ANALYSIS OF 12 & UNDER FINA FIGURES 2022-2025

Group & Figure #	Figure Name	DD
Compulsory		
106	Straight Ballet Leg	1.6
301	Barracuda	1.8
Optional Groups:		
Group 1		
359	Front Ariana	2.2
348	Tower	1.9
Group 2		
363	Water Drop	1.8
401	Swordfish	2.1
Group 3		
311	Kip	1.6
227d	Swanita Spinning 180°	1.9

Compulsory:

Figure – 106 STRAIGHT BALLET LEG DIFFICULTY – 1.6

From a **Back Layout Position,** one leg is raised straight to a **Ballet Leg Position.** The *Ballet Leg is lowered.*

				Total
NVT=	18.5	11.0	10.5	40
PV =	4.63	2.75	2.63	10

Figure Description	NVT	Diagrams	Major Desired Actions
1. From a **Back Layout Position**, one leg is raised straight to a **Ballet Leg Position.**			1. *See* BM 1B *To Assume A Straight Ballet Leg.*
	18.5		
2. *The Ballet Leg is lowered*. .	11.0		2. See BM 2 *To Lower a Ballet Leg.*
.	10.5		

Figure – 106 STRAIGHT BALLET LEG (cont.) **DIFFICULTY – 1.6**

BP 1 Back Layout Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended with face, chest, thighs and feet at the surface of the water.		1. Gives the impression that the body is stretched horizontally to its maximum. Front of the trunk will also be at the surface of the water.
2. Head (ears specifically), hips and ankles in horizontal alignment.		2. Judgement is made by checking visual points of the horizontal alignment: ears, shoulder joints, hip joints and ankles. This imaginary line should also pass through the middle of the side of the trunk.

BP 3 Ballet Leg Position

Body Position Description	Diagrams	Major Desired Actions
a) Surface		
1. Body in **Back Layout Position**.		1. See BP 1 **Back Layout Position.** Ears, shoulder joints, hip joints and ankle of extended leg in line at maximum horizontal alignment.
2. One leg extended perpendicular to the surface of the water.		2. 90° angle between the extended leg and the surface of the water and between the extended leg and the trunk with maximum horizontal alignment maintained throughout.

BP 14 Bent Knee Position

Body Position Description	Diagrams	Major Desired Actions
One leg bent with the toe of the bent leg in contact with the inside of the extended leg at the knee or higher.		The relationship of the toe of the bent leg to the extended leg may vary depending on the figure but should remain constant once established, and not extend in front of or behind the extended leg.
b) Bent Knee Back Layout Position		
1. Body extended in **Back Layout Position**.		1. In BP 1 **Back Layout Position** ears, shoulder joints, hip joints and ankle of extended leg in line at maximum horizontal alignment.

Figure – 106 STRAIGHT BALLET LEG (cont.) **DIFFICULTY – 1.6**

BP 14 Bent Knee Position (cont.)

Body Position Description	Diagrams	Major Desired Actions
b) Bent Knee Back Layout Position (cont.)		
2. The thigh of the bent leg is perpendicular to the surface of the water.		2. 90˚ angle between the thigh and the surface of the water, and 90˚ angle maintained between the thigh and the trunk. At maximum height an air pocket will be evident between the back of the thigh and calf of the bent leg and the surface of the water.

BM 1B To Assume a Straight Ballet Leg/A Straight Ballet Leg is assumed

Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. From a **Back Layout Position** one leg is raised straight to a **Ballet Leg Position**.			1.1 See BP 1 **Back Layout Position.** Ears, shoulder joints, hip joints and ankles of extended legs at maximum horizontal alignment.
	18.5		1.2 One leg is raised straight to BP 3a **Surface Ballet Leg Position** while keeping the horizontal alignment of the horizontal leg and trunk with minimal drop of the hips. 1.3 The head and trunk remain stationary throughout.

BM 2 *To Lower a Ballet Leg/A Ballet Leg is lowered*

Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. From a **Ballet Leg Position** the ballet leg is bent without movement of the thigh to a **Bent Knee Back Layout Position**.			1. See BP 3a **Surface Ballet Leg Position** and BP 14b **Bent Knee Back Layout Position**. Height remains constant throughout the movement.
2. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.	11.0		2.1 Full extension in BP 1 **Back Layout Position** to be achieved as the feet are joined. 2.2 The head and trunk remain stationary throughout.
	10.5		

Figure – 301 BARRACUDA **DIFFICULTY – 1.8**

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 of the water. A *Thrust* is executed to a **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

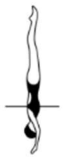
				Total
NVT=	7.0	31.0	13.0	51
PV =	1.37	6.08	2.55	10

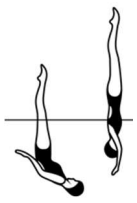
Figure Description	NVT	Diagrams	Major Desired Actions
1. From a **Back Layout Position** the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface of the water.	7.0	 	1.1 See BP 1 **Back Layout Position** and BP 11 **Back Pike Position.** In the submerged **Back Pike Position** the hips are directly beneath the position they occupied in the **Back Layout Position**. 1.2 The pike is held only long enough to define the position and complete the transition.
2. A *Thrust* is executed to **Vertical Position.**	31.0		2.1 See BM 9 *Thrust*. Obvious increase in speed. 2.2 The body unrolls under the legs to assume BP 6 **Vertical Position**. 2.3 Maximum height and clearly defined BP 6 **Vertical Position** prior to initiation of the descent.

Figure – 301 BARRACUDA (cont.) **DIFFICULTY – 1.8**

Figure Description	NVT	Diagrams	Major Desired Actions
3. A *Vertical Descent* is executed at the same tempo as the *Thrust*.	13.0		3. See BM 10 *Vertical Descent*. Must be rapid and remain on the same vertical line as the *Thrust*.

BP 1 Back Layout Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended with face, chest, thighs and feet at the surface of the water.		1. Gives the impression that the body is stretched horizontally to its maximum. Front of the trunk will also be at the surface of the water.
2. Head (ears specifically), hips and ankles in horizontal alignment.		2. Judgement is made by checking visual points of the horizontal alignment: ears, shoulder joints, hip joints and ankles. This imaginary line should also pass through the middle of the side of the trunk.

