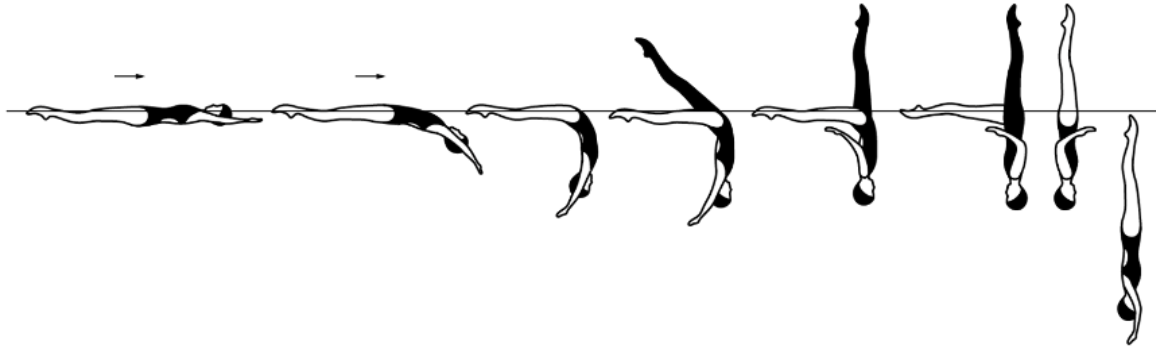


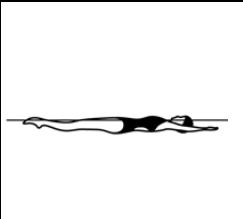

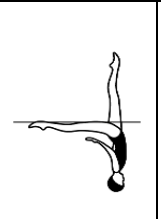

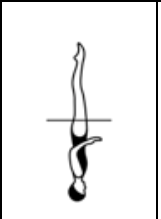
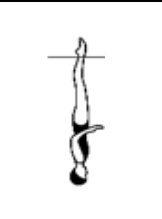
Figure 441 - Saturn

Difficulty 2.5

From a **Back Layout Position** a *Surface Arch Position* is assumed. One leg is lifted to assume a **Knight Position**. Maintaining the vertical alignment, the body rotates 180° to assume a **Fishtail Position**. Continuing in the same direction a *Twirl* is executed as the horizontal leg is lifted to a **Vertical Position**. A *Vertical Descent* is executed.



FINA WEIGHT for Saturn

						Total
NVT =	12.0	23.5	14.0	23.5	14.0	87.0
PV =	1.38	2.70	1.61	2.70	1.61	10

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.

BM 14 To Assume a Surface Arch Position

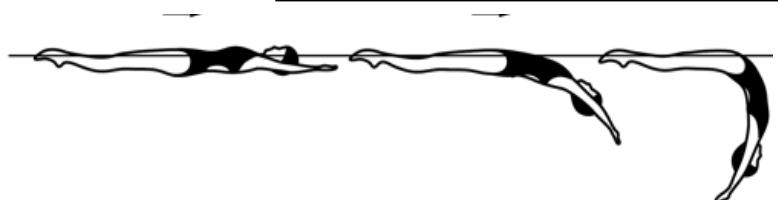
Rule Book Description

1. From a **Back Layout Position** with the head leading, the head, hips and feet move along the surface of the water.
2. With continuous movement the head leaves the surface of the water as the back is arched more to assume a **Surface Arch Position** with the hips occupying the position of the head at the beginning of this action.


Diagrams

Major Desired Actions


1. Continuous uniform movement from the **Back Layout Position** to **Surface Arch Position**.
2. Hip height remains constant. Hip joints on a horizontal line.




BP 13 Surface Arch Position

Rule Book Description	Diagrams	Major Desired Actions
1. Lower back arched, with hips, shoulders and head on a vertical line.		1. Hip joints and shoulder joints on a horizontal line, with both of these alignments 'square' and parallel to one another. Head (ears specifically) in line with shoulders.
2. Legs together and at the surface of the water.		2. Hip joints at the surface of the water.

