

# FIGURE DESCRIPTIONS

Unless otherwise specified in the description, figures shall be executed high and controlled, in uniform motion, with each section clearly defined.

## Notes:

1. Figures are defined in terms of their component parts: body positions and transitions. Refer to Appendix II for body position requirement, and Appendix III for descriptions of common basic movements.  
Figure descriptions are written from the standpoint of perfection.
2. A transition is a continuous movement from one position to another. The completion of a transition should occur simultaneously with the achievement of body position and desired height. Except where otherwise specified, water level remains constant during a transition.
3. Unless otherwise specified in the figure description, maximum height is desirable at all times.
4. Unless otherwise specified in the figure description, figures are executed in a stationary position. Transitions which allow some movement will be marked with an arrow in the diagram.
5. Diagrams are guide only. If there is discrepancy between a diagram and a written description, the English written version of the FINA Handbook shall prevail.
6. During the execution of a figure, a pause may occur only in those positions which are printed in **"bold type"** and defined in Appendix II.
7. Basic movements are described only once, in Appendix III, and are "italicized" when referred to in a figure description.
8. When "and" is used to connect two actions, it means one follows the other; when "as" is used, it means both actions occur simultaneously.
9. Arm/hand positions and actions are optional.
10. When "rapid" or "rapidly" is used in a description, it shall apply specifically to the tempo of the transition in which it is included, and not to the entire figure.

**APPENDIX IV - FIGURE DESCRIPTIONS (FINA)****CATEGORY 1****101 BALLET LEG SINGLE**

A *Ballet leg* is assumed. The Ballet leg is lowered.

**1.6****102 BALLET LEG ALTERNATE**

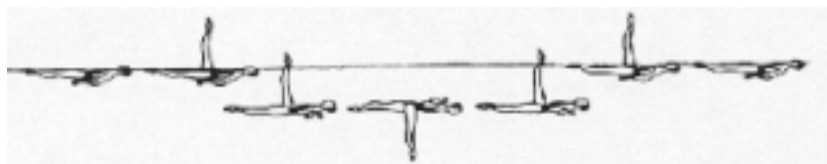
Use each leg alternately.

**2.4****103 SUBMARINE BALLET LEG SINGLE**

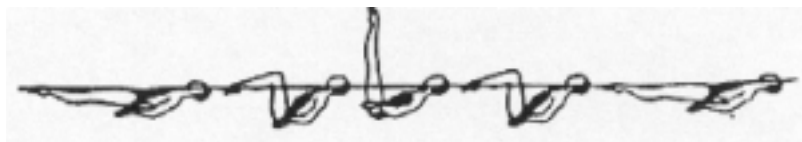
A *Ballet leg* is assumed. The body is lowered to a **Submerged Ballet Leg Position**. Maintaining this position parallel to the surface, the body rises vertically to a **Surface Ballet Leg Position**. The *Ballet leg* is lowered.

**2.1****104 BALLET LEG ROLL SINGLE**

A Submarine Ballet Leg Single is executed to a **Submerged Ballet Leg Position**. Maintaining this position parallel to the surface, the body is rotated sideways toward the horizontal leg for 360°, to return to its original submerged position. The figure is completed as in Submarine Ballet Leg Single

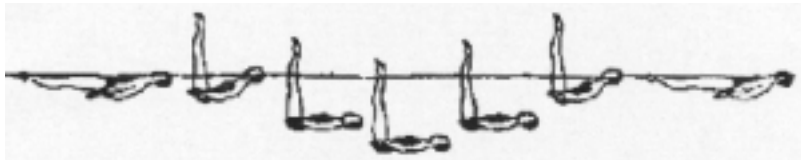
**2.7****110 BALLET LEG DOUBLE**

From a **Back Layout Position** the knees are drawn toward the chest, with toes at the surface to assume a **Tub Position**. The knees are straightened to assume a **Surface Ballet Leg Double Position**. Without movement of the thighs, the legs are returned to **Tub Position**. The knees are straightened to resume a **Back Layout Position**.

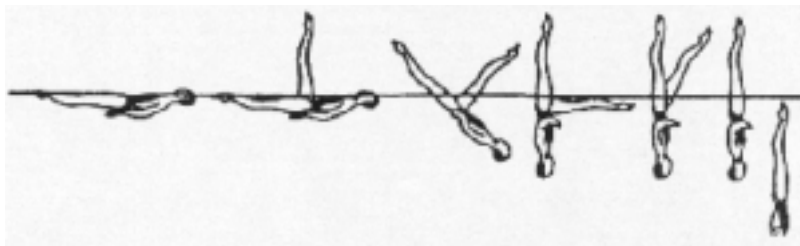
**2.0**

**111 SUBMARINE BALLET LEG DOUBLE****2.6**

A Ballet Leg Double is executed to a **Surface Ballet Leg Double Position**. The body submerges vertically to a **Submerged Ballet Leg Double Position**. The body rises vertically to a **Surface Ballet Leg Double Position**. The figure is completed as in Ballet Leg Double.

