

PART FOUR

FIGURE RULES

(USA only Figures can be found in Rule I.A.)
(All World Aquatic Figures can be found in Rule I.B)

RULE I

A. **ALPHABETICAL INDEX OF USA ONLY FIGURES**

(Full description for all USA Figures can be found under Figure Rule VI.)

Figure Group Number	Difficulty	Figure Group Number	Difficulty
340 Angelfish	2.5	419 Crayfish	1.7
305 Barracuda, Back Pike Somersault	2.3	201 Dolphin	1.4
305c, twirl	2.9	460 Oyster	1.2
305d, spinning 180°	2.4	358 Snapping Turtle	1.7
305e, spinning 360°	2.5	341 Sunfish	2.4
305f, continuous spin (720°)	3.1	348 Tower	1.9
305h, spin up 180°	2.6	348a, half twist	2.2
305i, spin up 360°	2.7	348b, full twist	2.4
305j, combined spin (360°+360°)	3.1	348c, twirl	2.3
380 Barracuda, Front Pike Somersault	2.2	348d, spinning 180°	1.9
380c, twirl	2.8	348e, spinning 360°	2.0
380d, spinning 180°	2.3	348f, continuous spin (720°)	2.3
380e, spinning 360°	2.4	348g, twist spin	2.7
380f, continuous spin (720°)	2.9	348h, spin up 180°	2.3
380h, spin up 180°	2.7	348i, spin up 360°	2.4
380i, spin up 360°	2.8	348j, combined spin (360°+360°)	2.6
380j, combined spin (360°+360°)	3.0	475 Tub	1.1
100 Bent Knee, Alternate	1.1		

FIGURE RULE I

B. THE FOUR CATEGORIES OF WORLD AQUATIC ONLY FIGURES

(Full description for all World Aquatic Figures can be found in the
World Aquatics Artistic Swimming Figures Manual)

CATEGORY I BALLET LEG CATEGORY

101	Ballet Leg, Single	1.6	125d, spinning 180°	2.7
102	Ballet Legs, Alternate	2.4	125e, spinning 360°	2.7
103	Submarine Ballet Leg, Single	2.1	125f, continuous spin (720°)	3.0
106	Straight Ballet Leg	1.6	125g, twist spin	3.3
110	Ballet Leg, Double	1.6	125h, spin up 180°	3.3
111	Submarine Ballet Leg, Double	2.2	125i, spin up 360°	3.3
112	Ibis	2.5	128 Eiffel Walk	2.7
112a, half twist	2.9	130 Flamingo	2.4
112b, full twist	3.1	130a, half twist	2.8
112c, twirl	3.0	130b, full twist	3.0
112d, spinning 180°	2.5	130c, twirl	2.9
112e, spinning 360°	2.6	130d, spinning 180°	2.4
112f, continuous spin (720°)	2.9	130e, spinning 360°	2.5
112g, twist spin	3.1	130f, continuous spin (720°)	2.8
112h, spin up 180°	3.1	130g, twist spin	3.0
112i, spin up 360°	3.1	130h, spin up 180°	3.0
112j, combined spin (360°+360°)	3.2	130i, spin up 360°	3.0
113 Crane	3.7		130j, combined spin (360°+360°)	3.1
115 Catalina	2.3		140 Flamingo, Bent Knee	2.3
115a, half twist	2.7	140a, half twist	2.7
115b, full twist	2.9	140b, full twist	2.9
115c, twirl	2.8	140c, twirl	2.8
115d, spinning 180°	2.4	140d, spinning 180°	2.4
115e, spinning 360°	2.4	140e, spinning 360°	2.4
115f, continuous spin (720°)	2.7	140f, continuous spin (720°)	2.7
115g, twist spin	2.9	140g, twist spin	2.9
115h, spin up 180°	2.9	140h, spin up 180°	2.9
115i, spin up 360°	3.0	140i, spin up 360°	3.0
115j, combined spin (360°+360°)	3.1	140j, combined spin (360°+360°)	3.1
116 Catalarc	2.9		141 Stingray	3.1
117 Catalarc, Open 180°	3.0		142 Manta Ray	2.8
118 Helicopter	2.0		143 Rio	3.1
125 Eiffel Tower	2.6		144 Rio Straight Leg	3.1
125a, half twist	3.0	150 Knight	3.1
125b, full twist	3.2	154 London	2.0
125c, twirl	3.1	154j-1, combined spin 360° ^(360°+360°)	2.7
			154j-2, combined spin 720° ^(720°+720°)	2.9

CATEGORY II DOLPHIN CATEGORY

226	Swan	2.1	240d, spinning 180°	1.9
227	Swanita	1.8	240e, spinning 360°	2.0
227d, spinning 180°	1.9	240h, spin up 180°	2.4
240 Albatross	2.2		240i, spin up 360°	2.5
240a, half twist	2.2	240j, combined spin (360°+360°)	2.6
240b, full twist	2.3	241 Goeland	2.0
240c, twirl	2.3		

CATEGORY III
SOMERSAULT CATEGORY

301	Barracuda	1.8	319d, spinning 180°	1.7
301c, twirl	2.5	319e, spinning 360°	1.8
301d, spinning 180°	2.0	319f, continuous spin (720°)	2.0
301e, spinning 360°	2.3	320	Kipswirl, Split, Closing 180°	2.3
301f, continuous spin (720°)	2.8	321	Kipswirl, Split, Closing 360°	2.5
301h, spin up 180°	2.4	322	Elevator	2.5
301i, spin up 360°	2.4	323	Somersault, Front Pike	1.4
302	Blossom	1.4	324	Somersub	1.9
303	Somersault, Back Pike	1.4	325	Subalina	2.2
306	Barracuda, Bent Knee	1.7	326	Subilarc	2.8
306d, spinning 180°	1.8	327	Ballerina	1.8
306e, spinning 360°	1.9	328	Lagoon	2.4
307	Flying Fish	2.4	330	Aurora	2.3
307d, spinning 180°	2.6	330a, half twist	2.7
307e, spinning 360°	2.9	330c, twirl	2.8
308	Barracuda Airborne Split	2.3	330d, spinning 180°	2.3
308h, spin up 180°	2.9	330e, spinning 360°	2.4
308i, spin up 360°	3.0	330f, continuous spin (720°)	2.7
310	Somersault, Back Tuck	1.1	330g, twist spin	2.9
311	Kip	1.6	331	Aurora, Open 180°	3.0
311a, half twist	2.0	332	Aurora, Open 360°	3.1
311b, full twist	2.2	335	Gaviata	2.3
311c, twirl	2.1	336	Gaviata, Open 180°	2.4
311d, spinning 180°	1.7	342	Heron	1.9
311e, spinning 360°	1.7	342c, twirl	2.4
311f, continuous spin (720°)	2.0	342d, spinning 180°	2.1
311g, twist spin	2.2	142e, spinning 360°	2.2
311h, spin up 180°	2.2	342f, continuous spin (720°)	2.4
311i, spin up 360°	2.3	342h, spin up 180°	2.4
311j, combined spin (360°+360°)	2.4	342i, spin up 360°	2.4
312	Kip, Split	2.3	343	Butterfly	2.5
313	Kip, Split, Closing 180°	2.2	344	Neptunus	1.6
314	Kip, Split, Open 360°	2.9	<u>345</u>	Catalina <u>Reverse</u>	2.1
315	Seagull	2.2	346	Side Fishtail Split	2.0
315c, twirl	2.7	347	Minerva	2.0
315d, spinning 180°	2.2	348	Tower	1.9
315e, spinning 360°	2.3	349	Beluga	2.1
315f, continuous spin (720°)	2.6	350	Dalecarlia	2.6
315h, spin up 180°	2.8	351	Jupiter	2.8
315i, spin up 360°	2.8	352	Venus	3.0
316	Kipnus	1.4	355	Porpoise	1.8
317	Kipnus, Variant	1.9	355a, half twist	2.2
318	Kip, Bent Knee	1.8	355b, full twist	2.4
319	Kipswirl	1.7	355c, twirl	2.3
319c, twirl	2.1			

