

## PART FOUR

### FIGURE RULES

#### RULE I

##### A. ALPHABETICAL INDEX OF FIGURES

Figure Group Number		Difficulty	Figure Group Number		Difficulty
<b>413</b>	<b>Alba</b>	<b>2.7</b>	306d	..., spinning 180°	1.9
<b>240</b>	<b>Albatross</b>	<b>2.2</b>	306e	..., spinning 360°	2.0
240a	..., half twist	2.2	<b>380</b>	<b>Barracuda, Front Pike</b>	
240b	..., full twist	2.3		<b>Somersault</b>	<b>2.2</b>
240c	..., swirl	2.3	380c	..., swirl	2.8
240d	..., spinning 180°	1.9	380d	..., spinning 180°	2.3
240e	..., spinning 360°	1.9	380e	..., spinning 360°	2.4
240h	..., spin up 180°	2.3	380f	..., continuous spin (720°)	2.9
240i	..., spin up 360°	2.4	380h	..., spin up 180°	2.7
240j	..., combined spin (360°+360°)	2.3	380i	..., spin up 360°	2.8
<b>340</b>	<b>Angelfish</b>	<b>2.5</b>	380j	..., combined spin (360°+360°)	3.0
<b>423</b>	<b>Ariana</b>	<b>2.2</b>	<b>349</b>	<b>Beluga</b>	<b>2.1</b>
<b>330</b>	<b>Aurora</b>	<b>2.3</b>	<b>100</b>	<b><u>Bent Knee, Alternate</u></b>	<b><u>1.0</u></b>
330a	..., half twist	2.7	<b>302</b>	<b>Blossom</b>	<b>1.4</b>
330c	..., swirl	2.8	<b>343</b>	<b>Butterfly</b>	<b>2.5</b>
330d	..., spinning 180°	2.4	<b>116</b>	<b>Catalarc</b>	<b>2.9</b>
330e	..., spinning 360°	2.4	<b>117</b>	<b>Catalarc, Open 180°</b>	<b>3.0</b>
330f	..., continuous spin (720°)	2.6	<b>115</b>	<b>Catalina</b>	<b>2.3</b>
330g	..., twist spin	2.9	115a	..., half twist	2.7
<b>331</b>	<b>Aurora, Open 180°</b>	<b>3.0</b>	115b	..., full twist	2.9
<b>332</b>	<b>Aurora, Open 360°</b>	<b>3.2</b>	115c	..., swirl	2.8
<b>327</b>	<b>Ballerina</b>	<b>1.8</b>	115d	..., spinning 180°	2.4
<b>110</b>	<b>Ballet Leg, Double</b>	<b>1.7</b>	115e	..., spinning 360°	2.4
<b>101</b>	<b>Ballet Leg, Single</b>	<b>1.6</b>	115f	..., continuous spin (720°)	2.6
<b>106</b>	<b>Ballet Leg, Straight</b>	<b>1.6</b>	115g	..., twist spin	2.9
<b>111</b>	<b>Ballet Leg Submarine, Double</b>	<b>2.2</b>	115h	..., spin up 180°	2.9
<b>103</b>	<b>Ballet Leg Submarine, Single</b>	<b>2.1</b>	115i	..., spin up 360°	2.9
<b>102</b>	<b>Ballet Legs, Alternate</b>	<b>2.4</b>	115j	..., combined spin (360°+360°)	3.0
<b>301</b>	<b>Barracuda</b>	<b>1.9</b>	<b>113</b>	<b>Crane</b>	<b>3.8</b>
301c	..., swirl	2.5	<b>436</b>	<b>Cyclone</b>	<b>2.4</b>
301d	..., spinning 180°	2.1	436c	..., swirl	2.8
301e	..., spinning 360°	2.2	436d	..., spinning 180°	2.4
301f	..., continuous spin (720°)	2.5	436e	..., spinning 360°	2.4
301h	..., spin up 180°	2.5	436f	..., continuous spin (720°)	2.7
301i	..., spin up 360°	2.5	<b>350</b>	<b>Dalecarlia</b>	<b>2.6</b>
<b>308</b>	<b>Barracuda Airborne Split</b>	<b>2.7</b>	<b>201</b>	<b>Dolphin</b>	<b>1.4</b>
308i	..., spin up 360°	3.3	<b>125</b>	<b>Eiffel Tower</b>	<b>2.6</b>
<b>305</b>	<b>Barracuda, Back Pike</b>		125a	..., half twist	3.0
	<b>Somersault</b>	<b>2.3</b>	125b	..., full twist	3.2
305c	..., swirl	2.9	125c	..., swirl	3.1
305d	..., spinning 180°	2.4	125d	..., spinning 180°	2.7
305e	..., spinning 360°	2.5	125e	..., spinning 360°	2.7
305f	..., continuous spin (720°)	3.1	125f	..., continuous spin (720°)	2.9
305h	..., spin up 180°	2.6	125g	..., twist spin	3.3
305i	..., spin up 360°	2.7	125h	..., spin up 180°	3.2
305j	..., combined spin (360°+360°)	3.1	125i	..., spin up 360°	3.2
<b>306</b>	<b>Barracuda, Bent Knee</b>	<b>1.8</b>	<b>128</b>	<b>Eiffel Walk</b>	<b>2.7</b>

<b>322</b>	<b>Elevator</b>	<b>2.5</b>	311g	...., twist spin	2.2
<b>130</b>	<b>Flamingo</b>	<b>2.5</b>	311h	...., spin up 180°	2.2
130a	...., half twist	2.9	311i	...., spin up 360°	2.2
130b	...., full twist	3.1	311j	...., combined spin (360°+360°)	2.3
130c	...., twirl	3.0	<b>318</b>	<b>Kip, Bent Knee</b>	<b>1.8</b>
130d	...., spinning 180°	2.6	<b>312</b>	<b>Kip, Split</b>	<b>2.3</b>
130e	...., spinning 360°	2.6	<b>313</b>	<b>Kip, Split, Closing 180°</b>	<b>2.3</b>
130f	...., continuous spin (720°)	2.8	<b>314</b>	<b>Kip, Split, Open 360°</b>	<b>3.0</b>
130g	...., twist spin	3.1	<b>316</b>	<b>Kipnus</b>	<b>1.4</b>
130h	...., spin up 180°	3.1	<b>317</b>	<b>Kipnus, Variant</b>	<b>1.9</b>
130i	...., spin up 360°	3.1	<b>319</b>	<b>Kipswirl</b>	<b>1.7</b>
130j	...., combined spin (360°+360°)	3.2	319c	...., twirl	2.1
<b>140</b>	<b>Flamingo, Bent Knee</b>	<b>2.4</b>	319d	...., spinning 180°	1.7
140a	...., half twist	2.8	319e	...., spinning 360°	1.8
140b	...., full twist	3.0	319f	...., continuous spin (720°)	2.0
140c	...., twirl	2.9	<b>320</b>	<b>Kipswirl, Split, Closing 180°</b>	<b>2.3</b>
140d	...., spinning 180°	2.5	<b>321</b>	<b>Kipswirl, Split, Closing 360°</b>	<b>2.5</b>
140e	...., spinning 360°	2.5	<b>150</b>	<b>Knight</b>	<b>3.1</b>
140f	...., continuous spin (720°)	2.7	<b>328</b>	<b>Lagoon</b>	<b>2.4</b>
140g	...., twist spin	3.0	<b>154</b>	<b>London</b>	<b>1.9</b>
140h	...., spin up 180°	3.0	154j-1	...., combined spin 360° <sup>(360°+360°)</sup>	2.7
140i	...., spin up 360°	3.0	154j-2	...., combined spin 720° <sup>(720°+720°)</sup>	2.9
140j	...., combined spin (360°+360°)	3.1	<b>142</b>	<b>Manta Ray</b>	<b>3.0</b>
<b>307</b>	<b>Flying Fish</b>	<b>2.7</b>	<b>347</b>	<b>Minerva</b>	<b>2.0</b>
307d	...., spinning 180°	2.9	<b>344</b>	<b>Neptunus</b>	<b>1.7</b>
307e	...., spinning 360°	3.0	<b>435</b>	<b>Nova</b>	<b>2.2</b>
<b>335</b>	<b>Gaviata</b>	<b>2.3</b>	435c	...., twirl	2.7
<b>336</b>	<b>Gaviata, Open 180°</b>	<b>2.4</b>	435d	...., spinning 180°	2.3
<b>241</b>	<b>Goeland</b>	<b>1.9</b>	435e	...., spinning 360°	2.3
<b>118</b>	<b>Helicopter</b>	<b>2.1</b>	435f	...., continuous spin (720°)	2.5
<b>342</b>	<b>Heron</b>	<b>1.9</b>	435g	...., twist spin	2.8
342c	...., twirl	2.3	<b>437</b>	<b>Oceanea</b>	<b>2.1</b>
342d	...., spinning 180°	2.1	<b>439</b>	<b>Oceanita</b>	<b>1.8</b>
342e	...., spinning 360°	2.2	<b>460</b>	<b>Oyster</b>	<b>1.2</b>
342f	...., continuous spin (720°)	2.7	<b>355</b>	<b>Porpoise</b>	<b>1.8</b>
342h	...., spin up 180°	2.4	355a	...., half twist	2.2
342i	...., spin up 360°	2.4	355b	...., full twist	2.4
<b>410</b>	<b>Hightower</b>	<b>3.4</b>	355c	...., twirl	2.3
<b>112</b>	<b>Ibis</b>	<b>2.5</b>	355d	...., spinning 180°	1.9
112a	...., half twist	2.9	355e	...., spinning 360°	1.9
112b	...., full twist	3.1	355f	...., continuous spin (720°)	2.1
112c	...., twirl	3.0	355g	...., twist spin	2.5
112d	...., spinning 180°	2.6	355h	...., spin up 180°	2.4
112e	...., spinning 360°	2.6	355i	...., spin up 360°	2.4
112f	...., continuous spin (720°)	2.8	355j	...., combined spin (360°+360°)	2.5
112g	...., twist spin	3.1	<b>361</b>	<b>Prawn</b>	<b>1.5</b>
112h	...., spin up 180°	3.1	<b>345</b>	<b>Reverse Catalina</b>	<b>2.1</b>
112i	...., spin up 360°	3.1	<b>143</b>	<b>Rio</b>	<b>3.1</b>
112j	...., combined spin (360°+360°)	3.2	<b>315</b>	<b>Seagull</b>	<b>2.1</b>
<b>440</b>	<b>Ipanema</b>	<b>3.0</b>	<b>346</b>	<b>Side Fishtail Split</b>	<b>2.0</b>
<b>351</b>	<b>Jupiter</b>	<b>2.8</b>	<b>303</b>	<b>Somersault, Back Pike</b>	<b>1.5</b>
<b>311</b>	<b>Kip</b>	<b>1.6</b>	<b>310</b>	<b>Somersault, Back Tuck</b>	<b>1.1</b>
311a	...., half twist	2.0	<b>323</b>	<b>Somersault, Front Pike</b>	<b>1.4</b>
311b	...., full twist	2.2	<b>324</b>	<b>Somersub</b>	<b>1.9</b>
311c	...., twirl	2.1	<b>141</b>	<b>Stingray</b>	<b>3.2</b>
311d	...., spinning 180°	1.7	<b>325</b>	<b>Subalina</b>	<b>2.2</b>
311e	...., spinning 360°	1.7	<b>326</b>	<b>Subilarc</b>	<b>2.8</b>
311f	...., continuous spin (720°)	1.9	<b>341</b>	<b>Sunfish</b>	<b>2.4</b>

<b>362</b>	<b>Surface Prawn</b>	<b>1.3</b>	348f	..., continuous spin (720°)	2.3
<b>226</b>	<b>Swan</b>	<b>2.1</b>	348g	..., twist spin	2.7
<b>405</b>	<b>Swordalina</b>	<b>2.4</b>	348h	..., spin up 180°	2.3
<b>402</b>	<b>Swordasub</b>	<b>2.3</b>	348i	..., spin up 360°	2.4
<b>401</b>	<b>Swordfish</b>	<b>2.0</b>	348j	..., combined spin (360°+360°)	2.6
<b>406</b>	<b>Swordfish, Straight Leg</b>	<b>2.0</b>	<b>475</b>	<b>Tub</b>	<b>1.1</b>
<b>403</b>	<b>Swordtail</b>	<b>2.3</b>	<b>420</b>	<b>Walkover, Back</b>	<b>1.9</b>
<b>348</b>	<b>Tower</b>	<b>1.9</b>	<b>421</b>	<b>Walkover, Back, Closing 360°</b>	<b>2.2</b>
348a	..., half twist	2.2	<b>360</b>	<b>Walkover, Front</b>	<b>1.9</b>
348b	..., full twist	2.4	<b>363</b>	<b>Water Drop</b>	<b>1.5</b>
348c	..., swirl	2.3	<b>364</b>	<b>Whirlwind</b>	<b>2.7</b>
348d	..., spinning 180°	1.9			
348e	..., spinning 360°	2.0			

