

PART FOUR

FIGURE RULES

(Draft 2025 - Red Text is New, Awaiting New Diagrams)

RULE I

A. ALPHABETICAL INDEX OF FIGURES

Figure Group Number		Difficulty	Figure Group Number		Difficulty
413	Alba	2.7	305j, combined spin (360°+360°)	3.1
240	Albatross	2.2	306	Barracuda, Bent Knee	1.7
240a, half twist	2.2	306d, spinning 180°	1.8
240b, full twist	2.3	306e, spinning 360°	1.9
240c, twirl	2.3	380	Barracuda, Front Pike	
240d, spinning 180°	1.9		Somersault	2.2
240e, spinning 360°	2.0	380c, twirl	2.8
240h, spin up 180°	2.4	380d, spinning 180°	2.3
240i, spin up 360°	2.5	380e, spinning 360°	2.4
240j, combined spin (360°+360°)	2.6	380f, continuous spin (720°)	2.9
340	Angelfish	2.5	380h, spin up 180°	2.7
423	Ariana	2.5	380i, spin up 360°	2.8
330	Aurora	2.3	380j, combined spin (360°+360°)	3.0
330a, half twist	2.7	349	Beluga	2.1
330c, twirl	2.8	100	Bent Knee, Alternate	1.1
330d, spinning 180°	2.3	302	Blossom	1.4
330e, spinning 360°	2.4	343	Butterfly	2.5
330f, continuous spin (720°)	2.7	116	Catalarc	2.9
330g, twist spin	2.9	117	Catalarc, Open 180°	3.0
331	Aurora, Open 180°	3.0	115	Catalina	2.3
332	Aurora, Open 360°	3.1	115a, half twist	2.7
327	Ballerina	1.8	115b, full twist	2.9
110	Ballet Leg, Double	1.6	115c, twirl	2.8
101	Ballet Leg, Single	1.6	115d, spinning 180°	2.4
106	Ballet Leg, Straight	1.6	115e, spinning 360°	2.4
111	Ballet Leg Submarine, Double	2.2	115f, continuous spin (720°)	2.7
103	Ballet Leg Submarine, Single	2.1	115g, twist spin	2.9
102	Ballet Legs, Alternate	2.4	115h, spin up 180°	2.9
301	Barracuda	1.8	115i, spin up 360°	3.0
301c, twirl	2.5	115j, combined spin (360°+360°)	3.1
301d, spinning 180°	2.0	113	Crane	3.7
301e, spinning 360°	2.3	419	Crayfish	1.7
301f, continuous spin (720°)	2.8	436	Cyclone	2.4
301h, spin up 180°	2.4	436c, twirl	2.8
301i, spin up 360°	2.4	436d, spinning 180°	2.4
308	Barracuda Airborne Split	2.4	436e, spinning 360°	2.4
308h, spin up 180°	2.9	436f, continuous spin (720°)	2.7
308i, spin up 360°	3.0	437	Cyclone, Open 180°	2.6
305	Barracuda, Back Pike		350	Dalecarlia	2.6
	Somersault	2.3	201	Dolphin	1.4
305c, twirl	2.9	125	Eiffel Tower	2.6
305d, spinning 180°	2.4	125a, half twist	3.0
305e, spinning 360°	2.5	125b, full twist	3.2
305f, continuous spin (720°)	3.1	125c, twirl	3.1
305h, spin up 180°	2.6	125d, spinning 180°	2.7
305i, spin up 360°	2.7	125e, spinning 360°	2.7

125f, continuous spin (720°)	3.0	311	Kip	1.6
125g, twist spin	3.3	311a, half twist	2.0
125h, spin up 180°	3.3	311b, full twist	2.2
125i, spin up 360°	3.3	311c, twirl	2.1
128	Eiffel Walk	2.7	311d, spinning 180°	1.7
322	Elevator	2.5	311e, spinning 360°	1.7
130	Flamingo	2.4	311f, continuous spin (720°)	2.0
130a, half twist	2.8	311g, twist spin	2.2
130b, full twist	3.0	311h, spin up 180°	2.2
130c, twirl	2.9	311i, spin up 360°	2.3
130d, spinning 180°	2.4	311j, combined spin (360°+360°)	2.4
130e, spinning 360°	2.5	318	Kip, Bent Knee	1.8
130f, continuous spin (720°)	2.8	312	Kip, Split	2.3
130g, twist spin	3.0	313	Kip, Split, Closing 180°	2.2
130h, spin up 180°	3.0	314	Kip, Split, Open 360°	2.9
130i, spin up 360°	3.0	316	Kipnus	1.4
130j, combined spin (360°+360°)	3.1	317	Kipnus, Variant	1.9
140	Flamingo, Bent Knee	2.3	319	Kipswirl	1.7
140a, half twist	2.7	319c, twirl	2.1
140b, full twist	2.9	319d, spinning 180°	1.7
140c, twirl	2.8	319e, spinning 360°	1.8
140d, spinning 180°	2.4	319f, continuous spin (720°)	2.0
140e, spinning 360°	2.4	320	Kipswirl, Split, Closing 180°	2.3
140f, continuous spin (720°)	2.7	321	Kipswirl, Split, Closing 360°	2.5
140g, twist spin	2.9	150	Knight	3.1
140h, spin up 180°	2.9	328	Lagoon	2.4
140i, spin up 360°	3.0	154	London	2.0
140j, combined spin (360°+360°)	3.1	154j-1, combined spin 360° _(360°+360°)	2.7
359	Front Ariana	2.2	154j-2, combined spin 720° _(720°+720°)	2.9
307	Flying Fish	2.4	142	Manta Ray	2.8
307d, spinning 180°	2.6	347	Minerva	2.0
307e, spinning 360°	2.9	344	Neptunus	1.6
335	Gaviata	2.3	435	Nova	2.2
336	Gaviata, Open 180°	2.4	435c, twirl	2.7
241	Goeland	2.0	435d, spinning 180°	2.3
118	Helicopter	2.0	435e, spinning 360°	2.3
342	Heron	1.9	435f, continuous spin (720°)	2.6
342c, twirl	2.4	435g, twist spin	2.8
342d, spinning 180°	2.1	438	Oceanea	2.2
342e, spinning 360°	2.2	439	Oceanita	1.8
342f, continuous spin (720°)	2.4	460	Oyster	1.2
342h, spin up 180°	2.4	355	Porpoise	1.8
342i, spin up 360°	2.4	355a, half twist	2.2
410	Hightower	3.3	355b, full twist	2.4
112	Ibis	2.5	355c, twirl	2.3
112a, half twist	2.9	355d, spinning 180°	1.9
112b, full twist	3.1	355e, spinning 360°	1.9
112c, twirl	3.0	355f, continuous spin (720°)	2.2
112d, spinning 180°	2.5	355g, twist spin	2.5
112e, spinning 360°	2.6	355h, spin up 180°	2.5
112f, continuous spin (720°)	2.9	355i, spin up 360°	2.5
112g, twist spin	3.1	355j, combined spin (360°+360°)	2.6
112h, spin up 180°	3.1	361	Prawn	1.5
112i, spin up 360°	3.1	345	Reverse Catalina	2.1
112j, combined spin (360°+360°)	3.2	143	Rio	3.1
440	Ipanema	3.0	144	Rio Straight Leg	3.1
440d, spinning 180°	3.1	315	Seagull	2.2
351	Jupiter	2.8	315c, twirl	2.7

315d, spinning 180°	2.2		
315e, spinning 360°	2.3		
315f, continuous spin (720°)	2.6		
315h, spin up 180°	2.8		
315i, spin up 360°	2.8		
441	Saturn	2.5	407	Swordfish, Straight Leg Ariana
441e, spinning 360°	2.6		Rotation
346	Side Fishtail Split	2.0	403	Swordtail
303	Somersault, Back Pike	1.4	348	Tower
310	Somersault, Back Tuck	1.1	348a, half twist
323	Somersault, Front Pike	1.4	348b, full twist
324	Somersub	1.9	348c, twirl
141	Stingray	3.1	348d, spinning 180°
325	Subalina	2.2	348e, spinning 360°
326	Subilarc	2.8	348f, continuous spin (720°)
341	Sunfish	2.4	348g, twist spin
362	Surface Prawn	1.3	348h, spin up 180°
226	Swan	2.1	348i, spin up 360°
227	Swanita	1.8	348j, combined spin (360°+360°)
227d, spinning 180°	1.9	475	Tub
405	Swordalina	2.5	352	Venus
402	Swordasub	2.3	420	Walkover, Back
401	Swordfish	2.1	421	Walkover, Back, Closing 360°
406	Swordfish, Straight Leg	2.3	360	Walkover, Front
			363	Water Drop
			356	Whip
			356f, continuous spin (720°)
			364	Whirlwind
				2.7

FIGURE RULE I
B. THE FOUR CATEGORIES OF FIGURES

CATEGORY I
BALLET LEG CATEGORY

100	Bent Knee, Alternate	1.1	125d	..., spinning 180°	2.7
101	Ballet Leg, Single	1.6	125e	..., spinning 360°	2.7
102	Ballet Legs, Alternate	2.4	125f	..., continuous spin (720°)	3.0
103	Ballet Leg Submarine, Single	2.1	125g	..., twist spin	3.3
106	Ballet Leg, Straight	1.6	125h	..., spin up 180°	3.3
110	Ballet Leg, Double	1.6	125i	..., spin up 360°	3.3
111	Ballet Leg Submarine, Double	2.2	128	Eiffel Walk	2.7
112	Ibis	2.5	130	Flamingo	2.4
112a	..., half twist	2.9	130a	..., half twist	2.8
112b	..., full twist	3.1	130b	..., full twist	3.0
112c	..., twirl	3.0	130c	..., twirl	2.9
112d	..., spinning 180°	2.5	130d	..., spinning 180°	2.4
112e	..., spinning 360°	2.6	130e	..., spinning 360°	2.5
112f	..., continuous spin (720°)	2.9	130f	..., continuous spin (720°)	2.8
112g	..., twist spin	3.1	130g	..., twist spin	3.0
112h	..., spin up 180°	3.1	130h	..., spin up 180°	3.0
112i	..., spin up 360°	3.1	130i	..., spin up 360°	3.0
112j	..., combined spin (360°+360°)	3.2	130j	..., combined spin (360°+360°)	3.1
113	Crane	3.7	140	Flamingo, Bent Knee	2.3
115	Catalina	2.3	140a	..., half twist	2.7
115a	..., half twist	2.7	140b	..., full twist	2.9
115b	..., full twist	2.9	140c	..., twirl	2.8
115c	..., twirl	2.8	140d	..., spinning 180°	2.4
115d	..., spinning 180°	2.4	140e	..., spinning 360°	2.4
115e	..., spinning 360°	2.4	140f	..., continuous spin (720°)	2.7
115f	..., continuous spin (720°)	2.7	140g	..., twist spin	2.9
115g	..., twist spin	2.9	140h	..., spin up 180°	2.9
115h	..., spin up 180°	2.9	140i	..., spin up 360°	3.0
115i	..., spin up 360°	3.0	140j	..., combined spin (360°+360°)	3.1
115j	..., combined spin (360°+360°)	3.1	141	Stingray	3.1
116	Catalarc	2.9	142	Manta Ray	2.8
117	Catalarc, Open 180°	3.0	143	Rio	3.1
118	Helicopter	2.0	144	Rio Straight Leg	3.1
125	Eiffel Tower	2.6	150	Knight	3.1
125a	..., half twist	3.0	154	London	2.0
125b	..., full twist	3.2	154j-1	..., combined spin 360° ^(360°+360°)	2.7
125c	..., twirl	3.1	154j-2	..., combined spin 720° ^(720°+720°)	2.9

CATEGORY II
DOLPHIN CATEGORY

201	Dolphin	1.4	240c	..., twirl	2.3
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

CATEGORY III SOMERSAULT CATEGORY

301	Barracuda	1.8	319e, spinning 360°	1.8
301c, twirl	2.5	319f, continuous spin (720°)	2.0
301d, spinning 180°	2.0	320	Kipswirl, Split, Closing 180°	2.3
301e, spinning 360°	2.3	321	Kipswirl, Split, Closing 360°	2.5
301f, continuous spin (720°)	2.8	322	Elevator	2.5
301h, spin up 180°	2.4	323	Somersault, Front Pike	1.4
301i, spin up 360°	2.4	324	Somersub	1.9
302	Blossom	1.4	325	Subalina	2.2
303	Somersault, Back Pike	1.4	326	Subilarc	2.8
305	Barracuda, Back Pike		327	Ballerina	1.8
	Somersault	2.3	328	Lagoon	2.4
305c, twirl	2.9	330	Aurora	2.3
305d, spinning 180°	2.4	330a, half twist	2.7
305e, spinning 360°	2.5	330c, twirl	2.8
305f, continuous spin (720°)	3.1	330d, spinning 180°	2.3
305h, spin up 180°	2.6	330e, spinning 360°	2.4
305i, spin up 360°	2.7	330f, continuous spin (720°)	2.7
305j, combined spin (360°+360°)	3.1	330g, twist spin	2.9
306	Barracuda, Bent Knee	1.7	331	Aurora, Open 180°	3.0
306d, spinning 180°	1.8	332	Aurora, Open 360°	3.1
306e, spinning 360°	1.9	335	Gaviata	2.3
307	Flying Fish	2.4	336	Gaviata, Open 180°	2.4
307d, spinning 180°	2.6	340	Angelfish	2.5
307e, spinning 360°	2.9	341	Sunfish	2.4
308	Barracuda Airborne Split	2.3	342	Heron	1.9
308h, spin up 180°	2.9	342c, twirl	2.4
308i, spin up 360°	3.0	342d, spinning 180°	2.1
310	Somersault, Back Tuck	1.1	142e, spinning 360°	2.2
311	Kip	1.6	342f, continuous spin (720°)	2.4
311a, half twist	2.0	342h, spin up 180°	2.4
311b, full twist	2.2	342i, spin up 360°	2.4
311c, twirl	2.1	343	Butterfly	2.5
311d, spinning 180°	1.7	344	Neptunus	1.6
311e, spinning 360°	1.7	345	Reverse Catalina	2.1
311f, continuous spin (720°)	2.0	346	Side Fishtail Split	2.0
311g, twist spin	2.2	347	Minerva	2.0
311h, spin up 180°	2.2	348	Tower	1.9
311i, spin up 360°	2.3	348a, half twist	2.2
311j, combined spin (360°+360°)	2.4	348b, full twist	2.4
312	Kip, Split	2.3	348c, twirl	2.3
313	Kip, Split, Closing 180°	2.2	348d, spinning 180°	1.9
314	Kip, Split, Open 360°	2.9	348e, spinning 360°	2.0
315	Seagull	2.2	348f, continuous spin (720°)	2.3
315c, twirl	2.7	348g, twist spin	2.7
315d, spinning 180°	2.2	348h, spin up 180°	2.3
315e, spinning 360°	2.3	348i, spin up 360°	2.4
315f, continuous spin (720°)	2.6	348j, combined spin (360°+360°)	2.6
315h, spin up 180°	2.8	349	Beluga	2.1
315i, spin up 360°	2.8	350	Dalecarlia	2.6
316	Kipnus	1.4	351	Jupiter	2.8
317	Kipnus, Variant	1.9	352	Venus	3.0
318	Kip, Bent Knee	1.8	355	Porpoise	1.8
319	Kipswirl	1.7	355a, half twist	2.2
319c, twirl	2.1	355b, full twist	2.4
319d, spinning 180°	1.7	355c, twirl	2.3

