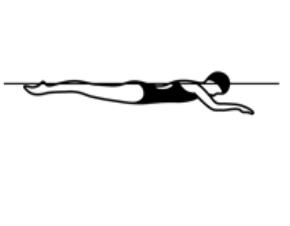
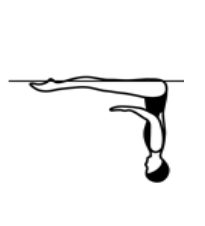
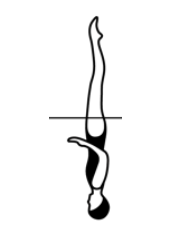
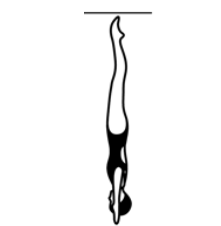


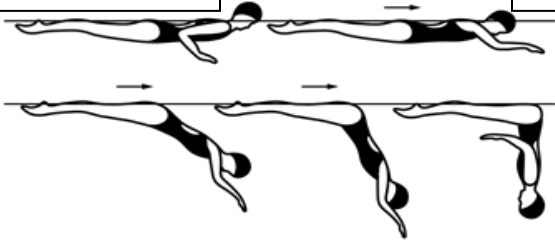
From a **Front Layout Position**, a *Front Walkover* (Figure #360) is executed to a **Split Position**. The legs join symmetrically and rapidly to assume a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged at the same tempo as the join (rapid).

TRANSITION NUMERICAL VALUES

					Total
NVT =	6.0	20.0	16.0	14.0	56.0
PV =	1.07	3.57	2.86	2.50	10.0

POSITION & TRANSITION DESCRIPTIONS

BM 3 To Assume a Front Pike Position

Rule Book Description	Diagrams	Major Desired Actions
1. From a Front Layout Position with face in the water as the trunk moves downward to assume a 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.		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.

Surface Front Pike Position to Split Position

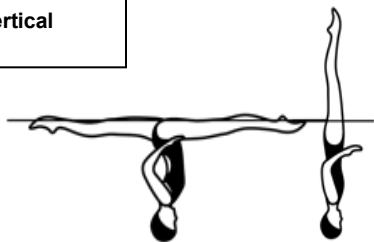
Rule Book Description	Diagrams	Major Desired Actions
1. One leg is lifted in a 180° arc over the surface to Split Position.		1. Constant height and continuous uniform motion to achieve the Split Position. 2. Trunk maintains its vertical alignment, with hips and shoulders 'square'. 3. Full extension of the horizontal leg at the surface of the water. 4. Foot of stationary leg remains at the surface.

Split to Vertical Transition (rapid)

Rule Book Description

1. The legs are rapidly joined to assume a **Vertical Position**.

Diagrams



Major Desired Actions

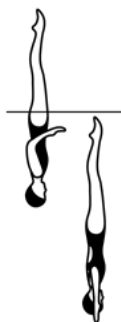
1. Full extension of the legs.
2. Legs split evenly and join in a vertical line.
3. Performed rapidly.

BM 10 Vertical Descent (rapid)

Rule Book Description

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

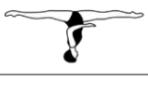
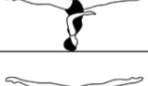
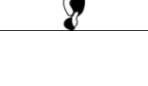
Diagrams



Major Desired Actions

1. The tempo of the descent is uniform and performed rapidly.

HEIGHT CHART

Score range		Angle of Split (degree)			Water level
Excellent/ Near Perfect	9.5	180 (flat)			Crotch & legs dry
Very Good	8.5	170 - 180			Legs dry
Good	7.5	160 - 170			Legs almost dry
Competent	6.5	150 - 160			lower legs dry Crotch underwater
Satisfactory	5.5	130 - 140			lower legs dry Crotch underwater
Deficient	4.5	110 - 120			feet above the surface, legs under water
Weak	3.5	up to 100			feet come out vertically
Hardly recognisable	0.1 – 2.9	scissors			feet come out vertically

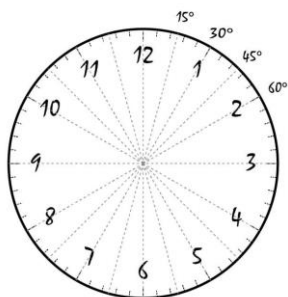
DEDUCTION GUIDELINES

Figure/Transition	Small Deviation – 0.2 1-15 degrees	Medium Deviation – 0.5 16-30 degrees	Large Deviation – 1.0 31 degrees or more
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.
Split Position	**See chart for splits.		Piked hips in front Split.

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

***In addition to the deductions for angle deviations, there are other design problems that require deductions. The table above provides some examples of common errors that require deduction.*

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

