360. Walkover, Front   Difficulty 1.9

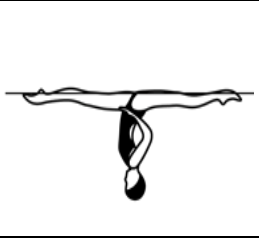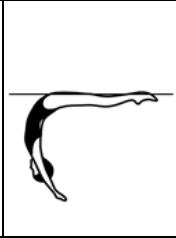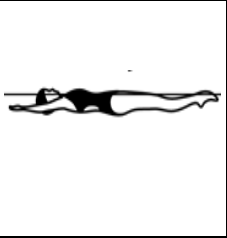From a **Front Layout Position**, as the trunk moves downward to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action. With the head and shoulders remaining vertically aligned with the hips, one leg is lifted in a 180° arc over the surface to a **Split Position**. The hips remain stationary as the front leg is lifted in a 180° arc over the surface to meet the opposite leg in a **Surface Arch Position**. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, assuming a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action.
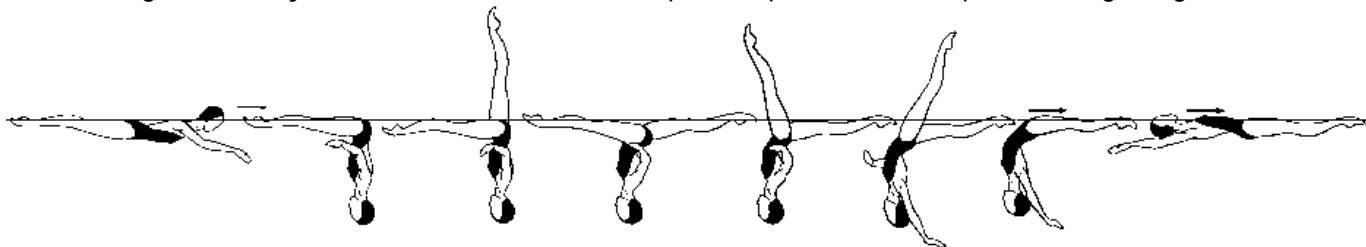
FINA WEIGHT for 360 Walkover Front 1.9

					Total
NVT =	12.0	21.0	23.0	11.0	68
PV =	1.76	3.09	3.53	1.62	

BP 2 Front Layout Position

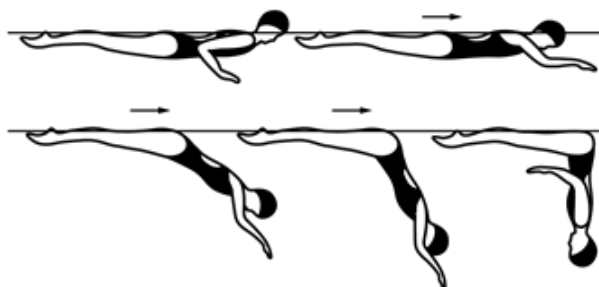| Rule Book Description	Diagrams	Major Desired Actions
1. Body extended with head, upper back, buttocks and heels at the surface.		1. Gives the impression that the body is stretched horizontally to maximum. Judgement made by checking visual points of the horizontal alignment: ear, shoulder joint, hip joint and ankle.

BM 3 *To Assume a Front Pike Position*

Rule Book Description	Diagrams	Major Desired Actions
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.		1. Smooth, even movement downward of trunk. Trunk remains straight throughout the movement. Hips and head lock into position simultaneously.
2. Unless otherwise specified, *To Assume a Front Pike Position* starts from a **Front Layout Position**.		

BP 10 Surface Front Pike 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.

Surface Front Pike Position to Split Position

Rule Book Description	Diagrams	Major Desired Actions
1. One leg is lifted in a 180° arc over the surface to **Split Position.**		1. Constant height and continuous uniform motion to achieve the **Split Position**. Trunk maintains its vertical alignment, with hips and shoulders 'square'. Foot of stationary leg remains at surface.

