



Aquarina Figures

2024-2025

Current descriptions from the World Aquatics Figures Manual 2022-2025

Summary

AQUARINA FIGURES

		Figure	Fig. #	DD
2024	Group 1	Flamingo Bent Knee Twist Spin	140g	2.9
		Cyclone Open 180°	437	2.6
	Group 2	Barracuda Airborne Split Spin Up 180°	308h	2.9
		Swordfish Straight Leg Ariana Rotation	407	2.6
2025	Group 3	Whip Continuous Spin (720°)	356f	3.0
		Saturn	441	2.5
	Group 4	Venus	352	3.0
		Albatross Spin Up 360°	240i	2.5









Group One

Figure 140g - Flamingo Bent Knee Twist Spin

Difficulty - 2.9

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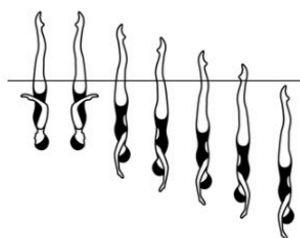
A Ballet Leg is assumed. The shin of the horizontal leg is drawn along the surface of the water to assume a **Surface Flamingo Position**. With the ballet leg maintaining its vertical position the hips are lifted as the trunk unrolls while the bent leg moves to a **Bent Knee Vertical Position**. The bent leg is extended to a **Vertical Position**. A *Twist Spin* is executed.

								Total
NVT=	10.5	11.0	7.5	20.0	16.5	48.0		113.5
PV =	0.93	0.97	0.66	1.76	1.45	4.23		10

see also: [Twist Spin definition](#)

g) Twist Spin: A *Half Twist* is executed and without a pause is followed by a *Continuous Spin* of 720° (2) performed in the same direction as the *Half Twist*.

48.0



See *Spin Allowance*.







5 g) In a *Twist Spin*, the BM 12a *Half Twist* is performed at the same tempo as the root figure. The *Continuous Spin* must be performed rapidly and in the same direction as the *Half Twist*. See BM 12a *Half Twist* and BM13 f *Continuous Spin*.

Figure 437 - Cyclone Open 180

Difficulty - 2.6

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From a **Back Layout Position** a *Bent Knee Surface Arch Position* is assumed. The legs are simultaneously lifted to a **Vertical Position** as a *Twirl* is executed. Continuing in the same direction the legs are opened symmetrically to a **Split Position** as a 180° rotation is executed. A *Walkout Front* is executed.

						Total
NVT=	17.5	29.0	20.0	23.0	7.0	96.5
PV =	1.81	3.01	2.07	2.38	0.73	10

Group Two

Figure 308h - Barracuda Airborne Split Spin Up 180

Difficulty - 2.9

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From a **Back Layout Position** the legs are raised to a vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface of the water. All remaining movements are performed rapidly. A *Rocket Split* is executed. A *Vertical Descent* is executed and is completed as the ankles reach the surface of the water. A *Spin Up 180°* is executed. A *Vertical Descent* is executed.














								Total
NVT=	7.0	31.0	17.0	13.0	13.0	20.0	13.0	114
PV =	0.61	2.72	1.49	1.14	1.14	1.75	1.14	10

Figure 407 - Swordfish Straight Leg Ariana Rotation

Difficulty - 2.6

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From a **Front Layout Position** the back arches more as one leg is lifted in a 180° arc over the surface of the water to a **Split Position**. Maintaining the relative position of the legs to the surface of the water an *Ariana Rotation* is performed. A *Walkout Front* is executed.

					Total
NVT=	48.0	17.0	23.0	7.0	95
PV =	5.05	1.79	2.42	0.74	10




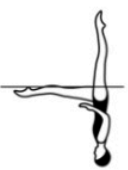


Group Three

Figure 356f - Whip Continuous Spin (720)

Difficulty - 3.0

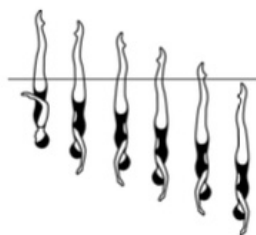
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From a **Front Layout Position** a *Front Pike Position* is assumed. The legs are lifted to **Vertical Position**. All remaining movements are performed rapidly. One leg is lowered to a **Fishtail Position** and without a pause is lifted to a **Vertical Position**. Without a pause a *Continuous Spin 720°* is executed.

						Total
NVT=	6.0	33.0	22.5	20.5	34.0	116
PV =	0.52	2.84	1.94	1.77	2.93	10

see also: *Continuous Spin 720*

f) Continuous Spin. a descending Spin with a rapid rotation of 720° (2), 1080° (3), or 1440° (4) which is completed as the ankles reach the surface of the water and continues through submergence.