BP 11 Back Pike Position

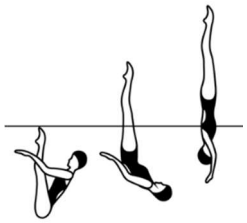
Body Position Description	Diagrams	Major Desired Actions
1. Body bent at hips to form an acute angle of 45° or less.		1. Legs close to chest while maintaining the straight line alignment of the extended spine and head.
2. Legs extended and together.		2. Full extension of the legs, ankles and feet.
3. Trunk extended with the back straight and head in line.		3. Back flat, with ears, shoulder joints, middle of side of torso, and hip joints aligned. Once the pike position is established the degree of the angle remains constant.

Figure – 301 BARRACUDA (cont.) **DIFFICULTY – 1.8**

BP 6 Vertical Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended perpendicular to the surface of the water; legs together, head downward.		1. Full extension of the body.
2. Head (ears specifically), hips and ankles in line.		2. Judgement is made by checking visual points of the vertical alignment: ears, shoulder joints, hip joints and ankles.

BM 9 *Thrust*

Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. From a Submerged **Back Pike Position** with the legs perpendicular to the surface of the water a vertical upward movement of the legs and hips is rapidly executed as the body unrolls to assume a **Vertical Position**.	31.0		1.1 See BP 11 **Back Pike Position**. The toes are just below the surface of the water. Once established, the degree of the angle of the pike position between the legs and the body must not change prior to initiation of the *Thrust*. 1.2 See BP 6 **Vertical Position.** The body unrolls rapidly under the legs to assume BP 6 **Vertical Position** along the same perpendicular line to the surface of the water established by the legs in the BP 11 **Back Pike Position.** 1.3 Obvious increase in speed from the initiation of body unrolling through the vertical upward movement.
2. Maximum height desirable.			2. Maximum height and BP 6 **Vertical Position** achieved simultaneously.

Thrust Allowance

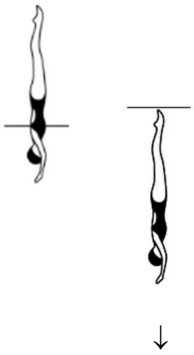
Deviation allowances for the *Thrust* action are unique and allow for the legs to be up to an additional 15 degrees off the vertical line.

Deductions are as follows:

	Angle Deviation	**Deduction Amount**
Small Deviation	0 – 30 degrees	.2
Medium Deviation	31 – 45 degrees	.5
Large Deviation	46 degrees or more	1.0

Figure – 301 BARRACUDA (cont.) **DIFFICULTY – 1.8**

BM 10 *Vertical Descent* – *from Thrust*

Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. Maintaining a **Vertical Position** the body descends along its longitudinal axis until the toes are submerged.	13.0		1. See BP 6 **Vertical Position**. The *Vertical Descent* is executed at the same tempo as the *Thrust*.

Optional: Group 1

Figure – 359 FRONT ARIANA **DIFFICULTY – 2.2**

From a **Front Layout Position** a *Front Pike Position is assumed*. One leg is lifted in a 180° arc over the surface of the water to a **Split Position**. Maintaining the relative position of the legs to the surface of the water, an *Ariana Rotation* is performed. A *Walkout Front is* executed.

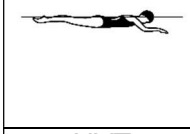
						Total
NVT	6.0	20.0	17.0	23.0	7.0	73
PVT	0.82	2.74	2.33	3.15	0.96	10

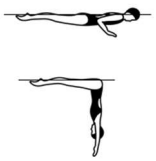
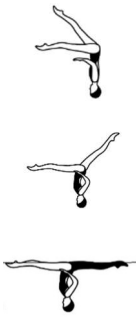
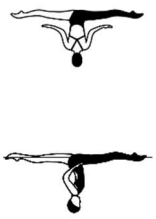
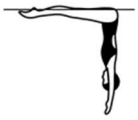
Figure Description	NVT	Diagrams	Major Desired Actions
1. From a **Front Layout Position** a *Front Pike Position is assumed*.	6.0		1. See BP 2 **Front Layout**, BP 10 **Front Pike Position** and BM 3 *To Assume a Front Pike Position.* Smooth even movement downwards of the trunk.
2. One leg is lifted in a 180° arc over the surface of the water to a **Split Position.**	20.0		2.1 See 16a **Surface Split Position**. Constant height and continuous uniform motion to achieve BP 16a **Surface Split Position**. 2.2 Trunk maintains its vertical alignment, with hips and shoulders 'square'. 2.3 Full extension of the horizontal leg at the surface of the water.
3. Maintaining the relative position of the legs to the surface of the water, an *Ariana Rotation* is performed.	17.0		3. See BP 16a **Surface Split Position** and BM 16 *Ariana Rotation*. The trunk turns 180° around its longitudinal axis, while the legs rotate horizontally at the surface of the water, with full extension of the legs maintained throughout.
4. A *Walkout Front* is executed.	23.0		See BM 6a *Walkout Front and BM 5 Arch to Back Layout Action.*

Figure – 359 FRONT ARIANA (cont.) **DIFFICULTY – 2.2**

BP 2 Front Layout Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended with head, upper back, buttocks and heels at the surface of the water.		1. Gives the impression that the body is stretched horizontally to its maximum. Judgement made by checking visual points of the horizontal alignment: ears, shoulder joints, hip joints and heels.
2. Unless otherwise specified, face may be in or out of the water.		2. Once the head position is established as in or out of the water the position is maintained. When the face is out of the water the ears will not be on the horizontal axis and the back may be slightly lower and arched. Hip joints, calves and heels remain at the surface of the water.

BP 10 Front Pike Position

Body Position Description	Diagrams	Major Desired Actions
1. Body bent at hips to form a 90° angle.		1. Exact 90° angle.
2. Legs extended and together.		2. Full extension of legs, with ankles aligned with hip joints.
3. Trunk extended with the back straight and head in line.		3. Back flat, with vertical alignment of ears, shoulder joints and hip joints once the position is established.

