NLAS Rule Book

Draft - Updated January 21, 2023

**TABLE OF CONTENTS**

[1 Application](#h.30j0zll)

[2 Definitions](../../../../../../..//mun-fs/homedirs%24/a93abj/Downloads/Draft%20of%20NL-Artistic-Swimming-Rule-Book---2023-01-09.doc)

[3 Competitor Categories](../../../../../../..//mun-fs/homedirs%24/a93abj/Downloads/Draft%20of%20NL-Artistic-Swimming-Rule-Book---2023-01-09.doc)

[4 Provincial Championships](../../../../../../..//mun-fs/homedirs%24/a93abj/Downloads/Draft%20of%20NL-Artistic-Swimming-Rule-Book---2023-01-09.doc)

[5 Qualifying for National Qualifier](#h.2s8eyo1)

[6 Team Composition](#h.3rdcrjn)

[7 Duet Composition](#h.lnxbz9)

[8 Deck work](#h.1ksv4uv)

[9 Routine Required Elements & Maximum Elements](#h.2jxsxqh)

[10 Coach Cards](#h.3j2qqm3)

[11 Athletes with Disability](#h.4i7ojhp)

[12](#h.1ci93xb) [Athletes Apparel](#h.4i7ojhp)

[13 Draw for Figures](#h.2bn6wsx)

[14 Coach Eligibility](#h.3as4poj)

[15 Conflicts](#h.49x2ik5)

[16 Protests](#h.147n2zr)

[17 Time Limits](#h.23ckvvd)

[18 Music](#h.32hioqz)

[19 Competition Management](#h.41mghml)

[20 Pool Entry](#h.vx1227)

[21 Byes](../../../../../../..//mun-fs/homedirs%24/a93abj/Downloads/Draft%20of%20NL-Artistic-Swimming-Rule-Book---2023-01-09.doc)

# Application

All Artistic Swimming activities and Competitions in Newfoundland and Labrador shall be in accordance with this Rulebook and the policies, procedures and other Rules that are, or may be from time to time, established by NL Artistic Swimming.

In order to participate in Artistic Swimming activities and Competitions in the province an Artistic Swimming Club, athletes, coaches, officials and general Members must be registered as required by NL Artistic Swimming and Canada Artistic Swimming (CAS).

Where this Rulebook or other policies, procedures and Rules established by NL Artistic Swimming do not contain a provision applicable to a situation, the CAS Rulebook and the rules and policies of CAS shall be considered to apply.

# Definitions

“Athlete”means a swimmer who participates in an artistic swimming program in the province.

“Provincial Stream”means the program for athletes who compete in the Provincial Championship meet or meets held by NL Artistic Swimming who do not intend to attend a National event.

“CAS”means the Canadian Artistic Swimming which is the Sport Governing Body responsible for the sport of Artistic Swimming in Canada.

“CAS Rulebook”means the Canada Artistic Swimming Rulebook governing artistic swimming in Canada and available on the CAS Website (artisticswimming.ca)

“FINA Rulebook”means the International artistic swimming rules.

“Masters”means athletes aged 19 years or more who may participate with the intent of attending Masters Meets in Canada and elsewhere or for exercise and enjoyment.

“National Qualifier”means the Canadian Artistic Swimming Qualifier in Canada held in the early Spring for athletes aged Youth, Junior, Senior, and Athletes with Disabilities qualifying from our Provincial Qualifiers as National Stream athletes.

“National Stream”means the program for athletes who compete in the Provincial Qualifier meet or meets held by NL Artistic Swimming with the intent of qualifying for the National Qualifier.

“CASC”means the Canadian Artistic Swimming Championships held for Youth, Junior, Senior, and Athletes with Disabilities athletes who qualify from the National Qualifier.

“Province”unless the context indicates otherwise, means the province of Newfoundland and Labrador.

“NL Artistic Swimming”means the incorporated Sport Governing body responsible for artistic swimming in the province.

