



Fina
WATER IS OUR WORLD

CHANGES APPENDIX II BASIC POSITION

BP 2 2 FRONT LAYOUT POSITION

Body extended with head, upper back, buttocks and heels at the surface. Unless otherwise specified, Face face may be in or out of the water.

GENERAL CHANGES

APPENDIX III BASIC MOVEMENTS

BM3 3 TO ASSUME A FRONT PIKE POSITION

From a **Front Layout Position** with face in the water as the trunk moves downward to assume a **Front Pike Position**, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action.

GENERAL CHANGES

APPENDIX III BASIC MOVEMENTS

13 SPINS

A *Spin* is a rotation in a **Vertical Position**. The body remains on its longitudinal axis throughout the rotation. Unless otherwise stated, *Spins* are executed in a uniform motion.

A *descending Spin* must start at the height of the vertical and be completed as the heel(s) **ankle(s)** reach (es) the surface. Unless otherwise specified, a *descending Spin* is finished with a *Vertical Descent* which is executed at the same tempo as the *Spin*.

d) 180° *Spin*: a *descending Spin* with a rotation of 180°

e) 360° *Spin*: a *descending Spin* with a rotation of 360°

13 SPINS

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

g) *Twist Spin*: a *Half Twist* is executed, and without a pause, is followed by a *Continuous Spin* of 720 (2).

An *ascending Spin* begins with the water level at the heels **ankles** unless otherwise specified. A vertical upward *Spin* is executed until a water level is established between the knees and hips. An *ascending Spin* is finished with a *Vertical Descent*.

h) *Spin Up 180°*: an *ascending Spin* with a rotation of 180°

i) *Spin UP 360°*: an *ascending Spin* with a rotation of 3

SS AGE 6 GROUP RULES

Age Groupings for Synchronized Swimming

are: 12 years of age and under

13 –15 years of age

~~16 –18 years of age~~

Junior : 15 – 18 of age

We have 4 categories of Figures in book

Category I - 100 - Ballet leg (Airborne)

Category II - 200 - Dolphin (Circular)

Category III 300 – Rotation Lateral Axis

Category IV 400 – Arching



COMPULSORY:

1	106	Straight Ballet Leg	1.6
2	301	Barracuda	1.9

OPTIONAL GROUPS

Group 1

3	420	Walkover Back	1.9
4	327	Ballerina	1.8

Group 2

3	311	Kip	1.6
4	401	Swordfish	2.0

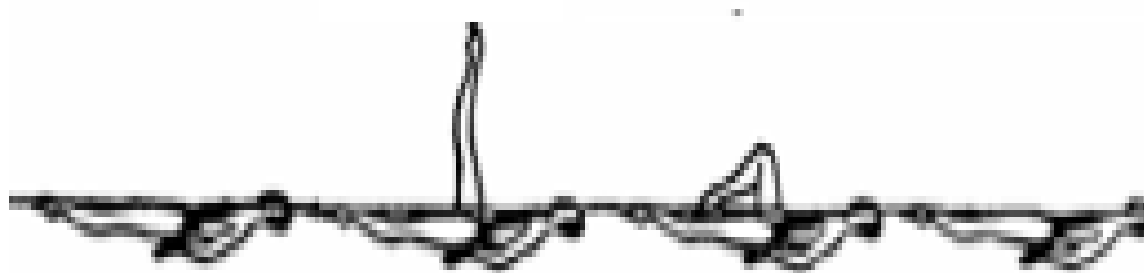
Group 3

3	226	Swan	2.1
4	363	Water Drop	1.5

AGE GROUP 12 AND UNDER COMPULSORY:

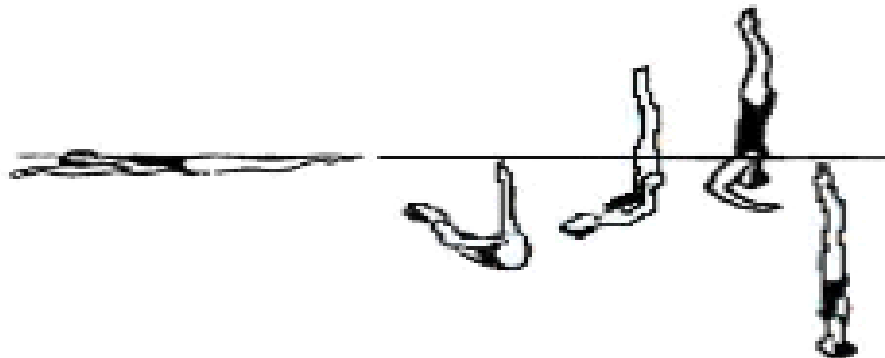
1 - 106 Straight Ballet Leg 1.6

From a **Back Layout Position**, one leg is raised straight to a **Ballet Leg Position**. From a **Ballet Leg Position** the ballet leg is bent, without movement of the thigh, to a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.