CATEGORY III (CONTINUED)
SOMERSAULT CATEGORY

355d, spinning 180°	1.9	363	Water Drop	1.8
355e, spinning 360°	1.9	364	Whirlwind	2.7
355f, continuous spin (720°)	2.2	380	Barracuda, Front Pike	
355g, twist spin	2.5		Somersault	2.2
355h, spin up 180°	2.5	380c, swirl	2.8
355i, spin up 360°	2.5	380d, spinning 180°	2.3
355j, combined spin (360°+360°)	2.6	380e, spinning 360°	2.4
356	Whip	2.6	380f, continuous spin (720°)	2.9
356f, continuous spin (720°)	3.0	380h, spin up 180°	2.7
359	Front Ariana	2.2	380i, spin up 360°	2.8
360	Walkover, Front	1.9	380j, combined spin (360°+360°)	3.0
361	Prawn	1.5			
362	Surface Prawn	1.3			

CATEGORY IV
DIVERSE CATEGORY

401	Swordfish	2.1	435f, continuous spin (720°)	2.6
402	Swordasub	2.3	435g, twist spin	2.8
403	Swordtail	2.3	436	Cyclone	2.4
405	Swordalina	2.5	436c, swirl	2.8
406	Swordfish, Straight Leg	2.3	436d, spinning 180°	2.4
407	Swordfish, Straight Leg Ariana		436e, spinning 360°	2.4
	Rotation	2.6	436f, continuous spin (720°)	2.7
410	Hightower	3.3	437	Cyclone, Open 180°	2.6
413	Alba	2.7	438	Oceanea	2.2
419	Crayfish	1.7	439	Oceanita	1.8
420	Walkover, Back	2.1	440	Ipanema	3.0
421	Walkover, Back, Closing 360°	2.4	440d, spinning 180°	3.1
423	Ariana	2.5	441	Saturn	2.5
435	Nova	2.2	441e, spinning 360°	2.6
435c, swirl	2.7	460	Oyster	1.2
435d, spinning 180°	2.3	475	Tub	1.1
435e, spinning 360°	2.3			

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
302	Blossom	1.4
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
318	Kip, Bent Knee

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:

106	Ballet Leg, Straight	1.6
301	Barracuda	1.8

SELECTION GROUPS:

Group 1

359	Front Ariana
348	Tower

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

2.6

Group 2

308h Barracuda Airborne Split, Spin Up 180°

407 Swordfish, Straight Leg Ariana Rotation

2.9

2.6

Section B:

Group 3

356f Whip, Continuous Spin 720°

441 Saturn

3.0

2.5

Group 4

352 Venus

240i Albatross, Spin Up 360°

3.0

2.5

Section C:

Group 5

140j Flamingo, BK Comb Spin 360°+360°

421 Walkover, Back, Closing 360°

3.1

2.4

Group 6

440d Ipanema, Spinning 180°

154f London Continuous Spin 720°

3.1

2.4

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 DISABILITIES - PHYSICAL AND COGNITIVE FIGURES:

TIER 1 COMPULSORY FIGURES:

BPA Back Layout

460 Oyster

0.4

1.2

TIER 1 SELECTION GROUPS:

Group 1 (Odd year)

475 Tub

BPO Split Position

1.1

0.6

Group 2 (Even year)

BPK Front Layout Position

BPE Bent Knee Vertical Position

0.4

0.6

TIER 2 COMPULSORY FIGURES:

100 Bent Knee, Alternate

302 Blossom

1.1

1.4

TIER 2 SELECTION GROUPS:

Group 1 (Odd year)

310 Somersault, Back Tuck

BPO Split to Close at Ankles

1.1

0.8

Group 2 (Even year)

BMK Front Pike Position (Assume)

201 Dolphin

0.7

1.4

TIER 3 COMPULSORY FIGURES:

101 Ballet Leg, Single

306 Barracuda, Bent Knee

1.6

1.7

TIER 3 SELECTION GROUPS:

Group 1 (Odd year)

316 Kipnus

360 Walkover, Front

1.4

1.9

Group 2 (Even year)

344 Neptunus

419 Crayfish

1.6

1.7

TIER 4 COMPULSORY FIGURES:

106	Ballet Leg, Straight	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.

F. COLLEGIATE SELECTION GROUP ROTATION CHART:

Year	For Categories C and D in All Collegiate Competitions
2025	Group 3
2026	Group 1
2027	Group 2

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:

106	Ballet Leg, Straight	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
345	Reverse Catalina	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 Figure Rule VI.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

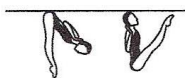
A. Back Layout Position:

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:

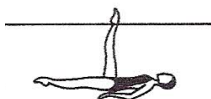
Surface:

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:

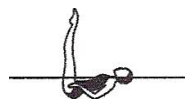
The head, trunk and horizontal leg are parallel to the surface **of the water**. One leg is perpendicular to the surface **of the water**, with the water line between the knee and the ankle of that leg.



D. Ballet Leg, Double, Positions:

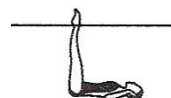
Surface:

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:

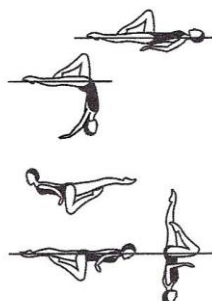
The trunk and head are parallel to the **surface of the water**. Both legs are fully extended, at a 90° angle to the trunk and to the **surface of the water**. The water line is between the knees and the ankles **of the extended legs**.



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



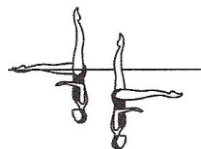
Bent Knee Dolphin Arch Position and

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.

F. 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.



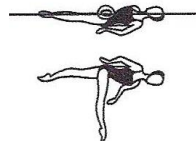
G. Dolphin Arch Position:

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



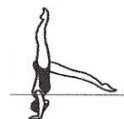
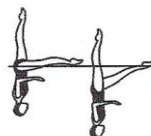
H. Eiffel Position:

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



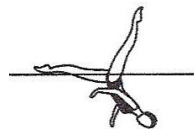
I. Fishtail Position:

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.



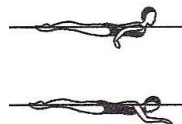
Submerged:

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.



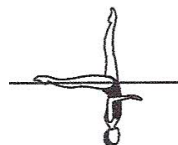
Surface Front Pike Position:

Heels and back of the thighs are at the surface.



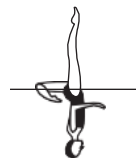
M. **Knight Position:**

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.



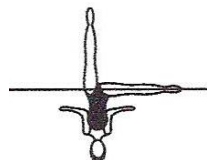
Knight Variant Position:

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.

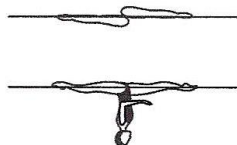


O. **Split Positions:**

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.

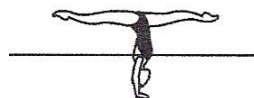
Surface Split Position:

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 parallel to the surface of the water, with the thighs perpendicular. Head in line with the trunk. The face is at the surface of the water.



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.

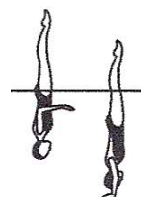
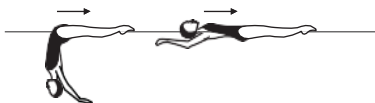


FIGURE RULE V BASIC TRANSITIONS AND MOVEMENTS

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. Archup to Back Layout:

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.



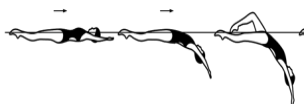
Back Layout to Surface Arch to assume:

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:

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

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:

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:

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:*

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:*

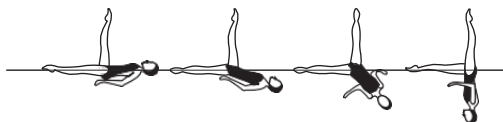
From a **Bent Knee Surface Arch Position**, the hips remain stationary as the toe of the bent leg slides along the inside of the extended leg while the bent leg straightens to assume a **Surface Arch Position**.



F. *Catalina Rotation:*

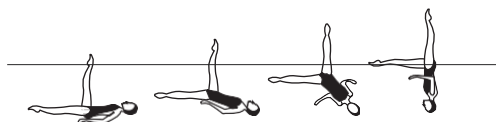
Surface

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**.



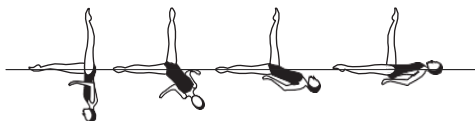
Rising

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.



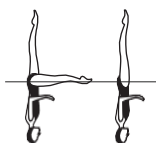
G. *Catalina, Reverse, Rotation:*

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.

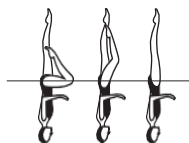


H. *Close to Vertical Position:*

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**.

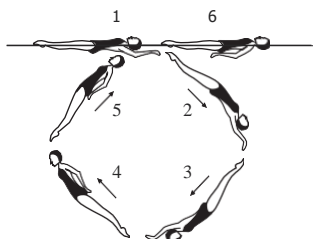


From a **Bent Knee Vertical Position**, without movement of the vertical leg, **head or trunk**, and **with minimal change in water level**, the **toe** of the bent leg slides along the inside of the vertical leg to assume a **Vertical Position**.



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**.



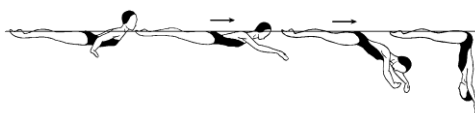
J. *Fouette' Rotation:*

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:*

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.



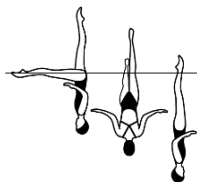
L. *Front Pike Position to Submerged Ballet Leg Double Position:*

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:*

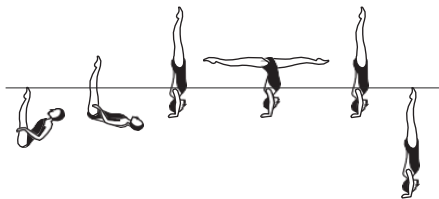
From a **Fishtail Position**, during a descending rotation, the horizontal leg is lifted while closing into the vertical leg to assume a **Vertical Position** which is completed as the ankles reach the surface of the water.



Note: For *Spinning 180°*, *Spinning 360°*, *Continuous Spin 720°* and *Rapid Airborne Spinning 180°* descriptions, see Basic Movement O, Spins.

N. *Rocket Split:*

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:*

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.

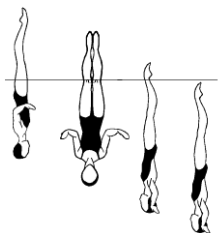
The acceptable allowance for other *Spins* (180° *Spin*, 360° *Spin*, 720° *Spin*, *Twist Spin*, *Spin Up* 180°, *Spin Up* 360°) is up to ¼ less than/more than the required rotation. Note: There is no spin allowance for a *Combined Spin* or *Reverse Combined Spin*.

d) *Rapid Airborne Spinning 180°*: from an airborne **Fishtail Position**, during a rapid *descending Spin* with a rotation of 180°, the horizontal leg is rapidly lifted while closing into the vertical leg to a **Vertical Position** which is completed as the ankles reach the surface of the water, followed by a rapid *Vertical Descent*.

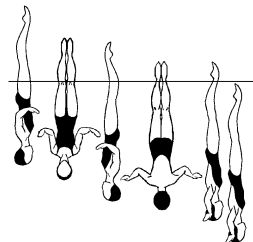
l) *Bent Knee Combined Spin*: a *descending Spin* in a **Bent Knee Vertical Position** of at least 360° followed without a pause by an equal *ascending Spin* in the same direction in a **Bent Knee Vertical Position**. The *ascending Spin* reaches the same height where the *descending Spin* started.

m) *Reverse Bent Knee Combined Spin*: 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**.

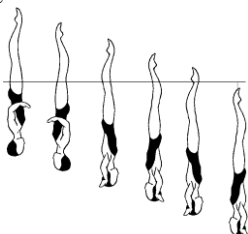
Spinning 180° is a *Descending Spin* with a rotation of 180°.



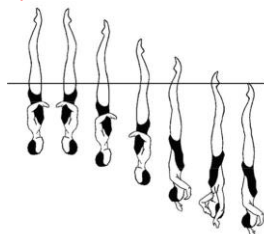
Spinning 360° is a *Descending Spin* with a rotation of 360°.



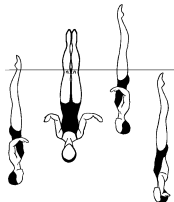
Continuous Spin is a *Descending Spin* with a rapid rotation of: 720° (2), 1080° (3), or 1440° (4) which is completed as the ankles reach the surface of the water and continues through submergence.



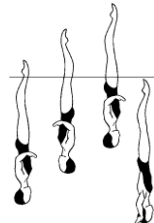
Twist Spin is a *Half Twist* (see Figure Rule V.P), executed at the height of the vertical, followed, without a pause, by a *Continuous Spin* of 720° (2), performed in the same direction at the *Half Twist*.



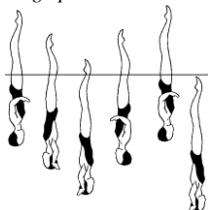
Spin Up 180° is an *Ascending Spin* with a rotation of 180°.



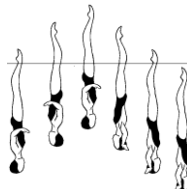
Spin Up 360° is an *Ascending Spin* with a rotation of 360°.



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.

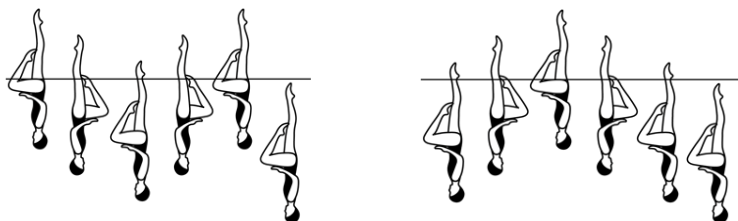


Reverse Combined Spin is an *Ascending Spin* of at least 360° followed, without a pause, by an equal *Descending Spin* in the same direction.



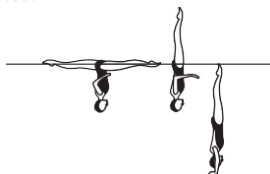
Bent Knee Combined Spin is a *Descending Spin* in a **Bent Knee Vertical Position** of at least 360°, followed, without a pause, by an equal *Ascending Spin* in the same direction in a **Bent Knee Vertical Position**. The *Ascending Spin* reaches the same height where the *Descending Spin* started.

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**.



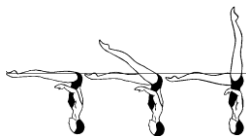
P. *Split to Vertical Descent*

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



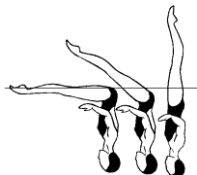
Q. *Surface Front Pike Position to Crane Position:*

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**.



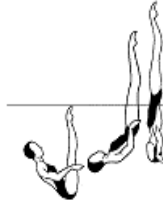
R. *Surface Front Pike Position to Vertical Position:*

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*

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

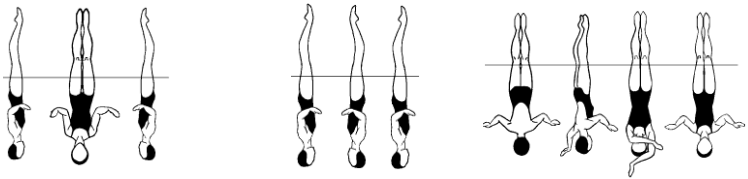
Deviation allowances for the *Thrust* action are unique and allow for the legs to be up to an additional 15° off the vertical line. Deductions are as follows:

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

T. *Twist*:

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.

