ANALYSIS OF 13-15/YOUTH FINA FIGURES 2022-2025

Group & Figure #	Figure Name	DD
Section A		
Group 1		
140g	Flamingo Bent Knee, Twist Spin	2.9
437	Cyclone, Open 180°	2.6
Group 2		
308h	Barracuda Airborne Split Spin Up 180°	2.9
407	Swordfish Straight Leg Ariana Rotation	2.6
Section B		
Group 3		
356f	Whip Continuous Spin 720°	3.0
441	Saturn	2.5
Group 4		
352	Venus	3.0
240i	Albatross Spin up 360°	2.5
Section C		
Group 5		
144	Rio Straight Leg	3.1
421	Walkover Back Closing 360°	2.4
Group 6		
440d	Ipanema Spinning 180°	3.1
311j	Kip Combined Spin	2.4

Figure – 140g FLAMINGO BENT KNEE TWIST SPIN DIFFICULTY – 2.9

A Ballet Leg is assumed. The shin of the horizontal leg is drawn along the surface of the water to assume a **Surface Flamingo Position**. With the ballet leg maintaining its vertical position the hips are lifted as the trunk unrolls while the bent leg moves to a **Bent Knee Vertical Position**. The bent leg is extended to a **Vertical Position**. A *Twist Spin* is executed.

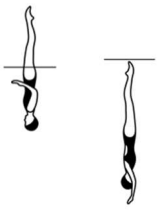
							Total
NVT=	10.5	11.0	7.5	20.0	16.5	48.0	113.5
PV =	0.93	0.97	0.66	1.76	1.45	4.23	10

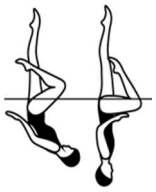
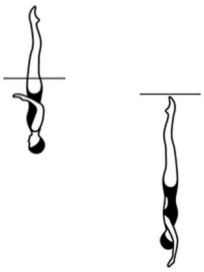
Figure Description	NVT	Diagrams	Major Desired Actions
1. *A Ballet Leg is assumed.*			1. *See BM 1 To Assume A Ballet Leg.*
	10.5		
	11.0		1. *See BM 1 To Assume A Ballet Leg.*
2. The shin of the horizontal leg is drawn along the surface of the water to assume a **Surface Flamingo Position**.	7.5		2. See BP 4a **Surface Flamingo Position**. Height of the ballet leg remains constant.
3. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves to a **Bent Knee Vertical Position**.	20.0		3.1 See BP 14c **Bent Knee Vertical Position.** The bent leg moves simultaneously to the **Bent Knee Vertical Position** as the hips are lifted and the trunk unrolls. 3.2 The vertical leg remains perpendicular to the surface of the water. 3.3 All actions are simultaneously completed as maximum height is achieved. 3.4 The **Bent Knee Vertical Position** is assumed under, and in the same plane as the ballet leg of the BP 4a **Surface Flamingo Position.**

Figure – 140g FLAMINGO BENT KNEE TWIST SPIN (cont.) DIFFICULTY – 2.9

Figure Description	NVT	Diagrams	Major Desired Actions
4. The bent leg is extended to **Vertical Position**.	16.5		4.1 BP 6 **Vertical Position** assumed under and in the same plane as the **Bent Knee Vertical Position.** The height of the **Bent Knee Vertical Position** is maintained as the bent leg is extended to **Vertical Position**. 4.2 Vertical alignment is maintained during the leg join. Stability and control evident throughout. 4.3 The **Vertical Position** is held only long enough to define the position and to demonstrate completion of the transition prior to the *Twist Spin.*
5. A *Twist Spin* is executed.	48.0		5. See BM 13g *Twist Spin, BM12a Half Twist and BM13f Continuous Spin.* A *Half Twist* is executed and without a pause is followed by a *Continuous Spin* of 720˚ (2) performed in the same direction as the *Half Twist.* In a *Twist Spin*, the BM 12a *Half Twist* is performed at the same tempo as the root figure. The *Continuous Spin* must be performed rapidly and in the same direction as the *Half Twist. See* BM 12a *Half Twist* and BM13f *Continuous Spin*.

BP 1 Back Layout Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended with face, chest, thighs and feet at the surface of the water.		1. Gives the impression that the body is stretched horizontally to its maximum. Front of the trunk will also be at the surface of the water.

Figure – 140g FLAMINGO BENT KNEE TWIST SPIN (cont.) DIFFICULTY – 2.9

BP 1 Back Layout Position (cont.)

Body Position Description	Diagrams	Major Desired Actions
2. Head (ears specifically), hips and ankles in horizontal alignment.		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.

BP 14 Bent Knee Positions

Body Position Description	Diagrams	Major Desired Actions
One leg bent with the toe of the bent leg in contact with the inside of the extended leg at the knee or higher.		The relationship of the toe of the bent leg to the extended leg may vary depending on the figure but should remain constant once established, and not extend in front of or behind the extended leg.
b) Bent Knee Back Layout Position		
1. Body extended in **Back Layout Position**.		1. In BP 1 **Back Layout Position** ears, shoulder joints, hip joints and ankle of extended leg in line at maximum horizontal alignment.
2. The thigh of the bent leg is perpendicular to the surface of the water.		2. 90˚ angle between the thigh and the surface of the water, and 90˚ angle maintained between the thigh and the trunk. At maximum height an air pocket will be evident between the back of the thigh and calf of the bent leg and the surface of the water.
c) Bent Knee Vertical Position		
1. Body extended in **Vertical Position** with the thigh of the bent leg parallel to the surface of the water.		1. In BP 6 **Vertical Position** the alignment of the extended leg, trunk and head remains constant.

Figure – 140g FLAMINGO BENT KNEE TWIST SPIN (cont.) DIFFICULTY – 2.9

BP 3 Ballet Leg Position

Body Position Description	Diagrams	Major Desired Actions
a) Surface		
1. Body in **Back Layout Position**.		1. See BP 1 **Back Layout Position.** Ears, shoulder joints, hip joints and ankle of extended leg in line at maximum horizontal alignment.
2. One leg extended perpendicular to the surface of the water.		2. 90° angle between the extended leg and the surface of the water and between the extended leg and the trunk with maximum horizontal alignment maintained throughout.

BP 4 Flamingo Position

Body Position Description	Diagrams	Major Desired Actions
a) Surface		
1. One leg extended perpendicular to the surface of the water.		1. 90° angle between the extended leg and the surface of the water.
2. The other leg bent with the mid-calf opposite the vertical leg. Foot, shin and knee at and parallel to the surface of the water.		2. The top of the bent leg from knee to toes should be dry with the vertical leg extended perpendicular midway between the knee and ankle of the horizontal leg.
3. Face at the surface of the water.		3. Chest close to the surface of the water with the shoulders back. Ears, shoulder joints and hip joints aligned with the spine straight and extended.

Figure – 140g FLAMINGO BENT KNEE TWIST SPIN (cont.) DIFFICULTY – 2.9

BP 6 Vertical Position

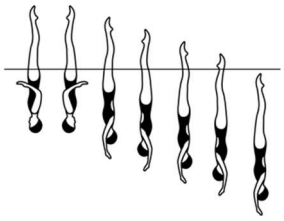
Body Position Description	Diagrams	Major Desired Actions
1. Body extended perpendicular to the surface of the water; legs together, head downward.		1. Full extension of the body.
2. Head (ears specifically), hips and ankles in line.		2. Judgement is made by checking visual points of the vertical alignment: ears, shoulder joints, hip joints and ankles.

BM 1 *To Assume a Ballet Leg/A Ballet Leg is assumed*

Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. Begin in a **Back Layout Position.** One leg remains at the surface of the water throughout.			1. See BP 1 **Back Layout Position.**
2. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position.**	10.5		2. See BP 14b **Bent Knee Back Layout Position.** The toe of the bending leg remains in contact with the inside of the extended leg. Minimal drop in hips. Position is held only long enough to demonstrate control and accuracy.
3. The bent leg is straightened without movement of the thigh to assume a **Ballet Leg Position.**	11.0		3.1 See BP 3a **Surface Ballet Leg Position**. Height remains constant throughout the movement. 3.2 The head and trunk remain stationary throughout.

Figure – 140g FLAMINGO BENT KNEE TWIST SPIN (cont.) DIFFICULTY – 2.9

BM13 g) Twist Spin

Basic Movement Description	NVT	Diagrams	Major Desired Actions
g) *Twist Spin*: a *Half Twist* is executed and without a pause is followed by a *Continuous Spin* of 720˚ (2) performed in the same direction as the *Half Twist*.	48.0		g) In a *Twist Spin*, the BM 12a *Half Twist* is performed at the same tempo as the root figure. The *Continuous Spin* must be performed rapidly and in the same direction as the *Half Twist. See* BM 12a *Half Twist* and BM13 f *Continuous Spin*.

BM 12 *Twists*

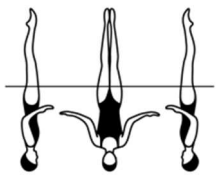
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. A *Twist* is a rotation at a sustained height.			1. Height remains constant throughout the rotation. Stability and alignment of the position is evident before, during and upon completion of the *Twist.* The amount of height is judged by the relationship of the hip joints to the surface of the water with maximum height desirable.
2. The body remains on its longitudinal axis throughout the rotation.			2. The longitudinal axis runs through the centre of the body and is perpendicular to the surface of the water. On the spot rotation around this axis.
a) *Half Twist*: a *Twist* of 180°.			a) The acceptable allowance for *Half Twist* is up to ¼ less than/more than the required rotation.

Figure – 140g FLAMINGO BENT KNEE TWIST SPIN (cont.) DIFFICULTY – 2.9

BM 13 *Spins*

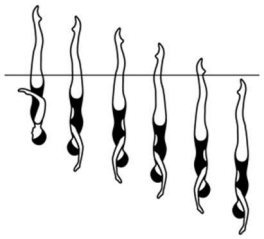
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. A *Spin* is a rotation in a **Vertical Position**.			1. See BP 6 **Vertical Position**. Height and position attained before the S*pin* begins.
2. The body remains on its longitudinal axis throughout the rotation.			2. The longitudinal axis runs through the centre of the body and is perpendicular to the surface of the water.
3. A *descending Spin* must start at the height of the vertical and be completed as the ankles reach the surface of the water.			3.1 Stability and vertical alignment before, during and at completion of the designated rotation. 3.2 Simultaneous rotation and descent of the body with even drop spaces to complete the *Spin* as the ankles reach the surface of the water.
f) *Continuous Spin*: a *descending Spin* with a rapid rotation of: 720˚ (2), 1080˚ (3), or 1440˚ (4) which is completed as the ankles reach the surface of the water and continues through submergence. Continuous Spin 720° shown →			f) A *Continuous Spin* must achieve and maintain a rapid rotation throughout. The acceptable allowance for a *Continuous Spin* is up to 180° less than/more than the required rotation.

Figure – 437 CYCLONE OPEN 180° DIFFICULTY – 2.6

From a **Back Layout Position** *a Bent Knee Surface Arch Position is assumed.* The legs are simultaneously lifted to a **Vertical Position** as a *Twirl* is executed. Continuing in the same direction the legs are opened symmetrically to a **Split Position** as a 180° rotation is executed. A *Walkout Front* is executed.

