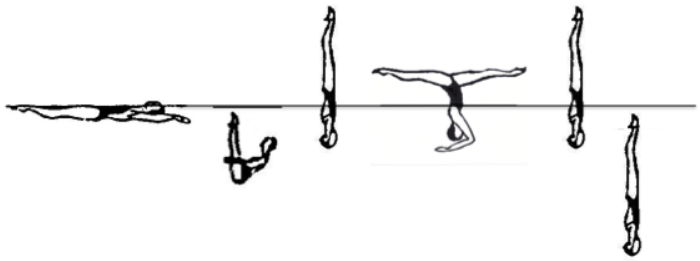
3. Descriptions and Numerical Difficulty Values Chart for Figures

FIGURES – Senior, Junior and Age Group 16-17-18

COMPULSORY

1- 308 Barracuda Airborne Split **Difficulty 2.8**

A Barracuda is executed to a submerged **Back Pike Position** with the toes just under the surface. A *Rocket Split* is executed.

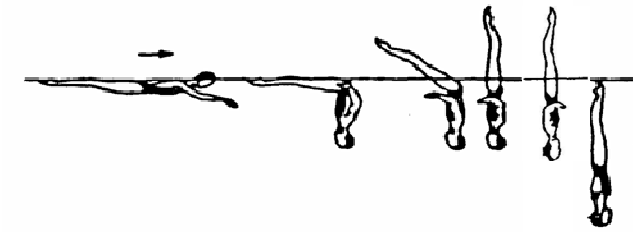


						Total
NVT=	13.0	37.0	19.0	21.0	14.0	104
PV =	1.25	3.56	1.83	2.02	1.35	

Line 1: figure illustrations
Line 2: numerical difficulty value [NVT] of the transition between the preceding body position and the body position illustrated above the number.
Line 3: proportional value [PV] of the transition out of the 10 maximum points, which may be awarded for the figure.

2- 355g Porpoise Twist Spin **Difficulty 2.6**

A Porpoise is executed to **Vertical Position**. A *Twist Spin* is executed.

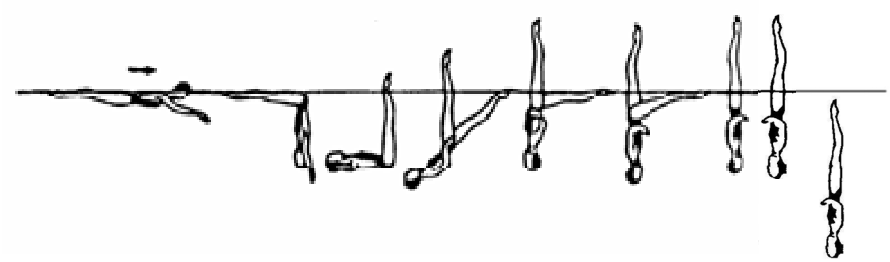


				Total
NVT=	12.0	29.0	46.0	87
PV =	1.38	3.33	5.29	

GROUP 1

3- 330c Aurora Twirl **Difficulty 3.0**

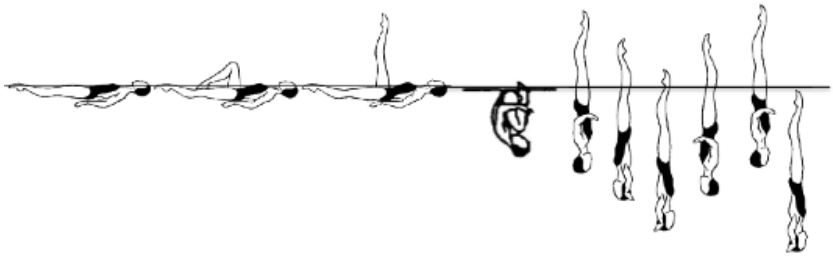
An Aurora is executed to **Vertical Position.** A *Twirl* is executed.



								Total
NVT=	12.0	12.0	19.5	13.0	18.5	23.0	14.0	112
PV =	1.07	1.07	1.74	1.16	1.65	2.05	1.25	

4- 154 London **Difficulty 2.8**

A rapid *Ballet Leg is assumed* followed by a rapid partial Somersault Back Tuck, as both legs are drawn into a **Tuck Position**, 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 Combined Spin of 360°* is executed.

