2026

LISA ALEXANDER
FIGURES & SKILLS MEET

FIGURES, ELEMENTS, & SKILLS

ONTARIO ARTISTIC SWIMMING

FIGURE DRAWS

10 & Under

COMPULSORY FIGURE	Ballet Leg Single
OPTIONAL FIGURE	Blossom Walkout

11-12

COMPULSORY FIGURE	Flamingo Bent Knee Continuous Spin 360°
OPTIONAL FIGURE	Barracuda Spin Up 180°

Youth

GROUP INFO	Group 2
INCLUDED FIGURES	Phoenix & Barracuda Bent Knee Twirl Spin 180°

Adapted

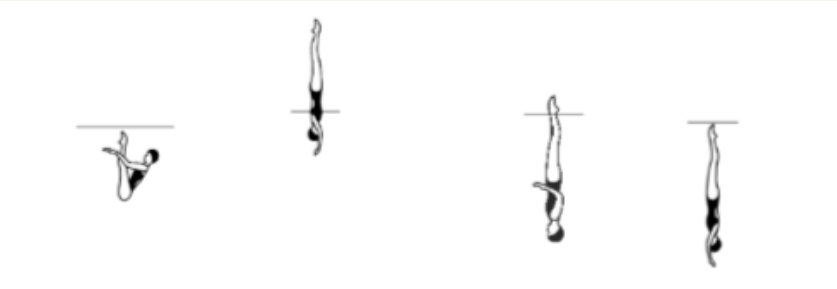
FIGURE GROUP	Group 1

JR. & SR. - ELEMENT 1

THRUST SPIN 180°

ELEMENT DESCRIPTON

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface of the water, a *Thrust* is executed to a **Vertical Position**. A rapid *Spin 180 °* is executed. A rapid *Vertical Descent* executed.

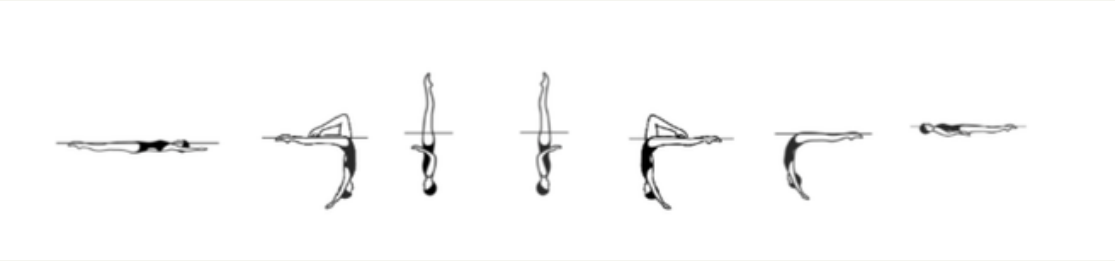


JR. & SR. - ELEMENT 2

CYCLONE HALF TWIST

ELEMENT DESCRIPTON

From a **Back Layout Position** a *Bent Knee Surface Arch* is assumed. The legs are simultaneously lifted to a **Vertical Position** as a 180° rotation is executed. Continuing in the same direction, a *Half Twist* is executed. The legs are lowered simultaneously to a **Bent Knee Surface Arch Position** as a 180° rotation is executed. The bent leg straightens to the **Surface Arch Position** and with continuous motion an *Arch to Back Layout Position* is executed.



ADAPTIVE LEVEL 6 - ELEMENT 1 *COMBINED SPIN 180°*

ELEMENT DESCRIPTON

From a Vertical Position, a Combined Spin of 180° is executed (0.5 rotation + 0.5 rotation). Continuing in the same direction and without a pause, a Vertical Descent is executed.

ADAPTIVE LEVEL 6 - ELEMENT 2 *SWORDFISH STRAIGHT LEG*

ELEMENT DESCRIPTON

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.

SKILL 1 *EGGBEATER AND BODY BOOST SKILL ASSESSMENT*

SKILL DESCRIPTON

10 seconds of eggbeater facing the judges, followed by 2 body boosts facing the judges, the first setting from the surface and the second setting from underwater.

10U	Arms straight out to sides from shoulders on surface for eggbeater, followed by two no arm body boosts.
11-12	One single arm straight from shoulder to ceiling, pam inwards, held for the eggbeater, followed by 2 single arm body boosts for both boosts, making sure that arm bends into the shoulder then extends straight to the ceiling at the top of the eggbeater boost. Arm is optional.
Youth, Junior, Senior	Double arms straight from shoulder to ceiling, palms inwards, held for the eggbeater, followed by 2 double arm body boosts for both boosts, making sure that arms bend into the shoulder then extend straight to the ceiling at the top of the eggbeater boost with palms facing inwards.

KEY JUDGING COMPONENTS

Height of Eggbeater hold	Height of Body Boosts	Overall posture and performance

SKILL 2 *ARIANA ROTATION AND WALKOUT SKILL ASSESSMENT*

SKILL DESCRIPTON

Starting in a Left split position with the right hip in line with the figure marker, hold left split for 3 sculls, then rotate to middle split and hold for 3 sculls, then rotate to right split and hold for 3 sculls. Then begin the walkout by lifting to a right knight position, where the athlete holds knight position for 3 sculls. Lower the right leg into a surface arch position and hold the surface arch for 3 sculls, then proceed with an unroll from surface arch to extended back layout

KEY JUDGING COMPONENTS

Height and degree of left, middle, and right Split	Height and execution of Knight position	Height and execution of Arch position

Athletes will complete the skill below that aligns with their level for the season. If an athlete requires further modifications or an accommodation, please complete the **modification and accommodation request form**.

SKILL 1 *EGGBEATER AND BODY BOOST SKILL ASSESSMENT*

10 seconds of eggbeater facing the judges, followed by 2 body boosts facing the judges, the first setting from the surface and the second setting from underwater.

LEVEL 2

Arms straight out to sides from shoulders on surface for eggbeater, followed by two no arm body boosts.

LEVELS 3 & 4

One single arm straight from shoulder to ceiling, pam inwards, held for the eggbeater, followed by 2 single arm body boosts for both boosts, making sure that arm bends into the shoulder then extends straight to the ceiling at the top of the eggbeater boost. Arm is optional.

LEVELS 5 & 6

Double arms straight from shoulder to ceiling, palms inwards, held for the eggbeater, followed by 2 double arm body boosts for both boosts, making sure that arms bend into the shoulder, then extend straight to the ceiling at the top of the eggbeater boost with palms facing inwards.

SKILL 2 *ARIANA ROTATION AND WALKOUT SKILL ASSESSMENT*

LEVEL 2

Starting in a submerged split position hold split for 3 sculls, then rotate to middle split and hold for 3 sculls. Starting in Left split is preferred, but athletes may start in Right split.

LEVELS 3 & 4

Starting in a Left split position with the right hip in line with the figure marker, hold left split for 3 sculls, then rotate to middle split and hold for 3 sculls, then rotate to right split and hold for 3 sculls.

LEVELS 5 & 6

Starting in a Left split position with the right hip in line with the figure marker, hold left split for 3 sculls, then rotate to middle split and hold for 3 sculls, then rotate to right split and hold for 3 sculls. Then begin the walkout by lifting to a right knight position, where the athlete holds knight position for 3 sculls. Lower the right leg into a surface arch position and hold the surface arch for 3 sculls, then proceed with an unroll from surface arch to extended back layout