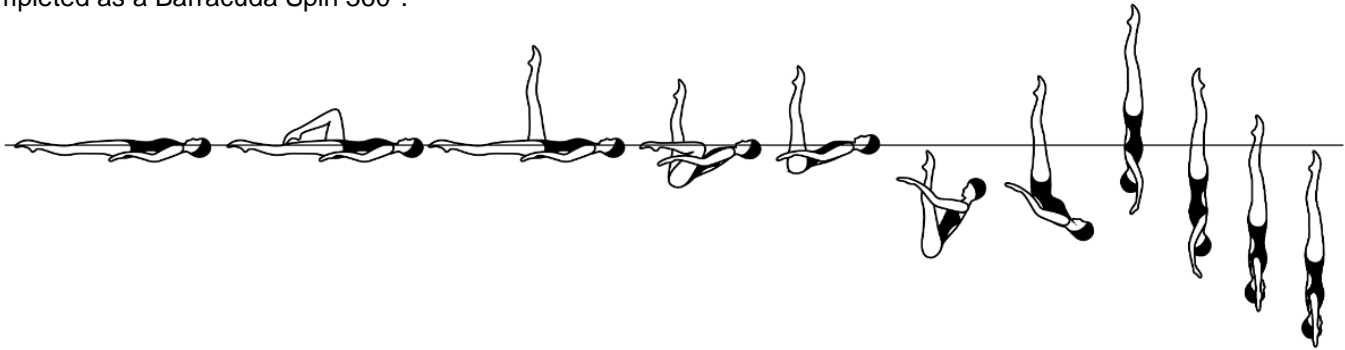


# 143. Rio

Difficulty 3.1

A **Flamingo** is executed to a **Surface Flamingo Position**. The horizontal leg is extended to a **Surface Ballet Leg Double Position**. The body submerges vertically to a **Back Pike Position** with the toes just under the surface. The figure is completed as a Barracuda Spin 360°.



FINA WEIGHT for 143 Rio 3.1

										Total
NVT=	10.5	11.0	13.0	13.0	15.0	31.0	30.0			123.5
PV =	0.85	0.89	1.05	1.05	1.21	2.51	2.43			

Height Chart for Rio

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
Ballet Leg	At Top of Thigh	Upper thigh	Mid-thigh	Low thigh (Well above knee cap)	Above knee cap	Knee cap	Below Knee Cap
Ballet Leg Double	Mid Thigh	Low Thigh	Above Knee Cap	Knee Cap	Below Knee Cap	Well Below Knee Cap (Mid shin)	Low to mid shin
Thrust, Double Leg	Lower Ribs or Higher	Waist	Top of Pelvis	Showing Crotch	Upper Thigh	Mid Thigh	Above knee cap

## BP 1 Back Layout Position

### Rule Book Description

1. Body extended with face, chest, thighs and feet at the surface.
2. Head (ears specifically), hips and ankles in line.


### Diagrams



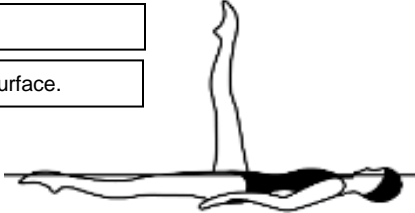
### Major Desired Actions

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.

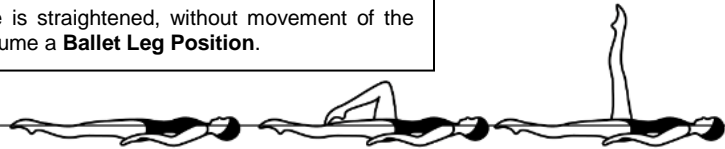
## BP 14b Bent Knee Back Layout Position

Rule Book Description	Diagrams	Major Desired Actions
1. Body extended with face, chest, thighs and feet at the surface.		1. Ear, shoulder joint, hip joint and ankle of extended leg as close as possible to horizontal alignment.
2. One leg bent, with the toe of the bent leg in contact with the inside of the extended leg. b). The thigh of the bent leg is perpendicular to the surface.		2. 90° angle between the thigh and surface, and as close as possible to 90° between the thigh and trunk. At maximum height, a large air pocket will be evident between the back of the thigh and calf of the bent knee, and the surface of the water.

