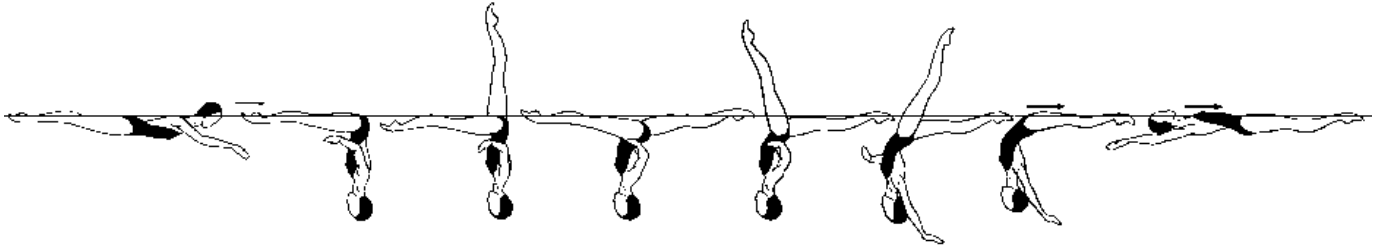


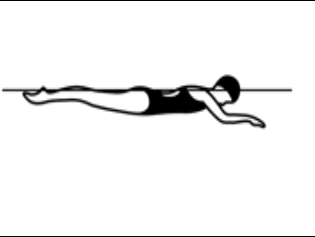

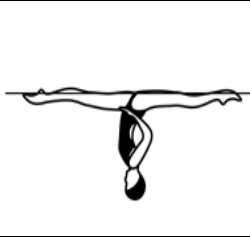
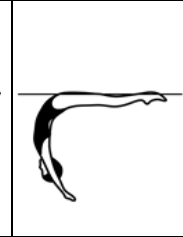
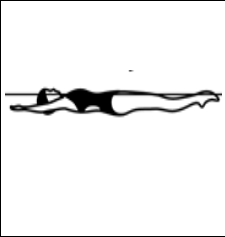
### 360. Walkover, Front

Difficulty 1.9

From a **Front Layout Position**, as the trunk moves downward to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action. With the head and shoulders remaining vertically aligned with the hips, one leg is lifted in a 180° arc over the surface to a **Split Position**. The hips remain stationary as the front leg is lifted in a 180° arc over the surface to meet the opposite leg in a **Surface Arch Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, assuming a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.



FINA WEIGHT for 360 Walkover Front 2.1

					Total
NVT=	12.0	21.0	24.0	11.0	68
PV =	1.76	3.09	3.53	1.62	

#### BP 2 Front Layout Position

Rule Book Description

Diagrams

Major Desired Actions

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



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.

#### BM 3 To Assume a Front Pike Position

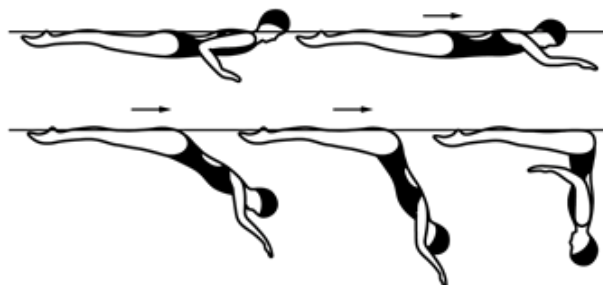
Rule Book Description

Diagrams

Major Desired Actions

1. From a **Front Layout Position** with face in the water as the trunk moves downward to assume a **Front Pike Position**, the buttocks legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action.

2. Unless otherwise specified, *To Assume a Front Pike Position* starts from a **Front Layout Position**.



1. Smooth, even movement downward of trunk. Trunk remains straight throughout the movement. Hips and head lock into position simultaneously.

## BP 10 Surface Front Pike 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.

## Surface Front Pike Position to Split Position

### Rule Book Description

1. One leg is lifted in a 180° arc over the surface to Split Position.

### Diagrams



### Major Desired Actions

1. Constant height and continuous uniform motion to achieve the **Split Position**. Trunk maintains its vertical alignment, with hips and shoulders 'square'. Foot of stationary leg remains at surface.

