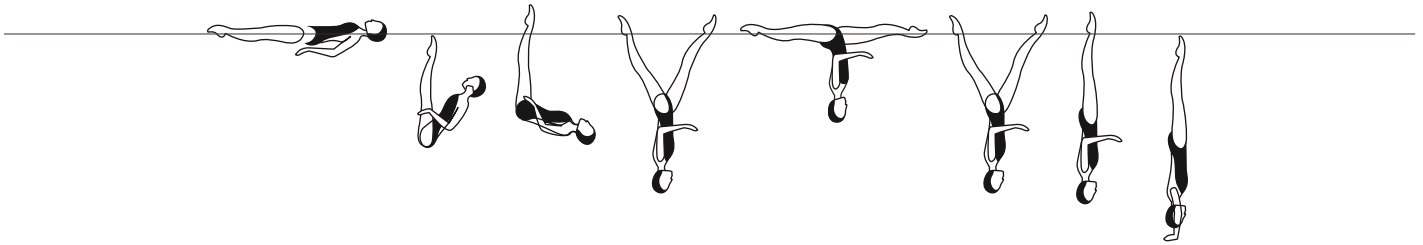
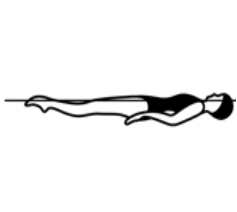

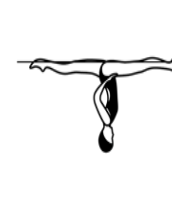
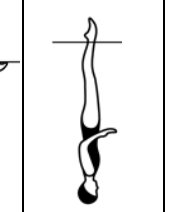
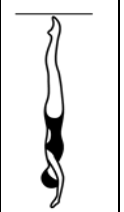


From a **Back Layout Position**, the trunk is lowered as the hips are bent to assume a **Submerged Back Pike Position**. The feet separate along the surface as the hips rise and the body assumes a **Split Position**. The legs join to assume a **Vertical Position** at ankle level. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



**WEIGHTING for Blossom**

					<b>Total</b>
NVT=	10.0	11.0	5.0	5.0	31.0
PV =	3.23	3.55	1.61	1.61	

**BP 1 Back Layout Position**

Rule Book Description

Diagrams

Major Desired Actions

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

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



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 made by checking visual points of the horizontal alignment; ear, shoulder joint, hip joint, and ankles. This imaginary line should also pass through the middle of the side of the trunk.

**Back Layout Position to Submerged Back Pike Position**

Rule Book Description

Diagrams


Major Desired Actions

1. 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 under the surface.

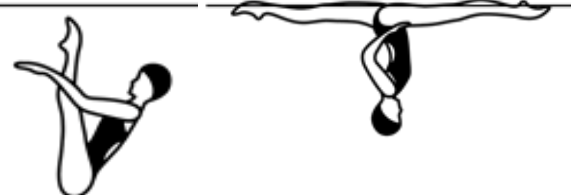


1. Smoothly and simultaneously raising the legs and submerging the body, maintaining back straight and head in line. In the submerged **Back Pike Position**, the hips are directly beneath the position they occupied in **Back Layout Position**. Once established, the **Back Pike Position** degree of angle should not change prior to initiation of the unrolling action.


## BP 11 Submerged Back Pike Position

Rule Book Description	Diagrams	Major Desired Actions
1. Body bent at hips to form an acute angle of 45° or less.		1. Legs as close to chest as possible, without sacrificing the straight line alignment of the extended spine and head.
2. Legs extended and together.		2. Full extension of the legs, ankles and feet.
3. Trunk extended with the back straight and head in line.		3. Back flat, with ear, shoulder joint, middle of side of torso, and hip joint aligned.

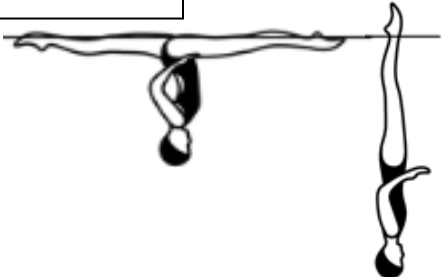
## Submerged Back Pike Position to Split Position

Rule Book Description	Diagrams	Major Desired Actions
1. The feet separate along the surface as the a vertical upward movement of the trunk is executed as the body unrolls to assume a <b>Split Position</b> .		1. Smoothly and simultaneously raising the trunk as the legs reach BP 16 <b>Split Position</b> .

## BP 16 Split Position

Rule Book Description	Diagrams	Major Desired Actions
1. Legs evenly split forward and back.		1. Full extension of the legs at or above the surface.
2. The legs are parallel to the surface.		4. Flat split. Hip joints on a horizontal line; shoulder joints on a horizontal line, with both of these alignments 'square' and parallel to each other.
3. Lower back arched, with hips, shoulders and head on a vertical line.		a) Full extension of the legs at the surface. Feet and thighs at the surface. Hips as close to the surface as possible.
4. 180° angle between the extended legs (flat split), with inside of each leg aligned on opposite sides of a horizontal line, regardless of the height of the hips.		
a) Legs are "dry" at the surface.		

## Split to Vertical at Submerged Vertical Transition

Rule Book Description	Diagrams	Major Desired Actions
1. The legs are joined to assume a <b>Vertical Position</b> at the ankles		1. Both legs achieve BP 6 <b>Vertical Position</b> simultaneously. Height of both legs to be at ankle level during closing to a <b>Vertical Position</b> .

## BP 6 Vertical Position

### Rule Book Description

1. Body extended, perpendicular to the surface, legs together, head downward.

2. Heads (ears specifically), hips and ankles in line.

### Diagrams



### Major Desired Actions

1. Full extension of the body.

2. Judgement made by checking visual points of the vertical alignment: ear, shoulder joint, hip joint, ankle.

## BM 10 Vertical Descent

### Rule Book Description

















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

### Diagrams



### Major Desired Actions

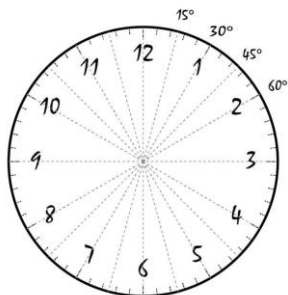
1. See BP 6 **Vertical Position**. Unless otherwise stated, tempo of descent is uniform and at the same speed as the rest of the figure.

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 for Blossom

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 to Submerged Back Pike Position	Head tucked in Submerged Back Pike Position	Back rounded in Submerged Back Pike Position.	
	Legs lifted to mid-thigh level.	Below knees is only part of legs lifted.	Buttocks move forward as legs drop below surface without any lift.
Submerged Back Pike Position to Split Position	**See the angle chart for splits		
	Legs 15 to 30 degrees from perpendicular.	Legs 31 to 45 degrees from perpendicular.	Legs 46 degrees or more from perpendicular.

### 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