BP 16 Split Position

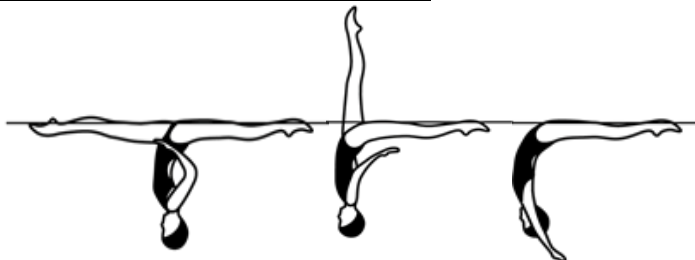| Rule Book Description	Diagrams	Major Desired Actions
1. Legs evenly split forward and back.		1. Full extension of the legs at or above the surface.
2. The legs are parallel to the surface.		4. Flat split. Hip joints on a horizontal line; shoulder joints on a horizontal line, with both of these alignments 'square' and parallel to each other.
3. Lower back arched, with hips, shoulders and head on a vertical line.		4a) Full extension of the legs at the surface. Feet and thighs at the surface. Hips as close to the surface as possible.
4. 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.		
4a) Legs are "dry" at the surface.		

BM 6a Walkout Front

Rule Book Description	Diagrams	Major Desired Actions
1. 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 to meet the opposite leg.		2.1 Hip height remains constant and as close to the surface as possible.
2. The front leg is lifted in a 180° arc over the surface to meet the opposite leg in a **Surface Arch Position** and with continuous movement, an *Arch to Back Layout Finish Action* is executed.		2.2 Arcing leg moves continuously at an even tempo.
		2.3 Both legs maintain full extension.
		2.4 Trunk maintains same position until the feet join.
		2.5 An accurate **Surface Arch Position** should be evident before the body begins to rise and straighten.
		2.6 Foot first surfacing motion begins when the feet are joined.

Score range		Angle of Split (degree)			Water level
Excellent/ Near Perfect	9.5	180 (flat)			Crotch & legs dry
Very Good	8.5	170 - 180			Legs dry
Good	7.5	160 - 170			Legs almost dry
Competent	6.5	150 - 160			lower legs dry Crotch underwater
Satisfactory	5.5	130 - 140			lower legs dry Crotch underwater
Deficient	4.5	110 - 120			feet above the surface, legs under water
Weak	3.5	up to 100			feet come out vertically
Hardly recognisable	0.1 – 2.9	scissors			feet come out vertically

BP 13 Surface Arch Position

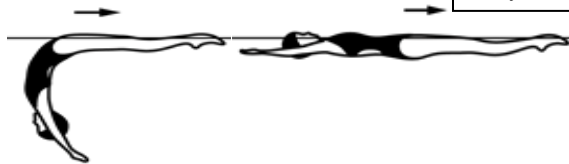| Rule Book Description	Diagrams	Major Desired Actions
1. Lower back arched, with hips, shoulders and head on a vertical line.		1. Hip joints on a horizontal line; shoulder joints on a horizontal line, with both of these alignments 'square' and parallel to each other. Head (ears specifically) in line with shoulders.
2. Legs together and at the surface.		2. Hips as close to the surface as possible.

BM 5 *Arch to Back Layout Finish Action*

Rule Book Description	Diagrams	Major Desired Actions
1. 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.		1. See BP 13 **Surface Arch Position**. Sharp arch in lower back. The body straightens, rises and moves along the surface simultaneously, with a stationary BP 1 **Back Layout Position** achieved as the face surfaces. Full body extension maintained throughout.

BP *1* Back Layout Position

Rule Book Description	Diagrams	Major Desired Actions
1. Body extended with face, chest, thighs and feet at the surface.		1. Gives the impression that the body is stretched horizontally to its maximum. Front of the trunk will also be at the surface of the water.
2. Head (ears specifically), hips and ankles in line.		2. Judgement made by checking visual points of the horizontal alignment: ear, shoulder joint, hip joint and ankle. This imaginary line should also pass through the middle of the side of the trunk.

Basic Deductions for Walkover Front

Figure/Transition	Small Deviation 0.1 – 0.5	Medium Deviation 0.6 – 1.5	Large Deviation 1.6 – 3.0
Front Layout Position to Front Pike Position	*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
Pike Position to Split Position	*See the angle chart for splits		
	Body forward up to 15 degrees from perpendicular in Split Position	Body forward 16-30 degrees from perpendicular in Split Position	Body forward 31 degrees or more from perpendicular in Split Position
Split Position to Surface Back Arch Position	*See the angle chart for splits		
	Body forward up to 15 degrees from perpendicular in Split Position	Body forward 16-30 degrees from perpendicular in Split Position	Body forward 31 degrees or more from perpendicular in Split Position
Surface Arch Position to Back Layout Position	*Travel is as per the proposed FINA rule re deductions for travel		