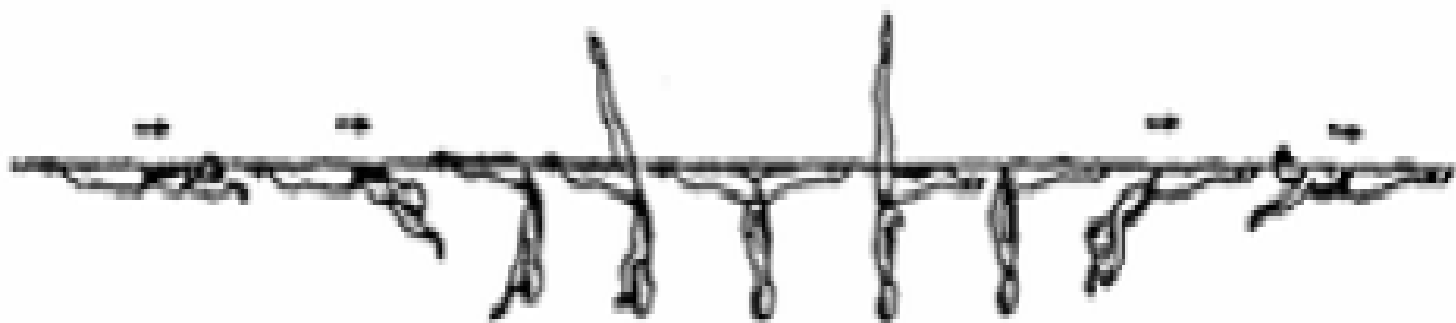
2 - 301 Barracuda 1.9

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



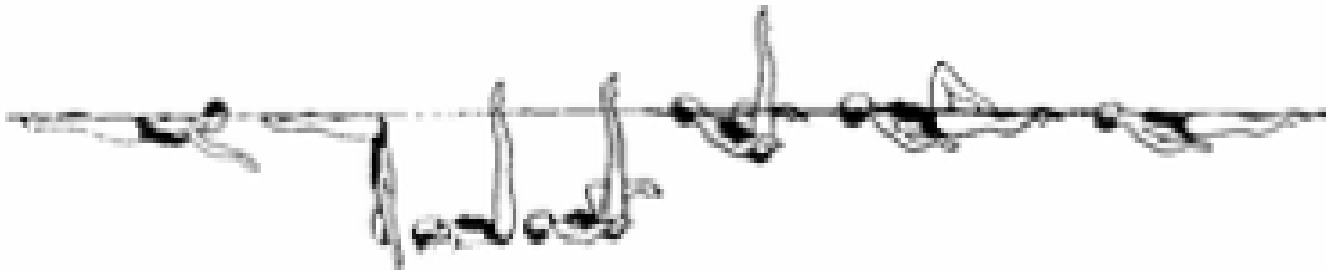
3 - 420 Walkover Back 1.9

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



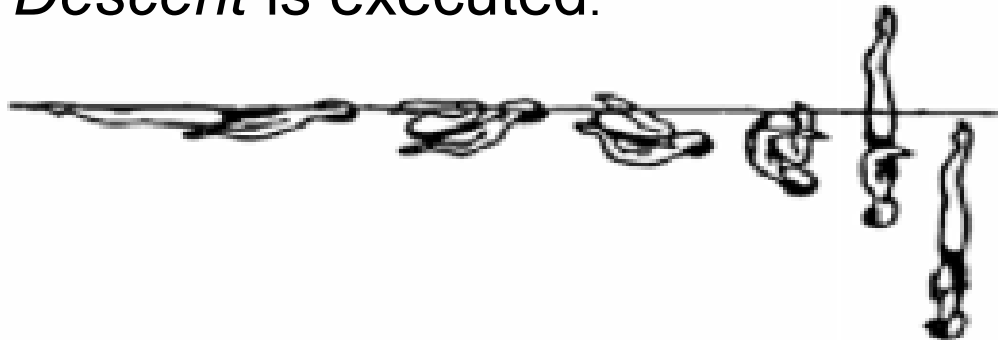
4 - 324 Ballerina 1.8

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 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.



