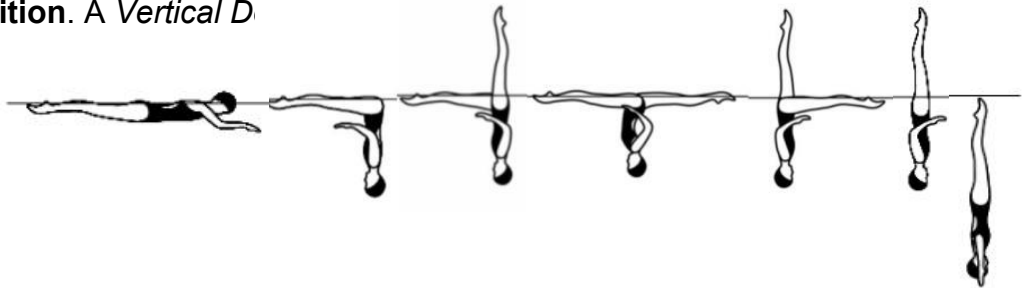


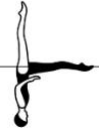
FIGURE 343 – BUTTERFLY

Difficulty 2.9

From a **Front Layout Position** a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. The horizontal leg is rapidly lifted through an arc of 180° over the surface of the water as the vertical leg is lowered to assume a **Split Position**. Without a pause a rapid hip rotation of 180° is executed as the front leg is raised to assume a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position** at the same tempo as the movement from the **Front Layout Position** to the first **Fishtail Position**. A *Vertical D*



TRANSITION NUMERICAL VALUES

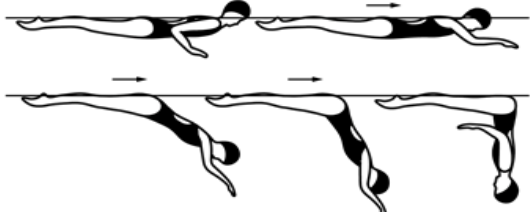
							Total
NVT=	6.0	14.5	20.0	16.5	20.5	14.0	91.5
PV =	0.66	1.58	2.19	1.80	2.24	1.53	10

POSITION & TRANSITION DESCRIPTIONS

BP 2 Front Layout Position

Rule Book Description	Diagrams	Major Desired Actions
1. Body extended with head, upper back, buttocks and heels at the surface of the water.		1. Gives the impression that the body is stretched horizontally to its maximum. Judgement made by checking visual points of the horizontal alignment: ears, shoulder joints, hip joints and heels.

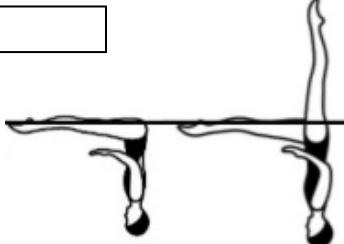
BM 3 To Assume a Front Pike Position

Rule Book Description	Diagrams	Major Desired Actions
1. From a Front Layout Position with the face in the water the trunk moves downward to assume a Front Pike Position . The buttocks, legs and feet travel along the surface of the water until the hips occupy the position of the head at the beginning of this action.		1. Uniform motion in downward movement of the trunk. The trunk remains straight throughout the movement. Hips and head lock into position simultaneously. 2. Smooth even movement downwards of the trunk.

BP 10 Surface Front Pike Position

Rule Book Description	Diagrams	Major Desired Actions
1. Body bent at hips to form a 90° angle.		1. Exact 90° angle.
2. Legs extended and together.		2. Full extension of legs, with ankles aligned with hip joints.
3. Trunk extended with the back straight and head in line.		3. Back flat, with vertical alignment of ears, shoulder joints and hip joints once the position is established.

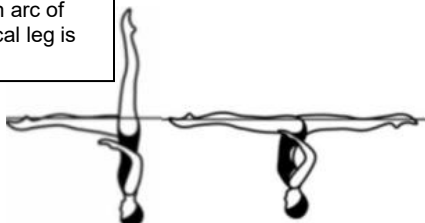
Surface Front Pike Position to Fishtail Position

Rule Book Description	Diagrams	Major Desired Actions
1. One leg is lifted to a Fishtail Position .		1. This action is performed rapidly.
		2. A clear Fishtail Position is shown. Height and vertical alignment of the trunk is maintained. Stability and control evident.

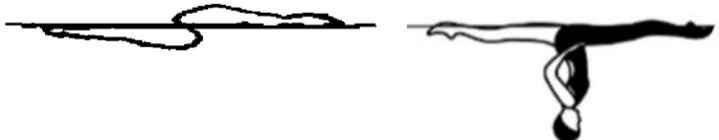
BP 8 Fishtail Position

Rule Book Description	Diagrams	Major Desired Actions
1. Body extended in Vertical Position with one leg extended forward. The foot of the forward leg is at the surface of the water regardless of the height of the		1. Body extended perpendicular to the surface of the water. Head downward.
		2. Judgement made by checking visual points of the vertical alignment: ears, shoulder joints, hip joints and ankle.
		3. The foot of the forward leg must be at the surface of the water. Hip joints must be on a horizontal line.

