






## 420. Walkover, Back

Difficulty 1.9

From a **Back Layout Position**, the head leads downward as a Dolphin (201) is initiated. The hips move along the surface to the point occupied by the head at the beginning of this action. The hips, legs and feet continue moving along the surface as the back is arched more to assume a **Surface Arch Position**. One leg is lifted in a 180° arc over the surface to a **Split Position**. The hips remain stationary as the back leg is lifted over the surface to meet the opposite leg in a **Surface Front Pike Position**. The feet and hips move along the surface until the body straightens to a **Front Layout Position** as the head surfaces at the position occupied by the hips at the beginning of this action.



FINA WEIGHT for 420 Walkover Back 1.9

						Total
NVT=		12.0	22.0	19.0	6.0	59.0
PV =		2.03	3.73	3.22	1.02	

### BP 1 Back Layout Position

#### Rule Book Description

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

#### 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.

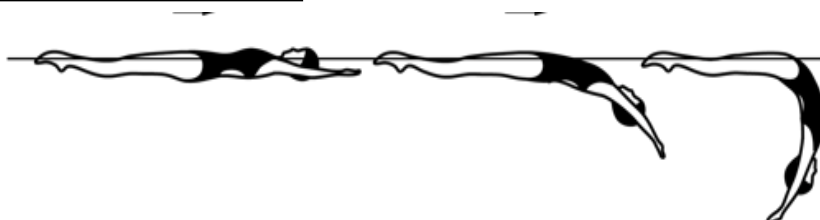
### Back Layout Position to Surface Arch Transition

#### Rule Book Description

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

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

#### Diagrams




#### Major Desired Actions

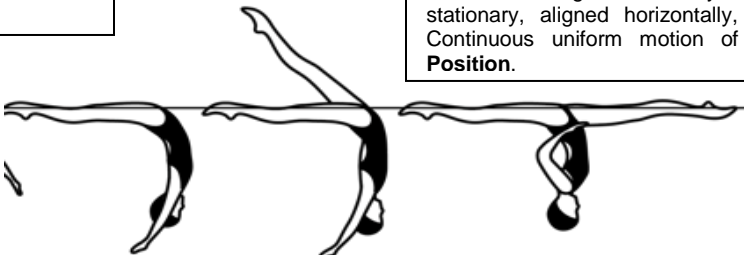
1. *Dolphin* continues until the hips are about to submerge.

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

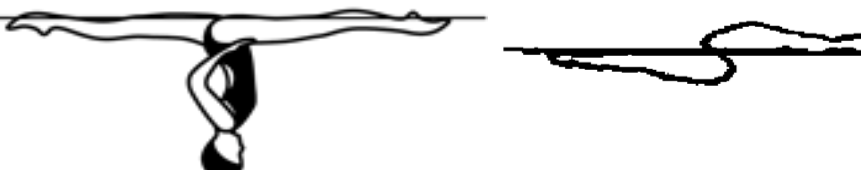
## BP 13 Surface Arch Position

















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 degree arc over the surface to Split Position.		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 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.			
4a) Legs are "dry" at the surface.			

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 6b Walkout Back

#### Rule Book Description

1. The back leg is lifted in a 180° arc over the surface to meet the opposite leg in a **Front Pike Position** and with continuous movement, the body straightens to a **Front Layout Position**.

2. The head surfaces at the position occupied by the hips at the beginning of this action.

#### Diagrams

#### Major Desired Actions

1.1 Same as 1.1-1.4 in BM6a *Walkout Front*.

1.2 An accurate **Front Pike Position** should be evident before the body begins to straighten and rise.

1.3 Both legs maintain full extension.

2. Body straightens, rises and moves along the surface simultaneously, with a stationary **Front Layout Position** achieved as the head surfaces.



### BP 2 Front Layout Position

#### Rule Book Description

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

2. Unless otherwise specified, face may be in or out of the water.

#### Diagrams

#### Major Desired Actions

1. Gives the impression that the body is stretched horizontally to its 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.

