

Back Layout Position

Difficulty 0.4

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



BP 1 Back Layout Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. Body extended with face, chest, thighs and feet at the surface of the water.</p>		<p>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.</p>
<p>2. Head (ears specifically), hips and ankles in horizontal alignment.</p>		<p>2. Judgement is made by checking visual points of the horizontal alignment: ears, shoulder joints, hip joints and ankles. This imaginary line should also pass through the middle of the side of the trunk.</p>

Deduction Guidelines

Figure/Transition	Small Deviation – 0.2 1-15 degrees	Medium Deviation – 0.5 16-30 degrees	Large Deviation – 1.0 31 degrees or more
Back Layout Position	Hips drop up to 3 inches during Bent Knee Back Layout to Back Layout Position.	Hip drop 4-12 inches during Bent Knee Back Layout to Back Layout Position.	Hips drop more than 13 inches during Bent Knee Back Layout to Back Layout Position.
		Shoulders rounded, head is forward.	Body sitting in water more than 12 inches, head off the water.
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