

LEVEL 1

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BP 1 Back Layout Position

1,0

Body extended with face, chest, thighs, and feet at the surface of the water. Head (ears specifically), hips and ankles in horizontal alignment.



BP 2 Front Layout Position

1,0

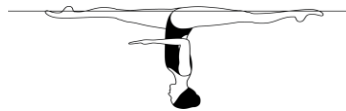
Body extended with head, upper back, buttocks, and heels at the surface of the water. Face is in the water.



BP 16 Surface Split Position

1,0

Legs evenly split forward and back. The legs are parallel to the surface of the water. Lower back arched, with hips, shoulders, and head on a vertical line. 180° angle between the extended legs (flat split), with inside of each leg aligned on opposite sides of a horizontal line, regardless of the height of the hips. Legs are dry at the surface of the water.



Back Layout Position to Tuck Position

1,0

From a **Back Layout Position**, the knees, shins, and toes are drawn along the surface of the water to assume a **Tuck Position**.

