

Appendix 1b - Figures
12U Figures

Group Type	Group Number	Figure Number	12&Under Figure Name	DD
Compulsory		140k	Flamingo Bent Knee Continuous Spin 360°	2.5
		423	Ariana	2.5
Optional	1	301h	Barracuda Spin Up 180°	2.4
		365	Lighthouse	2.6
	2	366	Windmill Spinning 180°	2.6
		227e	Swanita Spinning 360°	2.0
	3	355a	Porpoise Half Twist	2.2
		401	Swordfish	2.1

COMPULSORY FIGURES

FLAMINGO BENT KNEE CONTINUOUS SPIN 360°

A *Ballet Leg* is assumed. The shin of the horizontal leg is drawn along the surface of the water to assume a **Surface Flamingo Position**. With the ballet leg maintaining its vertical position the hips are lifted as the trunk unrolls while the bent leg moves to a **Bent Knee Vertical Position**. The bent leg is extended to **Vertical Position**. A *Continuous Spin 360°* is executed.

							Total
NVT=	10.5	11.0	7.5	20.0	16.5	23.0	88.5
PV=	1.19	1.24	0.85	2.26	1.86	2.60	10

Video: <https://youtu.be/QZzsOWmgKog>

ARIANA

From a **Back Layout Position** a *Surface Arch Position* is assumed. One leg is lifted in a 180° arc over the surface of the water to a **Split Position**. Maintaining the relative position of the legs to the surface of the water, the hips rotate 180°. A *Walkout Front* is executed.

						Total
NVT=	12.0	29.0	17.0	23.0	7.0	88
PV =	1.36	3.30	1.93	2.61	0.80	10

Video: https://youtu.be/3_stvgYxOSE

GROUP 1

BARRACUDA SPIN UP 180°

From a **Back Layout Position** the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface of the water. A *Thrust* is executed to a **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust* to ankle level. A rapid *Spin Up 180°* is executed. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

						Total
NVT=	7.0	31.0	13.0	21.0	13.0	85
PV =	0.82	3.65	1.53	2.47	1.53	10

Video: https://youtu.be/YzpZ_QMVJZw

LIGHTHOUSE

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 join the vertical leg to assume **Vertical Position**. The legs are rapidly lowered symmetrically to a **Split Position** followed by a rapid 180° rotation as the legs rejoin to **Vertical Position**. A rapid *Vertical Descent* is executed.

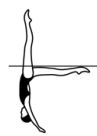
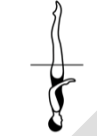
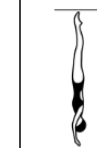
							Total
NVT=	6.0	14.5	20.5	19.0	22.0	13.0	95
PV =	0.63	1.53	2.16	2.00	2.32	1.37	10

Video: <https://youtu.be/jgvqvKVp5R8>

GROUP 2

WINDMILL SPINNING 180°

From a **Front Layout Position** a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. Maintaining the 90 ° angle between the legs, the horizontal leg moves to vertical as the vertical leg simultaneously moves to the surface of the water to assume a **Knight Position**. The horizontal leg is lifted rapidly to join the vertical leg to assume **Vertical Position** as body rotates 180°. Continuing in the same direction a rapid descending *Spin 180°* is executed. A rapid *Vertical Descent* is executed.

							Total
NVT=	6.0	14.5	25.0	28.5	19.0	0	93
PV =	0.65	1.56	2.69	3.06	2.04	0	10

Video: <https://youtu.be/W-xUfQXQncA>

SWANITA SPINNING 360°

From a **Back Layout Position** a *Bent Knee Surface Arch Position* is assumed. The bent leg is straightened to assume a **Knight Position**. The body rotates 180° to assume a **Fishtail Position**. Continuing in the same direction a rapid descending *Spin 360°* rotation is executed as the horizontal leg is lifted rapidly to assume **Vertical Position** and is completed as the ankles reach the surface of the water. A rapid *Vertical Descent* is executed.

						Total
NVT=	17.5	14.0	14.0	17.5	0	63
PV =	2.87	2.22	2.22	2.78	0	10

Video: <https://youtu.be/79pYyRbmVzo>

GROUP 3

PORPOISE HALF TWIST

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

					Total
NVT=	6.0	33.0	21.0	14.0	74
PV =	0.81	4.46	2.84	1.89	10

Video: <https://youtu.be/UUz7nB4SRXg>

SWORDFISH

From a **Front Layout Position** a **Bent Knee Front Layout Position** is assumed. The back arches more as the extended leg is lifted in a 180° arc over the surface of the water to assume a **Bent Knee Surface Arch Position**. The bent leg is straightened to assume a **Surface Arch Position**. With continuous motion *Arch to Back Layout Position* is executed.

					Total
NVT=	4.0	47.0	11.5	7.0	69.5
PV =	0.58	6.76	1.65	1.01	10

Video: <https://youtu.be/eFj3L5D7w1M>

Youth Figures

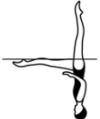
Group	Figure Number	Youth Figure Name	DD
1	356J	Whip Combined Spin 360°	3.4
	407	Swordfish Straight Leg Ariana Rotation	2.6
2	368	Phoenix	3.6
	367	Barracuda Bent Knee Twirl Spin 180°	2.3
3	130f	Flamingo Continuous Spin 720°	2.9
	369	Universe	2.8
4	442	Spiral Twirl Twist	3.1
	370	Barracuda Airborne Split Catch Spinning 360°	2.6

DRAFT

GROUP 1

WHIP COMBINED SPIN 360°

From a **Front Layout Position** a *Front Pike Position* is assumed. The legs are lifted to **Vertical Position**. All remaining movements are performed rapidly. One leg is lowered to a **Fishtail Position** and without a pause is lifted to a **Vertical Position**. Without a pause a rapid *Combined Spin 360°* is executed. A rapid *Vertical Descent* is executed.

