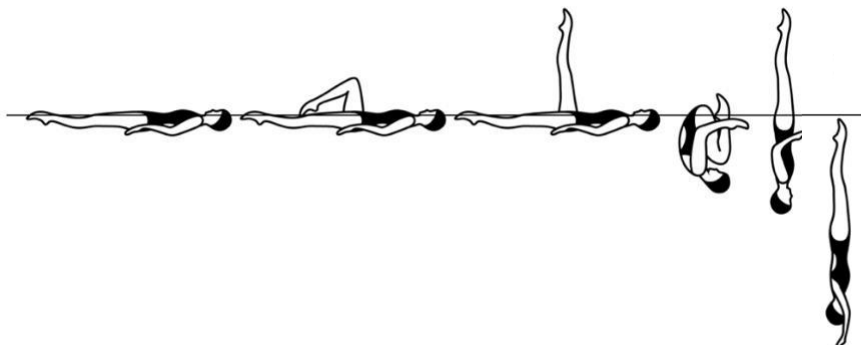


Figure 154f – London, Continuous Spin 720°

Difficulty 2.4

A *Ballet Leg* is assumed. A partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. The trunk unrolls rapidly as the legs are rapidly straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A *Continuous Spin 720°* is executed.

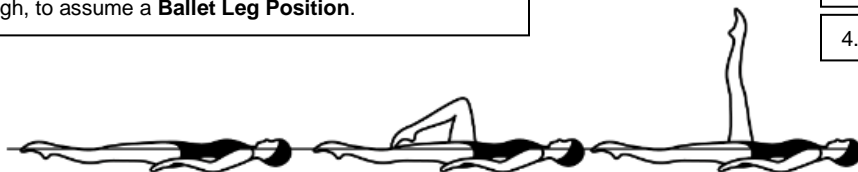


AQUA WEIGHT for London, Continuous Spin 720°

							Total
NVT=		10.5	11.0	6.0	23.0	34.0	84.5
PV =		1.25	1.30	0.71	2.72	4.02	10.0

BM 1 To Assume a Ballet Leg

Rule Book Description	Diagrams	Major Desired Actions
1. Begin in a Back Layout Position . One leg remains at the surface of the water throughout.		1. See Back Layout Position .
2. The foot of the other leg is drawn along the inside of the extended leg to assume a Bent Knee Back Layout Position .		2. The toe of the bending leg maintains contact with the inside of the extended leg. Minimal drop in hips. Position held just long enough to demonstrate control and accuracy.
3. The bent leg is straightened, without movement of the thigh, to assume a Ballet Leg Position .		3. Height remains constant throughout the movement.
		4. The head and trunk remain stationary throughout.

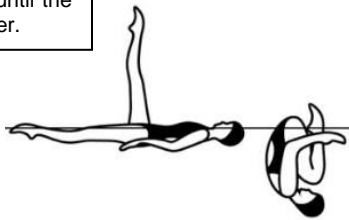


Ballet Leg Position to Inverted Back Tuck Position

Rule Book Description

1. A partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water.

Diagrams



Major Desired Actions

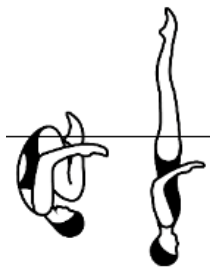
1. Inverted tuck is achieved.

Inverted Tuck Position to Vertical Position

Rule Book Description

1. The trunk unrolls rapidly as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins.

Diagrams



Major Desired Actions

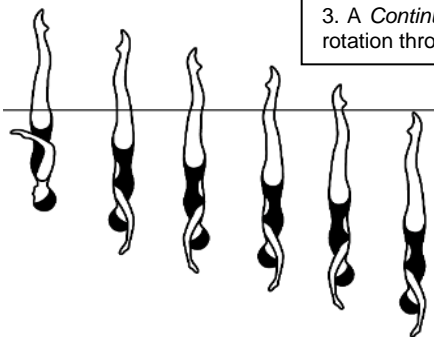
1. Rapid movement from **Inverted Tuck Position** to **Vertical Position**.
2. **Vertical Position** and maximum height achieved simultaneously.
3. The **Vertical Position** is held only long enough to define the position and to demonstrate completion of the transition prior to the *Combined Spin*.

BM 13f Continuous Spin 720°

Rule Book Description

1. The body remains on its longitudinal axis throughout the rotation. Executed in a uniform motion.
2. A *Descending Spin* must start at the height of the vertical and be completed as the ankles reach the surface.
3. *Continuous Spin 720°*: a *descending spin* with a rapid rotation of 720° (2 spins) which is completed as the ankles reach the surface and continues through

Diagrams



Major Desired Actions

1. Height and locked position attained before the spin begins.
2. The longitudinal axis runs through the center of the body and is perpendicular to the surface of the water.
3. A *Continuous Spin* must achieve and maintain a fast rotation throughout.

Penalty Clarification on Continuous Spin 720°

The acceptable allowance for a 720° Spin is up to ¼ less than/more than the required rotation.

When a 720° rotation is required and the swimmer completes 540° (3/4 of the rotation) or LESS or 900° (1-1/4 rotations) or MORE, the score would be zero for that figure.

Height Chart for London, Continuous Spin 720°

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
Ballet Leg	Horizontal Leg dry	At top of thigh	Upper thigh	Mid-thigh	Low thigh (well above kneecap)	Kneecap	Below kneecap	Mid-shin
Double Leg Vertical	Crotch level or higher	Upper thigh	Upper mid-thigh	Low to mid-thigh	Above kneecap	Kneecap	Below kneecap	Well above kneecap (mid-shin)

Deduction Guidelines for London, Continuous Spin 720°

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 Position to Ballet Leg Position	Hips drop up to 3 inches as Ballet Leg is lifted.	Hip drop 4-12 inches as Ballet Leg is lifted.	Hips drop more than 13 inches as Ballet Leg is lifted.
	Body travels forward or headfirst up to 6 inches as leg is lifted.	Body travels forward or headfirst more than 6 inches as leg is lifted.	
		Shoulders rounded, head is forward.	Body sitting in water more than 12 inches, head off the water.
Inverted Tuck Position to Vertical Position (fast)			Body straight not rounded during the lift.
<i>Continuous Spin 720°</i>	Accelerates and achieves speed after initiating rotation.	Slow rotation	Very slow rotation
	Uneven rotation and drop but finishing at correct height.	Dropping more than ½ way from the initial vertical height by the end of the 1 st rotation.	Dropping to ankles by end of 1 st rotation and rotating at ankles.
	Rotation is less or more than the required amount by 90° .	Rotation is more than 90° and less than 180° off the required rotation.	Rotation is at the maximum allowance of up to 180° off the required 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

