FINA DIFFICULTY GUIDE ADDENDUM - October 25, 2022 v2

This addendum is meant to clarify some items that will be updated in the next version of the Difficulty Guide and to clarify any other technical "housekeeping" items:

Item #1: Youth Team 720° Rotation (R3)

In Youth Free Team, the 720° Rotation (R3) is a Spin descending 720° (R3) as per the Hybrid Difficulty Table and therefore may be done with <u>one or two legs</u> (Vertical Position Spin 720°, Bent Knee VP joining to VP while spinning 720°, etc.). As this is a Hybrid Difficulty Table skill (NOT a Technical Required Element like Jr/Sr) the descending spin definition of degrees is by the submersion of the toes OR when the rotation has come to a complete stop - as per Section 2. Rotations (page 6) in the Difficulty Guide.

Action: Wording clarified in FINA Rules Appendix III.

Item #2: Youth/12U Team Acrobatics Safety Limits

12U and Youth Team Acrobatics Safety Limits are applicable to Team and Combo events are as stated in Free Combination (Appendix V) of the FINA Rules:

"Acrobatic Elements cannot have a DD higher than the following: for Group A: 2.65, for Group B: 2.6, for Group C: 2.45, and for group P 2.5. Please refer to the FINA Acrobatics Catalogue."

Action: Statement added to FINA Rules Appendix III.

Item #3: Declaring Hybrid Difficulty when it's a Cadence

When a <u>cadence</u> is performed you just declare the full code once on the Coach Card. Difficulty Guide General Principle h) on page 14 does not apply (factoring).

Meaning – when the whole team does the same cadence movement sequentially/consecutively (one after the other – 1 at a time, 2 at time, 4/4/2, etc.), you just put the difficulty code once.

For example, if all 8 athletes on a team do an R3 (spin descending 360°) one at a time – just declare R3 once on the Coach Card.

Action: To be added to next version of Difficulty Guide (General Principles – page 14).

Item #4: Tech Team Cadence (clarification on entry/exit)

Regarding Appendix II and III and the <u>entry/exit</u> (transition) into or out of the hybrid with the cadence action: Any entry or ending transition movements into or after the free hybrid that includes the cadence action must be fully synchronized.

- Entry = full synchronization (body boost, pull-down, etc.)
- Ending = within hybrid it can be cadence, but any following transition movements must be fully synchronized (ie Tuck from VP in cadence, but surfacing in eggbeater must be fully synchronized,

or Walkout Front in cadence, but surfacing of the face must be fully synchronized).

Action: Clarification as per this memo (in compliance with Appendix II - General Requirement #6, and Appendix III - Team Tech).

Item #5: Application for new Acrobatic or Difficulty movement

What is the procedure to apply for a new acrobatic or difficulty skill to be added to the Difficulty Table/Guide or Acrobatics catalog? (Question from continental Q&A).

An application form with accompanying video (your proposal) will need to be sent to the FINA office (artisticswimming@fina.org) 3 months before you need to declare. The application form will outline the process clearly.

Further, the Hybrid Difficulty Table/Guide and Acrobatics will be reviewed and updated with new elements/skills added/adjusted/clarified as our sport continues to develop AFTER each season. After all FINA events finish each year, a review process will occur, and adjustments will be made to keep up with the innovation in the sport.

Please note re: Acrobatics – the movement must NOT exist in the catalogue (ie you can not build the acrobatic using the existing components/algorithm as described in the catalogue).

Action: FINA Application form to be completed and posted/circulated by January 1, 2023.

Item #6: Two Difficulty Table Movements Performed Simultaneously

When two movements from different families in the difficulty table occur simultaneously then you may only declare one.

Examples:

- If an Airborne Weight (AW) movement and a Rotation (R) is occurring simultaneously – for example a Front Pike to VP (AW2) is executed while rotating 360º (R1), then you may only declare one – either the AW2 or the R1.
- If a Flexibility (F) movement and a Rotation (R) is occurring simultaneously – for example a Bent Knee Surface Arch to VP (F5) is executed while twisting or twirling 180º (R2) then you may only declare one – either the F5 or the R2.
- If an Airborne Weight (AW) movement and a Connection (C) is occurring simultaneously – for example a Vertical Ascent (AW3) is executed with a One leg back connection (C3) then you may only declare one – either the AW3 or the C3.