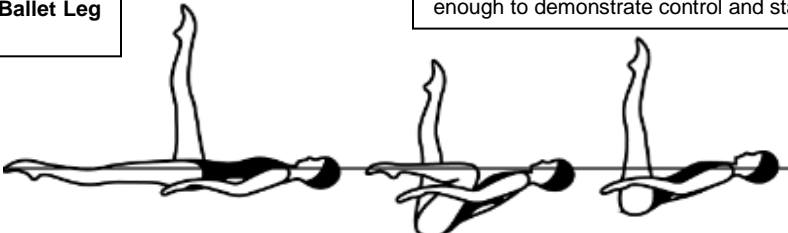
## BP 3a Ballet Leg Position

Rule Book Description	Diagrams	Major Desired Actions
1. Body in <b>Back Layout Position</b> .		1. Ear, shoulder joint, hip joint and ankle of extended leg as close as possible to horizontal alignment.
2. One leg extended perpendicular to the surface.		2. 90° angle between extended leg and surface. Angle of ballet leg to trunk as close to 90° as possible. Ear, shoulder joint, hip joint and ankle of horizontal leg as close as possible to horizontal alignment.


## BM 1 To Assume a Ballet Leg

Rule Book Description	Diagrams	Major Desired Actions
1. Begin in a <b>Back Layout Position</b> . One leg remains at the surface throughout.		1. See BP 1 <b>Back Layout Position</b> .
2. The foot of the other leg is drawn along the inside of the extended leg to assume a <b>Bent Knee Back Layout Position</b> .		2. The toe of the bending leg maintains in contact with the inside of the extended leg. Minimal drop in hips. Position held just long enough to demonstrate control and accuracy.
3. The knee is straightened, without movement of the thigh, to assume a <b>Ballet Leg Position</b> .		3. Water line remains constant. Timing of lift same as that of draw to the <b>Bent Knee Position</b> .


## Ballet Leg Position to Double Ballet Leg Position

Rule Book Description	Diagrams	Major Desired Actions
1. The shin of the horizontal leg is drawn along the surface to assume a <b>Surface Flamingo Position</b> .		1. Height of the ballet leg remains constant.
2. The bent leg is straightened to a <b>Surface Ballet Leg Double Position</b> .		2. No change in height on lift. Position held only long enough to demonstrate control and stability.

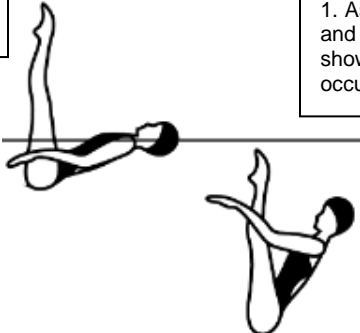
## BP 4a Surface Flamingo Position

Rule Book Description	Diagrams	Major Desired Actions
1. One leg extended perpendicular to the surface.		1. 90° angle between the extended leg and surface.
2. The other leg drawn to the chest with the mid-calf opposite the vertical leg, foot and knee at and parallel to the surface.		2. The top of the bent leg, from knee to toes, should be "dry", with the vertical leg extended perpendicular to it, midway between knee and ankle.
3. Face at the surface.		3. Chest close to the surface with the shoulders back. Ear, shoulder and hip-joint aligned with the spine straight and extended.

