

FIGURE RULE IV

BASIC POSITIONS FOR FIGURES

A. Back Layout Position:

The body is extended, on the back, with the face, chest, thighs and feet at the surface. The ears, hips and ankles are in line.



B. Back Pike Position:

Body bent at hips to form an acute angle of 45° or less. Legs extended and together. Trunk extended with the back straight and head in line.



C. Ballet Leg Positions:

Surface:

The body is extended with the face, chest and one thigh and foot at the surface. One leg is extended vertically with the thigh perpendicular to the surface.



Submerged:

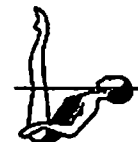
The head, trunk and horizontal leg are parallel to the surface. One leg is perpendicular to the surface, with the water line between the knee and the ankle of that leg.



D. Ballet Leg, Double, Positions:

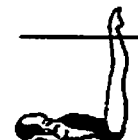
Surface:

Both legs are fully extended, together, with the thighs perpendicular to the surface. Head in line with the trunk. The face is at the surface and horizontal.



Submerged:

The trunk and head are parallel to the surface. Both legs are fully extended, at a 90° angle to the trunk and to the surface. The water line is between the knees and the ankles.



E. Bent Knee Positions:

Bent Knee Back Layout Position and

Bent Knee Surface Arch Position:

In Back Layout or Surface Arch positions, with the thigh of the bent leg perpendicular to the surface, the toe of that leg remaining in contact with the inside of the extended leg.

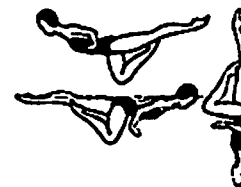


Bent Knee Dolphin Arch Position,

Bent Knee Front Layout Position and

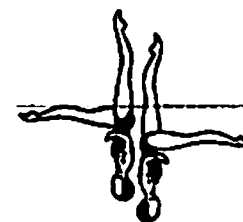
Bent Knee Vertical Position:

In Dolphin Arch, Front Layout or Vertical positions, with the toe of the bent leg in contact with the inside of the knee or thigh of the extended leg.



F. Crane Position:

The body is extended perpendicular to the surface, with the head downward, ears, hips and one ankle in line. The other leg is extended forward, parallel to the surface and perpendicular to the trunk.



G. Dolphin Arch:

The body is arched so the head, hips and feet conform to the circle arc being followed. Legs together and fully extended.



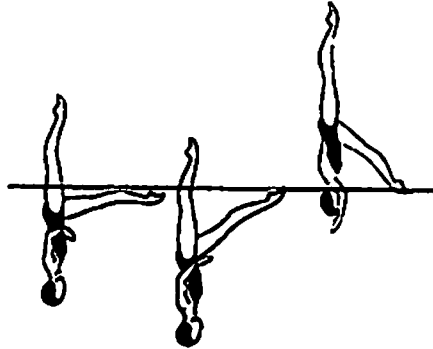
H. Eiffel Position:

The body is lying on one side, with the face, upper shoulder and upper hip at the surface. The leg at the surface is extended perpendicular to the trunk, the other leg is extended in line with the trunk, with its foot at the surface.



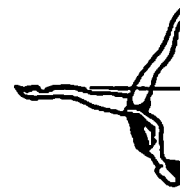
I. Fishtail Position:

Same as the Crane Position except that the foot of the forward leg is at the surface, regardless of the height of the hips.



Arched Fishtail Position:

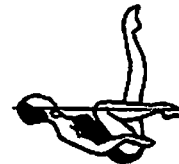
Head downward. One leg is near horizontal, with its foot at the surface. The other leg is extended above the surface at a backward angle with the back arched so that the foot of that leg is on a vertical line above the head.



J. Flamingo Positions:

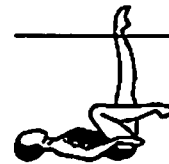
Surface:

One leg is extended perpendicular to the surface. The other leg is drawn toward the chest, with its mid-calf opposite the vertical leg, and its foot and knee at and parallel to the surface. The face is at the surface.



Submerged:

The trunk, head and shin of the bent leg are parallel to the surface. The extended leg is perpendicular to the surface and to the trunk. The mid-calf of the bent leg is opposite the vertical leg. The water line is between the knee and ankle of the vertical leg.



Compact Submerged:

The trunk is as compact as possible, with the back rounded. The extended leg is perpendicular to the surface. The mid-calf of the bent leg is opposite the vertical leg. The water line is between the knee and the ankle of the vertical leg.



