



Aquanaut Figures

2026

Current descriptions from the World Aquatics Figures Manual 2022-2025

Summary

2026 AQUANAUT FIGURES		
Compulsory	Figure No. 106	Straight Ballet Leg
Compulsory	Figure No. 301	Barracuda
Group 1	Figure No. 359	Front Ariana
Group 1	Figure No. 348	Tower

Compulsory Figures

Figure 106 - Straight Ballet Leg

Difficulty - 1.6

[CLICK HERE TO WATCH](#)

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

[CLICK HERE TO WATCH](#)

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

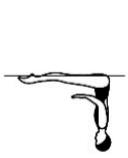
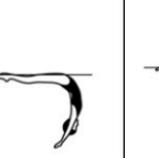
Group One

Figure 359 - Front Ariana

Difficulty - 2.2

[CLICK HERE TO WATCH](#)

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**. Maintaining the relative position of the legs to the surface of the water, an *Ariana Rotation* is performed. A *Walkout Front* is executed.

						Total
						
NVT	6.0	20.0	17.0	23.0	7.0	73
PVT	0.82	2.74	2.33	3.15	0.96	10

See also: *Ariana Rotation*

1. From a **Split Position**

maintaining the relative position of the legs to the surface of the water the hips rotate 180°.

17.0



Figure 348 - Tower

Difficulty - 1.9

[CLICK HERE TO WATCH](#)

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=	6.0	14.5	20.5	14.0	55
PV =	1.09	2.64	3.73	2.55	10