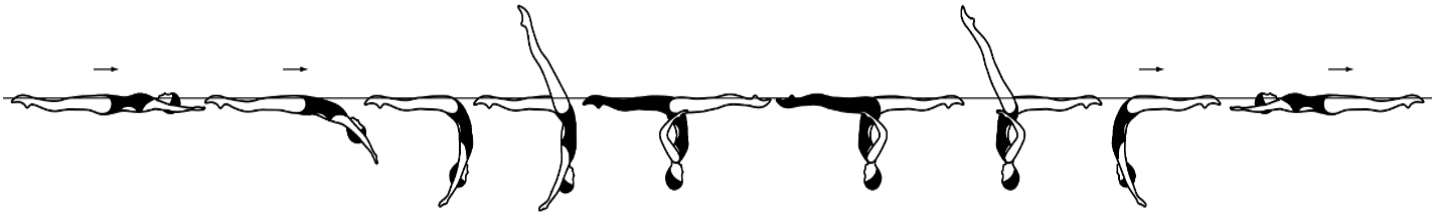


# Figure 423 – Ariana

Difficulty 2.5

A Walkover Back is executed to a **Split Position**. Maintaining the relative position of the legs to the surface, the hips rotate 180°. A *Walkout Front* is executed.



### AQUA WEIGHT for Ariana

						<b>Total</b>
NVT=	12.0	29.0	17.0	23.0	7.0	88.0
PV =	1.36	3.30	1.93	2.61	.80	

### BP 1 Back Layout Position

#### Rule Book Description

#### Diagrams

#### Major Desired Actions

1. Body extended with face, chest, thighs and feet at the surface.



1. Gives the impression that the body is stretched horizontally to maximum. Judgment made by checking visual points of the horizontal alignment: ear, shoulder joint, hip joint and ankle.

### Back Layout Position to Surface Arch Transition

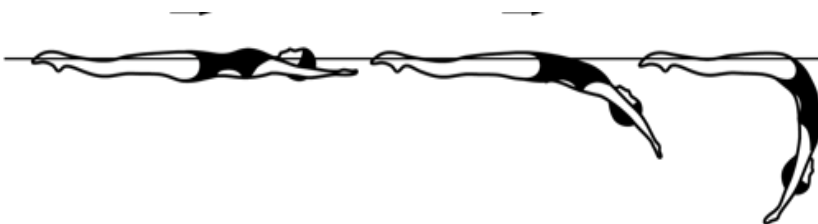
#### Rule Book Description

#### Diagrams

#### Major Desired Actions

1. With the head leading, a *Dolphin* is initiated.


2. The hips, legs and feet continue to move along the surface as the back is arched more to assume a **Surface Arch Position**.



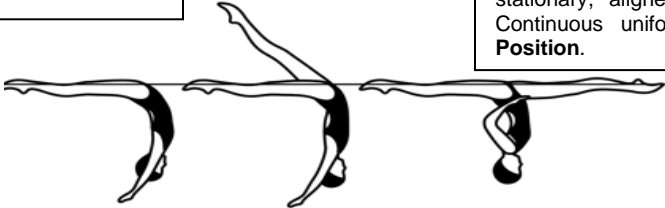
1. *Dolphin* continues until the hips are about to submerge.

2. Continuous movement from initiation of step 1 until achievement of **Surface Arch Position**.

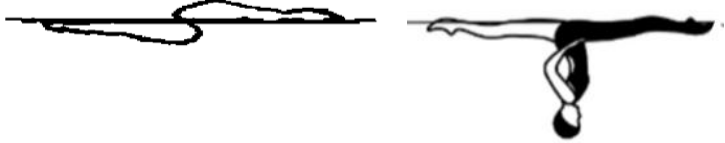

## BP 13 Surface Arch Position

Rule Book Description	Diagrams	Major Desired Actions
1. Lower back arched, with hips, shoulders and head on a vertical line.		1. Hip joints on a horizontal line; shoulder joints on a horizontal line, with both of these alignments 'square' and parallel to each other. Head (ears specifically) in line with shoulders.
2. Legs together and at the surface.		2. Hips as close to the surface as possible.


