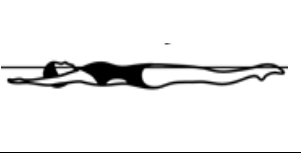
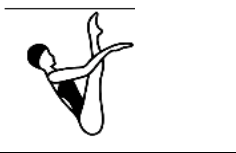


Figure 460 – Oyster

Difficulty 1.2

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

FINA WEIGHT

		Total
NV =	10.0	10.0
PV =	10	10

BP 1 Back Layout Position

Rule Book Description

Diagrams

Major Desired Actions

1. Body extended with face, chest, thighs and feet at the surface.
2. Head (ears specifically), hips, and ankles in horizontal alignment.



1. Gives the impression that the body is stretched horizontally to maximum. Front of the trunk will also be at the surface of the water.
2. Judgement made by checking visual points of the horizontal alignment ear, shoulder joint, hip joint, and ankles. This imaginary line should also pass through the middle of the side of the trunk.

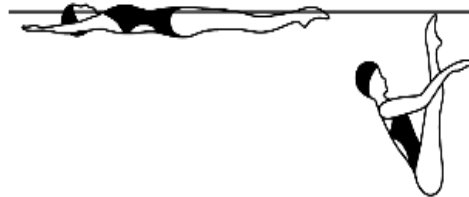
Back Layout to Submerged Back Pike Position

Rule Book Description

Diagrams

Major Desired Actions

1. From 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 Position**.

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.	
	Legs lifted to mid-thigh level.	Below knees is only part of legs lifted.	Buttocks move forward as legs drop below surface without any lift.
	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.

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