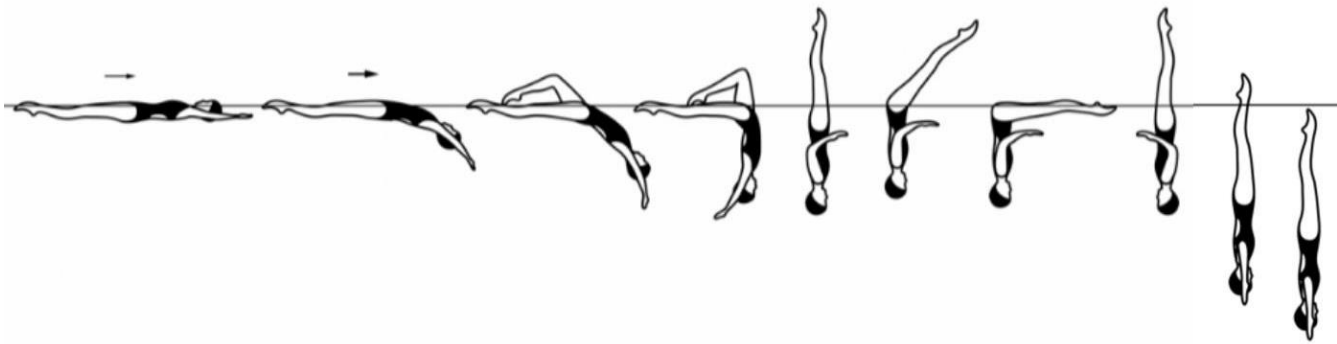


Figure 440d – Ipanema, Spinning 180°

Difficulty 3.1

From a **Back Layout Position** a **Bent Knee Surface Arch Position** is assumed. The horizontal leg is lifted as the bent knee is straightened to assume a **Vertical Position**. The legs are lowered to a **Front Pike Position**. A rapid 180° rotation is executed as the legs are lifted to a **Vertical Position**. A rapid 180° Spin is executed.



FINA WEIGHT for Ipanema, Spinning 180°

| | | | | | | | Total |
|------|------|------|------|------|------|-----|-------|
| NVT= | 17.5 | 21.0 | 33.0 | 33.0 | 19.0 | 0.0 | 123.5 |
| PV = | 1.42 | 1.70 | 2.67 | 2.67 | 1.54 | 0.0 | |

BM 15 To Assume a Bent Knee Surface Arch Position

| Rule Book Description | Diagrams | Major Desired Actions |
|---|----------|---|
| <p>1. From a Back Layout Position a Bent Knee Surface Arch Position is assumed. With the head leading, the head, hips and feet move along the surface of the water.</p> | | <p>1. Continuous uniform movement from Back Layout Position to Bent Knee Surface Arch Position. Hip height remains constant. Hip joints on a horizontal line.</p> |
| <p>2. With continuous movement the head leaves the surface of the water as the back is arched more to assume a Bent Knee Surface Arch Position with the hips occupying the position of the head at the beginning of this action.</p> | | <p>2. The toe of the bent leg must remain in contact with the inside of the extended leg while assuming the Bent Knee Surface Arch Position.</p> |

Bent Knee Surface Arch Position to Vertical Position

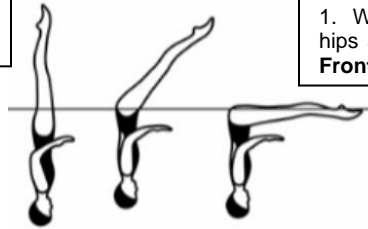
| Rule Book Description | Diagrams | Major Desired Actions |
|---|----------|--|
| <p>1. The horizontal leg is lifted to the vertical as the bent knee is extended to assume a Vertical Position.</p> | | <p>1. Horizontal alignment of hips and shoulders 'square' and maintained during lift.</p> |
| | | <p>2. The bent leg straightens to Vertical Position simultaneously with completion of the feet joining. The bent leg is extended upward at the same rate of space and time of the vertical leg.</p> |
| | | <p>3. The hips maintain constant height and are the pivot point for the lift to Vertical Position.</p> |

Vertical Position to Surface Front Pike Position

Rule Book Description

1. The legs are lowered to a **Surface Front Pike Position**.

Diagrams



Major Desired Actions

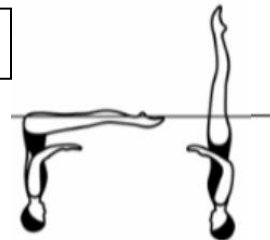
1. Without loss of height or horizontal alignment of head, hips and shoulders, the legs are lowered to a **Surface Front Pike Position**.

