







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

									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 2.8

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.









									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.









								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	

A rapid *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.







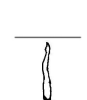
								Total
NVT=	10.5	11.0	10.0	23.0	39.0	14.0		107.5
PV =	0.98	1.02	0.93	2.14	3.63	1.3		

Group 2

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.

								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	







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.

								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 (720°) 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.

								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 3.2

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 a 180° 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.

								Total
NVT=	12.0	18.5	23.0	21.5	19.5	18.5	14.0	127
% =	0.94	1.46	1.81	1.69	1.54	1.46	1.1	

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.

								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 360° 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*.

								Total
NVT=	16.0	34.0	19.0					69
PV =	2.35	5	2.79					

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*.

								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.

								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 180° 2.4

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

								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.

								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.

								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.

								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.

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



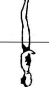

2 301 Barracuda 2.0
 From a **Back Layout Position**, the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface. A *Thrust* is executed to **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

									Total
NVT=	13.0	34.0	14.0						61
PV =	2.17	5.670	2.33						






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.

									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.






									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.

								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.




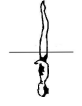

								Total
NVT=	12.0	21.0	24.0	11.0				68
PV =	1.76	3.09	3.53	1.62				

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.

								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.

								Total
NVT=	30.0	24.0	11.0					65
PV =	4.62	3.69	1.69					