0,2

Table #11 – Capture of leg/legs

Type	Value
Forward catch in flex position (example: Vertical Split)	0,05
Two hand catch/ opposite hand catch for backward or sideways leg direction (example: Eye, Glass position)	0,1

Table #12 – Deviation of torso from inner axis

Degrees	Value
Torso leans forward/sideways	
90°	0,1
180°	0,2
Torso leans backward	
45°	0,1
90°	0,2
180°	0,3



Table #13 – Direction of leg movement and level of flexibility

Degrees	Value
Leg forward/sideways	
90°	0,1
135°	0,2
180°	0,3
Over-split	0,4
Leg backward	
90°	0,15
135°	0,25
180°	0,35
Over-split	0,45



For head-down positions in a code you must add symbol “↳”

5. THE ALGORITHM FOR CALCULATING DD OF EACH ACROBATIC MOVEMENT:

$$C+D+P+S+R+T+B = DD$$

C – construction

D – direction (GROUP A and C)

P – position/s

S – area of support and type of connect (GROUP B and P)

R – rotation of construction’s base (GROUP B, C and P)

T – the plane and degree of rotation (GROUP A and C)






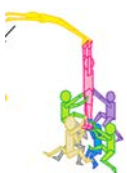
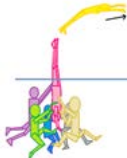
B – bonus

DD – degree of difficulty




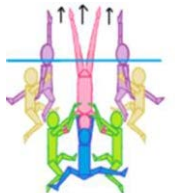




6. GROUP A

6.1 COMPONENT C - CONSTRUCTION

Number	Picture	Name and number of levels	Number of base athletes	Difficulty of coordinating actions and number formations	Support: Body position and level of sustainability	Support: Type and level of flexibility or maintain position	Airborne weight	Area of full construction, Proximity between swimmers	Tempo of acceleration and push (lift/throw)	Area of support from which featured-swimmer jumps	Total
GROUP A											
1		Throw from surface	6 to 9	Medium	no	no	1	Type 1	-	Big	0,6
		Surf									
		(two level)	0,1	0,2	0	0	0,1	0,1	0	0,1	
2		Simple throw (simple jump)	2 to 5	Low	no	no	1	Type 1	fast	Big	0,9
		Thr									
		(two level)	0,2	0,1	0	0	0,1	0,1	0,3	0,1	
3		Simple throw 6-9 base swimmers	6 to 9	Medium	no	no	1	Type 1	fast	Big	0,9
		Thr									
		(two level)	0,1	0,2	0	0	0,1	0,1	0,3	0,1	
4		Jump from shoulders (stack type)	6 to 9	Hard	High level of sustainability + low vestibular load	straight body	1+0,5	Type 2:	med	Medium	1,25
		Shou									
		(three levels)	0,1	0,3	0	0,1	0,15	0,2	0,2	0,2	
5		Jump from shoulders (small type)	2 to 5	Medium	no	No (support of body is mostly under the water)	1	Type 1	med	Medium	1
		Sho									
		(three levels)	0,2	0,2	0	0	0,1	0,1	0,2	0,2	
6		Jump from hands	6 to 9	Hard	High level of sustainability + low vestibular load	straight body	1+0,5	Type 2:	med	Small	1,35
		Hand									
		(three levels)	0,1	0,3	0	0,1	0,15	0,2	0,2	0,3	
7		Jump from feet (stack type)	6 to 9	Hard	Low level of sustainability + high vestibular load	straight body	1+0,5	Type 2	med	Medium	1,35
		Feet									
		(three levels)	0,1	0,3	0,1	0,1	0,15	0,2	0,2	0,2	



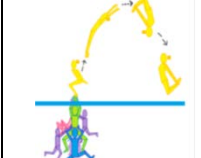
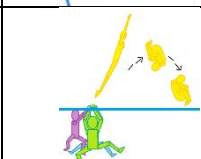
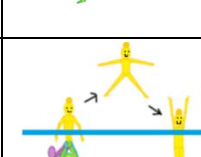
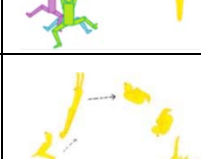


8		Jump from square ("basket")	6 to 9	Hard	Head-down swimmer counts as a support (0,2+0,1+0,1)	straight body	1+0,5+0,5+0,5	Type 2	fast	Big	1,45
		Sq									
		(three levels)	0,1	0,3	0,1	0,1	0,25	0,2	0,3	0,1	
9		Jump from 2 formations	6 to 9	Hard	Low level of sustainability + high vestibular load and 1 support is head-up	straight body	1+0,5+0,5	Type 2:	slow-medium	Medium	1,3
		2Form									
		(three levels)	0,1	0,3	0,1	0,1	0,2	0,2	0,1	0,2	
10		Jump from two supports + "spotter"	6 to 9	Hard	Low level of sustainability + high vestibular load 1+1	straight body	1+0,5+0,5	Type 2	slow-medium	Big	1,3
		2Sup'									
		(three levels)	0,1	0,3	0,2	0,1	0,2	0,2	0,1	0,1	
11		"triple" throw	6 to 9	Hard	Head-down athlete counts as a support and 2 athletes head-up (0,5+0,5+1)	straight body	1+0,5+0,5+0,5	Type 2	med	Big	1,35
		Tripl									
		(three levels)	0,1	0,3	0,1	0,1	0,25	0,2	0,2	0,1	
12		Jump from 3 pairs	6 to 9	Medium	no	-	1	Type 2	fast	Big	1
		3Pair									
		(two level)	0,1	0,2	0	0	0,1	0,2	0,3	0,1	
13		Stack + spotter	6 to 9	Hard+ spotter	High level of sustainability + low vestibular load	straight body	1+0,5	Type 2:	med	Medium	1,3
		St'									
		(three levels)	0,1	0,3	0	0,1	0,15	0,2	0,2	0,2	








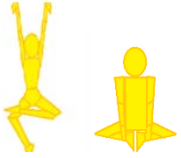



6.2 COMPONENT D - DIRECTION

Table #15 – Direction of featured-swimmer's jump









Direction	Code	Diagram	Value
Upwards -featured swimmer jumps up and return in the same spot where he/she jumps from Example: She can execute entrance in the water or back on the construction.	Up		0,05
Forwards (no somersault, no twist) – featured swimmer jumps forward, and enter the water beyond the construction (at least 1 meter)	Forw		0,05
Backwards – featured swimmer jumps backward, and enter the water beyond the construction (at least 1 meter)	Back		0,1
Forwards – featured swimmer jumps forward, making somersault (1 and more), twist (1 and more) or both and enter the water beyond the construction (at least 1 meter)	FORW		0,15
Sideways – featured swimmer jumps sideways, and enter the water beyond the construction (at least 1 meter)	Side		0,2
Reverse – featured-swimmer jumps forward, and starts rotating backward (facing the construction she jumps from), and enter the water beyond the construction (at least 1 meter)	Rev		0,2



6.3. COMPONENT P - POSITION

GROUP A							
No	Picture	Name	Vestibular load/Difficulty to balance	Presence or absence of a helping hand (capture)	Type and level of flexibility+ Deviation of torso from inner axis	Total	If position 2
Subgroup f – "hip flexion" Level 1 Code: f1							
1		Tuck	No	-	-	basic 0,1	0,1
			0	0	0		
2		Kick (not before Twisting)	-	-	More than 90°	0,05	-
Subgroup f – "hip flexion" Level 2 Code: f2							
3		Pike	No	-	Stomach flex	0,2	0,2
			0	0	0,2		
4		Ninja	No	-	Fold (leg side 90 + leg forw almost 90 (0,05))	0,15	0,1
			0	0	0,1		
Subgroup f – "hip flexion" Level 3 Code: f3							
5		Cossack	No	-	Fold/side (leg forw 45 + leg side 135)	0,2	0,1
			0	0	0,2		
Subgroup m – "miscellaneous" Level 1 Code: m1							
6		Mantis	No	-	-	basic 0,1	0,1
7		Line (for Feet-first jumps also)	No	-	Misc (straight)	basic 0,1	0,1
			0	0	0		
8		Star	No	-	Misc (side 45 + 45)	basic 0,1	0,1
			0	0	0		
9		Aerialist	No	-	Misc (straight + 90 side)	basic 0,15	0,15
			0	0	0,05		



10		Runner	No	-	Misc	basic 0,1	0,1
			0	0	0		
Subgroup m – “miscellaneous” Level 3 Code: m3							
11		Split	No	-	Misc (90+90)	(0,05 bonus for assymetry)	0,15
			0	0	0,25	0,3	
Subgroup a – “arch” Level 1 Code: a1							
12		Arch	No	-	Arch (back 35)	basic 0,1	0,1
			0	0	0		
13		Kite	No	-	Arch (legs back 45)	basic 0,1	0,1
			0	0	0		
14		Parrot	No	-	Basic + bent 90	0,15	0,15
			0	0	0,15		
15		Martin	No	-	Leg back 90	0,15	0,15
			0	0	0,15		
Subgroup a – “arch” Level 2 Code: a2							
16		Jay	No	-	Arch (back 45 + leg back 90 + leg forw 45)	0,2	0,2
			0	0	0,2		
Subgroup a – “arch” Level 3 Code: a3							
17		Ring	No	-	Arch (legs 135) or back 45 + legs 90 back	0,25	0,2
			0	0	0,25		



6.4. COMPONENT T - the plane and degree of rotation




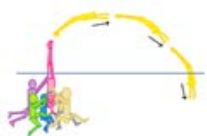
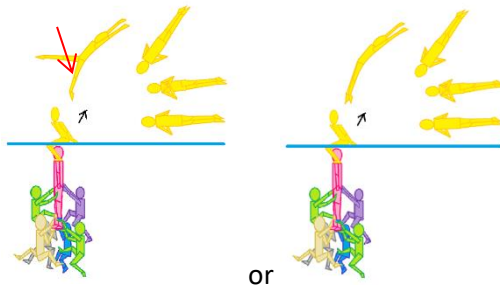
	Plane of rotation	Degree of rotation	Code	Value
<p>Horizontal plane</p> 	Horizontal plane (twist) For "head-up" positions	90°	t;	0,05
		180°	t;0,5	0,1
		360°	t1	0,15
		540°	t;1,5	0,2
		720°	t;2	0,25
	Horizontal plane (twist) Example: 3-d somersaults (when twist executed in the same time with somersault)	180°	t0,5	0,1
		360°	t1	0,2
		540°	t1,5	0,3
720°		t2	0,4	
<p>Sagittal plane</p> 	Sagittal plane (Example: forward somersault)	180°	s0,5	0,05
		180° (for "small" jumps)	S0,5	0,2
		270°	s0,7	0,25
		360°	s1	0,3
		540°	s1,5	0,5
		720°	s2	0,6
		900°	s2,5	0,8
		1080°	s3	1,4
Handspring	h	0,3		
<p>Frontal plane</p> 	Frontal plane (Example: Side somersault)	360°	f1	0,4
		540°	f1,5	0,6
		720°	f2	0,7
		Cartwheel or Handspring	c or h	0,1
	Dive (depends from parabola)	<u>Not 180° somersault!</u>	d	0,1
		Dive+180 twist	dt0,5	0,25
		Dive+360 twist	dt1	0,35
		Dive+540 twist	dt1,5	0,45



Table #18 – Values for 2 axis airborne rotations and value for “gymnastic” rotation actions:

2 axis airborne rotations	Code	Value
1 somersault + 0,5 twist;	s1t0,5	0,4
1 somersault + 1 twist;	s1t1	0,5
1 somersault + 1,5 twist;	s1t1,5	0,6
1 somersault + 2 twist;	s1t2	0,7
1 somersault + 2,5 twist;	S1t2,5	0,8
1,5 somersault + 0,5 twist;	s1,5t0,5	0,6
1,5 somersault + 1 twist;	s1,5t1	0,7
2 somersault + 0,5 twist;	s2t0,5	0,9
2 somersault + 1 twist;	s2t1	1

Important: Twist can be started with legs together (after take-off) or with the **fast kick forward action** after take-off (before twisting). We do not consider it as position!



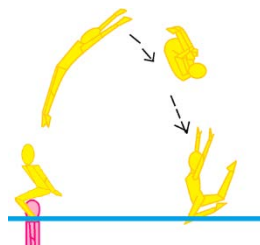
How to calculate somersault rotation: To get value for a “full somersault” featured- swimmer, who **jumps head-first need to enter the water feet-first** (after the 360° rotation)!

For example: tuck position.

For pike position – entrance in the water will be by buttocks

Staright body position – entrance by legs

“Open” or variations of arch positions (Deer, Basket etc) – featured swimmer enter the water demonstrating vertical alignment between shoulders and knees.



These positions mean that full somersault was completed.



6.5 COMPONENT B – BONUS (Additional Difficulty Enhancement Factors)

There is a possibility to have 2 bonuses in 1 acrobatic movement.


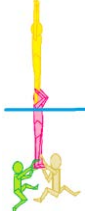




Table #19 – List of additions, bonuses and risk-elements in group A:

code	For GROUP A:	
u1	Synchronized actions for double acrobatic movements	0,2
u2	“opening” to straight body position after 1,5 (inside 2 somersaults)	0,5
u3	During 1,5 somersault opening in a straight body position (1 somersault and +0,5 rotation with opening to a straight body position)	0,4
u4	Straight body somersault	0,2
u5	Straight body position during twist + somersault jump (start from 1 somersault and more)	0,4
u6	“Grip” (hand connection) between featured-swimmer and support	0,05
u7	“Return” on a construction after the airborne phase	0,3
u8	Connection between 2 featured-swimmers (from beginning to thr end)	0,1
u9	Connection between support and featured swimmer (may be “broken” before water entrance)	0,05
u10	Connection between 2 featured swimmers during airborne phase (they connect after take-off)	0,15
u11	Third position (example: in the end of acrobatic movement closing legs to vertical (group B) or tucking (group A))	0,1
u12	Jump from feet (feet/feet connect between support and featured-swimmer)	0,1
u13	Twist head-down 360	0,2
u14	Jump from split (head-up) position	0,2
u15	“Return” on a support’s hands after the airborne phase	0,1

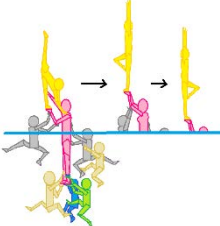









7. GROUP B





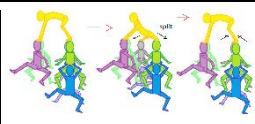
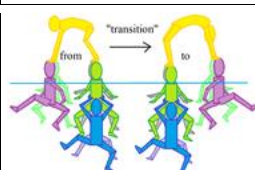


7.1 CONSTRUCTION

GROUP B										
Number	Picture	Name and number of levels	Number of base athletes	Difficulty of coordinating actions and number formations	Support: Body position and level of sustainability	Support: Type and level of flexibility or maintain position	Airborne weight	Area of full construction, Proximity between swimmers	Tempo of acceleration and push (lift/throw)	TOTAL
1		Stack (classic)	6 to 9	Hard	High level of sustainability + low vestibular load	straight body	1+0,5	Type 2	med	1,05
		St								
		(3 levels)	0,1	0,3	0	0,1	0,15	0,2	0,2	
2		Stack "small"	2 to 5	Medium	High level of sustainability + low vestibular load	No (support of body is mostly under the water)	1	Type 1	slow-med	0,7
		st	0,2	0,2	0	0	0,1	0,1	0,1	
3		Stack head-down	6 to 9	Hard	Low level of sustainability + high vestibular load	straight body	1+0,5	Type 2	med	1,35
		StH								
		(three levels)	0,1	0,3	0,2	0,1	0,15	0,3	0,2	
4		Stack head-down "small"	2 to 5	Medium	Low level of sustainability + high vestibular load	No (support's body is mostly under the water)	1	Type 1	slow-med	0,9
		stH								
		(three levels)	0,2	0,2	0,2	0	0,1	0,1	0,1	
5		Stack head-down + 2 «spotters»	6 to 9	Hard	Low level of sustainability + high vestibular load	straight body	1+0,5	Type 2:	med	Minus 0,2 for «spotter»s 1,15
		StH''								
		(3 levels)	0,1	0,3	0,2	0,1	0,15	0,3	0,2	
6		Stack head-down in a tuck position	6 to 9	Hard	Low level of sustainability + high vestibular load	tucked body	1+0,5	Type 2	slow-med	1,15
		StHt								
		(3 levels)	0,1	0,3	0,2	0,1	0,15	0,2	0,1	

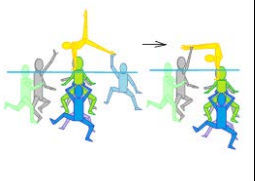
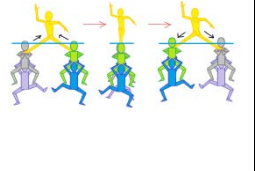


7		Stack +help (spotter)	6 to 9	Hard	High level of sustainability + low vestibular load	straight body	1+0,5	Type 2	med	0,95 (minus for 0,1 spotter)
		St'								
		(three levels)	0,1	0,3	0	0,1	0,15	0,2	0,2	
8	 	Stack head-down in a pike/crane position+ 2 spotters	6 to 9	Medium	Low level of sustainability + high vestibular load	"right angle"	2	Type 2	Slow-med	1,2
		(three levels)	0,1	0,2	0,2	0,2	0,2	0,2	0,1	
		St''Hp or St''Hc								
9		Stack+2 spotters	6 to 9	Medium	High level of sustainability + low vestibular load	"Stand on the knees"	2	Type 2	Slow-med	0,85
		St''	0,1	0,2	0	0,05	0,2	0,2	0,1	
10		Lift on two supports	6 to 9	Hard	High level of sustainability + low vestibular load	straight body 1+1	1+0,5+0,5	Type 2	med	1,2
		2Sup			(0,1+0,1)					
		(three levels)	0,1	0,3	0	0,2	0,2	0,2	0,2	
11		Lift on two head-down supports	6 to 9	Hard	Low level of sustainability + high vestibular load 1+1	straight body 1+1	1+0,5+0,5	Type 2	med	1,6
		2SupH								
		(three levels)	0,1	0,3	0,4	0,2	0,2	0,2	0,2	
12		Lift on two supports (one of them head-down)	6 to 9	Hard	Combined (1 head-up+1 head-down)	straight body 1+1	1+0,5+0,5	Type 2	med	1,4
		2mSup								
		(three levels)	0,1	0,3	0,2	0,2	0,2	0,2	0,2	
13		Lift on 2 head-down supports+2 featured swimmers	6 to 9	Hard	Low level of sustainability + high vestibular load 1+1	straight body 1+1	1+1+0,5+0,5	Type 2	med	1,7
		2SupH(2)								
		(three levels)	0,1	0,3	0,4	0,2	0,3	0,2	0,2	




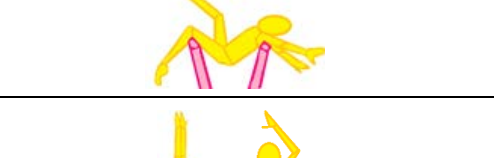




14		Simple Lift	2 to 5	Low	no	no	1	Type 1	med	0,7
		I								
		(two levels)	0,2	0,1	0	0	0,1	0,1	0,2	
15		Lift (classic) from surface	6 to 9	Medium	no	no	1	Type 1	slow-med	0,6
		L								
		(two levels)	0,1	0,2	0	0	0,1	0,1	0,1	
16		Stack type + 4 «spotters» on surface	6 to 9	Hard	Low level of sustainability + high vestibular load	straight body	1+0,5	Type 1	slow-med	1,05
		St'''								
		(three levels)	0,1	0,3	0,2	0,1	0,15	0,1	0,1	
17		Lift on heads	2 to 5	Medium	No	No	1	Type 1	Slo-med	0,9 bonus for head connection (0,2)
		Lh								
		(two level)	0,2	0,2	0	0	0,1	0,1	0,1	
18		Moving base lift (base swimmers move backward and then return)	6 to 9	Hard	no	no	1	Type 2	slow-med	bonus for moving base (0,3) and head connection (0,1) 1,2
		LM								
			0,1	0,3	0	0	0,1	0,2	0,1	
19		Moving base lift (base swimmers pass through each-other (under featured-swimmer))	6 to 9	Hard	no	no	1	Type 2	slow-med	bonus for hard moving base (0,6) and head connection (0,1) 1,5
		LMu								
			0,1	0,3	0	0	0,1	0,2	0,1	
20		Lift two f.swimmers	6 to 9	Medium	no	no	2	Type 1	slow-med	0,7
		L(2)								
		(two levels)	0,1	0,2	0	0	0,2	0,1	0,1	
21		Lift two f.swimmers on heads	6 to 9	Hard	no	no	2	Type 2	slow-med	0,9
		Lh(2)								
		(two levels)	0,1	0,3	0	0	0,2	0,2	0,1	




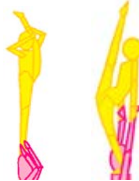

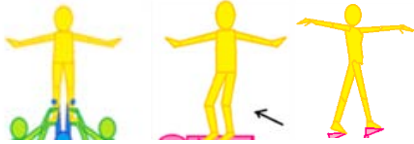
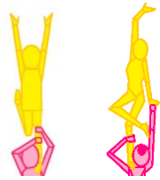




22		Lift+2 spotters	2 to 5	Medium	no	no	1	Type 1	slow-med	0,8 (bonus for connect with spotters during acro action)
		L"								
23		Parallel moving base lift LMP	6 to 9	Hard	no	no	1	Type 1	slow-med	0,8 (bonus for underwater moving)
		(two levels)	0,2	0,2	0	0	0,1	0,1	0,1	
		(two levels)	0,1	0,3	0	0	0,1	0,1	0,1	

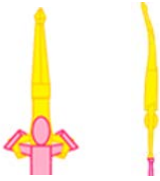



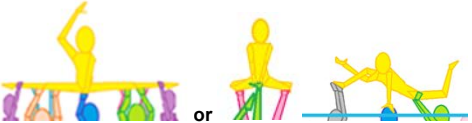





7.2. COMPONENT P-POSITION

GROUP B							
Subgroup f – "hip-flexion" Level 1 Code: f1							
No	Picture	Name	Vestibular load/Difficulty to balance	Presence or absence of a helping hand (capture)	Type and level of flexibility+ Deviation of torso from inner axis	Total	If position 2
1		Chair	-	-	Legs 90	0,1	0,1
			0	0	0,1		
2		Monkey	-	-	Legs 90	0,1	0,1
			0	0	0,1		
3		Box	Head-down	-	Fold (legs forw 90)	0,3	0,1
			0,2	0	0,1		
4		Sunbathe	Laying	-	Fold (leg 90)	0,25	0,1
			0,15	0	0,1		
5		Heron	Stand on 1 leg	-	Bent leg 90	0,15	0,05
			0,1	0	0,05		
6		Crane	Stand on 1 leg	-	Fold (leg forw 90)	0,2	0,1
			0,1	0	0,1		









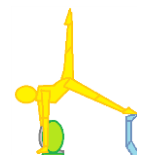
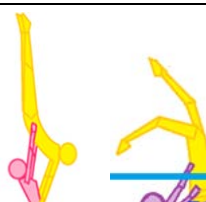


7		Lamp post	Head-down	-	Basic (straight) + bent knee	0,35	0,15
			0,2	0	0,15		
Subgroup f – “hip-flexion” Level 2 Code: f2							
8		Pike 2	No	-	Legs (90) + torso 90	0,2	0,2
			0	0	0,2		
9		Crocodile	Static bonus	-	Legs (90) + torso 90	0,3	0,2
			0,1	0	0,2		
Subgroup f – “hip-flexion” Level 3 Code: f3							
10		Vertical Split	Stand on 1 leg	Forward capture	Fold (leg forward 180)	0,45	0,3
			0,1	0,05	0,3		
Subgroup m – “miscellaneous” Level 1 Code: m1							
11		Scissors	Laying	-		0,15	0,05
			0,15	0			
12		Line	no	-	-	basic 0,1	0,1
			0	0	0		
13		Kick (any direction)	Stand on 1 leg	-	90 or more	0,2	0,1
			0,1	0	0,1		
14		Lady (Stand on 1 leg, with another leg less than 90° any side)	Stand on 1 leg	-	-	0,1	0,05
			0,1	0	0		
15		Sit	-	-	Half basic	0,05	0,05
			0	0	0,05		
16		Tulip (head-down position leg movements any side less than 90)	Head-down	-	-	0,2	0,05
			0,2	0	0		


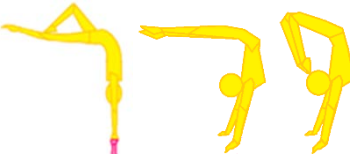




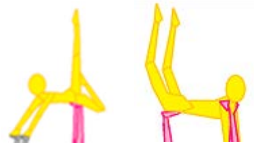






17		Vertical 4	Head-down	-	Basic (straight)	0,3	0,1
			0,2	0	0,1		
Subgroup m – “miscellaneous” Level 2 Code: m2							
18		Scarecrow	Stand on 1 leg	Flex capture	Misc (side 135)	0,4	0,2
			0,1	0,1	0,2		
19		Eagle	Stand on 1 leg	-	Leg back 90+ torso forward	0,35	0,25
			0,1	0	0,25		
20		Raven	-	-	Fold (leg side 90+leg forward 90)	0,2	-
			0	0	0,2		
21		Split	No	-	(90 side + 90 side)	0,2 (if laying 0,35)	0,2
			0	0	0,2		
22		Zebra	Head-down	-	Legs forward more than 90 + back 45	0,35	0,2
			0,2	0	0,15		
23		Birch	Laying	-	More than 90 but not 180	0,25	-
			0,15	0	0,1		
Subgroup m – “miscellaneous” Level 3 Code: m3							
24		Split, head-down	Head-down	-	Legs forward 90+back 90	0,45	0,2
			0,2	0	0,25		
25		Side-Split 2	Head-down	-	Misc (side 90+side 90)	0,4	0,2
			0,2	0	0,2		
26		Vertical Side Split	Stand on 1 leg	-	Misc (side 180)	0,4	0,3
			0,1	0	0,3		








27		Glass	Stand on 1 leg	yes	Misc (side 180)	0,5	0,4
			0,1	0,1	0,3		
28		Bridge 1 leg	No	-	Arch (back 45 + leg 90 + leg up)	0,35	0,25
			0	0	0,25		
29		Beluga	Head-down	-	Leg 135	0,4	-
			0,2	0	0,2		
Subgroup a – "arch" Level 1 Code: a1							
30		Arch 2	No	-	Arch (back 45)	0,15	0,1
			0	0	0,1		
31		Kitri	Stand on 1 leg	-	Bent leg 90+back 45	0,25	0,2
			0,1	0	0,15		
32		Ballerina	Stand on 1 leg	-	Arch (leg back 90)	0,25	0,1
			0,1	0	0,15		
33		Arch 3	Laying	-	Torso 45	0,2	-
			0,15	0	0,05		
34		Flamingo	Laying	-	Torso 45+ leg 90 bent	0,25	0,1
			0,15	0	0,1		
35		Antenna	No	-	Leg 135	0,2	0,01
			0	0	0,2		
36		Candle	Head-down	-	Basic (straight)	0,3	0,1
			0,2	0	0,1		



