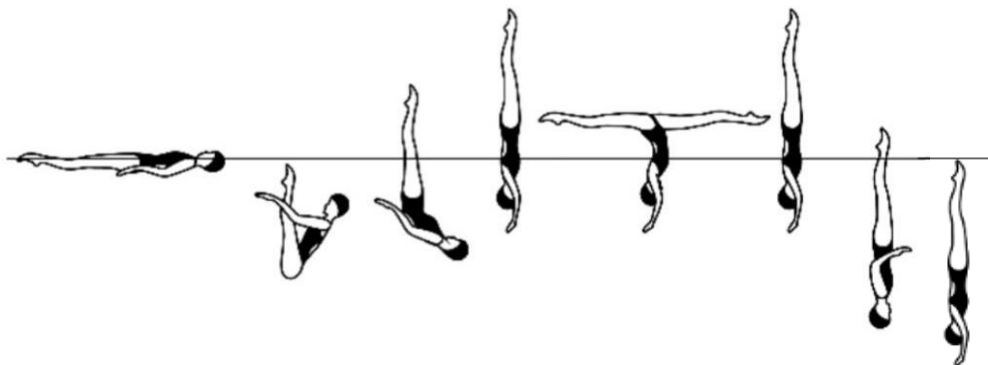


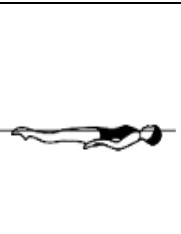


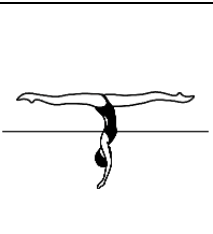


Figure 308 - Barracuda Airborne Split

Difficulty 2.3

From a **Back Layout Position** the legs are raised to a vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface of the water. A *Rocket Split* is executed to a re-joined **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust* completed as the ankles reach the surface of the water.



FINA WEIGHT for Barracuda Airborne Split

						Total
NV =	7.0	31.0	17.0	13.0	13.0	81
PV =	0.86	3.83	2.10	1.60	1.60	10

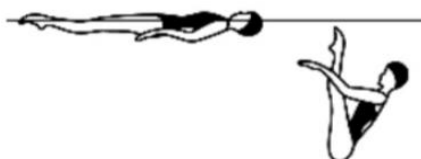
Back Layout to Submerged Back Pike Position

Rule Book Description

Diagrams

Major Desired Actions

1. From the **Back Layout Position**, the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface.



1. In the **Submerged Back Pike Position** the hips are directly beneath the position they occupied in **Back Layout**.

2. The pike is held only long enough to define the position and complete the transition.

BM 11 Rocket Split

Rule Book Description	Diagrams	Major Desired
1. From a Submerged Back Pike Position , with the legs perpendicular to the surface, a vertical upward movement of the legs and hips is rapidly executed as the body unrolls to assume a Vertical Position .		1. The toes are just below the surface of the water. Once established, the degree of the angle of the pike position between the legs and the body just not change prior to initiation of the <i>Thrust</i> .
2. Maintaining maximum height the legs are split rapidly to assume an Airborne Split Position and rejoin to a Vertical Position , followed by a <i>Vertical Descent</i> .		2. The body unrolls rapidly under the legs to assume Vertical Position along the same perpendicular line to the surface of the water established by the legs in the Back Pike Position .
3. Maximum height desirable.		3. Maximum height and Vertical Position achieved simultaneously.
4. The Vertical Descent is executed at the same tempo as the <i>Thrust</i> .		4. Full extension of the legs split evenly and completely above and parallel to the surface of the water followed by a rejoin to Vertical Position .
		5. Vertical Position evident prior to descent.

BM 10 Vertical Descent

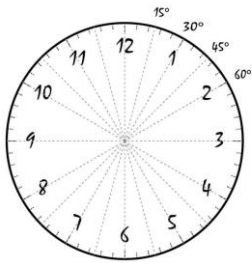
Rule Book Description	Diagrams	Major Desired Actions
1. Maintaining a Vertical Position , the body descends along its longitudinal axis until the ankles reach the surface of the water.		1. Must be rapid and remain on the same vertical line as the <i>Thrust</i> and is completed as the ankles reach the surface of the water.

Height Chart for Dynamic Height for Barracuda Airborne Split

Barracuda	Good	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
Rocket Split, Airborne Split	Mid-ribs or higher	Lower ribs	Waist	Top of pelvis	Showing crotch	Upper thigh	Mid-thigh	Above kneecap
Rejoin to Vertical Double Leg	Crotch level or higher	Upper thigh	Upper mid-thigh	Low to mid-thigh	Above kneecap	Kneecap	Below kneecap	Well below kneecap (mid-shin)

Deduction Guidelines for Barracuda Airborne Split

Figure/Transition	Small Deviation – 0.2 1-15 degrees	Medium Deviation – 0.5 16-30 degrees	Large Deviation – 1.0 31 degrees or more
Back Layout Position to Back Pike Position	Head tucked in Submerged Back Pike Position.	Back rounded in Submerged Back Pike Position	
	Toes out of the water before the thrust commences.	Toes 6-8 inches below surface before rise.	Toes more than 8 inches below surface before rise.
Thrust	Legs 15° to 30° from perpendicular	Legs 31° to 45° from perpendicular	Legs 46° or more from perpendicular
		Body rising in pike so crown of head is at the surface before unroll commences.	Body rising in pike so part of the face is dry before unroll commences.
			A hinging, not an unrolling movement. Flat back during the transition.
Vertical Position to Split Position		Not achieving the vertical prior to the split.	Starting the split as the feet leave the water.



Visible scales of angle deviation

Apply to plumb line points of reference when evaluating vertical and horizontal alignments required for Thrusts .		
Small deviation	15-30 degrees	0.2
Medium deviation	31-45 degrees	0.5
Large deviation	46 degrees or more	1.0

Apply to plumb line points of reference when evaluating vertical and horizontal alignments required for Verticals .		
Small deviation	1-15 degrees	0.2
Medium deviation	16-30 degrees	0.5
Large deviation	31 degrees or more	1.0