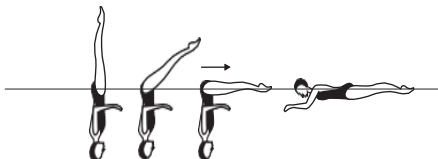
U. *Vertical Descent:*

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:*

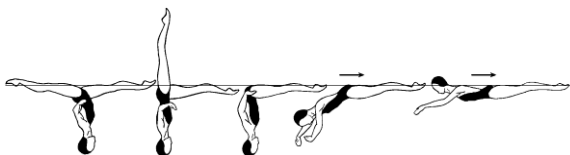
From a **Vertical Position**, without movement of the **head and trunk**, the legs are lowered to **assume** a **Surface Front Pike Position**. The feet and hips move along the surface **of the water** until the body straightens to **assume** a **Front Layout Position** as the head surfaces at the position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



W. *Walkout:*

Back Walkout: Split to Front Pike to Front Layout:

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:

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**.

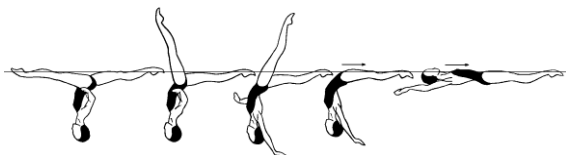


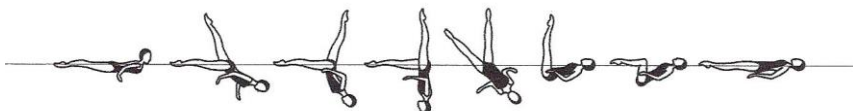
FIGURE RULE VI DESCRIPTION OF FIGURES FOR ARTISTIC SWIMMING

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.

413. Alba

Difficulty 2.7

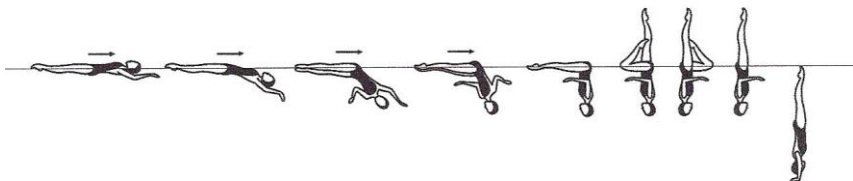
From a **Front Layout Position**, a Hightower (410) is executed to a **Fishtail Position**. **Without lateral movement, and with minimal change in water level**, the hips rotate 180° as the trunk rises, and the horizontal leg is lifted to assume a **Surface Double Ballet Leg Position**. **Without movement of the thighs**, the legs are **lowered** to assume a **Tub Position**. The **knees, shins and toes** remain at the surface **of the water** as the legs are straightened to **assume** a **Back Layout Position**.



240. Albatross

Difficulty 2.2

From a **Back Layout Position**, **the head descends** as a Dolphin (201) is initiated. The hips, legs and feet continue to move along the surface **of the water** as the body **gradually rolls on to the face** while the trunk descends to **assume** a **Surface Front Pike Position**. **Without movement of the head and trunk, and with minimal change in water level**, the legs are simultaneously **lifted** to **assume** a **Bent Knee Vertical Position**. A **Half Twist** is executed. **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**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



240a to 240e and 240h to 240 j, see Twists and Spins, Figure Rule V.

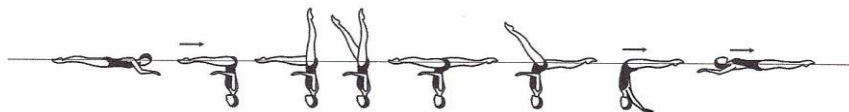
Difficulty, see I.A

240a to 240e. An Albatross is executed until the **Half Twist** is completed. Following the **Half Twist**, the designated **Twist** or **Spin** is executed as the **toe of the bent leg** **slides along the inside of the vertical leg** to **assume** a **Vertical Position**. A **Vertical Descent** is executed.

240h to 240i. An Albatross is executed until the **Half Twist** is completed. Following the **Half Twist**, while maintaining the **Bent Knee Vertical Position**, a **Vertical Descent** is executed to the ankle of the extended leg. During the designated **Spin Up**, the **toe of the bent leg** **slides along the inside of the vertical leg** to **assume** a **Vertical Position**. A **Vertical Descent** is executed.

240j. An Albatross is executed until the **Half Twist** is completed. Following the **Half Twist**, a **Combined Spin** is executed. During the **Descending Spin**, the **toe of the bent leg** **slides along the inside of the vertical leg** to **assume** a **Vertical Position** and during the **Ascending Spin**, the **toe of the bent leg** **slides along the inside of the vertical leg** to **resume** a **Bent Knee Vertical Position**. Maintaining the **Bent Knee Vertical Position**, a final **Vertical Descent** is executed.

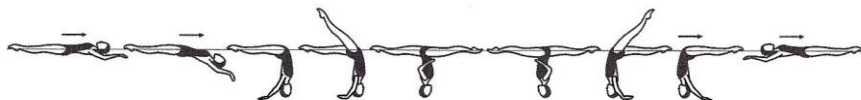
From a **Front Layout Position**, a **Tower (348)** is executed a **Fishtail Position**. With head and shoulders remaining vertically aligned with the hips, and with minimal change in water level, the horizontal leg is lifted in a 180° arc over the surface of the water, passing the vertical leg, which 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.



423. Ariana

Difficulty 2.5

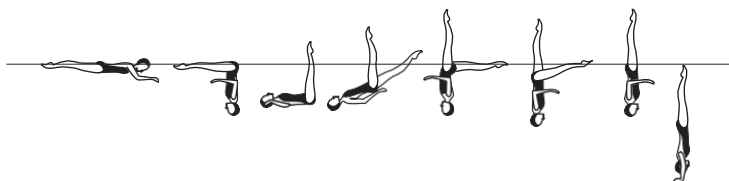
From a **Back Layout Position**, a Back Walkover (420) is executed to a **Split Position**. From a **Split Position**, an **Ariana Rotation** is performed by maintaining the relative position of the legs to the surface of the water, the hips rotate 180° . The hips remain stationary as the front leg is lifted in a 180° arc over the surface of the water to meet the opposite leg to assume a **Surface Arch Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, resuming a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



330. Aurora

Difficulty 2.3

From a **Front Layout Position**, a partial Front Pike Somersault (323) is executed to a **Submerged Double Ballet Leg Position**. One leg rises vertically as the other moves along the surface of the water, while the trunk moves under the hips to assume a **Knight Position**. Maintaining the vertical alignment of the body, and with minimal change in water level, the body rotates 180° along its longitudinal axis to assume a **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**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



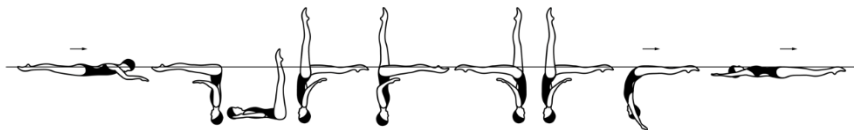
330a and 330c to 330g, see Twists and Spins, Figure Rule V.

Difficulties, see I.A

330a, 330c to 330e. An Aurora is executed to a **Vertical Position**. From the **Vertical Position**, the designated **Twist** or **Spin** is executed. A **Vertical Descent** is executed.

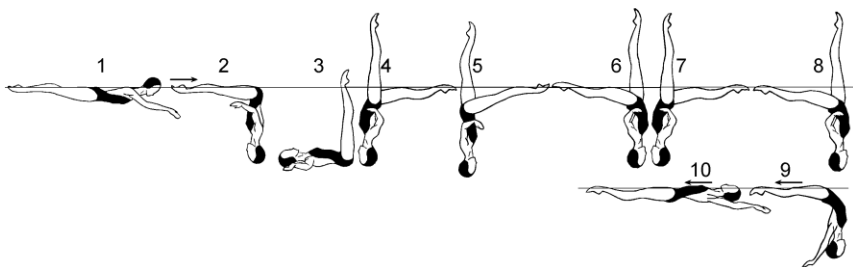
330f to 330g. An Aurora is executed to a **Vertical Position**. From the **Vertical Position**, the designated **Spin** is executed through submergence to complete the figure.

From a **Front Layout Position**, an Aurora (330) is executed to a **Fishtail Position**. Maintaining the vertical alignment of the body, the foot of the horizontal leg is moved, with accelerating speed, in a horizontal arc of 180° at the surface of the water, to assume a **Knight Position**. Maintaining the **Knight Position**, with continuous movement and accelerating speed, an additional 180° rotation is executed in the same direction. 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.



332. Aurora, Open 360°

From a **Front Layout Position**, an Aurora (330) is executed to a **Fishtail Position**. Maintaining the vertical alignment of the body, the foot of the horizontal leg is moved, with accelerating speed, in a horizontal arc of 180° at the surface of the water, to assume a **Knight Position**. Maintaining the **Knight Position**, with continuous movement and accelerating speed, an additional 360° rotation is executed in the same direction. 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.



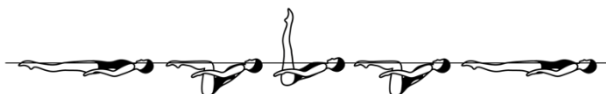
From a **Front Layout Position**, a partial Front Pike Somersault (323) is executed to a **Submerged Double Ballet Leg Position**. One leg is lowered to assume a **Submerged Flamingo Position**. Maintaining the **Submerged Flamingo Position**, the body rises to assume a **Surface Flamingo Position**. The ballet leg is lowered in a 90° arc to the surface of the water as the other leg moves to assume a **Bent Knee Back Layout Position**. The toe of the bent leg moves along the inside of the extended leg to assume a **Back Layout Position**.



110. Ballet Leg, Double

Difficulty 1.6

From a **Back Layout Position**, the knees, shins and toes move along the surface of the water to assume a **Tub Position**. Without movement of the thighs, the legs are straightened to assume a **Surface Double Ballet Leg Position**. Without movement of the thighs, the legs are lowered to resume a **Tub Position**. With the knees, shins and toes moving along the surface of the water, the legs are straightened to resume a **Back Layout Position**.



101. Ballet Leg, Single

Difficulty 1.6

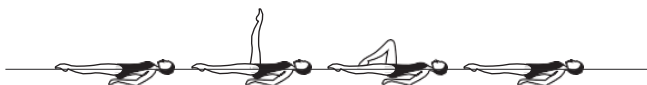
From a **Back Layout Position**, with one leg remaining extended at the surface of the water throughout, the toe of the other leg slides along the inside of the extended leg, to assume a **Bent Knee Back Layout Position**. Without movement of the thigh, the bent leg is straightened to assume a **Surface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



106. Ballet Leg, Straight

Difficulty 1.6

From a **Back Layout Position**, with one leg remaining extended at the surface of the water, the other leg is lifted straight to assume a **Ballet Leg Position**. Without movement of the thigh, the ballet leg is lowered to assume a **Bent Knee Back Layout Position**. The toe slides along the inside of the extended leg to resume a **Back Layout Position**.



111. Ballet Leg Submarine, Double

Difficulty 2.2

From a **Back Layout Position**, a Ballet Leg, Double (110) is executed to a **Surface Double Ballet Leg Position**. The body **descends** vertically **and parallel to the surface of the water** to **assume** a **Submerged Double Ballet Leg Position**. Maintaining the **Double Ballet Leg Position** parallel to the **surface of the water**, the body **ascends** vertically to **resume** a **Surface Double Ballet Leg Position**. Without movement of the thighs, the **legs** are **lowered**, to **resume** a **Tub Position**. The shins remain at the surface **of the water** as the **legs** are straightened to resume a **Back Layout Position**.



103. Ballet Leg Submarine, Single

Difficulty 2.1

From a **Back Layout Position**, a Ballet Leg, Single (101) is executed to **assume** a **Surface Ballet Leg Position**. The body **descends** vertically **and parallel to the surface of the water** to **assume** a **Submerged Ballet Leg Position**. Maintaining the **Ballet Leg Position** parallel to the surface **of the water**, the body **ascends** vertically to **resume** a **Surface Ballet Leg Position**. Without movement of the thigh, the ballet leg is **lowered** to **resume** a **Bent Knee Back Layout Position**. The **toe slides** along the inside of the extended leg **to resume** a **Back Layout Position**.



102. Ballet Legs, Alternate

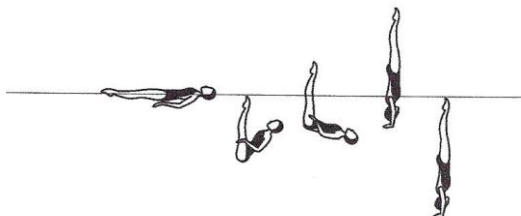
Difficulty 2.4

From a **Back Layout Position**, a Ballet Leg, Single (101) is executed with each leg alternately.

301. Barracuda

Difficulty 1.8

From a **Back Layout Position**, the legs are **lifted** to the vertical as the body is submerged to **assume a Back Pike Position** 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.



301c to 301f and 301h to 301i, see Twists and Spins, Figure Rule V.

Difficulties, see I.A

301c. A Barracuda 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*.

301d to 301e. A Barracuda 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*.

301f. A Barracuda 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.

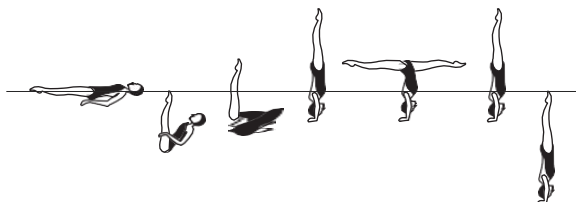
301h to 301i. A Barracuda is executed to a **Vertical Position**. From the **Vertical Position**, a *Vertical Descent* is executed at the same tempo as the *Thrust*, pausing at the ankles, which precedes the designated *Ascending Spin**. Maintaining the **Vertical Position**, a *Vertical Descent* is 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**.

308. Barracuda Airborne Split

Difficulty 2.3

From a **Back Layout Position**, a Barracuda (301) is executed to a **Vertical Position**. Maximum height is desirable. Maintaining maximum height, the legs are **rapidly and simultaneously** split to assume an **Airborne Split Position** and rejoin to a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis, at the same tempo as the *Thrust*, until the toes are submerged.



308h to 308i, see Twists and Spins, Figure Rule V.

Difficulties, see I.A

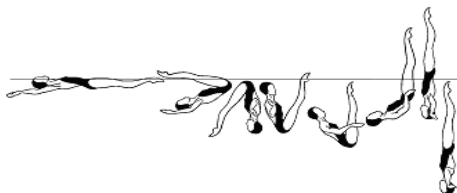
308h to 308i. A Barracuda Airborne Split is executed to a rejoined **Vertical Position**. From the **Vertical Position**, a *Vertical Descent* is executed at the same tempo as the *Thrust*, pausing at the

ankles, which precedes the rapid designated *Ascending Spin*. Maintaining the **Vertical Position**, a *Vertical Descent* is executed at the same tempo as the *Thrust*.

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*.

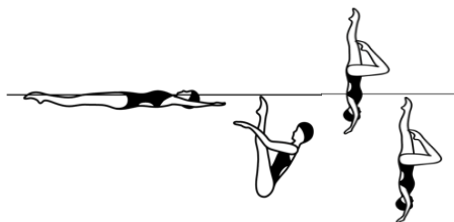
305d, 305e and 305j. A Barracuda, Back Pike Somersault is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Spin* is executed at the same tempo as the *Thrust*. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

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 rotates simultaneously rotates, evenly and at the same tempo as the root figure **Back Layout Position** to **Back Pike Position**.

