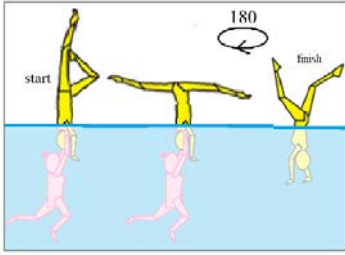
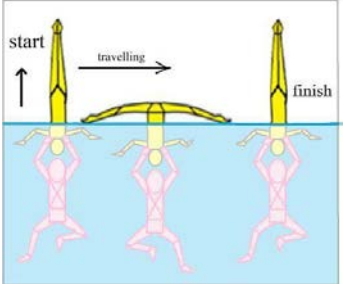
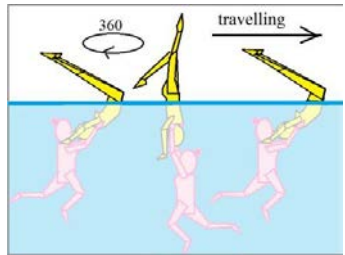
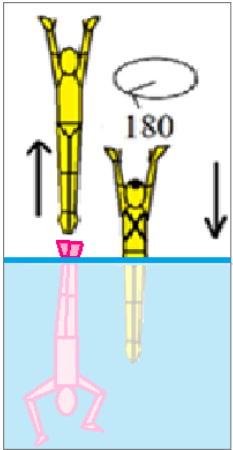
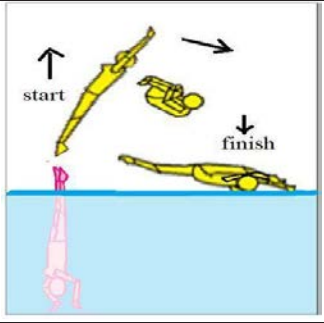
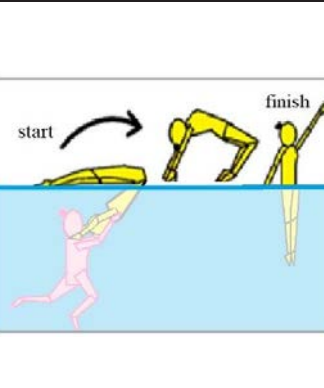
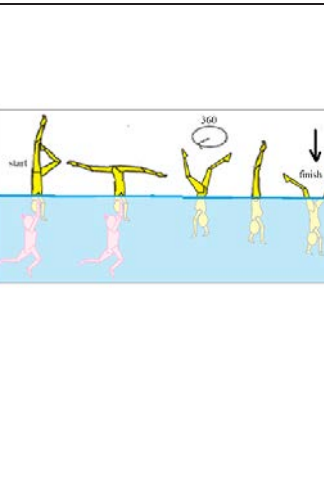
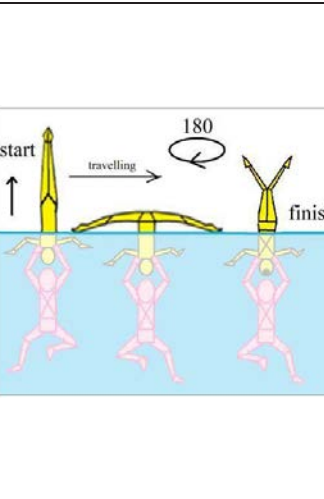


<p>21</p>	<p>Lift legs-up with flexibility and rotation 180°</p> <p>LifrO.5</p>		<p>Base swimmer remains under the water and lifts the featured swimmer (position is head-down), who demonstrates flexibility position/s (split variations etc.) above the water at maximum height. When the base swimmer pushes and releases the featured swimmer simultaneously submerges under the water while rotating 180°.</p> <p>The rotation may also occur during the “maximum height” phase or while ascending.</p>	<p>1.00</p>	<p>1.10</p>
<p>22</p>	<p>Sustained lift legs-up with flexibility and travelling</p> <p>SLif></p>		<p>Base swimmer remains under the water and lifts the featured swimmer (position is head-down), <u>sustaining the lift for 3 seconds or more while travelling.</u> The featured swimmer demonstrates flexibility position/s above the water at maximum height and when base swimmer pushes and releases, the featured swimmer submerges under the water.</p>	<p>1.00</p>	<p>1.10</p>
<p>23</p>	<p>Sustained lift legs-up with travelling and rotation of 180° or more</p> <p>SLirO.5></p>		<p>Base swimmer remains under the water and lifts the featured swimmer (position is head-down), <u>holding for 3 seconds or more while traveling.</u> The featured swimmer performs some actions while rotating 180° or more above the water at maximum height. When the base swimmer pushes and releases the featured swimmer submerges.</p> <p>The rotation may also occur while ascending.</p>	<p>1.00</p>	<p>1.10</p>
<p>24</p>	<p>Jump head-up with 180° rotation</p> <p>JrO.5</p>		<p>From underwater base swimmer pushes and throws (disconnects with) the featured swimmer who becomes <u>airborne</u>. The featured swimmer performs some actions in the air with a 180° rotation, before entering the water.</p> <p>Note: rotation may also occur while the featured swimmer submerges.</p>	<p>1.00</p>	<p>1.10</p>

<p>25</p>	<p>Jump head-up with flexibility</p> <p>Jf</p>		<p>From under the water base swimmer pushes and throws (disconnects with) the featured swimmer who becomes <u>airborne</u>. The featured swimmer demonstrates flexibility position/s (such as split variations etc.) in the air before entering the water or falling/crashing.</p>	<p>1.00</p>	<p>1.10</p>
<p>26</p>	<p>Legs-Up Throw-Dive</p> <p>W!d</p>		<p>From a Pike Position the featured swimmer is pushed/thrown by the base swimmer who disconnects and becomes <u>airborne</u>. The featured swimmer's legs are lifted in an arc over the surface of the water to meet the surface of the water again. The featured swimmer enters the water feet first and lifting their upper body to a vertical position before submerging.</p>	<p>1.00</p>	<p>1.10</p>
<p>27</p>	<p>Lift legs-up with flexibility and rotation 360°</p> <p>L!fr1</p>		<p>Base swimmer remains under the water and lifts the featured swimmer (position is head-down). The featured swimmer demonstrates flexibility position/s above the water at maximum height with 360° rotation. When the base swimmer pushes and releases support the featured swimmer submerges under the water.</p> <p>The rotation may occur while the featured swimmer submerges or while ascending.</p>	<p>1.20</p>	<p>1.30</p>
<p>28</p>	<p>Sustained lift legs-up with flexibility, travelling and rotation 180° or more</p> <p>SL!fr0.5></p>		<p>Base swimmer remains under the water and lifts the featured swimmer (position is head-down), <u>sustaining the lift for 3 seconds or more while travelling</u>. The featured swimmer demonstrates flexibility position/s above the water at maximum height with 180° or more rotation. When the base swimmer pushes and releases support the featured swimmer submerges under the water.</p> <p>Note: rotation may occur while the featured swimmer submerges or while ascending.</p>	<p>1.20</p>	<p>1.30</p>