

AQUARINAS FIGURES

2017- 2021



FÉDÉRATION
INTERNATIONALE
DE NATATION



SYNCHRO
SWIM
NEW ZEALAND

AQUARINAS FIGURES

2017- 2021

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

Appendix 3 – AQUARINAS FIGURES (13-14-15 compulsory figures plus as below)

2019	Figure No. 423	Ariana	DD 2.2
	Figure No. 143	Rio	DD 3.1
	Figure No. 240a	Albatross Half Twist	DD 2.2
	Figure No. 403	Swordtail	DD 2.3
2020	Figure No. 423	Ariana	DD 2.2
	Figure No. 143	Rio	DD 3.1
	Figure No. 355F	Porpoise continuous Spin720°	DD 2.1
	Figure No. 315	Seagull	DD 2.1
2021	Figure No. 423	Ariana	DD 2.2
	Figure No. 143	Rio	DD 3.1
	Figure No. 351	Jupiter	DD 2.8
	Figure No. 437	Oceanea	DD 2.1

13-15 Figures

All figures for the 13-15 category for the 2018-2021 quad are described below.

COMPULSORY

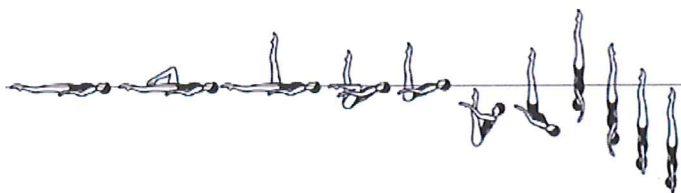
423. Ariana (2.2)

A Walkover Back is executed to a **Split Position**. Maintaining the relative position of the legs to the surface, the hips rotate 180°. A *Walkout Front* is executed.



143. Rio (3.1)

A Flamingo is executed to a **Surface Flamingo Position**. The horizontal leg is extended to a **Surface Ballet Leg Double Position**. The body submerges vertically to a **Back Pike Position** with the toes just under the surface. The figure is completed as a Barracuda Spin 360°.

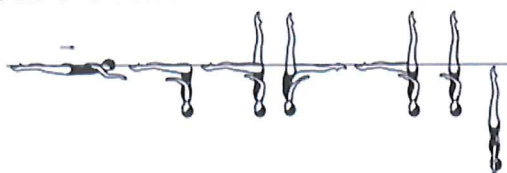


OPTIONAL GROUPS

▪ Group 1

351. Jupiter (2.8)

A Dalecarlia is executed to a **Knight Position**. 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**. The horizontal leg is lifted to the **Vertical Position**. A *Vertical Descent* is executed.



Dalecarlia: From a **Front Layout Position** a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. 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**.

437. Oceanea (2.1)

A Nova is executed to a **Bent Knee Surface Arch Position**. The horizontal leg is lifted to the vertical as the bent knee is extended to assume a **Vertical Position**. A *Continuous Spin of 720°* (2 rotations) is executed.



▪ Group 2

240a. Albatross Half Twist (2.2)

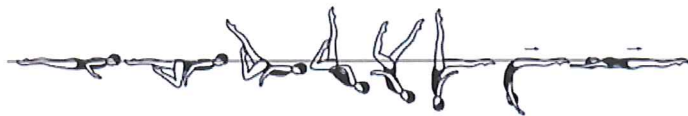
An Albatross is executed until the *Half Twist* is completed. The designated *Twist* is executed as the bent knee is extended to meet the vertical leg. A *Vertical Descent* is executed.

Albatross: With the head leading, a *Dolphin* is initiated until the hips are about to submerge. The hips, legs and feet continue to move along the surface, as the body rolls onto the face as it assumes a *Front Pike Position*. The legs are lifted simultaneously to a **Bent Knee Vertical Position**. A *Half Twist* is executed. The bent knee is extended to **Vertical Position**. A *Vertical Descent* is executed.



403. Swordtail (2.3)

From a **Front Layout Position**, the **Bent Knee Position** is assumed. The back arches more as the extended leg is lifted in an arc of 180° over the surface of the water. As the extended leg passes vertical, the bent leg straightens with the foot following a vertical line to assume a **Knight Position**. The vertical leg is lowered to a **Surface Arch Position**. An *Arch to Back Layout Finish Action* is executed.



▪ Group 3

355f. Porpoise Continuous Spin 720° (2.1)

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

315. Seagull (2.1)

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. The trunk unrolls rapidly 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. The legs are lowered rapidly symmetrically to **Split Position**. The legs are joined rapidly to resume **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the initial actions of the figure.