						Total
NVT=	17.5	29.0	20.0	23.0	7.0	96.5
PV =	1.81	3.01	2.07	2.38	0.73	10

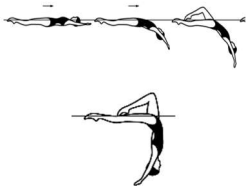
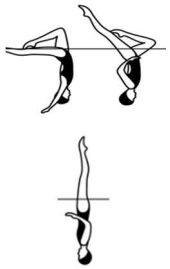
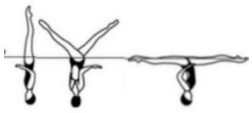
Figure Description	NVT	Diagrams	Major Desired Actions
1. From a **Back Layout Position** a *Bent Knee Surface Arch Position is assumed*.	17.5		1. See BP 1 **Back Layout Position**, BP 14d **Bent Knee Surface Arch Position** and BM 15 *To Assume A Bent Knee Surface Arch Position.* Continuous uniform movement from **Back Layout Position** to **Bent Knee Surface Arch Position.**
2. The legs are simultaneously lifted to a **Vertical Position** as a *Twirl* is executed.	29.0		2.1 See BP 6 **Vertical Position** and BM 12c *Twirl*. Trunk alignment maintained between hips and shoulders. Hips and shoulders aligned horizontally and 'square'. 2.2 Straightening of the bent leg is completed simultaneously with completion of the *Twirl*. A rapid 180° rotation is executed with minimal lateral movement. 2.3 The hips maintain constant height and are the pivot point for the lift to **Vertical Position**.

Figure – 437 CYCLONE OPEN 180° (cont.) **DIFFICULTY – 2.6**

Figure Description	NVT	Diagrams	Major Desired Actions
3. Continuing in the same direction the legs are opened symmetrically to a **Split Position** as a 180° rotation is executed.	20.0		3. With continuous motion the body turns 180° on its longitudinal axis as the legs lower simultaneously to BP 16a **Surface Split Position.** Hip level remains constant and legs are equidistant from the surface of the water at all times.
4. A *Walkout Front* is executed.	23.0		4. See BM 6a *Walkout Front and BM 5 Arch to Back Layout Finish Action.*
	7.0		

BP 1 Back Layout Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended with face, chest, thighs and feet at the surface of the water.		1. Gives the impression that the body is stretched horizontally to its maximum. Front of the trunk will also be at the surface of the water.
2. Head (ears specifically), hips and ankles in horizontal alignment.		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.

BP 14 Bent Knee Position

Body Position Description	Diagrams	Major Desired Actions
One leg bent with the toe of the bent leg in contact with the inside of the extended leg at the knee or higher.		The relationship of the toe of the bent leg to the extended leg may vary depending on the figure but should remain constant once established, and not extend in front of or behind the extended leg.

Figure – 437 CYCLONE OPEN 180° (cont.) **DIFFICULTY – 2.6**

BP 14 Bent Knee Position (cont.)

Body Position Description	Diagrams	Major Desired Actions
d) Bent Knee Surface Arch Position		
1. Lower back arched with hips, shoulders and head on a vertical line.		1.1 In BP 13 **Surface Arch Position** shoulder joints and hip joints on a horizontal line with both of these alignments 'square' and parallel to one another. Head (ears specifically) in line with shoulders. 1.2 Hips at the surface of the water.
2. The thigh of the bent leg is perpendicular to the surface of the water.		2. 90° angle between the thigh of the bent leg and the surface of the water. An air pocket will be evident between the back of the thigh and calf of the bent leg and the surface of the water.

BP 6 Vertical Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended perpendicular to the surface of the water; legs together, head downward.		1. Full extension of the body.
2. Head (ears specifically), hips and ankles in line.		2. Judgement is made by checking visual points of the vertical alignment: ears, shoulder joints, hip joints and ankles.

BP 16 Split Position

Body Position Description	Diagrams	Major Desired Actions
1. Legs evenly split forward and back. 2. The legs are parallel to the surface of the water. 3. Lower back arched, with hips, shoulders and head on a vertical line.		1. Full extension of the legs at or above the surface of the water.
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.		4. Flat split. Hip joints and shoulder joints on a horizontal line, with both of these alignments 'square' and parallel to each other.

Figure – 437 CYCLONE OPEN 180° (cont.) **DIFFICULTY – 2.6**

BP 16 Split Position (cont.)

Body Position Description	Diagrams	Major Desired Actions
a) Surface Split Position		
1. Legs are dry at the surface of the water.		1. Full extension of the legs. Crotch and legs dry at the surface of the water.

BP 13 Surface Arch Position

Body Position Description	Diagrams	Major Desired Actions
1. Lower back arched with hips, shoulders and head on a vertical line.		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.
2. Legs together and at the surface of the water.		2. Hips joints at the surface of the water.

BM 15 *To Assume a Bent Knee Surface Arch Position/A Bent Knee Surface Arch is Assumed*

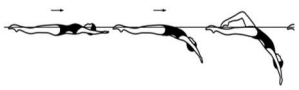
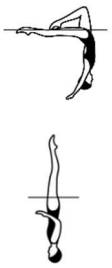
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. From a **Back Layout Position** with the head leading, the head, hips and feet move along the surface of the water.			1. See BP 1 **Back Layout Position**.
2. With continuous movement the head leaves the surface of the water as the back is arched more to assume a **Bent Knee Surface Arch Position** with the hips occupying the position of the head at the beginning of this action.	17.5		2.1 Continuous uniform movement from the BP **1 Back Layout Position** to BP 14d **Bent Knee Surface Arch Position**. Hip height remains constant. Hip joints on a horizontal line. 2.2 The toe of the bent leg must remain in contact with the inside of the extended leg while assuming the **Bent Knee Surface Arch Position.**

Figure – 437 CYCLONE OPEN 180° (cont.) **DIFFICULTY – 2.6**

BM 12 *Twist*

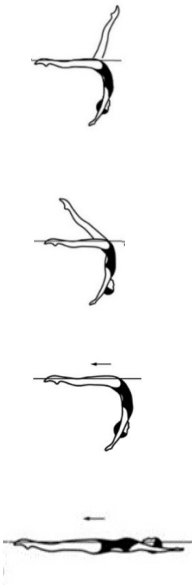
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. A *Twist* is a rotation at a sustained height.			1. Height remains constant throughout the rotation. Stability and alignment of the position is evident before, during and upon completion of the *Twist.* The amount of height is judged by the relationship of the hip joints to the surface of the water with maximum height desirable.
2. The body remains on its longitudinal axis throughout the rotation.			2. The longitudinal axis runs through the centre of the body and is perpendicular to the surface of the water. On the spot rotation around this axis.
c) ***Twirl***: a rapid *Twist* of 180°. For 437 Cyclone Open 180° the *Twirl* starts in a BP 14d **Bent Knee Surface Arch Position** and is completed in the BP 6 **Vertical Position**.	29.0		c) The acceptable allowance for ½ *Twist* rotations is up to ¼ less than/more than the required rotation. Definite increase in speed from the root figure. Stability of body alignment and height remains constant during and after completion of the *Twirl.*

BM 6 *Walkout*

Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. These movements start in a **Split Position** unless otherwise specified in the figure description. The hips remain stationary as one leg is lifted in an arc over the surface of the water to meet the opposite leg.			1. See BP 16a **Surface Split Position.**

Figure – 437 CYCLONE OPEN 180° (cont.) DIFFICULTY – 2.6

BM 6 *Walkout (cont.)*

Basic Movement Description	NVT	Diagrams	Major Desired Actions
a) **Walkout Front**			
2. The front leg is lifted in a 180˚ arc over the surface of the water to meet the opposite leg in a **Surface Arch Position** and with continuous movement an *Arch to Back Layout Finish Action* is executed.	23.0 7.0		2.1 Hip height remains constant and at the surface of the water. 2.2 Arcing leg moves continuously with uniform motion. 2.3 Both legs maintain full extension. 2.4 The trunk remains stationary until the feet join. 2.5 No pause in BP 13 **Surface Arch Position**, however an accurate surface arch must be evident before the body begins to rise and straighten. 2.6 Foot first surfacing motion begins when the feet are joined. 2.7 See BP 13 **Surface Arch Position** and BM 5 *Arch to Back Layout Finish Action*.

BM 5 *Arch to Back Layout Finish Action*

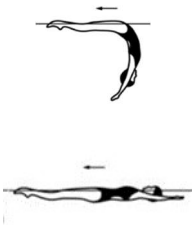
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. From a **Surface Arch Position** the hips, chest and face surface sequentially at the same point with foot first movement to a **Back Layout Position** until the head occupies the position of the hips at the beginning of this action.	7.0		1. See BP 13 **Surface Arch Position**. Sharp arch in the lower back. The body rises, straightens and moves along the surface of the water with a stationary BP 1 **Back Layout Position** achieved as the face surfaces. Full extension maintained throughout.

Figure – 308h BARRACUDA AIRBORNE SPLIT SPIN UP 180° DIFFICULTY – 2.9

From a **Back Layout Position** the legs are raised to a vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface of the water. All remaining movements are performed rapidly. A *Rocket Split* is executed. A *Vertical Descent* is executed and is completed as the ankles reach the surface of the water. A *Spin Up 180°* is executed. A *Vertical Descent* is executed.

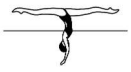
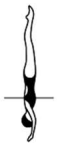
								Total
NVT=	7.0	31.0	17.0	13.0	13.0	20.0	13.0	114
PV =	0.61	2.72	1.49	1.14	1.14	1.75	1.14	10

Figure Description	NVT	Diagrams	Major Desired Actions
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 of the water.	7.0	 	1.1 See BP 1 **Back Layout Position** and BP 11 **Back Pike Position.** In the submerged **Back Pike Position** the hips are directly beneath the position they occupied in the **Back Layout Position**. 1.2 The pike is held only long enough to define the position and complete the transition.

Figure – 308h BARRACUDA AIRBORNE SPLIT SPIN UP 180° DIFFICULTY – 2.9

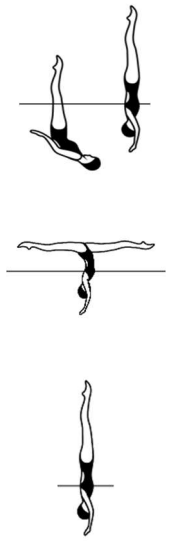
Figure Description	NVT	Diagrams	Major Desired Actions
2. A *Rocket Split* is executed.	31.0 17.0 13.0		2.1 See BM 9 *Thrust* and BM 11 *Rocket Split*. Rapid speed evident from the BM 9 *Thrust* until completion of the figure. 2.2 Maximum height and BP 6 **Vertical Position** achieved simultaneously. 2.3 See BP 16 **Split Position** and BP 16b **Airborne Split Position.** Full extension of the legs split evenly and completely above and parallel to the surface of the water followed by a rejoin to **Vertical Position**. 2.4 BP 6 **Vertical Position** evident prior to descent.
3. A *Vertical Descent* is executed and is completed as the ankles reach the surface of the water	13.0		3. See BM 10 *Vertical Descent*. Must be rapid and remain on the same vertical line as the *Thrust* and is completed as the ankles reach the surface of the water.
4. A *Spin Up 180°* is executed.	20.0		4. See BM 13i *Spin Up* 180° With the water level at the ankles a rapid *ascending Spin* of 180° is executed until a water level is established between the knees and hips. Stability and vertical alignment maintained throughout the *Spin Up*.
5. A *Vertical Descent* is executed.	13.0		5. See BM 10 *Vertical Descent*. Must be rapid and remain on the same vertical line as the *Thrust* throughout submergence.

Figure – 308h BARRACUDA AIRBORNE SPLIT SPIN UP 180° DIFFICULTY – 2.9 (cont.)

BP 1 Back Layout Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended with face, chest, thighs and feet at the surface of the water.		1. Gives the impression that the body is stretched horizontally to its maximum. Front of the trunk will also be at the surface of the water.
2. Head (ears specifically), hips and ankles in horizontal alignment.		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.

BP 11 Back Pike Position

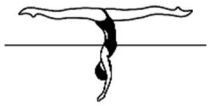
Body Position Description	Diagrams	Major Desired Actions
1. Body bent at hips to form an acute angle of 45° or less.		1. Legs close to chest while maintaining the straight line alignment of the extended spine and head.
2. Legs extended and together.		2. Full extension of the legs, ankles and feet.
3. Trunk extended with the back straight and head in line.		3. Back flat, with ears, shoulder joints, middle of side of torso, and hip joints aligned. Once the pike position is established the degree of the angle remains constant.

BP 6 Vertical Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended perpendicular to the surface of the water; legs together, head downward.		1. Full extension of the body.
2. Head (ears specifically), hips and ankles in line.		2. Judgement is made by checking visual points of the vertical alignment: ears, shoulder joints, hip joints and ankles.

