

FIGURES – U10

Each competitor must perform four (4) figures.

10U		
1	Back Layout Position to Flamingo Position - both legs	1,4
2	Somersault Back Pike 303	1,4
3	Kip Down and full twist at ankle	1,5
4	Swanita - to Arch Bent Knee	1,6

Back Layout Position to Flamingo Position - both legs

From a **Back Layout Position** the knees and toes are drawn along the surface to assume **Tub Position**. One leg is lifted to assume a **Flamingo Position**. Then the extended vertical leg is lowered back to **Tub Position**. The exercise should also be shown with the other leg. A **Back Layout Position** is assumed.

Somersault Back Pike 303

From a **Back Layout Position** with the trunk remaining parallel and close to the surface of the water, the legs are raised rapidly to assume a **Back Pike Position**. Without a pause the body somersaults backwards around a lateral axis until the feet and head simultaneously reach the surface of the water. A **Back Layout Position** is assumed.

Kip down and full twist at ankle

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** at ankle level. A full twist is executed at ankle level that then follows a Vertical Descent.

Swanita to Arch Bent Knee Position

From a **Back Layout Position** with the head leading, the head, hips and feet move along the surface of the water. With continuous movement the head leaves the surface of the water as the back is arched more to assume a **Bent Knee Surface Arch Position** with the hips occupying the position of the head at the beginning of this action. The element ends with holding the **Bent Knee Arch Position**.