CATEGORY	CODE	VALUE	Description
J4_TR [Transitions]	SurfPC_J4	0	Surface Pattern Change (MANDATORY type) → MUST be reapeated TWICE thorugh the whole routine
J4_TR [Transitions]	OptSurfPC_J4	0	Surface Pattern Change (OPTIONAL type) → can be used ONCE throught the whole routine
J4_TR [Transitions]	Cad	0	Cadence action (with arms or during Ballet leg action)
J4_TR [Transitions]	HOr1	0	Traveling on the BK Back Layout, Tub or Flamingo position
J4_TR [Transitions]	HOr2	0	Side Flutter kick moves
J4_TR [Transitions]	HOr3	0	Side flutter kicks to Front Layout position with arm moving horizontal at the surface and assume Front pik
J4_TR [Transitions]	HOr4	0	Ballet Legs Combinations (at least 3 different positions must be shown)
J4_TR [Transitions]	HOr5	0	Torpedo
J4_TR [Transitions]	HOr6	0	Assuming a STRAIGHT Ballet Leg Position
J4_TR [Transitions]	HUp1	0	Eggbeater any direction (1 arm up)
J4_TR [Transitions]	HUp2	0	Kick-Pull-Kick
J4_TR [Transitions]	HUp3	0	Double Eggbeater any direction (2 arms up)
J4_TR [Transitions]	HUp4	0	Body Boost (without arms)
J4_TR [Transitions]	HUp5	0	Body Boost (with 1 or 2 arms)
J4_TR [Transitions]	HUp6	0	Diagonal Kick-Pull-Kick
J4_TR [Transitions]	PC_Circle	0	CIRCLE pattern
J4_TR [Transitions]	PC_Line	0	LINE pattern
J4_TR [Transitions]	SuCon1_J4	0	Pair Assisted Action BOOST Type
J4_TR [Transitions]	SuCon2_J4	0	Surface connected actions (could be performed with arms, arms and legs)
J4_TR [Transitions]	SuCon3_J4	0	Pair Assisted Action (any type)
J4_ACRO-A	Thr1_J4	0	Simple Jump/Throw Level 1 Forwards - J4 ONLY
J4_ACRO-A	Thr2_J4	0	Simple Jump/Throw Level 2 Forwards - J4 ONLY
J4_ACRO-A	Shou_J4	0	Simple Jump/Throw from Shoulders Level 2 Forwards - J4 ONLY
J4_ACRO-B	L_J4	0	Simple Lift
J4_PairACRO	L_J4	0	Lift head-up
J4_PairACRO	L>>_J4	0	Lift head-up with crashing
J4_PairACRO	L!>>_J4	0	Lift legs-up with crashing
J4_PairACRO	L!_J4	0	Lift legs-up
J4_Rotation	RB_J4	0	180° Swirl / 180° Turn non-sustained OR Up/Down
J4_Rotation	R1_J4	0	360° Swirl / 360° Turn non-sustained OR Up/Down
J4_Rotation	1RB_J4		180° 1 leg Twist
J4_Rotation	SB_J4	0	180° Spin DESCENDING (1 or 2 legs)
J4_Rotation	S1_J4	0	360° Spin DESCENDING (1 or 2 legs)
J4_Flexibility	F1a_J4	0	Rapid Split from any position
J4_Flexibility	F6d_J4	0	Clearly demonstrated split sustained at surface (3sec+)

CATEGORY	CODE	VALUE	Description
J4_Flexilibity	F2a_J4	0	Walkout Front
J4_Flexilibity	FB_J4	0	Back Layout to Surface Arch OR Bent Knee Surface Arch
J4_Flexilibity	F3b_J4	0	Ariana Rotation OR Splits variations
J4_Airborne	A1a_J4	0	Front Pike to Fishtail Position OR Bent Knee Vertical Position
J4_Airborne	A3a_J4	0	From Pike to VP
J4_Airborne	A1b_J4	0	DESCENT in Bent Knee Vertical Position
J4_Airborne	A2a_J4	0	DESCENT in Vertical Position
J4_Airborne	A2c_J4	0	Sustained Bent Knee Vertical position (3sec+)
J4_Airborne	A3b_J4	0	Vertical ASCENT (with 1 or 2 legs)
J4_Airborne	AB_J4	0	BLOSSOM (from the spplit to the vertical position at ankle level)
J4_Connection	CB_J4	0	Pike body position at the surface in the water
J4_Connection	C1a_J4	0	1 leg FACE TO FACE connection
J4_Base-Mark	J4_ACRO_BM	1	ACRO BM J4 ONLY
J4_Base-Mark	J4_Hybrid_BM	1	Hybrid BM for J4 ONLY