

Figuren Österreichische Hallenmeisterschaften

15. November 2025, ULSZ Rif

Kinder C

Back Layout Position to Bent Knee Back Layout Position

1,4

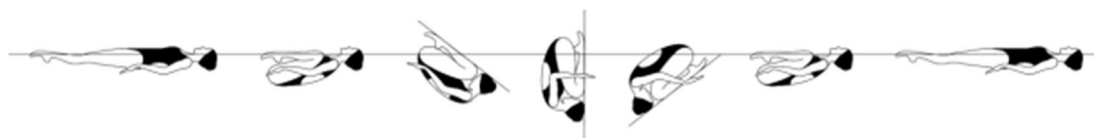
Begin in a **Back Layout Position**. One leg remains at the surface of the water throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. A rapid exchange of the legs is performed to assume a **Bent Knee Back Layout Position** of the other leg. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.



Somersault Back Tuck

1,1

From a **Back Layout Position**, the knees, shins and toes are drawn along the surface of the water to assume a **Tuck Position**. With continuous motion, the tuck becomes more compact as the body somersaults backward around the lateral axis for one complete revolution. A **Back Layout Position** is resumed.



Front Layout Position to Bent Knee Front Layout Position

1,1

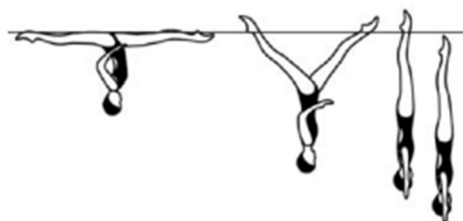
From a **Front Layout Position**, a **Bent Knee Front Layout Position** is assumed. A rapid exchange of the legs is performed to assume a **Bent Knee Front Layout Position** of the other leg. A **Front Layout Position** is assumed. Face is in the water throughout.



Blossom Variant

1,3

These movements start in a **Surface Split Position**. The legs join to assume a **Vertical Position** at ankle level. A **Vertical Descent** is executed.



Kinder B

101 Ballet Leg Single

1,6

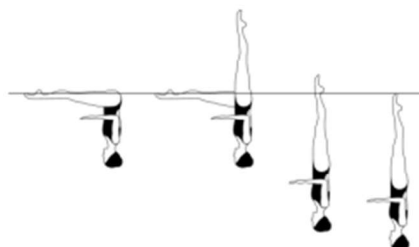
A Ballet Leg is assumed. The Ballet Leg is lowered.



Tower Variant

1,5

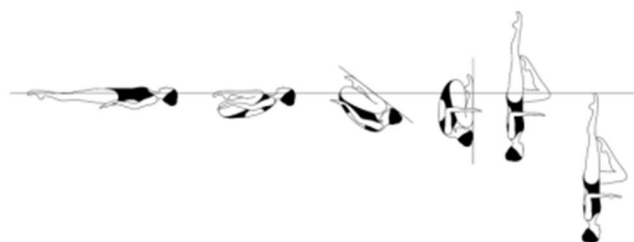
From a **Front Pike Position** one leg is lifted to a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position** and is completed as the ankles reach the surface of the water. A *Vertical Descent* is executed.



316 Kipnus

1,4

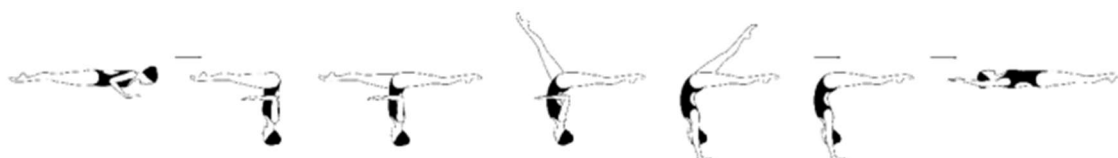
From a **Back Layout Position** the knees, shins and toes are drawn along the surface of the water to assume a **Tuck Position**. With continuous motion the tuck becomes more compact and a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. The trunk unrolls as the legs are straightened to assume a **Bent Knee Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A *Vertical Descent* is executed in a **Bent Knee Vertical Position**.



Walkout Front Variant

1,7

From a **Front Layout Position**, a *Front Pike Position* is assumed. One foot is moved in a horizontal arc of 180° at the surface to a **Split Position**. A *Walkout Front* is executed.