CATEGORY III (CONTINUED)
SOMERSAULT CATEGORY

355d, spinning 180°	1.9	356	Whip	2.6
355e, spinning 360°	1.9	356f, continuous spin (720°)	3.0
355f, continuous spin (720°)	2.2	359	Front Ariana	2.2
355g, twist spin	2.5	360	Walkover, Front	1.9
355h, spin up 180°	2.5	361	Prawn	1.5
355i, spin up 360°	2.5	362	Surface Prawn	1.3
355j, combined spin (360°+360°)	2.6	363	Water Drop	1.8
			364	Whirlwind	2.7

CATEGORY IV
DIVERSE CATEGORY

401	Swordfish	2.1	435e, spinning 360°	2.3
402	Swordasub	2.3	435f, continuous spin (720°)	2.6
403	Swordtail	2.3	435g, twist spin	2.8
405	Swordalina	2.5	436	Cyclone	2.4
406	Swordfish, Straight Leg	2.3	436c, twirl	2.8
407	Swordfish, Straight Leg Ariana		436d, spinning 180°	2.4
	Rotation	2.6	436e, spinning 360°	2.4
410	Hightower	3.3	436f, continuous spin (720°)	2.7
413	Alba	2.7	437	Cyclone, Open 180°	2.6
420	Walkover, Back	2.1	438	Oceanea	2.2
421	Walkover, Back, Closing 360°	2.4	439	Oceanita	1.8
423	Ariana	2.5	440	Ipanema	3.0
435	Nova	2.2	440d, spinning 180°	3.1
435c, twirl	2.7	441	Saturn	2.5
435d, spinning 180°	2.3	441e, spinning 360°	2.6

FIGURE RULE II

COMPULSORY FIGURES AND FIGURE SELECTION GROUPS FOR COMPETITIONS

A. NOVICE FIGURES:

COMPULSORY FIGURES:

100	Bent Knee, Alternate	1.1
201	Dolphin	1.4
<u>358</u>	<u>Snapping Turtle</u>	<u>1.7</u>
316	Kipnus	1.4

B. INTERMEDIATE FIGURES:

COMPULSORY FIGURES:

101	Ballet Leg, Single	1.6
301	Barracuda	1.8

SELECTION GROUPS:

Group 1

360	Walkover, Front	1.9
318	Kip, Bent Knee	1.8

Group 2

348	Tower	1.9
420	Walkover, Back	2.1

Note: These figures need not be performed in the order listed. For Intermediate Championships, the Selection group shall be drawn 18-72 hours before the start of the Figure competition.

C. 12 & UNDER AGE DIVISION FIGURES:

COMPULSORY FIGURES:

<u>106</u>	<u>Straight</u> Ballet Leg	1.6
301	Barracuda	1.8

SELECTION 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

Note: These figures need not be performed in the order listed. For Junior Olympic Championships, the Selection group shall be drawn 18-72 hours before the start of the Figure competition.

D. YOUTH AGE DIVISION FIGURES:

Section A:

Group 1

307e Flying Fish Spinning 360°
437 Cyclone, Open 180°

2.9 308h Barracuda Airborne Split, Spin Up 180°
2.6 407 Swordfish, Straight Leg Ariana Rotation 2.6

Group 2

Section B:

Group 3

356f Whip, Continuous Spin 720°
441 Saturn

3.0 352 Venus 3.0
2.5 240i Albatross, Spin Up 360° 2.5

Group 4

Section C:

Group 5

140j Flamingo, BK Comb Spin 360°+360°
421 Walkover, Back, Closing 360°

3.1 440d Ipanema, Spinning 180° 3.1
2.4 154f London Continuous Spin 720° 2.4

Group 6

Note: These figures need not be performed in the order listed. For Youth and Junior Olympic Championships, the Section Group A, B or C shall be drawn 18-72 hours before the start of the Figure competition.

E. ATHLETES WITH DISABILITES - PHYSICAL AND COGNITIVE FIGURES:

TIER 1 COMPULSORY FIGURES:

BPA Back Layout Position 0.4
460 Oyster 1.2

TIER 1 SELECTION GROUPS:

Group 1 (Odd year)

475 Tub 1.1
BPO Split Position 0.6

Group 2 (Even year)

BPK Front Layout Position 0.4
BPE Bent Knee Vertical Position 0.6

TIER 2 COMPULSORY FIGURES:

100 Bent Knee, Alternate 1.1
302 Blossom 1.4

TIER 2 SELECTION GROUPS:

Group 1 (Odd year)

310 Somersault, Back Tuck 1.1
BPO Split Position to Close at Ankles 0.8

Group 2 (Even year)

BMK Front Pike Position (Assume) 0.7
201 Dolphin 1.4

TIER 3 COMPULSORY FIGURES:

101 Ballet Leg, Single 1.6
306 Barracuda, Bent Knee 1.7

TIER 3 SELECTION GROUPS:

Group 1 (Odd year)

316 Kipnus 1.4
360 Walkover, Front 1.9

Group 2 (Even year)

344 Neptunus 1.6
419 Crayfish 1.7

TIER 4 COMPULSORY FIGURES:

106	<u>Straight</u> Ballet Leg	1.6
301	Barracuda	1.8

TIER 4 SELECTION GROUPS:

Group 1 (Odd year)		Group 2 (Even year)	
311	Kip	1.6	348 Tower 1.9
359	Front Ariana	2.2	420 Walkover, Back 2.1

TIER 5 COMPULSORY FIGURES:

140	Flamingo, Bent Knee	2.3
301d	Barracuda, Spinning 180°	2.0

TIER 5 SELECTION GROUPS:

Group 1 (Odd year)		Group 2 (Even year)	
154	London	2.0	355a Porpoise, Half Twist 2.2
423	Ariana	2.5	240 Albatross 2.2

TIER 6 COMPULSORY FIGURES:

140e	Flamingo, Bent Knee, Spinning 360°	2.4
301h	Barracuda, Spin Up 180°	2.4

TIER 6 SELECTION GROUPS:

Group 1 (Odd year)		Group 2 (Even year)	
313	Kip, Split, Closing 180°	2.2	356 Whip 2.6
407	Swordfish, Str. Leg Ariana Rotation	2.6	240c Albatross, Twirl 2.3

Note: These figures need not be performed in the order listed.

