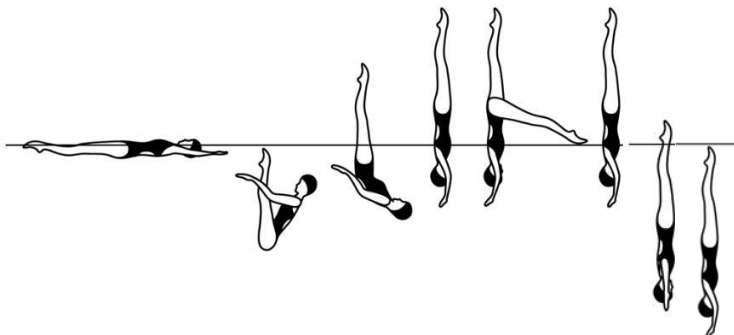


Figure 307e – Flying Fish, Spinning 360°

Difficulty 2.9

From a **Back Layout Position** the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just below the surface of the water. A *Thrust* is executed to a **Vertical Position** and with no loss of height one leg is rapidly lowered to a **Fishtail Position**, and without a pause the horizontal leg is rapidly lifted to a **Vertical Position**. A *Spin 360°* is executed at the same tempo as the *Thrust*.



AQUA WEIGHT for Flying Fish, Spinning 360°

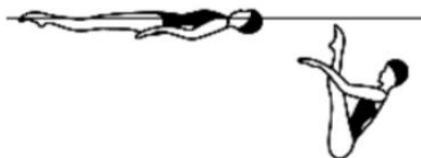
								Total
NV =	7.0	31.0	18.5	14.0	39.0	0.0	109.50	
PV =	0.64	2.83	1.69	1.28	3.56	0.0	10.0	

Back Layout to Submerged Back Pike Position

Rule Book Description

1. From the **Back Layout Position**, the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface.

Diagrams



Major Desired Actions

1. In the **Submerged Back Pike Position** the hips are directly beneath the position they occupied in **Back Layout**.

2. The pike is held only long enough to define the position and complete the transition.

BM 9 Thrust

Rule Book Description	Diagrams	Major Desired
<p>1. From a Submerged Back Pike Position, with the legs perpendicular to the surface, a vertical upward movement of the legs and hips is rapidly executed as the body unrolls to assume a Vertical Position.</p>		<p>1. The toes are just below the surface of the water. Once established, the degree of the angle of the pike position between the legs and the body just not change prior to initiation of the <i>Thrust</i>.</p>
<p>2. Maximum height desirable.</p>		<p>2. The body unrolls rapidly under the legs to assume Vertical Position along the same perpendicular line to the surface of the water established by the legs in the Back Pike Position.</p>
		<p>3. Obvious increase in speed from the initiation of body unrolling through the vertical upward movement.</p>
		<p>4. Maximum height and Vertical Position achieved simultaneously.</p>

Vertical Position to Fishtail Position to Vertical Position

Rule Book Description	Diagrams	Major Desired
<p>1. From a Vertical Position, and with no loss of height, one leg is rapidly lowered to a Fishtail Position, and without a pause the horizontal leg is rapidly lifted to a Vertical Position.</p>		<p>1. Height is constant as one leg is lowered and then lifted back to Vertical Position. The trunk and vertical leg each maintaining their vertical alignment.</p>
<p>2. Maximum height desirable.</p>		<p>2. Rapid speed evident from the <i>Thrust</i> until completion of the figure.</p>
		<p>3. Stability in Vertical Position evident prior to the lowering of the leg to Airborne Fishtail Position and prior to the descent.</p>

BM 13e Spin 360°

Rule Book Description	Diagrams	Major Desired Actions
<p>1. A <i>Spin</i> is a rotation in a Vertical Position.</p>		<p>1. Height and position attained before the <i>Spin</i> begins.</p>
<p>2. The body remains on its longitudinal axis throughout the rotation.</p>		<p>2. The longitudinal axis runs through the center of the body and is perpendicular to the surface of the water.</p>
<p>3. The 360° <i>Spin</i> is executed rapidly and is completed with a <i>Vertical Descent</i> executed rapidly.</p>		<p>3. Uniform motion of the <i>Spin</i> and <i>Vertical Descent</i> each performed rapidly.</p>
<p>4. A <i>descending Spin</i> must start at the height of the vertical and be completed as the ankles reach the surface.</p>		<p>4. Stability and vertical alignment before, during and at completion of the designated rotation.</p>
<p>e) 360° Spin/Spinning 360°: a descending Spin with a rotation of 360°.</p>		<p>5. Simultaneous rotation and descent of the body, with even drop spaces, to complete the spin as the ankles reach the surface.</p>

Penalty Clarification on Spin 360°

The acceptable allowance for Spin 360° is up to ¼ less than/more than the required rotation.

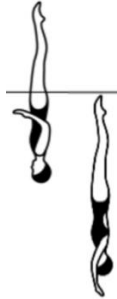
BM 10 Vertical Descent (from ankle)

Rule Book Description

Diagrams

Major Desired Actions

1. Maintaining a **Vertical Position**, the body descends along its longitudinal axis until toes are submerged.



1. The tempo of descent is uniform and at the same speed as the rest of the figure.

Height Chart for Dynamic Height for Flying Fish Spinning 360°

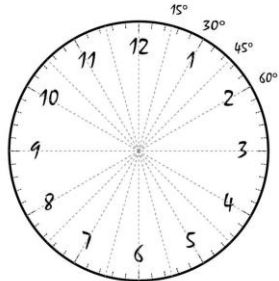
	Perfect	Excellent/Near Perfect	Very Good	Good	Competent	Satisfactory	Deficient	Weak
Score	10	9.5	8.5	7.5	6.5	5.5	4.5	3.5
Double Leg Thrust	Mid-ribs or higher	Lower ribs	Waist	Top of pelvis	Showing crotch	Upper thigh	Mid-thigh	Above kneecap
Rejoin to Vertical Double Leg	Crotch level or higher	Upper thigh	Upper mid-thigh	Low to mid-thigh	Above kneecap	Kneecap	Below kneecap	Well above kneecap (mid-shin)

Deduction Guidelines for Flying Fish Spinning 360°

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 Back Pike Position	Head tucked in Submerged Back Pike Position.	Back rounded in Submerged Back Pike Position	
	Toes out of the water before the thrust commences.	Toes 6-8 inches below surface before rise.	Toes more than 8 inches below surface before rise.
Thrust	Legs 15° to 30° from perpendicular	Legs 31° to 45° from perpendicular	Legs 46° or more from perpendicular
		Body rising in pike so crown of head is at the surface before unroll commences.	Body rising in pike so part of the face is dry before unroll commences.
			A hinging, not an unrolling movement. Flat back during the transition.
Vertical Position to Fishtail Position to Vertical Position		Not achieving the vertical prior to lowering leg.	Starting to lower the leg as the feet leave the water.
			Fishtail position not achieved, lifting initiated before.

Spin 360°	Rotating <u>slightly</u> less or more than 360°.	Rotating <u>clearly</u> less or more than 360°, but less than 450° or more than 270°.	Rotating at a limit of spin allowance: minimum of 270°, maximum 450°.
	Rotation around lateral axis.	Erratic drops during the spin.	
	Slow at the beginning of the spin.	Slow rotation.	Very slow rotation.

Visible scales of angle deviation



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

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

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

Small deviation	15-30 degrees	0.2
Medium deviation	31-45 degrees	0.5
Large deviation	46 degrees or more	1.0

