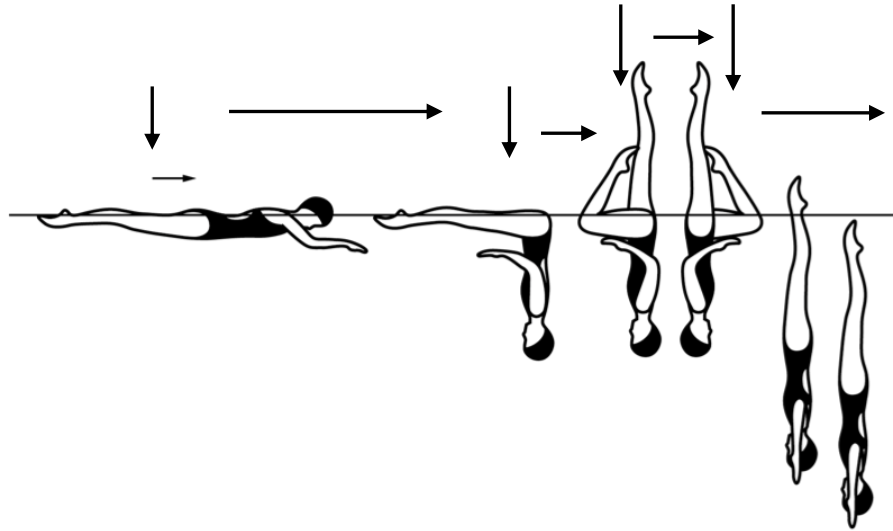
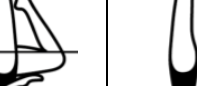
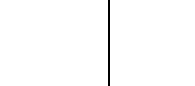


Waterdrop



Waterdrop

DD 1.8

						Total
NVT	6.0	15.0	15.0	13.0	0	49
PV	1.22	3.06	3.06	2.65	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
Bent Knee Vertical	Showing hips	Crotch level	Upper thigh	Mid-thigh	Low thigh (well above knee cap)	Knee cap	Below knee cap

- Front Layout Position:** The body is extended horizontally, on the stomach, with head, upper back, buttocks and heels at the surface. The face may be in or out of the water.
- Front Layout Position to Front Pike Position:** From a **Front Layout Position**, as the head and trunk descend to 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. Watch for the hips to replace the head (no more movement and no less). Watch for the feet to remain on the surface during this transition.

3. **Front Pike Position:** The hips are bent to form a 90° angle between the legs and the trunk. The head is extended in line with the trunk. The legs are together and fully extended. Heels and back of the thighs are on the surface.
4. **Front Pike Position to Bent Knee Vertical:** *From a Front Pike Position, without movement of the trunk, the legs are lifted simultaneously to a Bent Knee Vertical Position. The toe of the bent knee remains in contact with the inside of the extended leg throughout the entire transition.*
5. **Bent Knee Vertical Position:** The body is extended, perpendicular to the surface, head downward. The ears, hips, and ankles are in line. The toe of the bent leg is in contact with the inside of the knee or thigh of the extended leg.
6. **Bent Knee Vertical 180° Rotation (Half Twist):** *A Half Twist is executed in the Bent Knee Vertical Position. The Half Twist is a rotation at a sustained height in the Bent Knee Vertical Position. The water level is between the ankle and the hip. The body remains on the same vertical axis. Watch for a consistent water level throughout this transition.*
7. **Bent Knee Vertical Position to Vertical Decent:** *While the body descends along its longitudinal axis, a 180° descending spin is executed in the same direction, while the bent leg extends to a Vertical Position. A Vertical Position should be completed as the ankles reach the surface of the water, followed by a vertical decent.*