

ADAPTED FIGURES

Last Updated: October 2024



Regional League Adapted

LV	Group 1	Group 2
1	Back Layout Sailboat Position	Front Layout Tub
2	Sailboat Alternate Tub Turn (Both Ways)	Oyster Back Tuck Somersault
3	Ballet Leg Single Blossom	Front Pike Pulldown to Split Kipnus
4	Ballet Leg Single Walkout Front	Barracuda Neptunus
5	<p>Team elements 1-4 must be performed in the order listed below:</p> <ol style="list-style-type: none"> 1. Single arm body boost 2. Front pike pull down, lift to fishtail, ending is optional. Element starts from an extended front layout. 3. Travelling Ballet Leg Sequence. Starting in a back layout include at least two (2) of the following: ballet leg right, ballet leg left, flamingo right, flamingo left, double ballet leg, ending is optional. 4. Walkout Front, Beginning is optional, from a split position, a walkout front is executed, finishing when face emerges in extended back layout. 	

Competitive Adapted

LV	Group 1	Group 2	Group 3
1	Back Layout	Pike	Vertical at Ankles
	Split	Tub	Front Layout
2	Sailboat Alternate	Front Pike Pulldown	Bent Knee Position
	Split join to Vertical at Ankles	Back Tuck Somersault	Oyster
3	Ballet Leg Single	Surface Prawn	Bent Knee join to Vertical Sink
	Front Pike Pulldown to Split	Kipnus	Blossom
4	Straight Leg Ballet Leg	Tower	Water Drop (No Spin)
	Front Walkover	Kip	Barracuda
5	Flamingo Bent Knee	Porpoise	Water Drop
	Ariana	Kip Spin 180	Barracuda Spin 180