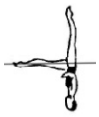
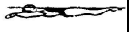


							Total
NVT=	10.5	11.0	10.0	23.0	39.0	14.0	107.5
PV =	0.98	1.02	0.93	2.14	3.63	1.30	

GROUP 2

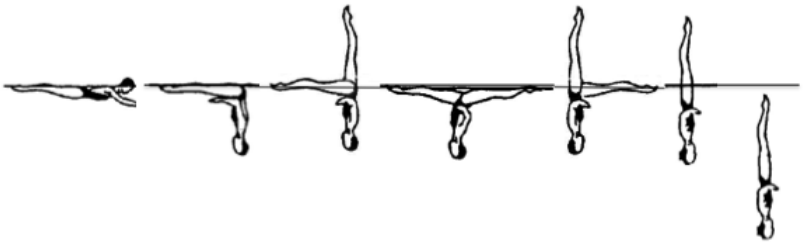
3- 142 Manta Ray **Difficulty 2.8**

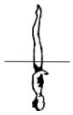
A Flamingo is executed to a **Surface Flamingo Position**. As the body unrolls, the bent leg is extended horizontally to assume a **Fishtail Position**. The horizontal leg is lifted in a 180° arc over the surface of the water, as it passes vertical, the vertical leg is moved to assume a **Bent Knee Surface Arch Position**. The bent knee is straightened and with continuous motion, an *Arch to Back Layout Finish Action* is executed.

								Total
NVT=	10.5	11.0	10.5	22.5	23.5	15.5	11.0	104.5
PV =	1.00	1.05	1.00	2.15	2.25	1.48	1.05	

4-343 Butterfly **Difficulty 2.9**

From a **Front Layout Position**, a *Front Pike Position is assumed*. One leg is lifted to a **Fishtail Position**. The horizontal leg is rapidly lifted through an arc of 180° as the vertical leg is lowered to assume a **Split Position**, without hesitating a hip rotation of 180° is executed as the front leg is raised to assume a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position** at the same tempo as the initial actions of the figure. A *Vertical Descent* is executed.

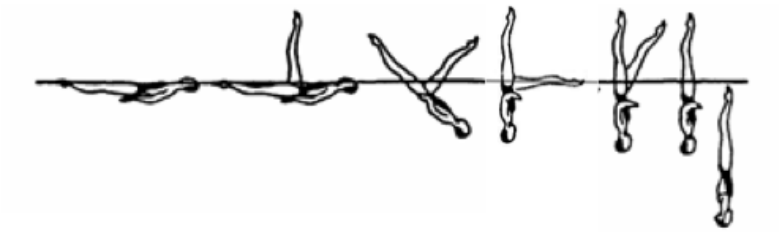


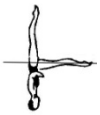
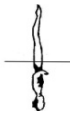
							Total
NVT=	12.0	13.5	28.0	27.5	18.5	14.0	113.5
PV =	1.06	1.19	2.47	2.42	1.63	1.23	

GROUP 3

3- 112f Ibis Continuous Spin (720º) Difficulty 2.8

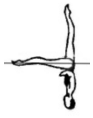
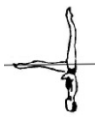
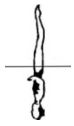
An Ibis is executed to **Vertical Position**. A *Continuous Spin* (720°) is executed.



						Total
NVT=	10.5	11.0	26.0	18.5	27.0	93
PV =	1.13	1.18	2.80	1.99	2.90	

4- 325 Jupiter Difficulty 2.8

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**. Maintaining the vertical alignment of the body, the horizontal leg is moved in a 180^0 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.

							Total
NVT=	~~12.0~~	~~18.5~~	~~23.0~~	~~17.0~~	~~18.5~~	~~14.0~~	~~103~~
PV =	~~1.17~~	~~1.80~~	~~2.23~~	~~1.65~~	~~1.80~~	~~1.36~~	

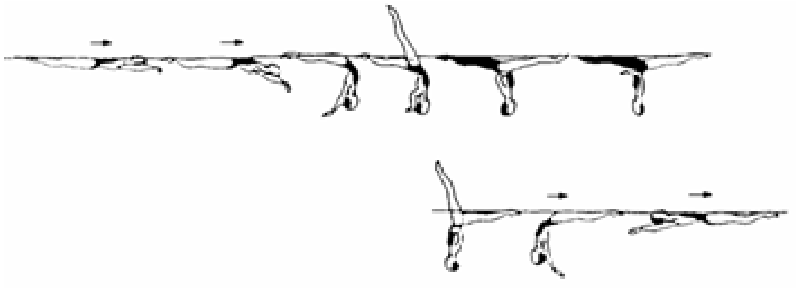
PV=	1,22	1,38	2,35	1,73	1,89	1,43

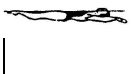
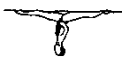
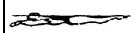
FIGURES – Age Group 13-14-15

