
APPENDIX II

BASIC POSITIONS

In all basic positions:

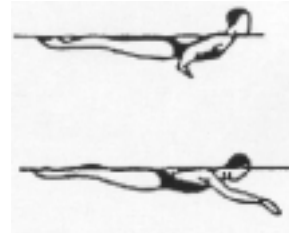
- a) arm positions are optional,
- b) toes must be pointed,
- c) the legs, trunk and neck fully extended unless otherwise specified, and
- d) diagrams show the usual water levels.

1 BACK LAYOUT POSITION

Body extended with face, chest, thighs and feet at the surface.
Head (ears specifically), hips, and ankles in line.


2 FRONT LAYOUT POSITION

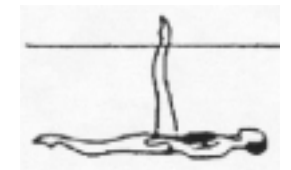
Body extended with head, upper back, buttocks and heels at the surface.
Face may be in or out of the water.


**3a) A FRONT PIKE POSITION TO ASSUME
A SUBMERGED LEG DOUBLE POSITION**

From a Front Pike Position, maintaining this position, the body somersaults forward a lateral axis so that the hips replace the head at one-quarter point to assume a **Submerged Ballet Leg Double Position**. The Buttocks, legs and feet travel (move) downward until the hips occupy the position of the head at the beginning of this action.


b) Submerged

Head, trunk and horizontal leg parallel to the surface. One leg perpendicular to the surface with the water level between the knee and the ankle.

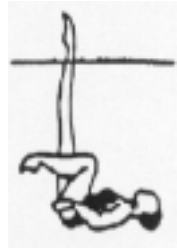

4 FLAMINGO POSITION
a) Surface

One leg extended perpendicular to the surface. The other leg drawn to the chest with the mid-calf opposite the vertical leg, foot and knee at and the parallel to the surface. Face at the surface.

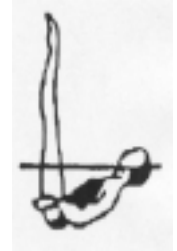


b) **Submerged**

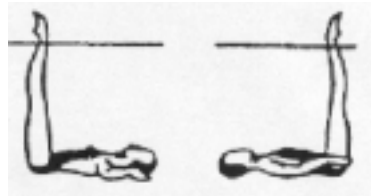
Trunk, head and shin of the bent leg parallel to the surface. 90° angle between the trunk and extended leg. Water level between knee and ankle of the extended leg.

**5 BALLET LEG DOUBLE POSITION**a) **Surface**

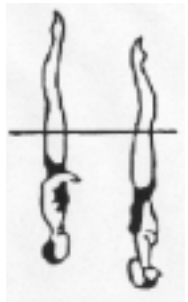
Legs together and extended perpendicular to the surface. Head in line with the trunk. Face at the surface.

b) **Submerged**

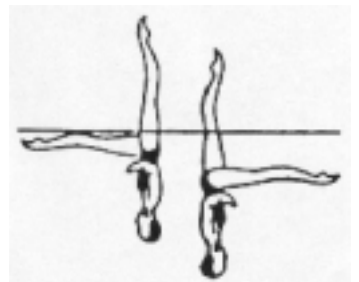
Trunk and head parallel to the surface. 90° angle between the trunk and extended legs. Water level between knees and ankles of the extended legs.

**6 VERTICAL POSITION**

Body extended, perpendicular to the surface, legs together, head downward. Head (ears specifically), hips and ankles in line.

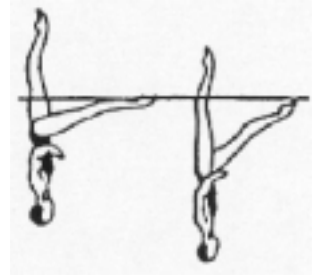
**7 CRANE POSITION**

Body extended in **Vertical Position**, with one leg extended forward at a 90° angle to the body.



8 FISHTAIL POSITION

Same as **Crane Position**, except that the foot of the forward leg is at the surface, regardless of the height of the hips.

**9 TUCK POSITION**

Body as compact as possible, with the back rounded and legs together. Heels close to buttocks. Head close to knees.

**10 FRONT PIKE POSITION**

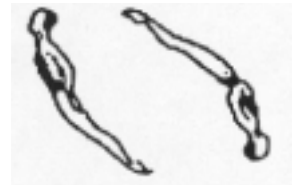
Body bent at hips to form a 90° angle. Legs extended and together. Trunk extended with back straight and head in line.

**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.

**12 DOLPHIN ARCH POSITION**

Body arched so that the head, hips and feet conform to the arc being followed. Legs together.

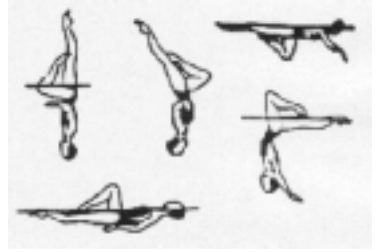
**13 SURFACE ARCH POSITION**

Lower back arched, with hips, shoulders and head on a vertical line. Legs together and at the surface.



14 SINGLE BENT KNEE POSITIONS

Body in **Front Layout, Back Layout, Vertical, or Arched Positions**. One leg bent, with the toes of the bent leg in contact with the inside of the extended leg at the knee or thigh. In **Back Layout** and **Surface Arch**, the thigh is perpendicular to the surface.



15 TUB POSITION

Legs bent and together, feet and knees at and parallel to the surface, thighs perpendicular. Head in line with trunk. Face at the surface.



16 SPLIT POSITION

Legs evenly split forward and back, with feet and thighs at the surface. Lower back arched, with hips, shoulders and head on a vertical line.



17 KNIGHT POSITION

Lower back arched, with hips, shoulders and head on a vertical line. One leg vertical. Other leg extended backward, with the foot at the surface, 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 are parallel to the surface of the water.



19 SIDE FISHTAIL POSITION

Body extended in **Vertical Position**, with one leg extended sideways with its foot at the surface regardless of the height of the hips.