**FIGURE RULE I**  
**B. THE FOUR CATEGORIES OF FIGURES**

**CATEGORY I**  
**BALLET LEG CATEGORY**

<b>100</b>	<b><u>Bent Knee, Alternate</u></b>	<b>1.0</b>	125d	...., spinning 180°	2.7
<b>101</b>	<b>Ballet Leg, Single</b>	<b>1.6</b>	125e	...., spinning 360°	2.7
<b>102</b>	<b>Ballet Legs, Alternate</b>	<b>2.4</b>	125f	...., continuous spin (720°)	2.9
<b>103</b>	<b>Ballet Leg Submarine, Single</b>	<b>2.1</b>	125g	...., twist spin	3.3
<b>106</b>	<b>Ballet Leg, Straight</b>	<b>1.6</b>	125h	...., spin up 180°	3.2
<b>110</b>	<b>Ballet Leg, Double</b>	<b>1.7</b>	125i	...., spin up 360°	3.2
<b>111</b>	<b>Ballet Leg Submarine, Double</b>	<b>2.2</b>	<b>128</b>	<b>Eiffel Walk</b>	<b>2.7</b>
<b>112</b>	<b>Ibis</b>	<b>2.5</b>	<b>130</b>	<b>Flamingo</b>	<b>2.5</b>
112a	...., half twist	2.9	130a	...., half twist	2.9
112b	...., full twist	3.1	130b	...., full twist	3.1
112c	...., twirl	3.0	130c	...., twirl	3.0
112d	...., spinning 180°	2.6	130d	...., spinning 180°	2.6
112e	...., spinning 360°	2.6	130e	...., spinning 360°	2.6
112f	...., continuous spin (720°)	2.8	130f	...., continuous spin (720°)	2.8
112g	...., twist spin	3.1	130g	...., twist spin	3.1
112h	...., spin up 180°	3.1	130h	...., spin up 180°	3.1
112i	...., spin up 360°	3.1	130i	...., spin up 360°	3.1
112j	...., combined spin (360°+360°)	3.2	130j	...., combined spin (360°+360°)	3.2
<b>113</b>	<b>Crane</b>	<b>3.8</b>	<b>140</b>	<b>Flamingo, Bent Knee</b>	<b>2.4</b>
<b>115</b>	<b>Catalina</b>	<b>2.3</b>	140a	...., half twist	2.8
115a	...., half twist	2.7	140b	...., full twist	3.0
115b	...., full twist	2.9	140c	...., twirl	2.9
115c	...., twirl	2.8	140d	...., spinning 180°	2.5
115d	...., spinning 180°	2.4	140e	...., spinning 360°	2.5
115e	...., spinning 360°	2.4	140f	...., continuous spin (720°)	2.7
115f	...., continuous spin (720°)	2.6	140g	...., twist spin	3.0
115g	...., twist spin	2.9	140h	...., spin up 180°	3.0
115h	...., spin up 180°	2.9	140i	...., spin up 360°	3.0
115i	...., spin up 360°	2.9	140j	...., combined spin (360°+360°)	3.1
115j	...., combined spin (360°+360°)	3.0	<b>141</b>	<b>Stingray</b>	<b>3.2</b>
<b>116</b>	<b>Catalarc</b>	<b>2.9</b>	<b>142</b>	<b>Manta Ray</b>	<b>3.0</b>
<b>117</b>	<b>Catalarc, Open 180°</b>	<b>3.0</b>	<b>143</b>	<b>Rio</b>	<b>3.1</b>
<b>118</b>	<b>Helicopter</b>	<b>2.1</b>	<b>150</b>	<b>Knight</b>	<b>3.1</b>
<b>125</b>	<b>Eiffel Tower</b>	<b>2.6</b>	<b>154</b>	<b>London</b>	<b>1.9</b>
125a	...., half twist	3.0	154j-1	...., combined spin 360° (360°+360°)	2.7
125b	...., full twist	3.2	154j-2	...., combined spin 720° (720°+720°)	2.9
125c	...., twirl	3.1			

**CATEGORY II**  
**DOLPHIN CATEGORY**

<b>201</b>	<b>Dolphin</b>	<b>1.4</b>	240d	...., spinning 180°	1.9
<b>226</b>	<b>Swan</b>	<b>2.1</b>	240e	...., spinning 360°	1.9
<b>240</b>	<b>Albatross</b>	<b>2.2</b>	240h	...., spin up 180°	2.3
240a	...., half twist	2.2	240i	...., spin up 360°	2.4
240b	...., full twist	2.3	240j	...., combined spin (360°+360°)	2.3
240c	...., twirl	2.3	<b>241</b>	<b>Goeland</b>	<b>1.9</b>

### CATEGORY III SOMERSAULT CATEGORY

<b>301</b>	<b>Barracuda</b>	<b>1.9</b>	<b>325</b>	<b>Subalina</b>	<b>2.2</b>
301c	...., twirl	2.5	<b>326</b>	<b>Subilarc</b>	<b>2.8</b>
301d	...., spinning 180°	2.1	<b>327</b>	<b>Ballerina</b>	<b>1.8</b>
301e	...., spinning 360°	2.2	<b>328</b>	<b>Lagoon</b>	<b>2.4</b>
301f	...., continuous spin (720°)	2.5	<b>330</b>	<b>Aurora</b>	<b>2.3</b>
301h	...., spin up 180°	2.5	330a	...., half twist	2.7
301i	...., spin up 360°	2.5	330c	...., twirl	2.8
<b>302</b>	<b>Blossom</b>	<b>1.4</b>	330d	...., spinning 180°	2.4
<b>303</b>	<b>Somersault, Back Pike</b>	<b>1.5</b>	330e	...., spinning 360°	2.4
<b>305</b>	<b>Barracuda, Back Pike</b>		330f	...., continuous spin (720°)	2.6
	<b>Somersault</b>	<b>2.3</b>	330g	...., twist spin	2.9
305c	...., twirl	2.9	<b>331</b>	<b>Aurora, Open 180°</b>	<b>3.0</b>
305d	...., spinning 180°	2.4	<b>332</b>	<b>Aurora, Open 360°</b>	<b>3.2</b>
305e	...., spinning 360°	2.5	<b>335</b>	<b>Gaviata</b>	<b>2.3</b>
305f	...., continuous spin (720°)	3.1	<b>336</b>	<b>Gaviata, Open 180°</b>	<b>2.4</b>
305h	...., spin up 180°	2.6	<b>340</b>	<b>Angelfish</b>	<b>2.5</b>
305i	...., spin up 360°	2.7	<b>341</b>	<b>Sunfish</b>	<b>2.4</b>
305j	...., combined spin (360°+360°)	3.1	<b>342</b>	<b>Heron</b>	<b>1.9</b>
<b>306</b>	<b>Barracuda, Bent Knee</b>	<b>1.8</b>	342c	...., twirl	2.3
306d	...., spinning 180°	1.9	342d	...., spinning 180°	2.1
306e	...., spinning 360°	2.0	142e	...., spinning 360°	2.2
<b>307</b>	<b>Flying Fish</b>	<b>2.7</b>	342f	...., continuous spin (720°)	2.7
307d	...., spinning 180°	2.9	342h	...., spin up 180°	2.4
307e	...., spinning 360°	3.0	342i	...., spin up 360°	2.4
<b>308</b>	<b>Barracuda Airborne Split</b>	<b>2.7</b>	<b>343</b>	<b>Butterfly</b>	<b>2.5</b>
308i	...., spin up 360°	3.3	<b>344</b>	<b>Neptunus</b>	<b>1.7</b>
<b>310</b>	<b>Somersault, Back Tuck</b>	<b>1.1</b>	<b>345</b>	<b>Reverse Catalina</b>	<b>2.1</b>
<b>311</b>	<b>Kip</b>	<b>1.6</b>	<b>346</b>	<b>Side Fishtail Split</b>	<b>2.0</b>
311a	...., half twist	2.0	<b>347</b>	<b>Minerva</b>	<b>2.0</b>
311b	...., full twist	2.2	<b>348</b>	<b>Tower</b>	<b>1.9</b>
311c	...., twirl	2.1	348a	...., half twist	2.2
311d	...., spinning 180°	1.7	348b	...., full twist	2.4
311e	...., spinning 360°	1.7	348c	...., twirl	2.3
311f	...., continuous spin (720°)	1.9	348d	...., spinning 180°	1.9
311g	...., twist spin	2.2	348e	...., spinning 360°	2.0
311h	...., spin up 180°	2.2	348f	...., continuous spin (720°)	2.3
311i	...., spin up 360°	2.2	348g	...., twist spin	2.7
311j	...., combined spin (360°+360°)	2.3	348h	...., spin up 180°	2.3
<b>312</b>	<b>Kip, Split</b>	<b>2.3</b>	348i	...., spin up 360°	2.4
<b>313</b>	<b>Kip, Split, Closing 180°</b>	<b>2.3</b>	348j	...., combined spin (360°+360°)	2.6
<b>314</b>	<b>Kip, Split, Open 360°</b>	<b>3.0</b>	<b>349</b>	<b>Beluga</b>	<b>2.1</b>
<b>315</b>	<b>Seagull</b>	<b>2.1</b>	<b>350</b>	<b>Dalecarlia</b>	<b>2.6</b>
<b>316</b>	<b>Kipnus</b>	<b>1.4</b>	<b>351</b>	<b>Jupiter</b>	<b>2.8</b>
<b>317</b>	<b>Kipnus, Variant</b>	<b>1.9</b>	<b>355</b>	<b>Porpoise</b>	<b>1.8</b>
<b>318</b>	<b>Kip, Bent Knee</b>	<b>1.8</b>	355a	...., half twist	2.2
<b>319</b>	<b>Kipswirl</b>	<b>1.7</b>	355b	...., full twist	2.4
319c	...., twirl	2.1	355c	...., twirl	2.3
319d	...., spinning 180°	1.7	355d	...., spinning 180°	1.9
319e	...., spinning 360°	1.8	355e	...., spinning 360°	1.9
319f	...., continuous spin (720°)	2.0	355f	...., continuous spin (720°)	2.1
<b>320</b>	<b>Kipswirl, Split, Closing 180°</b>	<b>2.3</b>	355g	...., twist spin	2.5
<b>321</b>	<b>Kipswirl, Split, Closing 360°</b>	<b>2.5</b>	355h	...., spin up 180°	2.4
<b>322</b>	<b>Elevator</b>	<b>2.5</b>	355i	...., spin up 360°	2.4
<b>323</b>	<b>Somersault, Front Pike</b>	<b>1.4</b>	355j	...., combined spin (360°+360°)	2.5
<b>324</b>	<b>Somersub</b>	<b>1.9</b>	<b>360</b>	<b>Walkover, Front</b>	<b>1.9</b>

**CATEGORY III (CONTINUED)**  
**SOMERSAULT CATEGORY**

<b>361</b>	<b>Prawn</b>	<b>1.5</b>	380d	..., spinning 180°	2.3
<b>362</b>	<b>Surface Prawn</b>	<b>1.3</b>	380e	..., spinning 360°	2.4
<b>363</b>	<b>Water Drop</b>	<b>1.5</b>	380f	..., continuous spin (720°)	2.9
<b>364</b>	<b>Whirlwind</b>	<b>2.7</b>	380h	..., spin up 180°	2.7
<b>380</b>	<b>Barracuda, Front Pike</b>		380i	..., spin up 360°	2.8
	<b>Somersault</b>	<b>2.2</b>	380j	..., combined spin (360°+360°)	3.0
380c	..., twirl	2.8			

**CATEGORY IV**  
**DIVERSE CATEGORY**

<b>401</b>	<b>Swordfish</b>	<b>2.0</b>	435f	..., continuous spin (720°)	2.5
<b>402</b>	<b>Swordasub</b>	<b>2.3</b>	435g	..., twist spin	2.8
<b>403</b>	<b>Swordtail</b>	<b>2.3</b>	<b>436</b>	<b>Cyclone</b>	<b>2.4</b>
<b>405</b>	<b>Swordalina</b>	<b>2.4</b>	436c	..., twirl	2.8
<b>406</b>	<b>Swordfish, Straight Leg</b>	<b>2.0</b>	436d	..., spinning 180°	2.4
<b>410</b>	<b>Hightower</b>	<b>3.4</b>	436e	..., spinning 360°	2.4
<b>413</b>	<b>Alba</b>	<b>2.7</b>	436f	..., continuous spin (720°)	2.7
<b>420</b>	<b>Walkover, Back</b>	<b>1.9</b>	<b>437</b>	<b>Oceanea</b>	<b>2.1</b>
<b>421</b>	<b>Walkover, Back, Closing 360°</b>	<b>2.2</b>	<b>439</b>	<b>Oceanita</b>	<b>1.8</b>
<b>423</b>	<b>Ariana</b>	<b>2.2</b>	<b>440</b>	<b>Ipanema</b>	<b>3.0</b>
<b>435</b>	<b>Nova</b>	<b>2.2</b>	<b>460</b>	<b>Oyster</b>	<b>1.2</b>
435c	..., twirl	2.7	<b>475</b>	<b>Tub</b>	<b>1.1</b>
435d	..., spinning 180°	2.3			
435e	..., spinning 360°	2.3			

## FIGURE RULE II

### COMPULSORY FIGURES AND FIGURE SELECTION GROUPS FOR COMPETITIONS

#### A. SENIOR AND JUNIOR FIGURES:

##### COMPULSORY FIGURES:

308i	Barracuda Airborne Split, Spin Up 360°	3.3
355g	Porpoise, Twist Spin	2.5

##### SELECTION GROUPS:

###### Group 1

154j-2	London, Combined Spin (720°)	2.9
330c	Aurora, Twirl	2.8

###### Group 2

364	Whirlwind	2.7
343	Butterfly	2.5

###### Group 3

320	Kipswirl, Split, Closing 180°	2.3
440	Ipanema	3.0

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

#### B. COLLEGIATE TECHNICAL CATEGORY C AND 13-15 AGE DIVISION FIGURES:

##### COMPULSORY FIGURES:

423	Ariana	2.2
143	Rio	3.1

##### SELECTION GROUPS:

###### Group 1

351	Jupiter	2.8
437	Oceanea	2.1

###### Group 2

240a	Albatross, Half Twist	2.2
403	Swordtail	2.3

###### Group 3

355f	Porpoise, Continuous Spin 720°	2.1
315	Seagull	2.1

**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. For Collegiate Championships, see Collegiate Selection Group Rotation Chart.

C. **COLLEGIATE TECHNICAL CATEGORY D AND 12 & UNDER AGE DIVISION FIGURES:**

**COMPULSORY FIGURES:**

106	Ballet Leg, Straight	1.6
301	Barracuda	1.9

**SELECTION GROUPS:**

**Group 1**

420	Walkover, Back	1.9
327	Ballerina	1.8

**Group 2**

311	Kip	1.6
401	Swordfish	2.0

**Group 3**

226	Swan	2.1
363	Water Drop	1.5

**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. For Collegiate Championships, see Collegiate Selection Group Rotation Chart.

