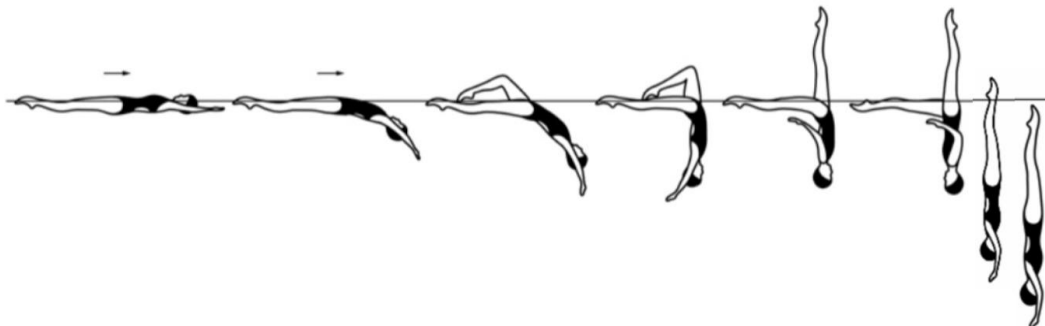


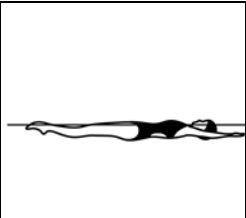
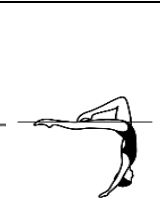


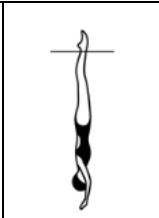
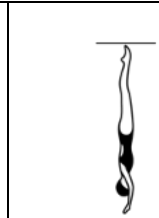
Figure 227d – Swanita, Spinning 180°

Difficulty 1.9

A Nova is executed to the **Bent Knee Surface Arch Position**. The bent leg straightens to assume a **Knight Position**. The body rotates 180° to assume a **Fishtail Position**. (A *Helicopter Rotation Spinning 180°* is executed in the same direction.) From a **Fishtail Position** the horizontal leg is lifted while closing into the vertical leg to assume a **Vertical Position** during a descending rotation and is completed as the ankles reach the surface of the water.



FINA WEIGHT for Swanita Spinning 180°

							Total
NVT =	17.5	14.0	14.0	12.5	0.0	58.0	
PV =	3.02	2.41	2.41	2.16	0.0		

BP 1 Back Layout Position

Rule Book Description

1. Body extended with face, chest, thighs, and feet at the surface of the water.

2. Head (ears specifically), hips and ankles in horizontal alignment.

Diagrams



Major Desired Actions

1. Gives the impression that the body is stretched horizontally to maximum. Front of the trunk will also be at the surface of the water.

2. Judgement is made by checking visual points of the horizontal alignment: ears, shoulder joints, hip joints and ankles. This imaginary line should also pass through the middle of the side of the trunk.

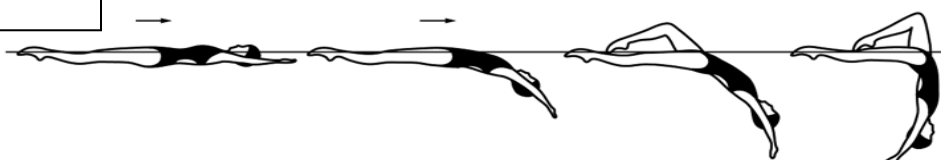
BM 15 To Assume a Bent Knee Surface Arch Position

Rule Book Description

1. From a **Back Layout Position** a **Bent Knee Surface Arch Position** is assumed. With the head leading, the head, hips and feet move along the surface of the water.

2. With continuous movement the head leaves the surface of the water as the back is arched more to assume a **Bent Knee Surface Arch Position** with the hips occupying the position of the head at the beginning of this action.