“Artistic swimming program”includes lessons, instructed and coached learning by athletes in and out of the pool, self-instructed artistic swimming instruction (i.e. Masters), water shows, clinics, competitions and other related artistic swimming activities.

Where a word or term in this Rulebook is not defined, the definitions and context found in the CAS Rulebook shall apply.

# Competitor Categories

## 3.1 Recreational Athletes

Athletes who are registered as recreational athletes may participate in instructional lessons, water shows and clinics, where invited, but shall not participate in National Stream or Provincial Stream competitive events.

Where invited, a recreational athlete may participate in Invitational Competitions in an exhibition event only.

Recreational athletes may also participate in LTAD testing.

3.2 Competitive Athletes
Athletes who are registered as competitive athletes may participate in their appropriate Provincial Stream or National Stream competitions, LTAD testing, water shows, clinics, invitational meets and other artistic swimming activities in the province and outside the Province where qualified to do so

# Provincial Championships

## Events

## The events which may be swam at an NL Artistic Swimming Provincial Championship Competition include:

* + - 10&Under (8-10) Figures, Solo, Duet, Team
		- 12& Under (11-12) Figures, Solo, Duet, Team
		- 13-15 Figures, Solo, Duet, **Mixed Duet,** Team
		- **16-20 (PS Only) Figures, Solo, Duet, , Mixed Duet, Team**
		- Junior (15-19) Solo, Duet,  **Mixed Duet,** Team (Free and Technical), **Acrobatic** **Routine**
		- Senior (15&over) Solo, Duet,  **Mixed Duet,** Team (Free and Technical), **Acrobatic** **Routine**
		- Novice (13&Over) Figures, Duet, Team

## Figures

For National Stream events the relevant degree of difficulty will apply, for Provincial Stream events a degree of difficulty of 1.0 shall be used. Please see Appendix B for figure groups and descriptions.

Novice Athletes shall compete in 12 and under Figures but will be awarded separately.

16-20 Athletes shall compete in the 13-15 Figures but will be awarded separately.

## Age Groups

The age group in which an athlete competes is his or her age as of December 31 of the competitive year.

**10 & under (8, 9, or 10 years of age)**

**12 & under (11 or 12 years of age)**

**Novice (13&Over)**

**Youth (13 to 15 years of age)**

**16 & Over (16 to 20 years of age)**

**Junior (15 to 19 years of age)**

**Senior (15 and above)**

# Qualifying for National Qualifier

## Routine Selection

Routine Selection to Qualifiers from a Provincial Qualifier Meet shall be in accordance with the CAS Rulebook and

1. All team routines that have competed at the Provincial Qualifier may compete at the Qualifier if eligible under CAS criteria
2. See the CAS Rulebook rules for quotas regarding solos and duets
3. Selection Committee determines those progressing based on quotas and Championship Scores
4. If there are breaks in the Championship Scores, the selection committee will look at the Figure scores and their categorization as it relates to the judge outlines
5. Quotas will be filled if the caliber of athlete who competed in the Provincial Qualifiers is considered by the Selection Committee to be at an appropriate level for the Qualifiers
6. For byes see CASSA Rulebook.

Note: The decision to swim National Stream MUST be made prior to the Provincial Qualifier Meet.

## Selection Committee

1. The Selection Committee will consist of a Board of Directors delegate, the Club Head Coaches and the Chief Judge of the Meet, or their designates.
2. A majority of the Members of the Selection Committee shall determine the selection of an athlete for an event but the coach of an athlete must abstain from any vote that directly affects his or her athlete.
3. The decision of the selection committee is final.

# Team Composition

## Provincial Stream

Team composition for a Provincial Stream team will be as per Appendix V of the CAS rulebook. In the event that a club cannot field a minimum of four (4) swimmers a trio may be permitted to compete in the team event at the NL Artistic Swimming Provincial Championships. A swimmer may compete in either trio or team but not both.

## National Stream

Please refer to the CAS Rulebook.

