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

10.2.1 BM 1 *To Assume a Ballet Leg/A Ballet Leg is assumed*

Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. Begin in a **Back Layout Position.** One leg remains at the surface of the water throughout.			1. See BP 1 **Back Layout Position.**
2. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position.**	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.
3. The bent leg is straightened without movement of the thigh to assume a **Ballet Leg Position.**	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.

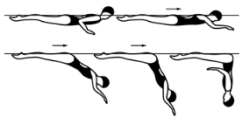
BM 1B *To Assume a Straight Ballet Leg/ A Straight Ballet Leg is assumed*

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.

10.2.2 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. 2.2 The head and trunk remain stationary throughout.
	10.5		

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

Basic Movement Description	NVT	Diagrams	Major Desired Actions
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.	6.0		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. 1.2 Unless otherwise specified, *To Assume a Front Pike Position* starts from a **Front Layout Position**.

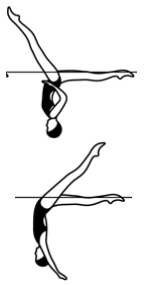
10.2.4 BM 4 *To Assume a Submerged Ballet Leg Double Position from a Front Pike Position/A Submerged Ballet Leg Double Position is assumed*

Basic Movement Description	NVT	Diagrams	Major Desired Actions
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.**	8.0		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. 1.2 Body alignment and extension maintained throughout.

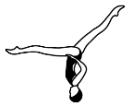
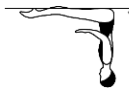
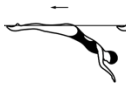
10.2.5 BM 5 *Arch to Back Layout Position*

Basic Movement Description	NVT	Diagrams	Major Desired Actions
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.	7.0		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.

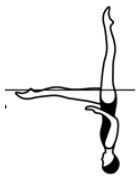
10.2.6 BM 6 *Walkouts*

Basic Movement Description	NVT	Diagrams	Major Desired Actions
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.			1. See BP 16a **Surface Split Position.**
a) *Walkout Front*			
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 *Arch to Back Layout Position* is executed.	23.0		2.1 Hip height remains constant and at the surface of the water. 2.2 Arcing leg moves continuously with uniform motion. 2.3 Both legs maintain full extension. 2.4 The trunk remains stationary until the feet join. 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. 2.6 Foot first surfacing motion begins when the feet are joined. 2.7 See BP 13 **Surface Arch Position** and BM 5 *Arch to Back Layout Position.*
	7.0		

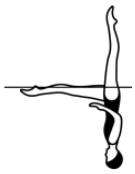
BM 6 *Walkouts* (cont.)

Basic Movement Description	NVT	Diagrams	Major Desired Actions
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.			1. See BP 16a **Surface Split Position.**
b) *Walkout Back* 3. 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.	19.0	  	3.1 Hip height remains constant and at the surface of the water. 3.2 Arcing leg moves continuously with uniform motion. 3.3 Both legs maintain full extension. 3.4 The trunk remains stationary until the feet join. 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**.
4. The head surfaces at the position occupied by the hips at the beginning of this action.	6.0	 	4. The body straightens, rises, and moves along the surface simultaneously with a stationary BP 2 **Front Layout Position** achieved as the head surfaces.

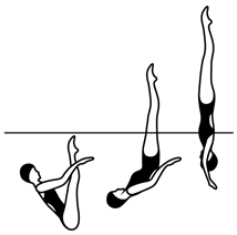
10.2.7 BM 7 *Catalina Rotation*

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, *Catalina Rotation* 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.

10.2.8 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.

10.2.9 BM 9 *Thrust*

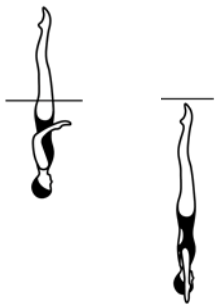
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. From a Submerged **Back Pike Position** with the legs perpendicular to the surface of the water a vertical upward movement of the legs and hips is rapidly executed as the body unrolls to assume a **Vertical Position**.	31.0		1.1 See BP 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 *Thrust*. 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**. 1.3 Obvious increase in speed from the initiation of body unrolling through the vertical upward movement.
2. Maximum height desirable.			2. Maximum height and BP 6 **Vertical Position** achieved simultaneously.