COMPULSORY

1- 423 Ariana **Difficulty 2.2**

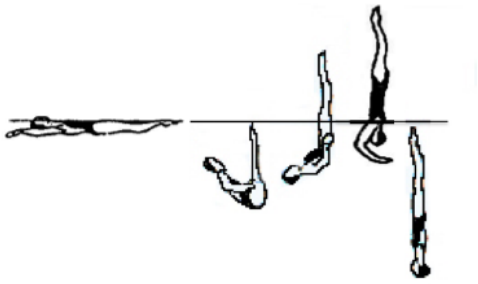
A Walkover Back is executed to a **Split Position**. Maintaining the relative position of the legs to the surface, the hips rotate 180°. A *Walkout Front* is executed.



						Total
NVT=	16.0	21.0	9.0	24.0	11.0	81
PV =	1.98	2.59	1.11	2.96	1.36	

2- 301e Barracuda Spinning 360º **Difficulty 2.2**

A Barracuda is executed to **Vertical Position.** A *360° Spin* is executed at the same tempo as the *Thrust* to complete the figure.

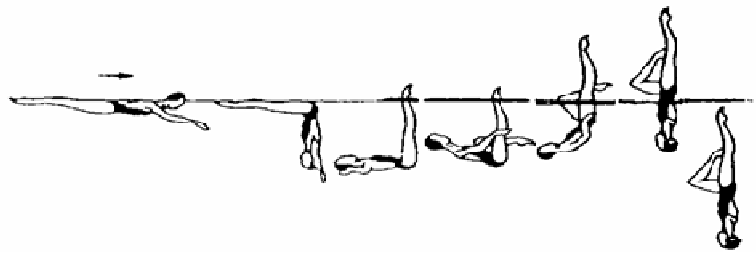


				Total
NVT=	13.0	37.0	19.0	69
PV =	1.88	5.36	2.75	

GROUP 1

3-342 Heron **Difficulty 2.1**

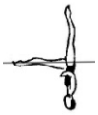
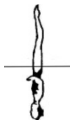
From a **Front Layout Position**, a Somersault Front Pike is executed to a **Submerged Ballet Leg Double Position**. One leg is bent with the shin parallel to the surface and the mid-calf opposite the vertical leg, as the trunk moves toward the legs. A *Thrust* is executed to a **Bent Knee Vertical Position**, 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 *Thrust*.



						Total
NVT=	12.0	12.0	5.0	30.0	10.0	69
PV =	1.74	1.74	0.72	4.35	1.45	

4- 115 Catalina **Difficulty 2.3**

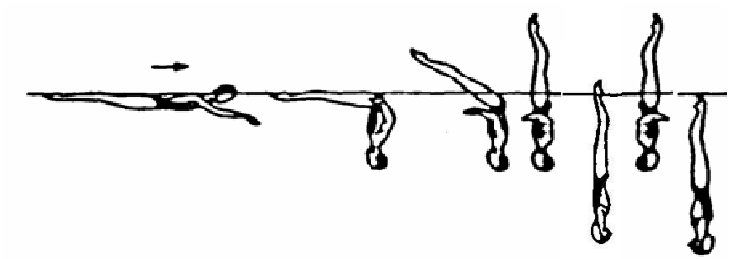
A *Ballet Leg is assumed*. A *Catalina Rotation* is executed. The horizontal leg is lifted to **Vertical Position**. A *Vertical Descent* is executed.

