12 & Under Figures

12U Figures

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

12 & Under Figures – Compulsory

FLAMINGO BENT KNEE CONTINUOUS SPIN 360º

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

Video: https://youtu.be/B_G4FMXSZR4



12 & Under Figures - Compulsory

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_stvgYx0SE

Video: https://youtu.be/0JPwugli08k

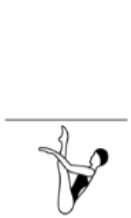
WORLD AQUATICS



12 & Under Figures – 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

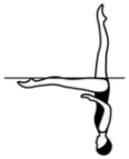
Video: https://youtu.be/YzpZ_0MVJZw
Video: https://youtu.be/ZWF0CzI0Glc



12 & Under Figures – Group 1

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 180º 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/jgvgvKVp5R8

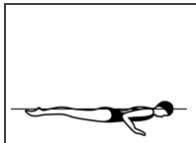
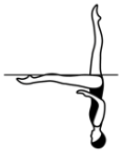
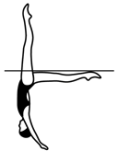
Video: https://youtu.be/LopCvtS_fhY



12 & Under Figures – Group 2

WINDMILL SPINNING 180º

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 180º* 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

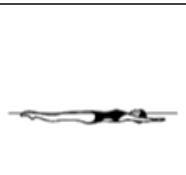
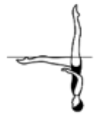
Video: https://youtu.be/W-xUfQXQncA



12 & Under Figures – Group 2

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



12 & Under Figures – 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



12 & Under Figures – Group 3

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

