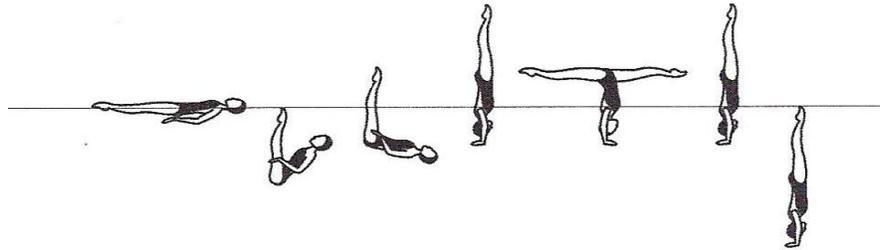


**Junior, Collegiate Category B, and 16-19 Age Group Figures**

**308. Barracuda Airborne Split**

**Difficulty 2.8**

From a **Back Layout Position**, the legs are raised to the vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface. From that position with the legs remaining perpendicular to the surface, a vertical upward *Thrust* of the legs and hips is rapidly executed as the body unrolls to assume a **Vertical Position**. Maximum height is desirable. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position** and rejoin to a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis, at the same tempo as the *Thrust*, until the toes are submerged.



**FINA Description from the Coaches, Judges and Referees Manual**

**Figure 308-Barracuda Airborne Split**

**Difficulty-2.8**

Rule Book Description

Major Desired Actions

Diagrams

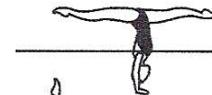
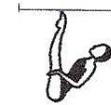
1. A Barracuda is executed to a submerged **Back Pike Position** with the toes just under the surface.

1. Same as Figure 301-Barracuda, Step 1.



2. A *Rocket Split* is executed.

2. See BM 11 *Rocket Split*. Sharp increase in speed. see BP 6. See BP 16b Airborne Split Position, full extension of the legs above the surface. Maximum height maintained at rapid speed, with clear definition of completion and position prior to descent.



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

3. See BM 10. Speed and accuracy.



**FINA WIEGHT for 308 Barracuda Airborne Split – 2.8**

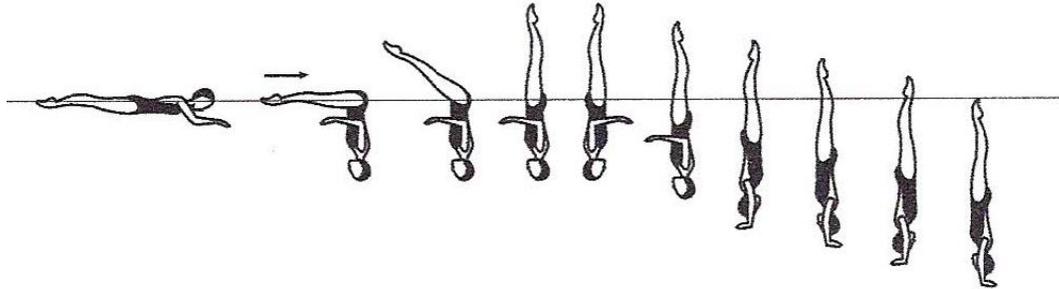
								Total
NVT=	13.0	37.0	19.0	21.0	14.0			104
PV =	1.25	3.56	1.83	2.02	1.35			

**Junior, Collegiate Category B, and 16-19 Age Group Figures**

**355g. Porpoise, Twist Spin**

**Difficulty 2.6**

From a **Front Layout Position**, as the trunk moves downward to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action. Without movement of the trunk, the legs are raised to a **Vertical Position**. Maintaining the **Vertical Position** a *Half Twist* is executed at a sustained height of the vertical, followed, without a pause, by a *Continuous Spin* (720°). A *Descending Spin* with a rapid rotation of 720°, which is completed as the heels reach the surface and continues through submergence.