Action: Wording clarified in next version of Difficulty Guide (General Principles – page 14).

Item #7 – Clarification on Connections (C)

Revised Connections (C) Values to assimilate Airborne Weight.

C1   0.05   Pike Position at the surface of the water
C2   0.20   One leg face-to-face connection

C3   0.35   One leg back or side connection
C4   0.45   Two-legs connection
C5   0.50   Rotation vertical connection with one leg (min rotation 180º at max height)
C6   0.55   Rotation vertical connection with two legs (min rotation 180º at max height)

Clarification on Connected Actions in Teams (Connections of 4-8 athletes):

- This means groupings of 4-8 athletes are connected - for example 2 lines or a circle of 4 athletes, or 1 line or circle of 8 athletes
- For these connected actions of 4-8 athletes 0.1 will be added to the declared connection
- Connected actions for groupings of 4-8 athletes will have the codes C1+, C2+, C3+, C4+, C5+ and C6+
- For example, if a grouping of 4 athletes in a line perform a one leg side connection +0.1 will be added to the connection value, with the code C3+, and a value of 0.45.

Action: To be added to next version of Difficulty Guide (Connections family – page 10) and Hybrid Difficulty Table.

Item #8 – Clarification on Angles

Definition of Simple Angles on page 12 of Difficulty Guide will be edited as follows:

a) Simple Angles (A-S)

Simple angles are defined as angles performed with straight legs on the sagittal plane (forward or backward movements) or frontal plane (lateral or side-to-side movements), bent joints (for example flexed ankles/toes/knees) at 90 degrees, and with one or two legs.

The hybrid shows 2 or more different angles but there is not more than 1 complex angle (see definition of complex angles)."

Notes/Clarifications regarding Simple Angles:

- Doing the same angle with each leg is NOT considered two different simple angles. Each angle demonstrated must be different.
- Closed angles (limbs touching to form the closed angle/shape) are acceptable in simple angles (see photo examples)
- Basic movements are not considered angles (For example - joining from Bent Knee to VP)

Examples of Simple Angles:

Simple Angles (A-S)   Simple Angles (A-S)   Simple Angles (A-S)

Simple

Simple

Simple (90º)

Simple (closed action)

Simple (closed action)

Simple (closed action)

Simple (closed action)

Simple

Simple (closed action)

Definition of Complex Angles on page 12 of Difficulty Guide:

b) Complex Angles (A-C)

The hybrid shows 2 or more different complex angles.

Complex angles are defined as the following AND to qualify for the bonus you need to demonstrate a minimum of 2 different angles that meet one of the following definitions:

- Large joint movements involving different axes and planes
- Positions where several joints are angled (toes, ankle, knee, hip...)
- Those hybrids that have micro movements of one of the joints (example knee)
- Those that involve a considerable displacement of the center of gravity or in continuous displacement
- Angles which involve unbalanced movements

Examples of Complex Angles:

Complex (unbalanced)

Complex
(more than one joint angled)

| Complex (more than one joint angled) | Complex (example of micro movements of hip joint) https://vimeo.com/763422712 |

2 different complex angles: unbalanced, then 2-2-2-2 round movements with angled leg.
https://vimeo.com/763422453

Action: To be revised in next version of Difficulty Guide (Angles Bonus section).
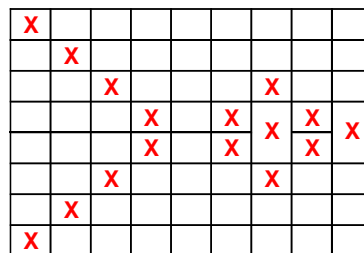
Item #9 – Clarification on Complex Pattern Changes

a) Complex pattern change (PC-C)

Changes from large patterns to compact patterns and from compact patterns to larger patterns.

Examples:
- From a line to a rhombus (diamond), where an athlete may have to move 2-3 athlete spaces
- When you do a "V" to a 1/2/3/2, again with athletes moving 2-3 athlete spaces
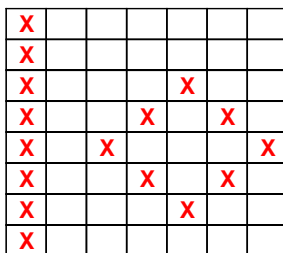
Blind pattern changes where athletes cannot see each other while performing back or side pattern changes.