Subgroup a – "arch" Level 2 Code: a2							
37		Umbrella	Head-down	-	Arch (back 180)	0,5	0,3
			0,2	0	0,3		
38		Willow	Head-down	-	Legs (back 90) + back arch	0,4	0,15
			0,2	0	0,2		
39		Ring 2	Laying	Capture	Arch (back 45 + legs almost 90)	0,35	-
			0,15	0,1	0,1		
40		Bridge	No	-	Arch (back 45+legs 90)	0,25	0,25
			0	0	0,25		
41		Sail	Stand on 1 leg	-	Arch (back forward 90+135 back flex)	0,45	0,3
			0,1	0	0,35		
42		Scorpio	Laying	no 1 hand	Arch (back 20+ leg 90 and leg 45)	0,3	-
			0,15	0	0,15		
43		Flag	Laying	-	(90 backward)	0,3	-
			0,15	0	0,15		
44		One leg ring	Laying	-	Leg 90, back 45	0,35	-
			0,15	0	0,2		
45		Ring 3	Laying	-	Leg 90, back 20	0,25	-
			0,15	0	0,1		
46		Rainbow	Head-down	-	Bent leg + back arch	0,45	0,25
			0,2	0	0,25		
47		Knight	Head-down	-	Back arch 90	0,35	0,15
			0,2	0	0,15		



Subgroup a – "arch" Level 3 Code: a3							
48		Drop	Head-down	yes	Arch (back 180)	0,6	0,3
				0,2	0,1		
49		Sun	Laying	-	Arch (back 135)	0,35	-
				0,15	0		
50		Eye	Stand on 1 leg	Yes + blind grip moving leg	Leg backward 135 (0,25) + torso forward almost 90 (0,1)	0,65	0,4
				0,1	0,2		
51		Needle	Stand on 1 leg	No Or yes but not opposite hand)	Arch (back forward 90+180 back flex)	0,55	0,45
				0,1	0		
52		Pin	Laying	Yes	180 back	0,6	0,45
				0,15	0,1		

7.3. COMPONENT R – ROTATION OF THE CONSTRUCTION BASE






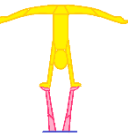

Table#22 Values of the Construction Base in group B

7.4. COMPONENT S – Area of support/Type of connection between

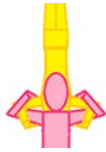









Type	Degree of rotation				
	90° (r)	180° (r0,5)	360° (r1)	540° (r1,5)	720° (r2)
Value for Stack (only support swimmer with feature-swimmer on top rotates around self)	0,1	0,2	0,3	0,4	0,5
Value for Stack (featured swimmer stands on 1 leg and other one is 135 or 180 degrees)	-	0,25	0,35	0,45	-
Value for Stack (featured swimmer stands by both feet on sports shoulders) in code add *	-	0,05	0,1	0,15	0,2
Value for Stack (if featured-swimmer is in a handstand position; or support position is head-down; or both are head-down (shoulders on feet connect))	0,2	0,3	0,5	0,7	
Value for Lift (big water resistance for base athletes while all construction rotates including base swimmers)	0,3	0,4	0,5	-	



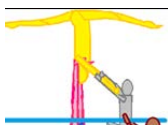
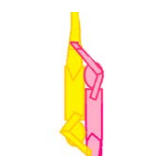



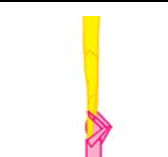
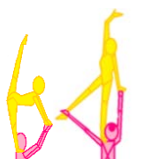
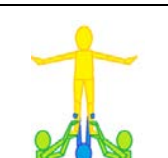


“Featured-swimmer” and support-swimmer (“Grip”)

Area of support – GROUP B								
PICTURE	TYPE OF CONNECTION	AREA OF BOTH SUPPORTS	SUPPORT	FEATURED-SWIMMER	AVERAGE	CAPTURE	BONUS / DEDUCTION	TOTAL
	Palms / palms XS	Extra small + extra small	0,6	0,6	0,6	Capture	0,4 - Vertical body on palms +0,1 bonus for XS-capture	1,1
	Palms / palms	Extra small + extra small	0,6	0,6	0,6	Capture	0,4 - Vertical body on palms	1
	Feet (featured-swimmer) on palms (support) XS	Extra small + small	0,6	0,5	0,5	Capture	0,4 - Vertical body on palms +0,1 bonus for XS- capture	1,05
	Feet (featured-swimmer) on palms (support)	Extra small + small	0,6	0,5	0,55	Capture	0,4 - Vertical body on palms	0,95
	Feet (featured-swimmer) on feet (support)	Small + small	0,5	0,5	0,5	No capture!	0,2 (no hand connection between supporters and featured-swimmer) (if in construction there is no «spotters»)	0,7
	Palms (featured-swimmer) on feet (support)	Extra small + small	0,6	0,5	0,55	Capture	- 0,1 for capture with support	0,45
	Lower back (touch/not sit) on shoulder blades (blind connection)	Small + medium	0,5	0,3	0,4	Capture	Minus 0,1 for capture and minus 0,1 for close to support but +0,2 (for blind connection) Touch (not “sit”) +0,1	0,5


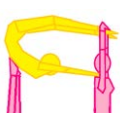






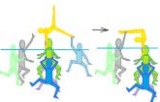



	Shoulder blades (featured-swimmer)/ Shoulder blades (support)	Medium + medium	0,3	0,3	0,3	Capture	0,2 (for blind connection) - 0,2 for strong hand connection between perf and up: Christ	0,3
	All featured-swimmer's body on feet (head-down)	Small + big	0,5	0,1	0,3	No capture	Minus 0,2 for 4 points of connection with support (pressing on feet)	0,1
	Shoulders (featured-swimmer) on feet	Small + medium	0,5	0,3	0,4	Capture	- 0,1 for capture with support	0,3
	Palms on shoulders/ palms on shoulders	Extra small + Small (not medium because hands are lifted and area of support is automatically smaller)	0,6	0,5	0,55	Capture	Double capture minus 0,1	0,45
	Feet (featured-swimmer)/feet bent (support) Or feet/feet+2 «spotter»s on the side holding featured-swimmer's hands	Small + small	0,5	0,5	0,5	No capture!	Help on sides + bent legs	0,5
	Palm (featured-swimmer) on head (support) + palm / palm	Extra small + extra small + help	0,6	0,6	0,6	Capture	Plus connection head 0,2	0,8
	Lift on 4 heads of base-featured-swimmers	4 medium supports = big sustainability	0,1	0,1	0,1	Capture	0,2 bonus for head connection	0,3
	All featured-swimmer's body (connection by shoulders) on a shoulder + extra help	Small + Small + 1 extra helps	0,5	0,5	0,5	Capture (close to support center of mass)	Extra help (-0,1)	0,4
	Head on head + palm / palm + leg hold by featured-swimmers palm	Small + small + 3 extra helps	0,5	0,5	0,5	Capture!	Connection head + 0,2 (support and featured-swimmer extra help 2 hands / 2hands - 0,3)	0,4
	All featured-swimmer's body on palms (lay or sit)	Extra small + big	0,6	0,1	0,35	Capture (close to support center of mass)	Bonus 0,2 all body on palms; (close to support center of mass) (-0,1)	0,45



	All featured-swimmer's body on feet + "spotters"	Small + big	0,5	0,1	0,3		Minus 0,2 for spotter's help (from 1 to 3);	0,1
	Sultan: Back/back+ featured-swimmer holds support, and support holds featured-swimmer	Big + big	0,1	0,1	0,1	2 capture	0,2 (for blind connect) but minus 0,2 because 2 grip	0,1
	Construction 2 support athletes head-down, featured-swimmer lay on their feet	Small + small in support = medium+ big	0,2	0,1	0,15			0,15
	Sit or Lay on shoulders	Medium + big	0,3	0,1	0,2		(close to support center of mass) (-0,1)	0,1
	Feet (featured-swimmer) on shoulders (support) while stack is lifted up And switch on 1 foot for main phase	Medium + small	0,3	0,5	0,4	Capture by support	-0,2 (for 2 hand capture by support) -0,1 for Stable, not risk connect	0,1
	Feet (featured-swimmer) on shoulders (support)	Medium + small	0,3	0,5	0,4	Capture by support	-0,2 (for 2 hand capture by support) -0,15 for Stable, not risk connect	0,05
	Foot on a shoulder + connection with support athlete	Medium + Small + help	0,3	0,5	0,4	Extra help from support	minus 0,2 for extra support (2 hands)	0,2
	Simple lift (base athletes hold featured-swimmer)	Small + big	0,5	0,1	0,3	Capture	-0,2 (for 3 or more hands capture by base swimmers; stable)	0,1
	Lift: 3 point of support	Small+ Big+help	0,5	0,1	0,3	Carture	minus 0,1 for extra support (2 hands) -0,05 for spotter under body=extra help	0,15
	"Full body" Lift on hands	Big+big (many hands)	0,1	0,1	0,1			0,1



	Construction 2 support athletes head-up, featured-swimmer lay on their hands	Big + small	0,1	0,5	0,3	Capture	Minus for 2 supports	0,1
	Construction 2 supports, one of them h-down; f.swimmer connects to them by stomach, hands and legs (3points)	Medium+medium +Small+Small = average	0,3 0,3	0,5 0,5	0,4	Capture	Minus for 2 supports	0,2
	Twins (Featured-swimmer holds the stomach of support and support holds the pelvis of featured-swimmer)	Big + big	0,1	0,1	0,1	Capture		0,1
	All featured-swimmer's body on feet (lay or sit)	Small + big	0,5	0,1	0,3		(close to support center of mass) (-0,1) -0,1 for two points of connect	0,1
	All body on feet +4 spotters	Small +big+ 4 extra help	0,5	0,1	0,3	Capture	-0,2 for 4 extra points of support	0,1
	Split on plit	Big+Big	0,1	0,1	0,1	Capture		0,1
	Sit on Feet (Buttocks or Stomack)	Small+ Big	0,5	0,1	0,3		-0,15 close to the support (centre of mass lays exactly on support)	0,15
	Back/Back + blind capture	Big+Big	0,1	0,1	0,1	Capture	+0,15 for only featured swimmer's head-down blind capture	0,25
	Lift + spotter pair	Big+Big	0,1	0,1	0,1	Capture		0,1
	Cowboy sit om feet	Small+ Big	0,5	0,1	0,3		-0,1 close to the support	0,2



7.5. COMPONENT B - BONUS

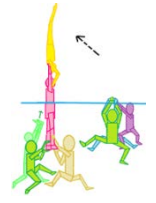
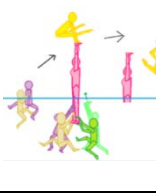


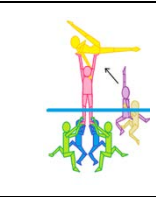

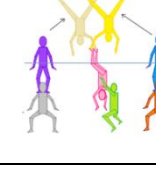
Table #24 – List of additions, bonuses and risk-elements in group B:

Code	For GROUP B	
w1	Synchronized actions for double acrobatic movements	0,2
w2	In a handstand position long holding vertical line	0,3
w3	“Roll” entrance after the lift	0,05
w4	Stand-up (lifting torso) from head-down position;	0,2
w5	Connection between 2 featured-swimmers;	0,1
w6	Blind grip for Lifts	0,2
w7	Third position (example: in the end of acrobatic movement closing legs to vertical (group B)	0,05
w8	Long holding lift (3 seconds and more)	0,2
w9	“Twirl” of featured-swimmer in group B	0,05
w10	“Wave” movements	0,1
w11	Featured-swimmer rotates on feet or palms of support 180°	0,1
w12	Featured-swimmer rotates on feet or palms of support 360°	0,2
w13	Travelling construction (at least 1 meter)	0,1
w14	Lift-up from split, legs sliding and changing place and opening back to the split on surface	0,2

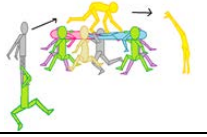
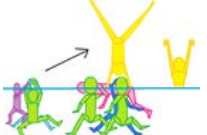

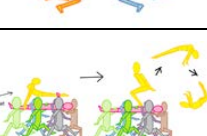
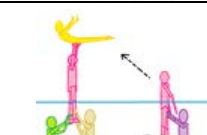

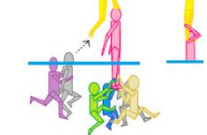
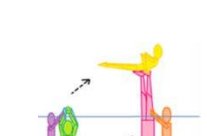
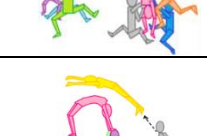
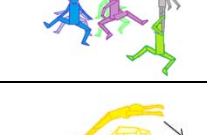


8. GROUP C

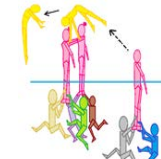

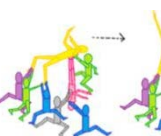



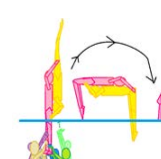
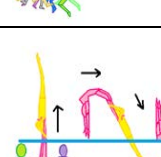
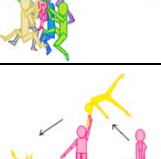
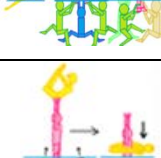
8.1. COMPONENT C – CONSTRUCTION

GROUP C											
Number	Picture	Name and number of levels	Number of base athletes	Difficulty of coordinating actions and number formations	Support: Body position and level of sustainability	Support: Type and level of flexibility or maintain position	Airborne weight	Area of full construction, Proximity between swimmers	Tempo of acceleration and push (lift/throw)	Area of support	TOTAL
1		On to support: Stack from simple throw <u>Transit, not jump!</u> Thr>St	2 to 5*2	Med	High level of sustainability+ low vestibular load	straight body	1+0,5	Big + small	Fast/med (0,3/0,2)	Small	1,7
			0,4	0,2	0	0,1	0,15	0,3	0,25	0,3	
2		jump through support from «spotter» (Stack type+«spotter») <u>Transit, not jump</u> >St>	2to5+p air	Hard	High level of sustainability+ low vestibular load	straight body	1+0,5	Big+ minimum	Fast/med (0,3/0,2)	Medium (palms)	1,65
			0,4	0,3	0	0,1	0,15	0,25	0,25	0,2	
3		jump through support's shoulders from «spotter» (Stack type+«spotter») >StSh>	2to5+p air	Hard	High level of sustainability+ low vestibular load	straight body	1+0,5	Big+ minimum	Fast/med (0,3/0,2)	Big	1,55
			0,4	0,3	0	0,1	0,15	0,25	0,25	0,1	
4		Onto support from «spotter» (Stack type+«spotter») <u>Transit, not jump</u> >St	2to5+p air	Hard	High level of sustainability+ low vestibular load	straight body	1+0,5	Big+ minimum	Fast/med (0,3/0,2)	Small	1,75
			0,4	0,3	0	0,1	0,15	0,25	0,25	0,3	
5		Onto support from «spotter» (Stack type+«spotter») 3 points grip <u>Transit, not jump</u> >St*	2to5+p air	Hard	High level of sustainability+ low vestibular load	straight body	1+0,5	Big+ minimum	Fast/med (0,3/0,2)	Big (3 points of support)	1,55
			0,4	0,3	0	0,1	0,15	0,25	0,25	0,1	
6		jump through head-down support >StH>	6to9+p air	Hard	Low level of sustainability+ high vestibular load and 1 support is head-up	straight body	1+0,5	Big+ minimum	Fast/med (0,3/0,2)	medium	1,75
			0,3	0,3	0,2	0,1	0,15	0,25	0,25	0,2	
7		Through: 2 pair +featured-swimmer >H>	2 to 5*2	med	Low level of sustainability+ high vestibular load and 1 sup is head-up	straight body	1	Small	slo-med 0,1	Small	1,4
			0,4	0,1	0,2	0,1	0,1	0,1	0,1	0,3	

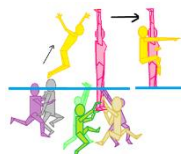
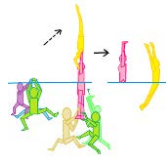




8		Through: Platform from 2+ «spotter»/thrower Thr>PP>	6to9+p air	Low	High level of sustainability+ low vestibular load (laying) 1+1	straight body 1+1	1+1+1	-	Fast/no (0,3/0)	big	1,35
			0,3	0,1	0,2	0,2	0,3	0	0,15	0,1	
9		Through: Platform+ «spotter»/thrower >P>	6to9+ 2to5	Med	High level of sustainability+ low vestibular load (laying)	straight body	1+1	Small+ no	Fast/no (0,3/0)	big	1,25
			0,3	0,2	0,1	0,1	0,2	0,1	0,15	0,1	
10		Through: run on 3 backs (Platform from 3 swimmers+ «spotters»/throwers Thr>Pb₃>	2 to 5*2	Med	High level of sustainability+ low vestibular load (laying) 3 people	straight body 1+1+1	1+0,5+0,5+ 0,5	Small+ no	Fast/no (0,3/0)	big	1,6
			0,4	0,2	0,1	0,3	0,25	0,1	0,15	0,1	
11		Through: Roll on a float-platform and jump from it Roll>P>	6 to 9	Low	High level of sustainability+ low vestibular load (laying)	straight body	1+1	no	-	Big	0,7
			0,1	0,1	0,1	0,1	0,2	0	0	0,1	
12		Onto: jump from dynamic stack on «balance» stack and remain on palms St>Stp	2 to 5*2	Hard	High level of sustainability+ low vestibular load 1+1	straight body 1+1	1+0,5+0,5	Small+S mall	Fast/med (0,3/0,2)	Small (hold on palms)	1,85
			0,4	0,3	0	0,2	0,2	0,2	0,25	0,3	
13		Onto: jump from spotter pair on «balance» stack and remain on shoulders >Stsh	2to5+p air	Hard	High level of sustainability+ low vestibular load	straight body	1+0,5	Big+ minimum	Fast/med (0,3/0,2)	Medium	1,65
			0,4	0,3	0	0,1	0,15	0,25	0,25	0,2	
14		On support: Jump on Stack head-down from simple throw (Don't forget about bonus!) Thr>StH	2 to 5*2	Hard	Low level of sustainability+ high vestibular load	straight body	1+0,5	Big+ small	Fast/med (0,3/0,2)	Small (hold on feet)	2
			0,4	0,3	0,2	0,1	0,15	0,3	0,25	0,3	
15		C: lift + «spotter» (fly above formation) >L	2to5+p air	Hard	-	-	1+1	Big + minimum	Fast/ slow-med (0,3/0,1)	Big	1,45
			0,4	0,3	0	0	0,2	0,25	0,2	0,1	
16		Through: simple throw, featured-swimmer fly above lift Thr>L	2to5+p air	Med	-	-	1+1	Small+ small	Fast/ slow-med (0,3/0,1)	Big	1,3
			0,4	0,2	0	0	0,2	0,2	0,2	0,1	
17		Through: Stack-type+ head-down «spotter» pair St>'H>	2to5+p air	Med	Low level of sustainability+ high vestibular load	straight body	1+0,5+0,5	Big + minimum	Med/Med (0,2/0,2)	medium	1,75
			0,4	0,2	0,2	0,1	0,2	0,25	0,2	0,2	



18		Through: Two stack-type+ «spotter»	2 to 5*2	Hard	High level of sustainability+ low vestibular load 1+1	straight body 1+1	1+0,5+0,5+0,5	Big+ small	Fast/med (0,3/0,2)	Big	1,8
		>StSt>	0,4	0,3	0	0,2	0,25	0,3	0,25	0,1	
19		Onto support: throw on a platform	2 to 5*2	Med	High level of sustainability+ low vestibular load (laying)	straight body	1+1	Big +no	Fast/no (0,3/0)	Big	1,45
		Thr>P	0,4	0,2	0,1	0,1	0,2	0,2	0,15	0,1	
20		Other: simple lift + «spotter»	2 to 5*2	Low	Low level of sustainability+ high vestibular load	straight body	1+0,5	-	Med/no (0,2/0)	Big	1,15
		L'	0,4	0,1	0,2	0,1	0,15	0	0,1	0,1	
21		Through formation from hands+«spotter»	6to 9	Low	no	no	1	Minimum	Fast/no (0,3/0)	Medium	0,7
		Thr >hand>	0,1	0,1	0	0	0,1	0,05	0,15	0,2	
22		Through base swimmers from simple throw	6to9 + 2to5	Low	no	no	1	Small + no	Fast/no (0,3/0)	Big	1,05 (bonus for blind jump)
		Thr >base>	0,3	0,1	0	0	0,1	0,1	0,15	0,1	
23		Other: Stack+throw (2 featured-swimmers in connection with each-other)	2 to 5*2	Hard	High level of sustainability+ low vestibular load	straight body	1+1+0,5	Big +small	Fast/fast (0,3/0,3)	Medium	1,85
		St+Thr(2)	0,4	0,3	0	0,1	0,25	0,3	0,3	0,2	
24		Other: Snake-stack type	6to 9	Low	High level of sustainability+ low vestibular load	straight body	1+0,5	Big	Med	Big	0,95
		Sn	0,1	0,1	0	0,1	0,15	0,2	0,2	0,1	
25		Other: Snake-stack head-down	6to 9	Low	Low level of sustainability+ high vestibular load	straight body	1+0,5	Big	Med	Small	1,35
		SnH	0,1	0,1	0,2	0,1	0,15	0,2	0,2	0,3	
26		Through: Jump from stack with connection with 2 stack and broke it later	2 to 5*2	Medium	High level of sustainability+ low vestibular load 1+1	straight body 1+1	1+0,5+0,5	Small+ Small	Med	Medium	1,6
		St>St>	0,4	0,2	0	0,2	0,2	0,2	0,2	0,2	
27		Other: Stack + 2 spotters	6to 9	Medium	High level of sustainability+ low vestibular load	straight body	1+0,5	Big	Med	Extra Small	1,45
		St''	0,1	0,2	0	0,1	0,15	0,2	0,2	0,5	



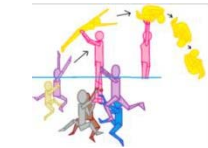
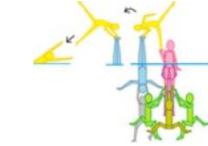
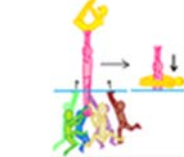


28		Onto: "Monkey" jump from spotter pair on "balance" stack and remain on shoulders	2to5+p air	Hard	High level of sustainability+ low vestibular load	straight body	1+0,5	Big+ minimum	Fast/med (0,3/0,2)	Big	1,55
		>Stm	0,4	0,3	0	0,1	0,15	0,25	0,25	0,1	
29		Through: Stack from simple throw <u>Transit_not</u> <u>jump!</u> Thr>St>	2 to 5*2	Med	High level of sustainability+ low vestibular load	straight body	1+0,5	Big + small	Fast/med (0,3/0,2)	Big	1,5
		>St>	0,4	0,2	0	0,1	0,15	0,3	0,25	0,1	
30		Trough: featured- swimmer passes through surface hand- grip of base swimmers	2 to 5	Easy	-	-	1	- (float)	- (float)	Big	0,5
		>HandSurf>	0,2	0,1	0	0	0,1	0	0	0,1	
31		Through lift from «spotter»	2to5+p air	Hard	-	-	1+1	Big + minimum	Fast/ slow- med (0,3/0,1)	Big	1,45
		>L>	0,4	0,3	0	0	0,2	0,25	0,2	0,1	






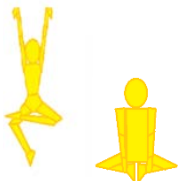




8.2. COMPONENT D – DIRECTION

Table #26 Values for the direction of the featured-swimmers jump in group C









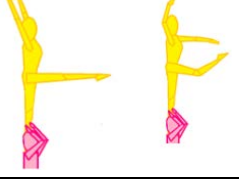
Direction	Code	Diagram	Value
Forwards (no somersault, no twist) – featured swimmer jumps forward, and enter the water beyond the construction (at least 1 meter)	Forw		0,05
Backwards – featured swimmer jumps backward, and enter the water beyond the construction (at least 1 meter)	Back		0,1
Forwards – featured swimmer jumps forward, making somersault (1 rotation and more), twist (1 rotation and more), (or both and enter the water beyond the construction (at least 1 meter)	FORW		0,15
Sideways – featured swimmer jumps sideways, and enter the water beyond the construction (at least 1 meter)	Side		0,2
Upwards - featured swimmer jumps up (or lited up) and falls down on the water surface without showing parabola of the jump	Up		0,05














8.3. COMPONENT P – POSITION

GROUP C (subgroup "passing through support")							
No	Picture	Name	Vestibular load/Difficulty to balance	Presence or absence of a helping hand (capture)	Type and level of flexibility+ Deviation of torso from inner axis	Total	If position 2
Subgroup f – "hip flexion" Level 1 Code: f1							
1		Tuck or "passing" pike	No	-	-	basic 0,1	0,1
			0	0	0		
Subgroup f – "hip flexion" Level 2 Code: f2							
2		Pike	No	-	Stomach flex	0,2	0,2
			0	0	0,2		
Subgroup f – "hip flexion" Level 3 Code: f3							
3		Cossack	No	-	Fold/side (leg forw 45 + leg side 135)	0,2	0,1
			0	0	0,2		
Subgroup m – "miscellaneous" Level 1 Code: m1							
4		Mantis or	No	-	-	basic 0,1	0,1
5		Line	No	-	Misc (straight)	basic 0,1	0,1
			0	0	0		
6		Star	No	-	Misc (side 45 + 45)	basic 0,1	0,1
			0	0	0		
7		Aerialist	No	-	Misc (straight + 90 side)	basic 0,15	0,15
			0	0	0,05		
8		Runner	No	-	Misc	basic 0,1	0,1
			0	0	0		
Subgroup m – "miscellaneous" Level 3 Code: m3							