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:

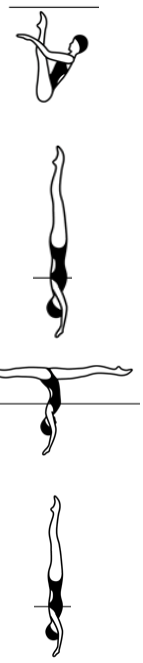
Deviation Type	Angle Deviation	Deduction Amount
Small Deviation	16° – 30°	0.2
Obvious Deviation	31° – 45°	0.5
Major Deviation	More than 45°	1.0

10.2.10 BM 10 *Vertical Descent*

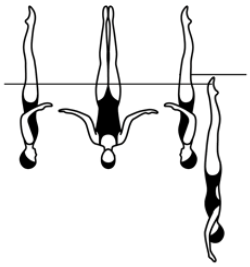
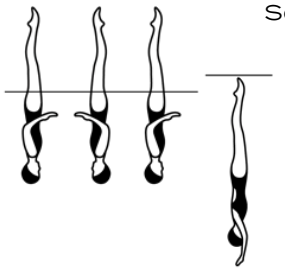
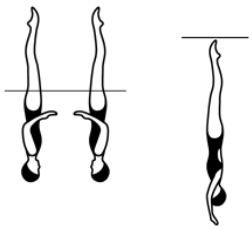
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. Maintaining a **Vertical Position** the body descends along its longitudinal axis until the toes are submerged.	14.0		1. See BP 6 **Vertical Position**. Unless otherwise stated, the tempo of the descent is uniform and at the same speed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

Clarification: If the athlete clearly and purposefully tucks from ankles (or above ankles) in a *Vertical Decent* 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.

10.2.11 BM 11 *Rocket Split*

Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. 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 re-join to a **Vertical Position**, followed by a *Vertical Descent*.	31.0 17.0 13.0		1.1 See BM 9 *Thrust* (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. 1.3 Full extension of the legs above and parallel to the surface of the water. 1.4 The legs split evenly and re-join in the same vertical line. No travel permitted.
2. The *Vertical Descent* is executed at the same tempo as the *Thrust*.	13.0		2. See BM 10 *Vertical Descent*.

10.2.12 BM 12 *Twists*

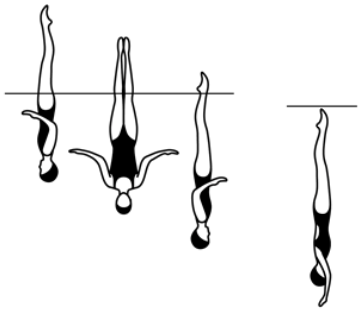
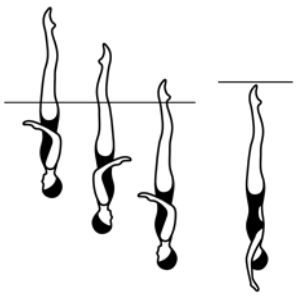
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. A *Twist* is a rotation at a sustained height.			1. Height remains constant throughout the rotation. Stability and alignment of the position is evident before, during and upon completion of the *Twist.* The amount of height is judged by 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 center 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 *Twist* is completed with a *Vertical Descent.*			3. See BM 10 *Vertical Descent.* Unless otherwise specified the speed of the descent is the same as that of the root Figure.
4. **a) *Half Twist*:** a *Twist* of 180°.	21.0 14.0		See *Twist* Allowance.
b) *Full Twist*: a *Twist* of 360°.	32.0 14.0		See *Twist* allowance.
c) A ***Twirl*:** a rapid *Twist* of 180°.	26.0 14.0		See *Twist* 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 *Twirl.*

***Twist* Allowance**

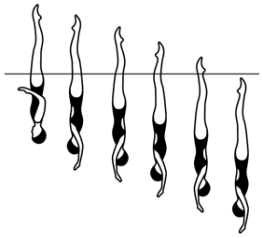
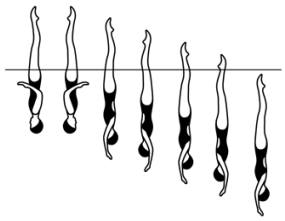
The acceptable allowance for *Twist* rotations (*Half Twist*, *Full Twist* and *Twirl*) is up to ¼ less than/more than the required rotation.

Clarification for non-*Twist* rotations (rotating maintaining the same height): rotations performed at a sustained height not described as a *Twist* have the same allowance of ¼ less than/more than the designated degrees of rotation.

