



## **NATIONAL TEAM COACHES NEW FINA FIGURES COUNT RECOMMENDATIONS**

Updated October 16, 2017

All figures are performed to the metronome rhythm 60 bpm in a uniform motion. We recommend a slow metronome rhythm to instill calmness and control to the athletes.

This count recommendations are a guide only. Coaches may choose to allocate more or less count to each transition and position to adapt to their athletes' strengths and weaknesses. For example, you may want to highlight some positions that your athletes are good at by holding for longer. However, if you choose to do so, you need to consider the rhythm for the whole figure to ensure it is performed in a uniform motion throughout and each position are held for the same amount of time.

## Figure Groups:

### AGE GROUP 13-14-15

#### COMPULSORY:

1	<b>423</b>	Ariana	<b>2.2</b>
2	<b>143</b>	Rio	<b>3.1</b>

#### OPTIONAL GROUPS

<b>Group 1</b>			
3	<b>351</b>	Jupiter	<b>2.8</b>
4	<b>437</b>	Oceanea	<b>2.1</b>
<b>Group 2</b>			
3	<b>240a</b>	Albatross Half Twist	<b>2.2</b>
4	<b>403</b>	Swordtail	<b>2.3</b>
<b>Group 3</b>			
3	<b>355f</b>	Porpoise Continuous Spin 720°	<b>2.1</b>
4	<b>315</b>	Seagull	<b>2.1</b>

## Detailed Figure Counts:

**423.**

2 counts  
6 counts  
1 count  
6 counts  
6 counts  
1 count  
4 counts  
4 counts  
1 count  
6 counts  
6 counts  
1 count  
6 counts  
2 counts

**ARIANA**

Back Layout hold  
From Back Layout to Surface Arch  
Surface Arch hold  
From Surface Arch to Knight  
From Knight to Split  
Split hold  
From Split to Middle Split  
From Middle Split to Split  
Split hold  
From Split to Knight  
From Knight to Surface Arch  
Surface Arch hold  
From Surface Arch to Back Layout  
Back Layout hold

**DD = 2.2**

This figure is approximately 48 seconds.

**143. RIO DD = 3.1**  
2 counts Back Layout hold  
6 counts From Back Layout to Bent Knee  
1 count Bent Knee hold  
6 counts From Bent Knee to Ballet Leg  
1 count Ballet Leg hold  
6 counts From Ballet Leg to Flamingo  
1 count Flamingo hold  
6 counts From Flamingo to Double Ballet Leg  
1 count Double Ballet Leg hold  
4 counts From Double Ballet Leg to Submerged Back Pike  
1 count Submerged Back Pike hold  
1 count Barracuda  
½ count 180 Spin down  
½ count 180 Spin down  
1 count Submerged Vertical hold  
1 count Tuck  
This figure is approximately 36 seconds.

**351. JUPITER DD = 2.8**  
2 counts Front Layout hold  
6 counts From Front Layout to Pike  
1 count Pike hold  
6 counts From Pike to Fishtail  
1 count Fishtail hold  
6 counts From Fishtail to Knight  
1 count Knight hold  
8 counts From Knight to Fishtail  
1 count Fishtail hold  
8 counts From Fishtail to Vertical  
1 count Vertical hold  
8 counts From Vertical to Submerged Vertical  
1 count Submerged Vertical hold  
1 count Tuck  
This figure is approximately 52 seconds.

**437. OCEANEA DD = 2.1**  
2 counts Back Layout hold  
6 counts From Back Layout to Surface Arch Bent Knee  
1 count Surface Arch Bent Knee hold  
6 counts From Surface Arch Bent Knee to Vertical  
1 count Vertical hold  
+ 2 rapid spins down (count to vary between athletes)

1 count Submerged Vertical hold

1 count Tuck

This figure is approximately 15 seconds.

**240a. ALBATROSS HALF TWIST DD = 2.2**

2 counts Back Layout hold

8 counts From Back Layout to Pike

1 count Pike hold

8 counts From Pike to Vertical Bent Knee

1 count Vertical Bent Knee

8 counts 180 Twist

1 count Vertical Bent Knee

8 counts From Vertical Bent Knee to Vertical

1 count Vertical hold

8 counts From Vertical to Submerged Vertical

1 count Submerged Vertical hold

1 count Tuck

This figure is approximately 45 seconds.

**403. SWORDTAIL DD = 2.3**

2 counts Front Layout hold

6 counts From Front Layout to Bent Knee

1 count Bent Knee hold

16 counts From Bent Knee to Knight (count evenly spread between the two positions)

1 count Knight hold

8 counts From Knight to Surface Arch

1 count Surface Arch hold

8 counts From Surface Arch to Back Layout

2 counts Back Layout hold

This figure is approximately 35 seconds.

**355f. PORPOISE CONTINUOUS SPIN 720 DD = 2.1**

2 counts Front Layout hold

8 counts From Front Layout to Pike

1 count Pike hold

8 counts From Pike to Vertical

1 count Vertical hold

+ 2 rapid spins down (count to vary between athletes)

1 count Submerged Vertical hold

1 count Tuck

This figure is approximately 24 seconds.