Kinder A

Compulsory

1. 106 Straight Ballet leg

DD 1.6

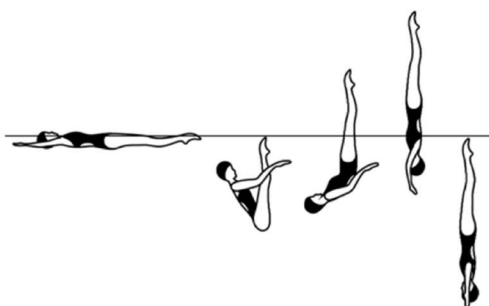
From a **Back Layout Position**, one leg is raised straight to a **Ballet Leg Position**.. The Ballet Leg is lowered.



2. 301 Barracuda

DD 1.8

From a **Back Layout Position** the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface of the water. A *Thrust* is executed to a **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

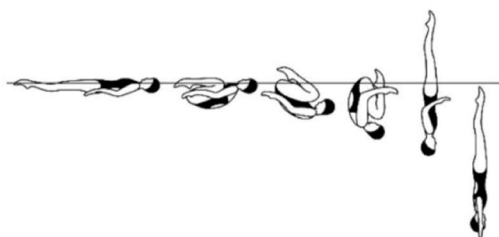


Group 3:

3. 311 Kip

DD 1.6

From a **Back Layout Position** the knees, shins and toes are drawn along the surface of the water to assume a **Tuck Position**. With continuous motion the tuck becomes more compact and a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. The trunk unrolls as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and shins. A *Vertical Descent* is executed.



4. 277d Swanita Spinning 180°

DD 1.9

From a **Back Layout Position** a *Bent Knee Surface Arch Position* is assumed. The bent leg is straightened to assume a **Knight Position**. The body rotates 180° to assume a **Fishtail Position**. Continuing in the same direction a descending *Spinning* 180° rotation is executed as the horizontal leg is lifted to a **Vertical Position** and is completed as the ankles reach the surface of the water. A *Vertical Descent* is executed.



Youth

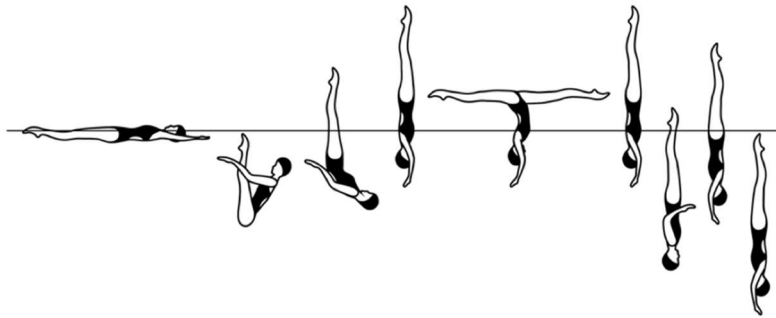
Section A

Group 2:

1. 308h Barracuda Airborne Split, Spin Up 180°

DD 2.9

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.



2. 407 Swordfish Straight Leg Ariana Rotation

DD 2.6

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



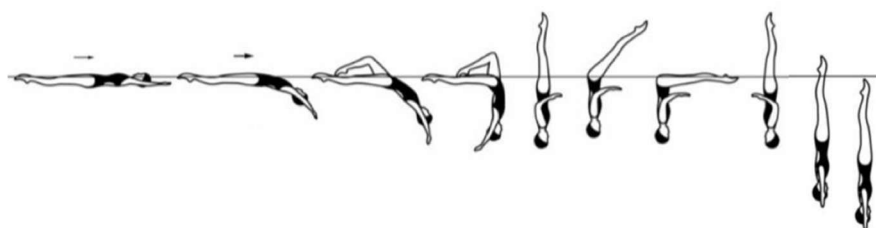
Section C

Group 6:

3. 440d Ipanema Spinning 180°

DD 3.1

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.



