

CATEGORY 10 AND UNDER (J4)

TIME AND SET NUMBER OF ELEMENTS FOR ROUTINES FOR 10 AND UNDER (J4)

	Time (+/- 5 sec)	Total Required Elements	Summary
Solo	1'30"	3	3 Hybrids
Duet / Mixed Duet	2'00"	4	3 Hybrids + 1 Pair Action (with Safety Limit**)
Team	2'30"	4	3 Hybrids + 1 Team Acrobatic* (with Safety Limit**)

Specifications:

- In Solo, Duet, Mixed Duet, Team 1 Hybrid (1) could be a Ballet Leg Combination*** (optional).
- In Team 1 Hybrid (1) could be or contain a Cadence with leg movements. (optional).
- In Duet and Mixed Duet, the Pair Work could be a Pair Acrobatic or a Pair Assisted Action.
- In Solo, Duet, Mixed Duet, and Team one (1) of the hybrids can start with Ballet Leg movements and continue with underwater movements ("head under hips"). All leg movements will be counted for the total NM of the hybrid. The number of Ballet Leg movements has to be equal or smaller than the number of the "head under hips" movements. The underwater time will be counted for the time the athletes are performing underwater movements "head under hips".

***Team Acrobatic definition as per the Acrobatic Catalogue (page 2):** "A team acrobatic movement is considered as an Element, starting from 4 swimmers and more (for example: 3 base swimmers + 1 featured swimmer; or 2 base swimmers + 1 support-swimmer who pushes 1 featured-swimmer) Must start and finish in the water! All other actions are considered as pair acrobatics or pair assist actions." That is: also *Pair Acrobatic* (chapter 13 AQUA catalogue) or a *Pair Assisted Action* (chapter 14 AQUA catalogue) are allowed in Team BUT NO DD are awarded; they are considered ONLY in Artistic Impression as transitions.

****Safety Limit:** Team Acrobatic Elements cannot have a DD higher than 1.7 for all the groups. No pair acrobatic allowed in duet. Please refer to the AQUA Acrobatics Catalogue.¹

***Difficulty Degree for Ballet Leg Combination:

	Action
Level 1 DD = 0.01	From Back Layout Position to Tub, Tuck, Back Layout Bent Knee Back Layout Bent Knee Combination (exchanges) Lowered or assume a Flamingo Position to/from Tub
Level 2 DD = 0.02	Ballet Leg whole figure (assume + lower) From Ballet Leg to Back Layout Bent Knee
Level 3 DD = 0.05	Combination From/To Flamingo and Double Ballet Leg
Level 4 DD = 0.1	Assume Straight Ballet Leg Sustained Double Ballet Leg

¹Update as per 02.10.2023

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FIGURES FOR 10 AND UNDER (J4)

101 Ballet Leg single

1.6

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



316 Kipnus

1.4

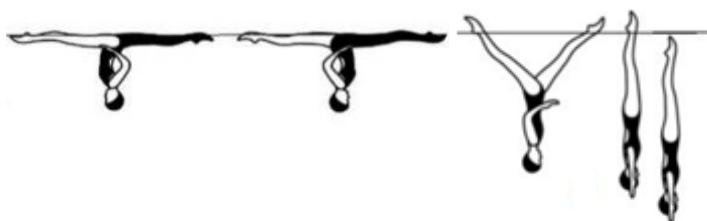
From a **Back Layout Position** a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs assume a **Bent Knee Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A *Vertical Descent (BM10)* is executed in a **Bent Knee Vertical Position**.



Ariana Rotation + Vertical Closing

1.3

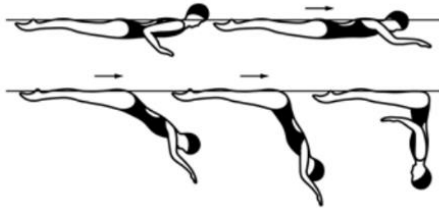
Start in a **Split Position** (left or right is free), the *Ariana Rotation (BM16)* is performed. The legs simultaneously join to assume a **Vertical Position** at ankle level. A *Vertical Descent (BM10)* is executed.



BM 3 – To assume a Front Pike Position

1.1

From a **Front Layout Position** with face in the water as the trunk moves downward to assume a **Front Pike Position**, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action.



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