D. **INTERMEDIATE FIGURES:**

**COMPULSORY FIGURES:**

101	Ballet Leg, Single	1.6
301	Barracuda	1.9

**SELECTION GROUPS:**

**Group 1**

360	Walkover, Front	1.9
311	Kip	1.6

**Group 2**

348	Tower	1.9
420	Walkover, Back	1.9

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

E. **NOVICE FIGURES:**

**COMPULSORY FIGURES:**

101	Ballet Leg, Single	1.6
302	Blossom	1.4

**SELECTION GROUPS:**

**Group 1**

316	Kipnus	1.4
323	Somersault, Front Pike	1.4

**Group 2**

361	Prawn	1.5
201	Dolphin	1.4

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

**E. ATHLETES WITH DISABILITIES - PHYSICAL AND COGNITIVE FIGURES:**  
(All new)

**TIER 1 COMPULSORY FIGURES:**

100	Bent Knee, Alternate	1.0
302	Blossom	1.4

**TIER 1 SELECTION GROUPS:**

**Group 1 (Odd year)**

361	Prawn	1.5
310	Somersault, Back Tuck	1.1

**Group 2 (Even year)**

323	Somersault, Front Pike	1.4
362	Surface Prawn	1.3

**TIER 2 COMPULSORY FIGURES:**

101	Ballet Leg, Single	1.6
306	Barracuda, Bent Knee	1.8

**TIER 2 SELECTION GROUPS:**

**Group 1 (Odd year)**

360	Walkover, Front	1.9
316	Kipnus	1.4

**Group 2 (Even year)**

348	Tower	1.9
201	Dolphin	1.4

**TIER 3 COMPULSORY FIGURES:**

106	Ballet Leg, Straight	1.6
301	Barracuda	1.9

**TIER 3 SELECTION GROUPS:**

**Group 1 (Odd year)**

420	Walkover, Back	1.9
327	Ballerina	1.8

**Group 2 (Even year)**

311	Kip	1.6
355	Porpoise	1.8

**TIER 4 COMPULSORY FIGURES:**

423	Ariana	2.2
301d	Barracuda, Spinning 180°	2.1

**TIER 4 SELECTION GROUPS:**

**Group 1 (Odd year)**

140	Flamingo, Bent Knee	2.4
240	Albatross	2.2

**Group 2 (Even year)**

312	Kip, Split	2.3
355a	Porpoise, Half Twist	2.2

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

G. **MASTERS DIVISION A, B AND C FIGURES:**

**MASTERS A COMPULSORY FIGURES:**

301e	Barracuda, Spinning 360°	2.2
142	Manta Ray	3.0

**MASTERS A SELECTION GROUPS:**

**Group 1 (2018, 2020)**

154j-1	London, Combined Spin 360°	2.7
112f	Ibis, Continuous Spin 720°	2.8

**Group 2 (2019, 2021)**

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

**MASTERS B COMPULSORY FIGURES:**

301d	Barracuda, Spinning 180°	2.1
140	Flamingo, Bent Knee	2.4

**MASTERS B SELECTION GROUPS:**

**Group 1 (2018, 2020)**

315	Seagull	2.1
240	Albatross	2.2

**Group 2 (2019, 2021)**

319	Kipswirl	1.7
345	Reverse Catalina	2.1

**MASTERS C COMPULSORY FIGURES:**

101	Ballet Leg, Single	1.6
301	Barracuda	1.9

**MASTERS C SELECTION GROUPS:**

**Group 1 (2018, 2020)**

363	Water Drop	1.5
324	Somersub	1.9

**Group 2 (2019, 2021)**

348	Tower	1.9
316	Kipnus	1.4

H. **COLLEGIATE SELECTION GROUP ROTATION CHART:**

<b>Year</b>	<b>For Categories C and D in All Collegiate Competitions</b>
2018	Group 1
2019	Group 2
2020	Group 3
2021	Group 1

**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 ***Transition*** 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 be made at such positions 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 position is specified within a description, arm positions 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:**

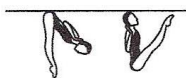
The body is extended, on the back, with the face, chest, thighs and feet at the surface. The ears, hips and ankles are in line.



#### 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 and one thigh and foot at the surface. One leg is extended vertically with the thigh perpendicular to the surface.



##### **Submerged:**

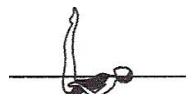
The head, trunk and horizontal leg are parallel to the surface. One leg is perpendicular to the surface, with the water line between the knee and the ankle of that leg.



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

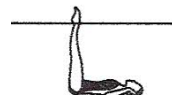
##### **Surface:**

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



##### **Submerged:**

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

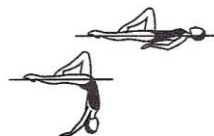


#### E. **Bent Knee Positions:**

##### **Bent Knee Back Layout Position and**

##### **Bent Knee Surface Arch Position:**

In **Back Layout** or **Surface Arch** positions, with the thigh of the bent leg perpendicular to the surface, the toe of that leg remaining in contact with the inside of the extended leg.

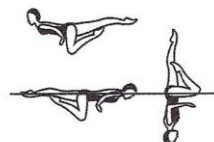


##### **Bent Knee Dolphin Arch Position,**

##### **Bent Knee Front Layout Position and**

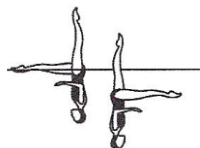
##### **Bent Knee Vertical Position:**

In **Dolphin Arch**, **Front Layout** or **Vertical** positions, with the toe of the bent leg in contact with the inside of the knee or thigh of the extended leg.



**F. Crane Position:**

The body is extended perpendicular to the surface, with the head downward, ears, hips and one ankle in line. The other leg is extended forward, parallel to the surface and perpendicular to the trunk.



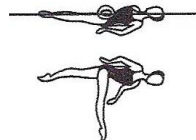
**G. Dolphin Arch Position:**

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



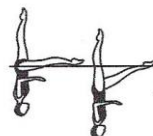
**H. Eiffel Position:**

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.



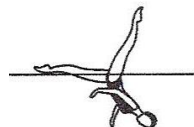
**I. Fishtail Position:**

The body is extended perpendicular to the surface, with the head downward, ears, hips and one ankle in line. The other leg is extended forward with the foot at the surface, 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 regardless of the height of the hips. The other leg is extended above the surface 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. The other leg is drawn toward the chest, with its mid-calf opposite the vertical leg, and its foot and knee at and parallel to the surface. The face is at the surface.



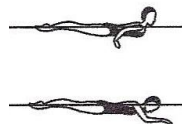
**Submerged:**

The trunk, head and shin of the bent leg are parallel to the surface. The extended leg is perpendicular to the surface and to 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. 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.



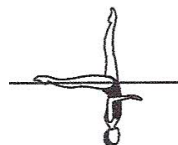
**Surface Front Pike Position:**

Heels and back of the thighs are at the surface.



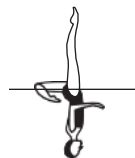
**M. Knight Position:**

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 its foot at the surface and as close to horizontal as possible.



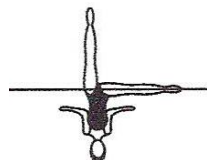
**Knight Variant Position:**

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 are parallel to the surface of the water.



**N. Side Fishtail Position:**

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



**O. Split Position:**

Legs evenly split forward and back. The legs are parallel to the surface. 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.



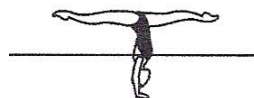
**Split Position:**

Legs are "dry" at the surface.



**Airborne Split Position:**

Legs are above the surface.



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.



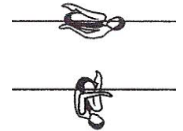
Q. **Tub Position:**

The legs are bent at the knees and together. The feet and knees are at and parallel to the surface, with the thighs perpendicular. Head in line with the trunk. The face is at the surface.



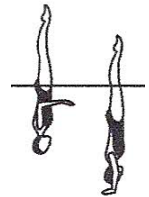
R. **Tuck Position:**

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



S. **Vertical Position:**

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

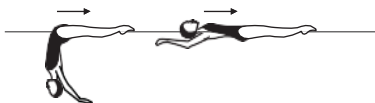


## FIGURE RULE V BASIC TRANSITIONS AND MOVEMENTS

**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 the **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.



**B. Ballet Leg, to assume:**

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 the **Ballet Leg Position**.



**C. Ballet Leg, to lower:**

From 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.



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

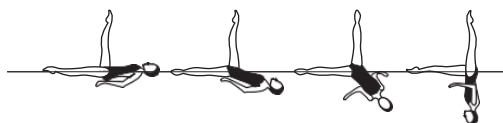
From the **Bent Knee Surface Arch Position**, the toe of the bent leg slides along the inside of the extended leg as the bent knee straightens to assume a **Surface Arch Position**.



**E. Catalina Rotation:**

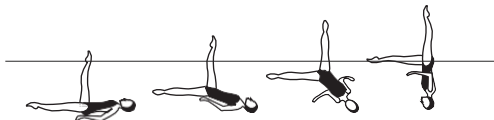
**Surface**

From a **Ballet Leg Position**, a rotation of the body is initiated. The head, shoulders and trunk begin the rotation at the surface while descending, without lateral movement, to a **Fishtail Position**. The vertical leg remains perpendicular to the surface while the foot of the horizontal leg remains at the surface, throughout the rotation. Unless otherwise specified, *Catalina Rotation* starts from a **Ballet Leg Position**.



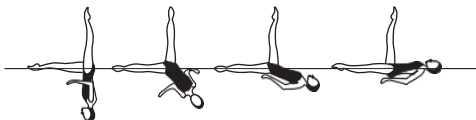
## Rising

From a **Submerged Ballet Leg Position**, while maintaining the  $90^\circ$  angle between the legs, the hips rise during a  $180^\circ$  rotation of the trunk, shoulders and head, without lateral movement of the trunk and head, 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 regardless of the height of the hips.



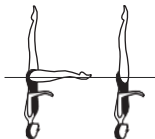
### F. *Catalina, Reverse, Rotation:*

From a **Fishtail Position**, the hips rotate as the trunk rises, without lateral movement, to assume a **Surface Ballet Leg Position**. The vertical leg remains perpendicular to the surface while the foot of the horizontal leg remains at the surface, throughout the rotation.

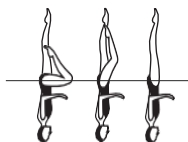


### G. *Close to Vertical Position:*

From **Crane** or **Fishtail Position**, without movement of the vertical leg or trunk, the horizontal leg is lifted to meet the vertical leg to assume a **Vertical Position**.

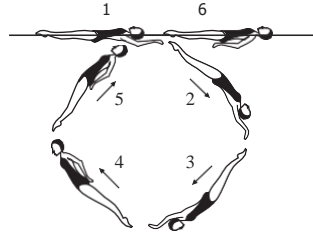


From the **Bent Knee Vertical Position**, without movement of the vertical leg or trunk, the toe of the bent leg slides along the inside of the vertical leg to assume a **Vertical Position**.



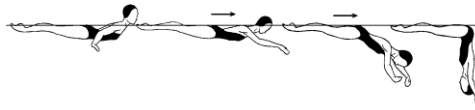
H. *Dolphin Circle:*

A Dolphin (and all its modifications) starts from a **Back Layout Position**. The head, hips and feet leave the surface 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 at the same point, the body straightens as it surfaces to a **Back Layout Position**.



I. *Front Pike Position, to assume:*

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



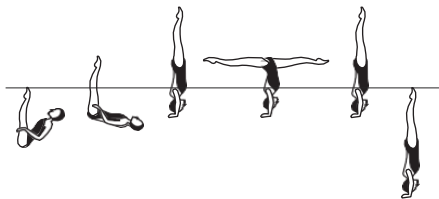
J. *Front Pike Position to Submerged Ballet Leg Double Position:*

From a **Front Pike Position**, maintaining this 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 travel (move) downward until the hips occupy the position of the head at the beginning of this action.



K. *Rocket Split*:

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



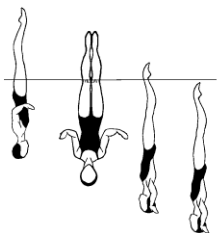
L. *Spins*:

A *Spin* is a rotation in a **Vertical Position**. The body remains on the same vertical line. *Spins* are executed in one uniform motion, unless otherwise specified. A *Spin* is normally followed by a *Vertical Descent* to complete a figure.

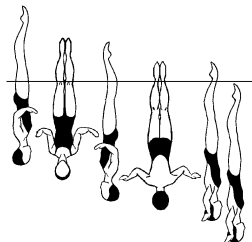
*Descending Spins* must start at the height of the vertical. The specified rotation must be completed as the ankle(s) reach(es) the surface. Unless otherwise specified, a *Descending Spin* is finished with a *Vertical Descent* which is executed at the same tempo as the *Spin*.

*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 between the knees and hips. An *Ascending Spin* is finished with a *Vertical Descent*.

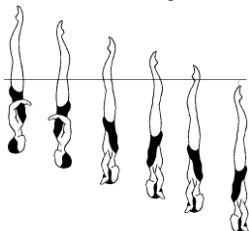
*Spinning 180°* is a *Descending Spin* with a rotation of 180°.



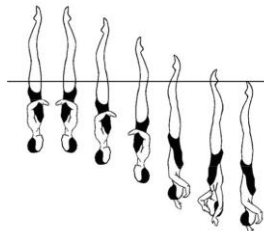
*Spinning 360°* is a *Descending Spin* with a rotation of 360°.



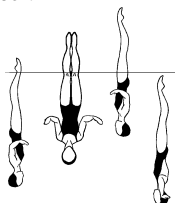
*Continuous Spin* is a *Descending Spin* with a rapid rotation of: 720° (2), 1080° (3), or 1440° (4) which is completed as the ankles reach the surface and continues through submergence.



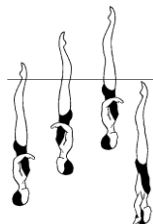
*Twist Spin* is a *Half Twist* (see Figure Rule V.P), executed at the height of the vertical, followed, without a pause, by a *Continuous Spin* of 720° (2).



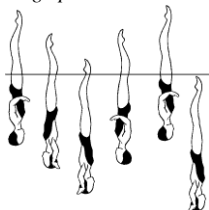
*Spin Up 180°* is an *Ascending Spin* with a rotation of 180°.



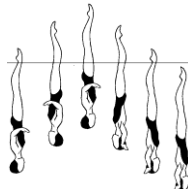
*Spin Up 360°* is an *Ascending Spin* with a rotation of 360°.



*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.



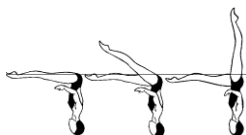
*Reverse Combined Spin* is an *Ascending Spin* of at least 360° followed, without a pause, by an equal *Descending Spin* in the same direction.



A *Spin* may be added to any figure following a final **Vertical Position**. A figure with a *Spin* added to its normal sequence shall have a letter added to its number and difficulty added. *Spins* designated "d" through "g" and "j" must start from the height of the vertical; those designated "h", "i", or "k" will be preceded with a *Vertical Descent* to the ankles.

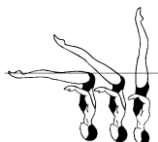
M. *Surface Front Pike Position to Crane Position:*

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



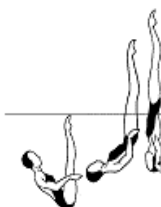
N. *Surface Front Pike Position to Vertical Position:*

From a **Surface Front Pike Position**, without movement of the trunk, the legs are lifted to a **Vertical Position**.



O. *Thrust*

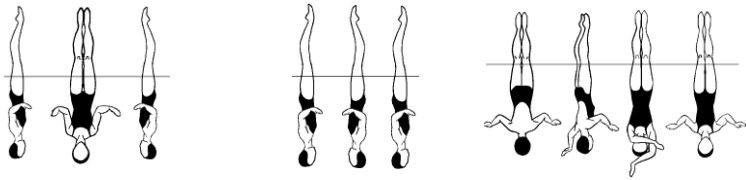
From a submerged **Back Pike Position**, with legs remaining perpendicular to the surface, a vertical upward movement of the legs and hips is rapidly executed as the body unrolls to assume a **Vertical Position**. In the **Back Pike Position** the toes should be just under the surface prior to the *Thrust*. Maximum height is desirable.



