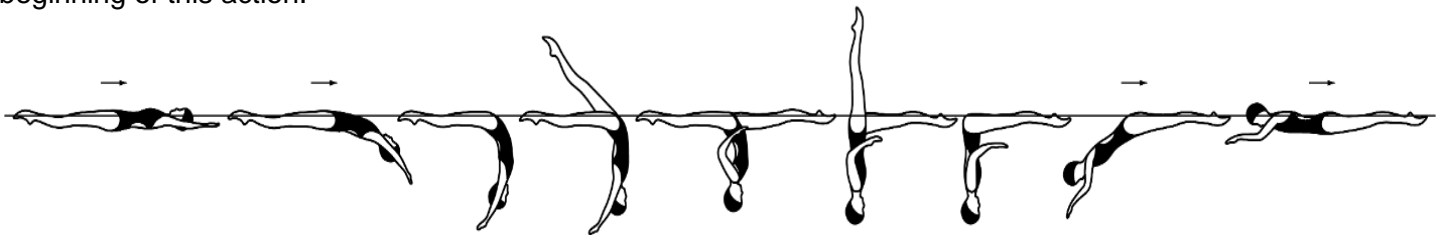







# 420 – Walkover, Back

Difficulty 2.1

From a **Back Layout Position**, the head leads downward as a Dolphin (201) is initiated. The hips move along the surface to the point occupied by the head at the beginning of this action. The hips, legs and feet continue moving along the surface as the back is arched more to assume a **Surface Arch Position**. One leg is lifted in a 180° arc over the surface to a **Split Position**. The hips remain stationary as the back leg is lifted over the surface to meet the opposite leg in a **Surface Front Pike Position**. The feet and hips move along the surface until the body straightens to a **Front Layout Position** as the head surfaces at the position occupied by the hips at the beginning of this action.



### WEIGHTING for Walkover Back

						Total
NVT =		12.0	22.0	19.0	6.0	59.0
PV =		2.03	3.73	3.22	1.02	

### BP 1 Back Layout Position

#### Rule Book Description

1. Body extended with head, upper back, buttocks and heels at the surface.



#### Diagrams

#### Major Desired Actions

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.

### Back Layout Position to Surface Arch Transition

#### Rule Book Description

1. With the head leading, a Dolphin is initiated.

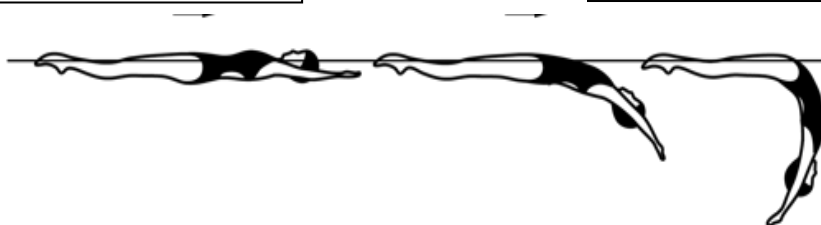
2. The hips, legs and feet continue to move along the surface as the back is arched more to assume a Surface Arch Position.

#### Diagrams


#### Major Desired Actions

1. *Dolphin* continues until the hips are about to submerge.

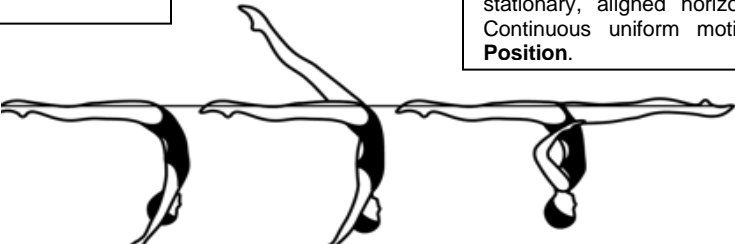
2. Continuous movement from initiation of step 1 until achievement of **Surface Arch Position**.




## 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 on a horizontal line; shoulder joints on a horizontal line, with both of these alignments 'square' and parallel to each other. Head (ears specifically) in line with shoulders.
2. Legs together and at the surface.		2. Hips as close to the surface as possible.