4. 154f London Continuous Spin 720°

DD 2.4

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

Juniors/AK – TRE Team, Gruppe A

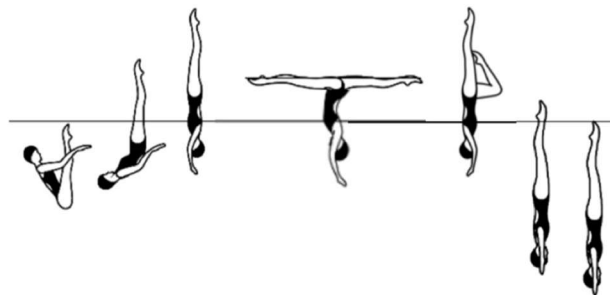
20" Pause zwischen den Elements, Reihenfolge 5A – 1A – 2A – 3A – 4

Element 1

5A Rocket Split Bent Knee Twirl Hybrid

DD 2.4

From a **Submerged Back Pike Position** with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position**, followed by a rapid rotation of 180° to assume an airborne **Bent Knee Vertical Position** with the front leg bent. A rapid *Vertical Descent* is executed as the bent knee is extended to join the vertical leg completed as the ankles reach the surface followed by a *Vertical Descent*.

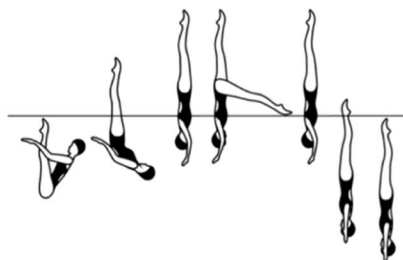


Element 2

1A Flying Fisch Hybrid Spinning 180°

DD 2.5

From a **Submerged Back Pike Position** with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position** and with no loss of height one leg is rapidly lowered to an airborne **Fishtail Position**. Without a pause the horizontal leg is rapidly lifted to a **Vertical Position**, followed by a rapid 180° *Spin*.

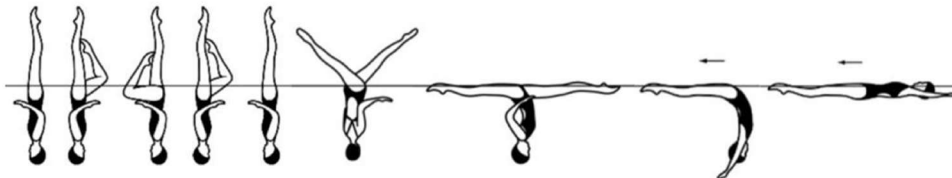


Element 3

2A Vertical – Full Twist to Bent Knee – Full Twist to Vertical – Open 180° – Walkout

DD 2.6

Starting in a **Vertical Position**, a *Full Twist* is executed as one leg is lowered to a **Bent Knee Vertical Position**. Continuing in the same direction another *Full Twist* is executed, as the bent knee is extended to a **Vertical Position**. Continuing in the same direction a *Half Twist* is executed as the legs are symmetrically lowered to a **Split Position**. A *Walkout Front* is executed.

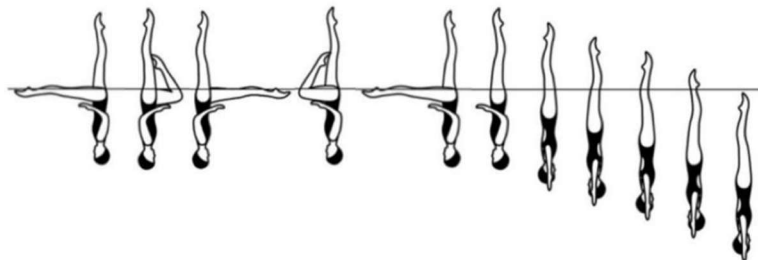


Element 4

3A Two Fouetté Rotations – Vertical – Continuous Spin 720°

DD 2.6

From a **Fishtail Position**, 2 *Fouetté rotations* ($180^\circ + 180^\circ$) are executed. The horizontal leg is rapidly lifted to a **Vertical Position**. Continuing in the same direction a *Continuous Spin of 720°* (2 rotations) is executed.



Element 5

4 Butterfly Hybrid

DD 2.9

The Butterfly Hybrid is to be performed rapidly. From a **Front Pike Position**, one leg is lifted to a **Fishtail Position**. The horizontal leg is lifted through an arc of 180° as the vertical leg is lowered to assume a **Split Position**. Without a pause a hip rotation of 180° is executed as the front leg is raised to assume a **Fishtail Position**. Continuing in the same direction a 180° rotation is executed as the horizontal leg is lifted to a **Vertical Position**. The legs are lowered simultaneously to a **Bent Knee Surface Arch Position**. (Note: The **Bent Knee Surface Arch Position** can be assumed by using either leg). The bent knee is straightened to a **Surface Arch Position** and with continuous motion an *Arch to Back Layout Finish Action* is executed.