Figure – 308h BARRACUDA AIRBORNE SPLIT SPIN UP 180° DIFFICULTY – 2.9 (cont.)

BP 16 Split Position

Body Position Description	Diagrams	Major Desired Actions
1. Legs evenly split forward and back. 2. The legs are parallel to the surface of the water. 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.		1. Full extension of the legs at or above the surface of the water. 4. Flat split. Hip joints and shoulder joints on a horizontal line, with both of these alignments 'square' and parallel to each other.
b) Airborne Split Position 1. Legs are above the surface of the water.		1.1 Full extension of the legs completely above the surface of the water. Maximum height is desirable. 1.2 Both legs equidistant from the surface of the water.

BM 9 *Thrust*

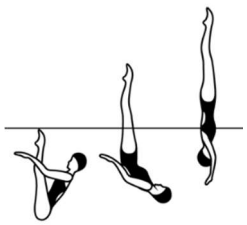
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. From a Submerged **Back Pike Position** with the legs perpendicular to the surface of the water a vertical upward movement of the legs and hips is rapidly executed as the body unrolls to assume a **Vertical Position**.	31.0		1.1 See BP 11 **Back Pike Position**. The toes are 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*. 1.2 See BP 6 **Vertical Position.** The body unrolls rapidly under the legs to assume BP 6 **Vertical Position** along the same perpendicular line to the surface of the water established by the legs in the BP 11 **Back Pike Position.** 1.3 Obvious increase in speed from the initiation of body unrolling through the vertical upward movement.

Figure – 308h BARRACUDA AIRBORNE SPLIT SPIN UP 180° DIFFICULTY – 2.9 (cont.)

BM 9 *Thrust (cont.)*

Basic Movement Description	NVT	Diagrams	Major Desired Actions
2. Maximum height desirable.			2. Maximum height and BP 6 **Vertical Position** achieved simultaneously.

Thrust Allowance

Deviation allowances for the *Thrust* action are unique and allow for the legs to be up to an additional 15 degrees off the vertical line.

Deductions are as follows:

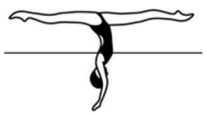
	Angle Deviation	**Deduction Amount**
Small Deviation	0 – 30 degrees	.2
Medium Deviation	31 – 45 degrees	.5
Large Deviation	46 degrees or more	1.0

BM 11 Rocket Split

1. A *Thrust* is executed to a **Vertical Position**. Maintaining maximum height the legs are split simultaneously and rapidly to assume an **Airborne Split Position** and rejoin to a **Vertical Position**.

31.0

17.0

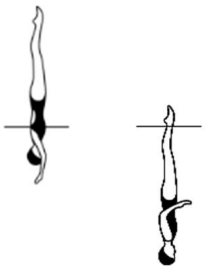


13.0

1.1 See BM 9 *Thrust* (steps 1.1 to 2), BP 11 **Back Pike Position**, BP 6 **Vertical Position**, BP 16b **Airborne Split Position**.
1.2 The toes are just below the surface of the water.
1.3 Full extension of the legs above and parallel to the surface of the water.
1.4 The legs split evenly and rejoin in the same vertical line. No travel permitted.

Figure – 308h BARRACUDA AIRBORNE SPLIT SPIN UP 180° DIFFICULTY – 2.9 (cont.)

BM 10 *Vertical Descent – from Thrust to ankles*

Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. Maintaining a **Vertical Position** the body descends along its longitudinal axis until the ankles reach the surface of the water.	13.0		1. See BP 6 **Vertical Position**. The *Vertical Descent* is executed at the same tempo as the *Thrust*.

BM 13 *Spins*

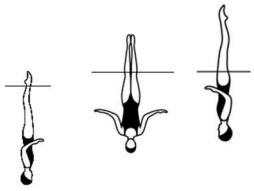
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. A *Spin* is a rotation in a **Vertical Position**.			1. See BP 6 **Vertical Position**.
2. The body remains on its longitudinal axis throughout the rotation.			2. The longitudinal axis runs through the centre of the body and is perpendicular to the surface of the water.
6. An *ascending Spin* begins with the water level at the ankles. ***h) Spin Up 180°***: an *ascending Spin* with a rotation of 180˚.	20.0		6.1 Body rises and rotates simultaneously, evenly and rapidly. 6.2 The designated rotation is completed simultaneously with achievement of maximum height. 6.3 Stability and vertical alignment maintained before, during and at completion of the *Spin Up*. BP 6 **Vertical Position** evident prior to *Vertical Descent*. The acceptable allowance for a *Spin Up 180°* rotation is up to ¼ less than/more than the required rotation.
7. A vertical upward *Spin* is executed until a water level is established between the knees and hips.			

Figure – 308h BARRACUDA AIRBORNE SPLIT SPIN UP 180° DIFFICULTY – 2.9 (cont.)

BM 10 *Vertical Descent*

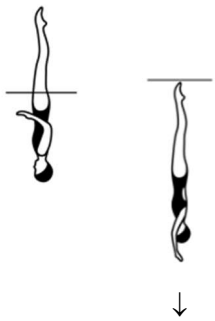
1. Maintaining a **Vertical Position** the body descends along its longitudinal axis until the toes are submerged.	13.0		1. See BP 6 **Vertical Position**. The *Vertical Descent* is executed rapidly.

Figure – 407 SWORDFISH STRAIGHT LEG ARIANA ROTATION DIFFICULTY – 2.6

From a **Front Layout Position** the back arches more as one leg is lifted in a 180° arc over the surface of the water to a **Split Position.** Maintaining the relative position of the legs to the surface of the water an *Ariana Rotation* is performed. A *Walkout Front* is executed**.**

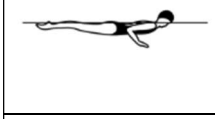
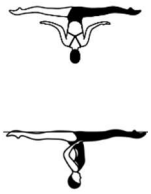
					Total
NVT=	48.0	17.0	23.0	7.0	95
PV =	5.05	1.79	2.42	0.74	10

Figure Description	NVT	Diagrams	Major Desired Actions
1. From a **Front Layout Position** the back arches more as one leg is lifted in a 180˚ arc over the surface of the water to a **Split Position.**	48.0	  	1.1 See BP 2 **Front Layout Position** and BP 16a **Surface Split Position**. The lifting of the leg and arching of the back occur simultaneously. The foot of the lifted leg comes off the surface of the water as the head goes under the surface of the water. 1.2 There is uniform continuous motion as the leg is lifted in a 180° arc over the surface of the water to a **Surface Split Position**. 1.3 The hips remain stationary, maintain constant height and are the pivot point for the body rotation. 1.4 The head is in vertical alignment with the hips when the foot of the arcing leg passes the vertical position. 1.5 The non-arcing leg remains fully extended and at the surface of the water.

Figure – 407 SWORDFISH STRAIGHT LEG ARIANA ROTATION (cont.) DIFFICULTY – 2.6

Figure Description	NVT	Diagrams	Major Desired Actions
2. Maintaining the relative position of the legs to the surface of the water an *Ariana Rotation* is performed.	17.0		2. See BM 16 *Ariana Rotation.*
3. A *Walkout Front* is executed.	23.0		3. See BM 6a *Walkout Front and BM 5 Arch to Back Layout Finish Action.*
	7.0		

BP 2 Front Layout Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended with head, upper back, buttocks and heels at the surface of the water.		1. Gives the impression that the body is stretched horizontally to its maximum. Judgement made by checking visual points of the horizontal alignment: ears, shoulder joints, hip joints and heels.
2. Unless otherwise specified, face may be in or out of the water.		2. Once the head position is established as in or out of the water the position is maintained. When the face is out of the water the ears will not be on the horizontal axis and the back may be slightly lower and arched. Hip joints, calves and heels remain at the surface of the water.

BP 16 Split Position

Body Position Description	Diagrams	Major Desired Actions
1. Legs evenly split forward and back. 2. The legs are parallel to the surface of the water. 3. Lower back arched, with hips, shoulders and head on a vertical line.		1. Full extension of the legs at or above the surface of the water.

Figure – 407 SWORDFISH STRAIGHT LEG ARIANA ROTATION (cont.) DIFFICULTY – 2.6

BP 16 Split Position (cont.)

Body Position Description	Diagrams	Major Desired Actions
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.		4. Flat split. Hip joints and shoulder joints on a horizontal line, with both of these alignments 'square' and parallel to each other.
a) Surface Split Position 1. Legs are dry at the surface of the water.		1. Full extension of the legs. Crotch and legs dry at the surface of the water.

BP 13 Surface Arch Position

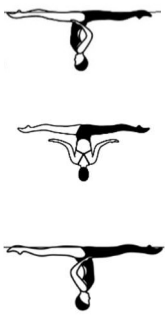
Body Position Description	Diagrams	Major Desired Actions
1. Lower back arched, with hips, shoulders and head on a vertical line.		1. Hip joints and shoulder joints on a horizontal line with both of these alignments 'square' and parallel to one another. Head (ears specifically) in line with shoulders.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

BP 1 Back Layout Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended with face, chest, thighs and feet at the surface of the water.		1. Gives the impression that the body is stretched horizontally to its maximum. Front of the trunk will also be at the surface of the water.
2. Head (ears specifically), hips and ankles in horizontal alignment.		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.

Figure – 407 SWORDFISH STRAIGHT LEG ARIANA ROTATION (cont.) **DIFFICULTY – 2.6**

BM 16 *Ariana Rotation*

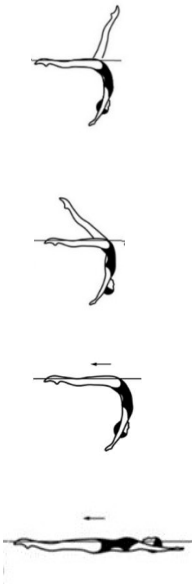
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. From a **Split Position** maintaining the relative position of the legs to the surface of the water the hips rotate 180°.	17.0		1.1 See BP 16a **Surface Split Position**. 1.2 The trunk turns 180° around its longitudinal axis, while the legs rotate horizontally with no lateral movement at the surface of the water. 1.3 Height and extension of the **Split Position** is maintained throughout. 1.4 Uniform motion throughout. 1.5 Lower back arched with hips, shoulders and head on a vertical line. 1.6 Hip joints and shoulder joints on a horizontal line with both of these alignments 'square' and parallel to each other.

BM 6 *Walkouts*

Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. These movements start in a **Split Position** unless otherwise specified in the figure description. The hips remain stationary as one leg is lifted in an arc over the surface of the water to meet the opposite leg.			1. See BP 16a **Surface Split Position.**

Figure – 407 SWORDFISH STRAIGHT LEG ARIANA ROTATION (cont.) DIFFICULTY – 2.6

BM 6 *Walkouts (cont.)*

Basic Movement Description	NVT	Diagrams	Major Desired Actions
a) **Walkout Front**			
2. The front leg is lifted in a 180˚ arc over the surface of the water to meet the opposite leg in a **Surface Arch Position** and with continuous movement an *Arch to Back Layout Finish Action* is executed.	23.0 7.0		2.1 Hip height remains constant and at the surface of the water. 2.2 Arcing leg moves continuously with uniform motion. 2.3 Both legs maintain full extension. 2.4 The trunk remains stationary until the feet join. 2.5 No pause in BP 13 **Surface Arch Position**, however an accurate surface arch must be evident before the body begins to rise and straighten. 2.6 Foot first surfacing motion begins when the feet are joined. 2.7 See BP 13 **Surface Arch Position** and BM 5 *Arch to Back Layout Finish Action*.

BM 5 *Arch to Back Layout Finish Action*

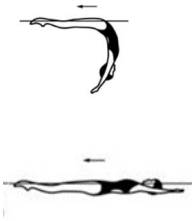
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. From a **Surface Arch Position** the hips, chest and face surface sequentially at the same point with foot first movement to a **Back Layout Position** until the head occupies the position of the hips at the beginning of this action.	7.0		1. See BP 13 **Surface Arch Position**. Sharp arch in the lower back. The body rises, straightens and moves along the surface of the water with a stationary BP 1 **Back Layout Position** achieved as the face surfaces. Full extension maintained throughout.