9		Split	No	-	Misc (90+90)	(0,05 bonus for assymetry) 0,3	0,15
			0	0	0,25		
Subgroup a – "arch" Level 1 Code: a1							
10		Arch	No	-	Arch (back 35)	basic 0,1	0,1
			0	0	0		
11		Kite	No	-	Arch (legs back 45)	basic 0,1	0,1
			0	0	0		
12		Parrot	No	-	Basic + bent 90	0,15	0,1
			0	0	0,15		
Subgroup a – "arch" Level 2 Code: a2							
13		Jay	No	-	Arch (back 45 + leg back 90 + leg forw 45)	0,2	0,2
			0	0	0,2		
Subgroup a – "arch" Level 3 Code: 3							
14		Ring	No	-	Arch (legs 135) or back 45 + legs 90 back	0,25	0,2
			0	0	0,25		
Subgroup f – "hip-flexion" Level 1 Code: f1							
15		Chair	-	-	Legs 90	0,1	0,1
			0	0	0,1		
16		Monkey	-	-	Legs 90	0,1	0,1
			0	0	0,1		
17		Heron	Stand on 1 leg	-	Bent leg 90	0,15	0,05
			0,1	0	0,05		
18		Crane	Stand on 1 leg	-	Fold (leg forw 90)	0,2	0,1
			0,1	0	0,1		










19		Lamp post	Head-down	-	Basic (straight) + bent knee	0,35	0,15
			0,2	0	0,15		
Subgroup f – “hip-flexion” Level 2 Code: f2							
20		Crocodile	Static bonus	-	Legs (90) + torso 90	0,3	0,2
			0,1	0	0,2		
Subgroup f – “hip-flexion” Level 3 Code: f3							
21		Vertical Split	Stand on 1 leg	Forward capture	Fold (leg forward 180)	0,45	0,3
			0,1	0,05	0,3		
Subgroup m – “miscellaneous” Level 1 Code: m1							
22		Scissors	Laying	-		0,15	
			0,15	0			
23		Line	no	-	-	basic 0,1	0,1
			0	0	0		
24		Vertical 4	Head-down	-	Basic (straight)	0,3	0,1
			0,2	0	0,1		
Subgroup m – “miscellaneous” Level 2 Code: m2							
25		Scarecrow	Stand on 1 leg	Flex capture	Misc (side 135)	0,4	0,2
			0,1	0,1	0,2		
26		Eagle	Stand on 1 leg	-	Leg back 90+ torso forward	0,35	0,25
			0,1	0	0,25		
27		Zebra	Head-down	-	Legs forward more than 90 + back 45	0,35	0,2
			0,2	0	0,15		
28		Birch	Laying	-	More than 90 but not 180	0,25	-
			0,15	0	0,1		
Subgroup m – “miscellaneous” Level 3 Code: m3							
29		Split, head-down	Head-down	-	Legs forward 90+back 90	0,45	0,2
			0,2	0	0,25		



30		Side-Split 2	Head-down	-	Misc (side 90+side 90)	0,4	0,2
			0,2	0	0,2		
31		Vertical Side Split	Stand on 1 leg	-	Misc (side 180)	0,4	0,3
			0,1	0	0,3		
32		Glass	Stand on 1 leg	yes	Misc (side 180)	0,5	0,4
			0,1	0,1	0,3		
33		Bridge 1 leg	No	-	Arch (back 45 + leg 90 + leg up)	0,35	0,25
			0	0	0,25		
Subgroup a – "arch" Level 1 Code: a1							
34		Arch 2	No	-	Arch (back 45)	0,15	0,1
			0	0	0,1		
35		Kitri	Stand on 1 leg	-	Bent leg 90+back 45	0,25	0,2
			0,1	0	0,15		
36		Ballerina	Stand on 1 leg	-	Arch (leg back 90)	0,25	0,1
			0,1	0	0,15		
37		Arch 3	Laying	-	Torso 45	0,2	-
			0,15	0	0,05		
38		Flamingo	Laying	-	Basic arch	0,25	0,1
			0,15	0	0,1		
Subgroup a – "arch" Level 2 Code: a2							
39		Willow	Head-down	-	Legs (back 90) + back arch	0,4	0,15
			0,2	0	0,2		



40		Bridge	No	-	Arch (back 45+legs 90)	0,25	0,25
			0	0	0,25		
41		Sail	Stand on 1 leg	-	Arch (back forward 90+135 back flex)	0,45	0,3
			0,1	0	0,35		
42		Scorpio	Laying	no 1 hand	Arch (back 20+ leg 90 and leg 45)	0,3	-
			0,15	0	0,15		
Subgroup a – "arch" Level 3 Code: a3							
43		Drop	Head-down	yes	Arch (back 180)	0,6	0,3
			0,2	0,1	0,3		
44		Eye	Stand on 1 leg	Yes + blind grip moving leg	Leg backward 135 (0,25) + torso forward almost 90 (0,1)	0,65	0,4
			0,1	0,2	0,35		
45		Needle	Stand on 1 leg	No Or yes but not opposite hand)	Arch (back forward 90+180 back flex)	0,55	0,45
			0,1	0	0,45		
46		Pin	Laying	Yes	180 back	0,6	0,45
			0,15	0,1	0,35		



NOTE: If in Combined acrobatic movement (which consists from 2 formations) 1 «featured-swimmer» execute and maintain position it should be calculate in section: Position 1. And if second «featured-swimmer» jump above 1st formation demonstrating position, it should be calculated in section: Position 2. All other positions (no matter which «featured-swimmer» do it) will be considered as 3rd Position in section: Bonus.

NOTE 2: For subgroup "Other" construction Snake-type: Calculate only 1 time position of the «featured-swimmer» (head-down vertical) and 1 time position 2 (line). Position of supporter doesn't count in this acrobatic movement.



8.4. COMPONENT P – PLANE AND DEGREE OF THE ROTATION

Table #28 Values for featured-swimmer's rotations in the air

Plane of rotation	Degree of rotation	How to write	Value
<u>Horizontal plane (twist)</u> For "head-up" positions	90°	t	0,05
	180°	t0,5	0,1
	360°	t1	0,15
	540°	t1,5	0,2
	720°	t2	0,25
<u>Horizontal plane (twist)</u> Example: 3-d somersaults (when twist executed in the same time with somersault)	180°	t0,5	0,1
	360°	t1	0,2
	540°	t1,5	0,3
	720°	t2	0,4
<u>Sagittal plane</u> (Example: forward somersault)	180°	s0,5	0,05
	270°	s0,7	0,25
	360°	s1	0,3
	540°	s1,5	0,5
	720°	s2	0,6
<u>Frontal plane</u> (Example: Side somersault)	360°	f1	0,4
	540°	f1,5	0,6
	720°	f2	0,7
Dive	<u>Not 180° somersault!</u>	d	0,1
	Dive+180 twist	dt0,5	0,25
	Dive+360 twist	dt1	0,35
	Dive+540 twist	dt1,5	0,45
1 somersault+0,5 twist;		s1t0,5	0,4
1 somersault+1 twist;		s1t1	0,5
1 somersault+1,5 twist;		s1t1,5	0,6
1 somersault+2 twist;		s1t2	0,7
1,5 somersault + 0,5 twist;		s1,5t0,5	0,6
1,5 somersault + 1 twist;		s1,5t1	0,7
2 somersault + 0,5 twist;		s2t0,5	0,9
2 somersault + 1 twist;		s2t1	1
<u>Handspring:</u> 		h	0,1
<u>Cartwheel:</u> 		c	0,1



8.5. COMPONENT R – ROTATION OF THE CONSTRUCTION BASE

Table #29 Values for the rotation of the construction base in group C:

Type	Degree of rotation			
	90° (r/)	180° (r0,5)	360° (r1)	540° (r1,5)
Value for Stack (only support swimmer with feature-swimmer on top rotates around self)	0,1	0,2	0,3	0,4
Value for Stack (if featured-swimmer's in a handstand position; or support's position is head-down; or both are head-down (shoulders on feet connect))	0,2	0,3	0,5	0,7

8.6. COMPONENT B – BONUS


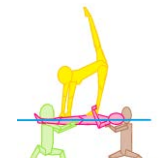




Table #30 – List of addings, bonuses and risk-elements in group C:

Code	For GROUP C	
y1	Jump on the Stack and remain on it until submergence	0,3
y2	Running on the (3) backs	0,3
y3	Running on the (2) backs	0,2
y4	Running on the (1) back (should lay not sideway to featured-swimmer)	0,1
y5	Fly above formation	0,3
y6	Blind grip in group C	0,2
y7	Synchronized actions for double acrobatic movements	0,2
y8	"Rolling" on a construction	0,1
y9	Connection between 2 featured-swimmers;	0,1
y10	Third position (example: in the end of acrobatic movement tucking (group A))	0,1
y11	F.swimmer "Slips through" after jump between support's legs	0,1
y12	Blind jump	0,05
y13	"Hula hoop" action (f.swimmer in ring position enters water with support swimmer inside the circle (which is made from legs/hands connection of f.swimmer))	0,3
y14	"Twirl of a featured swimmer"	0,05










9. GROUP P – PLATFORMS

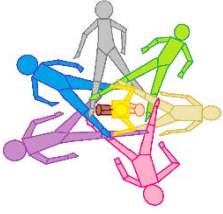


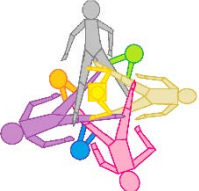
9.1 COMPONENT C – CONSTRUCTION

GROUP P										
Number	Picture	Name and number of levels	Number of base athletes	Difficulty of coordinating actions and number formations	Support: Body position and level of sustainability	Support: Type and level of flexibility or maintain position	Airborne weight	Area of full construction, Proximity between swimmers	Tempo of acceleration and push (lift/throw)	TOTAL
1		Platform (Support straight body)	6 to 9	Hard	High level of sustainability + low vestibular load (laying)	straight body	2	Type 2	slow-med	1,1
		P (three levels)	0,1	0,3	0,1	0,1	0,2	0,2	0,1	
2		Platform "small" (Support straight body)	2 to 5	Easy	High level of sustainability + low vestibular load (laying)	straight body	1+0,5	Type1	slow-med	0,85
		p	0,2	0,1	0,1	0,1	0,15	0,1	0,1	
3		Platform (Support straight body)+bent knees	6 to 9	Hard	High level of sustainability + low vestibular load (laying)	straight body	2+bent knees	Type 2:	slow-med	1,15
		Knees (three levels)	0,1	0,3	0,1	0,1	0,25	0,2	0,1	
4		Platform (Support ballet leg)	6 to 9	Hard	High level of sustainability + low vestibular load (laying)	leg forward 90 degrees	2+leg straight	Type 2:	slow-med	1,3
		B (three levels)	0,1	0,3	0,1	0,2	0,3	0,2	0,1	
5		Platform (Support double ballet leg)	6 to 9	Hard	High level of sustainability + low vestibular load (laying)	leg forward 90 degrees	2+two legs straight	Type 2:	slow-med	1,4
		DB (three levels)	0,1	0,3	0,1	0,2	0,4	0,2	0,1	
6		Platform (Support on stomach in arch position)	6 to 9	Hard	High level of sustainability + low vestibular load (laying)	arch	2	Type 2	slow-med	1,15
		a (three levels)	0,1	0,3	0,1	0,15	0,2	0,2	0,1	





7		Platform (Support on stomach with bent knees) "Chariot"	6 to 9	Hard	High level of sustainability + low vestibular load (laying o)	straight body+bent knees	2	Type 2	slow-med	1,15
		Chariot	0,1	0,3	0,1	0,15	0,2	0,2	0,1	
8		"Area" ("box")	6 to 9	Hard	High level of sustainability + low vestibular load (laying)	ANGLE 90 degrees	2	Type 2	slow-med	1,2
		Box	(three levels)	0,1	0,3	0,1	0,2	0,2	0,2	
9		Platform from 2 supports (1 ballet leg)	6 to 9	Hard	High level of sustainability + low vestibular load (laying) 1+1	leg forward 90 degrees	3+leg	Type 2	slow-med	1,45
		2SupB	(three levels)	0,1	0,3	0,2	0,2	0,35	0,2	
10		Platform from 2 supports (2 ballet legs)	6 to 9	Hard	High level of sustainability + low vestibular load (laying) 1+1	leg forward 90 degrees 1+1	3+leg+leg	Type 2	slow-med	1,7
		2SupBB	(three levels)	0,1	0,3	0,2	0,4	0,4	0,2	
11		Float from 2 parallel supports	6 to 9	Hard	High level of sustainability + low vestibular load (laying) 1+1	straight body 1	3	Type 3	no	1
		2Sup	(three levels)	0,1	0,3	0,2	0,1	0,3	0	
12		Float "triangle" (3 swimmers form a support from legs)	6 to 9	Medium	High level of sustainability + low vestibular load (laying) 1+1+1	straight body 1 (float)	4	Type 3	no	1,1
		Triangle	(three levels)	0,1	0,2	0,3	0,1	0,4	0	
13		Float "Rhombus" (2 swimmers form a support from legs)	6 to 9	Medium	laying 1+1	straight body	1+1+1	Type 3	-	0,9
		Rhombus	0,1	0,2	0,2	0,1	0,3	0	0	


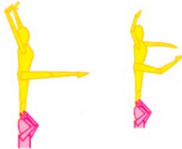











14		Float "star" (5-7 swimmers form a support from legs)	6 to 9	Low	no	static straight body	6	Type 3	-	0,9
		Star	0,1	0,1	0	0,1	0,6	0	0	
15		Platform: float made from hands	6 to 9	Medium	no	no	1	Type 2	-	0,6
		Hand	0,1	0,2	0	0	0,1	0,2	0	
16		Platform +2 featured-swimmers	6 to 9	Hard	High level of sustainability + low vestibular load (laying)	straight body	3	Type 2	slow-med	1,2
		(2)								
		(three levels)	0,1	0,3	0,1	0,1	0,3	0,2	0,1	
17		Float: compass	6 to 9	Low	no	static straight body	5	Type 3	-	0,8
		Compass	(three levels)	0,1	0,1	0	0,1	0,5	0	








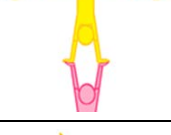


9.2. COMPONENT P – POSITION

GROUP P							
Subgroup f – "hip-flexion" Level 1 Code: f1							
№	Picture	Name	Vestibular load/Difficulty to balance	Presence or absence of a helping hand (capture)	Type and level of flexibility+ Deviation of torso from inner axis	Total	If position 2
1		Chair	-	-	Legs 90	0,1	0,1
			0	0	0,1		
2		Box	Head-down	-	Fold (legs forw 90)	0,3	0,1
			0,2	0	0,1		









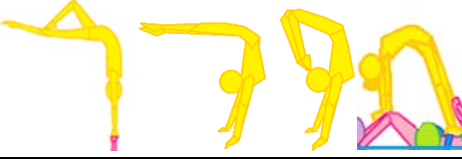




3		Heron	Stand on 1 leg	-	Bent leg 90	0,15	0,05
			0,1	0	0,05		
4		Crane	Stand on 1 leg	-	Fold (leg forw 90)	0,2	0,1
			0,1	0	0,1		
5		Lamp post	Head-down	-	Basic (straight) + bent knee	0,35	0,15
			0,2	0	0,15		
Subgroup f – "hip-flexion" Level 2 Code: f2							
6		Pike 2	No	-	Legs (90) + torso 90	0,2	0,2
			0	0	0,2		
7		Crocodile	Static bonus	-	Legs (90) + torso 90	0,3	0,2
			0,1	0	0,2		
Subgroup f – "hip-flexion" Level 3 Code: f3							
8		Vertical Split	Stand on 1 leg	Forward capture	Fold (leg forward 180)	0,45	0,3
			0,1	0,05	0,3		
Subgroup m – "miscellaneous" Level 1 Code: m1							
9		Line	no	-	-	basic 0,1	0,1
			0	0	0		
10		Kick (any direction)	Stand on 1 leg	-	90 or more	0,2	0,1
			0,1	0	0,1		
11		Lady (Stand on 1 leg, with another leg less than 90° any side)	Stand on 1 leg	-	-	0,1	0,05
			0,1	0	0		
12		Mermaid	Laying	-	-	0,15	-
			0,15	0	0		
13		Sit	-	-	Half basic	0,05	0,05
			0	0	0,05		


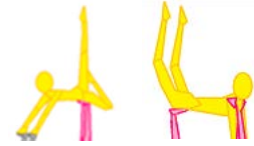








14		Tulip (head-down position leg movements any side less than 90)	Head-down	-	-	0,2	0,05
			0,2	0	0		
15		Vertical 4	Head-down	-	Basic (straight)	0,3	0,1
			0,2	0	0,1		
Subgroup m – "miscellaneous" Level 2 Code: m2							
16		Scarecrow	Stand on 1 leg	Flex capture	Misc (side 135)	0,4	0,2
			0,1	0,1	0,2		
17		Eagle	Stand on 1 leg	-	Leg back 90+ torso forward	0,35	0,25
			0,1	0	0,25		
18		Split or Diamond	No	-	(90 side + 90 side)	0,2 (if laying 0,35)	0,2
			0	0	0,2		
19		Zebra	Head-down	-	Legs forward more than 90 + back 45	0,35	0,2
			0,2	0	0,15		
Subgroup m – "miscellaneous" Level 3 Code: m3							
20		Split, head- down	Head-down	-	Legs forward 90+back 90	0,45	0,2
			0,2	0	0,25		
21		Side-Split 2	Head-down	-	Misc (side 90+side 90)	0,4	0,2
			0,2	0	0,2		
22		Vertical Side Split	Stand on 1 leg	-	Misc (side 180)	0,4	0,3
			0,1	0	0,3		
23		Glass	Stand on 1 leg	yes	Misc (side 180)	0,5	0,4
			0,1	0,1	0,3		











24		Bridge 1 leg	No	-	Arch (back 45 + leg 90 + leg up)	0,35	0,25
			0	0	0,25		
Subgroup a – “arch” Level 1 Code: a1							
25		Arch 2	No	-	Arch (back 45)	0,15	0,1
			0	0	0,1		
26		Kitri	Stand on 1 leg	-	Bent leg 90+back 45	0,25	0,2
			0,1	0	0,15		
27		Ballerina	Stand on 1 leg	-	Arch (leg back 90)	0,25	0,1
			0,1	0	0,15		
28		Arch 3	Laying	-	Torso 45	0,2	-
			0,15	0	0,05		
29		Flamingo	Laying	-	Basic arch	0,25	0,1
			0,15	0	0,1		
30		Candle	Head-down	-	Basic (straight)	0,3	0,1
			0,2	0	0,1		
Subgroup a – “arch” Level 2 Code: a2							
31		Umbrella	Head-down	-	Arch (back 180)	0,5	0,3
			0,2	0	0,3		
32		Willow	Head-down	-	Legs (back 90) + back arch	0,4	0,15
			0,2	0	0,2		
33		Bridge	No	-	Arch (back 45+legs 90)	0,25	0,25
			0	0	0,25		
34		Sail	Stand on 1 leg	-	Arch (back forward 90+135 back flex)	0,45	0,3
			0,1	0	0,35		












35		Scorpio	Laying	no 1 hand	Arch (back 20+ leg 90 and leg 45)	0,3	-
			0,15	0	0,15		
36		Flag	Laying	-	(90 backward)	0,3	-
			0,15	0	0,15		
37		Ring 3	Laying	-	Leg 90, back 20	0,25	-
			0,15	0	0,1		
38		Rainbow	Head-down	-	Bent leg + back arch	0,35	0,25
			0,2	0	0,15		
39		Knight	Head-down	-	Back arch 90	0,35	0,15
			0,2	0	0,15		
Subgroup a – "arch" Level 3 Code: a3							
40		Drop		yes	Arch (back 180)	0,4	0,3
				0,1	0,3		
41		Eye	Stand on 1 leg	Yes + blind grip moving leg	Leg backward 135 (0,25) + torso forward almost 90 (0,1)	0,65	0,4
			0,1	0,2	0,35		
42		Needle	Stand on 1 leg	No Or yes but not opposite hand)	Arch (back forward 90+180 back flex)	0,55	0,45
			0,1	0	0,45		



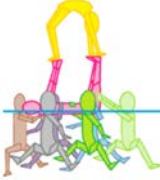

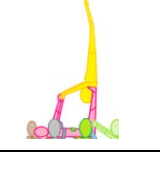

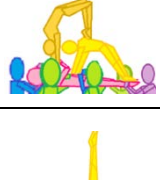
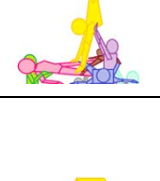
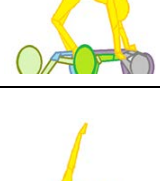
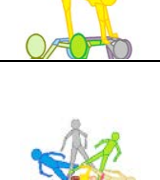

9.3. COMPONENT S

Area of support – GROUP P							
PICTURE	TYPE OF CONNECTION	SUPPORT	FEATURED-SWIMMER (DOES NOT ADHERE, BUT LEANS)	AVERAGE	CAPTURE (support/base holds f.swimmer)	BONUS / DEDUCTION	TOTAL
	Sit on straight body (8-9 swimmers or 2-5)	Big	Big (legs)		No		0,1
		0,1	0,1	0,1			
	Stand (two legs) on straight body	Big	Medium (2 legs)		Yes		0,1
		0,1	0,3	0,2	- 0,1		
	Stand 1 leg + 2 hands on straight body Or Stand on 1 leg+ palms/palms connection (constr: 6-to 9 b.swimmers or 2-5)	Big	Extra small + small (1 leg) = medium		Yes		0,1
		0,1	0,3	0,2	- 0,1		
	Stand on leg on palms, on leg on the knees	Small + extra small = medium	Medium (2 legs)		Yes		0,2
		0,3	0,3	0,3	- 0,1		
	Shoulders on palms + catch bent knees	Small + extra small = medium	Medium (shoulders)		Yes		0,2
		0,3	0,3	0,3	- 0,1		
	Body on knees +hand/hands connection	Big	Medium (2 legs)		Yes		0,1
		0,1	0,3	0,2	- 0,1		
	Headstand on straight body	Big	Small (head)		Yes	Centre of mass close to support	0,1
		0,1	0,5	0,3	- 0,1	- 0,1	
	Stay on straight body + blind connection	Big	Medium (2 legs)		Yes	+ blind capture	0,2
		0,1	0,3	0,2	- 0,1	+ 0,1	







	Stay on arch featured-swimmers + extra support on head	Big	Big (2 legs + 1 hand)		No		0,1
		0,1	0,1	0,1			
	Sit on feet + feet on back	Big and small = medium	Big (buttocks + 2 legs)		No		0,2
		0,3	0,1	0,2			
	Foot on a ballet leg body + palm/foot	Big and small = medium	Small (1 leg and 1 palm)		Yes		0,3
		0,3	0,5	0,4	-0,1		
	Sit on 1 foot + feet on palms	Small and small = medium	Medium (buttocks + legs)		Yes		0,2
		0,3	0,3	0,3	-0,1		
	Sit on 1 foot + palms/palms	Small and small = medium	Small (palms + crotch)		Yes		0,3
		0,3	0,5	0,4	-0,1		
	Lay on 1 foot + palms/shoulders + shoulders/palms	Small and medium	Medium (crotch + shoulders)		Yes		0,2
		0,3	0,3	0,3	-0,1		
	Shoulders on palms + connect with leg	Extra small	Medium (shoulders)		Yes		0,4
		0,7	0,3	0,5	-0,1		
	Shoulders on palms + hand and knee connection with leg	Small (knee)	Medium (shoulders)		Yes		0,3
		0,5	0,3	0,4	-0,1		
	Sit on straight feet + blind palms/palms	Small	Medium (butt)		Yes	+ blind	0,4
		0,5	0,3	0,4	-0,1	+ 0,1	



	"Bridge on Double ballet leg"	Extra small+small	small + Extra small		Yes	4 points of support	0,3
		0,7 0,5	0,5 0,7	0,6	- 0,1	-0,2	
	"Yin/Yan" (palms on legs+leg/s on palms)	Big	Extra small+big		Yes	+blind -	0,3
		0,1	0,7 0,1	0,3	- 0,1	+0,1	
	Shoulders on feet + extra connection palms/palms	Small (feet)	Medium (shoulders)		Yes		0,3
		0,5	0,3	0,4	- 0,1		
	Palms/legs + legs/palms	Medium	Medium (shins)		Yes		0,2
		0,3	0,3	0,3	- 0,1		
	Palms and feet on straight body	Big	Big		Yes		0,1
		0,1	0,1	0,1	- 0,1!!		
	Palms on legs + extra help from base swimmers	Big	Extra small		Yes	1 «spotter» in construction assists featured-swimmer	0,2
		0,1	0,7	0,4	- 0,1	- 0,1	
	Feet and palms on hands connection	Big	Big		Yes	Bind grip +0,1	0,1
		0,1	0,1	0,1	- 0,1		
	Foot and palms on hands connection	Big	Extra small + small (1 leg) = medium		Yes		0,1
		0,1	0,3	0,2	- 0,1		
	All body on 6/7/8 straight bodies Or Compass	Big	Big				0,1
		0,1	0,1	0,1			



	Palms, foot on 2 straight bodies	Big	Extra small + small = medium		Yes	0,1
		0,1	0,3	0,2	- 0,1	
	Foot on two bodies + palm / foot	Big and small	Small		Yes	0,3
		0,3	0,5	0,4	- 0,1	
	Foot on a two body + palm / foot + knee / foot	Big and small and small	Medium (3 points)		Yes	0,1
		0,1	0,3	0,2	- 0,1	
	Legs on straight bodies	Big	Medium (2 legs)		No	0,2
		0,1	0,3	0,2		

9.4. COMPONENT R – ROTATION OF THE CONSTRUCTION BASE

Table #34 Values for Rotation of the construction base in Group P

Type	Degree of rotation		
	90° (R/)	180° (R0,5)	360° (R1)
PLATFORM:			
Value for Platform (all construction rotates including base swimmers)	0,2	0,3	0,4
Value for Platform (if featured-swimmer sits or in a headstand position, not standing) in a code written as "r"	0,05	0,1	0,2



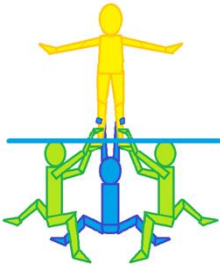
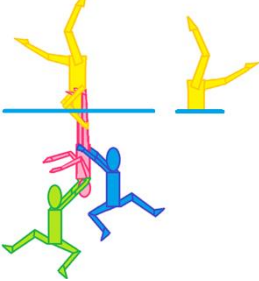

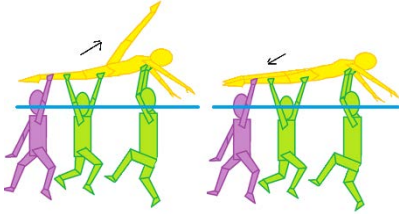
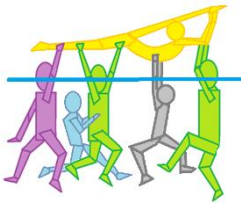
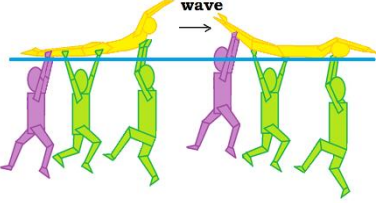


