## 2003 FIGURE COMMITTEE REPORT

Submitted by Del Neel, Figures Chair Pro Tem
*Approved by body as presented on September 14, 2003*

Pages 26/27:

## 301. Barracuda

305. Barracuda, Back Pike Somersault
306. Barracuda, Front Pike Somersault

301h and 301i - See Twists and Spins, Rule V. Difficulties, see I.A.
Recommended for approval as follows:
From the Vertical Position, a rapid Vertical Descent stopping at the ankles precedes the designated spins with a rapid Vertical Descent following to complete the figure.

Page 41:
342. Heron

Recommended for approval as follows:
Front a Front Layout Position, a partial Front Pike Somersault (320) is executed to a Submerged Double Ballet Leg Position. One leg is lowered to a bent knee position Compact Submerged Flamingo Position, with the shin parallel to the surface and the mid-calf opposite the vertical leg, as the trunk moves toward the legs. From that pike position, with the vertical leg remaining perpendicular to the surface, a vertical upward movement of the hips is rapidly executed as the body unrolls.........(rest remains as is).

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## FIGURE RULE IV - BASIC POSITIONS FOR FIGURES

Recommended for approval as follows:

## K. Flamingo Positions:

(a) Surface - description and illustration remain as is.
(b) Submerged - description and illustration remain as is.
(c) Compact - Add new description and new illustration as follows:

The trunk is as compact as possible, with the back rounded. The extended leg is perpendicular to the surface. The mid-calf of the bent leg is opposite the vertical leg. The water line is between the knee and ankle of the vertical leg.

Note: New illustration can be found on page 41.

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## FIGURE RULE IV - BASIC POSITIONS FOR FIGURES

Recommended for approval as follows:

## T. Tub Position

The legs are bent and together. Feet and knees at and parallel to the surface with the thighs perpendicular. Head in line with the back. Face at the surface.

Note: Illustration remains as is.

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## 240. Albatross

240a to 240e - See Twists and Spins, Rule V. Difficulty, see I.A.
Recommended for approval as follows:
Following the Half Twist, the bent knee is straightened during the designated twist, twirl, or spin.

