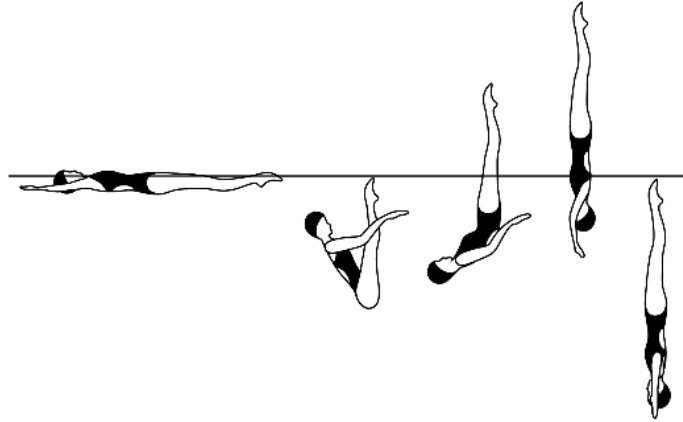






301. Barracuda

Difficulty 1.9

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 WEIGHT for 301 Barracuda - 1.9

				Total
NV =	10.0	31.0	15.0	56.0
PV =	1.79	5.54	2.68	

Height Chart for Dynamic Height – Thrust, Double Leg

Water Levels	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
Barracuda	Lower ribs or higher	Waist	Top of pelvis	Showing crotch	Upper thigh	Mid-thigh	Above knee cap

BP 1 Back Layout Position

Rule Book Description

Diagrams

Major Desired Actions

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

2. Head (ears specifically), hips and ankles in line.

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.

2. Judgement made by checking visual points of the horizontal alignment ear, shoulder joint, hip joint, and ankles. This imaginary line should also pass through the middle of the side of the trunk.



BP 11 Submerged Back Pike Position

Rule Book Description

1. Body bent at hips to form an acute angle at 45° or less.
2. Legs extended and together.
3. Trunk extended with the back straight and head in line.

Diagrams



Major Desired Actions

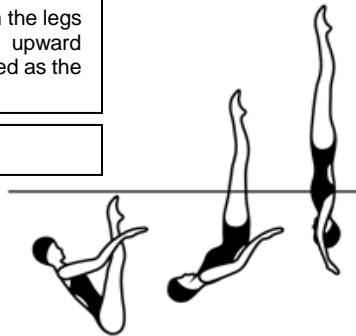
1. Legs as close to chest as possible, without sacrificing the straight line alignment of the extended spine and head.
2. Full extension of the legs, ankles and feet.
3. Back flat, with ear, shoulder joint, middle of side of torso, and hip joint aligned. Once position is established, the degree of the angle remains constant.

BM 9 Thrust

Rule Book Description

1. From a Submerged **Back Pike Position**, with the legs perpendicular to the surface, a vertical upward movement of the legs and hips is rapidly executed as the body unrolls to assume a **Vertical Position**.
2. Maximum height desirable.

Diagrams



Major Desired

1. 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 **Submerged Back Pike Position** before the *Thrust* the feet should be below the surface of the water.
2. Sharp increase in speed. Body unrolls under the legs to assume Vertical Position. Maximum height and **Vertical Position**, achieved simultaneously.

BP 6 Vertical Position

Rule Book Description

1. Body extended, perpendicular to the surface, legs together, head downward.
2. Heads (ears specifically), hips and ankles in line.

Diagrams



Major Desired Actions

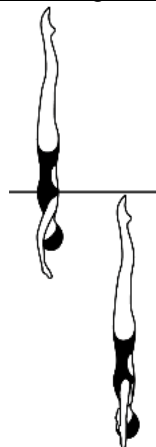
1. Full extension of the body.
2. Judgement made by checking visual points of the vertical alignment: ear, shoulder joint, hip joint, ankle.

BM 10 Vertical Descent

Rule Book Description

1. Maintaining a **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.

Diagrams



Major Desired Actions

1. Unless otherwise stated, tempo of descent is uniform and at the same speed as the rest of the figure.