9.5. COMPONENT B - BONUS

Table #35 – List of additions, bonuses and risk-elements in group P:




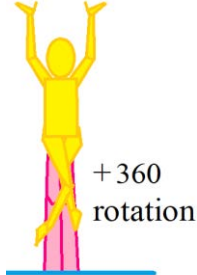

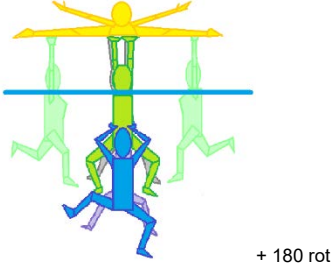

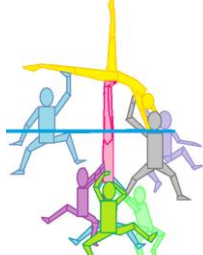
Code	For GROUP P	
z1	Synchronized actions for double acrobatic movements	0,2
z2	Connection between 2 featured-swimmers;	0,1
z3	For each additional position (3rd 4th or 5 th)	0,05
z4	Blind grip between f.swimmer and support	0,1
z5	“Roll” on the construction and “rolling” (circling action of platform construction, when featured-swimmer submerges after 90° and support swimmer follows her showing 180° arch-action above surface) entrance in the water	0,2
z6	Lifting in a “Box” and lowering back	0,2
z7	“Spider” action (Float formation: featured-swimmer twists in the shoulder and thigh joints and appears from underwater on a construction. This action has flexibility risk factor)	0,2
z8	Floats made from hands, which are “out of water” (not on the surface)	0,2
z9	Jump (Dive) from platform	0,1
z10	“Cartwheel” on a platform and entering the water	0,2
z11	270° somersault jump from Platform	0,3
z12	Move from Platform on to 2 spotter’s heads for finishing acrobatic movement as Lift	0,3
z13	During platform, F.swimmer breaks palms/palms connect with support and/or lifting torso and maintain position	0,3
z14	“Spichag” (power press-up from Crocodile to Candle/or Vertical head-down position)	0,2
z15	“Break-dance” movements on a float	0,2



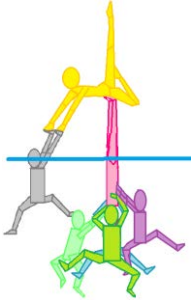
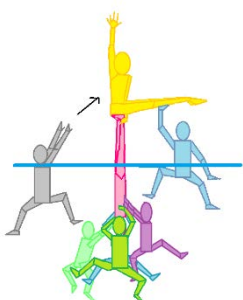

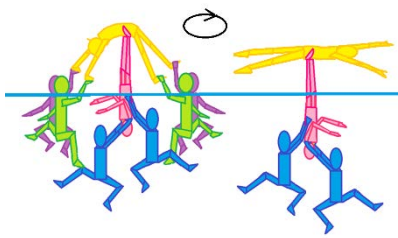
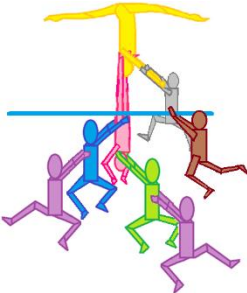
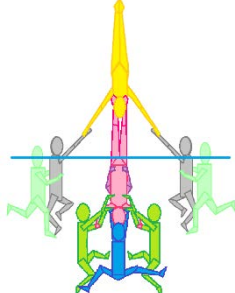
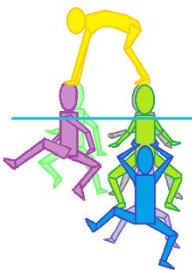
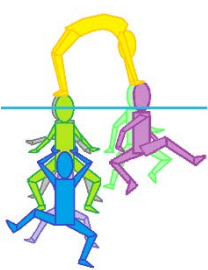
10. CATALOGUE OF ACROBATIC MOVEMENTS

GROUP B		
No.		
	111	145
Code	L-l-0-m1	S-stH-0-0m1-w9
Value	0,9	1,55
No.		
	112	117
Code	L-l-0-a2	L-l-0-f1/m1
Value	1,15	1,2
No.		
	75	113
Code	L-L-0-a3	L-l-0-m1-w10
Value	1,3	0,9
No.		
	130	131
Code	L-Lh(2)-0-a2/0a1-w5	L-L(2)-0-0a1-w5
Value	1,85	1,2

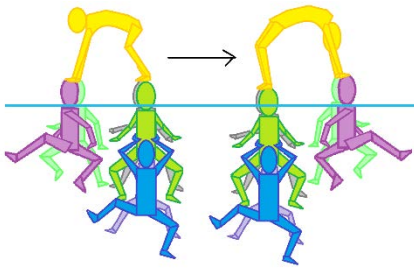
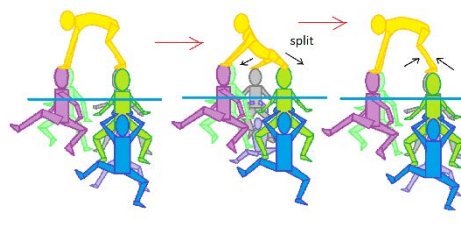
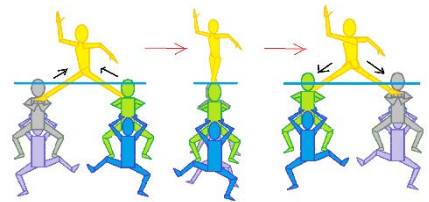
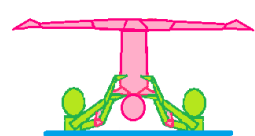
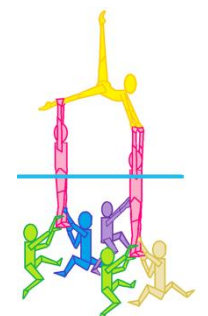
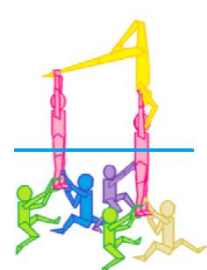
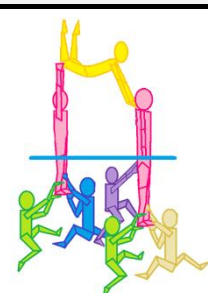
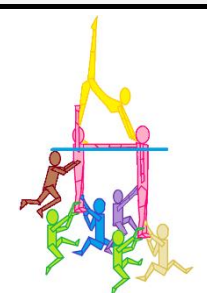


No.	 114	 115
Code	L-L-0-m3	L-L-0-m2
Value	1,1	0,95
No.	 153	 150
Code	L-l-0-a2	S-St-0-f1-r1
Value	1,15	2
No.	 116	 118
Code	L-L-0-m2	L-L-0-m2-r0,5
Value	0,9	1,45
No.	 102	 103
Code	S-SHt''-0-a1	S-StH'''-0-a2
Value	1,35	1,5



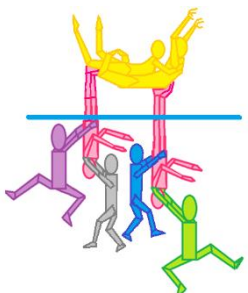
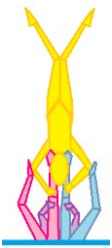

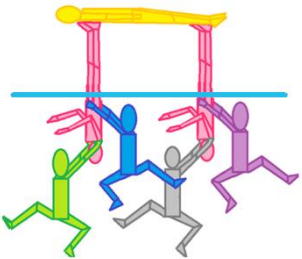


		
No.	98	101
Code	S-StH'-0-a2	S-StH''-0-f1
Value	1,5	1,35
		
No.	46	47
Code	S-StH''''-0-a2	S-StH''''-0-a2/m1-r0,5
Value	1,65	2
		
No.	80	81
Code	S-StH''-0-δm3	S-StH''''-0-δm1
Value	1,7	1,55
		
No.	119	120
Code	L-Lh-0-f1	L-Lh-0-a2
Value	1,2	1,35

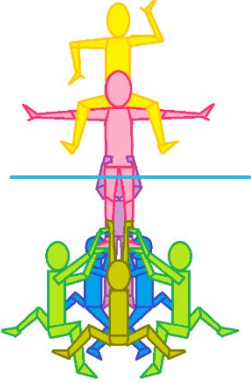
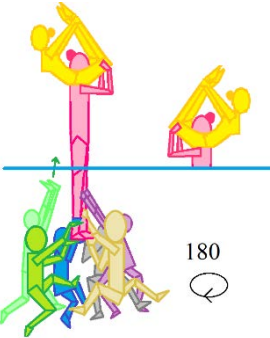
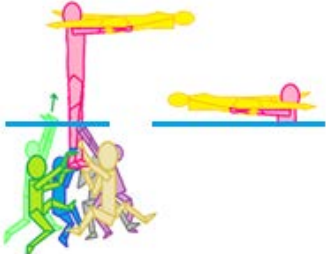
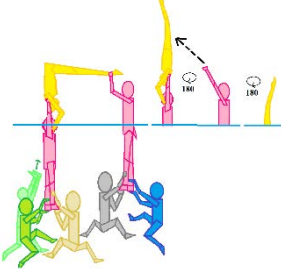
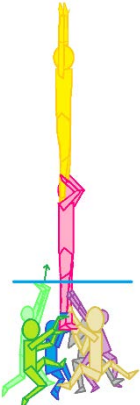
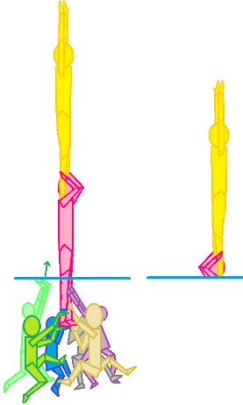


		
No.	121	122
Code	L-Mu-0-m1/a2	L-LM-0-m1/m2-w7
Value	2,15	1,95
		
No.	123	104
Code	L-LMp-0-m1/m2-w7+w14	S-2Sup-0-3m3
Value	1,5	1,7
		
No.	105	106
Code	S-2Sup-0-a1	S-2Sup-0-3a2
Value	1,6	1,75
		
No.	132	133
Code	S-2Sup-0-a1	S-2Sup-0-a3
Value	1,4	1,85



No.	 <p>134</p>	 <p>135</p>
Code	S- StHs-0-m2	S-2mSup-0-a1
Value	1,5	1,6
No.	 <p>107</p>	 <p>108</p>
Code	S-2SupH(2)-0-a1-w5	S-2SupH-0-δm1
Value	2,05	2,05
No.	 <p>109</p>	 <p>110</p>
Code	S-2SupH-0-m2	S-2SupH-0-m1
Value	1,95	1,9

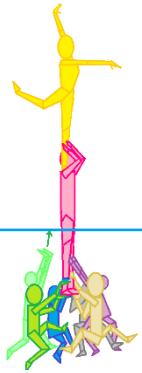
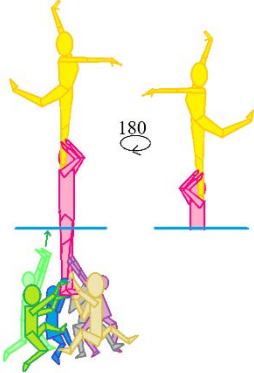
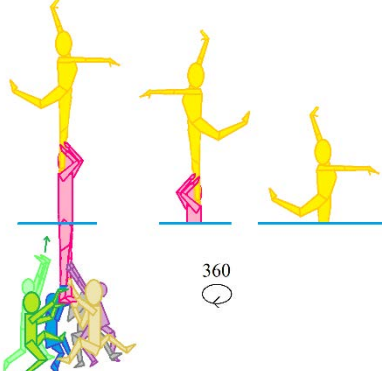
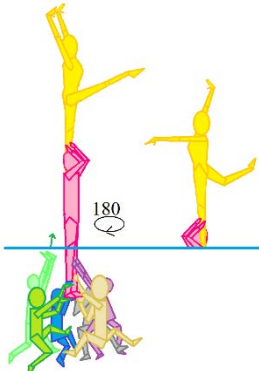
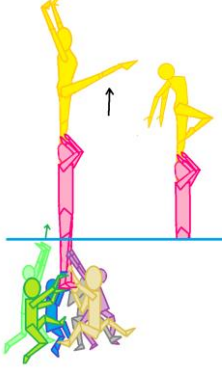
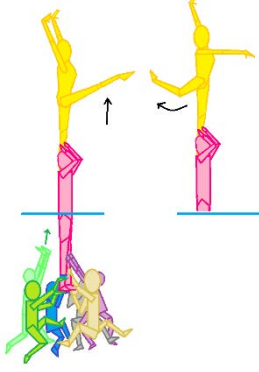


<p>No.</p>	 <p>39</p>	 <p>44</p>
<p>Code</p>	<p>S-St-0-f1</p>	<p>S-St-0-a2-r0,5</p>
<p>Value</p>	<p>1,2</p>	<p>1,7</p>
<p>No.</p>	 <p>43</p>	 <p>128</p>
<p>Code</p>	<p>S-St-0-m1-r0,5</p>	<p>S-2Sup-0-1m1-r1</p>
<p>Value</p>	<p>1,5</p>	<p>2,2</p>
<p>No.</p>	 <p>1</p>	 <p>2</p>
<p>Code</p>	<p>S-St-0-m1</p>	<p>S-St-0-m1-r0,5*</p>
<p>Value</p>	<p>1,2</p>	<p>1,25</p>



No.	<p style="text-align: center;">3</p>	<p style="text-align: center;">4</p>
Code	S-St-0-m1-r1*	S-St-0-m1-r1,5*
Value	1,3	1,35
No.	<p style="text-align: center;">5</p>	<p style="text-align: center;">6</p>
Code	S-St-0-f1	S-St-0-f1-r0,5
Value	1,3	1,5
No.	<p style="text-align: center;">7</p>	<p style="text-align: center;">8</p>
Code	S-St-0-f1-r1	S-St-0-f1-r1,5
Value	1,6	1,7



No.	 <p>13</p>	 <p>14</p>
Code	S-St-0-a1	S-St-0-a1-r0,5
Value	1,4	1,6
No.	 <p>15</p>	 <p>33</p>
Code	S-St-0-a1-r1	S-St-0-m1/a1-r0,5
Value	1,7	1,65
No.	 <p>31</p>	 <p>32</p>
Code	S-St-0-m1/a1	S-St-0-m1/a1
Value	1,55	1,45



<p>No.</p>	<p>11</p>	<p>12</p>
<p>Code</p>	<p>S-St-0-a1/f3</p>	<p>S-St-0-a1/f3-r0,5</p>
<p>Value</p>	<p>1,8</p>	<p>2</p>
<p>No.</p>	<p>21</p>	<p>22</p>
<p>Code</p>	<p>S-St-0-a2</p>	<p>S-St-0-a2-r0,5</p>
<p>Value</p>	<p>1,7</p>	<p>1,9</p>
<p>No.</p>	<p>23</p>	<p>9</p>
<p>Code</p>	<p>S-St-0-a2-r1</p>	<p>S-St-0-a1</p>
<p>Value</p>	<p>2</p>	<p>1,4</p>



No.		
Code	S-St-0- δ m1	S-St-0-f2
Value	1,75	1,75
No.		
Code	S-St-0-a1	S-St-0-a3
Value	1,5	1,8
No.		
Code	S-St-0- δ m1	S-St-0- δ m1/m3
Value	1,45	1,65



<p>No.</p>	<p>124</p>	<p>93</p>
<p>Code</p>	<p>S-St-0-δm3-r1</p>	<p>S-St-0-δa1</p>
<p>Value</p>	<p>1,85</p>	<p>1,45</p>
<p>No.</p>	<p>136</p>	<p>90</p>
<p>Code</p>	<p>S-St-0-δa2</p>	<p>S-St-0-δa1</p>
<p>Value</p>	<p>1,5</p>	<p>1,45</p>
<p>No.</p>	<p>91</p>	<p>92</p>
<p>Code</p>	<p>S-St-0-δa1/m3-r0,5</p>	<p>S-St-0-δa1-r1</p>
<p>Value</p>	<p>1,9</p>	<p>1,75</p>



<p>No.</p>	<p>83</p>	<p>84</p>
<p>Code</p>	<p>S-St-0-δm1</p>	<p>S-St-0-δm1-r0,5</p>
<p>Value</p>	<p>1,65</p>	<p>1,85</p>
<p>No.</p>	<p>85</p>	<p>86</p>
<p>Code</p>	<p>S-St-0-δm1-r1</p>	<p>S-St-0-δm1/m3</p>
<p>Value</p>	<p>1,95</p>	<p>1,85</p>
<p>No.</p>	<p>87</p>	<p>24</p>
<p>Code</p>	<p>S-St-0-δm1/m3-r0,5</p>	<p>S-St-0-f3</p>
<p>Value</p>	<p>2,05</p>	<p>1,6</p>



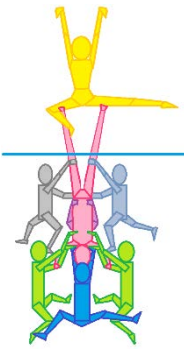
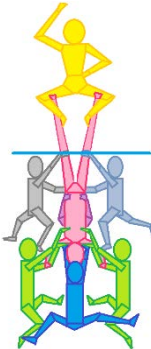
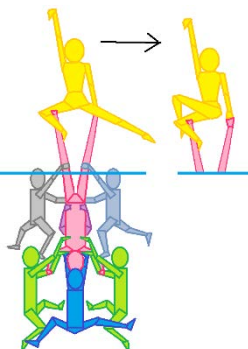
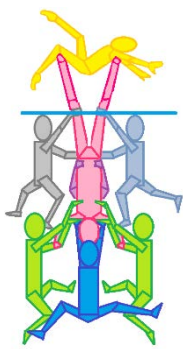


No.	<p style="text-align: center;">27</p>	<p style="text-align: center;">137</p>
Code	S-St-0-m3	S-St-0-m3/m2
Value	1,65	1,85
No.	<p style="text-align: center;">+360 rotation</p> <p style="text-align: center;">138</p>	<p style="text-align: center;">28</p>
Code	S-St-0-m2-r1	S-St-0-m3-r0,5
Value	1,9	1,9
No.	<p style="text-align: center;">180</p> <p style="text-align: center;">25</p>	<p style="text-align: center;">360</p> <p style="text-align: center;">26</p>
Code	S-St-0-f3-r0,5	S-St-0-f3-r1
Value	1,85	1,95

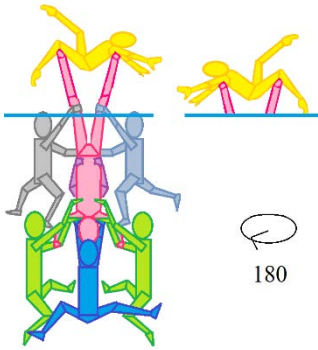
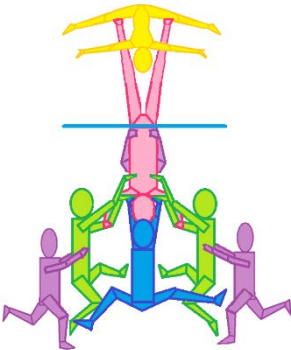
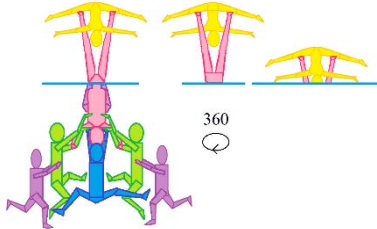
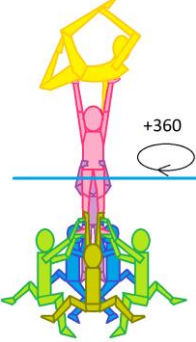
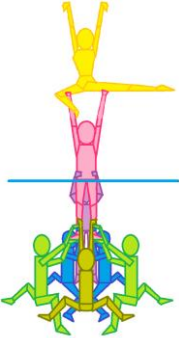
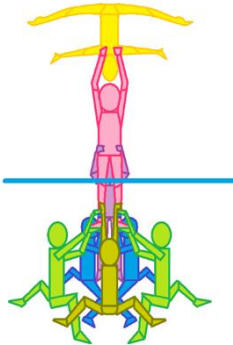


No.		
Code	S-St-0-m3-r1	S-St-0-m3-r1,5
Value	2	2,1
No.		
Code	S-St*-0-a3/f1-r0,5-w4/w11	S-St-0-a3
Value	2,25	1,8
No.		
Code	S-St-0-a3-r0,5	S-St-0-a3-r1
Value	2,05	2,15



No.		
Code	S-St-0-m1/a3	S-StH-0-a2
Value	1,7	1,75
No.		
Code	S-StH-0-m2	S-StH-0-f1
Value	1,75	1,65
No.		
Code	S-StH-0-f1/f1	S-StH-0-f1
Value	1,9	1,7

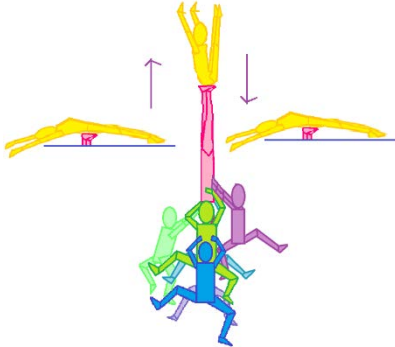
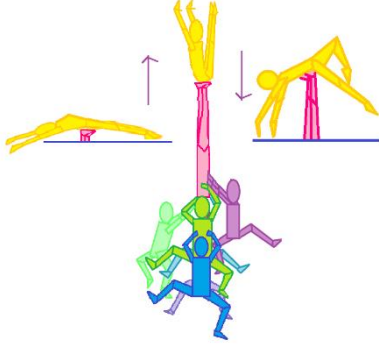
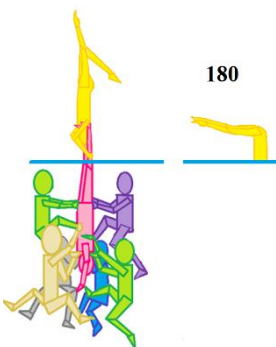
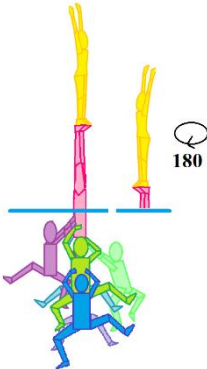
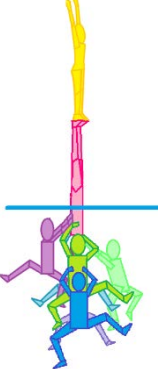
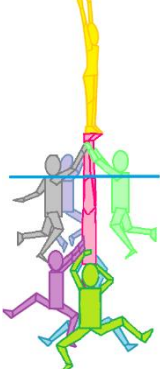


<p>No.</p>	 <p>49</p>	 <p>94</p>
<p>Code</p>	<p>S-StH-0-f1-r0,5</p>	<p>S-StH-0-Δm3</p>
<p>Value</p>	<p>2</p>	<p>1,85</p>
<p>No.</p>	 <p>95</p>	 <p>40</p>
<p>Code</p>	<p>S-StH-0-Δm3-r1</p>	<p>S-St-0-a2-r1</p>
<p>Value</p>	<p>2,15</p>	<p>2,1</p>
<p>No.</p>	 <p>41</p>	 <p>82</p>
<p>Code</p>	<p>S-St-0-m2</p>	<p>S-St-0-Δm3</p>
<p>Value</p>	<p>1,7</p>	<p>1,9</p>



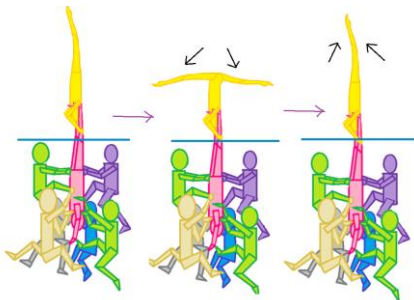
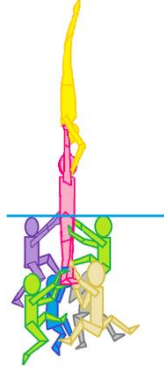
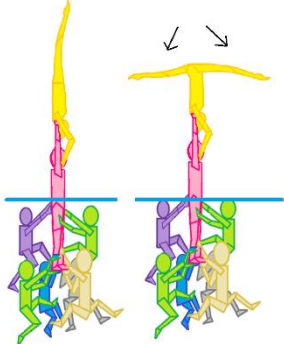
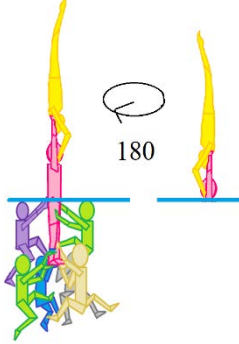


No.	125	100
Code	S-StH-0-ja1	S-StH-0-a2
Value	1,75	1,85
No.	96	139
Code	S-StH-0-a1	S-StH-0-a1-r0,5
Value	1,7	2
No.	97	99
Code	S-StH-0-f2	S-StH-0-a2
Value	1,7	1,75



No.	 <p>140</p>	 <p>141</p>
Code	S-StH-0-f2/a1	S-StH-0-f2/a1
Value	1,8	1,85
No.	 <p>142</p>	 <p>56</p>
Code	S-StH-0-m1/ba2-r0,5	S-StH-0-m1-r0,5
Value	2,4	2,45
No.	 <p>55</p>	 <p>54</p>
Code	S-StH-0-m1	S-StH"-0-m1
Value	2,15	1,65



No.		
Code	S-StHt-0-m1	S-StH-0-δm1
Value	1,75	1,95
No.		
Code	S-StH-0-δm1/m3-w7	S-St-0-δm1
Value	2,2	1,8
No.		
Code	S-St-0-δm1/m3	S-St-0-δm1-r0,5
Value	2	2,1



No.	<p>360</p>	<p>180</p>
Code	S-St-0-Δm1-r1	S-St-0-Δm1/m3-r0,5
Value	2,3	2,3
No.	<p>360</p>	<p>360</p>
Code	S-St-0-Δm1/m3-r1	S-St-0-Δm3-r1
Value	2,5	2,15
No.		
Code	S-StHp-0-Δa1	S-StHc-0-m1
Value	1,75	1,45



No.	<p style="text-align: center;">77</p>	<p style="text-align: center;">143</p>
Code	S-St-0-8m1	S-St-0-f1
Value	2,15	2,15
No.	<p style="text-align: center;">144 XS</p>	<p style="text-align: center;">34</p>
Code	S-St-0-f1	S-St-0-m1
Value	2,25	2,1
No.	<p style="text-align: center;">146 not XS</p>	<p style="text-align: center;">156</p>
Code	S-St-0-m1/a1-w9	S-St-0-m1/m1-r1
Value	2,4	1,75

