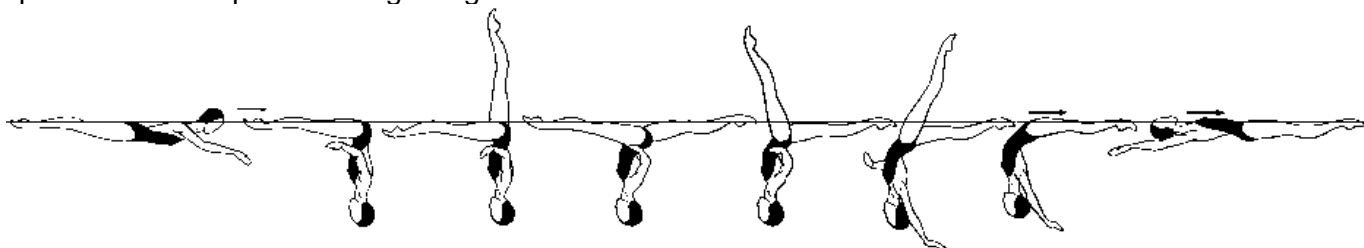


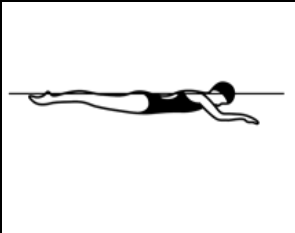
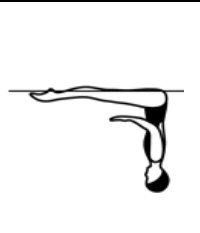
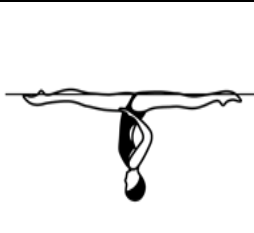
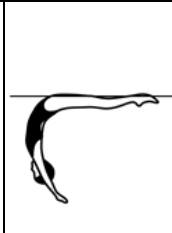
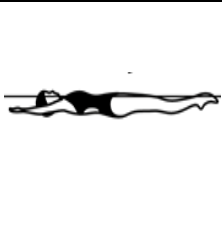
## Figure 360 – Walkover, Front

Difficulty 1.9

From a **Front Layout Position**, as the trunk moves downward to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action. With the head and shoulders remaining vertically aligned with the hips, one leg is lifted in a 180° arc over the surface to a **Split Position**. The hips remain stationary as the front leg is lifted in a 180° arc over the surface to meet the opposite leg in a **Surface Arch Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, assuming a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



### WEIGHTING for Walkover Front

					<b>Total</b>
NVT =	12.0	21.0	23.0	11.0	68.0
PV =	1.76	3.09	3.53	1.62	

### BP 2 Front Layout Position

#### Rule Book Description

1. Body extended with head, upper back, buttocks and heels at the surface.

2. Face may be in or out of the water.

#### Diagrams



#### Major Desired Actions

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

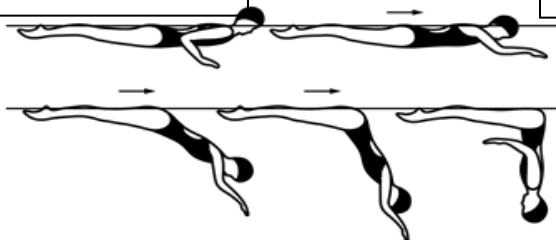
2. Once established as "in" or "out" the head position should be maintained. When the face is out of the water, the ears will not be on the horizontal axis, and the back may be slightly lower.

### BM 3 To Assume a Front Pike Position

#### Rule Book Description

1. From a **Front Layout Position** with face in the water as the trunk moves downward to assume a **Front Pike Position**, the buttocks legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action.

#### Diagrams




#### Major Desired Actions


1. Uniform motion in downward movement of the trunk. The trunk remains straight throughout the movement. Hips and head lock into position simultaneously.

2. Smooth even movement downwards of the trunk.

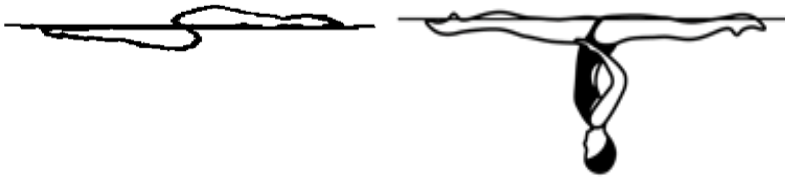
## BP 10 Surface Front Pike Position

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

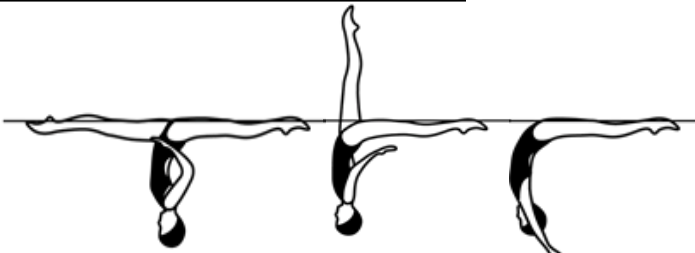
## Surface Front Pike Position to Split Position

Rule Book Description	Diagrams	Major Desired Actions
1. One leg is lifted in a 180° arc over the surface to <b>Split Position</b> .		1. Constant height and continuous uniform motion to achieve the <b>Split Position</b> .
		2. Trunk maintains its vertical alignment, with hips and shoulders 'square'. Foot of stationary leg remains at surface.
		3. Foot of stationary leg remains at surface.
		4. Full extension of the horizontal leg at the surface of the water.


