

AMENDMENT TO APPENDIX B REQUIRED ELEMENTS FOR NOVICE TECHNICAL ROUTINES

Required Elements for Novice Technical SOLO and Novice Technical DUET/TRIO:

Elements 1-5 are to be performed in the order listed. Element 6 can take place at any point in the routine. There are no restrictions as to what direction swimmers may face. In duet, elements must be performed simultaneously between the swimmers.

1. FISHTAIL - A Side Flutter position is assumed, with one arm at the water surface and an extended body position. This position must move a minimum of one (1) meter. A Front Pike Position is assumed. One leg is lifted to a Fishtail Position, ending optional.
2. SPLIT POSITION – A Split Position is assumed. A *Walkout Back* or *Walkout Front* is Executed.
3. BODY BOOST – A rapid headfirst rise, with a maximum of the body above the surface is executed, arms optional. A descent is executed until the swimmer is completely submerged.
4. 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.
5. TRAVELLING BALLET LEG COMBINATION – Beginning in a Back Layout Position to include at least 3 of the following positions with no other content in between: Right sailboat; Left sailboat; Right Ballet Leg; Left Ballet Leg; Right Flamingo; Left Flamingo. The combination must move a minimum of one (1) meter.
6. TWO (2) FORMS OF PROPULSION – Must include kick-pull-kick

**It is strongly recommended, for clarity of judgement, that all required elements are separated by other contents.

Required Elements for Novice Technical TEAM:

Elements 1-5 are to be performed in the order listed. Elements 6 and 7 can take place at any point in the routine. There are no restrictions as to what direction swimmers may face. Elements must be performed simultaneously between all swimmers, with the exception of element number 7 (Above Water Pattern Change).

1. FISHTAIL - A Side Flutter position is assumed, with one arm at the water surface and an extended body position. This position must move a minimum of one (1) meter. A Front Pike Position is assumed. One leg is lifted to a Fishtail Position, ending optional.

2. BODY BOOST – A rapid headfirst rise, with a maximum of the body above the surface is executed, arms optional. A descent is executed until the swimmer is completely submerged.

3. BENT KNEE JOIN TO VERTICAL- From an Inverted Back Tuck Position, the legs assume a Bent Knee Vertical Position. The bent leg is extended to Vertical Position at Ankle Height or Higher. A *Vertical Descent* is executed in the Vertical Position.

4. EGGBEATER COMBINATION - Assume an upright Eggbearer Position to include at least 2 of the following positions continuously: Right arm extended eggbearer, Left arm extended eggbearer, Double Arm extended eggbearer. Travel optional. All arms, including the elbow, must be above the water's surface.

5. TRAVELLING BALLET LEG COMBINATION – Beginning in a Back Layout Position to include at least 3 of the following positions with no other content in between: Right sailboat, Left sailboat; Right Ballet Leg; Left Ballet Leg; Right Flamingo; Left Flamingo. The combination must move a minimum of one (1) meter.

6. TWO (2) FORMS OF PROPULSION – Must include kick-pull-kick.

7. PATTERN CHANGE that takes place ABOVE the surface of the water.

**It is strongly recommended, for clarity of judgement, that all required elements are separated by other contents.

The Novice Required Elements will be reviewed every two (2) years, on the same year as the Summer Conference.

The required elements 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.