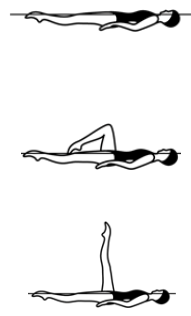
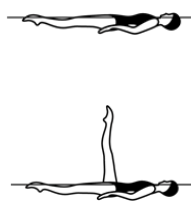


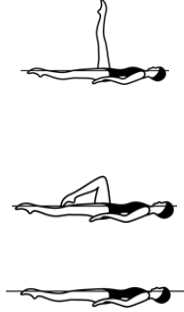
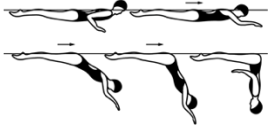




29.1.2 Basic Movements (BM)


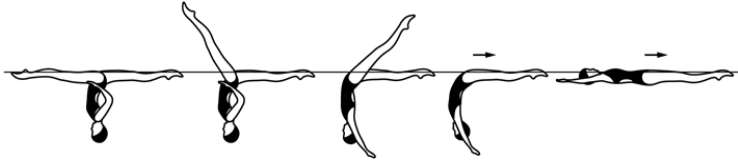

<p>1 TO ASSUME A BALLETT LEG / A BALLETT LEG IS ASSUMED</p>	
<p>Begin in a Back Layout Position. One leg remains at the surface of the water throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a Bent Knee Back Layout Position. The bent leg is straightened without movement of the thigh to assume a Ballet Leg Position.</p>	

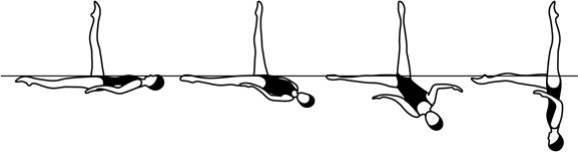
<p>1B TO ASSUME A STRAIGHT BALLETT LEG / A STRAIGHT BALLETT LEG IS ASSUMED</p>	
<p>From a Back Layout Position one leg is raised straight to a Ballet Leg Position.</p>	



<p>2 TO LOWER A BALLET LEG /THE BALLET LEG IS LOWERED</p>	
<p>From a Ballet Leg Position the ballet leg is bent without movement of the thigh to a Bent Knee Back Layout Position. The toe moves along the inside of the extended leg until a Back Layout Position is assumed.</p>	
<p>3 TO ASSUME A FRONT PIKE POSITION / A FRONT PIKE POSITION IS ASSUMED</p>	
<p>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>	
<p>4 TO ASSUME A SUBMERGED BALLET LEG DOUBLE POSITION FROM A FRONT PIKE POSITION/A SUBMERGED BALLET LEG DOUBLE POSITION IS ASSUMED</p>	
<p>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>	
<p>5 ARCH TO BACK LAYOUT POSITION</p>	
<p>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>	

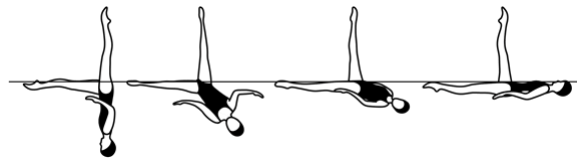


<p>6 WALKOUTS</p> <p>These movements start in a Split Position unless otherwise specified in the figure description. The hips remain stationary as one leg is lifted in an arc over the surface of the water to meet the opposite leg.</p>	
<p>a) Walkout Front</p> <p>The front leg is lifted in a 180° arc 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 Finish Action</i> is executed.</p>	
	
<p>b) Walkout Back</p> <p>The back leg is lifted in a 180° arc over the surface of the water to meet the opposite leg in a Front Pike Position and with continuous movement the body straightens to a Front Layout Position. The head surfaces at the position occupied by the hips at the beginning of this action.</p>	
	

<p>7 CATALINA ROTATION</p> <p>From a Ballet Leg Position a rotation of the body is initiated. The head, shoulders and trunk begin the rotation at the surface of the water while descending without lateral movement to a Fishtail Position. 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.</p>



8 CATALINA REVERSE ROTATION

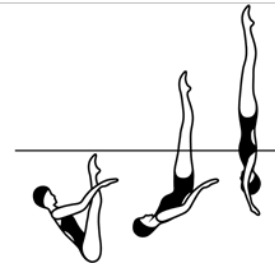
From a **Fishtail Position** the hips rotate as the trunk rises without lateral movement to assume a **Ballet Leg Position**. The vertical leg remains perpendicular to the surface of the water while the foot of the horizontal leg remains at the surface of the water throughout the rotation.