**FINA Description from the Coaches, Judges and Referees Manual**

**Figure 355g-Porpoise Twist Spin**

**Difficulty-2.6**

Rule Book Description	Major Desired Actions	Diagrams
1. From a <b>Front Layout Position</b> , a <i>Front Pike Position</i> is assumed.	1. See BP 2 and BM 3.	
2. The legs are lifted to <b>Vertical Position</b> .	2. Trunk remains on vertical line as legs are lifted. Maximum height and BP 6 <b>Vertical Position</b> achieved simultaneously. <b>Vertical</b> held only long enough to demonstrate stability and control.	 
3. The designated Twist and Spin are executed to complete the figure.	3. See BM 13g.	   

**FINA WIEGHT for 355g Porpoise Twist Spin- 2.6**

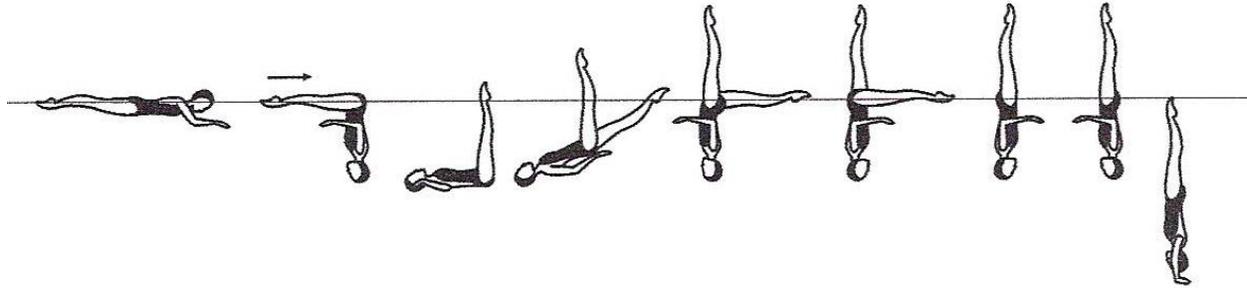
								Total
NVT=	12.0	29.0	46.0					87
PV =	1.38	3.33	5.29					

**Junior, Collegiate Category B, and 16-19 Age Group Figures**

**330c. Aurora, Twirl**

**Difficulty 3.0**

From a **Front Layout Position**, a partial Front Pike Somersault (320) is executed to a **Submerged Double Ballet Leg Position**. One leg rises vertically as the other moves along the surface, while the trunk moves under the hips to a **Knight Position**. Maintaining the legs in their positions, the trunk rotates 180° to assume a **Fishtail Position**. Without movement of the vertical leg or trunk, the horizontal leg is lifted to meet the vertical leg to assume a **Vertical Position**. In a **Vertical Position** a *Twirl* is executed. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



**FINA Description from the Coaches, Judges and Referees Manual**

**Figure 330c-Aurora Twirl**

**Difficulty-3.0**

Rule Book Description	Major Desired Actions	Diagrams
1. From a <b>Front Layout Position</b> , a Somersault Front Pike is executed to a <b>Submerged Ballet Leg Double Position</b> .	1. Same as Figure 320, steps 1 & 2, and BP 5b.	
2. One leg rises vertically as the other moves along the surface to a <b>Knight Position</b> .	2. The trunk unrolls beneath the vertical leg. Movement of trunk and legs to BP 17 <b>Knight Position</b> is simultaneous with rise, with maximum height and body alignment achieved simultaneously.	
3. The body rotates 180° to assume a <b>Fishtail Position</b> .	3. See BP 8 <b>Fishtail Position</b> . Height constant. Horizontal and vertical legs maintain alignment during rotation.	
4. The horizontal leg is lifted to <b>Vertical Position</b> .	4. Height maintained. Trunk and vertical leg maintain alignment during lift. Stability and control evident in BP 6 <b>Vertical Position</b> prior to descent.	
5. A twirl is performed before a <i>Vertical Descent</i> is executed.	5. See BM 12c.	

