

Revised Report

Ad Hoc Committee On Degrees of Difficulty

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FINA
Technical Synchronized Swimming Committee
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Section 1: Acknowledgments

I would like to thank the FINA Bureau and the Japanese Swimming Federation for supporting a meeting in Tokyo to review the work of the Ad Hoc Committee on Degrees of Difficulty of FINA Figures (1987 – 1998). The meeting was held in Tokyo, April 4-9, 2009. Thanks also to the Japanese Olympic Committee for allowing us to stay at their new Olympic Training Center. A special thank you to Miwako Homma and the Japanese Synchronized Swimming Committee for their gracious hospitality during our stay in Japan.

A very special thank you to Jennifer Gray*(GBR) and Barbara McNamee (USA) for taking time from their very busy schedules to work on this project. Finally, a very special thanks to Barbara McNamee for her exceptional computer skills which made this report possible in a timely fashion.

Sincerely,

Judith S. McGowan

Judith S. McGowan, Chairman
FINA Ad Hoc Committee on Degrees of Difficulty of FINA Figures (1987-1998)
July 2009

* Original member, Ad Hoc Committee

Section 2: Report - Degree of Difficulty Meeting

April 6-8, 2009

Tokyo, Japan

The Ad Hoc Committee on Degrees of Difficulty of FINA Figures was established in 1987 (Cairo) and met periodically thereafter. Much of its work was adopted at the 1994 Technical Congress (Rome). The *Final Report: Ad Hoc Committee on Degrees of Difficulty* was completed in 1998, and it was presented at a FINA Worldwide Seminar for Coaches and Judges (Bangkok).

Ten years later, it was important to go back and review the report, to revise it where necessary, and further develop it to meet the needs of the current actions required of our athletes, many of which did not exist in 1998. A meeting was held on April 6-8, 2009 at the Olympic Training Center in Tokyo to address these needs.

Participants in the meeting were as follows:

Members: Judith McGowan*, USA
Barbara McNamee, USA
Jennifer Gray*, GBR
Miwako Homma, JPN, FINA – TSSC
Koji Ito, JPN, Japanese Institute of Sport Science

Observers: Yuki Saito, JPN
Tomoko Yamada, JPN
Ikuko Higuchi, JPN

* Members, original Ad Hoc Committee.

The agenda included the following:

1. Review the degrees of difficulty of transitions that have been added since the final report was issued in 1998.
2. Review the degrees of difficulty of transitions that are often questioned.
3. Analysis of degrees of difficulty for new transitions.
4. Determine how to appropriately assess the degrees of difficulty of transitions requiring sustained maximum height while moving after an explosive action.
5. Assess the degrees of difficulty of the new elements for 2009-2013.
6. Standardize the wording of new figures and apply the degrees of difficulty formula to newly submitted figures.
7. Review the Standard Add-on Values for Twists and Spins

Our process was as a group to list our tasks, and we identified problems associated with each item. We broke into small groups and worked on the tasks. After completion of a task, the entire group reviewed the others' work for clarification and accuracy.

Item #1 - Numerical Value (NVT) of New Transitions

The number of new transitions since the 1998 report was a stunning 48. A summary of the number of transitions is listed in table format after Table 7. The new totals (T) per category are listed below, ST = sub-total .

Category # 1 Airborne – Horizontal Base	T = 16 (+4)
Category # 2 Airborne – Vertical Base	T = 17 (+2)
Category # 3 Arched Base or Movement	T = 28 (+8)
Category # 4 Arches/Arcs	T = 12 (+3)
Category #5 Circular	T = 16 (0)
Category #6 Descending	T = 9 (0)
Category #7 Multi-Dimensional	T = 10 (+1)
Category #8 Submerged	T = 14 (+4)
Category #9 Rotation – Lateral Axis	T = 15 (0)
Category #10 Rotation – Longitudinal Axis	T = 67 (+ 26)
Horizontal Plane	ST = 3 (0)
Twists	ST = 19 (+6)
Twirls	ST = 6 (+4)
Descending Spins	ST = 14 (+5)
Ascending Spins	ST = 7 (+1)
Combined	ST = 5 (+4)
Category # 11 Unroll	T = 13 (+6)

Item #2 - NVT often questioned

After reviewing the NVT of several transitions that are often questioned, it was deemed that the Catalina rotation and the Eiffel movement were in fact undervalued. In each case the Value of the Sculling Proficiency (VSP) was increased, thereby increasing the NVT for each movement.

Item #3 - Analysis of DD for new transitions

The NVT were determined for all new transitions they appear in their appropriate categories in the revised Table 7 in this report. Note: There are 48 new transitions. The NVT for each was determined and is listed in the Revised Table 7.

Item #4 - Standardize the wording of new figures and determine their DD

Goeland (2.0)

An *Albatross* is executed to the **Front Pike Position**, One leg is lifted to vertical as the body rotates 90° on its longitudinal axis to assume a **Side Fishtail Position**, with continuous motion another 90° rotation is executed in *the* same direction as the vertical leg lowers to assume a **Split Position**. A *Walkout Back* is executed.

Kip, Bent Knee (2.0)

A *Kipnus* is executed to the **Bent Knee Vertical Position**. The bent knee is extended to a **Vertical Position**. A *Vertical Descent* is executed.

Kipnus Variant (2.0)

A *Kipnus* is executed to the **Bent Knee Vertical Position**. With no loss of height, a full twist is executed as the bent knee is extended to meet the vertical leg. A *Vertical Descent* is executed.

Lagoon (2.4)

A *Somersault Front Pike* is executed to the **Submerged Ballet Leg Double Position**. Maintaining the vertical line of the legs, the hips are lifted as the trunk unrolls to assume a **Vertical Position**. One leg is lowered to a **Knight Position**. The vertical leg is lowered to assume a **Surface Arch Position**, with continuous motion a *Surface Arch to Back Layout* is executed.

Manta Ray (2.8)

A *Flamingo* is executed to a **Surface Flamingo Position**. As the body unrolls, the bent leg is extended horizontally to assume a **Crane Position**. The horizontal leg is lifted in a 180 arc over the surface of the water, as it passes vertical, the vertical leg is moved to assume a **Bent Knee Surface Arch Position**. The bent knee is straightened and with continuous motion, an *Arch to Back Layout* is executed.

Oceanea (2.0)

A *Nova* is executed to the **Surface Arch Bent Knee Position**. The horizontal leg is lifted to the vertical as the bent knee is extended to assume a **Vertical Position**. A *Continuous Spin of 720°* (2 rotations) is executed.

Surface Prawn (1.5)

A *Somersault Front Pike* is executed to a **Front Pike Position**, one leg is moved in a horizontal arc of 180 to assume a **Split Position**. The legs join to assume a **Vertical Position** at the ankles. A *Twirl* is executed followed by a vertical descent.

Water Drop (1.6)

From a **Front Layout Position**, a *Front Pike Position* is assumed. The legs are lifted simultaneously to a **Bent Knee Vertical Position**. A 180° *spin* is executed as the bent knee is extended to the vertical position before the heels reach the surface of the water.

Item #5 - Determine how to appropriately assess the DD of transitions requiring sustained maximum height while moving after an explosive action

A great deal of discussion went into this item. Dr. Ito was very helpful to us. First we defined the term **dynamic movement – as movement that occurs at maximum sustained eight after a thrusting action**. In order to determine how to value such actions, the committee reviewed the component parts of the NVT. After much

deliberation, it was suggested and agreed that for all such actions, a bonus of 10 points would be applied to the VSP of the transition.

Item #6 - Assess the DD of the new elements for 2009-2013

The DD for each element was determined, and they are noted in Appendix #2. One problem occurred during this process. How could we value the acrobatic and cadence movements?, It was suggested and agreed to recommend that Execution judges would assess them under the “other 30%”, and that the Overall Impression judges would assess the difficulty of these movements . This was decided because the teams create their own Acrobatic and cadence movements and all of them are different. This will have to go to the Congress.

During our discussions of the new elements, the Japanese observers noted that it was a big jump from Junior Figures to these elements. After some discussion it was suggested that in addition to the Senior Elements (A) B and C lists could be developed for developing federations. The Japanese observers were asked to work on this task, since all of them are coaches. The only directive given to them was that they had to be progress. The B and C elements are included in the Appendix.

In communication with Ginny Jasontek, Honorary Secretary of the TSSC, she asked how might these lists be used. We envision several possible ways to use the three lists.

- A. Federations could host an event and announce that they are going to use the “C” or “B” list for their meet.
- B. Federations might decide to hold different level competitions to develop athletes within their programs.
- C. Federations may opt to use the “C” list the first year of the quadrennium, the “B” list the second year, and the “A” (senior) list in years three and four.
- D. Federations might also hold a meet wherein multiple lists were use. This would obviously take very experienced judges. Note: When FINA first experimented with technical routines, there were options. For example, athletes could choose between a Catalarc, Subilarc or Gaviata.

We feel that by having the three lists available, the TSSC would be serving the entire world.

Item #7 - Review the Standard Add-on Values for Twists and Spins

The committee reviewed the NVT for the various twists and spins. It was determined that the spin-ups were undervalued because of the need to include a vertical descent after the action has occurred.

In reviewing the NVT of the add-ons and the standard values for them, it was noted that the Twist Spin was under valued. Its NVT is 46, and it is higher than all others; therefore the add-on value should be moved to .9.

The TSSC has voted to standardize the number of spins to be executed. At the junior/age group level a continuous spin shall be two (2) rotations (720) by the time the ankles reach the surface and shall continue to rotate through submergence of the feet (2+ "1"). At the senior level, the continuous spin shall be three (3) rotations (1080) by the time the ankles reach the surface and shall continue to rotate through submergence of the feet (3+"1"). The question is should different values be given to these?

Upon review of this question, it is recommended that after the first 2 spins (2+1) each 360 rotation should be valued at .05, or .1 per 2. This is because the first two rotations are the most difficult, when you consider that they start at the height of the lift, therefore more airborne weight, and the movement has to be initiated. It is considerably easier to keep the rotations going. **If the TSSC agrees, then the table listed below is accurate.** In addition, if the TSSC agrees then it may want to consider always requiring even numbered additional rotations; otherwise, the DD would become 3 decimal points.

Standard Add-on Values for Twists and Spins

Code Letter	Movement	Value
a	half twist	.4
b	full twist	.6
c	twirl (stable base)	.5
c	twirl (unstable base)	.6
d	180 spin	.1
e	360 spin	.2
f	continuous spin (stable base)	.5
f	continuous spin (unstable base)	.8
f	each additional 360 rotation	.05*
g	twist spin	.9*
h	spin-up 180	.5*
i	spin-up 360	.6*
J	combined spin	.8
k	reverse combined spin	.8

Subsequent to the April meeting, Judy McGowan and Barbara McNamee met in Williamsburg and Gainesville to work on the report. They communicated via email with both Jenny Gray and Miwako Homma for their comments and any corrections. All of the report has been triple check for accuracy.

Section 3: Essential Synchronized Swimming Element Tables

Table #1 – Sculling Proficiency Values	
Sculling to:	Value
maintain	1
propel	3
support	5
rotate	7
achieve speed and/or acceleration	9
Bonus points to: maintain dynamic height	10

Table #2 Center of Gravity and Buoyancy Values (How the change in the relationship between the center of gravity and buoyancy affects stability.)	
Effect:	Value
none	0
minimal	1
moderate	3
maximum	5

Table #3 – Kinesthetic Awareness Values	
Movements with:	Values
visual control of body and/or limbs	1
no visual control, but eye direction remains the same	2
no visual control and eye direction changes	3

Table #4 - Airborne Weight Value

Action		Base Value	To/From Bent Knee	Bent Knee To/from Ballet Leg	1 Leg Extended	1 leg Extended 1 Leg Bent (Bending)	2 Legs Opening Closing	2 Legs Extending or Bending	2 Legs Extended Together	2 Arms Lifting	2 Arms
Lifting or Lowering	Horizontal	3.00	0.50	1.00	2.50	3.00	5.00	7.00			
	Vertical	3.00	0.50	1.00	2.50	3.00	5.00	7.00			
Holding											
	Torso and Leg(s)	2.00	0.50		1.00	1.50			7.00		
	Airborne Legs with Torso moving	2.00	0.50		1.00	1.50			7.00		
Torso	Moving & Unrolling Slow	1.00	1.50		1.50	1.500	5.00		6.00	10.00	
	Moving & Unrolling Thrust	1.00	1.50		1.50	7.00	5.00		10.00		
Torso	Vertical Descending	1.00									6.00

Table #5 – Values of Resistance as created by Buoyancy and/or Drag

Position/Body part	Rotating (Vertical/ Horizontal)	Ascending Or Descending	Changing Planes					
			Surface to Submerged		Submerged	Across/at Surface		
Ballet Leg Single	3	A = 3 D = 5	3					
Ballet Leg Double		A/D = 3						
Vertical	1	1						
Vertical Bent Knee	3	1.5						
Tuck	1							
Pike	3	3						
Dolphin Arch					3			
Dolphin Bent Knee Arch					5			
Crane	3							
Knight	5							
Leg Only					3	1		
Trunk Only	1			Static	Moving	3	Partial distance Less than 90°	
			A	flat	5			3
			B	lateral	3			1.5
Bent Knee Only						1		
Speed Factor		2						

Table #6 – Joint Flexibility Values

Awarded when required action (not initial position) is beyond normal range of movement.