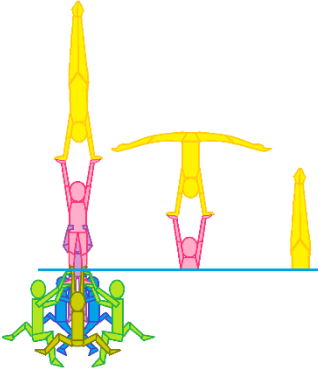
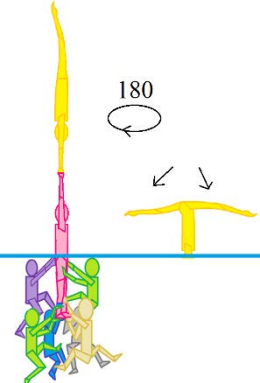
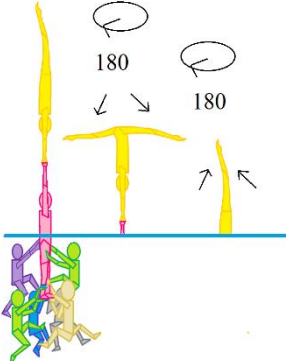
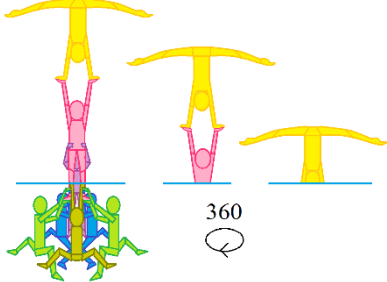

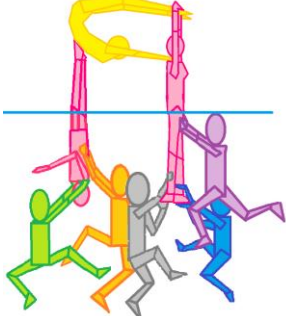


No.	<p style="text-align: center;">155</p>	<p style="text-align: center;">147</p>
Code	S-St-0-m2/m1-r0,5	S-St-0-a3/a1-w4
Value	1,85	2,2
No.	<p style="text-align: center;">35</p>	<p style="text-align: center;">38</p>
Code	S-St-0-m1-r0,5	S-St-0-m1/m3
Value	2,3	2,5
No.	<p style="text-align: center;">36</p>	<p style="text-align: center;">64</p>
Code	S-St-0-m1-r1	S-St-0-1m1
Value	2,4	2,35

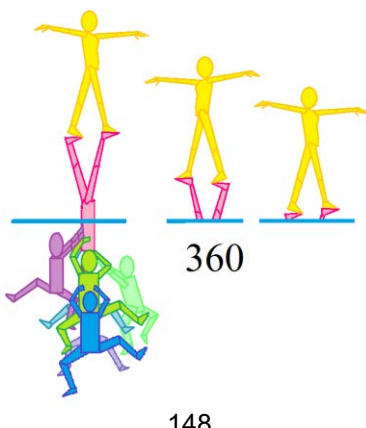
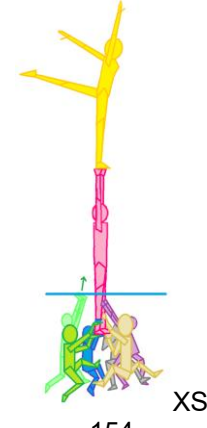
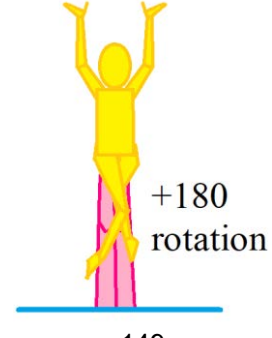
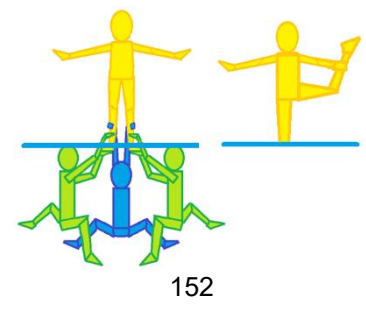

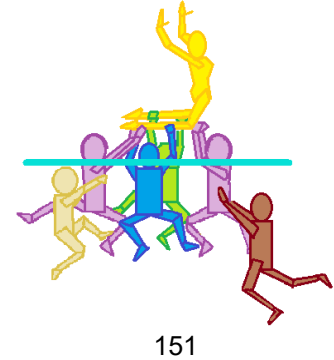


No.	<p>65</p>	<p>72</p>
Code	S-St-0-δm1-r0,5	S-St-0-δm3
Value	2,65	2,45
No.	<p>66</p>	<p>67</p>
Code	S-St-0-δm1-r1	S-St-0-δf1/a2
Value	2,85	2,55
No.	<p>68</p>	<p>70</p>
Code	S-St-0-δm1/m3	S-St-0-δm1/m3-w7
Value	2,55	2,6



No.	 <p style="text-align: center;">74</p>	 <p style="text-align: center;">69</p>
Code	S-St-0-δm1/m3-w7	S-St-0-δm1/m3-r0,5
Value	2,6	2,85
No.	 <p style="text-align: center;">71</p>	 <p style="text-align: center;">73</p>
Code	S-St-0-δm1/m3-r1-w7	S-St-0-δm3-r1
Value	3,1	2,95
No.	 <p style="text-align: center;">37</p>	 <p style="text-align: center;">157</p>
Code	L-L-0-m2	S-2mSt-0-a3
Value	0,9	1,95



<p>No.</p>	 <p>148</p>	 <p>154 XS</p>
<p>Code</p>	<p>S-St-0-m1-r1</p>	<p>S-St-0-a1</p>
<p>Value</p>	<p>2,65</p>	<p>2,35</p>
<p>No.</p>	 <p>149</p>	 <p>152</p>
<p>Code</p>	<p>S-St-0-f1-r0,5</p>	<p>L-l-0-m1/a1</p>
<p>Value</p>	<p>1,8</p>	<p>1</p>
<p>No.</p>	 <p>158</p>	 <p>151</p>
<p>Code</p>	<p>S-St''-0-lm1</p>	<p>L-L-0-m1</p>
<p>Value</p>	<p>1,4</p>	<p>0,75</p>

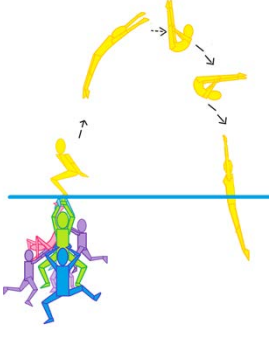
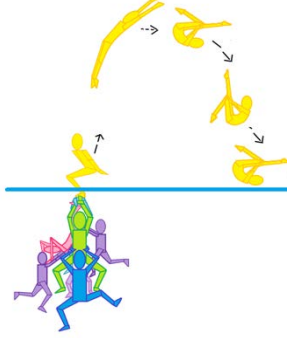
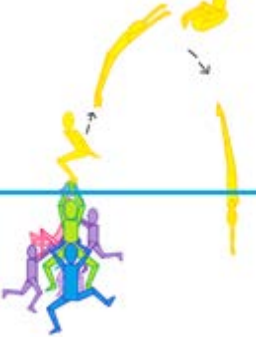
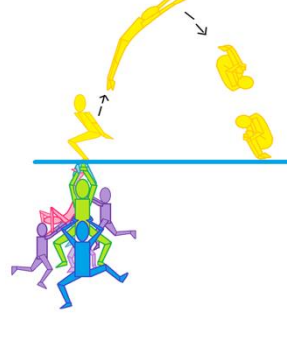
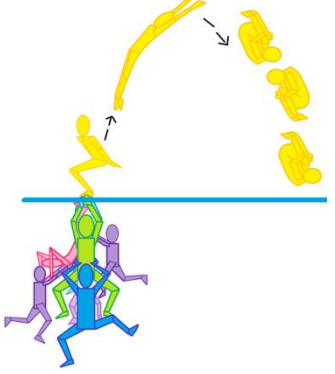
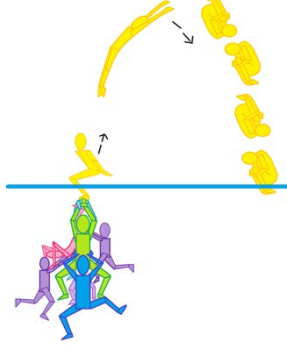


<p>No.</p>	<p>159</p>	
<p>Code</p>	<p>L-l-0-m1/a1-w5</p>	
<p>Value</p>	<p>1,15</p>	
<p>No.</p>	<p>160</p>	
<p>Code</p>	<p>L-L-0-a1/m3-w7</p>	
<p>Value</p>	<p>1,35</p>	

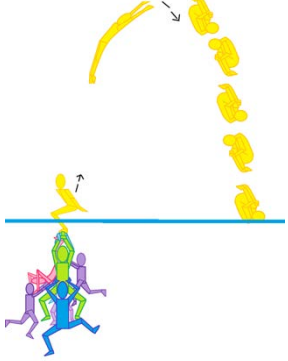
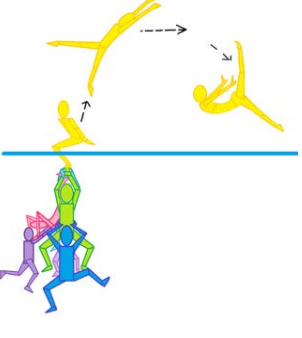
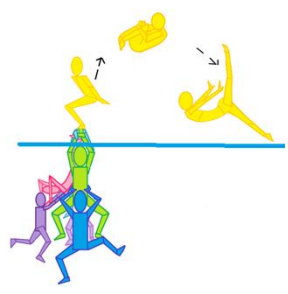
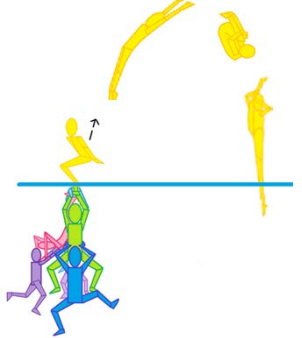
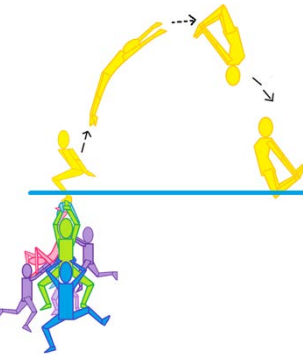
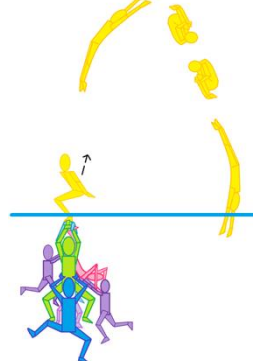


GROUP A		
No.	2	7
Code	A-Sq-Back-m1/f1-t	A-Sq- Back-m1-dt0,5
Value	1,8	1,9
No.	8	9
Code	A-Sq- Back-m1- dt1	A-Sq- Back -m1-s0,5
Value	2	1,7
No.	10	11
Code	A-Sq- Back -m1-s1-u4	A-Sq- Back -f2/m1-s0,5
Value	2,15	1,9



<p>No.</p>	 <p>12</p>	 <p>13</p>
<p>Code</p>	<p>A-Sq- Back -f2/m1-s1</p>	<p>A-Sq- Back -f2-s1,5</p>
<p>Value</p>	<p>2,15</p>	<p>2,25</p>
<p>No.</p>	 <p>14</p>	 <p>15</p>
<p>Code</p>	<p>A-Sq- Back -f1/m1-s0,5</p>	<p>A-Sq- Back -f1-s1</p>
<p>Value</p>	<p>1,8</p>	<p>1,95</p>
<p>No.</p>	 <p>16</p>	 <p>17</p>
<p>Code</p>	<p>A-Sq- Back -f1-s1,5</p>	<p>A-Sq- Back -f1-s2</p>
<p>Value</p>	<p>2,15</p>	<p>2,25</p>

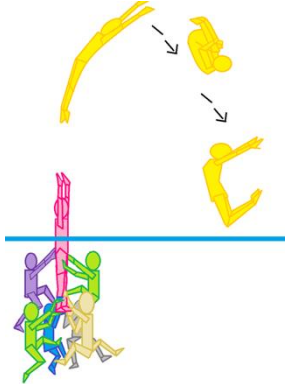
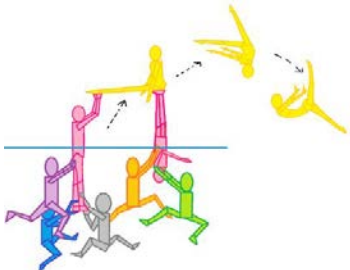
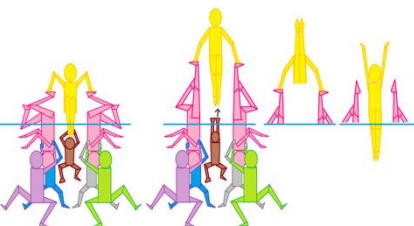
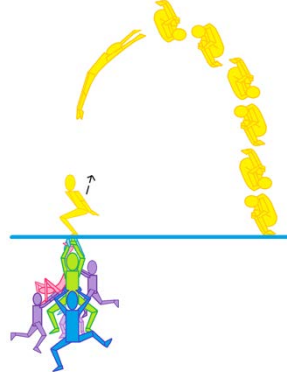
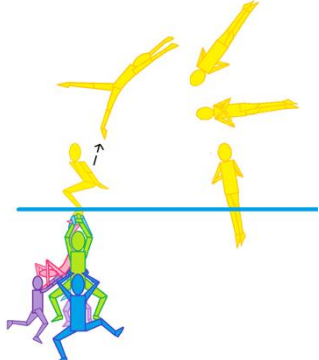
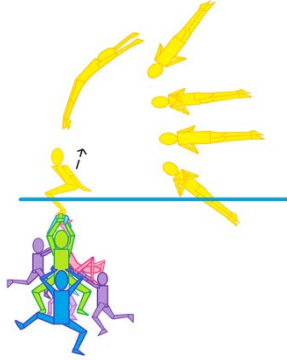


<p>No.</p>	 <p>18</p>	 <p>19</p>
<p>Code</p>	<p>A-Sq- Back -f1-s2,5</p>	<p>A-Sq- Back -a2-s1</p>
<p>Value</p>	<p>2,45</p>	<p>2,05</p>
<p>No.</p>	 <p>20</p>	 <p>151</p>
<p>Code</p>	<p>A-Sq- Back -f1/a2-s1</p>	<p>A-Sq- Back-f1/m3-s1</p>
<p>Value</p>	<p>2,15</p>	<p>2,1</p>
<p>No.</p>	 <p>21</p>	 <p>22</p>
<p>Code</p>	<p>A-Sq- Back -a1-s1</p>	<p>A-Sq- Back -f1/m1-s1,5-u3</p>
<p>Value</p>	<p>1,95</p>	<p>2,65</p>



No.	<p style="text-align: center;">23</p>	<p style="text-align: center;">24</p>
Code	A-Shou- Back -f1/a1-s1	A-Shou- Back -f2/a2-s1
Value	1,85	2,05
No.	<p style="text-align: center;">1</p>	<p style="text-align: center;">3</p>
Code	A-Shou- Back -a1-s1	A-Shou- Back -f1-s1,5
Value	1,75	1,95
No.	<p style="text-align: center;">4</p>	<p style="text-align: center;">5</p>
Code	A-Shou- Back -m1- t1,5s0,75-u5	A-Shou- Back -m1/m3- t0,5s1
Value	2,4	1,85



<p>No.</p>	 <p>25</p>	 <p>26</p>
<p>Code</p>	<p>A-Hand- Back -f1/a1-s1</p>	<p>A-2Form- Back -a2-s1</p>
<p>Value</p>	<p>1,95</p>	<p>1,9</p>
<p>No.</p>	 <p>27</p>	 <p>132</p>
<p>Code</p>	<p>A-2Sup'- Back -f2/m1-s1</p>	<p>A-Sq- Back -f1-s3</p>
<p>Value</p>	<p>2</p>	<p>3,05</p>
<p>No.</p>	 <p>36</p>	 <p>37</p>
<p>Code</p>	<p>A-Sq- Back -m1-s1t1,5-u5</p>	<p>A-Sq- Back -m1-s1t2-u5</p>
<p>Value</p>	<p>2,65</p>	<p>2,75</p>



<p>No.</p>	<p>38</p>	<p>39</p>
<p>Code</p>	<p>A-Sq- Back -m1-s1t2,5-u5</p>	<p>A-Sq- Back -f1/a1-s1t1</p>
<p>Value</p>	<p>2,85</p>	<p>2,25</p>
<p>No.</p>	<p>40</p>	<p>41</p>
<p>Code</p>	<p>A-Sq- Back -m1/f1-s1,5t0,5</p>	<p>A-Sq- Back -f2/m1-s1t0,5</p>
<p>Value</p>	<p>2,25</p>	<p>2,25</p>
<p>No.</p>	<p>42</p>	<p>43</p>
<p>Code</p>	<p>A-Sq- Back -f1/m1-s1t1</p>	<p>A-Sq- Back -f1/m1-s1,5t0,5-u3</p>
<p>Value</p>	<p>2,35</p>	<p>2,75</p>



No.	<p>44</p>	<p>129</p>
Code	A-Sq- Back -f1-s2t0,5	A-Feet- Back -f1/a3-s1-u12
Value	2,55	2,25
No.	<p>45</p>	<p>46</p>
Code	A-Feet- Back -m1/a1-s1t1-u12	A-Feet- Back -f1/m1-s1t0,5-u12
Value	2,25	2,15
No.	<p>6</p>	<p>47</p>
Code	A-Feet- Back -m1- t1s1-u12	A-Feet- Back -m1/a1-t0,5
Value	2,15	1,75

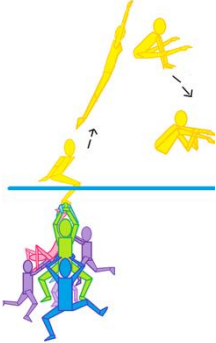
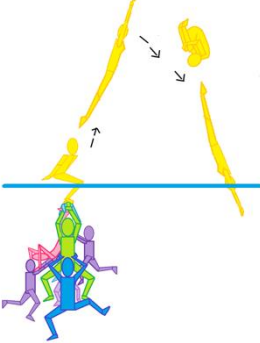
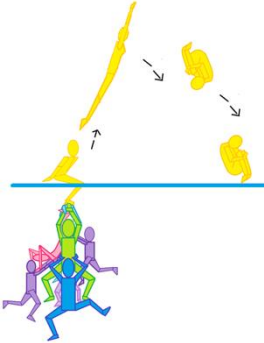
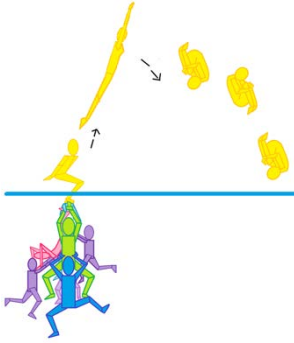
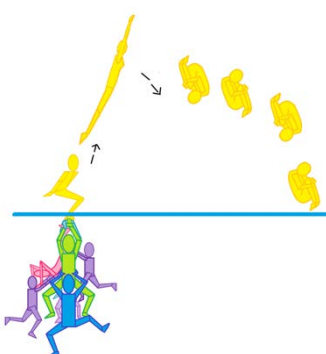
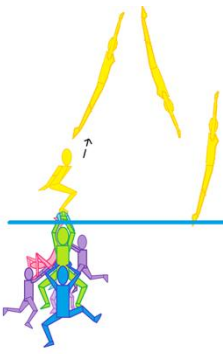


No.	<p style="text-align: center;">53</p>	<p style="text-align: center;">54</p>
Code	A-Sq-Forw-a1/f1	A-Sq- Forw -a2
Value	1,7	1,7
No.	<p style="text-align: center;">55</p>	<p style="text-align: center;">50</p>
Code	A-Sq- Forw -a3/m1	A-Feet-Rev-f1/a2-s1-u12
Value	1,85	2,2
No.	<p style="text-align: center;">51</p> <p style="text-align: center;">1,5 twist</p>	<p style="text-align: center;">56</p>
Code	A-Sq-FORW-m1-t1,5	A-Sq- Forw -f1/a1
Value	1,9	1,7



No.	<p style="text-align: center;">57</p>	<p style="text-align: center;">58</p>
Code	A-Sq- Forw -f1/a1-t0,5	A-Sq- Forw -a3/m1
Value	1,8	1,9
No.	<p style="text-align: center;">59</p>	<p style="text-align: center;">60</p>
Code	A-Sq-FORW-m3/m1-t1	A-Sq- Forw -m1-t
Value	2,15	1,65
No.	<p style="text-align: center;">61</p>	<p style="text-align: center;">62</p>
Code	A-Sq- Forw -f2/m3-t	A-Sq-FORW-f2/m1-t1
Value	1,85	2,05



No.	 <p>72</p>	 <p>63</p>
Code	A-Sq- Forw-f2	A-Sq- Forw -f1/m1-s0,5
Value	1,7	1,75
No.	 <p>64</p>	 <p>65</p>
Code	A-Sq-FORW-f1-s1	A-Sq-FORW-f1-s1,5
Value	2	2,2
No.	 <p>66</p>	 <p>67</p>
Code	A-Sq-FORW-f1-s2	A-Sq-FORW-m1-s1-u4
Value	2,3	2,2

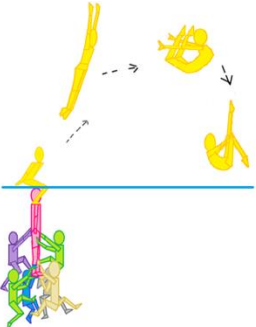
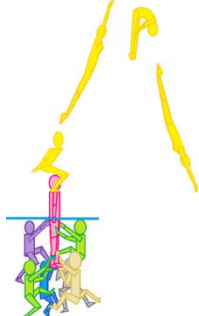
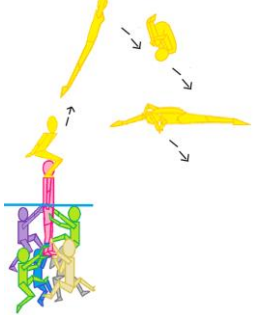
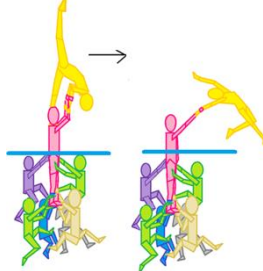
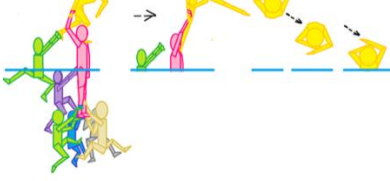
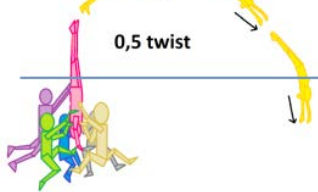
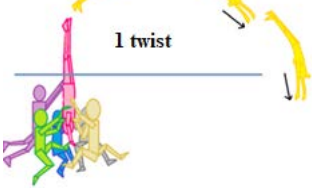
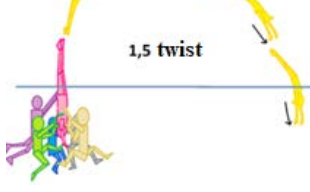


No.	<p>52</p>	<p>128</p>
Code	A-Sq-FORW-m1-s1t1,5-u5	A-Shou-FORW-m1/a2-t2
Value	2,7	1,95
No.	<p>133</p>	<p>68</p>
Code	A-Sq-Back-f2/m3-t0,5s1	A-Sq-Forw-f2/m1
Value	2,15	1,8
No.	<p>69</p>	<p>70</p>
Code	A-Sq- Forw - f2/m1-s0,5	A-Sq-FORW-f2-s1
Value	1,85	2,1

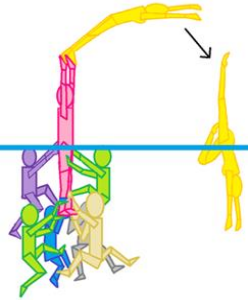
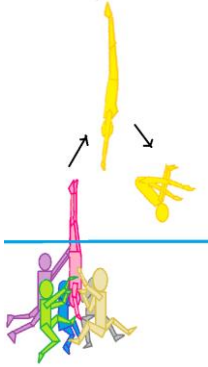
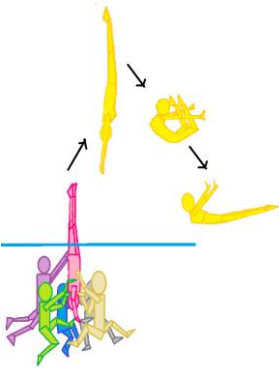
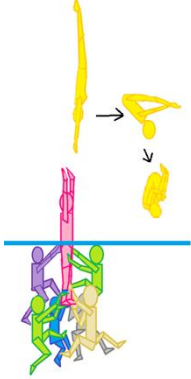
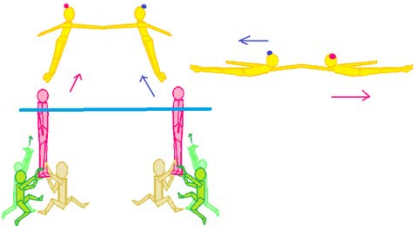
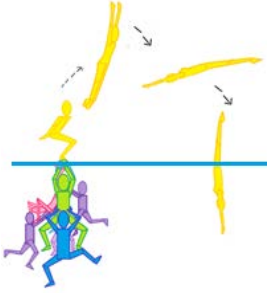


No.	<p style="text-align: center;">71</p>	<p style="text-align: center;">73</p>
Code	A-Sq-FORW- f2-s1,5	A-Shou- Forw -f2/a1
Value	2,3	1,6
No.	<p style="text-align: center;">74</p>	<p style="text-align: center;">75</p>
Code	A-Shou- Forw -f2/a1-t0,5	A-Shou- Forw -a2/a1
Value	1,8	1,6
No.	<p style="text-align: center;">76</p>	<p style="text-align: center;">48</p>
Code	A-Shou- Forw -a1/f2	A-Shou- Forw -m3/a1
Value	1,6	1,7

