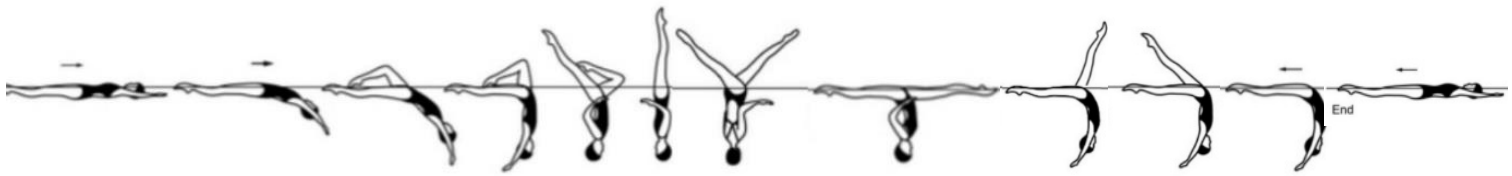


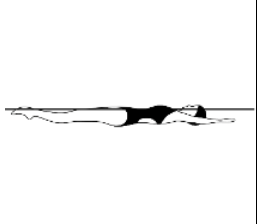

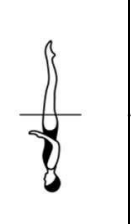
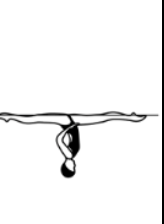

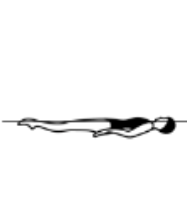
# Figure 437 - Cyclone, Open 180°

Difficulty 2.6

From a **Back Layout Position** a *Bent Knee Surface Arch Position* is assumed. The legs are simultaneously lifted to a **Vertical Position** as a *Twirl* is executed. Continuing in the same direction the legs are opened symmetrically to a **Split Position** as a 180° rotation is executed. A *Walkout Front* is executed.



## FINA WEIGHT for Cyclone, Open 180°

						Total
NVT=	17.5	29.0	20.0	23.0	7.0	96.5
PV =	1.81	3.01	2.07	2.38	0.73	10

### BP 1 Back Layout Position

#### Rule Book Description

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.

#### Diagrams



#### Major Desired Actions

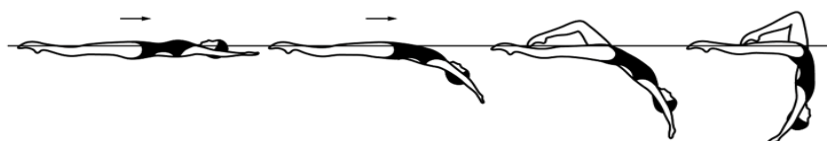
1. Gives the impression that the body is stretched horizontally to maximum. Front of the trunk will also be at the surface of the water.
2. Judgement is made by checking visual points of the horizontal alignment: ears, shoulder joints, hip joints and ankles. This imaginary line should also pass through the middle of the side of the trunk.

### BM15 To Assume a Bent Knee Surface Arch Position

#### Rule Book Description

1. From a **Back Layout Position** a Bent Knee Surface Arch Position is assumed.
2. The hips, legs and feet continue to move along the surface as the back is arched more as one knee is bent to assume a **Bent Knee Surface Arch Position**.


#### Diagrams



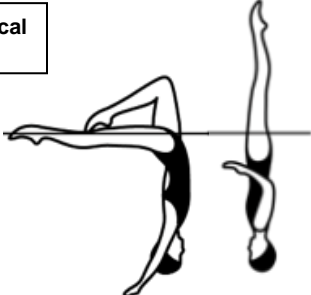
#### Major Desired Actions

1. Continuous uniform movement from **Back Layout Position** to **Bent Knee Surface Arch Position**.


## BP 14d Bent Knee Surface Arch Position

Rule Book Description	Diagrams	Major Desired Actions
One leg bent with the toe of the bent leg in contact with the inside of the extended leg at the knee or higher.		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.
1. Lower back arched, with hips, shoulders and head on a vertical line.		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.
2. The thigh of the bent leg is perpendicular to the surface.		2. Hips at the surface of the water.
		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.

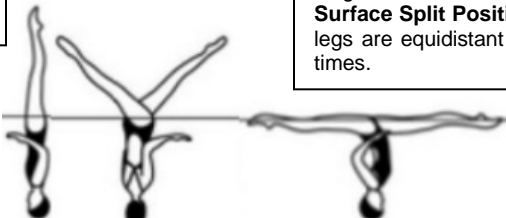
## Bent Knee Surface Arch Position to Vertical Position with Twirl

Rule Book Description	Diagrams	Major Desired Actions
1. The legs are simultaneously lifted to a <b>Vertical Position</b> as a <i>Twirl</i> is executed.		1. Trunk alignment maintained between hips and shoulders. Hips and shoulders aligned horizontally and 'square'.
		2. Straightening of the bent leg is completed simultaneously with completion of the <i>Twirl</i> . A rapid 180° rotation is executed with minimal lateral movement.
		3. The hips maintain constant height and are the pivot point for the lift to <b>Vertical Position</b> .


