

# SYNCHRONISED SWIMMING

## 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