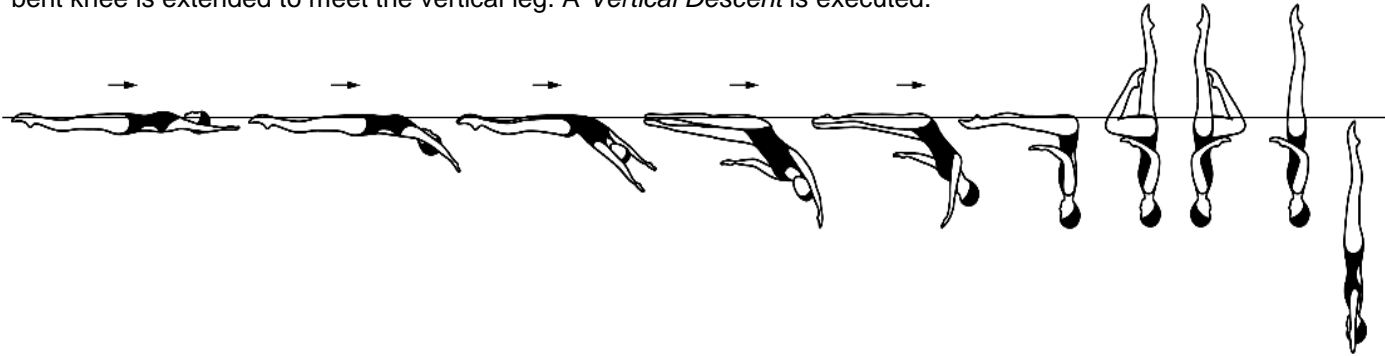


## 240a Albatross ½ Twist

Difficulty 2.2

With the head leading, a *Dolphin* is initiated until the hips are about to submerge. The hips, legs and feet continue to move along the surface, as the body rolls onto the face as it **assumes a Front Pike Position**. The legs are lifted simultaneously to a **Bent Knee Vertical Position**. A *Half Twist* is executed. The designated *Twist* is executed as the bent knee is extended to meet the vertical leg. A *Vertical Descent* is executed.



FINA WEIGHT for 240a Albatross ½ Twist 2.2

						<b>Total</b>
NVT=	11.0	15.0	15.0	16.5	14.0	<b>71.5</b>
PV =	1.54	2.10	2.10	2.31	1.96	

Height Chart for Bent Knee Vertical

Albatross ½ Twist	Excellent/Near Perfect	Very Good	Good	Competent	Satisfactory	Deficient	Weak
Score	9.5	8.5	7.5	6.5	5.5	4.5	3.5
Bent Knee Vertical	Showing hips	Crotch level	Upper thigh	Mid-thigh	Low thigh (well above knee cap)	Knee cap	Below knee cap
Double Leg Vertical	Upper thigh	Upper mid thigh	Low to mid thigh	Above knee cap	Knee cap	Below knee cap	Well below knee cap (mid shin)

### BP 1 Back Layout Position

Rule Book Description

Diagrams

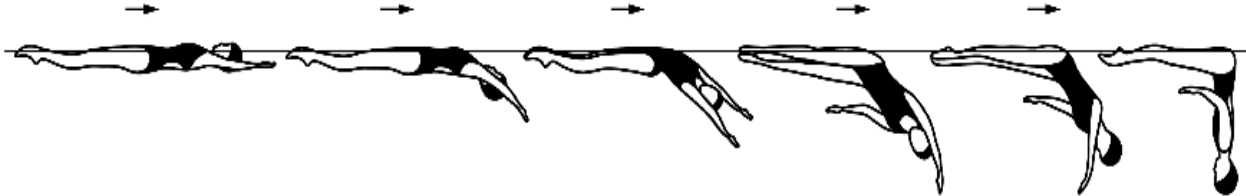
Major Desired Actions

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




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

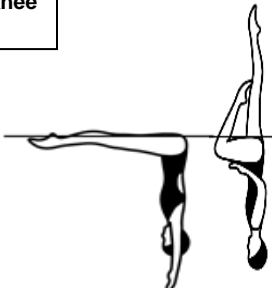
## Back Layout Position to Surface Front Pike Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. With the head leading a <i>Dolphin</i> is initiated until the hips are about to submerge.</p>		<p>2. The body turn, trunk descent and hip movement along the surface occur simultaneously, with the transition completed as the trunk becomes vertical and the hips replace the head at the surface.</p>
<p>2. The hips, legs and feet continue to move along the surface as the body rolls onto the face as it <i>assumes a Front Pike Position</i>.</p>		


