

FIGURES - 12 AND UNDER

COMPULSORY

1- 101 BALLET LEG SINGLE **Difficulty 1.6**

A Ballet leg is assumed. The Ballet leg is lowered.

2- 301 BARRACUDA **Difficulty 2.0**

From a **Back Layout Position**, the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface. A *Thrust* is executed to **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

GROUP 1

1- 437 OCEANITA (new) **Difficulty 1.9**

From a **Back Layout Position**, a Nova (435) is executed to a **Bent Knee Surface Arch Position**. The legs are simultaneously lifted as the toe of the bent leg slides along the inside of the vertical leg to assume a **Vertical Position**. A *Vertical Descent* is executed.

2- 362 SURFACE PRAWN **Difficulty 1.6**

From a **Front Layout Position**, a *Front Pike Position* is assumed. One foot is moved in horizontal arc of 180° at the surface to a **Split Position**. The legs are joined to assume a **Vertical Position** at the ankles. A *Vertical Descent* is executed.

GROUP 2

1- 311 KIP **Difficulty 1.8**

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A *Vertical Descent* is executed.

2- 360 WALKOVER FRONT **Difficulty 2.1**

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted in a 180° arc over the surface to a **Split Position**. A *Walkout Front* is executed.

GROUP 3

1- 349 TOWER (new) **Difficulty 1.9**

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position**. A *Vertical Descent* is executed.

2- 406 SWORDFISH STRAIGHT LEG **Difficulty 2.0**

From a **Front Layout Position**, the back arches as one leg is lifted in a 180° arc over the surface to a **Split Position**. A *Walkout Front* is executed.

FIGURES – 13, 14, 15

COMPULSORY

1- 423 ARIANA

Difficulty 2.8

A Walkover Back is executed to a **Split Position**. Maintaining the relative position of the legs to the surface, the hips rotate 180°. A *Walkout Front* is executed.

2- 301e BARRACUDA SPINNING 360°

Difficulty 2.2

A Barracuda is executed to **Vertical Position**. A *360° Spin* is executed at the same tempo as the *Thrust* to complete the figure.

GROUP 1

1-342 HERON

Difficulty 2.1

From a **Front Layout Position**, a partial Front Pike Somersault is executed to a **Submerged Ballet Leg Double Position**. One leg is bent with the shin parallel to the surface and the mid-calf opposite the vertical leg, as the trunk moves toward the legs. A *Thrust* is executed to a **Bent Knee Vertical Position**, with the foot of the bent leg moving simultaneously to the inside of the vertical leg during the rise. A *Vertical Descent* is executed in a **Bent Knee Vertical Position** at the same tempo as the *Thrust*.

2- 115 CATALINA

Difficulty 2.3

A *Ballet Leg* is assumed. A *Catalina Rotation* is executed. The horizontal leg is lifted to **Vertical Position**. A *Vertical Descent* is executed.

GROUP 2

1- 355h PORPOISE SPIN UP 180°

Difficulty 2.4

A Porpoise is executed to **Vertical Position**. A *Vertical Descent* is executed to heel level. The designated *Ascending Spin* is executed to complete the figure.

2- 140 FLAMINGO BENT KNEE

Difficulty 2.4

A Flamingo is executed to a **Surface Flamingo Position**. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves to a **Bent Knee Vertical Position**. The bent Knee is extended to **Vertical Position**. A *Vertical Descent* is executed.

GROUP 3

1-240a ALBATROSS 1/2 Twist

Difficulty 2.6

An Albatross is executed until the *Half Twist* is completed. A *Half Twist* is executed as the bent knee is extended to meet the vertical leg. A *Vertical Descent* is executed.

2- 346 SIDE FISHTAIL SPLIT

Difficulty 2.0

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted to vertical as the trunk rotates 90° on its longitudinal axis to assume a **Side Fishtail Position**, and with continuous motion another 90° rotation is executed in the same direction as the vertical leg is lowers to assume a **Split Position**. The legs are lifted to **Vertical Position**. A *Vertical Descent* is executed.

FIGURES – JUNIOR AND SENIOR

COMPULSORY

1- 308 BARRACUDA AIRBORNE SPLIT (new) Difficulty 2.8

A Barracuda is executed to a submerged **Back Pike Position** with the toes just under the surface. A *Rocket Split* is executed.

2- 355g PORPOISE TWIST SPIN Difficulty 2.8

A Porpoise is executed to **Vertical Position**. A *Twist Spin* is executed.

GROUP 1

1- 330c AURORA TWIRL Difficulty 3.0

An Aurora is executed to **Vertical Position**. A *Twirl* is executed.

2- 154 LONDON (new) Difficulty 2.8

A rapid *Ballet Leg* is assumed followed by a rapid partial Somersault Back Tuck, as both legs are drawn into a **Tuck Position**, until the shins are perpendicular to the surface. The trunk unrolls as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A *Combined Spin of 360°* is executed followed by a *Vertical Descent*.

GROUP 2

1- 142 MANTA RAY Difficulty 2.8

A Flamingo executed to a **Surface Flamingo Position**. As the body unrolls, the bent leg is extended horizontally to assume a **Fishtail Position**. The horizontal leg is lifted in a 180° arc over the surface of the water, as it passes vertical, the vertical leg is moved to assume a **Bent Knee Surface Arch Position**. The bent knee is straightened and with continuous motion, an *Arch to Back Layout Actions* is executed.

2-343 BUTTERFLY (new) Difficulty 2.9

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. The horizontal leg is rapidly lifted through an arc of 180° as the vertical leg is lowered to assume a **Split Position**, without hesitating a hip rotation of 180° is executed as the front leg is raised to assume a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position** at the same tempo as the initial actions of the figure. A *Vertical Descent* is executed.

GROUP 3

1- 112f IBIS CONTINUOUS SPIN (720°) Difficulty 2.8

An Ibis is executed to a **Vertical Position**. A *Continuous Spin (720°)* is executed.

2- 325 JUPITER Difficulty 3.2

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. Maintaining the 90° angle between the legs, the horizontal leg moves to a vertical as the vertical legs simultaneously continues its arc to the surface to assume a **Knight Position**. Maintaining the vertical alignment of the body, the horizontal leg is moved in a 180° arc at the surface of the water to a **Fishtail Position**. The horizontal leg is lifted to the **Vertical Position**. A *Vertical Descent* is executed.