

Figure 100 – Bent Knee, Alternate

Difficulty 1.1

From a **Back Layout Position**, with one leg remaining extended at the surface, the toe of the other leg is drawn along the inside of the extended leg until the thigh is vertical to assume a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed. From a **Back Layout Position**, with one leg remaining extended at the surface, the toe of the opposite leg is drawn along the inside of the extended leg until the thigh is vertical to assume a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.



WEIGHTING for Bent Knee Alternate

						Total
NV =		10.5	10.5	10.5	10.5	42.0
PV =		2.50	2.50	2.50	2.50	

BP 1 Back Layout Position

Rule Book Description

1. Body extended with face, chest, thighs and feet at the surface of the water.

2. Head (ears specifically), hips and ankles in horizontal alignment.

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 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.

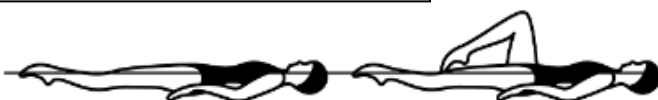
To Assume a Bent Knee Back Layout

Rule Book Description

1. Begin in a **Back Layout Position**. One leg remains at the surface of the water throughout.

2. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**.

Diagrams



Major Desired Actions


1. See BP 1 **Back Layout Position**.

2. The toe of the bending leg maintains in contact with the inside of the extended leg. Minimal drop in hips. Position held just long enough to demonstrate control and accuracy.


3. Height remains constant throughout the movement.

4. The head and trunk remain stationary throughout.

BP 14b Bent Knee Back Layout Position

Rule Book Description	Diagrams	Major Desired Actions
<p>One leg bent with the toe of the bent leg in contact with the inside of the extended leg at the knee or higher.</p> <p>1. Body extended with face, chest, thighs, and feet at the surface.</p> <p>2. The thigh of the bent leg is perpendicular to the surface.</p>		<p>The relationship of the toe of the bent leg to the extended leg may vary depending on the figure but should remain constant once established, and not extend in front of or behind the extended leg.</p> <p>1. Ears, shoulder joints, hip joint, and ankle of extended leg in line at maximum horizontal alignment.</p> <p>2. 90° angle between the thigh and surface, and 90° angle maintained between the thigh and the trunk. At maximum height an air pocket will be evident between the back of the thigh and calf of the bent leg and the surface of the water.</p>

To Lower from Bent Knee Back Layout to Back Layout

Rule Book Description	Diagrams	Major Desired Actions
<p>1. From a Bent Knee Back Layout Position, the toe moves along the inside of the extended leg until a Back Layout Position is assumed.</p>		<p>1. Height remains constant throughout the movement.</p> <p>2. Full extension in Back Layout Position to be achieved as the feet are joined.</p> <p>3. The head and trunk remain stationary throughout.</p>

Deduction Guidelines for Bent Knee, Alternate

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 to Bent Knee Back Layout Position	Body travels forward or headfirst up to 6 inches as leg is lifted.	Body travels forward or headfirst more than 6 inches as leg is lifted.	
	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.
Bent Knee Back Layout Position to Back Layout Position	Hips near surface.		Hips deep shoulders rounded, head off surface.
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