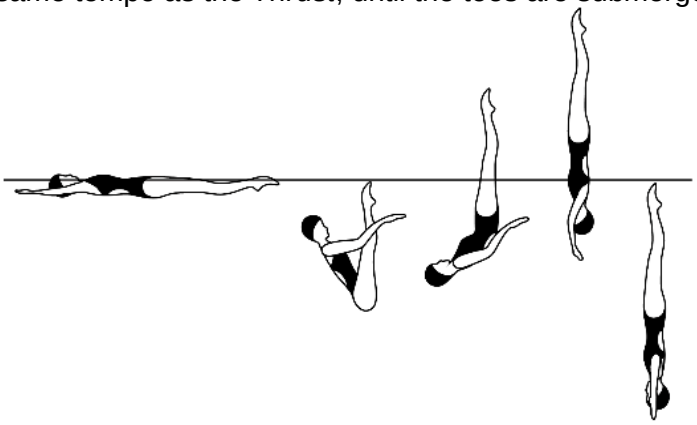
Figure 301 – Barracuda **Difficulty 1.8**

From a **Back Layout Position**, the legs are raised to the vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface. From that position, with the legs remaining perpendicular to the surface, a vertical upward *Thrust* of the legs and hips is rapidly executed as the body unrolls to assume a **Vertical Position**. Maximum height is desirable. Maintaining the **Vertical Position**, the body descends along its longitudinal axis, at the same tempo as the *Thrust*, until the toes are submerged.



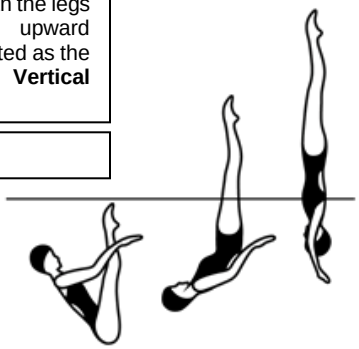
WEIGHTING for Barracuda

				**Total**
NV =	7.0	31.0	15.0	51.0
PV =	1.37	6.08	2.55	

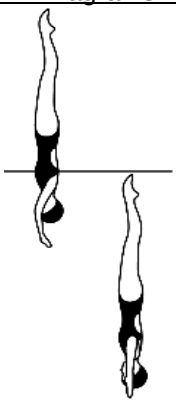
Back Layout to Submerged Back Pike Position

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 Position**.

BM 9 *Thrust*

Rule Book Description	Diagrams	Major Desired Actions
1. From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a vertical upward movement of the legs and hips is rapidly executed as the body unrolls under the legs to assume a **Vertical Position**.		1. The toes just below the surface of the water. Once established, the degree of the angle of the pike position between the legs and the body must not change prior to initiation of the *Thrust*.
2. Maximum height desirable.		2. The body unrolls under the legs to assume a **Vertical Position** along the same perpendicular line to the surface of the water established by the legs in the **Back Pike Position**.
		3. Obvious increase in speed from the initiation of body unrolling through the vertical upward movement.
		4. Maximum height and **Vertical Position** achieved simultaneously.

BM 10 Vertical Descent

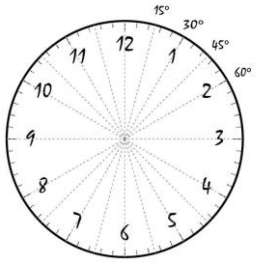
Rule Book Description	Diagrams	Major Desired Actions
1. Maintaining a **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.		1. Tempo of descent is uniform and at the same speed as the rest of the figure.

Height Chart for Dynamic Height for Barracuda

Barracuda	Good	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**
Thrust Double Leg	Mid-ribs or higher	Lower ribs	Waist	Top of pelvis	Showing crotch	Upper thigh	Mid-thigh	Above kneecap

Deduction Guidelines for Barracuda

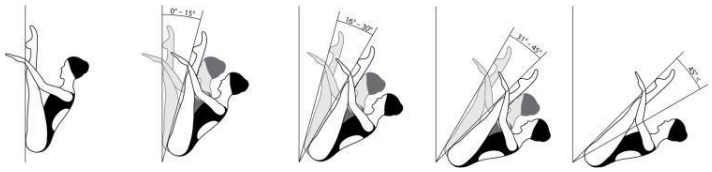
Figure/Transition	Small Deviation – 0.2 1-15 degrees	Medium Deviation – 0.5 16-30 degrees	Large Deviation – 1.0 31 degrees or more
Back Layout to Submerged Back Pike Position	Head tucked in Submerged Back Pike Position	Back rounded in Submerged Back Pike Position.	
	Legs lifted to mid-thigh level.	Below knees is only part of legs lifted.	Buttocks move forward as legs drop below surface without any lift.
	Toes out of the water before the thrust commences. Toes 3-5 inches below surface before rise.	Toes 6-12 inches below surface before rise.	Toes more than 12 inches below surface before rise.
Thrust	See angle deviations below		
		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.
		Thrust is faster than layout to Back Pike Position but not rapid.	Thrust is slow.



Visible scales of angle deviation

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



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