

Appendix A: Figure Groups & Descriptions

10 & Under

The Figure groups for Provincial Stream 10 & Under shall be as listed below and their draw shall be conducted according to Synchro Ontario General Rule # 19.

Compulsory:

1	302	Blossom	1.4
2	320	Front Pike Somersault	1.7

Optional Groups:

Group 1

3	310	Back Tuck Somersault	1.1
4	101	Ballet Leg Single	1.6

Group 2

3	303	Somersault Back Pike	1.5
4		Sailboat Alternate	1.3

10 & Under Figure Descriptions

302 Blossom

From a **Back Layout Position** the trunk is lowered as the hips are bent to assume a Submerged **Ballet Leg Double Position**. The feet separate along the surface as the hips rise and the body assumes a **Split Position**. The legs join to assume a **Vertical Position** at ankle height. A Vertical Descent is executed.

320 Front Pike Somersault

From a **Front Layout Position**, a Front Pike Position is assumed. As the trunk moves downward to assume a **Front Pike Position**, the buttocks, legs and feet travel along the surface of the water 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 one quarter point to assume a Submerged **Ballet Leg Double Position**. The buttocks, legs and feet travel downward until the hips occupy the position of the head at the beginning of this action. With continuous movement, the body continues to somersault around a lateral axis so that the hips replace the head at each quarter point of the revolution until the head and buttocks return to the surface. As the legs move upward to assume a **Front Layout Position** the head, back and buttocks travel along the surface until the hips occupy the same position as the head at the beginning of this action.

310 Back Tuck Somersault

From a **Back Layout Position** the knees and toes are drawn along the surface to assume a **Tuck Position**. With continuous motion the tuck becomes more compact as the body somersaults backwards around a lateral axis for one complete revolution. A **Back Layout** is resumed.

101 Ballet Leg Single

Begin in **Back Layout Position**. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Position**. The knee is straightened without movement of the thigh to assume a **Ballet Leg Position**. The knee is bent without movement of

the thigh to a **Bent Knee Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.

303 Somersault Back Pike

From a **Back Layout Position** with the body remaining parallel and close to the surface, the legs are lifted rapidly to assume a **Back Pike Position**. Without a pause the body somersaults backwards around a lateral axis until the feet and head simultaneously reach the surface. A **Back Layout Position** is resumed.

Sailboat Alternate

Begin in a **Back Layout Position**. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is resumed. Repeat with the other leg.

11-12

The Figure groups for Provincial Stream 11-12 years shall be as listed below and their draw shall be conducted according to Synchro Ontario rule 4.2.3.

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	301	Barracuda	2.0

11-12 Figure Descriptions

101 Ballet Leg Single

Begin in **Back Layout Position**. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Position**. The knee is straightened without movement of the thigh to assume a **Ballet Leg Position**. The knee is bent without movement of the thigh to a **Bent Knee Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.

360 Walkover Front

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted in a 180° arc over the surface to a **Split Position**. A *Walkout Front* is executed.

321 Somersub

From a **Front Layout Position**, a Somersault Front Pike is executed to a **Submerged Ballet Leg Double Position**. One leg is lowered to a **Submerged Ballet Leg Position**. Maintaining this position, the body rises vertically to a **Surface Ballet Leg Position**. The *Ballet Leg* is lowered.

315 Kipnus

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 the shins. A *Vertical Descent* is executed in a **Bent Knee Vertical Position**.

355 Porpoise

From a **Front Layout Position**, a *Front Pike Position* is assumed. The legs are lifted to **Vertical Position**. A *Vertical Descent* is executed.

301 Barracuda

From a **Back Layout Position**, the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface. A *Thrust* is executed to **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

13, 14, 15

The Figure groups for Provincial Stream 13, 14, and 15 years shall be as listed below and their draw shall be conducted according to Synchro Ontario rule 4.2.3.

Compulsory:

1	420	Walkover Back	2.0
2	355	Porpoise	1.9

Optional Groups:

Group 1

3	342	Heron	2.1
4	311	Kip	1.8

Group 2

3	240	Albatross	2.2
4	360	Walkover Front	2.1

Group 3

3	301	Barracuda	2.0
4	140	Flamingo Bent Knee	2.4

16-20

The Figure groups for 16-20 years shall be as listed below and their draw shall be conducted according to Synchron Ontario rule 4.2.3.

