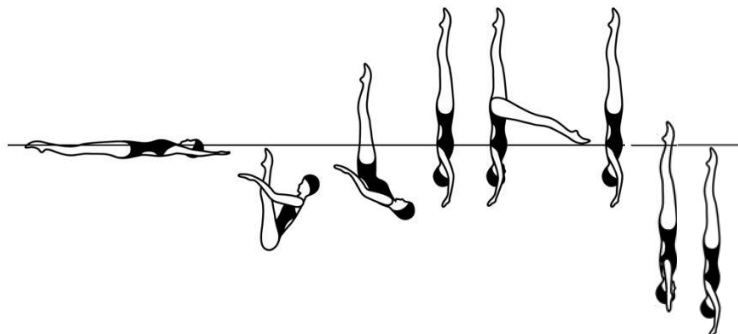


# Figure 307e – Flying Fish, Spinning 360°

Difficulty 2.9

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 below the surface of the water. A *Thrust* is executed to a **Vertical Position** and with no loss of height one leg is rapidly lowered to a **Fishtail Position**, and without a pause the horizontal leg is rapidly lifted to a **Vertical Position**. A *Spin 360°* is executed at the same tempo as the *Thrust*.



AQUA WEIGHT for Flying Fish, Spinning 360°

							<b>Total</b>
<b>NV =</b>	7.0	31.0	18.5	14.0	39.0	0.0	109.50
<b>PV =</b>	0.64	2.83	1.69	1.28	3.56	0.0	10.0

## 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.

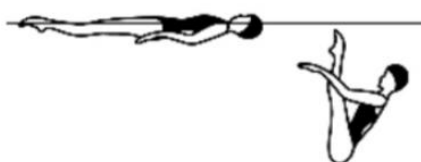
## Back Layout to Submerged Back Pike Position

### 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.



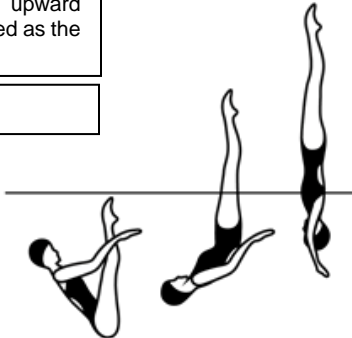
1. In the **Submerged Back Pike Position** the hips are directly beneath the position they occupied in **Back Layout**.

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.		1. Legs as close to chest as possible, without sacrificing the straight-line alignment of the extended spine and head.
2. Legs extended and together.		2. Full extension of the legs, ankles and feet.
3. Trunk extended with the back straight and head in line.		3. Back flat, with ear, shoulder joint, middle of side of torso, and hip joint aligned. Once position is established, the degree of the angle remains constant.

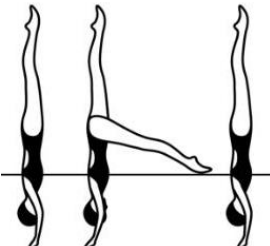
## BM 9 Thrust

Rule Book Description	Diagrams	Major Desired
1. From a Submerged <b>Back Pike Position</b> , with the legs perpendicular to the surface, a vertical upward movement of the legs and hips is rapidly executed as the body unrolls to assume a <b>Vertical Position</b> .		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 just not change prior to initiation of the <i>Thrust</i> .
2. Maximum height desirable.		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 <b>Back Pike Position</b> .
		3. Obvious increase in speed from the initiation of body unrolling through the vertical upward movement.
		4. Maximum height and <b>Vertical Position</b> achieved simultaneously.

## 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. Heads (ears specifically), hips and ankles in line.		2. Judgement made by checking visual points of the vertical alignment: ear, shoulder joint, hip joint, ankle.

## Vertical Position to Fishtail Position to Vertical Position

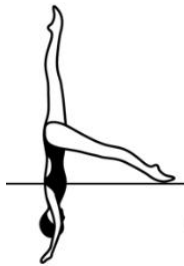
Rule Book Description	Diagrams	Major Desired
1. From a Vertical Position, and with no loss of height, one leg is rapidly lowered to a <b>Fishtail Position</b> , and without a pause the horizontal leg is rapidly lifted to a <b>Vertical Position</b> .		1. Height is constant as one leg is lowered and then lifted back to Vertical Position. The trunk and vertical leg each maintaining their vertical alignment.
2. Maximum height desirable.		2. Rapid speed evident from the <i>Thrust</i> until completion of the figure.
		3. Stability in <b>Vertical Position</b> evident prior to the lowering of the leg to <b>Airborne Fishtail Position</b> and prior to the descent.

