

SET ROUTINES 1st January – 30th December 2009

Recreational Novice & Synchro Recreational Novice:

U9:
 Straddle
 Seat drop
 To feet
 Tuck
 ½ twist
 Pike
 Seat drop
 ½ twist to feet
 Tuck
 Full twist (0.4)

Recreational Novice & Synchro Recreational Novice:

U11 – 15+:
 Front drop
 To feet
 Straddle
 ½ twist
 Seat drop
 ½ twist to seat
 ½ twist to feet
 Tuck
 Pike
 Full twist (0.7)

Synchro Intermediate:

<u>All age groups</u>	OR
Full twist	Back S/S (T)
Straddle	Straddle
Seat drop	Seat drop
½ twist to seat	½ twist to seat
½ twist to feet	½ twist to feet
Pike	Pike
Back drop	Back drop
½ twist to feet	½ twist to feet
Tuck	Tuck
Front S/S (T) (1.2)	Full twist (1.2)

Performers are encouraged to use an arm set but no penalty for those not complying. For the individual competition, the voluntary routine may include a maximum of one somersault of 360° rotation. No difficulty will be awarded. For the synchro competition, see relevant section.

Performers are encouraged to use an arm set but no penalty for those not complying. Difficulty limit of 5.0

Regional G:

<i>Arm set</i>	OR	<i>Arm set</i>
Back S/S (T)		½ twist to front
Straddle		To feet
½ twist to seat		Straddle
½ twist to feet		Full twist
½ twist		Pike
Pike		Back drop
Full twist		½ twist to feet
Tuck		Tuck
¾ front S/S (SL)		½ twist
To feet (1.4)		Front S/S (T) (1.4)

The voluntary routine may include:
 1. A maximum of two body landings
 2. A maximum of three elements between 270° & 450° of somersault rotation
 No difficulty will be awarded

Regional F:

<i>Arm set</i>	OR	<i>Arm set</i>
Back S/S (T)		Barani (T)
Seat drop		½ twist
½ twist to feet		Straddle
Tuck		Back S/S (T)
Barani (T)		Full twist
Straddle		Tuck
Front drop		Back drop
To feet		½ twist to feet
Tuck		Pike
Front S/S (T) (1.9)		Back S/S (P) (2.3)

The voluntary routine may include:
 1. A maximum of five elements between 270° & 450° of somersault rotation
 Difficulty will be added

Regional E:

<i>Arm set</i>	OR	<i>Arm set</i>
Back S/S (S)		Barani (P)
Straddle		Straddle
Full twist		Back S/S (T)
Tuck		Barani (T)
Back S/S (T)		½ twist
Back S/S to seat (T)		Tuck
½ twist to feet		1½ twists
½ twist		Pike
Pike		¾ front S/S (S)
Barani (SL) (2.6)		To feet (2.5)

The voluntary routine may include:
 1. A maximum of seven somersaults between 270° & 450° of somersault rotation
 Difficulty will be added

Regional D:

10 different elements with:
 ● At least seven somersaults of at least 270° somersault rotation to include one of the following three elements:
 ○ One move of at least 270° of somersault rotation landing on front or back, followed by a move of at least 450° somersault rotation OR
 ○ A back somersault with 360° somersault rotation and a full twist OR
 ○ A front somersault with 360° somersault rotation and 1½ twists
 The voluntary routine is subject to a 6.5 difficulty limit

National C:

10 different elements with:
 ● At least nine somersaults of at least 270° somersault rotation to include:
 ● At least one somersault of at least 270° of somersault rotation landing on front or back, followed by a move of at least 450° somersault rotation
 ● AND one of the following:
 ○ A back somersault with 360° somersault rotation and a full twist OR
 ○ A front somersault with 360° somersault rotation and 1½ twists OR
 ○ A double somersault
 The voluntary routine is subject to an 8.4 difficulty limit

FIG B:

The routine consists of 10 different elements, only one skill allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.

1. One element to front or back, followed by a move of at least 450° somersault rotation AND
2. One double front or back somersault with or without twist AND
3. One element with a minimum of 540° of twist

No restrictions on the voluntary routine

FIG A:

1. The routine consists of 10 different elements, each having a minimum of 270° somersault rotation.
2. Two elements, marked with an asterisk (*) on the competition card, will have difficulty ratings. The difficulty will be added to the execution score to give the total score for the first routine.
3. None of these two elements may be repeated in the voluntary routine.

No restrictions on the voluntary routine.