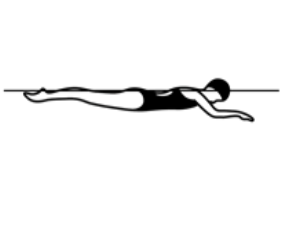
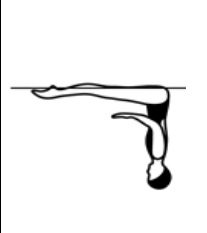
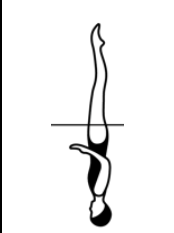
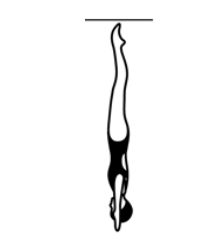


FIGURE 358 – SNAPPING TURTLE

Difficulty 1.7

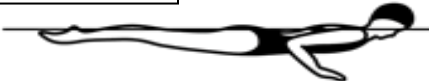
From a **Front Layout Position**, a *Front Walkover* (Figure #360) is executed to a **Split Position**. The legs join symmetrically and rapidly to assume a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged at the same tempo as the join (rapid).

TRANSITION NUMERICAL VALUES

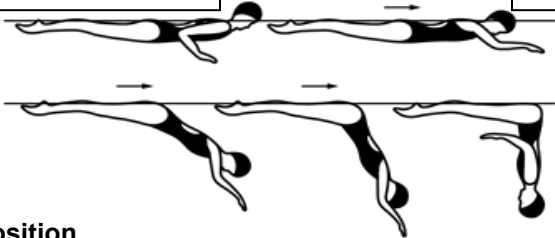
					Total
NVT =	6.0	20.0	16.0	14.0	56.0
PV =	1.07	3.57	2.86	2.50	10.0

POSITION & TRANSITION DESCRIPTIONS

BP 2 Front Layout Position

Rule Book Description	Diagrams	Major Desired Actions
1. Body extended with head, upper back, buttocks and heels at the surface of the water. 2. Face begins in the water.		1. Gives the impression that the body is stretched horizontally to maximum. Judgement made by checking visual points of the horizontal alignment: ear, shoulder joint, hip joint and ankle.

BM 3 To Assume a Front Pike Position

Rule Book Description	Diagrams	Major Desired Actions
1. From a Front Layout Position with face in the water as the trunk moves downward to assume a Front Pike Position, the buttocks legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action.		1. Uniform motion in downward movement of the trunk. The trunk remains straight throughout the movement. Hips and head lock into position simultaneously. 2. Smooth even movement downwards of the trunk.

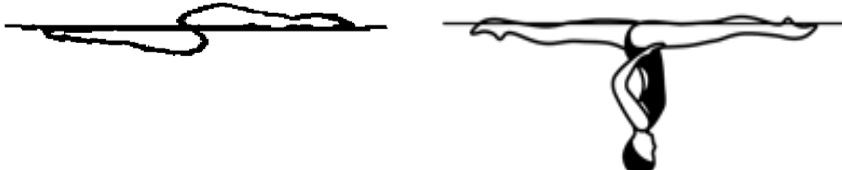
BP 10 Surface Front Pike Position

Rule Book Description	Diagrams	Major Desired Actions
1. Body bent at hips to form a 90° angle. 2. Legs extended and together. 3. Trunk extended with the back straight and head in line.		1. Exact 90° angle. 2. Full extension of legs, with ankles aligned with hip joints. 3. Back flat, with vertical alignment of ears, shoulder joints, and hip joints once the position is established.

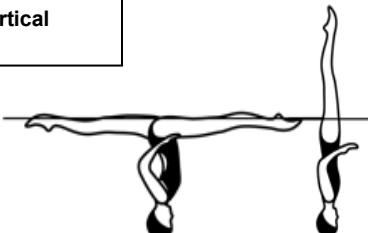
Surface Front Pike Position to Split Position

Rule Book Description	Diagrams	Major Desired Actions
1. One leg is lifted in a 180° arc over the surface to Split Position .		1. Constant height and continuous uniform motion to achieve the Split Position .
		2. Trunk maintains its vertical alignment, with hips and shoulders 'square'.
		3. Full extension of the horizontal leg at the surface of the water.
		4. Foot of stationary leg remains at the surface.

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 of the water.
2. The legs are parallel to the surface of the water.		4. 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.		a) Full extension of the legs. Crotch and legs dry at the surface of the water.
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 Transition

Rule Book Description	Diagrams	Major Desired Actions
1. The legs are rapidly joined to assume a Vertical Position .		1. Full extension of the legs.
		2. Legs split evenly and join in a vertical line.
		3. Performed rapidly.

BP 6 Vertical Position

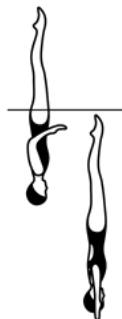
Rule Book Description	Diagrams	Major Desired Actions
1. Body extended perpendicular to the surface of the water; legs together, head downward.		1. Full extension of the body.
2. Head (ears specifically), hips and ankles in line.		2. Judgement made by checking visual points of the vertical alignment: ears, shoulder joints, hip joints and ankles.

BM 10 Vertical Descent

Rule Book Description

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

Diagrams



Major Desired Actions

1. The tempo of the descent is uniform and performed rapidly.

HEIGHT CHART

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

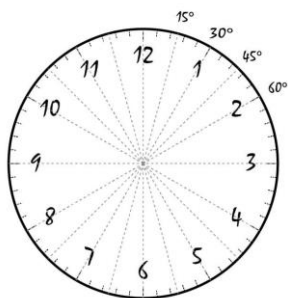
DEDUCTION GUIDELINES

Figure/Transition	Small Deviation – 0.2 1-15 degrees	Medium Deviation – 0.5 16-30 degrees	Large Deviation – 1.0 31 degrees or more
Front Layout Position to Front Pike Position	Hips do not replace position of head, moving forward up to 6 inches.	Hips do not replace position of head, moving forward 6-12 inches	No forward movement body hinges down to pike position.
Split Position	**See chart for splits.		Piked hips in front Split.

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

***In addition to the deductions for angle deviations, there are other design problems that require deductions. The table above provides some examples of common errors that require deduction.*

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

