

REFEREE

TECHNICAL ELEMENT - TRACKING SHEET

Novice	(√) Done	Comments	Penalty
Crane Join, followed by a Vertical Descent From Crane Position , without movement of the vertical leg or trunk, the horizontal leg is lifted to meet the vertical leg to assume a Vertical Position . Maintaining a Vertical position , the body descends along its longitudinal axis until the toes are submerged. (The action must end completely under the water.)			0.5 Point 1.0 Point 2.0 Point DQ
Boost (jump-up) with one arm optional A rapid headfirst rise with a maximum amount of the body above the surface of the water. The height and any required or optional arm action must be simultaneous. The action must begin and end completely under the water.			0.5 Point 1.0 Point 2.0 Point DQ
Split Position, followed by a Front Walkout From the Split position , the hips remain stationary as the front leg moves in an arc over the surface to meet the other leg in a Surface Arch position . From the Surface Arch Position , with continuous foot first movement, the hips, chest and face surface sequentially, assuming a Back Layout Position . (Be aware of where travel may occur. From the Split position, to the Surface Arch position, movement to the surface is executed without travel. Travel is allowed following the surface arch position, and is not limited to the head replacing the hips as in a figure.)			0.5 Point 1.0 Point 2.0 Point DQ
Traveling Propulsion Traveling Eggbeater with one arm extended out of the water The swimmer must be traveling while at least one arm is extended out of the water.			0.5 Point 1.0 Point 2.0 Point DQ
Traveling Ballet Leg Combination To include the following 2 surface POSITIONS in any order: Ballet Leg Position with right leg Ballet Leg Position with left leg In the Ballet Leg position , the body is extended with the face, chest and one thigh and foot at the surface. One leg is extended vertically with the thigh perpendicular to the surface. (These elements may be in any order and may be separated by other ballet leg movements.)			0.5 Point 1.0 Point 2.0 Point DQ
Thrust to Vertical Position, followed by a Vertical Descent at the same tempo as the thrust From a Back Pike Position , with legs remaining perpendicular to the surface, a vertical upward movement of the hips is rapidly executed as the body unrolls to assume a Vertical Position . Maintaining a Vertical position , the body descends along its longitudinal axis until the toes are submerged. (In the Back Pike Position the toes may be at, under, or above the surface prior to the Thrust. Maximum height and speed is desirable. The descent should be at the same speed as the thrust. The action must end completely under the water.)			0.5 Point 1.0 Point 2.0 Point DQ
Team elements - (to be added to team routine only) Cadence Action - (may be performed anywhere in the routine) Identical movement(s) performed sequentially one-by-one by all team members. The Cadence movement must be performed in the exact same way by all team members. The Cadence Action may be performed in any pattern. A Minimum of Four Different Pattern Formations, one must be a straight line and one a circle and may be performed anywhere in the routine.			0.5 Point 1.0 Point 2.0 Point DQ

Intermediate	(√) Done	Comments	Penalty
Crane Join, followed by a Spinning 180 and a Vertical Descent From Crane Position , without movement of the vertical leg or trunk, the horizontal leg is lifted to meet the vertical leg to assume a Vertical Position . From the height of the Vertical Position , the body remains on the same vertical line as the body simultaneously descends and rotates 180 degrees. The specified rotation must be completed as the heels reach the surface. Maintaining a Vertical position , the body descends along its longitudinal axis until the toes are submerged. (Uniform motion is required; no stopping and starting or pausing at walls. The action must end completely under the water.)			0.5 Point 1.0 Point 2.0 Point DQ
Boost (jump-up) arms optional A rapid headfirst rise with a maximum amount of the body above the surface of the water. The height and any required or optional arm action must be simultaneous. The action must begin and end completely under the water.			0.5 Point 1.0 Point 2.0 Point DQ
Split Position, followed by a Front Walkout From the Split position , the hips remain stationary as the front leg moves in an arc over the surface to meet the other leg in a Surface Arch position . From the Surface Arch Position , with continuous foot first movement, the hips, chest and face surface sequentially, assuming a Back Layout Position . (Be aware of where travel may occur. From the Split position, to the Surface Arch position, movement to the surface is executed without travel. Travel is allowed following the surface arch position, and is not limited to the head replacing the hips as in a figure.)			0.5 Point 1.0 Point 2.0 Point DQ
Traveling Propulsion Traveling Eggbeater with both arms extended out of the water The swimmer must be traveling while both arms are extended out of the water.			0.5 Point 1.0 Point 2.0 Point DQ
Traveling Ballet Leg Combination To include the following 3 surface POSITIONS in any order: Ballet Leg Position with right leg, Ballet Leg Position with left leg Flamingo In the Ballet Leg position , the body is extended with the face, chest and one thigh and foot at the surface. One leg is extended vertically with the thigh perpendicular to the surface. In the Flamingo position , one leg is extended perpendicular to the surface. The other leg is drawn toward the chest, with its mid-calf opposite the vertical leg, and its foot and knee at and parallel to the surface. The face is at the surface. (These elements may be in any order and may be separated by other ballet leg movements.)			0.5 Point 1.0 Point 2.0 Point DQ
Thrust to Vertical Airborne Split Position (Rocket Split), followed by a Vertical Descent at the same tempo as the Thrust From a submerged Back Pike Position , with legs remaining perpendicular to the surface, a vertical upward movement of the hips is rapidly executed as the body unrolls to assume a Vertical Position . Maximum height and speed is desirable. Maintaining maximum height, the legs are split rapidly to assume an Airborne Split Position . Legs should be split evenly forward and back and parallel to the surface. The legs rejoin rapidly to a Vertical Position , followed by a Vertical Descent. The descent should be at the same speed as the thrust. The action must end completely under the water.			0.5 Point 1.0 Point 2.0 Point DQ
Team elements - (to be added to team routine only) Cadence Action - (may be performed anywhere in the routine) Identical movement(s) performed sequentially one-by-one by all team members. The Cadence movement must be performed in the exact same way by all team members. The Cadence Action may be performed in any pattern. A Minimum of Four Different Pattern Formations, one must be a straight line and one a circle - (may be performed anywhere in the routine)			0.5 Point 1.0 Point 2.0 Point DQ