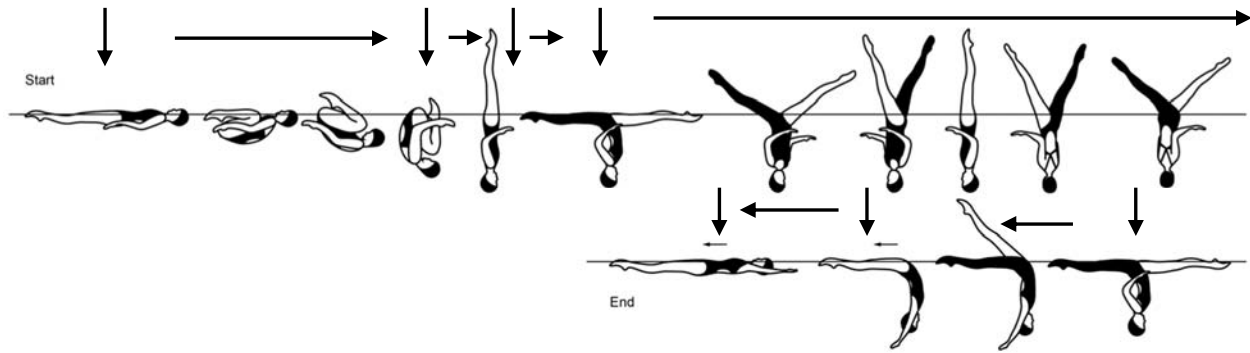


## Kip Split Open 360°



### 314 Kip Split Open 360°

DD 2.9

NVT	3.0	2.0	23.0	17.0
PV	0.27	0.18	2.05	1.52

				Total
NVT 17.0	20.0	23.0	7.0	112
PV 1.52	1.79	2.05	0.63	10

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 knee cap)	Knee cap	Below knee cap
Double Leg Vertical	Upper thigh	Upper mid-thigh	Low to mid-thigh	Above knee cap	Knee cap	Below knee cap	Well below knee cap (mid-shin)

- Back Layout Position:** The body is extended on the back, with the face, chest, thighs, and feet at the surface. The ears, hips, and ankles are in line.
- Back Layout Position to Somersault Back Tuck:** The knees slide along the surface of the water. Once the knees get as close to the chest as possible, the body rolls backward until the buttocks and feet are at the surface, the shins are perpendicular to the surface of the water.
- Tuck Position:** The body is as compact as possible, with the back rounded, heels close to the buttocks, face close to the knees, with the legs together.
- Tuck Position to Vertical Position:** From a **Tuck Position**, with the shins remaining perpendicular to the surface, the trunk unrolls as the legs assume a **Vertical Position** midway between the former vertical

line through the hips and former vertical line through the head and shins. Watch for the unroll to happen simultaneously (the legs should unroll at the same pace as the upper body and all body parts should fall into alignment at the same time).

5. **Vertical Position:** The body is extended, perpendicular to the surface, legs together, head downward. The ears, hips and ankles are in line.
6. **Vertical Position to Split Position:** *The legs are lowered symmetrically to a Split Position.*
7. **Split Position:** The legs are evenly split forward and back, with the feet and thighs at the surface. The lower back is arched, with hips, shoulders, and head on a vertical line. The hips should be as close to the surface as possible. Watch for the hips to remain square with the body (not rotated or twisted to the side).
8. **Split Position to 360° Rotation:** *A 360° is executed, with the legs symmetrically closing to Vertical Position (without pause) at 180° of the rotation before opening to resume a Split Position with the same leg forward at the completion of the 360°. It is important to note that the leg forward in the first Split Position remains the same leg forward in the second Split Position.*
9. **Split Position to Surface Arch Position:** *From 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. Watch for both legs to remain locked as the swimmer assumes the Surface Arch Position. There should be no traveling during this transition.*
10. **Surface Arch Position:** The lower back is arched so the hips, shoulders, and head are on a vertical line. The legs are together at the surface. The hips should be as close to the surface as possible.
11. **Surface Arch Position to Back Layout Position:** *From 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. Watch for the head to replace the hips (no more movement and no less). Watch for the feet to remain on the surface during this transition.*
12. **Back Layout Position:** The body is extended on the back, with the face, chest, thighs, and feet at the surface. The ears, hips, and ankles are in line.