

Anhang I zu Reglement 6.4 / Annexe I au règlement 6.4  
 "Schweizerische Jugendwettkämpfe Synchronschwimmen" /  
 "Critérium suisse des espoirs de natation synchronisée"

**PFLICHTFIGUREN / FIGURES IMPOSÉES**

2009-2013 FINA Junior Figures		2009-2013 FINA Age Group 13-14-15 Figures	
JUGEND 1 / JEUNESSE 1 (Test 11)		JUGEND 2 / JEUNESSE 2 (Test 9)	
<b>Compulsory Figures</b>		<b>Compulsory Figures</b>	
1	313 Kip Split Closing 180°	2.5	
2	112f Ibis Continuous Spin (720°)	<u>2.8</u>	
		<u>5.3</u>	
<b>Optional Figures</b>		<b>Optional Figures</b>	
<u>Group 1</u>		<u>Group 1</u>	
3	336 Gaviata Open 180°	2.8	
4	436 Cyclone	<u>2.7</u>	
		<u>10.8</u>	
<u>Group 2</u>		<u>Group 2</u>	
3	355b Porpoise Full Twist	2.5	
4	150 Knight	<u>3.1</u>	
		<u>10.9</u>	
<u>Group 3</u>		<u>Group 3</u>	
3	307 Flying Fish	3.0	
4	115c Catalina Twirl	<u>2.8</u>	
		<u>11.1</u>	
<b>2009-2013 FINA 12 and under Figures</b>			
JUGEND 3 / JEUNESSE 3 (Test 7)			
<b>Compulsory Figures</b>		<b>Optional Figures</b>	
1	101 Ballet Leg Single	1.6	
2	360 Walkover Front	<u>2.1</u>	
		<u>3.7</u>	
		<u>Group 1</u>	
3	321 Somersub	2.0	
4	315 Kipnus	<u>1.6</u>	
		<u>7.3</u>	
		<u>Group 2</u>	
3	355 Porpoise	1.9	
4	401 Swordfish	<u>2.0</u>	
		<u>7.6</u>	
		<u>Group 3</u>	
3	344 Neptunus	1.8	
4	301 Barracuda	<u>2.0</u>	
		<u>7.5</u>	

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**REQUIRED ELEMENTS FOR FREE ROUTINES (J2 AND J3)**

**General:**

Rules written in English so that no translation in German and French is needed.

J1 Routines are free (like Free Routines).

J3 and J2 include required elements as listed below. All numbered elements are to be performed in the listed order. All other elements can be done any time during the routine. In duet and team all required elements have to be performed simultaneously. Supplementary elements may be added and be performed like in free routines.

**Jugend 2 / Jeunesse 2**

**Solo**

1. Twist Spin: A Half Twist is executed, and without a pause, is followed by a Continuous Spin of at least 720° (minimum 2 rotations until the heels reach the surface and continue through submergence).
2. Rocket Split: A Thrust is executed to a Vertical Position, maintaining maximum height the legs are split rapidly to assume a Split Position and rejoin to a Vertical Position, followed by a Vertical Descent. The Vertical Descent is executed at the same tempo as the Thrust.
3. Head-first body Boost with both arms above the surface as the body reaches maximum height. (The Boost is begun with the body totally under water or with the back of the head and/or torso flush with the surface. The Boost is completed upon total submergence.)
4. Beginning with a straight leg lift to a Ballet Leg Position. Travelling ballet leg position into split position
5. Combined spin is executed: A descending Spin of 720° (2 rotations) followed, without a pause, by an equal ascending Spin in the same direction.
6. Thrust to Vertical Position followed by a twirl and a Vertical Descent

**Duet**

1. Rocket Split: A Thrust is executed to a Vertical Position, maintaining maximum height the legs are split rapidly to assume a Split Position and rejoin to a Vertical Position, followed by a Vertical Descent. The Vertical Descent is executed at the same tempo as the Thrust.
2. From a Split Position to a Vertical Position followed by a Continuous Spin of at least 720° (minimum 2 rotations until the heels reach the surface and continue through submergence).
3. Travelling ballet leg combination, beginning with a straight leg lift to a Ballet Leg Position. Minimum 3 different positions (including Double Ballet Leg)
4. A connected action - connected, joined or intertwined movements (with arms or legs). Lifts, throws and platforms are not permitted.