P. *Twist:*

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

*Half Twist* is a *Twist* of  $180^\circ$ . *Full Twist* is a *Twist* of  $360^\circ$ . *Twirl* is a rapid *Twist* of  $180^\circ$ .



A *Twist* or *Twirl* may be added to any figure following a final **Vertical Position**. Exception: Figure 240c, Albatross, Twirl. A figure with a *Twist* or *Twirl* added to its normal sequence shall have a letter added to its number and difficulty added.

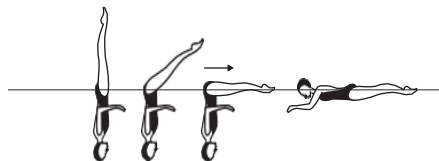
Q. *Vertical Descent:*

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



R. *Vertical Position to Front Layout Position:*

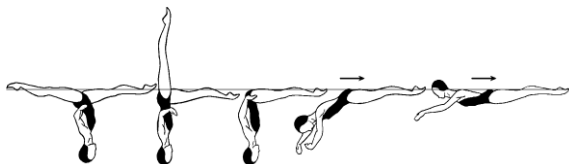
From the **Vertical Position**, without movement of the trunk, the legs are lowered to a **Surface Front Pike Position**. The feet and hips move along the surface until the body straightens to a **Front Layout Position** as the head surfaces at the position occupied by the hips at the beginning of this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



S. *Walkout:*

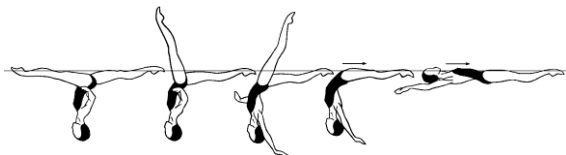
*Back Walkout: Split to Front Pike to Front Layout:*

From the **Split Position**, the hips remain stationary as the back leg is lifted in a  $180^\circ$  arc over the surface to meet the opposite leg in a **Surface Front Pike Position**. The feet and hips move along the surface until the body straightens to 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 the **Split Position**, the hips remain stationary as the front leg is lifted in a  $180^\circ$  arc over the surface to meet the opposite leg in a **Surface Arch Position**. An *Archup* (see Figure Rule V.A.) is executed to a **Back Layout Position**.



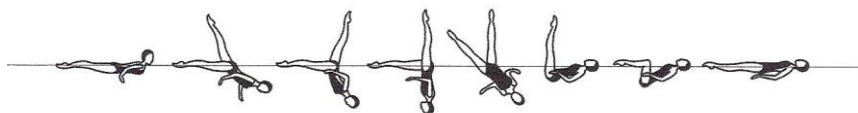
**FIGURE RULE VI**  
**DESCRIPTION OF FIGURES FOR**  
**ARTISTIC SWIMMING**

**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

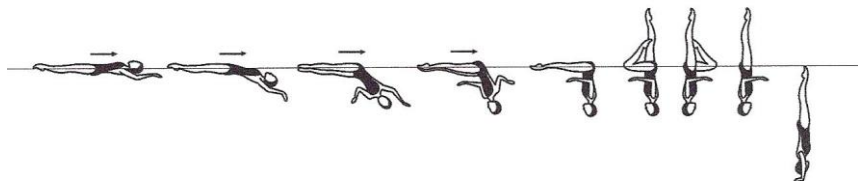
From a **Front Layout Position**, a Hightower (410) is executed to a **Fishtail Position**. The hips rotate 180° as the trunk rises and the horizontal leg is lifted, without lateral movement, to assume a **Surface Double Ballet Leg Position**. The knees are bent, without movement of the thighs, to assume a **Tub Position**. The shins remain at the surface as the knees are straightened to a **Back Layout Position**.



240. **Albatross**

Difficulty 2.2

From a **Back Layout Position**, a Dolphin (201) is initiated until the hips are about to submerge. The hips, legs and feet continue to move along the surface as the body is rolled sideways while the trunk descends to a **Surface Front Pike Position**. Without movement of the trunk, the legs are lifted simultaneously to a **Bent Knee Vertical Position**. A *Half Twist* is executed. 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.



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

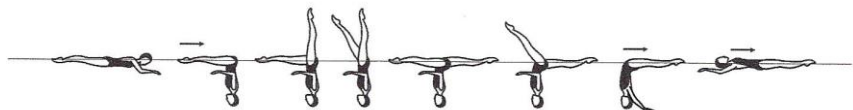
Difficulty, see I.A

240a to 240e. An Albatross is executed until the *Half Twist* is completed. Following the *Half Twist*, the bent knee is straightened during the designated *Twist* or *Spin*.

240h and 240i. An Albatross is executed until the *Half Twist* is completed. Following the *Half Twist*, a *Vertical Descent* is executed to the ankle while maintaining the **Bent Knee Vertical Position** and the bent knee is straightened to **Vertical Position** during the designated *Spin Up*, remaining straight for the final *Vertical Descent*.

240j. An Albatross is executed until the *Half Twist* is completed. Following the *Half Twist*, a *Combined Spin* is executed. The bent knee is straightened during the *Descending Spin* and bent again during the *Ascending Spin* to resume a **Bent Knee Vertical Position**, which is maintained during the final *Vertical Descent*.

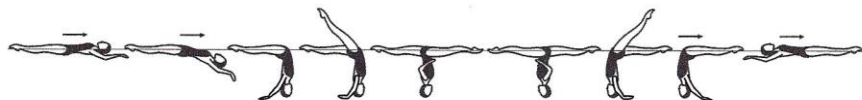
From a **Front Layout Position**, as the trunk moves downward to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action. Without movement of the trunk, and with minimal change in water level, one leg is lifted to a **Fishtail Position**. With head and shoulders remaining vertically aligned with the hips, and with minimal change in water level, the horizontal leg is lifted in a  $180^\circ$  arc over the surface, passing the vertical leg, which moves symmetrically in the opposite direction, until a **Split Position** is assumed. The hips remain stationary as the front leg is lifted in a  $180^\circ$  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.



## 423. Ariana

Difficulty 2.2

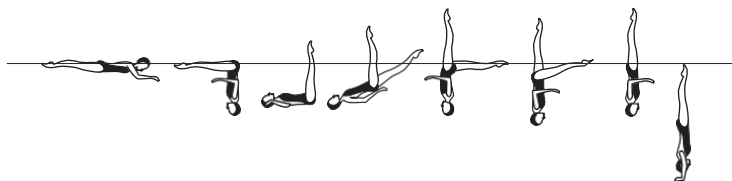
From a **Back Layout Position**, a Back Walkover (420) is executed to a **Split Position**. Maintaining the relative position of the legs to the surface, the trunk rotates  $180^\circ$ . The hips remain stationary as the front leg is lifted in a  $180^\circ$  arc over the surface to meet the opposite 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.



## 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, while the trunk moves under the hips to a **Knight Position**. Maintaining the legs in their positions, the trunk rotates  $180^\circ$  to assume a **Fishtail Position**. Without movement of the vertical leg or trunk, 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.

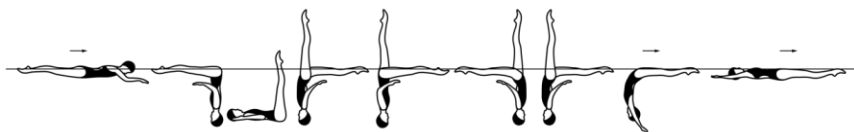


330a and 330c to 330g, see Twists and Spins, Figure Rule V.

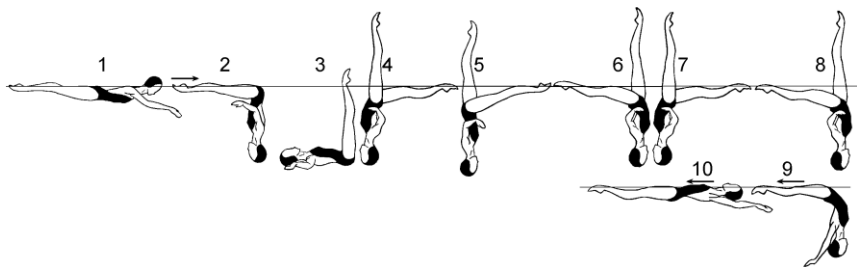
Difficulties, see I.A

An Aurora is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Twist* or *Spin* is executed.

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, to a **Knight Position**. The body maintains this position as, with continuous motion 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 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.



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, to a **Knight Position**. The body maintains this position as, with continuous motion 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 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.



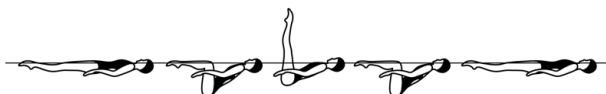
From a **Front Layout Position**, a partial Front Pike Somersault (323) is executed to a **Submerged Double Ballet Leg Position**. One knee is bent to assume a **Submerged Flamingo Position**. Maintaining this position, the body rises to a **Surface Flamingo Position**. The ballet leg is lowered in a 90° arc to the surface as the other leg moves 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.



### 110. Ballet Leg, Double

Difficulty 1.7

From a **Back Layout Position**, the knees are drawn toward the chest, with the toes at the surface, to assume a **Tub Position**. The knees are straightened, without movement of the thighs, to a **Double Ballet Leg Position**. The knees are bent, without movement of the thighs, to return to a **Tub Position**. The shins remain at the surface as the knees 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, 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.



### 106. Ballet Leg, Straight

Difficulty 1.6

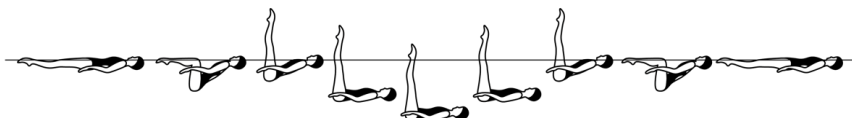
From a **Back Layout Position**, with one leg remaining extended at the surface, the other leg is raised straight to a **Ballet Leg Position**. The ballet leg is bent, without movement of the thigh, to a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back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



### 111. Ballet Leg Submarine, Double

Difficulty 2.2

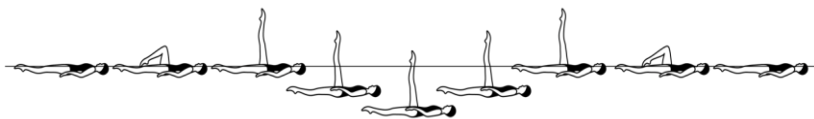
From a **Back Layout Position**, a Ballet Leg, Double (110) is executed to a **Double Ballet Leg Position**. The body submerges vertically to a **Submerged Double Ballet Leg Position**. The body rises vertically to a **Surface Double Ballet Leg Position**. The knees are bent, without movement of the thighs, to return to a **Tub Position**. The shins remain at the surface as the knees 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 a **Ballet Leg Position**. The body is lowered to a **Submerged Ballet Leg Position**. Maintaining this position, parallel to the surface, the body rises vertically to a **Surface 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.



### 102. Ballet Legs, Alternate

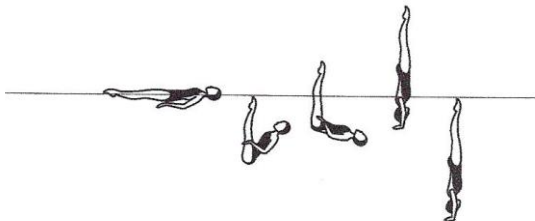
Difficulty 2.4

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

### 301. Barracuda

Difficulty 1.9

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.



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 and 301e. A Barracuda is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Spins* are executed at the same tempo as the *Thrust*.

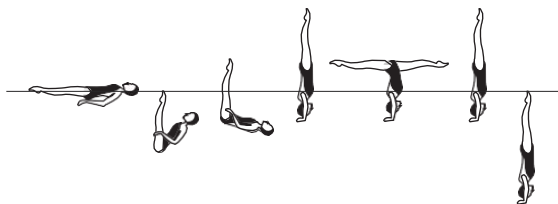
301f. A Barracuda is executed to a **Vertical Position**. From the **Vertical Position**, a *Continuous Spin* is executed to complete the figure.

301h and 301i. A Barracuda is executed to a **Vertical Position**. From the **Vertical Position**, a rapid *Vertical Descent*, pausing at the ankles, precedes the designated *Spins*, with a rapid *Vertical Descent* following, to complete the figure.

### 308. Barracuda Airborne Split

Difficulty 2.7

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 maximum height, the legs are split rapidly 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.



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

Difficulties, see I.A

A Barracuda Airborne Split is executed to a rejoined **Vertical Position**. From the rejoined **Vertical Position**, a *Vertical Descent* is executed at the same tempo as the *Thrust* to ankle level. The designated *Ascending Spin* is executed. 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. From the **Back Pike 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.



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 *Spins* are executed at the same tempo as the *Thrust*.

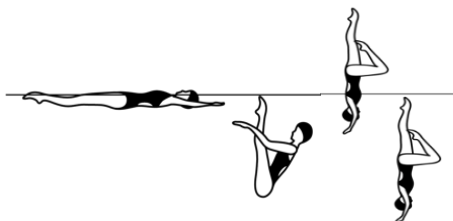
305f. A Barracuda, Back Pike Somersault is executed to a **Vertical Position**. From the **Vertical Position**, a *Continuous Spin* is executed to complete the figure.

305h and 305i. A Barracuda, Back Pike Somersault is executed to a **Vertical Position**. From the **Vertical Position**, a rapid *Vertical Descent*, pausing at the ankles, precedes the designated *Spins*, with a rapid *Vertical Descent* following, to complete the figure.

### 306. Barracuda, Bent Knee

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 **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.

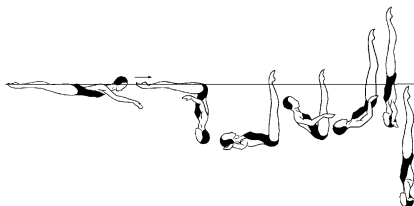
Difficulties, see I.A

A Barracuda, Bent Knee is executed to a **Bent Knee Vertical Position**. From the **Bent Knee Vertical Position**, the designated *Spin* is executed as the bent knee is extended to meet the vertical leg. The designated *Spin* 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 **Back Pike Position** and, 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.



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

Difficulties, see I.A

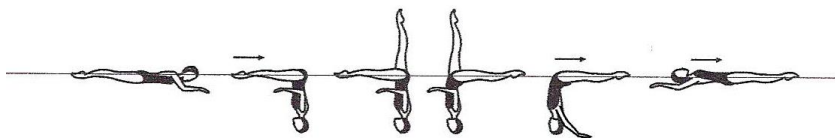
380c. A Barracuda, Front Pike Somersault is executed to a **Vertical Position**. From the **Vertical Position**, a *Twirl* is executed. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

380d, 380e and 380j. A Barracuda, Front Pike Somersault is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Spins* are 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 to complete the figure.

