

# YOUTH AGE GROUP FIGURES

## SECTION A

### GROUP 1

FIGURE 307e – FLYING FISH, SPINNING 360°

Difficulty 2.9

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 below the surface of the water. A *Thrust* is executed to a **Vertical Position** and with no loss of height one leg is rapidly lowered to a **Fishtail Position**, and without a pause the horizontal leg is rapidly lifted to a **Vertical Position**. A *Spin 360°* is executed at the same tempo as the *Thrust*.

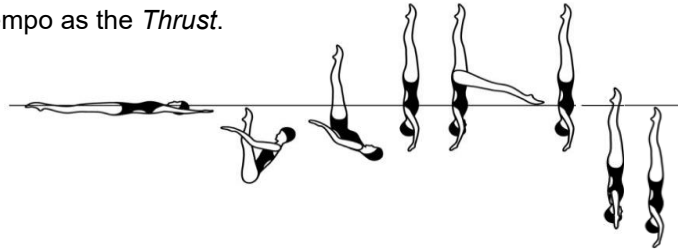
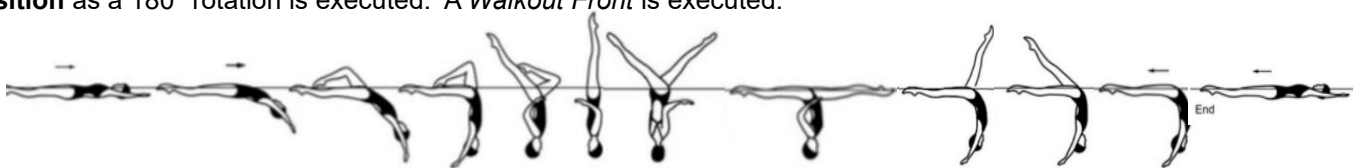


FIGURE 437 – CYCLONE, OPEN 180°

Difficulty 2.6

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



### GROUP 2

FIGURE 308h – BARRACUDA AIRBORNE SPLIT, SPIN UP 180°

Difficulty 2.9

From a **Back Layout Position** the legs are raised to a vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface of the water. A *Rocket Split* is executed to a re-joined **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust* completed as the ankles reach the surface of the water. A rapid *Spin Up 180°* is executed followed by a rapid *Vertical Descent*.

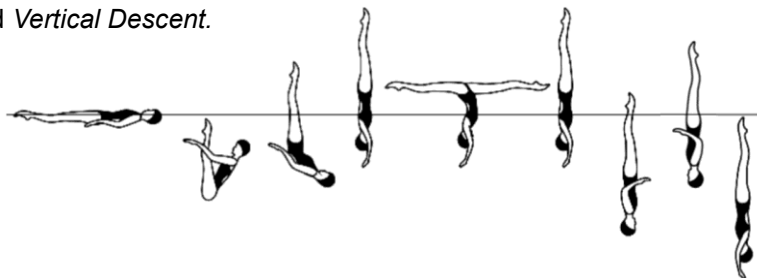


FIGURE 407 – SWORDFISH STRAIGHT LEG ARIANA

Difficulty 2.6

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.



## SECTION B

### GROUP 3

FIGURE 356f – WHIP, CONTINUOUS SPIN 720°

Difficulty 3.0

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 *Continuous Spin 720°* is executed.

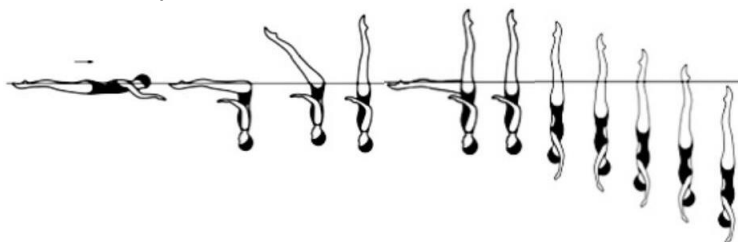
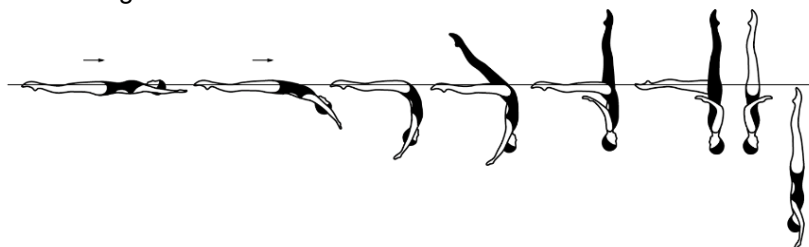


FIGURE 441 - SATURN

Difficulty 2.5

From a **Back Layout Position** a *Surface Arch Position* is assumed. One leg is lifted 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 *Vertical Descent* is executed.



### GROUP 4

FIGURE 352 - VENUS

Difficulty 3.0

From a **Front Layout Position** a *Front Pike Position* is assumed. All remaining movements from the **Front Pike Position** to the end of the figure are performed rapidly. One leg is lifted to a **Fishtail Position** and the horizontal leg is bent to assume a **Bent Knee Vertical Position**. The bent leg is extended to vertical as the vertical leg is lowered to become the horizontal leg in **Fishtail Position**. A rotation of 360° in the **Fishtail Position** is executed. The horizontal leg is lifted to **Vertical Position**. A 360° *Spin* is executed.

