

11. ANALYSIS OF FIGURES
11.1 ANALYSIS OF BASIC BODY POSITIONS



In all basic Body Positions:

- a) Arm positions are optional,
- b) Toes must be pointed, ankles must be extended,
- c) Legs, trunk, and neck are fully extended unless otherwise specified, and
- d) Diagrams are a guide only. If there is a discrepancy between a diagram and a written description, the English written Body Position description prevails.



The below table includes a list of basic Body Positions in Artistic Swimming, detailed description of which is included in the subsequent sections.

BP #	BP Type	BP #	BP Type
BP 1	Back Layout Position	BP 11	Back Pike Position
BP 2	Front Layout Position	BP 12	
BP 3	Ballet Leg Position	BP 13	Surface Arch Position
BP 4	Flamingo Position	BP 14	Bent Knee Position
BP 5	Ballet Leg Double Position	BP 15	Tub Position
BP 6	Vertical Position	BP 16	Split Position
BP 7	Crane Position	BP 17	Knight Position
BP 8	Fishtail Position	BP 18	Knight Varian Position
BP 9	Tuck Position	BP 19	Side Fishtail Position
BP 10	Front Pike Position		


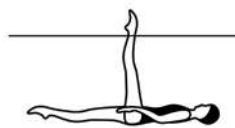
11.1.1 BP 1 Back Layout Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended with face, chest, thighs, and feet at the surface of the water.		1. Gives the impression that the body is stretched horizontally to its maximum. Front of the trunk will also be at the surface of the water.
2. Head (ears specifically), hips and ankles in horizontal alignment.		2. Judgement is made by checking visual points of the horizontal alignment: ears, shoulder joints, hip joints and ankles. This imaginary line should also pass through the middle of the side of the trunk.


11.1.2 BP 2 Front Layout Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended with head, upper back, buttocks, and heels at the surface of the water.		1. Gives the impression that the body is stretched horizontally to its maximum. Judgement made by checking visual points of the horizontal alignment: ears, shoulder joints, hip joints and heels.
2. Unless otherwise specified, face may be in or out of the water.		2. Once the head position is established as in or out of the water the position is maintained. When the face is out of the water the ears will not be on the horizontal axis and the back may be slightly lower and arched. Hip joints, calves and heels remain at the surface of the water.


11.1.3 BP 3 Ballet Leg Position

Body Position Description	Diagrams	Major Desired Actions
<p>a) Surface</p> <p>1. Body in Back Layout Position.</p> <p>2. One leg extended perpendicular to the surface of the water.</p>		<p>1. See BP 1 Back Layout Position. Ears, shoulder joints, hip joints and ankle of extended leg in line at maximum horizontal alignment.</p> <p>2. 90° angle between the extended leg and the surface of the water and between the extended leg and the trunk with maximum horizontal alignment maintained throughout.</p>
<p>b) Submerged</p> <p>1. Head, trunk, and horizontal leg parallel to the surface of the water.</p> <p>2. One leg perpendicular to the surface with the water level between the knee and the ankle.</p>		<p>1. See body alignment requirements of BP 1 Back Layout Position.</p> <p>2. The angles between the ballet leg and the body must remain at 90° throughout.</p>


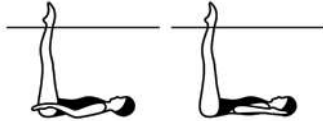
11.1.4 BP 4 Flamingo Position

Body Position Description	Diagrams	Major Desired Actions
<p>a) Surface</p> <p>1. One leg extended perpendicular to the surface of the water.</p> <p>2. The other leg bent with the mid-calf opposite the vertical leg. Foot, shin, and knee at and parallel to the surface of the water.</p> <p>3. Face at the surface of the water.</p>		<p>1. 90° angle between the extended leg and the surface of the water.</p> <p>2. The top of the bent leg from knee to toes should be dry with the vertical leg extended perpendicular midway between knee and ankle of the horizontal leg.</p> <p>3. Chest close to the surface of the water with the shoulders back. Ears, shoulder joints and hip joints aligned with the spine straight and extended.</p>

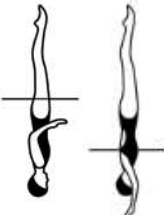

BP 4 Flamingo Position (cont.)

Body Position Description	Diagrams	Major Desired Actions
b) Submerged 1. Trunk, head, shin, and foot of the bent leg parallel to the surface of the water. 2. 90° angle between the trunk and extended leg. 3. Water level between knee and ankle of the extended leg.		1. Ears, shoulder joints and hip joints aligned. 2. The vertical leg is extended perpendicular to the bent leg midway between the knee and the ankle of the horizontal leg.

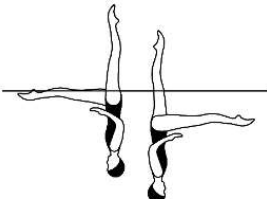
11.1.5 BP 5 Ballet Leg Double Position

Body Position Description	Diagrams	Major Desired Actions
a) Surface 1. Legs together and extended perpendicular to the surface of the water. 2. Head in line with the trunk. 3. Face at the surface of the water.		1. Full extension of the legs at a 90° angle to the surface of the water. 2. Chest close to the surface of the water with the shoulders back. Ears, hip joints and shoulder joints aligned, with the spine straight and extended.
b) Submerged 1. Trunk and head parallel to the surface of the water. 2. 90° angle between the trunk and the extended legs. 3. Water level between knees and ankles of the extended legs.		1. Ears, shoulder joints and hip joints aligned. 2. Legs perpendicular to the surface of the water. Body extended horizontally at 90° angle to the surface of the water.

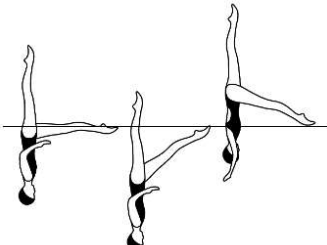
11.1.6 BP 6 Vertical Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended perpendicular to the surface of the water; legs together, head downward.		1. Full extension of the body.
2. Head (ears specifically), hips and ankles in line.		2. Judgement made by checking visual points of the vertical alignment: ears, shoulder joints, hip joints and ankles.