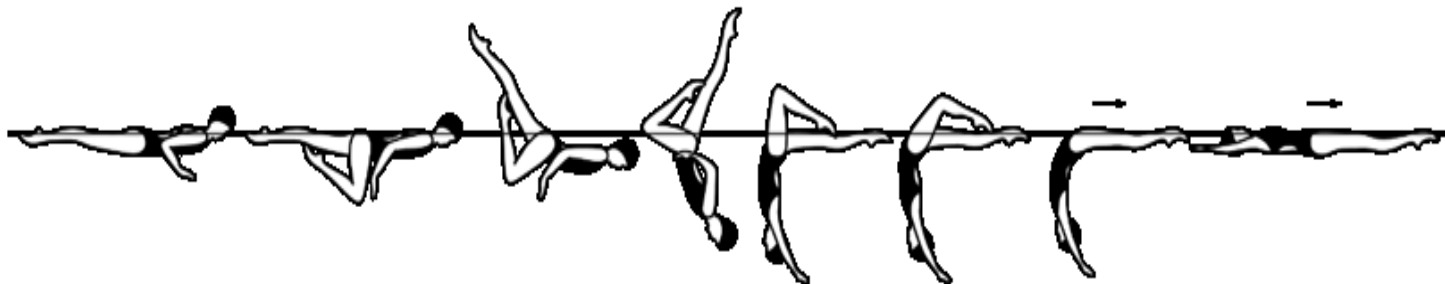
3 - 311 Kip 1.6

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.



4 - 401 Swordfish 2.0

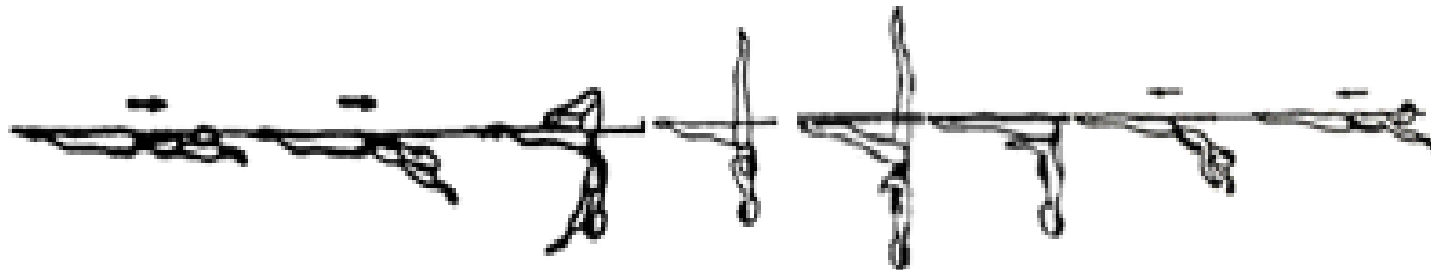
From a **Front Layout Position**, a **Bent Knee Position** is assumed. The back arches more as the extended leg is lifted in a 180° arc over the surface to assume a **Bent Knee Surface Arch Position**. The bent knee is straightened to assume a **Surface Arch Position**, and with continuous motion, an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



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.



4 - 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.



COMPULSORY

1	423	Ariana	2.2
2	143	Rio	3.1

OPTIONAL GROUPS

Group 1

3	351	Jupiter	2.8
4	437	Oceanea	2.1

Group 2

3	240a	Albatross Half Twist	2.2
4	403	Swordtail	2.3

Group 3

3	355f	Porpoise Continuous Spin 720°	2.1
4	315	Seagull	2.1

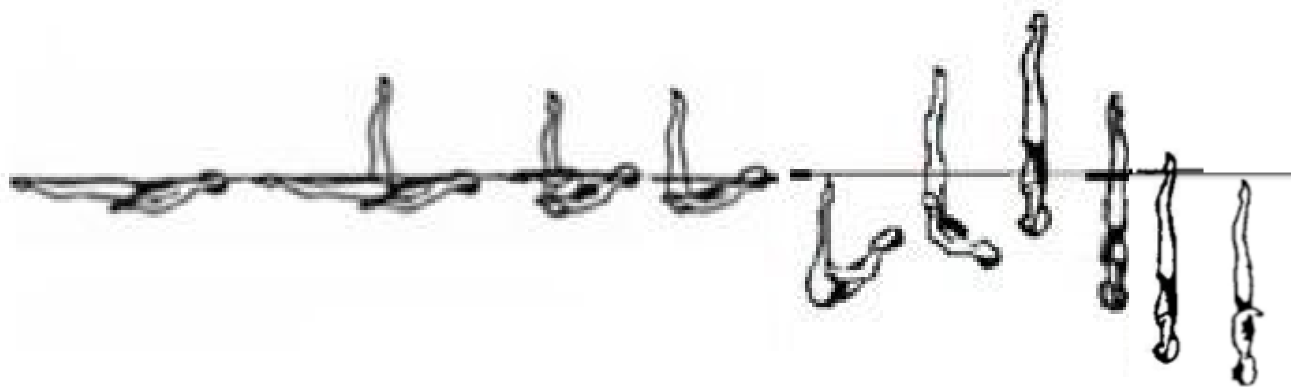
1 423 Ariana**2.2**

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.