	Value
Shoulder (s)	1.00
Spine	3.00

Table 7 – Numerical Value of Transitions (NVT)

#	Transition	VSP	VGB	VKA	VAW	VBD	VJF	Total NVT	Classification
Category 1: Airborne - Horizontal Base									
1.1	BLO to BK				3+5				
		5	1	1	-----	0	0	10.5	A

1.2	BLO to BL				-----				
		5	3	1	3+2.5	0	0	14.5	B

1.3	BLO to DBK				-----				
		5	3	1	3+7	0	0	19	D

1.4	BLO to TUB							
		1	1	1	-----	1	0	4	A

1.5	BL to BK				3 + 1				
		5	1	1	-----	0	0	11	A

1.6	BL to Flam				3 + .5				
		5	1	1	-----	0	0	10.5	A

1.7	BL to BLO				3 + 2.5				
	(Straight Leg Lift)	5	3	1	-----	0	0	14.5	B

1.8	BL to DBL				3 + 5				
	(Straight Leg Lift)	5	3	1	-----	3	0	20	D

1.9	BK to BL				3 + 5				
		5	1	1	-----	0	0	11	A

1.10	BK to BLO				3 + .5				
		5	1	1	-----	0	0	10.5	A

1.11	BKD to BLO								
		5	3	1	3+7	0	0	19	D
1.12	DBL to TUB				3 + 7				
		5	3	1	-----	0	0	19	D

1.13	DBL with 360 Rotation				-----				
		7	5	1	2 + 7	1	0	23	E

1.14	DBL to BL	5	5	1	3 + 2.5	0	0	16.5	C
	(Straight Leg Lowering)				-----				

1.15	FLO to BK				3 + .5				
		1	1	1	-----	1	0	7.5	A
1.16	Flam to BLO				-----				
		5	1	1	3+3	0	0	13	B

1.17	Flam to BK				3+2.5+.5				
	(Ballerina)	5	3	1	-----	0	0	15	C

1.18	Flam to DBL				3 + 1				
		5	3	1	2 + 1	0	0	16	C

1.19	TUB to DBL				3 + 7				
		5	3	1	-----	0	0	19	D

1.20	TUB to BLO				-----				
		1	1	1	-----	1	0	4	A

Category 2: Airborne - Vertical Base									
2.1	Crane to FP				3 + 2.5				
		5	5	2	-----	0	0	17.5	C

2.2	Crane to Knight				3 + 2.5 + 2.5				
	(Dalecarlia)	5	5	2	-----	0	3	23	E

2.3	Crane to Split				3 + 2.5				
		5	1	2	-----	0	3	16.5	C

2.4	Crane to V				3 + 2.5				
		5	3	2	2 + 1	0	0	18.5	D

2.5	Crane to VBK				3 + .5				
	(Neptunus)	5	1	2	2 + 1	0	0	14.5	B

2.6	Fishtail to Knight				-----				
	(Aurora Open)	5	3	2	2 + 1	1	3	17	C

2.7	Fishtail to V				3 + 2.5				
		5	3	2	2 + 1	0	0	18.5	D

2.8	FP to Crane				3 + 2.5				
		5	1	2	-----	0	0	13.5	B

2.9	FP to Fishtail				3 + 2.5				
	(Beluga)	5	1	2	-----	0	0	13.5	B

2.10	FP to Split				3 + 2.5 + 2.5				
		5	3	2	-----	0	3	21	E

2.11	FP to V				3 + 14				
		5	5	2	-----	0	0	29	G

2.12	FP to VBK				3 + 3				
		5	3	2	-----	0	0	16	C

2.13	Knight to Fishtail (Jupiter)				0				
		5	5	3	2+1	1	0	17	C
					0				
2.14	VBK to V				3 + .5				
		5	1	2	2 + 1	0	0	14.5	B

2.15	V to Crane				3 + 2.5				
		5	3	2	2 + 1	1	0	19.5	D

2.16	V to Knight				3 + 2.5				
		5	3	2	2 + 1	0	3	21.5	E

2.17	V to Split				3 + 5				
		5	1	2	-----	0	3	19	D

Category 3: Arched Base or Movement									
3.1	Airborne Split to Split (Element - Duet)				2(3+5)				
		9	5	3	10	3	3	60	O
					1+5+5				
3.2	Airborne Split to VBK				-----				
		5	3	3	3+7	0	3	19	D

3.3	Airborne Split to V as Twirl is executed (Element - Team)				-----				
		9	3	2	3+5	1	0	23	E

3.4	Arched Fishtail to Arched V (Pirouette)	5	5	2	3 + 2.5 2 + 1	0	1+3	24.5	F

3.5	Arched Fishtail to Crane (Hightower)	5	1	2	2 + 1	0	0	11	A

3.6	Arched V to BK SA (Pirouette)	5	3	2	3+.5+2.5 -----	0	1+3	20	D

3.7	Arched VBK to BL (Swordasub)	5	5	3	3+2.5+1 -----	3	0	22.5	E

3.8	Arched VBK to Knight	5	3	2	3+2.5+1.5 -----	1	3	21	E

3.9	BK SA to BK V	5	5	2	3 + 3 -----	0	3	21	E

3.10	BK SA to SA	5	1	2	3 + .5 -----	0	1+3	15.5	C

3.11	BK SA to V (Element-Nova)	5	5	2	3+2.5+1 -----	0	3	21.5	E

3.12	BK SA to V (Cyclone)	9	5	3	3 + 3 2 + 7	3	3+1	39	I

3.13	FLO to Split	5	5	3	3 + 2.5 + 2.5 -----	5	1+3	30	H

3.14	FLO BK to BK SA	5	5	3	3 + 3 + 3 -----	5	1+3	31	H

3.15	Knights to BL				-----				
		5	1	2	2 + 1	3	0	14	B

3.16	Knights to BK SA				3 + 2.5				
		5	3	2	-----	0	1+3	19.5	D

3.17	Knights to SA				3 + 2.5				
		5	3	2	1	0	3	20.5	E

3.18	Knights to Split				3 + 2.5				
		5	1	2	-----	0	3	16.5	C

3.19	Knights to V				3 + 2.5				
		5	3	2	2 + 1	0	3	21.5	E

3.20	Knights to VBK				3 + .5 + 2.5				
		5	3	2	-----	0	0	16	C

3.21	SA to Knights				3 + 2.5				
		5	1	2	-----	0	1+3	17.5	C

3.22	SA to Split				3 + 2.5 + 2.5				
		5	3	2	-----	0	3	21	E

3.23	Split to Crane				3 + 2.5				
		5	1	2	-----	0	0	13.5	B

3.24	Split to FP				3 + 2.5 + 2.5				
		5	3	2	-----	0	0	18	D

3.25	Split to Knights				3 + 2.5				
		5	3	2	-----	0	3	18.5	D

3.26	Split to SA				3 + 2.5 + 2.5				
		5	5	2	-----	0	1+3	24	F

3.27	Split to V				3 + 5				
		5	1	2	-----	0	0	16	C

3.28	Split to V (ankle level)				-----				
	(Blossom & Prawn)	1	1	2	-----	3	0	7	A

Category 4: Arches / Arcs									
4.1	BLO to SA				-----				
		3	3	3	-----	3	1+3	16	C

4.2	BLO to BK SA				3 + .5				
		3	3	3	-----	3	1+3	19.5	D

4.3	BLO to V				3 + 14				
	(Spiral)	5	5	3	-----	5	1+3	39	N

4.4	BL to Knight				-----				
		5	3	3	2 + 1	5	3	22	E

4.5	Crane to BK SA				-----				
	(Manta Ray)	5	5	2	3+2.5+2.5	0	3	23.5	E

4.6	FLO to Arched Fishtail				3 + 2.5				
	(Hightower)	5	3	3	-----	5	1+3	25.5	F

4.7	FLO BK to Arched BK V				3 + 3				
		5	5	3	-----	5	1+3	28	G

4.8	FP to Split (Surface Prawn)	3	1	2	----- 2	1	3	12	A

4.9	SA to BLO	3	1	3	-----	3	1	11	A

4.10	VBK to BK SA				3 + 3				
		5	3	2	-----	0	1+3	20	D

4.11	VBK to Split (Element - Solo/Duet)	5	3	3	----- 3+7	0	3	19	D

4.12	V to SA				3 + 14				
		5	5	2	-----	0	1+3	33	I

4.13	V to Split (Element - Solo/Duet/Team)	5	1	2	----- 3+5	0	3	19	D

	Category 5: Circular Patterns								
5.1	BLO to D 1st 1/4 (HF/FF)	3	1	3	----- -----	1	0	8	A

5.2	D 2nd 1/4 (HF/FF)	3	1	3	----- -----	1	0	8	A

5.3	D 3rd 1/4 (HF/FF)	3	1	3	----- -----	1	0	8	A

5.4	D 4th 1/4 (HF/FF)	3	1	3	----- -----	1	0	8	A

5.5	D arch to sub V				----				
	(HF/FF)	3	1	3	----	1	0	8	A

5.6	BLO to D BK 1st 1/4				----				
	(HF/FF)	3	1	3	----	1.5	0	8.5	A

5.7	FF sub arch to sub V				----				
		3	1	3	----	1	0	8	A

5.8	V descent onto D circle				----				
		3	1	2	----	1	0	8	A
					1 + 6				
5.9	V descent onto D FF circle				----				
		3	1	3	----	1	0	8	A

5.10	D BK 2nd 1/4				----				
	(HF/FF)	3	1	3	----	1.5	0	8.5	A

5.11	D BK 3rd 1/4				----				
	(HF/FF)	3	1	3	----	1.5	0	8.5	A

5.12	D BK 4th 1/4				----				
	(HF/FF)	3	1	3	----	1.5	0	8.5	A

5.13	D BK entry to sub VBK				----				
		3	1	3	----	1.5	0	8.5	A

5.14	VBK descent onto D BK circle				----				
		3	1	3	----	1.5	0	8.5	A

5.15	FF sub BK arch to sub VBK				----				
		3	1	3	----	1.5	0	8.5	A

5.16	VBK desc. onto D BK FF circle				----				
		3	1	3	----	1.5	0	8.5	A

Category 6: Descending									
6.1	BL to sub BL				----				
		3	1	1	----	5	0	12.5	B
					1 + 1.5				
6.2	BLO to sub DBL				----				
		3	3	1	----	5	0	12	B

6.3	BLO to sub BP				----				
		3	5	1	----	1	3	13	B

6.4	DBL to sub DBL				----				
		3	1	1	----	3	0	15	C
					1 + 6				
6.5	Split to ankle level V (Blossom)				----				
		1	1	2	----	3	0	7	A

6.6	V to ankle level V				----				
		3	1	2	----	1	0	14	B
					1 + 6				
6.7	V to sub V				----				
		3	1	2	----	1	0	14	B
					1 + 6				
6.8	VBK to sub V (Neptunus)				----				
		3	1	2	----	1	0	9.5	A
					1 + 1.5				
6.9	VBK to sub VBK				----				
		3	1	2	----	1.5	0	10	A
					1 + 1.5				

Category 7: Multi-Dimensional									
7.1	Arched VBK to sub Flam (Swordalina)	5	5	3	----- 2 + 1.5	3	1	20.5	E

7.2	BLO to FP (Albatross)	3	3	3	----- -----	3	0	12	B

7.3	BL to Arched Fishtail (Pirouette)	5	5	3	----- 2 + 1	3	1+3	23	E

7.4	BL to Crane (Catalina)	7	5	3	----- 2 + 1	3	3	24	F

7.5	Crane to BL (Reverse Catalina)	7	5	3	----- 2 + 1	3	3	24	E

7.6	Crane to DBL (Alba)	5	5	3	3 + 2.5 2 + 1	3	0	24.5	F

7.7	FP to V with Full Twist	7	5	3	----- 3+14	1	0	33	I

7.8	Side BL to FP	7	3	3	----- -----	3	0	16	C

7.9	sub BL to Crane (Subalina)	3	3	3	----- ----- 1 + 1.5	3	3	17.5	C

7.10	sub DBL to V (Gaviata)	5	5	3	----- -----	3	0	23	E
					1 + 6				

Category 8: Submerged									
8.1	sub BL to BL				-----				
		3	1	1	-----	3	0	10.5	A
					1 + 1.5				
8.2	sub BP to V				14				
	(Element - Solo/Team)	9	5	3	10	3+2	0	47	O
					1				
8.3	sub DBL to sub BL				-----				
		1	1	2	-----	3	0	7	A

8.4	sub DBL to DBL				-----				
		5	3	1	-----	3	0	19	D
					1 + 6				
8.5	sub DBL to Split				-----				
	(Blossom)	1	3	3	-----	3	3	13	B

8.6	sub DBL to sub Flam				-----				
		1	1	1	0	1	0	4	A

8.7	sub DBL to sub Heron Pike				-----				
		1	1	1	-----	1+1	0	5	A

8.8	sub Flam to BL				-----				
		3	1	1	-----	3+1	0	11.5	A
					1 + 1.5				
8.9	sub Flam to Flam				-----				
	(Ballerina)	3	1	1	-----	2	0	9.5	A
					1+1.5				
8.10	sub VBK to VBK				-----				
		3	1	2	-----	1.5	0	10	A
					1 + 1.5				

8.11	sub V to sub DBL				----				
		1	3	3	----	3	0	10	A

8.12	sub V to sub BP				----				
		1	5	3	----	3+1	3	16	C

8.13	sub V to Crane (Dolpholina)				----				
		3	1	2	----	1	0	9.5	A
					1 + 1.5				
8.14	sub V to V				----				
		3	1	2	----	1	0	14	B
					1 + 6				
Category 9: Rotation - Lateral Axis									
9.1	BL to Crane (tip)				3 + 2.5 + 2.5				
		5	5	3	----	5	0	26	F

9.2	BLO to Tuck				----				
		1	1	1	----	1	0	4	A

9.3	BLO to BP				----				
		5	5	3	----	0	3	16	C

9.4	BP to "V" (BP somer.)				----				
		3	3	3	----	3	3	15	C

9.5	Crane to BL (tip)				3 + 2.5 + 2.5				
		5	3	3	----	3	0	22	E

9.6	FLO to FP				----				
		3	3	3	----	3	0	12	B

9.7	FP (head down) to FLO				----				
		3	1	2	----	3	0	9	A

9.8	FP (legs down) to FLO				----				
		3	1	3	----	3	0	10	A

9.9	FP to sub DBL				----				
		3	3	3	----	3	0	12	B

9.10	Inverted sub BL to Crane (tip)				----				
		5	3	3	----	5	0	18.5	D
					1 + 1.5				
9.11	sub DBL to FP				----				
	(legs down)	3	3	3	----	3	0	12	B

9.12	Tuck to Tuck				----				
		3	1	3	----	1	0	8	A

9.13	Tuck to BLO				----				
		1	1	1	----	1	0	4	A

9.14	Tuck to inverted Tuck				----				
		3	3	3	----	1	0	10	A

9.15	"V" pike to BLO				----				
		1	1	1	----	0	0	3	A

Category 10: Rotation - Longitudinal Axis									
<i>Horizontal Planes</i>									
10.1	BL to side BL				3 + 2.5				
		5	5	3	----	0	0	18.5	D