K. Front Layout Position:

The body is extended horizontally, on the stomach, with head, upper back, buttocks and heels at the surface. The face may be in or out of the water.



L. Front Pike Position:

The hips are bent to form a 90° angle between the legs and trunk. The head is extended in line with the trunk, back straight. The legs are together and fully extended.



Surface Front Pike Position:

Heels and back of the thighs are at the surface.



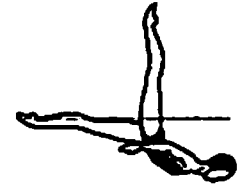
M. Knight Position:

The lower back is arched with the hips, shoulders and head on a vertical line. One leg is vertical. The other leg is extended backward, with its foot at the surface and as close to horizontal as possible.



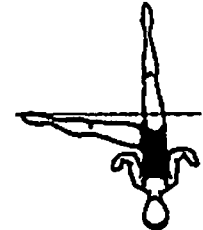
N. Pirouette Position:

Body facing down, prone. One leg is extended horizontally with its foot at the surface. The other leg is extended vertically above the surface with the back arched so the hips and head remain as close to the surface as possible.



O. Side Fishtail Position:

Body extended perpendicular to the surface, head downward. One leg is extended sideways (laterally) with its foot at the surface regardless of the height of the hips.

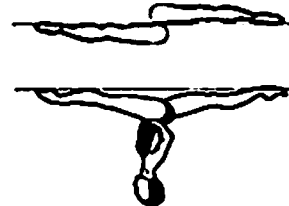


P. Split Position:

Legs evenly split forward and back. The legs are parallel to the surface. Lower back arched, with hips, shoulders and head on a vertical line. A 180° angle between the extended legs (flat split), with inside of each leg aligned on opposite sides of a horizontal line, regardless of the height of the hips.

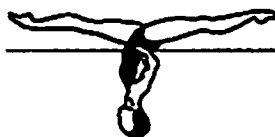
Split Position:

Legs are "dry" at the surface.



Airborne Split Position:

Legs are above the surface.



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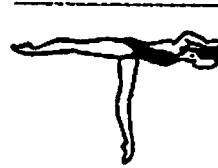
Q. Surface Arch Position:

The lower back is arched so the hips, shoulders and head are on a vertical line. The legs are together and at the surface.



R. T Position:

The trunk and one leg are extended parallel to the surface. The other leg is perpendicular to the trunk and extended directly toward the bottom of the pool.



S. Tub Position:

The legs are bent at the knees and together. The feet and knees are at and parallel to the surface, with the thighs perpendicular. Head in line with the trunk. The face is at the surface.



T. Tuck Position:

The body is as compact as possible, with the back rounded, heels close to buttocks, face close to the knees, with the legs together.



U. Vertical Position:

The body is extended, perpendicular to the surface. legs together. head downward. The ears, hips and ankles are in line.



**FIGURE RULE V
BASIC TRANSITIONS AND MOVEMENTS**

All the *Fundamental Criteria of Figure Execution*, listed in Figure Rule III.B, apply for the following figures, unless otherwise specified in a particular description.

A. Archup to Back Layout:

From the **Surface Arch Position**, with continuous foot first movement, the hips, chest and face surface sequentially at the same point, assuming a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



B. Ballet Leg, to assume:

From a **Back Layout Position**, with one leg remaining extended at the surface, the toe of the other leg is drawn along the inside of the extended leg until the thigh is vertical to assume a **Bent Knee Back Layout Position**. The knee is straightened, without movement of the thigh, to assume the **Ballet Leg Position**.



C. Ballet Leg, to lower:

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.



D. Bent Knee Surface Arch close to Surface Arch Position:

From the **Bent Knee Surface Arch Position**, the toe of the bent leg slides along the inside of the extended leg as the bent knee straightens to assume a **Surface Arch Position**.



E. Casalina Rotation:

Surface

From a **Ballet Leg Position**, while maintaining the ballet leg perpendicular to the surface and a 90° angle between the legs throughout, the head, shoulders and trunk begin a 180° rotation at the surface as the trunk descends, without lateral movement, to a **Crane Position**.



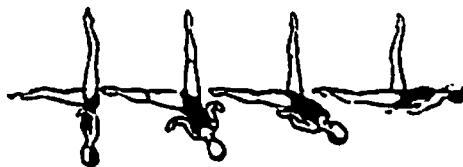
Rising

From a **Submerged Ballet Leg Position**, while maintaining the 90° angle between the legs, the hips rise during a 180° rotation of the trunk, shoulders and head, without lateral movement of the trunk and head, to assume a **Crane Position**. The final water line is established as the rotation is completed.



