

**Revised Appendix 2 – Technical Required Elements**

Solo Elements	Element Name	DD
1a	Thrust Continuous Spin 720°	2.7
1b	Thrust Spinning 360°	2.1
2a	Combined Spin 1080° – Continuous Spin 1080°	3.0
2b	Combined Spin 720° – Continuous Spin 1080°	2.7
3	Swordfish Straight Leg – Knight	3.2
4a	Fishtail Half Twist – Continuous Spin 720°	2.9
4b	Fishtail – Continuous Spin 720°	2.6
5a	Rocket Split Bent Knee Joining 360°	2.4
5b	Rocket Split Bent Knee	2.1

Duet Elements	Element Name	DD
1a	Walkover Back Closing 360° – Continuous Spin 1080°	3.0
1b	Walkover Back Closing 180° – Continuous Spin 720°	2.5
2a	Rocket Split Alternating Legs – Spinning 180°	2.8
2b	Rocket Split – Spinning 180°	2.4
3a 3	Flamingo-Full Twist Hybrid Beginning from a Ballet Leg Position - Flamingo Bent Knee rollback - Join to VP – Half Twist – 360° open to Split – Walkout <a href="https://vimeo.com/97940051">https://vimeo.com/97940051</a>	2.6
3b	Flamingo Half Twist Hybrid	-
4a	Fishtail – Knight – Continuous Spin 1080°	3.2
4b	Fishtail – Knight – Continuous Spin 720°	2.7
5a	Thrust Bent Knee Twirl Spin 360°	2.3
5b	Thrust – Bent Knee Twirl	2.1

Mixed Duet Elements	Element Name	DD
1a	Rocket Split Twirl Spin 180°	2.7
1b	Rocket Split Twirl	2.5
2a	Front Pike – Vertical 360° Rotation – Full Twist to Bent Knee – Continuous Spin 720°	2.4
2b	Front Pike – Vertical 180° Rotation – 1/2 Twist to Bent Knee – Continuous Spin 720°	2.2
3	Manta Ray Half Twist <a href="https://vimeo.com/979425891">https://vimeo.com/979425891</a>	3.0

Team Elements	Element Name	DD
1a	Flying Fish Hybrid Spinning 180°	2.5
1b	Flying Fish Hybrid	2.3
2a	Vertical – Full Twist to Bent Knee – Full Twist to Vertical – Open 180° – Walkout	2.6
2b	Vertical – Half Twist to Bent Knee – Half Twist to Vertical – Split – Walkout	2.3
3a	Two Fouetté Rotations – Vertical – Continuous Spin 720°	2.6
3b	Two Fouetté Rotations – Vertical – Spinning 360°	2.3
4	Butterfly Hybrid	2.9
5a	Rocket Split Bent Knee Twirl Hybrid	2.4
5b	Rocket Split Bent Knee Hybrid	2.1