9 THRUST

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. Maximum height desirable.

THRUST ALLOWANCE

Deviation allowances for the Thrust action are unique and allow for the legs to be up to an additional 15 degrees off the vertical line.



Deductions are as follows:

	Angle Deviation	Deduction Amount	
Small Deviation	0 – 15 degrees	0.2	
Medium Deviation	16 – 30 degrees	0.5	
Large Deviation	31 degrees or more	1.0	

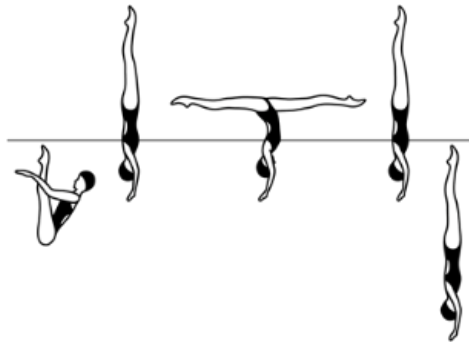
10 VERTICAL DESCENT

Maintaining a **Vertical Position** the body descends along its longitudinal axis until the toes are submerged.



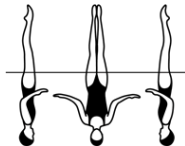

11 ROCKET SPLIT

A *Thrust* is executed to a **Vertical Position**. Maintaining maximum height the legs are split simultaneously and rapidly to assume an **Airborne Split Position** and rejoin to a **Vertical Position**, followed by a *Vertical Descent*. The *Vertical Descent* is executed at the same tempo as the *Thrust*.

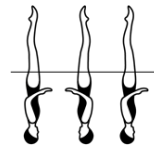

12 TWISTS

A *Twist* is a rotation at a sustained height. The body remains on its longitudinal axis throughout the rotation. Unless otherwise specified when performed in a **Vertical Position** a *Twist* is completed with a *Vertical Descent*.

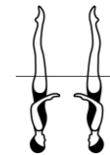
a) Half Twist:
a *Twist* of 180°



b) Full Twist:
a *Twist* of 360°

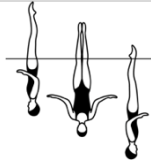
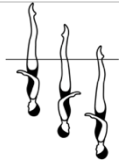
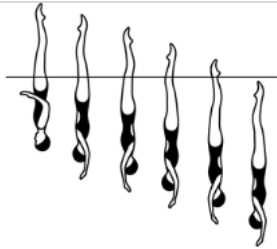
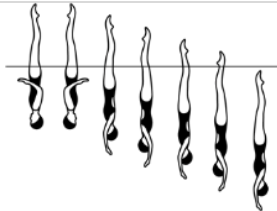


c) A Twirl:
a rapid *Twist* of 180°

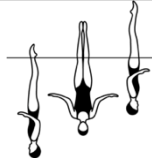

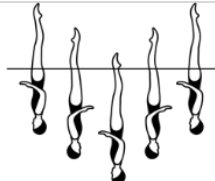
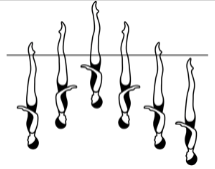
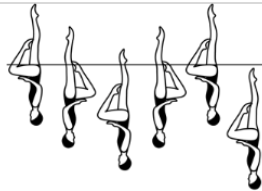


Twist Allowance

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



13 SPINS	
<p>A <i>Spin</i> is a rotation in a Vertical Position. The body remains on its longitudinal axis throughout the rotation. 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>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>d) 180° Spin/Spinning 180°: a descending Spin with a rotation of 180°</p>	
<p>e) 360° Spin/Spinning 360°: a descending Spin with a rotation of 360°.</p>	
<p>f) Continuous Spin: a descending Spin 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. Continuous Spin 720° shown →</p>	
<p>g) Twist Spin: a Half Twist is executed and without a pause is followed by a Continuous Spin of 720° (2) performed in the same direction as the <i>Half Twist</i>.</p>	