# Duet Composition

## Provincial Stream

A Provincial Stream duet may consist of two different age groups and the average age shall be used to determine age group. Athletes shall compete in their own age group figures.

## National Stream

Please refer to the CAS Rulebook

# Deck work

Deck work in team/free combination, duet, and trio competitors may not execute stacks, towers, or human pyramids (i.e. each competitor must have some part of their body touching the deck.)

# Routine Required Elements & Maximum Elements

Required elements apply to technical routines only, please refer to the CAS Rulebook for technical routine elements.

**Maximum Elements\*\*** for routines will apply to all routines. In all routines a **two-point penalty** shall be deducted from the Elements score for each element exceeding the predetermined number assigned to the particular event and category. There will be no penalty for having less than the predetermined number. The number of elements per routine are:

|  |  |  |  |
| --- | --- | --- | --- |
| Age/Category | Event | Free Hybrids | Acrobatics\* |
| 10 & Under | Solo | 5 | NA |
|  | Duet | 5 | 1 |
|  | Team | 5 | 3 |
| 12 & Under | Solo | 5 | NA |
|  | Duet | 5 | 1 |
|  | Team | 5 | 3 |
| 13-15 | Solo | 6 | NA |
|  | Duet | 6 | 1 |
|  | Team | 6 | 3 |
| 16 & Over | Solo | 7 | NA |
|  | Duet | 7 | 2 |
|  | Team | 7 | 3 |
| Novice 13& Over | Solo | 5 | NA |
|  | Duet | 5 | 1 |
|  | Team | 5 | 3 |

\*Pair acrobatics in the team event are considered under artistic impression and do not count towards the maximum number of acrobatics

# Coach Cards

Coach Cards will be required as of the 2023-2024 competitive season for Provincial Stream.
Update to follow for format, deadline for submission, and sanctions for failure to adhere to requirements for Provincial meets.

# Athletes with a Disability

Please refer to the CAS Rulebook

# Athletes Apparel

Please refer to the CAS Rulebook

# Draw for Figures

## NL Artistic Swimming Provincial Championships

Figure groups shall be drawn by the Competition Chief Referee two (2) weeks prior to the spacing event for the Provincial Championships.
Age groups 10 and under, 12 and under, and Novice 13 and over shall perform a total of four (4) figures comprised of two compulsory figures plus one optional figure group as drawn by Chief Referee.
Each athlete in Youth (13-15 and 16 and over) age group will perform all four (4) figures in the drawn figure group (A, B, or C).

## NL Artistic Swimming Provincial Qualifier

Figure groups shall be drawn by the Competition Chief Referee one (1) week prior to the spacing event for the Provincial Qualifier for National Stream athletes.

**In the Youth category the figure section (A, B or C) shall be drawn first and posted on the NLAS website immediately. Half of the athletes from each team participating in the event shall perform one figure group, and half of the athletes shall perform the other group, as decided by the club Head Coach.
For example, if a club has 10 athletes on a team and section B was drawn, 5 shall be selected to perform Group 3 figures, and 5 shall be selected to perform Group 4 figures. If a club has an odd number of Youth athletes, there shall be one more athlete in one of the group’s, as per coach decision. Clubs who have entered 2 Youth teams shall split the group by team, and not by club (each team would need to have half their members doing each Group). The figure entry form will need to be sent in to NLAS Chief Referee and Scorer five (5) days before the start of the Figure Session.**

# Coach Eligibility

## Provincial Stream

1. A coach must be a minimum of Competition Introduction trained to be on deck instructing any competitive program;
2. A coach must meet coach eligibility requirements as described in the CAS Rulebook for the current year to be on deck at any CAS hosted competition; and
3. As of the 2019-2020 season coaches have two competitive seasons from the first day of their completion of the Competition Introduction course to complete their certification.