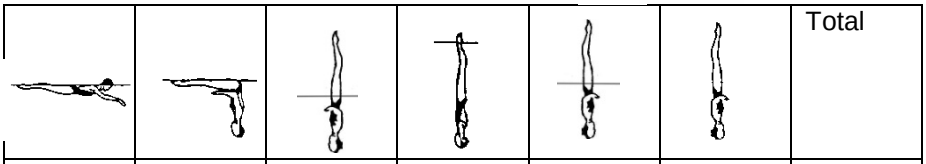
						Total
NVT=	10.5	11.0	24.0	18.5	14.0	78
PV =	1.35	1.41	3.08	2.37	1.79	

GROUP 2

3- 355h Porpoise Spin Up 180º **Difficulty 2.2**

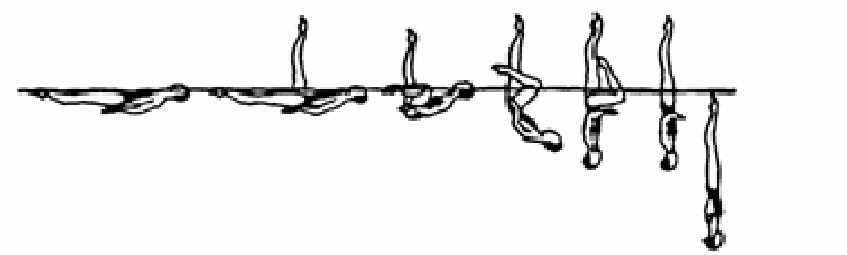
A Porpoise is executed to **Vertical Position**. A *Vertical Descent* is executed to heel level. A *Spin Up 180º* is executed.

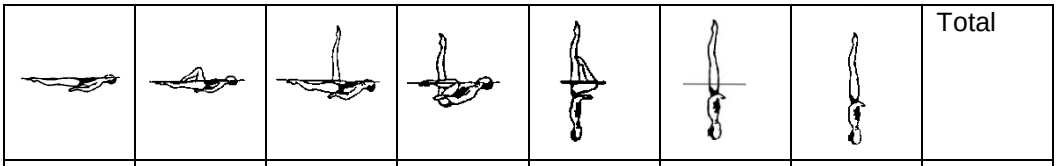


						Total
NVT=	12.0	29.0	14.0	19.0	14.0	88
PV =	1.36	3.30	1.59	2.16	1.59	

4- 140 Flamingo Bent Knee **Difficulty 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.

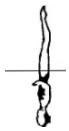


							Total
NVT=	10.5	11.0	10.5	22.0	14.5	14.0	82.5
PV =	1.27	1.33	1.27	2.67	1.76	1.70	

GROUP 3

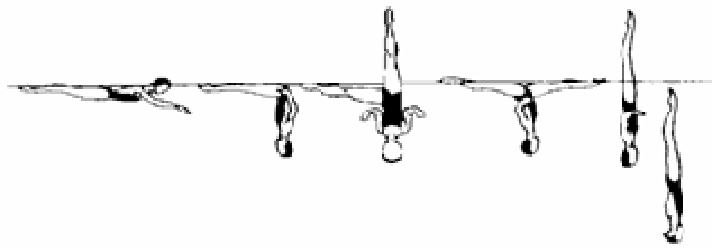
3-240a Albatross 1/2 Twist **Difficulty 2.6**

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

						Total
NVT=	12.0	16.0	15.5	16.5	14.0	74
PV =	1.62	2.16	2.09	2.23	1.89	

4- 346 Side Fishtail Split **Difficulty 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.



					Total
NVT=	12.0	23.0	16.0	14.0	65
PV =	1.85	3.54	2.46	2.15	

FIGURES – Age Group 12 and under

COMPULSORY

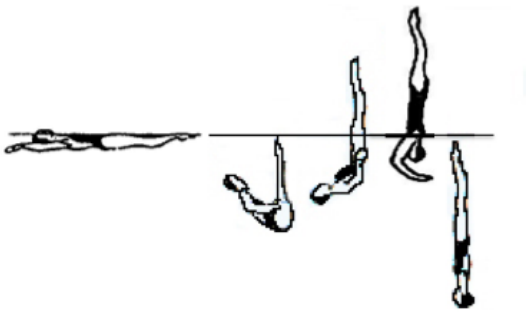
1- 101 Ballet Leg Single **Difficulty 1.6**

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

					Total
NVT=	10.5	11.0	11.0	10.5	43
PV =	2.44	2.56	2.56	2.44	

2- 301 Barracuda **Difficulty 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 toes just under the surface. A *Thrust* is executed to **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

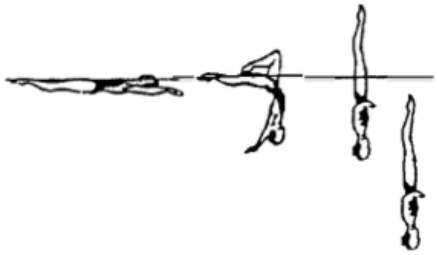


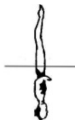
				Total
NVT=	13.0	37.0	14.0	64
PV =	2.03	5.78	2.19	

GROUP 1

3- 439 Oceanita **Difficulty 1.9**

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 *Vertical Descent* is executed.