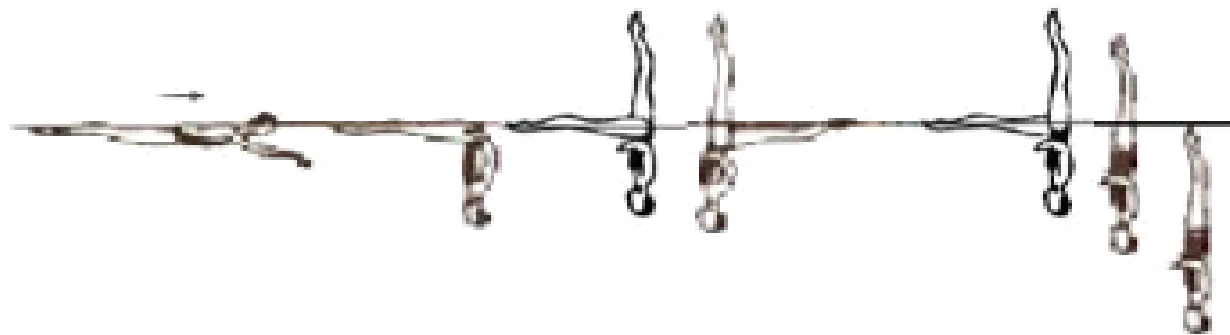
2- 140K Rio 3.1

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°.



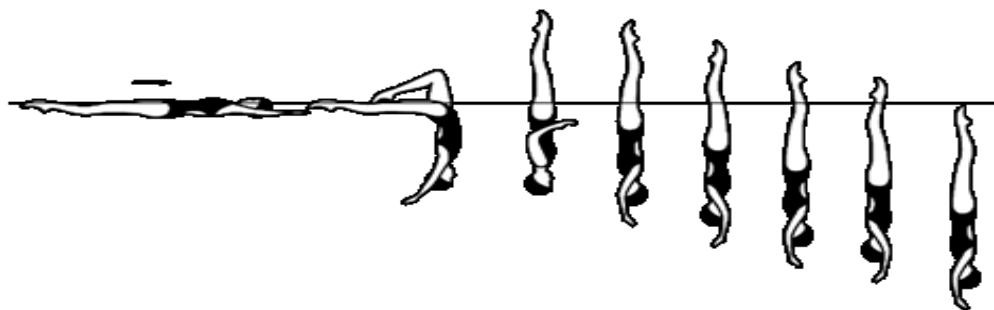
3- 351 JUPITER 2.8

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° arc at the surface of the water to a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position**. A *Vertical Descent*



4 - 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.



3 240a Albatross 1/2 Twist

2.2

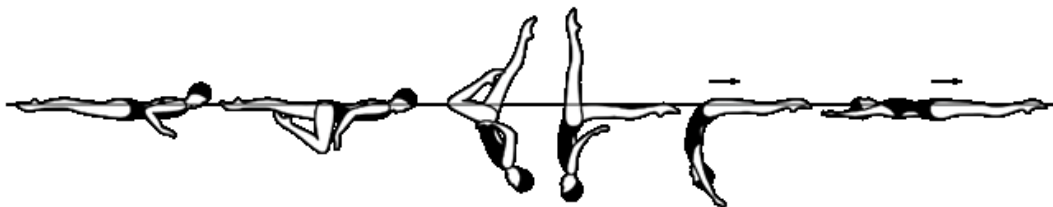
With the head leading, a *Dolphin* is initiated until the hips are about to submerge. The hips, legs and feet continue to move along the surface, as the body rolls onto the face as it assumes a **Front Pike Position**. The legs are lifted simultaneously to a **Bent Knee Vertical Position**. A *Half Twist*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



4 - 403 **Swordtail**

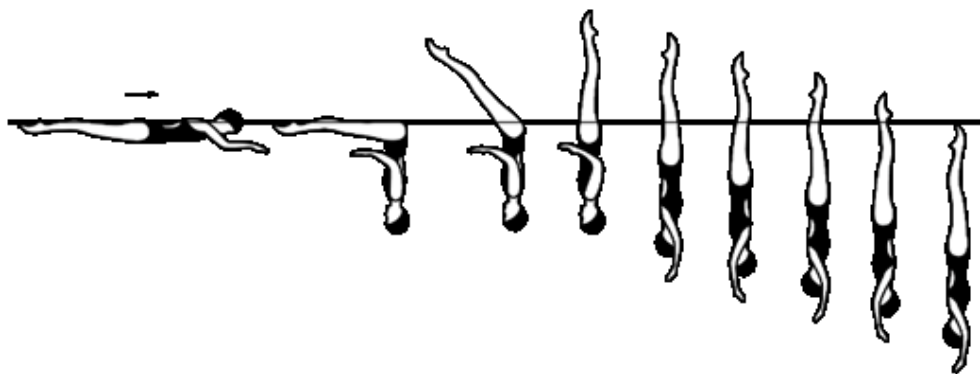
2.3

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.