380h and 380i. A Barracuda, Front Pike Somersault is executed to a **Vertical Position**. From the **Vertical Position**, a rapid *Vertical Descent*, pausing at the ankles, precedes the designated *Spins*, with a rapid *Vertical Descent* following, to complete the figure.

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 minimal change in water level, one leg is lifted 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  $180^{\circ}$  at the surface to a **Knight Position**. The hips remain stationary as the vertical leg is lowered 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.



### 100. Bent Knee, Alternate

Difficulty 1.0

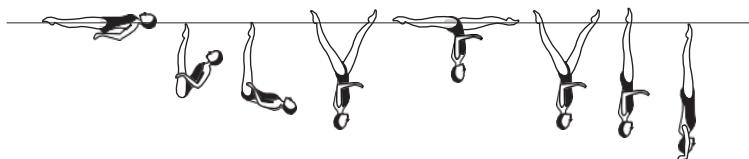
From a **Back Layout Position**, with one leg remaining extended at the surface, the toe of the other leg is drawn along the inside of the extended leg until the thigh is vertical to assume a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back Layout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



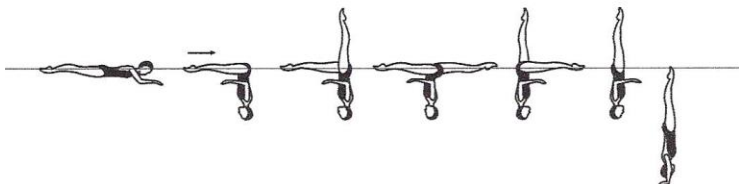
### 302. Blossom

Difficulty 1.4

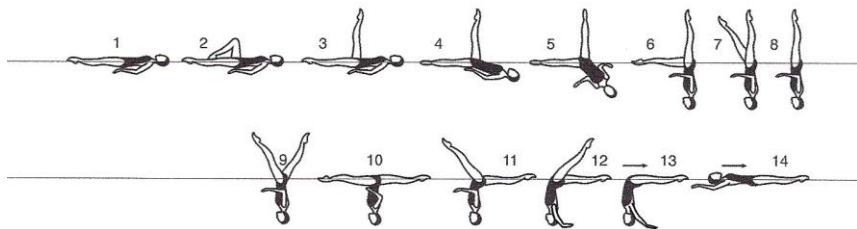
From a **Back Layout Position**, the legs are raised to the vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface. The feet separate along the surface as a vertical upward movement of the legs and hips is executed as the body unrolls to assume a **Split Position**.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



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 rapidly lifted through an arc of  $180^\circ$  as the vertical leg is simultaneously lowered to assume a **Split Position**, without hesitating, a hip rotation of  $180^\circ$  is executed as the front leg is raised to assume a **Fishtail Position**. Without movement of the vertical leg or trunk, the horizontal leg is lifted to meet the vertical leg to assume a **Vertical Position** at the same tempo as the initial actions of the figure. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.

116. **Catalarc**

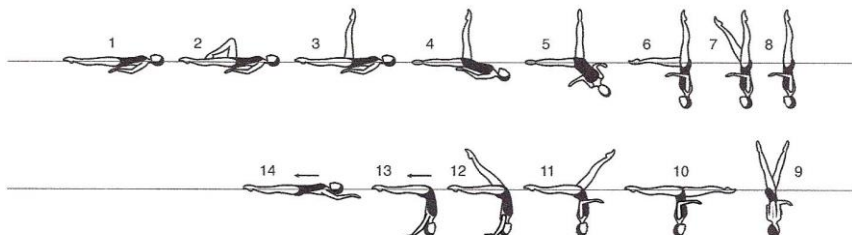
From a **Back Layout Position**, a Catalina (115) is executed to a **Fishtail Position**. With head and shoulders remaining vertically aligned with the hips, and with minimal change in water level, the horizontal leg is lifted in a  $180^\circ$  arc over the surface, passing the vertical leg, which moves symmetrically in the opposite direction, until a **Split Position** is assumed. The hips remain stationary as the front leg is lifted in a  $180^\circ$  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.



## 117. Catalarc, Open 180°

Difficulty 3.0

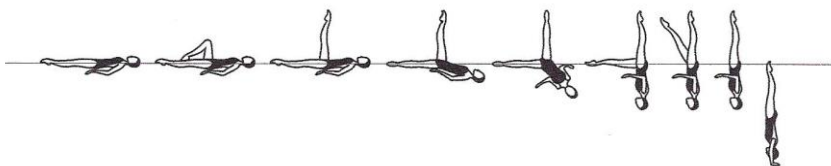
From a **Back Layout Position**, a Catalina (115) is executed to a **Fishtail Position**. With head and shoulders remaining vertically aligned with the hips, and with minimal change in water level, the horizontal leg is lifted toward the vertical leg. As the legs meet, a 180° rotation of the body is started and continued while the legs open symmetrically 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.



## 115. Catalina

Difficulty 2.3

From a **Back Layout Position**, a Ballet Leg, Single (101) is executed to a **Ballet Leg Position**. Maintaining the ballet leg perpendicular to the surface, the head, shoulders and trunk begin the rotation at the surface while descending, without lateral movement, to a **Fishtail Position**. The vertical leg remains perpendicular to the surface while the foot of the horizontal leg remains at the surface, throughout the rotation. Without movement of the vertical leg or trunk, 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.



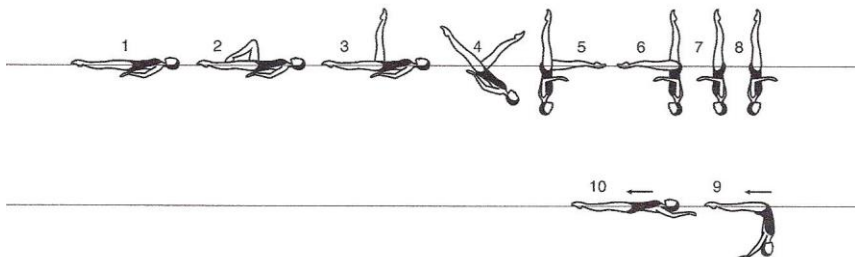
115a to 115j, see Twists and Spins, Figure Rule V.

Difficulties, see I.A

115a to 115g plus 115j. A Catalina is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Twist* or *Spin* is executed.

115h and 115i. A Catalina 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.

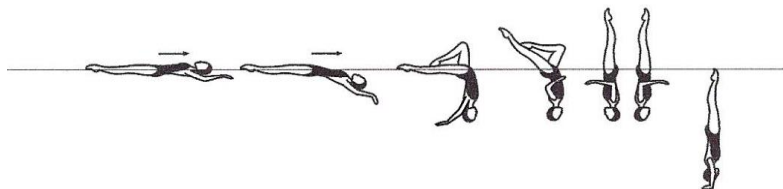
From a **Back Layout Position**, an Ibis (112) is executed to a **Fishtail Position**. A *Half Twist* is executed. Without movement of the vertical leg or trunk, the horizontal leg is lifted to meet the vertical leg, to assume a **Vertical Position**. Another *Half Twist* is executed in the same direction and at the same height. The legs are lowered backward to a **Surface Arch Position** and, 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.



## 436. Cyclone

Difficulty 2.4

From a **Back Layout Position**, the head leads downward as a Dolphin (201) is initiated. The hips and legs move along the surface 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 as the back is arched more while one knee is bent to assume a **Bent Knee Surface Arch Position**. The legs are simultaneously lifted to a **Vertical Position** as a *Twirl* is executed. 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.

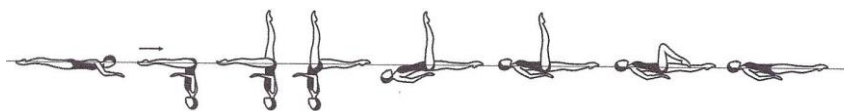


436c to 436f, see Twists and Spins, Figure Rule V.

Difficulties, see I.A

A Cyclone is executed until the *Half Twist* in the opposite direction. Following the *Half Twist* in the opposite direction, the designated *Twist* or *Spin* is executed.

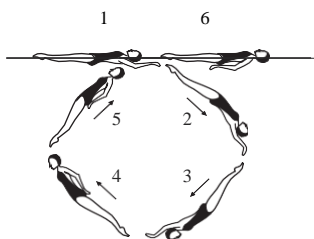
From a **Front Layout Position**, as the trunk moves downward to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action. Without movement of the trunk, and with minimal change in water level, one leg is lifted to a **Fishtail Position**. Maintaining the 90° angle between the legs, the horizontal leg moves to a vertical, as the vertical leg simultaneously continues its arc to the surface to assume a **Knight Position**. Without moving the legs, the trunk straightens as it rises to a **Surface 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.



## 201. Dolphin

Difficulty 1.4

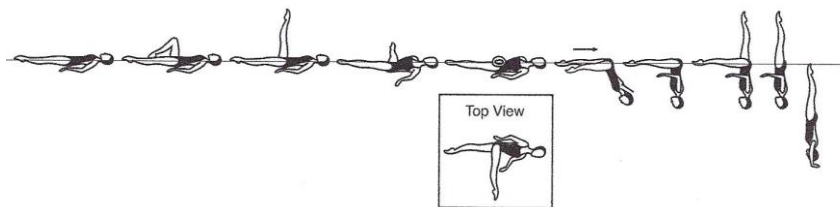
From a **Back Layout Position**, with head leading, the head, hips and feet leave the surface sequentially at the same point to assume a **Dolphin Arch** as the body begins to move around a circle which has a diameter of approximately 2.5 meters (8 feet), depending upon the height of the competitor.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



## 125. Eiffel Tower

Difficulty 2.6

From a **Back Layout Position**, a Ballet Leg, Single (101) is executed to a **Ballet Leg Position**. Maintaining this position, the body rolls sideways toward the horizontal leg, carrying the ballet leg to the surface, in an **Eiffel Position**. With the lower shoulder leading, the trunk moves downward, turning to assume a **Surface Front Pike Position**, while the ballet leg moves across the surface to meet the non-ballet leg. Simultaneously, the buttocks, non-ballet leg and foot 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, the non-ballet leg is lifted to a **Fishtail Position**. Without movement of the vertical leg or trunk, 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

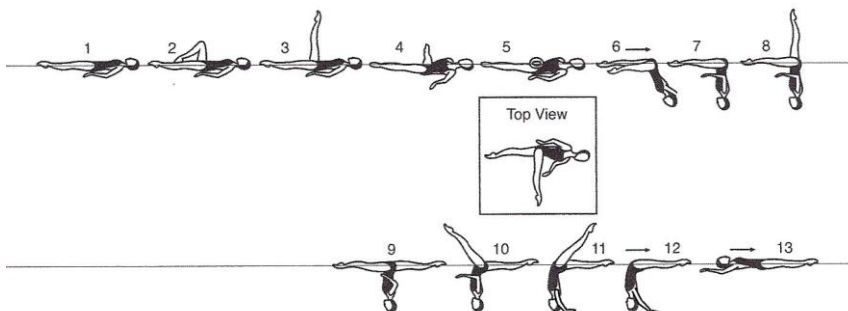
125a to 125g. An Eiffel Tower is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Twist* or *Spin* is executed.

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.

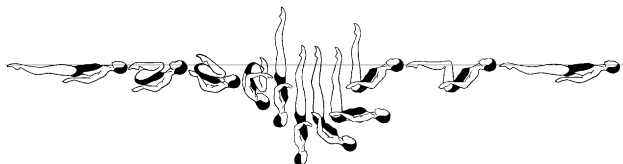
## 128. Eiffel Walk

Difficulty 2.7

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  $180^\circ$  arc over the surface to a **Split Position**. The hips remain stationary as the front leg is lifted in a  $180^\circ$  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.



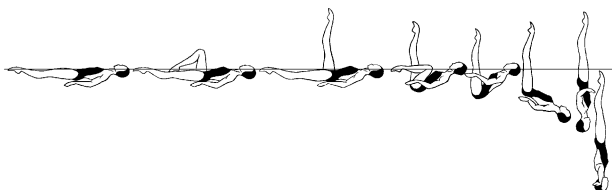
From a **Back Layout Position**, a Kip (311) is executed to a **Vertical Position**. A water level is established between the knees and ankles. The hips are piked as the trunk rises to assume a **Submerged Double Ballet Leg Position**. Maintaining this position, the body rises to a **Surface Double Ballet Leg Position**. The knees are bent, without movement of the thighs, to assume a **Tub Position**. The shins remain at the surface as the knees are straightened to resume a **Back Layout Position**.



## 130. Flamingo

Difficulty 2.5

From a **Back Layout Position**, a Ballet Leg, Single (101) is executed to a **Ballet Leg Position**. The shin of the horizontal leg is drawn along the surface to assume a **Surface Flamingo Position**. The bent leg is straightened to a **Surface Double Ballet Leg Position**. Maintaining the vertical position of the legs, the hips are lifted as the trunk is unrolled to 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

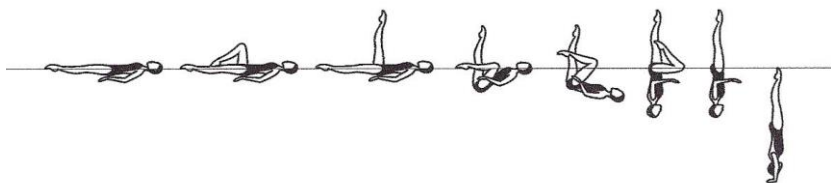
130a to 130g plus 130j. A Flamingo is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Twist* or *Spin* is executed.

130h and 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.

#### 140. Flamingo, Bent Knee

Difficulty 2.4

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 trunk unrolls while the bent leg moves to a **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.



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

Difficulties see I.A

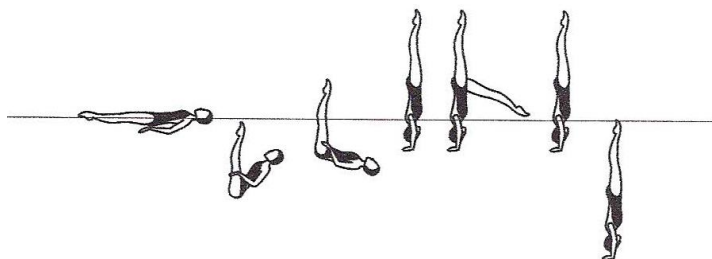
140a to 140g plus 140j. A Flamingo, Bent Knee is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Twist* or *Spin* is executed.

140h and 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.

#### 307. Flying Fish

Difficulty 2.7

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. Without movement of the trunk, and no change in water level, one leg is rapidly lowered to a **Fishtail Position** and without a pause, the horizontal leg is rapidly lifted 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.