## 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 made by checking visual points of the vertical alignment: ear, shoulder joint, hip joint, ankle.

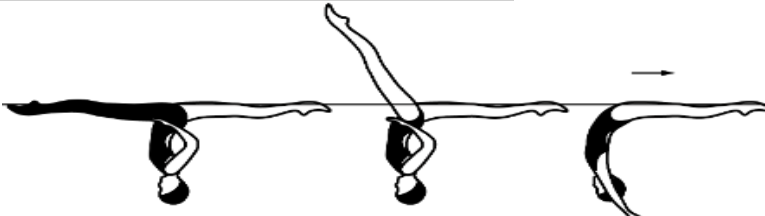
## Vertical Position to Split Position (Open 180°)

Rule Book Description	Diagrams	Major Desired Actions
1. Continuing in the same direction the legs are opened symmetrically to a <b>Split Position</b> as a 180° rotation is executed.		1. With continuous motion the body turns 180° on its longitudinal axis as the legs lower simultaneously to a <b>Surface Split Position</b> . Hip level remains constant, and legs are equidistant from the surface of the water at all times.


## BP 16 Split Position

Rule Book Description	Diagrams	Major Desired Actions
1. Legs evenly split forward and back.		1. Full extension of the legs at or above the surface.
2. The legs are parallel to the surface.		4. Flat split. Hip joints and shoulder joints on a horizontal line, with both of these alignments 'square' and parallel to each other.
3. Lower back arched, with hips, shoulders and head on a vertical line.		
4. 180-degree angle between the extended legs (flat split), with inside of each leg aligned on opposite sides of a horizontal line, regardless of the height of the hips.		
<b>a) Surface Split Position</b>		
1. Legs are dry at the surface of the water		1. Full extension of the legs. Crotch and legs dry at the surface of the water.

## BM 6a Walkout Front

Rule Book Description	Diagrams	Major Desired Actions
1. These movements start in a <b>Split Position</b> unless otherwise specified in the figure description. The hips remain stationary as one leg is lifted in an arc over the surface to meet the opposite leg.		1. Hip height remains constant and at the surface of the water.
2. The front leg is lifted in a 180° arc over the surface to meet the opposite leg in a <b>Surface Arch Position</b> and with continuous movement, an <i>Arch to Back Layout Finish Action</i> is executed.		2. Arcing leg moves continuously with uniform motion.
		3. Both legs maintain full extension.
		4. Trunk maintains same position until the feet join.
		5. No pause in <b>Surface Arch Position</b> , however an accurate <b>Surface Arch Position</b> must be evident before the body begins to rise and straighten.
		6. Foot first surfacing motion begins when the feet are joined.

## BM 5 Arch to Back Layout Finish Action

Rule Book Description	Diagrams	Major Desired Actions
1. From a <b>Surface Arch Position</b> , the hips, chest and face surface sequentially at the same point, with foot first movement to a <b>Back Layout Position</b> , until the head occupies the position of the hips at the beginning of this action.		1. Sharp arch in lower back. The body straightens, rises and moves along the surface simultaneously, with a stationary <b>Back Layout Position</b> achieved as the face surfaces. Full body extension maintained throughout.

## 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.







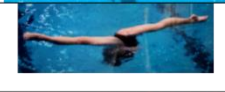











1. Gives the impression that the body is stretched horizontally to maximum. Front of the trunk will also be at the surface of the water.

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.

### Height Chart for Cyclone, Open 180°

Water Levels	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>
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
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)

### Height Chart for Surface Split Position

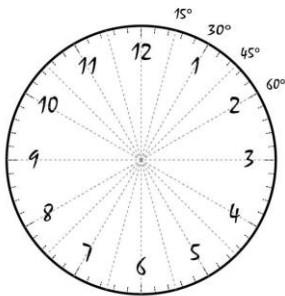
Score range		Angle of Split (degree)		Water level	
Excellent/ Near Perfect	9.5	180 (flat)			Crotch & legs dry
Very Good	8.5	170 - 180			Legs dry
Good	7.5	160 - 170			Legs almost dry
Competent	6.5	150 - 160			lower legs dry Crotch underwater
Satisfactory	5.5	130 - 140			lower legs dry Crotch underwater
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 for Cyclone, Open 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
Twirl from Bent Knee Surface Arch Position to Vertical Position		Slow Twirl, not changed speed obvious	Very slow Twirl (twisting not twirling)
180° open rotation from Vertical Position to Split Position	Uneven open between right and left legs		
Split Position	*See chart for splits		

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