11.1.7 BP 7 Crane Position - this position is currently not performed in any World Aquatics figure.

Body Position Description	Diagrams	Major Desired Actions
1. Body extended in Vertical Position with one leg extended forward at a 90° angle to the body.		1. Refer to BP 6 Vertical Position re body alignment. Forward extended leg must be parallel to the surface. Hip joints must be on a horizontal line.



11.1.8 BP 8 Fishtail Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended in Vertical Position with one leg extended forward. The foot of the forward leg is at the surface of the water regardless of the height of the hips.		1. See BP 6 Vertical Position for body alignment. The foot of the forward leg must be at the surface of the water. Hip joints must be on a horizontal line.



11.1.9 BP 9 Tuck Position

Body Position Description	Diagrams	Major Desired Actions
1. Body as compact as possible, with the back rounded and the legs together.		1. Legs together with shins at the surface of the water and tucked tightly to the front of the body.
2. Heels close to buttocks.		2. Compact tuck. Chin tucked in.
3. Head close to knees.		3. In BP 9 inverted Tuck Position , shins are perpendicular to the surface of the water, buttocks remain at the surface and the water level is between the ankle and mid foot.


11.1.10 BP 10 Front Pike Position

Body Position Description	Diagrams	Major Desired Actions
1. Body bent at hips to form a 90° angle.		1. Exact 90° angle.
2. Legs extended and together.		2. Full extension of legs, with ankles aligned with hip joints.
3. Trunk extended with the back straight and head in line.		3. Back flat, with vertical alignment of ears, shoulder joints and hip joints once the position is established.


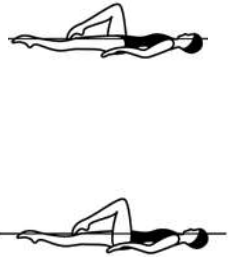
11.1.11 BP 11 Back Pike Position

Body Position Description	Diagrams	Major Desired Actions
1. Body bent at hips to form an acute angle of 45° or less.		1. Legs close to chest while maintaining the straight-line alignment of the extended spine and head.
2. Legs extended and together.		2. Full extension of the legs, ankles, and feet.
3. Trunk extended with the back straight and head in line.		3. Back flat, with ears, shoulder joints, middle of side of torso, and hip joints aligned. Once the pike position is established the degree of the angle remains constant.

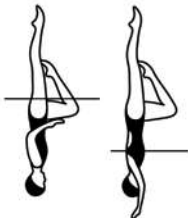


11.1.12 BP 13 Surface Arch Position

Body Position Description	Diagrams	Major Desired Actions
1. Lower back arched with hips, shoulders, and head on a vertical line.		1. Hip joints and shoulder joints on a horizontal line with both of these alignments 'square' and parallel to one another. Head (ears specifically) in line with shoulders.
2. Legs together and at the surface of the water.		2. Hip joints at the surface of the water.


11.1.13 BP 14 Bent Knee Positions

Body Position Description	Diagrams	Major Desired Actions
<p>1. Body in Front Layout, Back Layout, Vertical, or Arched Positions.</p> <p>2. One leg bent, with the toe of the bent leg in contact with the inside of the extended leg at the knee or higher.</p>		<p>1. See BP 2, BP 1, BP 6, and BP 13.</p> <p>2. The relationship of the toe of the bent leg to the extended leg may vary depending on the figure but should remain constant once established, and not extend in front of or behind the extended leg.</p>
a) Bent Knee Front Layout Position		<p>1. In BP 2 Front Layout Position the alignment of the extended leg, trunk and head remains constant.</p> <p>2. Once established as in or out of the water, the head position is maintained. When the face is out of the water, the ears will not be on the horizontal axis, and the back may be slightly lower and arched. Hip joints, and the calf and heel of the extended leg remain at the surface of the water.</p>
b) Bent Knee Back Layout Position		<p>1. In BP 1 Back Layout Position ears, shoulder joints, hip joints and ankle of extended leg in line at maximum horizontal alignment.</p> <p>2. 90° angle between the thigh and the surface of the water, and 90° angle maintained between the thigh and the trunk. At maximum height an air pocket will be evident between the back of the thigh and calf of the bent leg and the surface of the water.</p>



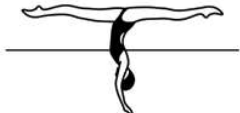
BP 14 Bent Knee Positions (cont.)

Body Position Description	Diagrams	Major Desired Actions
c) Bent Knee Vertical Position		1. In BP 6 Vertical Position the alignment of the extended leg, trunk and head remains constant.
d) Bent Knee Surface Arch Position		1.1 In BP 13 Surface Arch Position shoulder joints and hip joints on a horizontal line with both of these alignments 'square' and parallel to one another. Head (ears specifically) in line with shoulders.
2. The thigh of the bent leg is perpendicular to the surface of the water.		1.2 Hips at the surface of the water. 2. 90° angle between the thigh of the bent leg and the surface of the water. An air pocket will be evident between the back of the thigh and calf of the bent leg and the surface of the water.

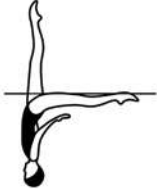
11.1.14 BP 15 Tub Position

Body Position Description	Diagrams	Major Desired Actions
<p>1. Legs bent and together, feet and shins at and parallel to the surface of the water with thighs perpendicular.</p> <p>2. Head in line with trunk.</p> <p>3. Face at the surface of the water.</p>		<p>1. Knees and hip joints aligned vertically with thighs perpendicular to the surface of the water. Legs dry from toes to knees.</p> <p>2. Chest close to the surface of the water, with the shoulders back. Ears, shoulder joints and hip joints aligned, with the spine extended.</p>


