

J4_CODES_LIST

IMPORTANT!!

Please always refer to the **written rules** as per the [SAAS_Kids-Liga_Nov_2024.pdf](#).
The present table and the pictures are **ONLY AUXILIARY TOOLS**.

DISCIPLINE			CLUB / SWIMMER			START NR.
TYPE OF CODE	CODE	VALUE	DESCRIPTION	DISCIPLINE - Compulsory or Optional		
				TEAM	DUET	SOLO (***)
J4_Base-Mark	J4_ACRO_BM	1	ACRO BM J4 ONLY	TEAM - Compulsory	DUET - Compulsory	SOLO - Compulsory
J4_Base-Mark	J4_Hybrid_BM	1	Hybrid BM for J4 ONLY	TEAM - Compulsory	DUET - Compulsory	SOLO - Compulsory
J4_Airborne	A1a_J4	0	Front Pike to Fishtail Position OR Bent Knee Vertical Position	TEAM - Compulsory	DUET - Compulsory	SOLO - Compulsory
J4_Airborne	A1b_J4	0	DESCENT in Bent Knee Vertical Position	TEAM - Compulsory		
J4_TR [Transitions]	Cad_J4	0	Cadence action (with arms or during Ballet leg action)	TEAM - Compulsory		
J4_Flexibility	F1a_J4	0	Rapid Split from any position	TEAM - Compulsory	DUET - Compulsory	SOLO - Compulsory
J4_TR [Transitions]	HOr1	0	Traveling on the Bent Knee Back Layout, Tub or Flamingo positions	TEAM - Compulsory		
J4_TR [Transitions]	HOr2	0	Side Flutter kick moves	TEAM - Compulsory	DUET - Compulsory	SOLO - Compulsory
J4_TR [Transitions]	HOr3	0	Side flutter kicks to Front Layout position with arm moving horizontal at the	TEAM - Compulsory	DUET - Compulsory	SOLO - Compulsory
J4_TR [Transitions]	HUp1	0	Eggbeater any direction	TEAM - Compulsory	DUET - Compulsory	SOLO - Compulsory
J4_TR [Transitions]	HUp2	0	Kick-Pull-Kick	TEAM - Compulsory	DUET - Compulsory	SOLO - Compulsory
J4_ACRO-B (*)	L_J4	0	Simple Lift	TEAM - Compulsory		
J4_Rotation	R1a_J4	0	360° Swirl	TEAM - Compulsory	DUET - Compulsory	SOLO - Compulsory
J4_Rotation	RBa_J4	0	180° Swirl	TEAM - Compulsory	DUET - Compulsory	SOLO - Compulsory
J4_ACRO-A (*)	Shou_J4	0	Simple Jump/Throw from Shoulders Level 2 Forwards - J4 ONLY	TEAM - Compulsory		
J4_TR [Transitions]	SurfPC_J4	0	Surface Pattern Change (MANDATORY type) → MUST be declared TWICE through the whole routine	TEAM - Compulsory		
J4_ACRO-A (*)	Thr1_J4	0	Simple Jump/Throw Level 1 Forwards - J4 ONLY	TEAM - Compulsory		
J4_ACRO-A (*)	Thr2_J4	0	Simple Jump/Throw Level 2 Forwards - J4 ONLY	TEAM - Compulsory		
J4_TR [Transitions]	J4_Circle	0	CIRCLE pattern	TEAM - Recommended		
J4_TR [Transitions]	J4_Line	0	LINE pattern	TEAM - Recommended		
J4_Airborne	A3b_J4	0	Vertical ASCENT (with 1 or 2 legs)	TEAM - Optional	DUET - Compulsory	SOLO - Compulsory
J4_Airborne	A2a_J4	0	DESCENT in Vertical Position		DUET - Compulsory	SOLO - Compulsory
J4_Connection	CB_J4	0	Pike body position at the surface in the water - Pike body position AT water		DUET - Compulsory	
J4_Flexibility	F2a_J4	0	Walkout Front	TEAM - Optional	DUET - Compulsory	SOLO - Compulsory
