

Collegiate Category D, 12 & Under Age Group and Intermediate B Figures

101. Ballet Leg, Single

Difficulty 1.6






From a Back Layout Position, with one leg remaining extended at the surface, the toe of the other leg is drawn along the inside of the extended leg until the thigh is vertical, to assume a Bent Knee Back Layout Position. The knee is straightened, without movement of the thigh, to assume a Ballet Leg Position. The ballet leg is bent, without movement of the thigh, to a Bent Knee Back Layout Position. The toe moves along the inside of the extended leg until a Back Layout Position is assumed.








FINA Description from the Coaches, Judges and Referees Manual

Figure 101– Ballet Leg Single

Difficulty – 1.6

Rule Book Description	Major Desired Actions	Diagrams
1. A <i>Ballet Leg</i> is assumed.	1. See BM 1 to assume a <i>Ballet Leg</i> .	 
2. The <i>Ballet Leg</i> is lowered.	2. See BM 2 to lower the <i>Ballet Leg</i> .	  

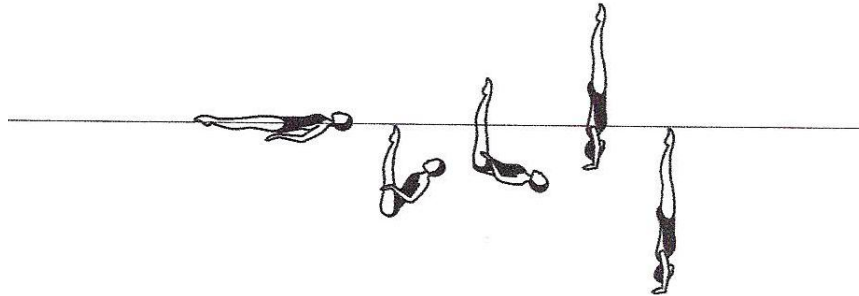
FINA WEIGHT for 101 Ballet Leg Single - 1.6

						Total
NVT=		10.5	11.0	11.0	10.5	43
PV =		2.44	2.56	2.56	2.44	

301. Barracuda

Difficulty 2.0

From a Back Layout Position, the legs are raised to the vertical as the body is submerged to a Back Pike Position with the toes just under the surface. From that position with the legs remaining perpendicular to the surface, a vertical upward *Thrust* of the legs and hips is rapidly executed as the body unrolls to assume a Vertical Position. Maximum height is desirable. Maintaining the Vertical Position, the body descends along its longitudinal axis, at the same tempo as the *Thrust*, until the toes are submerged.



FINA Description from the Coaches, Judges and Referees Manual

Figure 301 – Barracuda

Difficulty – 2.0

Rule Book Description

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.

2. A *Thrust* is executed to Vertical Position.

3. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

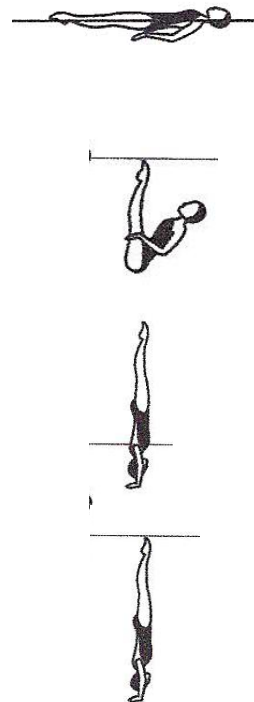
Major Desired Actions

1. See BP 1 Back Layout Position and BP 11, Back Pike Position. In the submerged Back Pike, the hips are directly beneath the position they occupied in Back Layout. The pike is held only long enough to define the position and completion of the transition. In the Back Pike Position before the *Thrust* the feet should be below the surface of the water.



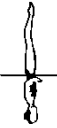

2. See BM 9 *Thrust*. Sharp increase in speed. Maximum height in BP 6 prior to initiation of descent. Vertical Position clearly defined.

