

AQUANAUTS FIGURES

2017- 2021



FÉDÉRATION
INTERNATIONALE
DE NATATION



SYNCHRO
SWIM
NEW ZEALAND

AQUANAUTS FIGURES

2017- 2021

The following table is taken from the document titled *SSNZ Nationals Championships Rules – 2019 – Final*; Appendix 2 pg 5.

Appendix 2 – AQUANAUTS FIGURES (12 & Under compulsory figures plus as below)

2019	Figure No. 106	Straight Ballet Leg	DD 1.6
	Figure No. 301	Barracuda	DD 1.9
	Figure No. 344	Netpunus	DD 1.7
	Figure No. 311	Kip	DD1.6
2020	Figure No. 106	Straight Ballet Leg	DD 1.6
	Figure No. 301	Barracuda	DD 1.9
	Figure No. 360	Walkover Front	DD 1.9
	Figure No. 318	Kip Bent Knee	DD 1.8
2021	Figure No. 106	Straight Ballet Leg	DD 1.6
	Figure No. 301	Barracuda	DD 1.9
	Figure No. 324	Somersub	DD1.9
	Figure No. 319	Kipswirl	DD1.7

12 and under Figures Groups 2017 - 2021

All figures for the 12 and under category for the 2018-2021 quad are described below.

COMPULSORY

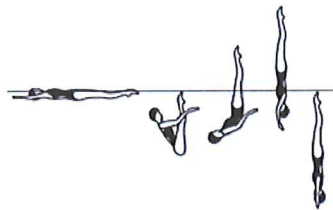
106. Straight Ballet Leg (1.6)

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



301. Barracuda (1.9)

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*.



OPTIONAL GROUPS

Group 1

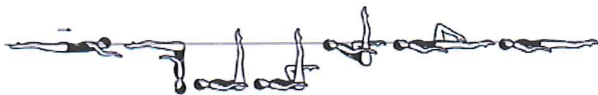
420. Walkover Back (1.9)

With the head leading a *Dolphin* is initiated. The hips, legs, and feet continue to move along the surface as the back is arched more to assume a **Surface Arch Position**. One leg is lifted in a 180° arc over the surface to a **Split Position**. A *Walkout Back* is executed.



327. Ballerina (1.8)

From a **Front Layout Position** a Somersault Front Pike is executed to a **Submerged Ballet Leg Double Position**. One knee is bent to assume a **Submerged Flamingo Position**. Maintaining this position, the body rises to to a **Surface Flamingo Position**. The ballet leg is lowered in a 90° arc to the surface as the other leg moves to assume a **Bent Knee Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.



Group 2

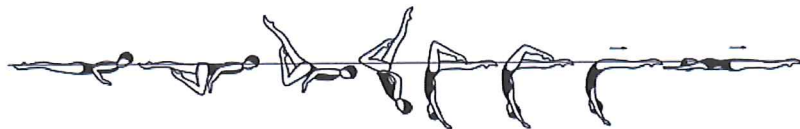
311. Kip (1.6)

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 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 *Vertical Descent* is executed.



401. Swordfish (2.0)

From a **Front Layout Position**, a **Bent Knee Position** is assumed. The back arches more as the extended leg is lifted in a 180° arc over the surface to assume a **Bent Knee Surface Arch Position**. The bent knee is straightened to assume a **Surface Arch Position**, and with a continuous motion, an *Arch to Back Layout Finish Action* is executed.



Group 3

226. Swan (2.1)

A Nova is executed to the **Bent Knee Surface Arch Position**. The bent leg straightens to assume a **Knight Position**. The body rotates 180° to assume a **Fishtail Position**. The vertical leg is lowered to the surface to meet the opposite leg in a **Front Pike Position** and with continuous movement the body straightens to a **Front Layout Position**. The head surfaces at the point occupied by the hips at the beginning of this action.



363. Water Drop (1.5)

From a **Front Layout Position**, a *Front Pike Position* is assumed. The legs are lifted simultaneously to a **Bent Knee Vertical Position**. A 180° *Spin* is executed as the bent knee is extended to a **Vertical Position** before the ankles reach the surface of the water.

