

## **APPENDIX IV**

### **REQUIRED ELEMENTS FOR ACROBATIC ROUTINE**

#### **GENERAL REQUIREMENTS**

1. Time Limits as in AS 14.1
2. Required Element #1 may be performed in any order
3. As in all routines, the Coach Card must show the Technical Required Elements in the selected order of performance according to Appendix III

#### **ACROBATIC REQUIRED TECHNICAL ELEMENTS**

1. Seven (7) acrobatic movements: one from each acrobatic group (A, B, C, P), and three (3) more of free choice (selected from any group).

**Acrobatic movement:** is a general term for jumps, throws, lifts, stacks, platforms, etc., which is performed as spectacular gymnastic feats and/or risky actions and is mostly achieved with assistance by another swimmer(s).