**FINA FIGURE GROUPS 2013-2017**

**Senior, Junior and Age Group 16-17-18**

COMPULSORY:

1 308 Barracuda Airborne Split 2.8

A Barracuda is executed toa submerged **Back Pike Position** with the toes just under the surface. A *Rocket Split* is executed.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| BLO | Description: New Drive:Users:barbsync:Desktop:FINA Docs:Back Pick 3.jpg |  | Description: New Drive:Users:barbsync:Desktop:FINA Docs:Split Rocket7.jpg |  | Vertical sub R1 |  |  | Total |
| NVT= | 13.0 | 37.0 | 19.0 | 21.0 | 14.0 |  |  | 104 |
| PV = | 1.25 | 3.56 | 1.83 | 2.02 | 1.35 |  |  |  |

2 355g Porpoise Twist Spin 2.6

From a **Front Layout Position**, a *Front Pike Position is assumed*. The legs are lifted to **Vertical Position**. The designated *Twist* or *Spin* is executed.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| FLO-R | FPIKE-R | VERT-L | Vertical sub R1 |  |  |  |  | Total |
| NVT= | 12.0 | 29.0 | 46.0 |  |  |  |  | 87 |
| PV = | 1.38 | 3.33 | 5.29 |  |  |  |  |  |

**OPTIONAL GROUPS**

**Group 1**

3 330c Aurora Twirl 3.0

From a **Front Layout Position** a Somersault Front Pike is executed to a **Submerged Ballet Leg Double Position**. One leg rises vertically as the other moves along the surface to a **Knight Position**. The body rotates 180° to assume a **Fishtail Position**. The horizontal leg is lifted to **Vertical Position**. The designated *Twist* or *Spin* is executed. A *Vertical Descent* is executed.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| FLO | FPIKE-R2 | SUBDUB2 | Knight-l | Fishtail2LR |  |  |  | Total |
| NVT= | 12.0 | 12.0 | 19.5 | 13.0 | 18.5 | 23.0 | 14.0 | 112 |
| PV = | 1.07 | 1.07 | 1.74 | 1.16 | 1.65 | 2.05 | 1.25 |  |

4 154 London 2.8

Arapid *Ballet Leg is assumed* followed by a rapid partial Somersault Back Tuck, as both legs are drawn into a **Tuck Position**, until the shins are 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 the former vertical line through the head and the shins. *A Combined Spin of 360*°is executed*.*

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| BLO-L | BK-L | BL |  |  |  |  |  | Total |
| NVT= | 10.5 | 11.0 | 10.0 | 23.0 | 39.0 | 14.0 |  | 107.5 |
| PV = | 0.98 | 1.02 | 0.93 | 2.14 | 3.63 | 1.3 |  |  |

**Group 2**

3 142 Manta Ray 2.8

A Flamingo is executed to a **Surface Flamingo Position**. As the body unrolls, the bent leg is extended horizontally to assume a **Fishtail Position**. The horizontal leg is lifted in a 180° arc over the surface of the water, as it passes vertical; the vertical leg is moved to assume a **Bent Knee Surface Arch Position**. The bent knee is straightened and with continuous motion, an *Arch to Back Layout* is executed.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Blo-r | BK-R | BL-R | FLA-R | CRANE-L | BKSURARC | SURF-ARC | Blo-r | Total |
| NVT= | 10.5 | 11.0 | 10.5 | 22.5 | 23.5 | 15.5 | 11.0 | 104.5 |
| PV = | 0.86 | 0.91 | 0.86 | 1.85 | 1.93 | 1.28 | 0.91 |  |

4 343 Butterfly 2.9

From a **Front Layout Position**, a *Front Pike Position is assumed*. One leg is lifted to a **Fishtail Position**. The horizontal leg is rapidly lifted through an arc of 180° as the vertical leg is lowered to assume a **Split Position**, without hesitating a hip rotation of 180° is executed as the front leg is raised to assume a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position** at the same tempo as the initial actions of the figure. A *Vertical Descent* is executed.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| New Drive:Users:barbsync:Desktop:FINA Docs:Drawings jpg format:FLO-R2.jpg |  |  |  | New Drive:Users:barbsync:Desktop:FINA Docs:Fishtail2LR.jpg |  | New Drive:Users:barbsync:Desktop:FINA Docs:Vertical sub R1.jpg |  | Total |
| NVT= | 12.0 | 13.5 | 28.0 | 27.5 | 18.5 | 14.0 |  | 113.5 |
| PV = | 1.06 | 1.19 | 2.47 | 2.42 | 1.63 | 1.23 |  | 2.94 |

**Group 3**

3 112f Ibis Continuous Spin (720º) 2.8

A *Ballet Leg is assumed*. Maintaining this position, the body is rotated backwards around a lateral axis through the hips to assume a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position**. The designated *Twist* or *Spin* is executed.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| BLO-L | BK-L | BL | CRANE-R | VERT-R | V-SUB-R |  |  | Total |
| NVT= | 10.5 | 11.0 | 26.0 | 18.5 | 27.0 |  |  | 93 |
| PV = | 1.13 | 1.18 | 2.80 | 1.99 | 2.90 |  |  |  |

