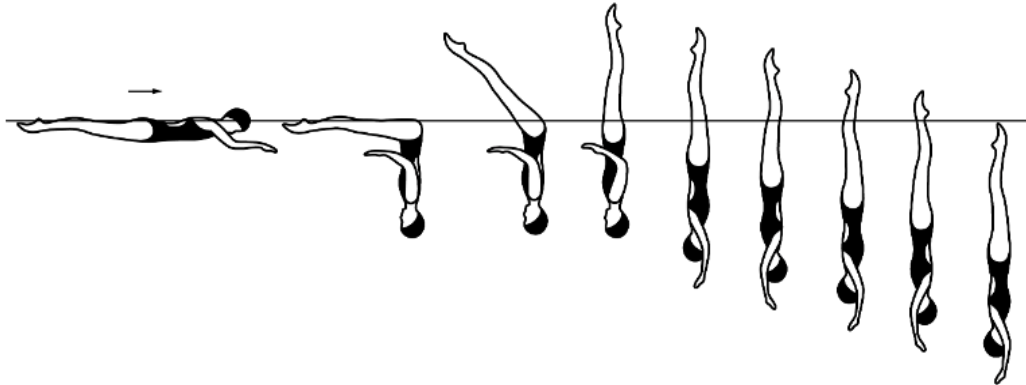


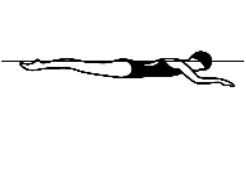

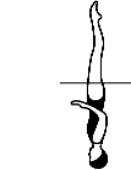

### 355f. Porpoise Continuous Spin 720°

Difficulty 2.1

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. Without movement of the trunk, the legs are raised to a **Vertical Position**. A *Continuous Spin 720°* is executed.



FINA WEIGHT for 355f Porpoise Cont Spin 720° 2.1

				<b>Total</b>
NVT=	6.0	33.0	31.0	<b>70.0</b>
PV =	0.86	4.71	4.43	

Height Chart for 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
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

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
<p>1. From a <b>Front Layout Position</b> with face in the water as the trunk moves downward to assume a <b>Front Pike Position</b>, 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 <b>Front Layout Position</b>.</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>

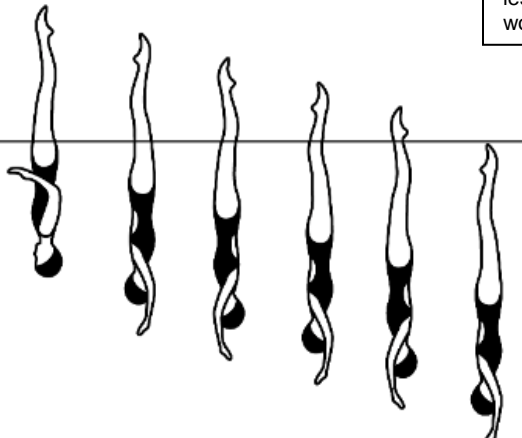
### Surface Front Pike Position to Double Leg Vertical Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. The legs are lifted to a <b>Vertical Position</b>.</p>		<p>1. Trunk remains on vertical line as legs are lifted. Maximum height and <b>Vertical Position</b> achieved simultaneously. Vertical held only long enough to demonstrate stability and control.</p>

## 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 Porpoise Continuous Spin 720°

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 to 30 degrees short or beyond perpendicular	Torso and head 31 degrees or more short or beyond perpendicular
<i>Front Pike Position to Vertical Position</i>	Body up to 15 degrees from perpendicular	Body between 16 to 30 degrees from perpendicular	Body 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