

APPENDIX II

BASIC POSITIONS

In all basic positions:

- a) arm positions are optional,
- b) toes must be pointed,
- c) the legs, trunk and neck fully extended unless otherwise specified, and
- d) diagrams show the usual water levels.

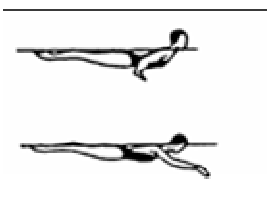
1 BACK LAYOUT POSITION

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



2 FRONT LAYOUT POSITION

Body extended with head, upper back, buttocks and heels at the surface. Face may be in or out of the water.



3 BALLET LEG POSITION

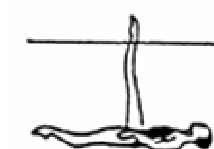
a) **Surface**

Body in **Back Layout Position**. One leg extended perpendicular to the surface



b) **Submerged**

Head, trunk and horizontal leg parallel to the surface. One leg perpendicular to the surface with the water level between the knee and the ankle.



4 FLAMINGO POSITION

a) **Surface**

One leg extended perpendicular to the surface. The other leg drawn to the chest with the mid-calf opposite the vertical leg, foot and knee at and parallel to the surface. Face at the surface.



b) **Submerged**

Trunk, head and shin of the bent leg parallel to the surface. 90° angle between the trunk and extended leg. Water level between knee and ankle of the extended leg



5 BALLET LEG DOUBLE POSITION

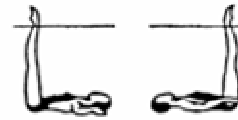
a) Surface

Legs together and extended perpendicular to the surface. Head in line with the trunk. Face at the surface.



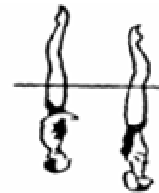
b) Submerged

Trunk and head parallel to the surface. 90° angle between the trunk and extended legs. Water level between knees and ankles of the extended legs.



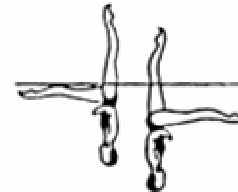
6 VERTICAL POSITION

Body extended, perpendicular to the surface, legs together, head downward. Head (ears specifically), hips and ankles in line.



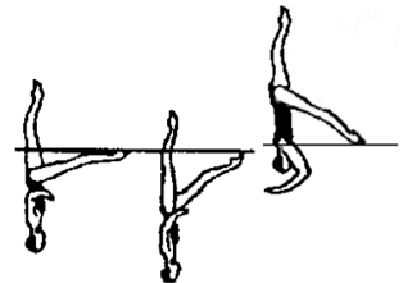
7 CRANE POSITION

Body extended in **Vertical Position**, with one leg extended forward at a 90° angle to the body.



8 FISHTAIL POSITION

Same as **Crane Position**, except that the foot of the forward leg is at the surface, regardless of the height of the hips.



9 TUCK POSITION

Body as compact as possible, with the back rounded and legs together. Heels close to buttocks. Head close to knees.



10 FRONT PIKE POSITION

Body bent at hips to form a 90° angle. Legs extended and together. Trunk extended with back straight and head in line.



11 BACK PIKE POSITION

Body bent at hips to form an acute angle of 45° or less. Legs extended and together. Trunk extended with the back straight and head in line



12 DOLPHIN ARCH POSITION

Body arched so that the head, hips and feet conform to the arc being followed. Legs together.



13 SURFACE ARCH POSITION

Lower back arched, with hips, shoulders and head on a vertical line. Legs together and at the surface



14 BENT KNEE POSITIONS

Body in **Front Layout, Back Layout, Vertical, or Arched**

Positions. One leg bent, with the toe of the bent leg in contact with the inside of the extended leg.

a) **Bent Knee Front Layout Position**

Body extended in **Front Layout Position**, with the toe of the bent leg at the knee or thigh.



b) **Bent Knee Back Layout Position**

Body extended in **Back Layout Position**. The thigh of the bent leg is perpendicular to the surface.



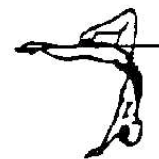
c) **Bent Knee Vertical Position**

Body extended in **Vertical Position**, with the toe of the bent leg at the knee or thigh.



d) **Bent Knee Surface Arch Position**

Body arched in **Surface Arch Position**. The thigh of the bent leg is perpendicular to the surface.



e) **Bent Knee Dolphin Arch Position**

Body arched in **Dolphin Arch Position**, with the toe of the bent leg at the knee or thigh.



15 TUB POSITION

Legs bent and together, feet and knees at and parallel to the surface, thighs perpendicular. Head in line with trunk. Face at the surface.

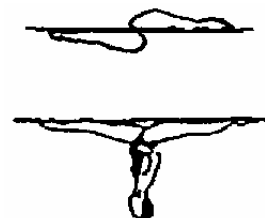


16 SPLIT POSITION

Legs evenly split forward and back. The legs are parallel to the surface. Lower back arched, with hips, shoulders and head on a vertical line. 180° angle between the extended legs (Flat split), with inside of each leg aligned on opposite sides of a horizontal line, regardless of the height of the hips.

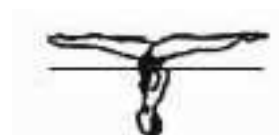
a) Split Position

Legs are “dry” at the surface.



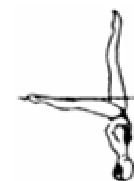
b) Airborne Split Position

Legs are above the surface.



17 KNIGHT POSITION

Lower back arched, with hips, shoulders and head on a vertical line. One leg vertical. Other leg extended backward, with the foot at the surface, and as close to horizontal as possible.



18 KNIGHT VARIANT POSITION

Lower back arched, with hips, shoulders and head on a vertical line. One leg vertical. The other leg is behind the body with the knee bent at an angle of 90° or less. The thigh and shin are parallel to the surface of the water.



19 SIDE FISHTAIL POSITION

Body extended in **Vertical Position**, with one leg extended sideways with its foot at the surface regardless of the height of the hips.