11.1.15 BP 16 Split Position

Body Position Description	Diagrams	Major Desired Actions
<p>1. Legs evenly split forward and back.</p> <p>2. The legs are parallel to the surface of the water.</p> <p>3. Lower back arched, with hips, shoulders, and head on a vertical line.</p> <p>4. 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.</p>		<p>1. Full extension of the legs at or above the surface of the water.</p> <p>4. Flat split. Hip joints and shoulder joints on a horizontal line with both of these alignments 'square' and parallel to each other.</p>
<p>a) Surface Split Position</p> <p>1. Legs are dry at the surface of the water.</p>		<p>1. Full extension of the legs. Crotch and legs dry at the surface of the water.</p>
<p>b) Airborne Split Position</p> <p>1. Legs are above the surface of the water.</p>		<p>1.1 Full extension of the legs completely above the surface of the water. Maximum height is desirable.</p> <p>1.2 Both legs equidistant from the surface of the water.</p>

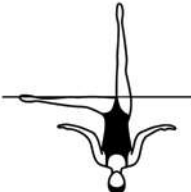
11.1.16 BP 17 Knight Position

Body Position Description	Diagrams	Major Desired Actions
1. Lower back arched, with hips, shoulders, and head on a vertical line.		1. Arch is in the lower part of the spine only.
2. One leg vertical.		2. Vertical alignment through ears, shoulder joints, hip joints and ankle of the vertical leg.
3. Other leg extended backward with the leg at the surface of the water and as close to horizontal as possible.		3. Hip joints and shoulder joints on a horizontal line with both of these alignments 'square' and parallel to each other. The top of the horizontal extended leg faces upward.

11.1.17 BP 18 Knight Variant Position

Body Position Description	Diagrams	Major Desired Actions
1. Lower back arched, with hips, shoulders, and head on a vertical line.		1. Arch is in the lower part of the spine only.
2. One leg vertical.		2. Vertical alignment through ears, shoulder joints, hip joints and ankle of the vertical leg.
3. The other leg is behind the body with the knee bent at an angle of 90° or less.		3. Hip joints and shoulder joints on a horizontal line with both of these alignments 'square' and parallel to each other. The top of the horizontal extended leg faces upward.
4. The thigh and shin of the bent leg are parallel to the surface of the water.		4. The inside of the bent leg faces upward and is at or near the surface of the water.

11.1.18 BP 19 Side Fishtail Position




Body Position Description	Diagrams	Major Desired Actions
<p>1. Body extended in Vertical Position with one leg extended sideways with the foot at the surface of the water regardless of the height of the hips.</p>		<p>1. BP 6 Vertical Position alignment must be evident from a front or back view of the extended body. The head, trunk, and extended leg face forward.</p>

11.2 ANALYSIS OF BASIC MOVEMENTS



The below table includes a list of Basic Movements in Artistic Swimming, detailed description of which is included in the subsequent sections.

BM #	BM Type	BM #	BM Type
BM 1	<i>To Assume a Ballet Leg</i>	BM 10	<i>Vertical Descent</i>
BM 2	<i>To Lower a Ballet Leg</i>	BM 11	<i>Rocket Split</i>
BM 3	<i>To Assume a Front Pike Position</i>	BM 12	<i>Twists</i>
BM 4	<i>To Assume a Submerged Ballet Leg Double Position from a Front Pike Position</i>	BM 13	<i>Spins</i>
BM 5	<i>Arch to Back Layout Position</i>	BM 14	<i>To Assume a Surface Arch Position</i>
BM 6	<i>Walkouts</i>	BM 15	<i>To Assume a Bent Knee Surface Arch Position</i>
BM 7	<i>Catalina Rotation</i>	BM 16	<i>Ariana Rotation</i>
BM 8	<i>Catalina Reverse Rotation</i>	BM 17	<i>Helicopter Rotation</i>
BM 9	<i>Thrust</i>	BM 18	<i>Fouetté Rotation</i>




11.2.1 BM 1 To Assume a Ballet Leg/A Ballet Leg is assumed

Basic Movement Description	NVT	Diagrams	Major Desired Actions
<p>1. Begin in a Back Layout Position. One leg remains at the surface of the water throughout.</p>			1. See BP 1 Back Layout Position .
<p>2. The foot of the other leg is drawn along the inside of the extended leg to assume a Bent Knee Back Layout Position.</p>	10.5		2. See BP 14b Bent Knee Back Layout Position . The toe of the bending leg remains in contact with the inside of the extended leg. Minimal drop in hips. Position held only long enough to demonstrate control and accuracy.
<p>3. The bent leg is straightened without movement of the thigh to assume a Ballet Leg Position.</p>	11.0		3.1 See BP 3a Surface Ballet Leg Position . Height remains constant throughout the movement. 3.2 The head and trunk remain stationary throughout.

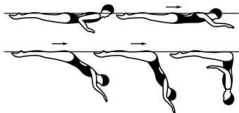
BM 1B To Assume a Straight Ballet Leg/ A Straight Ballet Leg is assumed

Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. From a Back Layout Position one leg is raised straight to a Ballet Leg Position.			1.1 See BP 1 Back Layout Position . Ears, shoulder joints, hip joints and ankles of extended legs at maximum horizontal alignment.
	18.5		1.2 One leg is raised straight to BP 3a Surface Ballet Leg Position while keeping the horizontal alignment of the horizontal leg and trunk with minimal drop of the hips. 1.3 The head and trunk remain stationary throughout.


11.2.2 BM 2 To Lower a Ballet Leg/The Ballet Leg is lowered

Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. From a Ballet Leg Position the ballet leg is bent without movement of the thigh to a Bent Knee Back Layout Position .			1.1 See BP 3a Surface Ballet Leg Position and BP 14b Bent Knee Back Layout Position . Height remains constant throughout the movement.
2. The toe moves along the inside of the extended leg until a Back Layout Position is assumed.	11.0		2.1 Full extension in BP 1 Back Layout Position to be achieved as the feet are joined.
	10.5		2.2 The head and trunk remain stationary throughout.