3 355f Porpoise Continuous Spin 720° 2.1

From a **Front Layout Position**, a **Front Pike Position** is assumed. The legs are lifted to a **Vertical Position**. A **Continuous Spin 720°** is executed.

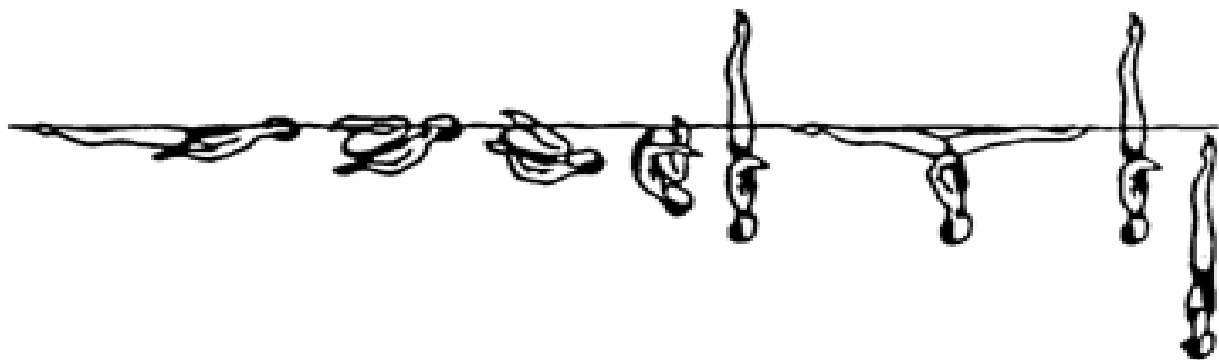


4 - 315

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 the shins. The legs are lowered rapidly symmetrically to **Split Position**. The legs are rapidly joined to resume **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the initial actions of the figure.



COMPULSORY

1	308I	Barracuda Airborne Split, Spin Up 360°	3.3
2	355g	Porpoise, Twist Spin	2.5

OPTIONAL GROUPS

Group 1

3	154j-2	London Combined Spin 720°	2.9
4	330c	Aurora Twirl	2.8

Group 2

3	364	Whirlwind	2.7
4	343	Butterfly	2.5

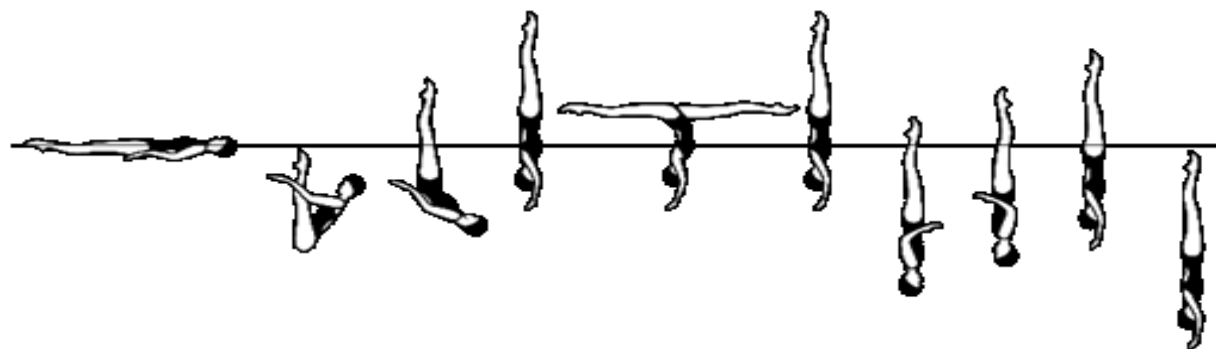
Group 3

3	320	Kipswirl Closing 180°	2.5
4	440	Ipanema	3.0

COMPULSORY

1 308i Barracuda Airborne Split, Spin Up 360° 3.3

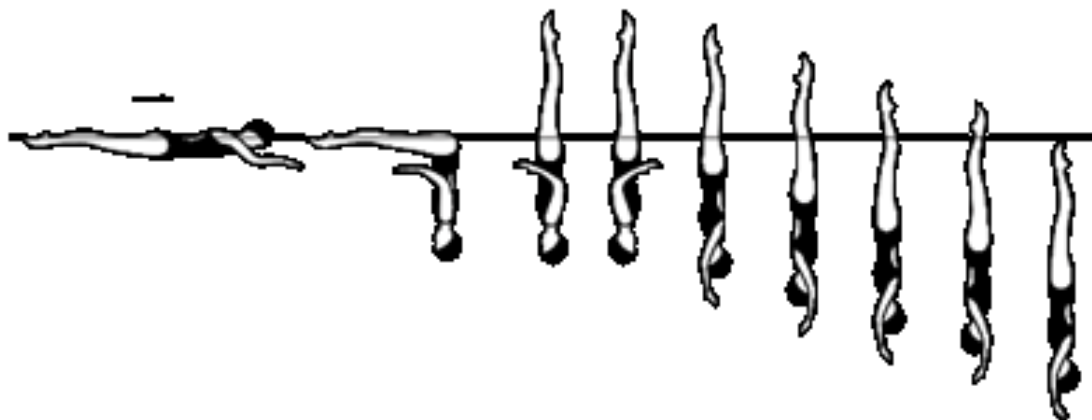
A Barracuda Airborne Split is executed to a re-joined **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust* to ankle level. The designated *Ascending Spin* is executed. A *Vertical Descent* is executed at the same tempo as the *Thrust*.



