



New Figures 2017-2021

10 & Figures (APPROVED)

Basic Positions

<i>Proposed</i>
Group #1 <ul style="list-style-type: none">• Right Leg Split• Back layout• Pike• Bent knee Vertical
Group #2 <ul style="list-style-type: none">• Left Leg Split• Front Layout• Submerged Doubles (90 degree at hips)• Fishtail
Group #3 <ul style="list-style-type: none">• Middle split• Sailboat• Back Pike Position (start of barracuda)• Knight
Group #4 <ul style="list-style-type: none">• Surface arch• Ballet Leg• Inverted tuck• Vertical

Basic Transitions

<i>Proposed</i>
2 Compulsory <ul style="list-style-type: none">• Ariana Rotation• Back Layout to Ballet Leg
Group #1 <ul style="list-style-type: none">• Walkout (Split to knight to surface arch to back layout)• Front Layout to Front Pike to Sub Dub
Group #2 <ul style="list-style-type: none">• Front Layout to Front Pike to Fishtail• Bent knee to vertical
Group #3 <ul style="list-style-type: none">• Back layout to back pike (start of barracuda)• Vertical Descent



Figures

Proposed
Compulsory Ballet Leg single Blossom
Group #1 Kipnus Walkover Front (2.1)
Group #2 Back tuck somersault Neptunus
Group #3 Surface Prawn Somersub

12U Figures Selected by FINA

Compulsory:

106 Straight ballet leg (new)
301 barracuda

Optional:

Group 1

420 Walkover back
327 Ballerina

Group 2

311 Kip
401 Swordfish

Group 3

226 Swan (new)
363 Water Drop

Please note that the plan42/LTAD task force will be selecting transitions for our 11-12 to swim at the figures meets in the fall. This will be selected fairly soon and distributed once it is approved*



13-15 Selected by FINA

Compulsory

424 Ariana

143 Rio (new)

Optional:

Group 1

351 Jupiter

437 Oceanea

Group 2

240a Albatross half twist

403 Swordtail

Group 3

355f Porpoise continuous spin 720

315 Seagull (new)

Synchro Canada will be having a meeting with the technical directors and national team coaches in the coming week to address the FINA rule changes and their impact on Canadian rules. We'll be communicating with you in the coming weeks with the modifications.*