

# Pre-Novice Figures

100. Bent Knee, Alternate

Difficulty 1.1

From a **Back Layout Position**, with one leg remaining extended at the surface, the toe of the other leg is drawn along the inside of the extended leg until the thigh is vertical to assume a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed. From a **Back Layout Position**, with one leg remaining extended at the surface, the toe of the opposite leg is drawn along the inside of the extended leg until the thigh is vertical to assume a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.



316. Kipnus

Difficulty 1.4

From a **Back Layout Position**, a Kip (311) is executed until the shins are perpendicular to the surface, the trunk unrolls as the legs 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.



360. Walkover, Front

Difficulty 1.9

From a **Front Layout Position**, as the trunk moves downward to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface 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 to a **Split Position**. The hips remain stationary as the front leg is lifted in a 180° arc over the surface 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.



Oyster

Difficulty 1.1

From a **Back Layout Position**, the legs are raised to the vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface. From that position with the legs remaining



# Novice Figures

100. Bent Knee, Alternate

Difficulty 1.1

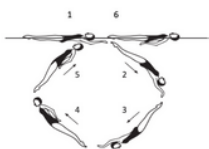
From a **Back Layout Position**, with one leg remaining extended at the surface, the toe of the other leg is drawn along the inside of the extended leg until the thigh is vertical to assume a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed. From a **Back Layout Position**, with one leg remaining extended at the surface, the toe of the opposite leg is drawn along the inside of the extended leg until the thigh is vertical to assume a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.



201. Dolphin

Difficulty 1.4

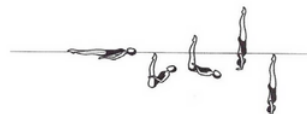
From a **Back Layout Position**, with head leading, the head, hips and feet leave the surface sequentially at the same point to assume a **Dolphin Arch** as the body begins to move around a circle which has a diameter of approximately 2.5 meters (8 feet), depending upon the height of the competitor.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



301. Barracuda

Difficulty 1.8

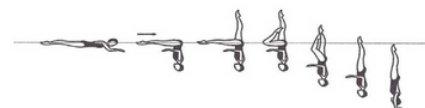
From a **Back Layout Position**, the legs are raised to the vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface. From that position with the legs remaining perpendicular to the surface, a vertical upward **Thrust** of the legs and hips is rapidly executed 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.



344. Neptunus

Difficulty 1.7

From a **Front Layout Position**, as the trunk moves downward to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action. Without movement of the trunk, and with minimal change in water level, one leg is lifted to a **Fishtail Position**. The horizontal leg is bent to assume a **Bent Knee Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis while the toe of the bent leg slides along the inside of the vertical leg as the knee is extended to meet the vertical leg as the ankles submerge, continuing the descent until the toes are submerged.



# Intermediate Figures

101. Ballet Leg, Single

Difficulty 1.6

From a **Back Layout Position**, with one leg remaining extended at the surface, the toe of the other leg is drawn along the inside of the extended leg until the thigh is vertical, to assume a **Bent Knee Back Layout Position**. The knee is straightened, without movement of the thigh, to assume a **Ballet Leg Position**. The ballet leg is bent, without movement of the thigh, to a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.



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 or trunk, 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.



301. Barracuda

Difficulty 1.8

From a **Back Layout Position**, the legs are raised to the vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface. From that position with the legs remaining perpendicular to the surface, a vertical upward **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.



359 Front Ariana

Difficulty 2.2

From a **Front Layout Position**, as the trunk moves downward to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface 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 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 as the hips rotate 180°. The hips remain stationary as the front leg is lifted in a 180° arc over the surface 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.

