


Split Position

Difficulty 0.6

















Legs evenly split forward and back. The legs are parallel to the surface of the water. Lower back is arched, with hips, shoulders and head on a vertical line. 180-degree angle between the extended legs (flat split), with inside of each leg aligned



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.		2. Flat split. Hip joints and 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.		
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) Surface Split Position		
1. Legs are dry at the surface of the water		1. Full extension of the legs. Crotch and legs dry at the surface of the water.

Height Chart for Surface Split Position

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	
Travel Deduction Guidelines Hardly noticeable	0.1 – 2.9	Small deduction: 0.1 scissors		Medium deduction: 0.3		Large deduction: 0.5 feet come out vertically
		Minimal travel or minimal lack of required travel		Obvious travel in one (1) transition, and or/ travel in several transitions		