

NEW_CODES_LIST

CODE	VALUE	DESCRIPTION	DISCIPLINE - Compulsory or Optional		
			TEAM	DUET	SOLO (only for regional competitions/cups)
J4_ACRO_BM	1	ACRO BM J4 ONLY	TEAM - Compulsory	DUET - Compulsory	SOLO - Compulsory
J4_Hybrid_BM	1	Hybrid BM for J4 ONLY	TEAM - Compulsory	DUET - Compulsory	SOLO - Compulsory
1RB_J4	0	180° 1 leg Twist		DUET - Optional	SOLO - Optional
A1a_J4	0	Front Pike to Fishtail Position OR Bent Knee Vertical Position	TEAM - Compulsory	DUET - Compulsory	SOLO - Compulsory
A1b_J4	0	DESCENT in Bent Knee Vertical Position	TEAM - Compulsory		
A2a_J4	0	DESCENT in Vertical Position		DUET - Optional	SOLO - Optional
A2c_J4	0	Sustained Bent Knee Vertical position (3sec+)	TEAM - Optional	DUET - Optional	SOLO - Optional
A3a_J4	0	From Pike to VP		DUET - Optional	SOLO - Optional
A3b_J4	0	Vertical ASCENT (with 1 or 2 legs)	TEAM - Optional	DUET - Compulsory	SOLO - Compulsory
AB_J4	0	BLOSSOM (from the split to the vertical position at ankle level)		DUET - Optional	SOLO - Optional
C1a_J4	0	1 leg FACE TO FACE connection Connection in any 1 leg position (in "VP cone") with the "bottom" leg (non-VP) connected - FACE to FACE only		DUET - Optional	
Cad_J4	0	Cadence action (with arms or during Ballet leg action)	TEAM - Compulsory		
CB_J4	0	Pike body position at the surface in the water - Pike body position AT water surface (facing any direction)		DUET - Compulsory	
F1a_J4	0	Rapid Split from any position	TEAM - Compulsory	DUET - Compulsory	SOLO - Compulsory
F2a_J4	0	Walkout Front	TEAM - Optional	DUET - Compulsory	SOLO - Compulsory
F3b_J4	0	Ariana Rotation OR Splits variations		DUET - Optional	SOLO - Optional
F6d_J4	0	Clearly demonstrated split sustained at surface (3sec+)	TEAM - Optional		
FB_J4	0	Back Layout to Surface Arch OR Bent Knee Surface Arch		DUET - Optional	SOLO - Optional
HOr1	0	Traveling on the Bent Knee Back Layout, Tub or Flamingo positions	TEAM - Compulsory		
HOr2	0	Side Flutter kick moves	TEAM - Compulsory	DUET - Compulsory	SOLO - Compulsory
HOr3	0	Side flutter kicks to Front Layout position with arm moving horizontal at the surface and assume Front pike position	TEAM - Compulsory	DUET - Compulsory	SOLO - Compulsory
HOr4	0	Ballet Legs Combinations	TEAM - Optional	DUET - Compulsory	SOLO - Compulsory
HOr5	0	Torpedo	TEAM - Optional	DUET - Compulsory	SOLO - Compulsory
HOr6	0	Assuming a STRAIGHT Ballet Leg Position		DUET - Optional	SOLO - Optional
HUp1	0	Eggbeater any direction	TEAM - Compulsory	DUET - Compulsory	SOLO - Compulsory
HUp2	0	Kick-Pull-Kick	TEAM - Compulsory	DUET - Compulsory	SOLO - Compulsory
HUp3	0	Eggbeater lateral (1 arm up)	TEAM - Optional	DUET - Optional	SOLO - Optional
HUp4	0	Body Boost (without arms)	TEAM - Optional	DUET - Compulsory	SOLO - Compulsory
HUp5	0	Body Boost (with 1 arm)	TEAM - Optional	DUET - Optional	SOLO - Optional
HUp6	0	Diagonal Kick-Pull-Kick	TEAM - Optional		
L_J4	0	Simple Lift	TEAM - Compulsory		

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L_J4_D	0	Lift head-up		DUET - Compulsory	
LI_J4_D	0	Lift legs-up		DUET - Compulsory	
LI>>_J4_D	0	Lift legs-up with crashing		DUET - Compulsory	
L>>_J4_D	0	Lift head-up with crashing		DUET - Compulsory	
O_SurfPC_J4	0	Surface Pattern Change (OPTIONAL type) → can be declared ONCE through the whole routine	TEAM - Optional		
Pair_Ass_J4	0	Pair Assisted Action (any type)		DUET - Optional	
J4_Circle	0	CIRCLE pattern	TEAM - Recommended		
J4_Line	0	LINE pattern	TEAM - Recommended		
R1a_J4	0	360° Swirl	TEAM - Compulsory	DUET - Compulsory	SOLO - Compulsory
R1b_J4	0	360° Turn non-sustained OR Up/Down		DUET - Optional	SOLO - Optional
RBa_J4	0	180° Swirl	TEAM - Compulsory	DUET - Compulsory	SOLO - Compulsory
RBb_J4	0	180° Turn non-sustained OR Up/Down		DUET - Optional	SOLO - Optional
S1_J4	0	360° Spin DESCENDING (1 or 2 legs)		DUET - Optional	SOLO - Optional
SB_J4	0	180° Spin DESCENDING (1 or 2 legs)	TEAM - Optional	DUET - Compulsory	SOLO - Compulsory
Shou_J4	0	Simple Jump/Throw from Shoulders Level 2 Forwards - J4 ONLY	TEAM - Compulsory		
SuCon_J4	0	Surface connected actions (could be performed with arms, arms and legs)	TEAM - Optional	DUET - Optional	
SurfPC_J4	0	Surface Pattern Change (MANDATORY type) → MUST be declared TWICE through the whole routine	TEAM - Compulsory		
Thr1_J4	0	Simple Jump/Throw Level 1 Forwards - J4 ONLY	TEAM - Compulsory		
Thr2_J4	0	Simple Jump/Throw Level 2 Forwards - J4 ONLY	TEAM - Compulsory		