Diagrams




Major Desired Actions

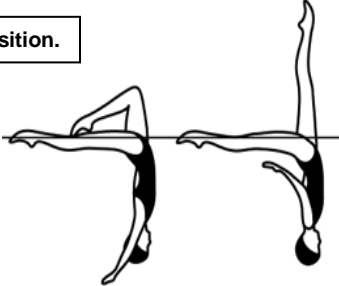
1. Continuous uniform movement from **Back Layout Position** to **Bent Knee Surface Arch Position**. Hip height remains constant. Hip joints on a horizontal line.

2. The toe of the bent leg must remain in contact with the inside of the extended leg while assuming the **Bent Knee Surface Arch Position**.


BP 14d Bent Knee Surface Arch Position

Rule Book Description	Diagrams	Major Desired Actions
One leg bent with the toe of the bent leg in contact with the inside of the extended leg at the knee or higher.		The relationship of the toe of the bent leg to the extended leg may vary depending on the figure but should remain constant once established, and not extend in front of or behind the extended leg.
1. Lower back arched, with hips, shoulders and head on a vertical line.		1. Shoulder joints and hip joints on a horizontal line with both of these alignments 'square' and parallel to one another. Head (ears specifically) in line with shoulders.
2. The thigh of the bent leg is perpendicular to the surface.		2. Hips at the surface of the water.
		3. 90° angle between the thigh of the bent leg and the surface of the water. An air pocket will be evident between the back of the thigh and calf of the bent leg and the surface of the water.

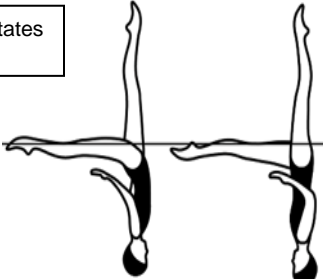
Bent Knee Surface Arch Position to Knight Position

Rule Book Description	Diagrams	Major Desired Actions
1. The bent leg straightens to assume a Knight Position .		1. Horizontal alignment of hips and shoulders 'square' and maintained during the lift to Knight Position.
		2. Height remains constant during the straightening of the leg to Knight Position with full extension of the horizontal leg maintained.
		3. The bent leg is straightened along the vertical line established by the thigh in the Bent Knee Surface Arch Position .


BP 17 Knight Position

Rule Book Description	Diagrams	Major Desired Actions
1. Lower back arched, with hips, shoulders and head on a vertical line.		1. Arch is in the lower part of the spine only.
2. One leg vertical.		2. Vertical alignment through ear, shoulder joint, hip joint and ankle.
3. Other leg extended backward, with the foot at the surface, and as close to horizontal as possible.		3. Hip joints on a horizontal line; shoulder joints on a horizontal line, with both of these alignments 'square' and parallel to each other. The top of the extended leg faces upward.

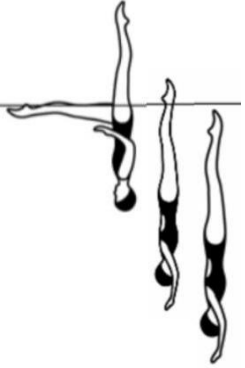
Knight to Fishtail Position

Rule Book Description	Diagrams	Major Desired Actions
1. Maintaining the vertical alignment the body rotates 180° to assume a Fishtail Position .		1. The vertical leg remains stationary, and height remains constant throughout the rotation.
		2. The foot of the horizontal leg is at the surface of the water and not above or below the surface of the water.
		3. Full extension of both legs throughout the 180° rotation.

BP 8 Fishtail Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. Body extended in Vertical Position with the foot of the forward leg is at the surface, regardless of the height of the hips.</p>		<p>1. Full extension of the body.</p>
		<p>2. Judgement made by checking visual points of the vertical alignment: ear, shoulder joint, hip joint, ankle.</p>
		<p>3. The foot of the forward leg must be at the surface. Hip joints must be on a horizontal line.</p>


