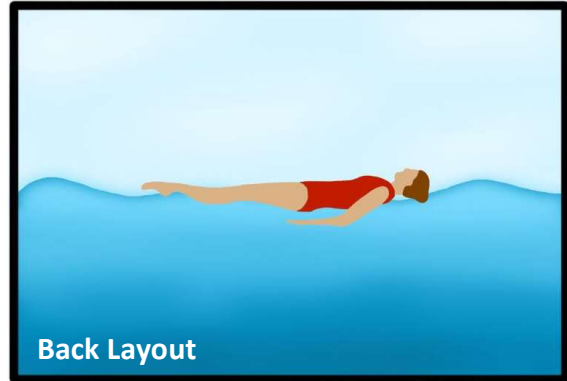
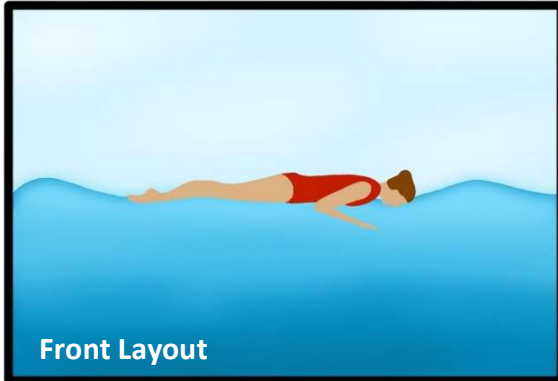


Positions

Layout

A layout is executed when the body is horizontal on the surface of the water. A front layout is when the swimmer is looking at the bottom of the pool and a back layout is when the swimmer is looking up at the sky.



Sail boat

A sail boat is like a back layout but one leg is bent with the thigh of the bent leg perpendicular to the water and the toe on the top of the straight leg.



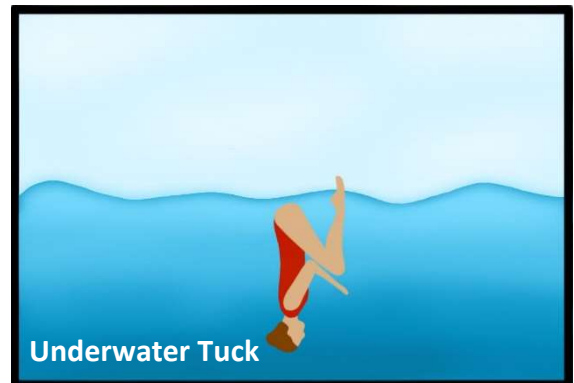
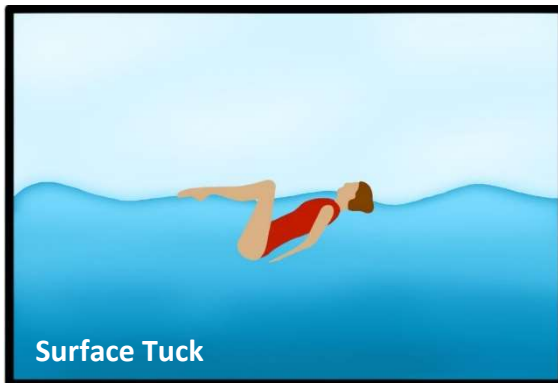
Ballet Leg

A ballet leg is a back layout except one leg is straight and perpendicular to the water and the other is straight and on the surface of the water.



Tuck

A tuck is when the legs are pulled into the chest. It can be performed on the surface, with the shins and face on the water, or underwater, with the shins perpendicular to the water surface.



Flamingo

A flamingo is similar to a tuck except one leg is straightened and is perpendicular to the water while the other leg remains bent with the shin on the surface of the water. The head remains on the surface of the water.



Double Ballet Leg

A double ballet leg is executed when both legs are straight and perpendicular to the water and the head is on the surface of the water.



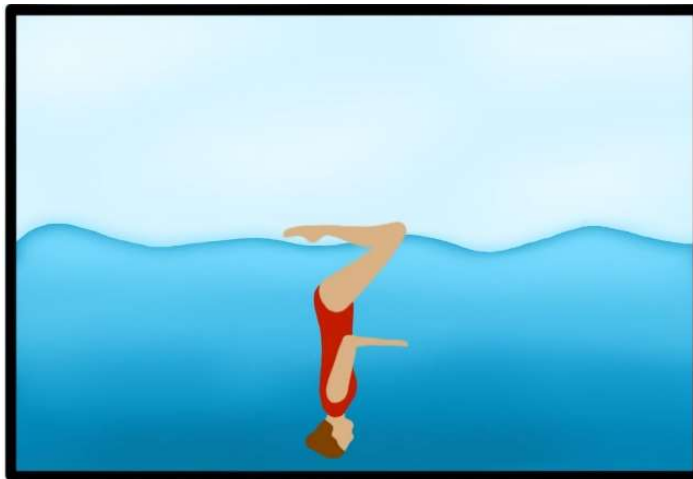
Vertical

A vertical is when the ankles, knees, hips, shoulders and head are in a line perpendicular to the surface of the water with the legs being above the torso and out of the water.



