

Provincial Stream Figure Modifications 13-15 & 16-20 Figures

WHY 12 FIGURES?

The rationale for training and competing the 12 figures is to align with FINA where possible and when it is **in the interest of and benefit to our athletes**. Positions are the building blocks for all technical skills in artistic swimming. While there are some new transitions among the 12 new figures, the building blocks and many transitions remain the same. All coaches are encouraged to prioritize basic positions as the fundamental movement skills required for our sport.

Section A

Group 1

1. **Flamingo Bent Knee, ~~Half Twist Twist Spin~~** (DD: 2.8)
Rationale for Modification: Remove spin while keeping the twist.
2. **Cyclone, ~~Open 180~~** (DD: 2.4)
Rationale for Modification: Remove the open 180 while keeping the twirl in the figure as defined in the FINA manual.

Group 2

1. **Barracuda Airborne Split, ~~Spin Up 180~~** (DD: 2.7)
Rationale for Modification: Remove the Spin up 180.
2. **Swordfish Straight Leg Ariana Rotation** (DD: 2.6)

Section B

Group 3

1. **Whip Rapid Spinning 360 ~~Continuous Spin 720~~** (DD: TBD)
Rationale for Modification: Complete a rapid spinning 360 with a vertical descent from ankles under at the same tempo as the spin.
2. **Saturn** (DD: 2.5)

Group 4

1. **Venus** (DD: 3.0)
2. **Albatross Spin Up 360** (DD: 2.5)

Section C

Group 5

1. **Rio Straight Leg Spinning ~~360-180~~** (DD: TBD)
Rationale for Modification: Perform a spinning 180 instead of a spinning 360.
2. **Walkover back ~~closing 360~~** (DD: TBD)
Rationale for Modification: Remove the closing 360 and perform a simple Walkover back.

Group 6

1. **Ipanema Spinning 180** (DD: 3.1)
2. **Kip Combined Spin (360 +360)** (DD: 2.4)

*All degree of Difficulty values expressions are subject to adjustments by FINA.