**112 IBIS****2.3**

A *Ballet Leg* is assumed. Maintaining this position, the body is rotated backwards around a lateral axis through the hips to assume a **Crane Position**. The horizontal leg is lifted to a **Vertical Position**. A *Vertical Descent* is executed.

**112a to 112g plus 112j - See Appendix I**

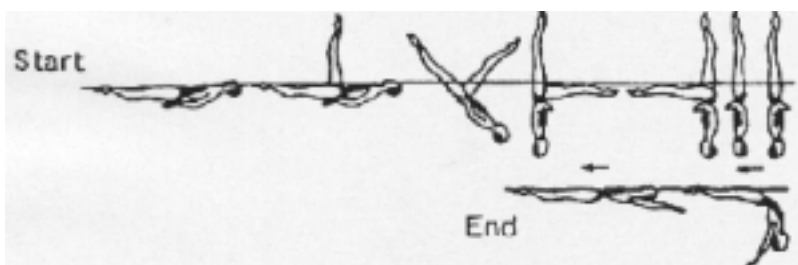
An Ibis is executed to **Vertical Position**. The designated *Twist or Spin* is performed to complete the figure.

**112h and 112i - See Appendix I**

An Ibis is executed to **Vertical Position**. A *Vertical Descent* is executed to ankle level. The designated *Ascending Spin* is performed to complete the figure.

**113 CRANE****3.5**

An Ibis is executed to a **Crane Position**. A *Half Twist* is executed. The horizontal leg is lifted to **Vertical Position**. Another *Half Twist* is executed in the same direction and at the same height. The legs are lowered backward to a **Surface Arch Position**, and with continuous movement, an *Arch to Back Layout* is executed.



**115 CATALINA****2.2**

A *Ballet Leg* is assumed. A *Catalina Rotation* is executed to a **Crane Position**. The horizontal leg is lifted to **Vertical Position**. A *Vertical Descent* is executed.

**115 a to 115g plus 115j - See Appendix I**

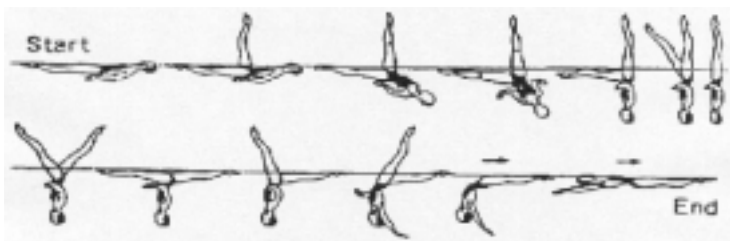
A Catalina is executed to **Vertical Position**. The designated *Twist or Spin* is executed to complete the figure.

**115h and 115i - See Appendix I**

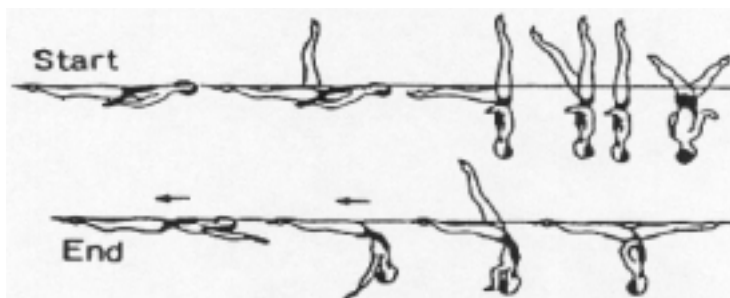
A Catalina is executed to **Vertical Position**. A *Vertical Descent* is executed to ankle level. The designated *Ascending Spin* is executed to complete the figure.

**116 CATALARC****3.0**

A Catalina is executed to a **Crane Position**. The horizontal leg is lifted in a 180° arc over the surface, passing the vertical leg which moves symmetrically in the opposite direction until a **Split Position** is assumed. A *Walkout Front* is executed

**117 CATALARC OPEN 180 DEGREES****3.1**

A Catalina is executed to a **Crane Position**. The horizontal leg is lifted in an arc over the surface. As it passes the vertical leg which moves symmetrically in the opposite direction, a 180° rotation is started and is completed as a **Split Position** is assumed. A *Walkout Front* is executed.



**125 EIFFEL TOWER****2.7**

A *Ballet Leg* is assumed. Maintaining this position, the body rolls sideways towards the horizontal leg, carrying the ballet leg to the surface. The trunk moves downward, turning to *Assume a Front Pike Position* as the ballet leg moves across the surface to meet the non-ballet leg. The non-ballet leg is lifted to a **Crane Position**. The ballet leg is lifted to a **Vertical Position**. A *Vertical Descent* is executed.