## National Stream

Please refer to the CAS Rulebook

# Conflict of Interest

## Definition

A person is in a conflict of interest with respect to an athlete if he or she is:

1. a relative of that athlete (i.e. parent or guardian, spouse, brother, sister, aunt, uncle, first cousin, grandparent)
2. a coach of that athlete including a figures coach and a routine coach.
3. a parent, guardian, child, sibling or spouse of a coach of that athlete.
4. a person living in the same household as that athlete or coach of that athlete

## Conflicts at a Meet

A person who is in a conflict of interest shall not officiate at a competition in the Province. Notwithstanding this, if a conflict exists at a competition, the Chief Referee must call a meeting of all coaches with athletes affected by the conflict and inform them of the conflict. The event can only proceed using the conflicted official if it is unanimously agreed upon by all coaches of athletes in that event.

# Protests

Please refer to the CAS Rulebook

# Time Limits

Including Deck Work, routines shall have the following maximum times, in minutes:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Category | Solo | Duet/Mixed Duet | Team | Combo |
| Age Group 10&U | 1:15 | 1:45 | 2:15 | N/A |
| Age Group 12&U | 2:00 | 2:30 | 3:00 | N/A |
| Youth (13-15) | 2:00 | 2:30 | 3:00 | N/A |
| Age Group 16 & Over | 2:15 | 2:45 | 3.30 | N/A |
| Novice 13& Over | 2:00 | 2:30 | 3:00 | N/A |
| FINA Junior/Senior Free | 2:15 | 2:45 | 3:30 | N/A |
| FINA Junior/Senior Tech | 2:00 | 2:20 | 2:50 | N/A |
| FINA Senior Free | 2:30 | 3:00 | 4:00 | N/A |
| FINA Senior Tech | 2:00 | 2:20 | 2:50 | N/A |
|  |  |  |  |  |

For all routines, there shall be an allowance of **five (5)** seconds less or plus the allotted time limit, beyond which a penalty is incurred.

# Music

## **Content of Lyrics Music that uses swear words in any language and/or promotes hate, harm, or discrimination is prohibited at all competitions. A $25.00 fine will be given to routine entries who fail to abide.**

## Music Requirements

All music shall be in digital music format. Music shall be submitted prior to the meet by the date specified in the meet package. Any late music entries shall be subject to a $25.00 fine per late music entry (ie. $25.00 fine will apply per routine that is submitted late).

## Digital Music Format

The digital music file must be submitted in MP3 format. The file must be named as follows:

* Stream: Provincial Stream/National Stream
* Age Group: 10U/12&U/Youth/16-20/Junior/Senior
* Event: Solo/Duet/Trio/Team/Combo
* Club Name
* Athlete Last Name (first name alphabetically for combo and team)

Sample of how to name files:

PS\_10U\_Solo\_ClubName\_Smith.mp3

PS\_12U\_Duet\_ClubName\_SmithJones.mp3 NS\_Youth\_Team\_ClubName\_Doe.mp3 NS\_Junior\_Combo\_ClubName\_Doe.mp3

## Sound Level

Music volume shall not exceed average sound levels of 85 decibels or momentary peek sounds levels of 100 decibels.

# Competition Management

## Entry Fees

Entry fees for the NL Artistic Swimming Events are as follows:

|  |  |
| --- | --- |
| Event | Fee |
| LTAD | $10.00 |
| Figures | $30.00 |
| Solo | $30.00 |
| Duet | $60.00 |
| Team/Trio | $100.00 |
| Combo | $100.00 |

## Entry Forms

Meet entry forms shall be submitted via the CAS online registration tool no later than the entry due date as indicated in the official entry package.

1. Late, incorrect and incomplete entries will be assessed a financial penalty of

**$100.00** per routine. It is a Club’s responsibility to pay this fine to the Chief Referee one hour prior to the beginning of the competition for that age group. Failure to do so shall result in disqualification. Fines and penalties are non- refundable.

1. Late entries, changes to entries, or additional entries 7 days prior to the start of a competition will be subject to a **$250.00** fine.

## Scoring

Scoring must be in accordance with the CAS Scoring Program and Rules.
\*\*\*Changes to the scoring system for Routine events will come into effect for Provincial Stream 2023-2024 competitive season

## Announcers

At Provincial competitions, announcers will introduce an athlete/team as “Competitor Number”. Home clubs and/or athlete names will be given at the completion of the swim.