## Surface Arch Position to Split Position

Rule Book Description	Diagrams	Major Desired Actions
1. One leg is lifted in a 180-degree arc over the surface to Split Position.		1. The back leg remains fully extended. Hips remain stationary, aligned horizontally, and at the surface. Continuous uniform motion of leg arcing to <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.		4a) Full extension of the legs at the surface. Feet and thighs at the surface. Hips as close to the surface as possible.	
4. 180 degree 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.			
4a) Legs are "dry" at the surface.			

## BM 6b Walkout Back

### Rule Book Description

1. The back leg is lifted in a 180° arc over the surface to meet the opposite leg in a **Front Pike Position** and with continuous movement, the body straightens to a **Front Layout Position**.

2. The head surfaces at the position occupied by the hips at the beginning of this action.

### Diagrams

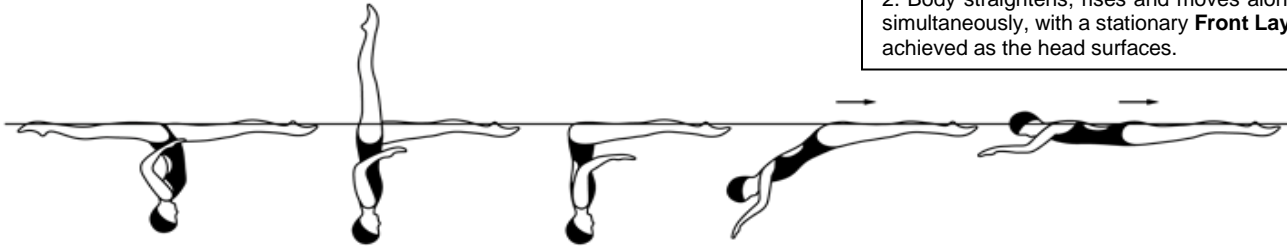
### Major Desired Actions

1.1 Same as 1.1-1.4 in BM6a *Walkout Front*.

1.2 An accurate **Front Pike Position** should be evident before the body begins to straighten and rise.

1.3 Both legs maintain full extension.

2. Body straightens, rises and moves along the surface simultaneously, with a stationary **Front Layout Position** achieved as the head surfaces.



## BP 2 Front Layout Position

### Rule Book Description

1. Body extended with head, upper back, buttocks and heels at the surface.

2. Unless otherwise specified, face may be in or out of the water.

### Diagrams

### Major Desired Actions

1. Gives the impression that the body is stretched horizontally to its maximum. Judgement made by checking visual points of the horizontal alignment: ear, shoulder joint, hip joint and ankle.

2. Once established as 'in' or 'out' the head position should be maintained. When the face is out of the water, the ears will not be on the horizontal axis and the back may be slightly lower.



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 Walkover Back

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 Position to Surface Arch Position	Feet and legs travel 12 inches or less along surface	Surface Arch Position not shown	At start, head and shoulders press backward to Surface Arch Position
Surface Arch Position to Split Position			Lifting at knee height and then rising in Knight Position
		Erratic speed and height	Leg lifting very quickly and then much slower from Knight to Split or vice versa
		Body pauses in Knight Position	Body stops in Knight Position
	Body forward up to 15-degrees from perpendicular in Split Position	Body forward 16-30 degrees from perpendicular in Split Position	Body forward 31 degrees or more from perpendicular in Split Position
	Hips out of alignment 1-15 degrees from center point of horizontal axis.	Hips out of alignment 16-30 degrees from center point of horizontal axis torso rotated 16-30 degrees from perpendicular.	Horizontal axis between legs in split not parallel to wall, torso rotated more than 30 degrees from perpendicular.
Split Position to Front Pike Position	Body forward from perpendicular up to 15 degrees during transition to pike.	Body forward from perpendicular between 16 and 30 degrees during the transition to pike.	Body forward from perpendicular 31 degrees or more during the transition to pike.
Front Pike Position to Front Layout Position	*Travel is as per the proposed FINA rule re deductions for travel		

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