

LA84 Foundation
Artistic Swimming
2018 Pre-Festival Meeting – Routine Element Clarifications

Clarification to two (2) questions raised at the 2018 LA84 Pre-Festival meeting for Artistic Swimming are presented here. Novice Program and Festival Rules are posted on the LA84 website.

1. Team – Partner Lifts

In the Team routine, Partner Lifts are permitted. Below is the required element and associated penalties:

- Required Element: 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
- One (1) Point Penalties – Team events only:
 - Has only three members or exceeds the eight-member maximum rule;
 - Performs a single stack lift with all competitors; or
 - Feet first partner or stack lifts are performed.

The only allowed lifts are in partner lifts with 2 or 3 athletes participating, not a single stack with all athletes. A one (1) point penalty will be given for stack lifts or lifts where the person lifted rises foot first.

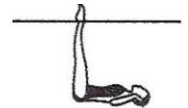
2. Team – Required Elements

The order of Team routine required elements has the following as elements # 5 & 6, respectively:

- **Front Layout Position** followed by a **Surface Front Pike Position** followed by a **Submerged Double Ballet Leg Position**
- *Thrust, Double Leg*

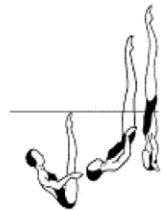
The **Submerged Double Ballet Leg Position** is defined as:

The trunk and head are parallel to the surface. Both legs are fully extended, at a 90° angle to the trunk and to the surface. The water line is between the knees and ankles.



The *Thrust, Double Leg* movement is defined as:

From a submerged **Back Pike Position**, with legs remaining perpendicular to the surface, a vertical upward movement of the legs and hips is rapidly executed as the body unrolls to assume a **Vertical Position**. In the **Back Pike Position** the toes should be just under the surface prior to the *Thrust*. Maximum height is desirable.



Coaches should be aware of position differences for these required elements. If the routine choreography has these two required elements performed back-to-back, without another movement between, the **Submerged Double Ballet Leg** and **Back Pike Positions** should be separate and distinct. No pause by the athlete to show the **Submerged Double Ballet Leg Position** before going underwater to the **Back Pike Position** will result in a one (1) point penalty.