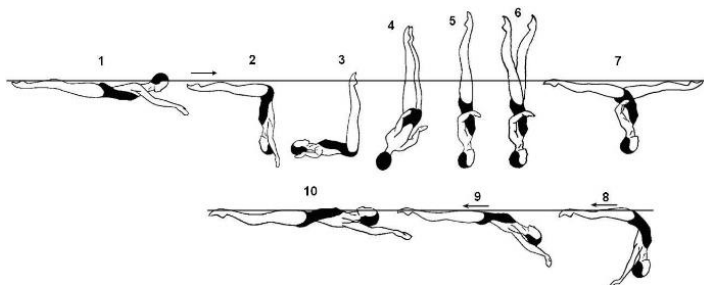


307d and 307e, see Twists and Spins, Figure Rule V.

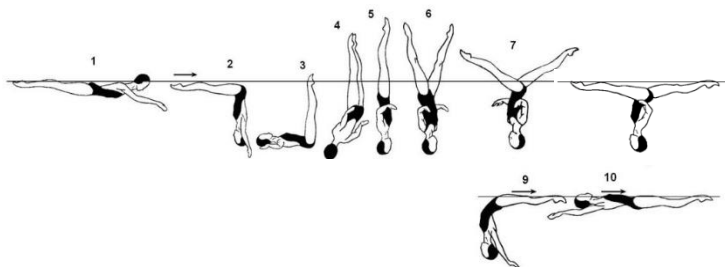
Difficulties see I.A

A Flying Fish is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Spin* is executed at the same tempo as the *Thrust*.

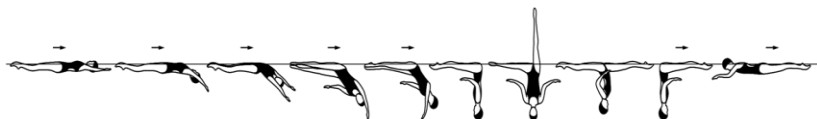
From a **Front Layout Position**, a partial Front Pike Somersault (323) is executed to a **Submerged Double Ballet Leg Position**. The hips rise during a  $180^\circ$  rotation of the trunk, shoulders and head, as the trunk moves toward the vertical line, without lateral movement, to assume a **Vertical Position**. The legs open symmetrically to a **Split Position**. The hips remain stationary as the front leg is lifted in a  $180^\circ$  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.

336. Gaviata, Open  $180^\circ$ 

From a **Front Layout Position**, a partial Front Pike Somersault (323) is executed to a **Submerged Double Ballet Leg Position**. The hips rise during a  $180^\circ$  rotation of the trunk, shoulders and head, as the trunk moves toward the vertical line, without lateral movement, to assume a **Vertical Position**. Continuing in the same direction, the legs open symmetrically during a  $180^\circ$  rotation to a **Split Position**. The hips remain stationary as the front leg is lifted in a  $180^\circ$  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.

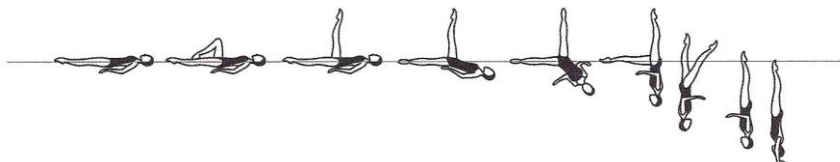


From a **Back Layout Position**, an Albatross (240) is executed to the **Surface Front Pike Position**. With the shoulders and head remaining vertically aligned with the hips, and with minimal change in water level, one leg is lifted to vertical as the trunk rotates  $90^\circ$  on its longitudinal axis to assume a **Side Fishtail Position** and, with continuous motion, another  $90^\circ$  rotation is executed in the same direction as the vertical leg is lowered to assume a **Split Position**. The hips remain stationary as the back leg is lifted in a  $180^\circ$  arc over the surface to meet the opposite leg in a **Surface Front Pike Position**. The feet and hips move along the surface until the body straightens to a **Front Layout Position** as the head surfaces at the position occupied by the hips at the beginning of this action.

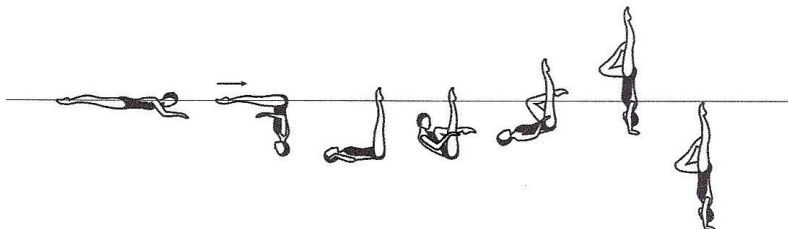
118. **Helicopter**

Difficulty 2.1

From a **Back Layout Position**, a Ballet Leg, Single (101) is executed to a **Ballet Leg Position**. A *Catalina Rotation* is executed. Continuing in the same direction, as a descending *Spinning  $360^\circ$*  is executed, 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 partial Front Pike Somersault (323) is executed to a **Submerged Double Ballet Leg Position**. One leg is bent with the shin parallel to the surface and the mid-calf opposite the vertical leg, as the trunk moves toward the legs. From that position, with the vertical leg remaining perpendicular to the surface, a vertical upward *Thrust* of the legs and hips is rapidly executed as the body unrolls to assume a **Bent Knee Vertical Position**, with the foot of the bent leg moving simultaneously to the inside of the vertical leg during the rise. 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 performed in a **Bent Knee Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

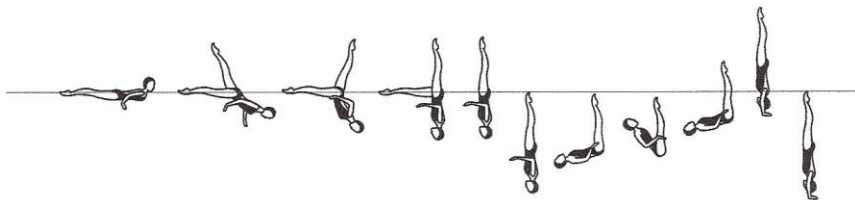
342d to 342f. A Heron is executed to a **Bent Knee Vertical Position**. From the **Bent Knee Vertical Position**, the designated *Spin* is performed in a **Bent Knee Vertical Position** to complete the figure, at the same tempo as the *Thrust*.

342h and 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 to ankle level, at the same tempo as the *Thrust*. The designated *Ascending Spin* is performed in a **Bent Knee Vertical Position** at the same tempo as prior to the *Thrust*. A *Vertical Descent* is executed in a **Bent Knee Vertical Position** at the same tempo as the *Thrust*.

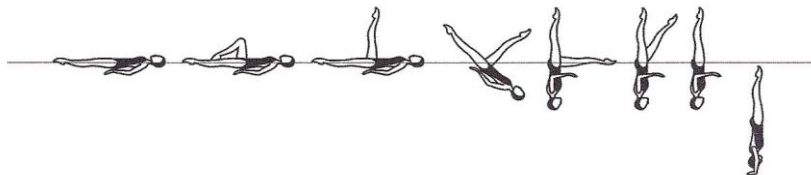
#### 410. Hightower

Difficulty 3.4

From a **Front Layout Position**, a Straight Leg Swordfish (406) is executed to an **Arched Fishtail Position**. The body is straightened to a **Fishtail Position**, assuming vertical midway between the former position of the hips and the former vertical line through the foot and head. Without movement of the vertical leg or trunk, 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 hips are piked as the trunk rises to assume a submerged **Back Pike 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.



From a **Back Layout Position**, a Ballet Leg, Single (101) is executed to a **Ballet Leg Position**. Maintaining this position, the body is rotated backward around a lateral axis through the hips, to assume a **Fishtail Position**. Without movement of the vertical leg or trunk, 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

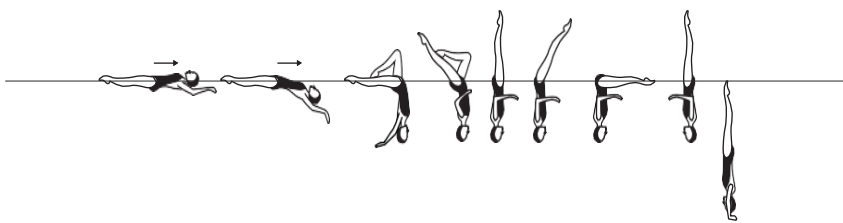
112a to 112g plus 112j. An Ibis is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Twist* or *Spin* is executed.

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.

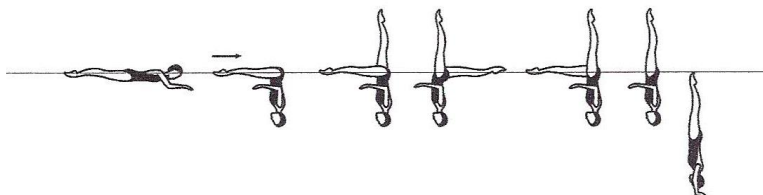
#### 440. Ipanema

Difficulty 3.0

From a **Back Layout Position**, the head leads downward as a Dolphin (201) is initiated. The hips and legs move along the surface 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 as the back is arched more while one knee is bent to assume a **Bent Knee Surface Arch Position**. The horizontal leg is lifted as the bent knee is straightened without movement of the thigh to assume a **Vertical Position**. The legs are lowered to assume a **Surface Front Pike Position**. A rapid 180° rotation is executed as the legs lift to 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.



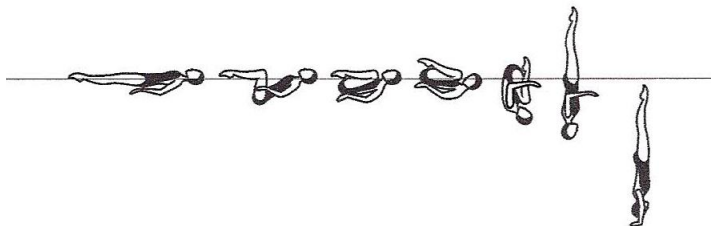
From a **Front Layout Position**, as the trunk moves downward to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action. Without movement of the trunk, and minimal change in water level, one leg is lifted to a **Fishtail Position**. Maintaining the  $90^\circ$  angle between the legs, the legs are rotated backwards around a lateral axis through the hips 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  $180^\circ$  at the surface of the water to a **Fishtail Position**. Without movement of the vertical leg or trunk, 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 and toes are drawn along the surface to the chest. With continuous motion, a **Tuck Position** is assumed as the body somersaults backward around a lateral axis until the shins are perpendicular to the surface. With shins remaining perpendicular to the surface, 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

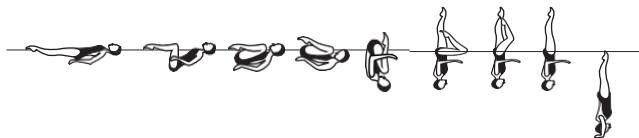
311a to 311g plus 311j. A Kip is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Twist* or *Spin* is executed.

311h and 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.

### 318. Kip, Bent Knee

Difficulty 1.8

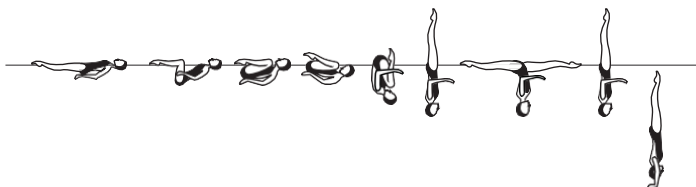
From a **Back Layout Position**, a Kipnus (316) is executed to the **Bent Knee Vertical Position**. Without movement of the vertical leg or trunk, the toe of the bent leg slides along the inside of the vertical leg to assume a **Vertical Position**. Maintaining the **Vertical Position**, the body descends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



### 312. Kip, Split

Difficulty 2.3

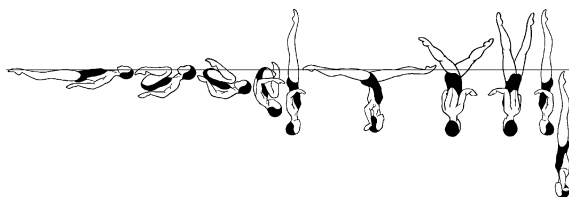
From a **Back Layout Position**, a Kip (311) is executed to a **Vertical Position**. The legs are lowered symmetrically to a **Split Position**. The legs are joined to resume a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are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



### 313. Kip, Split, Closing 180°

Difficulty 2.3

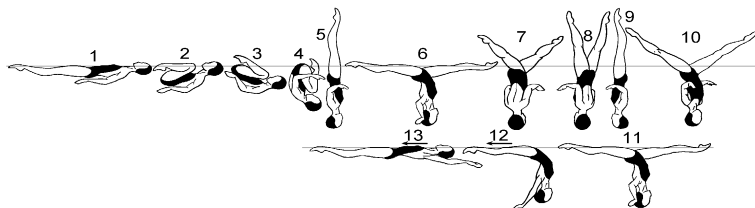
From a **Back Layout Position**, a Kip, Split (312) is executed to a **Split Position**. During a 180° rotation of the trunk, the legs are closed symmetrically to a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



### 314. Kip, Split, Open 360°

Difficulty 3.0

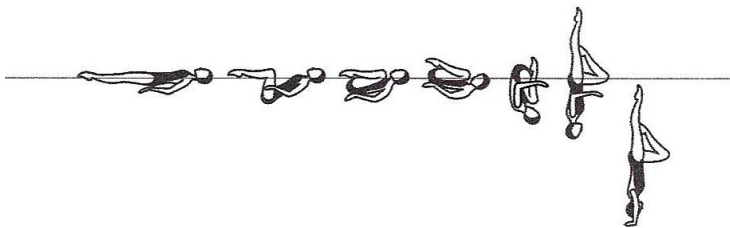
From a **Back Layout Position**, a Kip, Split (312) is executed to a **Split Position**. A 360° rotation is executed, with the legs symmetrically closing to pass through a **Vertical Position** at 180° before separating symmetrically to resume a **Split Position**. The hips remain stationary as the front 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.



### 316. Kipnus

Difficulty 1.4

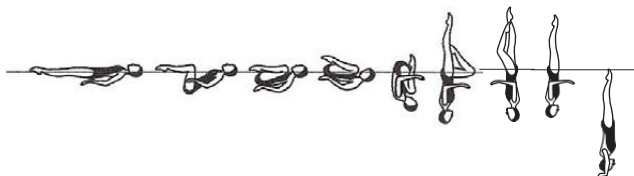
From a **Back Layout Position**, a Kip (311) is executed until the shins are perpendicular to the surface of the water. With shins remaining perpendicular to the surface, the trunk unrolls as the legs assume a **Bent Knee Vertical Position** midway between the former vertical line through the hips and 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.



