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 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.
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.