

Level 1 (Absolute beginner)

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 is in the water.



3. BACK LAYOUT POSITION TO TUB POSITION

From a **Back Layout Position**, the knees and toes are drawn along the surface to assume a **Tub Position**. A **Back Layout Position** is resumed.



4. EGGBEATER TURNING 360°

Establish body position vertical from head to hips with arms extended along the surface. Using alternate rotating kick, perform eggbeater facing front for two seconds; execute a quarter turn; perform eggbeater for two seconds; execute a quarter turn in the same direction; perform eggbeater for two seconds; execute a quarter turn in the same direction; perform eggbeater for two seconds; execute a quarter turn to return to original position. Water level should be constant with shoulders at or above surface throughout.



Level 2 (Beginner)

1. BACK LAYOUT POSITION TO BENT KNEE POSITION

Begin in a **Back Layout Position**. One leg remains at the surface 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 toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.



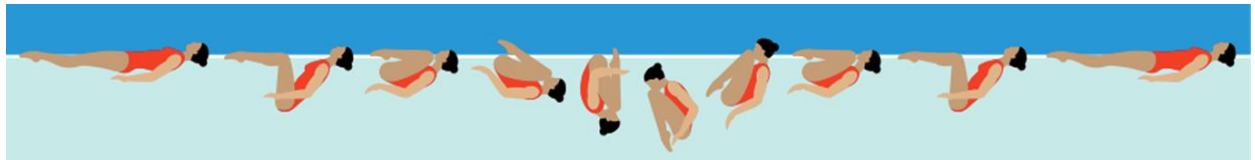
2. FRONT LAYOUT POSITION TO BENT KNEE POSITION

From a **Front Layout Position**, a **Bent Knee Position** is assumed. A **Front Layout Position** is resumed. Face is in the water throughout.



3. SOMERSAULT BACK TUCK

From a **Back Layout Position**, the knees and toes are drawn along the surface to assume a **Tuck Position**. With continuous motion, the tuck becomes more compact as the body somersaults backward around a lateral axis for one complete revolution. A **Back Layout Position** is resumed.



4. TUB TURNING 360°

From a **Back Layout Position**, the knees and toes are drawn along the surface to assume a **Tub Position**. A Full Twist on surface is executed. A **Back Layout Position** is resumed.



Level 3 (Intermediate)

1. FLAMINGO POSITION

From a **Back Layout Position**, the knees and toes are drawn along the surface to assume a **Tub Position**. One leg is extended perpendicular to the surface as the other leg is drawn to the chest with the mid-calf opposite the vertical leg to **Flamingo Position** with foot and knee at and parallel to the surface. A **Tub Position** and **Back Layout Position** are resumed.



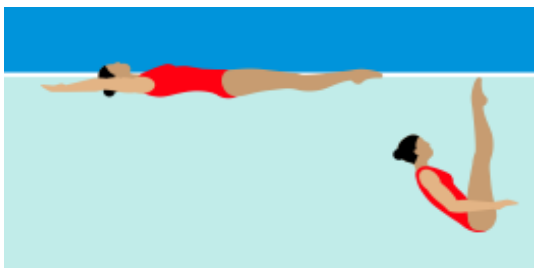
2. FRONT LAYOUT POSITION TO FRONT PIKE POSITION

From a **Front Layout Position** 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.



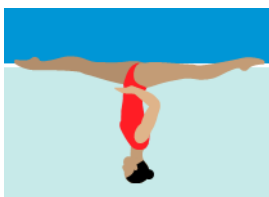
3. BACK LAYOUT TO BACK PIKE POSITION

From a **Back Layout Position**, the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface.



4. SPLIT POSITION

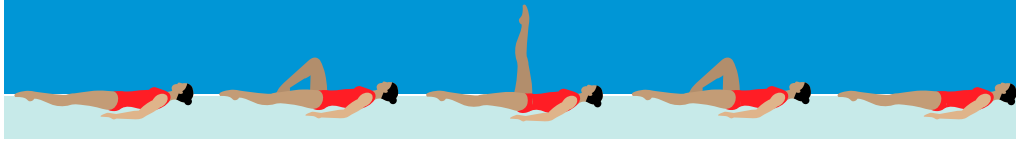
Legs evenly split forward and back. The legs are parallel to the surface. Lower back arched, with hips, shoulders and head on a vertical line. 180° angle between the extended legs (Flat split), with inside of each leg aligned on opposite sides of a horizontal line, regardless of the height of the hips.



Level 4 (Advanced - Pre FINA)

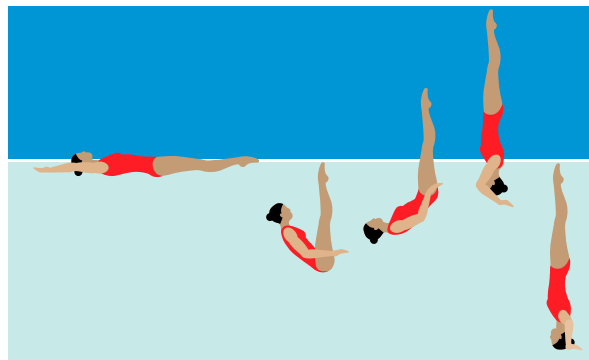
101 BALLET LEG SINGLE 1,6

A *Ballet Leg* is assumed. The *Ballet Leg* is lowered.



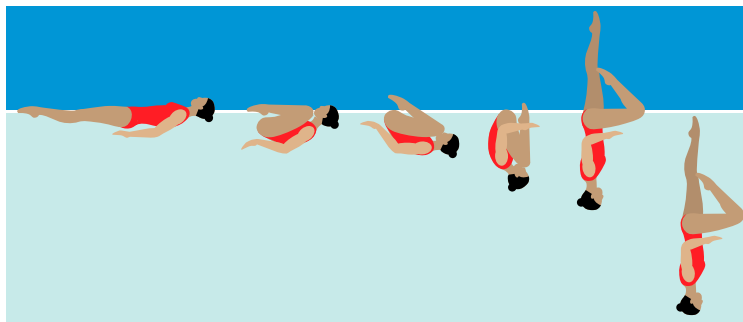
301 BARRACUDA 2,0

From a **Back Layout Position**, the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface. A *Thrust* is executed to **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.



315 KIPNUS 1,6

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs assume a **Bent Knee Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A *Vertical Descent* is executed in a **Bent Knee Vertical Position**.



362 SURFACE PRAWN 1,4

From a **Front Layout Position**, a *Front Pike Position* is assumed. One foot is moved in horizontal arc of 180° at the surface to a **Split Position**. The legs are joined to assume a **Vertical Position** at the ankles. A *Vertical Descent* is executed.