				Total
NVT=	19.5	21.5	14.0	55
PV =	3.55	3.91	2.55	

4- 362 Surface Prawn **Difficulty 1.4**

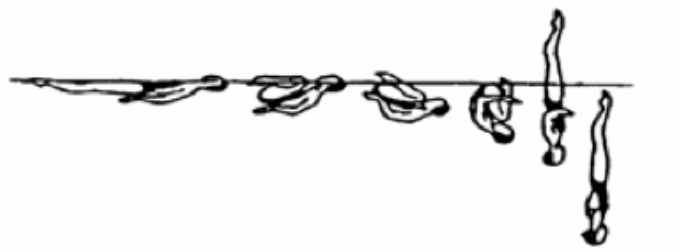
From a **Front Layout Position**, a *Front Pike Position is assumed*. One foot is moved in horizontal arc of 180° at the surface to a **Split Position**. The legs are joined to assume a **Vertical Position** at the ankles. A *Vertical Descent* is executed.

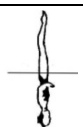
					Total
NVT=	12.0	12.0	7.0	0.0	31
PV =	3.87	3.87	2.26	0.0	

GROUP 2

3- 311 Kip **Difficulty 1.8**

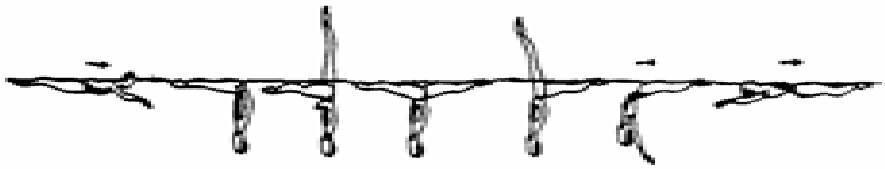
From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A *Vertical Descent* is executed.

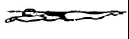


					Total
NVT=	4.0	10.0	23.0	14.0	51
PV =	0.78	1.96	4.51	2.75	

4- 360 Walkover Front **Difficulty 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.

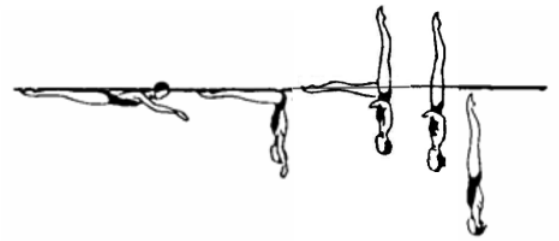


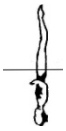
					Total
NVT=	12.0	21.0	24.0	11.0	68
PV =	1.76	3.09	3.53	1.62	

GROUP 3

3- 349 Tower **Difficulty 1.9**

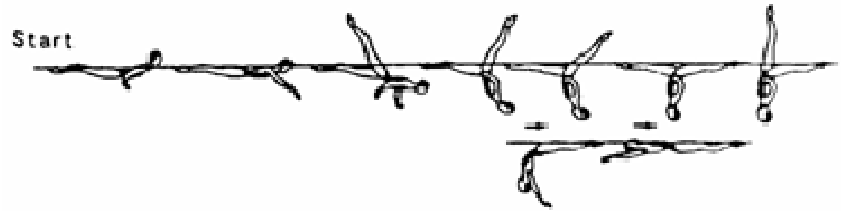
From a **Front Layout Position**, a *Front Pike Position is assumed.* One leg is lifted to a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position**. A *Vertical Descent* is executed.

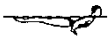
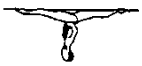


					Total
NVT=	12.0	13.5	18.5	14.0	58.0
PV =	2.07	2.33	3.19	2.41	

4- 406 Swordfish Straight Leg **Difficulty 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.



				Total
NVT=	30.0	24.0	11.0	65
PV =	4.62	3.69	1.69	