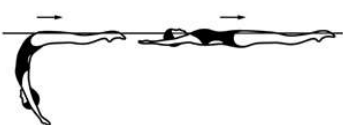
11.2.3 BM 3 To Assume a Front Pike Position/A Front Pike Position is assumed

Basic Movement Description	NVT	Diagrams	Major Desired Actions
<p>1. From a Front Layout Position with the face in the water the trunk moves downward to assume a Front Pike Position. The buttocks, legs and feet travel along the surface of the water until the hips occupy the position of the head at the beginning of this action.</p>	6.0		<p>1.1 See BP 2 Front Layout Position and BP 10 Front Pike Position. Uniform motion in downward movement of the trunk. The trunk remains straight throughout the movement. Hips and head lock into position simultaneously.</p> <p>1.2 Unless otherwise specified, <i>To Assume a Front Pike Position</i> starts from a Front Layout Position.</p>


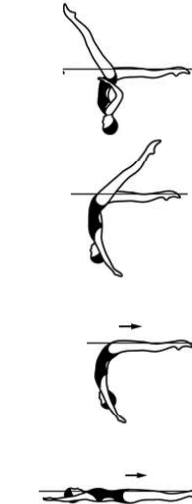
11.2.4 BM 4 To Assume a Submerged Ballet Leg Double Position from a Front Pike Position/A Submerged Ballet Leg Double Position is assumed

Basic Movement Description	NVT	Diagrams	Major Desired Actions
<p>1. While maintaining a Front Pike Position the body somersaults forward around a lateral axis as the buttocks, legs and feet move downward. The hips replace the head to assume a Submerged Ballet Leg Double Position.</p>	8.0		<p>1.1 See BP 10 Front Pike Position and BP 5b Submerged Ballet Leg Double Position. 90° angle between the trunk and the legs maintained throughout the rotation.</p> <p>1.2 Body alignment and extension maintained throughout.</p>



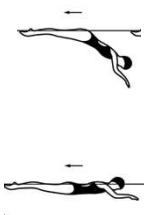
11.2.5 BM 5 Arch to Back Layout Position

Basic Movement Description	NVT	Diagrams	Major Desired Actions
<p>1. From a Surface Arch Position the hips, chest, and face surface sequentially at the same point with foot first movement to a Back Layout Position until the head occupies the position of the hips at the beginning of this action.</p>	7.0		<p>1. See BP 13 Surface Arch Position. Sharp arch in lower back. The body straightens, rises, and moves along the surface of the water with a stationary BP 1 Back Layout Position achieved as the face surfaces. Full extension maintained throughout.</p>





11.2.6 BM 6 Walkouts

Basic Movement Description	NVT	Diagrams	Major Desired Actions
<p>1. These movements start in a Split Position unless otherwise specified in the figure description. The hips remain stationary as one leg is lifted in an arc over the surface of the water to meet the opposite leg.</p>			<p>1. See BP 16a Surface Split Position.</p>
<p>a) Walkout Front</p>			<p>2.1 Hip height remains constant and at the surface of the water.</p> <p>2.2 Arcing leg moves continuously with uniform motion.</p> <p>2.3 Both legs maintain full extension.</p> <p>2.4 The trunk remains stationary until the feet join.</p> <p>2.5 No pause in BP 13 Surface Arch Position, however an accurate surface arch must be evident before the body begins to rise and straighten.</p> <p>2.6 Foot first surfacing motion begins when the feet are joined.</p> <p>2.7 See BP 13 Surface Arch Position and BM 5 <i>Arch to Back Layout Position</i>.</p>
<p>2. The front leg is lifted in a 180° arc over the surface of the water to meet the opposite leg in a Surface Arch Position and with continuous movement an <i>Arch to Back Layout Position</i> is executed.</p>	<p>23.0</p>	<p>7.0</p>	



BM 6 Walkouts (cont.)

Basic Movement Description	NVT	Diagrams	Major Desired Actions
<p>1. These movements start in a Split Position unless otherwise specified in the figure description. The hips remain stationary as one leg is lifted in an arc over the surface of the water to meet the opposite leg.</p>			<p>1. See BP 16a Surface Split Position.</p>
<p>b) Walkout Back</p>	19.0		<p>3.1 Hip height remains constant and at the surface of the water.</p> <p>3.2 Arcing leg moves continuously with uniform motion.</p> <p>3.3 Both legs maintain full extension.</p> <p>3.4 The trunk remains stationary until the feet join.</p> <p>3.5 An accurate BP 10 Front Pike Position should be evident before the body begins to straighten and rise. See BP 10 Front Pike and BP 2 Front Layout Position.</p>
<p>4. The head surfaces at the position occupied by the hips at the beginning of this action.</p>	6.0		<p>4. The body straightens, rises, and moves along the surface simultaneously with a stationary BP 2 Front Layout Position achieved as the head surfaces.</p>

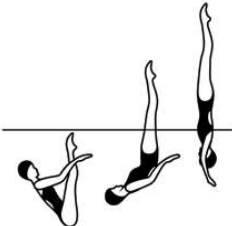
11.2.7 BM 7 Catalina Rotation

Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. From a Ballet Leg Position a rotation of the body is initiated.	24.0		1. See BP 3 Ballet Leg Position .
2. The head, shoulders and trunk begin the rotation at the surface of the water while descending without lateral movement to a Fishtail Position .		 	2.1 Rotation begins no later than when the nose goes beneath the surface of the water. 2.2 Simultaneous rotation and descent of the trunk along the vertical line established by the vertical leg. 2.3 At the halfway point, the body is in a tilted 'Y' position, with the trunk at a 45° angle to the surface of the water, and the head, trunk and legs face forward. 2.4 Height and uniform motion throughout. 2.5 See BP 8 Fishtail Position .
3. The vertical leg remains perpendicular to the surface of the water while the foot of the horizontal leg remains at the surface of the water throughout the rotation. Unless otherwise specified, <i>Catalina Rotation</i> starts from a Ballet Leg Position .			3. Each leg rotates around its respective horizontal or vertical axis, simultaneously throughout the rotation of the descending trunk.

