

FIGURES

Each competitor must perform four (4) figures.

8U		
1	Back Layout Position to Bent Knee Back Layout Position - both legs	1,2
2	From Back Layout Position to a Back Pike Position	1,2
3	Back Layout Position to Front Layout Position and to Back Layout Position	1,2
4	Back Layout Position - Arch Position - Back Layout Position	1,4

Back Layout Position to Bent Knee Back Layout Position - both legs

From a Back Layout Position One leg remains at the surface of the water throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a Bent Knee Back Layout Position. The toe moves along the inside of the extended leg until a Back Layout Position is assumed. Repeat the exercise with the other leg.

From Back Layout Position to a Back Pike Position

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.

Back Layout Position to Front Layout Position and to Back Layout Position

From a Back Layout Position a horizontal half twist is executed to Front Layout Position and then back to Back Layout Position. From beginning to end the arms are above the head.

Back Layout Position - Surface Arch Position – Back Layout Position

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