Figure – 356f WHIP CONTINUOUS SPIN 720° DIFFICULTY – 3.0

From a **Front Layout Position** a *Front Pike Position is assumed*. The legs are lifted to **Vertical Position**. All remaining movements are performed rapidly. One leg is lowered to a **Fishtail Position** and without a pause is lifted to a **Vertical Position.** Without a pause a *Continuous Spin 720°* is executed.

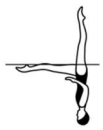
						Total
NVT=	6.0	33.0	22.5	20.5	34.0	116
PV =	0.52	2.84	1.94	1.77	2.93	10

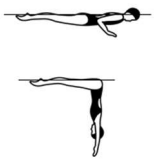
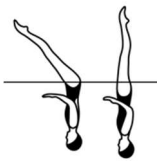
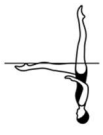
Figure Description	NVT	Diagrams	Major Desired Actions
1. From a **Front Layout Position**, a *Front Pike Position is assumed*.	6.0		1. See BP 2 **Front Layout**, BP 10 **Front Pike Position** and BM 3 *To Assume a Front Pike Position*. Smooth even movement downwards of the trunk.
2. The legs are lifted to a **Vertical Position**.	33.0		2.1 See BP 6 **Vertical Position**. The trunk remains on the vertical line as the legs are lifted. 2.2 Maximum height and **Vertical Position** achieved simultaneously. 2.3 The **Vertical Position** is held only long enough to define the position and to demonstrate completion of the transition.
3. One leg is lowered to a **Fishtail Position** and without a pause is lifted to a **Vertical Position**.	22.5		3.1 This action is performed rapidly. See BP 8 **Fishtail Position**. 3.2 Height is constant as one leg is lowered and then lifted with the trunk and the vertical leg each maintaining vertical alignment.
	20.5		

Figure – 356f WHIP CONTINUOUS SPIN 720° (cont.) DIFFICULTY – 3.0

Figure Description	NVT	Diagrams	Major Desired Actions
4. Without a pause a *Continuous Spin 720°* is executed. .	34.0		4. See BM 13 *Spins* and 13f *Continuous Spin*

BP 2 Front Layout Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended with head, upper back, buttocks and heels at the surface of the water.		1. Gives the impression that the body is stretched horizontally to its maximum. Judgement made by checking visual points of the horizontal alignment: ears, shoulder joints, hip joints and heels.
2. Unless otherwise specified, face may be in or out of the water.		2. Once the head position is established as in or out of the water the position is maintained. When the face is out of the water the ears will not be on the horizontal axis and the back may be slightly lower and arched. Hip joints, calves and heels remain at the surface of the water.

BP 10 Front Pike Position

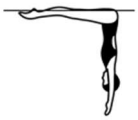
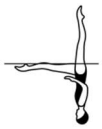
Body Position Description	Diagrams	Major Desired Actions
1. Body bent at hips to form a 90° angle.		1. Exact 90° angle.
2. Legs extended and together.		2. Full extension of legs, with ankles aligned with hip joints.
3. Trunk extended with the back straight and head in line.		3. Back flat, with vertical alignment of ears, shoulder joints and hip joints once the position is established.

Figure – 356f WHIP CONTINUOUS SPIN 720° (cont.) DIFFICULTY – 3.0

BP 6 Vertical Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended perpendicular to the surface of the water; legs together, head downward.		1. Full extension of the body.
2. Head (ears specifically), hips and ankles in line.		2. Judgement is made by checking visual points of the vertical alignment: ears, shoulder joints, hip joints and ankles.

BP 8 Fishtail Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended in **Vertical Position** with one leg extended forward. The foot of the forward leg is at the surface of the water regardless of the height of the hips.		1. See BP 6 **Vertical Position** for body alignment. The foot of the forward leg must be at the surface of the water. Hip joints must be on a horizontal line.

BM 3 *To Assume a Front Pike Position/A Front Pike Position is assumed*

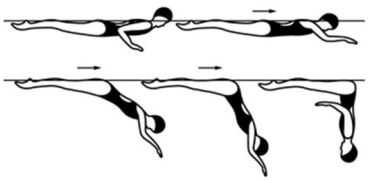
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. From a **Front Layout Position** with the face in the water the trunk moves downward to assume a **Front Pike Position.** The buttocks, legs and feet travel along the surface of the water until the hips occupy the position of the head at the beginning of this action.	6.0		1.1 See BP 2 **Front Layout Position and** BP 10 **Front Pike Position**. Uniform motion in downward movement of the trunk. The trunk remains straight throughout the movement. Hips and head lock into position simultaneously. 1.2 Unless otherwise specified, *To Assume a Front Pike Position* starts from a **Front Layout Position**.

Figure – 356f WHIP CONTINUOUS SPIN 720° (cont.) DIFFICULTY – 3.0

BM 13 *Spins*

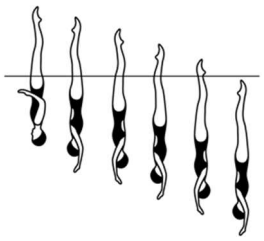
Basic Movement Description	NVT	Diagrams	Major Desired Actions
A *Spin* is a rotation in a **Vertical Position**.			See BP 6 **Vertical Position**. Height and position attained before the S*pin* begins.
The body remains on its longitudinal axis throughout the rotation.			The longitudinal axis runs through the centre of the body and is perpendicular to the surface of the water.
A *descending Spin* must start at the height of the vertical and be completed as the ankles reach the surface of the water.			Stability and vertical alignment before, during and at completion of the designated rotation. Simultaneous rotation and descent of the body with even drop spaces to complete the spin as the ankles reach the surface of the water.
f) *Continuous Spin*: a *descending Spin* with a rapid rotation of: 720˚ (2) which is completed as the ankles reach the surface of the water and continues through submergence. Continuous Spin 720° shown →	34.0 (720°) (rapid)		The acceptable spin allowance for a *Continuous Spin* is up to 180° less than/more than the required rotation. 5 f) A *Continuous Spin* must achieve and maintain a rapid rotation throughout.

Figure – 441 SATURN **DIFFICULTY – 2.5**

From a **Back Layout Position** *a Surface Arch Position* is assumed. One leg is lifted to assume a **Knight Position.** Maintaining the vertical alignment the body rotates 180° to assume a **Fishtail Position.** Continuing in the same direction a *Twirl* is executed as the horizontal leg is lifted to a **Vertical Position.** A *Vertical Descent* is executed**.**

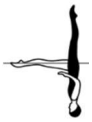
						Total
NVT=	12.0	23.5	14.0	23.5	14.0	87
PV =	1.38	2.70	1.61	2.70	1.61	10

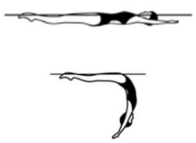
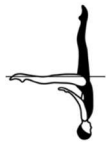
Figure Description	NVT	Diagrams	Major Desired Actions
1. From a **Back Layout Position** a *Surface Arch Position is assumed*.	12.0		1. See BP 1 **Back Layout Position**, BP 13 **Surface Arch Position** and BM 14 *To Assume A Surface Arch Position.* Continuous uniform movement from **Back Layout Position** to S**urface Arch Position.**
2. One leg is lifted to assume a **Knight Position**.	23.5		2.1 See BP 17 **Knight Position.** Horizontal alignment of hips and shoulders 'square' and maintained throughout the lift to **Knight Position**. 2.2 Height and full extension of the legs maintained throughout the lifting of the leg.
3. Maintaining the vertical alignment the body rotates 180° to assume a **Fishtail Position.**	14.0		3.1 See BP 8 **Fishtail Position**. The vertical leg remains stationary and height remains constant throughout the rotation. 3.2 The foot of the horizontal leg is at the surface of the water and not above or below the surface of the water. 3.3 Full extension of both legs throughout the 180° rotation.

Figure – 441 SATURN (cont.) **DIFFICULTY – 2.5**

Figure Description	NVT	Diagrams	Major Desired Actions
4. Continuing in the same direction a *Twirl* is executed as the horizontal leg is lifted to a **Vertical Position**.	23.5		4.1 See BP 6 **Vertical Position** and BM 12c *Twirl*. Trunk alignment maintained beneath hips and shoulders. 4.2 Hips and shoulders aligned horizontally and 'square'. 4.3 The lifting of the horizontal leg to **Vertical Position** and the completion of the *Twirl* occur simultaneously. 4.4 A rapid 180° rotation is executed with minimal lateral movement.
5. A *Vertical Descent* is executed.	14.0		5. See BM 10 *Vertical Descent* performed at the same tempo as the beginning of the figure to the **Fishtail Position**.

BP 1 Back Layout Position

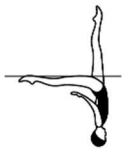
Body Position Description	Diagrams	Major Desired Actions
1. Body extended with face, chest, thighs and feet at the surface of the water.		1. Gives the impression that the body is stretched horizontally to its maximum. Front of the trunk will also be at the surface of the water.
2. Head (ears specifically), hips and ankles in horizontal alignment.		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.

Figure – 441 SATURN (cont.) **DIFFICULTY – 2.5**

BP 13 Surface Arch Position

Body Position Description	Diagrams	Major Desired Actions
1. Lower back arched with hips, shoulders and head on a vertical line.		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.
2. Legs together and at the surface of the water.		2. Hips joints at the surface of the water.

BP 17 Knight Position

Body Position Description	Diagrams	Major Desired Actions
1. Lower back arched, with hips, shoulders and head on a vertical line.		1. Arch is in the lower part of the spine only.
2. One leg vertical.		2. Vertical alignment through ears, shoulder joints, hip joints and ankle of the vertical leg.
3. Other leg extended backward with the leg at the surface of the water and as close to horizontal as possible.		3. Hip joints and shoulder joints on a horizontal line with both of these alignments ‘square' and parallel to each other. The top of the horizontal extended leg faces upward.

BP 8 Fishtail Position

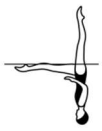
Body Position Description	Diagrams	Major Desired Actions
1. Body extended in **Vertical Position** with one leg extended forward. The foot of the forward leg is at the surface of the water regardless of the height of the hips.		1. See BP 6 **Vertical Position** for body alignment. The foot of the forward leg must be at the surface of the water. Hip joints must be on a horizontal line.

Figure – 441 SATURN (cont.) **DIFFICULTY – 2.5**

BP 6 Vertical Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended perpendicular to the surface of the water; legs together, head downward.		1. Full extension of the body.
2. Head (ears specifically), hips and ankles in line.		2. Judgement is made by checking visual points of the vertical alignment: ears, shoulder joints, hip joints and ankles.

BM 14 *To Assume a Surface Arch Position/A Surface Arch Position is Assumed*

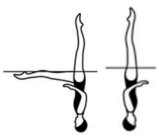
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. From a **Back Layout Position** with the head leading, the head, hips and feet move along the surface of the water.			1. See BP 1 **Back Layout Position**.
2. With continuous movement the head leaves the surface of the water as the back is arched more to assume a **Surface Arch Position** with the hips occupying the position of the head at the beginning of this action.	12.0		2. Continuous uniform movement from the BP 1 **Back Layout Position** to BP 13 **Surface Arch Position**. Hip height remains constant. Hip joints on a horizontal line.

BM 12 *Twists*

Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. A *Twist* is a rotation at a sustained height.			1. Height remains constant throughout the rotation. Stability and alignment of the position is evident before, during and upon completion of the *Twist.* The amount of height is judged by the relationship of the hip joints to the surface of the water with maximum height desirable.

Figure – 441 SATURN (cont.) **DIFFICULTY – 2.5**

BM 12 *Twists* (cont.)

