

NOVICE FIGURES:**COMPULSORY FIGURES:**

100	Bent Knee, Alternate	1.0
201	Dolphin	1.4
302	Blossom	1.4
316	Kipnus	1.4

NOVICE ROUTINES:

Time Limit:	All Routines	1:30
+/- 5 seconds		

NOVICE ELEMENTS:

#1	310 Somersault, Back Tuck	1.1
#2	100 Bent Knee, Alternate	1.0
#3	No-Arm Boost	1.0
#4	302 Blossom	1.4
#5	316 Kipnus	1.4

*Elements must be done in order & parallel to the side of the pool.

**Novices will receive a 2 point penalty for elements done incorrectly.

12 and UNDER FIGURES:**COMPULSORY FIGURES:**

106	Straight Ballet Leg	1.6
301	Barracuda	1.8

OPTIONAL GROUPS:

#1	359 Front Ariana	2.2
	348 Tower	1.9
#2	363 Water Drop	1.8
	401 Swordfish	2.1
#3	311 Kip	1.6
	227d Swanita Spinning 180°	1.9

INTERMEDIATE FIGURES:**COMPULSORY FIGURES:**

101	Ballet Leg, Single	1.6
301	Barracuda	1.9

SELECTION GROUPS

#1	360 Walkover Front	1.9
	318 Kip Bent Knee	1.8
#2	348 Tower	1.9
	420 Walkover Back	1.9

INTERMEDIATE ROUTINES:

Time Limits:	Solo/Male Solo	1:45
	Duet/Mixed Duet/Trio	2:05
	Team	2:35
	Combination	3:00

+/- 5 seconds

INTERMEDIATE ELEMENTS:

#1	348 Tower	1.9
#2	Boost with one arm	1.3
#3	101 Ballet Leg Single	1.6
#4	318 Kip, Bent Knee	1.8
#5	301 Barracuda	1.8

*Elements must be done in order & parallel to the side of the pool.

**Intermediates will receive zeroes for elements done incorrectly.

YOUTH FIGURES**SECTION A**

#1	140g Flamingo Bent Knee Twist Spin	2.9
	437 Cyclone, Open 180°	2.6
#2	308h Barracuda Airborne Split Spin Up 180°	2.9
	407 Swordfish Straight Leg Ariana Rotation	2.6

SECTION B

#3	356f Whip Continuous Spin 720°	3.0
	441 Saturn	2.5
#4	352 Venus	3.0
	240i Albatross Spin Up 360°	2.5

SECTION C

#5	144 Rio Straight Leg	3.1
	421 Walkover Back Closing 360°	2.4
#6	440d Ipanema Spinning 360°	3.1
	311j Kip Combined Spin	2.4