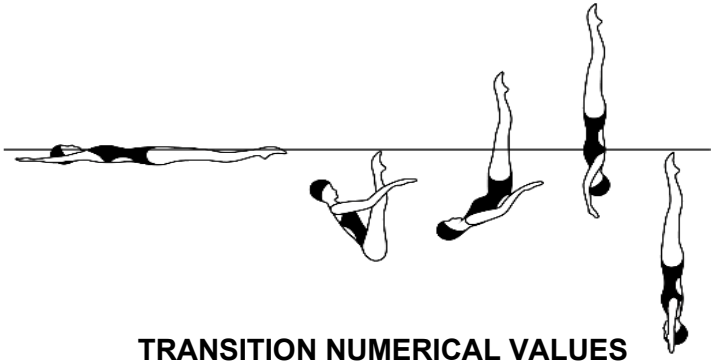


From a **Back Layout Position**, the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface. From that position, with the legs remaining perpendicular to the surface, a vertical upward *Thrust* of the legs and hips is rapidly executed as the body unrolls to assume a **Vertical Position**. Maximum height is desirable. Maintaining the **Vertical Position**, the body descends along its longitudinal axis, at the same tempo as the *Thrust*, until the toes are submerged.



TRANSITION NUMERICAL VALUES				
				Total
NV =	7.0	31.0	13.0	51.0
PV =	1.37	6.08	2.55	10.0

POSITION & TRANSITION DESCRIPTIONS

BP 1 Back Layout Position

Rule Book Description	Diagrams	Major Desired Actions
1. Body extended with face, chest, thighs and feet at the surface of the water. 2. Head (ears specifically), hips and ankles in horizontal alignment.		1. Gives the impression that the body is stretched horizontally to its maximum. Front of the trunk will also be at the surface of the water. 2. Judgement is made by checking visual points of the horizontal alignment: ears, shoulder joints, hip joints and ankles. This imaginary line should also pass through the middle of the side of the trunk.

Back Layout to Submerged Back Pike Position

Rule Book Description	Diagrams	Major Desired Actions
1. From a 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 of the water.		1. In the submerged Back Pike Position the hips are directly beneath the position they occupied in the Back Layout Position. 2. The pike is held only long enough to define the position and complete the transition.

BP 11 Submerged Back Pike Position

Rule Book Description

Diagrams

Major Desired Actions

1. Body bent at hips to form an acute angle of 45° or less.
2. Legs extended and together.
3. Trunk extended with the back straight and head in line.



1. Legs close to chest while maintaining the straight line alignment of the extended spine and head.
2. Full extension of the legs, ankles and feet.
3. Back flat, with ears, shoulder joints, middle of side of torso, and hip joints aligned. Once the pike position is established, the degree of the angle remains constant.

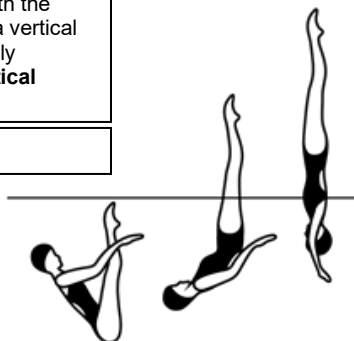
BM 9 Thrust

Rule Book Description

Diagrams

Major Desired Actions

1. From a **Submerged Back Pike Position** with the legs perpendicular to the surface of the water a vertical upward movement of the legs and hips is rapidly executed as the body unrolls to assume a **Vertical Position**.
2. Maximum height desirable.



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 must not change prior to initiation of the *Thrust*.
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. Obvious increase in speed from the initiation of body unrolling through the vertical upward movement.
4. Maximum height and **Vertical Position** achieved simultaneously and prior to initiation of the descent.

BP 6 Vertical Position

Rule Book Description

Diagrams

Major Desired Actions

1. Body extended perpendicular to the surface of the water; legs together, head downward.
2. Head (ears specifically), hips and ankles in line.



1. Full extension of the body.
2. Judgement made by checking visual points of the vertical alignment: ears, shoulder joints, hip joints and ankles.

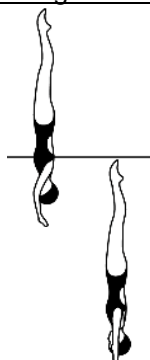
BM 10 Vertical Descent

Rule Book Description

Diagrams

Major Desired Actions

1. Maintaining a **Vertical Position** the body descends along its longitudinal axis until the toes are submerged.



1. The *Vertical Descent* is executed at the same tempo as the *Thrust*.

HEIGHT CHART

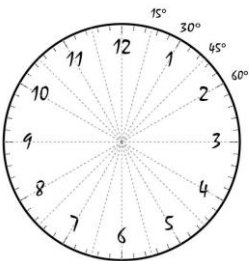
Barracuda	Good	Excellent/ Near Perfect	Very Good	Good	Competent	Satisfactory	Deficient	Weak
Score	10	9.5	8.5	7.5	6.5	5.5	4.5	3.5
Thrust Double Leg	Mid-ribs or higher	Lower ribs	Waist	Top of pelvis	Showing crotch	Upper thigh	Mid-thigh	Above kneecap

DEDUCTION GUIDELINES

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 to Submerged 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 3-5 inches below surface before rise.	Toes 6-12 inches below surface before rise.	Toes more than 12 inches below surface before rise.
Thrust		Body rising in pike so head crown is at the surface before unrolling commences.	Body rising in pike, so part of the face is dry before unrolling commences.
			A hinging, not an unrolling movement, (flat back during the transition).
		Thrust is faster than layout to Back Pike Position but not rapid.	Thrust is slow.

***In addition to the deductions for angle deviations, there are other design problems that require deductions. The table above provides some examples of common errors that require deduction.*

VISIBLE SCALES OF ANGLE DEVIATION



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

Small deviation	16-30 degrees	0.2
Medium deviation	31-45 degrees	0.5
Large deviation	more than 45 degrees	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