## BP 16 Split Position

### Rule Book Description

1. Legs evenly split forward and back.
2. The legs are parallel to the surface.
3. Lower back arched, with hips, shoulders and head on a vertical line.
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.

### Diagrams



### Major Desired Actions

1. Full extension of the legs at or above 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.
- 4a) Full extension of the legs at the surface. Feet and thighs at the surface. Hips as close to the surface as possible.

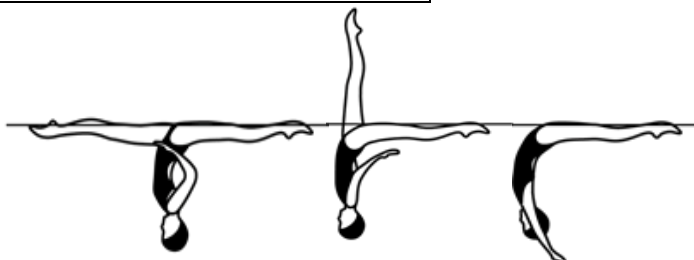


## BM 6a Walkout Front

### Rule Book Description





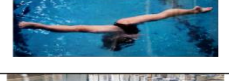
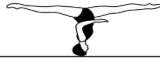


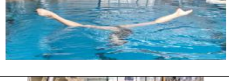







1. These movements start in a Split Position unless otherwise specified in the figure description. The hips remain stationary as one leg is lifted in an arc over the surface to meet the opposite leg.
2. The front leg is lifted in a 180° arc over the surface to meet the opposite leg in a **Surface Arch Position** and with continuous movement, an *Arch to Back Layout Finish Action* is executed.

### Diagrams



### Major Desired Actions

- 2.1 Hip height remains constant and as close to the surface as possible.
- 2.2 Arcing leg moves continuously at an even tempo.
- 2.3 Both legs maintain full extension.
- 2.4 Trunk maintains same position until the feet join.
- 2.5 An accurate **Surface Arch Position** should be evident before the body begins to rise and straighten.
- 2.6 Foot first surfacing motion begins when the feet are joined.

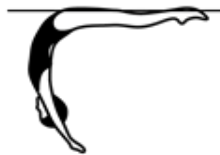
Score range		Angle of Split (degree)		Water level	
Excellent/ Near Perfect	9.5	180 (flat)			Crotch & legs dry
Very Good	8.5	170 - 180			Legs dry
Good	7.5	160 - 170			Legs almost dry
Competent	6.5	150 - 160			lower legs dry Crotch underwater
Satisfactory	5.5	130 - 140			lower legs dry Crotch underwater
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 13 Surface Arch Position

#### Rule Book Description

1. Lower back arched, with hips, shoulders and head on a vertical line.
2. Legs together and at the surface.

#### Diagrams



#### Major Desired Actions

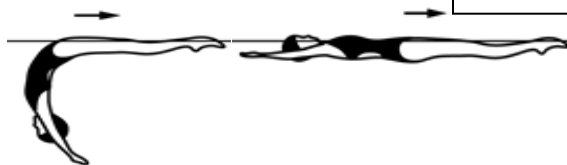
1. Hip joints on a horizontal line; shoulder joints on a horizontal line, with both of these alignments 'square' and parallel to each other. Head (ears specifically) in line with shoulders.
2. Hips as close to the surface as possible.

### BM 5 Arch to Back Layout Finish Action

#### Rule Book Description

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.

#### Diagrams



#### Major Desired Actions

1. See BP 13 Surface Arch Position. Sharp arch in lower back. The body straightens, rises and moves along the surface simultaneously, with a stationary BP 1 Back Layout Position achieved as the face surfaces. Full body extension maintained throughout.

### 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 its 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 ankle. This imaginary line should also pass through the middle of the side of the trunk.