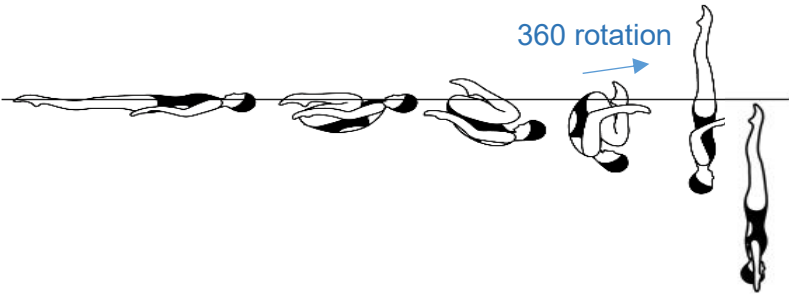


From a Back Layout Position, a Kip (311) is executed until the shins are perpendicular to the surface of the water. With shins remaining perpendicular to the surface of the water, a rotation of 360° is executed as the head and trunk unroll and the legs are straighten to assume a Vertical Position midway between the vertical line through the hips and the former vertical line through the head and the shins. Maintaining the Vertical Position, the body descends along its longitudinal axis until the toes are submerged.



TRANSITION NUMERICAL VALUES

					Total
NVT=	3.0	2.0	25.0	17.0	78.0
PV =	0.38	0.26	3.21	2.18	10.0

POSITION & TRANSITION DESCRIPTIONS

Back Layout to Inverted Tuck Position

Rule Book Description	Diagrams	Major Desired Actions
1. From a Back Layout Position, the knees, shins and toes are drawn along the surface of the water to assume a Tuck Position. With continuous motion the tuck becomes more compact, and a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water.		1. With the head and shoulders remaining stationary, the knees, shins and toes are drawn to the body to assume a tight tuck at the position occupied by the trunk in the Back Layout Position. 2. There is continuous motion from the initiation of the leg draw to achievement of the inverted Tuck Position.

Inverted Tuck Position to Vertical Position with 360 rotation

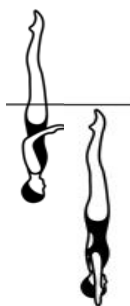
Rule Book Description	Diagrams	Major Desired Actions
1. The trunk unrolls as the legs are straightened to assume a Vertical Position midway between the former vertical line through the hips and the former vertical line through the head and the shins.		1. Vertical Position and maximum height achieved simultaneously. 2. The Vertical Position is held only long enough to define the position and to demonstrate completion of the transition prior to the descent.

BM 10 Vertical Descent

Rule Book Description

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

Diagrams

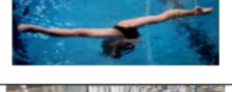
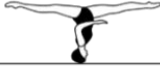


Major Desired Actions

1. Unless otherwise stated, tempo of 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
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)

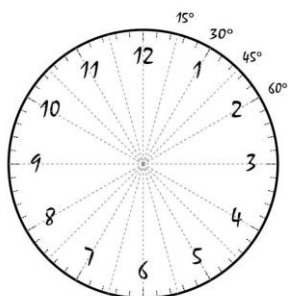
Score range		Angle of Split (degree)			Water level	
Excellent/ Near Perfect	9.5	180 (flat)			Crotch & legs dry	
Very Good	8.5	170 - 180			Legs dry	
Good	7.5	160 - 170			Legs almost dry	
Competent	6.5	150 - 160			lower legs dry Crotch underwater	
Satisfactory	5.5	130 - 140			lower legs dry Crotch underwater	
Deficient	4.5	110 - 120			feet above the surface, legs under water	
Weak	3.5	up to 100			feet come out vertically	
Hardly recognisable	0.1 – 2.9	scissors			feet come out vertically	

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
Inverted Back Tuck Position to Vertical Position	As body moves into tuck position head moves off the surface toward knees to assume tuck position.	Head and torso move toward feet to assume a tuck position.	
	Tuck could be tighter.	Head out of line.	Knees off chest, head not tucked in
	Body unrolls and legs extend upward simultaneously but vertical attained is slightly in front of or behind midway point described.	Unroll is not simultaneously achieved. Legs move to vertical and then back unrolls under legs.	Head and back move to vertical and then the legs open at hips (thighs parallel to surface of water and legs straighten to vertical.
			Head leads shoulders backward to open tuck

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

