

APPENDIX 1A – WORLD AQUATICS BASIC POSITIONS AND BASIC MOVEMENTS

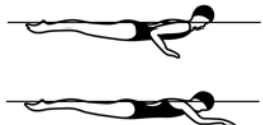
Basic Positions (BP)

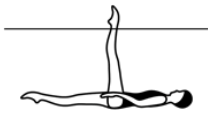
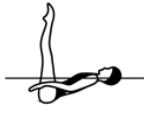
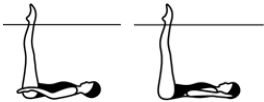
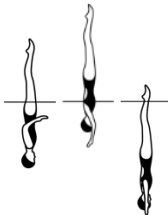
In all Basic Positions:

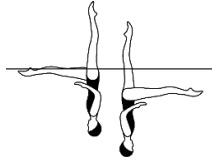
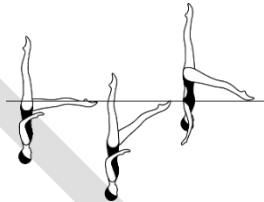
- arm positions are optional,
- toes must be pointed, ankles must be extended,
- the legs, trunk and neck are fully extended unless otherwise specified and
- diagrams are a guide only.

BP #	BP Type	BP #	BP Type
BP 1	Back Layout Position	BP 11	Back Pike Position
BP 2	Front Layout Position	BP 12	*
BP 3	Ballet Leg Position	BP 13	Surface Arch Position
BP 4	Flamingo Position	BP 14	Bent Knee Position
BP 5	Ballet Leg Double Position	BP 15	Tub Position
BP 6	Vertical Position	BP 16	Split Position
BP 7	Crane Position	BP 17	Knight Position
BP 8	Fishtail Position	BP 18	Knight Variant Position
BP 9	Tuck Position	BP 19	Side Fishtail Position
BP 10	Front Pike Position		

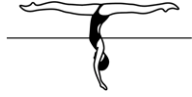
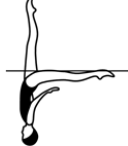
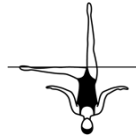
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1	BACK LAYOUT POSITION	
	Body extended with face, chest, thighs and feet at the surface of the water. Head (ears specifically), hips and ankles in horizontal alignment.	
2	FRONT LAYOUT POSITION	
	Body extended with head, upper back, buttocks and heels 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	
Body extended perpendicular to the surface of the water; legs together, head downward. Head (ears specifically), hips and ankles in line.	

7	CRANE POSITION		
Body extended in Vertical Position with one leg extended forward at a 90° angle to the body.			
8	FISHTAIL POSITION		
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.			
9	TUCK POSITION		
Body as compact as possible, with the back rounded and the legs together. Heels close to buttocks. Head close to knees.			
10	FRONT PIKE POSITION		
Body bent at hips to form a 90° angle. Legs extended and together. Trunk extended with the back straight and head in line.			
11	BACK PIKE POSITION		
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.			
13	SURFACE ARCH POSITION		
Lower back arched with hips, shoulders and head on a vertical line. Legs together and at the surface of the water.			

14 BENT KNEE POSITIONS	
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.	
a) Bent Knee Front Layout Position 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.	
b) Bent Knee Back Layout Position Body extended in Back Layout Position . The thigh of the bent leg is perpendicular to the surface of the water.	
c) Bent Knee Vertical Position Body extended in Vertical Position with the thigh of the bent leg parallel to the surface of the water.	 
d) Bent Knee Surface Arch Position 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.	
15 TUB POSITION	
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.	
	
16 SPLIT POSITION	
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.	
	
a) Surface Split Position Legs are dry at the surface of the water.	

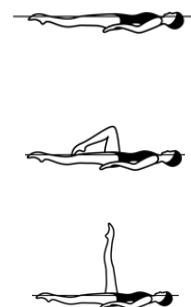
b) Airborne Split Position Legs are above the surface of the water.	
17 KNIGHT POSITION Lower back arched, with hips, shoulders and head on a vertical line. One leg vertical. Other leg extended backward with the leg at the surface of the water and as close to horizontal as possible.	
18 KNIGHT VARIANT POSITION 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.	
19 SIDE FISHTAIL POSITION 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.	

