



29 APPENDICES

APPENDIX 1 – World Aquatics Basic Position, Basic Movement and Figures

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APPENDIX 6 – Acrobatics Catalogue


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29.1 Appendix 1 World Aquatics Basic Position, Basic Movement and Figures

29.1.1 Basic Body Position (BP)


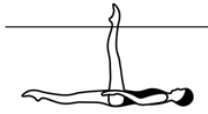



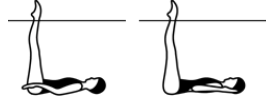
In all basic body positions:

- a) arm positions are optional,
- b) toes must be pointed, ankles must be extended,
- c) the 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.

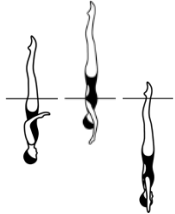
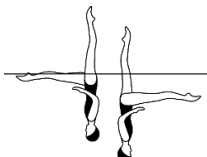
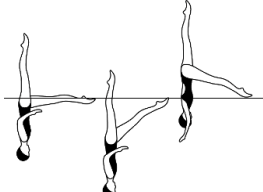




1 BACK LAYOUT POSITION	
Body extended with face, chest, thighs and feet at the surface of the water. Head (ears specifically), hips and ankles in horizontal alignment.	

2 FRONT LAYOUT POSITION	
Body extended with head, upper back, buttocks and heels at the surface of the water. Unless otherwise specified, face may be in or out of the water.	











3 BALLET LEG POSITION	
a) Surface Body in Back Layout Position . One leg extended perpendicular to the surface of the water	
b) Submerged Head, trunk and horizontal leg parallel to the surface of the water. One leg perpendicular to the surface with the water level between the knee and the ankle.	
4 FLAMINGO POSITION	
a) Surface One leg extended perpendicular to the surface of the water. 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. Face at the surface of the water.	
b) Submerged Trunk, head, shin and foot of the bent leg parallel to the surface of the water. 90° angle between the trunk and extended leg. Water level between knee and ankle of the extended leg.	
5 BALLET LEG DOUBLE POSITION	
a) Surface Legs together and extended perpendicular to the surface of the water. Head in line with the trunk. Face at the surface of the water.	
b) Submerged Trunk and head parallel to the surface of the water. 90° angle between the trunk and the extended legs. Water level between knees and ankles of the extended legs.	


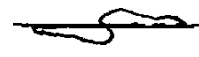

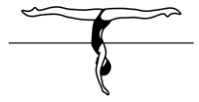
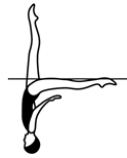



6 VERTICAL POSITION		
<p>Body extended perpendicular to the surface of the water; legs together, head downward. Head (ears specifically), hips and ankles in line</p>		
7 CRANE POSITION – this position is currently not performed in any World Aquatics figure.		
<p>Body extended in Vertical Position with one leg extended forward at a 90° angle to the body</p>		
8 FISHTAIL POSITION		
<p>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.</p>		
9 TUCK POSITION		
<p>Body as compact as possible, with the back rounded and the legs together. Heels close to buttocks. Head close to knees</p>		
10 FRONT PIKE POSITION		
<p>Body bent at hips to form a 90° angle. Legs extended and together. Trunk extended with the back straight and head in line.</p>		



11 BACK PIKE POSITION		
<p>Body bent at hips to form an acute angle of 45° or less. Legs extended and together. Trunk extended with the back straight and head in line.</p>		
13 SURFACE ARCH POSITION		
<p>Lower back arched with hips, shoulders and head on a vertical line. Legs together and at the surface of the water.</p>		
14 BENT KNEE POSITIONS		
<p>Body in Front Layout, Back Layout, Vertical, or Arched Positions. One leg bent, with the toe of the bent leg in contact with the inside of the extended leg at the knee or higher.</p>		
<p>a) Bent Knee Front Layout Position</p> <p>Body extended in Front Layout Position with the thigh of the bent leg perpendicular to the surface of the water. Unless otherwise specified face may be in or out of the water.</p>		
<p>b) Bent Knee Back Layout Position</p> <p>Body extended in Back Layout Position. The thigh of the bent leg is perpendicular to the surface of the water.</p>		
<p>c) Bent Knee Vertical Position</p> <p>Body extended in Vertical Position with the thigh of the bent leg parallel to the surface of the water.</p>		
<p>d) Bent Knee Surface Arch Position</p> <p>Lower back arched with hips, shoulders and head on a vertical line. The thigh of the bent leg is perpendicular to the surface of the water</p>		



<p>15 TUB POSITION</p> <p>Legs bent and together, feet and shins at and parallel to the surface of the water with thighs perpendicular. Head in line with trunk. Face at the surface of the water.</p>	
<p>16 SPLIT POSITION</p> <p>Legs evenly split forward and back. The legs are parallel to the surface of the water. Lower back arched, with hips, shoulders and head on a vertical line. 180° angle between the extended legs (flat split), with inside of each leg aligned on opposite sides of a horizontal line, regardless of the height of the hips.</p>	
<p>a) Surface Split Position</p> <p>Legs are dry at the surface of the water.</p>	
<p>b) Airborne Split Position</p> <p>Legs are above the surface of the water</p>	
<p>17 KNIGHT POSITION</p> <p>Lower back arched, with hips, shoulders and head on a vertical line. One leg vertical. Other leg extended backward with the leg at the surface of the water and as close to horizontal as possible.</p>	
<p>18 KNIGHT VARIANT POSITION</p> <p>Lower back arched, with hips, shoulders and head on a vertical line. One leg vertical. The other leg is behind the body with the knee bent at an angle of 90° or less. The thigh and shin of the bent leg are parallel to the surface of the water.</p>	



<p>19 SIDE FISHTAIL POSITION</p>	
<p>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>	