



# Youth Figures 2025

*Current descriptions from the World Aquatics Figures Manual 2022-2025*

## Summary

### YOUTH FIGURES

*Section A or Section C will be selected at random 72h before competitions*

		Figure	Fig. #	DD
Section A	Group 1	Flying Fish Spinning 360	307e	2.9
		Cyclone, Open 180°	437	2.6
	Group 2	Barracuda Airborne Split Spin Up 180°	308h	2.9
		Swordfish Straight Leg Ariana Rotation	407	2.6
Section C	Group 5	Flamingo Bent Knee Combined Spin 360 + 360	140j	3.1
		Walkover Back Closing 360°	421	2.4
	Group 6	Ipanema Spinning 180°	440d	3.1
		London Continuous Spin 720	154f	2.4

## Group One

Figure 307e - Flying Fish Spinning 360

Difficulty - 2.9

[CLICK HERE TO WATCH](#)

From a **Back Layout Position** the legs are raised to vertical as the body is submerged to a **Back Piked Position**, with the toes just below the surface of the water. A *Thrust* is executed to a **Vertical Position** and without loss of height one leg is rapidly lowered to a **Fishtail Position**, and without a pause the horizontal leg is rapidly lifted to a **Vertical Position**. A *Spinning 360°* is executed at the same tempo as the *Thrust*.














							Total
NVT =	7.0	31.0	18.5	14.0	39.0	0	109.5
PV =	0.64	2.83	1.69	1.28	3.56	0	10

Figure 437 - Cyclone Open 180

Difficulty - 2.6

[CLICK HERE TO WATCH](#)

From a **Back Layout Position** a *Bent Knee Surface Arch Position* is assumed. The legs are simultaneously lifted to a **Vertical Position** as a *Twirl* is executed. Continuing in the same direction the legs are opened symmetrically to a **Split Position** as a 180° rotation is executed. A *Walkout Front* is executed.

						Total
NVT =	17.5	29.0	20.0	23.0	7.0	96.5
PV =	1.81	3.01	2.07	2.38	0.73	10

## Group Two

Figure 308h - Barracuda Airborne Split Spin Up 180

Difficulty - 2.9

[CLICK HERE TO WATCH](#)

From a **Back Layout Position** the legs are raised to a vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface of the water. All remaining movements are performed rapidly. A *Rocket Split* is executed. A *Vertical Descent* is executed and is completed as the ankles reach the surface of the water. A *Spin Up 180°* is executed. A *Vertical Descent* is executed.














								Total
NVT=	7.0	31.0	17.0	13.0	13.0	20.0	13.0	114
PV =	0.61	2.72	1.49	1.14	1.14	1.75	1.14	10

Figure 407 - Swordfish Straight Leg Ariana Rotation

Difficulty - 2.6

[CLICK HERE TO WATCH](#)

From a **Front Layout Position** the back arches more as 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.









					Total
NVT=	48.0	17.0	23.0	7.0	95
PV =	5.05	1.79	2.42	0.74	10

## Group Five

Figure 140j - Flamingo Bent Knee Combined Spin 360 + 360 Difficulty - 3.1

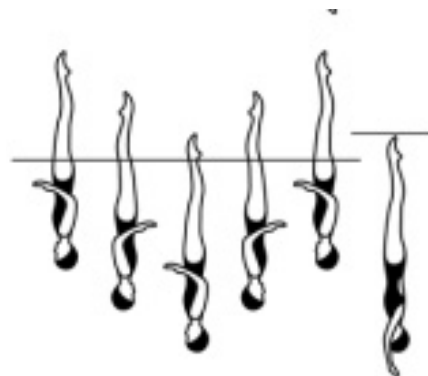
[CLICK HERE TO WATCH](#)

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 **Vertical Bent Knee Position**. The bent leg is extended to **Vertical Position**. A rapid *Combined Spin* ( $360^\circ + 360^\circ$ ) is executed followed by a rapid *Vertical Descent*.

								Total
NVT=	10.5	11.0	7.5	20.0	16.5	40.0	14.0	119.5
PV =	0.88	0.92	0.63	1.67	1.38	3.35	1.17	10

see also: [Combined Spin definition](#)

**j) Combined Spin:** a descending Spin of at least  $360^\circ$  followed without a pause by an equal ascending Spin in the same direction. The ascending Spin reaches the same height where the descending Spin started.








## Group Five continued

Figure 421 - Walkover Back Closing 360

Difficulty - 2.4

[CLICK HERE TO WATCH](#)

From a **Back Layout Position** a *Surface Arch Position* is assumed. One leg is lifted in a 180° arc over the surface of the water to a **Split Position**. With continuous motion a rotation of 360° is executed as the legs are symmetrically lifted and closed to a **Vertical Position**. A *Vertical Descent* is executed.

					Total
NVT=	12.0	29.0	27.0	14.0	82
PV =	1.46	3.54	3.29	1.71	10








## Group Six

Figure 440d - Ipanema Spinning 180

Difficulty - 3.1

[CLICK HERE TO WATCH](#)

From a **Back Layout Position** a *Bent Knee Surface Arch Position* is assumed. The horizontal leg is lifted to vertical as the bent leg is straightened to assume a **Vertical Position**. The legs are lowered to a **Front Pike Position**. A rapid 180° rotation is executed as the legs are lifted to a **Vertical Position**. Continuing in the same direction a rapid 180° *Spin* is executed.

							Total
NVT=	17.5	21.0	33.0	33.0	19.0	0	123.5
PV=	1.42	1.70	2.67	2.67	1.54	0	10







## Group Six continued

Figure 154f - London Continuous Spin 720

Difficulty - 2.4

[CLICK HERE TO WATCH](#)

A *Ballet Leg* is assumed. Followed by a partial Somersault Back Tuck as both legs are drawn into a Tuck Position, until the shins are perpendicular to the surface. The trunk unrolls rapidly as the legs are rapidly 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 *Continuous Spin 720°* is executed.

						Total
NVT	10.5	11.0	6.0	20.0	34.0	81.5
PV	1.29	1.35	0.74	2.45	4.17	10

see also: *Continuous Spin 720*

**f) Continuous Spin:** a *descending Spin* with a rapid rotation of 720° (2), 1080° (3), or 1440° (4) which is completed as the ankles reach the surface of the water and continues through submergence.

