

PFLICHTFIGUREN FÜR REGIONALMEISTERSCHAFTEN RZO 2017

RZO Elite

2013-2017 FINA Junior Figures				2013-2017 FINA Age Group 13-14-15 Figures			
JUGEND 1 / JEUNESSE 1		(Test 5)		JUGEND 2 / JEUNESSE 2		(Test 4)	
Compulsory Figures				Compulsory Figures			
1	308	Barracuda Airborne Split	2.8	1	423	Ariana	2.2
2	355g	Porpoise Twist Spin	<u>2.8</u>	2	301e	Barracuda Spinning 360°	<u>2.2</u>
			<u>5.6</u>				<u>4.4</u>
Optional Figures				Optional Figures			
<u>Group 1</u>				<u>Group 1</u>			
3	330c	Aurora Twirl	3.0	3	342	Heron	2.1
4	154	London	<u>2.8</u>	4	115	Catalina	<u>2.3</u>
			<u>11.4</u>				<u>8.8</u>
<u>Group 2</u>				<u>Group 2</u>			
3	142	Manta Ray	2.8	3	355h	Porpoise Spin up 180°	2.2
4	343	Butterfly	<u>2.9</u>	4	140	Flamingo Bent Knee	<u>2.4</u>
			<u>11.3</u>				<u>9.2</u>
<u>Group 3</u>				<u>Group 3</u>			
3	112f	Ibis Continuous Spin (720°)	2.8	3	240a	Albatross ½ Twist	2.6
4	325	Jupiter	<u>2.8</u>	4	346	Side Fishtail Split	<u>2.0</u>
			<u>11.2</u>				<u>9.0</u>

RZO Nachwuchs

2013-2017 FINA 12 and under Figures					
JUGEND 3 / JEUNESSE 3		(Test 3)			
Compulsory Figures					
1	101	Ballet Leg Single	1.6		
2	301	Barracuda	<u>2.0</u>		
			<u>3.6</u>		
Optional Figures					
<u>Group 1</u>					
3	437	Oceanita	1.9		
4	362	Surface Prawn	<u>1.4</u>		
			<u>6.9</u>		
<u>Group 2</u>					
3	311	Kip	1.8		
4	360	Walkover Front	<u>2.1</u>		
			<u>7.5</u>		
<u>Group 3</u>					
3	349	Tower	1.9		
4	406	Swordfish Straght Leg	<u>2.0</u>		
			<u>7.5</u>		

RZO Novizen

- 1: To assume a **Front Pike Position** 1.0
- 2.: Back layout position - Bent knee Position – Back layout position 1.2
- 3: 311 Kip from back layout position to inverted tuck 1.0
- 4: 10" Vertical Bent Knee position with support scull 1.2