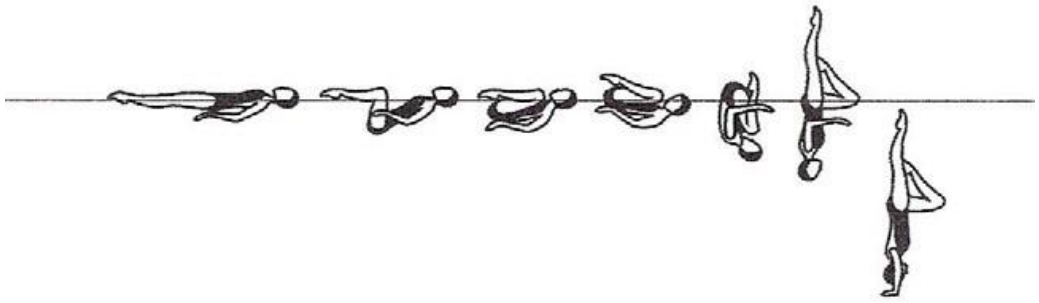
Figure 316 – Kipnus **Difficulty 1.4**

From a **Back Layout Position,** a Kip (Figure #311) is executed until the shins are perpendicular to the surface of the water. With shins remaining perpendicular to the surface, the trunk unrolls as the legs assume a **Bent Knee Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. Maintaining the **Bent Knee Vertical Position,** the body descends along its longitudinal axis until the toes are submerged.



WEIGHTING for Kipnus

					**Total**
NVT=	3.0	2.0	15.0	10.0	30.0
PV =	.10	.07	.50	.33	

Back Layout to Inverted Tuck Position

Rule Book Description | Diagrams | Major Desired Actions

1. From a **Back Layout Position**, the knees, shins and toes are drawn along the surface of the water to assume a **Tuck Position**. With continuous motion the tuck becomes more compact, and a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water.

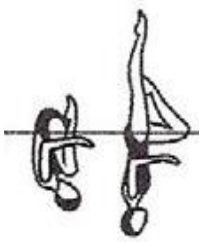
1. With the head and shoulders remaining stationary, the knees, shins and toes are drawn to the body to assume a tight tuck at the position occupied by the trunk in the **Back Layout Position**.

2. There is continuous motion from the initiation of the leg draw to achievement of the inverted **Tuck Position**.

Inverted Tuck Position to Bent Knee Vertical Position

Rule Book Description | Diagrams | Major Desired Actions

1. The trunk unrolls as the legs are straightened to assume a **Bent Knee Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins.



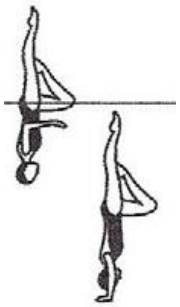
1. **Bent Knee Vertical Position** and maximum height achieved simultaneously.

2. The **Bent Knee Vertical Position** is held only long enough to define the position and to demonstrate completion of the transition prior to the *Vertical Descent.*

BM 10 Vertical Descent

Rule Book Description | Diagrams | Major Desired Actions

1. Maintaining a **Bent Knee 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 Kipnus

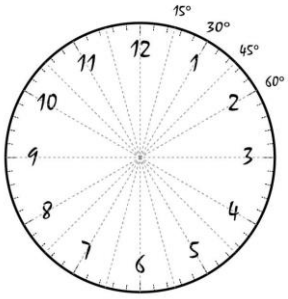
	Perfect	Excellent/Near Perfect	Very Good	Good	Competent	Satisfactory	Deficient	Weak
Score	**10**	**9.5**	**8.5**	**7.5**	**6.5**	**5.5**	**4.5**	**3.5**
Bent Knee Vertical	Top of Pelvis	Above crotch	Crotch level	Upper thigh	Mid-thigh	Low thigh (well above kneecap)	Kneecap	Below kneecap

Deduction Guidelines for Kipnus

Figure/Transition	**Small Deviation – 0.2 1-15 degrees**	**Medium Deviation – 0.5 16-30 degrees**	**Large Deviation – 1.0 31 degrees or more**
Inverted Back Tuck Position to Bent Knee 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 leg extends upward simultaneously but bent knee vertical attained is slightly in front of or behind midway point described.	Unroll is not simultaneously achieved. Leg moves to bent knee 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 leg straightens to bent knee vertical.
			Head leads shoulders backward to open tuck

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