Basic Movement Description	NVT	Diagrams	Major Desired Actions
2. The body remains on its longitudinal axis throughout the rotation.			2. The longitudinal axis runs through the centre of the body and is perpendicular to the surface of the water. On the spot rotation around this axis.
c) ***Twirl***: a rapid *Twist* of 180°. For 441 Saturn the *Twirl* starts in a BP 8 **Fishtail Position** and is completed in the BP 6 **Vertical Position**.	29.0		The acceptable allowance for ½ *Twist* rotations is up to ¼ less than/more than the required rotation. Definite increase in speed from the root figure. Stability of body alignment and height remains constant throughout and after completion of the *Twirl.*

BM 10 *Vertical Descent*

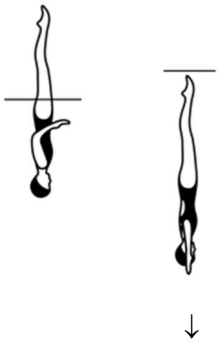
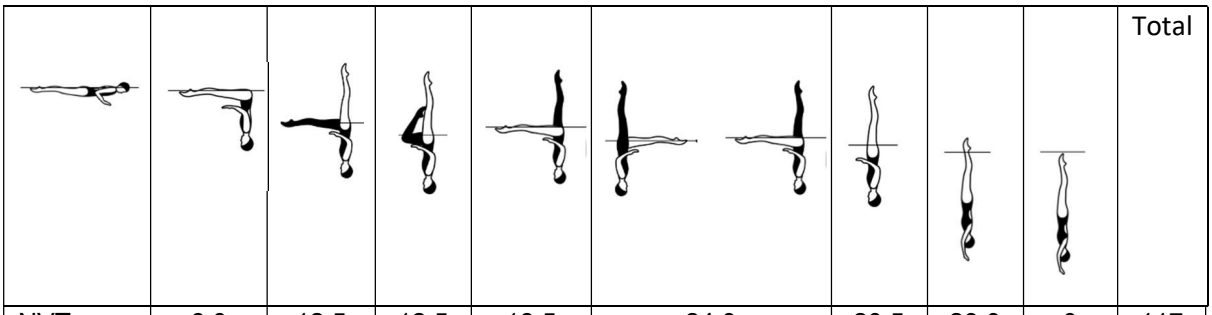
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. Maintaining a **Vertical Position** the body descends along its longitudinal axis until the toes are submerged.	14.0	 ↓	1. See BP 6 **Vertical Position**. The descent is uniform and at the same tempo as the beginning of the figure to the **Fishtail Position**.

Figure – 352 VENUS **DIFFICULTY – 3.0**

From a **Front Layout Position** *a Front Pike Position is assumed*. All remaining movements are performed rapidly. One leg is lifted to a **Fishtail Position.** The horizontal leg is bent to assume a **Bent Knee Vertical Position**. The bent leg is extended to vertical as the vertical leg is lowered to become the horizontal leg in **Fishtail Position.** A rotation of 360° is executed in the **Fishtail Position.** The horizontal leg is lifted to **Vertical Position.** A *360° Spin* is executed.



									Total
NVT=	6.0	12.5	12.5	18.5	24.0	20.5	23.0	0	117
PV =	0.51	1.07	1.07	1.58	2.05	1.75	1.97	0	10

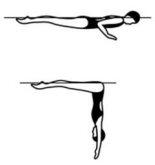
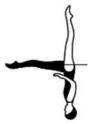
Figure Description	NVT	Diagrams	Major Desired Actions
1. From a **Front Layout Position** a *Front Pike Position is assumed*.	6.0		1. See BP 2 **Front Layout**, BP 10 **Front Pike Position** and BM 3 *To Assume a Front Pike Position.* Smooth even movement downwards of the trunk.
2. One leg is lifted to a **Fishtail Position.** The horizontal leg is bent to assume a **Bent Knee Vertical Position.** It is important to note that the vertical leg in the **Fishtail Position** must remain the vertical leg in the **Bent Knee Vertical Position.**	12.5		2.1 This action is performed rapidly. 2.2 See BP 8 **Fishtail Position**. A clear **Fishtail Position** is shown. Height and vertical alignment of the trunk is maintained. Stability and control evident.
The diagram shows the **Fishtail Position** to **Bent Knee Vertical Position** movement performed with the left (L) leg shaded black however either leg can be used to perform the action.	12.5		2.3 See BP 14c **Bent Knee Vertical Position**. Height, stability and vertical body alignment maintained throughout the bending of the horizontal leg to assume a **Bent Knee Vertical Position.**

Figure – 352 VENUS (cont.) **DIFFICULTY – 3.0**

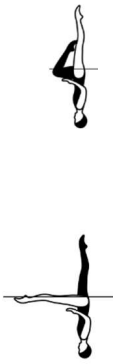
Figure Description	NVT	Diagrams	Major Desired Actions
3. The bent leg is extended to vertical as the vertical leg is lowered to become the horizontal leg in **Fishtail Position.** It is important to note that the vertical leg in the **Bent Knee Vertical Position** becomes the horizontal leg in the **Fishtail Position.** The diagram shows the **Bent Knee Vertical Position** to the **Fishtail Position** movement performed with the left (L) leg shaded black however either leg can be used to perform the action.	18.5		3.1 This action is performed rapidly. 3.2 See BP 14c **Bent Knee Vertical Position** and BP 8 **Fishtail Position.** Both legs should move simultaneously to assume a **Fishtail Position** with height and vertical alignment of the trunk maintained throughout Stability and control evident**.**
4. A rotation of 360° is executed in the **Fishtail Position.**	24.0		4.1 This action is performed rapidly. 4.2 See BP 8 **Fishtail Position**. The vertical leg remains stationary and height remains constant throughout the rapid rotation. The foot of the horizontal leg is at the surface of the water and not above or below. 4.3 There is full extension of the horizontal leg throughout the 360° rotation in BP 8 **Fishtail Position.**
5. The horizontal leg is lifted to **Vertical Position**.	20.5		5.1 This action is performed rapidly. 5.2 See BP 8 **Fishtail Position**. The horizontal leg is lifted to BP 6 **Vertical Position** with height and vertical alignment of the trunk maintained throughout. Stability and control evident.
6. A *360° Spin* is executed.	23.0 0	 	6.1 This action is performed rapidly. 6.2 See BM 13 *Spins* and Spin Allowances.

Figure – 352 VENUS (cont.) **DIFFICULTY – 3.0**

BP 2 Front Layout Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended with head, upper back, buttocks and heels at the surface of the water.		1. Gives the impression that the body is stretched horizontally to its maximum. Judgement made by checking visual points of the horizontal alignment: ears, shoulder joints, hip joints and heels.
2. Unless otherwise specified, face may be in or out of the water.		2. Once the head position is established as in or out of the water the position is maintained. When the face is out of the water the ears will not be on the horizontal axis and the back may be slightly lower and arched. Hip joints, calves and heels remain at the surface of the water.

BP 10 Front Pike Position

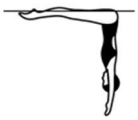
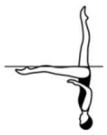
Body Position Description	Diagrams	Major Desired Actions
1. Body bent at hips to form a 90° angle.		1. Exact 90° angle.
2. Legs extended and together.		2. Full extension of legs, with ankles aligned with hip joints.
3. Trunk extended with the back straight and head in line.		3. Back flat, with vertical alignment of ears, shoulder joints and hip joints once the position is established.

Figure – 352 VENUS (cont.) **DIFFICULTY – 3.0**

BP 8 Fishtail Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended in **Vertical Position** with one leg extended forward. The foot of the forward leg is at the surface of the water regardless of the height of the hips.		1. See BP 6 **Vertical Position** for body alignment. The foot of the forward leg must be at the surface of the water. Hip joints must be on a horizontal line.

BP 14 Bent Knee Position

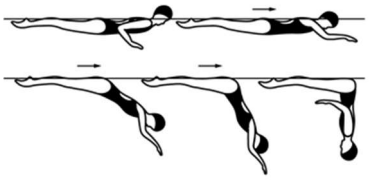
Body Position Description	Diagrams	Major Desired Actions
One leg bent with the toe of the bent leg in contact with the inside of the extended leg at the knee or higher.		The relationship of the toe of the bent leg to the extended leg may vary depending on the figure but should remain constant once established, and not extend in front of or behind the extended leg.
c) Bent Knee Vertical Position		
1. Body extended in **Vertical Position** with the thigh of the bent leg parallel to the surface of the water.		1. In BP 6 **Vertical Position** the alignment of the extended leg, trunk and head remains constant.

BP 6 Vertical Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended perpendicular to the surface of the water; legs together, head downward.		1. Full extension of the body.
2. Head (ears specifically), hips and ankles in line.		2. Judgement is made by checking visual points of the vertical alignment: ears, shoulder joints, hip joints and ankles.

Figure – 352 VENUS (cont.) **DIFFICULTY – 3.0**

BM 3 *To Assume a Front Pike Position/A Front Pike Position is assumed*

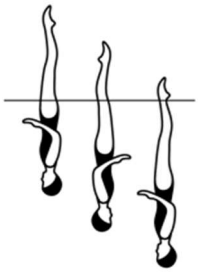
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. From a **Front Layout Position** with the face in the water the trunk moves downward to assume a **Front Pike Position.** The buttocks, legs and feet travel along the surface of the water until the hips occupy the position of the head at the beginning of this action.	6.0		1.1 See BP 2 **Front Layout Position and** BP 10 **Front Pike Position**. Uniform motion in downward movement of the trunk. The trunk remains straight throughout the movement. Hips and head lock into position simultaneously. 1.2 Unless otherwise specified, *To Assume a Front Pike Position* starts from a **Front Layout Position**.

BM 13 *Spins*

Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. A *Spin* is a rotation in a **Vertical Position**.			1. See BP 6 **Vertical Position**. Height and position attained before the S*pin* begins.
2. The body remains on its longitudinal axis throughout the rotation.			2. The longitudinal axis runs through the centre of the body and is perpendicular to the surface of the water.
3. The *Spin* is performed rapidly and is completed with a *Vertical Descent* executed at the same tempo as the *Spin*.			3. Uniform motion of the *Spin* and *Vertical Descent* performed rapidly. See BM 10 *Vertical Descent*.
4. A *descending Spin* must start at the height of the vertical and be completed as the ankle(s) reach(es) the surface of the water.			4.1 Stability and vertical alignment before, during and at completion of the designated rotation. 4.2 Simultaneous rotation and descent of the body with even drop spaces to complete the spin as the ankles reach the surface of the water.

Figure – 352 VENUS (cont.) **DIFFICULTY – 3.0**

BM 13 *Spins (cont.)*

Basic Movement Description	NVT	Diagrams	Major Desired Actions
e) 360° *Spin/Spinning 360°*: a *descending Spin* with a rotation of 360˚.	23.0		The acceptable allowance for a *360° Spin* is up to ¼ less than/more than the required rotation.

BM 10 *Vertical Descent - from ankle level*

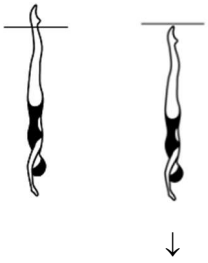
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. Maintaining a **Vertical Position** the body descends along its longitudinal axis until the toes are submerged.	0		1. See BP 6 **Vertical Position**. The tempo of the descent is uniform and rapid.

Figure – 240i ALBATROSS SPIN UP 360° DIFFICULTY – 2.5

From a **Back Layout Position** with the head leading, the head, hips and feet move along the surface of the water. The hips, legs and feet continue to move along the surface of the water as the body rolls onto the face and a *Front Pike Position is assumed* with the hips occupying the position of the head at the beginning of this action. The legs are lifted simultaneously to a **Bent Knee Vertical Position**. A *Half Twist* is executed. Maintaining a **Bent Knee Vertical Position,** a *Vertical Descent* is executed until the ankle of the extended leg reaches the surface of the water. A *Spin Up 360°* is executed as the bent leg is extended to **Vertical Position**. A *Vertical Descent* is executed.