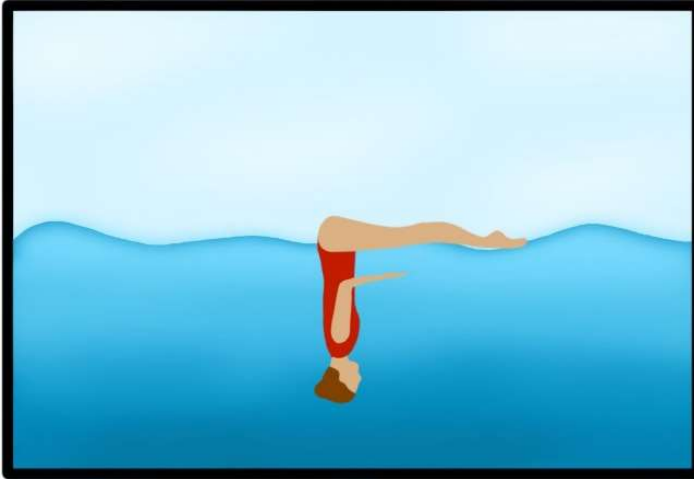
Table top

The hips, shoulders, and head are aligned and perpendicular with the surface of the water. The legs are bent with the shins on the surface of the water.



Pike

The hips, shoulders, and head are aligned and perpendicular with the surface of the water while the legs are straight with the backs of the legs facing upward. The legs sit on the surface of the water.



Helicopter

A helicopter is a pike with one leg bent. One leg is straight on the surface of the water with the back of the leg facing upward. The thigh of the other leg is on the surface of the water while the lower part of the leg is bent so that the heel is touching the buttocks.



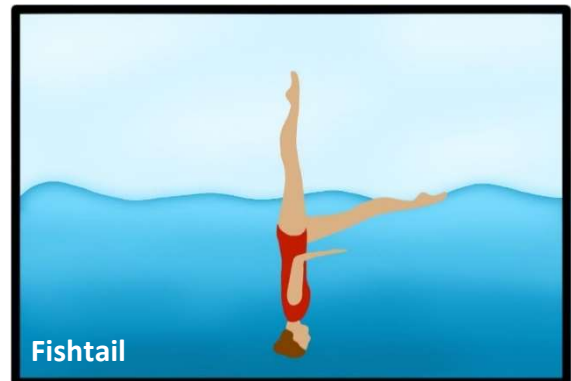
Bent Knee

A bent knee is a vertical with one leg bent. One leg is straight, vertical and aligned with the hips, shoulders, and head. The other leg is bent with the toe touching the vertical leg.



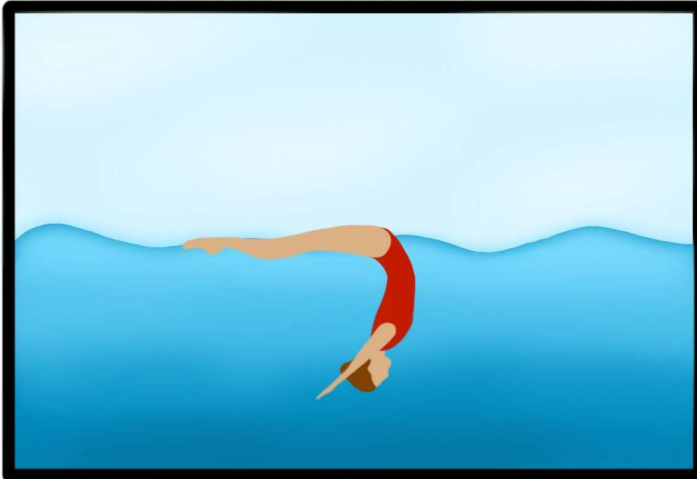
Crane/Fishtail

A crane and fishtail have slightly different meanings but are generally used synonymously. A crane is when one leg is vertical while the other is perpendicular to the water. A fishtail is when one leg is vertical and the second leg has the toe on the surface of the water.



