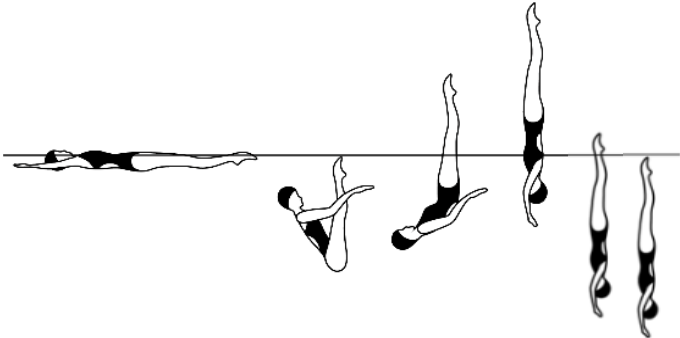


From a **Back Layout Position**, the legs are raised to the vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface. From that position, with the legs remaining perpendicular to the surface, a vertical upward *Thrust* of the legs and hips is rapidly executed 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.



TRANSITION NUMERICAL VALUES

					Total
NV =	7.0	31.0	39.0	0.0	77.0
PV =	0.90	4.03	5.07	0.0	10.0

POSITION & TRANSITION DESCRIPTIONS

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 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 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.

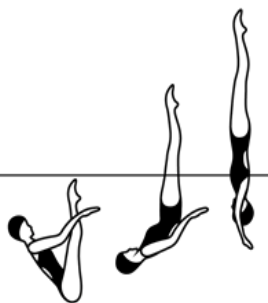
Back Layout to Submerged Back Pike Position

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.

BP 11 Submerged Back Pike Position

Rule Book Description	Diagrams	Major Desired Actions
1. Body bent at hips to form an acute angle of 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.

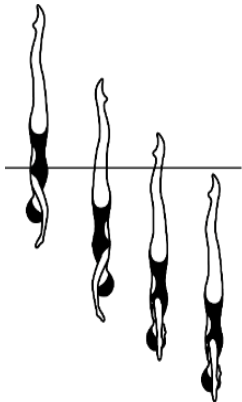
BM 9 Thrust

Rule Book Description	Diagrams	Major Desired 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 <i>Thrust</i> .
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.

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. Heads (ears specifically), hips and ankles in line.		2. Judgement made by checking visual points of the vertical alignment: ear, shoulder joint, hip joint, ankle.

BM 13e Spin 360°

Rule Book Description	Diagrams	Major Desired Actions
1. A <i>Spin</i> is a rotation in a Vertical Position .		1. Height and position attained before the <i>Spin</i> begins.
2. The body remains on its longitudinal axis throughout the rotation.		2. The longitudinal axis runs through the center of the body and is perpendicular to the surface of the water.
3. The 360° <i>Spin</i> is executed rapidly and is completed with a <i>Vertical Descent</i> executed rapidly.		3. Uniform motion of the <i>Spin</i> and <i>Vertical Descent</i> each performed rapidly.
4. A <i>descending Spin</i> must start at the height of the vertical and be completed as the ankles reach the surface.		4. Stability and vertical alignment before, during and at completion of the designated rotation.
e) 360° Spin/Spinning 360°: a descending Spin with a rotation of 360°.		5. Simultaneous rotation and descent of the body, with even drop spaces, to complete the spin as the ankles reach the surface.

Penalty Clarification on Spin 360°

The acceptable allowance for Spin 360° is up to ¼ less than/more than the required rotation.

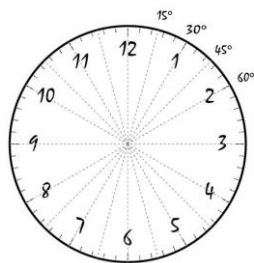
HEIGHT CHART

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

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.
Spinning 360°	Rotation is slightly less or more than the required amount of rotation.	Rotation is more than 270° and less than 450°, but not at allowance limit.	Rotation is at limit of allowed, minimum 270°, maximum 450°.
	Uneven rotation and drop but finishing at correct height.	Dropping more than ½ way from the initial vertical height by the end of the 1 st rotation.	Dropping to ankles by end of 1 st rotation and rotating at ankles.

VISIBLE SCALES OF ANGLE DEVIATION



Apply to plumb line points of reference when evaluating vertical and horizontal alignments required for **Thrusts**.

Small deviation	16-30 degrees	0.2
Medium deviation	31-45 degrees	0.5
Large deviation	more than 45 degrees	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