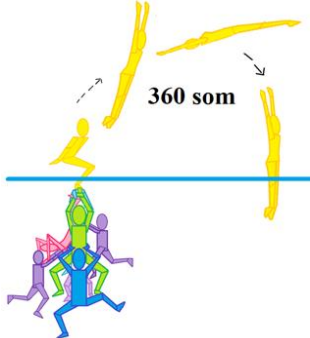
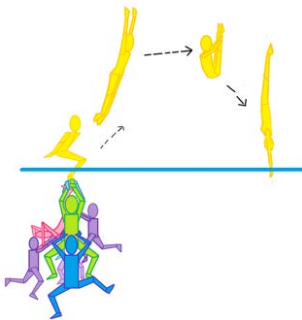
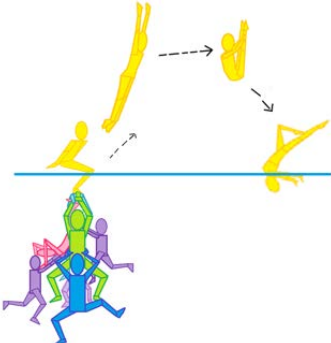
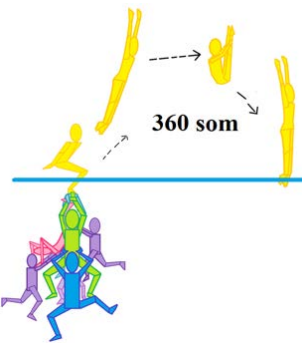
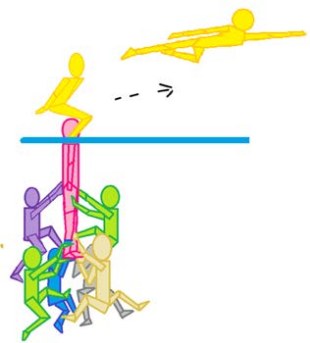
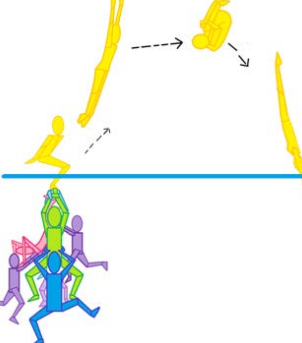


		
No.	49	77
Code	A-Shou- Forw -a3/f2	A-Shou- Forw -f2/m1-s0,5
Value	1,75	1,65
		
No.	78	79
Code	A-Shou- Forw -f1/m3-s0,5	A-Shou- Forw -m2/m1-s1-u6
Value	1,9	1,75
		
No.	80	81
Code	A-St'-FORW-m1-t1,5-u6	A-Feet- Forw -m1-dt0,5-u12
Value	2	1,85
		
No.	82	83
Code	A-Feet- Forw -m1-dt1-u12	A-Feet- Forw -m1-dt1,5-u12
Value	1,95	2,05

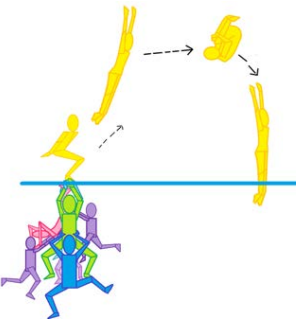
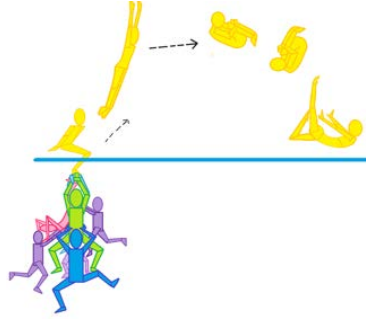
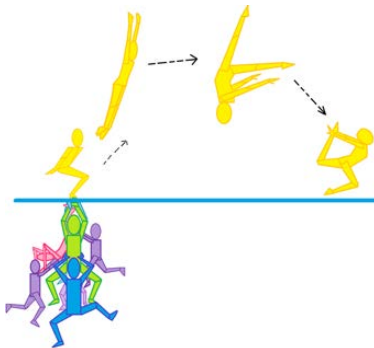
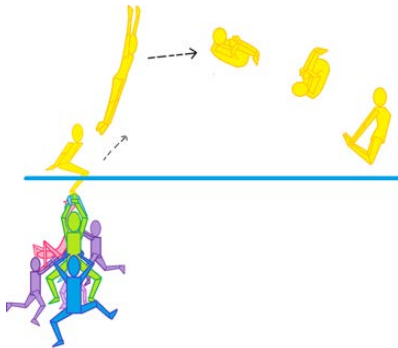
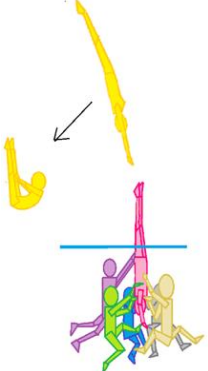
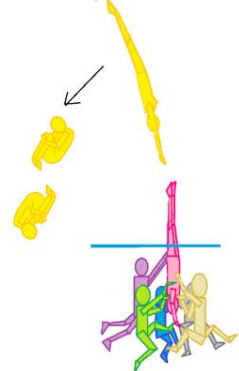


No.	 <p style="text-align: center;">86</p>	 <p style="text-align: center;">84</p>
Code	A-Hand- Forw -f1-s0,5	A-Feet- Forw -δm1/m2
Value	1,65	1,7
No.	 <p style="text-align: center;">85</p>	 <p style="text-align: center;">87 forw</p>
Code	A-Feet- Forw -δm1/a3-u11	A-Hand- Forw - δm1/f2- u11
Value	1,75	1,75
No.	 <p style="text-align: center;">106</p>	 <p style="text-align: center;">94</p>
Code	A-Sh- Forw -m1/m1-t0,5-u10	A-Sq-Rev-m1-s0,5
Value	1,65	1,8

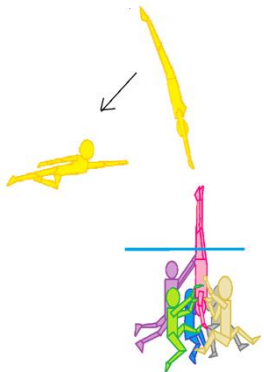
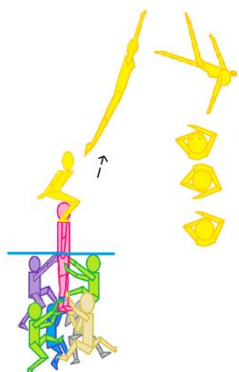
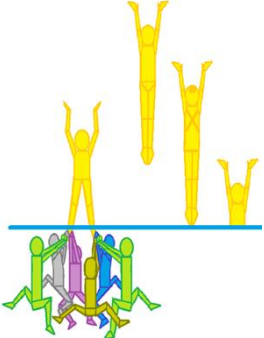
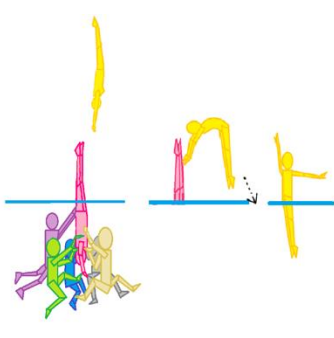
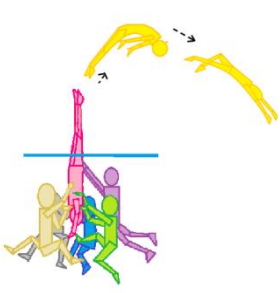



<p>No.</p>	 <p>360 som</p> <p>95</p>	 <p>96</p>
<p>Code</p>	<p>A-Sq-Rev-m1-s1-u4</p>	<p>A-Sq-Rev-f2/m1-s0,5</p>
<p>Value</p>	<p>2,25</p>	<p>2</p>
<p>No.</p>	 <p>136</p>	 <p>360 som</p> <p>97</p>
<p>Code</p>	<p>A-Sq-Rev-f2/a1-s0,5</p>	<p>A-Sq-Rev-f2/m1-s1</p>
<p>Value</p>	<p>2</p>	<p>2,25</p>
<p>No.</p>	 <p>137</p>	 <p>98</p>
<p>Code</p>	<p>A-Shou- Forw -m1-d</p>	<p>A-Sq-Rev-f1/m1-s0,5</p>
<p>Value</p>	<p>1,55</p>	<p>1,9</p>

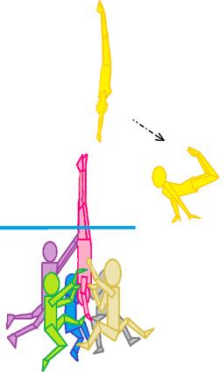
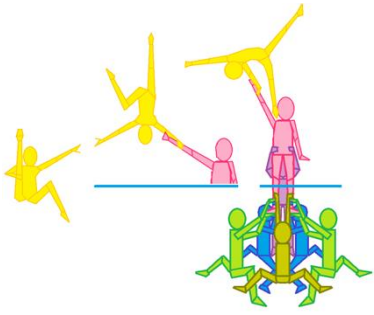
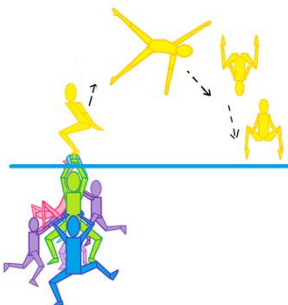
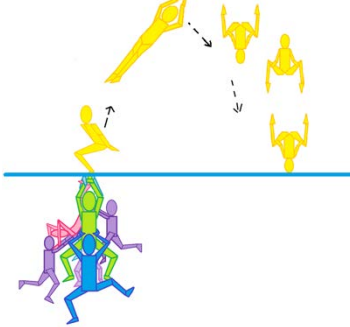
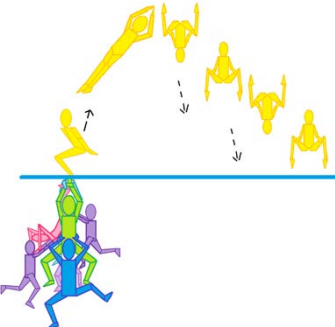
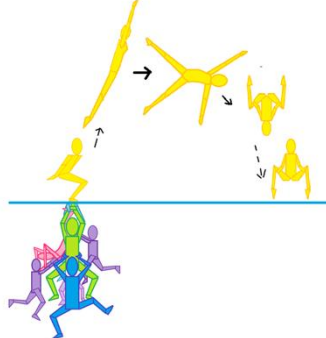


No.	 <p style="text-align: center;">99</p>	 <p style="text-align: center;">100</p>
Code	A-Sq-Rev-f1/m1-s1	A-Sq-Rev-f1/a2-s1
Value	2,15	2,25
No.	 <p style="text-align: center;">101</p>	 <p style="text-align: center;">102</p>
Code	A-Sq-Rev-a1/a2-s1	A-Sq-Rev-f1/a1-s1
Value	2,25	2,15
No.	 <p style="text-align: center;">103</p>	 <p style="text-align: center;">104</p>
Code	A-Feet-Forw-1m1/f2	A-Feet-FORW-1m1/f1-s1,5
Value	1,7	2,2

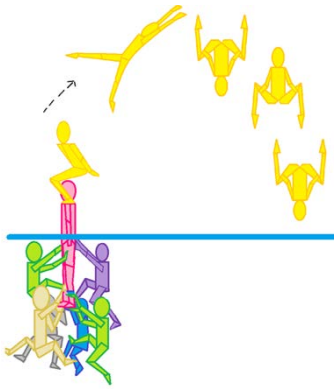
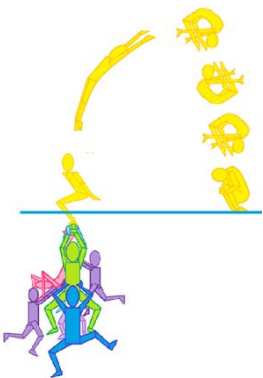
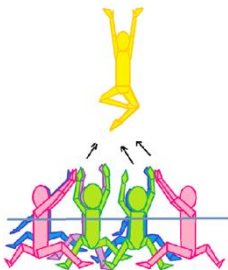
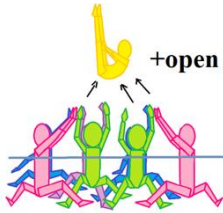
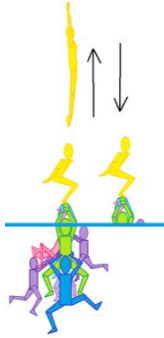
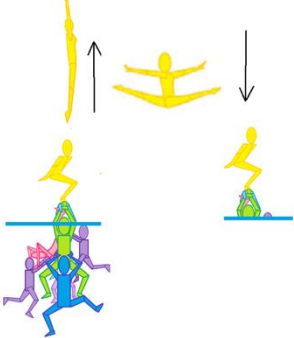


No.	 <p>138</p>	 <p>105</p>
Code	A-Feet- Forw -d m1/m1	A-Shou-FORW-m1-t2
Value	1,55	2
No.	 <p>139</p>	 <p>110</p>
Code	A-Thr-Up-m1-t1	A-Feet-Forw-m1
Value	1,2	1,6
No.	 <p>107</p>	 <p>108</p>
Code	A-Feet-Back-a1-d-u12	A-Sq-Back-f1/m1-s1t1-u11
Value	1,75	2,3



No.	 <p style="text-align: center;">109</p>	 <p style="text-align: center;">112</p>
Code	A-Foot- Forw -m1/a1	A-Shou-Side-m1/m2-c-u9
Value	1,5	1,8
No.	 <p style="text-align: center;">114</p>	 <p style="text-align: center;">115</p>
Code	A-Sq-Back-f1-f1	A-Sq-Back-f1-f1,5
Value	2,05	2,25
No.	 <p style="text-align: center;">116</p>	 <p style="text-align: center;">130</p>
Code	A-Sq-Back-f1-f2	A-Sq-FORW-m1/f1-s1
Value	2,35	2,1

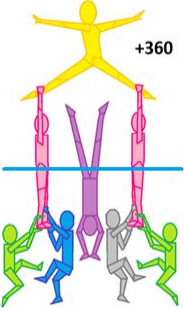
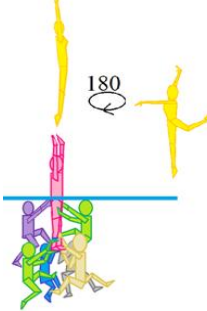
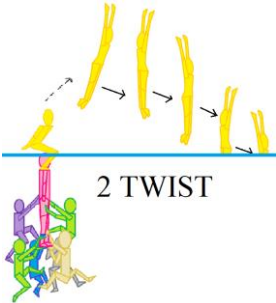
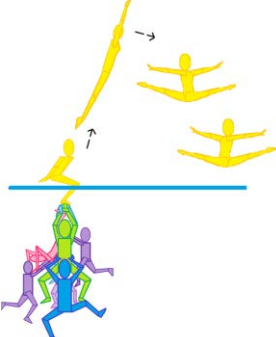

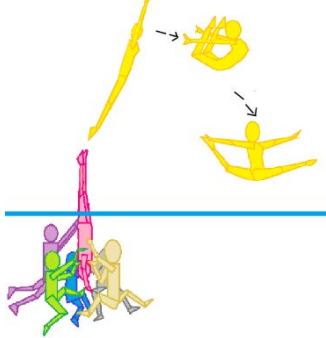


No.		
Code	A-Shou-Back-f1-f1,5	A-Sq-Back-a3/f1-s2
Value	2,05	2,5
No.		
Code	A-Surf-Up-m1	A-Surf-Up-f2/a1
Value	0,75	0,95
No.		
Code	A-Sq-Up-m1-u7	A-Sq-Up-m3/m1-u7
Value	1,9	2,2

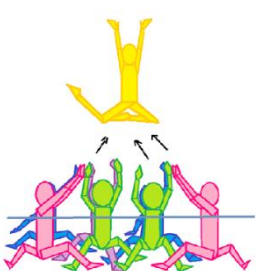
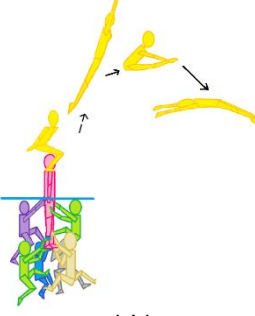
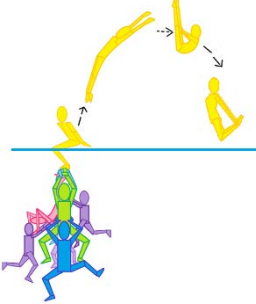
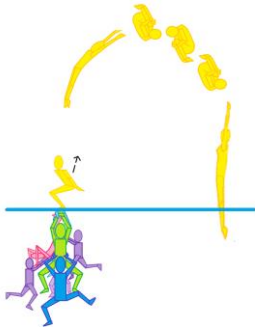
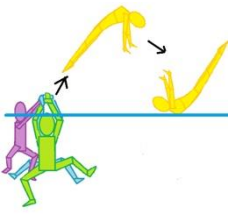
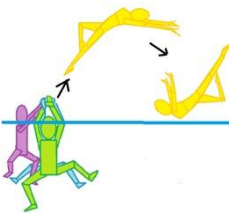
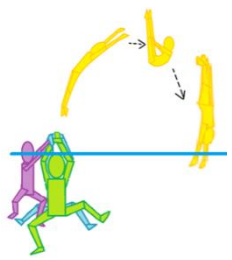
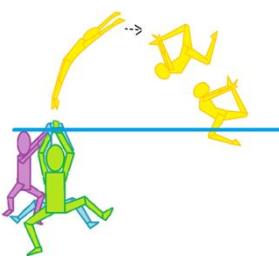


<p>No.</p>	<p>121</p>	<p>119</p>
<p>Code</p>	<p>A-Sq-Up-f2/a1-u7/u15</p>	<p>A-Surf-Up-f2/m1-t1</p>
<p>Value</p>	<p>2</p>	<p>1,1</p>
<p>No.</p>	<p>122</p>	<p>123</p>
<p>Code</p>	<p>A-3Pair-Up-m1-t2</p>	<p>A-Tripl-Up-m1-t1-u13</p>
<p>Value</p>	<p>1,4</p>	<p>2</p>
<p>No.</p>	<p>124</p>	<p>125</p>
<p>Code</p>	<p>A-Tripl-Up-m1-t1,5</p>	<p>A-Tripl-Up-m1-t1-u13</p>
<p>Value</p>	<p>1,8</p>	<p>2</p>

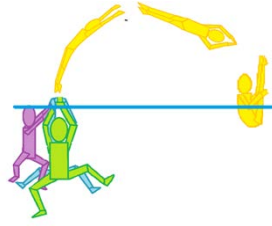
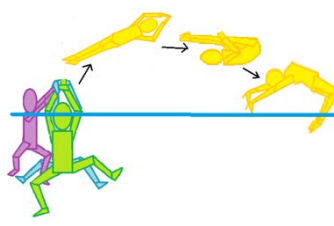
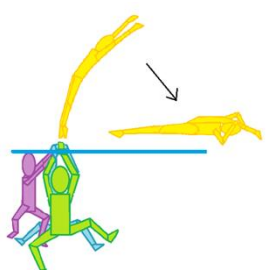
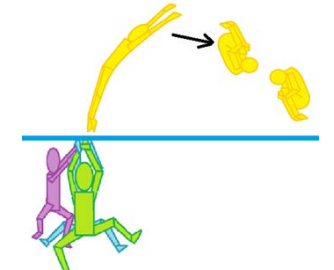
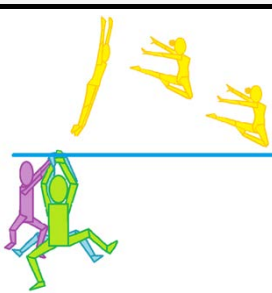
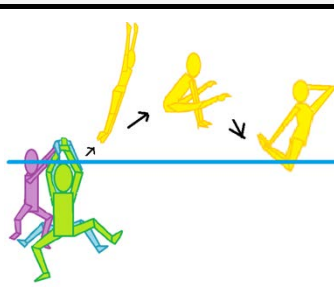
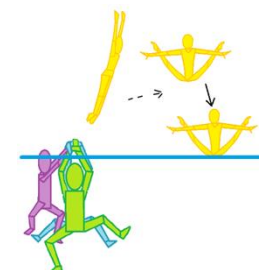
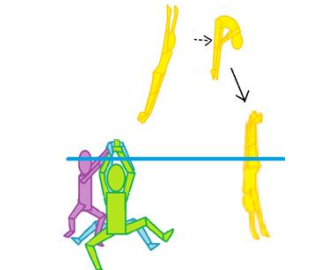


<p>No.</p>	 <p>+360</p> <p>126</p>	 <p>180</p> <p>127</p>
<p>Code</p>	<p>A-Tripl-Up-m3/m1-t1-u14</p>	<p>A-Hand-Up-m1/a1-t0,5</p>
<p>Value</p>	<p>1,9</p>	<p>1,75</p>
<p>No.</p>	 <p>2 TWIST</p> <p>143</p>	 <p>152</p>
<p>Code</p>	<p>A-Shou-FORW-m1-t2</p>	<p>A-Sq-Forw-m3/m3-t0,5</p>
<p>Value</p>	<p>1,75</p>	<p>2,05</p>
<p>No.</p>	 <p>360 som</p> <p>144</p>	 <p>142</p>
<p>Code</p>	<p>A-Feet-Back-m1-s1-u12/u4</p>	<p>A-Feet-Forw-a3/m3</p>
<p>Value</p>	<p>2,15</p>	<p>1,8</p>



No.	 145	 141
Code	A-Surf-Up-a1	A-Shou-Forw-f2/m1
Value	0,75	1,6
No.	 140	 150
Code	A-Sq-Back-f2/a1-s1	A-Sq-Back-f1/m1-s2-u2
Value	2,15	2,75
GROUP A ("small" jumps)		
No.	 28	 29
Code	A-Thr-Back-a1- s0,7	A-Thr- Back -a1-s0,7
Value	1,35	1,4
No.	 30	 31
Code	A-Thr- Back -f2/m1-s0,5	A-Thr- Back -a2-s1
Value	1,5	1,5


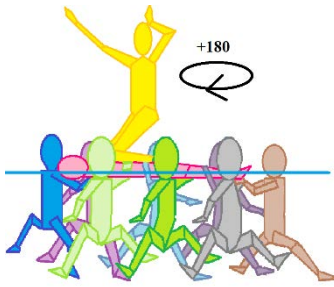


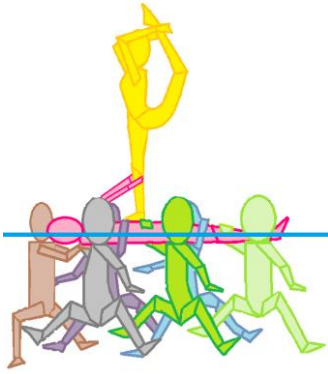
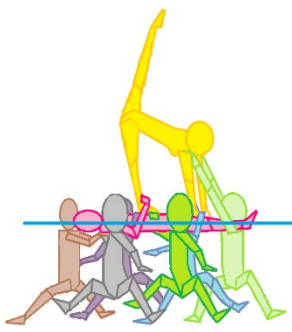


No.	 32	 33
Code	A-Thr- Back -m1/f2-t0,5	A-Thr- Back -f2/a1-t0,5
Value	1,5	1,5
No.	 34	 35
Code	A-Thr- Back -f3	A-Thr- Back -f1-s1
Value	1,3	1,4
No.	 88	 89
Code	A-Thr-Forw-a2	A-Thr- Forw -f2/a1
Value	1,15	1,25
No.	 90	 91
Code	A-Thr- Forw-f2-t	A-Thr- Forw -f2/m1-s0,5
Value	1,2	1,45

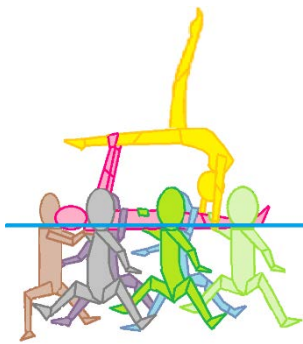
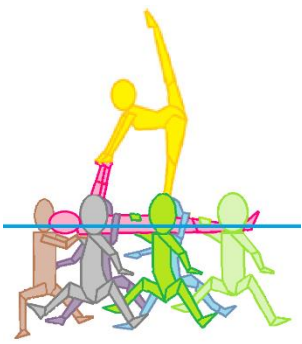
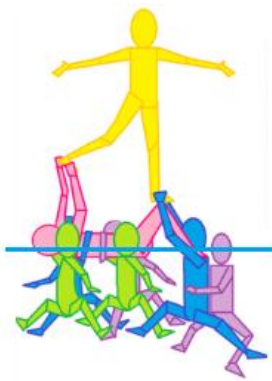

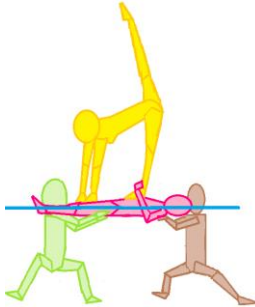
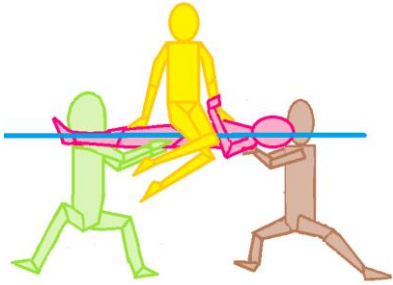


No.	<p>92</p>	<p>93</p>
Code	A-Thr- Forw -m1/a2-t0,5	A-Thr-FORW-f1-s1
Value	1,35	1,55
No.	<p>113</p>	<p>111</p>
Code	A-Thr-Side-m1/m1	A-Thr-Back-f1/a1
Value	1,3	1,3
No.	<p>146</p>	<p>148</p>
Code	A-Thr- Forw-f2/a2-s0,5	A-Thr- Forw-a1/f1
Value	1,65	1,15
No.	<p>147</p>	<p>149</p>
Code	A-Thr- Forw-f2	A-Thr- FORW-f2-t1
Value	1,15	1,4

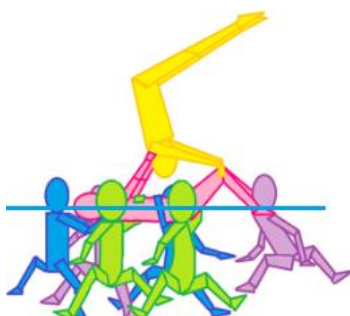
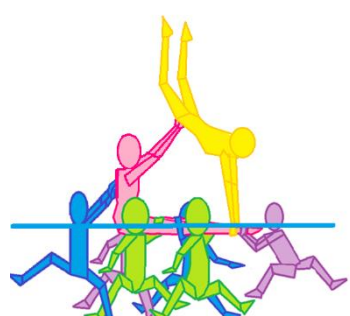
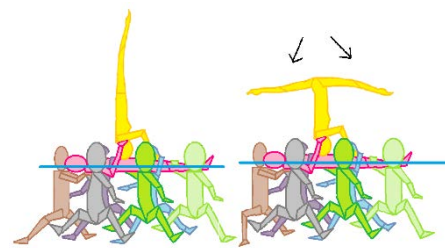
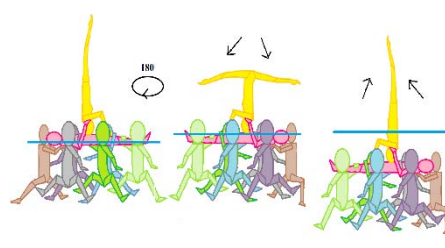