13 SPINS (cont.)	
<p>An <i>ascending Spin</i> begins with the water level at the ankles unless otherwise specified. A vertical upward <i>Spin</i> is executed until a water level is established between the knees and hips. An <i>ascending Spin</i> is finished with a <i>Vertical Descent</i>.</p>	
<p>h) Spin Up 180°: an ascending Spin with a rotation of 180°</p>	
<p>i) Spin Up 360°: an ascending Spin with a rotation of 360°.</p>	
<p>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.</p>	
<p>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.</p>	
<p>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.</p>	
<p>m) Reverse Bent Knee Combined Spin: an <i>ascending Spin</i> in a Bent Knee Vertical Position of at least 360° followed without a pause by an equal <i>descending Spin</i> in the same direction in a Bent Knee Vertical Position.</p>	



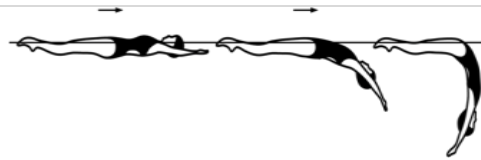
Spin Allowance

The acceptable allowance for a *Continuous Spin* is up to 180° less than/more than the required rotation.

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

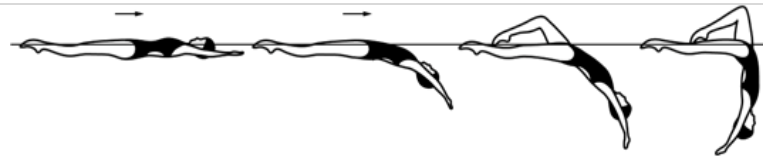
14. TO ASSUME A SURFACE ARCH POSITION / A SURFACE ARCH POSITION IS ASSUMED

From a **Back Layout Position** with the head leading, the head, hips and feet move along the surface of the water. 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



15 TO ASSUME A BENT KNEE SURFACE ARCH POSITION / A BENT KNEE SURFACE ARCH POSITION IS ASSUMED

From a **Back Layout Position** with the head leading, the head, hips and feet move along the surface of the water. 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

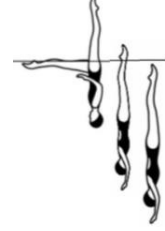
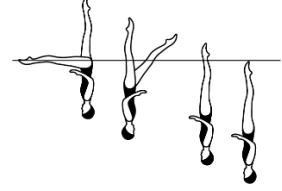
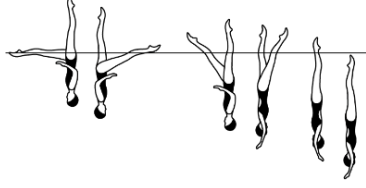
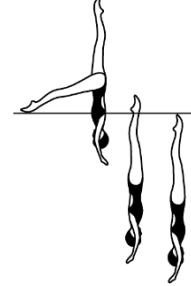


16 ARIANA ROTATION

From a **Split Position** maintaining the relative position of the legs to the surface of the water the hips rotate 180°.





17 HELICOPTER ROTATION	
<p>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>a) Spinning 180°: A descending Spin with a rotation of 180° completed with a Vertical Descent.</p>	
<p>b) Spinning 360°: A descending Spin with a rotation of 360° completed with a Vertical Descent.</p>	
<p>c) Continuous Spin 720°: A descending Spin with a rapid rotation of: 720° (2), completed as the ankles reach the surface of the water and continues through submergence.</p>	
<p>d) Rapid Airborne Spinning 180°: From an airborne Fishtail Position the horizontal leg is rapidly lifted while closing into the vertical leg to Vertical Position during a rapid descending Spin with a rotation of 180° and is completed as the ankles reach the surface of the water followed by a rapid Vertical Descent.</p>	
18 FOUETTÉ ROTATION	
<p>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>	