11.2.8 BM 8 Catalina Reverse Rotation

Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. From a Fishtail Position the hips rotate as the trunk rises without lateral movement to assume a Ballet Leg Position .	24.0		1.1 See BP 8 Fishtail and BP 3a Surface Ballet Leg Positions . 1.2 Height maintained and uniform motion throughout. 1.3 The body rotates and rises simultaneously along the vertical line established by the vertical leg. 1.4 The transition is completed as the face surfaces and the body locks into BP 3a Surface Ballet Leg Position . 1.5 At the halfway point, the body is in a tilted 'Y' position, with the trunk at a 45° angle to the surface of the water and the head, trunk and legs face forward.
2. The vertical leg remains perpendicular to the surface of the water while the foot of the horizontal leg remains at the surface of the water throughout the rotation.			2. Each leg rotates around its respective horizontal or vertical axis simultaneously throughout the rotation of the ascending trunk.

11.2.9 BM 9 Thrust

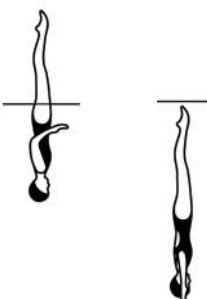
Basic Movement Description	NVT	Diagrams	Major Desired Actions
<p>1. From a Submerged Back Pike Position with the legs perpendicular to the surface of the water a vertical upward movement of the legs and hips is rapidly executed as the body unrolls to assume a Vertical Position.</p>	31.0		<p>1.1 See BP 11 Back Pike Position. The toes are just below the surface of the water. Once established, the degree of the angle of the pike position between the legs and the body must not change prior to initiation of the <i>Thrust</i>.</p> <p>1.2 See BP 6 Vertical Position. The body unrolls rapidly under the legs to assume BP 6 Vertical Position along the same perpendicular line to the surface of the water established by the legs in the BP 11 Back Pike Position.</p> <p>1.3 Obvious increase in speed from the initiation of body unrolling through the vertical upward movement.</p> <p>2. Maximum height and BP 6 Vertical Position achieved simultaneously.</p>
<p>2. Maximum height desirable.</p>			

Thrust Allowance

Deviation allowances for the *Thrust* action are unique and allow for the legs to be up to an additional 15° off the vertical line. Deductions are as follows:



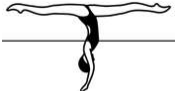


Deviation Type	Angle Deviation	Deduction Amount
Small Deviation	16° – 30°	.2
Medium Deviation	31° – 45°	.5
Large Deviation	More than 45°	1.0

11.2.10 BM 10 Vertical Descent

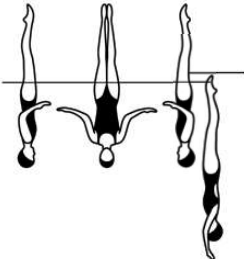
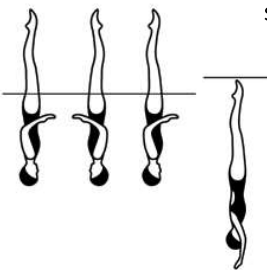
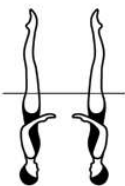
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. Maintaining a Vertical Position the body descends along its longitudinal axis until the toes are submerged.	14.0		1. See BP 6 Vertical Position . Unless otherwise stated, the tempo of the descent is uniform and at the same speed as the rest of the figure.

Clarification: If the athlete clearly and purposefully tucks from ankles (or above ankles) in a *Vertical Descent* this would be an incomplete Basic Movement resulting in a zero (0). If the athlete is making an attempt to submerge in the Vertical Position and the position collapses at the very end of the movement this can be considered a deduction.

11.2.11 BM 11 Rocket Split

Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. A <i>Thrust</i> is executed to a Vertical Position . Maintaining maximum height, the legs are split simultaneously and rapidly to assume an Airborne Split Position and re-join to a Vertical Position , followed by a <i>Vertical Descent</i> .	31.0		1.1 See BM 9 <i>Thrust</i> (steps 1.1 to 2), BP 11 Back Pike Position , BP 6 Vertical Position , BP16b Airborne Split Position .
			1.2 The toes are just below the surface of the water.
	17.0		1.3 Full extension of the legs above and parallel to the surface of the water.
	13.0		1.4 The legs split evenly and re-join in the same vertical line. No travel permitted.
2. The <i>Vertical Descent</i> is executed at the same tempo as the <i>Thrust</i> .	13.0		2. See BM 10 <i>Vertical Descent</i> .

11.2.12 BM 12 Twists

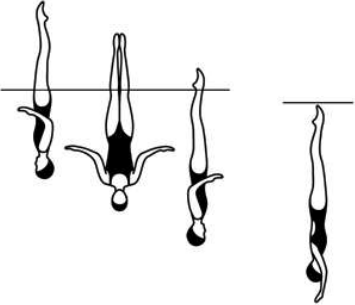
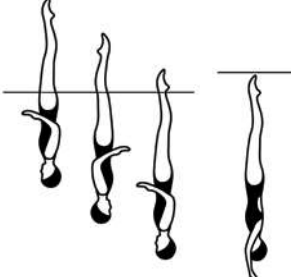
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. A <i>Twist</i> is a rotation at a sustained height.			1. Height remains constant throughout the rotation. Stability and alignment of the position is evident before, during and upon completion of the <i>Twist</i> . The amount of height is judged by the relationship of the hip joints to the surface of the water with maximum height desirable.
2. The body remains on its longitudinal axis throughout the rotation.			2. The longitudinal axis runs through the centre of the body and is perpendicular to the surface of the water. On the spot rotation around this axis.
3. Unless otherwise specified when performed in a Vertical Position a <i>Twist</i> is completed with a <i>Vertical Descent</i> .			3. See BM 10 <i>Vertical Descent</i> . Unless otherwise specified the speed of the descent is the same as that of the root figure.
4.			See <i>Twist</i> Allowance.
a) Half Twist: a <i>Twist</i> of 180°.	21.0		
b) Full Twist: a <i>Twist</i> of 360°.	32.0		See <i>Twist</i> allowance.
c) A Twirl: a rapid <i>Twist</i> of 180°.	26.0		See <i>Twist</i> allowance. 4. c) Definite increase in speed from the root figure. Stability of body alignment and height remains constant during and after completion of the <i>Twirl</i> .