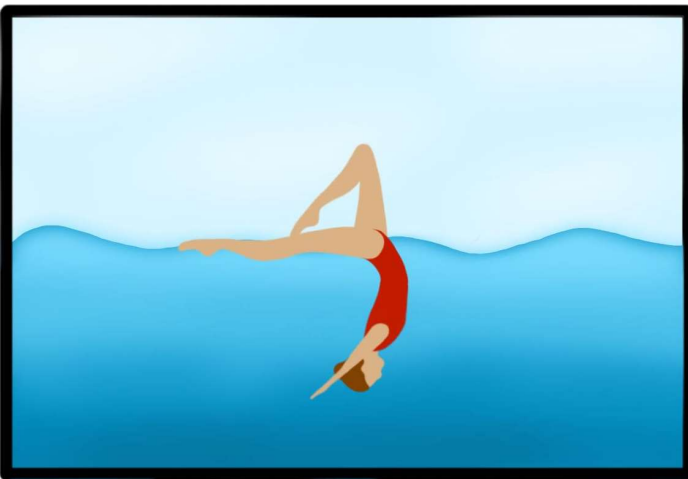
Surface Arch

A surface arch is similar to a pike except the legs are on the surface behind the body with the front of the legs pointing upwards. The torso is arched allowing the hips to be directly on top of the head.



Nova

A nova is a surface arch with one leg bent. One leg is on the surface of the water behind the body. The other leg is bent with the thigh vertical above the hips and the toe touching the straight leg.



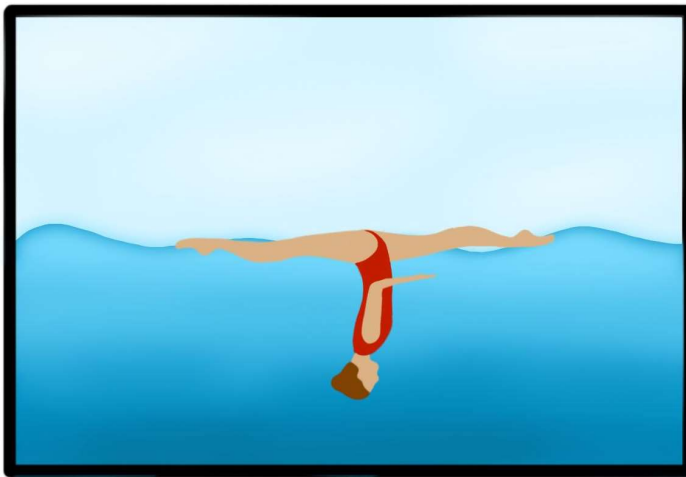
Knight

A knight is similar to a surface arch except one leg is straight and vertical. The other leg is on the surface behind the body.



Split

A split is when both legs are straight and on the surface of the water. One leg is in front of the body while the other is behind it.



Oyster/Submerged Double Ballet Leg

The legs are straight, together and perpendicular with the surface of the water. The torso is piked to be as close to the legs as possible. The toes are just under the surface of the water.



Skills

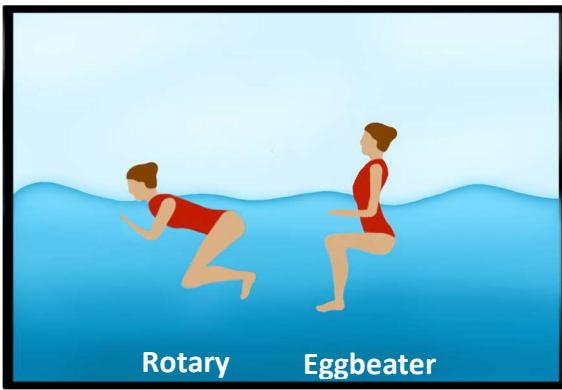
Eggbeater

Eggbeater is a form of treading water that synchronized swimmers use to keep their head and shoulders out of the water. The body is in a sitting position with the legs spread apart. The thigh remains still while the lower leg rotates to propel the body upward.



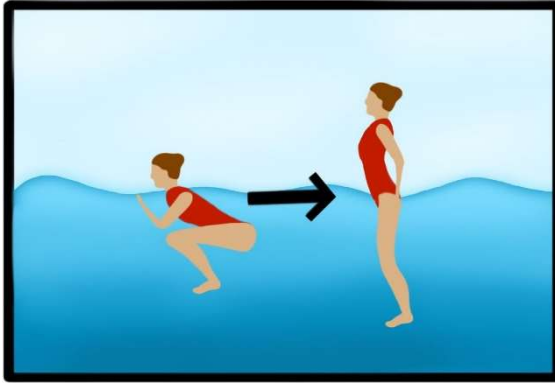
Rotary

Rotary is similar to eggbeater except the body is tilted forward so the chest is on the surface of the water. The legs propel the swimmer across the pool as supposed to upward.