E. COLLEGIATE SELECTION GROUP ROTATION CHART:

Year	For Categories C and D in All Collegiate Competitions
2026	Group 1
2027	Group 2
<u>2028</u>	<u>Group 3</u>

G. COLLEGIATE TECHNICAL CATEGORY C:**COMPULSORY FIGURES:**

140e	Flamingo, Bent Knee, Spinning 360°	2.4
308	Barracuda Airborne Split	2.3

SELECTION GROUPS:

Group 1		Group 2	
240	Albatross	2.2	407 Swordfish, Straight Leg Ariana Rotation 2.6
356f	Whip, Continuous Spin 720°	3.0	311j Kip, Combined Spin (360°+360°) 2.4
Group 3			
343	Butterfly	2.5	
441	Saturn	2.5	

Note: These figures need not be performed in the order listed. For Collegiate Championships, see Collegiate Selection Group Rotation Chart.

H. COLLEGIATE TECHNICAL CATEGORY D:

COMPULSORY FIGURES:

<u>106</u> <u>Straight</u> Ballet Leg	1.6
301 Barracuda	1.8

SELECTION 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

Note: These figures need not be performed in the order listed. For Collegiate Championships, see Collegiate Selection Group Rotation Chart.

I. MASTERS DIVISION A, B AND C FIGURES:

MASTERS A COMPULSORY FIGURES:

301e Barracuda, Spinning 360°	2.3
142 Manta Ray	2.8

MASTERS A SELECTION GROUPS:

Group 1 (Odd year)

320 Kipswirl, Split, Closing 180°	2.3
343 Butterfly	2.5

Group 2 (Even year)

154j-1 London, Comb Spin 360° (360°+360°)	2.7
112f Ibis, Continuous Spin 720°	2.9

MASTERS B COMPULSORY FIGURES:

301d Barracuda, Spinning 180°	2.0
140 Flamingo, Bent Knee	2.3

MASTERS B SELECTION GROUPS:

Group 1 (Odd year)

319 Kipswirl	1.7
<u>345</u> Catalina <u>Reverse</u>	2.1

Group 2 (Even year)

315 Seagull	2.2
240 Albatross	2.2

MASTERS C COMPULSORY FIGURES:

101 Ballet Leg, Single	1.6
301 Barracuda	1.8

MASTERS C SELECTION GROUPS:

Group 1 (Odd year)

348 Tower	1.9
316 Kipnus	1.4

Group 2 (Even year)

363 Water Drop	1.8
324 Somersub	1.9

Note: These figures need not be performed in the order listed.

FIGURE RULE III

GENERAL REGULATIONS, GUIDELINES AND CRITERIA FOR FIGURE EXECUTION

A. **Figure, Transition and Position Description Conventions, Standards and Practices:**

1. In all descriptions, the written text is the primary authority. Illustrations serve only as guides to the intent of the text.
2. The figure, transition and position descriptions are written from the standpoint of perfection.
3. Figures are defined in terms of their component parts: body positions and transitions.
4. A ***Basic Transition and Movement*** is defined by italic type and is a continuous movement from one **Defined Body Position** to another.
5. “**And**” connecting two described actions within a description means one follows the other. “**As**” connecting described actions means they are executed simultaneously, starting at the same time and finishing at the same time. “**While**” and “**During**” may substitute for “**As**”.
6. A **Body Position** is defined by **bold type** and the figure/transition descriptions should be clearly defined during execution. A “pause” may occur only in basic body positions which are in “**bold type**” and where a continuous action is not specified.
7. Except for *Spins* and *Twists*, each *Transition* is fully described within each figure description where the transition occurs. *Spins* and *Twists*, as well as all commonly used *Transitions*, are fully described in Figure Rule V. In some figure descriptions, a sequence of transitions may be replaced by reference to a prior numbered figure description having the same sequence.
8. Unless otherwise specified in the figure description, figures are executed in a stationary position. An arrow at an illustration indicates some travel, in the direction of the arrow, is permitted or desirable within that part of the transition.
9. Except where an arm and/or hand position(s) is specified within a description, arm/hand position(s) are optional. Illustrated arm positions suggest common practice.
10. A horizontal line in the illustrations indicates the approximate water level or water line.
11. When “rapid” or “rapidly” is used in a description, it shall apply specifically to the tempo of the transition in which it is included, and not to the entire figure.

B. **Fundamental Criteria of Figure Execution:**

1. Figures should be executed with each section (transition) clearly defined in pattern and body position (Design) and high, controlled and in uniform motion and tempo (Control), unless otherwise specified in the descriptions. Only the transition(s), or portions thereof, for which exceptional tempos are defined shall be performed at the specified tempos, all others continuing at the “normal” uniform tempo.
2. **Design:** 5 points.
Consider the accuracy of positions and transitions as specified in the figure description.

3. **Control:** 5 points.
Consider extension, height, stability, clarity and uniform motion, unless otherwise specified in the figure description.
4. **Extension:** Legs, feet, torso, and neck should be fully extended, unless otherwise specified.
5. **Traveling:** Figures shall be performed in a relatively stationary position, except for movement specified in the descriptions.
6. **Water Level and Lines:** Water levels should remain constant during a transition, except where otherwise specified.
7. **Simultaneous and Concurrent Action within Transitions:** All movements specified within a transition should begin simultaneously from the specified starting position and be completed simultaneously with the achievement of the specified final position and water level.
8. **Maximum Height:** Maximum height is desirable at all times, unless otherwise specified. Height is evaluated based on the water level of the body part(s).
9. **Minimal Extraneous Movement:** Movements beyond those prescribed in the descriptions should be minimal.

C.

Definitions of Terms as Used in Descriptions:

Arc: A curved path, usually a sector of a circle.

Arch: To bend the body backward so that back and hips are hyperextended.

Axis: An imaginary straight line forming the center of rotation or approximate symmetry of the body in a given position or action.

Horizontal Axis: An axis parallel to the water surface.

Lateral Axis: An axis extending sideways from the body, either through a cross section of the body or outside the body.

Longitudinal Axis: The lengthwise center of the body.

Vertical Axis: An axis extending vertically and perpendicular to the water surface.

Back: Toward the back, or dorsal (spine) side of the body.

Backward: Extending from the back side; moving with the back leading.

Ballet Leg: (1) The ballet leg position, as defined (see Figure Rule IV). (2) An action sequence, as in the World Aquatics Figures Manual, Figure 101. (3) The vertical leg of the ballet leg position, or, in action following a ballet leg position, the leg which was originally held vertically.

Body: Used to indicate complete body, including limbs.

Compact: Occupying the smallest space; brought close together.

Extend: To stretch to the fullest length; place in straight alignment or unbend.

Forward: Toward the front of the body. Extending from the front of the body.

Front: The abdominal and chest side of the body.

Horizontal: Parallel to the water surface. May be used to specify close to horizontal.

Hyperextend: To bend a joint past the normal, fully extended position or bend it opposite to the normal direction of bending (flexing).

Lateral: Toward the sides; sideways.

Non-Ballet Leg: In action following a ballet leg position, the leg which was held horizontally in the ballet leg position.

Parallel: To be the same distance apart at all points, i.e., a leg would be parallel to the water if the upper surface of the foot, the knee and the thigh are all the same distance from the surface.