## BP 16 Split Position

Rule Book Description	Diagrams	Major Desired Actions
1. Legs evenly split forward and back.		1. Full extension of the legs at or above the surface.
2. The legs are parallel to the surface.		2. Flat split. Hip joints and shoulder joints on a horizontal line, with both of these alignments 'square' and parallel to each other.
3. Lower back arched, with hips, shoulders and head on a vertical line.		
4. 180-degree angle between the extended legs (flat split), with inside of each leg aligned on opposite sides of a horizontal line, regardless of the height of the hips.		
<b>a) Surface Split Position</b>		1. Full extension of the legs. Crotch and legs dry at the surface of the water.


## BM 6a Walkout Front

Rule Book Description	Diagrams	Major Desired Actions
<p>1. These movements start in a <b>Split Position</b> unless otherwise specified in the figure description. The hips remain stationary as one leg is lifted in an arc over the surface to meet the opposite leg.</p>		<p>1. Hip height remains constant and as close to the surface as possible.</p>
<p>2. The front leg is lifted in a 180° arc over the surface to meet the opposite leg in a <b>Surface Arch Position</b> and with continuous movement, an <i>Arch to Back Layout Finish Action</i> is executed.</p>		<p>2. Arcing leg moves continuously at an even tempo.</p>
		<p>3. Both legs maintain full extension.</p>
		<p>4. Trunk maintains same position until the feet join.</p>
		<p>5. No pause in <b>Surface Arch Position</b>, however an accurate surface arch must be evident before the body begins to rise and straighten.</p>
		<p>6. Foot first surfacing motion begins when the feet are joined.</p>


## BP 13 Surface Arch Position

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




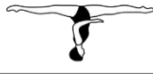

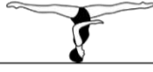

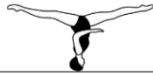








## BM 5 Arch to Back Layout Finish Action

Rule Book Description	Diagrams	Major Desired Actions
<p>1. From a <b>Surface Arch Position</b>, the hips, chest and face surface sequentially at the same point, with foot first movement to a <b>Back Layout Position</b>, until the head occupies the position of the hips at the beginning of this action.</p>		<p>1. Sharp arch in lower back. The body straightens, rises and moves along the surface simultaneously, with a stationary <b>Back Layout Position</b> achieved as the face surfaces. Full body extension maintained throughout.</p>

## BP 1 Back Layout Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. Body extended with face, chest, thighs and feet at the surface of the water.</p>		<p>1. Gives the impression that the body is stretched horizontally to maximum. Front of the trunk will also be at the surface of the water.</p>
<p>2. Head (ears specifically), hips and ankles in horizontal alignment.</p>		<p>2. Judgement is made by checking visual points of the horizontal alignment: ears, shoulder joints, hip joints and ankles. This imaginary line should also pass through the middle of the side of the trunk.</p>

### Height Chart for Surface Split Position

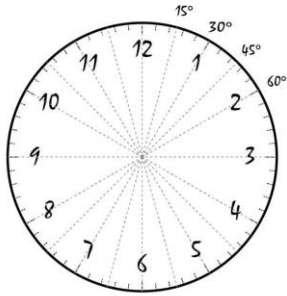
Score range		Angle of Split (degree)			Water level
Excellent/ Near Perfect	9.5	180 (flat)			Crotch & legs dry
Very Good	8.5	170 - 180			Legs dry
Good	7.5	160 - 170			Legs almost dry
Competent	6.5	150 - 160			lower legs dry Crotch underwater
Satisfactory	5.5	130 - 140			lower legs dry Crotch underwater
Deficient	4.5	110 - 120			feet above the surface, legs under water
Weak	3.5	up to 100			feet come out vertically
Hardly recognisable	0.1 – 2.9	scissors			feet come out vertically

### Deduction Guidelines for Walkover Front

Figure/Transition	Small Deviation – 0.2 1-15 degrees	Medium Deviation – 0.5 16-30 degrees	Large Deviation – 1.0 31 degrees or more
Front Layout Position to Front Pike Position	Hips do not replace position of head, moving forward up to 5-1/2 inches.	Hips do not replace position of head, moving forward 6-12 inches	No forward movement body hinges down to pike position.
Split Position	**See chart for splits.		Piked hips in front Split.

Travel Deduction Guidelines	Small deduction: 0.1	Medium deduction: 0.3	Large deduction: 0.5
	Minimal travel or minimal lack of required travel	Obvious travel in one (1) transition, and or/ travel in several transitions	Obvious travel in two (2) or more transitions and or travel throughout

## Visible scales of angle deviation



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

Small deviation	1-15 degrees	0.2
Medium deviation	16-30 degrees	0.5
Large deviation	31 degrees or more	1.0