**FINA WEIGHT for 330c Aurora Twirl - 3.0**

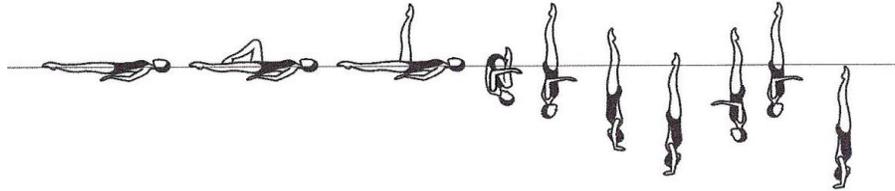
									Total
NVT=	12.0	12.0	19.5	13.0	18.5	23.0	14.0	112	
PV =	1.07	1.07	1.74	1.16	1.65	2.05	1.25		

**Junior, Collegiate Category B, and 16-19 Age Group Figures**

**154. London**

**Difficulty 2.8**

From a **Back Layout Position**, a rapid Ballet Leg Single (101) is executed followed by a rapid partial Back Tuck Somersault (310), as both legs are simultaneously drawn into a **Tuck Position**, until the shins are perpendicular to the surface. With shins remaining perpendicular to the surface, 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 *Combined Spin* of 360° is executed. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



**FINA Description from the Coaches, Judges and Referees Manual**

**Figure 154 - London**

**Difficulty-2.8**

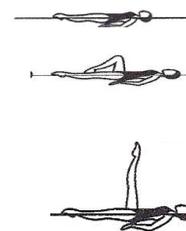
Rule Book Description

Major Desired Actions

Diagrams

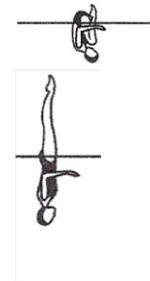
1. A rapid *Ballet Leg* is assumed followed by a rapid partial Somersault Back Tuck, as both legs are drawn into a **Tuck Position**, until the shins are perpendicular to the surface.

1. See BP 1, BP 14b, BP 3a, BP 9, **Tuck Position** and BM 1. Obvious quick action must be evident from the start to achievement of BP 9 inverted **Tuck Position. Bent Knee and Ballet Leg positions** clearly defined.



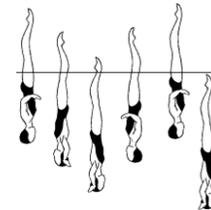
2. The trunk unrolls as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins.

2. The trunk unrolls, and BP 6 **Vertical Position** and maximum height achieved simultaneously. Stability and control evident prior to initiation of *Combined Spin*.

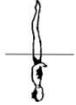


3. A *Combined Spin* of 360° is executed.

3. See BM 13j *Combined Spin*. Descending Spin of 360°, followed without a pause by an equal ascending Spin in the same direction. Heights of beginning of a Descending Spin and finish of a Ascending Spin are the same. Uniform motion, stability and vertical alignment maintained during *Combined Spin*. See BM 10 *Vertical Descent*. Speed of descent same as *Combined Spin*.



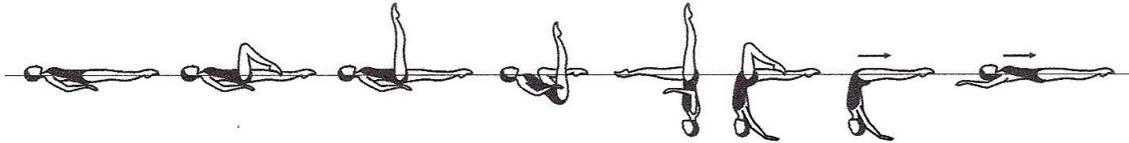
**FINA WEIGHT for 154 London – 2.8**

								Total
NVT=	10.5	11.0	10.0	23.0	39.0	14.0		107.5
PV =	0.98	1.02	0.93	2.14	3.63	1.30		

142. Manta Ray

Difficulty 2.8

From a **Back Layout Position**, a Flamingo (130) is executed to a **Surface Flamingo Position**. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg is extended horizontally to assume a **Fishtail Position**. The horizontal leg is lifted in a 180° arc over the surface of the water. As it passes the vertical leg, the vertical leg is bent, the toe of which remains at the inside of the other leg, to assume a **Bent Knee Surface Arch Position**. The hips remain stationary as the toe of the bent leg slides along the inside of the extended leg as the bent knee straightens to assume a **Surface Arch Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, assuming a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



