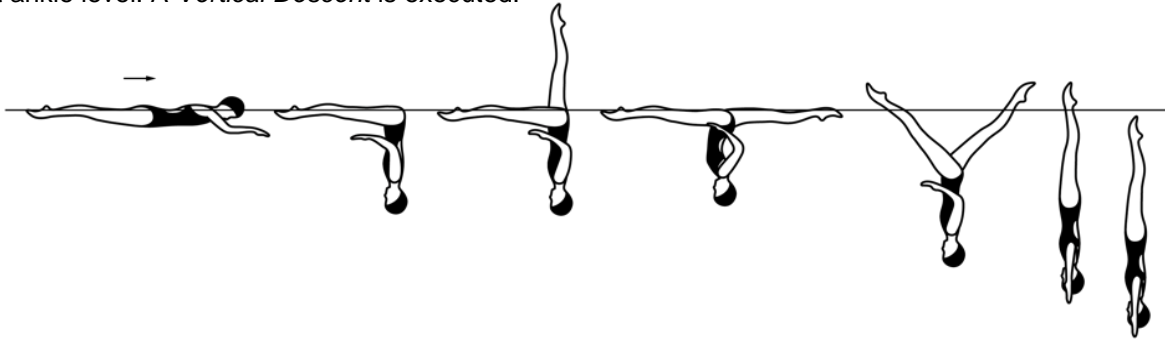


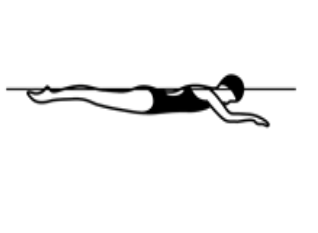
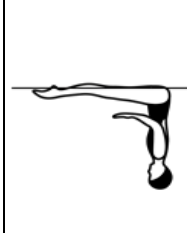

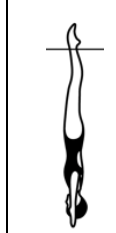
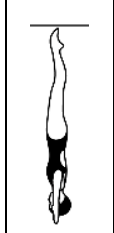
361. Prawn

Difficulty 1.5

From a **Front Layout Position**, a Walkover Front is executed to the **Split Position**. The legs join to assume a **Vertical Position** at ankle level. A *Vertical Descent* is executed.



FINA WEIGHT for 361 Prawn 1.5

					Total
NVT=	6.0	20.0	5.0	5.0	36
PV =	1.67	5.56	1.39	1.39	

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

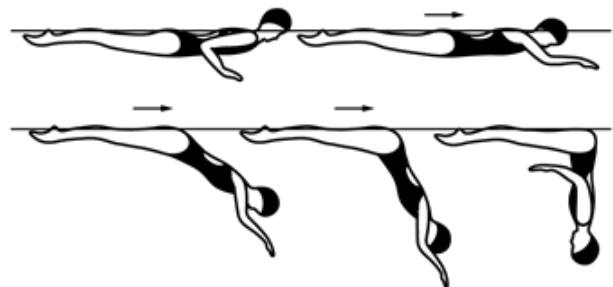
BM 3 To Assume a Front Pike Position

Rule Book Description

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.

2. Unless otherwise specified, *To Assume a Front Pike Position* starts from a **Front Layout Position**.


Diagrams



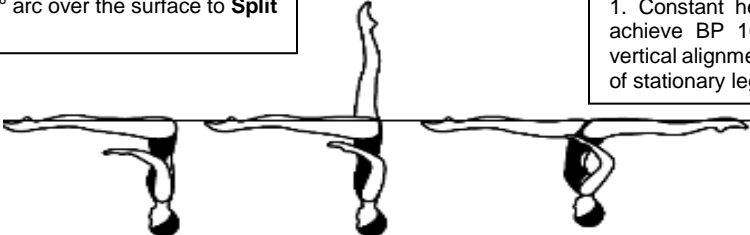
Major Desired Actions

1. Smooth, even movement downward of trunk. Trunk remains straight throughout the movement. Hips and head lock into position simultaneously.


BP 10 Surface Front Pike Position

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

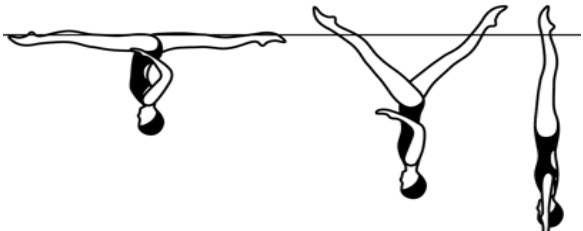
Surface Front Pike Position to Split Position

















Rule Book Description	Diagrams	Major Desired Actions
1. One leg is lifted in a 180° arc over the surface to Split Position .		1. Constant height and continuous uniform motion to achieve BP 16 Split Position . Trunk maintains its vertical alignment, with hips and shoulders 'square'. Foot of stationary leg remains at surface.

BP 16 Split Position

Rule Book Description	Diagrams	Major Desired Actions
1. Legs evenly split forward and back.		1. Full extension of the legs at or above the surface.
2. The legs are parallel to the surface.		4. Flat split. Hip joints on a horizontal line; shoulder joints on a horizontal line, with both of these alignments 'square' and parallel to each other.
3. Lower back arched, with hips, shoulders and head on a vertical line.		a) Full extension of the legs at the surface. Feet and thighs at the surface. Hips as close to the surface as possible.
4. 180° angle between the extended legs (flat split), with inside of each leg aligned on opposite sides of a horizontal line, regardless of the height of the hips.		
a) Legs are "dry" at the surface.		

Split to Submerged Vertical Transition

Rule Book Description	Diagrams	Major Desired Actions
1. The legs are joined to assume a Vertical Position at the ankles.		1. Both legs achieve BP 6 Vertical Position simultaneously. Height of both legs to be at ankle level during closing to a Vertical Position . The hips always have to sink.

Score range		Angle of Split (degree)			Water level
Excellent/ Near Perfect	9.5	180 (flat)			Crotch & legs dry
Very Good	8.5	170 - 180			Legs dry
Good	7.5	160 - 170			Legs almost dry
Competent	6.5	150 - 160			lower legs dry Crotch underwater
Satisfactory	5.5	130 - 140			lower legs dry Crotch underwater
Deficient	4.5	110 - 120			feet above the surface, legs under water
Weak	3.5	up to 100			feet come out vertically
Hardly recognisable	0.1 – 2.9	scissors			feet come out vertically

BP 6 Vertical Position

Rule Book Description

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

2. Heads (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 the toes are submerged.

Diagrams



Major Desired Actions

1. See BP 6 **Vertical Position**. Unless otherwise stated, tempo of descent is uniform and at the same speed as the rest of the figure.