BM17 Helicopter Rotation Spinning 180°

Rule Book Description	Diagrams	Major Desired Actions
<p>1. Continuing in the same direction a descending <i>Spinning 180°</i> rotation is executed as the horizontal leg is lifted to a Vertical Position and is completed as the ankles reach the surface of the water.</p>		<p>1. The legs are joined while descending and rotating to Vertical Position at ankle level. This position is reached as the legs are joined and the rotation is completed.</p>
<p>2. The body remains on its longitudinal axis throughout the rotation.</p>		<p>2. The vertical leg maintains the vertical line throughout the rotation.</p>
<p>3. The <i>Spin</i> is executed in uniform motion and is completed with a <i>Vertical Descent</i> which is executed at the same tempo as the <i>Spin</i>.</p>		<p>3. Longitudinal axis is maintained throughout the rotation.</p>
<p>4. A <i>descending Spin</i> must start at the height of the vertical and be completed as the ankles reach the surface of the water.</p>		<p>4. The tempo of the rotation and descent is uniform at the same speed as the root figure.</p>
		<p>5. Stability and vertical alignment before, during and at completion of the designated rotation.</p>
		<p>6. Simultaneous rotation and descent of the body with even drop spaces to complete the spin as the ankles reach the surface of the water.</p>


Penalty Clarification on Spin 180

The acceptable allowance for Spin 180° is up to ¼ less than/more than the required rotation.

BP 6 Vertical Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. Body extended, perpendicular to the surface, legs together, head downward.</p>		<p>1. Full extension of the body.</p>
<p>2. Head (ears specifically), hips and ankles in line.</p>		<p>2. Judgement made by checking visual points of the vertical alignment: ear, shoulder joint, hip joint, ankle.</p>

BM 10 Vertical Descent – from ankle level

Rule Book Description	Diagrams	Major Desired Actions
<p>1. Maintaining a Vertical Position, the body descends along its longitudinal axis until toes are submerged.</p>		<p>1. Unless otherwise stated, tempo of descent is uniform and at the same speed as the rest of the figure.</p>

Height Chart for Swanita Spinning 180°

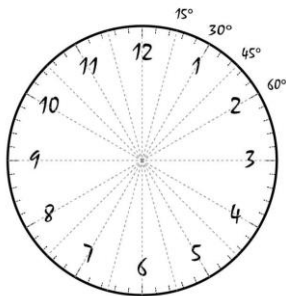
Water Levels	Perfect	Excellent/Near Perfect	Very Good	Good	Competent	Satisfactory	Deficient	Weak
Score	10	9.5	8.5	7.5	6.5	5.5	4.5	3.5
Knight	Above crotch	Crotch level	Upper thigh	Mid-thigh	Low thigh (well above kneecap)	Kneecap	Below kneecap	Mid-shin
Fishtail	Top of pelvis	Above crotch	Crotch level	Upper thigh	Mid-thigh	Low thigh (well above kneecap)	Kneecap	Below kneecap

Deduction Guidelines for Swanita Spinning 180°

Figure/Transition	Small Deviation – 0.2 1-15 degrees	Medium Deviation – 0.5 16-30 degrees	Large Deviation – 1.0 31 degrees or more
Back Layout to Bent Knee Surface Arch Position		Body arrives in Surface Arch position just prior to knee bend.	Head and shoulders press backward, Surface Arch Position shown before knee bends.
Bent Knee Surface Arch to Knight Position		Hips are not parallel and horizontal leg turned outward.	Hips are not parallel (15° or more) and horizontal leg turned outward with kneecap perpendicular to surface of the water.
Rotation from Knight Position to Fishtail Position		Horizontal leg moves side to side during rotation.	Vertical leg makes a circle during 180° rotation toward horizontal leg (off of axis)
Helicopter 180° Rotation	Horizontal and vertical leg join once the rotation and descent is completed at ankles.		Descent is completed at ankles after the first 45° rotation, so second rotation half is performed at same height (twisting).

Travel Deduction Guidelines	Small deduction: 0.1	Medium deduction: 0.3	Large deduction: 0.5
	Minimal travel or minimal lack of required travel	Obvious travel in one (1) transition, and or/ travel in several transitions	Obvious travel in two (2) or more transitions and or travel throughout

Visible scales of angle deviation



Apply to plumb line points of reference when evaluating vertical and horizontal alignments required.

Small deviation	1-15 degrees	0.2
Medium deviation	16-30 degrees	0.5
Large deviation	31 degrees or more	1.0