BP 16 Split Position

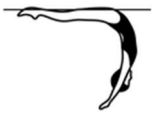
Body Position Description	Diagrams	Major Desired Actions
1. Legs evenly split forward and back. 2. The legs are parallel to the surface of the water. 3. Lower back arched, with hips, shoulders and head on a vertical line.		1. Full extension of the legs at or above the surface of the water.

Figure – 359 FRONT ARIANA (cont.) **DIFFICULTY – 2.2**

BP 16 Split Position (cont.)

Body Position Description	Diagrams	Major Desired Actions
4. 180° angle between the extended legs (flat split), with inside of each leg aligned on opposite sides of a horizontal line, regardless of the height of the hips.		4. Flat split. Hip joints and shoulder joints on a horizontal line, with both of these alignments 'square' and parallel to each other.
a) Surface Split Position 1. Legs are dry at the surface of the water.	 	1. Full extension of the legs. Crotch and legs dry at the surface of the water.

BP 13 Surface Arch Position

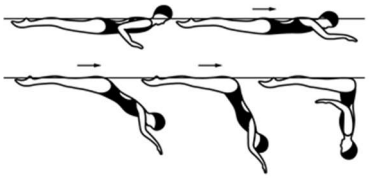
Body Position Description	Diagrams	Major Desired Actions
1. Lower back arched with hips, shoulders and head on a vertical line.		1. Hip joints and shoulder joints on a horizontal line with both of these alignments 'square' and parallel to one another. Head (ears specifically) in line with shoulders.
2. Legs together and at the surface of the water.		2. Hips joints at the surface of the water.

BP 1 Back Layout Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended with face, chest, thighs and feet at the surface of the water.		1. Gives the impression that the body is stretched horizontally to its maximum. Front of the trunk will also be at the surface of the water.
2. Head (ears specifically), hips and ankles in horizontal alignment.		2. Judgement is made by checking visual points of the horizontal alignment: ears, shoulder joints, hip joints and ankles. This imaginary line should also pass through the middle of the side of the trunk.

Figure – 359 FRONT ARIANA (cont.) **DIFFICULTY – 2.2**

BM 3 ***To Assume a Front Pike Position/A Front Pike Position is assumed***

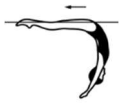
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. From a **Front Layout Position** with the face in the water the trunk moves downward to assume a **Front Pike Position.** The buttocks, legs and feet travel along the surface of the water until the hips occupy the position of the head at the beginning of this action.	6.0		1.1 See BP 2 **Front Layout Position and** BP 10 **Front Pike Position**. Uniform motion in downward movement of the trunk. The trunk remains straight throughout the movement. Hips and head lock into position simultaneously. 1.2 Unless otherwise specified, *To Assume a Front Pike Position* starts from a **Front Layout Position**.

BM 16 ***Ariana Rotation***

Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. From a **Split Position** maintaining the relative position of the legs to the surface of the water the hips rotate 180°.	17.0		1.1 See BP 16a **Surface Split Position**. 1.2 The trunk turns 180° around its longitudinal axis, while the legs rotate horizontally with no lateral movement at the surface of the water. 1.3 Height and extension of the **Split Position** is maintained throughout. 1.4 Uniform motion throughout. 1.5 Lower back arched with hips, shoulders and head on a vertical line. 1.6 Hip joints and shoulder joints on a horizontal line with both of these alignments 'square' and parallel to each other.

Figure – 359 FRONT ARIANA (cont.) **DIFFICULTY – 2.2**

BM 6 *Walkout*

Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. These movements start in a **Split Position** unless otherwise specified in the figure description. The hips remain stationary as one leg is lifted in an arc over the surface of the water to meet the opposite leg.			1. See BP 16a **Surface Split Position.**
a) **Walkout Front**			
2. The front leg is lifted in a 180˚ arc over the surface of the water to meet the opposite leg in a **Surface Arch Position** and with continuous movement an *Arch to Back Layout Finish Action* is executed.	23.0 7.0	  	2.1 Hip height remains constant and at the surface of the water. 2.2 Arcing leg moves continuously with uniform motion. 2.3 Both legs maintain full extension. 2.4 The trunk remains stationary until the feet join. 2.5 No pause in BP 13 **Surface Arch Position**, however an accurate surface arch must be evident before the body begins to rise and straighten. 2.6 Foot first surfacing motion begins when the feet are joined. 2.7 See BP 13 **Surface Arch Position** and BM 5 *Arch to Back Layout Finish Action*.

BM 5 *Arch to Back Layout Finish Action*

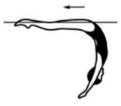
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. From a **Surface Arch Position** the hips, chest and face surface sequentially at the same point with foot first movement to a **Back Layout Position** until the head occupies the position of the hips at the beginning of this action.	7.0	 	1. See BP 13 **Surface Arch Position**. Sharp arch in the lower back. The body rises, straightens and moves along the surface of the water with a stationary BP 1 **Back Layout Position** achieved as the face surfaces. Full extension maintained throughout.

Figure – 348 TOWER **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.

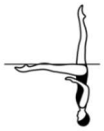
					Total
NVT=	6.0	14.5	20.5	14.0	55
PV =	1.09	2.64	3.73	2.55	10

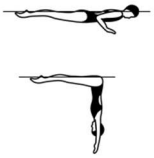
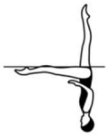
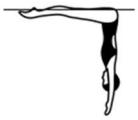
Figure Description	NVT	Diagrams	Major Desired Actions
1. From a **Front Layout Position** a *Front Pike Position is assumed*.	6.0		1. See BP 2 **Front Layout**, BP 10 **Front Pike Position** and BM 3 *To Assume a Front Pike Position.* Smooth even movement downwards of the trunk.
2. One leg is lifted to a **Fishtail Position.**	14.5		2.1 See BP 8 **Fishtail Position**. Height and vertical alignment of the trunk maintained throughout. 2.2 The **Fishtail Position** is held only long enough to define the position and to demonstrate completion of the transition.
3. The horizontal leg is lifted to a **Vertical Position.**	20.5		3.1 See BP 6 **Vertical Position.** Height is constant as the legs join, with the trunk and the vertical leg maintaining vertical alignment throughout. 3.2 The **Vertical Position** is held only long enough to define the position and to demonstrate completion of the transition prior to descent.
4. A *Vertical Descent* is executed.	14.0		4. See BM 10 *Vertical Descent*.