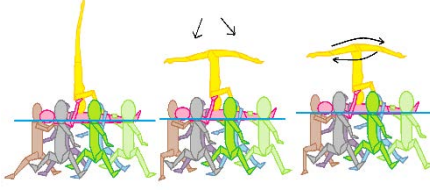
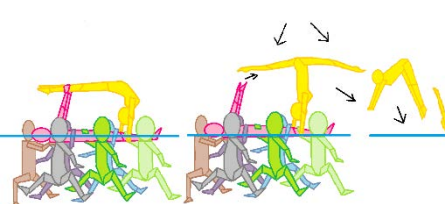



GROUP P		
No.	 <p>1</p>	 <p>2</p>
Code	P-P-0-m1	P-P-0-m1-r0,5
Value	1,25	1,35
No.	 <p>3</p>	 <p>4</p>
Code	P-P-0-m1	P-P-0-m1-R1
Value	1,3	1,7
No.	 <p>36</p>	 <p>5</p>
Code	P-P-0-a3	P-P-0-a3
Value	1,85	1,75

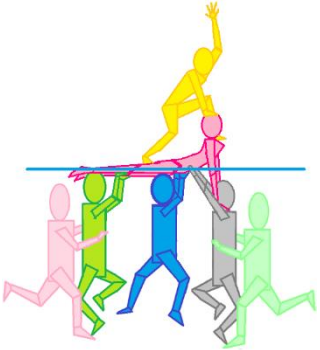


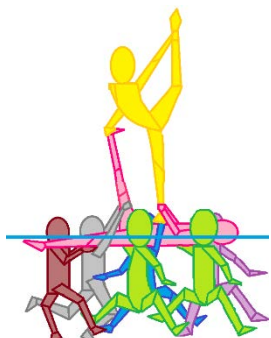




No.	 <p>25</p>	 <p>37</p>
Code	P-P-0-ja2	P-P-0-a3
Value	1,55	1,75
No.	 <p>6</p>	 <p>38</p>
Code	P- Knees-0-m1	P- Knees -0-a1
Value	1,45	1,4
No.	 <p>48</p>	 <p>49</p>
Code	P-p-0-a3	P-p-0-m1
Value	1,5	1



No.		
Code	P- Knees -0-δm1	P-Box-0-δa1
Value	1,65	1,6
No.		
Code	P-P-0-δm1/m3	P-P-0-δm1/m3-R0,5-z3
Value	1,7	1,85
No.		
Code	P- Knees -0-m1	P-P-0-δm1/m3-z3
Value	1,4	1,75
No.		
Code	P-P-0-a2/m3-z3/z9	P-B-0-δa2
Value	1,95	2,05

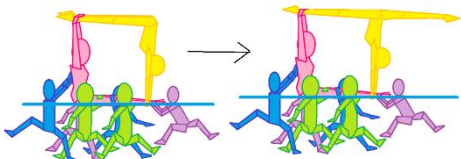


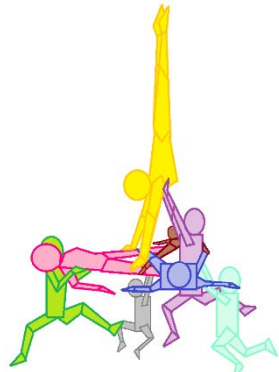

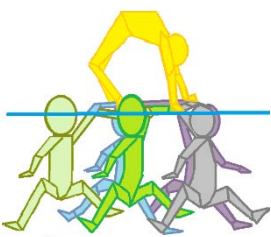


No.	 <p style="text-align: center;">11</p>	 <p style="text-align: center;">12</p>
Code	P-a-0-m1	P-a-0-a1
Value	1,35	1,5
No.	 <p style="text-align: center;">13</p>	 <p style="text-align: center;">14</p>
Code	P-Chariot-0-m1	P-B-0-a3
Value	1,45	2,15
No.	 <p style="text-align: center;">15</p>	 <p style="text-align: center;">16</p>
Code	P-B-0-m1	P-B-0-m1
Value	1,6	1,7

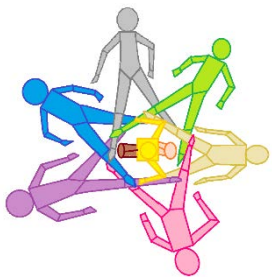
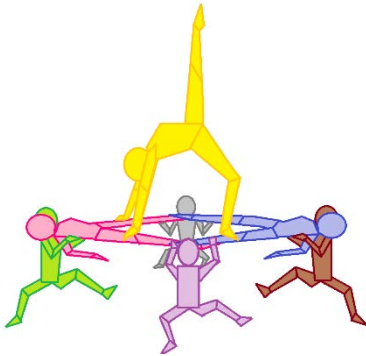



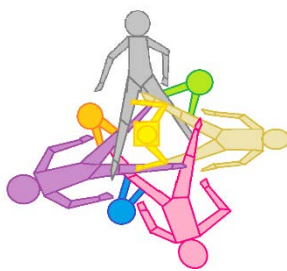


<p>No.</p>		
<p>Code</p>	<p>P-B-0-a1-z13</p>	<p>P-B-0-a2</p>
<p>Value</p>	<p>2,25</p>	<p>1,8</p>
<p>No.</p>		
<p>Code</p>	<p>P-B-0-aa1</p>	<p>P-DB-0-f2</p>
<p>Value</p>	<p>2</p>	<p>2</p>
<p>No.</p>		
<p>Code</p>	<p>P-DB-0-am1</p>	<p>P-DB-0-am1/m3-R0,5</p>
<p>Value</p>	<p>2</p>	<p>2,5</p>

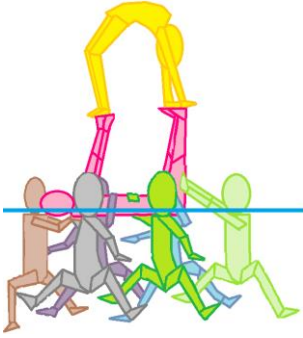
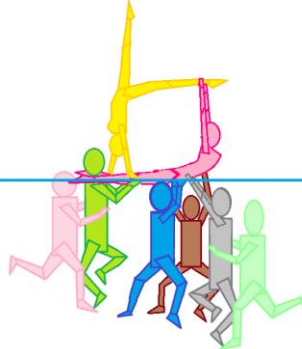
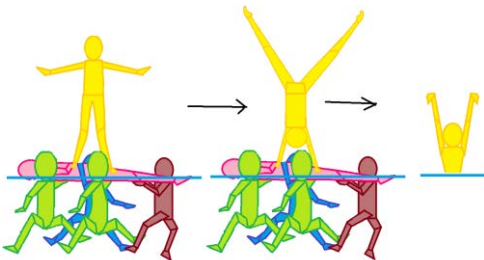
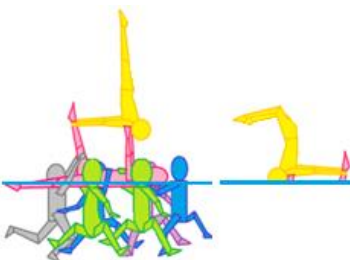
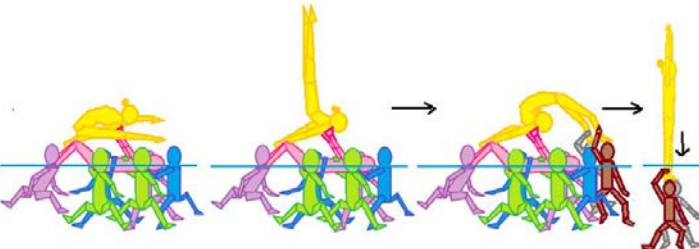
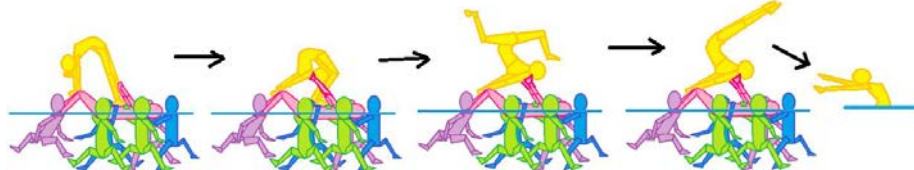


<p>No.</p>	 <p>23</p>	 <p>24</p>
<p>Code</p>	<p>P-Box-0-δf1/m3</p>	<p>P-Box-0-δf1/m1-z6</p>
<p>Value</p>	<p>1,9</p>	<p>2</p>
<p>No.</p>	 <p>26</p>	 <p>31</p>
<p>Code</p>	<p>P-(2)-0-a1+a2</p>	<p>F-Triangle-0-δm1</p>
<p>Value</p>	<p>1,85</p>	<p>1,6</p>
<p>No.</p>	 <p>27</p>	 <p>28</p>
<p>Code</p>	<p>F-Hand-0-a3-z8</p>	<p>F-Hand-0-a2-z7</p>
<p>Value</p>	<p>1,45</p>	<p>1,15</p>

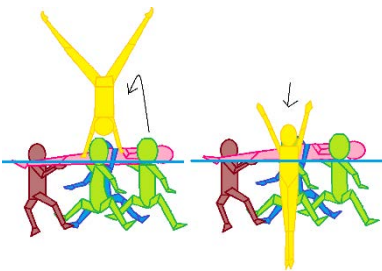
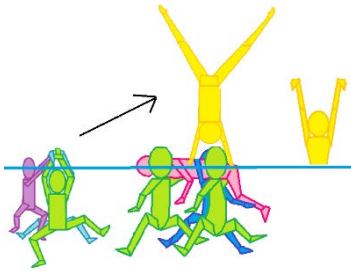
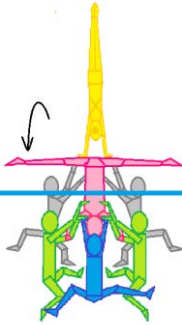
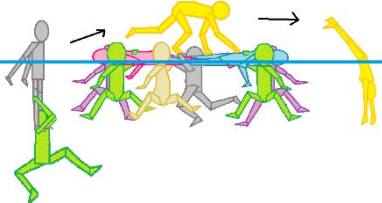
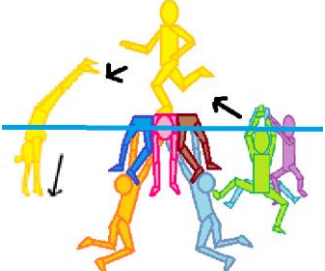
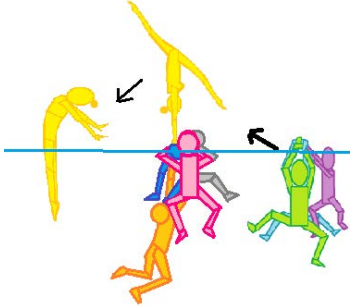

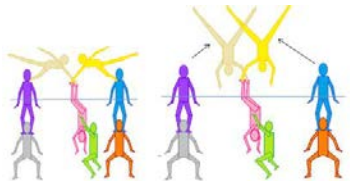


No.		
	29	30
Code	F-Star-0-m1-z15	F-Rhombus-0-m3-z7
Value	1,3	1,55
No.		
	32	33
Code	P-2SupB-0-a3	P-2SupBB-0-a1
Value	2,3	2,05
No.		
	34	42
Code	F-2Sup-0-m1	F-Compass-0-m1
Value	1,3	1



No.	 46	 47
Code	P-DB-0-a2	P-a-0-a2
Value	1,95	1,8
No.	 43	 50
Code	P-P-0-m1-z10	P-B-0-δm1/a2-R0,5
Value	1,5	2,45
No.	 45	
Code	P- Knees-0-f2/a1-z12/z14	
Value	2,45	
No.	 44	
Code	P- Knees-0-a2/m3-z3/z10	
Value	2,35	



GROUP C		
No.		
	1	2
Code	T-'>P>-Forw-m1-h	T- Thr>P>-Forw-m1-c
Value	1,65	1,7
No.		
	3	4
Code	T-'>StH>-Forw-m1-h	T-Thr>PP>-Forw-f1-d-y3
Value	2,1	1,75
No.		
	5	7
Code	T- Thr>Pb ₃ >-Forw-m1-d-y3	T- Thr>P>-Forw-m3-h
Value	2,05	1,8
No.		
	8	9
Code	T- Thr >hand>-Forw-f1/a1-h	T-'>'H>Sidway-m1-c-y7
Value	1,25	2,05



No.	10	No.	6
Code	T-'>StSt>Forw-f1/a1-h	Code	T- Roll>P>-Back-a1/m1-s270-y8/y12
Value	2,15	Value	1,45
No.	12	No.	13
Code	T-'>St>Forw-m1-t2	Code	T-'>Stsh>Forw-f1/a1-t0,5
Value	2,15	Value	1,9
No.	14	No.	15
Code	T-'>St>Forw-f2/a1	Code	T-'>St>Rev-a1-s0,5
Value	2	Value	2,05
No.	16	No.	17
Code	T-'>St>Forw-f1/a1-h	Code	T-'>St>FORW-f1-s1
Value	2	Value	2,3



No.	18	19
Code	T-'>St>Forw-m1-y11	T-'>St>Forw-f2/m1
Value	1,9	2,05
No.	20	21
Code	T-'>St>Forw-Δm1-r0,5	T-'>St>Forw-Δm1/m1-r0,5+t1,5
Value	2,3	2,6
No.	22	23
Code	T-'>St>Back-a2-s1-y12	T-'>StH>Forw-f2/a1
Value	2,1	2,1
No.	48	34
Code	T-St>St>Back-a2-s1	T>HandSurf>-Forw-m3-h
Value	2	1,05



No.	24	25
Code	T-' \rightarrow StH>Forw-a1-h	T- St>'H>Sidway-m1-c
Value	2,1	2,2
No.	27	28
Code	T- Thr \curvearrowright L-Forw-a3+m1-d-y5	T-' \curvearrowright L-Forw-a2+m1-d-y5
Value	2,15	2,25
No.	26	29
Code	T- L'-Forw-m1-d	C-L'-Forw-m1
Value	1,5	1,4
No.	30	31
Code	C-St>Stp-Forw-a1-y1	C-' \rightarrow St-Forw-a2-r1
Value	2,3	2,3



No.	<p>32</p>	<p>11</p>
Code	C-'>St*-Forw-m2-r1	C-'>St-Forw-a1-r1
Value	2,15	2,2
No.	<p>50</p>	<p>49</p>
Code	C-'>St*-Forw-m2-r0,5	T-'>St>Back-a1-s0,7
Value	2,05	1,95
No.	<p>33</p>	<p>35</p>
Code	C-Thr >St-Forw-Δm1	C-'>Stsh-Forw-m1-y1
Value	2,05	2,1
No.	<p>36</p>	<p>37</p>
Code	C-'>Stsh-Forw-m1-r0,5-y1	C-'>Stsh-Forw -f1-y1
Value	2,3	2,1



No.	47	39
Code	C-St>St>-Back-f2-s1-y12	C-Thr >StH-Forw-a1-y1
Value	2,35	2,45
No.	40	41
Code	C- Thr>P-Forw-m1-y1	C- ^o >St-Back-m1/a1-y1
Value	1,9	2,4
No.	42	43
Code	C- ^o >St-Back-f2/a1-y1	O-SnH-Back-m1/a1-d
Value	2,45	1,95
No.	44	45
Code	O-Sn-Forw-m1/f1-d-y6	O- St+Thr(2)-Back-a1+a1-s0,5+s1-y9
Value	1,7	2,55



No.	<p style="text-align: center;">46</p>	<p style="text-align: center;">52</p>
Code	T- Thr >base>-Back-m1/f1-s1-y12	T-Thr>St>Forw-m1-h
Value	1,7	1,85
No.	<p style="text-align: center;">51</p>	<p style="text-align: center;">53</p>
Code	C-'>Stm-Forw-f1-y1	O-St''-Up-a3-y13
Value	2	2,05
No.	<p style="text-align: center;">54</p>	<p style="text-align: center;">55</p>
Code	T->HandSurf>-Forw-m1-y14	T-'>L>Forw- a2+m1-d
Value	0,65	1,9



11. SUMMARY TABLES

GROUP A									
Nº	Constru	Directi	Som/tw	Pos	Pos2	Rot.con	Bonus	Bonus 2	Total
1	1,25	0,1	0,3	0,1	0	0	0	0	1,75
2	1,45	0,1	0,05	0,1	0,1	0	0	0	1,8
3	1,25	0,1	0,5	0,1	0	0	0	0	1,95
4	1,25	0,1	0,55	0,1	0	0	0,4	0	2,4
5	1,25	0,1	0,3	0,1	0,1	0	0	0	1,85
6	1,35	0,1	0,5	0,1	0	0	0,1	0	2,15
7	1,45	0,1	0,25	0,1	0	0	0	0	1,9
8	1,45	0,1	0,35	0,1	0	0	0	0	2
9	1,45	0,1	0,05	0,1	0	0	0	0	1,7
10	1,45	0,1	0,3	0,1	0	0	0,2	0	2,15
11	1,45	0,1	0,05	0,2	0,1	0	0	0	1,9
12	1,45	0,1	0,3	0,2	0,1	0	0	0	2,15
13	1,45	0,1	0,5	0,2	0	0	0	0	2,25
14	1,45	0,1	0,05	0,1	0,1	0	0	0	1,8
15	1,45	0,1	0,3	0,1	0	0	0	0	1,95
16	1,45	0,1	0,5	0,1	0	0	0	0	2,15
17	1,45	0,1	0,6	0,1	0	0	0	0	2,25
18	1,45	0,1	0,8	0,1	0	0	0	0	2,45
19	1,45	0,1	0,3	0,2	0	0	0	0	2,05
20	1,45	0,1	0,3	0,1	0,2	0	0	0	2,15
21	1,45	0,1	0,3	0,1	0	0	0	0	1,95
22	1,45	0,1	0,5	0,1	0,1	0	0,4	0	2,65
23	1,25	0,1	0,3	0,1	0,1	0	0	0	1,85
24	1,25	0,1	0,3	0,2	0,2	0	0	0	2,05
25	1,35	0,1	0,3	0,1	0,1	0	0	0	1,95
26	1,3	0,1	0,3	0,2	0	0	0	0	1,9
27	1,3	0,1	0,3	0,2	0,1	0	0	0	2
28	0,9	0,1	0,25	0,1	0	0	0	0	1,35
29	0,9	0,1	0,25	0,15	0	0	0	0	1,4
30	0,9	0,1	0,2	0,2	0,1	0	0	0	1,5



31	0,9	0,1	0,3	0,2	0	0	0	0	1,5
32	0,9	0,1	0,2	0,1	0,2	0	0	0	1,5
33	0,9	0,1	0,2	0,2	0,1	0	0	0	1,5
34	0,9	0,1	0	0,3	0	0	0	0	1,3
35	0,9	0,1	0,3	0,1	0	0	0	0	1,4
36	1,45	0,1	0,6	0,1	0	0	0,4	0	2,65
37	1,45	0,1	0,7	0,1	0	0	0,4	0	2,75
38	1,45	0,1	0,8	0,1	0	0	0,4	0	2,85
39	1,45	0,1	0,5	0,1	0,1	0	0	0	2,25
40	1,45	0,1	0,6	0,1	0	0	0	0	2,25
41	1,45	0,1	0,4	0,2	0,1	0	0	0	2,25
42	1,45	0,1	0,5	0,2	0,1	0	0	0	2,35
43	1,45	0,1	0,6	0,1	0,1	0	0,4	0	2,75
44	1,45	0,1	0,9	0,1	0	0	0	0	2,55
45	1,35	0,1	0,5	0,1	0,1	0	0,1	0	2,25
46	1,35	0,1	0,4	0,1	0,1	0	0,1	0	2,15
47	1,35	0,1	0,1	0,1	0,1	0	0	0	1,75
48	1,25	0,05	0	0,3	0,1	0	0	0	1,7
49	1,25	0,05	0	0,25	0,2	0	0	0	1,75
50	1,35	0,15	0,3	0,1	0,2	0	0,1	0	2,2
51	1,45	0,15	0,2	0,1	0	0	0	0	1,9
52	1,45	0,15	0,6	0,1	0	0	0,4	0	2,7
53	1,45	0,05	0	0,1	0,1	0	0	0	1,7
54	1,45	0,05	0	0,2	0	0	0	0	1,7
55	1,45	0,05	0	0,25	0,1	0	0	0	1,85
56	1,45	0,05	0	0,1	0,1	0	0	0	1,7
57	1,45	0,05	0,1	0,1	0,1	0	0	0	1,8
58	1,45	0,05	0	0,3	0,1	0	0	0	1,9
59	1,45	0,15	0,15	0,3	0,1	0	0	0	2,15
60	1,45	0,05	0,05	0,1	0	0	0	0	1,65
61	1,45	0,05	0,05	0,2	0,1	0	0	0	1,85
62	1,45	0,15	0,15	0,2	0,1	0	0	0	2,05
63	1,45	0,05	0,05	0,1	0,1	0	0	0	1,75
64	1,45	0,15	0,3	0,1	0	0	0	0	2



65	1,45	0,15	0,5	0,1	0	0	0	0	2,2
66	1,45	0,15	0,6	0,1	0	0	0	0	2,3
67	1,45	0,15	0,3	0,1	0	0	0,2	0	2,2
68	1,45	0,05	0	0,2	0,1	0	0	0	1,8
69	1,45	0,05	0,05	0,2	0,1	0	0	0	1,85
70	1,45	0,15	0,3	0,2	0	0	0	0	2,1
71	1,45	0,15	0,5	0,2	0	0	0	0	2,3
72	1,45	0,05	0	0,2	0	0	0	0	1,7
73	1,25	0,05	0	0,2	0,1	0	0	0	1,6
74	1,25	0,15	0,1	0,2	0,1	0	0	0	1,8
75	1,25	0,05	0	0,2	0,1	0	0	0	1,6
76	1,25	0,05	0	0,1	0,2	0	0	0	1,6
77	1,25	0,05	0,05	0,2	0,1	0	0	0	1,65
78	1,25	0,15	0,25	0,1	0,15	0	0	0	1,9
79	1,25	0,05	0,1	0,2	0,1	0	0,05	0	1,75
80	1,3	0,15	0,4	0,1	0	0	0,05	0	2
81	1,35	0,05	0,25	0,1	0	0	0,1	0	1,85
82	1,35	0,05	0,35	0,1	0	0	0,1	0	1,95
83	1,35	0,05	0,45	0,1	0	0	0,1	0	2,05
84	1,35	0,05	0	0,1	0,2	0	0	0	1,7
85	1,35	0,05	0	0,1	0,25	0	0,05	0	1,75
86	1,35	0,05	0,1	0,15	0	0	0	0	1,65
87	1,35	0,05	0	0,1	0,2	0	0,05	0	1,75
88	0,9	0,05	0	0,2	0	0	0	0	1,15
89	0,9	0,05	0	0,2	0,1	0	0	0	1,25
90	0,9	0,05	0,05	0,2	0	0	0	0	1,2
91	0,9	0,05	0,2	0,2	0,1	0	0	0	1,45
92	0,9	0,05	0,1	0,1	0,2	0	0	0	1,35
93	0,9	0,15	0,3	0,1	0,1	0	0	0	1,55
94	1,45	0,2	0,05	0,1	0	0	0	0	1,8
95	1,45	0,2	0,3	0,1	0	0	0,2	0	2,25
96	1,45	0,2	0,05	0,2	0,1	0	0	0	2
97	1,45	0,2	0,3	0,2	0,1	0	0	0	2,25
98	1,45	0,2	0,05	0,1	0,1	0	0	0	1,9



99	1,45	0,2	0,3	0,1	0,1	0	0	0	2,15
100	1,45	0,2	0,3	0,1	0,2	0	0	0	2,25
101	1,45	0,2	0,3	0,1	0,2	0	0	0	2,25
102	1,45	0,2	0,3	0,1	0,1	0	0	0	2,15
103	1,35	0,05	0	0,1	0,2	0	0	0	1,7
104	1,35	0,15	0,5	0,1	0,1	0	0	0	2,2
105	1,25	0,15	0,4	0,1	0,1	0	0	0	2
106	1	0,15	0,1	0,1	0	0	0,1	0,2	1,65
107	1,35	0,1	0,1	0,1	0	0	0,1	0	1,75
108	1,45	0,1	0,5	0,1	0,1	0	0,05	0	2,3
109	1,35	0,05	0	0,1	0	0	0	0	1,5
110	1,35	0,05	0,1	0,1	0	0	0	0	1,6
111	0,9	0,1	0	0,2	0,1	0	0	0	1,3
112	1,25	0,2	0,1	0,1	0,1	0	0,05	0	1,8
113	0,9	0,2	0	0,1	0,1	0	0	0	1,3
114	1,45	0,1	0,4	0,1	0	0	0	0	2,05
115	1,45	0,1	0,6	0,1	0	0	0	0	2,25
116	1,45	0,1	0,7	0,1	0	0	0	0	2,35
117	1,25	0,1	0,6	0,1	0	0	0	0	2,05
118	0,6	0,05	0	0,1	0	0	0	0	0,75
119	0,6	0,05	0,15	0,2	0,1	0	0	0	1,1
120	1,45	0,05	0	0,1	0	0	0,3	0	1,9
121	1,25	0,05	0	0,2	0,1	0	0,3	0,1	2
122	1	0,05	0,25	0,1	0	0	0	0	1,4
123	1,35	0,05	0,2	0,1	0,2	0	0	0,1	2
124	1,35	0,05	0,3	0,1	0	0	0	0	1,8
125	1,35	0,05	0,2	0,2	0	0	0	0,2	2
126	1,35	0,05	0,2	0,1	0	0	0	0,2	1,9
127	1,35	0,05	0,1	0,1	0,15	0	0	0	1,75
128	1,25	0,15	0,25	0,1	0,2	0	0	0	1,95
129	1,35	0,1	0,3	0,2	0,2	0	0,1	0	2,25
130	1,45	0,15	0,4	0,1	0	0	0	0	2,1
131	0,6	0,05	0	0,2	0,1	0	0	0	0,95
132	1,45	0,1	1,2	0,1	0	0	0,2	0	3,05



