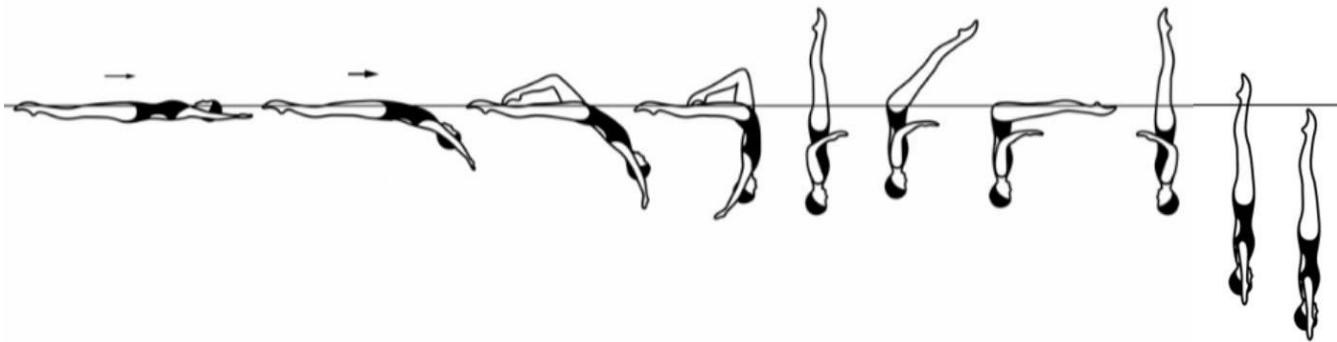


Figure 440d – Ipanema, Spinning 180°

Difficulty 3.1

From a **Back Layout Position** a **Bent Knee Surface Arch Position** is assumed. The horizontal leg is lifted as the bent knee is straightened to assume a **Vertical Position**. The legs are lowered to a **Front Pike Position**. A rapid 180° rotation is executed as the legs are lifted to a **Vertical Position**. A rapid 180° Spin is executed.



FINA WEIGHT for Ipanema, Spinning 180°

							Total
NVT=	17.5	21.0	33.0	33.0	19.0	0.0	123.5
PV =	1.42	1.70	2.67	2.67	1.54	0.0	

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 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.

BM 15 To Assume a Bent Knee Surface Arch Position

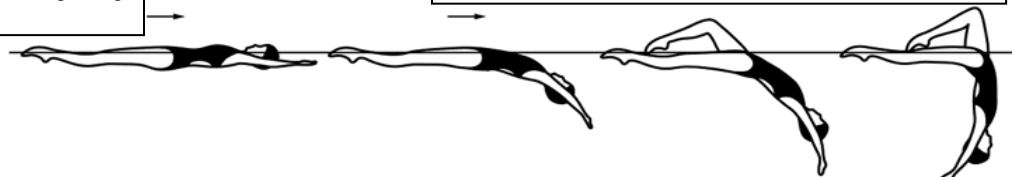
Rule Book Description

Diagrams

Major Desired Actions

1. From a **Back Layout Position** a **Bent Knee Surface Arch Position** is assumed. With the head leading, the head, hips and feet move along the surface of the water.


2. With continuous movement the head leaves the surface of the water as the back is arched more to assume a **Bent Knee Surface Arch Position** with the hips occupying the position of the head at the beginning of this action.



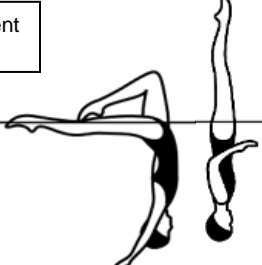
1. Continuous uniform movement from **Back Layout Position** to **Bent Knee Surface Arch Position**. Hip height remains constant. Hip joints on a horizontal line.

2. The toe of the bent leg must remain in contact with the inside of the extended leg while assuming the **Bent Knee Surface Arch Position**.


BP 14d Bent Knee Surface Arch Position

Rule Book Description	Diagrams	Major Desired Actions
<p>One leg bent with the toe of the bent leg in contact with the inside of the extended leg at the knee or higher.</p>		<p>The relationship of the toe of the bent leg to the extended leg may vary depending on the figure but should remain constant once established, and not extend in front of or behind the extended leg.</p>
<p>1. Lower back arched, with hips, shoulders and head on a vertical line.</p>		<p>1. Shoulder joints and hip joints on a horizontal line with both of these alignments 'square' and parallel to one another. Head (ears specifically) in line with shoulders.</p>
<p>2. The thigh of the bent leg is perpendicular to the surface.</p>		<p>2. Hips at the surface of the water.</p>
		<p>3. 90° angle between the thigh of the bent leg and the surface of the water. An air pocket will be evident between the back of the thigh and calf of the bent leg and the surface of the water.</p>

