Figure 348 – Tower   Difficulty 1.9

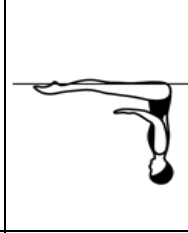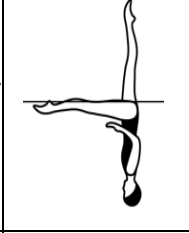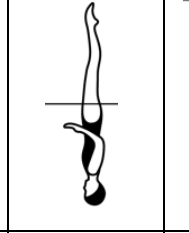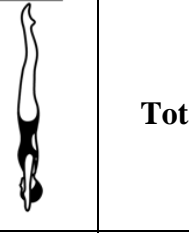From a **Front Layout Position**, as the trunk moves downward to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action. Without movement of the trunk, and with minimal change in water level, one leg is lifted to a **Fishtail Position**. Without movement of the vertical leg or trunk, the horizontal leg is lifted to meet the vertical leg to assume a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.
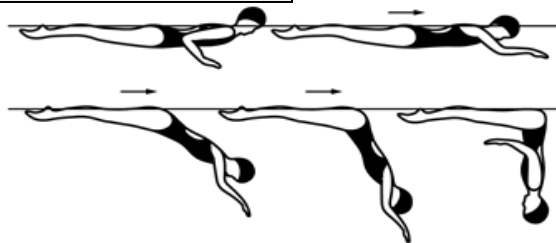

WEIGHTING for Tower

					Total
NVT=	6.0	14.5	20.5	14.0	55.0
PV =	1.09	2.64	3.73	2.55	10

BM 3 *To Assume a Front Pike Position*

Rule Book Description	Diagrams	Major Desired Actions
1. From a **Front Layout Position** with face in the water 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.		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. Hips replace the head at the surface.

Surface Front Pike Position to Fishtail Position

Rule Book Description	Diagrams	Major Desired Actions
1. One leg is lifted to a **Fishtail Position**.		1. Height and vertical alignment of trunk maintained. Stability and control evident. The position is held only long enough to define the position and demonstrate completion of the transition.
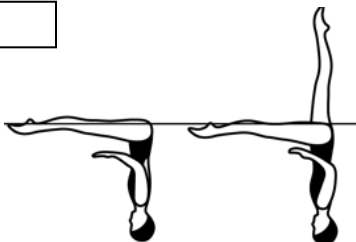
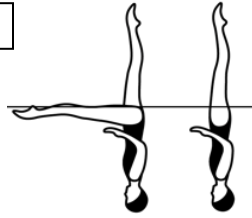**Fishtail Position to Vertical Position Transition**

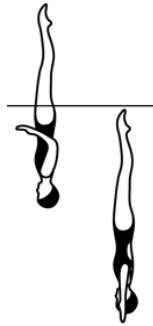| Rule Book Description	Diagrams	Major Desired Actions
1. The horizontal leg is lifted to a **Vertical Position.**		1. Height constant as legs join, with the trunk and vertical leg maintaining their vertical alignment throughout.
		2. Stability in **Vertical Position** evident prior to descent.
		2. The **Vertical Position** is held only long enough to define the position and to demonstrate completion of the transition 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 toes are submerged.		1. The tempo of the descent is uniform and at the same speed as the rest of the figure.

Height Chart for Tower

| 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 belove kneecap (mid-shin)

Deduction Guidelines for Tower

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 6 inches.	Hips do not replace position of head, moving forward 6-12 inches.	No forward movement, body hinges down to pike position.

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
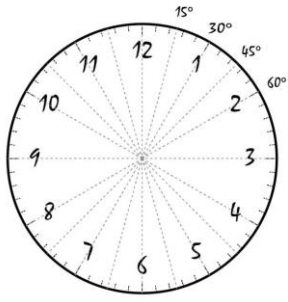
Apply to plumb line points of reference when evaluating vertical and horizontal alignments required.

Small deviation	1-15 degrees	0.2
Medium deviation	16-30 degrees	0.5
Large deviation	31 degrees or more	1.0