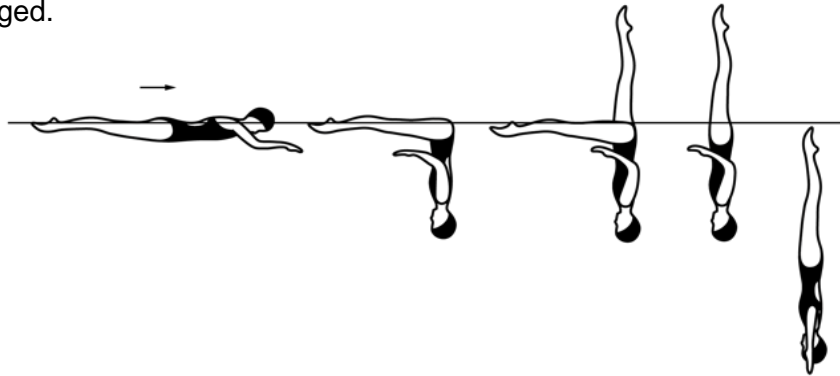


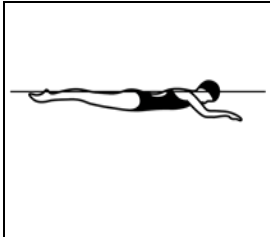
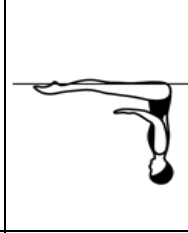
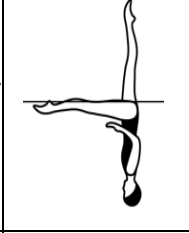
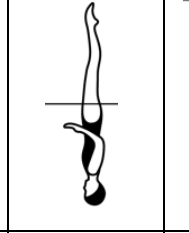
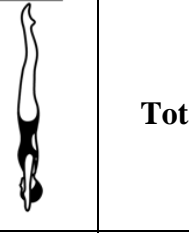
## Figure 348 – Tower

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.



FINA WEIGHT for Tower

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

### BP 2 Front Layout Position

#### Rule Book Description

1. Body extended with head, upper back, buttocks and heels at the surface.
2. Face may be in or out of the water.

#### Diagrams



#### Major Desired Actions

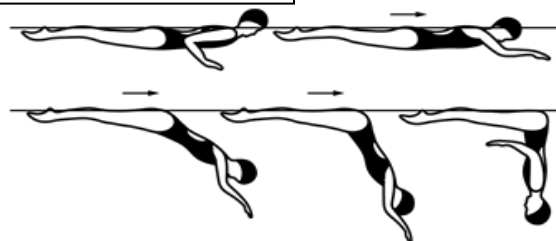
1. Gives the impression that the body is stretched horizontally to maximum. Judgement made by checking visual points of the horizontal alignment: ear, shoulder joint, hip joint and ankle.
2. Once established as "in" or "out" the head position should be maintained. When the face is out of the water, the ears will not be on the horizontal axis, and the back may be slightly lower.

### BM 3 To Assume a Front Pike Position

#### Rule Book Description

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.


#### Diagrams



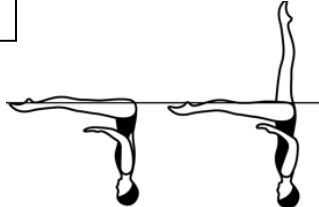
#### Major Desired Actions

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.

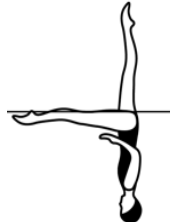
## BP 10 Surface Front Pike Position

Rule Book Description	Diagrams	Major Desired Actions
1. Body bent at hips to form a 90° angle.		1. Exactness of 90° angle.
2. Legs extended and together.		2. Full extension of legs, with ankle aligned with hip joints.
3. Trunk extended with the back straight and head in line.		3. Back flat, with vertical alignment of ear, shoulder joint, and hip joints once the position is established.

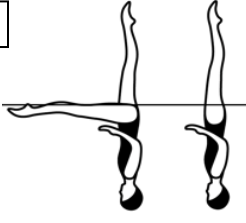
## Surface Front Pike Position to Fishtail Position

Rule Book Description	Diagrams	Major Desired Actions
1. One leg is lifted to a <b>Fishtail Position</b> .		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.


## BP 8 Fishtail Position

Rule Book Description	Diagrams	Major Desired Actions
1. Body extended in <b>Vertical Position</b> , with one leg extended forward. The foot of the forward leg is at the surface, regardless of the height of the hips.		1. Judgement made by checking visual points of the vertical alignment: ear, shoulder joint, hip joint, ankle. 2. The foot of the forward leg must be at the surface. Hip joints must be on a horizontal line.

## Fishtail Position to Vertical Position Transition

Rule Book Description	Diagrams	Major Desired Actions
1. The horizontal leg is lifted to a <b>Vertical Position</b> .		1. Height constant as legs join, with the trunk and vertical leg maintaining their vertical alignment throughout. 2. Stability in <b>Vertical Position</b> evident prior to descent. 2. The <b>Vertical Position</b> is held only long enough to define the position and to demonstrate completion of the transition prior to descent.

## BP 6 Vertical Position

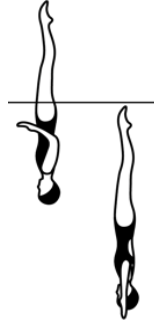
Rule Book Description	Diagrams	Major Desired Actions
1. Body extended, perpendicular to the surface, legs together, head downward.		1. Full extension of the body.
2. Head (ears specifically), hips and ankles in line.		2. Judgement is made by checking visual points of the vertical alignment: ears, shoulder joints, hips joints, and ankles.

## BM 10 Vertical Descent

### Rule Book Description

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

### Diagrams



### Major Desired Actions

1. The tempo of the descent is uniform and at the same speed as the rest of the figure.

### Height Chart for Tower

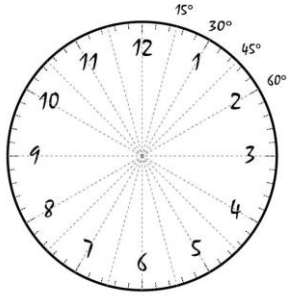
Water Levels	Perfect	Excellent/Near Perfect	Very Good	Good	Competent	Satisfactory	Deficient	Weak
Score	10	9.5	8.5	7.5	6.5	5.5	4.5	3.5
Fishtail	Top of pelvis	Above crotch	Crotch level	Upper thigh	Mid-thigh	Low thigh (well above kneecap)	Kneecap	Below kneecap
Double Leg Vertical	Crotch level or higher	Upper thigh	Upper mid-thigh	Low to mid-thigh	Above kneecap	Kneecap	Below kneecap	Well below 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

