

Flamingo Cup 2024

In Flamingo 1 (Beginner Level 1)

1	Back Layout Position (BP1)	1,0
2	Front Layout Position (BP2)	1,0
3	Surface Split Position (BP16)	1,0
4	Back Layout Position to Tuck Position	1,0

In Flamingo 2 (Beginner Level 2)

1	Back Layout Position to Bent Knee Back Layout Position	1,4
2	Somersault Back Tuck	1,1
3	Front Layout Position to Bent Knee Front Layout Position	1,1
4	Blossom Variant	1,3

In Flamingo 3 (Beginner Level 3)

1	Ballet Leg Single (101)	1,6
2	Tower Variant	1,5
3	Kipnus (316)	1,4
4	Walkout front Variant	1,7

In Flamingo 4 (FINA 12 and under)

1	Straight Ballet Leg (106)	1,6
2	Barracuda (301)	1,8
3	Front Ariana (359)	2,2
4	Tower (348)	1,9

**BEGINNER LEVEL FIGURES
2022 – 2025
(AUT/CZE/SVK)**

BEGINNER LEVEL 1

BP 1 Back Layout Position

1,0

Body extended with face, chest, thighs, and feet at the surface of the water. Head (ears specifically), hips and ankles in horizontal alignment.



BP 2 Front Layout Position

1,0

Body extended with head, upper back, buttocks, and heels at the surface of the water. Face is in the water.



BP 16 Surface Split Position

1,0

Legs evenly split forward and back. The legs are parallel to the surface of the water. Lower back arched, with hips, shoulders, and head on a vertical line. 180° angle between the extended legs (flat split), with inside of each leg aligned on opposite sides of a horizontal line, regardless of the height of the hips. Legs are dry at the surface of the water.



Back Layout Position to Tuck Position

1,0

From a **Back Layout Position**, the knees, shins, and toes are drawn along the surface of the water to assume a **Tuck Position**.



**BEGINNER LEVEL FIGURES
2022 – 2025
(AUT/SVK)**

BEGINNER LEVEL 2

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

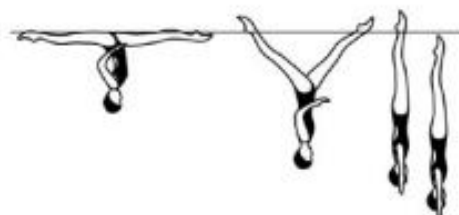
From a **Front Layout Position**, a **Bent Knee Front Layout Position** is assumed. A rapid exchange of the legs is performed to assume a **Bent Knee Front Layout Position** of the other leg. A **Front Layout Position** is assumed. Face is in the water throughout.



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.



BEGINNER LEVEL FIGURES
2022 – 2025
(AUT/CZE/SVK)

BEGINNER LEVEL 3

101 Ballet Leg Single

1,6

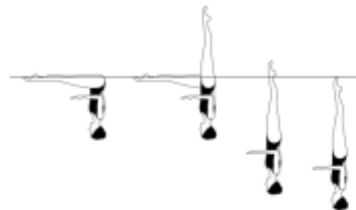
A Ballet Leg is assumed. The Ballet Leg is lowered.



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.