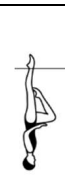
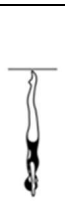
							Total
NVT=	15.0	15.0	15.0	10.0	18.5	14.0	87.5
PV =	1.71	1.71	1.71	1.14	2.11	1.60	10

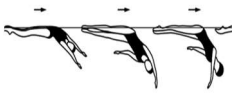
Figure Description	NVT	Diagrams	Major Desired Actions
1. From a **Back Layout Position** with the head leading**,** the head, hips and feet move along the surface of the water.			1. See BP 1 **Back Layout Position** *and BM 3 To Assume a Front Pike Position.*
2. The hips, legs and feet continue to move along the surface of the water as the body rolls onto the face and *a Front Pike Position is assumed* with the hips occupying the position of the head at the beginning of this action.	15.0	 	2.1 See BP 10 **Front Pike Position** and BM 3 *To Assume a Front Pike Position.* The body roll, trunk descent and hip movement along the surface of the water occurs simultaneously, with the transition completed as the trunk becomes vertical and the hips replace the head at the surface of the water. 2.2 The hips and head lock into the **Front Pike Position** simultaneously.
3. The legs are lifted simultaneously to a **Bent Knee Vertical Position.**	15.0		3. See BP 14c **Bent Knee Vertical Position.** The trunk remains on the vertical line. The **Bent Knee Vertical Position** is achieved as the vertical is reached.

Figure – 240i ALBATROSS SPIN UP 360° (cont.) **DIFFICULTY – 2.5**

Figure Description	NVT	Diagrams	Major Desired Actions
4. A *Half Twist* is executed.	15.0		4. See BM 12a *Half Twist*. The *Half Twist* is performed in a **Bent Knee Vertical Position.**
5. Maintaining a **Bent Knee Vertical Position,** a *Vertical Descent* is executed until the ankle of the extended leg reaches the surface of the water.	10.0		5. Maintaining the vertical line, stability and control is evident throughout the descent to ankle level.
6. A *Spin Up 360°* is executed as the bent leg is extended to **Vertical Position**.	18.5		6.1 See BP 6 **Vertical Position** and BM 13j *Spin Up* 360°. With the water level at the ankles an *ascending* Spin of 360° is executed until a water level is established between the knees and hips. 6.2 Continuous straightening of the bent leg is completed simultaneously with completion of the *Spin Up 360°*. 6.3 Stability and vertical alignment maintained throughout the *Spin Up*.
7. A *Vertical Descent* is executed.	14.0		7. See BM 10 *Vertical Descent*.

Figure – 240i ALBATROSS SPIN UP 360° (cont.) DIFFICULTY – 2.5

Body Position Description	Diagrams	Major Desired Actions
BP 1 Back Layout Position		
1. Body extended with face, chest, thighs and feet at the surface of the water.		1. Gives the impression that the body is stretched horizontally to its maximum. Front of the trunk will also be at the surface of the water.
2. Head (ears specifically), hips and ankles in horizontal alignment.		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.
BP 10 Front Pike Position		
1. Body bent at hips to form a 90° angle.		1. Exact 90° angle.
2. Legs extended and together.		2. Full extension of legs, with ankles aligned with hip joints.
3. Trunk extended with the back straight and head in line.		3. Back flat, with vertical alignment of ears, shoulder joints and hip joints once the position is established.
BP 14 Bent Knee Position		
One leg bent with the toe of the bent leg in contact with the inside of the extended leg at the knee or higher.		The relationship of the toe of the bent leg to the extended leg may vary depending on the figure but should remain constant once established, and not extend in front of or behind the extended leg.
c) Bent Knee Vertical Position		
1. Body extended in **Vertical Position** with the thigh of the bent leg parallel to the surface of the water.		1. In BP 6 **Vertical Position** the alignment of the extended leg, trunk and head remains constant.

Figure – 240i ALBATROSS SPIN UP 360° (cont.) DIFFICULTY – 2.5

BP 6 Vertical Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended perpendicular to the surface of the water; legs together, head downward.		1. Full extension of the body.
2. Head (ears specifically), hips and ankles in line.		2. Judgement is made by checking visual points of the vertical alignment: ears, shoulder joints, hip joints and ankles.

BM 3 *To Assume a Front Pike Position – adapted from Back Layout Position*

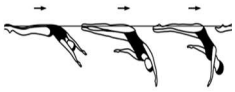
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. From a **Back Layout Position** with the head leading**,** the head, hips and feet move along the surface of the water.			1. See BP 1 **Back Layout Position.** Uniform motion in downward movement of the trunk. Continuous uniform movement from **Back Layout Position.**
2. The hips, legs and feet continue to move along the surface of the water as the body rolls onto the face and *a Front Pike Position is assumed* with the hips occupying the position of the head at the beginning of this action.	15.0	 	2. See BP 10 **Front Pike Position** and BM 3 *To Assume a Front Pike Position.* Uniform motion in downward movement of the trunk. The body roll, trunk descent and hip movement along the surface of the water occurs simultaneously. The hips and head lock into the **Front Pike Position** simultaneously.

Figure – 240i ALBATROSS SPIN UP 360° (cont.) DIFFICULTY – 2.5

BM 12 *Twists a) Half Twist in Bent Knee Vertical Position – adapted*

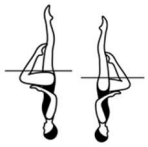
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. A *Twist* is a rotation at a sustained height.			1. Height remains constant throughout the rotation. Stability and alignment of the position is evident before, during and upon completion of the *Twist.* The amount of height is judged by the relationship of the hip joints to the surface of the water with maximum height desirable.
2. The body remains on its longitudinal axis throughout the rotation.			2. The longitudinal axis runs through the centre of the body and is perpendicular to the surface of the water. On the spot rotation around this axis.
Half Twist in Bent Knee Vertical Position			
4. **a) *Half Twist*:** a *Twist* of 180°.	15.0		4. The **Bent Knee Position** is maintained throughout the *Half Twist*. The acceptable allowance for a *Half Twist* rotation is up to ¼ less than/more than the required rotation.

Figure – 240i ALBATROSS SPIN UP 360° (cont.) DIFFICULTY – 2.5

BM 10 *Vertical Descent in Bent Knee Vertical Position to ankle level*

Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. Maintaining a **Bent Knee Vertical Position,** the body descends along its longitudinal axis until the ankle of the extended leg reaches the surface of the water.	10.0	 	1. The tempo of the descent is uniform and at the same speed as the rest of the figure.

BM 13 *Spin*

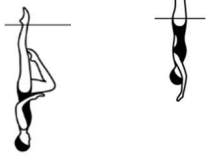
1. A *Spin* is a rotation in a **Vertical Position**.			1. See BP 6 **Vertical Position**.
2. The body remains on its longitudinal axis throughout the rotation.			2. The longitudinal axis runs through the centre of the body and is perpendicular to the surface of the water.
6. An *ascending Spin* begins with the water level at the ankles. ***i) Spin Up 360°***: an *ascending Spin* with a rotation of 360˚.	18.5		6.1 Body rises and rotates simultaneously, evenly and rapidly. 6.2 Continuous straightening of the bent leg is completed simultaneously with completion of the *Spin Up 360°* and achievement of maximum height. 6.3 Stability and vertical alignment maintained before, during and at completion of the *Spin Up.* BM 6 **Vertical Position** evident prior to *Vertical Descent*. The acceptable allowance for a 360° spin rotation is up to ¼ less than/more than the required rotation.
7. A vertical upward *Spin* is executed until a water level is established between the knees and hips.			

Figure – 240i ALBATROSS SPIN UP 360° (cont.) **DIFFICULTY – 2.5**

Basic Movement Description	NVT	Diagrams	Major Desired Actions

BM 10 *Vertical Descent*

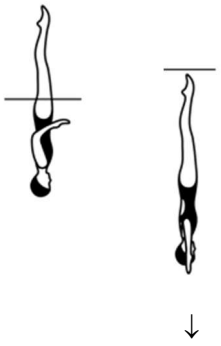
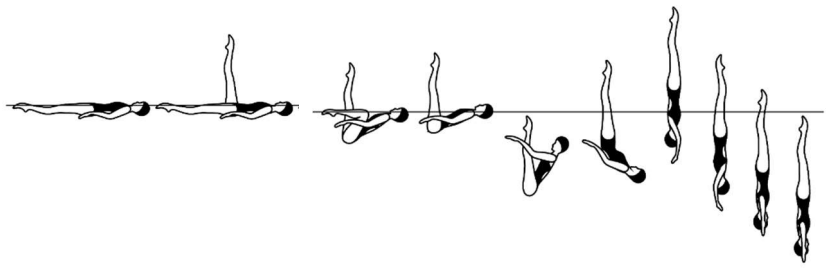
1. Maintaining a **Vertical Position** the body descends along its longitudinal axis until the toes are submerged.	14.0		1. See BP 6 **Vertical Position**. The tempo of the descent is uniform and at the same speed as the rest of the figure.

Figure – 144 RIO STRAIGHT LEG DIFFICULTY – 3.1

A Straight Ballet Leg is assumed. The knee, shin and toes of the horizontal leg are drawn along the surface of the water to assume a **Surface Flamingo Position.** The bent leg is straightened to a **Surface Ballet Leg Double Position.** The body submerges vertically to a **Back Pike Position** with the toes just under the surface of the water. A *Thrust* is executed to a **Vertical Position**. A *Spinning 360°* is executed at the same tempo as the *Thrust.*



								Total
NVT=	18.5	7.5	13.0	12.0	31.0	39.0	0	121
PV =	1.53	0.62	1.07	0.99	2.56	3.22	0	10

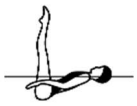
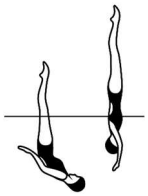
Figure Description	NVT	Diagrams	Major Desired Actions
1. *A Straight Ballet Leg is assumed***.**	18.5	 	1. See BM1B *To Assume A Straight Ballet Leg.*
2. The knee, shin and toes of the horizontal leg are drawn along the surface of the water to assume a **Surface Flamingo Position.**	7.5		2. See BP 4a **Surface Flamingo Position**. Height of the ballet leg remains constant.
3. The horizontal leg is extended to a **Surface Ballet Leg Double Position.**	13.0		3. See BP 5a **Surface Ballet Leg Double Position**. This position is held only long enough to define the position and to demonstrate completion of the transition.

Figure – 144 RIO STRAIGHT LEG (cont.) **DIFFICULTY – 3.1**

Figure Description	NVT	Diagrams	Major Desired Actions
4. The body submerges vertically to a **Back Pike Position** with the toes just under the surface of the water.	12.0		4. As the body submerges maintaining the back straight and head in line, a submerged BP 11 **Back Pike Position** is shown with the legs remaining on the vertical line. The legs and hips are directly beneath the position they occupied in the BP 5a **Surface Ballet Leg Double Position**.
5. A *Thrust* is executed to a **Vertical Position.**	31.0		5.1 See BM 9 *Thrust*. Obvious increase in speed. The body unrolls under the legs to assume BP 6 **Vertical Position** along the same perpendicular line established by the legs in the **Back Pike Position**. 5.2 Maximum height and **Vertical Position** are achieved simultaneously, with full extension of the **Vertical Position** shown prior to initiation of the descent.
6. A *Spinning 360°* is executed at the same tempo as the *Thrust* to complete the figure.	39.0		6. See BM 13e *Spins*. Uniform rapid motion at the same rate of speed as the *Thrust*.
	0		After completion of the *360°Spin*, a *Vertical Descent* is executed at the same tempo as the spin.

BP 1 Back Layout Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended with face, chest, thighs and feet at the surface of the water.		1. Gives the impression that the body is stretched horizontally to its maximum. Front of the trunk will also be at the surface of the water.

Figure – 144 RIO STRAIGHT LEG (cont.) **DIFFICULTY – 3.1**

BP 1 Back Layout Position (cont.)