Basic Movements (BM)

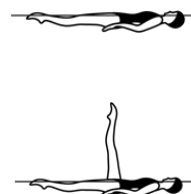
BM #	BM Type	BM #	BM Type
BM 1	<i>To Assume a Ballet Leg</i>	BM 11	<i>Rocket Split</i>
BM 2	<i>To Lower a Ballet Leg</i>	BM 12	<i>Twists</i>
BM 3	<i>To Assume a Front Pike Position</i>	BM 13	<i>Spins</i>
BM 4	<i>To Assume a Submerged Ballet Leg Double Position from a Front Pike Position</i>	BM 14	<i>To Assume a Surface Arch Position</i>
BM 5	<i>Arch to Back Layout Position</i>	BM 15	<i>To Assume a Bent Knee Surface Arch Position</i>
BM 6	<i>Walkouts</i>	BM 16	<i>Ariana Rotation</i>
BM 7	<i>Catalina Rotation</i>	BM 17	<i>Helicopter Rotation</i>
BM 8	<i>Catalina Reverse Rotation</i>	BM 18	<i>Fouetté Rotation</i>
BM 9	<i>Thrust</i>	BM 19	<i>Catch</i>
BM 10	<i>Vertical Descent</i>		

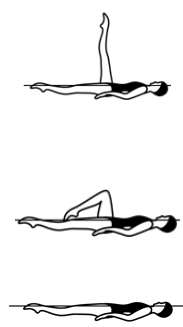
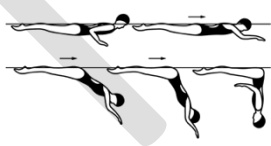
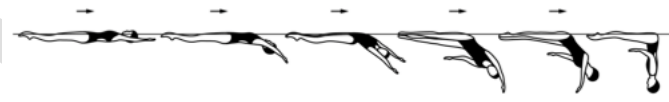
1A TO ASSUME A BALLET LEG / A BALLET LEG IS ASSUMED

Begin in a **Back Layout Position**. One leg remains at the surface of the water throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. The bent leg is straightened without movement of the thigh to assume a **Ballet Leg Position**.


1B TO ASSUME A STRAIGHT BALLET LEG / A STRAIGHT BALLET LEG IS ASSUMED

From a **Back Layout Position** one leg is raised straight to a **Ballet Leg Position**.



2 TO LOWER A BALLET LEG / THE BALLET LEG IS LOWERED	
From a Ballet Leg Position the ballet leg is bent without movement of the thigh to a Bent Knee Back Layout Position. The toe moves along the inside of the extended leg until a Back Layout Position is assumed.	
3 TO ASSUME A FRONT PIKE POSITION / A FRONT PIKE POSITION IS ASSUMED	
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.	
b) TO ASSUME A FRONT PIKE POSITION VARIANT / A FRONT PIKE POSITION IS ASSUMED VARIANT – ALBATROSS ROTATION	
From a Back Layout Position with the head leading, the head, hips and feet move along the surface of the water as the body rolls onto the face and a Front Pike Position is assumed with the hips occupying the position of the head at the beginning of this action.	
	
4 TO ASSUME A SUBMERGED BALLET LEG DOUBLE POSITION FROM A FRONT PIKE POSITION/A SUBMERGED BALLET LEG DOUBLE POSITION IS ASSUMED	
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.	

5 <i>ARCH TO BACK LAYOUT POSITION</i> 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.	
6 <i>WALKOUTS</i> 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.	
a) Walkout Front 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 <i>Arch to Back Layout Position</i> is executed.	
b) Walkout Back 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. The head surfaces at the position occupied by the hips at the beginning of this action.	
7 <i>CATALINA ROTATION</i> From a Ballet Leg Position a rotation of the body is initiated. The head, shoulders and trunk begin the rotation at the surface of the water while descending without lateral movement to a Fishtail Position. 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, a <i>Catalina Rotation</i> starts from a Ballet Leg Position.	



8 CATALINA REVERSE ROTATION

From a **Fishtail Position** the hips rotate as the trunk rises without lateral movement to assume a **Ballet Leg Position**. 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.



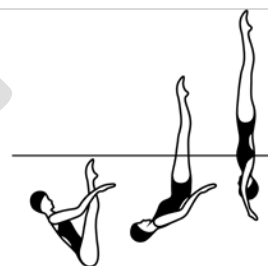
9 THRUST

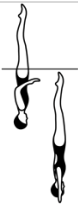
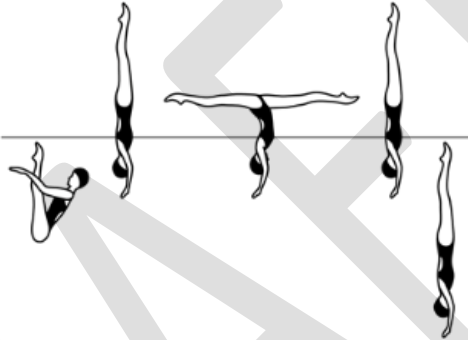
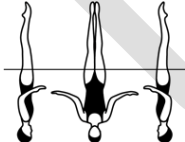
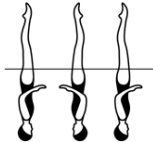
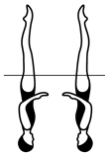
From a submerged **Back Pike Position** with the legs perpendicular to the surface of the water a vertical upward movement of the legs and hips is rapidly executed as the body unrolls to assume a **Vertical Position**. Maximum height desirable.