J4_TR [Transitions]	HOr4	0	Ballet Legs Combinations	TEAM - Optional	DUET - Compulsory	SOLO - Compulsory
J4_TR [Transitions]	HOr5	0	Torpedo	TEAM - Optional	DUET - Compulsory	SOLO - Compulsory
J4_TR [Transitions]	HUp4	0	Body Boost (without arms)	TEAM - Optional	DUET - Compulsory	SOLO - Compulsory
J4_Rotation	SB_J4	0	180° Spin DESCENDING (1 or 2 legs)	TEAM - Optional	DUET - Compulsory	SOLO - Compulsory
J4_PairACRO (**)	L_J4_D	0	Lift head-up		DUET - Compulsory	
J4_PairACRO (**)	L1_J4_D	0	Lift legs-up		DUET - Compulsory	
J4_PairACRO (**)	L1>>_J4_D	0	Lift legs-up with crashing		DUET - Compulsory	
J4_PairACRO (**)	L>>_J4_D	0	Lift head-up with crashing		DUET - Compulsory	
J4_Airborne	A2c_J4	0	Sustained Bent Knee Vertical position (3sec+)	TEAM - Optional	DUET - Optional	SOLO - Optional
J4_TR [Transitions]	HUp3	0	Eggbeater lateral (1 arm up)	TEAM - Optional	DUET - Optional	SOLO - Optional
J4_TR [Transitions]	HUp5	0	Body Boost (with 1 arm)	TEAM - Optional	DUET - Optional	SOLO - Optional
J4_TR [Transitions]	SuCon_J4	0	Surface connected actions (could be performed with arms, arms and legs)	TEAM - Optional	DUET - Optional	
J4_Rotation	1RB_J4	0	180° 1 leg Twist		DUET - Optional	SOLO - Optional
J4_Airborne	A3a_J4	0	From Pike to VP		DUET - Optional	SOLO - Optional
J4_Airborne	AB_J4	0	BLOSSOM (from the split to the vertical position at ankle level)		DUET - Optional	SOLO - Optional
J4_Connection	C1a_J4	0	1 leg FACE TO FACE connection Connection in any 1 leg position (in "VP cone") with the "bottom" leg (non-VP) connected - FACE to FACE only		DUET - Optional	
J4_Flexibility	F3b_J4	0	Ariana Rotation OR Splits variations		DUET - Optional	SOLO - Optional
J4_Flexibility	FB_J4	0	Back Layout to Surface Arch OR Bent Knee Surface Arch		DUET - Optional	SOLO - Optional
J4_TR [Transitions]	HOr6	0	Assuming a STRAIGHT Ballet Leg Position		DUET - Optional	SOLO - Optional
J4_TR [Transitions]	Pair_Ass_J4	0	Pair Assisted Action (any type)		DUET - Optional	
J4_Rotation	R1b_J4	0	360° Turn non-sustained OR Up/Down		DUET - Optional	SOLO - Optional
J4_Rotation	RBb_J4	0	180° Turn non-sustained OR Up/Down		DUET - Optional	SOLO - Optional
J4_Rotation	S1_J4	0	360° Spin DESCENDING (1 or 2 legs)		DUET - Optional	SOLO - Optional
J4_Flexibility	F6d_J4	0	Clearly demonstrated split sustained at surface (3sec+)	TEAM - Optional		
J4_TR [Transitions]	HUp6	0	Diagonal Kick-Pull-Kick	TEAM - Optional		
J4_TR [Transitions]	O_SurfPC_J4	0	Surface Pattern Change (OPTIONAL type) → can be declared ONCE through the whole routine	TEAM - Optional		

IMPORTANT!!

(*) TEAM ACRO → ONLY ONE acrobatic element from these 4 MUST be chosen.

(**) DUET PAIR ACRO → ONLY ONE acrobatic element from these 4 MUST be chosen.

(***) SOLO → only for regional competitions/cups