Twist Allowance

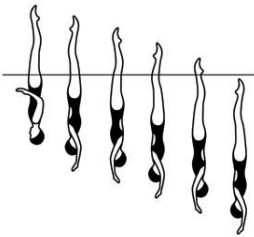
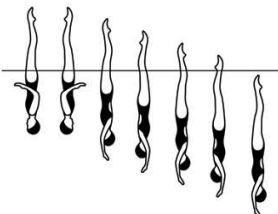
The acceptable allowance for *Twist* rotations (*Half Twist*, *Full Twist* and *Twirl*) is up to ¼ less than/more than the required rotation.

Clarification for non-*Twist* or *Twirl* rotations (rotating maintaining the same height): rotations performed at a sustained height not described as a *Twist* or a *Twirl* have an allowance of 90° more or less than the designated degrees of rotation.

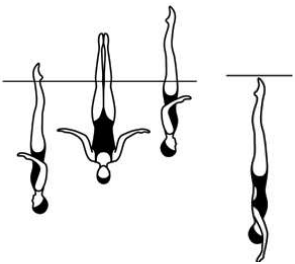
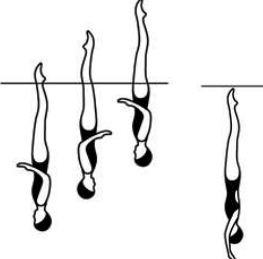
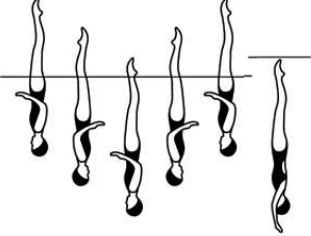
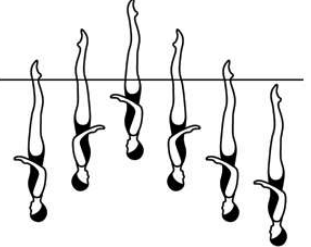
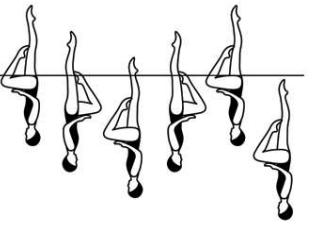
11.2.13 BM 13 Spins

Basic Movement Description	NVT	Diagrams	Major Desired Actions
<p>1. A <i>Spin</i> is a rotation in a Vertical Position.</p> <p>2. The body remains on its longitudinal axis throughout the rotation.</p> <p>3. Unless otherwise specified <i>Spins</i> are executed in uniform motion and are completed with a <i>Vertical Descent</i> executed at the same tempo as the <i>Spin</i>.</p> <p>4. A <i>descending Spin</i> must start at the height of the vertical and be completed as the ankle(s) reach(es) the surface of the water. Unless otherwise specified a <i>descending Spin</i> is completed with a <i>Vertical Descent</i> which is executed at the same tempo as the <i>Spin</i>.</p>			<p>1. See BP 6 Vertical Position. Height and position attained before the <i>Spin</i> begins.</p> <p>2. The longitudinal axis runs through the centre of the body and is perpendicular to the surface of the water.</p> <p>3. Uniform motion of the <i>Spin</i> and <i>Vertical Descent</i> to be at the same tempo as the root figure unless otherwise specified.</p> <p>See BM 10 <i>Vertical Descent</i>.</p> <p>4.1 Stability and vertical alignment before, during and at completion of the designated rotation.</p> <p>4.2 Simultaneous rotation and descent of the body with even drop spaces to complete the spin as the ankles reach the surface of the water.</p>
<p>5. d) 180° Spin/Spinning 180°: a <i>descending Spin</i> with a rotation of 180°.</p>	<p>16.0 (stable) 24.0 (unstable-rapid)</p>		<p>See <i>Spin</i> Allowance.</p>
<p>e) 360° Spin/Spinning 360°: a <i>descending Spin</i> with a rotation of 360°.</p>	<p>19.0 (stable) 39.0 (unstable-rapid)</p>		<p>See <i>Spin</i> Allowance.</p>

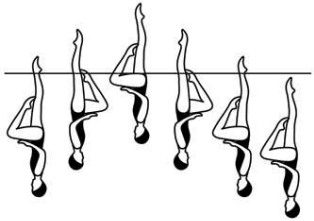
BM 13 Spins (cont.)

Basic Movement Description	NVT	Diagrams	Major Desired Actions
5. f) Continuous Spin: a <i>descending Spin</i> with a rapid rotation of 720° (2), 1080° (3), or 1440° (4) which is completed as the ankles reach the surface of the water and continues through submergence.	34.0 (720°) (rapid) 67.0 (720°) (rapid-unstable) 49.0 (1080°) (rapid) 60.0 (1440°) (rapid)		See <i>Spin Allowance</i> . 5 f) A <i>Continuous Spin</i> must achieve and maintain a rapid rotation throughout.
<i>Continuous Spin 720° shown →</i>			
g) Twist Spin: A <i>Half Twist</i> is executed and without a pause is followed by a <i>Continuous Spin</i> of 720° (2) performed in the same direction as the <i>Half Twist</i> .	48.0		See <i>Spin Allowance</i> . 5 g) In a <i>Twist Spin</i> , the BM 12a <i>Half Twist</i> is performed at the same tempo as the root figure. The <i>Continuous Spin</i> must be performed rapidly and in the same direction as the <i>Half Twist</i> . See BM 12a <i>Half Twist</i> and BM13 f <i>Continuous Spin</i> .
6. An <i>ascending Spin</i> begins with the water level at the ankles unless otherwise specified.	20.0 (Asc. 180°) 21.0 (Asc. Rpd 180°) 21.0 (Asc. 360°)		See <i>Spin Allowance</i> . 6.1 Body rises and rotates simultaneously, evenly and at the same tempo as the root figure unless otherwise specified. 6.2 The designated rotation is completed simultaneously with achievement of maximum height. 6.3 Stability and vertical alignment maintained before, during and at completion of the designated rotation. Refer to BM 6 Vertical Position evident prior to <i>Vertical Descent</i> .
7. A vertical upward <i>Spin</i> is executed until a water level is established between the knees and hips.			8. See BM10 <i>Vertical Descent</i> . Speed of descent is the same as that specified in the root figure, unless otherwise specified.
8. An <i>ascending Spin</i> is finished with a <i>Vertical Descent</i> .			