								Total
NVT=	6.0	33.0	22.5	20.5	42.0	13.0	137	
PV =	0.44	2.41	1.64	1.50	3.07	0.95	10	

Video: <https://youtu.be/sPLsoJAGQ2I>

SWORDFISH STRAIGHT LEG ARIANA ROTATION

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

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

Video: <https://youtu.be/aRxBk8xbRCO>

GROUP 2

PHOENIX

From a **Back Layout Position** the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface of the water. A *Thrust* is executed to a **Vertical Position**. A rapid *Spin 360°* is executed to the ankles. Continuing in the same direction a rapid inward *Spin Up 180°* is executed as one leg bends to assume a **Bent Knee Vertical Position**. The bent leg is extended to a **Vertical Position**. The opposite leg bends as the legs lower to assume a **Bent Knee Surface Arch Position**. The bent leg is straightened to assume a **Surface Arch Position**. With continuous motion an *Arch to Back Layout Position* is executed.

									Total
NVT=	7.0	31.0	39.0	15.0	16.5	21.0	11.5	7.0	148
PV =	0.47	2.09	2.64	1.101	1.11	1.42	0.78	0.47	10

Video: <https://youtu.be/PZtv1lAdtOY>

BARRACUDA BENT KNEE TWIRL SPIN 180°

From a **Back Layout Position** the legs are raised to a vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface of the water. A *Thrust* is executed to a **Vertical Position**. A *Twirl* is executed as one leg is lowered to a **Bent Knee Vertical Position**. Continuing in the same direction and without a pause a rapid *180° Spin* is executed as the bent knee is extended to a **Vertical Position** completed as the ankles reach the surface of the water. A rapid *Vertical Descent* is executed.

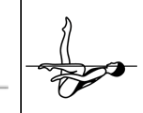
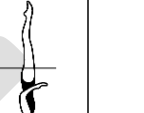
						Total
NVT=	7.0	31.0	26.0	16.0	0	80
PV =	0.88	3.88	3.25	2.0	0	10

Video: https://youtu.be/PKgSqMYl_a0

GROUP 3

FLAMINGO CONTINUOUS SPIN 720°

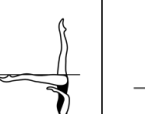
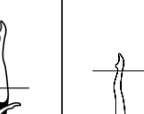
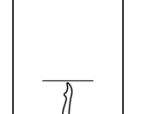
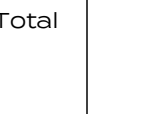
A *Ballet Leg* is assumed. The shin of the horizontal leg is drawn along the surface of the water to assume a **Surface Flamingo Position**. The bent leg is straightened to a **Surface Ballet Leg Double Position**. Maintaining the vertical position of the legs, the hips are lifted as the trunk is unrolled to **Vertical Position**. A *Continuous Spin 720°* is executed.

							Total
NVT=	10.5	11.0	7.5	13.0	34.0	34.0	110
PV=	1.01	1.00	0.68	1.18	3.09	3.09	10

Video: <https://youtu.be/SBDD1bzoPww>

UNIVERSE

From a **Front Layout Position** a *Front Pike Position* is assumed. A rotation of 180° is executed as one leg is lifted to a **Fishtail Position**. As the vertical leg maintains its vertical line, the horizontal leg is rapidly lifted through an arc of 180° to assume a **Knight Position**. Maintaining the vertical alignment, the body rotates 180° to assume a **Fishtail Position**. Continuing in the same direction a *Twirl* is executed as the horizontal leg is lifted to a **Vertical Position**. A rapid *360° Spin* is executed. A rapid *Vertical Descent* is executed.

								Total
NVT=	6.0	15.5	26.0	14.0	23.5	21.0	0	106
PV=	0.57	1.46	2.45	1.32	2.22	1.98	0	10

Video: <https://youtu.be/FsESDhh26vg>

GROUP 4

SPIRAL TWIRL TWIST

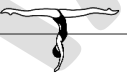
From a **Back Layout Position** a *Surface Arch Position* is assumed. From the **Surface Arch Position**, the legs are lifted to assume a **Vertical Position**. A *Twirl* is executed. Continuing in the same direction a *Full Twist* is executed. A *Vertical Descent* is executed.

						Total
NVT=	12.0	37.0	26.0	32.0	14.0	121
PV =	0.99	3.06	2.15	2.64	1.16	10

Video: <https://youtu.be/LNu8TM3vhak>

BARRACUDA AIRBORNE SPLIT CATCH SPINNING 360°

From a **Back Layout Position** the legs are raised to a vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface of the water. A *Thrust* is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position**, followed by a *Catch* in the maximum sustained **Vertical Position**. A rapid *Spin 360°* executed. A rapid *Vertical Descent* is executed.

							Total
NVT=	7.0	31.0	17.0	18.0	21.0	0	94
PV=	0.74	3.30	1.81	1.91	2.23	0	10

Video: <https://youtu.be/YF18OZoqm6k>