Figure – 348 TOWER (cont.) **DIFFICULTY – 1.9**

BP 2 Front Layout Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended with head, upper back, buttocks and heels at the surface of the water.		1. Gives the impression that the body is stretched horizontally to its maximum. Judgement made by checking visual points of the horizontal alignment: ears, shoulder joints, hip joints and heels.
2. Unless otherwise specified, face may be in or out of the water.		2. Once the head position is established as in or out of the water the position is maintained. When the face is out of the water the ears will not be on the horizontal axis and the back may be slightly lower and arched. Hip joints, calves and heels remain at the surface of the water.

BP 10 Front Pike Position

Body Position Description	Diagrams	Major Desired Actions
1. Body bent at hips to form a 90° angle.		1. Exact 90° angle.
2. Legs extended and together.		2. Full extension of legs, with ankles aligned with hip joints.
3. Trunk extended with the back straight and head in line.		3. Back flat, with vertical alignment of ears, shoulder joints and hip joints once the position is established.

BP 8 Fishtail Position

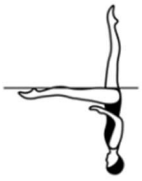
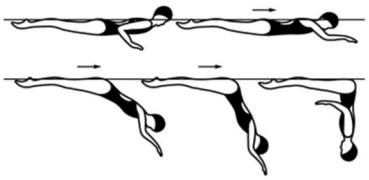
Body Position Description	Diagrams	Major Desired Actions
1. Body extended in **Vertical Position** with one leg extended forward. The foot of the forward leg is at the surface of the water regardless of the height of the hips.		1. See BP 6 **Vertical Position** for body alignment. The foot of the forward leg must be at the surface of the water. Hip joints must be on a horizontal line.

Figure – 348 TOWER (cont.) **DIFFICULTY – 1.9**

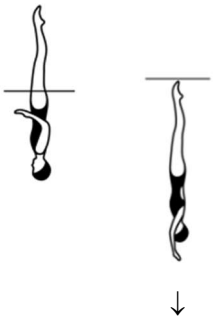
BP 6 Vertical Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended perpendicular to the surface of the water; legs together, head downward.		1. Full extension of the body.
2. Head (ears specifically), hips and ankles in line.		2. Judgement is made by checking visual points of the vertical alignment: ears, shoulder joints, hip joints and ankles.

BM 3 *To Assume a Front Pike Position/A Front Pike Position is assumed*

Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. From a **Front Layout Position** with the face in the water the trunk moves downward to assume a **Front Pike Position.** The buttocks, legs and feet travel along the surface of the water until the hips occupy the position of the head at the beginning of this action.	6.0		1.1 See BP 2 **Front Layout Position and** BP 10 **Front Pike Position**. Uniform motion in downward movement of the trunk. The trunk remains straight throughout the movement. Hips and head lock into position simultaneously. 1.2 Unless otherwise specified, *To Assume a Front Pike Position* starts from a **Front Layout Position**.

BM 10 *Vertical Descent*

Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. Maintaining a **Vertical Position** the body descends along its longitudinal axis until the toes are submerged.	14.0		1. See BP 6 **Vertical Position**. The tempo of the descent is uniform and at the same speed as the rest of the figure.

Optional: Group 2

Figure – 363 WATER DROP **DIFFICULTY – 1.8**

From a **Front Layout Position** a *Front Pike Position* is assumed. The legs are lifted simultaneously to a **Bent Knee Vertical Position.** A *Half Twist* is executed. A *180º Spin* is executed in the same direction as the bent leg is extended to a **Vertical Position** and completed as the ankles reach the surface of the water. A *Vertical Descent* is executed.

						Total
NVT=	6.0	15.0	15.0	13.0	0	49
PV =	1.22	3.06	3.06	2.65	0	10

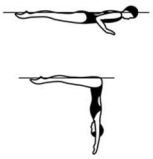
Figure Description	NVT	Diagrams	Major Desired Actions
1. From a **Front Layout Position** a *Front Pike Position is assumed*.	6.0		1. See BP 2 **Front Layout**, BP 10 **Front Pike Position** and BM 3 *To Assume a Front Pike Position.* Smooth even movement downwards of the trunk.
2. The legs are lifted simultaneously to a **Bent Knee Vertical Position.**	15.0		2. See BP 14c **Bent Knee Vertical Position.** The trunk remains on the vertical line. The **Bent Knee Vertical Position** is achieved as the vertical is reached.

Figure – 363 WATER DROP (cont.) **DIFFICULTY – 1.8**

Figure Description	NVT	Diagrams	Major Desired Actions
3. A *Half Twist* is executed.	15.0		3. See BM 12a *Half Twist*. The *Half Twist* is performed in a **Bent Knee Vertical Position.**
4. A *180º Spin* is executed in the same direction as the bent leg is extended to a **Vertical Position** and completed as the ankles reach the surface of the water.	13.0		4.1 See BM 13d *180° Spin* and BP 6 **Vertical Position**. Body alignment remains constant during the extension of the bent leg. 4.2 The joining of the bent leg to vertical, the completion of the *180° Spin* and the establishment of the BP 6 **Vertical Position** at ankle level are achieved simultaneously. The bent leg is extended upward and the *180° Spin* is executed at the same rate of space and time as that of the drop spaces of the vertical leg. 4.3 Simultaneous descent and extension of bent leg as feet join.
5. A *Vertical Descent* is executed.	0		5. See BM 10 *Vertical Descent.*

BP 2 Front Layout Position

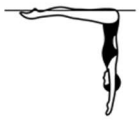
Body Position Description	Diagrams	Major Desired Actions
1. Body extended with head, upper back, buttocks and heels at the surface of the water.		1. Gives the impression that the body is stretched horizontally to its maximum. Judgement made by checking visual points of the horizontal alignment: ears, shoulder joints, hip joints and heels.

