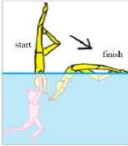


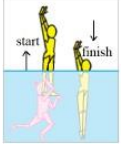
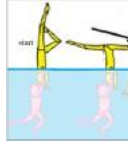
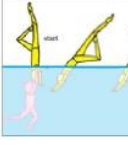
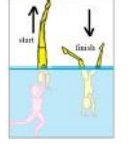
Principios Generales:

1. Un movimiento de acrobacias en pareja es solo considerada cuando es una elevación o lanzamiento. La nadadora de “abajo” (base) está debajo del agua y eleva/lanza a la featured-swimmer arriba en el aire (lejos de la superficie). La nadadora base puede elevar/lanzar a la featured-swimmer by sosteniendo/empujando sus piernas u hombros.
2. La Rotación sobre uno mismo (turn, twist) pueden realizarse en cualquier dirección.
3. La manera de conectarse entre la nadadora base y la feature swimmer es opcional y no se juzga.
4. Los valores de Pair-Acro no deben compararse con los valores de Acros de Equipo. Su valor está relacionado directamente con los eventos de dúo/dúo mixto.

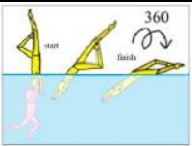
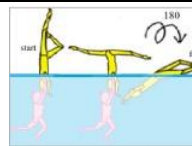
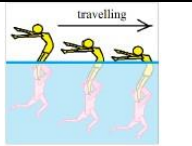
Pair Acro Nivel 1:

Name	Lift head-up with crashing	Lift legs-up with crashing
Diagram		
Code	L>>	L!>>
Value	0,10	0,20

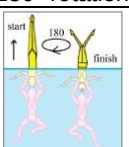
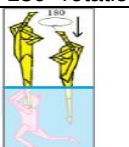
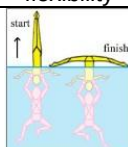
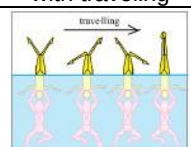
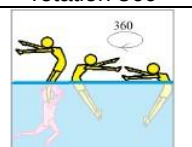
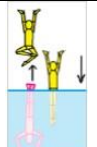
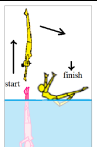
Pair Acro Nivel 2:

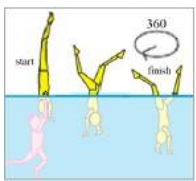
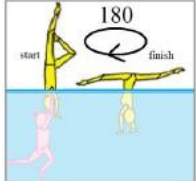
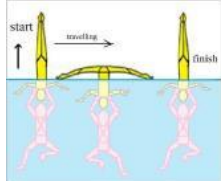
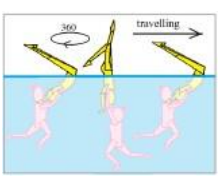
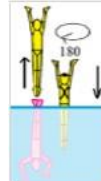
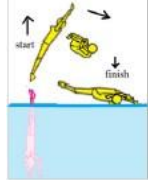
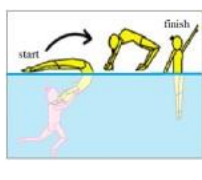
Name	Lift head-up	Lift head-up with flexibility and crashing	Lift legs-up with flexibility and crashing	Lift legs-up with crashing and rotation 180°	Lift legs-up
Diagram					
Code	L	Lf>>	L!f>>	L!r0,5>>	L!
Value	0,40	0,40	0,40	0,60	0,60

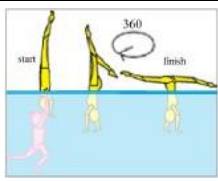
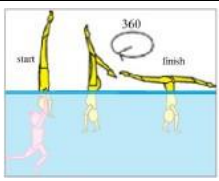
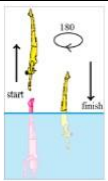
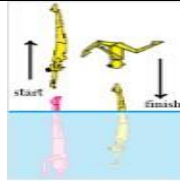
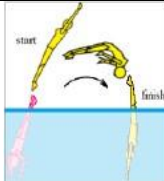
Pair Acro Nivel 3:

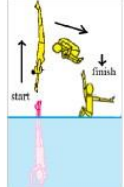
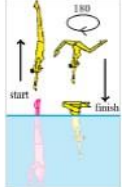
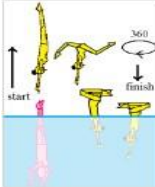
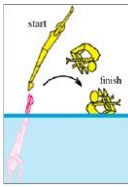
Name	Lift legs-up with crashing and rotation 360°	Lift legs-up with crashing, flex., and rotation 180° (turn)	Lift head-up with 180° rotation	Sustained lift head-up with traveling
Diagram				
Code	L!r1>>	L!fr0,5>>	Lr0,5	SL>
Value	0,60	0,60	0,60	0,80

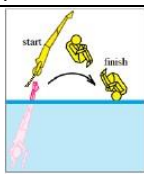
Pair Acro Nivel 4:

Name	Lift legs-up with 180° rotation	Lift head-up with flex. and 180° rotation	Lift legs-up with flexibility	Sustained lift legs-up with traveling	Lift head-up with rotation 360
Diagram					
Code	L!r0,5	Lfr0,5	L!f	SL!>	Lr1
Value	0,80	0,80	0,80	0,80	0,80
Name	Jump head-up	Throw legs-up with crashing			
Diagram					
Code	J	W!>>			
Value	0,80	0,80			

Pair Acro Nivel 5:					
Name	Lift legs-up with 360° rotation	Lift legs-up with flexibility and 180° rotation	Sustained lift legs-up with flexibility and traveling	Sustained lift legs-up with traveling and rotation 180°-360°	Jump head-up with 180 rotation
Diagram					
Code	L!r1	L!fr0,5	SL!f>	SL!r0,5> or SL!r1>	Jr0,5
Value	1,0	1,0	1,0	1,0	1,0
Name	Jump head-up with flexibility	Legs-up throw-dive			
Diagram					
Code	Jf	W!d			
Value	1,0	1,0			

Pair Acro Nivel 6:					
Name	Lift legs-up with flexibility and rotation 360°	Sustained lift legs-up with flexibility, traveling and rotation 180°-360°	Throw legs-up with 180° rotation	Throw legs-up with flexibility	Jump-Dive
Diagram					
Code	L!fr1	SL!fr0,5> or SL!fr1>	W!r0,5	W!f	Jd
Value	1,2	1,2	1,2	1,2	1,2

Pair Acro Nivel 7:			Pair Acro Nivel 8:		
Name	Throw legs-up with 180° somersault	Throw legs-up with flexibility and rotation 180°	Throw legs-up with flexibility and rotation 360°	Jump head-up with 1 somersault forwards	Jump head-up with 1 somersault backwards and flexibility
Diagram					
Code	W!s0,5	W!fr0,5	W!fr1	Js1F	Jfs1B
Value	1,4	1,4	1,6	2,0	2,0

Pair Acro Nivel 9:	
Name	Throw legs-up with somersault forwards
Diagram	
Code	W!s1F
Value	2,2