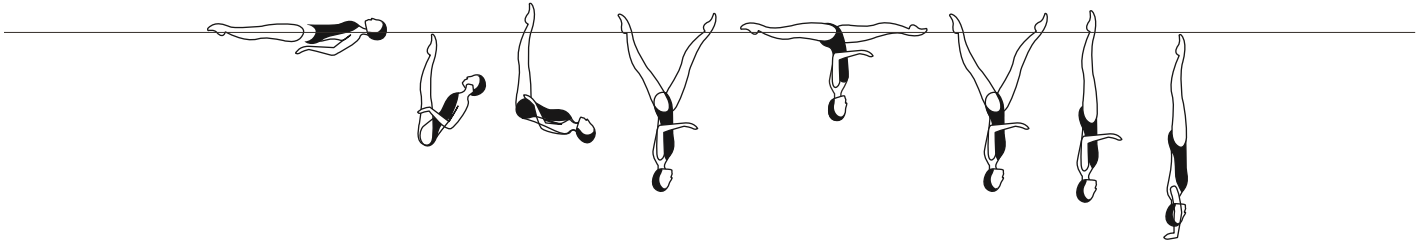




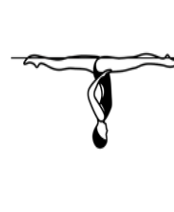
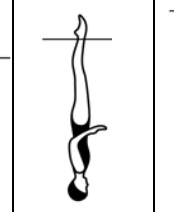
302. Blossom

Difficulty 1.4

From a **Back Layout Position**, the trunk is lowered as the hips are bent to assume a **Submerged Back Pike Position**. The feet separate along the surface as the hips rise and the body assumes 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 WEIGHT for 302 Blossom 1.4

					Total
NVT=	10.0	11.0	5.0	5.0	31
PV =	3.23	3.55	1.61	1.61	

BP 1 Back Layout Position

Rule Book Description

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

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

Diagrams



Major Desired Actions

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.

Back Layout Position to Submerged Back Pike Position

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.


Diagrams




Major Desired Actions

1. Smoothly and simultaneously raising the legs and submerging the body, maintaining back straight and head in line. In the submerged **Back Pike Position**, the hips are directly beneath the position they occupied in **Back Layout Position**. Once established, the **Back Pike Position** degree of angle should not change prior to initiation of the unrolling action.


BP 11 Submerged Back Pike Position

Rule Book Description	Diagrams	Major Desired Actions
1. Body bent at hips to form an acute angle of 45° or less.		1. Legs as close to chest as possible, without sacrificing the straight line alignment of the extended spine and head.
2. Legs extended and together.		2. Full extension of the legs, ankles and feet.
3. Trunk extended with the back straight and head in line.		3. Back flat, with ear, shoulder joint, middle of side of torso, and hip joint aligned.

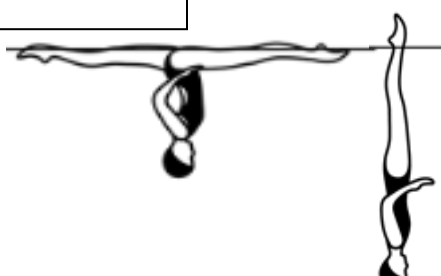
Submerged Back Pike Position to Split Position

















Rule Book Description	Diagrams	Major Desired Actions
1. The feet separate along the surface as the a vertical upward movement of the trunk is executed as the body unrolls to assume a Split Position .		1. Smoothly and simultaneously raising the trunk as the legs reach BP 16 Split Position .

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.		a) 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.			
a) Legs are "dry" at the surface.			

Split to Vertical at Submerged Vertical Transition

Rule Book Description	Diagrams	Major Desired Actions
1. The legs are joined to assume a Vertical Position at the ankles		1. Both legs achieve BP 6 Vertical Position simultaneously. Height of both legs to be at ankle level during closing to a Vertical Position .

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

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. See BP 6 **Vertical Position**. Unless otherwise stated, tempo of descent is uniform and at the same speed as the rest of the figure.