

JUNIOR ELEMENTS

2017- 2021



FÉDÉRATION
INTERNATIONALE
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Junior Elements

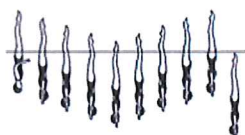
This quad, FINA has introduced the new rule that Juniors will compete technical routines at the Jr. World Championships in lieu of figures. Each element must be performed in this particular order.

▪ **Junior Technical Solo Required Elements (2017-2021)**

1 – Starting in a **Submerged Back Pike Position** with the legs perpendicular to the surface, a *Barracuda Airborne Split* is executed. [DD 2.5]



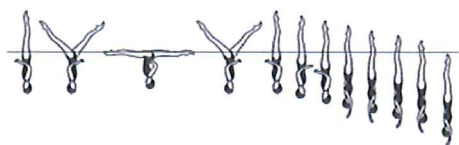
2 – Starting in a **Vertical Position**, the body rotates 360° as the legs are lowered symmetrically to assume a **Split Position**. Continuing in the same direction an additional rotation of 360° is completed as the legs are raised symmetrically to assume a **Vertical Position**. Followed by a *Continuous Spin 1080°* (3 rotations) in the same direction. [DD 2.5]



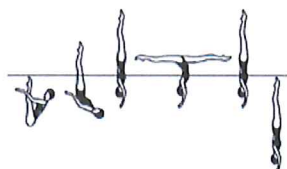
3 – Stingray – A Flamingo is executed to a **Surface Flamingo Position**, travelling head first. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves to assume a **Fishtail Position**. The horizontal leg is lifted in an arc over the surface. As it passes the vertical leg which moves symmetrically, a 180° rotation is started and is completed as a **Split Position** is assumed. A *Walkout Front* is executed. [DD 3.2]



4 – Starting in a **Vertical Position** a *Combined Spin of 720°* (2 rotations) is executed. [DD 1.9]

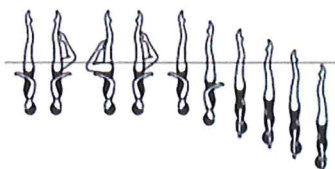


5 – Starting in a submerged **Back Pike Position** with the legs perpendicular to the surface, a *Barracuda Continuous Spin 360°* is executed. [DD 2.0]



▪ Junior Technical Duet Required Elements (2017-2021)

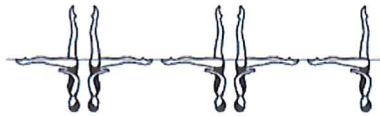
1 – Starting in a **Vertical Position**, a *Full Twist* is executed as one leg is lowered to a **Bent Knee Vertical Position**. Continuing in the same direction another *Full Twist* is executed, as the bent knee is extended to a **Vertical Position**. A *Continuous Spin of 720°* (2 rotations) is executed. [DD 2.2]



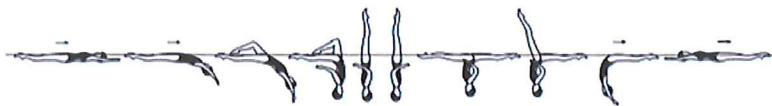
2 – From a **Back Layout Position** a straight leg is lifted to a **Ballet Leg Position**. The shin of the horizontal leg is drawn along the surface to assume a **Surface Flamingo Position**. The bent knee is straightened to a **Surface Ballet Leg Double Position**. Maintaining the legs vertical, the body submerges to a **Submerged Back Pike Position** until the feet are just below the surface. Executing a 360° rotation the body rises to the surface simultaneously lowering one leg with foot at the surface to assume a **Surface Flamingo Position**. The horizontal leg is straightened to a **Ballet Leg Position**. The vertical leg is lowered straight to a **Back Layout Position**. Head first travel is allowed during the Ballet Leg Sequence. [DD 2.9]



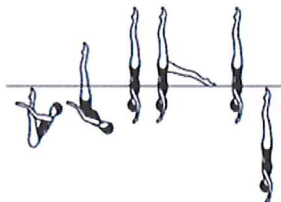
3 – Starting and maintaining a **Fishtail Position**, with the horizontal leg leading toward the vertical leg, 2 rapid rotations (720°) are executed. [DD 1.8]



4 – A Cyclone is executed to the **Vertical Position**. A *Half Twist* is executed. Continuing in the same direction an additional rotation of 180° is executed as the legs are symmetrically opened to assume a **Split Position**. A *Walkout Front* is executed. [DD 3.0]



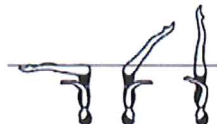
5 – Starting in a submerged **Back Pike Position** with the legs perpendicular to the surface, a Flying Fishtail is executed. [DD 2.5]



Additionally, the routine must contain a lift, jump or throw and it can be placed anywhere in the routine.

