

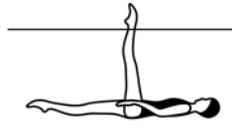
10.1.1 BP 1 Back Layout Position

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.

10.1.2 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.

10.1.3 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>

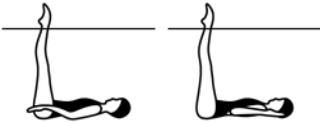
10.1.4 BP 4 Flamingo Position

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>

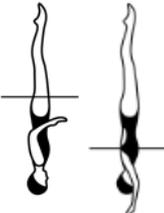
BP 4 Flamingo Position (cont.)

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

10.1.5 BP 5 Ballet Leg Double Position

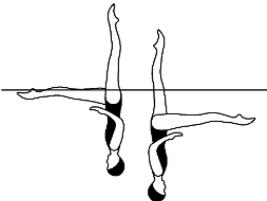
Body Position Description	Diagrams	Major Desired Actions
<p>a) Surface</p> <p>1. Legs together and extended perpendicular to the surface of the water.</p> <p>2. Head in line with the trunk.</p> <p>3. Face at the surface of the water.</p>		<p>1. Full extension of the legs at a 90° angle to the surface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

10.1.6 BP 6 Vertical Position

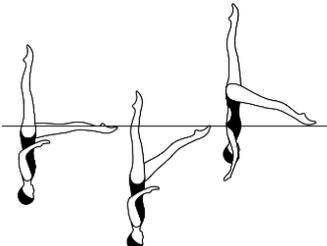
Body Position Description	Diagrams	Major Desired Actions
1. Body extended perpendicular to the surface of the water; legs together, head downward.		1. Full extension of the body.
2. Head (ears specifically), hips and ankles in line.		2. Judgement made by checking visual points of the vertical alignment: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

10.1.7 BP 7 Crane Position

NOTE: 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.

10.1.8 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.

10.1.9 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.

10.1.10 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.

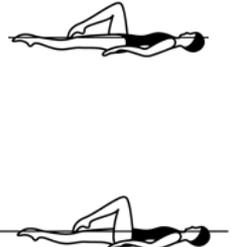
10.1.11 BP 11 Back Pike Position

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.

10.1.12 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.

10.1.13 BP 14 Bent Knee Positions

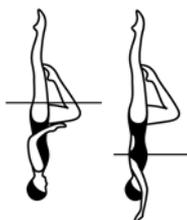
Body Position Description	Diagrams	Major Desired Actions
<p>1. Body in Front Layout, Back Layout, Vertical, or Arched Positions.</p> <p>2. One leg bent, with the toe of the bent leg in contact with the inside of the extended leg at the knee or higher.</p>		<p>1. See BP 2, BP 1, BP 6, and BP 13.</p> <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>
<p>1. Body extended in Back Layout Position.</p> <p>2. The thigh of the bent leg is perpendicular to the surface of the water.</p>		

BP 14 Bent Knee Positions (cont.)

Body Position Description	Diagrams	Major Desired Actions
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c) Bent Knee Vertical Position

1. Body extended in **Vertical Position** with the thigh of the bent leg parallel to the surface of the water.



1. In BP 6 **Vertical Position** the alignment of the extended leg, trunk and head remains constant.

d) Bent Knee Surface Arch Position

1. Lower back arched with hips, shoulders, and head on a vertical line.



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.



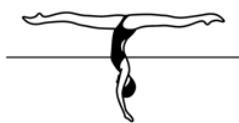
1.2 Hips at the surface of the water.

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.

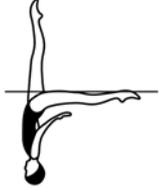
10.1.14 BP 15 Tub Position

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>

10.1.15 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>

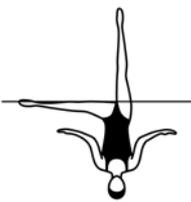
10.1.16 BP 17 Knight Position

Body Position Description	Diagrams	Major Desired Actions
<p>1. Lower back arched, with hips, shoulders, and head on a vertical line.</p> <p>2. One leg vertical.</p> <p>3. Other leg extended backward with the leg at the surface of the water and as close to horizontal as possible.</p>		<p>1. Arch is in the lower part of the spine only.</p> <p>2. Vertical alignment through ears, shoulder joints, hip joints and ankle of the vertical leg.</p> <p>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.</p>

10.1.17 BP 18 Knight Variant Position

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

10.1.18 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>