4 325 Jupiter 2.8

From a **Front Layout Position** a *Front Pike Position* *is assumed*. One leg is lifted to a **Fishtail Position**. Maintaining the angle between the legs, the horizontal leg moves to vertical as the vertical leg simultaneously continues its arc to the surface to assume a **Knight Position**. Maintaining the vertical alignment of the body, the horizontal leg is moved in an 1800 arc at the surface of the water to a **Fishtail Position.** The horizontal leg is lifted to the **Vertical Position.** A *Vertical Descent* is executed.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| FLO | FPIKE-R |  | Knight-l |  | VERT-L |  | Total |
| NVT= | 12.0 | 18.5 | 23.0 | 17.0 | 18.5 | 14.0 | 103 |
| % = | 1.17 | 1.80 | 2.23 | 1.65 | 1.80 | 1.36 | 2.75 |

**Age Group 13-14-15**

**COMPULSORY:**

1 423 Ariana 2.2

A Walkover Back is executed to a **Split Position**. Maintaining the relative position of the legs to the surface, the hips rotate 180°. A *Walkout Front* is executed.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| BLO-L | Surf-arc-l | SPLIT-R | SPLIT-L | Surf-arc-r | BLO-L |  |  | Total |
| NVT= | 16.0 | 21.0 | 9.0 | 24.0 | 11.0 |  |  | 81 |
| PV = | 1.98 | 2.59 | 1.11 | 2.96 | 1.36 |  |  |  |

2 301e Barracuda Spinning 360º 2.2

From a **Back Layout Position**, the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface. A *Thrust* is executed to **Vertical Position**. The designated *Spin* is executed at the same tempo as the *Thrust* to complete the figure. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| BLO | BARACUDA Subm | BAR-V-R |  |  |  |  |  | Total |
| NVT= | 13.0 | 37.0 | 19.0 |  |  |  |  | 69 |
| PV = | 1.88 | 5.36 | 2.75 |  |  |  |  |  |

**OPTIONAL GROUPS**

**Group 1**

3 342 Heron 2.1

From a **Front Layout Position**, a Somersault Front Pike is executed to a **Submerged Ballet Leg Double 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. A *Thrust* is executed to a**Bent Knee Vertical Position***,* with the foot of the bent leg moving simultaneously to the inside of the vertical leg during the rise. A *Vertical Descent* is executed in a **Bent Knee Vertical Position** at the same tempo as the *Thrust*.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| FLO | FPIKE-R2 | SUBDUB2 |  | HERONV-L | BKVS-L |  |  | Total |
| NVT= | 12.0 | 12.0 | 5.0 | 30.0 | 10.0 |  |  | 69 |
| PV = | 1.74 | 1.74 | 0.72 | 4.35 | 1.45 |  |  |  |

4 115 Catalina 2.3

A *Ballet Leg is assumed*. A *Catalina Rotation* is executed. The horizontal leg is lifted to **Vertical Position**. A *Vertical Descent* is executed.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| BLO-L | BK-L | BL | CRANE-L | VERT-L | V-SUB-L |  |  | Total |
| NVT= | 10.5 | 11.0 | 24.0 | 18.5 | 14.0 |  |  | 78 |
| PV = | 1.35 | 1.41 | 3.08 | 2.37 | 1.79 |  |  |  |

**Group 2**

3 355h Porpoise Spin Up 180º 2.2

From a **Front Layout Position**, a *Front Pike Position is assumed*. The legs are lifted to **Vertical Position**. The designated *Twist* or *Spin* is executed. A *Vertical Descent* is executed

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| FLO-R | FPIKE-R | VERT-L | V-DEC-L | VERT-R | V-SUB-R |  |  | Total |
| NVT= | 12.0 | 29.0 | 14.0 | 19.0 | 14.0 |  |  | 88 |
| PV = | 1.36 | 3.30 | 1.59 | 2.16 | 1.59 |  |  |  |

4 140 Flamingo Bent Knee 2.4

A Flamingo 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**. The bent knee is extended to **Vertical Position**. A *Vertical Descent* is executed.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| BLO-L | BK-L | BL | FLA | BKV-R | VERT-R | V-SUB-R |  | Total |
| NVT= | 10.5 | 11.0 | 10.5 | 22.0 | 14.5 | 14.0 |  | 82.5 |
| PV = | 1.27 | 1.33 | 1.27 | 2.67 | 1.76 | 1.7 |  |  |