▪ **Junior Technical Mixed Duet Required Elements (2017-2021)**

1 – From **Front Pike Position** the legs are lifted to **Vertical Position** as a rotation of 360° is executed. [DD 1.5]

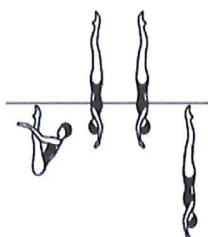


2 – Ballet leg sequence: A *Ballet Leg* is assumed followed by a rapid exchange to assume the *opposite Ballet Leg* as the vertical leg is lowered straight to horizontal. The horizontal leg is bent to assume

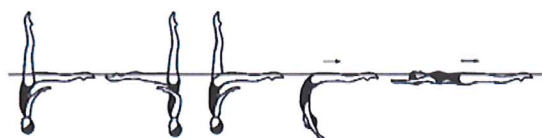
a **Surface Flamingo Position**. The bent leg is straightened to a **Ballet Leg Double Position**. Maintaining the **Ballet Leg Double Position**, a rotation of 360° is executed. Travelling head first until the **Ballet Leg Double Position** is assumed. [DD 2.5]



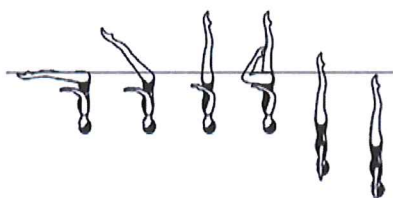
3 – From a **Submerged Back Pike Position** with the legs perpendicular to the surface, a Barracuda Twirl is executed. [DD 2.4]



4 – From a **Knight Position**, maintaining the vertical alignment of the body, the horizontal leg is moved in a 180° arc at the surface of the water to assume a **Knight Position**. The vertical leg is lowered to assume a **Surface Arch Position**, with continuous motion a surface *arch to back layout finish action* is executed. [DD 2.2]



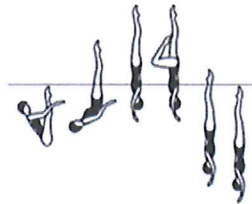
5 – From a **Front Pike Position** the legs are lifted to a **Vertical Position**. A *Full Twist* is executed as one leg is lowered to a **Bent Knee Vertical Position**, followed by a *Continuous Spin of 720°* (2 rotations) as the bent knee is joined to a **Vertical Position**. [DD 2.3]



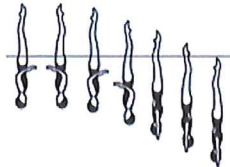
Additionally, the routine must contain a lift, jump or throw and it can be placed anywhere in the routine. It must also contain at least one connected action, which can be placed anywhere in the routine.

▪ **Junior Technical Team Required Elements (2017-2021)**

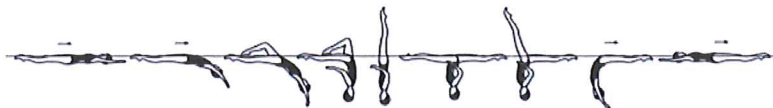
1 – Starting in a submerged **Back Pike Position** with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position** and with no loss of height one leg is lowered to a **Bent Knee Vertical Position**. A rapid 180° *Spin* is executed as the bent knee is extended to a **Vertical Position**. All movements are executed rapidly. [DD 2.3]



2 – From **Vertical Position**, a *Twist Spin* is executed. [DD 1.8]



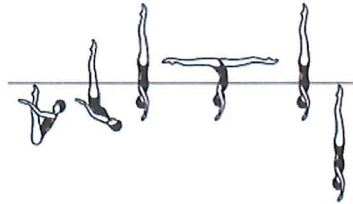
3 – A Cyclone is executed to a **Vertical Position**, the legs are symmetrically lowered to a **Split Position**. A *Walkover Front* is executed. [DD 2.6]



4 – Manta Ray Hybrid: A Flamingo is executed to a **Surface Flamingo Position**, travelling head first. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves with the knee at the surface to assume a **Fishtail Position**. The horizontal leg is lifted rapidly to a **Vertical Position**, with the horizontal leg leading toward the vertical leg, as the body rotates 180°. The legs are lowered rapidly simultaneously to a **Bent Knee Arch Position**. The bent knee is straightened to a **Surface Arch Position** and with continuous motion, an *Arch to Back Layout Finish Action* is executed. [DD 3.1]



5 – From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a Barracuda Airborne Split is executed.
[DD 2.5]



Additionally, the routine must contain two acrobatic movements: one using all team members, and another with two simultaneous acrobatic movements, with each acrobatic movement performed simultaneously with identical movements facing the same direction. These can be placed anywhere in the routine.

The routine must also contain a Cadence Action with either arms, legs, or both. This may be placed anywhere in the routine.

Finally, at least one circle and at least one straight line must be included in the routine.

With exception of the deck work, entry, the Acrobatic Movements and the Cadence Action, all elements must be performed simultaneously and facing the same direction by all team members. Mirror actions are not permitted with the exception of the circle.