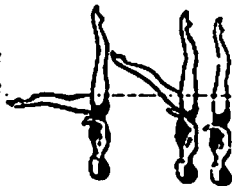
F. Catalina, Reverse, Rotation:

From a **Crane Position**, maintaining the 90° angle between the legs, the hips rotate 180° as the trunk rises, without lateral movement, to assume a **Surface Ballet Leg Position**.



G. Close to Vertical Position:

From **Crane or Fishtail Position**, without movement of the vertical leg or trunk, the horizontal leg is lifted to meet the vertical leg to assume a **Vertical Position**.

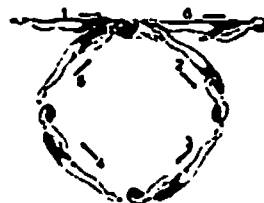


From the **Bent Knee Vertical Position**, without movement of the vertical leg or trunk, the toe of the bent leg slides along the inside of the vertical leg to assume a **Vertical Position**.



H. Dolphin Circle:

A **Dolphin** (and all its modifications) starts from a **Back Layout Position**. The head, hips and feet leave the surface sequentially at the same point to assume a **Dolphin Arch** as the body starts to follow the circumference of a circle, which has a diameter of approximately 2.5 meters (8 feet) depending on the height of the competitor. Movement continues, with the head, hips and feet following the imaginary line of the circumference until, with head, hips and feet sequentially breaking the surface at the same point, the body straightens as it surfaces to a **Back Layout Position**.



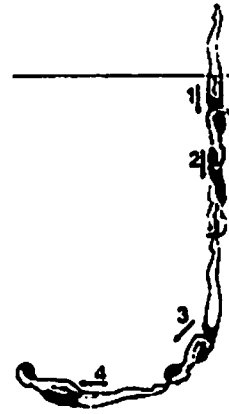
I. Dolphin to Vertical:

The head reaches the quarter point of the circle, and with continued head first movement, the body straightens as it continues downward to assume a **Vertical Position**. The toes reach the quarter point of the circle as they reach the vertical line. Maintaining the **Vertical Position**, the body ascends along its longitudinal axis until a water line is established between the ankles and the hips.



J. Vertical Descent to Dolphin Circle:

Maintaining a Vertical Position, the body descends along its longitudinal axis until the hips reach the quarter point of the circle. With continuous motion, the head leads the body back onto the circumference of a circle, into a Dolphin Arch, and the Dolphin continues.



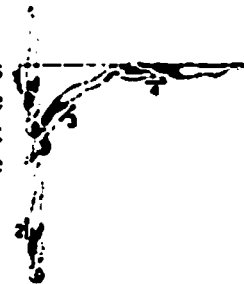
K. Dolphin, Foot First to Vertical:

The toes reach the three quarter point of the circle and, with continued foot first movement, the feet rise along a vertical line as the body straightens to a Vertical Position. A water line is established between the ankles and the hips.



L. Vertical Descent to Dolphin, Foot First:

Maintaining a Vertical Position, the body descends along its longitudinal axis until the toes reach the three quarter point of the circle. Resuming foot first movement, the toes lead the body back onto the circumference of the circle into a Dolphin Arch as the Dolphin, Foot First continues.



M. Front Pike Position, to assume:

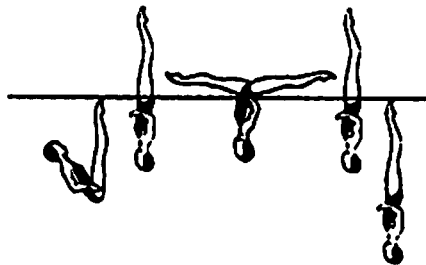
From a Front Layout Position, as the head and trunk descend to a Front Pike Position, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action.



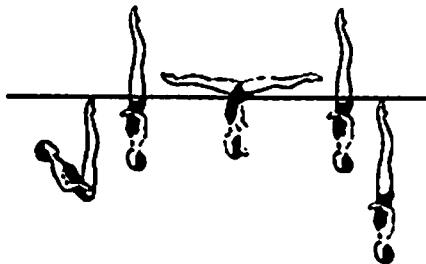
N. Rocket Split:

A *Thrust* is executed to a **Vertical Position**, maintaining maximum height the legs are split rapidly to assume an **Airborne Split Position** and rejoin to a **Vertical Position**, followed by a *Vertical Descent*. The *Vertical Descent* is executed at the same tempo as a *Thrust*.

