

**DOLPHIN FIGURES** 2023

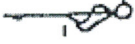
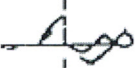
<b>Compulsory:</b>	BM 1/2	Sailboat Alternate	DD 1.3
	310	Somersault back Tuck	DD 1.1

**Optional Groups:**

303	Somersault Back Pike	DD 1.5
361	Prawn	DD 1.6

**Compulsory:**

**BM1 /BM2**

Rule Book Description	NV	Diagrams	Major Desired Actions
1. Begin in a <b>Back Layout Position</b> . One leg remains at the surface throughout.			1. See BP 1 <b>Back Layout Position</b> .
2. The foot of the other leg is drawn along the inside of the extended leg to assume a <b>Bent Knee Back Layout Position</b> .	10.5		2. See BP 14b <b>Bent Knee Back Layout Position</b> . The toe of the bending leg maintains in contact with the inside of the extended leg. Minimal drop in hips. Position held only long enough to demonstrate control and accuracy.
		↑	

**310 SOMERSAULT BACK TUCK**

**1.1**

From a **Back Layout Position**, the knees and toes are drawn along the surface to assume a **Tuck Position**. With continuous motion, the tuck becomes more compact as the body somersaults backward around a lateral axis for one complete revolution. A **Back Layout Position** is resumed.

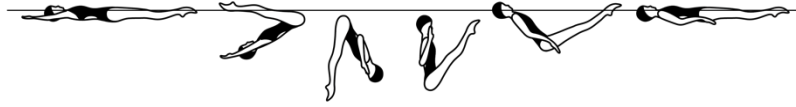


## DOLPHIN FIGURES 2023

### Optional group

#### 303 SOMERSAULT BACK PIKE 1.5

From a **Back Layout Position** with the body remaining parallel and close to the surface, the legs are lifted rapidly to assume a **Back Pike Position**. Without a pause the body somersaults backwards around a lateral axis until the feet and head simultaneously reach the surface. A **Back Layout Position** is assumed.



#### 361 PRAWN 1.6

From a **Front Layout Position**, a Walkover Front is executed to the **Split Position**. The legs join to assume a **Vertical Position** at ankle level. A *Vertical Descent* is executed.