5. Maintaining a Fishtail Position, one rapid full twist is executed at maximum height.
6. Vertical position to split back to vertical position, minimum 2 times, change of leg for each split (left/right or vice versa), rapid execution
  - Head-first body boost with both arms above the surface as the body reaches maximum height. (The Boost is begun with the body totally under water or with the back of the head and/or torso flush with the surface. The Boost is completed upon total submergence.)

#### Team

1. Lift or jump
2. Fishtail to vertical position back to fishtail. Leg lift up is executed to a Vertical Position. Then the legs are lowered symmetrically to a Split Position. A walk out front is executed.
3. Head-first body boost with both arms above the surface as the body reaches maximum height. (The Boost is begun with the body totally under water or with the back of the head and/or torso flush with the surface. The Boost is completed upon total submergence.)
4. Travelling ballet leg combination (minimum 3 positions, including Double Ballet Leg)
5. A Nova is executed to the completion of a Bent Knee Surface Arch Position; the legs are simultaneously lifted to a Vertical Position as the bent knee is extended. A continuous spin of at least 720° (minimum 2 rotations until the heels reach the surface and continue through submergence).
6. Thrust is executed as one foot is drawn along the inside of the other extended leg to assume a Bent Knee Vertical Position. A Vertical Descent is executed as the bent knee is extended to meet the vertical leg as the ankles submerge
  - Cadence action, placing optional
  - The pattern formations must include a straight line and circle

### Jugend 3 / Jeunesse 3

#### Solo

1. Leg joint from Vertical Bent Knee Position to Vertical Position followed by a Continuous Spin of at least 360° (minimum 1 rotation until the heels reach the surface and continue through submergence).
2. Rocket Split: A Thrust is executed to a Vertical Position, maintaining maximum height the legs are split rapidly to assume a Split Position and rejoin to a Vertical Position, followed by a Vertical Descent. The Vertical Descent is executed at the same tempo as the Thrust.
3. Split Position to Back Layout Position (walkout front)
4. Travelling Ballet Leg combination, including Ballet Leg and Flamingo positions (min. 3 different positions)
5. Combined spin is executed: A descending Spin of 180° (1/2 rotation) followed, without a pause, by an equal ascending Spin in the same direction.

6. Head-first body boost (arms free). (The Boost is begun with the body totally under water or with the back of the head and/or torso flush with the surface. The Boost is completed upon total submergence.)

#### Duet

1. Crane Position followed by a leg joint to Vertical Position followed by a Continuous Spin of at least 360° (minimum 1 rotation until the heels reach the surface and continue through submergence).
2. Head-first body boost (arms free). (The Boost is begun with the body totally under water or with the back of the head and/or torso flush with the surface. The Boost is completed upon total submergence.)
3. A connected action - connected, joined or intertwined movements. Lifts, throws and platforms are not included.
4. 423 Ariana: from first Split Position to the end of the figure
5. Travelling Ballet Leg combination, including Ballet Leg and Flamingo positions (min. 3 different positions)
6. Thrust (legs optional)
  - Eggbeater with both arms above the surface

#### Team

1. Lift or jump
2. From Split Position the legs are joined to resume Vertical Position. A Vertical Descent is executed.
3. Travelling Ballet Leg combination, including right Ballet Leg, left Ballet Leg, Flamingo Positions (Minimum 3 positions)
4. Side kick into Front Pike Position. The legs are lifted simultaneously to Vertical Bent Knee Position, a descending Spin of 180° (1/2 rotation) is executed as the bent knee is extended to meet the vertical leg at the ankles. A Vertical Descent is executed.
5. Starting in Split Position a Walkout Front is executed.
6. Thrust to Vertical Position and Vertical Descent
  - Minimum of 8 patterns (including 1 floating pattern)
  - Cadence action, placing optional

Time limits (FINA Age Group and Juniors)			
	<u>Solo</u>	<u>Duet</u>	<u>Team</u>
<b>J3</b>	2.00	2.30	3.00
<b>J2</b>	2.30	3.00	3.30
<b>J1</b>	3.00	3.30	4.00
Combination in one category: 4.30			

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Walk-on: maximum 30 seconds  
Deck movements: maximum 10 seconds  
Allowance of 15 seconds less or plus time limit