**125a to 125g - See Appendix I**

An Eiffel Tower is executed to a **Vertical Position**. The designated *Twist or Spin* is executed to complete the figure.

**125h and 125i - See Appendix I**

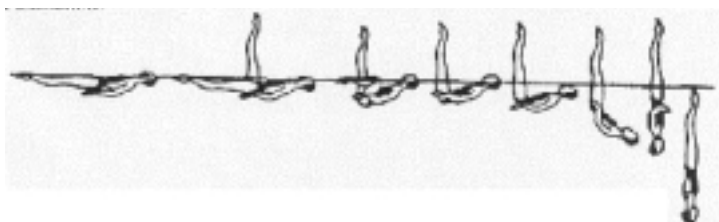
An Eiffel Tower is executed to **Vertical Position**. A *Vertical Descent* is executed to ankle level. The designated *Ascending Spin* is performed to complete the figure.

**128 EIFFEL WALK****2.8**

An Eiffel Tower is executed to a **Front Pike Position**. The non-ballet leg is lifted in a 180° arc over the surface to a **Split Position**. A *Walkout Front* is executed.

**130 FLAMINGO****2.5**

A *Ballet Leg* is assumed. The shin of the horizontal leg is drawn along the surface to assume a **Surface Flamingo Position**. The bent leg is straightened to a **Surface Ballet Leg Double Position**. Maintaining the vertical position of the legs, the hips are lifted as the trunk is unrolled to **Vertical Position**. A *Vertical Descent* is executed.



**130a to 130g plus 130j - See Appendix I**

A Flamingo is executed to **Vertical Position**. The designated *Twist or Spin* is performed to complete the figure.

**130a to 130g plus 130j - See Appendix I**

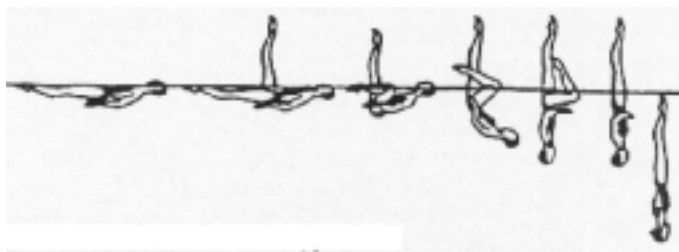
A Flamingo is executed to **Vertical Position**. The designated *Twist or Spin* is performed to complete the figure.

**130h and 130i - See Appendix I**

A Flamingo is executed to **Vertical Position**. A *Vertical Descent* is executed to ankle level. The designated *Ascending Spin* is performed to complete the figure.

**140 FLAMINGO BENT KNEE****2.4**

A Flamingo is executed to 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 knee is extended to **Vertical Position**. A *Vertical Descent* is executed.

**140a to 140g plus 140j - See Appendix I**

A Flamingo Bent Knee is executed to **Vertical Position**. The designated *Twist or Spin* is performed to complete the figure.

**140h and 140i - See Appendix I**

A Flamingo Bent Knee is executed to **Vertical Position**. A *Vertical Descent* is executed to ankle level. The designated *Ascending Spin* is executed to complete the figure.

**150 KNIGHT****3.1**

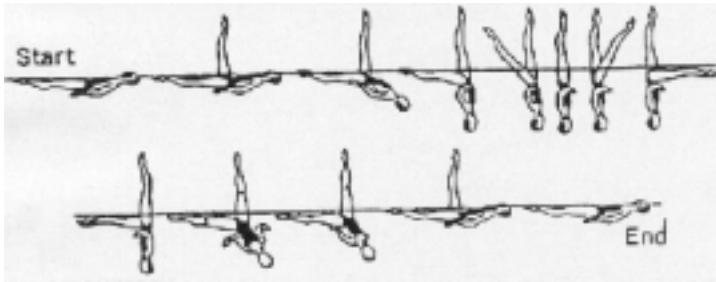
A *Ballet Leg* is assumed. Maintaining the position of the legs, the head moves downward as the lower back arches to a **Knight Position**. The body straightens as the non-ballet leg is lifted to vertical and as the ballet leg bends, the foot follows a vertical line through the hips, to assume a **Bent Knee Vertical Position**. A *Half Twist* is executed. The back arches as the extended leg lowers to assume a **Bent Knee Surface Arch Position**. The bent knee is straightened and with continuous motion, an *Arch to Back Layout* is executed.



