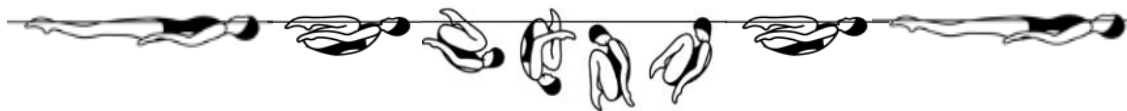






## Figure 310 – Somersault, Back Tuck

Difficulty 1.1

From a **Back Layout Position**, the knees and toes are drawn along the surface to the chest. With continuous motion, a **Tuck Position** is assumed as the body somersaults backward around a lateral axis for one complete revolution, while remaining close to the surface. A **Back Layout Position** is resumed.



AQUA WEIGHT for Somersault, Back Tuck

				<b>Total</b>
NVT=	3.0	5.0	3.0	
PV =	2.73	4.54	2.73	

### BP 1 Back Layout Position

#### Rule Book Description

1. Body extended with face, thighs and feet at the surface of the water.
2. Head (ears specifically), hips and ankles in line.

#### Diagrams



#### Major Desired Actions

1. Gives the impression that the body is stretched horizontally to maximum. Front of the trunk will also be at the surface of the water.
2. Judgement made by checking visual points of the horizontal alignment: ear, shoulder joint, hip joint, and ankles. This imaginary line should also pass through the middle of the side of the trunk.

### Back Layout to Tuck Position

#### Rule Book Description

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

#### Diagrams



#### Major Desired Actions

1. With the head and shoulders remaining stationary, the knees, shins and toes are drawn to the body to assume a tight tuck at the position occupied by the trunk in the **Back Layout Position**.
2. There is continuous motion from the initiation of the leg draw to achievement of the **Tub Position**.
3. The head becomes part of the compact tuck as the roll is initiated.

## BP 9 Tuck Position

Rule Book Description	Diagrams	Major Desired Actions
1. Body as compact as possible, with the back rounded, and legs together.		1. Legs together with shins at the surface of the water and tucked tightly to the front of the body.
2. Heels close to buttocks.		2. Compact tuck. Chin tucked in.
3. Head close to knees.		

## Somersault

Rule Book Description	Diagrams	Major Desired Actions
1. With continuous motion, a Tuck is assumed as the body somersaults backward around a lateral axis for one complete revolution.		1. Constant height during rotation.
2. Remains close to the surface.		2. Compact tuck throughout somersault.

## Tuck Position to Back Layout Position

Rule Book Description	Diagrams	Major Desired Actions
1. From a <b>Tuck Position</b> , the knees, shins and toes are opened along the surface of the water to assume a <b>Back Layout Position</b> .		1. With the head and shoulders remaining stationary, the knees, shins and toes are opened along the surface of the water to assume a <b>Back Layout Position</b> .
		2. There is continuous motion to achievement of the <b>Back Layout Position</b> .

### Deduction Guidelines for Somersault, Back Tuck

Figure/Transition	Small Deviation – 0.2 1-15 degrees	Medium Deviation – 0.5 16-30 degrees	Large Deviation – 1.0 31 degrees or more
Somersault, Back Tuck	As body moves into tuck position head moves off the surface toward knees to assume tuck position.	Head and torso move toward feet to assume a tuck position.	
	Tuck could be tighter.	Head out of line.	Knees off chest, head not tucked in

Travel Deduction Guidelines	Small deduction: 0.1	Medium deduction: 0.3	Large deduction: 0.5
	Minimal travel or minimal lack of required travel	Obvious travel in one (1) transition, and or/ travel in several transitions	Obvious travel in two (2) or more transitions and or travel throughout