

Figure 1. 5m head first sculling + Back tuck somersault

Head First Sculling (4.0)
 Accurate sculling
 Face, chest, thighs and feet at surface
 No arch or pike.
 Travel in a straight line.
 Travel 5 metres (16 feet).
 Even tempo



BackTuck (4.0)
 Layout shown at start and finish.
 Tuck reasonably tight and maintained throughout revolution.
 Revolution performed on the same vertical line.
 A complete 360° revolution



Figure 2. Pretty Lady

Waterwheel Pretty Lady (4.0)
 Chest and head at surface.
 Hands must stay in position during entire 360 turn.
 No sculling permitted during 360 turn.
 Legs no lower than 10 cm underwater



Figure 3. Back layout + Tub Turn 360'

Back Layout (4.0)
 Face, chest, thighs, feet at the surface.
 Accurate stationary (flat) sculling.
 Minimal travel. Hold position for 3 seconds

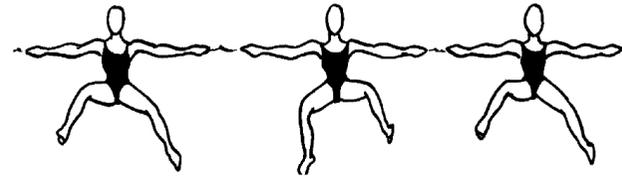


Tub Turn 360' (4.0)
 Feet and knees on surface.
 Head back.
 Thighs close to perpendicular.
 Minimal alteration of position on rotation.
 Rotations completed.
 Back Layout Position at start and finish.
 Minimal travel.



Figure 1. 20s Eggbeater stationary + Sailboat alternate

20 seconds
Eggbeater
Stational
(4.0)
Back erect.
Mouth above surface
Alternate rotary kick.
No flutter or scissors.
Arms not used for support.
Maintained for 20 seconds.



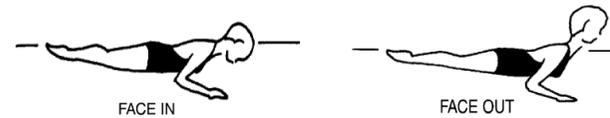
Sailboat
Alternate
(4.0)
Head at surface. Foot of extended leg near surface.
Thigh close to perpendicular ($\pm 20^\circ$).
Minimal travel.
Toe maintains contact with inside of other leg.
Knee of bent leg above the surface



Sailboat position at different heights

Figure 2. Front layout position + Paddle scull 2m

Front
Layout
Position
(4.0)
Traveling minimal (1-2 feet).
Position held with minimal jerks or bounces.
Slight lower back arch.
Body extension good.
Held for 3 second



Paddles
Scull
5meters
(4.0)
Correct technique throughout.
The feet should be no lower than 5 cm underwater.
The scull must have counter-clockwise circular motion.
5 metres completed (16 feet)



Figure 3. Pretzel

Pretzel
(4.0)
The toe of the forward foot must be on the knee of the back leg.
Hips no more than 10 cm underwater.
The Pretzel Position must turn 360° both ways.
Minimal travel off axis

