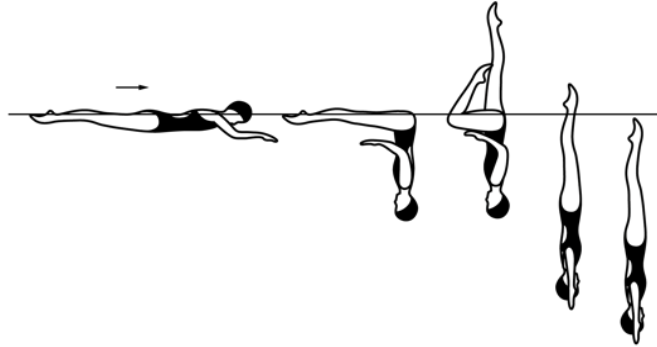







363. Water Drop

Difficulty 1.5

From a **Front Layout Position**, a **Front Pike Position** is assumed. The legs are lifted simultaneously to a **Bent Knee Vertical Position**. A **180° Spin** is executed as the bent knee is extended to a **Vertical Position** before the ankles reach the surface of the water.



FINA WEIGHT for 363 Water Drop 1.5

					Total
NVT=	6.0	15.0	15.0	-	36.0
PV =	1.67	4.17	4.17	-	

Height Chart for Single Leg Bent Knee Vertical

Water Drop	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	Showing hip	Crotch level	Upper thigh	Mid thigh	Low thigh (Well above knee cap)	Knee cap	Below knee cap

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 at 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 joint.</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 Bent Knee Vertical Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. The legs are lifted simultaneously to a Bent Knee Vertical Position.</p>		<p>1. Trunk remains on vertical line. Bent Knee Vertical Position is achieved as the vertical is reached.</p>

BP 14c Bent Knee Vertical Position

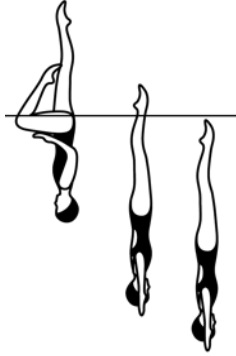
Rule Book Description	Diagrams	Major Desired Actions
<p>BP 14 Bent Knee Position</p>		<p>BP 14 Bent Knee Position</p>
<p>1. One leg bent, with the toe of the bent leg in contact with the inside of the extended leg.</p>		<p>1. The relationship of the toe of the bent leg to extended leg may vary depending on the figure, but should remain constant once established, and not extend behind the leg.</p>
<p>BP 14c Bent Knee Vertical Position</p>		<p>BP 14c Bent Knee Vertical Position</p>
<p>1. Body extended in Vertical Position, with the toe of the bent leg at the knee or thigh.</p>		<p>1. The alignment points of the extended leg, trunk and head remain the same.</p>

Bent Knee Vertical – Spin 180° - Vertical Transition

Rule Book Description

1. A *180° Spin* is executed as the bent knee is extended to a **Vertical Position** before the ankles reach the surface of the water.

Diagrams



Major Desired Actions

Body alignment remains constant during extension of the bent knee.

Bent leg arrives at vertical simultaneously with completion of the Spin. The bent leg is extended upward at the same rate of space and time as that of the drop spaces of the vertical leg.

Simultaneous descent and extension of bent knee without a pause as feet join.

BP 6 Vertical Position

Rule Book Description

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

2. 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. Tempo of descent is uniform and at the same speed as the rest of the figure.