## BP 10 Surface Front Pike Position

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

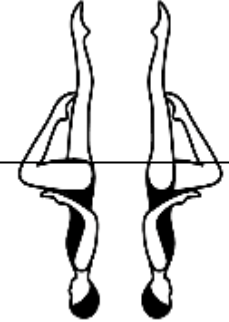
## Surface Front Pike Position to Bent Knee Vertical Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. The legs are lifted simultaneously to a <b>Bent Knee Vertical Position</b>.</p>		<p>1. Trunk remains on a vertical line. <b>Bent Knee Vertical Position</b> is achieved as the vertical is reached.</p>

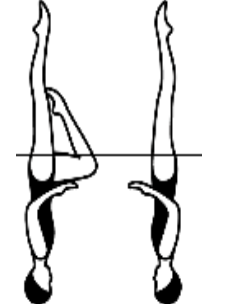
## BP 14c Bent Knee Vertical Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. Body extended in <b>Vertical Position</b>, with the toe of the bent leg at the knee or thigh.</p>		<p>1. In the <b>Bent Knee Vertical Position</b> the alignment points of the extended leg, trunk and head remain the same.</p>

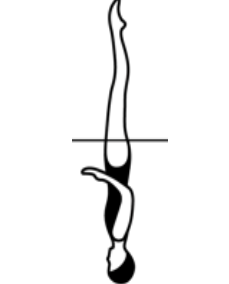
## ½ Twist (in Bent Knee Vertical Position)

Rule Book Description	Diagrams	Major Desired Actions
1. A ½ rotation (180°) at a sustained height.		1. Water line remains constant during rotation. Stability and alignment of position evident before, during and upon completion of <i>Twist</i> . Amount of height is judged by the relationship of the hip joint to the surface of the water, with credit given to maximum height.
2. The body remains on its longitudinal axis throughout the rotation.		2. The longitudinal axis runs through the center of the body and is perpendicular to the surface of the water. On-the-Spot rotation around this axis.

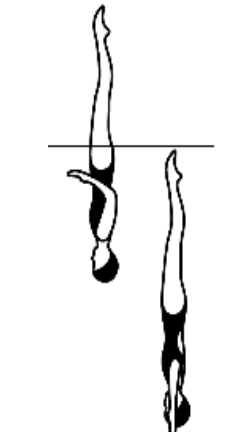
## ½ Twist (Bent Knee Vertical Position to Vertical Position)

Rule Book Description	Diagrams	Major Desired Actions
1. During an additional ½ <i>Twist</i> , the bent knee is extended to a <b>Vertical Position</b> .		1. Water line and body alignment remain constant during extension of the bent knee.
		2. Bent leg extends smoothly, with even joint spaces, to arrive at vertical simultaneously with completion of <i>Twist</i> . Water line constant.
		3. <b>Vertical Position</b> held only long enough to demonstrate stability and control prior to descent.

## BP 6 Vertical Position

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

## BM 10 Vertical Descent

Rule Book Description	Diagrams	Major Desired Actions
1. Maintaining a <b>Vertical Position</b> , the body descends along its longitudinal axis until toes are submerged.		1. Unless otherwise stated, tempo of descent is uniform and at the same speed as the rest of the figure.

## Basic Deductions for Albatross $\frac{1}{2}$ Twist

<b>Figure/Transition</b>	<b>Small Deviation 0.1 – 0.5</b>	<b>Medium Deviation 0.6 – 1.5</b>	<b>Large Deviation 1.6 – 3.0</b>
<i>Back Layout Position to Front Pike Position</i>	*Travel is as per the proposed FINA rule re deductions for travel		
<i>Pike Position to Vertical Bent Knee Position</i>	Body up to 15 degrees from perpendicular	Body between 16 and 30 degrees from perpendicular	Body over 31 degrees from perpendicular
<i>Twists</i>	Vertical Leg up to 15 degrees from perpendicular	Vertical Leg between 16 and 30 degrees from perpendicular	Vertical leg more than 30 degrees from perpendicular
<i>Vertical to submerged Vertical</i>	Legs/Body up to 15 degrees from perpendicular	Legs/Body between 16 and 30 degrees from perpendicular	Legs/Body 31 degrees or more from perpendicular