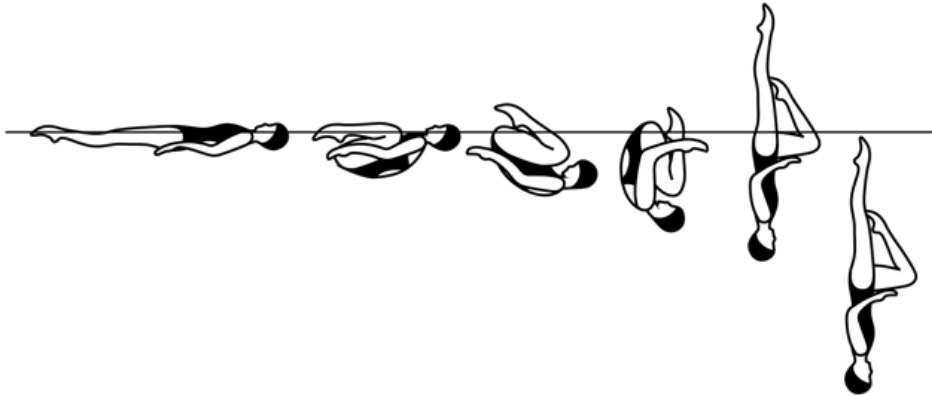






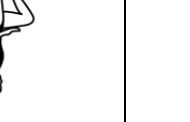
### 316. Kipnus

Difficulty 1.4

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 assume a **Bent Knee 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 in a **Bent Knee Vertical Position**.



FINA WEIGHT for 316 Kipnus 1.4

					Total
NVT=	3.0	2.0	15.0	11.0	31
PV =	0.97	0.65	4.84	3.55	

Height Chart for Single 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
Kipnus	Showing hips	Crotch level	Upper thigh	Mid-thigh	Low thigh (well above knee cap)	Knee cap	Below knee cap

#### 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.

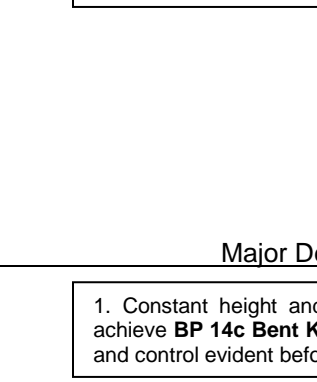
## Back Layout to Inverted Tuck Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. From a <b>Back Layout Position</b>, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface.</p>		<p>1. Same as Figure 310 Somersault Back Tuck, steps 1&amp;2. Continuous motion from initiation of knee draw to achievement of inverted BP 9 <b>Tuck Position</b>.</p>

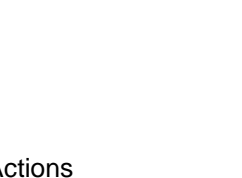
## BP 9 Tuck Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. Body as compact as possible, with the back rounded, and legs together.</p>		<p>1. Legs folded tightly to the front of the body.</p>
<p>2. Heels close to buttocks.</p>		<p>2. Compact tuck. Heels as close to buttocks as possible.</p>
<p>3. Head close to knees.</p>		<p>3. Chin tucked in, ears in natural alignment with the curvature of the spine.</p>

## Inverted Tuck Position to Single Leg Vertical Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. The trunk unrolls as one leg is straightened to assume a <b>Bent Knee Vertical Position</b> midway between the former vertical line through the hips and the former vertical line through the head and the shins.</p>		<p>1. Constant height and continuous uniform motion to achieve <b>BP 14c Bent Knee Vertical Position</b>. Stability and control evident before descent.</p>

## BP 14c Bent Knee Vertical Position

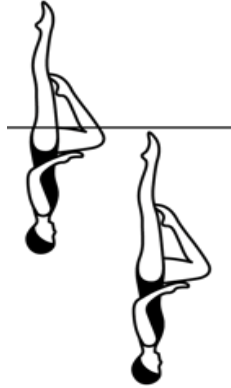
Rule Book Description	Diagrams	Major Desired Actions
<p>1. Body extended, in Vertical Position, with the toe of the bent leg at the knee of thigh.</p>		<p>1. Full extension of the body.</p>
<p>2. Head (ears specifically), hips and one ankle in line.</p>		<p>2. Judgement made by checking visual points of the vertical alignment; ear, shoulder joint, hip joint, ankle.</p>
		<p>3. The relationship of the toe of the bent leg to extended leg may vary depending on the figure, but should remain constant once established, and not extend behind the leg.</p>

## 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.