10.2	sub BL to inverted sub BL				-----				
		7	7	3	-----	5	0	18	D

10.3	Inverted sub BL to sub BL				-----				
		7	7	3	-----	5	0	18	D

	<i>Twists</i>								
10.4	Crane 1/2 twist				-----				
		5	1	3	2 + 1	3	0	15	C

10.5	Fishtail to Vertical with 1/2 twist				3+2.5				
	(Carousel)	7	3	3	-----	1	0	19.5	D

10.6	FP to Split thru Side Fishtail				3+2.5+2.5				
		5	3	3	-----	1	3	23	E

10.7	Knight 1/2 twist				-----				
	(Aurora open)	9	3	3	2 + 1	5	3	26	F

10.8	Knight full twist				-----				
	(Aurora open 360°)				-----			29	G

10.9	Knight to Fishtail				-----				
	(Aurora)	5	1	3	2 + 1	1	0	13	B

10.10	Split 1/2 twist				-----				
	(Back Walkover closing 360°)				-----			18	D

10.11	Split thru Knight variant to VBK				3 + 5				
	with 1/2 twist (Minerva)	5	5	3	-----	1+1	3	26	F

10.12	Split to Split				-----				
	(Ariana)	1	1	3	-----	1	3	9	A

10.13	Split to V with 1/2 twist				3 + 5				
		5	1	3	-----	1	0	18	D

10.14	Split to V with full twist				3 + 5				
		7	1	3	-----	1+1	0	21	E

10.15	V 1/2 twist				-----				
		5	1	3	2 + 7	1	0	19	D

10.16	V 1/2 twist in opposite direction				-----				
		5	1	3	(2+7)+(2+7)	1+1	1	20	G

10.17	V full twist				-----				
		5	1	3	(2+7)+(2+7)	1+1	0	29	G

10.18	V to Fishtail with 1/2 twist				3+2.5				
	(Carousel)	7	3	3	-----	1	0	19.5	D

10.19	V to Split with 1/2 twist				3 + 5				
		5	1	3	-----	1	3	21	E

10.20	VBK 1/2 twist				-----				
		5	1	3	2 + 1.5	3	0	15.5	C

10.21	VBK full twist				-----				
		5	1	3	(2+1.5)+(2+1.5)	3+3	0	22	E

10.22	VBK to V 1/2 Twist				3+.5+3				
	(Albatross)	5	1	3	-----	1	0	16.5	C

10.23	VBK to V with full twist				3 + .5				
	(Nova)	5	3	3	2 + 1	1	0	18.5	D

	<i>Twirls</i>								
10.24	Fishtail 3 Full twists				-----				
	(Rapid)	9	1	3	2+1	3	0	19	D

10.25	Vertical at Ankles				-----				
	(Prawn)	9	1	3	2	1	0	16	C

10.26	Vertical				-----				
		9	1	3	2 + 7	1	0	23	E

10.27	V to VBK				-----				
		9	1	3	2+5+1	3	0	19.5	D

10.28	VBK				-----				
		9	1	3	2 + 1.5	3	0	19.5	D

10.29	VBK to V				-----				
		9	1	3	2+.5+1	3	0	19.5	D

	<i>Descending Spins</i>								
10.30	Crane to Vertical Descent				5				
	(Helicopter)	7	5	3	1.5	3+3	0	30	G
					1+1.5				
10.31	Fishtail to Vertical 180°				-----				
	(Carousel)	7	3	3	-----	3	0	18.5	D
					1 + 1.5				
10.32	V 180°				-----				
	(stable base)	5	1	3	-----	1	0	17	C
					1 + 6				

10.33	V 180°				-----				
	(unstable base)	9	1	3	-----	1	0	19	D
					1 + 6				
10.34	V 360°				-----				
	(stable base)	7	1	3	-----	1	0	19	D
					1 + 6				
10.35	V 360°				-----				
	(unstable base)	9	1	3	-----	1	0	21	G
					1 + 6				
10.36	V cont. spin				-----				
	(stable base)	7	1	3	-----	1+1	0	27	G
					(1+6)+(1+6)				
10.37	V cont. spin				-----				
	(unstable base)	9	1	3	-----	1+1	0	29	G
					(1+6)+(1+6)				
10.38	VBK 180°				-----				
		5	1	3	-----	1.5	0	13	B
					1 + 1.5				
10.39	VBK join 180°				-----				
	(stable base)	5	1	3	-----	1.5	0	13	B
					1 + 1.5				
10.40	VBK join 180°				-----				
	(unstable base)	7	1	3	-----	1.5	0	15	C
					1 + 1.5				
10.41	VBK 360°				-----				
		7	1	3	-----	1.5	0	15	C
					1 + 1.5				
10.42	VBK join 360°				-----				
		7	1	3	-----	1.5	0	15	C
					1 + 1.5				
10.43	VBK cont. spin				-----				
		9	1	3	-----	3+3	0	24	F
					(1+1.5)+(1+1.5)				

<i>Ascending Spins</i>									
10.44	V 180°				-----				
		7	1	3	-----	1	0	19	D
					1 + 6				
10.45	V 360°				-----				
		7	1	3	-----	2	0	20	D
					1 + 6				
10.46	VBK 180°				-----				
		7	1	3	-----	1.5	0	15	C
					1 + 1.5				
10.47	VBK join 180°				-----				
		7	1	3	-----	1	0	14.5	B
					1 + 1.5				
10.48	VBK 360°				-----				
		7	1	3	-----	3	0	16.5	C
					1 + 1.5				
10.49	VBK join 360° (Albatross)				-----				
		7	1	3	-----	3	0	21	E
					1 + 6				
10.50	V to Fishtail 180° (Carousel)				-----				
		7	3	3	-----	3	0	18.5	D
					1 + 1.5				
<i>Combined Actions</i>									
10.51	Combined Spin				-----				
		7+7	1+1	3+3	1 + 6	1+2	0	39	N
					1 + 6				
10.52	Reverse Combined Spin				-----				
		7+7	1+1	3+3	1 + 6	1+2	0	39	N
					1 + 6				
10.53	Twist Spin				-----				
		5+7	1+1	3+3	2 + 7	1+1	0	46	O
					(1+6)+(1+6)				

11.9	Sub BP to V				14+7+5				
	<i>Thrust</i> (Flying Fish)	9	5	3	0	3+2	0	59	O
					1+5+5				
11.10	Sub BP to VBK				3+7				
	<i>Thrust</i> (<i>Barracuda, BK</i>)	9	5	3	0	3+3	0	34	I
					1				
11.11	Sub DBL to Knight				-----				
		5	3	3	-----	3	3	19.5	D
					1 + 1.5				
11.12	Sub DBL to V (slow)				-----				
		5	3	3	-----	3	0	21	E
					1 + 6				
11.13	Sub Heron pike to VBK				-----				
	<i>Thrust</i>	9	5	3	-----	3+2	0	30	H
					1 + 7				

Table 8: Transition Summary

Transition Summary – as of April 9, 2009

Total number of transitions per degree of difficulty within each classification

	Category	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Total
1.	Airborne – Horizontal Base	8	2	2	4	0	0	0	0	0	0	0	0	0	0	0	0	16
2.	Airborne – Vertical Base	0	4	5	4	3	0	1	0	0	0	0	0	0	0	0	0	17
3.	Arched Base or Movement	2	2	5	5	8	2	0	2	1	0	0	0	0	0	1	0	28
4.	Arches/Arcs	1	0	1	4	2	1	1	0	1	0	0	0	0	1	0	0	12
5.	Circular	16	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	16
6.	Descending	3	5	1	0	0	0	0	0	0	0	0	0	0	0	0	0	9
7.	Multi-Dimensional	0	2	1	0	5	1	0	0	1	0	0	0	0	0	0	0	10
8.	Submerged	9	2	1	1	0	0	0	0	0	0	0	0	0	0	1	0	14
9.	Rotation – Lateral Axis	7	3	2	1	1	1	0	0	0	0	0	0	0	0	0	0	15
10.	Rotation – Longitudinal Axis	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Horizontal Plane	0	0	0	3	0	0	0	0	0	0	0	0	0	0	0	0	3
	Twists	1	1	3	6	4	2	2	0	0	0	0	0	0	0	0	0	19
	Twirls	0	0	1	4	1	0	0	0	0	0	0	0	0	0	0	0	6
	Descending Spins	0	2	4	3	0	1	3	0	0	0	1	0	0	0	0	0	14
	Ascending Spins	0	1	2	3	1	0	0	0	0	0	0	0	0	0	0	0	7
	Combined	0	0	0	0	0	0	0	2	0	0	0	0	0	2	1	0	5
11.	Unroll	0	0	1	1	4	2	0	1	1	0	0	1	0	0	2	0	13
	Total	47	24	29	39	29	10	7	5	4	0	1	1	0	3	5	0	204

Table 9 – Difficulty Classification Table for Judges

Numerical Value of Transition	Classification
3 - 11.5	A
12 – 14.5	B
15 – 17.5	C
18 – 20	D
20.5 – 23.5	E
24 – 26.5	F
27 – 29	G
29.5 – 31.5	H
32 – 34.5	I
35	J
36	K
37	L
38	M
39	N
40 or more	O

Section 5: Practical Application of Judging Figures

INTERNATIONAL FIGURE CATEGORIES: 2009

	CATEGORY I	
101	Ballet Leg Single	1.6
102	Ballet Leg Alternate	2.4
103	Submarine Ballet Leg Single	2.1
104	Ballet Leg Roll Single	2.7
110	Ballet Leg Double	1.7
111	Submarine Ballet Leg Double	2.3
112	Ibis	2.3
112a	Ibis ½ Twist	2.7
112b	Ibis Full Twist	2.9
112c	Ibis Twirl	2.8
112d	Ibis Spinning 180°	2.4
112e	Ibis Spinning 360°	2.5
112f	Ibis Continuous Spin	2.8
112g	Ibis Twist Spin	3.2
112h	Ibis Spin Up 180°	2.8
112i	Ibis Spin Up 360°	2.9
112j	Ibis Combined Spin	3.1
113	Crane	3.5
115	Catalina	2.3
115a	Catalina ½ Twist	2.7
115b	Catalina Full Twist	2.9
115c	Catalina Twirl	2.8
115d	Catalina Spinning 180°	2.4
115e	Catalina Spinning 360°	2.5
115f	Catalina Continuous Spin	2.8
115g	Catalina Twist Spin	3.2
115h	Catalina Spin Up 180°	2.8
115i	Catalina Spin Up 360°	2.9
115j	Catalina Combined Spin	3.1
116	Catalarc	3.1
117	Catalarc Open 180°	3.2
118	Helicopter	2.5
125	Eiffel Tower	2.8
125a	Eiffel Tower ½ Twist	3.2
125b	Eiffel Tower Full Twist	3.4
125c	Eiffel Tower Twirl	3.3
125d	Eiffel Tower Spinning 180°	2.9
125e	Eiffel Tower Spinning 360°	3.0
125f	Eiffel Tower Continuous Spin	3.3

125g	Eiffel Tower Twist Spin	3.7
125h	Eiffel Tower Spin Up 180°	3.3
125i	Eiffel Tower Spin Up 360°	3.4
128	Eiffel Walk	2.9
130	Flamingo	2.5
130a	Flamingo ½ Twist	2.9
130b	Flamingo Full Twist	3.1
130c	Flamingo Twirl	3.0
130d	Flamingo Spinning 180°	2.6
130e	Flamingo Spinning 360°	2.7
130f	Flamingo Continuous Spin	3.0
130g	Flamingo Twist Spin	3.4
130h	Flamingo Spin Up 180°	3.0
130i	Flamingo Spin Up 360°	3.1
130j	Flamingo Combined Spin	3.3
140	Flamingo Bent Knee	2.4
140a	Flamingo Bent Knee ½ Twist	2.8
140b	Flamingo Bent Knee Full Twist	3.0
140c	Flamingo Bent Knee Twirl	2.9
140d	Flamingo Bent Knee Spinning 180°	2.5
140e	Flamingo Bent Knee Spinning 360°	2.6
140f	Flamingo Bent Knee Continuous Spin	2.9
140g	Flamingo Bent Knee Twist Spin	3.3
140h	Flamingo Bent Knee Spin Up 180°	2.9
140i	Flamingo Bent Knee Spin Up 360°	3.0
140j	Flamingo Bent Knee Combined Spin	3.2
141	Stingray	3.3
142	Manta Ray	2.8
150	Knight	3.1
153	Castle	3.5
	CATEGORY II	
201	Dolphin	1.4
225	Reverse Crane	3.1
240	Albatross	2.2
240a	Albatross ½ Twist	2.6
240b	Albatross Full Twist	2.8
240c	Albatross Twirl	2.7
240d	Albatross Spinning 180°	2.3
240e	Albatross Spinning 360°	2.4
240h	Albatross Spin Up 180°	2.7
240i	Albatross Spin Up 360°	2.8
240j	Albatross Combined Spin	3.0
241	Goeland	2.0
251	Dolphin Foot First	1.4






255	Dolphin Foot First Reverse Combined Spin	2.4
275	Dolpholina	2.5
	CATEGORY III	
301	Barracuda	2.0
301c	Barracuda Twirl	2.7
301d	Barracuda Spinning 180°	2.1
301e	Barracuda Spinning 360°	2.2
301f	Barracuda Continuous Spin	2.7
301h	Barracuda Spin Up 180°	2.5
301i	Barracuda Spin Up 360°	2.6
301j	Barracuda Combined Spin	2.8
302	Blossom	1.4
303	Somersault Back Pike	1.5
305	Barracuda Somersault Back Pike	2.3
305c	Barracuda Somersault Back Pike Twirl	2.9
305d	Barracuda Somersault Back Pike Spinning 180°	2.4
305e	Barracuda Somersault Back Pike Spinning 360°	2.5
305f	Barracuda Somersault Back Pike Continuous Spin	3.0
305h	Barracuda Somersault Back Pike Spin Up 180°	2.8
305i	Barracuda Somersault Back Pike Spin Up 360°	2.9
305j	Barracuda Somersault Back Pike Combined Spin	3.1
306	Barracuda Bent Knee	2.0
306d	Barracuda Bent Knee Spinning 180°	2.1
306e	Barracuda Bent Knee Spinning 360°	2.2
307	Flying Fish	3.0
307d	Flying Fish Spinning 180°	3.1
307e	Flying Fish Spinning 360°	3.2
310	Somersault Back Tuck	1.1
311	Kip	1.8
311a	Kip ½ Twist	2.2
311b	Kip Full Twist	2.4
311c	Kip Twirl	2.3
311d	Kip Spinning 180°	1.9
311e	Kip Spinning 360°	2.0
311f	Kip Continuous Spin	2.4
311g	Kip Twist Spin	2.7
311h	Kip Spin Up 180°	2.3
311i	Kip Spin Up 360°	2.4
311j	Kip Combined Spin	2.6
312	Kip Split	2.4
313	Kip Split Closing 180°	2.5
314	Kip Split Open 360°	3.2
315	Kipnus	1.6
315b	Kipnus Variant	2.1