**153 CASTLE****3.5**

A Knight is executed to a **Knight Position**. The horizontal leg is lifted in a 180° arc over the surface to a **Crane Position**. A *Half Twist* is executed. A *Reverse Catalina Rotation* is executed to a **Surface Ballet Leg**.

**Position.** The *Ballet Leg* is lowered.



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**APPENDIX IV - FIGURE DESCRIPTIONS (FINA)**

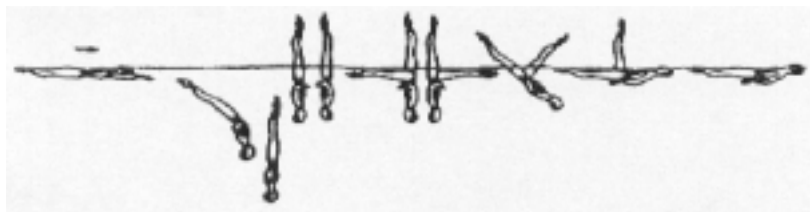

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**CATEGORY II**
**201 DOLPHIN**
**1.4**

With the head leading, a *Dolphin* is executed.


**255 REVERSE CRANE**
**3.1**

With the head leading, a *Dolphin* is started, followed by *Dolphin to Vertical*. A *Half Twist* is executed. A **Crane Position** is assumed at the same height. An additional *Half Twist* is executed in the same direction at the same height. The body is turned around a lateral axis through the hips as it rises to assume a **Surface Ballet Leg Position**. The *Ballet Leg* is lowered.


**240 ALBATROSS**
**2.2**

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.



**240a - 240c - See Appendix I**

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

**240d - 240e**

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

**240h - 240i**

An Albatross is executed until the *Half Twist* is completed. Maintaining a **Bent Knee Vertical Position**, the body descends to the ankle of the extended leg. The designated ascending spin is executed as the bent knee is extended to meet the vertical leg.

**240j ALBATROSS COMBINED SPIN****3.0**

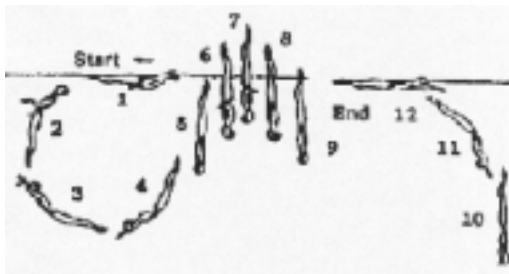
An Albatross is executed until the *Half Twist* is completed. A *Combined Spin* is executed, with the bent knee extending to meet the vertical leg on the descent, and bending to resume a Bent Knee Vertical Position on the ascent. The position is maintained during a *Vertical Descent*.

**251 DOLPHIN FOOT FIRST****1.4**

With the feet leading, a *Dolphin* is executed.

**255 DOLPHIN FOOT FIRST REVERSE COMBINED SPIN****2.4**

With the feet leading, a *Dolphin* is executed until the feet reach the  $\frac{3}{4}$ -point of the circle. A *Dolphin Foot First to Vertical* is executed until the body begins its ascent in **Vertical Position**. A *Reverse Combined Spin Descent to Dolphin Foot First Circle* is executed. The *Dolphin* is resumed and continued to a **Back Layout Position**.



**275 DOLPHOLINA****2.5**

With the feet leading a *Dolphin* is executed until the feet reach the three-quarter point of the circle. A *Dolphin Foot First to Vertical* is initiated. As the toes break the surface, one leg is lowered along the surface as the body continues to rise to a **Crane Position**. A *Half Twist* is executed. A *Reverse Catalina Rotation* is executed to a **Surface Ballet Leg Position**. The *Ballet Leg* is lowered.



**APPENDIX IV - FIGURE DESCRIPTIONS (FINA)****CATEGORY III****301 BARRACUDA****2.0**

From a **Back Layout Position**, the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the water level no lower than the ankles. A *Thrust* is executed to **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

**301c BARRACUDA TWIRL****2.6**

A Barracuda is executed to **Vertical Position**. A *Twirl* is executed. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

**301d, 301e and 301j - See Appendix I**

A Barracuda is executed to **Vertical Position**. The designated *Spin* is executed at the same tempo as the *Thrust* to complete the figure.

**301f BARRACUDA CONTINUOUS SPIN**

A Barracuda is executed to **Vertical Position**. A *Continuous Spin* is performed to complete the figure.

**301h and 301i - See Appendix I**

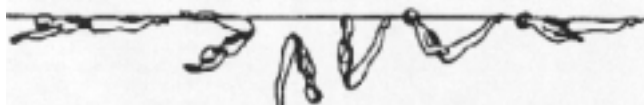
A Barracuda is executed to **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust* to ankle level. The designated *Ascending Spin* is executed. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

**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.

**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.



### 305 BARRACUDA SOMERSAULT BACK PIKE

2.2

From a **Back Layout Position** a partial Somersault Back Pike is executed until the legs are vertical, with the water level no lower than the ankles. The figure is completed as in Barracuda.