BM 13 Spins (cont.)

Basic Movement Description	NVT	Diagrams	Major Desired Actions
9.			See <i>Spin Allowance</i> .
h) Spin Up 180°: an <i>ascending Spin</i> with a rotation of 180°.	18.0 14.0		
i) Spin Up 360°: an <i>ascending Spin</i> with a rotation of 360°.	19.0 14.0		See <i>Spin Allowance</i> .
j) Combined Spin: a <i>descending Spin</i> of at least 360° followed without a pause by an equal <i>ascending Spin</i> in the same direction. The <i>ascending Spin</i> reaches the same height where the <i>descending Spin</i> started.	38.0 14.0		See requirements for <i>ascending</i> and <i>descending Spins</i> , with uniform motion at the tempo specified in the figure description.
k) Reverse Combined Spin: an <i>ascending Spin</i> of at least 360° followed without a pause by an equal <i>descending Spin</i> in the same direction.	38.0		See requirements for <i>ascending</i> and <i>descending Spins</i> , with uniform motion at the tempo specified in the figure description.
l) Bent Knee Combined Spin: a <i>descending Spin</i> in a Bent Knee Vertical Position of at least 360° followed without a pause by an equal <i>ascending Spin</i> in the same direction in a Bent Knee Vertical Position . The <i>ascending Spin</i> reaches the same height where the <i>descending Spin</i> started.	30.0 10.0		See requirements for <i>ascending</i> and <i>descending Spins</i> , with uniform motion at the tempo specified in the figure description.

BM 13 Spins (cont.)

Basic Movement Description	NVT	Diagrams	Major Desired Actions
<p>9 m) Reverse Bent Knee Combined Spin: an ascending Spin in a Bent Knee Vertical Position of at least 360° followed without a pause by an equal descending Spin in the same direction in a Bent Knee Vertical Position.</p>	30.0		See requirements for ascending and descending Spins, with uniform motion at the tempo specified in the figure description.


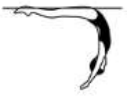
Spins Allowance

1. The acceptable allowance for a *Continuous Spin* is up to 180° less than/more than the required rotation.
2. The acceptable allowance for other *Spins* (180° Spin, 360° Spin, 720° Spin, Twist Spin, Spin Up 180°, Spin Up 360°) is up to ¼ less than/more than the required rotation.

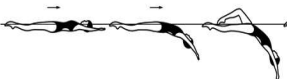

Clarification on NVT: *Descending Spins'* NVT include the *Vertical Descent* value. The draws showing ankle level before submersion are to indicate the water level to meet after the required rotation. Consequently, the drawings in the boxes showing the descent portion from ankles to submerged descent indicate NVT O.

Clarification on Vertical Descent: If the athlete clearly and purposefully tucks from ankles (or above ankles) in a *Vertical Decent* this would be an incomplete Basic Movement resulting in a zero (O). If the athlete is making an attempt to submerge in the Vertical Position and the position collapses at the very end of the movement this can be considered a deduction.

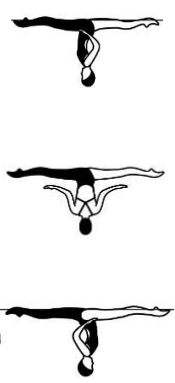
11.2.14 BM 14 To Assume a Surface Arch Position/A Surface Arch Position is Assumed

Basic Movement Description	NVT	Diagrams	Major Desired Actions
<p>1. From a Back Layout Position with the head leading, the head, hips and feet move along the surface of the water.</p>			1. See BP 1 Back Layout Position.
<p>2. With continuous movement the head leaves the surface of the water as the back is arched more to assume a Surface Arch Position with the hips occupying the position of the head at the beginning of this action.</p>	12.0		2. Continuous uniform movement from the BP 1 Back Layout Position to BP 13 Surface Arch Position . Hip height remains constant. Hip joints on a horizontal line.

11.2.15 BM 15 To Assume a Bent Knee Surface Arch Position/A Bent Knee Surface Arch is Assumed

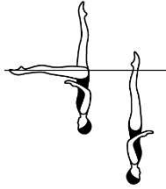
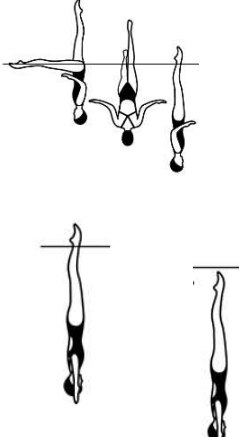
Basic Movement Description	NVT	Diagrams	Major Desired Actions
<p>1. From a Back Layout Position with the head leading, the head, hips and feet move along the surface of the water.</p>			<p>1. See BP 1 Back Layout Position.</p>
<p>2. With continuous movement the head leaves the surface of the water as the back is arched more to assume a Bent Knee Surface Arch Position with the hips occupying the position of the head at the beginning of this action.</p>	17.5		<p>2.1 Continuous uniform movement from the BP 1 Back Layout Position to BP 14d Bent Knee Surface Arch Position. Hip height remains constant. Hip joints on a horizontal line.</p> <p>2.2 The toe of the bent leg must remain in contact with the inside of the extended leg while assuming the Bent Knee Surface Arch Position.</p>