316	Kip Bent Knee	2.0
317	Kipswirl	2.3
317c	Kipswirl Twirl	2.8
317d	Kipswirl Spinning 180°	2.4
317e	Kipswirl Spinning 360°	2.5
317f	Kipswirl Continuous Spin	2.8
318	Elevator	2.8
320	Somersault Front Pike	1.7
321	Somersub	2.0
322	Subalina	2.3
323	Subalarc	3.1
324	Ballerina	2.0
325	Jupiter	3.2
326	Lagoon	2.7
330	Aurora	2.5
330a	Aurora ½ Twist	2.9
330c	Aurora Twirl	3.0
330d	Aurora Spinning 180°	2.6
330e	Aurora Spinning 360°	2.7
330f	Aurora Continuous Spin	3.0
330g	Aurora Twist Spin	3.4
331	Aurora Open 180°	3.3
332	Aurora Open 360°	3.4
335	Gaviata	2.7
336	Gaviata Open 180°	2.8
342	Heron	2.1
342c	Heron Twirl	2.7
342d	Heron Spinning 180°	2.2
342e	Heron Spinning 360°	2.3
342f	Heron Continuous Spin	2.8
342h	Heron Spin Up 180°	2.6
342i	Heron Spin Up 360°	2.7
342j	Heron Combined Spin	2.9
344	Neptunus	1.8
345	Catalina Reverse	2.1
346	Side Fishtail Split	2.0
347	Beluga	2.3
348	Dalecarlia	2.4
350	Minerva	2.2
355	Porpoise	1.9
355a	Porpoise ½ Twist	2.3
355b	Porpoise Full Twist	2.5
355c	Porpoise Twirl	2.4
355d	Porpoise Spinning 180°	2.0
355e	Porpoise Spinning 360°	2.1








355f	Porpoise Continuous Spin	2.4
355g	Porpoise Twist Spin	2.8
355h	Porpoise Spin Up 180°	2.4
355i	Porpoise Spin Up 360°	2.5
355j	Porpoise Combined Spin	2.7
360	Walkover Front	2.1
361	Prawn	1.9
362	Surface Prawn	1.7
363	Water Drop	1.6
	CATEGORY IV	
401	Swordfish	2.0
402	Swordasub	2.3
403	Swordtail	2.5
405	Swordalina	2.5
406	Swordfish Straight Leg	2.0
410	Hightower	3.3
413	Alba	2.4
420	Walkover Back	2.0
421	Walkover Back Closing 360°	2.2
423	Ariana	2.2
435	Nova	2.3
435c	Nova Twirl	2.8
435d	Nova Spinning 180°	2.4
435e	Nova Spinning 360°	2.5
435f	Nova Continuous Spin	2.8
435g	Nova Twist Spin	3.2
436	Cyclone	2.7
436c	Cyclone Twirl	3.2
436d	Cyclone Spinning 180°	2.8
436e	Cyclone Spinning 360°	2.9
436f	Cyclone Continuous Spin	3.2
437	Oceanea	2.0
438	Spiral	3.5

Category 1 Figures










101 Ballet Leg, Single - 1.6

									Total
NVT=	10.5	11.0	11.0	10.5					43
PV =	2.44	2.56	2.56	2.44					

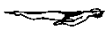









103 Submarine, Single Ballet Leg - 2.1

									Total
NVT=	10.5	11.0	12.5	10.5	11.0	10.5			66
PV =	1.59	1.67	1.89	1.59	1.67	1.59			






104 Ballet Leg Roll, Single - 2.7

									Total
NVT=	10.5	11.0	12.5	18.0	18.0	10.5	11.0	10.5	102
PV =	1.03	1.08	1.23	1.76	1.76	1.03	1.08	1.03	








105 Subcrane - 3.4

										Total
NVT=	10.5	11.0	12.5	18.0	18.5	15.0	16.5	24.0	11.0	137
PV =	0.77	0.8	0.91	1.31	1.35	1.09	1.2	1.75	0.8	




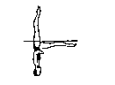
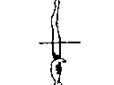

110 Ballet Leg, Double - 1.7

									Total
NVT=	4.0	19.0	19.0	4.0					46
PV =	0.87	4.13	4.13	0.87					1.7





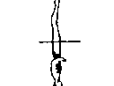
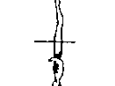

111 Submarine Ballet Leg, Double - 2.3

									Total
NVT=	4.0	19.0	15.0	19.0	19.0	4.0			80
PV =	0.50	2.38	1.88	2.38	2.38	0.50			2.32




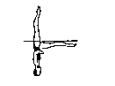
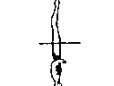
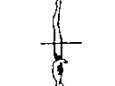

112 Ibis - 2.3

								Total
NVT=	10.5	11.0	26.0	18.5	14.0			80
PV =	1.31	1.38	3.25	2.31	1.75			





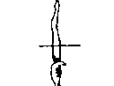
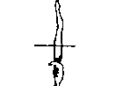

112a Ibis, Half Twist - 2.7

								Total
NVT=	10.5	11.0	26.0	18.5	19.0	14.0		99
PV =	1.06	1.11	2.63	1.87	1.92	1.41		





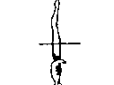

112b Ibis, Full Twist - 2.9

								Total
NVT=	10.5	11.0	26.0	18.5	29.0	14.0		109
PV =	0.96	1.01	2.39	1.70	2.66	1.28		







112c Ibis, Twirl - 2.8

								Total
NVT=	10.5	11.0	26.0	18.5	23.0	14.0		103
PV =	1.02	1.07	2.52	1.80	2.23	1.36		






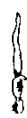
112d Ibis, Spinning 180 - 2.4

								Total
NVT=	10.5	11.0	26.0	18.5	17.0			83
PV =	1.27	1.33	3.13	2.23	2.05			







112e Ibis, Spinning 360 - 2.5

								Total
NVT=	10.5	11.0	26.0	18.5	19.0			85
PV =	1.24	1.29	3.06	2.18	2.24			









112f Ibis, Continuous Spin - 2.8

								Total
NVT=	10.5	11.0	26.0	18.5	27.0			93
PV =	1.13	1.18	2.80	1.99	2.90			









112g Ibis, Twist Spin - 3.2

								Total
NVT=	10.5	11.0	26.0	18.5	46.0			112
PV =	0.94	0.98	2.32	1.65	4.11			








112h Ibis, Spin Up 180 - 2.8

								Total
NVT=	10.5	11.0	26.0	18.5	14.0	19.0	14.0	113
PV =	0.93	0.97	2.3	1.64	1.24	1.68	1.24	










112i Ibis, Spin Up 360 - 2.9

								Total
NVT=	10.5	11.0	26.0	18.5	14.0	20.0	14.0	114
PV =	0.92	0.96	2.28	1.62	1.23	1.75	1.23	







112j Ibis, Combined Spin - 3.1

								Total
NVT=	10.5	11.0	26.0	18.5	39.0	14.0		119
PV =	0.88	0.92	2.18	1.55	3.28	1.18		








113 Crane - 3.5

									Total
NVT=	10.5	11.0	26.0	15.0	18.5	19.0	33.0	11.0	144
PV =	0.73	0.76	1.81	1.04	1.28	1.32	2.29	0.76	








115 Catalina - 2.3

								Total
NVT=	10.5	11.0	24.0	18.5	14.0			78
PV =	1.35	1.41	3.08	2.37	1.79			




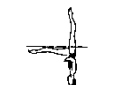
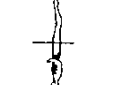
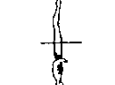

115a Catalina, Half Twist - 2.7

								Total
NVT=	10.5	11.0	24.0	18.5	19.0	14.0		97
PV =	1.08	1.13	2.47	1.91	1.96	1.44		




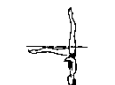
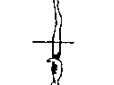

115b Catalina, Full Twist - 2.9

								Total
NVT=	10.5	11.0	24.0	18.5	29.0	14.0		107
PV =	0.98	1.03	2.24	1.73	2.71	1.31		





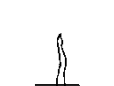

115c Catalina, Twirl - 2.8

									Total
NVT=	10.5	11.0	24.0	18.5	23.0	14.0			101
PV =	1.04	1.09	2.38	1.83	2.28	1.39			




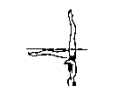
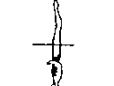

115d Catalina, Spinning 180 - 2.4

								Total
NVT=	10.5	11.0	24.0	18.5	17.0			81
PV =	1.30	1.36	2.96	2.28	2.1			




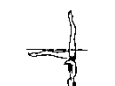
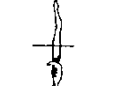

115e Catalina, Spinning 360 - 2.5

								Total
NVT=	10.5	11.0	24.0	18.5	19.0			83
PV =	1.27	1.33	2.89	2.23	2.29			




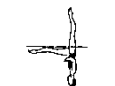
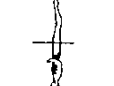

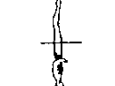

115f Catalina, Continuous Spin - 2.8

								Total
NVT=	10.5	11.0	24.0	18.5	27.0			91
PV =	1.15	1.21	2.64	2.03	2.97			




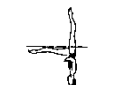
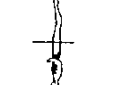

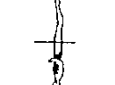

115g Catalina, Twist Spin - 3.2

								Total
NVT=	10.5	11.0	24.0	18.5	46.0			110
PV =	0.95	1.0	2.18	1.68	4.18			




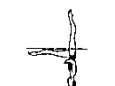
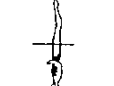
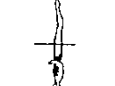

115h Catalina, Spin Up 180 - 2.8

								Total
NVT=	10.5	11.0	24.0	18.5	14.0	19.0	14.0	111
PV =	0.95	0.99	2.16	1.67	1.26	1.71	1.26	




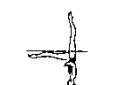
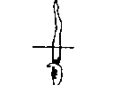



115i Catalina, Spin Up 360 - 2.9

								Total
NVT=	10.5	11.0	24.0	18.5	14.0	20.0	14.0	112
PV =	0.94	0.98	2.14	1.65	1.25	1.79	1.25	




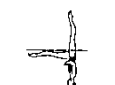
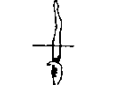



115j Catalina, Combined Spin - 3.1

							Total
NVT=	10.5	11.0	24.0	18.5	39.0	14.0	117
PV =	0.90	0.94	2.05	1.58	1.20	3.33	




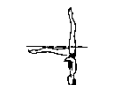


116 Catalarc - 3.1

								Total
NVT=	10.5	11.0	24.0	18.5	19.0	24.0	11.0	118
PV =	0.89	0.93	2.03	1.57	1.61	2.03	0.93	







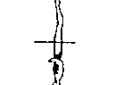

117 Catalarc Open 180 - 3.2

								Total
NVT=	10.5	11.0	24.0	18.5	21.0	24.0	11.0	120
PV =	0.88	0.92	2.0	1.54	1.75	2.0	0.92	






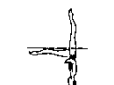
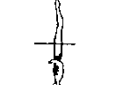
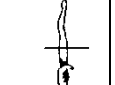

118 Helicopter – 2.5

							Total
NVT=	10.5	11.0	24.0	30.0	14.0		89.5
PV =	1.10	1.15	2.51	3.77	1.47		






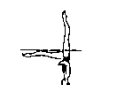
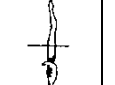


125 Eiffel Tower – 2.8

								Total
NVT=	10.5	11.0	18.5	16.0	13.5	18.5	14.0	102
PV =	1.03	1.08	1.81	1.57	1.32	1.81	1.37	






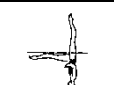
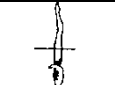
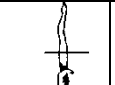

125a Eiffel Tower, Half Twist – 3.2

									Total
NVT=	10.5	11.0	18.5	16.0	13.5	18.5	19.0	14.0	121
PV =	0.87	0.91	1.53	1.32	1.12	1.53	1.57	1.16	






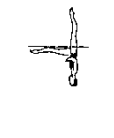


125b Eiffel Tower, Full Twist – 3.4

									Total
NVT=	10.5	11.0	18.5	16.0	13.5	18.5	29.0	14.0	131
PV =	0.80	0.84	1.41	1.22	1.03	1.41	2.21	1.07	





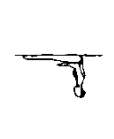
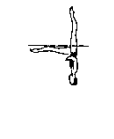
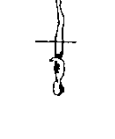

125c Eiffel Tower, Twirl – 3.3

									Total
NVT=	10.5	11.0	18.5	16.0	13.5	18.5	23.0	14.0	125
PV =	0.84	0.88	1.48	1.28	1.08	1.48	1.84	1.12	






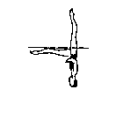
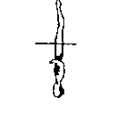

125d Eiffel Tower, Spinning 180 – 2.9

								Total
NVT=	10.5	11.0	18.5	16.0	13.5	18.5	17.0	105
PV =	1.00	1.05	1.76	1.52	1.29	1.76	1.62	



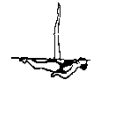


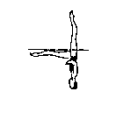
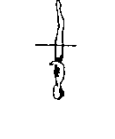

125e Eiffel Tower, Spinning 360 – 3.0

								Total
NVT=	10.5	11.0	18.5	16.0	13.5	18.5	19.0	107
PV =	0.98	1.03	1.73	1.5	1.26	1.73	1.78	


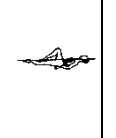
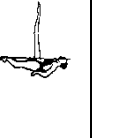
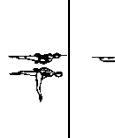