**Group 3**

3 240a Albatross 1/2 Twist 2.6

With the head leading, a *Dolphin* is initiated until the hips are about to submerge. The hips, legs and feet continue to move along the surface, as the body rolls onto the face as it *assumes a Front Pike Position*. The legs are lifted simultaneously to a **Bent Knee Vertical Position**. A *Half Twist* is executed. The designated *Twist* is executed as the bent knee is extended to meet the vertical leg. A *Vertical Descent* is executed.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| BLO-L | FPIKE-R | BKV-L | BKV-R | VERT-L | V-SUB-L |  |  | Total |
| NVT= | 12.0 | 16.0 | 15.5 | 16.5 | 14.0 |  |  | 74 |
| PV = | 1.62 | 2.16 | 2.09 | 2.23 | 1.89 |  |  |  |

4 346 Side Fishtail Split 2.0

From a **Front Layout Position**, a *Front Pike Position is assumed*. One leg is lifted to vertical as the body rotates 90° on its longitudinal axis to assume a **Side Fishtail Position**, and with continuous motion another 90° rotation is executed in the same direction as the vertical leg lowers to assume a **Split Position**. The legs are lifted to **Vertical Position**. A *Vertical Descent* is executed.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| FLO-R | FPIKE-R | SPLIT-R | VERT-R | V-SUB-R |  |  |  | Total |
| NVT= | 12.0 | 23.0 | 16.0 | 14.0 |  |  |  | 65 |
| PV = | 1.85 | 3.54 | 2.46 | 2.15 |  |  |  |  |

**Age Group 12 and under**

**COMPULSORY:**

1 101 Ballet Leg Single 1.6

A *Ballet leg is assumed*. The *Ballet leg is lowered*.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| BLO-L | BK-L | BL | BK-L | BLO-L |  |  |  | Total |
| NVT= | 10.5 | 11.0 | 11.0 | 10.5 |  |  |  | 43 |
| PV = | 2.44 | 2.56 | 2.56 | 2.44 |  |  |  |  |

2 301 Barracuda 2.0

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

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| BLO | BARACUDA Subm | BAR-V-R | V-SUB-R |  |  |  |  | Total |
| NVT= | 13.0 | 37.0 | 14.0 |  |  |  |  | 64 |
| PV = | 2.03 | 5.78 | 2.19 |  |  |  |  |  |

**OPTIONAL GROUPS**

**Group 1**

3 439 Oceanita 1.9

A *Nova* is executed to a **Surface Arch Bent Knee Position.** The horizontal leg is lifted to the vertical as the bent knee is extended to assume a **Vertical Position.** A *Vertical Descent* is executed.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| BLO-L | BKSUR-L |  |  |  |  |  |  | Total |
| NVT= | 19.5 | 21.5 | 14.0 |  |  |  |  | 55 |
| PV = | 3.55 | 3.91 | 2.55 |  |  |  |  |  |

4 362 Surface Prawn 1.4

From a **Front Layout Position**, a *Front Pike Position is assumed*. One foot is moved in horizontal arc of 180° at the surface to a **Split Position**. The legs are joined to assume a **Vertical Position** at the ankles. A *Vertical Descent* is executed.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| R2 | FPIKE-R | SPLIT-L | V-DEC-L |  |  |  |  | Total |
| NVT= | 12.0 | 12.0 | 7.0 | 0.0 |  |  |  | 31 |
| % = | 3.87 | 3.87 | 2.26 | 0.0 |  |  |  | 1.42 |

**Group 2**

3 311 Kip 1.8

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are 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 the former vertical line through the head and the shins. A *Vertical Descent* is executed.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| BLO | KIP-R | I-TUCK-R | VERT-R | V-SUB-R |  |  |  | Total |
| NVT= | 4.0 | 10.0 | 23.0 | 14.0 |  |  |  | 51 |
| PV = | 0.78 | 1.96 | 4.51 | 2.75 |  |  |  |  |

4 360 Walkover Front 2.1

From a **Front Layout Position**, a *Front Pike Position is assumed*. One leg is lifted in a 180° arc over the surface to a **Split Position**. A *Walkout Front* is executed.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| FLO-R | FPIKE-R | Split-lr | Surf-arc-r | Blo-r |  |  |  | Total |
| NVT= | 12.0 | 21.0 | 24.0 | 11.0 |  |  |  | 68 |
| PV = | 1.76 | 3.09 | 3.53 | 1.62 |  |  |  |  |

Group 3

3 349 Tower 1.9

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

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| FLO-R | FPIKE-R |  |  |  |  |  |  | Total |
| NVT= | 12.0 | 13.3 | 18.5 | 14.0 |  |  |  | 57.8 |
| PV = | 2.08 | 2.30 | 3.20 | 2.42 |  |  |  |  |

4 406 Swordfish Straight Leg 2.0

From a **Front Layout Position**, the back arches as one leg is lifted in a 180° arc over the surface to a **Split Position**. A *Walkout Front* is executed.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| FLO-R2 | Split-lr | Surf-arc-r | Blo-r |  |  |  |  | Total |
| NVT= | 30.0 | 24.0 | 11.0 |  |  |  |  | 65 |
| PV = | 4.62 | 3.69 | 1.69 |  |  |  |  |  |