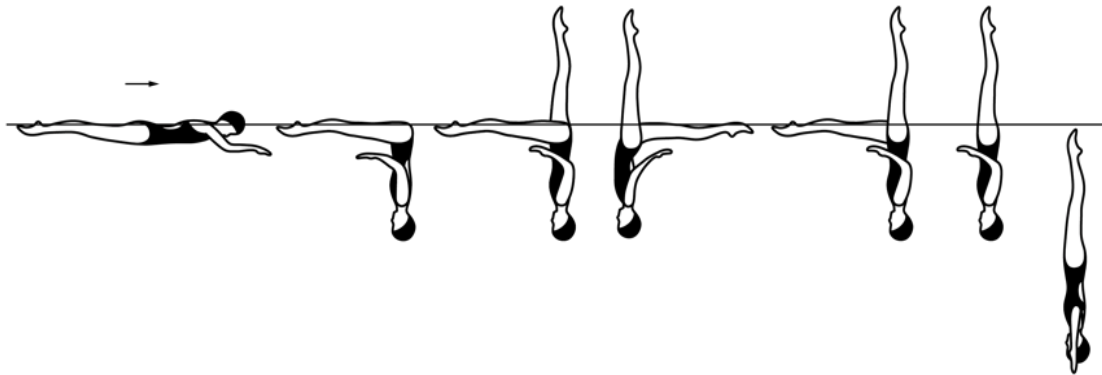


351. Jupiter

Difficulty 2.8

From a **Front Layout Position** a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. Maintaining the angle between the legs, the horizontal leg moves to vertical as the vertical leg simultaneously continues its arc to the surface to assume a **Knight Position**. Maintaining the vertical alignment of the body, the horizontal leg is moved in a 180° arc at the surface of the water to a **Fishtail Position**. The horizontal leg is lifted to the **Vertical Position**. A *Vertical Descent* is executed.



FINA WEIGHT for 351 Jupiter 2.8

							Total
NVT=	6.0	14.5	31.0	18.0	20.5	14.0	104.0
PV=	0.58	1.39	2.98	1.73	1.97	1.35	

Height Chart for Fishtail & Double Leg Vertical

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
Fishtail	Back of horizontal leg dry	Crotch level	Upper thigh	Mid-thigh	Low thigh (well above knee cap)	Knee cap	Below knee cap
Double Leg Vertical	Upper thigh	Upper mid-thigh	Low to mid-thigh	Above knee cap	Knee cap	Below knee cap	Well below knee cap (mid-shin)

BP 2 Front 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. Judgment 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
<p>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.</p>		<p>1. Smooth, even movement downward of trunk. Trunk remains straight throughout the movement. Hips and head lock into position simultaneously.</p>
<p>2. Unless otherwise specified, <i>To Assume a Front Pike Position</i> starts from a Front Layout Position.</p>		

BP 10 Surface Front Pike Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. Body bent at hips to form a 90° angle.</p>		<p>1. Exactness of 90° angle.</p>
<p>2. Legs extended and together.</p>		<p>2. Full extension of legs, with ankle aligned with hip joints.</p>
<p>3. Trunk extended with the back straight and head in line.</p>		<p>3. Back flat, with vertical alignment of ear, shoulder joint, middle of side of trunk, and hip joint.</p>

Surface Front Pike Position to Fishtail Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. One leg is lifted to a Fishtail Position.</p>		<p>1. See BP 8 Fishtail Position. Height and vertical alignment of trunk maintained. Stability and control evident. Height constant with hips as pivot point.</p>

BP 8 Fishtail Position

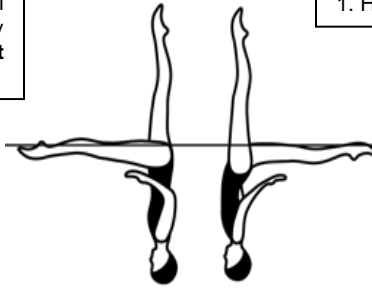
Rule Book Description	Diagrams	Major Desired Actions
<p>1. Body extended in Vertical Position, with one leg extended forward. The foot of the forward leg is at the surface, regardless of the height of the hips.</p>		<p>1. Judgement made by checking visual points of the vertical alignment: ear, shoulder joint, hip joint, ankle.</p>
		<p>2. The foot of the forward leg must be at the surface. Hips joints must be on a horizontal line.</p>

Fishtail Position to Knight Position

Rule Book Description

1. Maintaining the angle between the legs, the horizontal leg moves to vertical as the vertical leg simultaneously continues its arc to the surface to assume a **Knight Position**.