Pause: A short stop or hesitation at a point of execution, normally at the start or end of a transition.

Perpendicular: Forming a 90° angle or right angle.

Pike: Body bent at the hips to form an angle between legs and trunk.

Surface: Surface, when used alone, always refers to the water surface.

Trunk: The body, not including the head or limbs.

Vertical: To form a 90° angle with (be perpendicular to) the water surface.

Water Line/Level: The position or level of the water surface with respect to the body.

FIGURE RULE IV

BASIC POSITIONS FOR FIGURES

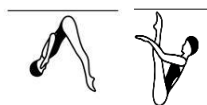
A. **Back Layout Position:**

The body is extended, on the back, with the face, chest, thighs and feet at the surface of the water. The head (ears specifically), hips and ankles are in a horizontal line.



B. **Back Pike Position:**

Body bent at hips to form an acute angle of 45° or less. Legs extended and together. Trunk extended with the back straight and head in line.



C. **Ballet Leg Positions:**

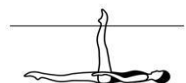
Surface:

The body is extended with the face, chest, one thigh and foot at the surface of the water. One leg is extended vertically with the thigh perpendicular to the surface of the water.



Submerged:

The head, trunk and horizontal leg are parallel to the surface of the water. One leg is perpendicular to the surface of the water, with the water line between the knee and the ankle of that leg.



D. **Ballet Leg, Double, Positions:**

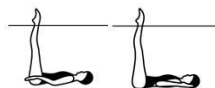
Surface:

Both legs are fully extended, together, with the thighs perpendicular to the surface of the water. Head in line with the trunk. The face is at the surface of the water.



Submerged:

The trunk and head are parallel to the surface of the water. Both legs are fully extended, at a 90° angle to the trunk and to the surface of the water. The water line is between the knees and the ankles of the extended legs.



E. **Bent Knee Positions:**

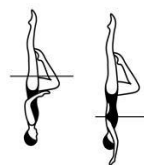
**Bent Knee Back Layout Position,
Bent Knee Front Layout Position, and
Bent Knee Surface Arch Position:**

In **Back Layout**, **Front Layout** or **Surface Arch** positions, with the thigh of the bent leg perpendicular to the surface of the water, the toe of the bent leg in contact with the inside of the extended leg at the knee or higher. In the **Bent Knee Front Layout Position**, unless otherwise specified, the face may be in or out of the water.



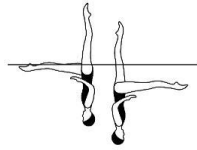
**Bent Knee Dolphin Arch Position and
Bent Knee Vertical Position:**

In **Dolphin Arch** or **Vertical** position, with the toe of the bent leg in contact with the inside of the extended leg at the knee or higher. In the **Bent Knee Vertical Position**, the thigh of the bent leg is parallel to the surface of the water.



E. Crane Position:

The body is extended in a **Vertical Position**, perpendicular to the surface of the water, with the head downward, head (ears specifically), hips and one ankle in line. The other leg is extended forward, parallel to the surface of the water at a 90° angle to the trunk.



Note: Currently this position is not performed in any AQUA figure.

G. Dolphin Arch Position:

The body is arched so the head, hips and feet conform to the circle arc being followed. Legs together and fully extended.



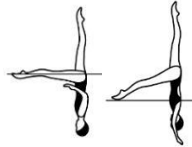
H. Eiffel Position:

The body is lying on one side, with the face, upper shoulder and upper hip at the surface of the water. The leg at the surface of the water is extended perpendicular to the trunk, the other leg is extended in line with the trunk, with its foot at the surface of the water.



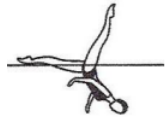
I. Fishtail Position:

The body is extended in a **Vertical Position**, perpendicular to the surface of the water, with the head downward, head (ears specifically), hips and one ankle in line. The other leg is extended forward with the foot at the surface of the water, regardless of the height of the hips.



Arched Fishtail Position:

Head downward. One leg is near horizontal, extended forward, with the foot at the surface of the water regardless of the height of the hips. The other leg is extended above the surface of the water at a backward angle, with the back arched so that the foot of that leg is on a vertical line above the head.



J. Flamingo Positions:

Surface:

One leg is extended perpendicular to the surface of the water. The other leg is bent toward the chest, with its mid-calf opposite the vertical leg, and its foot, shin and knee at and parallel to the surface of the water. The face is at the surface of the water.



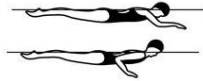
Submerged:

The trunk, head, shin and foot of the bent leg are parallel to the surface of the water. The vertical leg is perpendicular to the bent leg and to the surface of the water, creating a 90° angle with the trunk. The mid-calf of the bent leg is opposite the vertical leg. The water line is between the knee and ankle of the vertical leg.



K. Front Layout Position:

The body is extended horizontally, on the stomach, with head, upper back, buttocks and heels at the surface of the water. Unless otherwise specified, the face may be in or out of the water.

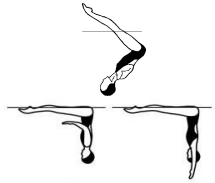


L. Front Pike Position:

The hips are bent to form a 90° angle between the legs and trunk. The head is extended in line with the trunk, back straight. The legs are together and fully extended.

Surface Front Pike Position:

Heels and back of the thighs are at the surface of the water.

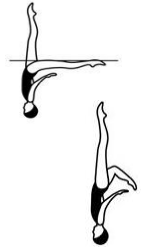


M. Knight Position:

The lower back is arched with the hips, shoulders and head on a vertical line. One leg is vertical. The other leg is extended backward, with the leg at the surface of the water and as close to horizontal as possible.

Knight Variant Position:

The lower back is arched with the hips, shoulders and head on a vertical line. One leg is vertical. The other leg is behind the body with the knee bent at an angle of 90° or less. The thigh and shin of the bent leg are parallel to the surface of the water.



N. Side Fishtail Position:

Body is extended in a **Vertical Position**, perpendicular to the surface of the water, head downward. One leg is extended sideways (laterally) with its foot at the surface of the water regardless of the height of the hips.



O. Split Positions:

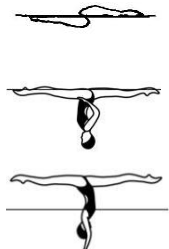
Legs evenly split forward and back. The legs are parallel to the surface of the water. Lower back arched, with hips, shoulders and head on a vertical line. A 180° angle between the extended legs (flat split), with inside of each leg aligned on opposite sides of a horizontal line, regardless of the height of the hips.

Surface Split Position:

Legs are "dry" at the surface of the water.

Airborne Split Position:

Legs are above the surface of the water.



P. Surface Arch Position:

The lower back is arched so the hips, shoulders and head are on a vertical line. The legs are together and at the surface of the water.



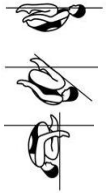
Q. Tub Position:

The legs are bent at the knees and together. The feet and shins are at and



R. **Tuck Position:**

The body is as compact as possible, with the back rounded, heels close to buttocks, the head as close to the knees as possible and the legs together.