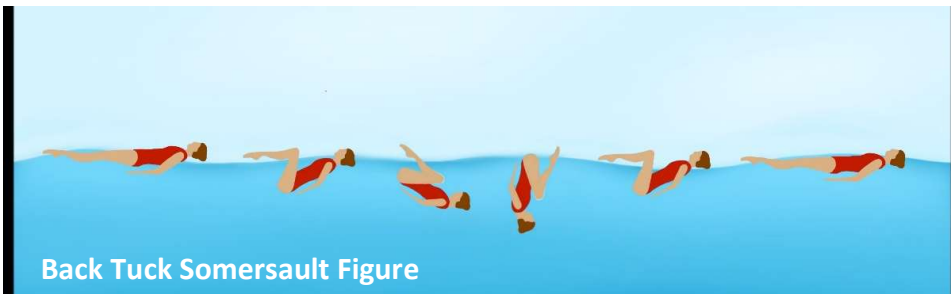
Boost/Jump

The swimmer starts a boost underwater in eggbeater with the torso leaning forward to be parallel with the surface of the water. The swimmer rushes to the surface to build momentum. The torso is then lifted up to vertical while the legs perform a whip kick in order to get maximum height out of the water.

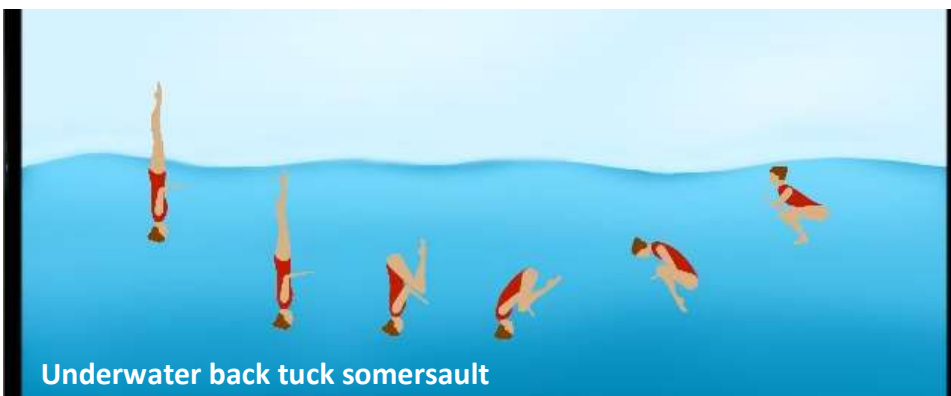


Back Tuck Somersault

A back tuck somersault is when a swimmer rolls around in a circle while in a tuck position. The swimmer is looking away from the direction of motion.

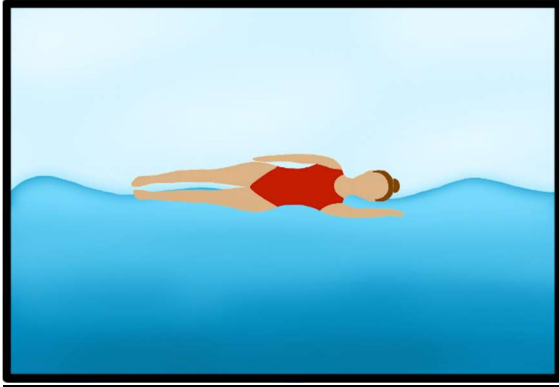


An underwater back tuck somersault is frequently done after completing synchro elements in order to flip the body so the head is above the legs.



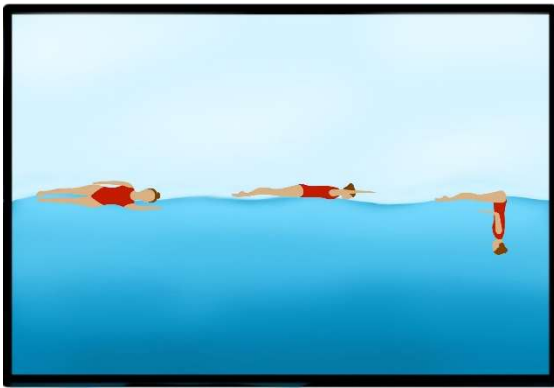
Side Flutter

The head, shoulders, and hips are aligned and the front of the body is facing the side of the pool. The legs flutter kick to propel the body forward. The arm closest to the bottom of the pool is in streamline above the head.



