

## APPENDIX VI

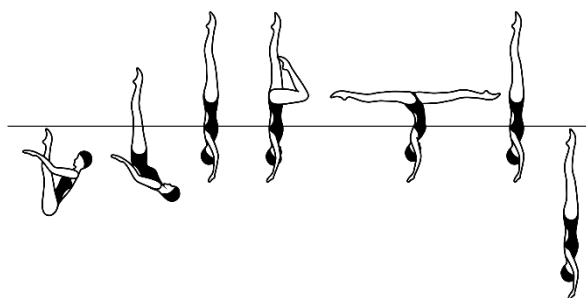
### FINA REQUIRED ELEMENTS FOR TECHNICAL ROUTINES

#### GENERAL REQUIREMENTS

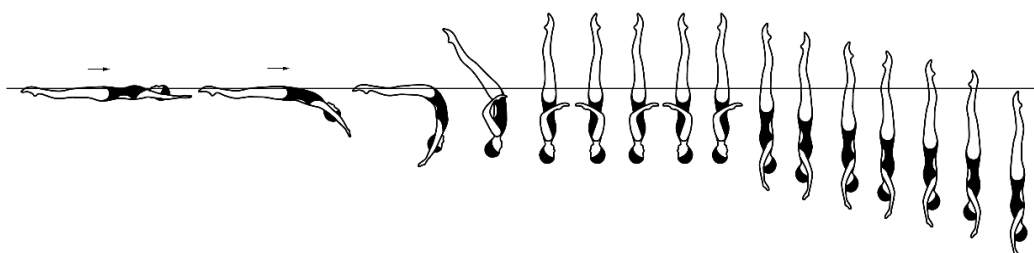
1. In World Junior Championships, Required Elements for Junior Categories are used.
2. Unless otherwise specified in the description of an element:
  - All figures or components thereof shall be executed according to the requirements described in appendices II-IV.
  - All elements shall be executed high and controlled, in uniform motion with each section clearly defined.
  - When a mistake occurs in required elements including a continuous spin, AS11.2 will be applied.
3. Required Elements #1 - #5 shall be judged within the Elements score.
4. Required Elements #1 - #5 are to be performed in the order listed.
  - It is strongly recommended, for clarity of judgment that Required Elements #1 - #5 are separated by other content.
5. For Solo, Duet, Mixed Duet only, Required Elements #1 - #5 shall be performed parallel to the sides of the pool where the panels of judges are seated.
6. Time limits as in AS 14.1.

#### SENIOR SOLO REQUIRED ELEMENTS

1. Starting in a **Submerged Back Pike Position** with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position** and with no loss of height one leg is lowered rapidly to a **Bent Knee Vertical Position** and as the vertical leg is lowered forward, the bent knee is extended to assume an **Airborne Split Position** and maintaining maximum height the legs are lifted symmetrically to a **Vertical Position**, followed by a *Vertical Descent*. All movements are executed rapidly. [DD 2.7]

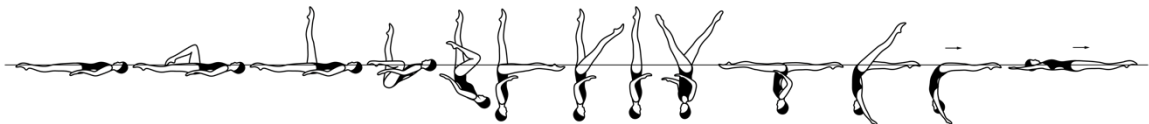


2. A *Dolphin* is initiated, and the back continues to arch to assume a **Surface Arch Position**. The legs are lifted to a **Vertical Position**. Two *Full Twists* (720°) are executed, and continuing in the same direction a *Continuous Spin* 1080° (3 rotations) executed. [DD 3.4]

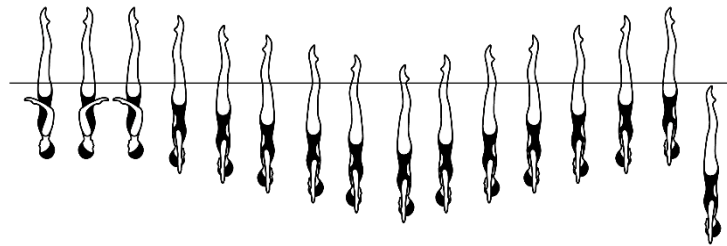


3. 141 - Stingray

i. A Flamingo is executed to a **Surface Flamingo Position**, travelling head first. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves with the knee at the surface to assume a **Fishtail Position**. The horizontal leg is lifted in an arc over the surface. As it passes the vertical leg which moves symmetrically, a 180° rotation is started and is completed as a **Split Position** is assumed. A *Walkout Front* is executed. [DD 3.2]



4. Starting in a **Vertical Position** a *Full Twist* is executed followed by a *Combined Spin of 1080°* (3 rotations + 3 rotations). [DD 2.7]



5. Starting in a submerged **Back Pike Position** with the legs perpendicular to the surface, a *Barracuda Continuous Spin 720°* (2 rotations) is executed. [DD 2.3]