Body Position Description	Diagrams	Major Desired Actions
2. Head (ears specifically), hips and ankles in horizontal alignment.		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.

BP 3 Ballet Leg Position

Body Position Description	Diagrams	Major Desired Actions
a) Surface		
1. Body in **Back Layout Position**.		1. See BP 1 **Back Layout Position.** Ears, shoulder joints, hip joints and ankle of extended leg in line at maximum horizontal alignment.
2. One leg extended perpendicular to the surface of the water.		2. 90° angle between the extended leg and the surface of the water and between the extended leg and the trunk with maximum horizontal alignment maintained throughout.

BP 4 Flamingo Position

Body Position Description	Diagrams	Major Desired Actions
a) Surface		
1. One leg extended perpendicular to the surface of the water.		1. 90° angle between the extended leg and the surface of the water.
2. The other leg bent with the mid-calf opposite the vertical leg. Foot, shin and knee at and parallel to the surface of the water.		2. The top of the bent leg from knee to toes should be dry with the vertical leg extended perpendicular midway between the knee and ankle of the horizontal leg.
3. Face at the surface of the water.		3. Chest close to the surface of the water with the shoulders back. Ears, shoulder joints and hip joints aligned with the spine straight and extended.

Figure – 144 RIO STRAIGHT LEG (cont.) **DIFFICULTY – 3.1**

BP 5 Ballet Leg Double Position

Body Position Description	Diagrams	Major Desired Actions
a) Surface		
1. Legs together and extended perpendicular to the surface of the water.		1. Full extension of the legs at a 90° angle to the surface of the water.
2. Head in line with the trunk.		2. Chest close to the surface of the water with the shoulders back. Ears, hip joints and shoulder joints aligned, with the spine straight and extended.
3. Face at the surface of the water.		

BP 11 Back Pike Position

Body Position Description	Diagrams	Major Desired Actions
1. Body bent at hips to form an acute angle of 45° or less.		1. Legs close to chest while maintaining 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 ears, shoulder joints, middle of side of torso, and hip joints aligned. Once the pike position is established the degree of the angle remains constant.

BP 6 Vertical Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended perpendicular to the surface of the water; legs together, head downward.		1. Full extension of the body.

Figure – 144 RIO STRAIGHT LEG (cont.) **DIFFICULTY – 3.1**

BP 6 Vertical Position (cont.)

Body Position Description	Diagrams	Major Desired Actions
2. Head (ears specifically), hips and ankles in line.		2. Judgement is made by checking visual points of the vertical alignment: ears, shoulder joints, hip joints and ankles.

BM 1B To Assume a Straight Ballet Leg

Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. From a **Back Layout Position** one leg is raised straight to a **Ballet Leg Position**.			1.1 See BP 1 **Back Layout Position.** Ears, shoulder joints, hip joints and ankles of extended legs at maximum horizontal alignment.
	18.5		1.2 One leg is raised straight to BP 3a **Surface Ballet Leg Position** while keeping the horizontal alignment of the horizontal leg and trunk with minimal drop of the hips. Uniform motion throughout. 1.3 The head and trunk remain stationary throughout.

BM 9 *Thrust*

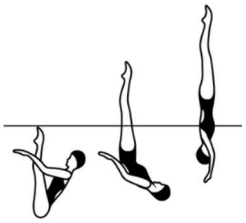
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. From a Submerged **Back Pike Position** with the legs perpendicular to the surface of the water a vertical upward movement of the legs and hips is rapidly executed as the body unrolls to assume a **Vertical Position**.	31.0		1.1 See BP 11 **Back Pike Position**. The toes are 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*. 1.2 See BP 6 **Vertical Position.** The body unrolls rapidly under the legs to assume BP 6 **Vertical Position** along the same perpendicular line to the surface of the water established by the legs in the BP 11 **Back Pike Position.** 1.3 Obvious increase in speed from the initiation of body unrolling through the vertical upward movement.

Figure – 144 RIO STRAIGHT LEG (cont.) **DIFFICULTY – 3.1**

BM 9 *Thrust (cont.)*

Basic Movement Description	NVT	Diagrams	Major Desired Actions
2. Maximum height desirable.			2. Maximum height and BP 6 **Vertical Position** achieved simultaneously.

BM 13 *Spin*

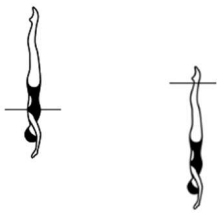
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. A *Spin* is a rotation in a **Vertical Position**.			1. See BP 6 **Vertical Position**. Height and position attained before the S*pin* begins.
2. The body remains on its longitudinal axis throughout the rotation.			2. The longitudinal axis runs through the centre of the body and is perpendicular to the surface of the water.
3. The 360° *Spin is* executed rapidly and is completed with a *Vertical Descent* executed rapidly.			3. Uniform motion of the *Spin* and *Vertical Descent* each performed rapidly.
4. A *descending Spin* must start at the height of the vertical and be completed as the ankles reach the surface of the water.			4.1 Stability and vertical alignment before, during and at completion of the designated rotation. 4.2 Simultaneous rotation and descent of the body with even drop spaces to complete the spin as the ankles reach the surface of the water.
e) 360° *Spin/Spinning 360°*: a *descending Spin* with a rotation of 360˚.	39.0		The acceptable allowance for a 360° *Spin* rotation is up to ¼ less than/more than the required rotation.

Figure – 144 RIO STRAIGHT LEG (cont.) **DIFFICULTY – 3.1**

BM 10 *Vertical Descent - from ankle level*

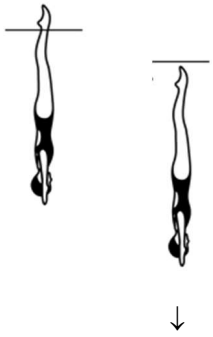
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. Maintaining a **Vertical Position** the body descends along its longitudinal axis until the toes are submerged.	0		1. See BP 6 **Vertical Position**. The *Vertical Descent* is executed rapidly.

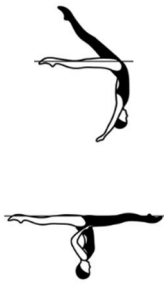
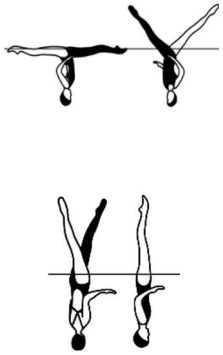
Figure – 421 WALKOVER BACK CLOSING 360° **DIFFICULTY – 2.4**

From a **Back Layout Position** *a Surface Arch Position is assumed***.** One leg is lifted in a 180° arc over the surface of the water to a **Split Position.** With continuous motion a rotation of 360° is executed as the legs are symmetrically lifted and closed to a **Vertical Position**. A *Vertical Descent* is executed.

					Total
NVT=	12.0	29.0	27.0	14.0	82
PV =	1.46	3.54	3.29	1.71	10

Figure Description	NVT	Diagrams	Major Desired Actions
1. From a **Back Layout Position** a *Surface Arch Position is assumed.*	12.0	 	1. See BP 1 **Back Layout Position,** BP 13 **Surface Arch Position** and BM 14 *To Assume A Surface Arch Position*. Continuous movement evident from the **Back Layout Position** to the **Surface Arch Position**.

Figure – 421 WALKOVER BACK CLOSING 360° (cont.) DIFFICULTY – 2.4

Figure Description	NVT	Diagrams	Major Desired Actions
2. One leg is lifted in a 180° arc over the surface of the water to a **Split Position**.	29.0		2.1 Both legs remain fully extended. 2.2 Hips remain stationary and aligned horizontally. 2.3 Hip height remains constant and at the surface of the water. 2.4 Continuous uniform motion of arcing leg to BP 16a **Surface Split Position**.
3. With continuous motion a rotation of 360° is executed as the legs are symmetrically lifted and closed to a **Vertical Position**.	27.0		3.1 Both legs are always equidistant from the surface of the water with a 90° angle between them at the halfway point of the 360° rotation. 3.2 The rotation and the closing action of the legs to achieve BP 6 **Vertical Position** occurs simultaneously. 3.3 Height remains constant and longitudinal axis maintained throughout the rotation. 3.4 The **Vertical Position** is held only long enough to define the position and to demonstrate completion of the transition prior to the descent.
4. A *Vertical Descent* is executed.	14.0		4. See BM 10 *Vertical Descent*.

BP 1 Back Layout Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended with face, chest, thighs and feet at the surface of the water.		1. Gives the impression that the body is stretched horizontally to its maximum. Front of the trunk will also be at the surface of the water.

Figure – 421 WALKOVER BACK CLOSING 360° (cont.) DIFFICULTY – 2.4

BP 1 Back Layout Position (cont.)

Body Position Description	Diagrams	Major Desired Actions
2. Head (ears specifically), hips and ankles in horizontal alignment.		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.

BP 13 Surface Arch Position

Body Position Description	Diagrams	Major Desired Actions
1. Lower back arched with hips, shoulders and head on a vertical line.		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.
2. Legs together and at the surface of the water.		2. Hips joints at the surface of the water.

16 Split Position

Body Position Description	Diagrams	Major Desired Actions
1. Legs evenly split forward and back. 2. The legs are parallel to the surface of the water. 3. Lower back arched, with hips, shoulders and head on a vertical line.		1. Full extension of the legs at or above the surface of the water.
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.		4. Flat split. Hip joints and shoulder joints on a horizontal line, with both of these alignments 'square' and parallel to each other.
a) Surface Split Position 1. Legs are dry at the surface of the water.		1. Full extension of the legs. Crotch and legs dry at the surface of the water.

Figure – 421 WALKOVER BACK CLOSING 360° (cont.) DIFFICULTY – 2.4

BP 6 Vertical Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended perpendicular to the surface of the water; legs together, head downward.		1. Full extension of the body.
2. Head (ears specifically), hips and ankles in line.		2. Judgement is made by checking visual points of the vertical alignment: ears, shoulder joints, hip joints and ankles.

BM 14 *To Assume a Surface Arch Position/A Surface Arch Position is Assumed*

Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. From a **Back Layout Position** with the head leading, the head, hips and feet move along the surface of the water.			1. See BP 1 **Back Layout Position**.
2. With continuous movement the head leaves the surface of the water as the back is arched more to assume a **Surface Arch Position** with the hips occupying the position of the head at the beginning of this action.	12.0		2. Continuous uniform movement from the BP **1 Back Layout Position** to BP 13 **Surface Arch Position**. Hip height remains constant. Hip joints on a horizontal line.

BM 10 *Vertical Descent*

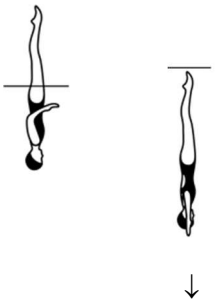
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. Maintaining a **Vertical Position** the body descends along its longitudinal axis until the toes are submerged.	14.0		1. See BP 6 **Vertical Position**. The tempo of the descent is uniform and at the same speed as the rest of the figure.

Figure – 440d IPANEMA SPINNING 180° DIFFICULTY – 3.1

From a **Back Layout Position** *a Bent Knee Surface Arch Position is assumed.* The horizontal leg is lifted to vertical as the bent leg is straightened to assume a **Vertical Position**. The legs are lowered to a **Front Pike Position**. A rapid 180° rotation is executed as the legs are lifted to a **Vertical Position**. Continuing in the same direction a rapid *180° Spin* is executed.

