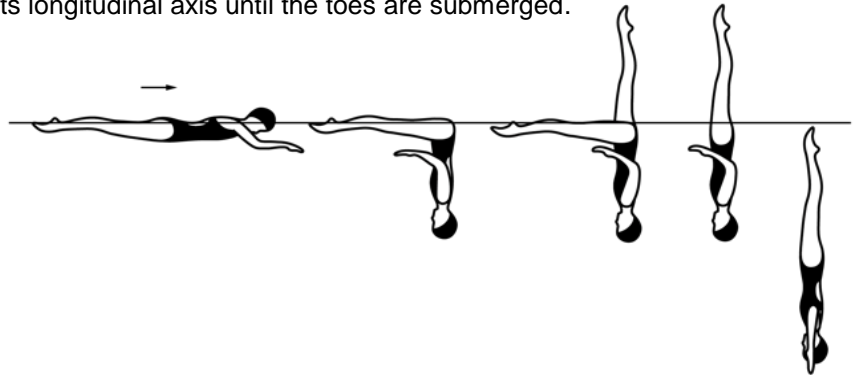







348. Tower

Difficulty 1.9

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, and with minimal change in water level, one leg is lifted to a **Fishtail Position**. Without movement of the vertical leg or trunk, the horizontal leg is lifted to meet the vertical leg to assume a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



FINA WEIGHT for 348 Tower 1.9

| | | | | | |
|---|---|---|---|---|-------|
|  |  |  |  |  | Total |
| NVT= | 6.0 | 14.5 | 20.5 | 14.0 | 55.0 |
| PV = | 1.09 | 2.64 | 3.73 | 2.55 | |

Height Chart for Single 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 |
| Fishtail | Back of horizontal leg dry | Crotch level | Upper thigh | Mid-thigh | Low thigh (well above knee cap) | Knee cap | Below knee cap |
| 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

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 | Diagrams | Major Desired Actions |
|--|----------|---|
| <p>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.</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 Front Layout Position.</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 Fishtail Position

| Rule Book Description | Diagrams | Major Desired Actions |
|--|----------|---|
| <p>1. One leg is lifted to a Fishtail Position.</p> | | <p>1. See BP 8 Fishtail Position. Height and vertical alignment of trunk maintained. Stability and control evident.</p> |

BP 8 Fishtail Position

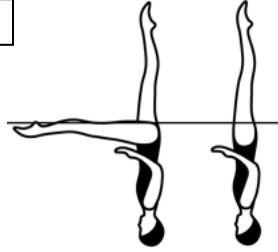
| Rule Book Description | Diagrams | Major Desired Actions |
|---|----------|--|
| <p>1. Body extended in Vertical Position, with one leg extended forward. The foot of the forward leg is at the surface, regardless of the height of the hips.</p> | | <p>1. Judgement made by checking visual points of the vertical alignment: ear, shoulder joint, hip joint, ankle.</p> |
| | | <p>2. The foot of the forward leg must be at the surface. Hips joints must be on a horizontal line..</p> |

Fishtail Position to Vertical Position Transition

Rule Book Description

1. The horizontal leg is lifted to a **Vertical Position**.

Diagrams



Major Desired Actions

1. Height constant as legs join, with the trunk and vertical leg maintaining their vertical alignment. Stability in Vertical Position evident prior to descent.

BP 6 Vertical Position

Rule Book Description

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

1. Head (ears specifically), hips and ankles in line.

Diagrams



Major Desired Actions

1. Full extension of the body.

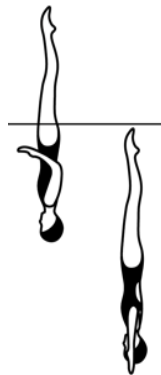
2. Judgement made by checking visual points of the vertical alignment: ear, shoulder joint, hip joint, ankle.

BM 10 Vertical Descent

Rule Book Description

1. Maintaining a Vertical Position, the body descends along its longitudinal axis until 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.