FIGURES ESCOLA del 20/04/2024

<mark>Actualització 02/03/2024</mark>

Categoria ALEVÍ

Figura nº1: Dofí

- A *Dolphin* (and all its modifications) is started in a **Back Layout Position**.

- The body follows the circumference of a circle which has a diameter of approximately 2,5 meters, depending on the height of the swimmer.

- The head, hips and feet leave the surface sequentially to assume a Dolphin Arch as the body moves around the circle with head, hips and feet following the imaginary line of the circumference.

- Movement continues until the body straightens as it surfaces to a **Back Layout Position**, with head, hips and feet breaking the surface at the same point.
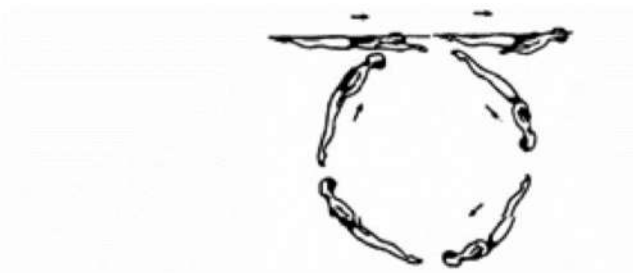

Figura nº2: Tub 360º: a la lliga escola es realitzarà: 360º Surface rotation

BP 15 Tub Position

Body Position Description	Diagrams	Major Desired Actions
1. Legs bent and together, feet and shins at and parallel to the surface of the water with thighs perpendicular.		1. Knees and hip joints aligned vertically with thighs perpendicular to the surface of the water. Legs dry from toes to knees.
2. Head in line with trunk.		2. Chest close to the surface of the water, with the shoulders back. Ears, shoulder joints and hip joints aligned, with the spine extended.
3. Face at the surface of the water.		

- 360º Surface rotation
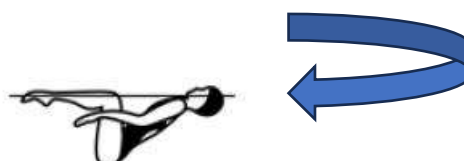
Categoria INFANTIL-JÚNIOR

Figura nº1: 359 Front Ariana DD 2.2

From a **Front Layout Position** a *Front Pike Position is assumed*. One leg is lifted in a 180° arc over the surface of the water to a **Split Position**. Maintaining the relative position of the legs to the surface of the water, an *Ariana Rotation is performed*. A *Walkout Front is executed*.

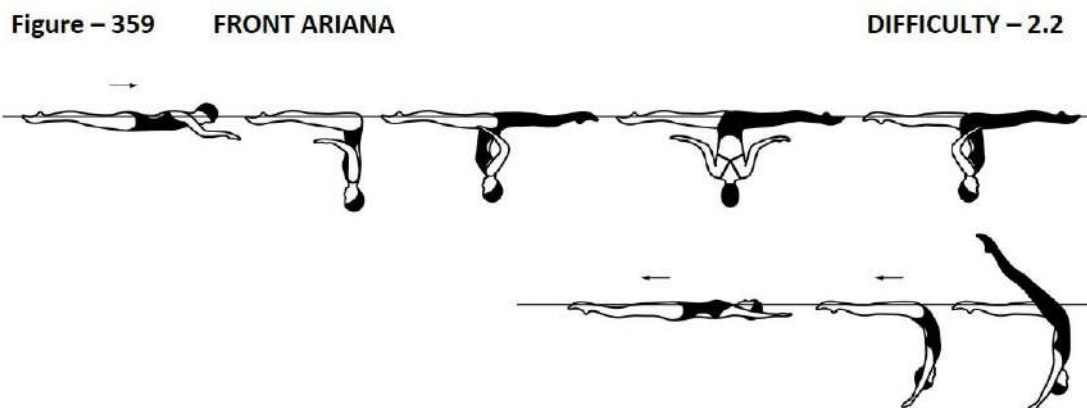Figure – 359   FRONT ARIANA   DIFFICULTY – 2.2

Figura nº2: 140d Flamingo Bent Knee Spinning 180°

A Ballet Leg is assumed. The shin of the horizontal leg is drawn along the surface of the water to assume 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**. Then bent leg is extended to **Vertical Position**. A *Spinning 180°* is executed

Figure – 140d   FLAMINGO BENT KNEE SPINNING 180°   DIFFICULTY – 2.4

								Total
NVT=	10.5	11.0	7.5	20.0	16.5	16.0	0	81.5
PV =	1.29	1.35	0.92	2.45	2.02	1.96	0	10

5.
d) *180° Spin/Spinning 180°*: a descending Spin with a rotation of 180°.

16.0 (stable)
24.0 (unstable-rapid

See Spin Allowance.