### 305c BARRACUDA SOMERSAULT BACK PIKE TWIRL

A Barracuda Somersault Back Pike is executed to **Vertical Position**. A *Twirl* is executed. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

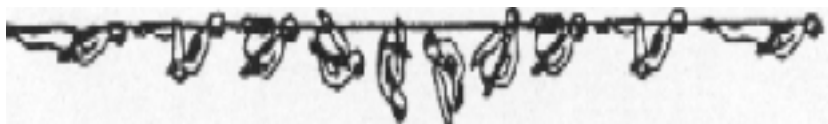
### 305d, 305e and 305j - See Appendix I

A Barracuda Somersault Back Pike is executed to **Vertical Position**. The designated *Spin* is performed at the same tempo as the *Thrust* to complete the figure.

### 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.



### 311 KIP

1.8

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.



**311a to 311g plus 311j - See Appendix I**

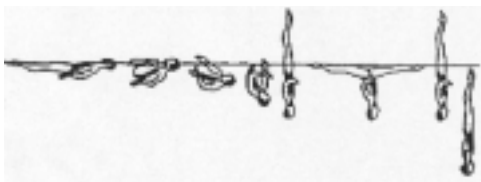
A Kip is executed to **Vertical Position**. The designated *Twist* or *Spin* is performed to complete the figure.

**311h and 311i - See Appendix I**

A Kip is executed to **Vertical Position**. A *Vertical Descent* is executed to ankle level. The designated *Ascending Spin* is executed to complete the figure.

**312 KIP SPLIT****2.4**

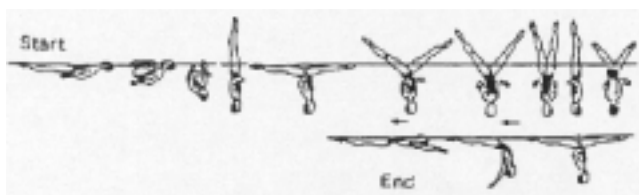
A Kip is executed to **Vertical Position**. The legs are lowered symmetrically to **Split Position**. The legs are joined to resume **Vertical Position**. A *Vertical Descent* is executed.

**313 KIP SPLIT CLOSING 180****2.5**

A Kip Split is executed to a **Split Position**. During a 180° rotation, the legs are closed symmetrically to **Vertical Position**. A *Vertical Descent* is executed.

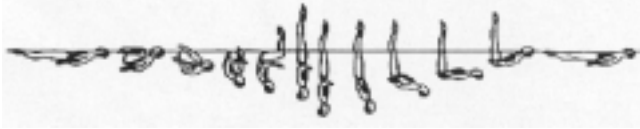
**314 KIP SPLIT OPEN 360****3.2**

A Kip Split is executed to a **Split Position**. A 360° rotation is executed, with the legs symmetrically closing to pass through **Vertical Position** at the 180° point before separating to resume a **Split Position** at the completion of the 360°. A *Walkout Front* is executed.



**318 ELEVATOR****2.9**

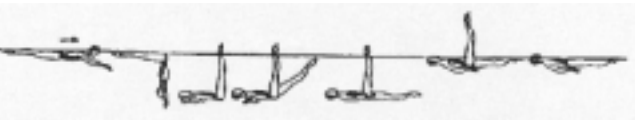
A Kip is executed to a **Vertical Position**. A water level is established between the knees and ankles. The hips are piked as the trunk rises to assume a **Submerged Ballet Leg Double Position**. Maintaining this position, the body rises to a **Surface Ballet Leg Double Position**. The figure is completed as in Ballet Leg Double.

**320 SOMERSAULT FRONT PIKE****1.7**

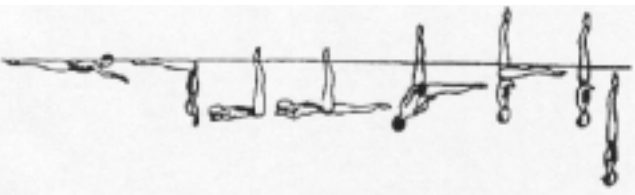
From a **Front Layout Position** a *Front Pike Position* is assumed. Followed by *Front Pike Position* to assume a *Submerged Ballet Leg Double Position*, and with continuous motion a **Front Pike Position** is maintained as the body continues to somersault forward around a lateral axis so that the hips 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.

**321 SOMERSUB****2.0**

From a **Front Layout Position**, a Somersault Front Pike is executed to a **Submerged Ballet Leg Double Position**. One leg is lowered to a **Submerged Ballet Leg Position**. Maintaining this position, the body rises vertically to a **Surface Ballet Leg Position**. The *Ballet Leg* is lowered.

