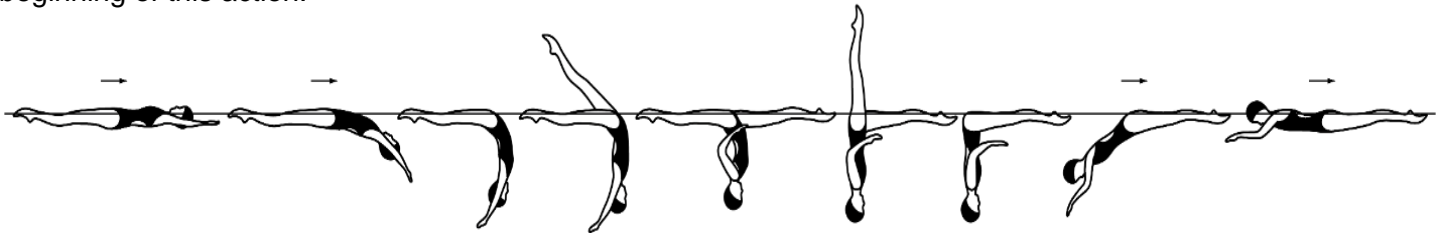







420 – Walkover, Back

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	

Back Layout Position to Surface Arch Transition

Rule Book Description

Diagrams

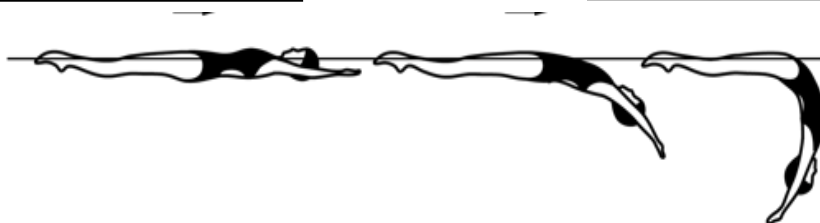
Major Desired Actions

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.

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

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



Surface Arch Position to Split Position

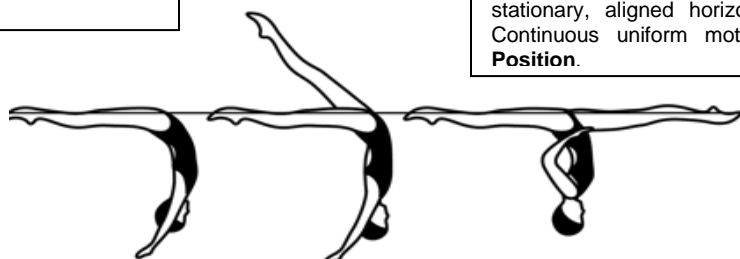
Rule Book Description

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 **Split Position**.



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

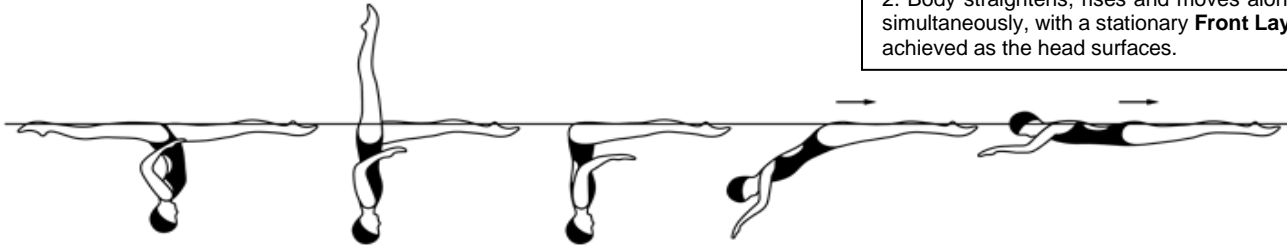
Major Desired Actions

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.



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 0.1 – 0.5	Medium Deviation 0.6 – 1.5	Large Deviation 1.6 – 3.0
<i>Back Layout Position to Surface Arch Position</i>	*Travel is as per the proposed FINA rule re deductions for travel		
<i>Surface Arch Position to Split Position</i>	*See the angle chart for splits		
	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.
<i>Split Position to Front Pike Position</i>	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.
<i>Front Pike Position to Front Layout Position</i>	*Travel is as per the proposed FINA rule re deductions for travel		

Figure/Transition	Small Deviation – 0.2 1-15 degrees	Medium Deviation – 0.5 16-30 degrees	Large Deviation – 1.0 31 degrees or more
<i>Back Layout Position to Surface Arch Position</i>	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
<i>Surface Arch Position to Split Position</i>			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.
<i>Split Position to Front Pike Position</i>	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.
<i>Front Pike Position to Front Layout Position</i>	*Travel is as per the proposed FINA rule re deductions for travel		