Diagrams



Major Desired Actions

1. Height and vertical alignment of trunk maintained.

BP 17 Knight Position

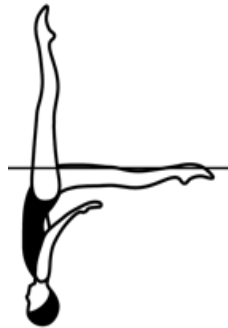
Rule Book Description

1. Lower back arched, with hips, shoulders and head on vertical line.

2. One leg vertical.

3. Other leg extended backward, with the foot at the surface, and as close to horizontal as possible.

Diagrams



Major Desired Actions

1. Arch is in the lower part of the spine only.

2. Vertical alignment through ear, shoulder joint, hip joint, and ankle.

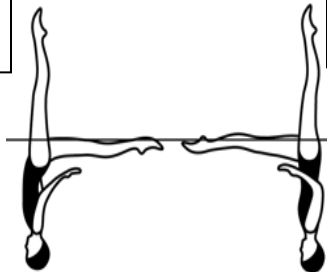
3. Hip joints on horizontal line; shoulder joints on horizontal line, with both of these alignments 'square' and parallel to each other. The top of the extended leg faces upward.

Knight Position to Fishtail Position

Rule Book Description

1. Maintaining the vertical alignment of the body, the horizontal leg is moved in a 180° arc at the surface of the water to a **Fishtail Position**.

Diagrams



Major Desired Actions

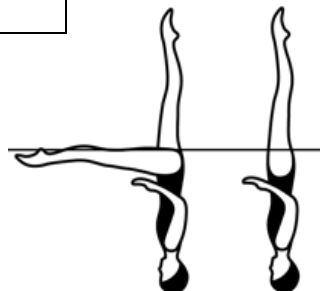
1. Vertical leg remains stationary with a constant water line. Foot of the horizontal leg to be at the surface, not above.

Fishtail Position to Vertical Position Transition

Rule Book Description

1. The horizontal leg is lifted to a **Vertical Position**.


Diagrams



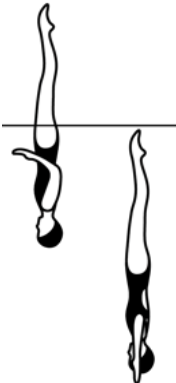
Major Desired Actions

1. Height constant as legs join, with the trunk and vertical leg maintaining their vertical alignment. Stability in **Vertical Position** evident prior to descent.

BP 6 Vertical Position

Rule Book Description	Diagrams	Major Desired Actions
1. Body extended, perpendicular to the surface, legs together, head downward.		1. Full extension of the body.
1. Head (ears specifically), hips and ankles in line.		2. Judgement made by checking visual points of the vertical alignment: ear, shoulder joint, hip joint, ankle.

BM 10 Vertical Descent

Rule Book Description	Diagrams	Major Desired Actions
1. Maintaining a Vertical Position , the body descends along its longitudinal axis until toes are submerged.		1. Unless otherwise stated, tempo of descent is uniform and at the same speed as the rest of the figure.

Basic Deductions for Jupiter

Figure/Transition	Small Deviation 0.1 – 0.5	Medium Deviation 0.6 – 1.5	Large Deviation 1.6 – 3.0
<i>Front Layout Position to Front Pike Position</i>	*Travel is as per the proposed FINA rule re deductions for travel		
	Torso and head up to 15 degrees short or beyond perpendicular	Torso and head 16-30 degrees short or beyond perpendicular	Torso and head 31 degrees or more short or beyond perpendicular
<i>Front Pike Position to Fishtail Position</i>	Body up to 15 degrees from perpendicular	Body between 16-30 degrees from perpendicular	Body over 31 degrees from perpendicular
<i>Fishtail Position to Knight Position</i>	Angle between legs closing or opening from 90 degrees less than 15 degrees	Angle between legs closing or opening from 90 degrees between 16 and 30 degrees	Angle between legs closing or opening from 90 degrees more than 30 degrees
<i>Knight Position to Fishtail Position</i>	Vertical leg up to 15 degrees from perpendicular	Vertical leg between 16 and 30 degrees from perpendicular	Vertical leg more than 30 degrees from perpendicular
<i>Fishtail Position to Vertical Position</i>	Vertical leg or body up to 15 degrees from perpendicular	Vertical leg or body 16-30 degrees from perpendicular	Vertical leg or body 31 degrees or more from perpendicular
<i>Vertical to submerged Vertical</i>	Legs/body up to 15 degrees from perpendicular	Legs/body 16-30 degrees from perpendicular	Legs/body 31 degrees or more from perpendicular