# Pool Entry Position

In order to ensure the safety of athletes, notice will go to all clubs in the meet information package, informing them of the designated point of entry for the specific competition. Coaches must comply with this decision or the routine will be penalized in accordance with CAS Rules.

# Byes

## Byes for Competitions

Bye requests must be submitted to NL Artistic Swimming prior to a competition (if there is an occurrence at an event see the Chief Referee of the competition). A written decision will be sent to the appropriate Club President or her/his official designate, who, in turn, will be responsible for submitting it to the Chief Referee of the meet. The athlete must be entered in the meet and then withdrawn from all events. Entry fees must be paid.

## Bye Requests

The request for a bye must include all events in which the individual(s) is (are) entered, the club name, request letter/email and supporting documentation, e.g. Doctor’s note. Once the bye has been received the individual(s) will be removed from all events.

## Teams

Teams that have one or more athletes with byes are required to swim in the Team Routine competition unless there are fewer than three (3) athletes. If a member of a Team receives a bye and there is an alternate for the Team listed on the competition entry form, the alternate is required to swim in the Team competition.

## Duets

Regarding Duets that have an athlete with a bye – If a member of a Duet receives a bye and there is an alternate for the Duet listed on the competition entry form, the alternate is required to swim in the Duet competition.

Appendix A

LTAD Meets

##### Spooktacular LTAD – October

LTAD timed swims will be completed as follows: 10&U/New 11-12 (8-11 L2T)

25 m Flutter (benchmark time = 22 sec)

25 m Propeller (benchmark time = 25 sec) 25 m Freestyle (benchmark time = 20 sec)

11-12/13-15 (T2T)

25 m Flutter (benchmark time = 20 sec)

25 m Propeller (benchmark time = 22 sec)

200 m IM (benchmark time = 2 min 30 sec - 3 min)

15 - 18 (T2C)

25 m Flutter (benchmark time = 18 sec)

25 m Propeller (benchmark time = 20 sec)

300 m Hypoxic (benchmark time = 4 min 20 sec)

Dryland LTAD skills will also be assessed at this meet.

##### November LTAD – November

Water skills will be drawn from groups 1-2 for this meet. The draw for this meet shall occur at Spooktacular.

Age Group 10U:

|  |  |  |  |
| --- | --- | --- | --- |
| Group 1 | Group 2 | Group 3 | Group 4 |
| Right leg split | Left leg split | Middle split | Surface arch |
| Back layout | Front layout | Sailboat | Ballet leg |
| Front Pike | Submerged BL double pos’n | Submerged Back pike position | Inverted tuck |
| Bent knee vertical | Fishtail | Knight | Vertical |

Age Group 11-12/Novice 13&Over:

|  |  |  |  |
| --- | --- | --- | --- |
| Group 1 | Group 2 | Group 3 | Group 4 |
| 1st half ballet leg | 1st half barracuda (to pike) | 1st half kip | 1st half water drop |
| 2nd half barracuda (from pike) | 2nd half ballet leg | 2nd half swordfish | 2nd half swan |
| 1st half front Ariana | 2nd half front ariana  | 1st half swan | 2nd half kip |
| 2nd half tower | 1st half tower | 2nd half water drop | 1st half swordfish |

Halfway points for 11-12/Novice 13&Over Figures are defined as follows:

|  |  |  |
| --- | --- | --- |
| Figure | 1st Half | 2nd Half |
| Straight Ballet Leg (fig 106) | to ballet leg position | from ballet leg position |
| Barracuda (fig 301) | to pike position | from pike position |
| Front Ariana | To first split position | From 1st split position |
| Tower | To fishtail position | From fishtail position  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

