

From a **Front Layout Position**, a Tower (348) is executed to a **Fishtail Position**. From the **Fishtail Position**, a *Catalina Reverse Rotation* is performed. Without movement of the thigh, the ballet leg is lowered to assume a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg to assume a **Back Layout Position**.



TRANSITION NUMERICAL VALUES

						Total
NVT=	6.0	14.5	24.0	11.0	10.5	66.0
PV =	0.91	2.20	3.64	1.67	1.59	10.0

POSITION & TRANSITION DESCRIPTIONS

BM 3 To Assume a Front Pike Position

Rule Book Description

1. From a **Front Layout Position** with the face in the water the trunk moves downward to assume a **Front Pike Position**. The buttocks, legs and feet travel along the surface of the water until the hips occupy the position of the head at the beginning of this action.

Diagrams

Major Desired Actions

1. Uniform motion in downward movement of the trunk. The trunk remains straight throughout the movement. Hips and head lock into position simultaneously.

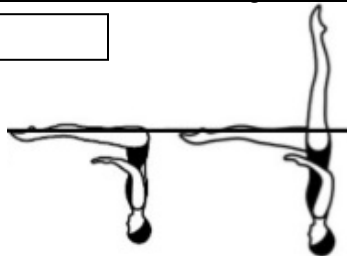
2. Smooth even movement downwards of the trunk.

Surface Front Pike Position to Fishtail Position

Rule Book Description

1. One leg is lifted to a **Fishtail Position**.

Diagrams



Major Desired Actions

1. Height and vertical alignment of the trunk maintained throughout.
2. A clear **Fishtail Position** is shown. Height and vertical alignment of the trunk is maintained. Stability and control evident.
3. The **Fishtail Position** is held only long enough to define the position and to demonstrate completion of the transition.

BM 8 Catalina Reverse Rotation

Rule Book Description

1. From a **Fishtail Position** the hips rotate as the trunk rises without lateral movement to assume a **Ballet Leg Position**.

2. The vertical leg remains perpendicular to the surface of the water while the foot of the horizontal leg remains at the surface of the water throughout the rotation.

Diagrams



Major Desired Actions

1. Height maintained and uniform motion throughout.
2. The body rotates and rises simultaneously along the vertical line established by the vertical leg.
3. The transition is completed as the face surfaces and the body locks into a **Surface Ballet Leg Position**.
4. At the halfway point, the body is in a tilted 'Y' position, with the trunk at a 45° angle to the surface of the water and the head, trunk and legs face forward.
5. Each leg rotates around its respective horizontal or vertical axis simultaneously throughout the rotation of the ascending trunk.

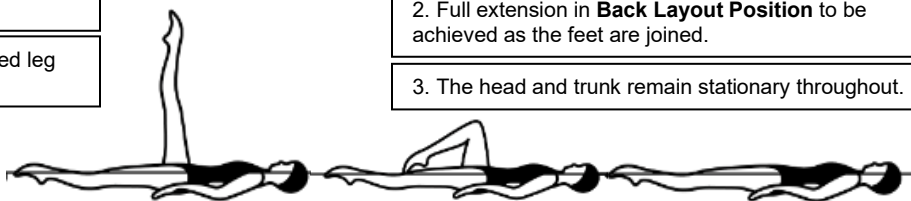
BM 1 To Lower a Ballet Leg

Rule Book Description

1. From a **Ballet Leg Position** the ballet leg is bent without movement of the thigh to a **Bent Knee Back Layout Position**.

2. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.

Diagrams



Major Desired Actions

1. Height remains constant throughout the movement.
2. Full extension in **Back Layout Position** to be achieved as the feet are joined.
3. The head and trunk remain stationary throughout.

HEIGHT CHART

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
Fishtail	Top of pelvis	Above crotch	Crotch level	Upper thigh	Mid-thigh	Low thigh (well above kneecap)	Kneecap	Below kneecap
Bent Knee Back Layout/ Ballet Leg	Horizontal leg dry	At top of thigh	Upper thigh	Mid-thigh	Low thigh (Well above kneecap)	Above kneecap	Kneecap	Below kneecap

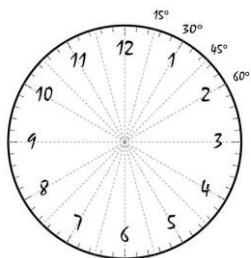
DEDUCTION GUIDELINES

Figure/Transition	Small Deviation – 0.2 1-15 degrees	Medium Deviation – 0.5 16-30 degrees	Large Deviation – 1.0 31 degrees or more
Front Layout Position to Front Pike Position	Hips do not replace position of head, moving forward up to 6 inches.	Hips do not replace position of head, moving forward 6-12 inches.	No forward movement, body hinges down to pike position.
Back Layout Position to Ballet Leg Position and/or Ballet Leg Position to Bent Knee Back Layout Position	The body travels forward or headfirst up to 6 inches as the knee is bent or as knee is straightened.	The body travels forward or headfirst more than 6 inches as the knee is bent or as knee is straightened.	
	Hips drop up to 3 inches as Ballet Leg is lifted.	Hip drop 4-12 inches as Ballet Leg is lifted.	Hips drop more than 13 inches as Ballet Leg is lifted.

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

****In addition to the deductions for angle deviations, there are other design problems that require deductions. The table above provides some examples of common errors that require deduction.**

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