133	1,45	0,1	0,3	0,2	0,1	0	0	0	2,15
134	1,45	0,05	0	0,3	0,1	0	0,3	0	2,2
135	1,45	0,1	0,6	0,25	0,1	0	0	0	2,5
136	1,45	0,2	0,05	0,2	0,1	0	0	0	2
137	1,25	0,05	0,1	0,15	0	0	0	0	1,55
138	1,35	0,05	0	0,1	0,05	0	0	0	1,55
139	0,9	0,05	0,15	0,1	0	0	0	0	1,2
140	1,45	0,1	0,3	0,2	0,1	0	0	0	2,15
141	1,25	0,05	0	0,2	0,1	0	0	0	1,6
142	1,35	0,05	0	0,25	0,15	0	0	0	1,8
143	1,25	0,15	0,25	0,1	0	0	0	0	1,75
144	1,35	0,1	0,3	0,1	0	0	0,1	0,2	2,15
145	0,6	0,05	0	0,1	0	0	0	0	0,75
146	0,9	0,15	0,2	0,2	0,2	0	0	0	1,65
147	0,9	0,05	0	0,2	0	0	0	0	1,15
148	0,9	0,05	0	0,1	0,1	0	0	0	1,15
149	0,9	0,15	0,15	0,2	0	0	0	0	1,4
150	1,45	0,1	0,6	0,1	0,1	0	0,4	0	2,75
151	1,45	0,1	0,3	0,1	0,15	0	0	0	2,1
152	1,45	0,05	0,1	0,3	0,15	0	0	0	2,05

GROUP P									
Nº	Constru	Area	Som/tw	Pos	Pos2	Rot.con	Bonus	Bonus 2	Total
1	1,1	0,1	0	0,05	0	0	0	0	1,25
2	1,1	0,1	0	0,05	0	0,1	0	0	1,35
3	1,1	0,1	0	0,1	0	0	0	0	1,3
4	1,1	0,1	0	0,1	0	0,4	0	0	1,7
5	1,1	0,1	0	0,55	0	0	0	0	1,75
6	1,15	0,2	0	0,1	0	0	0	0	1,45
7	1,15	0,2	0	0,3	0	0	0	0	1,65
8	1,1	0,1	0	0,3	0,2	0	0	0	1,7
9	1,1	0,1	0	0,3	0,2	0,1	0,05	0	1,85
10	1,1	0,1	0	0,4	0,2	0	0,1	0,05	1,95
11	1,15	0,1	0	0,1	0	0	0	0	1,35



12	1,15	0,2	0	0,15	0	0	0	0	1,5
13	1,15	0,2	0	0,1	0	0	0	0	1,45
14	1,3	0,3	0	0,55	0	0	0	0	2,15
15	1,3	0,2	0	0,1	0	0	0	0	1,6
16	1,3	0,3	0	0,1	0	0	0	0	1,7
17	1,3	0,3	0	0,25	0,1	0	0,3	0	2,25
18	1,3	0,2	0	0,3	0	0	0	0	1,8
19	1,3	0,4	0	0,3	0	0	0	0	2
20	1,4	0,4	0	0,2	0	0	0	0	2
21	1,4	0,3	0	0,3	0	0	0	0	2
22	1,4	0,3	0	0,3	0,2	0,3	0	0	2,5
23	1,2	0,2	0	0,3	0,2	0	0	0	1,9
24	1,2	0,2	0	0,3	0,1	0	0,2	0	2
25	1,1	0,1	0	0,35	0	0	0	0	1,55
26	1,2	0,1	0	0,25	0,3	0	0	0	1,85
27	0,6	0,1	0	0,55	0	0	0,2	0	1,45
28	0,6	0,1	0	0,25	0	0	0,2	0	1,15
29	0,9	0,1	0	0,1	0	0	0,2	0	1,3
30	0,9	0,1	0	0,35	0	0	0,2	0	1,55
31	1,1	0,2	0	0,3	0	0	0	0	1,6
32	1,45	0,3	0	0,55	0	0	0	0	2,3
33	1,7	0,1	0	0,25	0	0	0	0	2,05
34	1	0,2	0	0,1	0	0	0	0	1,3
35	1,3	0,3	0	0,45	0	0		0	2,05
36	1,1	0,1	0	0,65	0	0	0	0	1,85
37	1,1	0,1	0	0,55	0	0	0	0	1,75
38	1,15	0,1	0	0,15	0	0	0	0	1,4
39	1,2	0,1	0	0,3	0	0	0	0	1,6
40	1,15	0,1	0	0,15	0	0	0	0	1,4
41	1,1	0,1	0	0,3	0,2	0	0,05	0	1,75
42	0,8	0,1	0	0,1	0	0	0	0	1
43	1,1	0,1	0	0,1	0	0	0,2	0	1,5
44	1,15	0,2	0	0,4	0,45	0	0,1	0,05	2,35
45	1,15	0,2	0	0,3	0,1	0,2	0,3	0,2	2,45



46	1,4	0,3	0	0,25	0	0	0	0	1,95
47	1,15	0,3	0	0,35	0	0	0	0	1,8
48	0,85	0,1	0	0,55	0	0	0	0	1,5
49	0,85	0,1	0	0,05	0	0	0	0	1
50	1,3	0,4	0	0,3	0,15	0,3	0	0	2,45

GROUP C									
Nº	Constr	Directi	Som/t	Pos	Pos2	Rot.co	Bonus	Bonus 2	Total
1	1,25	0,15	0,15	0,1	0	0	0	0	1,65
2	1,25	0,2	0,15	0,1	0	0	0	0	1,7
3	1,75	0,15	0,1	0,1	0	0	0	0	2,1
4	1,35	0,05	0,05	0,1	0	0	0,2	0	1,75
5	1,6	0,05	0,1	0,1	0	0	0,2	0	2,05
6	0,7	0,1	0,25	0,15	0,1	0	0,1	0,05	1,45
7	1,25	0,15	0,1	0,3	0	0	0	0	1,8
8	0,7	0,15	0,3		0,1	0	0	0	1,25
9	1,4	0,2	0,15	0,1	0	0	0,2	0	2,05
10	1,8	0,15	0,1	0,1	0	0	0	0	2,15
11	1,75	0,05	0	0,1	0	0,3	0	0	2,2
12	1,65	0,15	0,25	0,1	0	0	0	0	2,15
13	1,55	0,05	0,1	0,1	0,1	0		0	1,9
14	1,65	0,05	0	0,2	0,1	0	0	0	2
15	1,65	0,2	0,1	0,1		0	0	0	2,05
16	1,65	0,15	0,1	0,1		0	0	0	2
17	1,65	0,15	0,3	0,1	0,1	0	0	0	2,3
18	1,65	0,05	0	0	0,1	0	0,1	0	1,9
19	1,65	0,05	0	0,2	0,15	0		0	2,05
20	1,65	0,05	0	0,3		0,3	0	0	2,3
21	1,65	0,05	0,3	0,3	0	0,3	0	0	2,6
22	1,65	0,1	0,1	0,2	0	0	0,05	0	2,1
23	1,75	0,05	0	0,2	0,1	0	0	0	2,1
24	1,75	0,15	0,1	0,1	0	0	0	0	2,1



25	1,75	0,2	0,15	0,1	0	0	0	0	2,2
26	1,15	0,05	0,1	0,1	0,1	0	0	0	1,5
27	1,3	0,05	0,1	0,3	0,1	0	0,3	0	2,15
28	1,45	0,05	0,1	0,25	0,1	0	0,3	0	2,25
29	1,15	0,05	0	0,1	0,1	0	0	0	1,4
30	1,85	0,05	0	0,1	0	0	0,3	0	2,3
31	1,75	0,05	0	0	0,2	0,3	0	0	2,3
32	1,55	0,05	0	0,25	0	0,3	0	0	2,15
33	1,7	0,05	0	0,3	0	0	0	0	2,05
34	0,5	0,15	0,1	0,3	0	0	0	0	1,05
35	1,65	0,05	0	0,1	0	0	0,3	0	2,1
36	1,65	0,05	0	0,1	0	0,2	0,3	0	2,3
37	1,65	0,05	0	0	0,1	0	0,3	0	2,1
39	2	0,05	0	0,1	0	0	0,3	0	2,45
40	1,45	0,05	0	0,1	0	0	0,3	0	1,9
41	1,75	0,1	0	0,25	0	0	0,3	0	2,4
42	1,75	0,1	0	0,2	0,1	0	0,3	0	2,45
43	1,35	0,1	0,1	0,3	0,1	0	0	0	1,95
44	0,95	0,05	0,1	0,3	0,1	0	0,2	0	1,7
45	1,85	0,15	0,3	0,1	0	0	0,1	0,05	2,55
46	1,05	0,1	0,3	0,1	0,1	0	0,05	0	1,7
47	1,6	0,1	0,3	0,1	0,2	0	0,05	0	2,35
48	1,6	0,1	0,1	0,2	0	0	0	0	2
49	1,65	0,1	0,1	0,1	0	0	0	0	1,95
50	1,55	0,05	0	0,25	0	0,2	0	0	2,05
51	1,55	0,05	0	0,1	0	0	0,3	0	2
52	1,5	0,15	0,1	0,1	0	0	0	0	1,85
53	1,45	0,05	0	0,25	0	0	0,3	0	2,05
54	0,5	0,05	0	0,05	0	0	0,05	0	0,65
55	1,45	0,15	0,1	0,1	0,1	0	0	0	1,9



GROUP B

GROUP B								
Nº	Constr	Directi	Area	Pos	Pos2	Rot.co	Bonus	Total
1	1,05	0,05	0,1	0	0	0	0	1,2
2	1,05	0,05	0,1	0	0,05	0	0	1,25
3	1,05	0,05	0,1	0	0,1	0	0	1,3
4	1,05	0,05	0,1	0	0,15	0	0	1,35
5	1,05	0,1	0,15	0	0	0	0	1,3
6	1,05	0,1	0,15	0	0,2	0	0	1,5
7	1,05	0,1	0,15	0	0,3	0	0	1,6
8	1,05	0,1	0,15	0	0,4	0	0	1,7
9	1,05	0,1	0,25	0	0	0	0	1,4
10	1,05	0,2	0,25	0	0	0	0	1,5
11	1,05	0,2	0,25	0,3	0	0	0	1,8
12	1,05	0,2	0,25	0,3	0,2	0	0	2
13	1,05	0,1	0,25	0	0	0	0	1,4
14	1,05	0,1	0,25	0	0,2	0	0	1,6
15	1,05	0,1	0,25	0	0,3	0	0	1,7
16	1,05	0,1	0,65	0	0	0	0	1,8
17	1,05	0,1	0,65	0	0,25	0	0	2,05
18	1,05	0,1	0,65	0	0,35	0	0	2,15
19	1,05	0,2	0,55	0	0	0	0	1,8
20	1,05	0,1	0,1	0,45	0		0	1,7
21	1,05	0,2	0,45	0	0	0	0	1,7
22	1,05	0,2	0,45	0	0,2	0	0	1,9
23	1,05	0,2	0,45	0	0,3	0	0	2
24	1,05	0,1	0,45	0	0	0	0	1,6
25	1,05	0,1	0,45	0	0,25	0	0	1,85
26	1,05	0,1	0,45	0	0,35	0	0	1,95
27	1,05	0,1	0,5	0	0	0	0	1,65
28	1,05	0,1	0,5	0	0,25	0	0	1,9
29	1,05	0,1	0,5	0	0,35	0	0	2
30	1,05	0,1	0,5	0	0,45	0	0	2,1
31	1,05	0,1	0,2	0,2	0	0	0	1,55



32	1,05	0,1	0,2	0,1	0	0	0	1,45
33	1,05	0,1	0,2	0,1	0,2	0	0	1,65
34	1,05	0,95	0,1	0	0	0	0	2,1
35	1,05	0,95	0,1	0	0,2	0	0	2,3
36	1,05	0,95	0,1	0	0,3	0	0	2,4
37	0,6	0,1	0,2	0	0	0	0	0,9
38	1,05	1,05	0,1	0,3	0		0	2,5
39	1,05	0,1	0,05	0	0	0	0	1,2
40	1,05	0,45	0,3	0	0,3	0	0	2,1
41	1,05	0,45	0,2	0	0	0	0	1,7
42	1,05	0,4	0,3	0	0	0	0	1,75
43	1,05	0,1	0,15	0	0,2	0	0	1,5
44	1,05	0,1	0,35	0	0,2	0	0	1,7
45	1,05	0,5	0,2	0	0	0	0	1,75
46	1,05	0,1	0,5	0	0	0	0	1,65
47	1,05	0,1	0,5	0,05	0,3	0	0	2
48	1,35	0,1	0,25	0	0	0	0	1,7
49	1,35	0,1	0,25	0	0,3	0	0	2
50	1,35	0,2	0,1	0	0	0	0	1,65
51	1,35	0,2	0,2	0	0	0	0	1,75
52	1,35	0,2	0,25	0,1	0	0	0	1,9
53	1,15	0,5	0,1	0	0	0	0	1,75
54	1,05	0,5	0,1	0	0	0	0	1,65
55	1,35	0,7	0,1	0	0	0	0	2,15
56	1,35	0,7	0,1	0	0,3	0	0	2,45
57	1,35	0,1	0,3	0	0	0	0	1,75
58	1,05	0,45	0,3	0	0	0	0	1,8
59	1,05	0,45	0,3	0	0,3	0	0	2,1
60	1,05	0,45	0,3	0	0,5	0	0	2,3
61	1,05	0,45	0,3	0,2	0	0	0	2
62	1,05	0,45	0,3	0,2	0,3	0	0	2,3
63	1,05	0,45	0,3	0,2	0,5	0	0	2,5
64	1,05	1	0,3	0	0	0	0	2,35
65	1,05	1	0,3	0	0,3	0	0	2,65



66	1,05	1	0,3	0	0,5	0	0	2,85
67	1,05	1	0,35	0,15	0	0	0	2,55
68	1,05	1	0,3	0,2	0	0	0	2,55
69	1,05	1	0,3	0,2	0,3	0	0	2,85
70	1,05	1	0,3	0,2	0	0,05	0	2,6
71	1,05	1	0,3	0,2	0,5	0,05	0	3,1
72	1,05	1	0,4	0	0	0	0	2,45
73	1,05	1	0,4	0	0,5	0	0	2,95
74	1,05	1	0,3	0,2	0	0,05	0	2,6
75	0,6	0,1	0,6	0	0	0	0	1,3
76	1,05	0,4	0,4	0	0,3	0	0	2,15
77	1,05	0,8	0,3	0	0	0	0	2,15
78	1,35	0,3	0,3	0	0	0	0	1,95
79	1,35	0,3	0,3	0,2	0	0,05	0	2,2
80	1,15	0,1	0,45	0	0	0	0	1,7
81	1,15	0,1	0,3	0	0	0	0	1,55
82	1,05	0,45	0,4	0	0	0	0	1,9
83	1,05	0,3	0,3	0	0	0	0	1,65
84	1,05	0,3	0,3	0	0,2	0	0	1,85
85	1,05	0,3	0,3	0	0,3	0	0	1,95
86	1,05	0,3	0,3	0,2	0	0	0	1,85
87	1,05	0,3	0,3	0,2	0,2	0	0	2,05
88	1,05	0,1	0,3	0	0	0	0	1,45
89	1,05	0,1	0,3	0,2	0	0	0	1,65
90	1,05	0,1	0,3	0		0	0	1,45
91	1,05	0,1	0,3	0,25	0,2	0	0	1,9
92	1,05	0,1	0,3	0	0,3	0	0	1,75
93	1,05	0,1	0,3	0	0	0	0	1,45
94	1,35	0,1	0,4	0	0	0	0	1,85
95	1,35	0,1	0,4	0	0,3	0	0	2,15
96	1,35	0,1	0,25	0	0	0	0	1,7
97	1,35	0,1	0,2	0,05	0	0	0	1,7
98	1,05	0,15	0,3	0	0	0	0	1,5
99	1,35	0,15	0,25	0	0	0	0	1,75



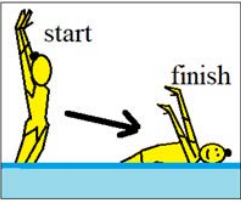
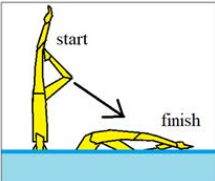

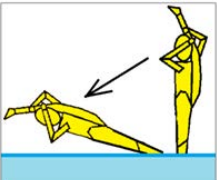
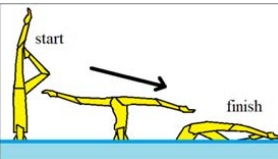
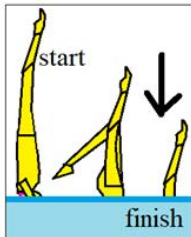
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103	1,05	0,1	0,35	0	0	0	0	1,5
104	1,2	0,1	0,4	0	0	0	0	1,7
105	1,2	0,1	0,3	0	0	0	0	1,6
106	1,2	0,1	0,45	0	0	0	0	1,75
107	1,7	0,15	0,1	0	0	0,1	0	2,05
108	1,6	0,15	0,3	0	0	0	0	2,05
109	1,6	0,15	0,2	0	0	0	0	1,95
110	1,6	0,15	0,15	0	0	0	0	1,9
111	0,7	0,1	0,1	0	0	0	0	0,9
112	0,7	0,1	0,35	0	0	0	0	1,15
114	0,6	0,1	0,4	0	0	0	0	1,1
113	0,6	0,1	0,1	0	0	0,1	0	0,9
115	0,6	0,1	0,25	0	0	0	0	0,95
116	0,6	0,1	0,2	0	0	0	0	0,9
117	0,7	0,1	0,35	0,05	0	0	0	1,2
118	0,6	0,1	0,35	0	0,4	0	0	1,45
119	0,8	0,3	0,1	0	0	0	0	1,2
120	0,8	0,3	0,25	0	0	0	0	1,35
121	1,5	0,3	0,1	0,25	0	0	0	2,15
122	1,3	0,3	0,1	0,2	0	0	0,05	1,95
123	0,8	0,1	0,1	0,25	0	0,05	0,2	1,5
124	1,05	0,1	0,4	0	0,3	0	0	1,85
125	1,35	0,1	0,3	0	0	0	0	1,75
126	1,25	0,1	0,3	0,1	0	0	0	1,75
127	1,25	0,1	0,1	0	0	0	0	1,45
128	1,2	0,2	0,3	0	0,5	0	0	2,2
129	0,95	0,3	0,55	0,05	0	0,2	0,2	2,25
130	0,9	0,3	0,25	0,3	0	0,1	0	1,85
131	0,7	0,1	0,3	0	0	0,1	0	1,2
132	1,2	0,1	0,1	0	0	0	0	1,4
133	1,2	0,1	0,55	0	0	0	0	1,85



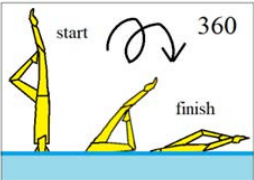
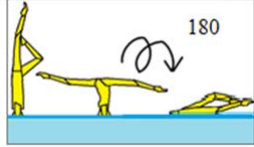
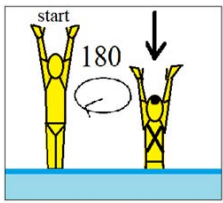
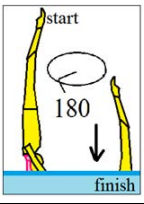
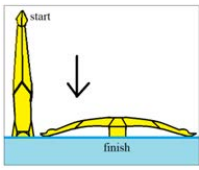
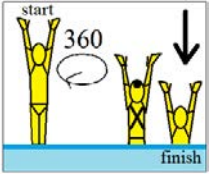
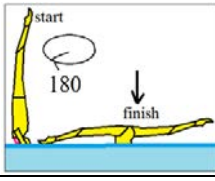
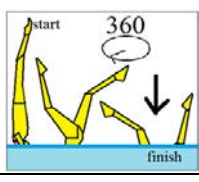
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135	1,4	0,1	0,1	0	0	0	0	1,6
136	1,05	0,1	0,35	0	0	0	0	1,5
137	1,05	0,1	0,5	0,2	0	0	0	1,85
138	1,05	0,1	0,4	0	0,35	0	0	1,9
139	1,35	0,15	0,2	0	0,3	0	0	2
140	1,35	0,15	0,2	0,1	0	0	0	1,8
141	1,35	0,15	0,2	0,15	0	0	0	1,85
142	1,35	0,3	0,3	0,15	0,3	0	0	2,4
143	1,05	0,95	0,15	0	0	0	0	2,15
144	1,05	1,05	0,15	0	0	0	0	2,25
145	0,9	0,3	0,3	0	0	0,05	0	1,55
146	1,05	0,95	0,1	0,2	0	0,1	0	2,4
147	1,05	0,2	0,55	0,2	0	0,2	0	2,2
148	1,35	0,7	0,1	0	0,5	0	0	2,65
149	1,35	0,1	0,05	0	0,3	0	0	1,8
150	1,35	0,1	0,05	0	0,5	0	0	2
151	0,6	0,1	0,05	0	0	0	0	0,75
152	0,7	0,1	0,1	0,1	0	0	0	1
153	0,7	0,1	0,35	0	0	0	0	1,15
154	1,05	1,05	0,25	0	0	0	0	2,35
155	1,05	0,2	0,3	0,1	0,2	0	0	1,85
156	1,05	0,2	0,1	0,1	0,3	0	0	1,75
157	1,4	0,2	0,35	0	0	0	0	1,95
158	0,85	0,25	0,3	0	0	0	0	1,4
159	0,7	0,1	0,2	0,05	0	0,1	0	1,15
160	0,8	0,1	0,2	0,2	0	0,05	0	1,35



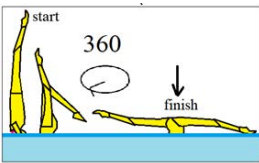
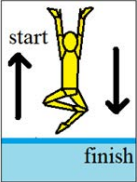
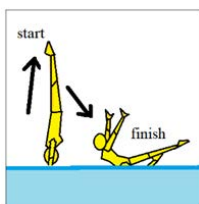
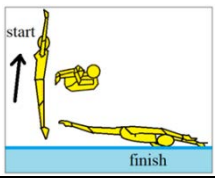
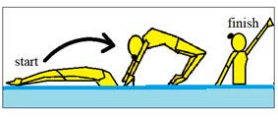
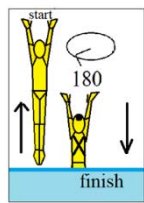
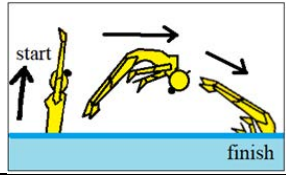
12. PAIR ACROBATICS

LIFT								
No Level	Diagram (example)	Position of the featured-swimmer	Maintain airborne weight or not (Subgroup Identification)	Rotation	Flexibility	Direction (of the jump; for full)	Total	
Base level		Lift head-up (base)	with crashing	-	-	-	0,025	
		0,05	minus 0,025 (half from basic)					
		Lift legs-up (base)	with crashing	-	-	-	0,05	
		0,1	minus 0,05					
Level 1		Lift head-up (base)	without crashing (submerge)	-	-	-	0,1	
		0,05	0,05					
		Lift head-up (base)	with crashing	-	-	flexibility		
		0,05	minus 0,05			0,05		
		Lift legs-up (base)	with crashing	-	-	flexibility		
		0,1	minus 0,05			0,05		
	Lift legs-up (base)	without crashing (submerge)	-	-	-			
	0,1	0,05						

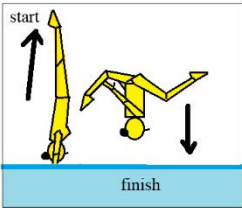
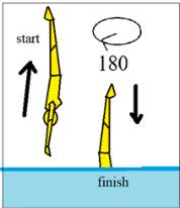
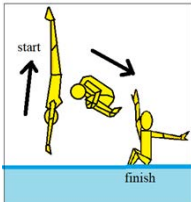
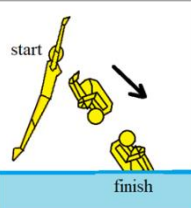

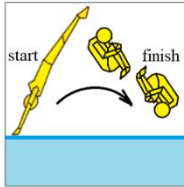


Level 2		Lift legs-up (base)	with crashing	-	rotation 360	-	-	0,15
		0,1	minus 0,05		0,1	-	-	
		Lift legs-up (base)	with crashing		rotation (TURN) 180	flexibility	-	
		0,1	minus 0,05		0,05	0,05	-	
		Lift head-up (base)	-	without crashing (submerge)	rotation 180	-	-	
		0,05		0,05	0,05			
Level 3		Lift legs-up (base)	-	without crashing (submerge)	rotation 180	-	-	0,2
		0,1	-	0,05	0,05	-		
		Lift legs-up (base)	-	without crashing (submerge)	-	flexibility	-	
		0,1		0,05		0,05		
		Lift head-up (base)	-	without crashing (submerge)	rotation 360	-	-	
		0,05	-	0,05	0,1	-		
Level 4		Lift legs-up (base)	-	without crashing (submerge)	rotation 180	flexibility	-	0,25
		0,1		0,05	0,05	0,05		
		Lift legs-up (base)	-	without crashing (submerge)	rotation 360	-	-	
		0,1		0,05	0,1			



Level 5		Lift legs-up (base)	-	without crashing (submerge)	rotation 360	flexibility	0,3	
		0,1		0,05	0,1	0,05		
JUMP/THROW								
Basic level		Jump head-up	-	-	-	-	0,2	
		0,2						
		Jump legs-up	with crashing				0,25	
		0,25	minus 0,05	-	-	-		
Level 1		Jump head-up	-	-	-	flexibility	0,25	
		0,2				0,05		
		Jump legs-up	with crashing		Dive (entry by legs) = Pike dive	-		0,05
		0,25	minus 0,05	-				
		Jump head-up	-	-	rotation 180	-	0,05	
		0,2						
Level 2		Jump head-up	-	-	Dive (entry by head)	-	0,3	
		0,2			0,1			



		Jump legs-up	-	-	-	flexibility		0,3
		0,25				0,05		
		Jump legs-up	-	-	rotation 180	-		0,3
		0,25			0,05			
Level 3		Jump legs-up	-	-	somers ault 180	-		0,35
		0,25			0,1			
Level 4		Jump head-up	-	-	Somers ault 360	-	Forwards	0,5
		0,2			0,2		0,1	
		Jump head-up	-	-	Somers ault 360	flexibility	Backwards	
		0,2			0,2	0,05	0,05	
Level 5		Jump legs-up	-	-	Somers ault 360	-	Forwards	0,55
		0,25			0,2		0,1	



13. KEYS FOR CODE SYSTEM:

For designation of the acrobatic movement's components - abbreviation and symbols are used. Before and after acrobatic movement's component "code" hyphen "-" is used.

Additional symbols:

/ – stands between Position 1 and Position 2

+ – in Group C between Positions describes that first code (for example: a1) belongs to first featured-swimmer, then goes "+" and then code (for example: f1) that belongs to position of the second featured-swimmer.

' – «spotter»

> – onto

>> – passing through

(2) – two featured-swimmers

~ – fly above formation

H – head-down

p – after H, means pike position of support-swimmer

c – after H, means crane position of support-swimmer

t – after H, means tuck position of support-swimmer

s- surface

h- head

u - under

Pb₃ – Platform from 3 swimmer's backs