Age Group Youth (13-15/16&Over):

|  |  |  |  |
| --- | --- | --- | --- |
| Section AGroup 1 | Section AGroup 2 | Section BGroup 3 | Section BGroup 4 |
| Flamingo Bent Knee, Twist Spin | Barracuda Airborne Split Spin Up 180°  | Whip Continuous Spin 720° | Venus |
| Cyclone, Open 180° | Swordfish Straight Leg Ariana Rotation  | Saturn | Albatross Spin up 360°  |

|  |  |
| --- | --- |
| Section CGroup 5 | Section CGroup 6 |
| Rio Straight Leg | Ipanema Spinning 180°  |
| Walkover Back Closing 360°  | Kip Combined Spin  |

Halfway points for 13-15/16&Over Figures are defined as follows:

|  |  |  |
| --- | --- | --- |
| Figure | 1st Half | 2nd Half |
| Flamingo Bent Knee, Twist Spin | To vertical position | From vertical position |
| Cyclone, Open 180° | To vertical position | From vertical position  |
| Barracuda Airborne Split Spin Up 180°  | To vertical at ankles (after split) | From vertical at ankles (after split) |
| Swordfish Straight Leg Ariana Rotation  | To end of ariana rotation (2nd split) | From second split |
| Whip Continuous Spin 720° |  |  |
| Saturn |  |  |
| Venus |  |  |
| Albatross Spin up 360°  |  |  |
| Rio Straight Leg |  |  |

Appendix B

Provincial Stream Figures

##### Age Group 10&U

Compulsory:

101 Ballet Leg Single

301 Barracuda

##### Group 1

 359 Modified Front Ariana 2.2 (Starting in 1st split position; ideally the left leg split)

344 Neptunus

##### Group 2

362 Surface Prawn

316 Kipnus

##### Provincial Stream 10 & Under Figure Descriptions

101 Ballet Leg Single

Begin in **Back Layout Position**. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Position.** The knee is straightened without movement of the thigh to assume a **Ballet Leg Position**. The knee is bent without movement of the thigh to a **Bent Knee Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.



302 Barracuda

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



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359 modified. Front Ariana

Starting in 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.



344 Neptunus

From a **Front Layout Position**, a *Front Pike Position is assumed*. One leg is lifted to a **Fishtail Position**. The horizontal leg is bent to assume a **Bent Knee Vertical Position**. A *Vertical Descent* is executed as the bent knee is extended to meet the vertical leg as the ankles submerge.



362 Surface Prawn

From a **Front Layout Position**, a *Front Pike Position is assumed*. One foot is moved in a horizontal arc of 180° at the surface to a **Split Position**. The legs are joined to assume a **Vertical Position** at the ankles. A *Vertical Descent* is executed.



316 Kipnus

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs assume a **Bent Knee Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A *Vertical Descent* is executed in a **Bent Knee Vertical Position**.



##### Age Group 12&Under (11-12) / Novice 13-15

Compulsory:

106 Straight Ballet Leg

301 Barracuda

Group 1

359 Front Ariana

348 Tower

Group 2

363 Water Drop

401 Swordfish

Group 3

311 Kip

277d Swanita Spinning 180°

##### Provincial Stream 11-12 Figure Descriptions

106 Straight Ballet Leg

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



301 Barracuda

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*.



359 Front Ariana

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.



348 Tower
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.



363 Water Drop
From a **Front Layout Position** a *Front Pike Position is assumed*. The legs are lifted simultaneously to a **Bent Knee Vertical Position**. A *Half Twist* is executed. A *180° Spin* is executed in the same direction as the bent leg is extended to a **Vertical Position** and completed as the ankles reach the surface of the water. A *Vertical Descent* is executed.



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



311 Kip

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 and a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. The trunk unrolls as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and shins. A *Vertical Descent* is executed.



227d Swanita Spinning 180

From a **Back Layout Position** a *Bent Knee Surface Arch Position* is assumed. The bent leg straightens 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.