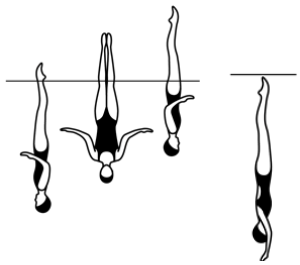
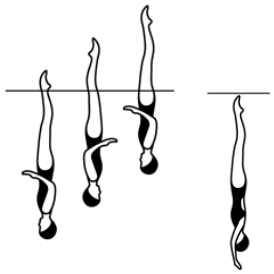
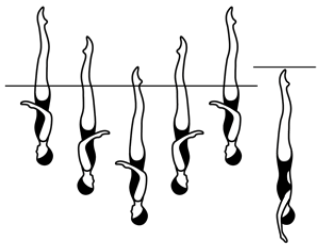
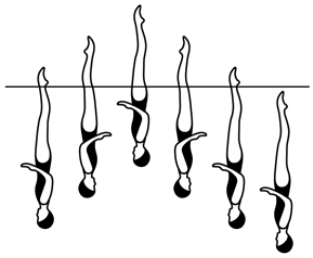
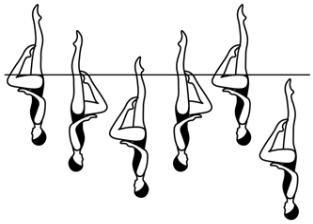
10.2.13 BM 13 *Spins*

Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. A *Spin* is a rotation in a **Vertical Position**.			1. See BP 6 **Vertical Position**. Height and position attained before the S*pin* begins.
2. The body remains on its longitudinal axis throughout the rotation.			2. The longitudinal axis runs through the center of the body and is perpendicular to the surface of the water.
3. Unless otherwise specified *Spins* are executed in uniform motion and are completed with a *Vertical Descent* executed at the same tempo as the *Spin*.			3. Uniform motion of the *Spin* and *Vertical Descent* to be at the same tempo as the root Figure unless otherwise specified. See BM 10 *Vertical Descent*.
4. A *descending Spin* 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 *descending Spin* is completed with a *Vertical Descent* which is executed at the same tempo as the *Spin*.			4.1 Stability and vertical alignment before, during and at completion of the designated rotation. 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.
5. **d) *180° Spin/Spinning 180°*:** a *descending Spin* with a rotation of 180°.	16.0 (stable) 24.0 (unstable-rapid)		See *Spin* Allowance.
e) 360° *Spin/Spinning 360°*: a *descending Spin* with a rotation of 360°.	19.0 (stable) 39.0 (unstable-rapid)		See *Spin* Allowance.

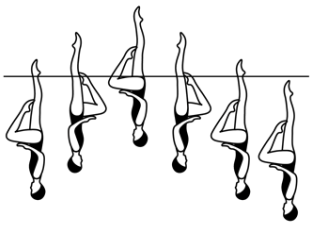
BM 13 *Spins* (cont.)

Basic Movement Description	NVT	Diagrams	Major Desired Actions
5. **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 →	34.0 (720°) (rapid) 67.0 (720°) (rapid-unstable) 49.0 (1080°) (rapid) 60.0 (1440°) (rapid)		See *Spin* Allowance. 5 f) A *Continuous Spin* must achieve and maintain a rapid rotation throughout.
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 *Half Twist*.	48.0		See *Spin* Allowance. 5 g) In a *Twist Spin*, the BM 12a *Half Twist* is performed at the same tempo as the root Figure. The *Continuous Spin* must be performed rapidly and in the same direction as the *Half Twist*. *See* BM 12a *Half Twist* and BM13 f *Continuous Spin*.
6. An *ascending Spin* begins with the water level at the ankles unless otherwise specified. 7. A vertical upward *Spin* is executed until a water level is established between the knees and hips. 8. An *ascending Spin* is finished with a *Vertical Descent*.	20.0 (Asc. 180°) 21.0 (Asc. Rpd 180°) 21.0 (Asc. 360°)		See *Spin* Allowance. 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 *Vertical Descent*. 8. See BM10 *Vertical Descent*. Speed of descent is the same as that specified in the root Figure, unless otherwise specified.

BM 13 *Spins* (cont.)

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

BM 13 *Spins* (cont.)

Basic Movement Description	NVT	Diagrams	Major Desired Actions
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.**	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. There is no *Spin* allowance for Combined Spin.

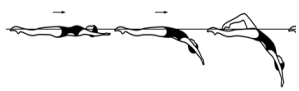
Clarification on NVT: *Descending Spins'* NVT include the *Vertical Descent* value. The draws showing ankle level before submersion are to indicate the water level to meet after the required rotation. Consequently, the drawings in the boxes showing the descent portion from ankles to submerged descent indicate NVT 0.

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 (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.

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

Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. From a **Back Layout Position** with the head leading, the head, hips and feet move along the surface of the water.			1. See BP 1 Back Layout Position.
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.	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.

