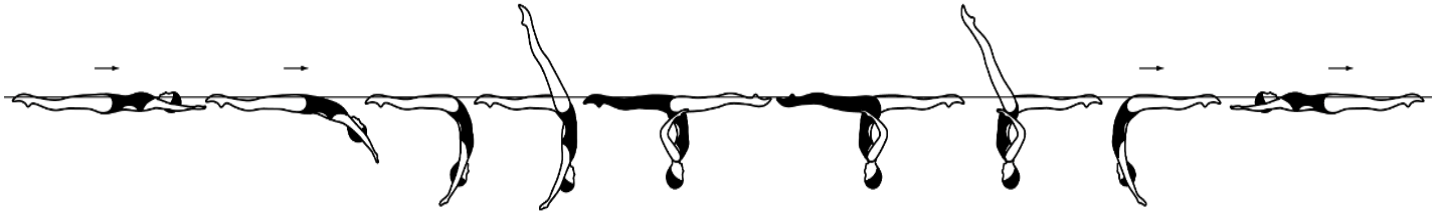


# 423. Ariana

Difficulty 2.2

A Walkover Back is executed to a **Split Position**. Maintaining the relative position of the legs to the surface, the hips rotate 180°. A *Walkout Front* is executed.



FINA WEIGHT for 423 Ariana 2.2

						Total
NVT=	12.0	22.0	10.0	23.0	8.0	75.0
PV =	1.60	2.93	1.33	3.07	1.07	

## 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 Arch Transition

Rule Book Description

Diagrams

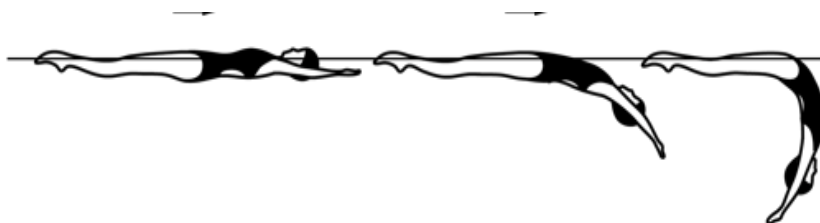
Major Desired Actions

1. With the head leading, a *Dolphin* is initiated.

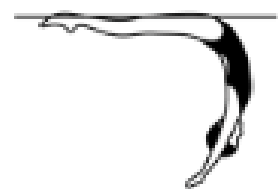
1. *Dolphin* continues until the hips are about to submerge.

2. The hips, legs and feet continue to move along the surface as the back is arched more to assume a **Surface Arch Position**.


2. Continuous movement from initiation of step 1 until achievement of **Surface Arch Position**.



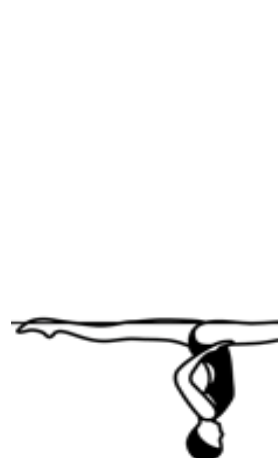
## BP 13 Surface Arch Position

Rule Book Description	Diagrams	Major Desired Actions
1. Lower back arched, with hips, shoulders and head on a vertical line.		1. Hip joints on a horizontal line; shoulder joints on a horizontal line, with both of these alignments 'square' and parallel to each other. Head (ears specifically) in line with shoulders.
2. Legs together and at the surface.		2. Hips as close to the surface as possible.

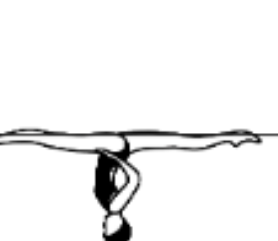
## Surface Arch Position to Split Position

















Rule Book Description	Diagrams	Major Desired Actions
1. One leg is lifted in a 180° arc over the surface to a <b>Split Position</b> .		1. The back leg remains fully extended. Hips remain stationary, aligned horizontally, and at the surface. Continuous uniform motion of leg arcing to <b>Split Position</b> .

## 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.		4. Flat split. Hip joints on a horizontal line; 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.		4a) Full extension of the legs at the surface. Feet and thighs at the surface. Hips as close to the surface as possible.
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.		
4a) Legs are "dry" at the surface.		

## Split Position to Split Position Transition

Rule Book Description	Diagrams	Major Desired Actions
1. Maintaining the relative position of the legs to the surface, hips rotate 180°.		1. The <u>trunk</u> turns 180° around its longitudinal axis, while the <u>legs</u> rotate horizontally at the surface, with the height and extension of <b>Split Position</b> equal throughout.

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

### BM 6a Walkout Front

#### Rule Book Description

#### 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 to meet the opposite leg.

2. The front leg is lifted in a 180° arc over the surface to meet the opposite leg in a **Surface Arch Position** and with continuous movement, an *Arch to Back Layout* **Finish Action** is executed.

1. Hip height remains constant and as close to the surface as possible.

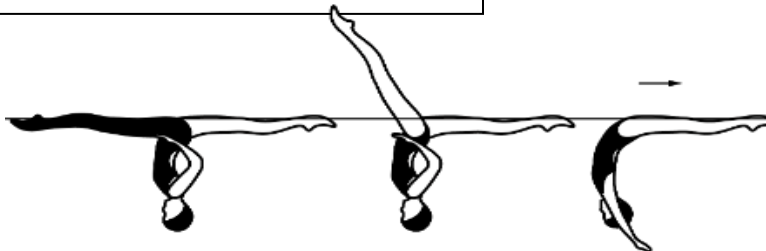
2. Arcing leg moves continuously at an even tempo.

3. Both legs maintain full extension.

4. Trunk maintains same position until the feet join.

5. An accurate **Surface Arch Position** should be evident before the body begins to rise and straighten.

6. Foot first surfacing motion begins when the feet are joined.



### Surface Arch Position to Back Layout Position

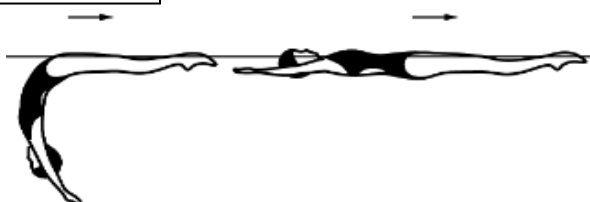
#### Rule Book Description

#### 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.

1. Sharp arch in lower back. The body straightens, rises and moves along the surface simultaneously, with a stationary **Back Layout Position** achieved as the face surfaces. Full body extension maintained throughout.



**Basic Deductions for Ariana**

<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 Surface Arch Position</i>	*Travel is as per the proposed FINA rule re deductions for travel		
<i>Surface Arch to Split Position</i>	Body forward 15 degrees from perpendicular in split position	Body forward 16-30 degrees from perpendicular in split position	Body forward 31 degrees or more from perpendicular
	Hips out of alignment 1-15 degrees from center point of horizontal axis	Hips out of alignment 16-30 degrees from center point of horizontal axis	Horizontal axis between legs in split not parallel to wall
		Torso rotated 16-30 degrees from perpendicular	Torso rotated more than 30 degrees from perpendicular
<i>Rotation from Split to Split</i>	*See angle chart for splits		
<i>Split Position to Surface Arch Position</i>	Body forward up to 15 degrees from perpendicular in split position	Body forward 16-30 degrees from perpendicular in split position	Body forward 31 degrees or more from perpendicular
<i>Surface Arch Position to Back Layout Position</i>	*Travel is as per the proposed FINA rule re deductions for travel		