### 317. Kipnus, Variant

Difficulty 1.9

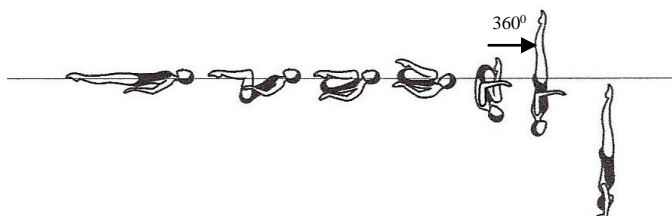
From a **Back Layout Position**, a Kipnus (316) is executed to the **Bent Knee Vertical Position**. Without movement of the vertical leg or trunk, a *Full Twist* is executed as the toe of the bent leg slides along the inside of the vertical leg to assume a **Vertical Position**. Maintaining the **Vertical 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, the trunk unrolls, as the legs are straightened, a rotation of  $360^\circ$  is executed 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.

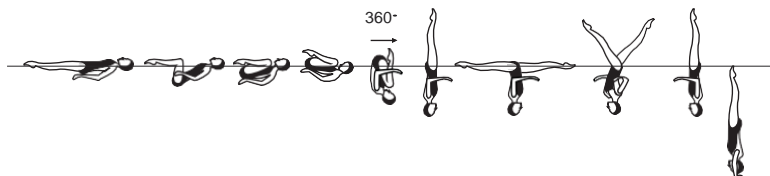
Difficulties, see I.A

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

### 320. Kipswirl, Split, Closing $180^\circ$

Difficulty 2.3

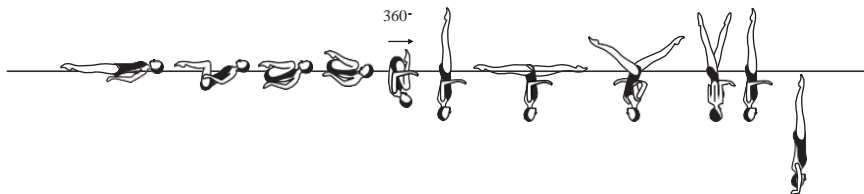
From a **Back Layout Position**, a Kipswirl (319) is executed to a **Vertical Position**. The legs are lowered symmetrically to a **Split Position**. During a  $180^\circ$  rapid rotation of the trunk, the legs are closed symmetrically to a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



321. **Kipswirl, Split, Closing 360°**

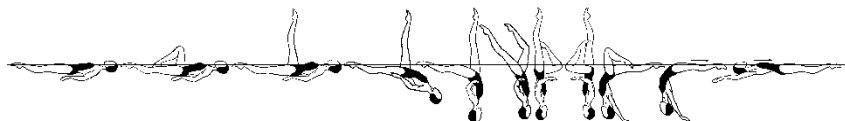
Difficulty 2.5

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

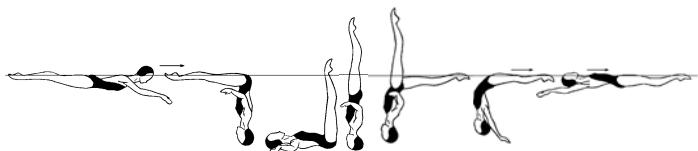
150. **Knight**

Difficulty 3.1

From a **Back Layout Position**, a Ballet Leg, Single (101) is executed to a **Ballet Leg Position**. Maintaining the positions of the legs, the head moves downward as the lower back arches to a **Knight Position**. With head and shoulders remaining vertically aligned with the hips, the body straightens as the non-ballet leg is lifted to vertical while the ballet leg bends, the foot 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 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 as 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, assuming a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



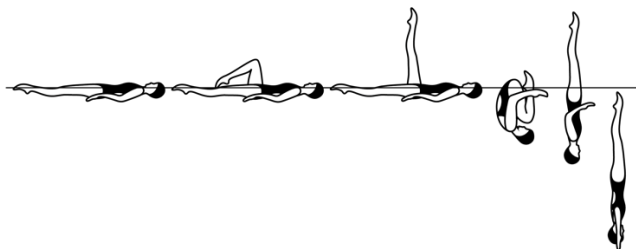
From a **Front Layout Position**, a partial Front Pike Somersault (323) is executed to a **Submerged Double Ballet Leg Position**. Maintaining the vertical position of the legs, the hips are lifted as the trunk is unrolled to assume a **Vertical Position**. With the head and shoulders remaining vertically aligned with the hips, one leg is lowered to a **Knight Position**. The hips remain stationary as the vertical leg is lowered 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.



## 154. London

Difficulty 1.9

From a **Back Layout Position**, a Ballet Leg, Single (101) is executed followed by a partial Back Tuck Somersault (310), as both legs are simultaneously drawn into a **Tuck Position**, until the shins are perpendicular to the surface. With shins remaining perpendicular to the surface, the trunk unrolls rapidly 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.

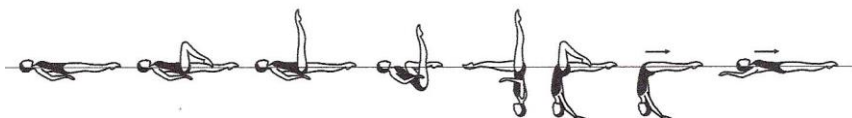


154j-1 and 154j-2, see Twists and Spins, Figure Rule V.

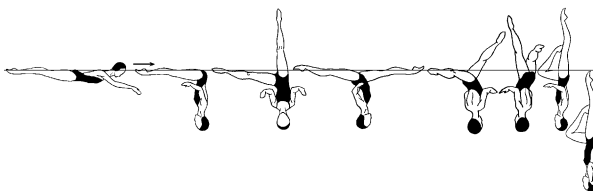
Difficulties, see I.A

A London is executed to a **Vertical Position**. From the **Vertical Position**, a rapid designated *Combined Spin* is executed. A *Vertical Descent* is executed at the same tempo as the designated *Combined Spin*.

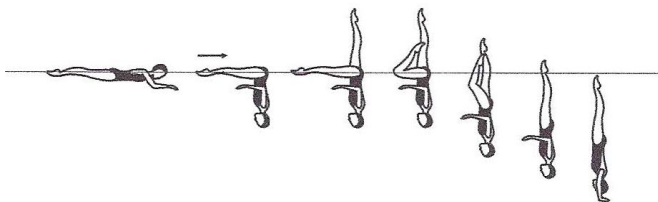
From a **Back Layout Position**, a Flamingo (130) is executed to a **Surface Flamingo Position**. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg is extended horizontally with the knee at the surface to assume a **Fishtail Position**. The horizontal leg is lifted rapidly in a  $180^\circ$  arc over the surface of the water. As it passes the vertical leg, the vertical leg is bent, the toe of which remains at the inside of the other 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 as 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, 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**, 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 shoulders and head remaining vertically aligned with the hips, and with minimal change in water level, one leg is lifted to vertical as the trunk rotates  $90^\circ$  on its longitudinal axis to assume a **Side Fishtail Position** and, with continuous motion, another  $90^\circ$  rotation is executed in the same direction as the vertical leg is lowered to assume a **Split Position**. During an additional rotation of  $180^\circ$  in the same direction, with the shoulders and head remaining vertically aligned with the hips, and with minimal change in level, the front leg lifts to vertical as the back leg bends to an angle of  $90^\circ$  or less, with the thigh and shin remaining at the surface, as it moves through to a **Bent Knee Vertical Position**. Maintaining the **Bent Knee Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



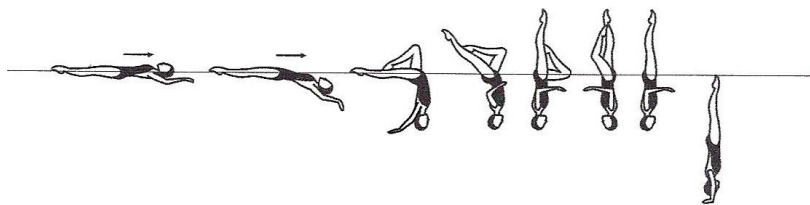
From a **Front Layout Position**, as the trunk moves downward to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action. Without movement of the trunk, and with minimal change in water 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.



## 435. Nova

Difficulty 2.2

From a **Back Layout Position**, the head leads downward as a Dolphin (201) is initiated. The hips and legs move along the surface 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 as the back is arched more while one knee is bent to assume a **Bent Knee Surface Arch Position**. The legs are lifted to a **Bent Knee Vertical Position**. Without movement of the vertical leg or trunk, 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.

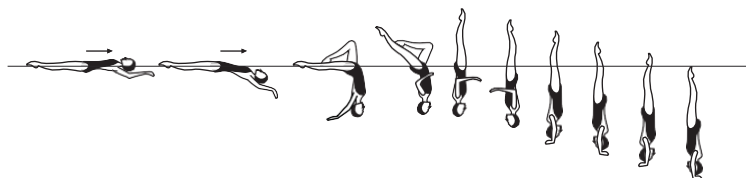


435c to 435g, see Twists and Spins, Figure Rule V.

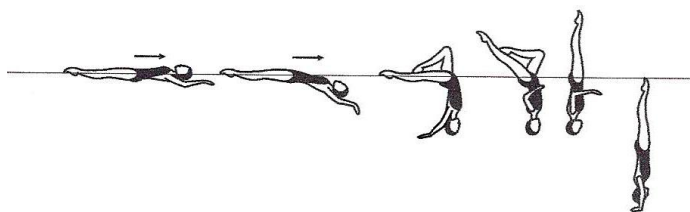
Difficulties, see I.A

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.

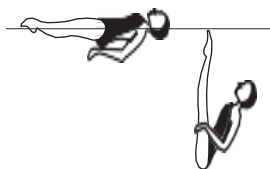
From a **Back Layout Position**, a Nova (435) is executed to a **Bent Knee Surface Arch Position**. The legs are simultaneously lifted as the toe of the bent leg slides along the inside of the vertical leg to assume a **Vertical Position**. Maintaining the **Vertical Position**, a *Continuous Spin* of  $720^\circ$  is executed until the ankles reach the surface 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 vertical leg to assume a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



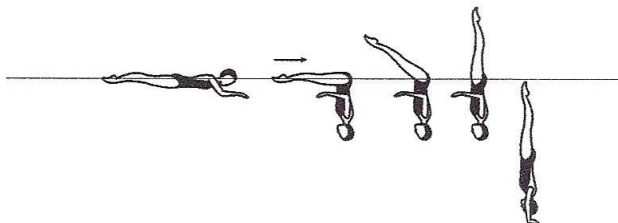
From a **Back Layout Position**, the legs are raised to the vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface.



### 355. Porpoise

Difficulty 1.8

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, the legs are raised to 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

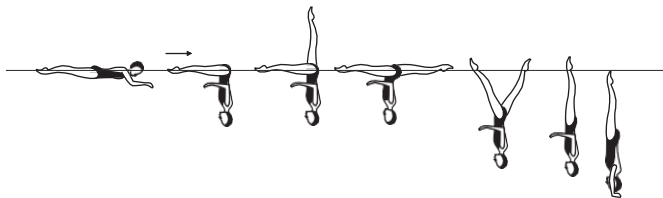
355a to 355g plus 355j. A Porpoise is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Twist* or *Spin* is executed.

355h and 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.

### 361. Prawn

Difficulty 1.5

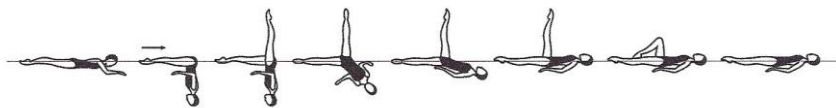
From a **Front Layout Position**, a Front Walkover (360) is executed to a **Split Position**. The legs join symmetrically to assume a **Vertical Position** at ankle level. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



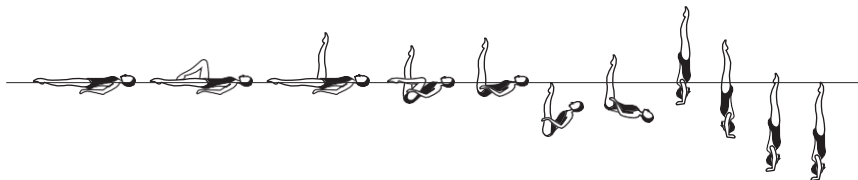
### 345. Reverse Catalina

Difficulty 2.1

From a **Front Layout Position**, 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**. From the **Fishtail Position**, the hips rotate as the trunk rises, without lateral movement, to assume a **Surface Ballet Leg Position**. The vertical leg remains perpendicular to the surface while the foot of the horizontal leg remains at the surface, throughout the rotation. 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.



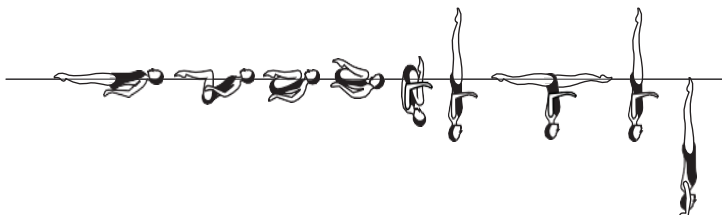
From a **Back Layout Position**, a Flamingo (130) is executed to a **Surface Double Ballet Leg Position**. The body submerges vertically to a **Back Pike Position** with the toes just under the surface. From that position with the legs remaining perpendicular to the surface, a vertical upward *Thrust* 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**, a descending *Spinning 360°* is executed at the same tempo as the *Thrust* to complete the figure.



## 315. Seagull

Difficulty 2.1

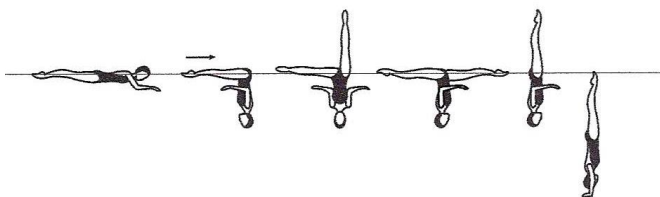
From a **Back Layout Position**, a Kip (311) is executed to a **Tuck Position** as the body somersaults backward around a lateral axis until the shins are perpendicular to the surface. With shins remaining perpendicular to the surface, the trunk unrolls rapidly as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and former vertical line through the head and shins. The legs are lowered rapidly, symmetrically to a **Split Position**. The legs are joined rapidly to resume the **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis at the same tempo as the initial actions of the figure until the toes are submerged.



## 346. Side Fishtail Split

Difficulty 2.0

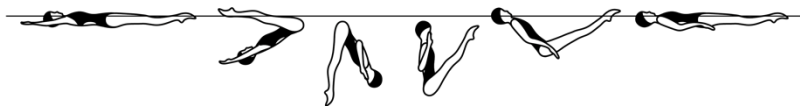
From a **Front Layout Position**, as the trunk moves downward to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action. With the shoulders and head remaining vertically aligned with the hips, and with minimal change in water level, one leg is lifted to vertical as the trunk 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 symmetrically to a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



### 303. Somersault, Back Pike

Difficulty 1.5

From a **Back Layout Position**, with the body remaining parallel and close to the surface, the legs are lifted rapidly to assume a **Back Pike Position**. With continuous movement, the body somersaults backward around a lateral axis until the feet and head simultaneously reach the surface. A **Back Layout Position** is assumed.