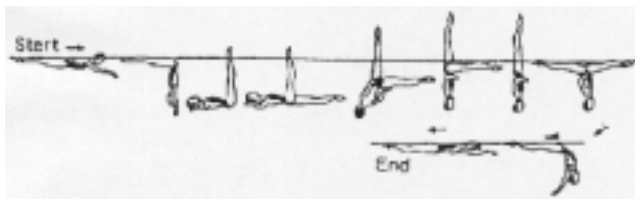
**322 SUBALINA****2.3**

A Somersub is executed to a **Submerged Ballet Leg Position**. The body rises as a *Catalina Rotation* is executed to a **Crane Position**. The horizontal leg is lifted to **Vertical Position**. A *Vertical Descent* is executed.

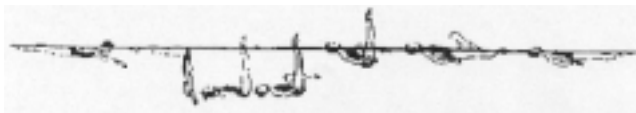


**323 SUBILARC****3.1**

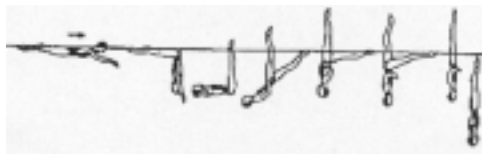
A Subalina is executed to a **Crane Position**. The horizontal leg is lifted in a 180° arc over the surface, passing the vertical leg which moves symmetrically in the opposite direction to a **Split Position**. A *Walkout Front* is executed.

**324 BALLERINA****2.0**

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 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.

**330 AURORA**

From a **Front Layout Position** a Somersault Front Pike is executed to a **Submerged Front 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.

**330a, 330c to 330g - See Appendix I**

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

**331 AURORA OPEN 180****3.3**

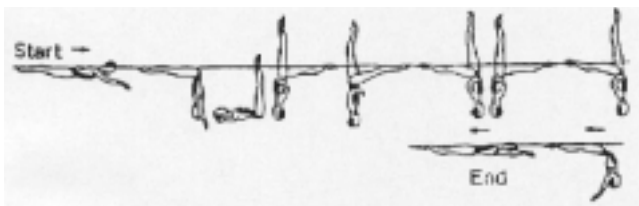
An Aurora is executed to a **Fishtail Position**. Maintaining the vertical alignment of the body, the foot of the horizontal leg is moved with accelerating speed in a horizontal arc of 180° at the surface to a **Knight Position** and with continuous motion and accelerating speed, the body maintains this position as an additional 180° rotation is executed in the same direction. The vertical leg is lowered to a **Surface Arch Position**. An *Arch to Back Layout* is executed



### 332 AURORA OPEN 360

3.4

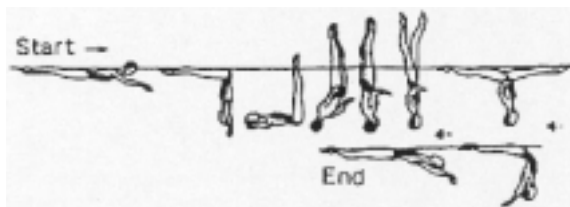
An Aurora is executed to a **Fishtail Position**. Maintaining the vertical alignment of the body, the foot of the horizontal leg is moved with accelerating speed in a horizontal arc of 180° at the surface to a **Knigh Position** and with continuous motion and accelerating speed, the body maintains this position as an additional 360° rotation is executed in the same direction. The vertical leg is lowered to a **Surface Arch Position**. An *Arch to Back Layout* is executed.



### 335 GAVIATA

2.7

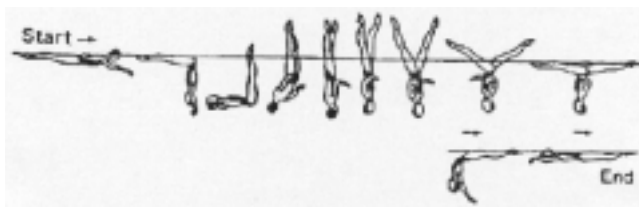
From a **Front Layout Position**, a Somersault Front Pike is executed to a **Submerged Ballet Leg Double Position**. A rising double leg *Catalina Rotation* is executed. Just prior to the finish of the rotation, the legs open symmetrically to a **Split Position**. A *Walkout Front* is executed.



### 336 GAVIATA OPEN 180

2.8

A Gaviata is initiated. Just prior to the finish of the rotation, the legs split symmetrically and continue to open gradually during an additional 180° rotation to a **Split Position**. A *Walkout Front* is executed.



