

**BEGINNER LEVEL FIGURES**  
**2022 – 2025**  
**(AUT/CZE/SVK)**

**BEGINNER LEVEL 1**

**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**.

