

## Compulsory Figures

Figure 302 - Blossom

Difficulty - 1.4

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From a **Back Layout Position** the trunk is lowered as the hips are bent to assume a **Submerged Ballet Leg Double Position**. The feet separate along the surface of the water as the hips rise and the body assumes a **Split Position**. The legs join to assume a **Vertical Position** at ankle level. A *Vertical Descent* is executed.










					Total
NVT=	10.0	11.0	5.0	5.0	31
PV =	3.23	3.55	1.61	1.61	10

Figure 310 - Somersault Back Tuck

Difficulty - 1.1

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From a **Back Layout Position** the knees, shins and toes are drawn along the surface of the water to assume a **Tuck Position**. With continuous motion the tuck becomes more compact as the body somersaults backward around a lateral axis for one complete revolution. A **Back Layout Position** is resumed.

				Total
NVT=	3.0	5.0	3.0	11
PV =	2.73	4.55	2.73	10

## Group Two

Figure 323 - Somersault Front Pike

Difficulty - 1.4

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From a **Front Layout Position** a *Front Pike Position* is assumed. With continuous motion the body somersaults around a lateral axis so that the hips replace the head at each quarter point of the revolution until the head and buttocks return to the surface of the water. As the legs are raised to the surface of the water to assume a **Front Layout Position**, the head, back and buttocks travel along the surface of the water until the hips occupy the same position as the head at the beginning of this action.


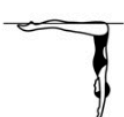

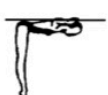






					Total
NVT=	6.0	8.0	8.0	6.0	28
PV =	2.14	2.86	2.86	2.14	10

Figure 361 - Prawn

Difficulty - 1.5

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From a **Front Layout Position** a *Front Pike Position* is assumed. One leg is lifted in a 180° arc over the surface of the water to a **Split Position**. The legs are joined to assume a **Vertical Position** at ankle level. A *Vertical Descent* is executed.

					Total
NVT=	6.0	20.0	5.0	5.0	36
PV =	1.67	5.56	1.39	1.39	10