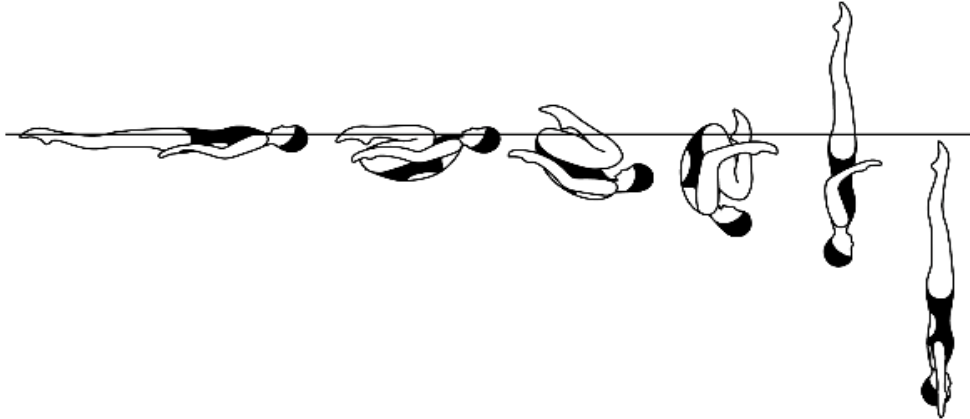






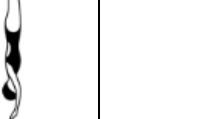
311. Kip

Difficulty 1.6

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A *Vertical Descent* is executed.



FINA WEIGHT for 311 Kip 1.6

					Total
NVT=	3.0	2.0	23.0	14.0	42
PV =	0.71	0.48	5.48	3.33	

Height Chart for Double Leg Vertical

Kip	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
Water Levels	Upper thigh	Upper mid-thigh	Low to mid-thigh	Above knee cap	Knee cap	Below knee cap	Well below knee cap (mid-shin)

BP 1 Back Layout Position

Rule Book Description

Diagrams

Major Desired Actions

1. Body extended with face, 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.

Back Layout to Inverted Tuck Position

Rule Book Description

1. From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface.

Diagrams



Major Desired Actions

1. Same as Figure 310 Somersault Back Tuck, steps 1&2. Continuous motion from initiation of knee draw to achievement of inverted BP 9 **Tuck Position**.

2. Continuous motion from initiation of knee draw to achievement of inverted BP 9 **Tuck Position**.

BP 9 Tuck Position

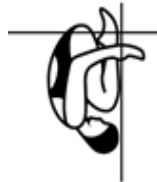
Rule Book Description

1. Body as compact as possible, with the back rounded, and legs together.

2. Heels close to buttocks.

3. Head close to knees.

Diagrams



Major Desired Actions

1. Legs folded tightly to the front of the body.

2. Compact tuck. Heels as close to buttocks as possible.

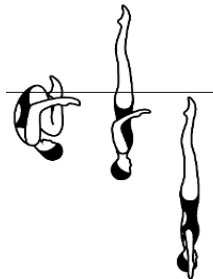
3. Chin tucked in, ears in natural alignment with the curvature of the spine.

Inverted Tuck Position to Vertical Position

Rule Book Description

1. The trunk unrolls as the legs are straightened to assume a Vertical Position midway between the former vertical line through the hips and the former vertical line through the head and the shins.

Diagrams



Major Desired Actions

1. **Vertical Position** and maximum height achieved simultaneously. Stability and control evident prior to initiation of descent.

BP 6 Vertical Position

Rule Book Description

1. Body extended, perpendicular to the surface, legs together, head downward.

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

Diagrams



Major Desired Actions

1. Full extension of the body.

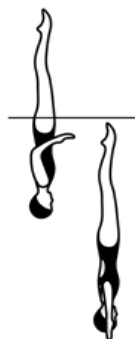
2. Judgement made by checking visual points of the vertical alignment: ear, shoulder joint, hip joint, ankle.

BM 10 Vertical Descent

Rule Book Description

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