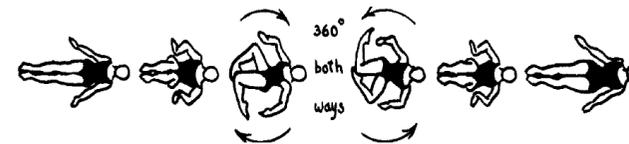


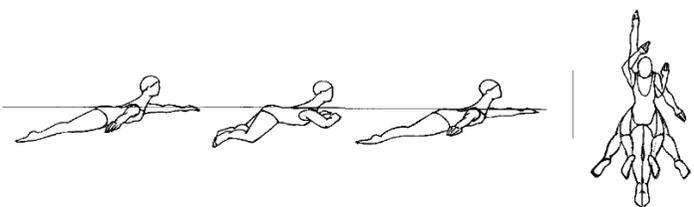
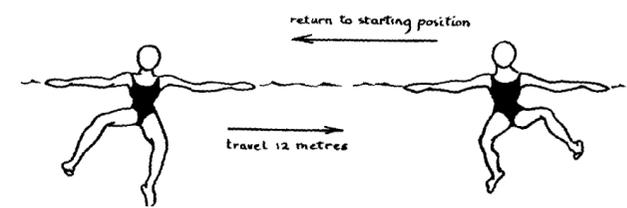
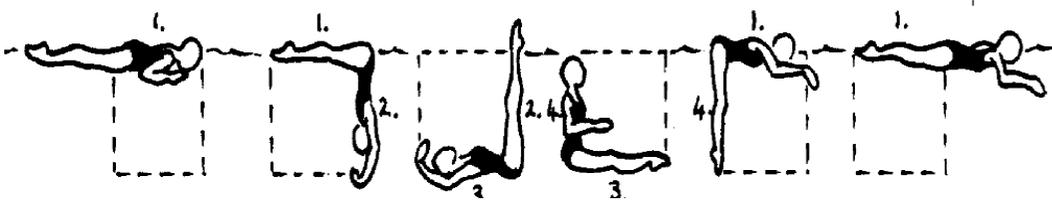
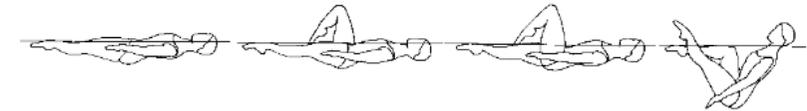
Figure 1. KPK 4 strokes - Side eggbeater 5m		
KPK 4 strokes (4.5)	Accurate stroke. Accurate kick. Head above surface	
Side Eggbeater 6m (4.5)	Shoulders at surface. Body upright. Arms not used, nosculling. Distance in both directions (6 m. right and 6 m. left).	
Figure 2. Front pike somersault		
Front Pike Somersault (4.5)	Pike position close to 90° (+20°). Position maintained. Finish in Front Layout. Minimal travel except on pull-down and finish. Some forward movement on pull-down and ending	
Figure 3. Sailboat to Flowerpot to back layout position		
Sailboat to Flowerpot to back layout position (4.5)	Sailboat Alternate -head at surface, foot of horizontal leg near surface, thigh of bent leg perpendicular (+20°). Flowerpot Position-head and foot at or above surface, thigh perpendicular (+20°)	

Figure 1. Reverse Propellor (5m)		
Reverse Propellor (5m) (4.5)	<p>Distance covered -5 m. (16 ft.).</p> <p>Travel in straight line.</p> <p>Body extended.</p> <p>Head and feet on surface</p> <p>Ankles together</p>	
Figure 2. Ballet Leg Single		
Baller Leg Single (4.5)	<p>Back Layout Position -Face, chest and feet at the surface.</p> <p>Toe moves along inside of extended leg.</p> <p>Thigh perpendicular (+20°) in Bent Knee Position.</p> <p>Foot of extended leg remains close to the surface. (10 cm.)</p> <p>Ballet leg close to perpendicular (+20°).</p> <p>Minimum height -at knee of ballet leg.</p> <p>Minimal travel.</p>	
Figure 3. Prawn		
Prawn (4.5)	<p>Satisfactory Layout.</p> <p>Some forward movement during pull-down action.</p> <p>Front Pike Position as close to 90° as possible. (+20).</p> <p>Buttocks, legs and feet at surface in Pike Position</p> <p>Foot moves along surface sideways to Split.</p> <p>Split-feet on surface, legs evenly split.</p> <p>Trunk +/-20° of vertical angle.</p> <p>Angle between the legs at least 90°.</p> <p>Feet join along surface.</p> <p>Vertical, feet above surface, no more than 20° off vertical line.</p>	

Figure 1. Flamingo Position (through sailboat and ballet leg back to back layout)

Flamingo
(4.5)

