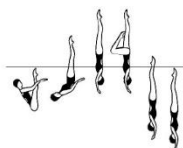


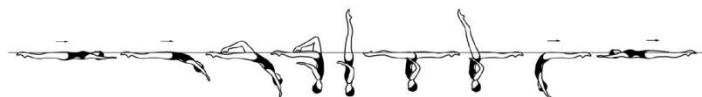
Cat.: Junior

FINA Junior Tech Elements Team 2017-2021 No 1, 3, 4, 5

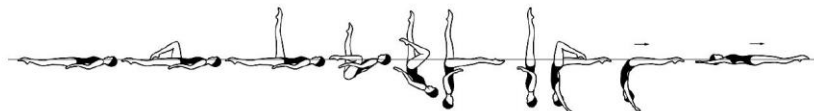
1. Starting in a **Submerged Back Pike Position** with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position** and with no loss of height one leg is lowered to a **Bent Knee Vertical Position**. A rapid *180° Spin* is executed as the bent knee is extended to a **Vertical Position**. All movements are executed rapidly. [DD 2.3]



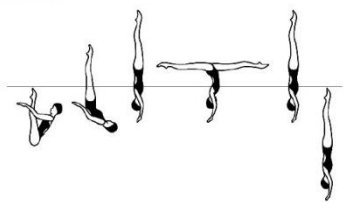
3. A Cyclone is executed to a **Vertical Position**, the legs are symmetrically lowered to a **Split Position**. A *Walkover Front* is executed. [DD 2.6]



4. Manta Ray Hybrid: A Flamingo is executed to a **Surface Flamingo Position**, travelling head first. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves with the knee at the surface to assume a **Fishtail Position**. The horizontal leg is lifted rapidly to a **Vertical Position**, as the body rotates 180°. The direction of the 180 rotation is closing into the vertical leg. (Note: A right flamingo start requires the right shoulder back during the 180° rotation and a left flamingo start requires the left shoulder back during the 180° rotation) The legs are lowered rapidly simultaneously to a **Bent Knee Surface Arch Position**. (Note: The **Bent Knee Surface Arch Position** can be assumed by using either leg). The bent knee is straightened to a **Surface Arch Position** and with continuous motion, an *Arch to Back Layout Finish Action* is executed. [DD 3.1]



5. From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Barracuda Airborne Split* is executed. [DD 2.5]



Cat.: 13, 14 and 15 yrs

FINA Figure Age Group 2017-2021

COMPULSORY FIGURES

1	423	Ariana	2.2
2	143	Rio	3.1

OPTIONAL GROUPSGroup 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

Cat.: 12 yrs and under**Beginners****FINA Figures Age Group 2017-2021**COMPULSORY FIGURES

1	106	Straight Ballet leg	1.6
2	301	Barracuda	1.9

101	Ballet Leg Single	1.6
316	Kipnus	1.4

OPTIONAL GROUPS

361	Prawn	1.5
323	Somersault Front Pike	1.4

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