

## MASTER ROUTINE SCORE SHEET

<b>DUET</b>	(circle one)	10 & Under	11-12	ROUTINE #			
		13-14	15-17	DATE:			
ROUTINE THEME:					COACHES:		
AGENCY:			POOL:				
COMPETITOR NAMES:							
1.							
2.							
<b>ELEMENTS (1 - 6 are to be performed in the order listed)</b>							Referee √
1. <i>Boost</i> – a rapid, head-first rise with a maximum amount of the body above the surface of the water, with at least one arm out of the water, and is completed upon total submergence – <i>and Traveling Eggbeater</i> – must follow immediately after the Boost; traveling forward or sideways with at least one arm out of the water for 8 counts							
2. <b>Front Layout Position</b> followed by a <b>Surface Front Pike Position</b> followed by a <b>Submerged Double Ballet Leg Position</b>							
3. <b>Split Position</b>							
4. <b>Bent Knee Vertical Position</b>							
5. <i>Thrust, Double Leg</i>							
6. <b>Ballet Leg Position</b>							
7. Required Strokes: All three listed strokes must be performed in the routine. The strokes may appear in any order and at any point in the routine. Each stroke must be performed with at least three repetitions with no intervening actions. <u>The proper kick must be done with the proper arm strokes.</u> Small additions to the stroke are acceptable; like pauses, with splash, arm bends, wrist movements, etc. The three listed strokes are: a. <b>Breaststroke:</b> Head may be in or out. b. <b>Backstroke:</b> Stops at top of the arm stroke are allowed. c. <b>Sidestroke:</b> Head up or down.							
	Judge 1	Judge 2	Judge 3	Judge 4	Judge 5	Hi/Lo Total (Sum J1:J5) – Hi – Lo	Total Hi/Lo * 5 # of Judge - 2
<b>Execution Award</b>							
<b>Impression Award</b>							
Penalties:						<b>Subtotal</b> (Exec. + Cont.)	
						– Penalty Points	
Phone number of submitting coach:						<b>Total Score</b>	
Referee or Head Judge							

## MASTER ROUTINE SCORE SHEET

<b>TRIO</b>	(circle one)	10 & Under	11-12	ROUTINE #			
		13-14	15-17	DATE:			
ROUTINE THEME:					COACHES:		
AGENCY:				POOL:			
COMPETITOR NAMES:							
1.							
2.							
3.							
<b>ELEMENTS (1 - 6 are to be performed in the order listed)</b>							Referee √
1. <i>Thrust, Double Leg</i>							
2. <b>Bent Knee Vertical Position</b>							
3. <b>Split Position</b>							
4. <b>Ballet Leg Position</b>							
5. <i>Boost</i> – a rapid, head-first rise with a maximum amount of the body above the surface of the water, with at least one arm out of the water, and is completed upon total submergence – <i>and Traveling Eggbeater</i> – must follow immediately after the Boost; traveling forward or sideways with at least one arm out of the water for 8 counts							
6. <b>Front Layout Position</b> followed by a <b>Surface Front Pike Position</b> followed by a <b>Submerged Double Ballet Leg Position</b>							
7. Required Strokes: All three listed strokes must be performed in the routine. The strokes may appear in any order and at any point in the routine. Each stroke must be performed with at least three repetitions with no intervening actions. <u><i>The proper kick must be done with the proper arm strokes.</i></u> Small additions to the stroke are acceptable; like pauses, with splash, arm bends, wrist movements, etc. The three listed strokes are: <ol style="list-style-type: none"> <li>a. <b>Breaststroke:</b> Head may be in or out.</li> <li>b. <b>Backstroke:</b> Stops at top of the arm stroke are allowed.</li> <li>c. <b>Sidestroke:</b> Head up or down.</li> </ol>							
	Judge 1	Judge 2	Judge 3	Judge 4	Judge 5	Hi/Lo Total (Sum J1:J5) – Hi – Lo	Total Hi/Lo * 5 # of Judge - 2
<b>Execution Award</b>							
<b>Impression Award</b>							
Penalties:						<b>Subtotal</b> (Exec. + Cont.)	
						– Penalty Points	
Phone number of submitting coach:						<b>Total Score</b>	
Referee or Head Judge							

## MASTER ROUTINE SCORE SHEET

<b>TEAM</b>	(circle one)	10 & Under	11-12	ROUTINE #		
		13-14	15-17	DATE:		
ROUTINE THEME:				COACHES:		
AGENCY:			POOL:			
COMPETITOR NAMES:			5.			
1.			6.			
2.			7.			
3.			8.			
4.						
<b>ELEMENTS (1 - 6 are to be performed in the order listed)</b>						Referee √
1. <b>Bent Knee Vertical Position</b>						
2. <i>Boost</i> – a rapid, head-first rise with a maximum amount of the body above the surface of the water, with at least one arm out of the water, and is completed upon total submergence – <i>and Traveling Eggbeater</i> – must follow immediately after the Boost; traveling forward or sideways with at least one arm out of the water for 8 counts						
3. <b>Ballet Leg Position</b>						
4. Partner lifts (a pair lift with waist hold, a pair lift with shoulder stand and/or a 3-person lift with 2-person foot hold) with all competitors participating)						
5. <b>Front Layout Position</b> followed by a <b>Surface Front Pike Position</b> followed by a <b>Submerged Double Ballet Leg Position</b>						
6. <i>Thrust, Double Leg</i>						
7. Required patterns: A circle and line pattern must be performed in the routine. The patterns may appear at any point in the routine.						
8. Required Strokes: All three listed strokes must be performed in the routine. The strokes may appear in any order and at any point in the routine. Each stroke must be performed with at least three repetitions with no intervening actions. <u>The proper kick must be done with the proper arm strokes.</u> Small additions to the stroke are acceptable; like pauses, with splash, arm bends, wrist movements, etc. The three listed strokes are:						
a. <b>Breaststroke:</b> Head may be in or out.						
b. <b>Backstroke:</b> Stops at top of the arm stroke are allowed.						
c. <b>Sidestroke:</b> Head up or down.						
	Judge 1	Judge 2	Judge 3	Judge 4	Judge 5	Hi/Lo Total (Sum J1:J5) – Hi – Lo
<b>Execution Award</b>						
<b>Impression Award</b>						
Penalties:						<b>Subtotal</b> (Exec. + Cont.)
						– Penalty Points
Phone number of submitting coach:						<b>Total Score</b>
Referee or Head Judge						