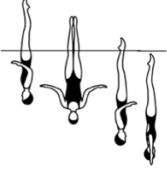
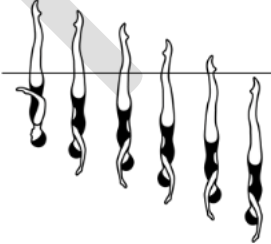
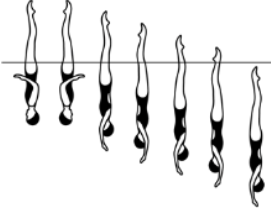
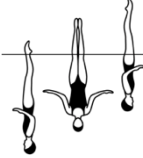
THRUST ALLOWANCE

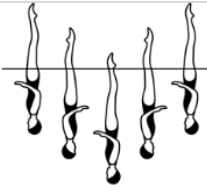
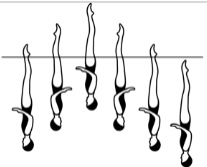
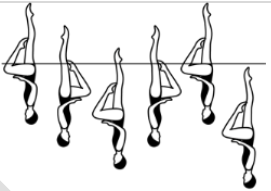
Deviation allowances for the Thrust action are unique and allow for the legs to be up to an additional 15 degrees off the vertical line.

Deductions are as follows:		
	Angle Deviation	Deduction Amount
Small Deviation	16° – 30°	0.2
Obvious Deviation	31° – 45°	0.5
Major Deviation	More than 45°	1.0



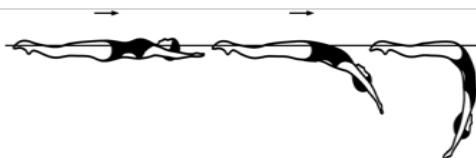
10	VERTICAL DESCENT	
Maintaining a Vertical Position the body descends along its longitudinal axis until the toes are submerged.		
11	ROCKET SPLIT	
A <i>Thrust</i> is executed to a Vertical Position . Maintaining maximum height, the legs are split simultaneously and rapidly to assume an Airborne Split Position and rejoin to a Vertical Position , followed by a <i>Vertical Descent</i> . The <i>Vertical Descent</i> is executed at the same tempo as the <i>Thrust</i> .		
		
12	TWISTS	
A <i>Twist</i> is a rotation at a sustained height. The body remains on its longitudinal axis throughout the rotation. Unless otherwise specified when performed in a Vertical Position a <i>Twist</i> is completed with a <i>Vertical Descent</i> .		
a) <i>Half Twist</i> : a Twist of 180°	b) <i>Full Twist</i> : a Twist of 360°	c) <i>A Twirl</i> : a rapid Twist of 180°
		
TWIST ALLOWANCE		
The acceptable allowance for <i>Twist</i> rotations (<i>Half Twist</i> , <i>Full Twist</i> and <i>Twirl</i>) is up to ¼ less than/more than the required rotation.		

13 SPINS	
A <i>Spin</i> is a rotation in a Vertical Position. The body remains on its longitudinal axis throughout the rotation. Unless otherwise specified <i>Spins</i> are executed in uniform motion and are completed with a Vertical Descent executed at the same tempo as the <i>Spin</i>. A <i>descending Spin</i> 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 <i>descending Spin</i> is completed with a Vertical Descent which is executed at the same tempo as the <i>Spin</i>.	
a) 180° Spin/Spinning 180° A <i>descending Spin</i> with a rotation of 180°.	
b) 360° Spin/Spinning 360° A <i>descending Spin</i> with a rotation of 360°.	
c) Continuous Spin A <i>descending Spin</i> with a rapid rotation of: 360° (1), 720° (2), 1080° (3), or 1440° (4) which is completed as the ankles reach the surface of the water and continues through submergence. A <i>Continuous Spin 720°</i> is shown in the diagram.	
d) Twist Spin A <i>Half Twist</i> is executed and without a pause is followed by a <i>Continuous Spin</i> of 720° (2) performed in the same direction as the <i>Half Twist</i>.	
An <i>ascending Spin</i> begins with the water level at the ankles unless otherwise specified. A vertical upward <i>Spin</i> is executed until a water level is established between the knees and hips. An <i>ascending Spin</i> is finished with a <i>Vertical Descent</i>.	
e) Spin Up 180° An <i>ascending Spin</i> with a rotation of 180°.	
f) Spin Up 360° An <i>ascending Spin</i> with a rotation of 360°.	