From a **Back Layout Position**, a Barracuda (301) is executed to 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 and one toe slides along the inside of the extended leg to assume a **Bent Knee Vertical Position**. Maximum height is desirable. Maintaining the **Bent Knee Vertical Position**, the body descends along its longitudinal axis, at the same tempo as the *Thrust*, until the toes are submerged.



306d to 306e, see Twists and Spins, Figure Rule V.

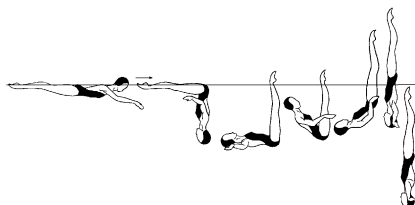
Difficulties, see I.A

306d to 306e. A Barracuda, Bent Knee is executed to a **Bent Knee Vertical Position**. From the **Bent Knee Vertical Position**, the designated *Spin* is executed at the same tempo as the *Thrust* as the toe of the bent leg slides along the inside of the extended leg to assume a **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

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.

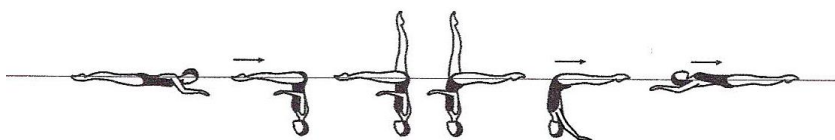
380h to 380i. A Barracuda, Front Pike Somersault is executed to a **Vertical Position**. From the **Vertical Position**, a *Vertical Descent* is executed at the same tempo as the *Thrust*, pausing at the ankles, which precedes the designated *Ascending Spin**. Maintaining the **Vertical Position**, a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

349. Beluga

Difficulty 2.1

From a **Front Layout Position**, a **Tower (348)** is executed to assume a **Fishtail Position**. Maintaining the vertical alignment of the body, the foot of the horizontal leg is moved with accelerating speed in a horizontal arc of 180° at the surface of the water 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** at the same tempo as the **Front Layout Position** to **Fishtail 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.



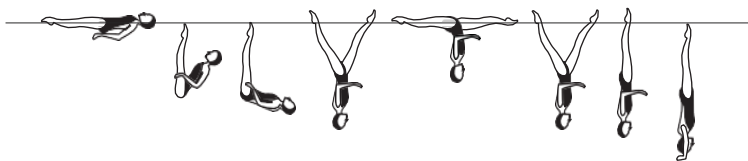
100. Bent Knee, Alternate

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**.



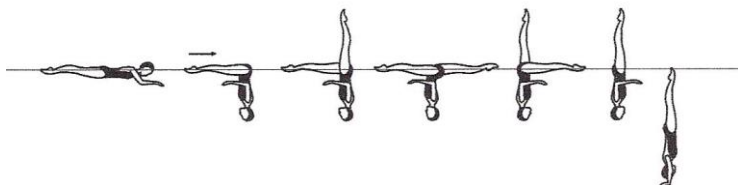
From a **Back Layout Position**, the legs are lifted to the vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface of the water. From the submerged **Back Pike Position**, the feet separate along the surface of the water as a vertical upward movement of the legs and hips is executed as the body unrolls to assume 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.



343. Butterfly

Difficulty 2.5

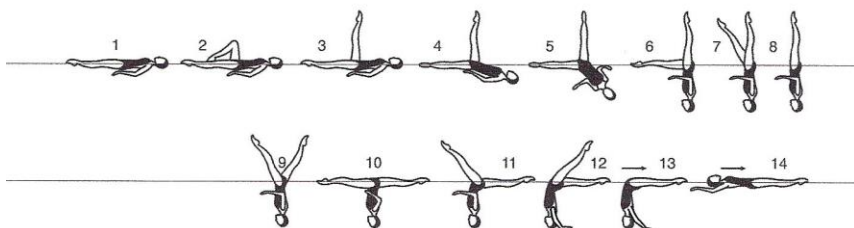
From a **Front Layout Position**, a **Tower (348)** is executed to a **Fishtail Position**. The horizontal leg is rapidly lifted in a 180° arc over the surface of the water as the vertical leg is simultaneously lowered to assume a **Split Position**, without hesitating, a rapid hip rotation of 180° is executed as the front leg is lifted to assume a **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** at the same tempo as the movement from the **Front Layout Position** to the first **Fishtail Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



116. Catalarc

Difficulty 2.9

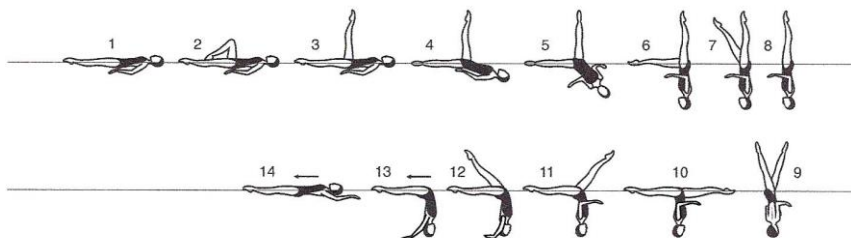
From a **Back Layout Position**, a Catalina (115) is executed to a **Fishtail Position**. With head and shoulders remaining vertically aligned with the hips, and with minimal change in water level, the horizontal leg is lifted in a 180° arc over the surface of the water, passing the vertical leg, which 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 to assume a **Surface Arch Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, resuming a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



117. Catalarc, Open 180°

Difficulty 3.0

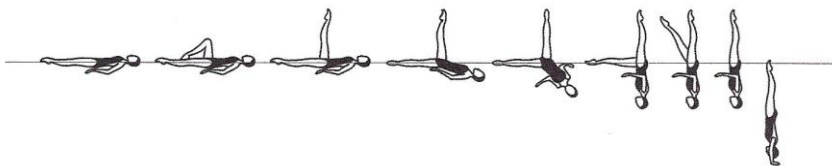
From a **Back Layout Position**, a Catalina (115) is executed to a **Fishtail Position**. With head and shoulders remaining vertically aligned with the hips, and with minimal change in water level, the horizontal leg is lifted toward the vertical leg. As the **horizontal leg passes the vertical leg, the vertical leg symmetrically moves in the opposite direction** as a 180° rotation of the body is **initiated** and continued 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 to **assume a Surface Arch Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, **resuming a Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



115. Catalina

Difficulty 2.3

From a **Back Layout Position**, a Ballet Leg, Single (101) is executed to a **Surface Ballet Leg Position**. From a **Surface Ballet Leg Position**, a **Catalina Rotation** is performed to a **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**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



115a to 115j, see Twists and Spins, Figure Rule V.

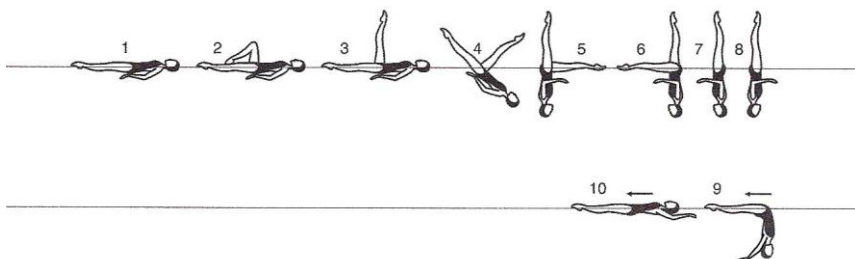
Difficulties, see I.A

115a to 115e and 115j. A Catalina is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Twist* or *Spin* is executed. A **Vertical Descent** is executed.

115f to 115g. A Catalina is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Spin* is executed through submergence to complete the figure.

115h to 115i. A Catalina 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.

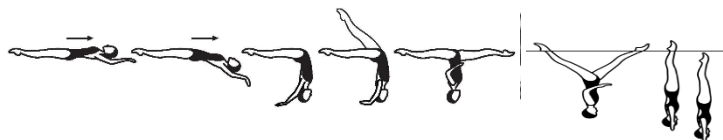
From a **Back Layout Position**, an Ibis (112) is executed to a **Fishtail Position**. A *Half Twist* is executed **in the Fishtail Position**. Without movement of the vertical leg, **head** or trunk, **and with minimal change in water level**, the horizontal leg is lifted to meet the vertical leg, to assume a **Vertical Position**. Another *Half Twist* is executed **in the Vertical Position** in the same direction and at the same height. **With minimal change in water level**, the legs are lowered backward to **assume a Surface Arch Position** and, with continuous foot first movement, the hips, chest and face surface sequentially at the same point, **resuming a Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



418. Crayfish

Difficulty 1.7

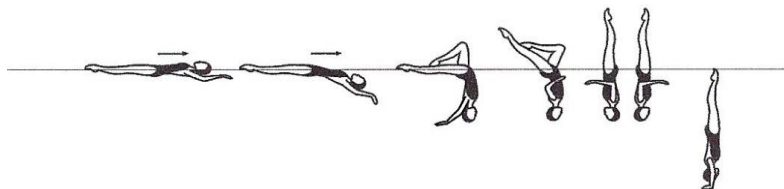
From a **Back Layout Position**, a Walkover, Back (420) is executed to a **Split Position**. The body descends as the legs symmetrically join to assume a **Vertical Position** at ankle level. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



436. Cyclone

Difficulty 2.4

From a **Back Layout Position**, a **Nova (435)** is executed to a **Bent Knee Surface Arch Position**. **With minimal change in water level**, the legs are simultaneously lifted to **assume a Vertical Position** as a *Twirl* is executed. **With minimal change in water level**, a *Half Twist* is executed in the opposite direction. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



436c to 436f, see Twists and Spins, Figure Rule V.

Difficulties, see I.A

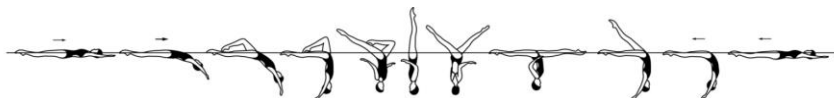
436c to 436e. A Cyclone is executed until the completion of the *Half Twist* in the opposite direction. Following the *Half Twist* in the opposite direction, the designated *Twist* or *Spin* is executed in the same direction as the *Half Twist*. A *Vertical Descent* is executed.

436f. A Cyclone is executed until the completion of the *Half Twist* in the opposite direction. Following the *Half Twist* in the opposite direction, the designated *Spin* is executed in the same direction as the *Half Twist* through submergence to complete the figure.

437. Cyclone, Open 180°

Difficulty 2.6

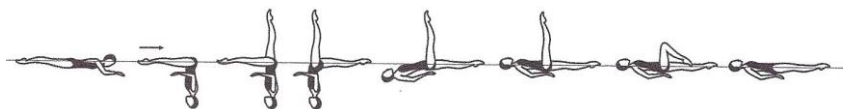
From a **Back Layout Position**, a Cyclone (436) is executed through the *Twirl*. Continuing in the same direction, the legs symmetrically open to assume a **Split Position** as a 180° rotation is executed. The hips remain stationary as the front leg is lifted in a 180° arc over the surface of the water to meet the opposite leg to assume a **Surface Arch Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, resuming a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



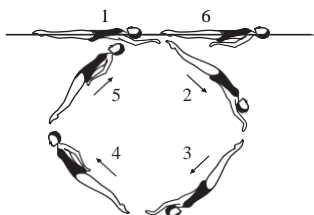
350. Dalecarlia

Difficulty 2.6

From a **Front Layout Position**, a Tower (348) is executed a **Fishtail Position**. Maintaining the 90° angle between the legs, the horizontal leg is lifted to a vertical, as the vertical leg simultaneously continues its arc to the surface of the water to assume a **Knight Position**. Without moving the legs, the trunk straightens as it rises to assume a **Surface Ballet Leg Position**. Without movement of the thigh, the ballet leg is lowered to assume a **Bent Knee Back Layout Position**. The toe slides along the inside of the extended leg to assume a **Back Layout Position**.



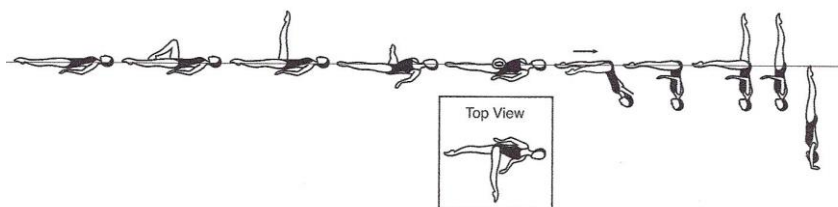
From a **Back Layout Position**, with head leading, the head, hips and feet leave the surface of the water sequentially at the same point to assume a **Dolphin Arch** as the body begins to move around a circle which has a diameter of approximately 2.5 meters (8 feet), depending upon the height of the 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**.



125. Eiffel Tower

Difficulty 2.6

From a **Back Layout Position**, a Ballet Leg, Single (101) is executed to a **Surface Ballet Leg Position**. Maintaining the **Surface Ballet Leg Position**, the body rolls sideways toward the horizontal leg, carrying the ballet leg to the surface of the water, to assume an **Eiffel Position**. With the lower shoulder leading, the head and trunk descends and rotates to assume a **Surface Front Pike Position**, as the ballet leg moves across the surface of the water to meet the non-ballet leg. Simultaneously, the buttocks, non-ballet leg and foot 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, the non-ballet leg is lifted to assume a **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**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



125a to 125i, see Twists and Spins, Figure Rule V.

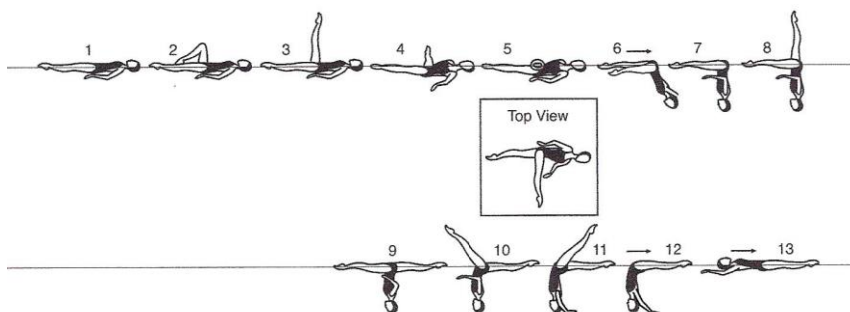
Difficulties, see I.A

125a to 125e. An Eiffel Tower is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Twist* or *Spin* is executed. A **Vertical Descent** is executed.

125f to 125g. An Eiffel Tower is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Spin* is executed through submergence to complete the figure.

125h to 125i. An Eiffel Tower is executed to a **Vertical Position**. From the **Vertical Position**, a **Vertical Descent** is executed to the ankle level. The designated *Ascending Spin* is executed. A **Vertical Descent** is executed.

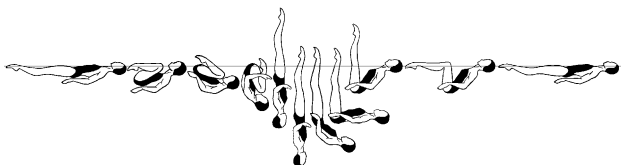
From a **Back Layout Position**, an Eiffel Tower (125) is executed to a **Surface Front Pike Position**. With head and shoulders remaining vertically aligned with the hips, and with minimal change in water level, the non-ballet leg is lifted in a 180° arc over the surface of the water to assume a **Split 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 to assume a **Surface Arch Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, **resuming** a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



322. Elevator

Difficulty 2.5

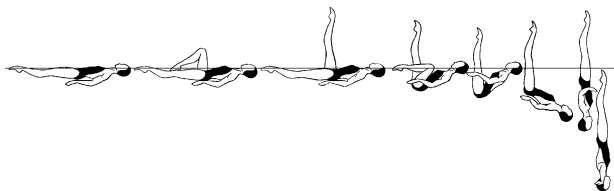
From a **Back Layout Position**, a Kip (311) is executed to a **Vertical Position**. A **Vertical Descent** is executed to a water level established between the knees and ankles. Maintaining the vertical line of the legs, the body is bent as the head and trunk rise to assume a **Submerged Double Ballet Leg Position**. Maintaining the vertical position of the legs, the body rises to the surface of water to assume a **Surface Double Ballet Leg Position**. Without movement of the thighs, the legs are lowered to assume a **Tub Position**. With the knees, shins and toes moving along the surface of the water, the legs are straightened to resume a **Back Layout Position**.