2- 355 g PORPOISE Twist Spin

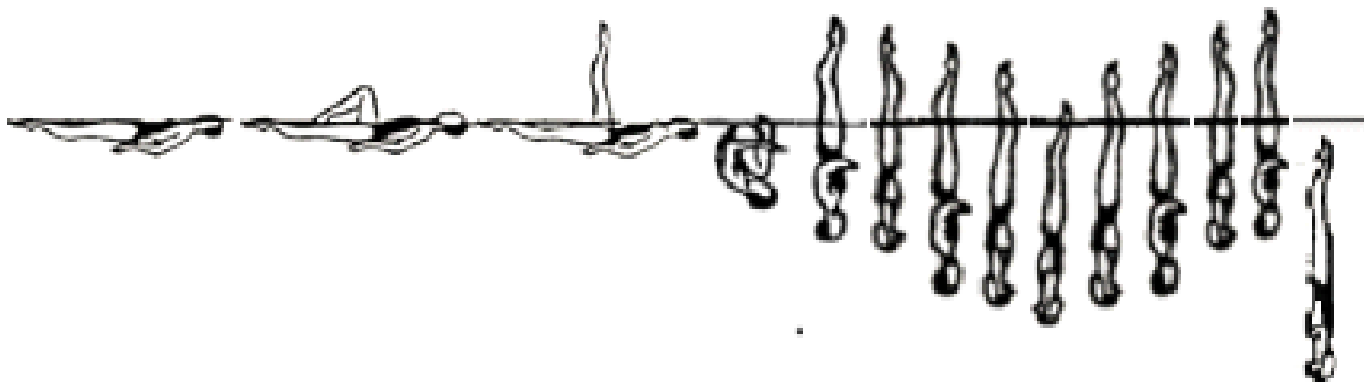
2.5

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



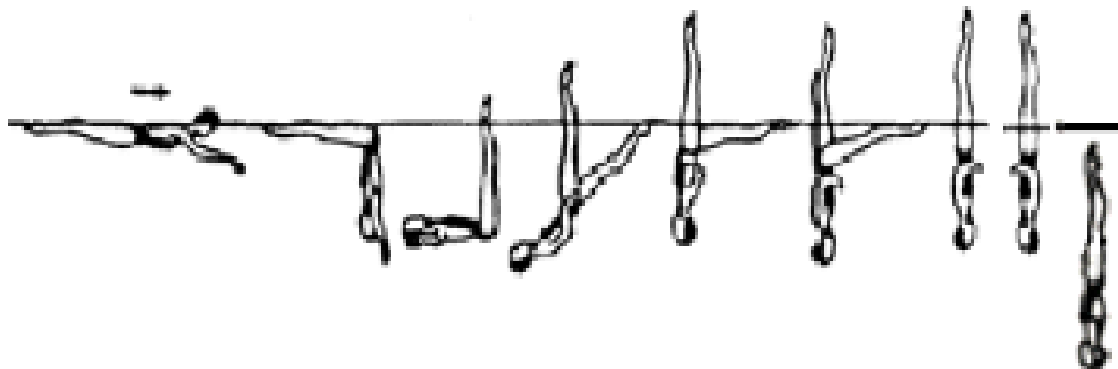
3- 154j-2 London *Combined Spin* 720° 2.7

A London is executed to a **Vertical Position**. A rapid *Combined Spin of 720°* (descending spin Descent is executed. 720° + ascending spin 720°) is executed. A rapid *Vertical Descent* is executed.