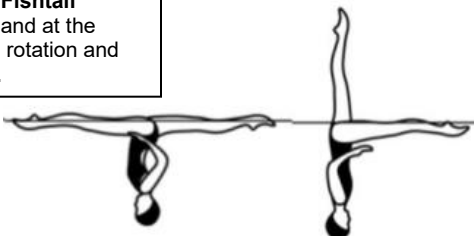
Fishtail Position to Split Position

Rule Book Description	Diagrams	Major Desired Actions
1. The horizontal leg is rapidly lifted through an arc of 180° over the surface of the water as the vertical leg is lowered to assume a Split Position .		1. There is a sharp increase in speed from the Fishtail Position to Split Position . Both legs move simultaneously to achieve Split Position .
		2. The horizontal leg in the Fishtail Position becomes the back leg in the Split Position .
		3. The trunk maintains its vertical alignment with hips and shoulders 'square'.

BP 16 Split Position

Rule Book Description	Diagrams	Major Desired Actions
1. Legs evenly split forward and back. 2. The legs are parallel to the surface of the water. 3. Lower back arched, with hips, shoulders and head on a vertical line. 4. 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.		1. Full extension of the legs at or above the surface. 2. Flat split. Hip joints and shoulder joints on a horizontal line, with both of these alignments 'square' and parallel to each other.
a) Surface Split Position 1. Legs are dry at the surface of the water		1. Full extension of the legs. Crotch and legs dry at the surface of the water.

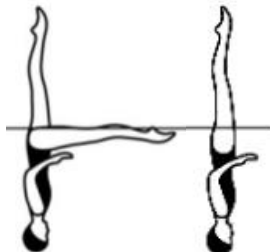
Split Position to Fishtail Position

Rule Book Description	Diagrams	Major Desired Actions
1. From the Split Position to the second Fishtail Position the back leg remains stationary and at the surface of the water during the rapid 180° rotation and lifting of the front leg to Fishtail Position.		1. No hesitation from Fishtail to Split to Fishtail Positions. 2. The trunk maintains its vertical alignment with hips and shoulders 'square'.

BP 8 Fishtail Position

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

Fishtail Position to Vertical Position

Rule Book Description	Diagrams	Major Desired Actions
1. The horizontal leg is lifted to a Vertical Position at the same tempo as the movement from the Front Layout Position to the first Fishtail Position.		1. Height is constant as the legs join, with the trunk and the vertical leg maintaining vertical alignment. 2. The Vertical Position is held only long enough to define the position and demonstrate completion of the transition.

BP 6 Vertical Position

Rule Book Description

1. Body extended, perpendicular to the surface of the water, legs together, head downward.

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

Diagrams



Major Desired Actions

1. Full extension of the body.

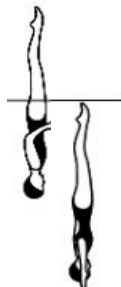
2. Judgement made by checking visual points of the vertical alignment: ears, shoulder joints, hip joints, ankles.

BM 10 Vertical Descent

Rule Book Description

1. Maintaining a **Vertical Position**, the body descends along its longitudinal axis until toes are submerged.

Diagrams



Major Desired Actions

1. The tempo of the descent is uniform and at the same speed as the rest of the figure.

HEIGHT CHART

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
Fishtail	Top of pelvis	Above crotch	Crotch level	Upper thigh	Mid-thigh	Low thigh (well above kneecap)	Kneecap	Below kneecap
Double Leg Vertical	Crotch level or higher	Upper thigh	Upper mid-thigh	Low to mid-thigh	Above kneecap	Kneecap	Below kneecap	Well below kneecap (mid-shin)

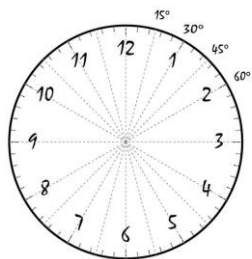
Score range		Angle of Split (degree)			Water level	
Excellent/ Near Perfect	9.5	180 (flat)			Crotch & legs dry	
Very Good	8.5	170 - 180			Legs dry	
Good	7.5	160 - 170			Legs almost dry	
Competent	6.5	150 - 160			lower legs dry Crotch underwater	
Satisfactory	5.5	130 - 140			lower legs dry Crotch underwater	
Deficient	4.5	110 - 120			feet above the surface, legs under water	
Weak	3.5	up to 100			feet come out vertically	
Hardly recognisable	0.1 – 2.9	scissors			feet come out vertically	

DEDUCTION GUIDELINES

Figure/Transition	Small Deviation – 0.2 1-15 degrees	Medium Deviation – 0.5 16-30 degrees	Large Deviation – 1.0 31 degrees or more
Split to Fishtail Position		Slow	Very slow
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

***In addition to the deductions for angle deviations, there are other design problems that require deductions. The table above provides some examples of common errors that require deduction.*

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