130. Flamingo

Difficulty 2.4

From a **Back Layout Position**, a Ballet Leg, Single (101) is executed to a **Surface Ballet Leg Position**. The shin of the horizontal leg **slides** along the surface of the water to assume a **Surface Flamingo Position**. The bent leg is **lifted** to **assume a Surface Double Ballet Leg Position**. Maintaining the vertical position of the legs, the hips are lifted as the **head and trunk roll** to **assume a Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



130a to 130j, see Twists and Spins, Figure Rule V.

Difficulties, see I.A

130a to 130e and 130j. A Flamingo is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Twist* or *Spin* is executed. **A Vertical Descent is executed.**

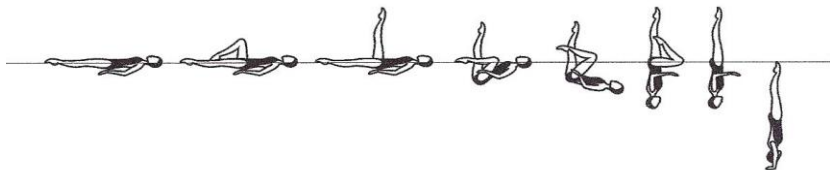
130f to 130g. A Flamingo is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Spin* is executed through submergence to complete the figure.

130h to 130i. A Flamingo is executed to a **Vertical Position**. From the **Vertical Position**, a *Vertical Descent* is executed to the ankle level. The designated *Ascending Spin* is executed. **A Vertical Descent is executed.**

140. Flamingo, Bent Knee

Difficulty 2.3

From a **Back Layout Position**, a Flamingo (130) is executed to a **Surface Flamingo Position**. **Maintaining the vertical position of the ballet leg**, the hips are lifted as the **head and trunk unroll** while the bent leg moves to **assume 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**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



140a to 140j, see Twists and Spins, Figure Rule V.

Difficulties see I.A

140a to 140e and 140j. A Flamingo, Bent Knee is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Twist* or *Spin* is executed. **A Vertical Descent is executed.**

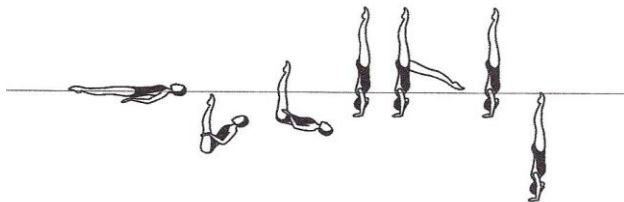
140f to 140g. A Flamingo, Bent Knee is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Spin* is executed through submergence to complete the figure.

140h to 140i. A Flamingo, Bent Knee is executed to a **Vertical Position**. From the **Vertical Position**, a *Vertical Descent* is executed to the ankle level. The designated *Ascending Spin* is executed. **A Vertical Descent is executed.**

307. Flying Fish

Difficulty 2.4

From a **Back Layout Position**, a **Barracuda (301)** is executed to a **Vertical Position**. Maximum height is desirable. Without movement of the **head and trunk**, and no change in water level, one leg is rapidly lowered to **assume** a **Fishtail Position** and without a pause, the horizontal leg is rapidly lifted **to resume** a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis, at the same tempo as the *Thrust*, until the toes are submerged.



307d to 307e, see Twists and Spins, Figure Rule V.

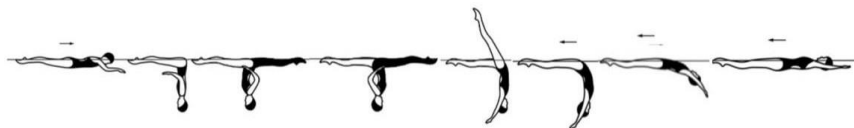
Difficulties see I.A

307d to 307e. A Flying Fish is executed to a **second Vertical Position**. From the **second 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*.

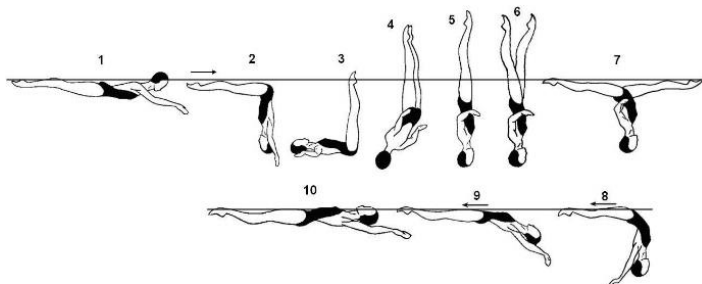
359. Front Ariana

Difficulty 2.2

From a **Front Layout Position**, a Walkover, Front (360) is executed to a **Split Position**. From the **Split Position**, while maintaining the relative position of the legs to the surface of the water, an *Ariana Rotation* is performed. 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**. 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.

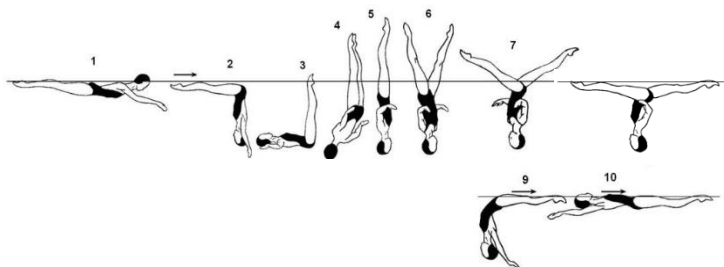


From a **Front Layout Position**, a partial Front Pike Somersault (323) is executed to a **Submerged Double Ballet Leg Position**. **Without lateral movement, the hips rise during a 180° rotation of the body**, as the **head and trunk descend** toward the vertical line, to assume a **Vertical Position**. The legs **symmetrically** open 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 **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.

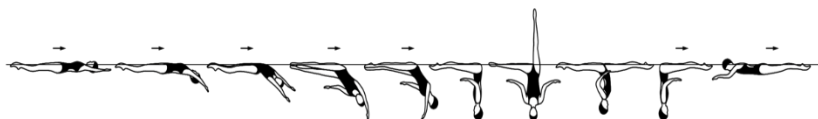


336. Gaviata, Open 180°

From a **Front Layout Position**, a **Gaviata (335)** is executed **to a Vertical Position**. Continuing in the same direction, the legs **symmetrically** open during a 180° rotation 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 **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.



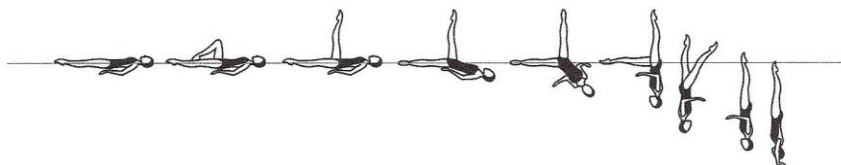
From a **Back Layout Position**, an Albatross (240) is executed to the **Surface Front Pike Position**. With the shoulders and head remaining vertically aligned with the hips, and with minimal change in water level, one leg is lifted to vertical as the **body** rotates 90° on its longitudinal axis to assume a **Side Fishtail Position** and, with continuous motion **and in the same direction**, another 90° rotation is executed as the vertical leg is lowered to assume 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 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.



118. Helicopter

Difficulty 2.0

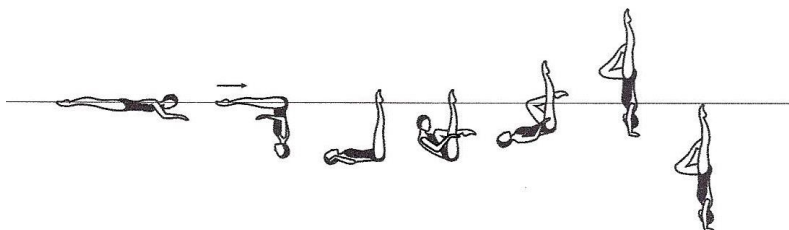
From a **Back Layout Position**, a Ballet Leg, Single (101) is executed to a **Surface Ballet Leg Position**. A **Catalina Rotation** is **performed to a Fishtail Position**. Continuing in the same direction, a descending **Spinning 360°** is executed **as the horizontal leg is lifted while closing into the vertical leg** to assume a **Vertical Position which is completed as the ankles reach the surface of the water**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



342. Heron

Difficulty 1.9

From a **Front Layout Position**, a partial Front Pike Somersault (323) is executed to a **Submerged Double Ballet Leg Position**. **As the trunk moves toward the legs**, one leg is **lowered** with the shin parallel to the surface **of the water** and the mid-calf opposite the vertical leg **to assume a compact Submerged Flamingo Position**. From the compact **Submerged Flamingo position**, with the vertical leg 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 **as the foot of the bent leg moves simultaneously to the inside of the vertical leg**, to assume a **Bent Knee Vertical Position**. Maximum height is desirable. Maintaining the **Bent Knee Vertical Position**, the body descends along its longitudinal axis, at the same tempo as the **Thrust**, until the toes are submerged.



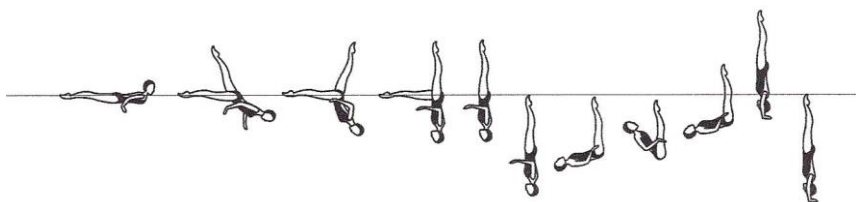
342c to 342f and 342h to 342i, see Twists and Spins, Figure Rule V. Difficulties, see I.A. 342c. A Heron is executed to a **Bent Knee Vertical Position**. From the **Bent Knee Vertical Position**, a *Twirl* is **executed** in a **Bent Knee Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*. 342d to 342e. A Heron is executed to a **Bent Knee Vertical Position**. From the **Bent Knee Vertical Position**, the designated *Spin* is **executed** in a **Bent Knee Vertical Position**, at the same tempo as the *Thrust*. A *Vertical Descent* is executed at the same tempo as the *Thrust*. 342f. A Heron is executed to a **Bent Knee Vertical Position**. From the **Bent Knee Vertical Position**, a *Continuous Spin* is executed in a **Bent Knee Vertical Position**, at the same tempo as the *Thrust* through submergence to complete the figure. 342h to 342i. A Heron is executed to a **Bent Knee Vertical Position**. From the **Bent Knee Vertical Position**, a *Vertical Descent* in a **Bent Knee Vertical Position** is executed at the same tempo as the *Thrust*, pausing at the ankle level, which precedes the designated *Ascending Spin** in a **Bent Knee Vertical Position**. Maintaining the **Bent Knee Vertical Position**, a *Vertical Descent* is executed at the same tempo as the *Thrust*.

* The *Ascending Spin* should not be performed rapidly. The *ascending Spin* should be performed as the body rises and simultaneously rotates, evenly and at the same tempo from the start of the figure to compact **Submerged Flamingo Position**.

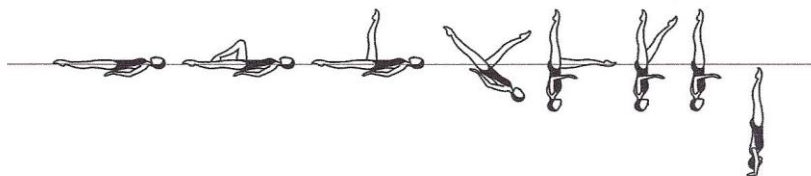
410. Hightower

Difficulty 3.3

From a **Front Layout Position**, a Straight Leg Swordfish (406) is executed to an **Arched Fishtail Position**. With minimal change in water level, the body is straightened to assume a **Fishtail Position**, assuming vertical midway between the former vertical line through the hips and the former vertical line through the foot and head. 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**. A *Vertical Descent* is executed until the toes are submerged. Maintaining the vertical line of the legs, the body is bent as the head and trunk rise to assume a 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.



From a **Back Layout Position**, a Ballet Leg, Single (101) is executed to a **Surface Ballet Leg Position**. Maintaining the **Surface Ballet Leg Position**, the body is rotated backward around a lateral axis through the hips, to assume a **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**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



112a to 112j, see Twists and Spins, Figure Rule V.

Difficulties, see I.A

112a to 112e and 112j. An Ibis is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Twist* or *Spin* is executed. **A Vertical Descent is executed.**

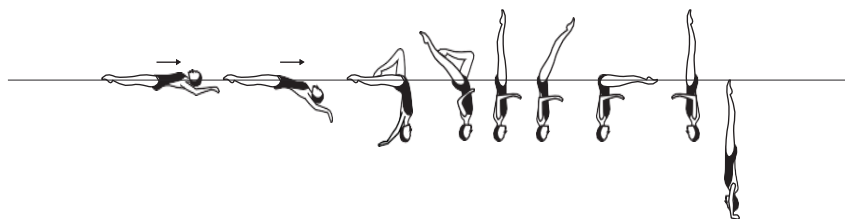
112f to 112g. An Ibis is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Spin* is executed through submergence to complete the figure.

112h and 112i. An Ibis is executed to a **Vertical Position**. From the **Vertical Position**, a *Vertical Descent* is executed to the ankle level. The designated *Ascending Spin* is executed. **A Vertical Descent is executed.**

440. Ipanema

Difficulty 3.0

From a **Back Layout Position**, a Nova (435) is executed to a **Bent Knee Surface Arch Position**. The legs are simultaneously lifted to vertical as the toe of the bent leg slides along the inside of the extended leg, to assume a **Vertical Position**. Without movement of the head and trunk, and with minimal change in water level, the legs are lowered to assume a **Surface Front Pike Position**. A rapid 180° rotation is executed as the legs lift to **assume a Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis, at the same tempo as the rest of the figure, until the toes are submerged.

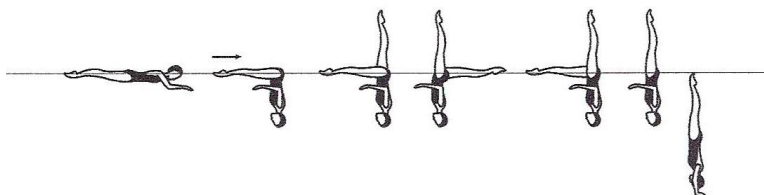


440d, see Twists and Spins, Figure Rule V.

Difficulties, see I.A

440d. An Ipanema is executed until completion of the second **Vertical Position**. From the second **Vertical Position**, continuing in the same direction, the rapid designated *Spin* is executed. **A Vertical Descent** is executed at the same tempo from the **Back Layout Position** to the **Surface Front Pike Position**.