**315. SEAGULL DD = 2.1**

2 counts Back Layout hold

8 counts	From Back Layout to Tuck
4 counts	Rotate 90 degrees backward until the shins are vertical
1 count	From Tuck to Vertical
½ count	From Vertical to Split
1 count	From Split to Vertical
8 counts	From Vertical to Submerged Vertical
1 count	Submerged Vertical hold
1 count	Tuck

This figure is approximately 25 seconds.

## 12&Under Age Division

### AGE GROUP 12 AND UNDER

#### COMPULSORY:

1	<b>106</b>	Straight Ballet Leg	<b>1.6</b>
2	<b>301</b>	Barracuda	<b>1.9</b>

#### OPTIONAL GROUPS

<b>Group 1</b>			
3	<b>420</b>	Walkover Back	<b>1.9</b>
4	<b>327</b>	Ballerina	<b>1.8</b>
<b>Group 2</b>			
3	<b>311</b>	Kip	<b>1.6</b>
4	<b>401</b>	Swordfish	<b>2.0</b>
<b>Group 3</b>			
3	<b>226</b>	Swan	<b>2.1</b>
4	<b>363</b>	Water Drop	<b>1.5</b>

## Detailed Figure Counts:

**106. STRAIGHT BALLE T LEG DD = 1.6**  
 2 counts Back Layout hold  
 6 counts From Back Layout to Ballet Leg  
 1 count Ballet Leg hold  
 6 counts From Ballet Leg to Bent Knee  
 1 count Bent Knee hold  
 6 counts From Bent Knee to Back Layout  
 2 counts Back Layout hold  
 This figure is approximately 20 seconds.

**301. BARRACUDA DD = 1.9**  
 2 counts Back Layout hold  
 3 counts From Back Layout to Submerged Back Pike  
 1 count Submerged Back Pike hold  
 1 count From Submerged Back Pike to Vertical (Barracuda unroll)  
 1 count From Vertical to Submerged Vertical

1 count Submerged Vertical hold  
1 count Tuck

This figure is approximately 6 seconds.

**420. WALKOVER BACK DD = 1.9**

2 counts Back Layout  
6 counts From Back Layout to Surface Arch  
1 count Surface Arch hold  
4 counts From Surface Arch to Knight  
4 counts From Knight to Split  
1 count Split hold  
4 counts From Split to Fishtail  
4 counts From Fishtail to Pike  
1 count Pike hold  
6 counts From Pike to Front Layout  
2 counts Front Layout hold

This figure is approximately 34 seconds.

**327. BALLERINA DD = 1.8**

2 counts Front Layout hold  
6 counts From Front Layout to Pike  
6 counts From Pike to Submerged Double Ballet Leg  
1 count Submerged Double Ballet Leg hold  
4 counts From Submerged Double Ballet Leg to Submerged Flamingo  
1 count Submerged Flamingo hold  
4 counts From Submerged Flamingo to Flamingo  
1 count Flamingo hold  
6 counts From Flamingo to Bent Knee  
1 count Bent Knee hold  
6 counts From Bent Knee to Back Layout  
2 counts Back Layout hold

This figure is approximately 38 seconds.

**311. KIP DD = 1.6**

2 counts Back Layout hold  
8 counts From Back Layout to Tuck  
4 counts Rotate 90 degrees backward until the shins are vertical  
8 counts From Tuck to Vertical  
1 count Vertical hold  
8 counts From Vertical to Submerged Vertical  
1 count Submerged Vertical hold  
1 count Tuck

This figure is approximately 30 seconds.

**401. SWORDFISH DD = 2.0**

2 counts Front Layout hold  
6 counts From Front Layout to Bent Knee  
1 count Bent Knee hold

8 counts	From Bent Knee to Surface Arch Bent Knee (count evenly spread between the two positions)
1 count	Surface Arch Bent Knee hold
6 counts	From Surface Arch Bent Knee to Surface Arch
1 count	Surface Arch hold
6 counts	From Surface Arch to Back Layout
2 counts	Back Layout hold

This figure is approximately 30 seconds.

**226. SWAN DD = 2.1**

2 counts	Back Layout hold
6 counts	From Back Layout to Surface Arch Bent Knee
1 count	Surface Arch Bent Knee
6 counts	From Surface Arch Bent Knee to Knight
1 count	Knight hold
6 counts	From Knight to Fishtail
1 count	Fishtail hold
6 counts	From Fishtail to Pike
1 count	Pike hold
6 counts	From Pike to Front Layout
2 counts	Front Layout hold

This figure is approximately 36 seconds.

**363. WATER DROP DD = 1.5**

2 counts	Front Layout hold
6 counts	From Front Layout to Pike
1 count	Pike hold
6 counts	From Pike to Vertical Bent Knee
1 count	Vertical Bent Knee hold
8 counts	180 spin down to Vertical ankle level
2 counts	From Vertical to Submerged Vertical
1 count	Submerged Vertical hold
1 count	Tuck

This figure is approximately 26 seconds.