FINA Description from the Coaches, Judges and Referees Manual

Figure 142 – Manta Ray

Difficulty-2.8

Rule Book Description	Major Desired Action	Diagrams
1. A Flamingo is executed to a <b>Surface Flamingo Position</b> .	1. Same as Figure 130 Flamingo, steps 1 and 2.	
2. As the body unrolls, the bent leg is extended horizontally to assume a <b>Fishtail Position</b> .	2. See BP 8 <b>Fishtail Position</b> . The bent leg moves horizontally and simultaneously to the <b>Fishtail Position</b> as the hips are lifted and the trunk unrolls. All actions completed simultaneously as maximum height is achieved. The Fishtail Vertical is assumed and in the same place as the ballet leg of the BP 4 <b>Flamingo Position</b> .	
3. The horizontal leg is lifted in a 180° arc over the surface of the water, as it passes vertical, the vertical leg is moved to assume a <b>Bent Knee Surface Arch Position</b> .	3. Height maintained on lift and pass through. Arching leg moves continuously at a uniform speed with no pause s as the legs meet prior to their lowering action. The thigh of vertical leg remains perpendicular to the surface between <b>Fishtail</b> and BP 14d <b>Bent Knee Surface Arch Position</b> . Bent knee position is achieved as the vertical is reached the surface. Tempo of leg raise to vertical is same as the lowering to <b>Bent Knee Surface Arch Position</b> .	
4. The bent knee is straightened and with continuous motion, an <i>Arch to Back Layout</i> is executed.	4. See BM 5.	

FINA WEIGHT for 142 Manta Ray – 2.8

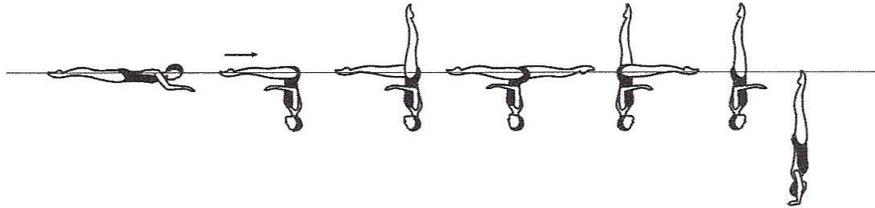
							Total	
NVT=	10.5	11.0	10.5	22.5	23.5	15.5	11.0	104.5
PV =	1.0	1.05	1.00	2.15	2.25	1.48	1.05	

**Junior, Collegiate Category B, and 16-19 Age Group Figures**

**343. Butterfly**

**Difficulty 2.9**

From a **Front Layout Position**, as the trunk moves downward to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action. Without movement of the trunk, and with minimal change in water level, one leg is lifted to a **Fishtail Position**. The horizontal leg is rapidly lifted through an arc of 180° as the vertical leg is simultaneously lowered to assume a **Split Position**, without hesitating a hip rotation of 180° is executed as the front leg is raised to assume a **Fishtail Position**. Without movement of the vertical leg or trunk, the horizontal leg is lifted to meet the vertical leg to assume a **Vertical Position** at the same tempo as the initial actions of the figure. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



**FINA Description from the Coaches, Judges and Referees Manual**

**Figure 343 – Butterfly**

**Difficulty-2.9**

Rule Book Description

1. From a **Front Layout Position**, a **Front Pike Position** is assumed.

2. One leg is lifted to a **Fishtail Position**.

3. The horizontal leg is rapidly lifted through an arc of 180° as the vertical leg is lowered to assume a **Split Position**, without hesitating a hip rotation of 180° is executed as the front leg is raised to assume a **Fishtail Position**.