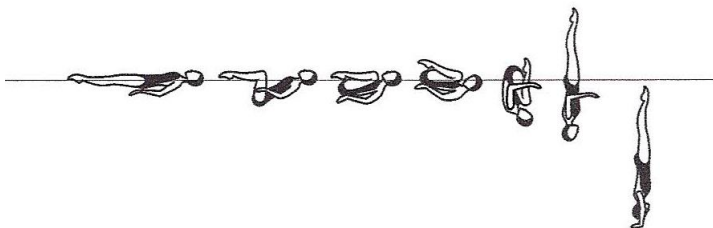
From a **Front Layout Position**, a **Tower (348)** is executed to a **Fishtail Position**. Maintaining the 90° angle between the legs, the horizontal leg is lifted to a vertical, as the vertical leg simultaneously continues its arc to the surface of the water to assume a **Knight Position**. Maintaining the vertical alignment of the body, the foot of the horizontal leg is moved in a horizontal arc of 180° at the surface of the water to assume a **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**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



311. Kip

Difficulty 1.6

From a **Back Layout Position**, the knees, shins and toes move along the surface of the water to assume a **Tuck Position**. While maintaining the **Tuck Position**, and with continuous movement, a partial Somersault Back Tuck (310) is executed until the shins are perpendicular to the surface of the water. With shins remaining 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 former vertical line through the head and shins. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



311a to 311j, see Twists and Spins, Figure Rule V.

Difficulties, see I.A

311a to 311e and 311j. A Kip is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Twist* or *Spin* is executed. A **Vertical Descent** is executed.

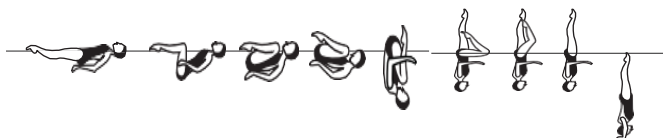
311f to 311g. A Kip is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Spin* is executed through submergence to complete the figure.

311h to 311i. A Kip is executed to a **Vertical Position**. From the **Vertical Position**, a *Vertical Descent* is executed to the ankle level. The designated *Ascending Spin* is executed. A **Vertical Descent** is executed.

318. Kip, Bent Knee

Difficulty 1.8

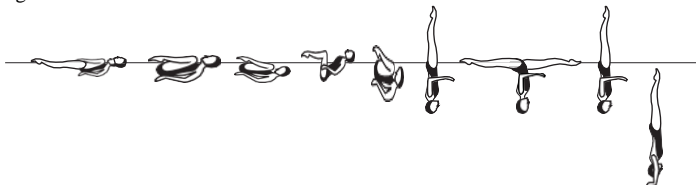
From a **Back Layout Position**, a Kipnus (316) is executed to the **Bent Knee Vertical Position**. Without movement of the vertical leg, **head** or trunk, and with minimal change in water level, the **toe** of the bent leg slides along the inside of the vertical leg to assume a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



312. Kip, Split

Difficulty 2.3

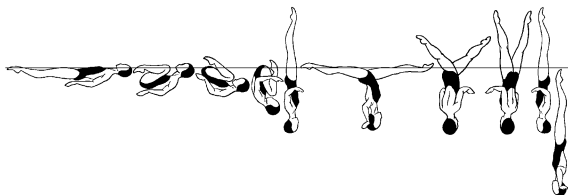
From a **Back Layout Position**, a Kip (311) is executed to a **Vertical Position**. The legs are **symmetrically** lowered to **assume a Split Position**. The legs are rejoined to a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



313. Kip, Split, Closing 180°

Difficulty 2.2

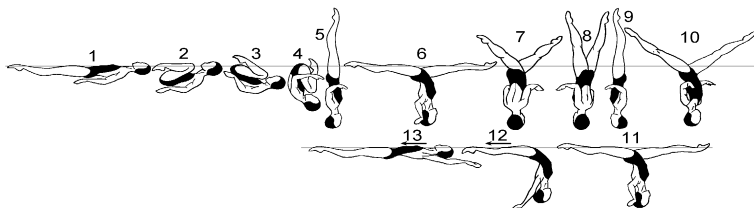
From a **Back Layout Position**, a Kip, Split (312) is executed to a **Split Position**. During a 180° rotation, the legs **are lifted and symmetrically closed** to **assume a Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



314. Kip, Split, Open 360°

Difficulty 2.9

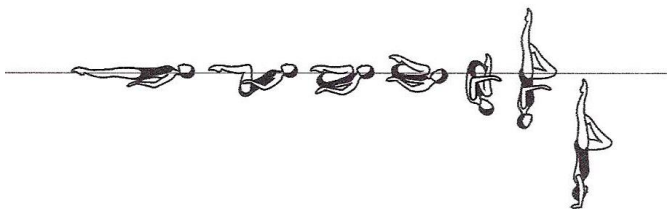
From a **Back Layout Position**, a Kip, Split (312) is executed to a **Split Position**. A 360° rotation is executed, with the **legs lifting and symmetrically closing** to pass through a Vertical Position at 180° of the rotation before separating symmetrically to **resume a Split Position, with the same leg forward at the completion of the 360° rotation**. 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**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, **resuming a Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



316. Kipnus

Difficulty 1.4

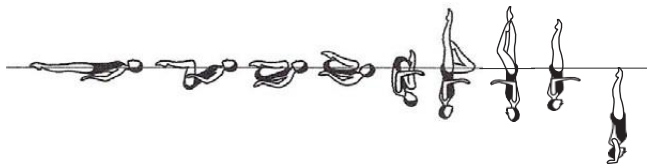
From a **Back Layout Position**, a Kip (311) is executed until the shins are perpendicular to the surface of the water. With shins remaining perpendicular to the surface of the water, the **head and trunk unroll as one leg is straighten while the other leg moves** to assume a **Bent Knee Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. Maintaining the **Bent Knee Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



317. Kipnus, Variant

Difficulty 1.9

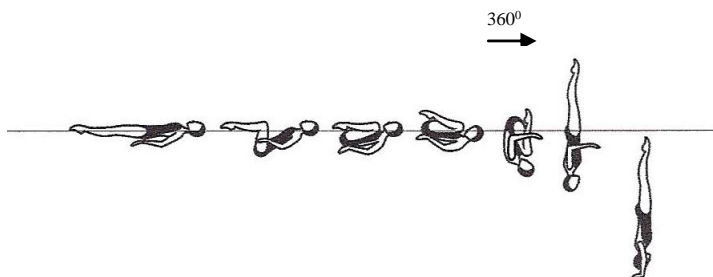
From a **Back Layout Position**, a Kipnus (316) is executed to the **Bent Knee Vertical Position**. Without movement of the vertical leg, **head** or trunk, and with minimal change in water level, a **Full Twist** is executed as the **toe** of the bent leg slides along the inside of the vertical leg to assume a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



319. Kipswirl

Difficulty 1.7

From a **Back Layout Position**, a Kip (311) is executed until the shins are perpendicular to the surface of the water. With shins remaining perpendicular to the surface of the water, a rotation of 360° is executed as the head and trunk unroll and the legs are straighten to assume a **Vertical Position** midway between the vertical line through the hips and the former vertical line through the head and the shins. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



319c to 319f, see Twists and Spins, Figure Rule V.

Difficulties, see I.A

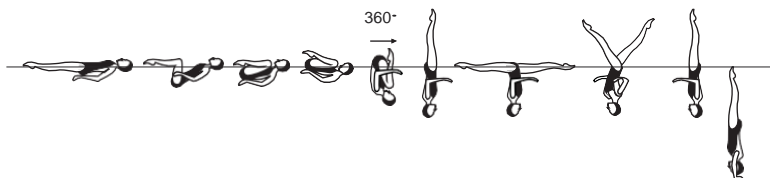
319c to 319e. A Kipswirl is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Twist* or *Spin* is executed. A *Vertical Descent* is executed.

319f. A Kipswirl is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Spin* is executed through submergence to complete the figure.

320. Kipswirl, Split, Closing 180°

Difficulty 2.3

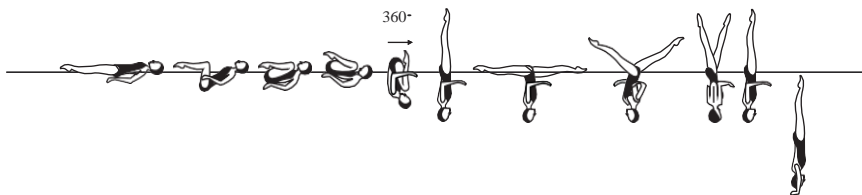
From a **Back Layout Position**, a Kipswirl (319) is executed to a **Vertical Position**. The legs are symmetrically lowered to assume a **Split Position**. During a rapid 180° rotation of the body, the legs are lifted and symmetrically closed to rejoin a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



321. Kipswirl, Split, Closing 360°

Difficulty 2.5

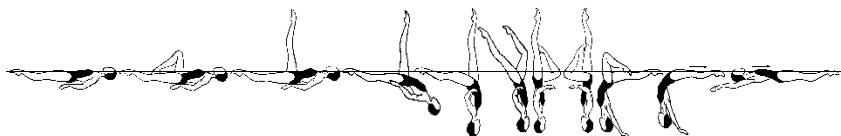
From a **Back Layout Position**, a Kipswirl (319) is executed to a **Vertical Position**. The legs are **symmetrically** lowered to **assume** a **Split Position**. During a **rapid 360°** rotation of the **body**, the legs are lifted and symmetrically **closed** to **rejoin** a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



150. Knight

Difficulty 3.1

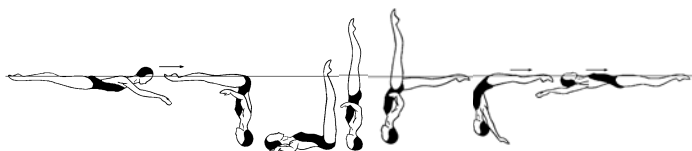
From a **Back Layout Position**, a Ballet Leg, Single (101) is executed to a **Surface Ballet Leg Position**. Maintaining the vertical alignment of the legs, the head and trunk descend as the lower back arches to **assume** a **Knight Position**. With head and shoulders remaining vertically aligned with the hips, and with minimal change in water level, the back straightens as the non-ballet leg is **simultaneously** lifted to vertical as the ballet leg bends, with the toe following a vertical line through the hips, to assume a **Bent Knee Vertical Position**. A *Half Twist* is executed. The back arches as the extended leg lowers to the surface of the water to assume 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**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, **resuming** a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



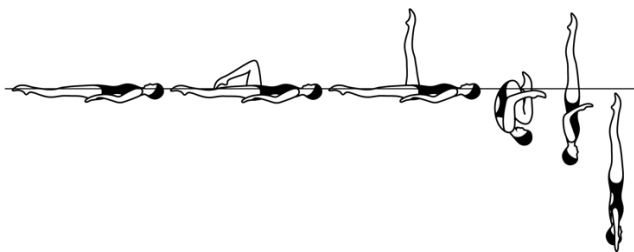
328. Lagoon

Difficulty 2.4

From a **Front Layout Position**, a partial Front Pike Somersault (323) is executed to a **Submerged Double Ballet Leg Position**. Maintaining the vertical position of the legs, the body rises while the hips are lifted as the head and trunk unroll to assume a **Vertical Position**. With the head and shoulders remaining vertically aligned with the hips, and with minimal change in water level, one leg is lowered 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 **Back Layout Position**, a Ballet Leg, Single (101) is executed. As a partial Back Tuck Somersault (310) is executed, both legs are simultaneously bent to assume a **Tuck Position**, until the shins are perpendicular to the surface of the water. With shins remaining perpendicular to the surface of the water, the head and trunk rapidly unrolls as the legs are rapidly 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. Maintaining the **Vertical Position**, the body descends rapidly along its longitudinal axis until the toes are submerged.



154j-1 to 154j-2, see Twists and Spins, Figure Rule V.

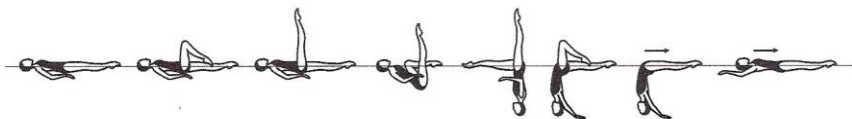
Difficulties, see I.A

154j-1 to 154j-2. A London is executed to a **Vertical Position**. From the **Vertical Position**, a rapid designated *Combined Spin* is executed. A **rapid Vertical Descent** is executed.

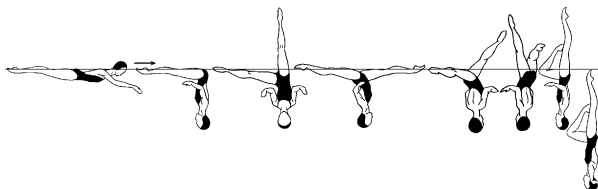
142. Manta Ray

Difficulty 2.8

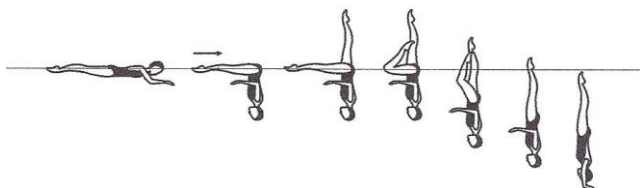
From a **Back Layout Position**, a Flamingo (130) is executed to a **Surface Flamingo Position**. With the ballet leg maintaining its vertical position, the hips are lifted as the **head and trunk** unroll while the bent leg is extended horizontally with the knee at the surface of the water to assume a **Fishtail Position**. The horizontal leg is **rapidly lifted** in a 180° arc over the surface of the water. As it passes the vertical leg, the vertical leg is bent, **while the toe slides along the inside** of the **extended leg**, to assume 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 knee straightens to assume a **Surface Arch Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, **resuming** a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



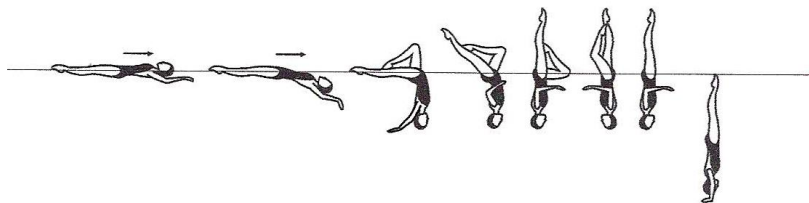
From a **Front Layout Position**, a **Side Fishtail Split (346)** is executed to a **Split Position**. During an additional **180°** rotation in the same direction, with the shoulders and head remaining vertically aligned with the hips, the front leg is **lifted** to vertical as the back leg bends to an angle of 90° or less, with the thigh and shin remaining at the surface of the water, as it moves through to **assume a Bent Knee Vertical Position**. Maintaining the **Bent Knee Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



From a **Front Layout Position**, a **Tower (348)** is executed a **Fishtail Position**. The horizontal leg is bent to assume a **Bent Knee Vertical Position**. Maintaining the **vertical alignment**, the body descends along its longitudinal axis as the **toe** of the bent leg slides along the inside of the vertical leg to assume a **Vertical Position** at ankle level. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



From a **Back Layout Position**, the head **descends** as a Dolphin (201) is initiated. The hips and legs move along the surface **of the water** until the hips reach the point occupied by the head at the beginning of this action and the hips are about to submerge. The hips, legs and feet continue to move along the surface **of the water** as the back is arched more while one leg is bent to assume a **Bent Knee Surface Arch Position**. The legs are lifted to **assume a Bent Knee Vertical Position**. Without movement of the vertical leg, **head or trunk, and with minimal change in water level**, **Full Twist** is executed as the **toe** of the bent leg slides along the inside of the vertical leg to assume a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



435c to 435g, see Twists and Spins, Figure Rule V.

Difficulties, see I.A

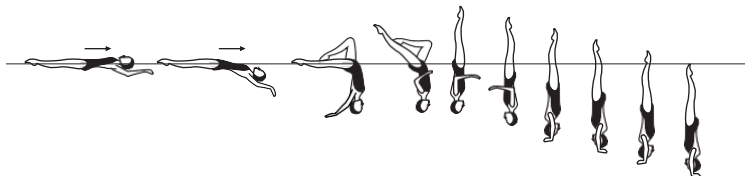
435c to 435e. A Nova is executed to the completion of the *Full Twist*. After the completion of the *Full Twist*, the designated *Twist* or *Spin* is executed. **A Vertical Descent is executed.**

435f to 435g. A Nova is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Spin* is executed through submergence to complete the figure.