4- 330c Aurora Twirl 2.8

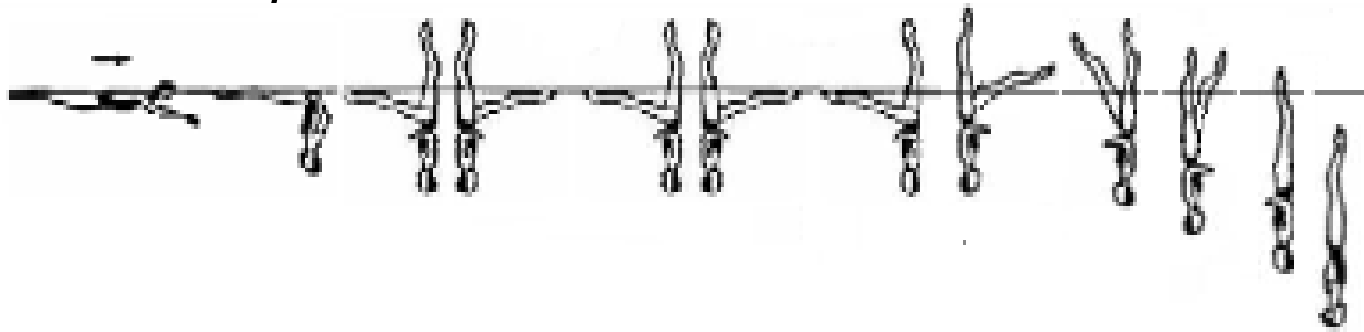
From a **Front Layout Position** a *Somersault Front Pike* is executed to a **Submerged Ballet Leg Double Position**. One leg rises vertically as the other moves along the surface to a **Knight Position**. The body rotates 180° to assume a **Fishtail Position**. The horizontal leg is lifted to **Vertical Position**. A *Twirl* is executed followed by a *Vertical Descent*.



3- 364 Whirlwind

2.7

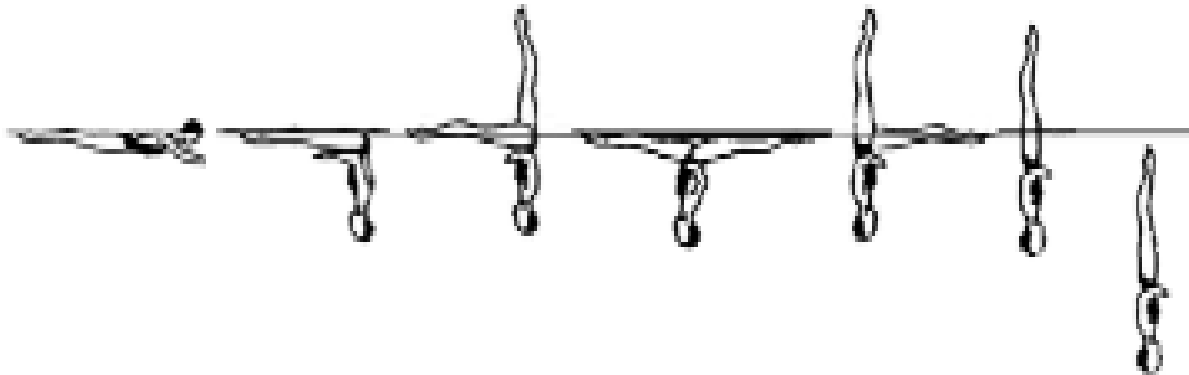
From a **Front Layout Position** a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. Maintaining a **Fishtail Position**, with the horizontal leg leading toward the vertical leg, two rapid rotations (720°) are executed. Continuing in the same direction, the horizontal leg is lifted to a **Vertical Position** as a *Continuous Spin 720°* is executed.



4-343 Butterfly

2.5

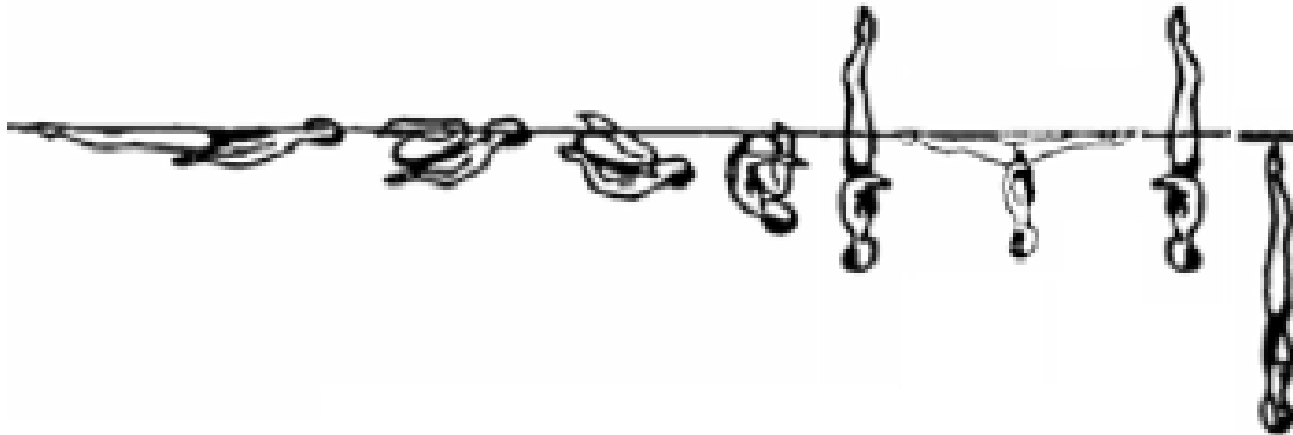
From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. The horizontal leg is rapidly lifted through an arc of 180° as the vertical leg is lowered to assume a **Split Position**, without hesitating a hip rotation of 180° is executed as the front 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



