

DOLPHIN FIGURES

2017- 2021



FÉDÉRATION
INTERNATIONALE
DE NATATION



SYNCHRO
SWIM
NEW ZEALAND

DOLPHIN FIGURES

2017- 2021

The following table is taken from the document titled *SSNZ Nationals Championships Rules – 2019 – Final*; Appendix 1 pg 5.

Appendix 1 – DOLPHIN FIGURES – as follows

2019	Figure No. n/a	Sailboat Alternate (see below)	DD 1.3
	Figure No. 310	Somersault Back Tuck	DD 1.1
	Figure No. 323	Somersault Front Pike	DD 1.4
	Figure No. 302	Blossom	DD1.4
2020	Figure No. n/a	Sailboat Alternate (see below)	DD 1.3
	Figure No. 310	Somersault Back Tuck	DD 1.1
	Figure No. 303	Somersault Back Pike	DD 1.5
	Figure No. 361	Prawn	DD 1.6
2021	Figure No. n/a	Sailboat Alternate (see below)	DD 1.3
	Figure No. 310	Somersault Back Tuck	DD 1.1
	Figure No. 323	Somersault Front Pike	DD 1.4
	Figure No. 302	Blossom	DD1.4

SAILBOAT ALTERNATE




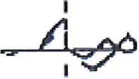

Begin in a **Back Layout Position**. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is resumed. Repeat using opposite leg.
NB: Thigh should be perpendicular to the surface with lots of airspace in sailboat position, hips at surface.

DOLPHIN FIGURES (2017 -2018)

Compulsory:	BM 1/2	Sailboat Alternate	DD 1.3
	310	Somersault back Tuck	DD 1.1
Optional Groups:			
2017	320	Somersault Front Pike	DD 1.7
	302	Blossom	DD 1.4
2018	303	Somersault Back Pike	DD 1.5
	361	Prawn	DD 1.6

Compulsory:

BM1 /BM2

<u>Rule Book Description</u>	<u>NV</u>	<u>Diagrams</u>	<u>Major Desired Actions</u>
1. Begin in a Back Layout Position . One leg remains at the surface throughout.			1. See BP 1 Back Layout Position.
2. The foot of the other leg is drawn along the inside of the extended leg to assume a Bent Knee Back Layout Position .	10.5	 	2. See BP 14b Bent Knee Back Layout Position. The toe of the bending leg maintains in contact with the inside of the extended leg. Minimal drop in hips. Position held only long enough to demonstrate control and accuracy.

310 SOMERSAULT BACK TUCK

1.1

From a **Back Layout Position**, the knees and toes are drawn along the surface to assume a **Tuck Position**. With continuous motion, the tuck becomes more compact as the body somersaults backward around a lateral axis for one complete revolution. A **Back Layout Position** is resumed.



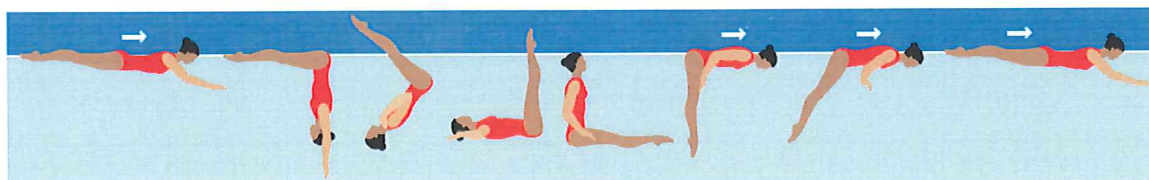
Optional Groups:

2017	320	Somersault Front Pike	DD 1.7
	302	Blossom	DD 1.4

320 SOMERSAULT FRONT PIKE

1.7

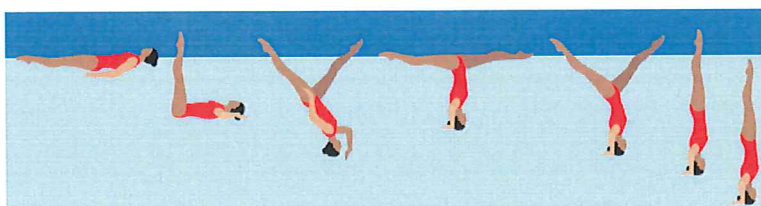
From a **Front Layout Position** a *Front Pike Position* is assumed. Followed by *Front Pike Position* to assume a *Submerged Ballet Leg Double Position*, and with continuous motion a **Front Pike Position** is maintained as the body continues to somersault forward around a lateral axis so that the hips replace the head at each quarter point of the revolution until the head and buttocks return to the surface. As the legs move upward to assume a **Front Layout Position**, the head, back and buttocks travel along the surface until hips occupy the same position as the head at the beginning of this action.



302 BLOSSOM

1.4

From a **Back Layout position** the trunk is lowered as the hips are bent to assume a **Submerged Ballet Leg Double Position**. The feet separate along the surface as the hips rise and the body assumes a **Split Position**. The legs join to assume a **Vertical Position** at ankle level. A *Vertical Descent* is executed.



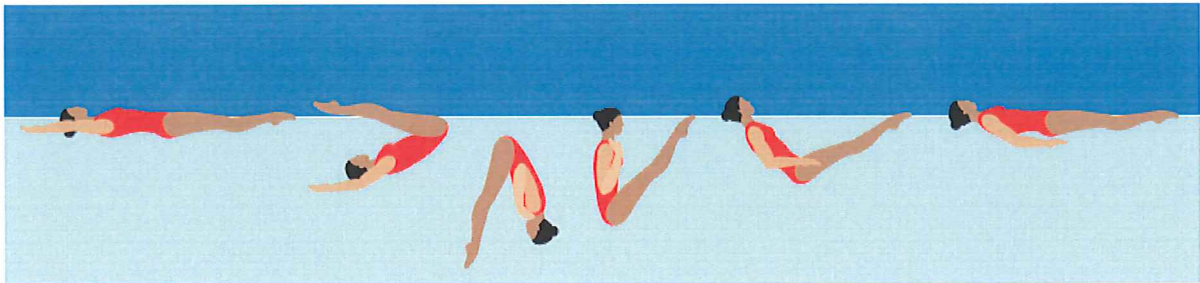
Optional Groups:

2018	303	Somersault Back Pike	DD 1.5
	361	Prawn	DD 1.6

303 SOMERSAULT BACK PIKE

1.5

From a **Back Layout Position** with the body remaining parallel and close to the surface, the legs are lifted rapidly to assume a **Back Pike Position**. Without a pause the body somersaults backwards around a lateral axis until the feet and head simultaneously reach the surface. A **Back Layout Position** is assumed.



361 PRAWN

1.6

From a **Front Layout Position**, a Walkover Front is executed to the **Split Position**. The legs join to assume a **Vertical Position** at ankle level. A *Vertical Descent* is executed.