S. **Vertical Position:**

The body is extended, perpendicular to the surface of the water, legs together, head downward. The head (ears, specifically), hips and ankles are in line.

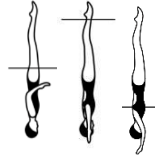


FIGURE RULE V
BASIC TRANSITIONS AND MOVEMENTS

All the *Fundamental Criteria of Figure Execution*, listed in Figure Rule III.B, apply for the following figures, unless otherwise specified in a particular description.

A. *Arch to Back Layout* (AQUA BM5):

From a **Surface Arch Position**, with continuous foot first movement, the hips, chest and face surface sequentially at the same point, assuming a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



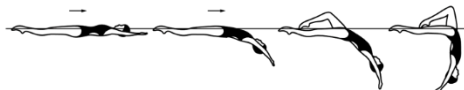
Back Layout to Surface Arch to assume (AQUA BM14):

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 descends under the surface of the water as the back is arched more to assume a **Surface Arch Position** with the hips occupying the position of the head at the beginning of this action.



Back Layout to Surface Arch, Bent Knee to assume (AQUA BM15):

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 descends under the surface of the water as the back is arched more while the toe of one leg slides along the inside of the extended leg to assume a **Bent Knee Surface Arch Position** with the hips occupying the position of the head at the beginning of this action.



B. *Ariana Rotation* (AQUA BM16):

From a **Split Position**, maintaining the relative position of the legs to the surface of the water, the hips rotate 180°.



C. *Ballet Leg, to assume* (AQUA BM1):

From a **Back Layout Position**, with one leg remaining extended at the surface of the water throughout, the toe of the other leg slides along the inside of the extended leg until the thigh is vertical to assume a **Bent Knee Back Layout Position**. Without movement of the thigh, the bent leg is straightened to assume a **Ballet Leg Position**.



Ballet Leg, Straight, to assume (AQUA BM1B):

From a **Back Layout Position**, with one leg remaining extended at the surface of the water throughout, the other leg is lifted straight to assume a **Ballet Leg Position**.



D. *Ballet Leg, to lower (AQUA BM2):*

From a **Ballet Leg Position**, without movement of the thigh, the ballet leg is lowered to a **Bent Knee Back Layout Position**. The toe of the bent leg slides along the inside of the extended leg while the bent leg straightens to assume a **Back Layout Position**.



E. *Bent Knee Surface Arch close to Surface Arch Position:*

From a **Bent Knee Surface Arch Position**, the hips remain stationary as the toe of the bent leg slides along the inside of the extended leg while the bent leg straightens to assume a **Surface Arch Position**.



F. *Catalina Rotation (AQUA BM7):*

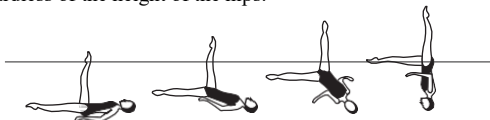
Surface

From a **Ballet Leg Position**, while maintaining the 90° angle between the legs, a rotation of the body is initiated. Without lateral movement, the head and trunk begin the rotation at the surface of the water while descending, to assume a **Fishtail Position**. The vertical leg remains perpendicular to the surface of the water while the foot of the horizontal leg remains at the surface of the water, throughout the rotation. Unless otherwise specified, *Catalina Rotation* starts from a **Ballet Leg Position**.



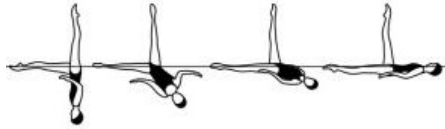
Rising

From a **Submerged Ballet Leg Position**, while maintaining the 90° angle between the legs, the body descends as the hips rise during a 180° rotation of the head and trunk, without lateral movement of the head and trunk, to assume a **Fishtail Position**. The final water line is established as the rotation is completed and the foot of the horizontal leg is at the surface of the water regardless of the height of the hips.



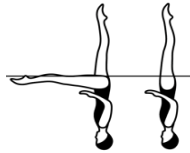
G. *Catalina, Reverse, Rotation (AQUA BM8):*

From a **Fishtail Position**, while maintaining the 90° angle between the legs, the hips rotate as the head and trunk rise, without lateral movement, to assume a **Surface Ballet Leg Position**. Throughout the rotation, the vertical leg remains perpendicular to the surface of the water while the foot of the horizontal leg remains at the surface of the water.

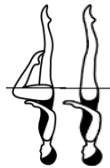


H. *Close to Vertical Position:*

From a **Crane** or **Fishtail Position**, without movement of the vertical leg, head or trunk, and with minimal change in water level, the horizontal leg is lifted to meet the vertical leg to assume a **Vertical Position**.

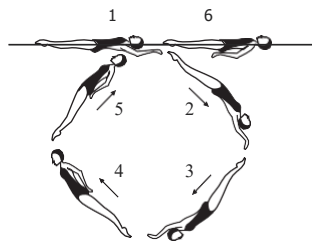


From a **Bent Knee Vertical Position**, without movement of the vertical leg, head or trunk, and with minimal change in water level, the toe of the bent leg slides along the inside of the vertical leg to assume a **Vertical Position**.



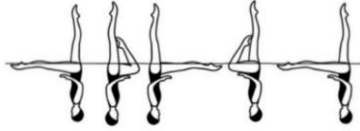
I. *Dolphin Circle:*

A Dolphin (and all its modifications) starts from a **Back Layout Position**. The head, hips and feet leave the surface of the water sequentially at the same point to assume a **Dolphin Arch** as the body starts to follow the circumference of a circle, which has a diameter of approximately 2.5 meters (8 feet) depending on the height of the competitor. Movement continues, with the head, hips and feet following the imaginary line of the circumference until, with head, hips and feet sequentially breaking the surface of the water at the same point, the body straightens as it surfaces to assume a **Back Layout Position**.



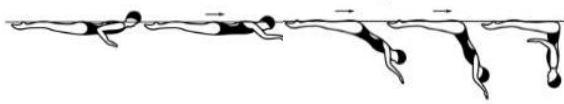
J. *Fouette' Rotation (AQUA BM18):*

From a **Fishtail Position**, with the horizontal leg leading toward the vertical leg, a rapid 180° rotation is executed as the front leg bends to assume a **Bent Knee Vertical Position**. The bent leg rapidly extends to resume a **Fishtail Position**.



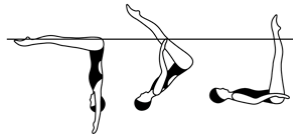
K. *Front Pike Position, to assume (AQUA BM3):*

From a **Front Layout Position**, with the face in the water, as the head and trunk descend to a **Surface 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.



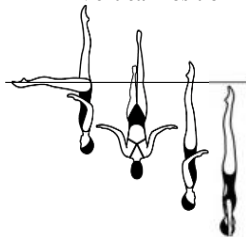
L. *Front Pike Position to Submerged Ballet Leg Double Position (AQUA BM4):*

While maintaining a **Front Pike Position**, the body somersaults forward around a lateral axis so that the hips replace the head at the one quarter point to assume a **Submerged Ballet Leg Double Position**. The buttocks, legs and feet move downward until the hips occupy the position of the head at the beginning of this action.



