



# Aquarina Figures 2026

*Current descriptions from the World  
Aquatics Figures Manual 2022-2025*

## Summary






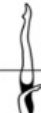


2026 AQUARINAS FIGURES		
Section C	Figure No. 140j	Flamingo Bent Knee Combined Spin 360 + 360
	Figure No. 421	Walkover Back Closing 360
	Figure No. 440d	Ipanema Spinning 180
	Figure No. 154f	London Continuous Spin 720

## Group Five

*Figure 140j - Flamingo Bent Knee Combined Spin 360 + 360      Difficulty - 3.1*

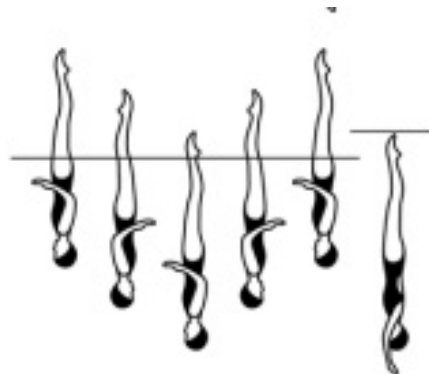
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A *Ballet Leg* is assumed. The shin of the horizontal leg is drawn along the surface of the water to assume a **Surface Flamingo Position**. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves to a **Vertical Bent Knee Position**. The bent leg is extended to **Vertical Position**. A rapid *Combined Spin* ( $360^{\circ}+360^{\circ}$ ) is executed followed by a rapid *Vertical Descent*.

								Total
NVT=	10.5	11.0	7.5	20.0	16.5	40.0	14.0	119.5
PV =	0.88	0.92	0.63	1.67	1.38	3.35	1.17	10

*see also: Combined Spin definition*

**j) Combined Spin:** a descending *Spin* of at least  $360^{\circ}$  followed without a pause by an equal *ascending Spin* in the same direction. The *ascending Spin* reaches the same height where the *descending Spin* started.








## Group Five continued

Figure 421 - Walkover Back Closing 360

Difficulty - 2.4

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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**. With continuous motion a rotation of 360° is executed as the legs are symmetrically lifted and closed to a **Vertical Position**. A *Vertical Descent* is executed.

					Total
NVT=	12.0	29.0	27.0	14.0	82
PV =	1.46	3.54	3.29	1.71	10








## Group Six

Figure 440d - Ipanema Spinning 180

Difficulty - 3.1

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From a **Back Layout Position** a *Bent Knee Surface Arch Position* is assumed. The horizontal leg is lifted to vertical as the bent leg is straightened to assume a **Vertical Position**. The legs are lowered to a **Front Pike Position**. A rapid 180° rotation is executed as the legs are lifted to a **Vertical Position**. Continuing in the same direction a rapid 180° *Spin* is executed.

							Total
NVT=	17.5	21.0	33.0	33.0	19.0	0	123.5
PV=	1.42	1.70	2.67	2.67	1.54	0	10







## Group Six continued

Figure 154f - London Continuous Spin 720

Difficulty - 2.4

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A *Ballet Leg* is assumed. Followed by a partial Somersault Back Tuck as both legs are drawn into a Tuck Position, until the shins are perpendicular to the surface. 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°* is executed.

						Total
NVT	10.5	11.0	6.0	20.0	34.0	81.5
PV	1.29	1.35	0.74	2.45	4.17	10

see also: *Continuous Spin 720*

**f) Continuous Spin:** a *descending Spin* with a rapid rotation of 720° (2), 1080° (3), or 1440° (4) which is completed as the ankles reach the surface of the water and continues through submergence.

