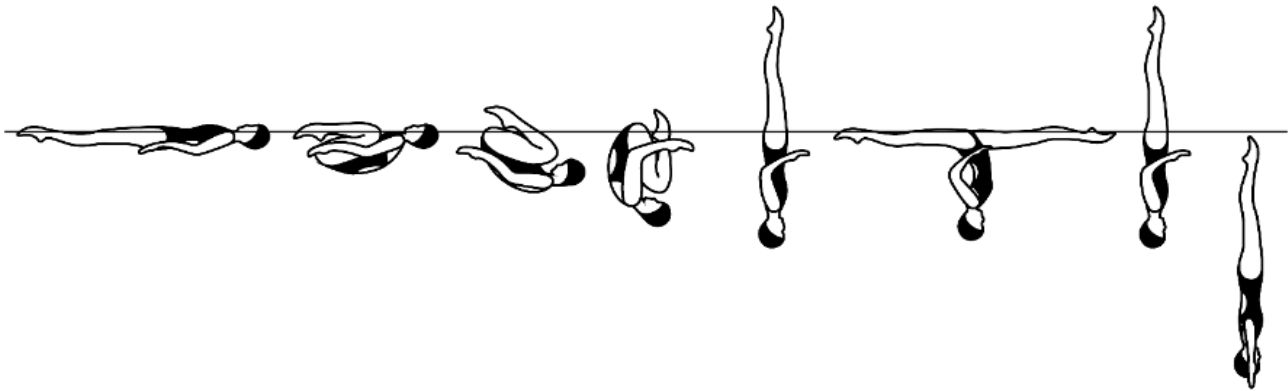


315. Seagull

Difficulty 2.1

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. The trunk unrolls rapidly as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. The legs are lowered rapidly symmetrically to **Split Position**. The legs are joined rapidly to resume **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the initial actions of the figure.



FINA WEIGHT for 315 Seagull 2.1

							Total
NVT=	3.0	2.0	18.0	17.0	16.0	14.0	70
PV =	0.43	0.29	2.57	2.43	2.29	2.00	

Height Chart for Double Leg Vertical

Kip	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
Water Levels	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, 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.



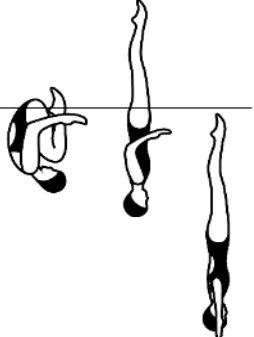
Back Layout to Inverted Tuck Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. From a Back Layout Position, 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&2. Continuous motion from initiation of knee draw to achievement of inverted Tuck Position.</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 Vertical Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. The trunk unrolls rapidly as the legs are straightened to assume a Vertical Position midway between the former vertical line through the hips and the former vertical line through the head and the shins.</p>		<p>1. With a rapid motion a Vertical Position and maximum height achieved simultaneously. Stability and control evident.</p>

BP 6 Vertical Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. Body extended, perpendicular to the surface, legs together, head downward.</p>		<p>1. Full extension of the body.</p>
<p>2. Head (ears specifically), hips and ankles in line.</p>		<p>2. Judgement made by checking visual points of the vertical alignment: ear, shoulder joint, hip joint, ankle.</p>

Vertical Position to Split Position to Vertical Position

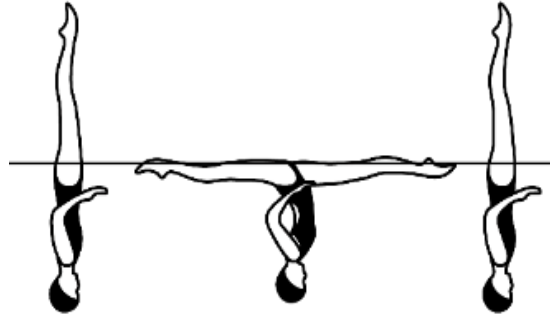
Rule Book Description

1. The legs are lowered rapidly and symmetrically to a **Split Position**.

2. The legs are rapidly joined to resume **Vertical Position**.

3. A Vertical Descent is executed at the same tempo as the initial actions of the figure.

















Diagrams



Major Desired Actions

1. With a rapid motion a **Split Position** is achieved. Both legs remain equidistant from the surface at all times.

2. With a rapid motion, the water line remains constant as legs are lifted to Vertical Position. Both legs remain equidistant from the surface and achieve Vertical Position simultaneously.

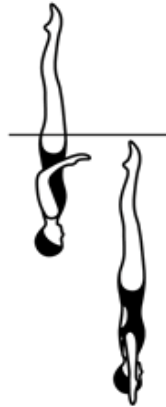
Score range		Angle of Split (degree)		Water level	
Excellent/ Near Perfect	9.5	180 (flat)			Crotch & legs dry
Very Good	8.5	170 - 180			Legs dry
Good	7.5	160 - 170			Legs almost dry
Competent	6.5	150 - 160			lower legs dry Crotch underwater
Satisfactory	5.5	130 - 140			lower legs dry Crotch underwater
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

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.

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>Tuck to Inverted Tuck Position</i>	Shins up to 15 degrees from perpendicular	Shins between 16 and 30 degrees from perpendicular	Shins more than 30 degrees from perpendicular
<i>Inverted Tuck to Vertical Position</i>	Legs/Body up to 15 degrees from perpendicular in Vertical Position	Legs/Body between 16 to 30 degrees from perpendicular in Vertical Position	Legs/Body more than 30 degrees from perpendicular in Vertical Position
<i>Vertical Position to Split Position</i>	*See an angle chart for splits		
<i>Split Position to Vertical Position</i>	Legs/Body up to 15 degrees from perpendicular in Vertical Position	Legs/Body between 16 to 30 degrees from perpendicular in Vertical Position	Legs/Body more than 30 degrees from perpendicular in Vertical Position
<i>Vertical and Vertical Descent</i>	Legs/Body up to 15 degrees from perpendicular in Vertical Position	Legs/Body between 16 to 30 degrees from perpendicular in Vertical Position	Legs/Body more than 30 degrees from perpendicular in Vertical Position