3. See BM 10. Speed and accuracy.

Diagrams



FINA WEIGHT for 301 Barracuda – 2.0

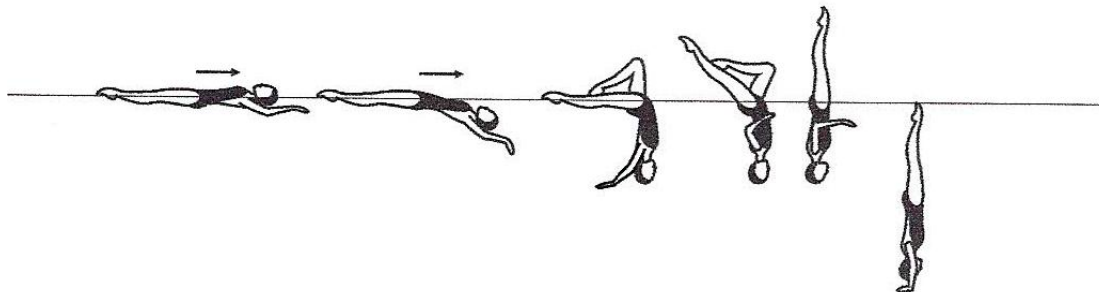
									Total
NVT=	13.0	37.0	14.0						64
PV =	2.03	5.78	2.19						

Collegiate Category D, 12 & Under Age Group and Intermediate B Figures

439. Oceanita

Difficulty 1.9


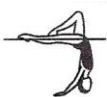


From a Back Layout Position, a Nova (435) is executed to a Bent Knee Surface Arch Position. The legs are simultaneously lifted as the toe of the bent leg slides along the inside of the vertical leg to assume a Vertical Position. Maintaining the Vertical Position, the body descends along its longitudinal axis until the toes are submerged.



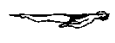

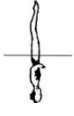

FINA Description from the Coaches, Judges and Referees Manual

Figure 439 – Oceanita

Difficulty – 1.9

Rule Book Description	Major Desired Actions	Diagrams
1. A <i>Nova</i> is executed to a Bent Knee Surface Arch Position.	1. Same as Figure 435 Nova, steps 1 and 2.	
2. The horizontal leg is lifted to the vertical as the bent knee is extended to assume a Vertical Position.	2. See BP14d Bent Knee Surface Arch Position and BP 6 Vertical Position. Horizontal alignment of hips and shoulders 'square' and maintained during lift. Bent leg arrives at vertical simultaneously with completion of feet join. The bent leg is extended upward at the same rate of space and time as that of the vertical leg.	 
3. A <i>Vertical Descent</i> is executed.	3. See BM 10.	

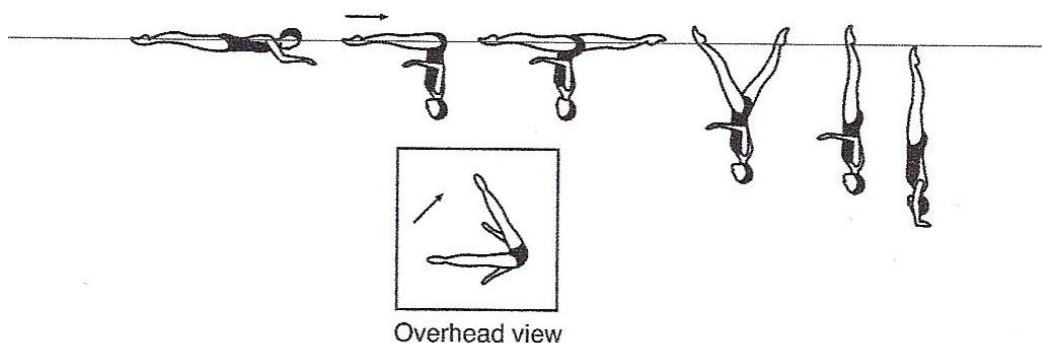
FINA WEIGHT for 439 Oceanita– 1.9

									Total
NVT=	19.5	21.5	14.0						55
PV =	3.55	3.91	2.55						

362. Surface Prawn

Difficulty 1.4

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. Without movement of the trunk, one foot is moved in a horizontal arc of 180° at the surface to a Split Position. The legs join to assume a Vertical Position at ankle level. Maintaining the Vertical Position, the body descends along its longitudinal axis until the toes are submerged.