## BP 8 Fishtail Position

### Rule Book Description

1. Body extended in **Vertical Position**, with one leg extended forward. The foot of the forward leg is at the surface, regardless of the height of the hips.

### Diagrams



### Major Desired Actions

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.

## BM 13e Spin 360°

### Rule Book Description

1. A *Spin* is a rotation in a **Vertical Position**.

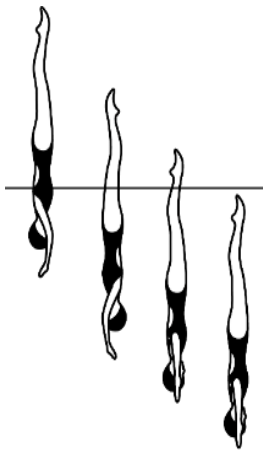
2. The body remains on its longitudinal axis throughout the rotation.

3. The 360° *Spin* is executed rapidly and is completed with a *Vertical Descent* executed rapidly.

4. A *descending Spin* must start at the height of the vertical and be completed as the ankles reach the surface.

e) 360° Spin/Spinning 360°: a descending Spin with a rotation of 360°.

### Diagrams



### Major Desired Actions

1. Height and 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. Uniform motion of the *Spin* and *Vertical Descent* each performed rapidly.

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 360°

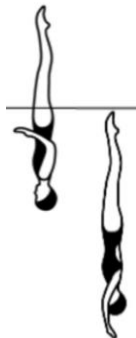
The acceptable allowance for Spin 360° is up to ¼ less than/more than the required rotation.

## BM 10 Vertical Descent (from ankle)

### 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 descent is uniform and at the same speed as the rest of the figure.

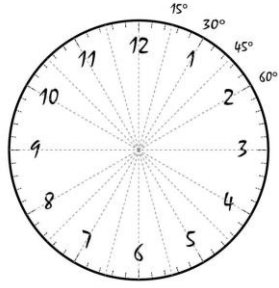
### Height Chart for Dynamic Height for Flying Fish Spinning 360°

	Perfect	Excellent/Near Perfect	Very Good	Good	Competent	Satisfactory	Deficient	Weak
<b>Score</b>	<b>10</b>	<b>9.5</b>	<b>8.5</b>	<b>7.5</b>	<b>6.5</b>	<b>5.5</b>	<b>4.5</b>	<b>3.5</b>
Double Leg Thrust	Mid-ribs or higher	Lower ribs	Waist	Top of pelvis	Showing crotch	Upper thigh	Mid-thigh	Above kneecap
Rejoin to Vertical Double Leg	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 Flying Fish Spinning 360°

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 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 6-8 inches below surface before rise.	Toes more than 8 inches below surface before rise.
Thrust	Legs 15° to 30° from perpendicular	Legs 31° to 45° from perpendicular	Legs 46° or more from perpendicular
		Body rising in pike so crown of head is at the surface before unroll commences.	Body rising in pike so part of the face is dry before unroll commences.
			A hinging, not an unrolling movement. Flat back during the transition.
From Vertical Position with no height lost one leg is lowered rapidly to a Fishtail Position and without a pause is lifted rapidly to a Vertical Position		Not achieving the vertical prior to lowering the leg.	Starting to lower the leg as the feet leave the water.
			Fishtail position not achieved, lifting initiated before.
Spin 360°	Rotating <u>slightly</u> less or more than 360°.	Rotating <u>clearly</u> less or more than 360°, but less than 450° or more than 270°.	Rotating at a limit of spin allowance: minimum of 270°, maximum 450°.
	Rotation around lateral axis.	Erratic drops during the spin.	
	Slow at the beginning of the spin.	Slow rotation.	Very slow rotation.

# Visible scales of angle deviation



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

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

Small deviation	15-30 degrees	0.2
Medium deviation	31-45 degrees	0.5
Large deviation	46 degrees or more	1.0