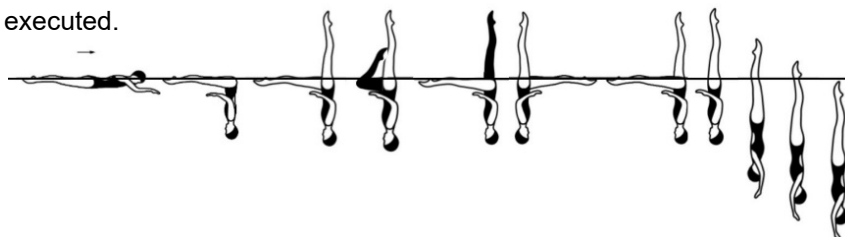
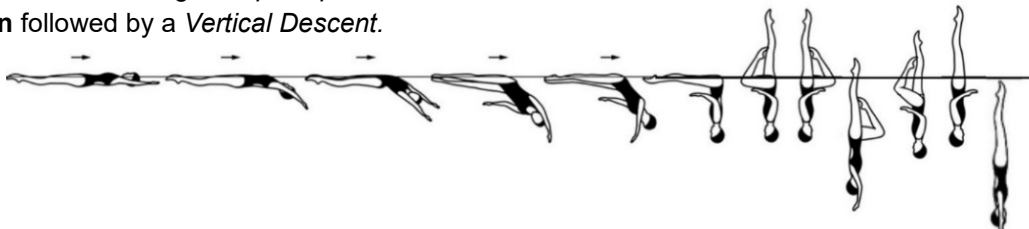


FIGURE 240i - ALBATROSS, SPIN UP 360°

Difficulty 2.5

From a **Back Layout Position** with the head leading, the head, hips and feet move along the surface of the water. The hips, legs and feet continue to move along the surface of the water as the body rolls onto the face and a *Front Pike Position* is assumed with the hips occupying the position of the head at the beginning of this action. The legs are lifted simultaneously to a **Bent Knee Vertical Position**. A *Half Twist* is executed. Maintaining a **Bent Knee Vertical Position**, the body descends to the ankle of the extended leg. A *Spin Up 360°* is executed as the bent knee is extended to meet the vertical leg in a **Vertical Position** followed by a *Vertical Descent*.



## SECTION C

### GROUP 5

FIGURE 140j - FLAMINGO, BENT KNEE, COMBINED SPIN,  $360^\circ + 360^\circ$

Difficulty 3.1

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 extends to a **Vertical Position**. A rapid *Combined Spin* ( $360^\circ + 360^\circ$ ) is executed followed by a rapid *Vertical Descent*.

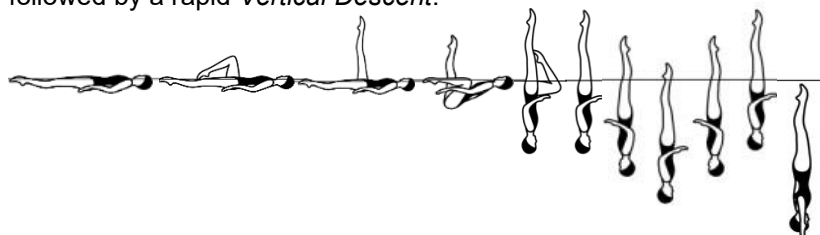
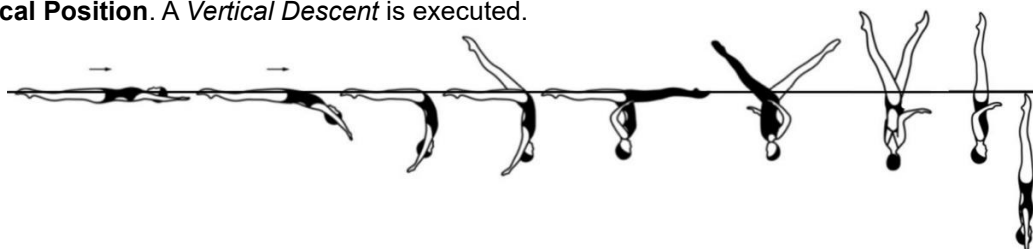


FIGURE 421 – WALKOVER, BACK CLOSING  $360^\circ$

Difficulty 2.4

From a **Back Layout Position** a *Surface Arch Position* is assumed. One leg is lifted in a  $180^\circ$  arc over the surface of the water 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**. A *Vertical Descent* is executed.



### GROUP 6

FIGURE 440d – IPANEMA, SPINNING  $180^\circ$

Difficulty 3.1

From a **Back Layout Position** a *Bent Knee Surface Arch Position* is assumed. The horizontal leg is lifted as the bent knee is straightened to assume a **Vertical Position**. The legs are lowered to a **Front Pike Position**. A rapid  $180^\circ$  rotation is executed as the legs are lifted to a **Vertical Position**. A rapid  $180^\circ$  *Spin* is executed.



FIGURE 154f – LONDON, CONTINUOUS SPIN  $720^\circ$

Difficulty 2.4

A *Ballet Leg* is assumed. A partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. 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 the shins. A *Continuous Spin*  $720^\circ$  is executed.