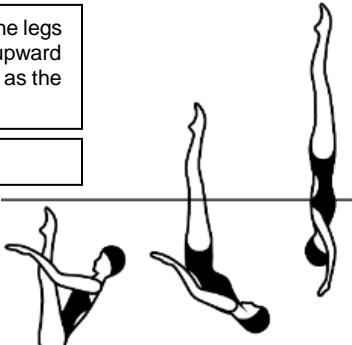
## BP 5a Surface Double Ballet Leg Position

Rule Book Description	Diagrams	Major Desired Actions
1. Legs together and extended perpendicular to the surface.		1. Full extension of the legs at a 90° angle to the surface.
2. Head in line with the trunk.		2. Chest close to the surface with the shoulders back. Ear, hip and shoulder joint aligned, with the spine straight and extended.
3. Face at the surface.		3. Position held only long enough to demonstrate control and stability.


## Double Ballet Leg Position to Submerged Back Pike Position

Rule Book Description	Diagrams	Major Desired Actions
1. The body submerges vertically to a <b>Back Pike Position</b> with the toes just under the surface.		1. As the body submerges maintaining the back straight and head in line, a submerged <b>Back Pike Position</b> is shown. The hips are directly beneath the position they occupied in the <b>Surface Ballet Leg Double Position</b> .

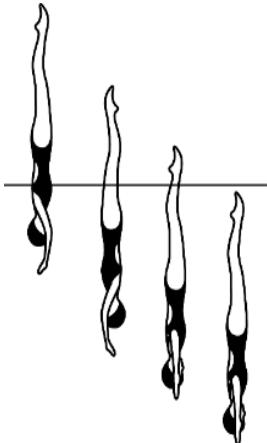
## Submerged Back Pike Position to Vertical Position (BM 9 Thrust)

Rule Book Description	Diagrams	Major Desired Actions
1. From a <b>Submerged Back Pike Position</b> , with the legs perpendicular to the surface, a vertical upward movement of the legs and hips is rapidly executed as the body unrolls to assume a <b>Vertical Position</b> .		1. The toes just below the surface are desired. Once established, the degree of the angle should not change prior to the initiation of the unrolling action.
2. Maximum height desirable.		2. The body unrolls <u>under the legs</u> to assume a <b>Vertical Position</b> along the same perpendicular line established by the legs in the <b>Back Pike Position</b> .
		3. Obvious increase in speed of action must be evident.

## 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.
2. 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 13e Spin 360°

Rule Book Description	Diagrams	Major Desired Actions
1. A <i>Spin</i> is a rotation in a Vertical Position.		1. Height and locked position attained before the spin begins.
2. The body remains on its longitudinal axis throughout the rotation.		2. The longitudinal axis runs through the center of the body and is perpendicular to the surface of the water.
3. A descending <i>Spin</i> must start at the height of the vertical and be completed as the ankles reach the surface.		3. Uniform motion to be at the same tempo as the rest of the figure, unless otherwise stated.
4. The spin is finished with a <i>vertical descent</i> which is executed at the same tempo as the thrust.		4.1 Stability and vertical alignment before, during and at completion of the designated rotation.
1. Spin 360° - A descending Spin with a rotation of 360°.		4.2 Simultaneous rotation and descent of the body, with even drop spaces, to complete the spin as the ankles reach the surface.

## Basic Deductions for Rio

Figure/Transition	Small Deviation 0.1 – 0.5	Medium Deviation 0.6 – 1.5	Large Deviation 1.6 – 3.0
<i>Bent Knee Position to Ballet Leg Position</i>	Leg up to 15 degrees from perpendicular	Leg between 16 and 30 degrees from perpendicular	Leg 31 degrees or more from perpendicular
<i>Double Ballet Leg Position to Submerged Back Pike Position</i>	Legs up to 15 degrees from perpendicular	Legs between 16 and 30 degrees from perpendicular	Legs 31 degrees or more from perpendicular
<i>Thrust</i>	Legs up to 15 degrees from perpendicular	Legs between 16 and 30 degrees from perpendicular	Legs 31 degrees or more from perpendicular
	Legs/Body up to 15 degrees from perpendicular in Vertical Position	Legs/Body between 16 and 30 degrees from perpendicular in Vertical Position	Legs/Body more than 31 degrees from perpendicular in Vertical Position
<i>Spin 360°</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