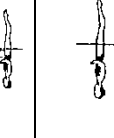
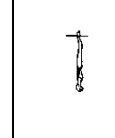
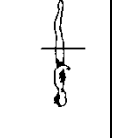
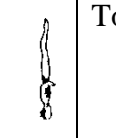
125f Eiffel Tower, Continuous Spin – 3.3

								Total
NVT=	10.5	11.0	18.5	16.0	13.5	18.5	27.0	115
PV =	0.91	0.96	1.61	1.39	1.17	1.61	2.35	




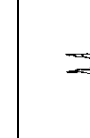


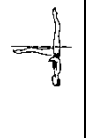
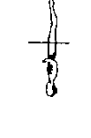

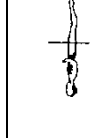
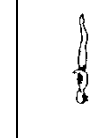
125g Eiffel Tower, Twist Spin – 3.7

								Total
NVT=	10.5	11.0	18.5	16.0	13.5	18.5	46.0	134
PV =	0.78	0.82	1.38	1.19	1.01	1.38	3.43	




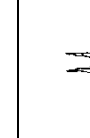


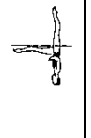
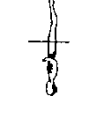
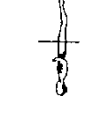
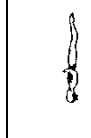
125h Eiffel Tower, Spin Up 180 – 3.3

									Total	
NVT=	10.5	11.0	18.5	16.0	13.5	18.5	14.0	19.0	14.0	135
PV =	0.78	0.81	1.37	1.19	1.00	1.37	1.04	1.41	1.04	


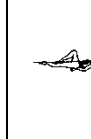
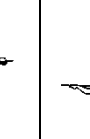
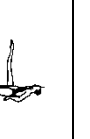

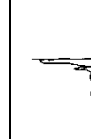

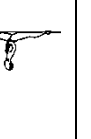

125i Eiffel Tower, Spin Up 360 – 3.4

											Total
NVT=	10.5	11.0	18.5	16.0	13.5	18.5	14.0	20.0	14.0	14.0	136
PV =	0.77	0.81	1.36	1.18	0.99	1.36	1.03	1.47	1.03		


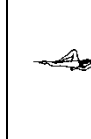
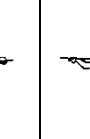
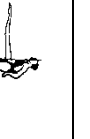

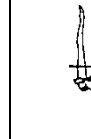
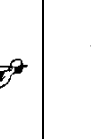
125j Eiffel Tower, Combined Spin – 3.6

										Total
NVT=	10.5	11.0	18.5	16.0	13.5	18.5	39.0	14.0	14.0	141
PV =	0.74	0.78	1.31	1.13	0.96	1.31	2.77	0.99		


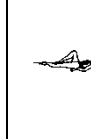
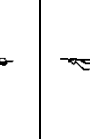
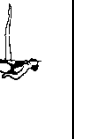

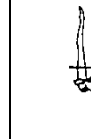
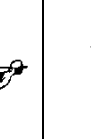
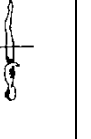
128 Eiffel Walk – 2.9

									
NVT=	10.5	11.0	18.5	16.0	21.0	24.0	11.0		112
PV =	0.94	0.98	1.65	1.43	1.88	2.14	0.98		








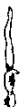
130 Flamingo – 2.5

								Total
NVT=	10.5	11.0	10.5	16.0	26.0	14.0		88
PV =	1.19	1.25	1.19	1.82	2.95	1.59		

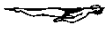







130a Flamingo, Half Twist – 2.9

								Total
NVT=	10.5	11.0	10.5	16.0	26.0	19.0	14.0	107
PV =	0.98	1.03	0.98	1.5	2.43	1.78	1.31	








130b Flamingo, Full Twist – 3.1

								Total
NVT=	10.5	11.0	10.5	16.0	26.0	29.0	14.0	117
PV =	0.9	0.94	0.90	1.37	2.22	2.48	1.20	








130c Flamingo, Twirl – 3.0

								Total
NVT=	10.5	11.0	10.5	16.0	26.0	23.0	14.0	111
PV =	0.95	0.99	0.95	1.44	2.34	2.07	1.26	








130d Flamingo, Spinning 180 – 2.6

							Total
NVT=	10.5	11.0	10.5	16.0	26.0	17.0	91
PV =	1.15	1.21	1.15	1.76	2.86	1.87	






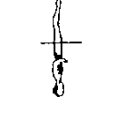

130e Flamingo, Spinning 360 – 2.7

							Total
NVT=	10.5	11.0	10.5	16.0	26.0	19.0	93
PV =	1.13	1.18	1.13	1.72	2.80	2.04	


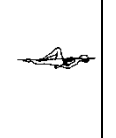
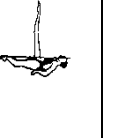
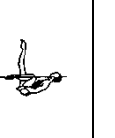
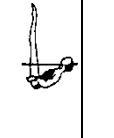
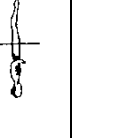
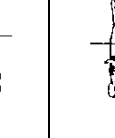
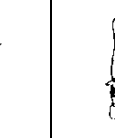
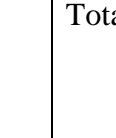
130f Flamingo, Continuous Spin – 3.0

							Total
NVT=	10.5	11.0	10.5	16.0	26.0	27.0	101
PV =	1.04	1.09	1.04	1.58	2.57	2.67	


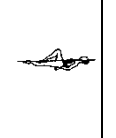
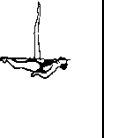
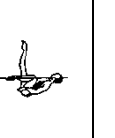
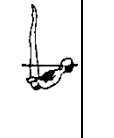
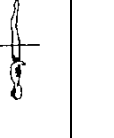
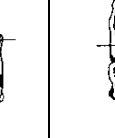
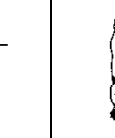
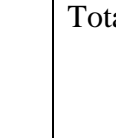
130g Flamingo, Twist Spin – 3.4

								Total
NVT=	10.5	11.0	10.5	16.0	26.0	46.0		120
PV =	0.88	0.92	0.88	1.33	2.17	3.83		



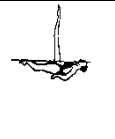

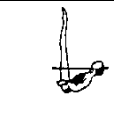
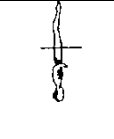
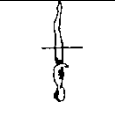

130h Flamingo, Spin Up 180 – 3.0

									Total
NVT=	10.5	11.0	10.5	16.0	26.0	14.0	19.0	14.0	121
PV =	0.87	0.91	0.87	1.32	2.15	1.16	1.57	1.16	



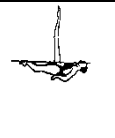

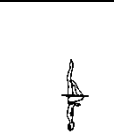
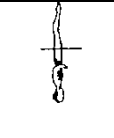

130i Flamingo, Spin Up 360 – 3.1

									Total
NVT=	10.5	11.0	10.5	16.0	26.0	14.0	20.0	14.0	122
PV =	0.86	0.91	0.87	1.32	2.15	1.16	1.57	1.16	

130j Flamingo, Combined Spin – 3.3

								Total
NVT=	10.5	11.0	10.5	16.0	26.0	39.0	14.0	127
PV =	0.83	0.87	0.83	1.26	2.05	3.07	1.10	

140 Flamingo, Bent Knee – 2.4

							Total
NVT=	10.5	11.0	10.5	22.0	14.5	14.0	82.5
PV =	1.27	1.33	1.27	2.67	1.76	1.7	

140a Flamingo, Bent Knee, Half Twist – 2.8

								Total
NVT=	10.5	11.0	10.5	22.0	14.5	19.0	14.0	101.5
PV =	1.03	1.08	1.03	2.17	1.43	1.87	1.38	

140b Flamingo, Bent Knee, Full Twist – 3.0

								Total
NVT=	10.5	11.0	10.5	22.0	14.5	29.0	14.0	111.5
PV =	0.94	0.99	0.94	1.97	1.3	2.6	1.26	

140c Flamingo, Bent Knee, Twirl – 2.9

								Total
NVT=	10.5	11.0	10.5	22.0	14.5	23.0	14.0	105.5
PV =	1.00	1.04	1.00	2.09	1.37	2.18	1.33	








140d Flamingo, Bent Knee, Spinning 180 – 2.5

								Total
NVT=	10.5	11.0	10.5	22.0	14.5	17.0		85.5
PV =	1.23	1.29	1.23	2.57	1.7	1.99		

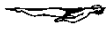






140e Flamingo, Bent Knee, Spinning 360 – 2.6

								Total
NVT=	10.5	11.0	10.5	22.0	14.5	19.0		87.5
PV =	1.20	1.26	1.20	2.51	1.66	2.17		










140f Flamingo, Bent Knee, Continuous Spin – 2.9

								Total
NVT=	10.5	11.0	10.5	22.0	14.5	27.0		95.5
PV =	1.1	1.15	1.1	2.3	1.52	2.83		










140g Flamingo, Bent Knee, Twist Spin – 3.3

								Total
NVT=	10.5	11.0	10.5	22.0	14.5	46.0		114.5
PV =	0.92	0.96	0.92	1.92	1.27	4.02		









140h Flamingo, Bent Knee, Spin Up 180 – 2.9

									Total
NVT=	10.5	11.0	10.5	22.0	14.5	14.0	19.0	14.0	115.5
PV =	0.68	0.71	0.68	1.41	0.93	0.9	1.22	0.90	










140i Flamingo, Bent Knee, Spin Up 360 – 3.0

									Total
NVT=	10.5	11.0	10.5	22.0	14.5	14.0	20.0	14.0	116.5
PV =	0.90	0.94	0.90	1.89	1.24	1.20	1.72	1.20	









140j Flamingo, Bent Knee, Combined Spin – 3.2

								Total
NVT=	10.5	11.0	10.5	22.0	14.5	39.0	14.0	121.5
PV =	0.86	0.91	0.86	1.81	1.19	3.21	1.15	










141 Stingray - 3.3

									Total
NV=	10.5	11.0	10.5	26.0	18.5	21.0	24.0	11.0	132.5
PV=	0.79	0.83	0.79	1.96	1.40	1.58	1.81	0.83	











142 Manta Ray – 2.8

								Total
NVT=	10.5	11.0	10.5	22.5	23.5	15.5	11.0	104.5
PV =	0.86	0.91	1.81	1.32	1.28	1.65	1.28	









150 Knight – 3.1

									Total
NVT=	10.5	11.0	22.0	16.0	15.5	20.0	15.5	11.0	121.5
PV =	0.86	0.91	1.81	1.32	1.28	1.65	1.28	0.91	

153 Castle – 3.5






										Total
NVT=	10.5	11.0	22.0	21.5	19.5	15.5	22.0	11.0	10.5	143.5
PV =	0.73	0.77	1.53	1.5	1.36	1.08	1.53	0.77	0.73	

155 Pirouette – 3.0









								Total
NVT=	10.5	11.0	23.0	24.5	20.0	15.5	11.0	115.5
PV =	0.91	0.95	1.99	2.12	1.73	1.34	0.95	

Category 2 Figures

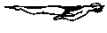







201 Dolphin – 1.4

								Total
NVT=	8.0	8.0	8.0	8.0				32
PV =	2.5	2.5	2.5	2.5				

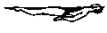






202 Dolphin, Full Twist – 2.5

								Total
NVT=	8.0	8.0	14.0	29.0	14.0	8.0	8.0	89
PV =	0.9	0.9	1.57	3.26	1.57	0.9	0.9	








203 Dolphin, Spin Up 180°, Half Twist – 2.4

								Total
NVT=	8.0	8.0	19.0	19.0	14.0	8.0	8.0	84
PV =	0.95	0.95	2.26	2.26	1.67	0.95	0.95	






204 Dolphin, Spin Up 360° – 2.1

							Total
NVT=	8.0	8.0	20.0	14.0	8.0	8.0	66
PV =	1.21	1.21	3.03	2.12	1.21	1.21	




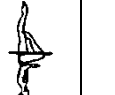
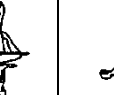
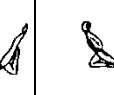
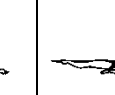
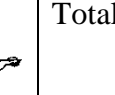
205 Dolphin, Reverse Combined Spin – 2.4

							Total
NVT=	8.0	8.0	39.0	14.0	8.0	8.0	85
PV =	0.94	0.94	4.59	1.65	0.94	0.94	


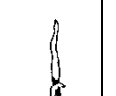
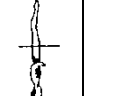
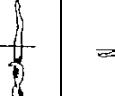
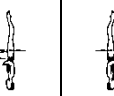



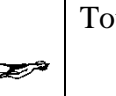
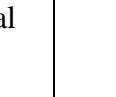
206 Dolphin, Bent Knee – 1.5

									Total
NVT=	8.5	8.5	8.5	8.5					34
PV =	2.50	2.50	2.50	2.50					





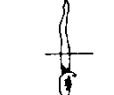

207 Dolphin, Bent Knee, Full Twist – 2.2

									Total
NVT=	8.5	8.5	10.0	22.0	10.0	8.5	8.5		76
PV =	1.12	1.12	1.32	2.89	1.32	1.12	1.12		





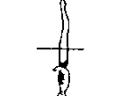

225 Reverse Crane – 3.0

										Total
NVT=	8.0	14.0	19.0	19.5	15.0	22.0	11.0	10.5		119
PV =	0.67	1.18	1.6	1.64	1.26	1.85	0.92	0.88		







240 Albatross – 2.2

									Total
NVT=	12.0	16.0	15.5	14.5	14.0				72
PV =	1.67	2.22	2.15	2.01	1.94				





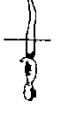

240a Albatross, Half Twist – 2.6

									Total
NVT=	12.0	16.0	15.5	16.5	14.0				74
PV =	1.62	2.16	2.09	2.23	1.89				






240b Albatross, Full Twist – 2.8

									Total
NVT=	12.0	16.0	15.5	18.5	14.0				76
PV =	1.58	2.11	2.04	2.43	1.84				

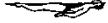




240c Albatross, Twirl – 2.7

									Total
NVT=	12.0	16.0	15.5	19.5	14.0				77
PV =	1.56	2.08	2.01	2.53	1.82				

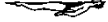






240d Albatross, Spinning 180° – 2.3

									Total
NVT=	12.0	16.0	15.5	13.0					56.5
PV =	2.12	2.83	2.74	2.30					




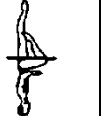
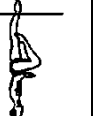
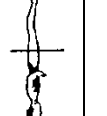
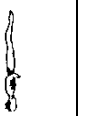
240e Albatross, Spinning 360° – 2.4