4. The horizontal leg is lifted to a **Vertical Position** at the same tempo as the initial actions of the figure.

5. A **Vertical Descent** is executed.

Major Desired Actions

1. See BP 2 **Front Layout Position**, BP 10 **Front Pike**

**Position** and BM 3 *To Assume a Front Pike Position.*

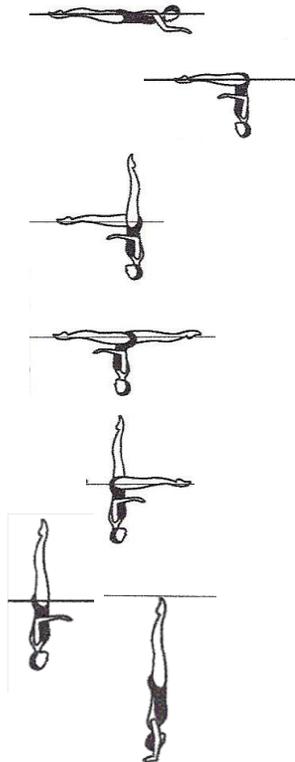
2. See BP 8 **Fishtail Position**. Height and vertical alignment of trunk maintained. Stability and control evident.

3. See BP 16 **Split Position** and BP 8 **Fishtail Position**. Sharp increase in speed. Both legs start BP 8 **Fishtail Position** and achieve BP 16 **Split Position** simultaneously. Foot of stationary leg remains at surface during 180° rotation. Trunk maintains its vertical alignment, with hips and shoulders 'square'.

4. Height constant as legs join, with the trunk and vertical leg maintaining their vertical alignment. Stability and control evident in **Vertical Position** (BP 6) prior to descent. The tempo of join and descent are uniform but not rapid.

5. See BM 10.

Diagrams



**FINA WEIGHT for 343 Butterfly – 2.9**

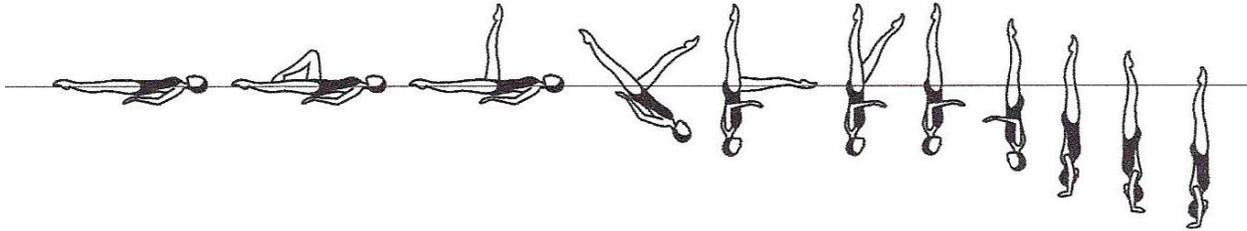
								Total
NVT=	12.0	13.5	28.0	27.5	18.5	14.0		113.5
PV =	1.06	1.19	2.47	2.42	1.63	1.23		

**Junior, Collegiate Category B, and 16-19 Age Group Figures**

**112f. Ibis, Continuous Spin (720°)**

**Difficulty 2.8**

From a **Back Layout Position**, a Ballet Leg, Single (101) is executed to a **Ballet Leg Position**. Maintaining this position, the body is rotated backward around a lateral axis through the hips, to assume a **Fishtail Position**. Without movement of the vertical leg or trunk, the horizontal leg is lifted to meet the vertical leg, to assume a **Vertical Position**. Maintaining the **Vertical Position** a *Continuous Spin* (720°) is executed. A *Descending Spin* with a rapid rotation of 720°, which is completed as the heels reach the surface and continues through submergence.



