

APPENDIX V
FINA FIGURE GROUPS 2009-2013

Senior, Junior and Age Group 16-17-18

COMPULSORY:

1	313	Kip Split Closing 180°	2.5
2	112f	Ibis Continuous Spin (720°)	2.8

OPTIONAL GROUPS:

Group 1

3	336	Gaviata Open 180°	2.8
4	436	Cyclone	2.7

Group 2

3	355b	Porpoise Full Twist	2.5
4	150	Knight	3.1

Group 3

3	307	Flying Fish	3.0
4	115c	Catalina Twirl	2.8

Age Group 13-14-15

COMPULSORY:

1	420	Walkover Back	2.0
2	355e	Porpoise Spinning 360°	2.1

OPTIONAL GROUPS:

Group 1

3	342	Heron	2.1
4	311a	Kip 1/2 Twist	2.2

Group 2

3	240	Albatross	2.2
4	345	Catalina Reverse	2.1

Group 3

3	301d	Barracuda Spinning 180°	2.1
4	140	Flamingo Bent Knee	2.4

SYNCHRONISED SWIMMING

Age Group 12 and under

COMPULSORY:

1	101	Ballet Leg Single	1.6
2	360	Walkover Front	2.1

OPTIONAL GROUPS:

Group 1

3	321	Somersub	2.0
4	315	Kipnus	1.6

Group 2

3	355	Porpoise	1.9
4	401	Swordfish	2.0

Group 3

3	344	Neptunus	1.8
4	301	Barracuda	2.0