M. *Helicopter Rotation (AQUA BM17):*

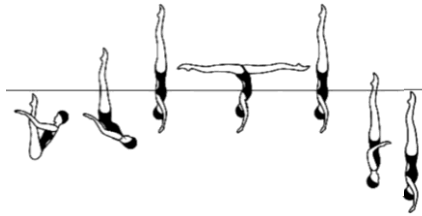
From a **Fishtail Position**, during a descending rotation, the horizontal leg is lifted while closing into the vertical leg to assume a **Vertical Position** which is completed as the ankles reach the surface of the water.



Note: For *Spinning 180°*, *Spinning 360°*, *Continuous Spin 720°* and *Rapid Airborne Spinning 180°* descriptions, see Basic Movements O, Spins. ([AQUA BM17a-d](#))

N. *Rocket Split* (AQUA BM11):

A *Thrust* is executed to a **Vertical Position**. Maintaining maximum height, the legs are rapidly and simultaneously split to assume an **Airborne Split Position** and rejoin to a **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.



O. *Spins* (AQUA BM13):

A *Spin* is a rotation in a **Vertical Position**. The body remains on its longitudinal axis throughout the rotation. Unless otherwise specified, *Spins* are executed in uniform motion and are completed with a *Vertical Descent* executed at the same tempo as the *Spin*.

Descending Spins must start at the height of the vertical. The specified rotation must be completed as the ankle(s) reach(es) the surface of the water. Unless otherwise specified, a *Descending Spin* is completed with a *Vertical Descent* which is executed at the same tempo as the *Spin*.

Ascending Spins begin when the water level is at the ankles, unless otherwise specified. A vertically rising *Spin* is executed until the water level is established between the knees and hips. An *Ascending Spin* is finished with a *Vertical Descent*.

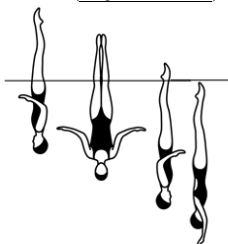
SPIN ALLOWANCE

The acceptable allowance for a *Continuous Spin* is up to 180° less than/more than the required rotation.

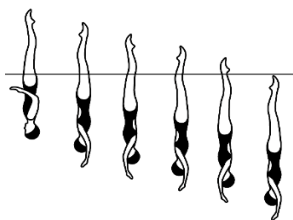
The acceptable allowance for other *Spins* (180° *Spin*, 360° *Spin*, 720° *Spin*, *Twist Spin*, *Spin Up* 180°, *Spin Up* 360°) is up to ¼ less than/more than the required rotation.

Note: There is no spin allowance for a *Combined Spin* or *Reverse Combined Spin*.

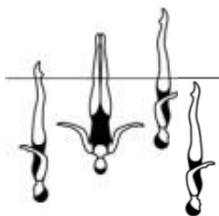
Spinning 180° is a *Descending Spin* with a rotation of 180°. (AQUA BM13d)



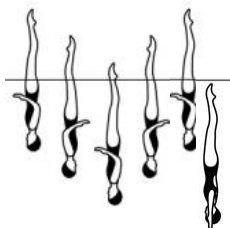
Continuous Spin is a *Descending Spin* with a rapid rotation of: 720° (2), 1080° (3), or 1440° (4) which is completed as the ankles reach the surface of the water and continues through submergence. (AQUA BM13f)



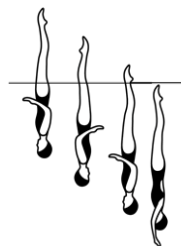
Spin Up 180° is an *Ascending Spin* with a rotation of 180°. (AQUA BM13h)



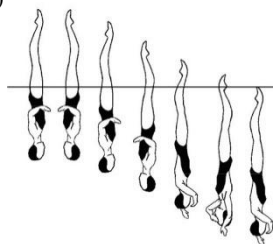
Combined Spin is a *Descending Spin* of at least 360° followed, without a pause, by an equal *Ascending Spin* in the same direction. The *Ascending Spin* reaches the same height where the *Descending Spin* started. (AQUA BM13j)



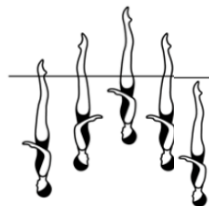
Spinning 360° is a *Descending Spin* with a rotation of 360°. (AQUA BM13e)



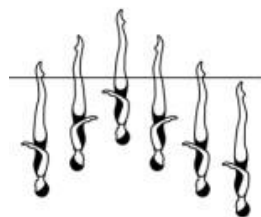
Twist Spin is a *Half Twist* (see Figure Rule V.T), executed at the height of the vertical, followed, without a pause, by a *Continuous Spin* of 720° (2), performed in the same direction as the *Half Twist*. (AQUA BM13g)



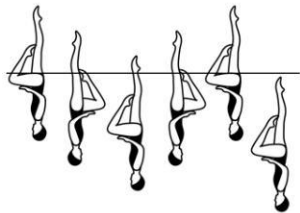
Spin Up 360° is an *Ascending Spin* with a rotation of 360°. (AQUA BM13i)



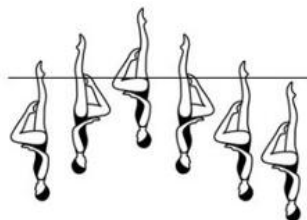
Reversed Combined Spin is an *Ascending Spin* of at least 360° followed, without a pause, by an equal *Descending Spin* in the same direction. (AQUA BM13k)



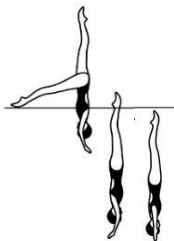
Bent Knee Combined Spin is a *Descending Spin* in a **Bent Knee Vertical Position** of at least 360° followed, without a pause, by an equal *Ascending Spin* in the same direction in a **Bent Knee Vertical Position**. The *Ascending Spin* reaches the same height where the *Descending Spin* started. (AQUA BM13l)



Reverse Bent Knee Combined Spin is an *Ascending Spin* in a **Bent Knee Vertical Position** of at least 360° followed, without a pause, by an equal *Descending Spin* in the same direction in a **Bent Knee Vertical Position**. (AQUA BM13m)

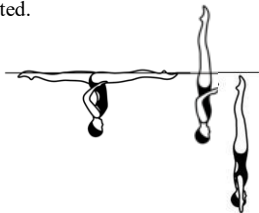


Rapid Airborne Spinning 180° is a *Descending Spin* from an airborne **Fishtail Position**. The horizontal leg is rapidly lifted while closing into the vertical leg to a **Vertical Position** during a rapid *Descending Spin* with a rotation of 180° and is completed as the ankles reach the surface of the water. Maintaining the **Vertical Position**, the body descends along its longitudinal axis, at the same tempo as the *Spin*, until the toes are submerged. (AQUA BM17d)



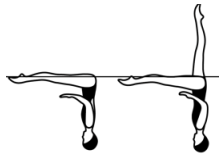
P. *Split to Vertical Descent*

From a **Split Position**, legs are simultaneously lifted to assume a **Vertical Position**. A *Vertical Descent* is executed.