**342 HERON****2.1**

From a **Front Layout Position** a Somersault Front Pike is executed to a **Submerged Ballet Leg Double Position**. One leg is lowered to a bent knee position with the shin parallel to the surface and the mid-calf opposite the vertical leg, as the trunk moves toward the leg. A *Thrust* is executed to a **Bent Knee Vertical Position**, with the foot of the bent leg moving simultaneously to the inside of the vertical leg during the rise. A *Vertical Descent* is executed in a **Bent Knee Vertical Position** at the same tempo as the rest of the figure prior to the *Thrust*.

**342c HERON TWIRL****2.7**

A Heron is executed to a **Bent Knee Vertical Position**. A *Twirl* is performed to complete the figure.

**342d to 342f plus 342j - See Appendix I**

A Heron is executed to a **Bent Knee Vertical Position**. The designated *Spin* is performed to complete the figure.

**342h and 342i - See Appendix I****1.8**

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted to **Crane Position**. The horizontal leg is bent to assume a **Bent Knee Vertical Position**. A *Vertical Descent* is executed as the bent knee is extended to meet the vertical leg as the ankles submerge.

**345 CATALINA REVERSE****2.1**

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted to a **Crane Position**. A *Reverse Catalina Rotation* is executed to a **Surface Ballet Leg Position**. The *Ballet Leg* is lowered.



**346 SIDE FISHTAIL SPLIT****2.0**

From a **Front Layout Position** a *Front Pike Position* is assumed. One leg is lifted to vertical as the body rotates 90° on its longitudinal axis to assume a **Side Fishtail Position**, and with continuous motion another 90° rotation is executed in the same direction as the vertical leg lowers to assume a **Split Position**. The legs are lifted to **Vertical Position**. A *Vertical Descent* is executed.

**348 DALECARLIA****2.4**

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted to a **Crane Position**. Maintaining the 90° 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**. Without moving the legs, the trunk straightens as it rises to a **Surface Ballet Leg Position**. The *Ballet Leg* is lowered.

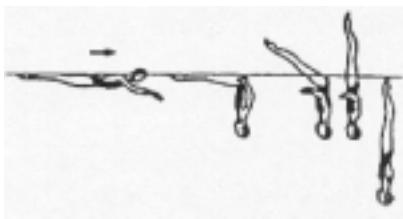
**350 MINERVA****2.2**

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted to vertical as the body rotates 90° on its longitudinal axis to assume a **Side Fishtail Position** and with continuous motion another 90° rotation is executed in the same direction as the vertical leg lowers to assume a **Split Position**. During an additional 180° rotation in the same direction, the front leg is lifted to vertical as the back leg bends to an angle of 90° or less with the thigh and shin remaining at the surface as it moves through to a **Bent Knee Vertical Position**. A *Vertical Descent* is executed in a **Bent Knee Vertical Position**.



**355 PORPOISE****1.9**

From a **Front Layout Position**, a *Front Pike Position* is assumed. The legs are lifted to **Vertical Position**. A *Vertical Descent* is executed.

**355a to 355g plus 355j - See Appendix I**

A Porpoise is executed to **Vertical Position**. The designated *Twist* or *Spin* is executed to complete the figure. **355h and 355i - See Appendix I**

A Porpoise is executed to **Vertical Position**. A *Vertical Descent* is executed to ankle level. The designated *Ascending Spin* is executed to complete the figure.

**360 WALKOVER FRONT****2.1**

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted in a 180° arc over the surface to a **Split Position**. A *Walkout Front* is executed.



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**APPENDIX IV - FIGURE DESCRIPTIONS (FINA)**

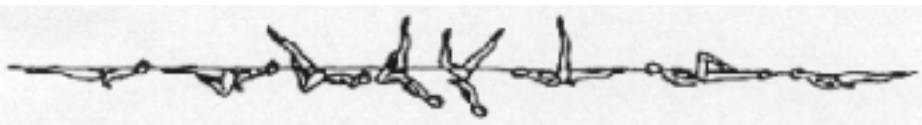

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**CATEGORY IV**
**401 SWORDFISH**
**2.0**

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 and with continuous motion, an *Arch to Back Layout* is executed.


**402 SWORDASUB**
**2.3**

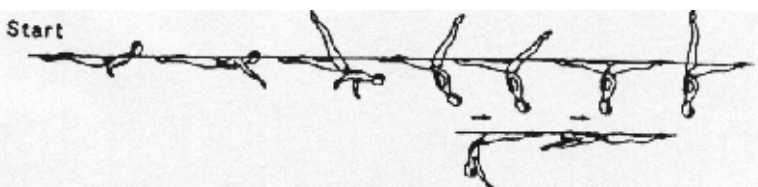
From a **Front Layout Position** a **Bent Knee Position** is assumed. The back arches more as the extended leg is lifted in a 180° arc over the surface. As the extended leg passes vertical, the bent leg straightens with the foot following a vertical line through the hips as the body assumes a **Surface Ballet Leg Position**. The face and the foot of the extended leg reach the surface simultaneously. The *Ballet Leg* is lowered.