									Total
NVT=	12.0	16.0	15.5	15.0					58.5
PV =	2.05	2.44	2.37	2.29					




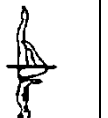
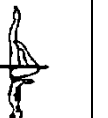
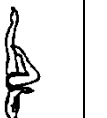
240h Albatross, Spin Up 180° – 2.7

									Total
NVT=	12.0	16.0	15.5	10.0	14.5	14.0			82
PV =	1.46	1.95	1.89	1.22	1.77	1.71			






240i Albatross, Spin Up 360° – 2.8

								Total
NVT=	12.0	16.0	15.5	10.0	21.0	14.0		88.5
PV =	1.36	1.81	1.75	1.13	2.37	1.58		






240j Albatross, Combined Spin – 3.0

							Total
NVT=	12.0	23.0	15.5	31.5	10.0		85
PV =	1.41	1.88	1.82	3.71	1.18		





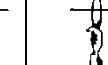




241 Goeland – 2.0

								Total
NVT=	12.0	23.0	18.0	9.0				62
PV =	1.94	3.71	2.9	1.45				1.99





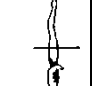
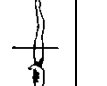
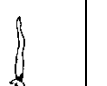


251 Dolphin, Foot First – 1.4

								Total
NVT=	8.0	8.0	8.0	8.0				32
PV =	2.5	2.5	2.5	2.5				





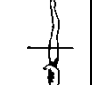



252 Dolphin, Foot First, Full Twist – 2.6

									Total
NVT=	8.0	8.0	8.0	14.0	29.0	14.0	8.0	8.0	97
PV =	0.82	0.82	0.82	1.44	2.99	1.44	0.82	0.82	





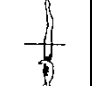
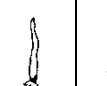
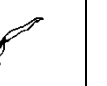
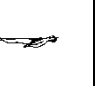
253 Dolphin, Foot First, Spin Up 180°, Half Twist – 2.5

									Total
NVT=	8.0	8.0	8.0	19.0	19.0	14.0	8.0	8.0	92
PV =	0.87	0.87	0.87	2.07	2.07	1.52	0.87	0.87	






254 Dolphin, Foot First, Spin Up 360° – 2.2

								Total
NVT=	8.0	8.0	8.0	20.0	14.0	8.0	8.0	74
PV =	1.08	1.08	1.08	2.7	1.89	1.08	1.08	










255 Dolphin, Foot First Reverse Combined Spin – 2.3

								Total
NVT=	8.0	8.0	8.0	39.0	0.0	8.0	8.0	79
PV =	1.01	1.01	1.01	4.94	0.0	1.01	1.01	





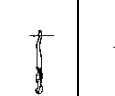

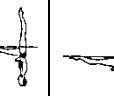

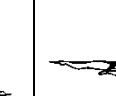
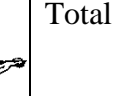
256 Dolphin, Foot First, Bent Knee – 1.5

								Total
NVT=	8.5	8.5	8.5	8.5				34
PV =	2.5	2.5	2.5	2.5				

257 Dolphin, Foot First, Bent Knee, Full Twist – 2.4



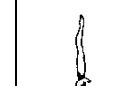
									Total
NVT=	8.5	8.5	8.5	10.0	22.0	10.0	8.5	8.5	84.5
PV =	1.01	1.01	1.01	1.18	2.60	1.18	1.01	1.01	

275 Dolpholina – 2.7



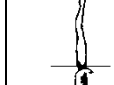
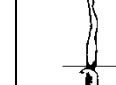
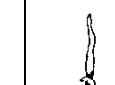
										Total
NVT=	8.0	8.0	8.0	8.0	9.5	15.0	22.0	11.0	10.5	100
PV =	0.80	0.80	0.80	0.80	0.95	1.50	2.20	1.10	1.05	

Category 3 Figures



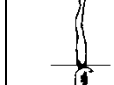

301 Barracuda – 2.0

									Total
NVT=	13.0	37.0	14.0						64
PV =	2.03	5.78	2.19						




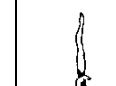
301c Barracuda, Twirl – 2.6

									Total
NVT=	13.0	37.0	23.0	14.0					87
PV =	1.49	4.25	2.64	1.61					





301d Barracuda, Spinning 180 – 2.1

									Total
NVT=	13.0	37.0	17.0						67
PV =	1.94	5.52	2.54						







301e Barracuda, Spinning 360 – 2.2

									Total
NVT=	16.0	37.0	19.0						72
PV =	2.22	5.14	2.64						







301f Barracuda, Continuous Spin – 2.8

								Total
NVT=	13.0	37.0	29.0					79
PV =	1.65	4.68	3.67					






301h Barracuda, Spin Up 180 – 2.5

								Total
NVT=	13.0	37.0	14.0	19.0	14.0			97
PV =	1.34	3.81	1.44	1.96	1.44			






301i Barracuda, Spin Up 360 – 2.6

								Total
NVT=	13.0	37.0	14.0	20.0	14.0			98
PV =	1.33	3.78	1.43	2.04	1.43			





301j Barracuda, Combined Spin – 2.8

							Total
NVT=	13.0	37.0	39.0	14.0			103
PV =	1.26	3.59	3.79	1.36			






302 Blossom – 1.4

							Total
NVT=	12.0	13.0	7.0	0.0			32
PV =	3.75	4.06	2.19	0.0			







303 Somersault, Back Pike – 1.5

								Total
NVT=	16.0	15.0	3.0					34
PV =	4.71	4.41	0.88					






305 Barracuda, Somersault Back Pike – 2.3

								Total
NVT=	16.0	15.0	37.0	14.0				82
PV =	1.95	1.83	4.51	1.71				






305c Barracuda, Somersault Back Pike, Twirl – 2.9

								Total
NVT=	16.0	15.0	37.0	24.0	14.0			106
PV =	1.51	1.42	3.49	2.26	1.32			






305d Barracuda, Somersault Back Pike, Spinning 180 – 2.4

								Total
NVT=	16.0	15.0	37.0	18.0				86
PV =	1.86	1.74	4.30	2.09				








305e Barracuda, Somersault Back Pike, Spinning 360 – 2.5

								Total
NVT=	16.0	15.0	37.0	21.0				89
PV =	1.80	1.69	4.16	2.36				








305f Barracuda, Somersault Back Pike, Continuous Spin – 3.1

								Total
NVT=	16.0	15.0	37.0	29.0				97
PV =	1.65	1.55	3.81	2.99				







305h Barracuda, Somersault Back Pike, Spin Up 180 – 2.8

								Total
NVT=	16.0	15.0	37.0	14.0	19.0	14.0		115
PV =	1.39	1.35	2.97	1.26	1.71	1.26		





305i Barracuda, Somersault Back Pike, Spin Up 360 – 2.9

								Total
NVT=	16.0	15.0	37.0	14.0	20.0	14.0		116
PV =	1.38	1.29	3.19	1.21	1.72	1.21		





305j Barracuda, Somersault Back Pike, Combined Spin – 3.1

							Total
NVT=	16.0	15.0	37.0	41.0	14.0		123
PV =	1.30	1.22	3.01	3.33	1.14		





306 Barracuda Bent Knee - 2.0

							Total
NVT=	13.0	34.0	10.0				57
PV=	2.28	2.28	2.28				




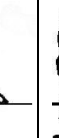
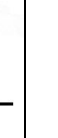

306d Barracuda Bent Knee, Spinning 180 - 2.1

									Total
NVT=	13.0	34.0	13.0						60
PV=	2.17	5.67	2.17						








306e Barracuda Bent Knee, Spinning 360 - 2.2

									Total
NVT=	13.0	34.0	15.0						62
PV=	2.10	5.48	2.42						





307 Flying Fish - 3.0

									Total
NVT=	13.0	89.0			14.0				116
PV =	1.12	7.67			1.21				




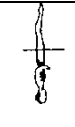

307e Flying Fish, Spinning 360° - 3.2

									Total
NVT=	16.0	89.0			19.0	14.0			136
PV=	1.03	6.54			1.40	1.03			




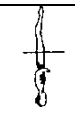

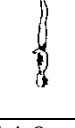
310 Somersault, Back Tuck – 1.1

								Total
NVT=	4.0	8.0	4.0					16
PV =	2.5	5.0	2.5					




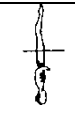
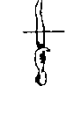
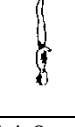
311 Kip - 1.8

								Total
NVT=	4.0	10.0	23.0	14.0				51
PV =	0.78	1.96	4.51	2.75				




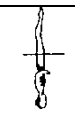


311a Kip, Half Twist - 2.2

								Total
NVT=	4.0	10.0	23.0	19.0	14.0			70
PV =	0.57	1.43	3.29	2.71	2.0			




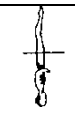

311b Kip, Full Twist – 2.4

								Total
NVT=	4.0	10.0	23.0	29.0	14.0			80
PV =	0.5	1.25	2.88	3.63	1.75			






311c Kip, Twirl – 2.3

								Total
NVT=	4.0	10.0	23.0	23.0	14.0			74
PV =	0.54	1.35	3.11	3.11	1.89			






311d Kip, Spinning 180 - 1.9

								Total
NVT=	4.0	10.0	23.0	17.0				54
PV =	0.74	1.85	4.26	3.15				






311e Kip, Spinning 360 – 2.0

								Total
NVT=	4.0	10.0	23.0	19.0				56
PV =	0.71	1.79	4.11	3.39				








311f Kip, Continuous Spin – 2.4

								Total
NVT=	4.0	10.0	23.0	27.0				64
PV =	0.63	1.56	3.59	4.22				








311g Kip, Twist Spin – 2.7

								Total
NVT=	4.0	10.0	23.0	46.0				83
PV =	0.48	1.20	2.77	5.54				







311h Kip, Spin Up 180 – 2.3

								Total
NVT=	4.0	10.0	23.0	14.0	19.0	14.0		84
PV =	0.48	1.19	2.74	1.67	2.26	1.67		








311i Kip, Spin Up 360 – 2.4

								Total
NVT=	4.0	10.0	23.0	14.0	20.0	14.0		85
PV =	0.47	1.18	2.71	1.65	2.35	1.65		








311j Kip, Combined Spin – 2.6

							Total
NVT=	4.0	10.0	23.0	39.0	14.0		90
PV =	0.44	1.11	2.56	4.33	1.56		






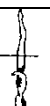



312 Kip Split – 2.4

								Total
NVT=	4.0	10.0	23.0	19.0	16.0	14.0		86
PV =	0.47	1.16	2.67	2.21	1.86	1.63		






313 Kip Split Closing 180 – 2.5

								Total
NVT=	4.0	10.0	23.0	19.0	18.0	14.0		88
PV =	0.45	1.14	2.61	2.16	2.05	1.59		

314 Kip Split Open 360 – 3.2

									Total
NVT=	4.0	10.0	23.0	19.0	18.0	21.0	24.0	11.0	130
PV =	0.31	0.77	1.77	1.46	1.38	1.62	1.85	0.85	

315 Kipnus – 1.6

						Total
NVT=	4.0	10.0	17.5	10.0		41.5
PV =	0.96	2.41	4.22	2.41		

315b Kipnus Variant – 2.1

							Total
NVT=	4.0	10.0	17.5	18.5	14.0		64
PV =	0.63	1.56	2.73	2.89	2.19		

316 Kip Bent Knee – 2.0

							Total
NVT=	4.0	10.0	17.5	14.5	14.0		60
PV =	0.67	1.67	2.92	2.42	2.33		

317 Kipswirl - 2.3

							Total
NVT=	4.0	10.0	50.0	14.0			78
PV =	0.51	1.28	6.41	1.79			

317c Kipswirl Twirl - 2.8

							Total
NVT=	4.0	10.0	50.0	23.0	14.0		101
PV =	0.40	0.99	4.95	2.28	1.39		

317d Kipswirl Spinning 180 - 2.4

							Total
NVT=	4.0	10.0	50.0	17.0	14.0		95
PV =	0.42	1.05	5.26	1.79	1.47		

317e Kipswirl Spinning 360 – 2.5

							Total
NVT=	4.0	10.0	50.0	19.0	14.0		97
PV =	0.41	1.03	5.15	1.96	1.44		

317f Kipswirl Continuous Spin - 2.8

						Total
NVT=	4.0	10.0	50.0	29.0		93
PV =	0.43	1.08	5.38	3.12		

318 Elevator – 2.8

									Total
NVT=	4.0	10.0	23.0	14.0	10.0	19.0	19.0	4.0	103
PV =	0.39	0.97	2.23	1.36	0.97	1.84	1.84	0.39	








320 Somersault Front Pike – 1.7

								Total
NVT=	12.0	12.0	12.0	10.0				46
PV =	2.61	2.61	2.61	2.17				










321 Somersub – 2.0

								Total
NVT=	12.0	12.0	7.0	10.5	11.0	10.5		63
PV =	1.90	1.90	1.11	1.67	1.75	1.67		








322 Subalina – 2.3

								Total
NVT=	12.0	12.0	7.0	17.5	18.5	14.0		81
PV =	1.48	1.48	0.86	2.16	2.28	1.73		









323 Subilarc – 3.1

									Total
NVT=	12.0	12.0	7.0	17.5	18.5	19.0	24.0	11.0	121
PV =	0.99	0.99	0.58	1.45	1.53	1.57	1.98	0.91	








324 Ballerina – 2.0

								Total
NVT=	12.0	12.0	5.0	9.5	15.0	10.5		64
PV =	1.88	1.88	0.78	1.48	2.34	1.64		








325 Jupiter - 3.2

								Total
NVT=	12.0	18.5	23.0	21.5	19.5	18.5	14.0	127
PV=	0.94	1.46	1.81	1.69	1.54	1.46	1.1	









