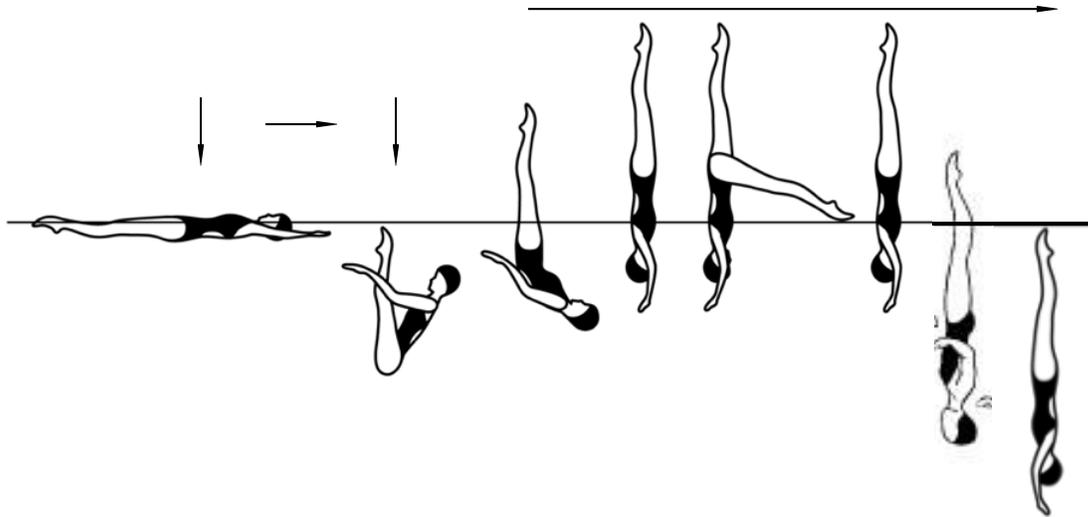


Flying Fish Spinning 180



Flying Fish Spinning 180

DD 2.6

								Total
NVT	7.0	31.0	18.5	14.0	24.0	0	94.5	
PV	0.74	3.28	1.96	1.48	2.54	0	10	

Height Chart for Dynamic Height – Thrust, Double Leg

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
Barracuda	Lower ribs or higher	Waist	Top of pelvis	Showing crotch	Upper thigh	Mid-thigh	Above knee cap

1. **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.
2. **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.
3. **Back Layout Position to Back Pike Position:** From a **Back Layout Position**, the legs are raised to the vertical as the body is submerged to a **Back Pike Position**, with the toes just under the surface.
4. **Back Pike Position:** The toes are just under the surface, and the legs are perpendicular to the surface. The body is bent at the hips to be as compact as possible (angle of 45° or less), head in line with trunk. Legs are extended and together.

Flying Fish Spinning 180

5. **Back Pike Position to Vertical Thrust, Fishtail Position and Descending 180° Spin:** *A Thrust is executed to a **Vertical Position** and with no loss of height one leg is rapidly lowered to a **Fishtail Position**, and without a pause the horizontal leg is rapidly lifted to a **Vertical Position** and a rapid **Descending 180° Spin** is executed.*
6. **Vertical Position:** The body is extended, perpendicular to the surface, legs together, head downward. The ears, hips and ankles are in line.
7. **Fishtail Position:** The body is extended perpendicular to the surface, with the head downward, ears, hips and one ankle in line. The other leg is extended forward with the foot at the surface, regardless of the height of the hips.
8. **Descending 180° Spin:** *Starting at the height of the **Vertical Position** and maintaining the same vertical line, a 180° spin is completed as the body descends. The rotation must be completed as the ankles reach the surface. The spin is followed by a **Vertical Descent** to complete the figure. The spin should be executed in one uniform motion, and the **Vertical Position** should be maintained until the feet have completely cleared the surface.*