

JUNIOR FIGURES

2017- 2021



FÉDÉRATION
INTERNATIONALE
DE NATATION



Junior Figures

All figures for the junior category (15 – 18 years old) for the 2018-2021 quad are described below. As a reminder, juniors now will have to compete technical routines at the FINA Jr. World Championships.

COMPULSORY

308i. Barracuda Airborne Split Spin Up 360° (3.3)

A Barracuda Airborne Split is executed to a re-joined **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust* to ankle level. The designated *Ascending Spin* is executed. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

355g. Porpoise Twist Spin (2.5)

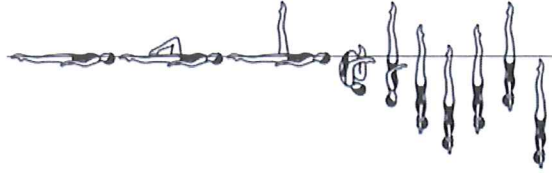
A Porpoise is executed to **Vertical Position**. The designated *Twist* or *Spin* is executed.

OPTIONAL GROUPS

▪ Group 1

154j-2. London Combined Spin 720° (2.9)

A London is executed to a **Vertical Position**. A rapid designated *Spin* is executed. A rapid *Vertical Descent* is executed.

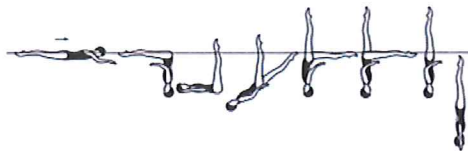


London: A *Ballet Leg* is assumed followed by a partial Somersault Back Tuck, as both legs are drawn into a **Tuck Position**, until the shins are perpendicular to the surface. The trunk unrolls rapidly as the legs are rapidly straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and shins. A rapid *Vertical Descent* is executed.

330c. Aurora Twirl (2.8)

An Aurora is executed to **Vertical Position**. The designated *Twist* or *Spin* is executed.

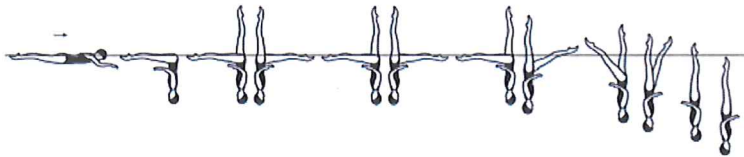
Aurora: From a **Front Layout Position** a Somersault Front Pike is executed to a **Submerged Ballet Leg Double Position**. One leg rises vertically as the other moves along the surface to a **Knight Position**. The body rotates 180° to assume a **Fishtail Position**. The horizontal leg is lifted to **Vertical Position**. A *Vertical Descent* is executed.



▪ **Group 2**

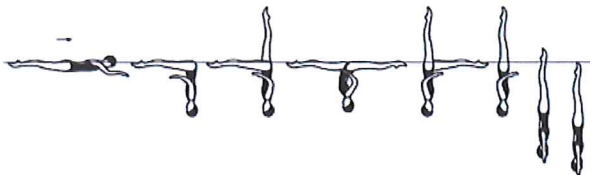
364. Whirlwind (2.7)

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. Maintaining a **Fishtail Position**, with the horizontal leg leading toward the vertical leg, two rapid rotations (720°) are executed. Continuing in the same direction, the horizontal leg is lifted to a **Vertical Position** as a *Continuous Spin* 720° is executed.



343. Butterfly (2.5)

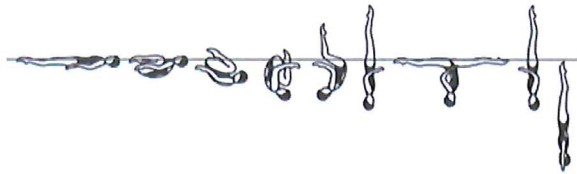
From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. The horizontal leg is rapidly lifted through an arc of 180° as the vertical leg is lowered to assume a **Split Position**, without hesitating a hip rotation of 180° is executed as the front leg is raised to assume a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position** at the same tempo as the initial actions of the figure. A *Vertical Descent* is executed.



▪ **Group 3**

320. Kipswirl Split Closing 180° (2.3)

A Kipswirl is executed to the **Vertical Position**. The legs are lowered symmetrically to a **Split Position**. A rapid rotation of 180° is executed, as the legs are symmetrically close to a **Vertical Position**. A *Vertical Descent* is executed.



Kipswirl: From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. As the trunk unrolls and the legs are straightened a 360° rotation is executed to assume a **Vertical Position**. A *Vertical Descent* is executed.

440. Ipanema (3.0)

A Nova is executed to the **Bent Knee Surface Arch Position**. The horizontal leg is lifted as the bent knee 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 lift to a **Vertical Position**. A *Vertical Descent* is executed at the tempo of the rest of the figure.

