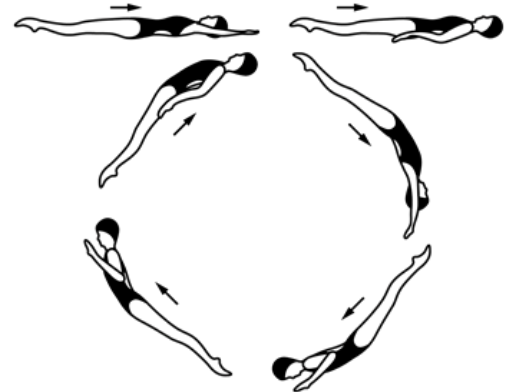


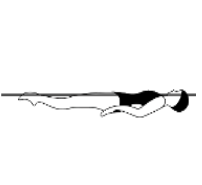
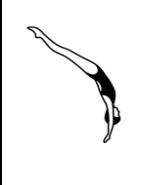
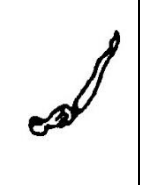

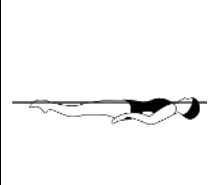
Figure 201 – Dolphin

Difficulty 1.4

From a **Back Layout Position**, with head leading, the head, hips and feet leave the surface sequentially at the same point to assume a **Dolphin Arch** as the body begins to move around a circle which has a diameter of approximately 2.5 meters (8 feet), depending upon the height of the competitor. Movement continues, as the head, hips and feet follow the imaginary line of the circumference until, with the head, hips and feet breaking the surface sequentially at the same point, the body straightens as it surfaces to a **Back Layout Position**.



WEIGHTING for Dolphin

						Total
NVT=	8.0	8.0	8.0	8.0	8.0	32.0
PV =	2.5	2.5	2.5	2.5	2.5	

BP 1 Back Layout Position

Rule Book Description

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

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

Diagrams



Major Desired Actions

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 is made by checking visual points of the horizontal alignment: ears, shoulder joints, hip joints and ankles. This imaginary line should also pass through the middle of the side of the trunk.

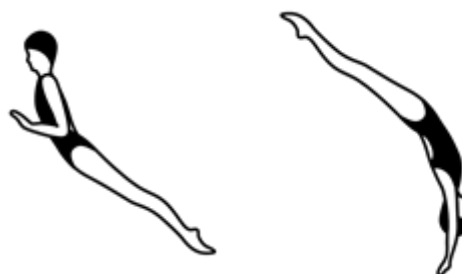
BP 12 Dolphin Arch Position

Rule Book Description

1. Body arched so that the head, hips and feet conform to the arc being followed.

2. Legs together.

Diagrams



Major Desired Actions

1. The body arc must be uniform from the head through the feet.

BM 14 Dolphin

Rule Book Description

Diagrams

Major Desired Actions

1. A *Dolphin* is started in a **Back Layout Position**.

2. The Body follows the circumference of a circle which has a diameter of approximately 2.5 meters, depending on the height of the swimmer.

3. The head, hips and feet leave the surface sequentially to assume a **Dolphin Arch** as the body moves around the circle with the head, hips and feet following the imaginary line of the circumference.

4. Movement continues until the body straightens as it surfaces to a **Back Layout Position**, with the head, hips, and feet breaking surface at the same point.

1. See **Back Layout Position**.

2. The size of the circle should be in proportion to the height of the swimmer.

3. Head, hips and feet leave the surface through the same point, with **Dolphin Arch Position** achieved as the head reaches the $\frac{1}{4}$ point of the circle. An accurate tracing of a circle will have the body pass through the $\frac{1}{4}$, $\frac{1}{2}$ and $\frac{3}{4}$ points, with each quarter being the same size and shape.

4. Body rises, straightens, and moves along the surface simultaneously, with a stationary **Back Layout Position** achieved as the feet surface where the head emerged.