							Total
NVT=	17.5	21.0	33.0	33.0	19.0	0	123.5
PV =	1.42	1.70	2.67	2.67	1.54	0	10

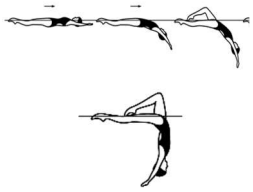
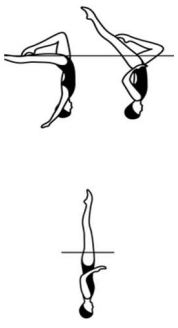
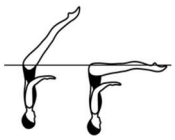
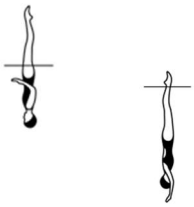
Figure Description	NVT	Diagrams	Major Desired Actions
1. From a **Back Layout Position** a *Bent Knee Surface Arch Position is assumed*.	17.5		1. See BP 1 **Back Layout Position**, BP 14d **Bent Knee Surface Arch Position** and BM 15 *To Assume A Bent Knee Surface Arch Position.* Continuous uniform movement from **Back Layout Position** to **Bent Knee Surface Arch Position.**
2. The horizontal leg is lifted to vertical as the bent leg is extended to assume a **Vertical Position**.	21.0		2.1 See BP 14d **Bent Knee Vertical Surface Arch Position** and BP 6 **Vertical Position.** Horizontal alignment of hips and shoulders 'square' and maintained during the lift. 2.2 The bent leg straightens to **Vertical Position** simultaneously with completion of the feet joining. The bent leg is extended upward at the same rate of space and time of the vertical leg. 2.3 The hips maintain constant height and are the pivot point for the lift to **Vertical Position**.

Figure – 440d IPANEMA SPINNING 180° (cont.) DIFFICULTY – 3.1

Figure Description	NVT	Diagrams	Major Desired Actions
3. The legs are lowered to a **Front Pike Position.**	33.0		3. Without loss of height or horizontal alignment of head, hips and shoulders, the legs are lowered to BP 10 **Front Pike Position.**
4. A rapid 180° rotation is executed as the legs are lifted to a **Vertical Position**.	33.0		4. Without loss of height, the body rapidly rotates 180° as it straightens to BP 6 **Vertical Position**. At the halfway point of the rotation the legs are at a 45° angle to the surface of the water.
5. Continuing in the same direction a rapid 180° *Spin* is executed.	19.0		5. See BM 13 *Spins* and BM 13d 180° *Spin.*
	0		

BP 1 Back Layout Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended with face, chest, thighs and feet at the surface of the water.		1. Gives the impression that the body is stretched horizontally to its maximum. Front of the trunk will also be at the surface of the water.
2. Head (ears specifically), hips and ankles in horizontal alignment.		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.

Figure – 440d IPANEMA SPINNING 180° (cont.) DIFFICULTY – 3.1

BP 14 Bent Knee Position

Body Position Description	Diagrams	Major Desired Actions
One leg bent with the toe of the bent leg in contact with the inside of the extended leg at the knee or higher.		The relationship of the toe of the bent leg to the extended leg may vary depending on the figure but should remain constant once established, and not extend in front of or behind the extended leg.
d) Bent Knee Surface Arch Position		
1. Lower back arched with hips, shoulders and head on a vertical line.		1.1 In BP 13 **Surface Arch Position** shoulder joints and hip joints on a horizontal line with both of these alignments 'square' and parallel to one another. Head (ears specifically) in line with shoulders. 1.2 Hips at the surface of the water.
2. The thigh of the bent leg is perpendicular to the surface of the water.		2. 90° angle between the thigh of the bent leg and the surface of the water. An air pocket will be evident between the back of the thigh and calf of the bent leg and the surface of the water.

BP 6 Vertical Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended perpendicular to the surface of the water; legs together, head downward.		1. Full extension of the body.
2. Head (ears specifically), hips and ankles in line.		2. Judgement is made by checking visual points of the vertical alignment: ears, shoulder joints, hip joints and ankles.

BP 10 Front Pike Position

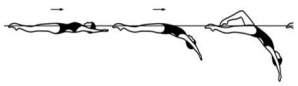
Body Position Description	Diagrams	Major Desired Actions
1. Body bent at hips to form a 90° angle.		1. Exact 90° angle.

Figure – 440d IPANEMA SPINNING 180° (cont.) DIFFICULTY – 3.1

BP 10 Front Pike Position (cont.)

Body Position Description	Diagrams	Major Desired Actions
2. Legs extended and together.		2. Full extension of legs, with ankles aligned with hip joints.
3. Trunk extended with the back straight and head in line.		3. Back flat, with vertical alignment of ears, shoulder joints and hip joints once the position is established.

BM 15 *To Assume a Bent Knee Surface Arch Position / A Bent Knee Surface Arch is Assumed*

Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. From a **Back Layout Position** with the head leading, the head, hips and feet move along the surface of the water.			1. See BP 1 **Back Layout Position**.
2. With continuous movement the head leaves the surface of the water as the back is arched more to assume a **Bent Knee Surface Arch Position** with the hips occupying the position of the head at the beginning of this action.	17.5		2.1 Continuous uniform movement from the BP **1 Back Layout Position** to BP 14d **Bent Knee Surface Arch Position**. Hip height remains constant. Hip joints on a horizontal line. 2.2 The toe of the bent leg must remain in contact with the inside of the extended leg while assuming the **Bent Knee Surface Arch Position.**

BM 13 *Spin*

Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. A *Spin* is a rotation in a **Vertical Position**.			1. See BP 6 **Vertical Position**. Height and position attained before the *Spin* begins.
2. The body remains on its longitudinal axis throughout the rotation.			2. The longitudinal axis runs through the centre of the body and is perpendicular to the surface of the water.
3. The *180° Spin is* executed rapidly and is completed with a *Vertical Descent* executed rapidly.			3. Uniform motion of the *Spin* and *Vertical Descent* each performed rapidly.

Figure – 440d IPANEMA SPINNING 180° (cont.) DIFFICULTY – 3.1

BM 13 *Spin (cont.)*

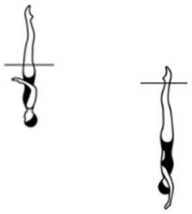
Basic Movement Description	NVT	Diagrams	Major Desired Actions
4. A *descending Spin* must start at the height of the vertical and be completed as the ankles reach the surface of the water.			4.1 Stability and vertical alignment before, during and at completion of the designated rotation. 4.2 Simultaneous rotation and descent of the body with even drop spaces to complete the spin as the ankles reach the surface of the water.
d) *180° Spin/Spinning 180°:* a *descending Spin* with a rotation of 180˚.	19.0		d) The acceptable allowance for a 180° spin rotation is up to ¼ less than/more than the required rotation.
	0		

Figure – 311j KIP COMBINED SPIN (360° + 360°) DIFFICULTY – 2.4

From a **Back Layout Position** the knees, shins and toes are drawn along the surface of the water to assume a **Tuck Position.** With continuous motion the tuck becomes more compact and a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. The trunk unrolls as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A rapid *Combined Spin* (360° + 360°) is executed followed by a rapid *Vertical Descent.*

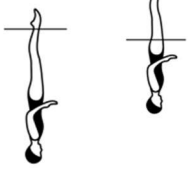
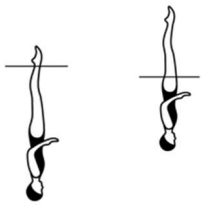
						Total
NVT=	3.0	2.0	23.0	40.0	14.0	82
PV =	0.37	0.24	2.80	4.88	1.71	10

Figure Description	NVT	Diagrams	Major Desired Actions
1. From a **Back Layout Position** the knees, shins and toes are drawn along the surface of the water to assume a **Tuck Position.** With continuous motion the tuck becomes more compact and a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water.	3.0 2.0	  	1.1 See BP 1 **Back Layout** and BP 9 **Tuck Positions**. With the head and shoulders remaining stationary, the knees, shins and toes are drawn to the body to assume a tight tuck at the position occupied by the trunk in the **Back Layout Position**. 1.2 There is continuous motion from the initiation of the leg draw to achievement of the inverted BP 9 **Tuck Position.**
2. The trunk unrolls as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and shins.	23.0		2.1 BP 6 **Vertical Position** and maximum height achieved simultaneously. 2.2 The **Vertical Position** is held only long enough to define the position and to demonstrate completion of the transition prior to the *Combined Spin.*

Figure – 311j KIP COMBINED SPIN (360° + 360°) (cont.) DIFFICULTY – 2.4

Figure Description	NVT	Diagrams	Major Desired Actions
3. A rapid *Combined Spin* (360° + 360°) is executed followed by a rapid *Vertical Descent.*	40.0		3. See BM 13 *Spins* and 13j) *Combined Spins and BM 10 Vertical Descent*
	14.0		

BP 1 Back Layout Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended with face, chest, thighs and feet at the surface of the water.		1. Gives the impression that the body is stretched horizontally to its maximum. Front of the trunk will also be at the surface of the water.
2. Head (ears specifically), hips and ankles in horizontal alignment.		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.

BP 9 Tuck Position

Body Position Description	Diagrams	Major Desired Actions
1. Body as compact as possible, with the back rounded and the legs together.		1. Legs together with shins at the surface of the water and tucked tightly to the front of the body.
2. Heels close to buttocks.		2. Compact tuck. Chin tucked in.

Figure – 311j KIP COMBINED SPIN (360° + 360°) (cont.) DIFFICULTY – 2.4

BP 9 Tuck Position (cont.)

Body Position Description	Diagrams	Major Desired Actions
3. Head close to knees.		3. In BP 9 inverted **Tuck Position** shins are perpendicular to the surface of the water, buttocks remain at the surface and the water level is between the ankle and mid foot.

BP 6 Vertical Position

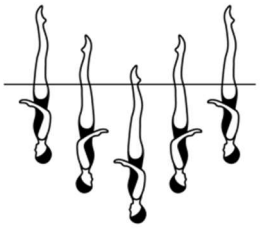
Body Position Description	Diagrams	Major Desired Actions
1. Body extended perpendicular to the surface of the water; legs together, head downward.		1. Full extension of the body.
2. Head (ears specifically), hips and ankles in line.		2. Judgement is made by checking visual points of the vertical alignment: ears, shoulder joints, hip joints and ankles.

BM 13 *Spins*

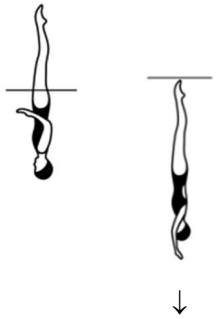
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. A *Spin* is a rotation in a **Vertical Position**.			1. See BP 6 **Vertical Position**. Height and position attained before the *Spin* begins.
2. The body remains on its longitudinal axis throughout the rotation.			2. The longitudinal axis runs through the centre of the body and is perpendicular to the surface of the water.
3. A rapid *Combined Spin* (360° + 360°) is executed in uniform motion and is completed with a rapid *Vertical Descent.*			3. See BM 10 *Vertical Descent*.

Figure – 311j KIP COMBINED SPIN (360° + 360°) (cont.) DIFFICULTY – 2.4

BM 13 *Spins (cont.)*

Basic Movement Description	NVT	Diagrams	Major Desired Actions
4. A rapid *descending Spin* must start at the height of the vertical and be completed as the ankles reach the surface of the water.			4.1 Stability and vertical alignment before, during and at completion of the designated rotation. 4.2 Simultaneous rotation and descent of the body with even drop spaces to complete the spin as the ankles reach the surface of the water.
6. A rapid *ascending Spin* begins with the water level at the ankles. 7. A vertical upward *Spin* is executed until a water level is established between the knees and hips. 8. An *ascending Spin* is finished with a *Vertical Descent*.			6.1 Body rises and rotates simultaneously and evenly. 6.2 The designated rotation is completed simultaneously with achievement of maximum height. 6.3 Stability and vertical alignment maintained before, during and at completion of the designated rotation. BM 6 **Vertical Position** evident prior to *Vertical Descent*.
j) *Combined Spin*: a *descending Spin* of 360˚ followed without a pause by an equal *ascending Spin* in the same direction. The *ascending Spin* reaches the same height where the *descending Spin* started.	40.0		The *Combined Spin* must be rapid. There is no Spin Allowance for *Combined Spins*.

BM 10 *Vertical Descent*

Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. Maintaining a **Vertical Position** the body descends along its longitudinal axis until the toes are submerged.	14.0		1. See BP 6 **Vertical Position**. The tempo of the descent is rapid. .