Figure – 363 WATER DROP (cont.) **DIFFICULTY – 1.8**

BP 2 Front Layout Position (cont.)

Body Position Description	Diagrams	Major Desired Actions
2. Unless otherwise specified, face may be in or out of the water.		2. Once the head position is established as in or out of the water the position is maintained. When the face is out of the water the ears will not be on the horizontal axis and the back may be slightly lower and arched. Hip joints, calves and heels remain at the surface of the water.

BP 10 Front Pike Position

Body Position Description	Diagrams	Major Desired Actions
1. Body bent at hips to form a 90° angle.		1. Exact 90° angle.
2. Legs extended and together.		2. Full extension of legs, with ankles aligned with hip joints.
3. Trunk extended with the back straight and head in line.		3. Back flat, with vertical alignment of ears, shoulder joints and hip joints once the position is established.

BP 14 Bent Knee Position

Body Position Description	Diagrams	Major Desired Actions
One leg bent with the toe of the bent leg in contact with the inside of the extended leg at the knee or higher.		The relationship of the toe of the bent leg to the extended leg may vary depending on the figure but should remain constant once established, and not extend in front of or behind the extended leg.

c) Bent Knee Vertical Position

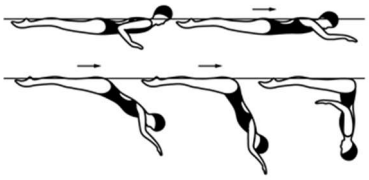
1. Body extended in **Vertical Position** with the thigh of the bent leg parallel to the surface of the water.		1. In BP 6 **Vertical Position** the alignment of the extended leg, trunk and head remains constant.

Figure – 363 WATER DROP (cont.) **DIFFICULTY – 1.8**

BP 6 Vertical Position - ankle level

Body Position Description	Diagrams	Major Desired Actions
1. Body extended perpendicular to the surface of the water; legs together, head downward.		1. Full extension of the body.
2. Head (ears specifically), hips and ankles in line.		2. Judgement is made by checking visual points of the vertical alignment: ears, shoulder joints, hip joints and ankles.

BM 3 *To Assume a Front Pike Position/A Front Pike Position is assumed*

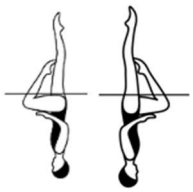
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. From a **Front Layout Position** with the face in the water the trunk moves downward to assume a **Front Pike Position.** The buttocks, legs and feet travel along the surface of the water until the hips occupy the position of the head at the beginning of this action.	6.0		1.1 See BP 2 **Front Layout Position and** BP 10 **Front Pike Position**. Uniform motion in downward movement of the trunk. The trunk remains straight throughout the movement. Hips and head lock into position simultaneously. 1.2 Unless otherwise specified, *To Assume a Front Pike Position* starts from a **Front Layout Position**.

BM 12 Twist – Half Twist in Bent Knee Vertical Position

Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. A *Twist* is a rotation at a sustained height.			1. Height remains constant throughout the rotation. Stability and alignment of the position is evident before, during and upon completion of the *Twist.* The amount of height is judged by the relationship of the hip joints to the surface of the water with maximum height desirable.
2. The body remains on its longitudinal axis throughout the rotation.			2. The longitudinal axis runs through the centre of the body and is perpendicular to the surface of the water. On the spot rotation around this axis.

Figure – 363 WATER DROP (cont.) **DIFFICULTY – 1.8**

BM 12 Twist – Half Twist in Bent Knee Vertical Position (cont.)

Basic Movement Description	NVT	Diagrams	Major Desired Actions
Half Twist in Bent Knee Vertical Position			
4. **a) *Half Twist*:** a *Twist* of 180°.	15.0		The acceptable allowance for a *½ Twist* rotation is up to ¼ less than/more than the required rotation.

BM 13d 180° Spin – adapted for Bent Knee Vertical joining to Vertical at ankle level

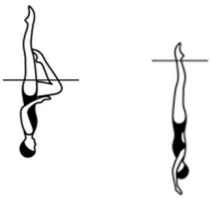
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. A *180° Spin* is a descending rotation executed as the bent leg is extended to a **Vertical Position** and is completed as the ankles reach the surface of the water.	13.0		1. See BP 14c **Bent Knee Vertical Position**.
2. The body remains on its longitudinal axis throughout the rotation.			2. The longitudinal axis runs through the centre of the body and is perpendicular to the surface of the water.
3. The *Spin is* executed in uniform motion and is completed with a *Vertical Descent* which is executed at the same tempo as the *Spin*.			3. Uniform motion to be at the same tempo as the root figure. See BM 10 *Vertical Descent*.
4. A *descending Spin* must start at the height of the vertical and be completed as the ankle(s) reach(es) the surface of the water.			4.1 Stability and vertical alignment before, during and at completion of the designated rotation. 4.2 Simultaneous rotation and descent of the body with even drop spaces to complete the spin as the ankles reach the surface of the water. 4.3 The acceptable allowance for a 180° *Spin* rotation is up to ¼ less than/more than the required rotation.

Figure – 363 WATER DROP (cont.) **DIFFICULTY – 1.8**

BM 10 *Vertical Descent – from ankle level*

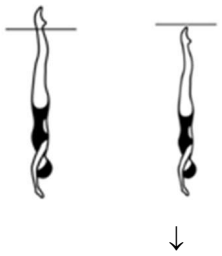
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. Maintaining a **Vertical Position** the body descends along its longitudinal axis until the toes are submerged.	0		1. See BP 6 **Vertical Position**. The tempo of the descent is uniform and at the same speed as the rest of the figure.

