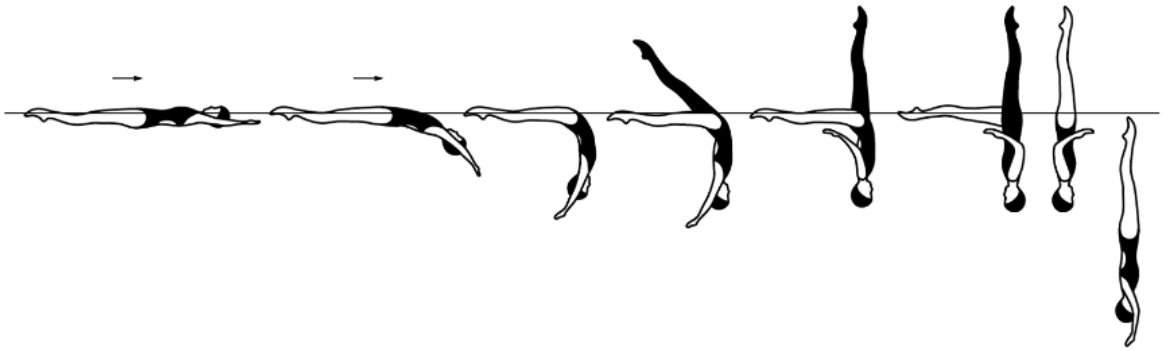
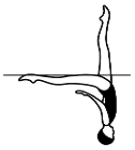
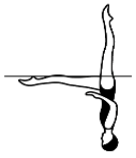
Figure 441 - Saturn **Difficulty 2.5**

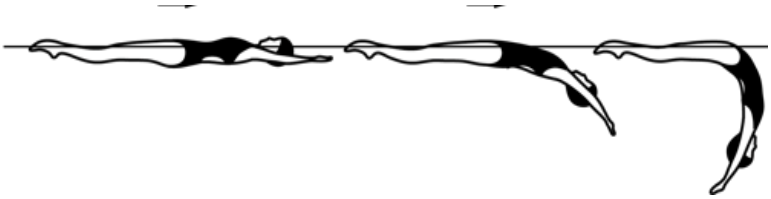
From a **Back Layout Position** *a Surface Arch Position* is assumed. One leg is lifted to assume a **Knight Position.** Maintaining the vertical alignment, the body rotates 180° to assume a **Fishtail Position.** Continuing in the same direction a *Twirl* is executed as the horizontal leg is lifted to a **Vertical Position**. A *Vertical Descent* is executed.



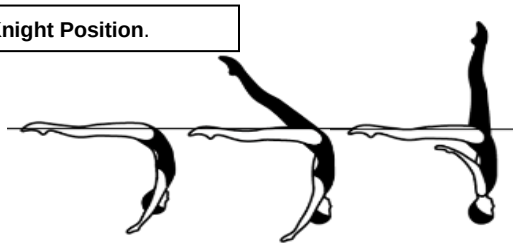
FINA WEIGHT for Saturn

						**Total**
NVT =	12.0	23.5	14.0	23.5	14.0	87.0
PV =	1.38	2.70	1.61	2.70	1.61	10

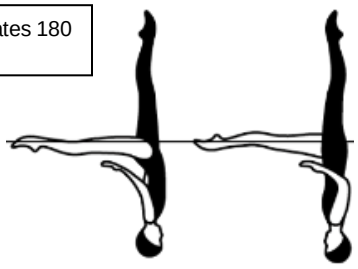
BM 14 To Assume a Surface Arch Position

Rule Book Description	Diagrams	Major Desired Actions
1. From a **Back Layout Position** with the head leading, the head, hips and feet move along the surface of the water.		1. Continuous uniform movement from the **Back Layout Position** to **Surface Arch Position**.
2. With continuous movement the head leaves the surface of the water as the back is arched more to assume a **Surface Arch Position** with the hips occupying the position of the head at the beginning of this action.		2. Hip height remains constant. Hip joints on a horizontal line.

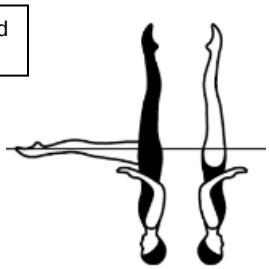
Surface Arch Position to Knight Position

Rule Book Description	Diagrams	Major Desired Actions
1. One leg is lifted to assume a **Knight Position**.		1. Horizontal alignment of hips and shoulders 'square' and maintained throughout the lift to **Knight Position**.
		2. Height and full extension of the legs maintained throughout the lifting of the leg.

Knight to Fishtail Position

Rule Book Description	Diagrams	Major Desired Actions
1. Maintaining the vertical alignment the body rotates 180 degrees to assume a **Fishtail Position**.		1. The vertical leg remains stationary, and height remains constant throughout the rotation. 2. The foot of the horizontal leg is at the surface of the water and not above or below the surface of the water. 3. Full extension of both legs throughout the 180° rotation.

Fishtail Position to Vertical Position Transition

Rule Book Description	Diagrams	Major Desired Actions
1. Continuing in the same direction, a *Twirl* is executed as the horizontal leg is lifted to a **Vertical Position**.		1. Trunk alignment maintained beneath hips and shoulders. 2. Hips and shoulders aligned horizontally and 'square'. 3. The lifting of the horizontal leg to **Vertical Position** and the completion of the *Twirl* occur simultaneously. 4. A rapid 180° rotation is executed with minimal lateral movement.

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. Unless otherwise stated, tempo of descent is uniform and at the same speed as the rest of the figure.

Height Chart for Saturn

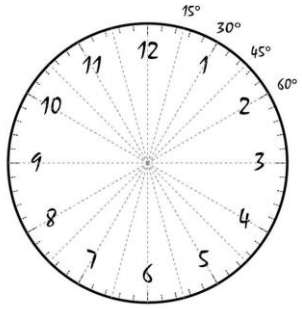
Water Levels	Perfect	Excellent/Near Perfect	Very Good	Good	Competent	Satisfactory	Deficient	Weak
Score	**10**	**9.5**	**8.5**	**7.5**	**6.5**	**5.5**	**4.5**	**3.5**
Knight	Above crotch	Crotch level	Upper thigh	Mid-thigh	Low thigh (well above kneecap)	Kneecap	Below kneecap	Mid-shin
Fishtail	Top of pelvis	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 Saturn

Figure/Transition	Small Deviation – 0.2 1-15 degrees	Medium Deviation – 0.5 16-30 degrees	Large Deviation – 1.0 31 degrees or more
Twirl from Fishtail Position to Vertical Position		Slow, not obvious speed change	Very slow (twisting)

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