

Novice Figures

100. Bent Knee, Alternate

*USA Artistic Swimming Figure

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.

Difficulty 1.1

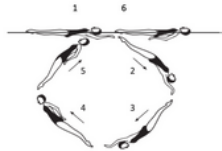


201. Dolphin

*USA Artistic Swimming Figure

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**.

Difficulty 1.4



Intermediate Figures

101. Ballet Leg, Single

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.

Difficulty 1.6



FINA WEIGHT for 101 Ballet Leg, Single - 1.6

						Total
NV =	10.5	11.0	11.0	11.0	10.5	43
PV =	2.44	2.56	2.56	2.56	2.44	

Figure - 359 FRONT ARIANA

DIFFICULTY - 2.2

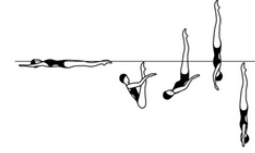
From a **Front Layout Position** a **Front Pike Position** is assumed. One leg is lifted in a 180° arc over the surface of the water to a **Split Position**. Maintaining the relative position of the legs to the surface of the water, an **Ariana Rotation** is performed. A **Walkout Front** is executed.

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

2- 301 Barracuda

DD 1.8

From a **Back Layout Position** the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface of the water. A **Thrust** is executed to a **Vertical Position**. A **Vertical Descent** is executed at the same tempo as the **Thrust**.



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

Figure - 344 NEPTUNUS

DIFFICULTY - 1.6

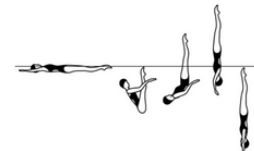
From a **Front Layout Position** a **Front Pike Position** is assumed. One leg is lifted to a **Fishtail Position**. The horizontal leg is bent to assume a **Bent Knee Vertical Position**. The bent leg is extended to meet the vertical leg while descending and assuming a **Vertical Position** at ankle level. A **Vertical Descent** is executed.

						Total
NVT=	6.0	14.5	12.5	9.0	0	42
PV =	1.43	3.45	2.98	2.14	0	10

2- 301 Barracuda

DD 1.8

From a **Back Layout Position** the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface of the water. A **Thrust** is executed to a **Vertical Position**. A **Vertical Descent** is executed at the same tempo as the **Thrust**.



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

316. Kip, Bent Knee

*USA Artistic Swimming Figure

Difficulty 2.0

From a **Back Layout Position**, a **Kipnus (315)** 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.



AG 12U Figures

1- 106 Straight Ballet leg

DD 1.6

A straight Ballet Leg is Assumed. The Ballet Leg is lowered.



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

3- 359 Front Ariana

DD 2.2

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

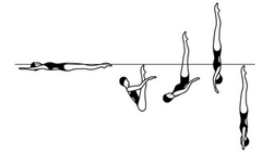


						Total
NVT=	6.0	20.0	17.0	23.0	7.0	73
PV =	0.82	2.74	2.33	3.15	0.96	10

2- 301 Barracuda

DD 1.8

From a Back Layout Position the legs are raised to vertical as the body is submerged to a Back Pike Position with the toes just under the surface of the water. A Thrust is executed to a Vertical Position. A Vertical Descent is executed at the same tempo as the Thrust.

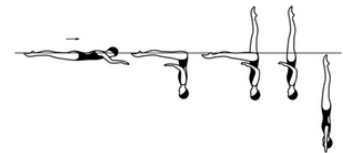


				Total
NVT=	7.0	31.0	13.0	51
PV =	1.37	6.08	2.55	10

4- 348 Tower

DD 1.9

From a Front Layout Position a Front Pike Position is assumed. One leg is lifted to a Fishtail Position. The horizontal leg is lifted to a Vertical Position. A Vertical Descent is executed.



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

AG 13-15 (YOUTH) Figures

1 - 140g Flamingo Bent Knee, Twist Spin

DD 2.9

A Ballet Leg is assumed. The shin of the horizontal leg is drawn along the surface of the water to assume a Surface Flamingo Position. With the ballet leg maintaining its vertical position the hips are lifted as the trunk unrolls while the bent leg moves to a Bent Knee Vertical Position. The bent leg is extended to a Vertical Position. A Twist Spin is executed.

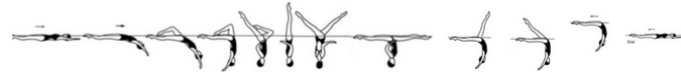


							Total
NVT=	10.5	11.0	7.5	20.0	16.5	48.0	113.5
PV =	0.93	0.97	0.66	1.76	1.45	4.23	10

2 - 437 Cyclone, Open 180°

DD 2.6

From a Back Layout Position a Bent Knee Surface Arch Position is assumed. The legs are simultaneously lifted to a Vertical Position as a Twirl is executed. Continuing in the same direction the legs are opened symmetrically to a Split Position as a 180° rotation is executed. A Walkout Front is executed.

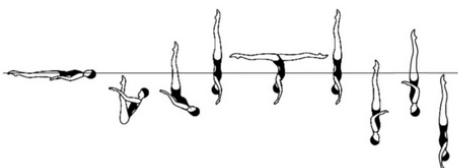


						Total
NVT=	17.5	29.0	20.0	23.0	7.0	96.5
PV =	1.81	3.01	2.07	2.38	0.73	10

1 - 308h Barracuda Airborne Split, Spin Up 180°

DD 2.9

From a Back Layout Position the legs are raised to a vertical as the body is submerged to a Back Pike Position with the toes just under the surface of the water. All remaining movements are performed rapidly. A Rocket Split is executed. A Vertical Descent is executed and is completed as the ankles reach the surface of the water. A Spin Up 180° is executed. A Vertical Descent is executed.



								Total
NVT=	7.0	31.0	17.0	13.0	13.0	20.0	13.0	114
PV =	0.61	2.72	1.49	1.14	1.14	1.75	1.14	10

2 - 407 Swordfish Straight Leg Ariana Rotation

DD 2.6

From a Front Layout Position the back arches as one leg is lifted in a 180° arc over the surface of the water to a Split Position. Maintaining the relative position of the legs to the surface of the water an Ariana Rotation is performed. A Walkout Front is executed.



					Total
NVT=	48.0	17.0	23.0	7.0	95
PV =	5.05	1.79	2.42	0.74	10