

STELLA 6		ELEMENTO 1			ELEMENTO 2			ELEMENTO 3				ELEMENTO 4			ELEMENTO 5			ELEMENTO 6			ELEMENTO 7				
		DALLA POSIZIONE GRU ALLA POSIZIONE VERTICALE			BARRACUDA			GAMBA DI BALLETO				VERTICALE			VERTICALE SPACCATA-VERTICALE			CARPIATA VERTICALE			TUFO ARTISTICO E ACROBATICO				
SISPORT SPA	Atleta	1	Mantenere la linea			4	Mantenere chiare le posizioni			7	Orecchie nell'acqua			11	Mostrare massimo controllo nella posizione v			17	Sollevare le gambe in modo efficace			20	Efficienza e massima elevazione - controllo delle posizioni aeree – controllo entrata in acqua		
		2	Tenere le ginocchia tese durante la transizione			5	Estensione completa delle ginocchia			8	Petto in superficie			12	Mantenere l'altezza minima sotto al ginocchio per almeno 10"			18	Mantenere il bacino in superficie, nella posizione di carpiata avanti						
		3	L'altezza minima, appena sopra il ginocchio			6	L'altezza minima della verticale dopo il thrust costume fuori			9	Piede della gamba parallela in superficie			13	Linea tra testa, anche e talloni			15	Aprire le gambe simmetricamente rispetto alla linea verticale.			19			
		SUBTOTALE			SUBTOTALE			SUBTOTALE			SUBTOTALE			SUBTOTALE			SUBTOTALE								
		15	6	6	7	34	8	6	8	8	64	5	5	6	80	4	5	4	93	6	5	7	9	120	SI
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