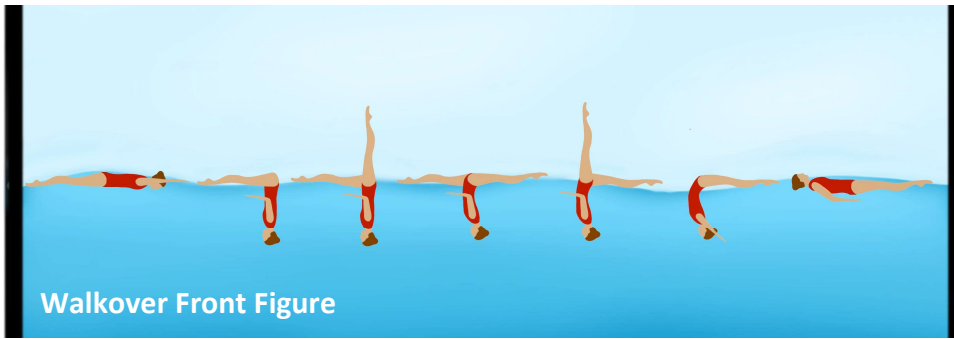
Pike Down

From a streamline, the arm closer to the sky lifts up and over the water, or across the water, while the body rotates to be in a front layout with the arms above the head. The arms pull the water, and the torso is pressed down into the water to assume a pike position.



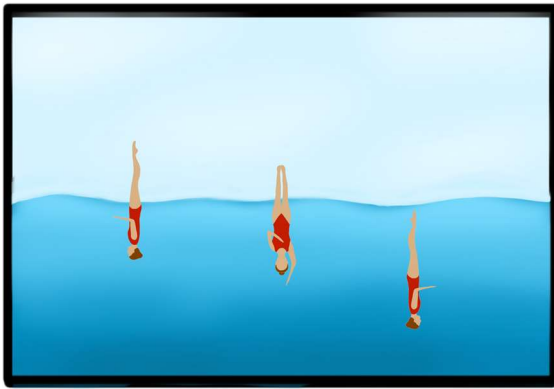
Walkover

A walkover is when from a pike one leg lifts up and over the surface through a crane into a split. The leg that did not originally move, then lifts up and over the surface through a night into a surface arch.



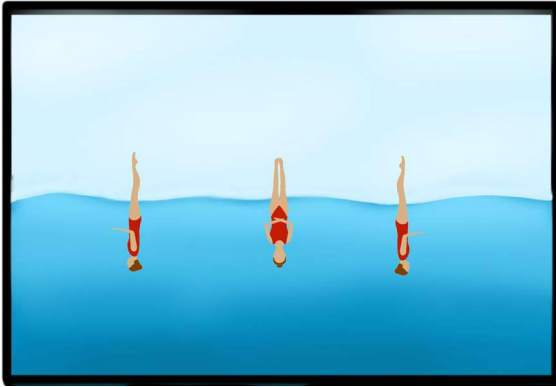
Spin

A spin is when the body rotates around itself while simultaneously sinking. It is usually done in a vertical, but can also be done in a fishtail or bent knee position.



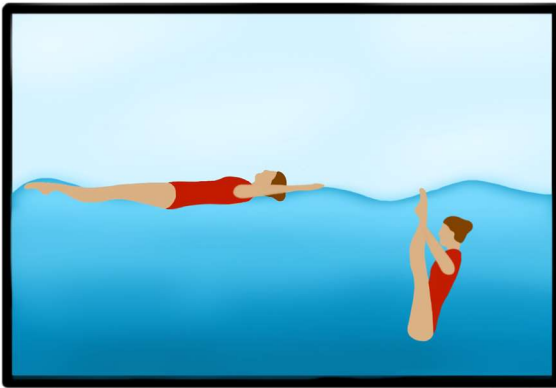
Twist/Twirl

A twist or twirl is when the body rotates around itself while maintaining height. It is usually done in a vertical, but can also be done in a fishtail or bent knee position. A twist is slow while a twirl is fast.



Oyster

Oyster can refer to either the submerged double ballet leg position or to the action of going from a back layout into the position. From the back layout, the hips are dropped as the head and legs lift up. Simultaneously, the body sinks below the water.



Thrust/Barracuda

From the oyster position, the body rapidly unrolls into a vertical position while the arms pull the water starting from the ankle to the hips. This action allows for the swimmer to get higher out of the water. Once unrolled, the swimmer can do a variety of skills such as rapidly going into a split, fishtail, bent knee or spinning down.



Porpoise lift

From a pike position, both legs are lifted to assume the vertical position. During this action, the lower body does not move and remains perpendicular to the surface of the water.