## Surface Arch Position to Split Position

Rule Book Description	Diagrams	Major Desired Actions
1. One leg is lifted in a 180° arc over the surface to a <b>Split Position</b> .		1. The back leg remains fully extended. Hips remain stationary, aligned horizontally, and at the surface. Continuous uniform motion of leg arcing to <b>Split Position</b> .

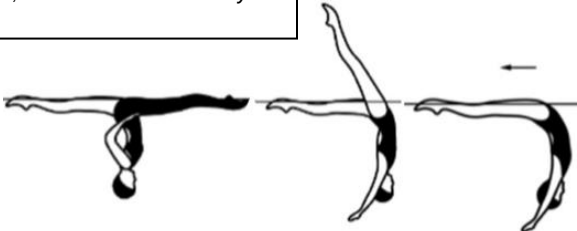
## BP 16 Split Position

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.		2. 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° 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		


## BM 16 Ariana Rotation

Rule Book Description	Diagrams	Major Desired Actions
1. From a <b>Split Position</b> , maintaining the relative position of the legs to the surface, hips rotate 180°.		1. The trunk turns 180° around its longitudinal axis, while the legs rotate horizontally at the surface, with the height and extension of <b>Split Position</b> equal throughout.
		2. Height and extension of the <b>Split Position</b> is maintained throughout.
		3. Uniform motion throughout.
		4. Lower back arched with hips, shoulders and head on a vertical line.
		5. Hip joints and shoulder joints on a horizontal line with both of these alignments 'square' and parallel to each other.

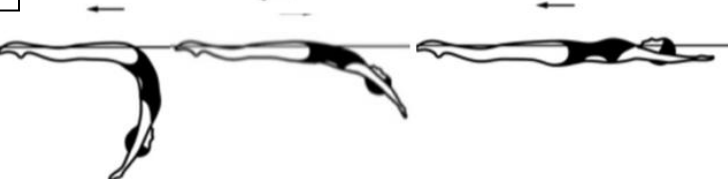
## BM 6a Walkout Front

Rule Book Description	Diagrams	Major Desired Actions
<p>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.</p>		<p>1. Hip height remains constant and as close to the surface as possible.</p>
<p>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.</p>		<p>2. Arcing leg moves continuously at an even tempo.</p>
		<p>3. Both legs maintain full extension.</p>
		<p>4. Trunk maintains same position until the feet join.</p>
		<p>5. No pause in <b>Surface Arch Position</b>, however an accurate surface arch must be evident before the body begins to rise and straighten.</p>
		<p>6. Foot first surfacing motion begins when the feet are joined.</p>


## BP 13 Surface Arch Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. Lower back arched, with hips, shoulders, and head on a vertical line.</p>		<p>1. Hip joints and shoulder joints on a horizontal line, with both of these alignments 'square' and parallel to one another. Head (ears specifically) in line with shoulders.</p>
<p>2. Legs together and at the surface of the water.</p>		<p>2. Hip joints at the surface of the water.</p>






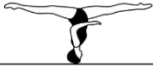










## BM 5 Arch to Back Layout Finish Action

Rule Book Description	Diagrams	Major Desired Actions
<p>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.</p>		<p>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.</p>

## BP 1 Back Layout Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. Body extended with face, chest, thighs and feet at the surface of the water.</p>		<p>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.</p>
<p>2. Head (ears specifically), hips and ankles in horizontal alignment.</p>		<p>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.</p>

### Height Chart for Ariana

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

### Guidelines for Ariana

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 Surface Arch	Feet and legs travel 12 inches or less along the surface.	Surface Arch Position not shown.	At start, head and shoulders press backward to Surface Arch Position.
Surface Arch to Split			Lifting at knee height and then rising in Knight Position.
		Erratic speed and height.	Leg lifting very quickly and then much slower from Knight to Split or vice versa
Ariana Rotation		Body pauses in Knight Position.	Body stops in Knight Position. 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