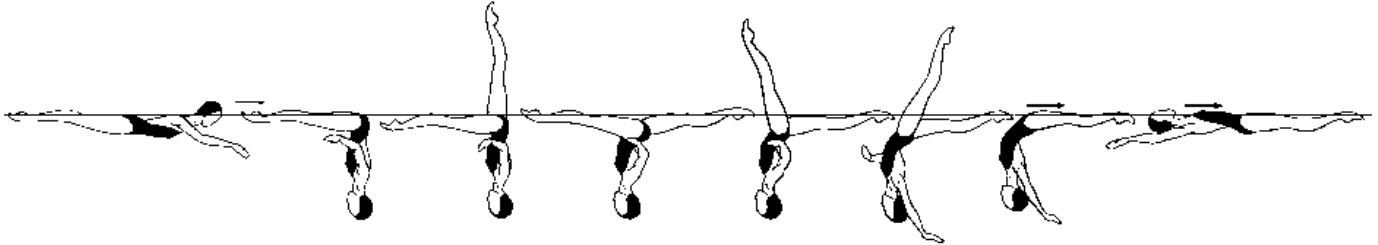


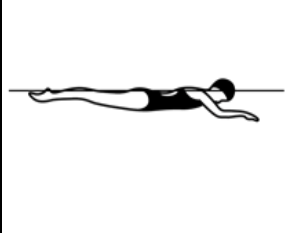
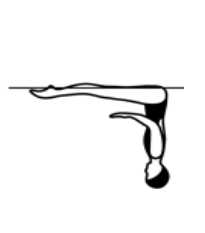



## Figure 360 – Walkover, Front

Difficulty 1.9

From a **Front Layout Position**, as the trunk moves downward to assume a **Surface 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. With the head and shoulders remaining vertically aligned with the hips, one leg is lifted in a 180° arc over the surface to a **Split Position**. The hips remain stationary as the front leg is lifted in a 180° arc over the surface to meet the opposite leg in a **Surface Arch Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, assuming a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



### WEIGHTING for Walkover Front

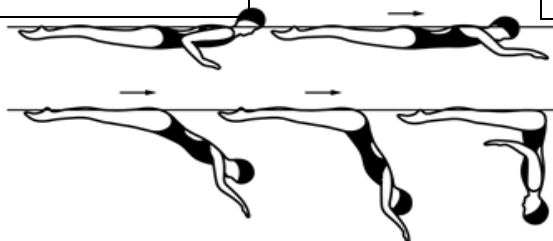
					<b>Total</b>
NVT =	12.0	21.0	23.0	11.0	68.0
PV =	1.76	3.09	3.53	1.62	

### BM 3 To Assume a Front Pike Position

#### Rule Book Description

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.

#### Diagrams



#### Major Desired Actions

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.

## Surface Front Pike Position to Split Position

### Rule Book Description

1. One leg is lifted in a 180° arc over the surface to **Split Position**.

### Diagrams



### Major Desired Actions

1. Constant height and continuous uniform motion to achieve the **Split Position**.
2. Trunk maintains its vertical alignment, with hips and shoulders 'square'. Foot of stationary leg remains at surface.
3. Foot of stationary leg remains at surface.
4. Full extension of the horizontal leg at the surface of the water.

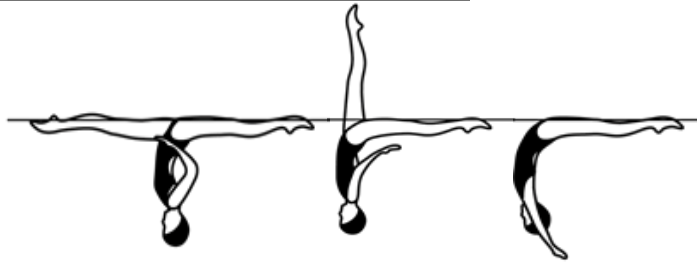
## BM 6a Walkout Front

### Rule Book Description

1. These movements start in a **Split Position** unless otherwise specified in the figure description. The hips remain stationary as one leg is lifted in an arc over the surface to meet the opposite leg.

2. The front leg is lifted in a 180° arc over the surface to meet the opposite leg in a **Surface Arch Position** and with continuous movement, an *Arch to Back Layout Finish Action* is executed.

### Diagrams



### Major Desired Actions

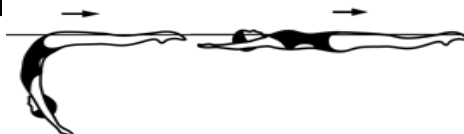
1. Hip height remains constant and as close to the surface as possible.
2. Arcing leg moves continuously at an even tempo.
3. Both legs maintain full extension.
4. Trunk maintains same position until the feet join.
5. No pause in **Surface Arch Position**, however an accurate surface arch must be evident before the body begins to rise and straighten.
6. Foot first surfacing motion begins when the feet are joined.

## BM 5 Arch to Back Layout Finish Action

### Rule Book Description

1. From a **Surface Arch Position**, the hips, chest and face surface sequentially at the same point, with foot first movement to a **Back Layout Position**, until the head occupies the position of the hips at the beginning of this action.




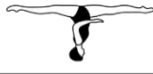

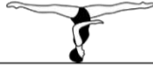

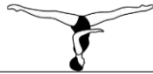








### Diagrams



### Major Desired Actions

1. Sharp arch in lower back. The body straightens, rises and moves along the surface simultaneously, with a stationary **Back Layout Position** achieved as the face surfaces. Full body extension maintained throughout.

### Height Chart for Surface Split Position

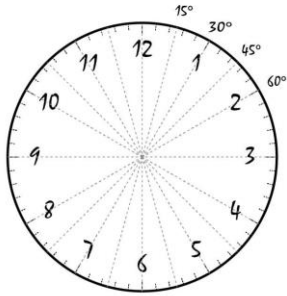
Score range		Angle of Split (degree)			Water level
Excellent/ Near Perfect	9.5	180 (flat)			Crotch & legs dry
Very Good	8.5	170 - 180			Legs dry
Good	7.5	160 - 170			Legs almost dry
Competent	6.5	150 - 160			lower legs dry Crotch underwater
Satisfactory	5.5	130 - 140			lower legs dry Crotch underwater
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

### Guidelines for Walkover Front

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 5-1/2 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

## 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