Extended leg close to vertical (+20°), knee close to mid-calf of bent leg.
Face at surface.
Minimal travel.
Head in line with spine.
Position held 3 seconds



Figure 2. Somersault back pike

Somersault
back pike
(4.5)

Legs lifted to Back Pike Position.
Somersault close to surface.
Pike as tight as possible.
Head and feet reach surface before starting to open to layout.
Minimal travel



Figure 3. Kipnus

Kipnus
(4.5)

Layout shown
Tuck as tight as possible.
Inverted Tuck Position and Bent Knee Vertical Position within 20° of vertical line.
Minimum height bottom of knee.
Vertical Position shown before feet submerge.

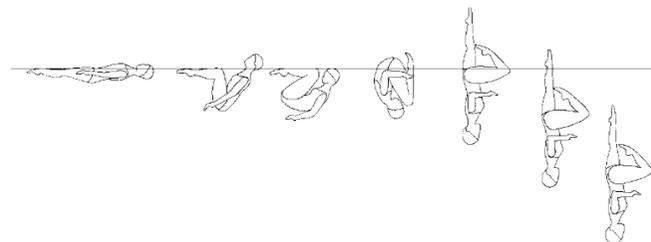


Figure 1.Kipnus

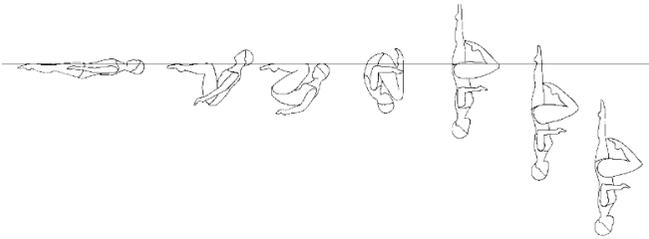
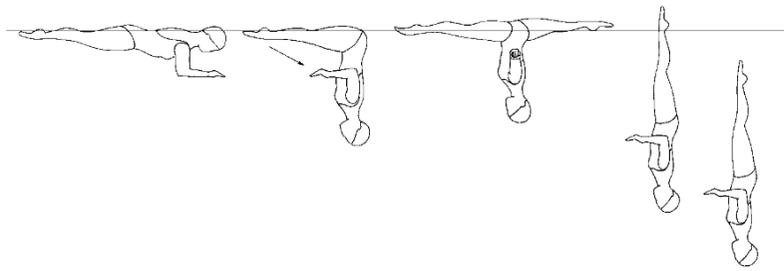
Kipnus (4.5)	<p>Layout shown</p> <p>Tuck as tight as possible.</p> <p>Inverted Tuck Position and Bent Knee Vertical Position within 20° of vertical line.</p> <p>Minimum height bottom of knee.</p> <p>Vertical Position shown before feet submerge.</p>	
--------------	---	---

Figure 2. Ballet Leg single

Baller Leg Single (4.5)	<p>Back Layout Position -Face, chest and feet at the surface.</p> <p>Toe moves along inside of extended leg.</p> <p>Thigh perpendicular (+20°) in Bent Knee Position.</p> <p>Foot of extended leg remains close to the surface. (10 cm.)</p> <p>Ballet leg close to perpendicular (+20°).</p> <p>Minimum height -at knee of ballet leg.</p> <p>Minimal travel.</p>	
-------------------------	--	---

Figure 3.Surface Prawn

Prawn (4.5)	<p>Satisfactory Layout.</p> <p>Some forward movement during pull-down action.</p> <p>Front Pike Position as close to 90° as possible. (+20).</p> <p>Buttocks, legs and feet at surface in Pike Position</p> <p>Foot moves along surface sideways to Split.</p> <p>Split-feet on surface, legs evenly split.</p> <p>Trunk +/-20° of vertical angle.</p> <p>Angle between the legs at least 90°.</p> <p>Feet join along surface.</p> <p>Vertical, feet above surface, no more than 20° off vertical line.</p>	
-------------	---	--

