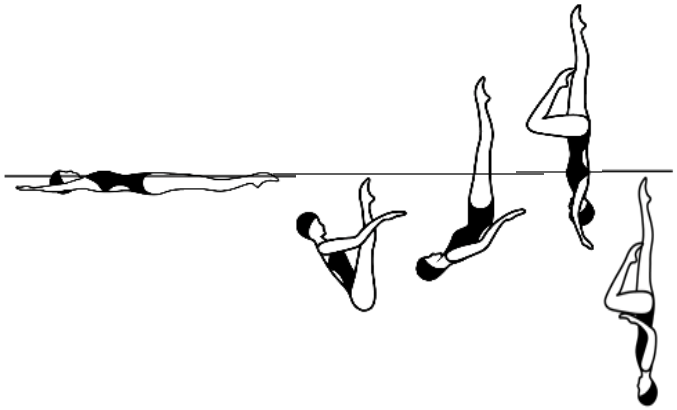
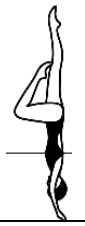
Figure 306 - Bent Knee Barracuda **Difficulty 1.8**

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 Bent Knee Vertical Position. Maximum height is desirable. Maintaining the Bent Knee Vertical Position, the body descends along its longitudinal axis, at the same tempo as the Thrust, until the toes are submerged.



AQUA WEIGHT for Bent Knee Barracuda

				**Total**
NV =	10.0	31.0	15.0	56.0
PV =	1.79	5.54	2.68	

BP 1 Back Layout Position

Rule Book Description	Diagrams	Major Desired Actions
1. Body extended with face, chest, thighs and feet at the surface. 2. Head (ears specifically), hips and ankles in line.		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 made by checking visual points of the horizontal alignment ear, shoulder joint, hip joint, and ankles. This imaginary line should also pass through the middle of the side of the trunk.

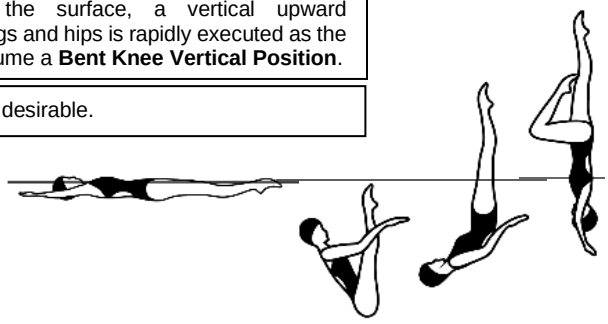
Back Layout Position to Submerged Back Pike Position

Rule Book Description	Diagrams	Major Desired
1. 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 under the surface.		1. In the **Submerged Back Pike** the hips are directly beneath the position they occupied in **Back Layout**.

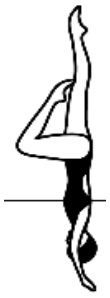
BP 11 Submerged Back Pike Position

Rule Book Description	Diagrams	Major Desired Actions
1. Body bent at hips to form an acute angle at 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 **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 to assume a **Bent Knee Vertical Position**.		1. The pike is held only long enough to define the position and completion of the transition. In the **Submerged Back Pike Position** before the *Thrust* the feet should be below the surface of the water.
2. Maximum height desirable.		2. Sharp increase in speed. Body unrolls under the legs to assume **Vertical Position**. Maximum height and **Vertical Position**, achieved simultaneously.

Bent Knee Vertical Position

Rule Book Description	Diagrams	Major Desired Actions
1. Body extended, with the toe of the bent leg in contact with the inside of the knee or thigh of the extended leg.		1. Full extension of the body.
2. Heads (ears specifically), hips and ankle in line.		2. Judgement made by checking visual points of the vertical alignment: ear, shoulder joint, hip joint, ankle.

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. Unless otherwise stated, tempo of descent is uniform and at the same speed as the rest of the figure.

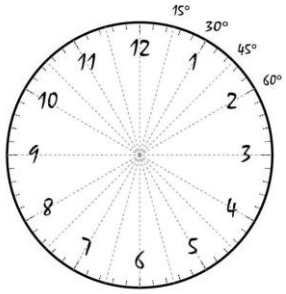
Height Chart for Dynamic Height for Bent Knee Barracuda

Water Levels	Perfect	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**
Dynamic height – Thrust Single Leg	High ribs or higher	Mid ribs	Lower ribs	Waist	Top of pelvis	Showing crotch	Upper thigh	Above kneecap

Basic Deductions for Bent Knee 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.
Bent Knee Thrust	Legs 15 to 30 degrees from perpendicular.	Legs 31 to 45 degrees from perpendicular.	Legs 46 degrees 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.
		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