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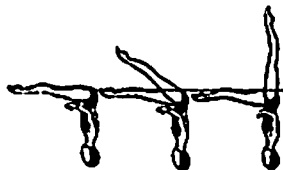


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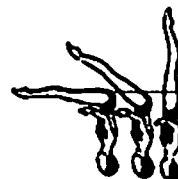
O. Surface Front Pike Position to Crane Position:

From a **Surface Front Pike Position**, without movement of the trunk and with minimal change in level, one leg is lifted to a **Crane Position**.



P. Front Pike Position to Submerged Ballet Leg Double Position:

From a **Front Pike Position**, maintaining this position, the body somersaults forward around a lateral axis so that the hips replace the head at the one quarter point to assume a **Submerged Ballet Leg Double Position**. The buttocks, legs and feet travel (move) downward until the hips occupy the position of the head at the beginning of this action.



Q. Surface Front Pike Position to Vertical Position:

From a **Surface Front Pike Position**, without movement of the trunk, the legs are lifted to a **Vertical Position**.

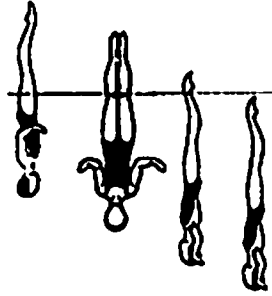
R. Spins:

A *Spin* is a rotation in a **Vertical Position**. The body remains on the same vertical line. Spins are executed in one uniform motion, unless otherwise specified. A *Spin* is normally followed by a *Vertical Descent* to complete a figure.

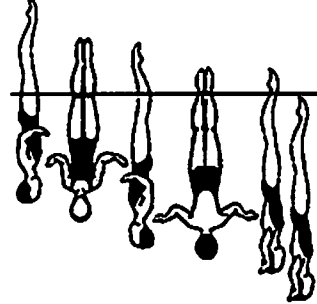
Descending Spins must start at the height of the vertical. The specified rotation must be completed as the heel(s) reaches the surface. Unless otherwise specified, a *Descending Spin* is finished with a *Vertical Descent* which is executed at the same tempo as the *Spin*.

Ascending Spins begin when the water level is at the heels, unless otherwise specified. A vertically rising spin is executed until the water level is between the knees and hips. An *Ascending Spin* is finished with a *Vertical Descent*.

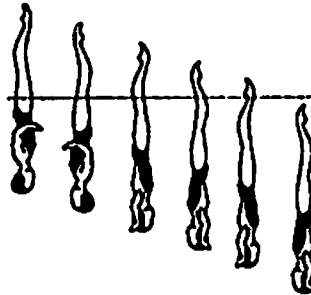
Spinning 180° is a *Descending Spin* with a rotation of 180°.



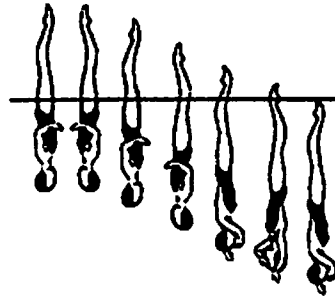
Spinning 360° is a *Descending Spin* with a rotation of 360°.



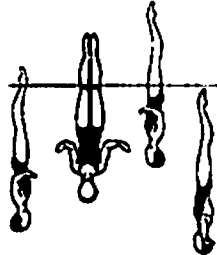
Continuous Spin is a *Descending Spin* with a rapid rotation of: 720° (2), 1080° (3), or 1440° (4) which is completed as the heels reach the surface and continues through submergence.



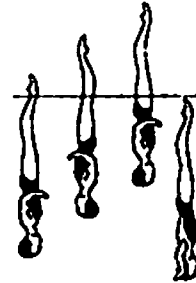
Twist Spin is a *Half Twist* (see Figure Rule V.T), executed at the height of the vertical, followed, without a pause, by a *Continuous Spin* of 720° (2).



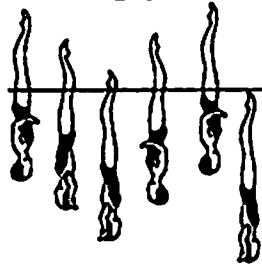
Spin Up 180° is an *Ascending Spin* with a rotation of 180°.



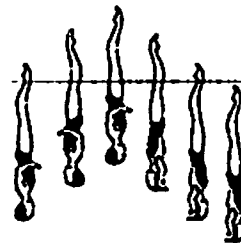
Spin Up 360° is an *Ascending Spin* with a rotation of 360°.



Combined Spin is a *Descending Spin* of at least 360° followed, without a pause, by an equal *Ascending Spin* in the same direction. The *Ascending Spin* reaches the same height where the *Descending Spin* started.



