

## INTERMEDIATE FREE ROUTINE WITH REQUIRED TECHNICAL ELEMENTS

<b>INTERMEDIATE SOLO (2:00), DUET/MIXED DUET/TRIO (2:30) AND TEAM (3:00)</b> Required elements 1- <u>5</u> must be performed in the order listed.
<b>1.</b> <u>Figure #348 Tower.</u> [DD <u>1.9</u> ]
<b>2.</b> Boost - a rapid, head-first rise, with a maximum amount of the body above the surface of the water. One arm must be lifted above the surface as the body reaches maximum height. The Boost is begun with the body totally underwater or with the back of the head and/or torso flush with the surface. The Boost is completed upon total submergence. [DD <u>1.31</u> ]
<b>3.</b> <u>Figure #360 Walkover, Front.</u> [DD 1.9]
<b>4.</b> <u>Figure #101 Ballet Leg, Single.</u> [DD <u>1.6</u> ]
<b>5.</b> <u>Figure #301 Barracuda.</u> [DD <u>1.9</u> ]
<b>6.</b> All elements must be performed simultaneously and facing the same direction by all competitors. Mirror actions are not permitted during Technical Elements. See Section 1.06 C

**Note.** For scoring purposes, the Intermediate Elements should be listed in the Integrated Sports Systems scoring program as follows:

Element # 1 - Tower

Element # 2 - Boost

Element # 3 - Walkover, Front

Element # 4 - Ballet Leg, Single

Element # 5 - Barracuda