






## Figure 100 – Bent Knee, Alternate

Difficulty 1.1

From a **Back Layout Position**, with one leg remaining extended at the surface, the toe of the other leg is drawn along the inside of the extended leg until the thigh is vertical to assume a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed. From a **Back Layout Position**, with one leg remaining extended at the surface, the toe of the opposite leg is drawn along the inside of the extended leg until the thigh is vertical to assume a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.



### WEIGHTING for Bent Knee Alternate

						Total
NV =		10.5	10.5	10.5	10.5	42.0
PV =		2.50	2.50	2.50	2.50	

### To Assume a Bent Knee Back Layout

#### Rule Book Description

1. Begin in a **Back Layout Position**. One leg remains at the surface of the water throughout.

2. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**.

#### Diagrams



#### Major Desired Actions

1. See BP 1 **Back Layout Position**.

2. The toe of the bending leg maintains in contact with the inside of the extended leg. Minimal drop in hips. Position held just long enough to demonstrate control and accuracy.

3. Height remains constant throughout the movement.

4. The head and trunk remain stationary throughout.

**To Lower from Bent Knee Back Layout to Back Layout**

**Rule Book Description**

**Diagrams**

**Major Desired Actions**

1. From a **Bent Knee Back Layout Position**, the toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.



1. Height remains constant throughout the movement.

2. Full extension in **Back Layout Position** to be achieved as the feet are joined.

3. The head and trunk remain stationary throughout.

**Deduction Guidelines for Bent Knee, Alternate**

<b>Figure/Transition</b>	<b>Small Deviation – 0.2 1-15 degrees</b>	<b>Medium Deviation – 0.5 16-30 degrees</b>	<b>Large Deviation – 1.0 31 degrees or more</b>
Back Layout Position to Bent Knee Back Layout Position	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.	
	Hips drop up to 3 inches during Bent Knee Back Layout to Back Layout Position.	Hip drop 4-12 inches during Bent Knee Back Layout to Back Layout Position.	Hips drop more than 13 inches during Bent Knee Back Layout to Back Layout Position.
		Shoulders rounded, head is forward.	Body sitting in water more than 12 inches, head off the water.
Bent Knee Back Layout Position to Back Layout Position	Hips near surface.		Hips deep shoulders rounded, head off surface.
<b>Travel Deduction Guidelines</b>	<b>Small deduction: 0.1</b>	<b>Medium deduction: 0.3</b>	<b>Large deduction: 0.5</b>
	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