

NOVICE REQUIRED ELEMENTS:

1. Novice Team Elements:

- a. Elements 1-5 are to be performed in the order listed. Elements 6 or 7 may take place at any point in the routine. There are no restrictions as to what direction swimmers may face. Swimmers must be facing the same direction for elements 1-5. All elements must be performed in synchronization with all swimmers, with the exception of element number six (6).
 - i. 1: FISHTAIL – A Front Pike Position is assumed. One leg is lifted to a Fishtail Position, ending optional.
 - ii. 2: VERTICAL POSITION – A Vertical Position is assumed at Ankle Height or Higher. A *Vertical Descent* is executed in the Vertical Position.
 - iii. 2: BODY BOOST – A rapid, headfirst rise, with a maximum of the body above the surface (arms optional). A decent is executed until the swimmer(s) are completely submerged
 - iv. 4: BENT KNEE – From an Inverted Back Tuck Position, the legs assume a Bent Knee Vertical Position. A *Vertical Descent* is executed in the Bent Knee Position.
 - v. 5: TRAVELLING BALLET LEG COMBINATION – Beginning in a Back Layout Position to include at least three (3) of the following positions: Right Leg Sailboat, Left Leg Sailboat, Right Leg Ballet Leg, Left Leg Ballet Leg, Right Leg Flamingo, Left Leg Flamingo. Ending is optional. The combination must travel a minimum of one (1) meter.
 - vi. 6: TWO (2) FORMS OF PROPULSION – Must include kick-pull-kick
 - vii. 7: PATTERN CHANGE – that takes place ABOVE the surface of the water

2. Novice Duet/Trio Elements:

- a. Elements 1-5 are to be performed in the order listed. Element 6 may take place at any point in the routine. There are no restrictions as to what direction swimmers may face. Swimmers must face the same direction for elements 1-5. All elements must be performed in synchronization with all swimmers.
 - i. 1: FISHTAIL – A Front Pike Position is assumed. One leg is lifted to a Fishtail Position, ending optional.
 - ii. 2: SPLIT POSITION – A Split Position is assumed. Legs join to assume a Vertical Position at Ankle Height or Higher. A *Vertical Descent* is executed in Vertical Position.
 - iii. 2: BODY BOOST – A rapid, headfirst rise, with a maximum of the body above the surface (arms optional). A descent is executed until the swimmer(s) are completely submerged.
 - iv. 3: KIPNUS – From a Back Layout Position, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs assume a Bent Knee Vertical Position midway between the former vertical line through the hips and the former vertical line through the head and the shins. A *Vertical Descent* is executed in a Bent Knee Vertical Position.
 - v. 4: TRAVELLING BALLET LEG COMBINATION – Beginning in a Back Layout Position to include at least three (3) of the following positions: Right Leg Sailboat, Left Leg Sailboat, Right Leg Ballet Leg, Left Leg Ballet Leg, Right Leg Flamingo, Left Leg Flamingo. Ending is optional. The combination must travel a minimum of one (1) meter.
 - vi. 6: TWO (2) FORMS OF PROPULSION – Must include Kick-Pull-Kick.

3. Novice Solo Elements:
 - a. Elements 1-5 are to be performed in the order listed. Element 6 may take place at any point in the routine. There are no restrictions as to what direction swimmers may face. All elements must be performed in synchronization with all swimmers.
 - i. 1: FISHTAIL – A Front Pike Position is assumed. One leg is lifted to a Fishtail Position, ending optional.
 - ii. 2: SPLIT POSITION – A Split Position is assumed. Legs join to assume a Vertical Position at Ankle Height or Higher. A *Vertical Descent* is executed in Vertical Position.
 - iii. 2: BODY BOOST – A rapid, headfirst rise, with a maximum of the body above the surface (arms optional). A decent is executed until the swimmer(s) are completely submerged.
 - iv. 3: KIPNUS – From a Back Layout Position, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs assume a Bent Knee Vertical Position midway between the former vertical line through the hips and the former vertical line through the head and the shins. A *Vertical Descent* is executed in a Bent Knee Vertical Position.
 - v. 4: TRAVELLING BALLET LEG COMBINATION – Beginning in a Back Layout Position to include at least three (3) of the following positions: Right Leg Sailboat, Left Leg Sailboat, Right Leg Ballet Leg, Left Leg Ballet Leg, Right Leg Flamingo, Left Leg Flamingo. Ending is optional. The combination must travel a minimum of one (1) meter.
 - vi. 6: TWO (2) FORMS OF PROPULSION – Must include Kick-Pull-Kick.
4. The Novice Required Elements will be reviewed every two (2) years, on the same year as the Summer Conference.
 - a. The rules will be reviewed by an independent committee composed of five (5) representatives from universities across Canada. One (1) representative must be from a western university.
 - b. The elements were revised in the Summer of 2018.
 - c. The elements will be revised again in the Summer of 2020.