

## Compulsory Figures

Figure 106 - Straight Ballet Leg

Difficulty - 1.6

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From a **Back Layout Position**, one leg is raised straight to a **Ballet Leg Position**. The *Ballet Leg* is lowered.









				Total
NVT=	18.5	11.0	10.5	40
PV =	4.63	2.75	2.63	10

Figure 301 - Barracuda

Difficulty - 1.8

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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 **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

				Total
NVT=	7.0	31.0	13.0	51
PV =	1.37	6.08	2.55	10

## Group Three

Figure 311 - Kip

Difficulty - 1.6

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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 an *Arch to Back Layout Finish Action* is executed.








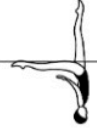
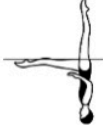


					Total
NVT=	3.0	2.0	23.0	14.0	42
P =	0.71	0.48	5.48	3.33	10

Figure 227d - Swanita Spinning 180

Difficulty - 1.9

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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 descending *Spinning 180°* rotation is executed as the horizontal leg is lifted to a **Vertical Position** and is completed as the ankles reach the surface of the water. A *Vertical Descent* is executed.

						Total
NVT=	17.5	14.0	14.0	12.5	0	58
PV =	3.02	2.41	2.41	2.16	0	10