Compulsory:

1	420	Walkover Back	2.0
2	355	Porpoise	1.9

Optional Groups:

Group 1

3	342	Heron	2.1
4	311	Kip	1.8

Group 2

3	240	Albatross	2.2
4	360	Walkover Front	2.1

Group 3

3	301	Barracuda	2.0
4	140	Flamingo Bent Knee	2.4

13, 14, 15 and 16-20 Figure Descriptions

420 Walkover Back

With the head leading a *Dolphin* is initiated. The hips, legs and feet continue to move along the surface as the back is arched more to assume a **Surface Arch Position**. One leg is lifted in a 180° arc over the surface to a **Split Position**. A *Walkout Back* is executed.

355 Porpoise

From a **Front Layout Position**, a *Front Pike Position* is assumed. The legs are lifted to **Vertical Position**. A *Vertical Descent* is executed.

342 Heron

From a **Front Layout Position** a Somersault Front Pike is executed to a **Submerged Ballet Leg Double Position**. One leg is bent with the shin parallel to the surface and the mid-calf opposite the vertical leg, as the trunk moves toward the legs. A *Thrust* is executed to a **Bent Knee Vertical Position**, with the foot of the bent leg moving simultaneously to the inside of the vertical leg during the rise. A *Vertical Descent* is executed in a **Bent Knee Vertical Position** at the same tempo as the *Thrust*.

311 Kip

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 are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A *Vertical Descent* is executed.

240 Albatross

With the head leading, a *Dolphin* is initiated until the hips are about to submerge. The hips, legs and feet continue to move along the surface, as the body rolls onto the face as it assumes a **Front Pike Position**. The legs are lifted simultaneously to a **Bent Knee Vertical Position**. A *Half Twist* is executed. The bent knee is extended to the Vertical Position. A *Vertical Descent* is executed.

360 Walkover Front

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted in a 180° arc over the surface to a **Split Position**. A *Walkout Front* is executed.

301 Barracuda

From a **Back Layout Position**, the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface. A *Thrust* is executed to **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

140 Flamingo Bent Knee

A Flamingo is executed to a **Surface Flamingo Position**. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves to a **Bent Knee Vertical Position**. The bent knee is extended to **Vertical Position**. A *Vertical Descent* is executed.

Tier 6 National Stream (13-15, 16 & Over)
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The Figure groups for Tier 6 13-15 and 16 & Over shall be as listed below and their draw shall be conducted according to Synchro Ontario General rule 4.2.3. D.D. = degree of difficulty

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

Tier 6 National Stream (13-15, 16 & Over) Figure Descriptions

420 Walkover Back

With the head leading a *Dolphin* is initiated. The hips, legs and feet continue to move along the surface as the back is arched more to assume a **Surface Arch Position**. One leg is lifted in a 180° arc over the surface to a **Split Position**. A *Walkout Back* is executed.

355e Porpoise Spinning 360°

From a **Front Layout Position**, a *Front Pike Position* is assumed. The legs are lifted to **Vertical Position**. A 360° spin is executed.

342 Heron

From a **Front Layout Position** a Somersault Front Pike is executed to a **Submerged Ballet Leg Double Position**. One leg is bent with the shin parallel to the surface and the mid-calf opposite the vertical leg, as the trunk moves toward the legs. A *Thrust* is executed to a **Bent Knee Vertical Position**, with the foot of the bent leg moving simultaneously to the inside of the vertical leg during the rise. A *Vertical Descent* is executed in a **Bent Knee Vertical Position** at the same tempo as the *Thrust*.

311a Kip 1/2 Twist

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 are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A 1/2 Twist is executed. A *Vertical Descent* is executed.

240 Albatross

With the head leading, a *Dolphin* is initiated until the hips are about to submerge. The hips, legs and feet continue to move along the surface, as the body rolls onto the face as it assumes a **Front Pike Position**. The legs are lifted simultaneously to a **Bent Knee Vertical Position**. A *Half Twist* is executed. The bent knee is extended to the Vertical Position. A *Vertical Descent* is executed.

345 Catalina Reverse

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted to a **Crane Position**. A *Catalina Reverse Rotation* is executed. *The Ballet Leg is lowered*.

301d Barracuda Spinning 180°

From a **Back Layout Position**, the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface. A *Thrust* is executed to **Vertical Position**. A 180° *Spin* is executed at the same tempo as the *Thrust* to complete the figure.

140 Flamingo Bent Knee

A Flamingo is executed to a **Surface Flamingo Position**. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves to a **Bent Knee Vertical Position**. The bent knee is extended to **Vertical Position**. A *Vertical Descent* is executed.