

Figure Groups Grade 4 & 5

GRADE 4.

COMPULSORY.

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|----|-----|-----------------------|-----|
| 1. | | Alternate Sailboat | 1.3 |
| 2. | 320 | Somersault Front Pike | 1.7 |

OPTIONAL GROUPS.

Group 1.

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|----|-----|-----------------------|-----|
| 3. | 301 | Dolphin | 1.4 |
| 4. | | Somersault Front Tuck | 1.1 |

Group 2.

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|----|-----|----------------------|-----|
| 3. | 302 | Blossom | 1.4 |
| 4. | 310 | Back Tuck Somersault | 1.1 |

Group 3.

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|----|-----|----------------------|-----|
| 3. | 303 | Somersault Back Pike | 1.5 |
| 4. | | Tub | 1.1 |

GRADE 5

COMPULSORY.

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|----|--|---|-----|
| 1. | | Alternate Sail Boats | 1.3 |
| 2. | | Front pike pull down to front pike position | 1.3 |

OPTIONAL GROUPS.

Group 1.

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|----|-----|----------------------|-----|
| 3. | 310 | Back Tuck Somersault | 1.1 |
| 4. | | Pretzel (one way) | 1.1 |

Group 2.

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|----|--|--|-----|
| 3. | | Front Tuck Somersault | 1.1 |
| 4. | | Pretty Lady or Waterwheel (one way only) | 1.1 |

Group 3.

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|----|--|--|-----|
| 3. | | Tub (one way only) | 1.1 |
| 4. | | Underwater vertical position (at ankles) to split position & return to underwater vertical position (at ankles). | 1.3 |