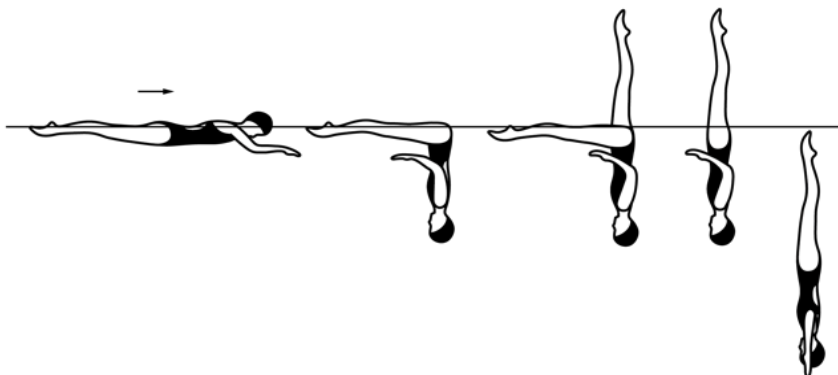


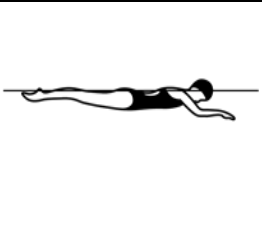

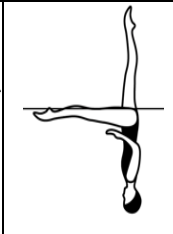
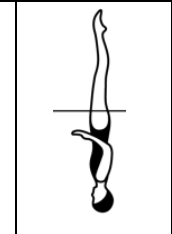
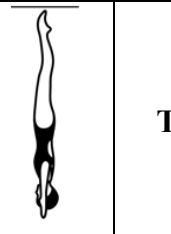
348. Tower

Difficulty 1.9

From a **Front Layout Position**, as the trunk moves downward to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action. Without movement of the trunk, and with minimal change in water level, one leg is lifted to a **Fishtail Position**. Without movement of the vertical leg or trunk, the horizontal leg is lifted to meet the vertical leg to assume a **Vertical Position**. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.



FINA WEIGHT for 348 Tower 1.9

					Total
NVT=	6.0	14.5	20.5	14.0	55.0
PV =	1.09	2.64	3.73	2.55	

Height Chart

Water Levels	Excellent/Near Perfect	Very Good	Good	Competent	Satisfactory	Deficient	Weak
Score	9.5	8.5	7.5	6.5	5.5	4.5	3.5
Fishtail	Back of horizontal leg dry	Crotch level	Upper thigh	Mid-thigh	Low thigh (well above kneecap)	Kneecap	Below kneecap
Double Leg Vertical	Upper thigh	Upper mid-thigh	Low to mid-thigh	Above knee cap	Kneecap	Below kneecap	Well below kneecap (mid-shin)

BP 2 Front Layout Position

Rule Book Description

Diagrams

Major Desired Actions

1. Body extended with head, upper back, buttocks and heels at the surface.



1. Gives the impression that the body is stretched horizontally to maximum. Judgement made by checking visual points of the horizontal alignment: ear, shoulder joint, hip joint and ankle.

BM 3 To Assume a Front Pike Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. From a Front Layout Position with face in the water as the trunk moves downward to assume a Front Pike Position, the buttocks legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action.</p>		<p>1. Smooth, even movement downward of trunk. Trunk remains straight throughout the movement. Hips and head lock into position simultaneously.</p>
<p>2. Unless otherwise specified, <i>To Assume a Front Pike Position</i> starts from a Front Layout Position.</p>		

BP 10 Surface Front Pike Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. Body bent at hips to form a 90° angle.</p>		<p>1. Exactness of 90° angle.</p>
<p>2. Legs extended and together.</p>		<p>2. Full extension of legs, with ankle aligned with hip joints.</p>
<p>3. Trunk extended with the back straight and head in line.</p>		<p>3. Back flat, with vertical alignment of ear, shoulder joint, middle of side of trunk, and hip joint.</p>

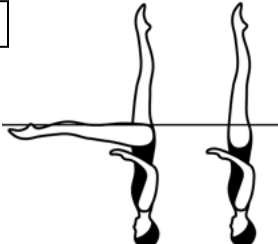
Surface Front Pike Position to Fishtail Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. One leg is lifted to a Fishtail Position.</p>		<p>1. See BP 8 Fishtail Position. Height and vertical alignment of trunk maintained. Stability and control evident.</p>


BP 8 Fishtail Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. Body extended in Vertical Position, with one leg extended forward. The foot of the forward leg is at the surface, regardless of the height of the hips.</p>		<p>1. Judgement made by checking visual points of the vertical alignment: ear, shoulder joint, hip joint, ankle.</p>
<p>2. The foot of the forward leg must be at the surface. Hips joints must be on a horizontal line..</p>		<p>2. The foot of the forward leg must be at the surface. Hips joints must be on a horizontal line..</p>

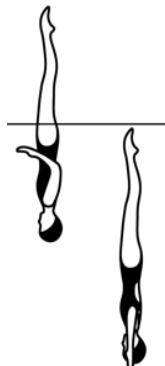
Fishtail Position to Vertical Position Transition

Rule Book Description	Diagrams	Major Desired Actions
1. The horizontal leg is lifted to a Vertical Position .		1. Height constant as legs join, with the trunk and vertical leg maintaining their vertical alignment. Stability in Vertical Position evident prior to descent.

BP 6 Vertical Position

Rule Book Description	Diagrams	Major Desired Actions
1. Body extended, perpendicular to the surface, legs together, head downward.		1. Full extension of the body.
1. Head (ears specifically), hips and ankles in line.		2. Judgement made by checking visual points of the vertical alignment: ear, shoulder joint, hip joint, ankle.

BM 10 Vertical Descent

Rule Book Description	Diagrams	Major Desired Actions
1. Maintaining a Vertical Position , the body descends along its longitudinal axis until toes are submerged.		1. Unless otherwise stated, tempo of descent is uniform and at the same speed as the rest of the figure.

Basic Deductions for Tower

Figure/Transition	Small Deviation 0.1 – 0.5	Medium Deviation 0.6 – 1.5	Large Deviation 1.6 – 3.0
<i>Front Layout Position to Front Pike Position</i>	*Travel is as per the proposed FINA rule re deductions for travel		
	Torso and head up to 15 degrees short or beyond perpendicular	Torso and head 16-30 degrees from Perpendicular	Body more than 30 degrees from perpendicular
<i>Pike Position to Fishtail Position</i>	Vertical leg/Body up to 15 degrees from perpendicular	Vertical leg/Body between 16 and 30 degrees from perpendicular	Vertical leg/Body over 31 degrees from perpendicular
<i>Fishtail Position to Double Leg Vertical Position</i>	Legs/Body up to 15 degrees from perpendicular	Legs/Body 16 to 30 degrees from perpendicular	Legs/Body 31 degrees or more from perpendicular
<i>Vertical Position and Vertical Descent</i>	Legs/Body up to 15 degrees from perpendicular	Legs/Body 16 to 30 degrees from perpendicular	Legs/Body more than 30 degrees from perpendicular