FINA Description from the Coaches, Judges and Referees Manual

Figure 362 – Surface Prawn

Difficulty – 1.4

Rule Book Description	Major Desired Actions	Diagrams
1. From a Front Layout Position, a <i>Front Pike Position</i> is assumed.	1. See BM 3.	
2. One foot is moved in horizontal arc of 180° at the surface to a Split Position.	2. Continuous uniform motion to achieve BP 16 Split Position. Trunk maintains its vertical alignment, with hips and shoulders 'square'. Foot of stationary leg remains at surface. Foot of moving leg to be at the surface, not above.	
3. The legs are joined to assume a Vertical Position at the ankles.	3. Both legs achieve BP 6 Vertical Position simultaneously. Height of both legs to be at ankle level during closing to a Vertical Position. The hips always have to sink.	
4. A <i>Vertical Descent</i> is executed.	4. See BM 10.	

FINA WEIGHT for 362 Surface Prawn– 1.4

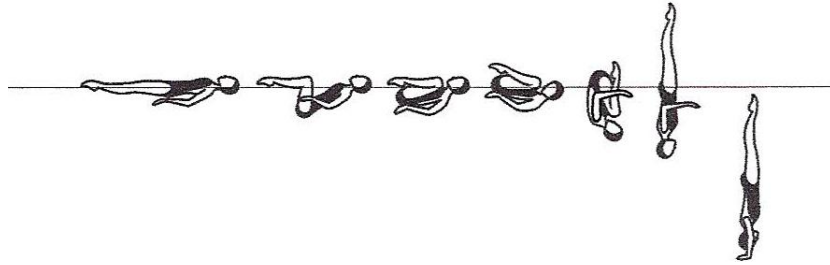
								Total
NVT=	12.0	12.0	7.0	0.0				31
PV =	3.87	3.87	2.26	0.0				

Collegiate Category D, 12 & Under Age Group and Intermediate B Figures

311. Kip

Difficulty 1.8




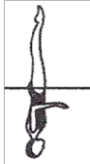

From a **Back Layout Position**, the knees and toes are drawn along the surface to the chest. With continuous motion, a **Tuck Position** is assumed as the body somersaults backward around a lateral axis until the shins are perpendicular to the surface. With shins remaining perpendicular to the surface, the trunk unrolls as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and former vertical line through the head and shins. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.








FINA Description from the Coaches, Judges and Referees Manual

Figure 311 – Kip

Difficulty – 1.8

Rule Book Description	Major Desired Actions	Diagrams
1. From a Back Layout Position , a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface.	1. Same as Fig. 310, steps 1 & 2. Continuous motion from initiation of knee draw to achievement of inverted tuck.	 
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.	2. BP 6 Vertical Position and maximum height achieved simultaneously. Stability and control evident prior to initiation of descent.	 
3. A Vertical Descent is executed.	3. See BM 10.	

FINA WEIGHT for 311 Kip – 1.8

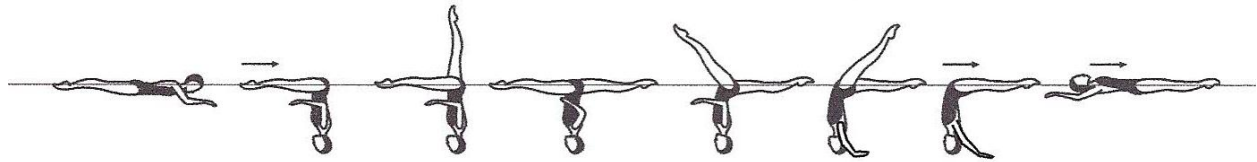
									Total
NVT=	4.0	10.0	23.0	14.0					51
PV =	0.78	1.96	4.51	2.75					

Collegiate Category D, 12 & Under Age Group and Intermediate B Figures

360. Walkover, Front

Difficulty 2.1

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.



FINA Description from the Coaches, Judges and Referees Manual

Figure 360 – Walkover, Front

Difficulty – 2.1

Rule Book Description	Major Desired Actions	Diagrams
1. From a Front Layout Position, a <i>Front Pike Position</i> is assumed.	1. See BP 2 and BM 3.	
2. One leg is lifted in a 180° arc over the surface to Split Position.	2. Constant height and continuous uniform motion to achieve BP 16 Split Position. Trunk maintains its vertical alignment, with hips and shoulders 'square'. Foot of stationary leg remains at surface.	
3. A <i>Walkout Front</i> executed.	3. See BM 6a.	