Front Pike Position to Vertical Position (performed rapidly)

Rule Book Description

1. A rapid 180-degree rotation is executed as the legs are lifted to a **Vertical Position**.

Diagrams



Major Desired Actions

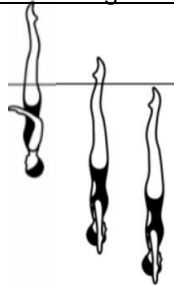
1. Without loss of height, the body rapidly rotates 180° as it straightens to a **Vertical Position**. At the halfway point of the rotation the legs are at a 45° angle to the surface of the water.

Spin 180° (performed rapidly)

Rule Book Description

1. Continuing in the same direction a rapid 180-degree *Spin* is executed.

Diagrams



Major Desired Actions

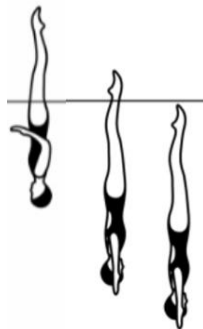
1. See below.

BM 13d Spin 180°

Rule Book Description

1. A 180 Spin is a rotation in a Vertical Position of 180 degrees.
2. The body remains on its longitudinal axis throughout the rotation.
3. Unless otherwise stated, *Spins* are executed in uniform motion.
4. A descending Spin must start at the height of the vertical and be completed as the ankles reach the surface.

Diagrams



Major Desired Actions

1. Height and position attained before the *Spin* begins.
2. The longitudinal axis runs through the center of the body and is perpendicular to the surface of the water.
3. Uniform motion of the *Spin* and *Vertical Descent* to be at the same tempo as the root figure unless otherwise specified.
4. Stability and vertical alignment before, during and at completion of the designated rotation.
5. Simultaneous rotation and descent of the body, with even drop spaces, to complete the spin as the ankles reach the surface.

Penalty Clarification on Spin 180

The acceptable allowance for Spin 180° is up to ¼ less than/more than the required rotation.

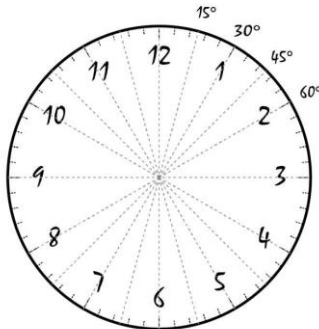
Height Chart for Ipanema, Spinning 180°

| Water Levels | Perfect | Excellent/Near Perfect | Very Good | Good | Competent | Satisfactory | Deficient | Weak |
|------------------------|------------------------|------------------------|-----------------|------------------|--------------------------------|--------------|------------------------|-------------------------------|
| Score | 10 | 9.5 | 8.5 | 7.5 | 6.5 | 5.5 | 4.5 | 3.5 |
| Double Leg Vertical | Crotch level or higher | Upper thigh | Upper mid-thigh | Low to mid-thigh | Above kneecap | Kneecap | Below kneecap | Well below kneecap (mid-shin) |
| Bent Knee Surface Arch | Above crotch | Crotch level | Upper thigh | Mid-thigh | Low thigh (well above kneecap) | Kneecap | (5.0) Only top of knee | (4.5) Below surface |

Deduction Guidelines for Ipanema, Spinning 180°

| Figure/Transition | Small Deviation – 0.2 1-15 degrees | Medium Deviation – 0.5 16-30 degrees | Large Deviation – 1.0 31 degrees or more |
|---|--|---|---|
| Front pike, rapid 180-degree rotation to vertical | 180° rotation starts when feet are off the water | 180° rotation starts when legs are almost ½ way up to vertical | Legs lifting to almost vertical before the 180° rotation starts |
| | | | Very slow rotation |
| Spinning 180° (rapid) | Rotation is slightly less or more than the required amount of rotation | Rotation is more or less than 180° by 15° but not at allowance limit of 45° | Rotation is at the maximum allowance of up to 45° off the required rotation |
| | Slow at the beginning | Slow rotation | Very slow rotation |
| 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 |

Visible scales of angle deviation



Apply to plumb line points of reference when evaluating vertical and horizontal alignments required.

| | | |
|------------------|--------------------|-----|
| Small deviation | 1-15 degrees | 0.2 |
| Medium deviation | 16-30 degrees | 0.5 |
| Large deviation | 31 degrees or more | 1.0 |

