

# FINA - New Technical Required Elements at a glance:

| TRE | Solo                                                                                                                | Duet                                                                                                                        | Mixed Duet                                                                                                                                                    | Team                                                                                                                                                       |
|-----|---------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1a  | Thrust Continuous Spin 720°<br><a href="https://vimeo.com/763124051">https://vimeo.com/763124051</a>                | Walkover Back Closing 360° – Continuous Spin 1080°<br><a href="https://vimeo.com/763126804">https://vimeo.com/763126804</a> | Rocket Split Twirl Spin 180<br><a href="https://vimeo.com/763129550">https://vimeo.com/763129550</a>                                                          | Flying Fish Hybrid Spinning 180°<br><a href="https://vimeo.com/763123950">https://vimeo.com/763123950</a>                                                  |
|     | 2.7                                                                                                                 | 3.0                                                                                                                         | 2.7                                                                                                                                                           | 2.5                                                                                                                                                        |
| 1b  | Thrust Spinning 360<br><a href="https://vimeo.com/763124094">https://vimeo.com/763124094</a>                        | Walkover Back Closing 180° – Continuous Spin 720°<br><a href="https://vimeo.com/763126730">https://vimeo.com/763126730</a>  | Rocket Split Twirl<br><a href="https://vimeo.com/763129646">https://vimeo.com/763129646</a>                                                                   | Flying Fish Hybrid<br><a href="https://vimeo.com/763120510">https://vimeo.com/763120510</a>                                                                |
|     | 2.1                                                                                                                 | 2.5                                                                                                                         | 2.5                                                                                                                                                           | 2.3                                                                                                                                                        |
| 2a  | Combined Spin 1080° – Continuous Spin 1080<br><a href="https://vimeo.com/763124623">https://vimeo.com/763124623</a> | Rocket Split Alternating Legs – Spinning 180°<br><a href="https://vimeo.com/763126678">https://vimeo.com/763126678</a>      | Front Pike – Vertical 360° Rotation - Full Twist to Bent Knee - Continuous Spin 720°<br><a href="https://vimeo.com/763129588">https://vimeo.com/763129588</a> | Vertical - Full Twist to Bent Knee - Full Twist to Vertical – Open 180° - Walkout<br><a href="https://vimeo.com/763120951">https://vimeo.com/763120951</a> |
|     | 3.0                                                                                                                 | 2.8                                                                                                                         | 2.4                                                                                                                                                           | 2.6                                                                                                                                                        |
| 2b  | Combined Spin 720° – Continuous Spin 1080<br><a href="https://vimeo.com/763124731">https://vimeo.com/763124731</a>  | Rocket Split – Spinning 180°<br><a href="https://vimeo.com/763126610">https://vimeo.com/763126610</a>                       | Front Pike – Vertical 180° Rotation – 1/2 Twist to Bent Knee - Continuous Spin 720°<br><a href="https://vimeo.com/763129685">https://vimeo.com/763129685</a>  | Vertical - Half Twist to Bent Knee - Half Twist to Vertical – Split – Walkout<br><a href="https://vimeo.com/763122934">https://vimeo.com/763122934</a>     |
|     | 2.7                                                                                                                 | 2.4                                                                                                                         | 2.2                                                                                                                                                           | 2.3                                                                                                                                                        |
| 3a  | Swordfish Straight Leg – Knight<br><a href="https://vimeo.com/763124520">https://vimeo.com/763124520</a>            | Flamingo Full Twist Hybrid<br><a href="https://vimeo.com/763126527">https://vimeo.com/763126527</a>                         | London Hybrid<br><a href="https://vimeo.com/763129729">https://vimeo.com/763129729</a>                                                                        | Two Fouetté Rotations – Vertical – Continuous Spin 720°<br><a href="https://vimeo.com/763122994">https://vimeo.com/763122994</a>                           |
|     | 3.2                                                                                                                 | 2.9                                                                                                                         | 3.3                                                                                                                                                           | 2.6                                                                                                                                                        |
| 3b  | No option B                                                                                                         | Flamingo Half Twist Hybrid<br><a href="https://vimeo.com/763126393">https://vimeo.com/763126393</a>                         | No option B                                                                                                                                                   | Two Fouetté Rotations – Vertical – Spinning 360°<br><a href="https://vimeo.com/763122772">https://vimeo.com/763122772</a>                                  |
|     |                                                                                                                     | 2.6                                                                                                                         |                                                                                                                                                               | 2.3                                                                                                                                                        |
| 4a  | Fishtail Half Twist - Continuous Spin 720°<br><a href="https://vimeo.com/763124440">https://vimeo.com/763124440</a> | Fishtail – Knight - Continuous Spin 1080°<br><a href="https://vimeo.com/763126467">https://vimeo.com/763126467</a>          | Nova Hybrid – Half Twist – Continuous Spin 1080°<br><a href="https://vimeo.com/763129778">https://vimeo.com/763129778</a>                                     | Butterfly Hybrid<br><a href="https://vimeo.com/763122823">https://vimeo.com/763122823</a>                                                                  |
|     | 2.9                                                                                                                 | 3.2                                                                                                                         | 3.0                                                                                                                                                           | 2.9                                                                                                                                                        |
| 4b  | Fishtail - Continuous Spin 720°<br><a href="https://vimeo.com/763124371">https://vimeo.com/763124371</a>            | Fishtail – Knight - Continuous Spin 720°<br><a href="https://vimeo.com/763126309">https://vimeo.com/763126309</a>           | Nova Hybrid – Continuous Spin 1080°<br><a href="https://vimeo.com/763129849">https://vimeo.com/763129849</a>                                                  | No option B                                                                                                                                                |
|     | 2.6                                                                                                                 | 2.7                                                                                                                         | 2.6                                                                                                                                                           |                                                                                                                                                            |
| 5a  | Rocket Split Bent Knee Joining 360°<br><a href="https://vimeo.com/763124267">https://vimeo.com/763124267</a>        | Thrust Bent Knee Twirl Spin 360°<br><a href="https://vimeo.com/763126265">https://vimeo.com/763126265</a>                   | Thrust Fishtail Hybrid Bent Knee to Vertical Spinning 180<br><a href="https://vimeo.com/763129920">https://vimeo.com/763129920</a>                            | Rocket Split Bent Knee Twirl Hybrid<br><a href="https://vimeo.com/763121182">https://vimeo.com/763121182</a>                                               |
|     | 2.4                                                                                                                 | 2.3                                                                                                                         | 2.4                                                                                                                                                           | 2.4                                                                                                                                                        |
| 5b  | Rocket Split Bent Knee<br><a href="https://vimeo.com/763124201">https://vimeo.com/763124201</a>                     | Thrust Bent Knee Twirl<br><a href="https://vimeo.com/763128650">https://vimeo.com/763128650</a>                             | Thrust Fishtail Helicopter Spinning 180°<br><a href="https://vimeo.com/763130043">https://vimeo.com/763130043</a>                                             | Rocket Split Bent Knee Hybrid<br><a href="https://vimeo.com/763122676">https://vimeo.com/763122676</a>                                                     |
|     | 2.1                                                                                                                 | 2.1                                                                                                                         | 2.1                                                                                                                                                           | 2.1                                                                                                                                                        |