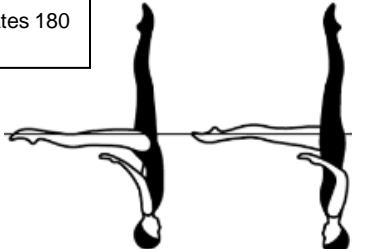
Surface Arch Position to Knight Position

Rule Book Description	Diagrams	Major Desired Actions
1. One leg is lifted to assume a Knight Position .		1. Horizontal alignment of hips and shoulders 'square' and maintained throughout the lift to Knight Position .
		2. Height and full extension of the legs maintained throughout the lifting of the leg.

BP 17 Knight Position

Rule Book Description	Diagrams	Major Desired Actions
1. Lower back arched, with hips, shoulders and head on a vertical line. Arch is in the lower part of the spine only.		1. Arch is in the lower part of the spine only.
2. One leg vertical.		2. Vertical alignment through ears, shoulder joints, hip joints and ankle of the vertical leg.
3. Other leg extended backward, with the foot at the surface, and as close to horizontal as possible.		3. Hip joints and shoulder joints on a horizontal line with both of these alignments 'square' and parallel to each other. The top of the horizontal extended leg faces upward.

Knight to Fishtail Position

Rule Book Description	Diagrams	Major Desired Actions
1. Maintaining the vertical alignment the body rotates 180 degrees to assume a Fishtail Position .		1. The vertical leg remains stationary, and height remains constant throughout the rotation.
		2. The foot of the horizontal leg is at the surface of the water and not above or below the surface of the water.
		3. Full extension of both legs throughout the 180° rotation.

BP 8 Fishtail Position

Rule Book Description

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.

Diagrams



Major Desired Actions

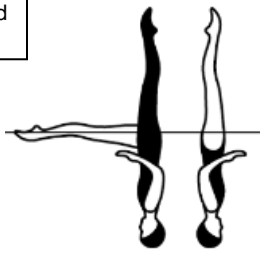
1. Full extension of the body.
2. Judgement made by checking visual points of the vertical alignment: ear, shoulder joint, hip joint, ankle.
3. The foot of the forward leg must be at the surface. Hip joints must be on a horizontal line.

Fishtail Position to Vertical Position Transition

Rule Book Description

1. Continuing in the same direction, a *Twirl* is executed as the horizontal leg is lifted to a **Vertical Position**.

Diagrams



Major Desired Actions

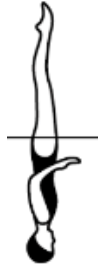
1. Trunk alignment maintained beneath hips and shoulders.
2. Hips and shoulders aligned horizontally and 'square'.
3. The lifting of the horizontal leg to **Vertical Position** and the completion of the *Twirl* occur simultaneously.
4. A rapid 180° rotation is executed with minimal lateral movement.

BP 6 Vertical Position

Rule Book Description

1. Body extended, perpendicular to the surface, legs together, head downward.
2. Head (ears specifically), hips and ankles in line.

Diagrams



Major Desired Actions

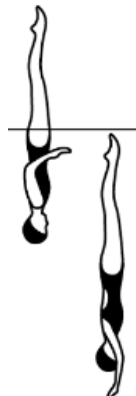
1. Full extension of the body.
2. Judgement made by checking visual points of the vertical alignment: ear, shoulder joint, hip joint, ankle.

BM 10 Vertical Descent

Rule Book Description

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

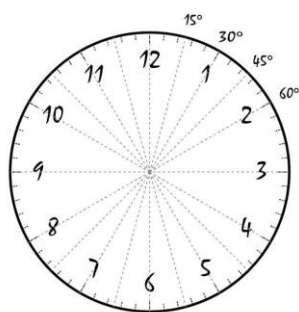
Height Chart for Saturn

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
Bent Knee Surface Arch	Above crotch	Crotch level	Upper thigh	Mid-thigh	Low thigh (well above kneecap)	Kneecap	(5.0) Only top of knee	(4.5) Below surface
Knight	Above crotch	Crotch level	Upper thigh	Mid-thigh	Low thigh (well above kneecap)	Kneecap	Below kneecap	Mid-shin
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 for Saturn

Figure/Transition	Small Deviation – 0.2 1-15 degrees	Medium Deviation – 0.5 16-30 degrees	Large Deviation – 1.0 31 degrees or more
Twirl from Fishtail Position to Vertical Position		Slow, not obvious speed change	Very slow (twisting)
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

