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**SYNCHRONISED SWIMMING  
FINA FIGURE GROUPS 2009-2013**

| <b>Senior, Junior and Age Group 16-17-18</b> |          |                             |                      |          |
|--|----------|-----------------------------|----------------------|----------|
| #  | Figure # | Figure Name                 | Degree of Difficulty | Selected |
| <b>COMPULSORY:</b>                           |          |                             |                      |          |
| 1  | 313      | Kip Split Closing 180°      | 2.5                  | √        |
| 2  | 112f     | Ibis Continuous Spin (720°) | 2.8                  | √        |
| <b>Optional Group 3</b>                      |          |                             |                      |          |
| 3  | 307      | Flying Fish                 | 3.0                  | √        |
| 4  | 115c     | Catalina Twirl              | 2.8                  | √        |
| <b>Age Group 13-14-15</b>                    |          |                             |                      |          |
|  | Figure # | Figure Name                 | Degree of Difficulty | Selected |
| <b>COMPULSORY:</b>                           |          |                             |                      |          |
| 1  | 420      | Walkover Back               | 2.0                  | √        |
| 2  | 355e     | Porpoise Spinning 360°      | 2.1                  | √        |
| <b>OPTIONAL :</b>                            |          |                             |                      |          |
| <b>Group 1</b>                               |          |                             |                      |          |
| 3  | 342      | Heron                       | 2.1                  | √        |
| 4  | 311a     | Kip ½ Twist                 | 2.2                  | √        |
| <b>Age Group 12 &amp; Under</b>              |          |                             |                      |          |
|  | Figure # | Figure Name                 | Degree of Difficulty | Selected |
| <b>COMPULSORY:</b>                           |          |                             |                      |          |
| 1  | 101      | Ballet Leg Single           | 1.6                  | √        |
| 2  | 360      | Walk over front             | 2.1                  | √        |
| <b>OPTIONAL :</b>                            |          |                             |                      |          |
| <b>Group 3</b>                               |          |                             |                      |          |
| 3  | 344      | Neptunus                    | 1.8                  | √        |
| 4  | 301      | Barracuda                   | 2.0                  | √        |