**FINA Description from the Coaches, Judges and Referees Manual**

**Figure 112f - Ibis Continuous Spin (720°)**

**Difficulty-2.8**

Rule Book Description	Major Desired Actions	Diagrams
1. A <i>Ballet Leg</i> is assumed.	1. See BM 1.	
2. Maintaining this position the body is rotated backward around a lateral axis through the hips to assume a <b>Fishtail Position</b> .	2. Simultaneous lift of leg and descent of the trunk, with foot of non-ballet leg coming off surface as head goes under. 90° angles maintained between ballet leg and rest of body. Height constant with hips as pivot point. Head and feet reach <b>Fishtail Position</b> (BP 8) simultaneously.	
3. The horizontal leg is lifted to a <b>Vertical Position</b> .	3. See BP 6 <b>Vertical Position</b> . Height constant as legs join, trunk and vertical with the leg maintaining their vertical alignment. Stability in BP 6 <b>Vertical Position</b> evident prior to descent.	
4. A <i>Continuous Spin</i> : a rapid rotation of: 720° is completed .	4. BM 13f <i>Continuous Spin</i> must achieve and maintain a fast rotation throughout.	

**FINA WEIGHT for 112f Ibis Continuous Spin (720°) – 2.8**

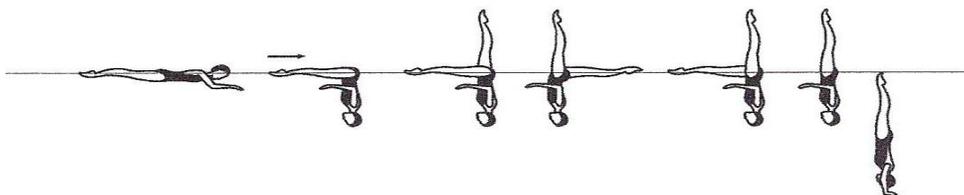
								Total
NVT=	10.5	11.0	26.0	18.5	27.0			93
PV =	1.13	1.18	2.80	1.99	2.90			

## Junior , Collegiate Category B, and 16-19 Age Group Figures

325. Jupiter

Difficulty 2.8

From a **Front Layout Position**, as the trunk moves downward to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action. Without movement of the trunk, and minimal change in water level, one leg is lifted to a **Fishtail Position**. Maintaining the 90° angle between the legs, they are rotated backwards around a lateral axis through the hips to assume a **Knight Position**. Maintaining the vertical alignment of the body, the foot of the horizontal leg is moved in a horizontal arc of 180° at the surface of the water to a **Fishtail Position**. Without movement of the vertical leg or trunk, the horizontal leg is lifted to meet the vertical leg to assume a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



FINA Description from the Coaches, Judges and Referees Manual

**Figure 325 - Jupiter**

**Difficulty-2.8**

Rule Book Description

Major Desired Actions

Diagrams

1. From a **Front Layout Position**, a *Front Pike Position* is assumed.

1. See BP 2 and BM 3.



2. One leg is lifted to a **Fishtail Position**.

2. See BP 8. Height and vertical alignment of trunk maintained. Stability and control evident.



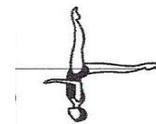
3. Maintaining the angle between the legs, the horizontal leg moves to vertical as the vertical leg simultaneously continues its arc to the surface to assume a **Knight Position**.

3. See BP 17. Height and vertical alignment of trunk maintained. Stability and control evident. Height constant with hips as pivot point during steps from steps 1 to 3.



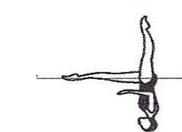
4. Maintaining the vertical alignment of the body, the horizontal leg is moved in a 180° arc at the surface of the water to a **Fishtail Position**.

4. See BP 8. Vertical leg remains stationary with a constant water line. Foot of horizontal leg to be at the surface, not above.



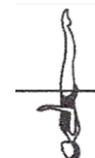
5. The horizontal leg is lifted to the **Vertical Position**.

5. Height maintained. Trunk and vertical leg maintain alignment during lift. Stability and control evident in BP 6 **Vertical Position** prior to descent.



6. A *Vertical Descent* is executed.

6. See BM 10.



**FINA WEIGHT for 325 Jupiter – 2.8**

							Total
NVT=	12.0	13.5	23.0	17.0	18.5	14.0	98
PV =	1.22	1.38	2.35	1.73	1.89	1.43	