

8-10 FIGURES

Compulsory

- Ariana rotation
- Back layout to ballet leg

Group 3

- Front layout to front pike to fishtail
- Back layout to surface arch position

NOVICE & 11-12 FIGURE DRAW

Group 4

- 1st half swordfish
- 2nd half water drop
- 1st half swanita spinning 180
- 2nd half kip

ADAS FIGURE DRAW – GROUP 1 ALL LEVELS

Level 1 = Group 1

- Back Layout
- Split

Level 2 = Group 1

- Sailboat alternate
- Split to vertical at ankles

Level 3 = Group 1

- Ballet leg single
- Front pike pull down to split (1st half front walkover)

Level 4 = Group 1

- Straight leg ballet leg
- Front walkover

Level 5 = Group 2

- Flamingo bent knee
- Ariana

YOUTH FIGURE DRAW

Group 1

- Flying fish spin 360
- Cyclone open 180