**405 SWORDALINA**
**2.5**

From a **Front Layout Position** a **Bent Knee Position** is assumed. The back arches as the extended leg describes an arc over the surface until the foot is directly over the head. The hips rotate 180° as the trunk rises, with minimal lateral movement, to a **Submerged Flamingo Position**. As the body rises, the bent leg is straightened to assume a **Surface Ballet Leg Position**. The *Ballet Leg* is lowered.


**406 SWORDFISH STRAIGHT LEG**
**2.0**

From a **Front Layout Position**, the back arches as one leg is lifted in a 180° arc over the surface to a **Split Position**. A *Walkout Front* is executed.

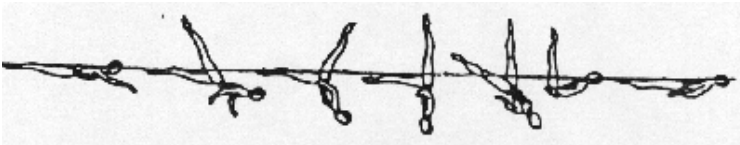


**410 HIGHTOWER****3.3**

A Swordfish Straight Leg is executed until the foot of the lifting leg is directly over the head. The body is straightened to a **Crane Position**, assuming vertical midway between the former vertical line through the hips and the former vertical line through the foot and the head. The horizontal leg is lifted to **Vertical Position**. A water level is established between the knees and ankles. Maintaining the vertical line of the legs, the hips are piked as the trunk rises to assume a **Back Pike Position**. A Thrust is executed to **Vertical Position**. A Vertical Descent is executed at the same tempo as the Thrust.

**413 ALBA****2.5**

A Hightower is executed to a **Crane Position**. A Reverse Catalina Rotation is executed as the horizontal leg is lifted, with minimum lateral movement, to assume a **Surface Ballet Leg Double Position**. The figure is completed as in Ballet Leg Double.

**420 WALKOVER BACK****2.0**

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.

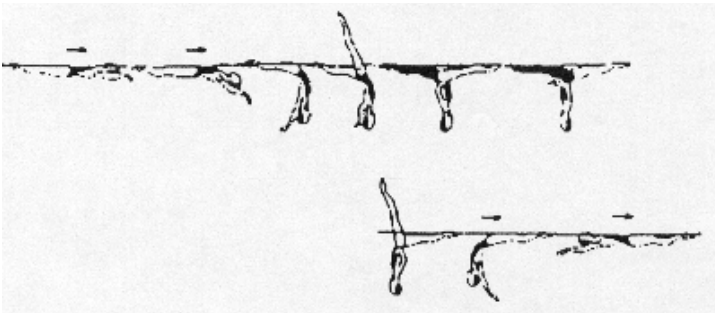
**421 WALKOVER BACK CLOSING 360 DEGREES****2.6**

A Walkover Back is executed to a **Split Position**. Maintaining this position, a Half Twist is executed. With continuous motion and in the same direction an additional rotation of 360° is executed as the legs are symmetrically lifted and closed to **Vertical Position**. Vertical Descent is executed.

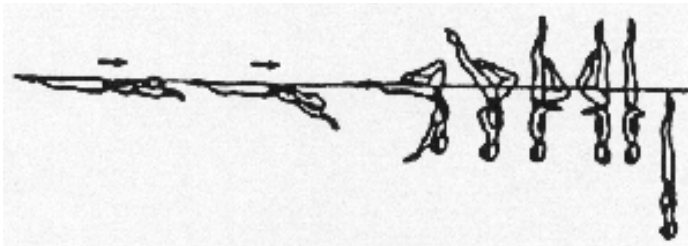


**423 ARIANA****2.2**

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

**435 NOVA****2.3**

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 back is arched more as one knee is bent to assume a **Bent Knee Surface Arch Position**. The legs are lifted to a **Bent Knee Vertical Position**. A Full Twist is executed as the bent leg is extended to meet the vertical leg. A Vertical Descent is executed.

**435c to 435g - See Appendix I**

A Nova is executed to completion of the Full Twist. The designated Twist or Spin is executed to complete the figure.

**437 SPIRAL****3.5**

With the head leading a Dolphin is initiated until the hips are about to submerge. With the hips remaining stationary at the surface, the back is arched more as the legs are lifted to assume **Vertical Position**. Two Full Twists are executed, followed by a Vertical Descent.