### 310. Somersault, Back Tuck

Difficulty 1.1

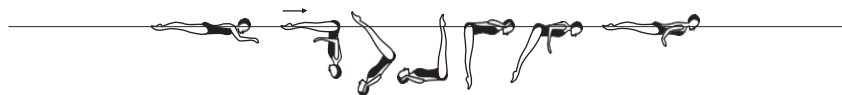
From a **Back Layout Position**, the knees and toes are drawn along the surface to the chest. With continuous motion, a **Tuck Position** is assumed as the body somersaults backward around a lateral axis for one complete revolution, while remaining close to the surface. A **Back Layout Position** is resumed.



### 323. Somersault, Front Pike

Difficulty 1.4

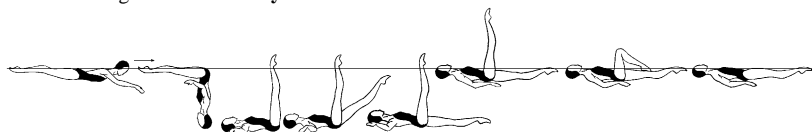
From the **Front Layout Position**, as the trunk moves downward to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action. Maintaining this position, the body somersaults forward around 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. As the legs move upward to assume a **Front Layout Position**, the head, shoulders and buttocks travel along the surface until the hips occupy the same position as the head at the beginning of this action.



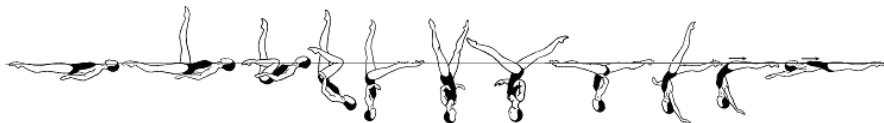
### 324. Somersub

Difficulty 1.9

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 a **Submerged Ballet Leg Position**. Maintaining this position, the body rises to a **Surface 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.



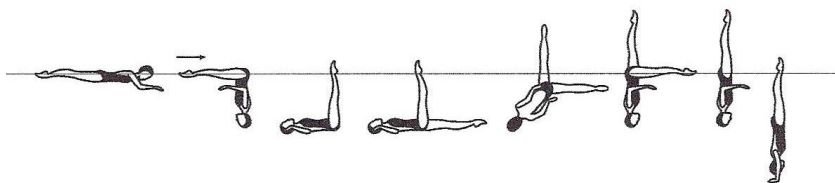
From a **Back Layout Position**, a Flamingo (130) is executed to a **Surface Flamingo Position**. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg is extended horizontally with the knee at the surface to assume a **Fishtail Position**. 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 it passes the vertical leg, which moves symmetrically in the opposite direction, a  $180^\circ$  rotation is started and is completed as a **Split Position** is assumed. The hips remain stationary as the front leg is lifted in a  $180^\circ$  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.



## 325. Subalina

Difficulty 2.2

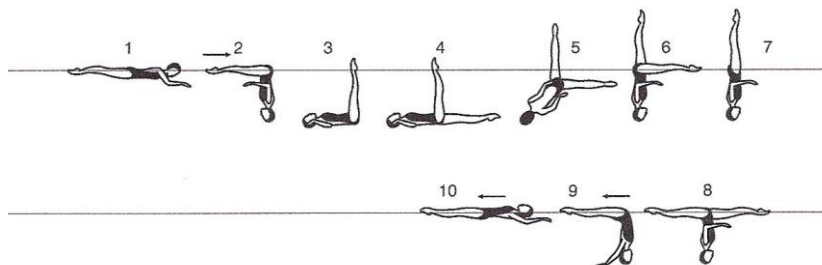
From a **Front Layout Position**, a Somersub (324) is executed to a **Submerged Ballet Leg Position**. While maintaining the  $90^\circ$  angle between the legs, the hips rise during a  $180^\circ$  rotation of the trunk, shoulders and head, as the trunk moves toward the vertical line, without lateral movement, to assume a **Fishtail Position**. The final water line is established as the rotation is completed. Without movement of the vertical leg or trunk, 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.



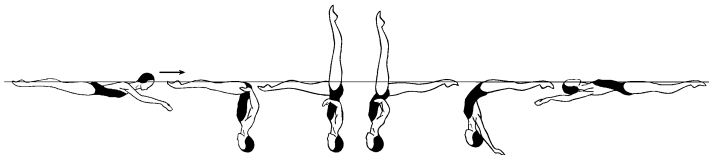
## 326. Subilarc

Difficulty 2.8

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  $180^\circ$  arc over the surface, passing the vertical leg, which moves symmetrically in the opposite direction, until a **Split Position** is assumed. The hips remain stationary as the front leg is lifted in a  $180^\circ$  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.



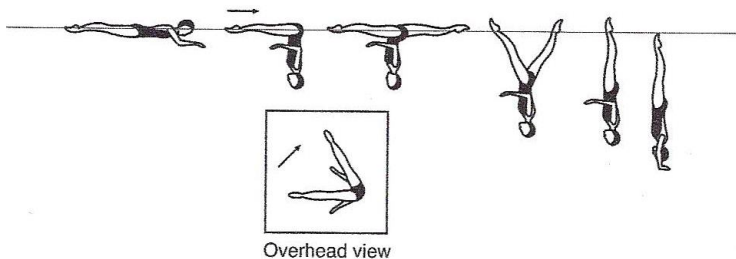
From a **Front Layout Position**, as the trunk moves downward to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action. Without movement of the trunk, and with minimal change in water level, one leg is lifted to a **Fishtail Position**. With head and shoulders remaining vertically aligned with the hips, and with minimal change in water level, the horizontal leg is lifted in a  $180^\circ$  arc over the surface, passing the vertical leg, until a **Knight Position** is assumed. The hips remain stationary as the vertical leg is lowered 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.



## 362. Surface Prawn

Difficulty 1.3

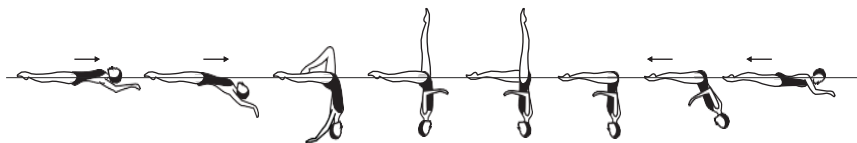
From a **Front Layout Position**, as the trunk moves downward to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action. Without movement of the trunk, one foot is moved in a horizontal arc of  $180^\circ$  at the surface to a **Split Position**. The legs 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 trunk, and with minimal change in water level, the knee is straightened without movement of the thigh to assume a **Knight Position**. Maintaining the legs in their positions, the trunk rotates  $180^\circ$  to assume a **Fishtail Position**. The hips remain stationary as the vertical leg is lowered to meet the opposite leg in a **Surface Front Pike Position**. With continuous movement, the feet and hips move along the surface until the body straightens to a **Front Layout Position** as the head surfaces at the position occupied by the hips at the beginning of this action.



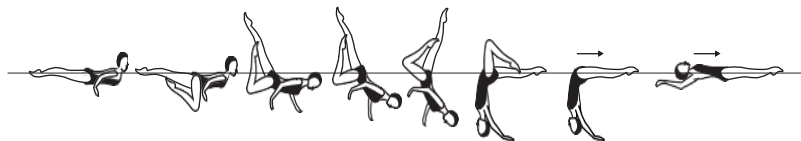
From a **Front Layout Position**, a **Bent Knee Front Layout Position** is assumed. The back arches as the extended leg describes an arc over the surface until its foot is directly over the head. The hips rotate  $180^\circ$  as the trunk rises, with minimal lateral movement and without initial descent of head and shoulders, to a **Submerged Flamingo Position**. As the body rises, the bent leg is straightened horizontally to a **Surface 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.



From a **Front Layout Position**, a **Bent Knee Front Layout Position** is assumed. The back arches as the extended leg is lifted in a  $180^\circ$  arc over the surface. 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 assume a **Surface Ballet Leg Position**. The foot of the extended leg and the face reach the surface simultaneously. 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.



From a **Front Layout Position**, a **Bent Knee Front Layout Position** is assumed. The back arches as the extended leg is lifted in a  $180^\circ$  arc over the surface 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 as 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, 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 2.0

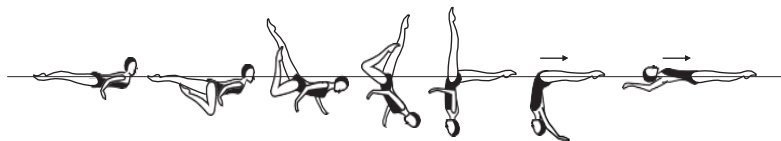
From a **Front Layout Position**, the back arches as one leg is lifted in a  $180^\circ$  arc over the surface to a **Split Position**. The hips remain stationary as the front leg is lifted in a  $180^\circ$  arc over the surface to meet the opposite leg in a **Surface Arch Position**. With continuous 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.



#### 403. Swordtail

Difficulty 2.3

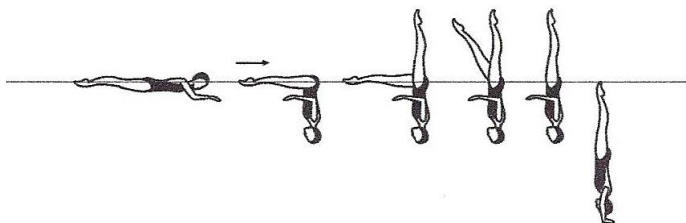
From a **Front Layout Position**, a **Bent Knee Front Layout Position** is assumed. The back arches as the extended leg is lifted in an arc of  $180^\circ$  over the surface of the water. As the extended leg passes the vertical, the bent leg straightens with the foot following a vertical line to assume a **Knight Position**. The hips remain stationary as the vertical leg is lowered 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.



#### 348. Tower

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. Without movement of the trunk, and with minimal change in water level, one leg is lifted to a **Fishtail Position**. Without movement of the vertical leg or trunk, 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 348g plus 348j. A Tower is executed to a **Vertical Position**. From the **Vertical Position**, the designated *Twist* or *Spin* is executed.

348h and 348i. A 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.

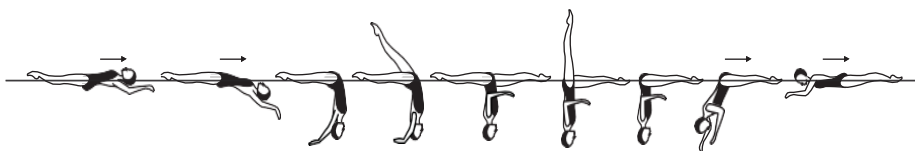
From a **Back Layout Position**, the knees are drawn toward the chest, with toes at the surface, to assume a **Tub Position**. In this position, with the face above the surface, one horizontal revolution of the body is executed around the vertical axis between the knees. With shins moving along the surface, the legs are extended to finish in a **Back Layout Position**.



## 420. Walkover, Back

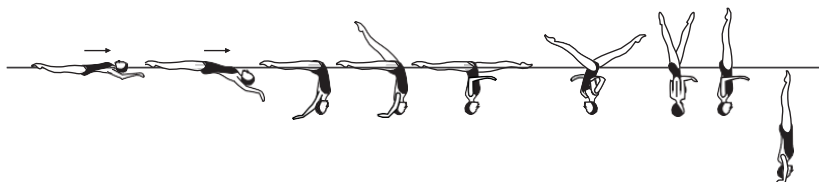
Difficulty 1.9

From a **Back Layout Position**, the head leads downward as a Dolphin (201) is initiated. The hips move along the surface to the point occupied by the head at the beginning of this action. The hips, legs and feet continue moving along the surface as the back is arched more to assume a **Surface Arch Position**. One leg is lifted in a  $180^\circ$  arc over the surface to a **Split Position**. The hips remain stationary as the back leg is lifted in a  $180^\circ$  arc over the surface to meet the opposite leg in a **Surface Front Pike Position**. The feet and hips move along the surface until the body straightens to 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  $360^\circ$ 

Difficulty 2.2

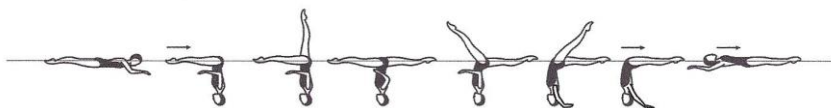
From a **Back Layout Position**, a Back Walkover (420) is executed to a **Split Position**. With continuous motion, a rotation of  $360^\circ$  is executed as the legs are symmetrically lifted and closed to a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal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



## 360. Walkover, Front

Difficulty 1.9

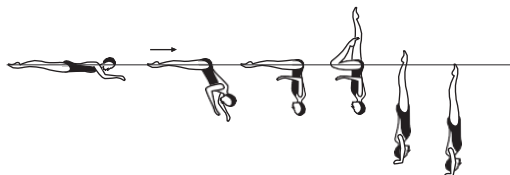
From a **Front Layout Position**, as the trunk moves downward to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action. With the head and shoulders remaining vertically aligned with the hips, one leg is lifted in a  $180^\circ$  arc over the surface to a **Split Position**. The hips remain stationary as the front leg is lifted in a  $180^\circ$  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.



## 363. Water Drop

Difficulty 1.5

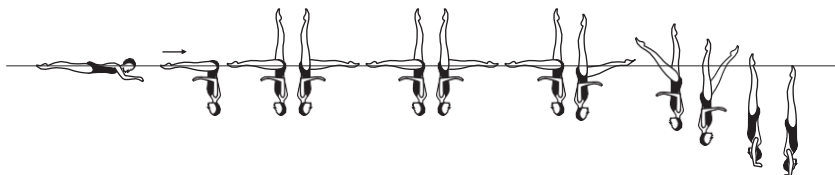
From a **Front Layout Position**, as the trunk moves downward to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action. Without movement of the trunk, the legs are lifted simultaneously to a **Bent Knee Vertical Position**. A descending *Spinning  $180^\circ$*  is executed as the bent knee is extended to assume a **Vertical Position** 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.



## 364. Whirlwind

Difficulty 2.7

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**. Maintaining a **Fishtail Position** at maximum height, with the horizontal leg leading toward the vertical leg, two rapid rotations ( $720^\circ$ ) are executed. Continuing in the same direction, the horizontal leg is lifted to a **Vertical Position** as a *Continuous Spin* of  $720^\circ$  is executed until the ankles reach the surface and continues through submergence.



Illustrations: Avilee Goodwin, Jill Ranucci, and Jennifer Hatt