Reverse Combined Spin is an *Ascending Spin* of at least 360° followed, without a pause, by an equal *Descending Spin* in the same direction.

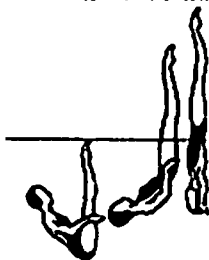


A spin may be added to any figure following a final Vertical Position. A figure with a spin added to its normal sequence shall have a letter added to its number and difficulty added as listed below. Spins designated "d" through "g" and "j" must start from the height of the vertical; those designated "h", "i", or "k" will be preceded with a Vertical Descent to the heels.

	Letter	Normal add-on Difficulty	Add-on to Thrust
Spinning 180°	"d"	0.1	0.1
Spinning 360°	"e"	0.2	0.2
Continuous Spin (720°)	"f"	0.5	0.8
Continuous Spin - Each additional 360° spin beyond 720° (2)	"f"	0.05	n.a.
Twist Spin	"g"	0.9	n.a.
Spin up 180°	"h"	0.5	0.5
Spin up 360°	"i"	0.6	0.6
Combined Spin	"j"	0.8	0.8
Reverse Combined Spin	"k"	0.8	n.a.

S. Thrust:

From a submerged Back Pike Position, with legs remaining perpendicular to the surface, a vertical upward movement of the legs and hips is rapidly executed as the body unrolls to assume a Vertical Position. In the Back Pike Position the toes should be just below the surface prior to the Thrust. Maximum height is desirable.



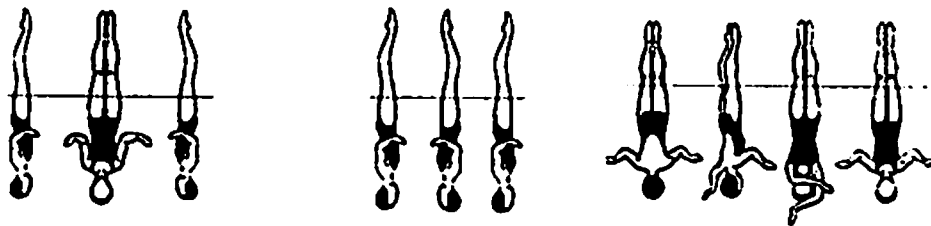
In the Compact Submerged Flamingo Position the water line prior to the Thrust is between the knee and ankle of the vertical leg. Maximum height is desirable.



T. Twist:

A Twist is a rotation at a sustained height in the Vertical Position. The water level is between the ankle and the hip. The body remains on the same vertical axis. Unless otherwise stated, a Twist is followed by a Vertical Descent.

Half Twist is a Twist of 180°. Full Twist is a Twist of 360°. Twirl is a rapid Twist of 180°.



A *Twist* or *Twirl* may be added to any figure following a final **Vertical position**.
Exception: Figure 240c, Albatross, *Twirl*. A figure with a *Twist* or *Twirl* added to its normal sequence shall have a letter added to its number and difficulty added as follows:

	Letter	Normal add-on Difficulty	Add-on for <i>Thrust</i>
Half Twist	"a"	0.4	n.a.
Full Twist	"b"	0.6	n.a.
Twirl	"c"	0.5	0.6



U. Vertical Descent:

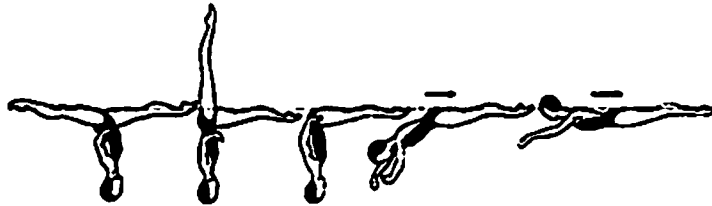
Maintaining a **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged, or to the point specified in the description.



V. Walkout:

Back Walkout: Split to Front Pike to Front Layout:

From the **Split Position**, the hips remain stationary as the back leg is lifted in an arc over the surface to meet the other leg in a **Surface Front Pike Position**. The feet and hips move along the surface until the body straightens to a **Front Layout Position** as the head surfaces at the position occupied by the hips at the beginning of this action.



Front Walkout: Split to Surface Arch to Back Layout:

From the **Split Position**, the hips remain stationary as the front leg moves in an arc over the surface to meet the other leg in a **Surface Arch Position**. An *Archup* (see Figure Rule V.A.) is executed to a **Back Layout Position**.