Figure – 401 SWORDFISH **DIFFICULTY – 2.1**

From a **Front Layout Position** a **Bent Knee Front Layout Position** is assumed. The back arches more as the extended leg is lifted in a 180° arc over the surface of the water to assume a **Bent Knee Surface Arch Position**. The bent leg is straightened to assume a **Surface Arch Position.** With continuous motion an *Arch to Back Layout Finish Action* is executed.

					Total
NVT=	4.0	47.0	11.5	7.0	69.5
PV =	0.58	6.76	1.65	1.01	10

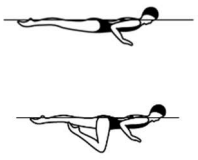
Figure Description	NVT	Diagrams	Major Desired Actions
1. From a **Front Layout Position** a **Bent Knee Front Layout Position** is assumed.	4.0		1. See BP 2 **Front Layout** and BP 14a **Bent Knee Front Layout Position.** There can be no change of head position once the leg starts to bend to assume the **Bent Knee Front Layout Position.**

Figure – 401 SWORDFISH (cont.) **DIFFICULTY – 2.1**

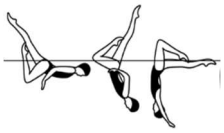
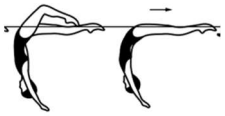
Figure Description	NVT	Diagrams	Major Desired Actions
2. The back arches more as the extended leg is lifted in a 180° arc over the surface of the water to assume a **Bent Knee Surface Arch Position**.	47.0		2.1 See BP 14d **Bent Knee Surface Arch Position**. The lifting of the extended leg and arching of the back occur simultaneously. The foot of the extended leg comes off the surface of the water as the head goes under the surface of the water. 2.2 There is continuous motion as the extended leg is lifted in a 180° arc over the surface of the water to a **Bent Knee Surface Arch Position** with the toe of the bent leg remaining in contact with the inside of the extended leg. 2.3 The hips maintain constant height and are the pivot point for the body rotation.
3. The bent leg is straightened to assume a **Surface Arch Position**.	11.5		3. See BP 13 **Surface Arch Position.** The trunk maintains the same position until the feet join. The **Surface Arch Position** should be shown, but not held prior to the start of the surfacing action. Hip joints remain on a horizontal line, full extension of the legs with thighs and feet at the surface of the water.
4. With continuous motion an *Arch to Back Layout Finish Action* is executed.	7.0		4. See BM 5 *Arch to Back Layout Finish Action*.

Figure – 401 SWORDFISH (cont.) **DIFFICULTY – 2.1**

BP 2 Front Layout Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended with head, upper back, buttocks and heels at the surface of the water.		1. Gives the impression that the body is stretched horizontally to its maximum. Judgement made by checking visual points of the horizontal alignment: ears, shoulder joints, hip joints and heels.
2. Unless otherwise specified, face may be in or out of the water.		2. Once the head position is established as in or out of the water the position is maintained. When the face is out of the water the ears will not be on the horizontal axis and the back may be slightly lower and arched. Hip joints, calves and heels remain at the surface of the water.

BP 14 Bent Knee Position

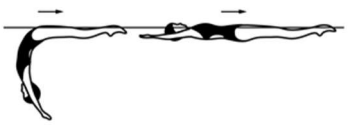
Body Position Description	Diagrams	Major Desired Actions
One leg bent with the toe of the bent leg in contact with the inside of the extended leg at the knee or higher.		The relationship of the toe of the bent leg to the extended leg may vary depending on the figure but should remain constant once established, and not extend in front of or behind the extended leg.
a) Bent Knee Front Layout Position		
1. Body extended in **Front Layout Position** with the thigh of the bent leg perpendicular to the surface of the water.		1. In BP 2 **Front Layout Position** the alignment of the extended leg, trunk and head remains constant.
2. Unless otherwise specified face may be in or out of the water.		2. Once established as in or out of the water, the head position is maintained. When the face is out of the water, the ears will not be on the horizontal axis, and the back may be slightly lower and arched. Hip joints and the calf and heel of the extended leg remain at the surface of the water.

Figure – 401 SWORDFISH (cont.) **DIFFICULTY – 2.1**

Body Position Description	Diagrams	Major Desired Actions
BP 14 Bent Knee Position (cont.)		
d) Bent Knee Surface Arch Position		
1. Lower back arched with hips, shoulders and head on a vertical line.		1.1 In BP 13 **Surface Arch Position** shoulder joints and hip joints on a horizontal line with both of these alignments 'square' and parallel to one another. Head (ears specifically) in line with shoulders. 1.2 Hips at the surface of the water.
2. The thigh of the bent leg is perpendicular to the surface of the water.		2. 90° angle between the thigh of the bent leg and the surface of the water. An air pocket will be evident between the back of the thigh and calf of the bent leg and the surface of the water.
BP 13 Surface Arch Position		
1. Lower back arched with hips, shoulders and head on a vertical line.		1. Hip joints and shoulder joints on a horizontal line with both of these alignments 'square' and parallel to one another. Head (ears specifically) in line with shoulders.
2. Legs together and at the surface of the water.		2. Hips joints at the surface of the water.
BP 1 Back Layout Position		
1. Body extended with face, chest, thighs and feet at the surface of the water.		1. Gives the impression that the body is stretched horizontally to its maximum. Front of the trunk will also be at the surface of the water.
2. Head (ears specifically), hips and ankles in horizontal alignment.		2. Judgement is made by checking visual points of the horizontal alignment: ears, shoulder joints, hip joints and ankles. This imaginary line should also pass through the middle of the side of the trunk.

Figure – 401 SWORDFISH (cont.) **DIFFICULTY – 2.1**

BM 5 ***Arch to Back Layout Finish Action***

Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. From a **Surface Arch Position** the hips, chest and face surface sequentially at the same point with foot first movement to a **Back Layout Position** until the head occupies the position of the hips at the beginning of this action.	7.0		1. See BP 13 **Surface Arch Position**. Sharp arch in the lower back. The body rises, straightens and moves along the surface of the water with a stationary BP 1 **Back Layout Position** achieved as the face surfaces. Full extension maintained throughout.