g) Combined Spin: A <i>descending Spin</i> of at least 360° followed without a pause by an equal <i>ascending Spin</i> in the same direction. The <i>ascending Spin</i> reaches the same height where the <i>descending Spin</i> started.	
h) Reverse Combined Spin An <i>ascending Spin</i> of at least 360° followed without a pause by an equal <i>descending Spin</i> in the same direction.	
i) Bent Knee Combined Spin A <i>descending Spin</i> in a Bent Knee Vertical Position of at least 360° followed without a pause by an equal <i>ascending Spin</i> in the same direction in a Bent Knee Vertical Position. The <i>ascending Spin</i> reaches the same height where the <i>descending Spin</i> started.	
j) Reverse Bent Knee Combined Spin An <i>ascending Spin</i> in a Bent Knee Vertical Position of at least 360° followed without a pause by an equal <i>descending Spin</i> in the same direction in a Bent Knee Vertical Position.	
Spin Allowance The acceptable allowance for a <i>Continuous Spin</i> is up to 180° less than/more than the required rotation. The acceptable allowance for other <i>Spins</i> (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 <i>Spin</i> allowance for <i>Combined Spin</i>.	

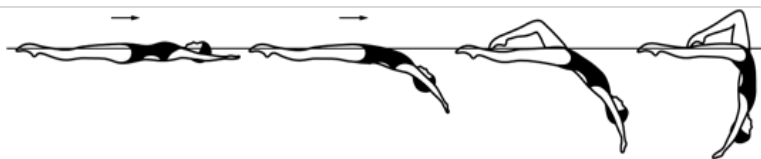
14. TO ASSUME A SURFACE ARCH POSITION / A SURFACE ARCH POSITION IS ASSUMED

From a **Back Layout Position** with the head leading, the head, hips and feet move along the surface of the water. 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.



15 TO ASSUME A BENT KNEE SURFACE ARCH POSITION / A BENT KNEE SURFACE ARCH POSITION IS ASSUMED

From a **Back Layout Position** with the head leading, the head, hips and feet move along the surface of the water. 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.



16 ARIANA ROTATION

From a **Split Position** maintaining the relative position of the legs to the surface of the water the hips rotate 180°.

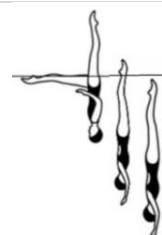


17 HELICOPTER ROTATION

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.

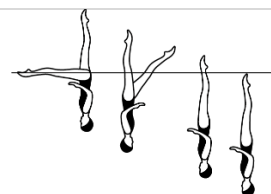
a) Spinning 180°

A descending *Spin* with a rotation of 180° completed with a *Vertical Descent*.



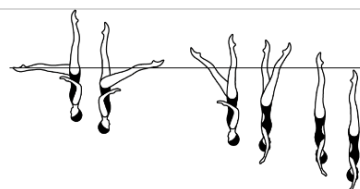
b) Spinning 360°

A descending *Spin* with a rotation of 360° completed with a *Vertical Descent*.



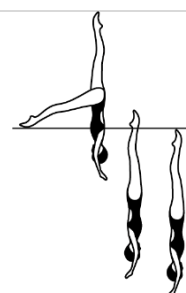
c) Continuous Spin 720°

A descending *Spin* with a rapid rotation of 720° (2), completed as the ankles reach the surface of the water and continues through submergence.



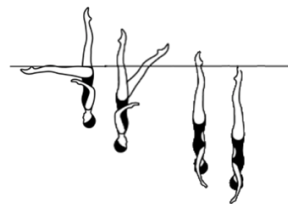
d) Rapid Airborne Spinning 180°

From an airborne **Fishtail Position**, the horizontal leg is rapidly lifted while closing into the vertical leg to **Vertical Position** during a rapid descending *Spin* with a rotation of 180° and is completed as the ankles reach the surface of the water followed by a rapid *Vertical Descent*.

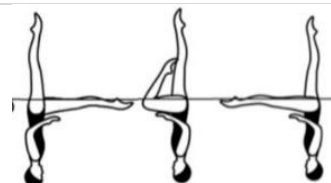


e) Continuous Spin 360°

A descending *Spin* with a rapid rotation of 360° (1), completed as the ankles reach the surface of the water and continues through submergence.


18 FOUETTÉ ROTATION

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 CATCH

A controlled moment following an **Airborne Split Position** where the movement is stopped at a maximum sustained **Vertical Position** after rejoining, creating a brief pause that demonstrates control for a minimum of one (1) second before the next movement begins.

