




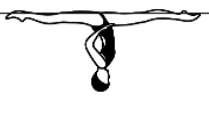


Figure 313 – Kip Split, Closing 360°

Difficulty 2.2

From a **Back Layout Position**, and with continuous motion, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. The legs are lowered symmetrically to a **Split Position**. During a 360° rotation of the trunk the legs are closed symmetrically to a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



AQUA WEIGHT for Kip Split, Closing 360°

							Total
NVT=	3.0	2.0	23.0	17.0	27.0	14.0	86.0
PV =	.35	.23	2.67	1.98	3.14	1.63	10

BP 1 Back Layout Position

Rule Book Description

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

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

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

Back Layout to Inverted Tuck Position

Rule Book Description

1. From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface.

Diagrams

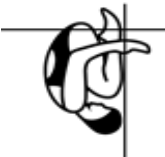


Major Desired Actions

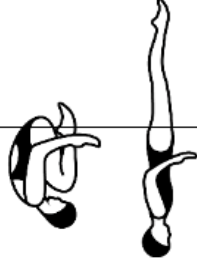
1. Same as Figure 310 Somersault Back Tuck, steps 1&2. Continuous motion from initiation of knee draw to achievement of inverted BP 9 **Tuck Position**.

2. Continuous motion from initiation of knee draw to achievement of inverted BP 9 **Tuck Position**.


BP 9 Tuck Position

Rule Book Description	Diagrams	Major Desired Actions
1. Body as compact as possible, with the back rounded, and legs together.		1. Legs folded tightly to the front of the body.
2. Heels close to buttocks.		2. Compact tuck. Heels as close to buttocks as possible.
3. Head close to knees.		3. Chin tucked in, ears in natural alignment with the curvature of the spine.

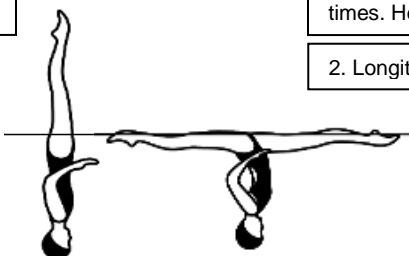
Inverted Tuck Position to Vertical Position

Rule Book Description	Diagrams	Major Desired Actions
1. The trunk unrolls as the legs are straightened to assume a Vertical Position midway between the former vertical line through the hips and the former vertical line through the head and the shins.		1. Vertical Position and maximum height achieved simultaneously. Stability and control evident prior to initiation of descent.



BP 6 Vertical Position

Rule Book Description	Diagrams	Major Desired Actions
1. Body extended, perpendicular to the surface, 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: ear, shoulder joint, hip joint, ankle.

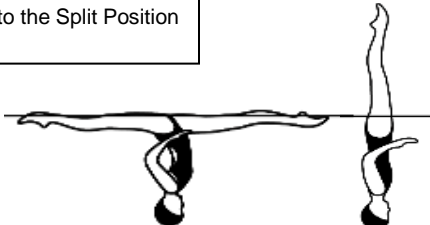
Vertical Position to Split Position

Rule Book Description	Diagrams	Major Desired Actions
1. The legs are lowered symmetrically to the Split Position.		1. Both legs remain equidistant from the surface at all times. Height remains constant.
		2. Longitudinal axis maintained throughout.


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.		a) Full extension of the legs at the surface. Feet and thighs at the surface. Hips as close to the surface as possible.	
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.			

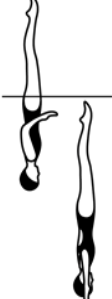
Split Position to Vertical Position (Closing 360°)

Rule Book Description	Diagrams	Major Desired Actions
1. The legs are closed symmetrically to the Split Position while a rotation of 360° is performed.		1. Both legs remain equidistant from the surface at all times. Height remains constant.
		2. Longitudinal axis maintained throughout.

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 is made by checking visual points of the vertical alignment: ears, shoulder joints, hip joints and ankles.

















BM 10 Vertical Descent

Rule Book Description	Diagrams	Major Desired Actions
1. Maintaining a Vertical Position , the body descends along its longitudinal axis until toes are submerged.		1. Unless otherwise stated, tempo of descent is uniform and at the same speed as the rest of the figure.

Height Chart for Kip Split, Closing 360°

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
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)

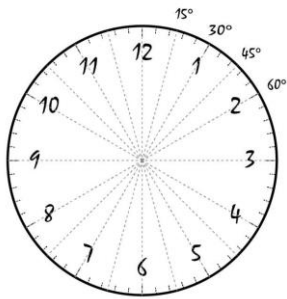
Height Chart for Surface Split Position

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
Hardly recognisable	0.1 – 2.9	scissors			feet come out vertically

Basic Deductions for Kip Split, Closing 360°

Figure/Transition	Small Deviation – 0.2 1-15 degrees	Medium Deviation – 0.5 16-30 degrees	Large Deviation – 1.0 31 degrees or more
Vertical Position to Split Position	**See chart for splits.		Piked hips in front Split.
Inverted Back Tuck Position to Vertical Position	As body moves into tuck position head moves off the surface toward knees to assume tuck position.	Head and torso move toward feet to assume a tuck position.	
	Tuck could be tighter.	Head out of line.	Knees off chest, head not tucked in
	Body unrolls and legs extend upward simultaneously but vertical attained is slightly in front of or behind midway point described.	Unroll is not simultaneously achieved. Legs move to vertical and then back unrolls under legs.	Head and back move to vertical and then the legs open at hips (thighs parallel to surface of water and legs straighten to vertical.
			Head leads shoulders backward to open tuck
Split Position to Vertical Position (Closing 360)	Uneven closing between right and left legs.		No closing action during the first 180° rotation
	Legs are open 15° when the rotation is completed and then close.	Legs are open 30° when the rotation is completed and then close.	Legs are open 45° or more when the rotation is completed and then close.
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