326 Lagoon – 2.7

								Total
NVT=	12.0	12.0	21.0	21.5	20.5	11.0		98
PV =	1.35	1.35	2.19	1.46	2.08	1.57		









330 Aurora – 2.5

								Total
NVT=	12.0	12.0	19.5	13.0	18.5	14.0		89
PV =	1.35	1.35	2.19	1.46	2.08	1.57		









330a Aurora, half Twist – 2.9

								Total
NVT=	12.0	12.0	19.5	13.0	18.5	19.0	14.0	108
PV =	1.11	1.11	1.81	1.20	1.71	1.76	1.30	








330b Aurora, Full Twist – 3.1

								Total
NVT=	12.0	12.0	19.5	13.0	18.5	29.0	14.0	118
PV =	1.02	1.02	1.65	1.10	1.57	2.46	1.19	








330c Aurora, Twirl – 3.0

								Total
NVT=	12.0	12.0	19.5	13.0	18.5	23.0	14.0	112
PV =	1.07	1.07	1.74	1.16	1.65	2.05	1.25	








330d Aurora, Spinning 180 – 2.6

								Total
NVT=	12.0	12.0	19.5	13.0	18.5	17.0		92
PV =	1.30	1.30	2.12	1.41	2.01	1.85		








330e Aurora, Spinning 360 – 2.7

								Total
NVT=	12.0	12.0	19.5	13.0	18.5	19.0		94
PV =	1.28	1.28	2.07	1.38	1.97	2.02		










330f Aurora, Continuous Spin – 3.0

								Total
NVT=	12.0	12.0	19.5	13.0	18.5	27.0		102
PV =	1.18	1.18	1.91	1.27	1.81	2.65		










330g Aurora, Twist Spin – 3.4

								Total
NVT=	12.0	12.0	19.5	13.0	18.5	46.0		121
PV =	0.99	0.99	1.61	1.07	1.53	3.80		

330h Aurora, Spin Up 180 – 3.0

									Total
NVT=	12.0	12.0	19.5	13.0	18.5	14.0	19.0	14.0	122
PV =	0.97	0.97	1.57	1.05	1.49	1.13	1.53	1.13	

330i Aurora, Spin Up 360 – 3.1

									Total
NVT=	12.0	12.0	19.5	13.0	18.5	14.0	20.0	14.0	123
PV =	0.98	0.98	1.59	1.06	1.50	1.14	1.63	1.14	

330j Aurora, Combined Spin – 3.3

								Total
NVT=	12.0	12.0	19.5	13.0	18.5	39.0	14.0	128
PV =	0.94	0.94	1.52	1.02	1.45	3.05	1.09	

331 Aurora Open 180 – 3.3

									Total
NVT=	12.0	12.0	19.5	13.0	17.0	26.0	20.5	11.0	131
PV =	0.92	0.92	1.49	0.99	1.30	1.98	1.56	0.84	

332 Aurora Open 360 – 3.4

									Total
NVT=	12.0	12.0	19.5	13.0	17.0	29.0	20.5	11.0	134
PV =	0.90	0.90	1.46	0.97	1.27	2.16	1.53	0.82	

335 Gaviata – 2.7

							Total
NVT=	12.0	12.0	23.0	19.0	24.0	11.0	101
PV =	1.19	1.19	2.28	1.88	2.38	1.09	








336 Gaviata Open 180 – 2.8

							Total
NVT=	12.0	12.0	23.0	21.0	24.0	11.0	103
PV =	1.17	1.17	2.23	2.04	2.33	1.07	







342 Heron – 2.1

						Total
NVT=	12.0	12.0	5.0	30.0	10.0	69
PV =	1.74	1.74	0.72	4.35	1.45	







342c Heron, Twirl – 2.7

								Total
NVT=	12.0	12.0	5.0	30.0	19.5	10.0		88.5
PV =	1.36	1.36	0.56	3.39	2.20	1.13		







342d Heron, Spinning 180 – 2.2

								Total
NVT=	12.0	12.0	5.0	30.0	13.0			72
PV =	1.67	1.67	0.69	4.17	1.81			









342e Heron, Spinning 360 – 2.3

								Total
NVT=	12.0	12.0	5.0	30.0	15.0			74
PV =	1.62	1.62	0.68	4.05	2.03			









342f Heron, Continuous Spin – 2.8

								Total
NVT=	12.0	12.0	5.0	30.0	24.0			83
PV =	1.45	1.45	0.6	3.61	2.89			








342g Heron, Spin Up 180 – 2.6

								Total
NVT=	12.0	12.0	5.0	30.0	10.0	15.0	10.0	94
PV =	1.28	1.28	0.53	3.19	1.06	1.60	1.06	






342h Heron, Spin Up 360 – 2.7

								Total
NVT=	12.0	12.0	5.0	30.0	10.0	16.5	10.0	95.5
PV =	1.26	1.26	0.52	3.14	1.05	1.73	1.05	







342i Heron, Combined Spin – 2.9

							Total
NVT=	12.0	12.0	5.0	30.0	31.5	10.0	100.5
PV =	1.19	1.19	0.5	2.99	3.13	1.00	






344 Neptunus – 1.8

								Total
NVT=	12.0	13.5	14.5	9.5				49.5
PV =	0.24	0.27	0.29	0.19				







345 Catalina Reverse – 2.1

								Total
NVT=	12.0	13.5	22.0	11.0	10.5			69
PV =	1.74	1.96	3.19	1.59	1.52			








345 Side Fishtail Split – 2.0

								Total
NVT=	12.0	23.0	16.0	14.0				65
PV =	1.85	3.54	2.46	2.15				






347 Beluga - 2.3

									Total
NVT=	12.0	18.5	17.0	20.5	11.0				79
PV =	1.52	2.34	2.15	2.59	1.39				





348 Dalecarlia – 2.4

									
NVT=	12.0	13.5	23.0	14.0	11.0	10.5			84
PV =	1.43	1.61	2.74	1.67	1.31	1.25			






350 Minerva – 2.2

									Total
NVT=	12.0	23.0	26.0	10.0					71
PV =	1.69	3.24	3.66	1.41					



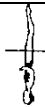


355 Porpoise – 1.9

									Total
NVT=	12.0	29.0	14.0						55
PV =	2.18	5.27	2.55						





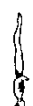
355a Porpoise, Half Twist – 2.3

									Total
NVT=	12.0	29.0	19.0	14.0					74
PV =	1.62	3.92	2.57	1.89					





355b Porpoise, Full Twist – 2.5

									Total
NVT=	12.0	29.0	29.0	14.0					84
PV =	1.43	3.45	3.45	1.67					





355c Porpoise, Twirl - 2.4

									Total
NVT=	12.0	29.0	23.0	14.0					78
PV =	1.54	3.72	2.95	1.79					



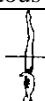

355d Porpoise, Spinning 180 – 2.0

									Total
NVT=	12.0	29.0	17.0						58
PV =	2.07	5.00	2.93						





355e Porpoise, Spinning 360 – 2.1

									Total
NVT=	12.0	29.0	19.0						60
PV =	2.00	4.83	3.17						







355f Porpoise, Continuous Spin – 2.4

									Total
NVT=	12.0	29.0	27.0						68
PV =	1.76	4.26	3.97						







355g Porpoise, Twist Spin – 2.8

								Total
NVT=	12.0	29.0	46.0					87
PV =	1.38	3.33	5.29					






355h Porpoise, Spin Up 180 – 2.4

								Total
NVT=	12.0	29.0	14.0	19.0	14.0			88
PV =	1.36	3.30	1.59	2.16	1.59			






355i Porpoise, Spin Up 360 – 2.5

								Total
NVT=	12.0	29.0	14.0	20.0	14.0			89
PV =	1.35	3.26	1.57	2.25	1.57			







355j Porpoise, Combined Spin – 2.7

							Total
NVT=	12.0	29.0	39.0	14.0			94
PV =	1.28	3.09	4.15	1.49			







360 Walkover Front – 2.1

							Total
NVT=	12.0	21.0	24.0	11.0			68
PV =	1.76	3.09	3.53	1.62			






361 Prawn -1.9

								Total
NVT=	12.0	21.0	7.0	16.0	0.0			56
PV =	2.24	3.46	1.31	2.99	0.0			

362 Surface Prawn -1.7






								Total
NVT=	12.0	12.0	7.0	16.0	0.0			47
PV=	2.24	3.46	1.31	2.99	0.0			

363 Water Drop -1.6







							Total
NVT=	12.0	16.0	13.0	0.0			41
PV=	2.93	3.9	3.17	0.0			

Group 4 Figures




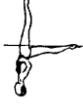


401 Swordfish – 2.0

							Total
NVT=	7.5	31.0	15.5	11.0			65
PV =	1.15	4.77	2.38	1.69			








402 Swordsab – 2.3

							Total
NVT=	7.5	28.0	22.5	11.0	10.5		79.5
PV =	0.94	3.52	2.83	1.38	1.32		





403 Swordtail – 2.5

								Total
NV=	7.5	28.0	24.0	20.5	11.0			91
PV =	0.82	3.08	2.64	2.25	1.21			




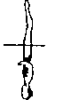




405 Swordalina – 2.5

								Total
NVT=	7.5	28.0	20.5	11.5	11.0	10.5		89
PV =	0.84	3.15	2.3	1.29	1.24	1.18		






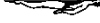
406 Swordfish, Straight Leg – 2.0

								Total
NVT=	30.0	24.0	11.0					65
PV =	4.62	3.69	1.69					






410 Hightower – 3.3

								Total
NVT=	25.5	11.0	18.5	14.0	16.0	33.0	14.0	132
PV =	1.93	0.83	1.40	1.06	1.21	2.50	1.06	





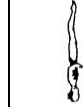
413 Alba – 2.4

								Total
NVT=	25.5	11.0	24.5	19.0	4.0			84
PV =	3.04	1.31	2.92	2.26	0.48			







420 Walkover Back – 2.0

								Total
NVT=	16.0	21.0	18.0	9.0				64
PV =	2.50	3.28	2.81	1.41				





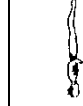
421 Walkover Back Closing 360 – 2.2

								Total
NVT=	16.0	21.0	21.0	14.0				72
PV =	1.78	2.33	2.33	1.56				






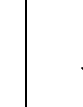
423 Ariana – 2.3

								Total
NVT=	16.0	21.0	9.0	24.0	11.0			81
PV =	1.98	2.59	1.11	2.96	1.36			2.34






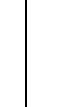
435 Nova – 2.2

								Total
NVT=	19.5	21.0	18.5	14.0				73
PV =	2.67	2.88	2.53	1.92				2.19






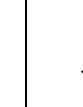
435a Nova, Half Twist – 2.6

								Total
NVT=	19.5	21.0	18.5	19.0	14.0			92
PV =	2.12	2.28	2.01	2.07	1.52			

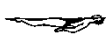


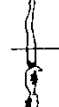

435b Nova, Full Twist – 2.8

								Total
NVT=	19.5	21.0	18.5	29.0	14.0			102
PV =	1.91	2.06	1.81	2.84	1.37			

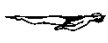


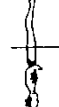

435c Nova, Twirl – 2.8

								Total
NVT=	19.5	21.0	18.5	23.0	14.0			96
PV =	2.03	2.19	1.93	2.40	1.46			

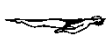


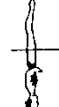

435d Nova, Spinning 180 – 2.3

									Total
NVT=	19.5	21.0	18.5	17.0					76
PV =	2.57	2.76	2.43	2.24					

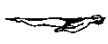


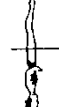

435e Nova, Spinning 360 – 2.4

									Total
NVT=	19.5	21.0	18.5	19.0					78
PV =	2.50	2.69	2.37	2.44					

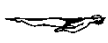


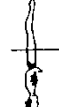



435f Nova, Continuous Spin – 2.7

									Total
NVT=	19.5	21.0	18.5	27.0					86
PV =	2.27	2.44	2.15	3.14					




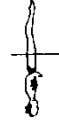



435g Nova, Twist Spin – 3.1

									Total
NVT=	19.5	21.0	18.5	46.0					105
PV =	1.86	2.0	1.76	4.38					




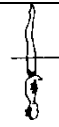
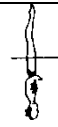

435h Nova, Spin Up 180 – 2.7

									Total
NVT=	19.5	21.0	18.5	14.0	19.0	14.0			106
PV =	1.84	1.98	1.75	1.32	1.79	1.32			






435i Nova, Spin Up 360 – 2.8

								Total
NVT=	19.5	21.0	18.5	14.0	20.0	14.0		107
PV =	1.82	1.96	1.73	1.31	1.87	1.31		







435j Nova, Combined Spin – 2.9

							Total
NVT=	19.5	21.0	18.5	39.0	14.0		112
PV =	1.74	1.88	1.65	3.48	1.25		







436 Cyclone – 2.7

						Total
NVT=	19.5	39.0	20.0	14.0		92.5
PV =	2.11	4.22	2.16	1.51		2.55







436c Cyclone Twirl – 3.2

							Total
NVT=	19.5	39.0	20.0	23.0	14.0		115.5
PV =	1.69	3.38	1.73	1.99	1.21		






436d Cyclone Spinning 180° – 2.8

							Total
NVT=	19.5	39.0	20.0	17.0	14.0		109.5
PV =	1.78	3.56	1.83	1.55	1.28		





436e Cyclone Spinning 360° – 2.9

							Total
NVT=	19.5	39.0	20.0	19.0	14.0		111.5
PV =	1.75	3.50	1.79	1.70	1.26		





436f Cyclone Continuous Spin – 2.9

						Total
NVT=	19.5	39.0	20.0	27.0		105.5
PV =	1.85	3.70	1.90	2.56		


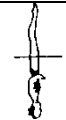

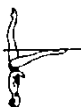



437 Oceanea – 2.0

							Total
NVT=	19.5	21.0	27.0				67.5
PV =	2.89	3.11	4.00				

438 Spiral – 3.5

							Total
NVT=	39.0	58.0	14.0				111
PV =	3.51	5.23	1.26				

445 Carousel – 3.3

								
NVT=	39.0	17.0	18.5	19.5	19.5	18.5		132
PV =	2.95	1.29	1.40	1.48	1.48	1.40		

Appendices

Appendix #1: Procedures for Determining Degrees of Difficulty

Essential Synchro Specific Elements (ESSE) were assigned values. The assessed values are based upon the relative difficulty of each component within a given transition.