3- 318 Kipswirl Split Closing 180°

2.3

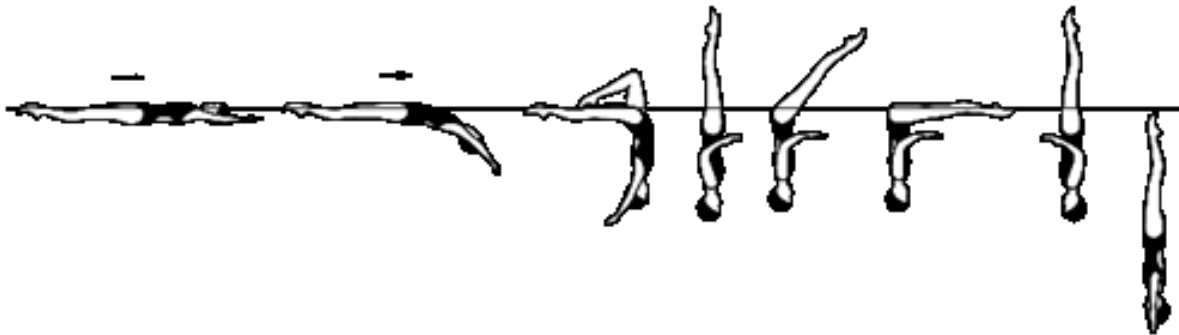
A *Kipswirl* is executed to the **Vertical Position**. The legs are lowered symmetrically to a **Split Position**. A rapid rotation of 180° is executed, as the legs symmetrically close to a **Vertical Position**. A *Vertical Descent* is executed.



4- 440 Ipanema

3.0

A *Nova* is executed to the **Bent Knee Surface Arch Position**. The horizontal leg is lifted as the bent knee is straightened to assume a **Vertical Position**. The legs are lowered to a **Front Pike Position**. A rapid 180° rotation is executed as the legs are lifted to a **Vertical Position**. A *Vertical Descent* is executed at the tempo of the rest of the figure.



Additional new figures in a book

142 Manta Ray (*description-minor changed*)

3.0

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 assume a Fishtail Position. The horizontal leg is lifted rapidly 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.



154 London (*new description*)

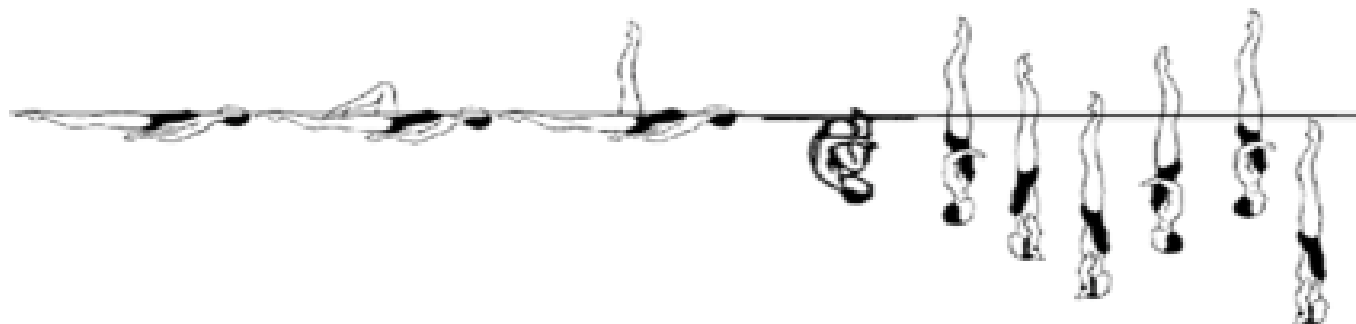
1.9

A *Ballet Leg* is assumed followed by a partial Somersault Back Tuck, as both legs are drawn into a **Tuck Position**, until the shins are perpendicular to the surface. The trunk unrolls rapidly as the legs are rapidly 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 rapid *Vertical Descent* is executed.



154j-1 London Combined Spin 360° 2.7

A London is executed to a **Vertical Position**. A rapid *Combined Spin of 360°* (descending spin 360° + ascending spin 360°) is executed. A rapid *Vertical Descent* is executed.



321 Kipswirl Closing 360°

2.5

A Kipswirl is executed to the **Vertical Position**. The legs are lowered symmetrically to a **Split Position**. A rapid rotation of 360° is executed, as the legs symmetrically close to a **Vertical Position**. A *Vertical Descent* is executed



Thanks for your attention