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

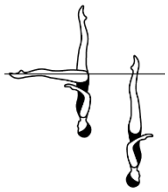
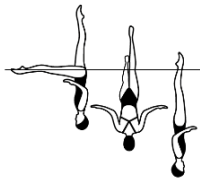
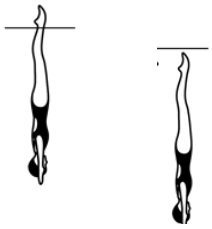
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. From a **Back Layout Position** with the head leading**,** the head, hips and feet move along the surface of the water.			1. See BP 1 **Back Layout Position**.
2. With continuous movement the head leaves the surface of the water as the 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.	17.5		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. 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.**

10.2.16 BM 16 *Ariana Rotation*

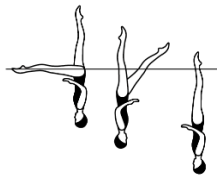
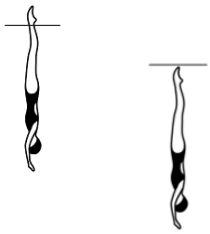
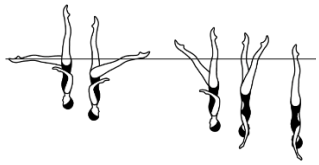
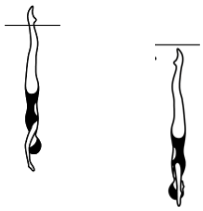
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. From a **Split Position** maintaining the relative position of the legs to the surface of the water the hips rotate 180°.	17.0	  	1.1 See BP 16a **Surface Split Position**. 1.2 The trunk turns 180° around its longitudinal axis, while the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

10.2.17 BM 17 *Helicopter Rotation*

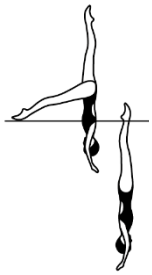
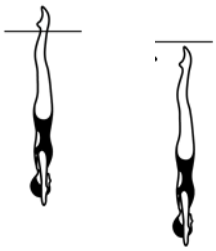
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. From a **Fishtail Position** the horizontal leg is lifted while closing into the vertical leg to assume a **Vertical Position** during a descending rotation and is completed as the ankles reach the surface of the water.			1.1 See BP 8 **Fishtail 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. 1.2 The vertical leg maintains the vertical line throughout the rotation. 1.3 Longitudinal axis is maintained throughout the rotation. 1.4 Unless otherwise specified, the tempo of the rotation and descent is uniform and at the same speed as the root Figure. 1.5 Refer to Section BM 13 *Spins* and *Spin* Allowances.

Basic Movement Description	NVT	Diagrams	Major Desired Actions
a) *Spinning 180°*			
1. ***Spinning 180°***: A *descending Spin* with a rotation of 180°.	12.5	 	1. Refer to BM 17 *Helicopter Rotation* 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 *Vertical Descent*. The tempo of the descent is uniform and at the same speed as the rest of the Figure.

BM 17 *Helicopter Rotation* (cont.)

Basic Movement Description	NVT	Diagrams	Major Desired Actions
b) Spinning 360°			
1. *Spinning 360°*: A *descending Spin* with a rotation of 360°.	17.5		1. Refer to BM 17 *Helicopter Rotation* Step 1 Major Desired Actions.
2. Maintaining a **Vertical Position** the body descends along its longitudinal axis until the toes are submerged.	O		2. See BP 6 **Vertical Position** and BM 10 *Vertical Descent*. 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 *descending Spin* 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 *Helicopter Rotation* 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.	O		2. See BP 6 **Vertical Position** and BM 10 *Vertical Descent*. The *Vertical Descent* is performed rapidly.

BM 17 *Helicopter Rotation* (cont.)

Basic Movement Description	NVT	Diagrams	Major Desired Actions
d) *Rapid Airborne Spinning 180°*			
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 *descending Spin* with a rotation of 180° and is completed as the ankles reach the surface of the water.	17.5		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. 1.2 The vertical leg maintains the vertical line throughout the rotation. 1.3 Longitudinal axis is maintained throughout the rotation. 1.4 Refer to Section BM 13 *Spins* and *Spin* allowances.
2. Maintaining a **Vertical Position** the body rapidly descends along its longitudinal axis until the toes are submerged.	0		2. See BP 6 **Vertical Position** and BM 10 *Vertical Descent*. The *Vertical Descent* is performed rapidly.

10.2.18 BM 18 *Fouetté Rotation*

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