Essential Synchro Specific Elements (ESSE)

1. Sculling proficiency
2. Relationship between Center of Gravity and Buoyancy as it affects stability
3. Kinesthetic awareness – the ability to know the spatial relationships of the body parts
4. Airborne weight
5. Resistance as created by buoyancy and/or drag
6. Joint flexibility

Procedure

1. Determine the numerical value of each transition within a figure.
$$\mathbf{NVT = VSP + VGB + VKA + VAW + VBD + VJF}$$

NVT = numerical value of a transition
VSP = value of sculling proficiency (Table 1)
VGB = value of the relationship between center of gravity and buoyancy as it affects stability (Table 2)
VKA = value of the kinesthetic awareness factor (Table 3)
VAW = value of the airborne weight (Table 4)
VBD = value of resistance created by buoyancy and/or drag (Table 5)
VJF = value of joint flexibility (Table 6)
2. Add the NVT of all transitions
$$\mathbf{NV = \sum NVT}$$

NV = numerical value of the summation of difficulties of all transitions within the figure
3. Formula
$$\mathbf{DD = NV/K + C}$$

K & C = constants selected to allow conversion of all NV to DDs within a selected DD range. For the existing range of NVs (8-144) with a designated DD range from 1.00 to 3.50
K = 54.3
C = 0.85
DD = degree of difficulty of a figure

Appendix 2: FINA FIGURE GROUPS 2009-2013

Senior, Junior and Age Group 16-17-18

Compulsory

1	313	Kip Split Closing 180°	2.5
2	112f	Ibis Continuous Spin (720°)	2.8

Optional Groups

Group 1

3	336	Gaviata Open 180°	2.8
4	436	Cyclone	2.7

Group 2

3	355b	Porpoise Full Twist	2.5
4	150	Knight	3.1

Group 3

3	307	Flying Fish	3.0
4	115c	Catalina Twirl	2.8

Age Group 13-14-15

Compulsory

1	420	Walkover Back	2.0
2	355e	Porpoise Spinning 360°	2.1

Optional Groups

Group 1

3	342	Heron	2.1
4	311a	Kip 1/2 Twist	2.2

Group 2

3	240	Albatross	2.2
4	345	Catalina Reverse	2.1

Group 3

3	301d	Barracuda Spinning 180°	2.1
4	140	Flamingo Bent Knee	2.4

Age Group 12 and under

Compulsory

1	101	Ballet Leg Single	1.6
2	360	Walkover Front	2.1

Optional Groups

Group 1

3	321	Somersub	2.0
4	315	Kipnus	1.6

Group 2

3	355	Porpoise	1.9
4	401	Swordfish	2.0

Group 3

3	344	Neptunus	1.8
4	301	Barracuda	2.0

Appendix 3: FINA REQUIRED ELEMENTS FOR TECHNICAL ROUTINES

GENERAL REQUIREMENTS

1. Supplementary elements may be added.
2. Unless otherwise specified in the description of an element:
 - All figures or components thereof shall be executed according to the requirements described in appendices II-IV.
 - All elements shall be executed high and controlled, in uniform motion with each section clearly defined.
3. FINA competitions must use category A. One category must be chosen for any specific competition.
4. Duet required elements # 4, # 9 and Team required elements # 1, # 5, # 8, # 9 shall be judged within remaining 30 % of the Execution score.
5. Time limits as in SS 14.1.

Category A

SOLO REQUIRED ELEMENTS (A)

Elements 1 – 6 are to be performed in the order listed.

1. From a **Front Pike Position**, a *Full Twist* is executed as the extended legs are lifted to a **Vertical Position**. Continuing the same direction, a *Full Twist* is executed followed by a *Continuous Spin* of 1440° (4 rotations). [DD 3.3]
2. *Rocket Split* is executed to an **Airborne Split Position**, maintaining maximum height the front leg is lifted vertically as the back leg moves to a **Vertical Bent Knee Position**. The vertical leg is lowered toward the surface as the bent leg extends forward to assume an **Airborne Split Position**. [DD 3.1]
3. Boost – a rapid head-first rise, with a maximum amount of the body above the surface of the water. Both arms must be lifted at or above the shoulder line as the body reaches maximum height. A descent is executed until the swimmer is completely submerged. Immediately afterwards, a second boost is executed. [DD 2.5]
4. Beginning with a straight leg lift to a **Ballet Leg Position**, 116 - Catalarc is executed with compulsory head first travel while assuming the ballet leg. [DD 2.9]
5. *Combined Spin* is executed. A *descending Spin* of 1080° (3 rotations) followed, without a pause, by an equal *ascending Spin* in the same direction. [DD 3.0]
6. 307e - Flying Fish Spin 360° [DD 3.2]

DUET REQUIRED ELEMENTS (A)

Elements 1 – 8 are to be performed in the order listed.

1. 240 c - Albatross Twirl is executed until completion of the rotation, followed by a *Continuous Spin* of 1440° (4 rotations). [DD 3.3]

2. Travelling ballet leg combination beginning with a straight leg lift to a **Ballet Leg Position**. The horizontal leg is lifted to a **Ballet Leg Double Position**. Maintaining the Double Ballet Leg Position a rotation of 360° is executed, the first leg is lowered to a **Ballet Leg Position**, the second leg is lowered to a **Back Layout Position**. The legs are held straight throughout the element. [DD 2.5]
3. Rocket Split - A *Thrust* to a **Vertical Position** followed by two rapid alternating **Airborne Split Positions**, followed by a join to the vertical with maximum height. A *Vertical Descent* is executed. [DD 3.4]
4. A connected action – connected, joined or intertwined movements. Lifts, throws and platforms are not included.
5. Maintaining a **Fishtail Position**, three rapid *full twists* are executed at maximum height. [DD 2.9]
6. Boost – a rapid head-first rise, with a maximum amount of the body above the surface of the water. Both arms must be lifted at or above the shoulder line as the body reaches maximum height. A descent is executed until the swimmer is completely submerged. [DD 1.7]
7. From a **Split Position** rotation of a 180° is executed as the legs are symmetrically lifted and close to a **Vertical Position** followed by a *Half Twist* in the same direction. A *Twirl* in the opposite direction; completed by a *Continuous Spin* of 1080° (3 rotations) in the same direction as the *Half Twist*. *Half Twist*, *Twirl* and *Continuous Spin* to be performed in **Vertical Position**. [DD 2.3]
8. *Thrust* followed by a rapid 360° *Spin*. [DD 2.2]
9. With the exception of the deck work, entry and a connected action, all elements – required and supplementary – must be performed simultaneously and facing the same direction by both swimmers. Mirror actions are not permitted.

TEAM REQUIRED ELEMENTS (A)

Elements 1 – 7 are to be performed in the order listed.

1. Acrobatic move – one Jump
 - a. 2 jumps are required.
 - b. Underwater set-up is optional, but all remaining swimmers must be involved.
 - d. Each jump performs simultaneous identical movements facing the same direction.
 - e. Each jump must rise once with supported person becoming airborne at peak of lift.
2. A *thrust* is executed to a **Vertical Position** maintaining maximum height a *Twirl* is executed as one leg is lower to a **bent knee vertical position**. A *Vertical Descent* is executed as the bent knee is extended to meet the vertical leg as the ankles submerge. [DD 2.3]

3. A Nova is executed to the completion of a **Bent Knee Surface Arch Position**; the legs are simultaneously lifted to a **Vertical Position** as the bent knee is extended. A *Continuous Spin* of 1080° (3 rotations) is executed until heels reach the surface, without submergence, followed by a rapid *spin up of 180°* to a **Vertical Position**. [DD 2.9]
4. Boost – a rapid head-first rise, with a maximum amount of the body above the surface of the water. Both arms must be lifted at or above the shoulder line as the body reaches maximum height. A descent is executed until the swimmer is completely submerged. [DD 1.7]
5. Cadence Action with legs – identical leg movement(s) performed sequentially one-by-one by all team members. When more than one cadence action is performed, they must be consecutive, and not separated by other optional or required elements. There shall be at least 2 consecutive pattern changes during the cadence action.
6. From a **Front Pike Position**, porpoise lift is executed to a **Vertical Position**. A *full twist* is executed, then the legs are lowered symmetrically to a **Split Position**. A *walkout front* is executed. [DD 2.9]
7. *Rocket Split* is executed to an **Airborne Split Position**, maintaining maximum height the legs are lifted to a **Vertical Position** as *twirl* is executed. [DD 2.6]
8. The pattern formations must include a straight line and circle.
9. With exception of the deck work, entry and the Cadence Action, all elements – required and supplementary – must be performed simultaneously and facing the same direction by all team members except during the circle pattern and the platform. Variations in propulsion and direction facing are permitted only during pattern changes and underwater actions. Mirror actions are not permitted.

Category B

SOLO REQUIRED ELEMENTS (B)

Elements 1 – 6 are to be performed in the order listed.

1. From a **Front Pike Position**, a *Half Twist* is executed as the extended legs are lifted to a **Vertical Position**. Continuing in the same direction, a *Full Twist* is executed followed by a *Continuous Spin* (2 rotations). [DD 3.1]
2. *Rocket Split* is executed to an **Airborne Split Position**, maintaining maximum height the front leg is lifted vertically as the back leg moves to a **Vertical Bent Knee Position**. [DD 2.6]
3. Boost – a rapid head-first rise, with a maximum amount of the body above the surface of the water. Both arms must be lifted at or above the shoulder line as the body reaches maximum height. A descent is executed until the swimmer is completely submerged. Immediately afterward, a second boost is executed. [DD 1.7]
4. Beginning with a straight leg lift to a **Ballet Leg Position**, 116 - Catalarc is executed with compulsory head first travel while assuming the ballet leg. [DD 2.9]

5. *Combined spin* is executed. A *descending Spin* (2 rotations), followed, without a pause, by an equal *ascending Spin* in the same direction. [DD 2.3]
6. 307d - Flying Fish Spin 180° [DD 3.1]

DUET REQUIRED ELEMENTS (B)

Elements 1 – 8 are to be performed in the order listed.

1. 240 c - Albatross Twirl is executed. [DD 2.7]
2. Travelling ballet leg combination beginning with a straight leg lift to a **Ballet Leg Position**. The shin of the horizontal leg is drawn along the surface to assume a **Surface Flamingo Position**. From a **Surface Flamingo Position** the shin of the bent knee is extended to a **Ballet leg Position**. The ballet leg is lowered with a straight leg to a **Back Layout Position**. [DD 1.8]
3. *Rocket Split* is executed to an **Airborne Split Position**. [DD 2.1]
4. A connected action - connected, joined or intertwined movements. Lifts, throws and platforms are not included.
5. Maintaining a **Fishtail Position**, two rapid *full twists* are executed at maximum height. [DD 2.2]
6. Boost – a rapid head-first rise, with a maximum amount of the body above the surface of the water. Both arms must be lifted at or above the shoulder line as the body reaches maximum height. A descent is executed until the swimmer is completely submerged. [DD 1.7]
7. From a **Split Position** to be a **Vertical Position** followed by a *Half Twist*. A *Continuous Spin* of 720° (2 rotations) in the same direction as the *Half Twist*. *Half Twist* and *Continuous Spin* to be performed in **Vertical Position**. [DD - TBC]
8. *Thrust* followed by a rapid *180° Spin*. [DD 1.8]
9. With the exception of the deck work, entry and joined action, all elements – required and supplementary – must be performed simultaneously and facing the same direction by both swimmers. Mirror actions are not permitted.

TEAM REQUIRED ELEMENTS (B)

Elements 1 – 7 are to be performed in the order listed.

1. Acrobatic move – one Jump
 - a. 2 jumps are required.
 - b. Underwater set-up is optional, but all remaining swimmers must be involved.

- d. Each jump performs simultaneous identical movements facing the same direction.
 - e. Each jump must rise once with supported person becoming airborne at peak of lift.
2. *Thrust* followed by a *Twirl* and completed with a rapid *Vertical Descent* in a **Vertical Position**. [DD 2.4]
 3. A Nova is executed to the completion of a **Bent Knee Surface Arch Position**; the legs are simultaneously lifted to a **Vertical Position** as the bent knee is extended. A *Continuous Spin* of 720° (2 rotations) is executed until heels reach the surface, without submergence, followed by a rapid *spin up of 180°* to a **Vertical Position**. [DD 2.5]
 4. Boost – a rapid head-first rise, with a maximum amount of the body above the surface of the water. Both arms must be lifted at or above the shoulder line as the body reaches maximum height. A descent is executed until the swimmer is completely submerged. [DD 1.7]
 5. Cadence Action with legs – identical leg movement(s) performed sequentially one-by-one by all team members. When more than one cadence action is performed, they must be consecutive, and not separated by other optional or required elements. There shall be at least 2 consecutive pattern changes during the cadence action.
 6. From a **Front Pike Position**, a porpoise lift is executed to a **Vertical Position**. A *half twist* is executed, in the same direction a 180° rotation is executed while the legs are lowered symmetrically to a **Split Position**. A *Walkout Front* is executed. [DD 2.8]
 7. *Rocket Split* is executed to an **Airborne Split Position**, maintaining maximum height the legs are joined to a **Vertical Position**. [DD 2.4]
 8. The pattern formations must include a straight line and circle.
 9. With exception of the deck work, entry and the Cadence Action, all elements – required and supplementary – must be performed simultaneously and facing the same direction by all team members except during the circle pattern and the platform. Variations in propulsion and direction facing are permitted only during pattern changes and underwater actions. Mirror actions are not permitted.

Category C

SOLO REQUIRED ELEMENTS (C)

Elements 1 – 6 are to be performed in the order listed.

1. Porpoise *Continuous Spin* of 720° (2 rotations) is executed. [DD 2.3]
2. *Rocket Split* is executed to an **Airborne Split Position**. [DD 2.1]
3. Boost – a rapid head-first rise, with a maximum amount of the body above the surface of the water. Both arms must be lifted at or above the shoulder line as the body

reaches maximum height. A descent is executed until the swimmer is completely submerged. [DD 1.7]

4. Beginning with a straight leg lift to a **Ballet Leg Position**, the *Catalina Rotation* is executed, with compulsory head first travel while assuming the ballet leg. The vertical leg is lower to a **Split Position** and the *A Walkout Front* is executed. [DD 2.6]
5. *Combined spin* is executed. A *descending Spin of 360°* (1 rotation) followed, without a pause, by an equal *ascending Spin* in the same direction. [DD 1.6]
6. 307 - Flying Fish [DD 3.0]