Optional: Group 3

Figure – 311 KIP **DIFFICULTY – 1.6**

From a **Back Layout Position** the knees, shins and toes are drawn along the surface of the water to assume a **Tuck Position.** With continuous motion the tuck becomes more compact and a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. 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 shins. A *Vertical Descent* is executed.

					Total
NVT=	3.0	2.0	23.0	14.0	42
PV =	0.71	0.48	5.48	3.33	10

Figure Description	NVT	Diagrams	Major Desired Actions
1. From a **Back Layout Position** the knees, shins and toes are drawn along the surface of the water to assume a **Tuck Position.** With continuous motion the tuck becomes more compact and a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water	3.0 2.0	  	1.1 See BP 1 **Back Layout** and BP 9 **Tuck Positions**. With the head and shoulders remaining stationary, the knees, shins and toes are drawn to the body to assume a tight tuck at the position occupied by the trunk in the **Back Layout Position**. 1.2 There is continuous motion from the initiation of the leg draw to achievement of the inverted BP 9 **Tuck Position.**
2. 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 shins.	23.0		2.1 BP 6 **Vertical Position** and maximum height achieved simultaneously. 2.2 The **Vertical Position** is held only long enough to define the position and to demonstrate completion of the transition prior to the descent.

Figure – 311 KIP (cont.) **DIFFICULTY – 1.6**

Figure Description	NVT	Diagrams	Major Desired Actions
3. A *Vertical Descent* is executed.	14.0		3. See BM 10 *Vertical Descent*.

BP 1 Back Layout Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended with face, chest, thighs and feet at the surface of the water.		1. Gives the impression that the body is stretched horizontally to its maximum. Front of the trunk will also be at the surface of the water.
2. Head (ears specifically), hips and ankles in horizontal alignment.		2. Judgement is made by checking visual points of the horizontal alignment: ears, shoulder joints, hip joints and ankles. This imaginary line should also pass through the middle of the side of the trunk.

BP 9 Tuck Position

Body Position Description	Diagrams	Major Desired Actions
1. Body as compact as possible, with the back rounded and the legs together.		1. Legs together with shins at the surface of the water and tucked tightly to the front of the body.
2. Heels close to buttocks.		2. Compact tuck. Chin tucked in.
3. Head close to knees.		3. In BP 9 inverted **Tuck Position** shins are perpendicular to the surface of the water, buttocks remain at the surface and the water level is between the ankle and mid foot.

Figure – 311 KIP (cont.) **DIFFICULTY – 1.6**

BP 6 Vertical Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended perpendicular to the surface of the water; legs together, head downward.		1. Full extension of the body.
2. Head (ears specifically), hips and ankles in line.		2. Judgement is made by checking visual points of the vertical alignment: ears, shoulder joints, hip joints and ankles.

BM 10 *Vertical Descent*

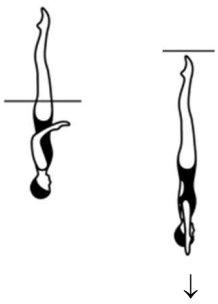
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. Maintaining a **Vertical Position** the body descends along its longitudinal axis until the toes are submerged.	14.0		1. See BP 6 **Vertical Position**. The tempo of the descent is uniform and at the same speed as the rest of the figure.

Figure – 227d SWANITA SPINNING 180° DIFFICULTY – 1.9

From a **Back Layout Position** *a Bent Knee Surface Arch Position is assumed.* The bent leg is straightened to assume a **Knight Position**. The body rotates 180° to assume a **Fishtail Position**. Continuing in the same direction a descending *Spinning 180°* rotation is executed as the horizontal leg is lifted to a **Vertical Position** and is completed as the ankles reach the surface of the water. A V*ertical Descent* is executed.

						Total
NVT=	17.5	14.0	14.0	12.5	0	58
PV =	3.02	2.41	2.41	2.16	0	10

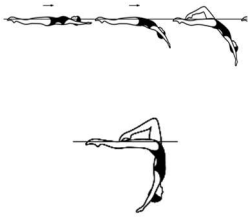
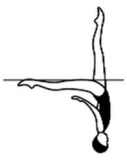
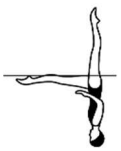
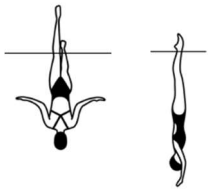
Figure Description	NVT	Diagrams	Major Desired Actions
1. From a **Back Layout Position** a *Bent Knee Surface Arch Position is assumed*.	17.5		1. See BP 1 **Back Layout Position**, BP 14d **Bent Knee Surface Arch Position** and BM 15 *To Assume A Bent Knee Surface Arch Position.* Continuous uniform movement from **Back Layout Position** to **Bent Knee Surface Arch Position.**
2. The bent leg is straightened to assume a **Knight Position.**	14.0		2.1 See BP 17 **Knight Position**. Horizontal alignment of hips and shoulders 'square' and maintained during the lift to **Knight Position**. 2.2 Height remains constant during the straightening of the leg to **Knight Position** with full extension of the horizontal leg maintained. 2.3 The bent leg is straightened along the vertical line established by the thigh in the **Bent Knee Surface Arch Position.**

Figure – 227d SWANITA SPINNING 180° (cont.) DIFFICULTY – 1.9

Figure Description	NVT	Diagrams	Major Desired Actions
3. The body rotates 180° to assume a **Fishtail Position**.	14.0		3.1 See BP 8 **Fishtail Position**. The vertical leg remains stationary and height remains constant during the rotation. 3.2 The foot of the horizontal leg remains at the surface of the water and not above or below. 3.3 Full extension of the horizontal leg throughout the 180° rotation.
4. Continuing in the same direction a descending *Spinning 180°* rotation is executed as the horizontal leg is lifted to a **Vertical Position** and is completed as the ankles reach the surface of the water.	12.5		4.1 The legs are joined while descending and rotating to assume a BP 6 **Vertical Position** at ankle level. 4.2 The vertical leg maintains the vertical line throughout the rotation. 4.3 Longitudinal axis is maintained throughout the rotation. 4.4 The tempo of the rotation and descent is uniform and at the same speed as the root figure.
5. A V*ertical Descent* is executed.	0		5. See BM 10 *Vertical Descent*. The tempo of the descent is uniform and at the same speed as the rest of the figure.