11.2.16 BM 16 Ariana Rotation

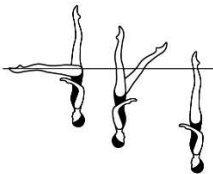
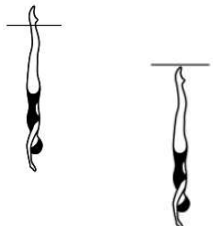
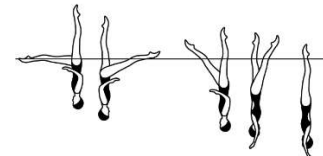
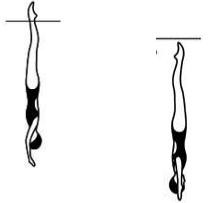
Basic Movement Description	NVT	Diagrams	Major Desired Actions
<p>1. From a Split Position maintaining the relative position of the legs to the surface of the water the hips rotate 180°.</p>	17.0		<p>1.1 See BP 16a Surface Split Position.</p> <p>1.2 The trunk turns 180° around its longitudinal axis, while the legs rotate with no lateral movement at the surface of the water.</p> <p>1.3 Height and extension of the Split Position is maintained throughout.</p> <p>1.4 Uniform motion throughout.</p> <p>1.5 Lower back arched with hips, shoulders, and head on a vertical line.</p> <p>1.6 Hip joints and shoulder joints on a horizontal line with both alignments 'square' and parallel to each other.</p>

11.2.17 BM 17 Helicopter Rotation

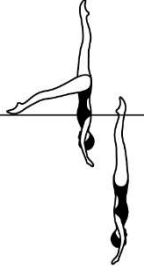
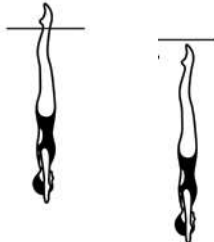
Basic Movement Description	NVT	Diagrams	Major Desired Actions
<p>1. From a Fishtail Position the horizontal leg is lifted while closing into the vertical leg to assume a Vertical Position during a descending rotation and is completed as the ankles reach the surface of the water.</p>			<p>1.1 See BP 8 Fishtail Position. The legs are joined while descending and rotating to assume a BP 6 Vertical Position at ankle level. This position is reached as the legs are joined and the rotation is completed.</p> <p>1.2 The vertical leg maintains the vertical line throughout the rotation.</p> <p>1.3 Longitudinal axis is maintained throughout the rotation.</p> <p>1.4 Unless otherwise specified, the tempo of the rotation and descent is uniform and at the same speed as the root figure.</p> <p>1.5 Refer to Section BM 13 <i>Spins</i> and <i>Spin Allowances</i>.</p>

Basic Movement Description	NVT	Diagrams	Major Desired Actions
<p>a) Spinning 180°</p> <p>1. Spinning 180°: A descending <i>Spin</i> with a rotation of 180°.</p>	12.5		<p>1. Refer to BM 17 <i>Helicopter Rotation</i> Step 1 Major Desired Actions.</p>
<p>2. Maintaining a Vertical Position the body descends along its longitudinal axis until the toes are submerged.</p>	0		<p>2. See BP 6 Vertical Position and BM 10 <i>Vertical Descent</i>. The tempo of the descent is uniform and at the same speed as the rest of the figure.</p>


BM 17 Helicopter Rotation (cont.)

Basic Movement Description	NVT	Diagrams	Major Desired Actions
b) Spinning 360°			
1. <i>Spinning 360°: A descending Spin</i> with a rotation of 360°.	17.5		1. Refer to BM 17 <i>Helicopter Rotation</i> Step 1 Major Desired Actions.
2. Maintaining a Vertical Position the body descends along its longitudinal axis until the toes are submerged.	0		2. See BP 6 Vertical Position and BM 10 <i>Vertical Descent</i> . The tempo of the descent is uniform and at the same speed as the rest of the figure.
c) Continuous Spin 720°			
1. Continuous Spin 720°: a <i>descending Spin</i> with a rapid rotation of 720° (2 rotations), completed as the ankles reach the surface of the water and continues through submergence.	29.5		1. Refer to BM 17 <i>Helicopter Rotation</i> Step 1 Major Desired Actions.
2. Maintaining a Vertical Position the body continues its rotation and descends along its longitudinal axis until the toes are submerged.	0		2. See BP 6 Vertical Position and BM 10 <i>Vertical Descent</i> . The <i>Vertical Descent</i> is performed rapidly.

BM 17 Helicopter Rotation (cont.)

Basic Movement Description	NVT	Diagrams	Major Desired Actions
d) Rapid Airborne Spinning 180°			
<p>1. Rapid Airborne Spinning 180° from an airborne Fishtail Position the horizontal leg is rapidly lifted while closing into the vertical leg to a Vertical Position during a rapid <i>descending Spin</i> with a rotation of 180° and is completed as the ankles reach the surface of the water.</p>	17.5		<p>1.1 See BP 8 airborne Fishtail Position. The legs are rapidly joined while rapidly descending and rotating to assume a BP 6 Vertical Position at ankle level. This position is reached as the legs are joined and the rotation is completed.</p> <p>1.2 The vertical leg maintains the vertical line throughout the rotation.</p> <p>1.3 Longitudinal axis is maintained throughout the rotation.</p> <p>1.4 Refer to Section BM 13 <i>Spins</i> and <i>Spin</i> allowances.</p>
<p>2. Maintaining a Vertical Position the body rapidly descends along its longitudinal axis until the toes are submerged.</p>	0		<p>2. See BP 6 Vertical Position and BM 10 <i>Vertical Descent</i>. The <i>Vertical Descent</i> is performed rapidly.</p>

11.2.18 BM 18 Fouetté Rotation

Basic Movement Description	NVT	Diagrams	Major Desired Actions
<p>Fouetté Rotation</p> <p>1. From a Fishtail Position with the horizontal leg leading toward the vertical leg a rapid 180° rotation is executed as the front leg bends to assume a Bent Knee Vertical Position. The bent leg rapidly extends to a Fishtail Position.</p>	19.0		<p>1.1 A rapid rotation of 180° and simultaneous bending of the horizontal leg to assume a BP 14c Bent Knee Vertical Position.</p> <p>1.2 The bent leg rapidly extends to a BP 8 Fishtail Position.</p> <p>The water level remains constant throughout.</p> <p>1.4 Vertical alignment of the vertical leg and trunk maintained throughout.</p> <p>1.5 Stability and control evident.</p> <p>1.6 Rapid uniform motion throughout.</p> <p>1.7 Longitudinal axis maintained throughout the rotation.</p> <p>1.8 Rotation allowances as in BM 12 <i>Twists</i>.</p>