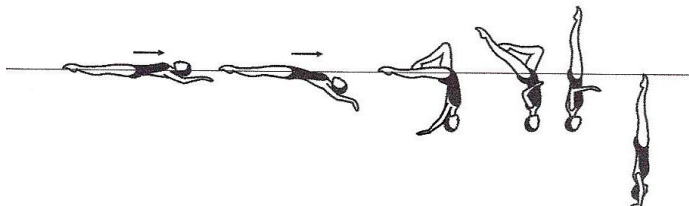
437. Oceanea

Difficulty **2.2**

From a **Back Layout Position**, a Nova (435) is executed to a **Bent Knee Surface Arch Position**. The legs are simultaneously lifted as the **toe** of the bent leg slides along the inside of the **extended** leg to assume a **Vertical Position**. Maintaining the **Vertical Position**, a *Continuous Spin* of 720° is executed until the ankles reach the surface **of the water** and continues through submergence.



From a **Back Layout Position**, a Nova (435) is executed to a **Bent Knee Surface Arch Position**. The legs are simultaneously lifted as the **toe** of the bent leg slides along the inside of the **extended** leg to assume a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



460. Oyster

Difficulty 1.2

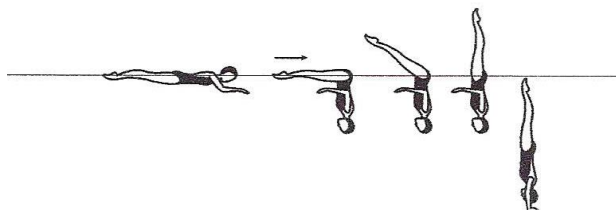
From a **Back Layout Position**, the legs are **lifted** to the vertical as the body is submerged to a **Back Pike Position** with the toes just under the **surface of the water**.



355. Porpoise

Difficulty 1.8

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**, the legs are **lifted** to **assume a Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



355a to 355j, see Twists and Spins, Figure Rule V.

Difficulties, see I.A

355a to 355e and 355j. A Porpoise is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Twist* or *Spin* is executed. **A Vertical Descent is executed.**

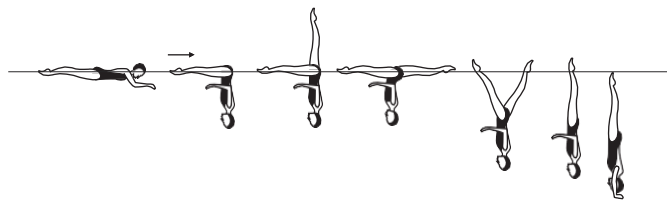
355f to 355g. A Porpoise is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Spin* is executed through submergence to complete the figure.

355h to 355i. A Porpoise is executed to a **Vertical Position**. From the **Vertical Position**, a *Vertical Descent* is executed to the ankle level. The designated *Ascending Spin* is executed. *A Vertical Descent is executed.*

361. Prawn

Difficulty 1.5

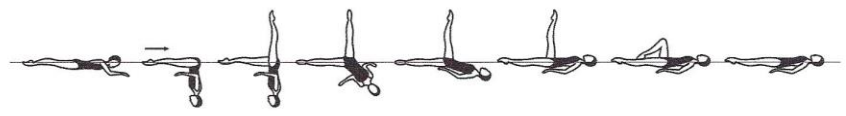
From a **Front Layout Position**, a Front Walkover (360) is executed to a **Split Position**. *Maintaining the vertical alignment, the body descends as the legs symmetrically join to assume a Vertical Position at ankle level.* Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



345. Reverse Catalina

Difficulty 2.1

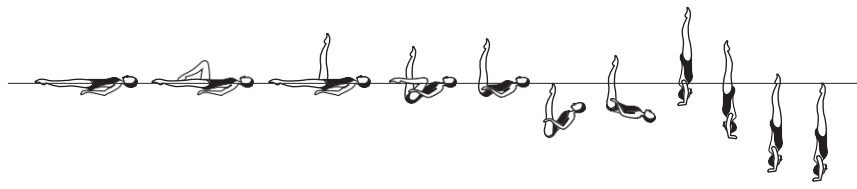
From a **Front Layout Position**, a Tower (348) is executed to a **Fishtail Position**. From the **Fishtail Position**, a *Catalina, Reverse, Rotation* is performed. *Without movement of the thigh, the ballet leg is lowered to assume a Bent Knee Back Layout Position.* The *toe* moves along the inside of the extended leg *to assume a Back Layout Position.*



143. Rio

Difficulty 3.1

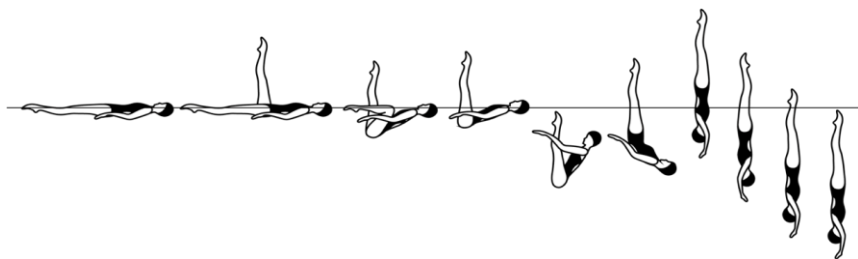
From a **Back Layout Position**, a Flamingo (130) is executed to a **Surface Double Ballet Leg Position**. The body *descends* vertically to *assume* a submerged **Back Pike Position**, with the toes just under the surface *of the water*. From the *submerged Back Pike Position*, with the legs remaining 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**, a descending *Spinning 360°* is executed at the same tempo as the *Thrust*. *Maintaining the Vertical Position, the body descends as the same tempo as the Thrust along its longitudinal axis until the toes are submerged.*



144. Rio Straight Leg

Difficulty 3.1

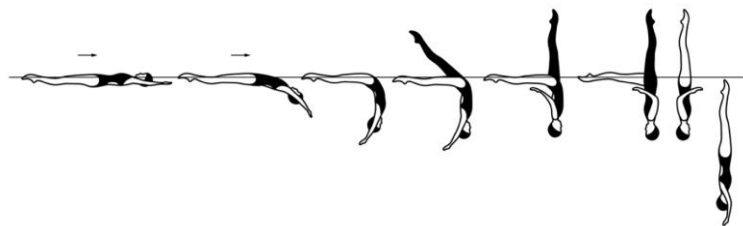
From a **Back Layout Position**, a Ballet Leg, Straight (106) is executed to a **Surface Ballet Leg Position**. The knee, shin and toes of the horizontal leg moves along the surface of the water to assume a **Surface Flamingo Position**. The bent leg is lifted to assume a **Surface Ballet Leg Double Position**. The body descends vertically to assume a submerged **Back Pike Position**, 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**, a descending *Spinning 360°* is executed at the same tempo as the *Thrust*. Maintaining the **Vertical Position**, the body descends at the same tempo as the *Thrust* along its longitudinal axis until the toes are submerged.



441. Saturn

Difficulty 2.5

From a **Back Layout Position**, a Walkover, Back (420) is executed to a **Surface Arch Position**. Without movement of the head and trunk, and with minimal change in water level, one leg is lifted to assume a **Knight Position**. Maintaining the vertical alignment of the body, and with minimal change in water level, the body rotates 180° along its longitudinal axis to assume a **Fishtail Position**. Continuing in the same direction, a *Twirl* is executed as the horizontal leg is lifted to assume a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.

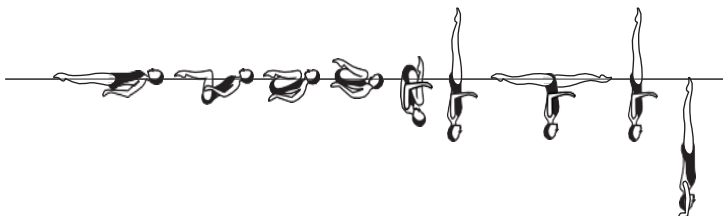


441e, see Twists and Spins, Figure Rule V.

Difficulties, see I.A

441e. A Saturn is executed to the **Vertical Position**. From the **Vertical Position**, a rapid 360° *Spin* is executed in the same direction as the *Twirl*. A *Vertical Descent* is executed at the same tempo from the **Back Layout Position** to the **Fishtail Position**.

From a **Back Layout Position**, a Kip (311) is executed to a **Tuck Position**. While maintaining the **Tuck Position**, and with continuous **movement**, a partial Somersault Back Tuck (310) is executed until the shins are perpendicular to the surface **of the water**. With shins remaining perpendicular to the surface **of the water**, the **head and trunk rapidly unrolls** as the legs are **rapidly** straightened to assume a **Vertical Position** midway between the former vertical line through the hips and former vertical line through the head and shins. The legs are rapidly **and symmetrically lowered** to **assume** a **Split Position**. The legs are rapidly **lifted** to **rejoin** to the **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis at the same **tempo** from the **Back Layout Position** to the partial **Somersault Back Tuck** until the toes are submerged.



315c to 315f and 315h to 315i, see Twists and Spins, Figure Rule V.

Difficulties, see I.A

315c. A Seagull is executed to the second **Vertical Position**. From the second **Vertical Position**, a **Twirl** is executed. A **rapid Vertical Descent** is executed.

315d to 315e. A Seagull is executed to the second **Vertical Position**. From the second **Vertical Position**, the designated **Spin** is executed. A **Vertical Descent** is executed.

315f. A Seagull is executed to the second **Vertical Position**. From the second **Vertical Position**, the designated **Spin** is executed through submergence to complete the figure.

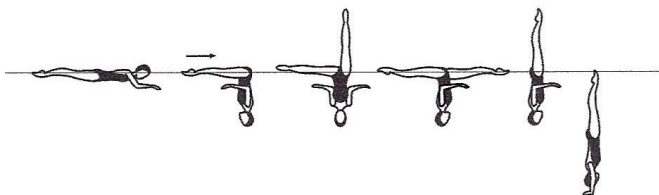
315h to 315i. A Seagull is executed to the second **Vertical Position**. From the second **Vertical Position**, a rapid **Vertical Descent** is executed, **pausing at the ankles**, which precedes the designated **Ascending Spin***. Maintaining the **Vertical Position**, a rapid **Vertical Descent** is executed.

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

346. Side Fishtail Split

Difficulty 2.0

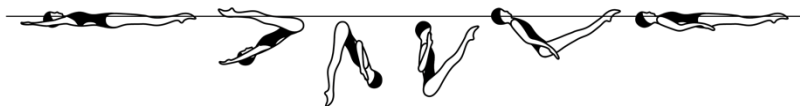
From a **Front Layout Position**, with the **face in the water**, as the **head and trunk descend** to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface **of the water** until the hips occupy the position of the head at the beginning of this action. With the shoulders and head remaining vertically aligned with the hips, and with minimal change in water level, one leg is lifted to vertical as the **body** rotates 90° on its longitudinal axis to assume a **Side Fishtail Position** and, with continuous motion another 90° rotation is executed in the same direction as the vertical leg is lowered to assume a **Split Position**. The legs are lifted and symmetrically **closed** to **assume** a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



303. Somersault, Back Pike

Difficulty 1.4

From a **Back Layout Position**, with the **head and trunk** remaining parallel and close to the surface **of the water**, the legs are rapidly **lifted** to assume a **Back Pike Position**. With continuous movement, **and while remaining close to the surface of the water**, the body somersaults backward around a lateral axis **for one complete revolution**, until the feet and head simultaneously reach the surface **of the water**. The hips rise to the surface of the water to resume a **Back Layout Position**.



310. Somersault, Back Tuck

Difficulty 1.1

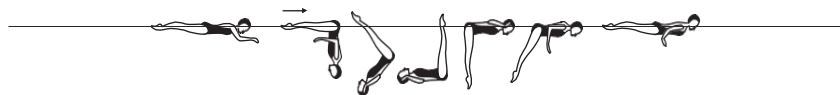
From a **Back Layout Position**, the knees, **shins** and toes **move** along the surface **of the water** to the chest. With continuous **movement**, **and while remaining close to the surface of the water**, a **Tuck Position** is assumed as the body somersaults backward around a lateral axis for one complete revolution, **until the head and shins simultaneously reach the surface of the water**. The knees, shins and toes move along the surface of the water to resume a **Back Layout Position**.



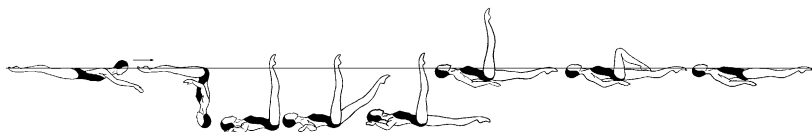
323. Somersault, Front Pike

Difficulty 1.4

From the **Front Layout Position**, **with the face in the water**, as the **head and trunk descend** 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. **Maintaining the Surface Front Pike Position**, **and with continuous movement**, the body somersaults **forward** around a lateral axis so that the hips replace the head at each quarter point of revolution. The rotation continues until the head and buttocks return to the surface **of the water**. As the **legs are lifted to the surface of the water** to **resume a Front Layout Position**, the head, **back** and buttocks travel along the surface **of the water** until the hips occupy the same position as the head at the beginning of this action.



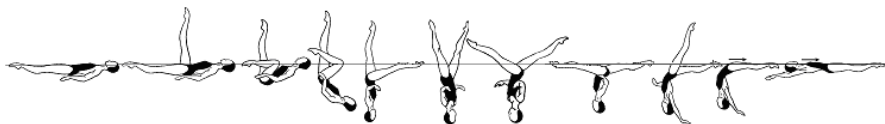
From a **Front Layout Position**, a partial Front Pike Somersault (323) is executed to a **Submerged Double Ballet Leg Position**. One leg is lowered to **assume a Submerged Ballet Leg Position**. Maintaining **the Submerged Ballet Leg Position**, the body **ris**es vertically to **assume a Surface Ballet Leg Position**. **Without movement of the thigh**, the ballet leg is lowered to assume a **Bent Knee Back Layout Position**. The **toe** moves along the inside of the extended leg **to assume a Back Layout Position**.



141. Stingray

Difficulty 3.1

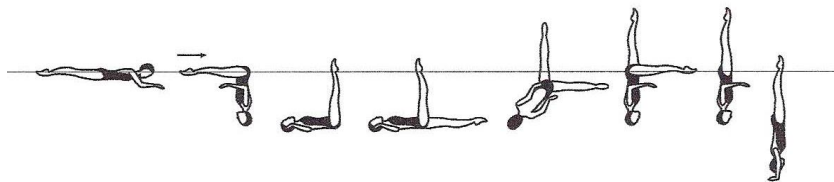
From a **Back Layout Position**, a Flamingo (130) is executed to a **Surface Flamingo Position**. With the ballet leg maintaining its vertical position, the hips are lifted as the **head and trunk unrolls** while the bent leg **straightens** with the knee at the surface **of the water** to assume a **Fishtail Position**. With head and shoulders remaining vertically aligned with the hips, and with minimal change in water level, the horizontal leg is lifted towards the vertical leg. As **the horizontal leg** passes the vertical leg, **the vertical leg** symmetrically **moves** in the opposite direction as a **180° rotation of the body** is initiated and continued 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 **to assume a Surface Arch Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, **resuming a Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



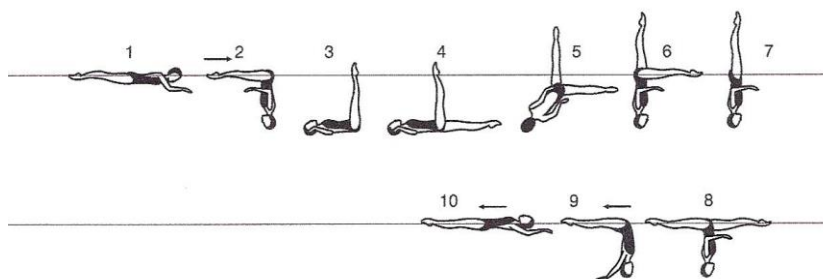
325. Subalina

Difficulty 2.2

From a **Front Layout Position**, a Somersub (324) is executed to a **Submerged Ballet Leg Position**. From the **Submerged Ballet Leg Position**, a rising **Catalina Rotation** is performed. Without movement of the vertical leg, **head or trunk**, and **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.