Group Three continued

Figure 441 - Saturn

Difficulty - 2.5

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From a **Back Layout Position** a *Surface Arch Position* is assumed. One leg is lifted to assume a **Knight Position**. Maintaining the vertical alignment the body rotates 180° to assume a **Fishtail Position**. Continuing in the same direction a *Twirl* is executed as the horizontal leg is lifted to a **Vertical Position**. A *Vertical Descent* is executed.

						Total
NVT=	12.0	23.5	14.0	23.5	14.0	87
PV =	1.38	2.70	1.61	2.70	1.61	10

see also: *Twirl definition*

c) A **Twirl** a rapid *Twist* of 180°.

Group Four

Figure 352 - Venus

Difficulty - 3.0

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From a **Front Layout Position** a *Front Pike Position* is assumed. All remaining movements are performed rapidly. One leg is lifted to a **Fishtail Position**. The horizontal leg is bent to assume a **Bent Knee Vertical Position**. The bent leg is extended to vertical as the vertical leg is lowered to become the horizontal leg in **Fishtail Position**. A rotation of 360° is executed in the **Fishtail Position**. The horizontal leg is lifted to **Vertical Position**. A 360° Spin is executed.

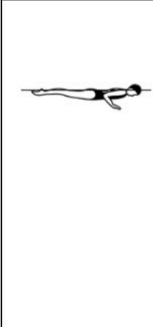
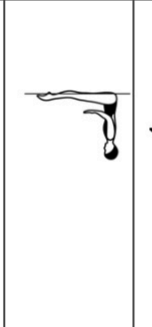

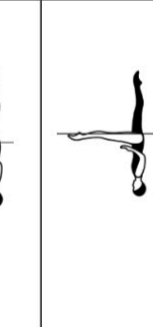
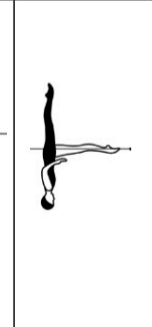
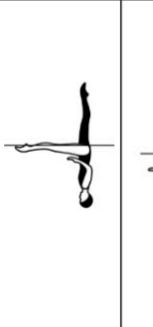
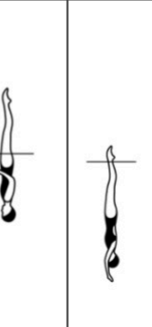
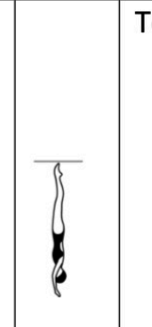
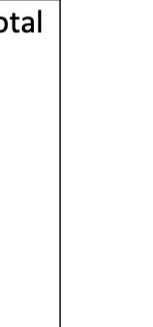


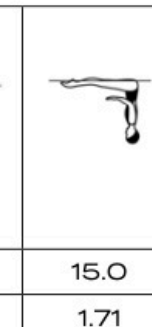
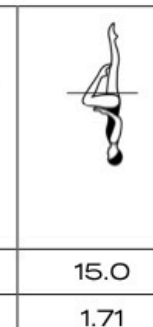
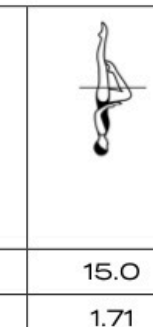
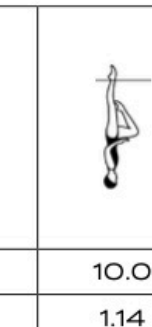
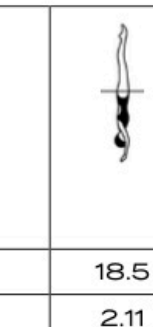
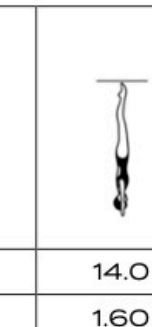
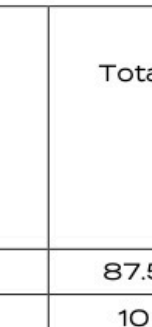
										Total
NVT=	6.0	12.5	12.5	18.5	24.0	20.5	23.0	0	0	117
PV =	0.51	1.07	1.07	1.58	2.05	1.75	1.97	0	0	10

Figure 240i - Albatross Spin Up 360

Difficulty - 2.5

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From a **Back Layout Position** with the head leading, the head, hips and feet move along the surface of the water. The hips, legs and feet continue to move along the surface of the water as the body rolls onto the face and a *Front Pike Position* is assumed with the hips occupying the position of the head at the beginning of this action. The legs are lifted simultaneously to a **Bent Knee Vertical Position**. A *Half Twist* is executed. Maintaining a **Bent Knee Vertical Position**, a *Vertical Descent* is executed until the ankle of the extended leg reaches the surface of the water. A *Spin Up 360°* is executed as the bent leg is extended to **Vertical Position**. A *Vertical Descent* is executed.

								Total
NVT=	15.0	15.0	15.0	10.0	18.5	14.0	14.0	87.5
PV =	1.71	1.71	1.71	1.14	2.11	1.60	1.60	10