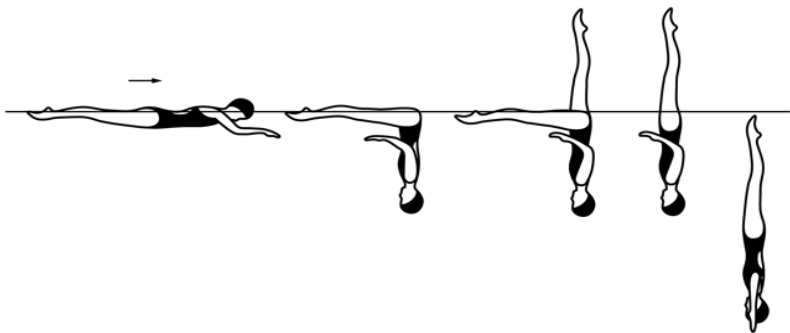


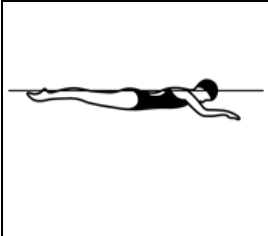
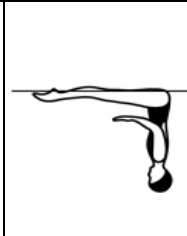
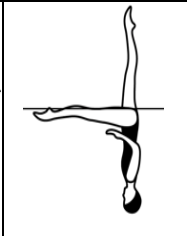
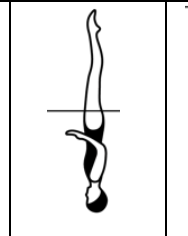
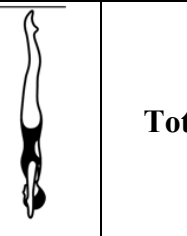
FIGURE 348 – TOWER

Difficulty 1.9

From a **Front Layout Position** a **Front Pike Position** is assumed. One leg is lifted to a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position**. A *Vertical Descent* is executed.



TRANSITION NUMERICAL VALUES

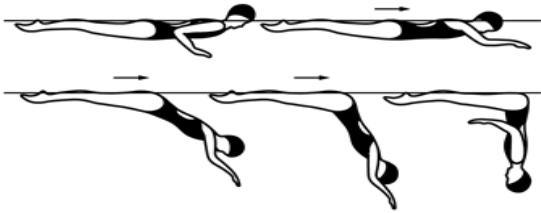
					Total
NVT=	6.0	14.5	20.5	14.0	55.0
PV =	1.09	2.64	3.73	2.55	10.0

POSITION & TRANSITION DESCRIPTIONS

BP 2 Front Layout Position

Rule Book Description	Diagrams	Major Desired Actions
1. Body extended with head, upper back, buttocks, and heels at the surface of the water.		1. Gives the impression that the body is stretched horizontally to its maximum. Judgement made by checking visual points of the horizontal alignment: ears, shoulder joints, hip joints and heels. 2. Once the head position is established as in or out of the water the position is maintained. When the face is out of the water the ears will not be on the horizontal axis and the back may be slightly lower and arched. Hip joints, calves and heels remain at the surface of the water.

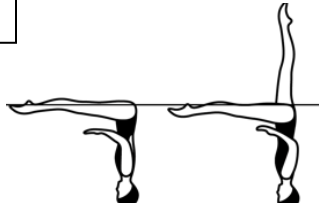
BM 3 To Assume a Front Pike Position

Rule Book Description	Diagrams	Major Desired Actions
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.		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. Hips replace the head at the surface.

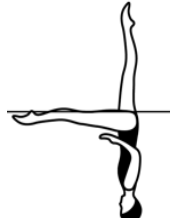
BP 10 Surface Front Pike Position

Rule Book Description	Diagrams	Major Desired Actions
1. Body bent at hips to form a 90° angle.		1. Exactness of 90° angle.
2. Legs extended and together.		2. Full extension of legs, with ankle aligned with hip joints.
3. Trunk extended with the back straight and head in line.		3. Back flat, with vertical alignment of ears, shoulder joints and hip joints once the position is established.

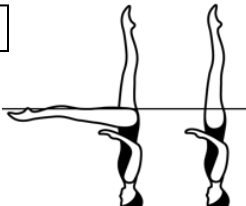
Surface Front Pike Position to Fishtail Position

Rule Book Description	Diagrams	Major Desired Actions
1. One leg is lifted to a Fishtail Position .		1. Height and vertical alignment of trunk maintained. Stability and control evident.
		2. The position is held only long enough to define the position and demonstrate completion of the transition.

BP 8 Fishtail Position

Rule Book Description	Diagrams	Major Desired Actions
1. Body extended in Vertical Position with one leg extended forward. The foot of the forward leg is at the surface of the water regardless of the height of the hips.		1. Judgement made by checking visual points of the vertical alignment: ears, shoulder joints, hip joints and ankles.
		2. The foot of the forward leg must be be at the surface of the water. Hip joints must be on a horizontal line.

Fishtail Position to Vertical Position Transition

Rule Book Description	Diagrams	Major Desired Actions
1. The horizontal leg is lifted to a Vertical Position .		1. Height constant as legs join, with the trunk and vertical leg maintaining their vertical alignment throughout.
		2. The Vertical Position is held only long enough to define the position and to demonstrate completion of the transition prior to descent.

BP 6 Vertical Position

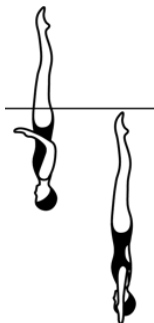
Rule Book Description	Diagrams	Major Desired Actions
1. Body extended perpendicular to the surface of the water; legs together, head downward.		1. Full extension of the body.
2. Head (ears specifically), hips and ankles in line.		2. Judgement is made by checking visual points of the vertical alignment: ears, shoulder joints, hip joints and ankles.

BM 10 Vertical Descent

Rule Book Description

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

Diagrams



Major Desired Actions

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

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
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)

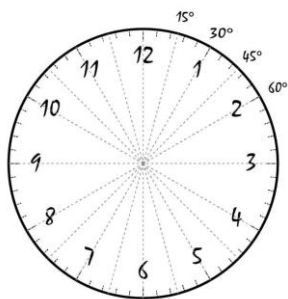
DEDUCTION GUIDELINES

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.

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

