






## NOVICE FIGURES

### COMPULSORY:





#### 101 Ballet Leg, Single 1.6

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 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.

					<b>Total</b>
<b>NV =</b>	<b>10.5</b>	<b>11.0</b>	<b>11.0</b>	<b>10.5</b>	<b>43</b>
<b>PV =</b>	<b>2.44</b>	<b>2.56</b>	<b>2.56</b>	<b>2.44</b>	

### 302 Blossom 1.4

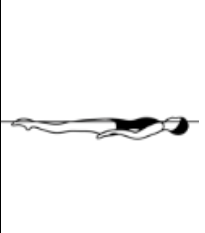



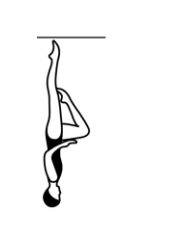
From a **Back Layout Position**, the legs are raised to the vertical as the body is submerged to a **Back Pike Position** with toes just under the surface. The feet separate along the surface as a vertical upward movement of the trunk is executed as the body unrolls to assume a **Split Position**. The legs join to assume a **Vertical Position** at ankle level. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.

						Total
NVT=	10.0	11.0	5.0	5.0	31	
PV =	3.23	3.55	1.61	1.61		

**Optional - Group 1**

**315 Kipnus 1.4**






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 assume a **Bent Knee Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and shins. A *Vertical Descent* is executed in a **Bent Knee Vertical Position**.

					Total
NVT=	3.0	2.0	15.0	11.0	31.0
PV =	0.97	0.65	4.84	3.55	

## Optional - Group 1

### 320 Somersault Front Pike 1.4

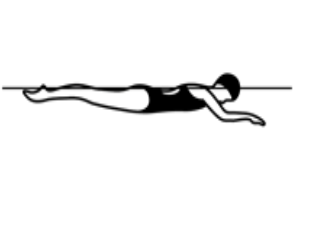
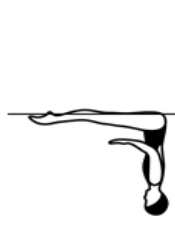
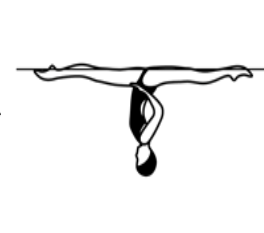


From the **Front Layout Position**, as the trunk moves downward to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action. Maintaining this position, the body somersaults forward around a lateral axis so that the hips replace the head at each quarter point of revolution. The rotation continues until the head and buttocks return to the surface. As the legs move upward to assume a **Front Layout Position**, the head, shoulders and buttocks travel along the surface until the hips occupy the same position as the head at the beginning of this action.

					Total
NVT=	6.0	8.0	8.0	6.0	28
PV =	2.14	2.86	2.86	2.14	

**Optional - Group 2**

**361 Prawn 1.5**

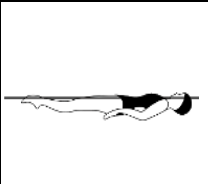

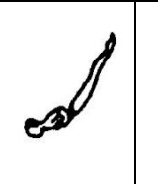
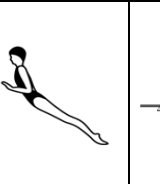
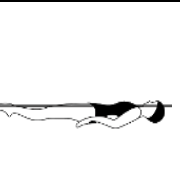
From a **Front Layout Position**, a **Surface Front Pike Position** is assumed. One leg is lifted in a 180 arc over the surface to a **Split Position**. The legs join to assume a **Vertical Position** at ankle level. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.

					Total
NVT=	6.0	20.0	5.0	5.0	36
PV =	1.67	5.56	1.39	1.39	

## Optional - Group 2

### 201 Dolphin 1.4

From a **Back Layout Position**, with head leading, the head, hips and feet leave the surface sequentially at the same point to assume a **Dolphin Arch** as the body begins to move around a circle which has a diameter of approximately 2.5 meters (8 feet), depending upon the height of the swimmer. Movement continues, as the head, hips and feet follow the imaginary line of the circumference until, with the head, hips and feet breaking the surface sequentially at the same point, the body straightens as it surfaces to a **Back Layout Position**.

					Total
NVT=	8.0	8.0	8.0	8.0	32
PV =	2.5	2.5	2.5	2.5	