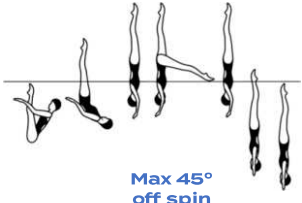
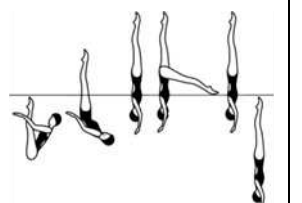


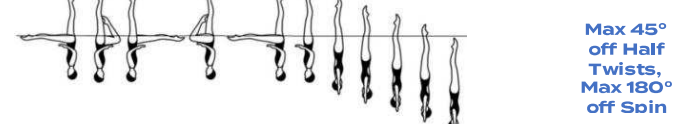
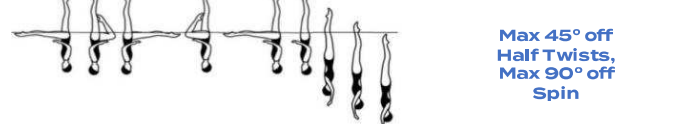
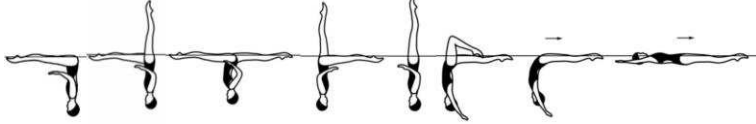
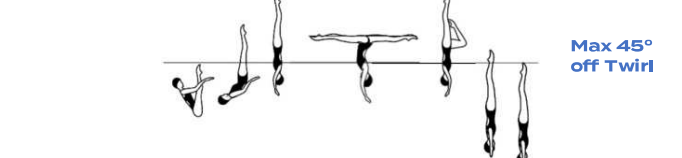
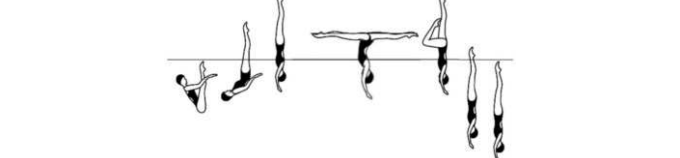


1A – Flying Fish Hybrid Spinning 180° / DD - 2.5	1B – Flying Fish Hybrid / DD - 2.3
 <p>Max 45° off spin</p> <p>From a <b>Submerged Back Pike Position</b> with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a <b>Vertical Position</b> and with no loss of height one leg is rapidly lowered to an airborne <b>Fishtail Position</b>. Without a pause the horizontal leg is rapidly lifted to a <b>Vertical Position</b>, followed by a rapid 180° Spin.</p>	 <p>From a <b>Submerged Back Pike Position</b> with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a <b>Vertical Position</b> and with no loss of height one leg is rapidly lowered to an airborne <b>Fishtail Position</b>. Without a pause the horizontal leg is rapidly lifted to a <b>Vertical Position</b> followed by a <i>Vertical Descent</i>.</p>
2A – Vertical – Full Twist to Bent Knee – Full Twist to Vertical – Open 180° – Walkout / DD - 2.6	2B – Vertical – Half Twist to Bent Knee – Half Twist to Vertical – Split – Walkout / DD - 2.3
 <p>Max 90° off Full Twist, 45° off Half Twist</p>	 <p>Max 45° off Half Twists</p>
<p>Starting in a <b>Vertical Position</b>, a <i>Full Twist</i> is executed as one leg is lowered to a <b>Bent Knee Vertical Position</b>. Continuing in the same direction another <i>Full Twist</i> is executed, as the bent knee is extended to a <b>Vertical Position</b>. Continuing in the same direction a <i>Half Twist</i> is executed as the legs are symmetrically lowered to a <b>Split Position</b>. A <i>Walkout Front</i> is executed.</p>	<p>Starting in a <b>Vertical Position</b>, a <i>Half Twist</i> is executed as one leg is lowered to a <b>Bent Knee Vertical Position</b>. Continuing in the same direction another <i>Half Twist</i> is executed, as the bent knee is extended to a <b>Vertical Position</b>. The legs are symmetrically lowered to a <b>Split Position</b>. A <i>Walkout Front</i> is executed.</p>
3A – Two Fouetté Rotations – Vertical – Continuous Spin 720° / DD - 2.6	3B – Two Fouetté Rotations – Vertical – Spinning 360° DD - 2.3
 <p>Max 45° off Half Twists, Max 180° off Spin</p>	 <p>Max 45° off Half Twists, Max 90° off Spin</p>
<p>From a <b>Fishtail Position</b>, 2 <i>Fouetté rotations</i> (180°+180°) are executed. The horizontal leg is rapidly lifted to a <b>Vertical Position</b>. Continuing in the same direction a <i>Continuous Spin</i> of 720° (2 rotations) is executed.</p>	<p>From a <b>Fishtail Position</b>, 2 <i>Fouetté rotations</i> (180°+180°) are executed. The horizontal leg is rapidly lifted to a <b>Vertical Position</b>. Continuing in the same direction, a rapid <i>Spinning</i> 360° (1 rotation) is executed.</p>
4 – Butterfly Hybrid / DD - 2.9	
 <p>Max 45° off 180 rotations</p>	
<p>The Butterfly Hybrid is to be performed rapidly. From a <b>Front Pike Position</b>, one leg is lifted to a <b>Fishtail Position</b>. The horizontal leg is lifted through an arc of 180° as the vertical leg is lowered to assume a <b>Split Position</b>. Without a pause a hip rotation of 180° is executed as the front leg is raised to assume a <b>Fishtail Position</b>. Continuing in the same direction a 180° rotation is executed as the horizontal leg is lifted to a <b>Vertical Position</b>. The legs are lowered simultaneously to a <b>Bent Knee Surface Arch Position</b>. (Note: The <b>Bent Knee Surface Arch Position</b> can be assumed by using either leg). The bent knee is straightened to a <b>Surface Arch Position</b> and with continuous motion an <i>Arch to Back Layout Finish Action</i> is executed.</p>	
5A – Rocket Split Bent Knee Twirl Hybrid / DD - 2.4	5B – Rocket Split Bent Knee Hybrid / DD - 2.1
 <p>Max 45° off Twirl</p>	
<p>From a <b>Submerged Back Pike Position</b> with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b>, followed by a rapid rotation of 180° to assume an airborne <b>Bent Knee Vertical Position</b> with the front leg bent. A rapid <i>Vertical Descent</i> is executed as the bent knee is extended to join the vertical leg completed as the ankles reach the surface of the water followed by a <i>Vertical Descent</i>.</p>	<p>From a <b>Submerged Back Pike Position</b> with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b> followed by the front leg rapidly bending and the back leg rapidly lifting to a vertical to assume an airborne <b>Bent Knee Vertical Position</b>. A <i>Vertical Descent</i> is executed as the bent knee is extended to join the vertical leg completed as the ankles reach the surface of the water followed by a <i>Vertical Descent</i>.</p>
<p><b>Other requirements: Three (3) additional hybrids (one with cadence) + one Acrobatic (DD 2.0-2.65), max one circle</b></p>	
<p><b>Allowances: Twist/Twirl – up to ¼ less or more / Continuous Spin = 180° less or more</b>  <b>Other Spins = up to ¼ less or more: 180° = 45°, 360° = 90°, 720° = 180°</b></p>	