BP 1 Back Layout Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended with face, chest, thighs and feet at the surface of the water.		1. Gives the impression that the body is stretched horizontally to its maximum. Front of the trunk will also be at the surface of the water.

Figure – 227d SWANITA SPINNING 180° (cont.) DIFFICULTY – 1.9

BP 1 Back Layout Position (cont.)

Body Position Description	Diagrams	Major Desired Actions
2. Head (ears specifically), hips and ankles in horizontal alignment.		2. Judgement is made by checking visual points of the horizontal alignment: ears, shoulder joints, hip joints and ankles. This imaginary line should also pass through the middle of the side of the trunk.

BP 14 Bent Knee Position

Body Position Description	Diagrams	Major Desired Actions
One leg bent, with the toe of the bent leg in contact with the inside of the extended leg at the knee or higher.		The relationship of the toe of the bent leg to the extended leg may vary depending on the figure but should remain constant once established, and not extend in front of or behind the extended leg.

d) Bent Knee Surface Arch Position

1. Lower back arched with hips, shoulders and head on a vertical line.		1.1 In BP 13 **Surface Arch Position** shoulder joints and hip joints on a horizontal line with both of these alignments 'square' and parallel to one another. Head (ears specifically) in line with shoulders. 1.2 Hips at the surface of the water.
2. The thigh of the bent leg is perpendicular to the surface of the water.		2. 90° angle between the thigh of the bent leg and the surface of the water. An air pocket will be evident between the back of the thigh and calf of the bent leg and the surface of the water.

Figure – 227d SWANITA SPINNING 180° (cont.) DIFFICULTY – 1.9

BP 17 Knight Position

Body Position Description	Diagrams	Major Desired Actions
1. Lower back arched, with hips, shoulders and head on a vertical line.		1. Arch is in the lower part of the spine only.
2. One leg vertical.		2. Vertical alignment through ears, shoulder joints, hip joints and ankle of the vertical leg.
3. Other leg extended backward with the leg at the surface of the water and as close to horizontal as possible.		3. Hip joints and shoulder joints on a horizontal line with both of these alignments 'square' and parallel to each other. The top of the horizontal extended leg faces upward.

BP 8 Fishtail Position

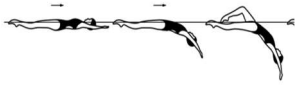
Body Position Description	Diagrams	Major Desired Actions
1. Body extended in **Vertical Position** with one leg extended forward. The foot of the forward leg is at the surface of the water regardless of the height of the hips.		1. See BP 6 **Vertical Position** for body alignment. The foot of the forward leg must be at the surface of the water. Hip joints must be on a horizontal line.

BP 6 Vertical Position - ankle level

Body Position Description	Diagrams	Major Desired Actions
1. Body extended perpendicular to the surface of the water; legs together, head downward.		1. Full extension of the body with the water level at the ankles.
2. Head (ears specifically), hips and ankles in line.		2. Judgement is made by checking visual points of the vertical alignment: ears, shoulder joints, hip joints and ankles.

Figure – 227d SWANITA SPINNING 180° (cont.) DIFFICULTY – 1.9

BM 15 *To Assume a Bent Knee Surface Arch Position/A Bent Knee Surface Arch is Assumed*

Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. From a **Back Layout Position** with the head leading**,** the head, hips and feet move along the surface of the water.			1. See BP 1 **Back Layout Position**.
2. 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.	17.5		2.1 Continuous uniform movement from the BP **1 Back Layout Position** to BP 14d **Bent Knee Surface Arch Position**. Hip height remains constant. Hip joints on a horizontal line. 2.2 The toe of the bent leg must remain in contact with the inside of the extended leg while assuming the **Bent Knee Surface Arch Position.**

BM 13d 180° Spin – adapted from Fishtail Position joining to Vertical at ankle level

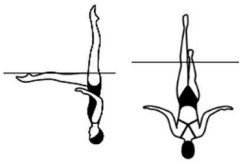
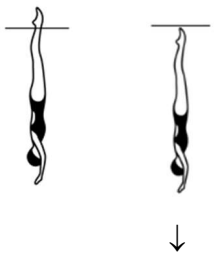
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. Continuing in the same direction a descending *Spinning 180°* rotation is executed as the horizontal leg is lifted to a **Vertical Position** and is completed as the ankles reach the surface of the water.	12.5		1. See BP 8 **Fishtail** P**osition**.
2. The body remains on its longitudinal axis throughout the rotation.			2. The longitudinal axis runs through the centre of the body and the vertical leg which is perpendicular to the surface of the water.
3. The *Spin is* executed in uniform motion and is completed with a *Vertical Descent* which is executed at the same tempo as the *Spin*.			3. Uniform motion to be at the same tempo as the root figure. See BM 10 *Vertical Descent*.

Figure – 227d SWANITA SPINNING 180° (cont.) DIFFICULTY – 1.9

BM 13d 180° Spin – adapted from Fishtail Position joining to Vertical at ankle level (cont.)

Basic Movement Description	NVT	Diagrams	Major Desired Actions
4. A *descending Spin* must start at the height of the vertical and be completed as the ankle(s) reach the surface of the water.			4.1 Stability and vertical alignment before, during and at completion of the designated rotation. 4.2 Simultaneous rotation and descent of the body with even drop spaces to complete the spin as the ankles reach the surface of the water. 4.3 The acceptable allowance for a 180° *Spin* rotation is up to ¼ less than/more than the required rotation.

BM 10 *Vertical Descent – from ankle level*

Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. Maintaining a **Vertical Position** the body descends along its longitudinal axis until the toes are submerged.	0		1. See BP 6 **Vertical Position**. The tempo of the descent is uniform and at the same speed as the rest of the figure.