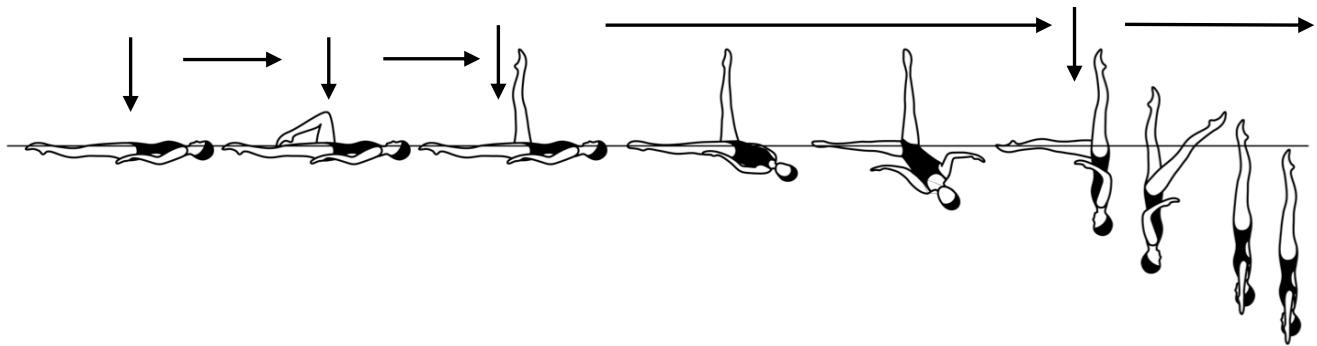


Helicopter



Helicopter

DD 2.0

						Total
NVT	10.5	11.0	24.0	17.5	0	63
PV	1.67	1.75	3.81	2.78	0	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
Ballet Leg	At Top of Thigh	Upper Thigh	Mid-Thigh	Low Thigh Well Above Kneecap	Above Kneecap	Kneecap	Below Kneecap
Fishtail	Back of Horizontal Leg is Dry	Crotch Level	Upper Thigh	Mid-Thigh	Low Thigh Above Kneecap	Kneecap	Below Kneecap

- 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 to Bent Knee Back Layout Position:** From the **Back Layout Position**, with one leg remaining extended at the surface, the toe of the other leg is drawn along the inside of the extended leg until the thigh is vertical to assume the **Back Layout Bent Knee Position**.
- Bent Knee Back Layout Position:** The body is extended on the back, with the face, chest, and one thigh & foot at the surface. The ears, hips, and ankle are in line. The thigh of the bent leg is perpendicular to the surface (vertical). The toe of the bent leg remains in contact with the inside of the extended leg.
- Back layout Bent Knee to Ballet Leg Position.** From the **Back Layout Bent Knee Position**, the bent knee is straightened, without movement of the thigh, to assume the **Ballet Leg Position**.
- Ballet Leg Position:** The body is extended with the face, chest and one thigh and foot at the surface. The ears, hips, and ankle are in line. One leg is extended vertically with the thigh perpendicular to the surface.
- Catalina Rotation to Fishtail Position:** From the **Ballet Leg Position** the head, shoulders and trunk begin the rotation at the surface of the water while descending without lateral movement to a **Fishtail Position**.

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. **Helicopter Rotation Spinning 360*:** *From a **Fishtail Position** the horizontal leg is lifted while closing into the vertical leg to assume a **Vertical Position** during a descending rotation and is completed as the ankles reach the surface of the water before completing decent.*