Examples:
- From any pattern into a circle because someone is always turning in blind (unless you are in a box/diamond facing inwards and you simply change to a circle facing inwards – that is a simple pattern change).

- 4 and 4 back-to-back, going into a new pattern all facing the same direction (4 will be doing it blind).

All athletes facing → to all facing inwards

**back-to-back to all same**

NOTE: Traveling of all athletes in the same direction while maintaining the pattern is not a pattern change - this is Traveling (see Bonus 1.)

Action: To be revised in next version of Difficulty Guide (Pattern Change Bonus section).

Item #10: Knee level as a reference point for Thrusts and Airborne Weight

In Thrust Level 9 (Thrust continued by catching (clearly stopping) in a Vertical Position above the knees or higher), we use the knees as a reference point for verification of accomplishing the movement.

Knees as a reference point for difficulty verification will also be applied to other movements as follows with ascending or descending actions:

- For a Thrust and vertical descent
  - If a descent is executed from maximum height until below the knee (4.5 stable height) and then a crash occurs, this still applies as a T3.

- For Vertical descent in Bent Knee VP (AW1), Vertical descent (AW2)
  - If a descent is executed from a high VP (9.5-8.5) until below the knee (4.5) and then a crash occurs, then an AW1 or AW2 still applies.

- For Vertical ascent with 1 or 2 legs (AW3)
  - Vertical ascent must not bend at the knees before reaching above the knees (6.5). Once above knees other movements can occur.

Action: To be added to next version of Difficulty Guide (General Principles).

Item #11: Unbalanced (confirmation of definition

When "Unbalanced" is stated it means <u>both legs</u>, from knees to feet, in the same direction: forwards, backwards or sideways. Body position arched, piked, or tilted.

If one leg bends while the other leg is unbalanced and the swimmer's center of gravity out of the vertical line is compensated by knee bending that keeps the swimmer in a stable position – this does not qualify as unbalanced.
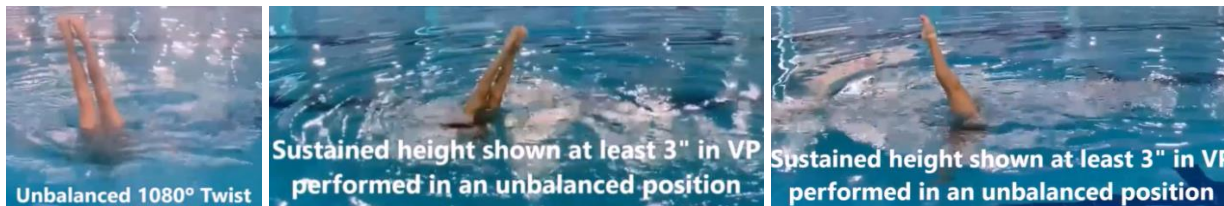
Action: To be added to next version of Difficulty Guide (General Principles).

Item #12: Thrusts – Housekeeping

Thrust Level 9: Thrust continued by catching (clearly stopping – stable height demonstrated) in a VP above the knees or higher.

Also, regarding Thrust Level 9: Once the "clearly stopping – stable height demonstrated" in VP has occurred any difficulty movement can then be performed as be declared if applicable as per the rules. For example: T9 followed by R7, or T9 followed by AW6, etc.

Item #13: Synchronisation (SY) Bonus - Housekeeping

"Equal movements (same legs or symmetric movement) in different directions (facing a different way) are considered synchronized movements.

Example 1: Left Bent Knee VP with all athletes facing the same direction – Half the athletes lean right, half the athletes lean left – this is considered synchronized.

Example 2: A line of 4 athletes is facing one direction, with a line of 4 other athletes beside them facing in the exact opposite direction. The athletes are doing the same actions with the same legs - this is considered synchronized.

Video examples link added: https://vimeo.com/764109370/5ef8710f29

Action: To be added to next version of Difficulty Guide (Synchronisation Bonus section).

Item #14: Hybrid vs Transition

Video examples link added to Difficulty Guide: https://vimeo.com/763077398/0fb6c57995

Action: Will be added to revised Difficulty Guide p. 2 under definition of a hybrid.