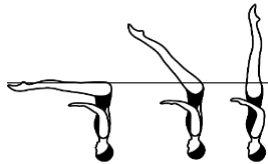
Q. *Surface Front Pike Position to Crane Position:*

From a **Surface Front Pike Position**, without movement of the head and trunk, and with minimal change in water level, one leg is lifted to assume a **Crane Position**.



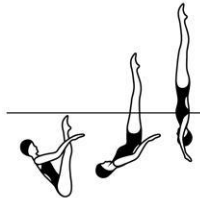
R. *Surface Front Pike Position to Vertical Position:*

From a **Surface Front Pike Position**, without movement of the head and trunk, and with minimal change in water level, the legs are lifted to assume a **Vertical Position**.



S. *Thrust (AQUA BM9):*

From a submerged **Back Pike Position**, with legs remaining 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**. In the submerged **Back Pike Position**, the toes are just under the surface of the water prior to the *Thrust*. Maximum height is desirable.



THRUST ALLOWANCE

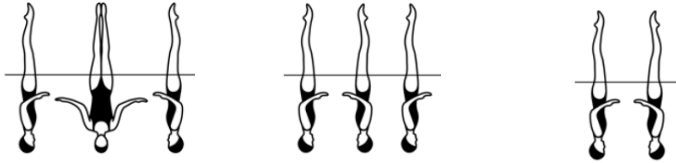
Deviation allowances for the *Thrust* action are unique and allow for the legs to be up to an additional 15° off the vertical line. Deductions are as follows:

Angle Deviation		Deduction Amount
Small Deviation	16 – 30°	.2
Medium Deviation	31 – 45°	.5
Large Deviation	More than 45°	1.0

T. *Twist* (AQUA BM12a-c):

A *Twist* is a rotation at a sustained height. The body remains on its longitudinal axis throughout the rotation. Unless otherwise specified, when performed in a **Vertical Position**, a *Twist* is followed by a *Vertical Descent*.

Half Twist is a *Twist* of 180°. *Full Twist* is a *Twist* of 360°. *Twirl* is a rapid *Twist* of 180°.

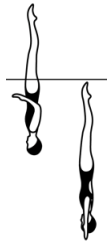


TWIST ALLOWANCE

The acceptable allowance for *Twist* rotations (*Half Twist*, *Full Twist* and *Twirl*) is up to ¼ less than/more than the required rotation.

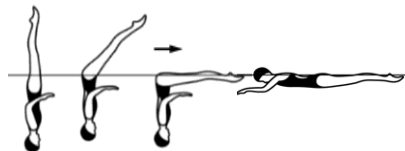
U. *Vertical Descent* (AQUA BM10):

Maintaining a **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged, or to the point specified in the description.



V. *Vertical Position to Front Layout Position*:

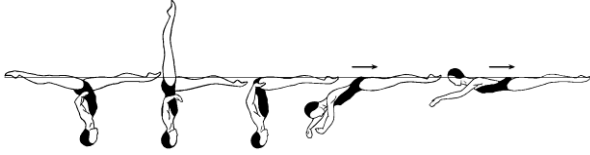
From a **Vertical Position**, without movement of the head and trunk, the legs are lowered to assume a **Surface Front Pike Position**. The feet and hips move along the surface of the water until the body straightens to assume a **Front Layout Position** as the head surfaces at the position occupied by the hips at the beginning of this action.



W. *Walkout:*

Back Walkout: Split to Front Pike to Front Layout (AQUA BM6b):

From a **Split Position**, the hips remain stationary as the back leg is lifted in a 180° arc over the surface of the water to meet the opposite leg to assume a **Surface Front Pike Position**. The feet and hips move along the surface of the water until the body straightens to assume a **Front Layout Position** as the head surfaces at the position occupied by the hips at the beginning of this action.



Front Walkout: Split to Surface Arch to Back Layout (AQUA BM6a):

From a **Split Position**, the hips remain stationary as the front leg is lifted in a 180° arc over the surface of the water to meet the opposite leg to assume a **Surface Arch Position**. An *Archup* (see Figure Rule V.A.) is executed to assume a **Back Layout Position**.

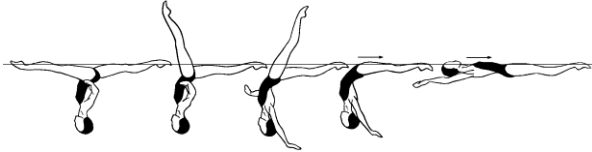


FIGURE RULE VI
DESCRIPTION OF USA ONLY FIGURES FOR
ARTISTIC SWIMMING

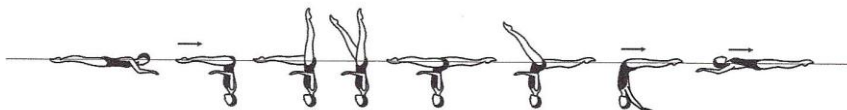
(Full description for all World Aquatic Figures can be found in the
World Aquatics Artistic Swimming Figures Manual)

All the *Fundamental Criteria of Figure Execution*, listed in Figure Rule III.B, apply for the following figures, unless otherwise specified in a particular description.

340. **Angelfish**

Difficulty 2.5

From a **Front Layout Position**, a Tower (348) is executed a **Fishtail Position**. With head and shoulders remaining vertically aligned with the hips, and with minimal change in water level, the horizontal leg is lifted in a 180° arc over the surface of the water, passing the vertical leg, which moves symmetrically in the opposite direction, to assume a **Split Position**. The hips remain stationary as 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**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, assuming a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



305. **Barracuda, Back Pike Somersault**

Difficulty 2.3

From a **Back Layout Position**, a Back Pike Somersault (303) is executed until the legs are vertical, with the toes just under the surface of the water. From the submerged **Back Pike Position**, with the legs remaining perpendicular to the surface of the water, a vertical upward movement (*Thrust*) of the legs and hips is rapidly executed as the body unrolls to assume a **Vertical Position**. Maximum height is desirable. Maintaining the **Vertical Position**, the body descends along its longitudinal axis, at the same tempo as the *Thrust*, until the toes are submerged.



305c to 305f and 305h to 305j, see Twists and Spins, Figure Rule V.

Difficulties, see I.A

305c. A Barracuda, Back Pike Somersault is executed to a **Vertical Position**. From the **Vertical Position**, a *Twirl* is executed. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

305d, 305e and 305j. A Barracuda, Back Pike Somersault is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Spin* is executed at the same tempo as the *Thrust*. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

305f. A Barracuda, Back Pike Somersault is executed to a **Vertical Position**. From the **Vertical Position**, a *Continuous Spin* is executed at the same tempo as the *Thrust* to complete the figure.

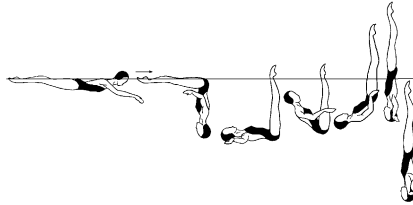
305h to 305i. A Barracuda, Back Pike Somersault is executed to a **Vertical Position**. From the **Vertical Position**, a *Vertical Descent* is executed at the same tempo as the *Thrust*, pausing at the ankles, which precedes the designated *Ascending Spin**. Maintaining the **Vertical Position**, a *Vertical Descent* is executed at the same tempo as the *Thrust*.