##### Age Group Youth (13-15 / 16&Over)

Section A

##### Group 1

140g Flamingo Bent Knee Twist Spin

437 Cyclone, Open 180

Group 2

308h Barracuda Airborne Split, Spin up 180

407 Swordfish Straight leg Ariana Rotation

Section B

Group 3

356f Whip Continuous Spin 720°

411 Saturn

Group 4

 352 Venus

 240i Albatross Spin Up 360

Section C

Group 5

 144 Rio Straight Leg

 421 Walkover Back Closing 360

Group 6

 440d Ipanema Spinning 180

 311j Kip Combined Spin (360 + 360)

##### 13-15 and 16&Over Figure Descriptions

##### (See FINA Appendix I for detailed descriptions)

140g Flamingo, Bent Knee Twist Spin

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 a **Vertical Position**. A *Twist Spin* is executed.

437 Cyclone, Open 180

From a **Back Layout Position** a *Bent Knee Surface Arch Position is assumed*. The legs are simultaneously lifted to a **Vertical Position** as a *Twirl* is executed. Continuing in the same direction the legs are opened symmetrically to a **Split Position** as a 180° rotation is executed. A *Walkout Front* is executed.

308h Barracuda Airborne Split, Spin up 180

From a **Back Layout Position** the legs are raised to a vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface of the water. All remaining movements are performed rapidly. A *Rocket Split* is executed. A *Vertical Descent* is executed and is completed as the ankles reach the surface of the water. A *Spin Up 180°* is executed. A *Vertical Descent* is executed.

407 Swordfish Straight Leg Ariana Rotation

From a **Front Layout Position** the back arches as 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.

356f Whip Continuous Spin 720

From a **Front Layout Position** a *Front Pike Position is assumed.* The legs are lifted to a **Vertical Position**. All remaining movements are performed rapidly. One leg is lowered to a **Fishtail Position** and without a pause is lifted to a **Vertical Position**. Without a pause a *Continuous Spin 720°* is executed.

441 Saturn

From a **Back Layout Position** a *Surface Arch Position* is assumed. One leg is lifted to assume a **Knight Position**. Maintaining the vertical alignment the body rotates 180° to assume a **Fishtail Position**. Continuing in the same direction a *Twirl* is executed as the horizontal leg is lifted to a **Vertical Position**. A *Vertical Descent* is executed.

352 Venus

From a **Front Layout Position** a *Front Pike Position is assumed.* All remaining movements are performed rapidly. One leg is lifted to a **Fishtail Position**. The horizontal leg is bent to assume a **Bent Knee Vertical Position**. The bent leg is extended to vertical as the vertical leg is lowered to become the horizontal leg in **Fishtail Position.** A rotation of 360° is executed in the **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position**. A *360° Spin* is executed.

240i Albatross Spin Up 360

From a **Back Layout Position** with the head leading, the head, hips and feet move along the surface of the water. The hips, legs and feet continue to move along the surface of the water as the body rolls onto the face and a **Front Pike Position** is assumed with the hips occupying the position of the head at the beginning of this action. The legs are lifted simultaneously to a **Bent Knee Vertical Position**. A *Half Twist* is executed. Maintaining a **Bent Knee Vertical Position**, a *Vertical Descent* is executed until the ankle of the extended leg reaches the surface of the water. A *Spin Up 360°* is executed as the bent leg is extended to **Vertical Position**. A *Vertical Descent* is executed.

144 Rio Straight Leg

A *Straight Ballet Leg is assumed*. The knee, shin and toes of the horizontal leg are drawn along the surface of the water to assume a **Surface Flamingo Position**. The bent leg is straightened to a **Surface Ballet Leg Double Position**. The body submerges vertically to a **Back Pike Position** with the toes just under the surface of the water. A *Thrust* is executed to a **Vertical Position**. A *Spinning 360°* is executed at the same tempo as the *Thrust*.

421 Walkover Back Closing 360

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.

440d Ipanema Spinning 180

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.

311j Kip Combined Spin (360 + 360)

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 and a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. The trunk unrolls as the legs are 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 rapid *Combined Spin (360° + 360°)* is executed followed by a rapid Vertical Descent.