

Tub Position

Difficulty 1.1

Legs bent and together, feet and shins at and parallel to the surface of the water with thighs perpendicular. Head in line with trunk. Face at the surface of the water.



BP 15 Tub Position

Rule Book Description	Diagrams	Major Desired Actions
1. Legs bent and together, feet and shins at and parallel to the surface of the water with thighs perpendicular.		1. Knees and hip joints aligned vertically with thighs perpendicular to the surface of the water. Legs dry from toes to knees.
2. Head in line with trunk.		2. Chest close to the surface of the water, with the shoulders back. Ears, shoulder joints and hip joints aligned, with the spine extended.
3. Face at the surface of the water.		

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