* The ascending Spin should not be performed rapidly but should be performed as the body rises and simultaneously rotates, evenly and at the same tempo as the root figure **Back Layout Position** to **Back Pike Position**.

380. Barracuda, Front Pike Somersault

Difficulty 2.2

From a **Front Layout Position**, a partial Front Pike Somersault (323) is executed to a **Submerged Double Ballet Leg Position**. The trunk moves toward the legs to a submerged **Back Pike Position** and, with the legs remaining perpendicular to the surface of the water, a vertical upward movement (*Thrust*) of the legs and hips is rapidly executed as the body unrolls to assume a **Vertical Position**. Maximum height is desirable. Maintaining the **Vertical Position**, the body descends along its longitudinal axis, at the same tempo as the *Thrust*, until the toes are submerged.



380c to 380f and 380h to 380j, see Twists and Spins, Figure Rule V.

Difficulties, see I.A

380c. A Barracuda, Front Pike Somersault is executed to a **Vertical Position**. From the **Vertical Position**, a *Twirl* is executed. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

380d, 380e and 380j. A Barracuda, Front Pike Somersault is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Spin* is executed at the same tempo as the *Thrust*. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

380f. A Barracuda, Front Pike Somersault is executed to a **Vertical Position**. From the **Vertical Position**, a *Continuous Spin* is executed at the same tempo as the *Thrust* to complete the figure.

380h to 380i. A Barracuda, Front Pike Somersault is executed to a **Vertical Position**. From the **Vertical Position**, a *Vertical Descent* is executed at the same tempo as the *Thrust*, pausing at the ankles, which precedes the designated *Ascending Spin**. Maintaining the **Vertical Position**, a *Vertical Descent* is executed at the same tempo as the *Thrust*.

* The ascending Spin should not be performed rapidly but should be performed as the body rises and simultaneously rotates, evenly and at the same tempo as the root figure **Back Layout Position** to **Back Pike Position**.

100. **Bent Knee, Alternate**

Difficulty 1.1

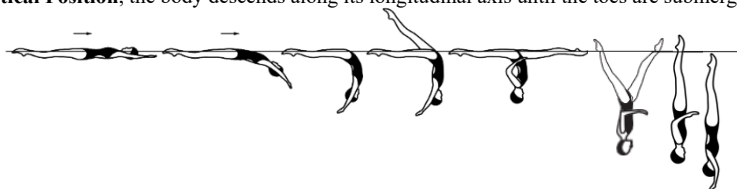
From a **Back Layout Position**, with one leg remaining extended at the surface of the water, the toe of the other leg slides along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. The toe slides along the inside of the extended leg to resume a **Back Layout Position**. From a **Back Layout Position**, with one leg remaining extended at the surface of the water, the toe of the opposite leg slides along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. The toe slides along the inside of the extended leg to resume a **Back Layout Position**.



419. **Crayfish**

Difficulty 1.7

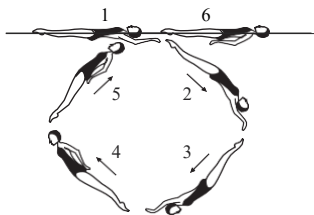
From a **Back Layout Position**, a Walkover, Back (420) is executed to a **Split Position**. The body descends as the legs symmetrically join to assume a **Vertical Position** at ankle level. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



201. **Dolphin**

Difficulty 1.4

From a **Back Layout Position**, with head leading, the head, hips and feet leave the surface of the water sequentially at the same point to assume a **Dolphin Arch** as the body begins to move around a circle which has a diameter of approximately 2.5 meters (8 feet), depending upon the height of the competitor. Movement continues, as the head, hips and feet follow the imaginary line of the circumference until, with the head, hips and feet breaking the surface of the water sequentially at the same point, the body straightens as it surfaces resuming a **Back Layout Position**.



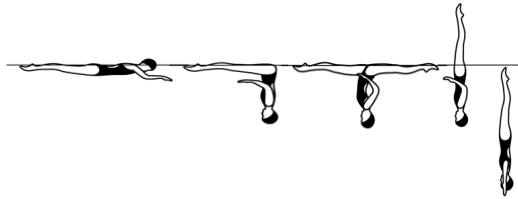
From a **Back Layout Position**, the legs are lifted to the vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface of the water.



358. Snapping Turtle

Difficulty 1.7

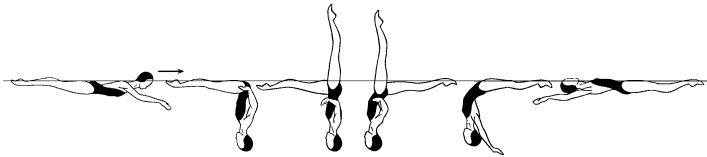
From a **Front Layout Position**, a Walkover, Front (360) is executed to a **Split Position**. The legs are rapidly and symmetrically joined to assume a **Vertical Position**. Maintaining the **Vertical Position**, the body rapidly descends along its longitudinal axis until the toes are submerged.



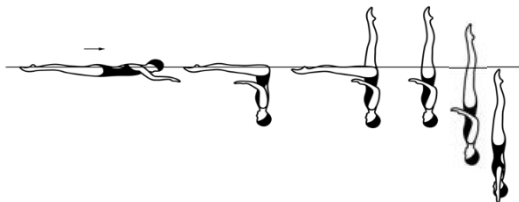
341. Sunfish

Difficulty 2.4

From a **Front Layout Position**, a Tower (348) is executed to a **Fishtail Position**. With head and shoulders remaining vertically aligned with the hips, and with minimal change in water level, the horizontal leg is lifted in a 180° arc over the surface, passing the vertical leg, to assume a **Knight Position**. The hips remain stationary as the vertical leg is lowered to meet the opposite leg to assume a **Surface Arch Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, assuming a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



From a **Front Layout Position**, with the face in the water, as the head and trunk descends to assume a **Surface 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. Without movement of the head and trunk, and with minimal change in water level, one leg is lifted to assume a **Fishtail Position**. Without movement of the vertical leg or trunk, with minimal change in water level, the horizontal leg is lifted to meet the vertical leg to assume a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



348a to 348j, see Twists and Spins, Figure Rule V.

Difficulties, see I.A

348a to 348e and 348j. A Tower is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Twist* or *Spin* is executed. A *Vertical Descent* is executed.

348f to 348g. A Tower is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Spin* is executed through submergence to complete the figure.

348h to 348i. A Tower is executed to a **Vertical Position**. From the **Vertical Position**, a *Vertical Descent* is executed, pausing at the ankles, which precedes the designated *Ascending Spin*. Maintaining the **Vertical Position** a *Vertical Descent* is executed.

475. Tub

Difficulty 1.1

From a **Back Layout Position**, the knees, shins and toes move along the surface of the water to assume a **Tub Position**. While maintaining the **Tub Position**, with the face above the surface of the water, one horizontal revolution of the body is executed around the vertical axis between the knees. With the knees, shins and toes moving along the surface of the water, the legs are straightened to resume a **Back Layout Position**.



Illustrations: Avilee Goodwin, Jill Ranucci, Jennifer Hatt, and Shari Darst