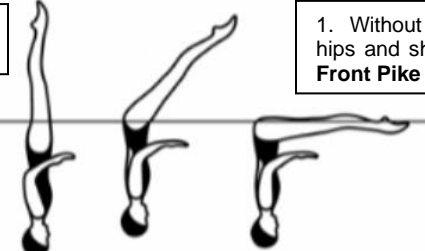
Bent Knee Surface Arch Position to Vertical Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. The horizontal leg is lifted to the vertical as the bent knee is extended to assume a Vertical Position.</p>		<p>1. Horizontal alignment of hips and shoulders 'square' and maintained during lift.</p>
		<p>2. The bent leg straightens to Vertical Position simultaneously with completion of the feet joining. The bent leg is extended upward at the same rate of space and time of the vertical leg.</p>
		<p>3. The hips maintain constant height and are the pivot point for the lift to Vertical Position.</p>


BP 6 Vertical Position

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

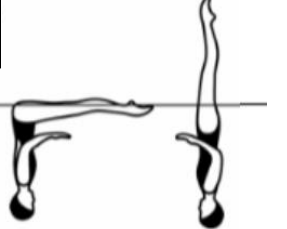
Vertical Position to Surface Front Pike Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. The legs are lowered to a Surface Front Pike Position.</p>		<p>1. Without loss of height or horizontal alignment of head, hips and shoulders, the legs are lowered to a Surface Front Pike Position.</p>

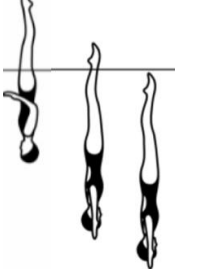
BP 10 Surface Front Pike Position

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.

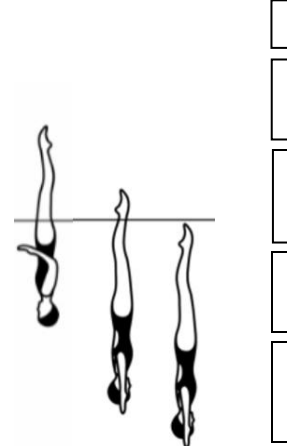
Front Pike Position to Vertical Position (performed rapidly)

Rule Book Description	Diagrams	Major Desired Actions
1. A rapid 180-degree rotation is executed as the legs are lifted to a Vertical Position .		1. Without loss of height, the body rapidly rotates 180° as it straightens to a Vertical Position . At the halfway point of the rotation the legs are at a 45° angle to the surface of the water.

Spin 180° (performed rapidly)

Rule Book Description	Diagrams	Major Desired Actions
1. Continuing in the same direction a rapid 180-degree <i>Spin</i> is executed.		1. See below.

BM 13d Spin 180°

Rule Book Description	Diagrams	Major Desired Actions
1. A 180 Spin is a rotation in a Vertical Position of 180 degrees.		1. Height and position attained before the <i>Spin</i> begins.
2. The body remains on its longitudinal axis throughout the rotation.		2. The longitudinal axis runs through the center of the body and is perpendicular to the surface of the water.
3. Unless otherwise stated, <i>Spins</i> are executed in uniform motion.		3. Uniform motion of the <i>Spin</i> and <i>Vertical Descent</i> to be at the same tempo as the root figure unless otherwise specified.
4. A descending Spin must start at the height of the vertical and be completed as the ankles reach the surface.		4. Stability and vertical alignment before, during and at completion of the designated rotation.
		5. Simultaneous rotation and descent of the body, with even drop spaces, to complete the spin as the ankles reach the surface.

Penalty Clarification on Spin 180

The acceptable allowance for Spin 180° is up to ¼ less than/more than the required rotation.

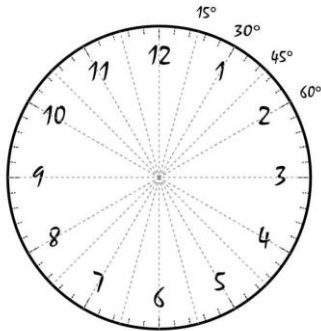
Height Chart for Ipanema, Spinning 180°

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
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)
Bent Knee Surface Arch	Above crotch	Crotch level	Upper thigh	Mid-thigh	Low thigh (well above kneecap)	Kneecap	(5.0) Only top of knee	(4.5) Below surface

Deduction Guidelines for Ipanema, Spinning 180°

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 pike, rapid 180-degree rotation to vertical	180° rotation starts when feet are off the water	180° rotation starts when legs are almost ½ way up to vertical	Legs lifting to almost vertical before the 180° rotation starts
			Very slow rotation
Spinning 180° (rapid)	Rotation is slightly less or more than the required amount of rotation	Rotation is more or less than 180° by 15° but not at allowance limit of 45°	Rotation is at the maximum allowance of up to 45° off the required rotation
	Slow at the beginning	Slow rotation	Very slow rotation
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

