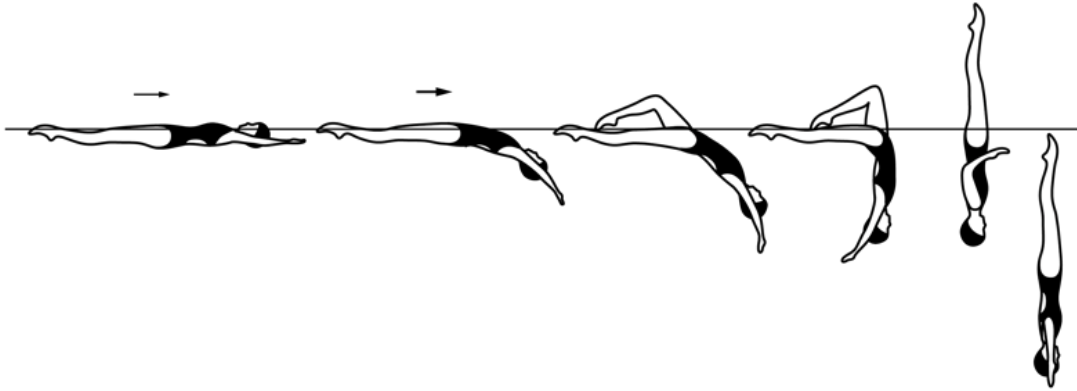


437. Oceanea

Difficulty 2.1

A Nova is executed to a **Bent Knee Surface Arch Position**. The horizontal leg is lifted to the vertical as the bent knee is extended to assume a **Vertical Position**. A *Continuous Spin of 720°* (2 rotations) is executed.



FINA WEIGHT for 437 Oceanea 2.1

				Total
NVT=	17.5	21.0	31.0	69.5
PV =	2.52	3.02	4.46	

Height Chart for Double Leg Vertical

Oceanea	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
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 1 Back Layout Position

Rule Book Description

Diagrams

Major Desired Actions

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

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



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.

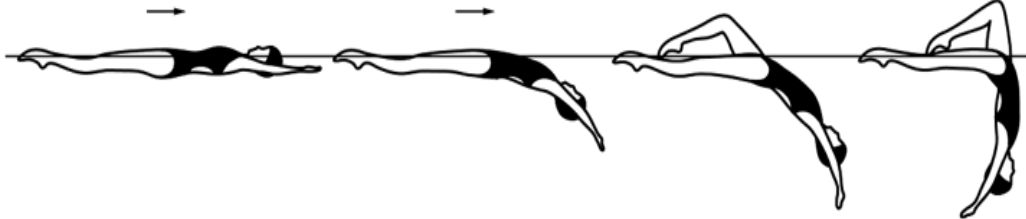
2. Judgement made by checking visual points of the horizontal alignment: ear, shoulder joint, hip joint and ankle. This imaginary line should also pass through the middle of the side of the trunk.

Back Layout Position to Bent Knee Surface Arch Transition

Rule Book Description

1. With the head leading, a *Dolphin* is initiated.
2. The hips, legs and feet continue to move along the surface as the back is arched more as one knee is bent to assume a **Bent Knee Surface Arch Position**.

Diagrams



Major Desired Actions

1. BM 14 *Dolphin* continues until the hips are about to submerge.
2. Continuous movement from initiation of step 1 until achievement of the **Bent Knee Surface Arch Position**. Hip height constant. Both hip joints on a horizontal line.

BP 14d Bent Knee Surface Arch Position

Rule Book Description

1. Lower back arched, with hips, shoulders and head on a vertical line.
2. The thigh of the bent leg is perpendicular to the surface.

Diagrams



Major Desired Actions

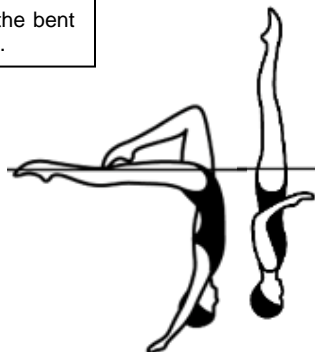
1. Hip joints on a horizontal line; shoulder joints on a horizontal line, with both of these alignments 'square' and parallel to each other. Head (ears specifically) in line with shoulders.
2. Hips as close to the surface as possible.
3. An air pocket beneath the bent knee is also desirable.

Bent Knee Surface Arch Position to Vertical Position

Rule Book Description

1. The horizontal leg is lifted to the vertical as the bent knee is extended to assume a **Vertical Position**.


Diagrams



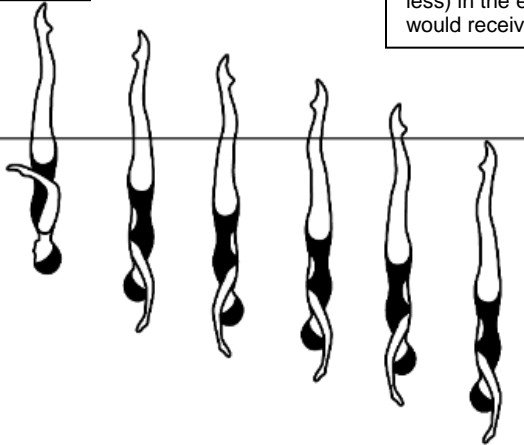
Major Desired Actions

1. Horizontal alignment of hips and shoulders 'square' and maintained during lift. Bent leg arrives at vertical simultaneously with completion of feet join. The bent leg is extended upward at the same rate of space and time as that of the lift spaces of the vertical leg.

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 13f Continuous Spin 720°

Rule Book Description	Diagrams	Major Desired Actions
1. The body remains on its longitudinal axis throughout the rotation. Executed in a uniform motion.		1. Height and locked position attained before the <i>Spin</i> begins.
2. A <i>Descending Spin</i> must start at the height of the vertical and be completed as the ankles reach the surface.		2. The longitudinal axis runs through the center of the body and is perpendicular to the surface of the water.
f. <i>Continuous Spin 720°</i> : a <i>descending spin</i> with a rapid rotation of 720°(2) which is completed as the ankles reach the surface and continues through submergence.		3. A <i>Continuous Spin</i> must achieve and maintain a fast rotation throughout.
		Note: In a <i>Continuous Spin</i> , and 180° deviation (more or less) in the exact required number of rotations by ankles would receive a 0.

Basic Deductions for Oceanea

Figure/Transition	Small Deviation 0.1 – 0.5	Medium Deviation 0.6 – 1.5	Large Deviation 1.6 – 3.0
<i>Back Layout Position to Bent Knee Surface Arch Position</i>	*Travel is as per the proposed FINA rule re deductions for travel		
<i>Bent Knee Surface Arch position to Vertical Position</i>	Before lift, Bent Knee up to 15 degrees from perpendicular	Before lift, Bent Knee between 16 and 30 degrees from perpendicular	Before lift, Bent Knee more than 30 degrees from perpendicular
<i>Continuous Spin 720°</i>	Legs/Body up to 15 degrees from perpendicular	Legs/Body 16 to 30 degrees from perpendicular	Legs/Body 31 degrees or more from perpendicular