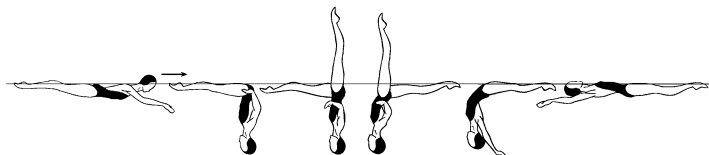


From a **Front Layout Position**, a Subalina (325) is executed to a **Fishtail Position**. With head and shoulders remaining vertically aligned with the hips, and with minimal change in water level, the horizontal leg is lifted in a 180° arc over the surface of the water, passing the vertical leg, which symmetrically moves 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 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.



341. Sunfish

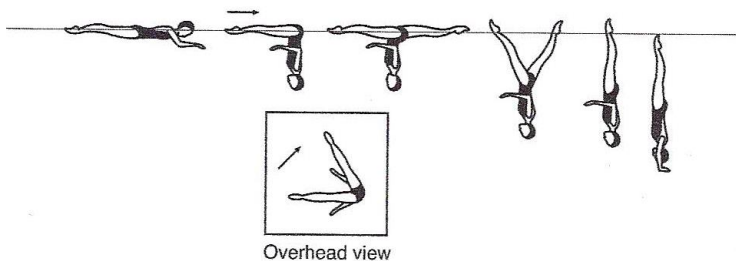
From a **Front Layout Position**, a Tower (348) is executed to a **Fishtail Position**. With head and shoulders remaining vertically aligned with the hips, and with minimal change in water level, the horizontal leg is lifted in a 180° arc over the surface, passing the vertical leg, to assume a **Knight 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.



362. Surface Prawn

Difficulty 1.3

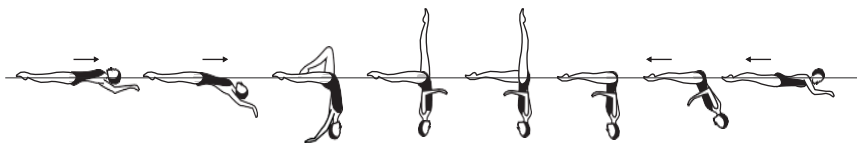
From a **Front Layout Position**, with the face in the water, as the head and trunk descend to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface of the water until the hips occupy the position of the head at the beginning of this action. Without movement of the head and trunk, one foot is moved in a horizontal arc of 180° at the surface of the water to assume 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.



226. Swan

Difficulty 2.1

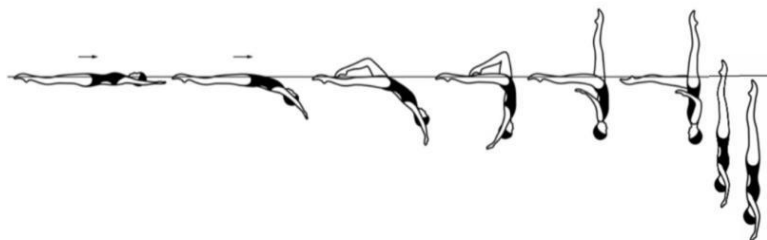
From a **Back Layout Position**, a Nova (435) is executed to the **Bent Knee Surface Arch Position**. Without movement of the head and trunk, and with minimal change in water level, the bent leg, without movement of the thigh, is straightened to assume a **Knight Position**. Maintaining the vertical alignment of the body, and with minimal change in water level, the body rotates 180° on its longitudinal axis to assume a **Fishtail Position**. Without movement of the head and trunk, and with minimal change in water level, the vertical leg is lowered to meet the opposite leg to assume a **Surface Front Pike Position**. With continuous movement, 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.



227. Swanita

Difficulty 1.8

From a **Back Layout Position**, a Swan (226) is executed to a **Fishtail Position**. From the **Fishtail Position**, while descending, the horizontal leg is lifted to assume a **Vertical Position** and is completed as the ankles reach the surface of the water. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



227d, see Twists and Spins, Figure Rule V.

Difficulties, see I.A

227d. A Swanita is executed to a **Fishtail Position**. From the **Fishtail Position**, and continuing in the same direction, a *Helicopter Rotation* is executed during a descending *Spinning 180°*, as 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. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.

405. Swordalina

Difficulty 2.5

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 until its foot is directly over the head. **With minimal lateral movement and without initial descent of the head and shoulders**, the hips rotate 180° as the trunk rises, **to assume a Submerged Flamingo Position**. As the body rises **to the surface of the water**, the bent leg is straightened horizontally to **assume a Surface Ballet Leg Position**. **Without movement of the thigh**, the ballet leg is **lowered to assume a Bent Knee Back Layout Position**. The **toe slides** along the inside of the extended leg to assume a **Back Layout Position**.



402. Swordasub

Difficulty 2.3

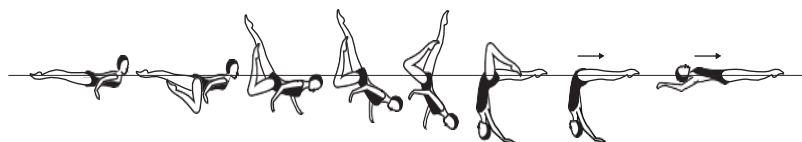
From a **Front Layout Position**, a **Bent Knee Front Layout Position** is assumed. The back arches **more** as the extended leg is lifted in a 180° arc over the surface of the water. As the extended leg passes vertical, the bent leg straightens, with the foot following a vertical line through the hips, as the body rises **to the surface of the water** to assume a **Surface Ballet Leg Position**. The foot of the extended leg and the face reach the surface of the water simultaneously. **Without movement of the thigh**, the ballet leg is **lowered to assume a Bent Knee Back Layout Position**. The **toe slides** along the inside of the extended leg to assume a **Back Layout Position**.



401. Swordfish

Difficulty 2.1

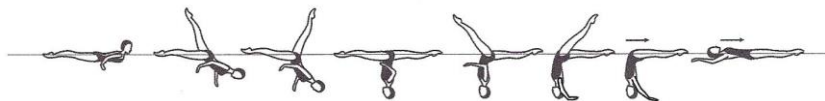
From a **Front Layout Position**, a **Bent Knee Front Layout Position** is assumed. The back arches **more** as the extended leg is lifted in a 180° arc over the surface of the water to assume a **Bent Knee Surface Arch Position**. The hips remain stationary as the toe of the bent leg slides along the inside of the extended leg **while** the bent leg straightens to assume a **Surface Arch Position**. 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.



406. Swordfish, Straight Leg

Difficulty 2.3

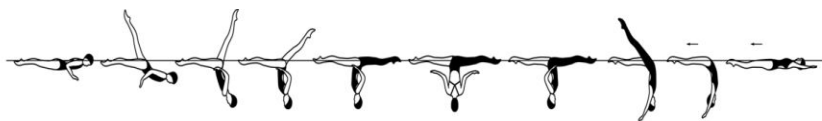
From a **Front Layout Position**, with the face in the water, the back arches **more** as one leg is lifted in a 180° arc over the surface of the water to **assume** a **Split Position**. The hips remain stationary as the front leg is lifted in a 180° arc over the surface of the water to meet the opposite leg 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.



407. Swordfish Straight Leg Ariana Rotation

Difficulty 2.6

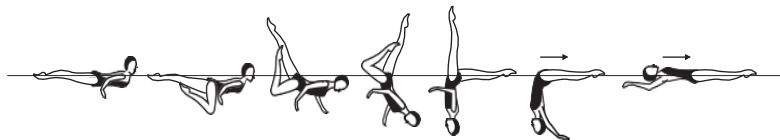
From a **Front Layout Position**, a Swordfish, Straight Leg (406) is executed to a **Split Position**. From the **Split Position**, while maintaining the relative position of the legs to the surface of the water, an **Ariana Rotation** is performed. The hips remain stationary as the front leg is lifted in a 180° arc over the surface of the water to meet the opposite leg to assume a **Surface Arch Position**. 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.



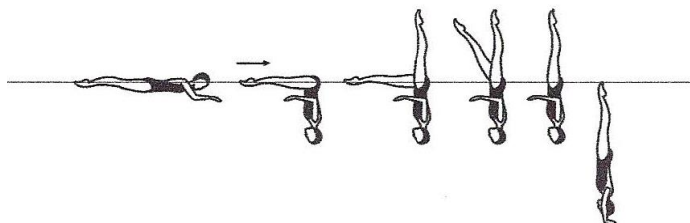
403. Swordtail

Difficulty 2.3

From a **Front Layout Position**, a **Bent Knee Front Layout Position** is assumed. The back arches **more** as the extended leg is lifted in an arc of 180° over the surface of the water. As the extended leg passes vertical, the bent leg straightens, with the foot following a vertical line **through the hips** to assume a **Knight Position**. **Without movement of the head and trunk, and with minimal change in water level**, 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.

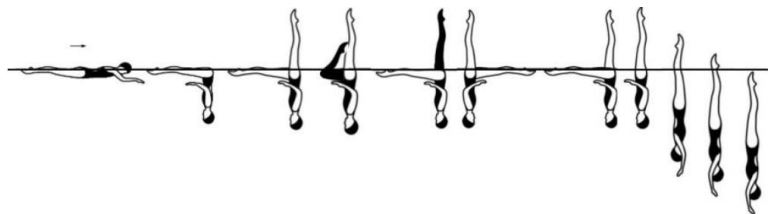
475. Tub

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**.



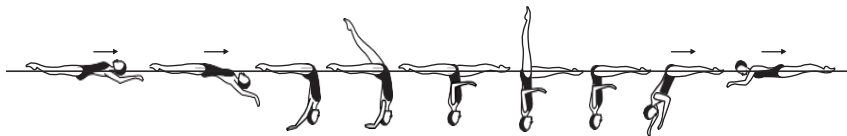
From a **Front Layout Position**, with the face in the water, as the head and trunk descends to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface of the water until the hips occupy the position of the head at the beginning of this action. All remaining movements from the **Surface Front Pike Position** to the end of the figure are rapidly performed. Without movement of the head and trunk, and with minimal change in water level, one leg is lifted to assume **Fishtail Position** and the horizontal leg is bent to assume a **Bent Knee Vertical Position**. Without movement of the head and trunk, and with minimal change in water level, the bent leg is extended along the vertical line as the vertical leg is lowered to become the horizontal leg in a **Fishtail Position**. Maintaining the **Fishtail Position**, and with minimal change in water level, a rotation of 360° is executed. 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**. A 360° Spin is executed until the ankles reach the surface of the water. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



420. Walkover, Back

Difficulty 2.1

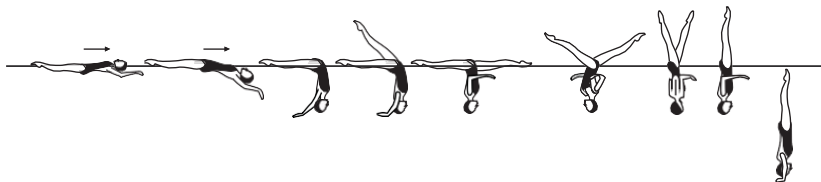
From a **Back Layout Position**, the head and trunk descends as a Dolphin (201) is initiated. The hips move along the surface of the water to the point occupied by the head at the beginning of this action. The hips, legs and feet continue moving along the surface of the water as the back is arched more to assume a **Surface Arch Position**. One leg is lifted in a 180° arc over the surface of the water to assume 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.



421. Walkover, Back, Closing 360°

Difficulty 2.4

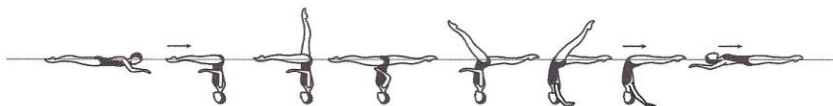
From a **Back Layout Position**, a Back Walkover (420) is executed to a **Split Position**. With continuous **movement**, a rotation of 360° is executed as the legs are symmetrically **lifted** and closed to **assume** a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



360. Walkover, Front

Difficulty 1.9

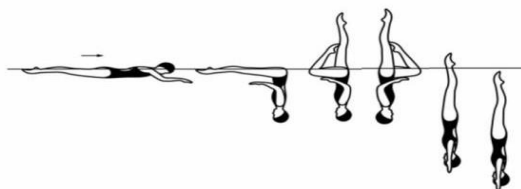
From a **Front Layout Position**, **with the face in the water**, as the **head and trunk descends** to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface of the water until the hips occupy the position of the head at the beginning of this action. With the head and shoulders remaining vertically aligned with the hips, one leg is lifted in a 180° arc over the surface of the water **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 **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.



363. Water Drop

Difficulty 1.8

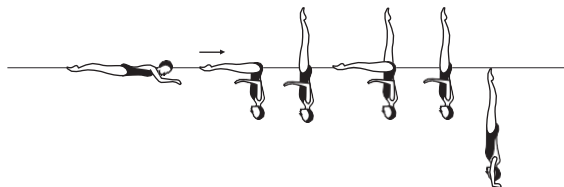
From a **Front Layout Position**, **with the face in the water**, as the head and trunk descends to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface of the water until the hips occupy the position of the head at the beginning of this action. **Without movement of the head and trunk**, the legs are simultaneously lifted to assume a **Bent Knee Vertical Position**. A **Half Twist** is executed. Continuing in the same direction, a descending **Spinning 180°** is executed as the toe slides along the inside of the vertical leg to assume a **Vertical Position** which is completed as the ankles reach the surface of the water. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



356. Whip

Difficulty 2.6

From a **Front Layout Position**, a Porpoise (355) is executed a **Vertical Position**. Without movement of the head and trunk, and with minimal change in water level, one leg is rapidly lowered to assume a **Fishtail Position**, and without a pause is rapidly lifted to rejoin a **Vertical Position**. Maintaining the **Vertical Position**, the body descends rapidly along its longitudinal axis until the toes are submerged.



356f, see Twists and Spins, Figure Rule V.

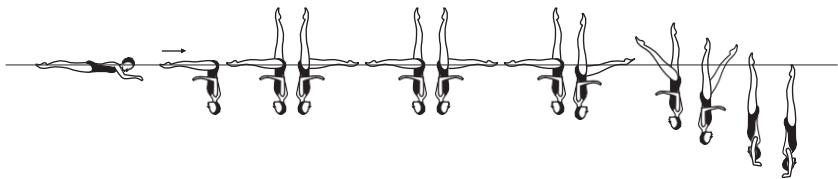
Difficulties, see I.A

356f. A Whip is performed to the second **Vertical Position**. From the second **Vertical Position**, the designated *Spin* is executed through submergence to complete the figure.

364. Whirlwind

Difficulty 2.7

From a **Front Layout Position**, the **Tower** (348) is executed to a **Fishtail Position**. Maintaining the **Fishtail Position** at maximum height, with the horizontal leg leading toward the vertical leg, two rapid rotations (720°) are executed. Continuing in the same direction, the horizontal leg is **rapidly lifted** to assume a **Vertical Position** as a *Continuous Spin* of 720° is executed to complete the figure.



Illustrations: Avilee Goodwin, Jill Ranucci, and Jennifer Hatt