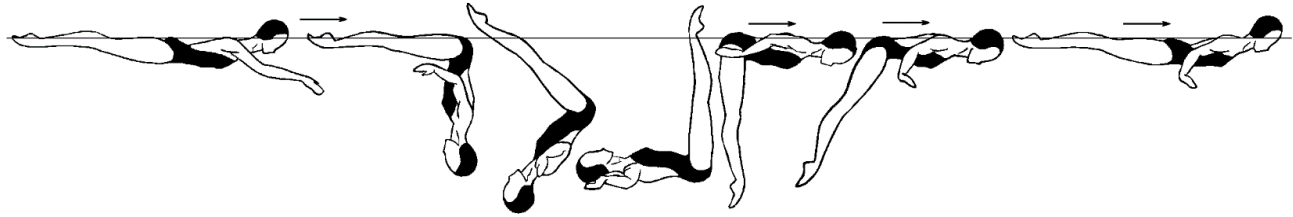







323. Somersault, Front Pike

Difficulty 1.4

From the **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. Maintaining this position, the body somersaults forward around a lateral axis so that the hips replace the head at each quarter point of revolution. The rotation continues until the head and buttocks return to the surface. As the legs move upward to assume a **Front Layout Position**, the head, shoulders and buttocks travel along the surface until the hips occupy the same position as the head at the beginning of this action.



FINA WEIGHT for 323 Somersault Front Pike 1.4

					Total
NV =	6.0	8.0	8.0	6.0	28.0
PV =	2.14	2.86	2.86	2.14	

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.

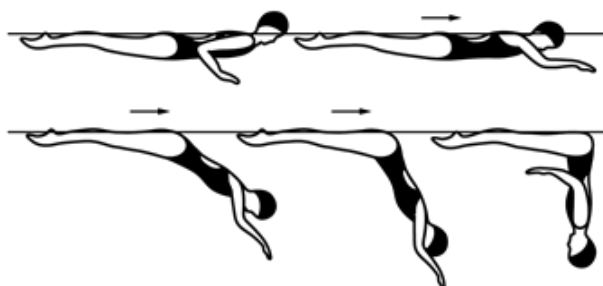
BM 3 To Assume a Front Pike Position

Rule Book Description

Diagrams

Major Desired Actions


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.




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

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

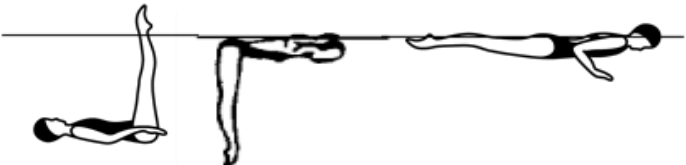
BP Surface Front Pike Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. Body extended with head, upper back, buttocks and heels at the surface.</p>		<p>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.</p>


Surface Front Pike Position to Assume a Submerged Ballet Leg Double Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. From a Front Pike Position, maintaining this position, the body somersaults forward around a lateral axis so that the hips replace the head at the one-quarter point to assume a Submerged Ballet Leg Double Position.</p>		<p>1. 90° angle maintained throughout rotation.</p>
<p>2. The buttocks, legs and feet travel (move) downward until the hips occupy the position of the head at the beginning of this action.</p>		<p>2. Body alignment, extension and uniform speed of movement maintained.</p>

Submerged Ballet Leg Double Position to Front Layout Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. Body continues to somersault around a lateral axis until the head and buttocks return to the surface.</p>		<p>1. 90° angle maintained throughout rotation.</p>
<p>2. The body continues to move forward as the legs move upward to assume a Front Layout Position.</p>		<p>2. Body alignment, extension and uniform speed of movement maintained.</p>

BP 2 Front Layout Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. Body extended with head, upper back, buttocks and heels at the surface.</p>		<p>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.</p>