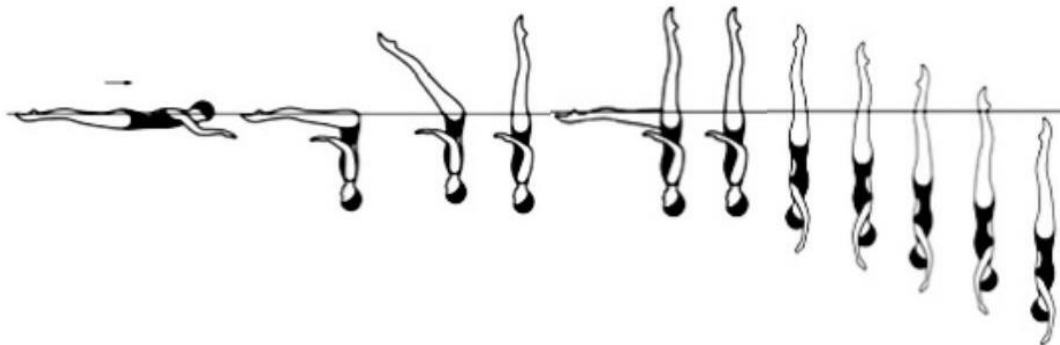


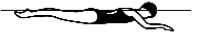





Figure 356f – Whip, Continuous Spin 720°

Difficulty 3.0

From a **Front Layout Position**, a *Front Pike Position* is assumed. The legs are lifted to **Vertical Position**. One leg is lowered rapidly to a **Fishtail Position** and without a pause is lifted rapidly to a **Vertical Position**. Without a pause a *Continuous Spin 720°* is executed.



FINA WEIGHT for Whip, Continuous Spin 720

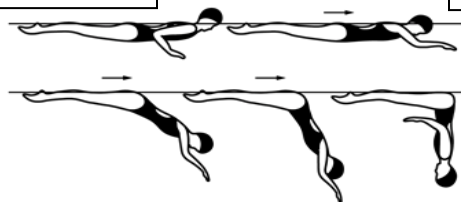
						Total
NVT =	6.0	33.0	22.5	20.5	34.0	116
PV =	0.52	2.84	1.94	1.77	2.93	

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.

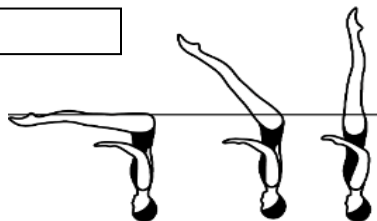
2. Smooth even movement downwards of the trunk.

Surface Front Pike Position to Double Leg Vertical Position

Rule Book Description

1. The legs are lifted to a **Vertical Position**.

Diagrams



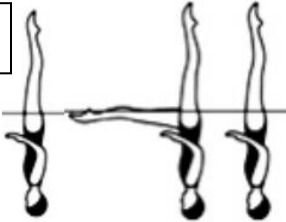
Major Desired Actions

1. Trunk remains on vertical line as legs are lifted.

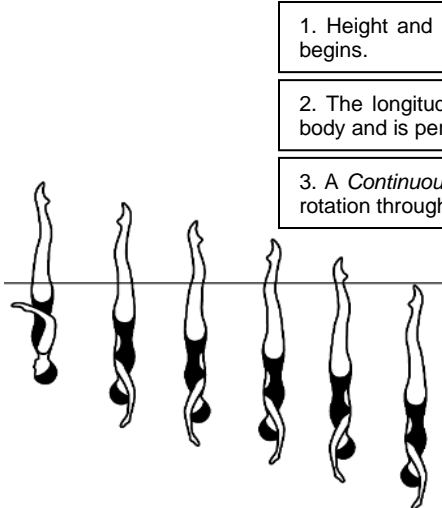
2. Maximum height and Vertical Position achieved simultaneously.

3. The **Vertical Position** is held only long enough to define the position and to demonstrate completion of the transition.

Vertical Position to Fishtail Position to Vertical Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. One leg is lowered rapidly to a Fishtail Position and without a pause is lifted rapidly to a Vertical Position.</p>		<p>1. This action is performed rapidly.</p> <p>2. Height is constant as one leg is lowered and then lifted with the trunk and the vertical leg each maintaining vertical alignment.</p>

BM 13f Continuous Spin 720°

Rule Book Description	Diagrams	Major Desired Actions
<p>1. The body remains on its longitudinal axis throughout the rotation. Executed in a uniform motion.</p>		<p>1. Height and locked position attained before the <i>Spin</i> begins.</p>
<p>2. A <i>Descending Spin</i> must start at the height of the vertical and be completed as the ankles reach the surface.</p>		<p>2. The longitudinal axis runs through the center of the body and is perpendicular to the surface of the water.</p>
<p>3. <i>Continuous Spin 720°</i>: a <i>descending spin</i> with a rapid rotation of 720° (2 spins) which is completed as the ankles reach the surface and continues through submergence.</p>		<p>3. A <i>Continuous Spin</i> must achieve and maintain a fast rotation throughout.</p>

Penalty Clarification on Continuous Spin 720°

The acceptable allowance for a 720° Spin is up to ¼ less than/more than the required rotation.

When a 720° rotation is required and the swimmer completes 540° (3/4 of the rotation) or LESS or 900° (1-1/4 rotations) or MORE, the score would be zero for that figure.

Height Chart for Whip, Continuous Spin 720°

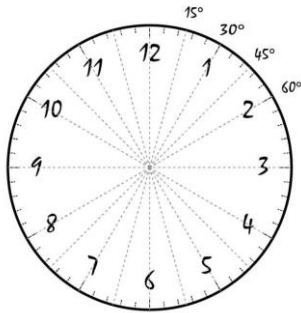
Water Levels	Perfect	Excellent/Near Perfect	Very Good	Good	Competent	Satisfactory	Deficient	Weak
Score	10	9.5	8.5	7.5	6.5	5.5	4.5	3.5
Fishtail	Top of pelvis	Above crotch	Crotch level	Upper thigh	Mid-thigh	Low thigh (well above kneecap)	Kneecap	Below kneecap
Double Leg Vertical	Crotch level or higher	Upper thigh	Upper mid-thigh	Low to mid-thigh	Above kneecap	Kneecap	Below kneecap	Well above kneecap (mid-shin)

Deduction Guidelines for Whip, Continuous Spin 720°

Figure/Transition	Small deduction: 0.1	Medium deduction: 0.3	Large deduction: 0.5
One leg is lowered rapidly to a Fishtail Position and without a pause is lifted rapidly to a Vertical Position		Pausing in fishtail position	Fishtail position not achieved, lifting initiated before
<i>Continuous Spin 720°</i>	Accelerates and achieves speed after initiating rotation.	Slow rotation	Very slow rotation
	Uneven rotation and drop but finishing at correct height.	Dropping more than ½ way from the initial vertical height by the end of the 1 st rotation.	Dropping to ankles by end of 1 st rotation and rotating at ankles.
	Rotation is less or more than the required amount by 90° .	Rotation is more than 90° and less than 180° off the required rotation.	Rotation is at the maximum allowance of up to 180° off the required rotation.

Travel Deduction Guidelines	Small Deviation – 0.2 1-15 degrees	Medium Deviation – 0.5 16-30 degrees	Large Deviation – 1.0 31 degrees or more
	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

