






**Figure – 302 BLOSSOM**

**DIFFICULTY – 1.4**





From a **Back Layout Position** the trunk is lowered as the hips are bent to assume a **Submerged Ballet Leg Double Position**. The feet separate along the surface of the water as the hips rise and the body assumes a **Split Position**. The legs join to assume a **Vertical Position** at ankle level. A **Vertical Descent** is executed.

					Total
NVT=	10.0	11.0	5.0	5.0	31
PV =	3.23	3.55	1.61	1.61	10

**Figure – 310 SOMERSAULT BACK TUCK**

**DIFFICULTY – 1.1**





From a **Back Layout Position** the knees, shins and toes are drawn along the surface of the water 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.

				Total
NVT=	3.0	5.0	3.0	11
PV =	2.73	4.55	2.73	10

**Figure – 303 SOMERSAULT BACK PIKE**

**DIFFICULTY – 1.4**







From a **Back Layout Position** with the trunk remaining parallel and close to the surface of the water, the legs are raised 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 of the water. A **Back Layout Position** is assumed.

				Total
NVT=	14.0	13.0	5.0	32
PV =	4.38	4.06	1.56	10

**Figure – 344 NEPTUNUS**

**DIFFICULTY – 1.6**

From a **Front Layout Position** a **Front Pike Position** is assumed. One leg is lifted to a **Fishtail Position**. The horizontal leg is bent to assume a **Bent Knee Vertical Position**. The bent leg is extended to meet the vertical leg while descending and assuming a **Vertical Position** at ankle level. A **Vertical Descent** is executed.

						Total
NVT=	6.0	14.5	12.5	9.0	0	42
PV =	1.43	3.45	2.98	2.14	0	10