FINA WEIGHT for 360 Walkover Front – 2.1

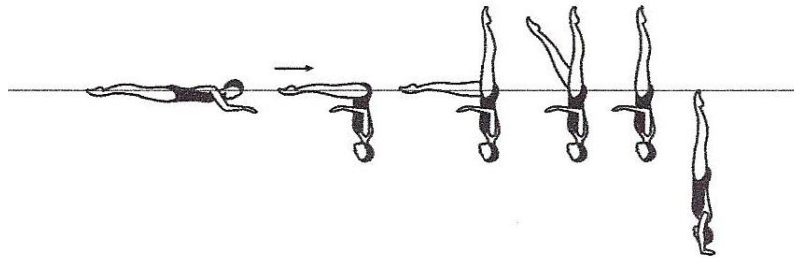
									Total
NVT=	12.0	21.0	24.0	11.0					68
PV =	1.76	3.09	3.53	1.62					

Collegiate Category D, and 12 and Under Age Group and Intermediate B Figures

349. Tower

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. Without movement of the trunk, and with minimal change in water level, one leg is lifted to a Fishtail Position. Without movement of the vertical leg or trunk, the horizontal leg is lifted to meet the vertical leg to assume a Vertical Position. Maintaining the Vertical Position, the body descends along its longitudinal axis until the toes are submerged.



FINA Description from the Coaches, Judges and Referees Manual

Figure 349 – Tower

Difficulty – 1.9

Rule Book Description	Major Desired Actions	Diagrams
1. From a Front Layout Position, a <i>Front Pike Position</i> is assumed.	1. See BP 2 Front Layout Position, BP 10 Front Pike Position and BM 3 to Assume a Front Pike Position.	
2. One leg is lifted to a Fishtail Position.	2. See BP 8 Fishtail Position. Height and vertical alignment of trunk maintained. Stability and control evident.	
3. The horizontal leg is lifted to a Vertical Position.	3. See BP 6 Vertical Position. Height constant as legs join, with the trunk and vertical leg maintaining their vertical alignment. Stability in Vertical Position (BP 6) evident prior to descent.	
4. A <i>Vertical Descent</i> is executed.	4. See BM 10.	

FINA WEIGHT for 349 Tower– 1.9

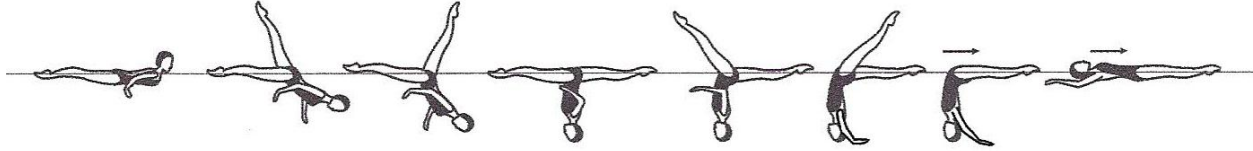
								Total
NVT=	12.0	13.5	18.5	14.0				58.0
PV =	2.07	2.33	3.19	2.41				

Collegiate Category D, 12 & Under Age Group and Intermediate B Figures

406. Swordfish, Straight Leg

Difficulty 2.0

From a Front Layout Position, the back arches as 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.



FINA Description from the Coaches, Judges and Referees Manual

Figure 406 – Swordfish, Straight Leg

Difficulty – 2.0

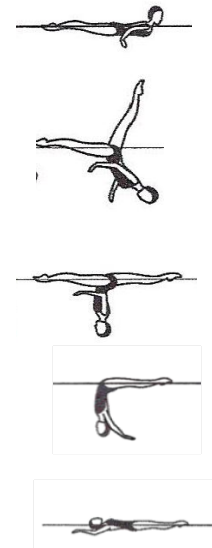
Rule Book Description

1. From a Front Layout Position, the back arches as one leg is lifted in a 180° arc over the surface to a Split Position.

Major Desired Actions

1. See BP 2. Simultaneous lift of leg and descent of body, with foot of arcing leg coming off the surface as the head goes under. Height constant with hips as pivot point. Head comes into line under hips as foot of arcing leg passes vertical. Maximum height and uniform motion of leg arcing to BP 16 Split Position. Non-arcing leg remains at surface.

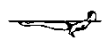


Diagrams



2. A *Walkout Front* is executed.

2. See BM 6a.

FINA WEIGHT for 406 Swordfish Straight Leg– 1.9

									Total
NVT=	30.0	24.0	11.0						65
PV =	4.62	3.69	1.69						